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# spotlight

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MAGAZINE

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**July 25th**  
**pg 12-13**



pg3 » Spotlight **BUSINESS OF THE MONTH** IS





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Spotlight BUSINESS OF THE MONTH



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Greetings everyone, and welcome to another issue of your local community interactive Spotlight Magazine, right here in print and also available on the web at [SpotlightBrevard.com](http://SpotlightBrevard.com).

Did you know that we offer many other interesting and informative articles along with an assortment of top-notch advertisers on our website each month? We invite you as well to visit our Business Spotlight Facebook page for weekly and sometimes even daily updates.

Summer has really arrived! Can you believe how hot and muggy it has been lately? Our air conditioner has been working overtime these past few days, and I can hardly wait until we see our power bill for this month! It always amazes me how much we all complain about the heat each summer. I was born right here in Melbourne Florida, so you would think that I would be used to it by now. I guess I will just be thankful for that air conditioner, and for the easy access we have to the water. Maybe I'll spend a little more time getting out on my paddle board.... and conveniently fall in!

In closing, I hope everyone had a nice 4th of July and maybe experienced some good fire works shows along with a couple of hot dogs. Please let us all embrace our Independence, and the freedoms that we too often take for granted. We should be mindful that there are a lot of other people in the world who do not enjoy those same freedoms.

Until next month,

Bryan McDonough  
Publisher, *Spotlight Magazine*, Inc.

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july 2015



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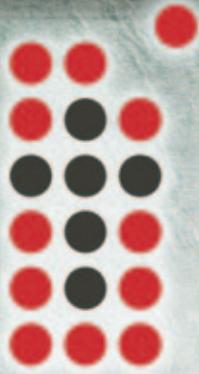
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## WHY DO CHRISTIANS DO CRAZY STUFF?

by Jim Campbell, First Baptist Church of Melbourne

**Ever wonder why some Christians just seem to do crazy stuff...** or like go dangerous places on trips for fun, give like 10% of their income every week to their church in this economy...ever wonder why they do that? People thought Christians were crazy when they built the first hospital, but God led the church to become the single greatest provider of healthcare in history. For centuries, Christ followers have risked their lives, taken crazy chances and made life altering decisions for seemingly no reason other than they talked into the air and got an answer. Well, I'll let you in on the mindset of someone who follows Christ. Understanding begins with realizing that there's a level of safety in the following of Christ that does not exist anywhere else.

For most folks, safety is all based on their ability to control circumstances like their income or other people on the highway. This control really doesn't exist too reliably. Christ followers believe safety is measured on another level. The Bible in Psalms and in Romans tells us that God is the only entity that controls someone's safety and that He works to make all things work for the good of those who love Him and serve Him. That's the key to safety. Its understanding

part of the reason that Jesus said He came here as well. The Bible says that Jesus came that we might have life to a level so full, that we are incapable of imagining it on our own.

Following God is very much like playing video games with a master of the game in your ear whispering directions. If you do exactly what the master of the game says at the right moment, no matter what it looks like on the screen, you win. Playing video games can be deceiving and the very thing, that you should do, can be the most dangerous looking thing. That's a lot like life... God is the Master and when we zero in on Him, listening intently to what He says and acting immediately on what He commands, it always works out in the end. Even though it looks crazy, when you put God's commands above our opinions, it's always the wisest thing to do.

Now, on the other hand, some people do crazy stuff and blame it on "being a Christian"...there is a difference and that's a whole other story.

---

Jim is the Campus Pastor and Primary Communicator at Bay West Church, meeting at 100 Emerson Drive NW on Sundays at 11am. For more info on Bay West Church, check us out on Twitter, Facebook, Youtube or [www.baywestchurch.org](http://www.baywestchurch.org).



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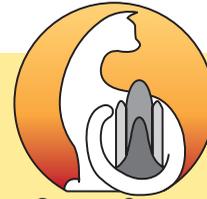
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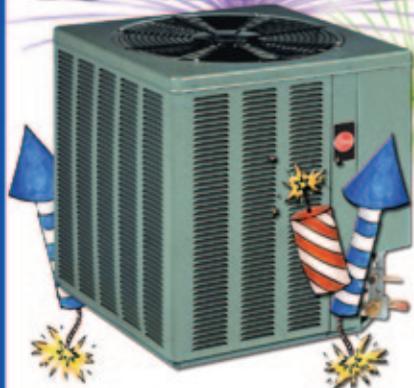


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# Eco-Friendly Money Management Ideas

**Protecting the world's resources for generations to come is a motivating force** for many eco-conscious men and women. People go to great lengths to reduce, reuse and recycle in an effort to save the planet. But such efforts also save money, making attempts to go green financially advantageous.

Cutting down on paper waste is one of the easiest ways to save money and benefit the planet. From bank statements to bills to advertisements from retailers, many people find their mailboxes are inundated with mailings they pay little or no attention to. The following are a handful of ways to reduce paper waste and possibly even save some money at the same time.

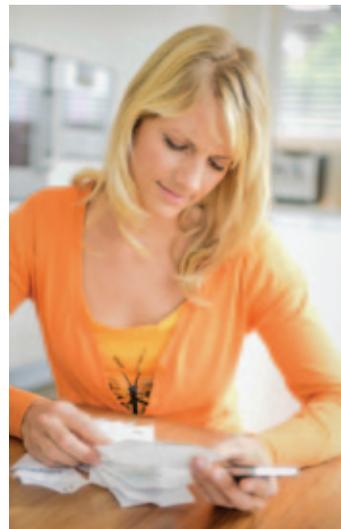
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**Shop or conduct research online.** Shopping online can reduce fuel consumption, save money and reduce the time you spend going from store to store looking for the perfect item. Even if you prefer to do your shopping in-store, when planning your shopping trip peruse an online catalog instead of signing up for paper.

**Use credit cards.** Online shoppers rely on debit or credit cards to make purchases, which cuts down on the use of personal checks. Cutting down on check usage means reducing the number of checks that have to be printed, which reduces paper and chemical ink consumption. Checks often need to be mailed, which means consumers must use envelopes and pay postage fees. But credit card payments can be made over the telephone or through secured websites, making online credit card transactions an easy and eco-friendly options.

**Create digital records.** Choosing e-statements and receipts enables you to create a digital file of important data. This information can be stored on an external hard drive or a computer and accessed when necessary. Digital files reduce paper clutter and take up less space. Plus, digital records stored on your computer are less likely than paper receipts to go missing.

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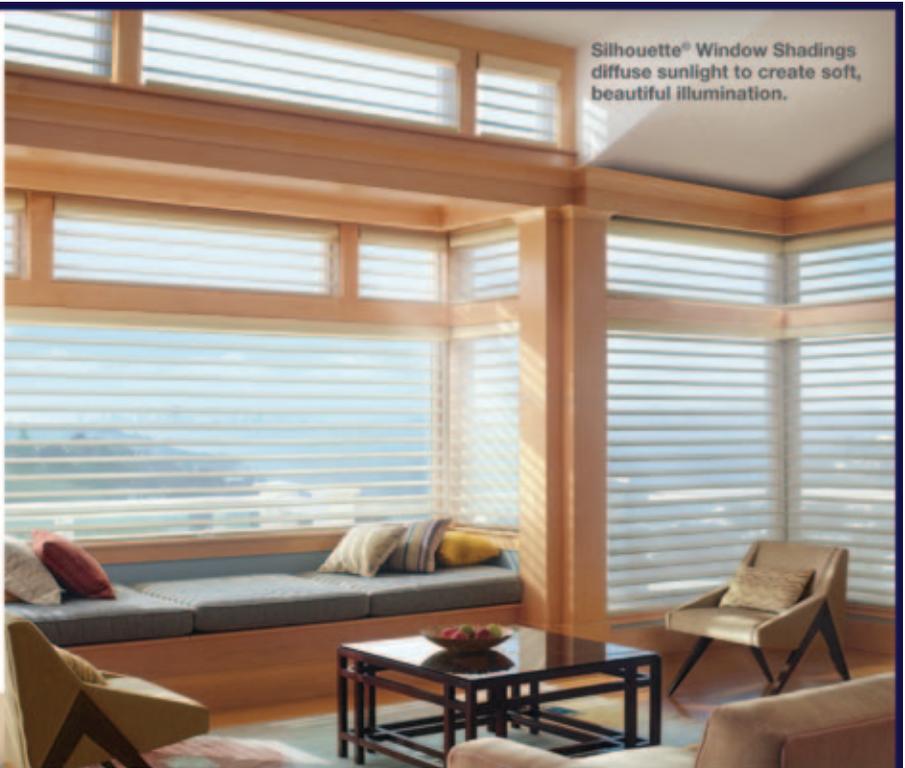
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# WHEN GARDENING, PULL YOUR WEEDS...NOT YOUR BACK

## SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



Now that spring is here, the weather is warming up and leaves are turning green, many people will spend more time outside planting bulbs, mowing the lawn and pulling weeds. Gardening can provide a great workout, but with all the bending, twisting, reaching and pulling, your body may not be ready for exercise of the garden variety.

Gardening can be enjoyable, but it is important to stretch your muscles before reaching for your gardening tools. The back, upper legs, shoulders, and wrists are all major muscle groups affected when using your green thumb.

A warm-up and cool-down period is as important in gardening as it is for any other physical activity," says Dr. Scott Bautch, a member of the American Chiropractic Association (ACA) Council on Occupational Health. "Performing simple stretches during these periods will help alleviate injuries, pain and stiffness."

To make gardening as fun and enjoyable as possible, it is

important to prepare your body for this type of physical activity. The following stretches will help to alleviate muscle pain after a day spent in your garden.

### GARDEN FITNESS STRETCHES

Before stretching for any activity, breathe in and out, slowly and rhythmically; do not bounce or jerk your body, and stretch as far and as comfortably as you can. Do not follow the "no pain, no gain" rule. Stretching should not be painful. While sitting, prop your heel on a stool or step, keeping the knees straight. Lean forward until you feel a stretch in the back of the thigh, or the hamstring muscle. Hold this position for 15 seconds. Do this once more and repeat with the other leg.

Stand up, balance yourself, and grab the front of your ankle from behind. Pull your heel towards your buttocks and hold the position for 15 seconds. Do this again and repeat with the other leg.

While standing, weave your fingers together above your head with the palms up. Lean to one side for 10 seconds, then to the other. Repeat this stretch three times.

Do the "Hug your best friend" stretch. Wrap your arms around yourself and rotate to one side, stretching as far as you can comfortably go. Hold for 10 seconds and reverse. Repeat two or three times.

Finally, be aware of your body technique, body form and correct posture while gardening. Kneel, don't bend, and alternate your stance and movements as often as possible to keep the muscles and body balanced.

### AFTER THE BULBS ARE PLANTED

If you feel muscle aches and pains after your day in the garden, there are ways to alleviate the discomfort. Apply a cold pack on the area of pain for the first 48 hours or apply a heat pack after 48 hours, and consider seeking the services of a doctor of chiropractic in your area. Doctors of chiropractic (DCs) practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. While best known for their expertise in treating the musculoskeletal system and their use of spinal manipulation, DCs have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling.

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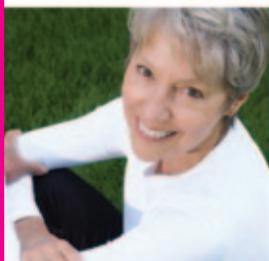
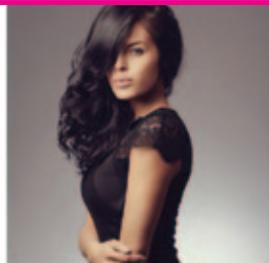
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## DOES IT REALLY MATTER?

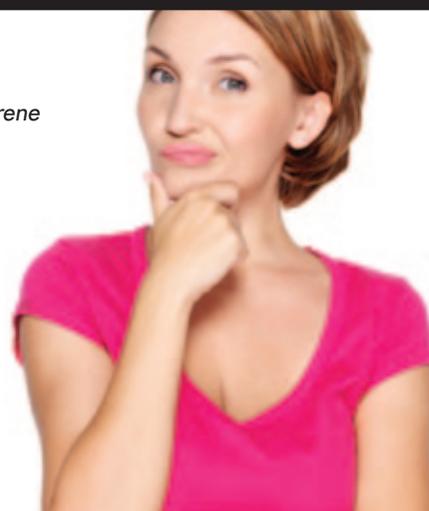
by Larry A. Attig, Pastor, Melbourne First Church of the Nazarene

**Do you ever wonder if what you do really makes a difference?** Do the choices you make really matter? Does anybody notice?

You may remember that history was made on August 19, 1991 with the fall of communism in the Soviet Union. Here is a story within the story...

In a last ditch attempt to stop the tide of democracy, a group of communist generals held Mikhail Gorbachev under house arrest just outside Moscow. With all communication cut off they sent a tank & a small group of soldiers into Red Square with the purpose of capturing Boris Yeltsin.

However, things didn't go according to plan. Yeltsin's response was not what they expected. Instead of surrendering, he jumped on top of the tank & welcomed the commander to the side of democracy. Later the tank



commander admitted that up to that point he had no intention of joining the forces of democracy, but Yeltsin was so persuasive he could not resist.

A reporter interviewed Yeltsin not long after that incident and asked what gave him the courage to do what he did. Knowing he was placing his life in jeopardy, what was his motivation? Yeltsin credited reading the story of Lech Walesa, the electrician who led the forces of Solidarity helping bring democracy to Poland.

It is reported that someone once asked Walesa what caused him to make the stand he did. Walesa said that he was inspired by reading accounts of the late Dr. Martin Luther King, Jr..

When Dr. King was asked what pivotal event spurred him into action in opposing racial prejudice, he cited the influence of Rosa Parks, the little African-American lady in Montgomery, Alabama who refused to sit in the back of the bus because of her skin color.

I'm certainly not saying that democracy came to the Soviet Union because of a little lady who refused to sit in the back of a bus, but I can't help but wonder if things would have been different if anyone of them had made different decisions.

One life touches another life and potentially both lives are changed; one life touches another life & potentially the entire world is changed ... King Duncan

... their good deeds will be remembered forever. They will have influence and honor Psalm 112:9

The answer is yes ... What you do really matters.

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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...you are treading on very dangerous ground."



*"Truth Straight Up" is written and founded by Valerie Oliver. She offers advice based on Biblical principles—not political correctness. Miss Oliver serves in several ministries including altar counseling. She's written several Christian-short stories and is currently working on her first novel: Harpazo: The Witnesses.*

### Dear Val,

I'm in a real mess right now—with God. I've been a Christ follower for many years and several years ago, I chose a life of celibacy so I gave up dating. I've been married before and I love sexual intimacy but I really enjoy being single and value my independence. I really thought I could do this, on my own, but I was wrong. Last year, out of loneliness, I began dating again and I've had four relationships, all of them resulting in sexual intimacy. Now I'm nothing but a hypocrite... It's easy to just say—STOP, but doing it is another matter all together. The truth is, I don't want to stop. I want to have my cake and eat it too. I've even thought of marrying someone, I'm not in love with, and maintaining separate residences just so I won't be fornicating.

—Penny of Palm Bay

Dear Penny,  
You **were** a Christ follower, but you definitely aren't following Him now. I'm sorry, but you need to hear the truth because you are treading on very dangerous ground... When we choose to live a sinful lifestyle, we're actually separating ourselves from God.

The true essence of a Christian life is taking up our cross and following Jesus; and part of being "born again" is "dying to self," the **old** self dies and the **new** self comes to life. We continue **dying to self** as part of the sanctification process; in actuality, it's both a one-time event and a lifelong process.

This was a requirement for being a follower of Christ, who proclaimed that trying to save our earthly lives would result in losing our lives in the kingdom. But those willing to give up their lives, for His sake, would find eternal life, Matthew 16: 4-25. He even went so far as to say that those who are unwilling to sacrifice their lives for Him cannot be His disciples, Luke 14: 27. Also, in Colossians 3:5, it is written, Put to death, therefore, whatever belongs to your earthly nature: **sexual immorality, impurity, lust, evil desires and greed, which is idolatry** (NIV).

Marriage is the cure for sexual immorality. God gave us the desire for sex but we are expected to fulfill our passions in a moral way. God is speaking to your heart through the Holy Spirit; I pray that you will take heed and repent.

"Sin will take you farther than you want to go, keep you longer than you want to stay and cost you more than you want to pay," Mark Aulson.

### Dear Val,

A couple of years ago, I was diagnosed with bi-polar disorder. At one point, I was so bad; I lost my business and almost lost my wife and kids. I've been in and out of rehab several times but the meds I'm taking are helping a lot. I actually feel normal and my life is back on track.

My sister, Ellie, says that God will heal me and taking medication shows lack of faith. Do you agree with her?

—Randy of Melbourne Beach

Dear Randy,  
While it's true that God sometimes heals directly, He also anoints doctors and heals through them. Taking prescribed medication does not exemplify lack of faith. Homeless shelters are full of people with bi-polar disorders—often because they've discontinued their meds against their doctor's orders. I'm sure your sister means well, but her advice is poor—and you need to continue minding your doctor. Praise and thank God for restoring your health—and for your doctor.

(ESV) English Standard Version; (NLT) New Living Translation; (NIV) New International Version. Mail your questions or concerns to: Truth Straight Up P.O. Box 120606 West Melbourne, Florida 32912 or e-mail questions to: askval@hotmail.com. For the protection and confidentiality of the individuals involved, letters may be edited and all names have been changed. Miss Oliver will not reply by e-mail unless specifically asked.



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**JULY HEAT**  
**SPOTLIGHT ON COOKING**  
*by Cecelia Danas*



**Is another one of my "ONE DISH WONDERS". Something refreshing while enduring the heat of July! !**

This recipe is from my husband's father. He was the cook in the family. I found this recipe and I can still taste how good it was. I'm going to make it and I hope you do too. Oh, he use to add chicken if it was summer to make it a one dish meal. He would use leftover roasted chicken. Enjoy.

If you have any questions or would like to contact me, email me at [lifecoaching7746@](mailto:lifecoaching7746@)

**Greek Orzo Asparagus Salad**

- |  |                                  |
|--|----------------------------------|
| 1 bunch tin asparagus (trimmed and cut into about 1 inch pieces) | 1/3cup lemon juice               |
| 1 box orzo pasta   | 1tbsp plain yogurt or sour cream |
| 1cup crumbled feta cheese  | 1 1/2 tsp sugar                  |
| 2/3cup flat chopped Italian parsley chopped - leaves only        | 3/4tsp salt                      |
| 1tbsp zest of a lemon  | 1/4tsp pepper                    |
|  | 1/2 cup extra virgin olive oil   |

In a large pot with lightly salted water to a boil. Blanch asparagus in boiling water for 2 minutes. Remove with slotted spoon and run cold water over them to stop the cooking. Put pot back on stove and bring to a boil and add orzo. Cook according to directions (he says 9 minutes) Drain and rinse with cold water.

In a large serving bowl combine orzo, asparagus, feta, parsley lemon zest. In medium bowl whisk lemon juice, yogurt, sugar, 1/4 tsp salt, pepper and oil. Set aside 1/4 dressing. Mix remaining to salad and refrigerate. When you are ready to serve add the rest of the dressing and mix. Sever chilled or room temperature.



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# Community Movers & Shakers

JULY 2015

This month's honoree and Community Mover & Shaker is Susie Parente.

Jersey Susie is the marketing Director of Uno Pizzeria & Grill in Melbourne, the owner of Safety Susie Swim School, and the owner and a realtor with Remax Absolute Service Team.

Susie has been involved with several charitable organizations. The Melbourne Uno Pizzeria has donated over \$200,000 to local charities in the past year through their Doughrai\$er program. Susie was

also instrumental in starting the Space Coast Drowning Prevention Task Force, and has put together numerous community programs that Uno and Remax co-sponsor.

In addition to the Drowning Prevention Task Force, Susie is also affiliated with the AVET Project Inc, Junior League of South Brevard, Candlelighters of Brevard, American Red Cross, March of Dimes, American Cancer Society, Serene Harbor, and Brevard Family Partnership

Susie's passion for volunteerism and giving back started when she was just 15. She credits the example set

by her mother and her aunt, who taught her to always help others. She believes that it doesn't have to be a grand gesture but that any small thing can help to make someone's life a little better. Susie has found that getting involved is also a great way to meet new people. She credits her incredible support system of family and friends that allows her to do all that she does.

Thank you Susie, for all of your time and effort and dedication. We are pleased to honor you as our Spotlight Community Mover & Shaker this month.



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# Successful Ways to **STRETCH** Retirement Savings

Many budding retirees plan to travel, relax and enjoy the company of their spouses when they officially stop working. But such plans only are possible if men and women take steps to secure their financial futures in retirement.

According to a recent survey by the personal finance education site MoneyTips.com, roughly one-third of Baby Boomers have no retirement plan. The reason some may have no plan is they have misconceptions about how much money they will need in retirement. Successful retirees understand the steps to take and how to live on a budget.

Have a plan. Many people simply fail to plan for retirement. Even men and women who invest in an employer-sponsored retirement program, such as a 401(k), should not make that the only retirement planning they do. Speak with a financial advisor who can help you develop a plan that ensures you don't outlive your assets.

Set reasonable goals. Retirement nest eggs do not need to



be enormous. Many retirees have a net worth of less than \$1 million, and many people live comfortably on less than \$100,000 annually. When planning for retirement, don't be dissuaded because you won't be buying a vineyard or villa in Europe. Set reasonable goals for your retirement and make sure you meet those goals.

Recognize there is no magic wealth-building plan. Saving

comes down to formulating a plan specific to your goals, resources, abilities, and skills. Make saving a priority and take advantage of employer-sponsored retirement programs if they are offered.

Don't underestimate spending. You will need money in retirement, and it's best that you don't underestimate just how much you're going to need. No one wants to be stuck at home during retirement, when people typically want to enjoy themselves and the freedom that comes with retirement. Speak to a financial planner to develop a reasonable estimate of your living expenses when you plan to retire.

Pay down or avoid debt while you can. Retiring with debt is a big risk. Try to eliminate all of your debts before you retire and, once you have, focus your energy on growing your investments and/or saving money for retirement.

Start early on retirement saving. It's never too early to begin saving for retirement. Although few twenty-somethings are thinking about retirement, the earlier you begin to invest the more time you have to grow your money. Enroll in a retirement plan now so you have a larger nest egg when you reach retirement age.



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## WINDOWS 10: SHOULD I UPGRADE? SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



If you're getting the "Get Windows 10" alert in the bottom right hand corner of your computer, what you're actually seeing is an invitation to 'reserve' a copy of the Windows 10 upgrade when it becomes available, which isn't until July 29.

Microsoft is taking a completely different approach with Windows 10: They want to encourage people to upgrade by making it free for the first year. Windows 8 was so poorly received that they needed to do whatever they could to keep users upgrading to their newer platform.

The overall goal of Windows 10 is to create a unified interface so everything looks and works the same on your computer, smartphone, tablet, and laptop. Unless you only own Windows-based mobile devices (which most of you don't), this 'benefit' won't mean much, but there are lots of other reasons to consider upgrading to Windows 10.

One is that there are a lot of new features in Windows 10 that will allow you to use

your computer much like you do your smartphone (See a video of new features in Windows 10: <https://goo.gl/hAZRYY>).

Things like Cortana (Microsoft's version of Siri), universal apps, finger or stylus annotations (if you have a touch screen display) and a return to a Start button based interface will likely improve the overall experience.

As with all Windows upgrades, it's generally a matter of time before you're forced to upgrade, but Windows 10 may be one of those rare versions that people actually want to install. When the time comes, the most convenient way to upgrade is through an 'in-place upgrade', meaning that you install the new version over the top of your existing version of Windows.

This keeps all your programs, data, and system settings in place after the upgrade.

For this reason, you'll want to make sure your computer is in good working condition before you attempt the

upgrade. If your computer is running slowly, takes forever to startup, or is occasionally freezing up or popping up error messages, you should get it running properly before attempting the upgrade.

Freezing and various error messages can be an indication of hardware problems, so don't ignore them.

If things are running slowly, a quick way to see if you should have the system cleaned up is by checking the number of running processes through the Task Manager (Ctrl-Alt-Del to access the tool) after a clean start. For the average user, a well-maintained Windows system will have no more than 55-60 running processes that can be slightly higher on some laptops (Windows 8 users will have to manually add the total of Apps, Background and Windows processes).

There are situations where a higher number of processes is acceptable (specialty hardware or software), but, if your total is in the 85+ range, having an experienced set of eyes review what's actually running would be advisable.

Clicking on the Performance tab will also show you if you're running low on memory or have background programs overloading your CPU with unnecessary tasks. One of the main reasons to wait to upgrade to Windows 10 is the potential conflicts with software, security programs and drivers (programs that control hardware).

Microsoft is including a compatibility checker with the upgrade to test your system so you can make sure your specific configuration does not have known issues.

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The I-Stent represents the latest innovation in treating patients with glaucoma at the time of their cataract surgery, according to Jason K. Darlington, M.D., Cataract Surgeon and Fellowship Trained Cornea and Glaucoma Specialist at The Eye Institute for Medicine & Surgery.

“The I-Stent is highly effective, as it reduces eye pressure, 24 hours per day. By continually maintaining a healthy eye pressure, the risk of suffering a loss of vision due to glaucoma is greatly reduced,” reports



Dr. Darlington, who has performed thousands of ophthalmic surgical procedures. There are many benefits to reducing or eliminating the need for glaucoma eye drops, explains Dr. Darlington, who completed his cornea and glaucoma fellowship at the prestigious Phillips Eye Institute, in Minneapolis.

Over a period of many years, glaucoma medications can cost thousands of dollars. Additionally there is often a burden placed on patients to place eye medications multiple times per day.

**Jason K. Darlington, M.D.**

“Patients and their families have a great sense of comfort knowing that the I-Stent is working to maintain a healthy eye pressure 24 hours per day, often times without the need for additional eye medications. Controlling eye pressure throughout the day and night on a continual basis leads to better long term results,” explains Dr. Darlington.

By reducing or eliminating the need for glaucoma medications many side effects such as redness, dryness, irritation, and excessive eyelash growth may also be eliminated. In my experience, the need for fewer medications makes for happier patients,” states Dr. Darlington.

“The vast majority of patients experience a dramatic improvement in their vision following cataract surgery overnight,” states Dr. Darlington, who utilizes the latest high technology lens implants and techniques when performing cataract surgery.

Dr. Darlington, who has extensive experience performing cataract and glaucoma surgery, as well as corneal transplants and refractive eye surgery, has performed research utilizing a double mirrored lens to facilitate the placement of the I-Stent at the time of cataract surgery. “The goal of my research,” states Dr. Darlington, “is to help ophthalmic surgeons all over the world to bring the I-Stent technology to their patients.”

My hope is that by doing so, we may help many thousands more patients enjoy a lifetime of good vision and spare them from suffering the debilitating effects of vision loss associated with glaucoma,” states Dr. Darlington, passionately.

Dr. Darlington is available to see new patients at his offices in Rockledge, Melbourne and Palm Bay. Consultations may be arranged by calling (321) 722-4443.



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## July's CPA Tip Of The Month

Summer time is a good time to give back to the community you live in. Join a civic group or organization to help improve the life of the community. One new group in the Melbourne area is the **South Brevard Exchange Club** who works with other organizations to prevent child abuse. If interested in joining visit a luncheon meeting on the first Tuesday of every month at Calillou's at 11:30. Any questions please call Phyllis at the number in this ad.



From L to R  
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# WORD SEARCH: Solve the Puzzle and PLAY to WIN!

How many things can you find that have to do with **lawn and garden?**

Z	K	G	Q	J	M	H	S	S	I	W	Y	T	J	A
F	S	T	C	V	R	Z	L	R	H	B	S	O	R	E
M	N	P	S	D	T	S	R	X	E	O	D	K	A	R
M	A	A	P	E	X	I	V	H	P	W	V	O	J	A
S	H	V	Q	G	G	R	G	M	O	N	O	E	J	T
S	E	E	D	A	M	F	O	B	S	S	C	L	L	E
I	X	U	T	I	A	C	N	O	N	E	E	I	F	I
X	T	I	N	L	W	F	E	G	E	O	E	N	C	S
G	O	W	T	O	A	U	E	A	C	F	W	R	H	Z
N	A	B	D	F	G	A	R	D	E	N	S	R	T	X
L	X	U	M	O	K	I	G	E	X	H	U	B	B	F
T	A	J	X	D	R	B	B	C	U	B	D	Y	Q	T
T	U	W	W	G	Z	P	F	T	S	E	L	O	H	D
R	E	Z	I	L	I	T	R	E	F	H	C	L	U	M
B	M	K	J	R	X	R	I	V	T	O	Q	J	Z	O

- |            |         |            |        |
|------------|---------|------------|--------|
| Aerate     | Foliage | Irrigation | Shovel |
| Compost    | Garden  | Lawn       | Shrubs |
| Fertilizer | Green   | Mulch      | Trees  |
| Flowers    | Hose    | Seed       |        |

**Win a \$25 Gift Card  
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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Word Search, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

# Protect Your Skin

by Monique White, ARNP

As the hot summer months approach it is very important that you protect your skin. Here in Florida, temperatures can reach as high as 90 degrees but feel as though it is over 100. Typically, in Florida, the hottest part of the day is between 10 am and 3 pm. This should be the time of the day that you apply and reapply your sunscreen every 90 minutes when outdoors. You may also consider wearing shirts with sleeves and longer pants. Sunscreen should be at least 30 SPF per dermatologist recommendations. SPF measures sunscreen protection from UVB rays given off by the sun, the kind that can cause sunburn and contribute to skin cancer. Sunscreen should always be applied head to toe. It is very important to include the face as this is often forgotten. The skin on the face can be thinner and burn easier. Drinking plenty of water throughout the day will also help to moisturize the skin and add in the prevention of sunburns. It is imperative to also remember that certain medication may increase sensitivity to sunlight, these can include diuretics, certain antibiotics and nonsteroidal anti-inflammatory drugs including ibuprofen. If you do experience a sunburn this season, it is vital that you treat it early. Applying cool cloths to the area will soothe the skin. Applying a moisturizing cream or aloe can provide some relief. If you do not begin to see improvement in one to two days with these suggestions you may want to contact your health care provider immediately for alternatives. Summer is always fun, but you have to protect your largest organ, your skin.



“Drinking plenty of water will help the prevention of sunburns.”



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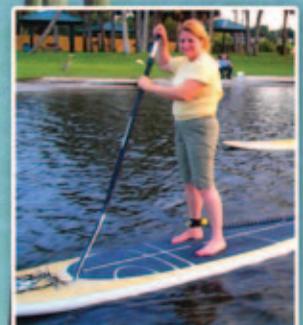
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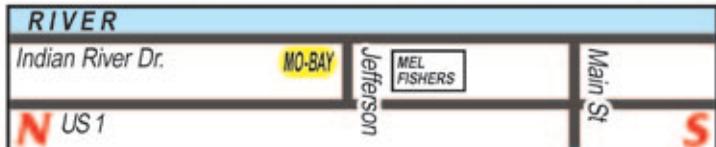
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# Garbage In, Garbage Out

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

## Or, why operational range matters in a hearing system.

There is an old saying in the computer industry that if you put garbage, or bad data, into your system, you can't help but get garbage, or bad data, out at the other end. Today's hearing aid systems are much the same in more ways than you may know. None of today's modern hearing aids are simple analog amplifiers. All of the better equipment in use today is actually built around a central processing chip, or miniature ear level computer.

In order to operate as a digital rather than an analog device, all of the input to these little miniature wonders is collected by their microphones from the surrounding incoming sounds which are then converted from the analog signals that go in, into a series of electronic ones (1) and zeros (0) that the central processor then works its magic on.

This processed digital sound information is then passed back to another converter, this one a digital to analog one that converts those zeros and ones back into the electrical waveforms and voltages that actually drive the tiny speaker, or receiver systems that deliver the processed, and amplified signals back to their users.

However, all of the really cool things that today's gear is capable of are all totally dependent upon that incoming signal being accurately translated into those digital ones and zeros that the computer processors at the heart of the system need in order to work. The key word accurately is highlighted for a reason. The electronic feat that does this conversion is a device that is located just inside the microphone circuit. It's called the analog to digital converter, and it is at the heart of why the operational range matters.

The problem is, some of the systems in use today don't have an adequate input range to accomplish this task of taking all of the environmental sounds, and converting them accurately into those ones and zeros that the central processor needs to function.

What happens with those systems without adequate range is that they will operate just fine when things are fairly quiet, but as the level of environmental sounds increase, those lacking adequate high input range begin to break down, or as we put it, saturate. At higher input ranges some systems simply can't handle those higher sound inputs, and no longer accurately translate those environmental sounds, but rather introduce distortion instead.

When this happens, when the input data fails to get accurately translated into those zeros and ones, you have a garbage in situation. Even the best computers in the world, when given a faulty, distorted, or inaccurate input, can't help but give a faulty, or distorted output. Hence,^ the shorthand, garbage in, garbage out.

Simply put, some hearing aid systems fail you when you need them most, in those complicated, loud social situations. Some simply can't handle the load. Their input converters saturate, and from then on out, as long as it's loud their users get nothing but, the proverbial garbage for output.

That's why range matters in hearing aids, and why we currently feature the Widex Dream series, with the largest input range of the entire industry at 113dB. When the party really gets noisy, or the fun really begins at that meeting, I know that I can rely on the voices coming through to my patients



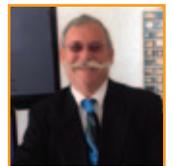
not only loud, but crystal clear, and distortion free as well.

So, if you, or someone you know isn't enjoying life to the fullest, even in those loud social situations, we can help. For a free no obligation live demonstration and trial of some of the best hearing gear in the known universe, give us a call at: 321-722-2894, or drop by our store in the Heart of Historic Downtown, Melbourne Florida, in suite #12 of the Arcade Building at 720 East New Haven Avenue, any weekday morning from 9:30 till noon to hear just how great the world can sound.

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Dear Brevard Community,

Thank you for coming out in large numbers to support the new Friday by The Bay event in Palm Bay. I would like to thank our early corporate sponsors who have come on board to make this event possible, Digitalink, Spotlight Magazine, Florida Institute of Technology, One Insurance Group, Inc, PIP Printing, Club 52, Clear Channel, 98.5 The Beach, Magnolia Brands, El Chico's, Einstein Bagels and we are proud to announce our newest Key sponsor HealthFirst. All these companies have given either financial support or their goods and services to make this great community event possible. Also, a big congratulations to the Palm Bay Chamber of Commerce for spearheading the coordination of the event with the City of Palm Bay and the Bayfront Redevelopment Committee.

Come out August 7th when we will have our back to school theme. Bring the kids and enjoy meeting the Princesses and enjoy great live music and variety of food from Brevard county food vendors and beyond. For any company interested in becoming a corporate sponsor or vendor and reaching thousands of potential customers on a consistent basis please do not hesitate to give me a call at (321) 474-4825.

Sincerely,  
Chris Robinson, MBA  
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# Holistic Health Center is Moving and Expanding

## Holistic Health Center (a ministry of CFCC) is moving and expanding effective July 15.

Changes include. 1. The vitamin retail /office location at 500 N. Harbor City Blvd., Melbourne will close on July 15. 2. Dr. Kevin Kilday, PhD, Owner, Doctor of Natural Health and Developer of the Winning Against Cancer Program will be available by appointment only at 4 office locations in 4 cities - Palm Bay, Melbourne, Satellite Beach, and Viera. Please call 321-549-0711 for appointments and location addresses 3. Vitamin sales will continue by being personally delivered by Dr. Kilday or ordered via phone or online ([www.holistichealthcenter.us](http://www.holistichealthcenter.us)) and shipped to the customer.

Dr. Kilday states "We are excited about these changes and making my services available in 4 locations rather than 1. This makes it more convenient for our



#1 priority – our customers." Dr. Kilday will continue to help clients suffering from cancer and suggesting they try his Winning Against Cancer Program.

What if you can go to 1 place, meet

with a Holistic Doctor and get all the clinical studies on vitamins, herbs, homeopathic medicines that have had positive results on reversing cancer. Well that place is Holistic Health Center. Dr. Kevin Kilday, PhD has personally sourced and reviewed these clinical studies. You no longer have to go on the internet and try to cipher through the maze of alternative treatments for cancer. Dr. Kilday has done that already and by making an appointment with Dr. Kilday he will personally assist you with supplements and positive research studies from his print and/or digital library. "Shall we begin your Journey of Natural Healing?"

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## DID THE DEVIL MAKE YOU DO IT?

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**In March 2009, a 62-year-old woman from Washington State was charged with stealing more than \$73,000 from her church. She told the investigating officers that "Satan had a big part in the theft." Was she saying that the devil made her do it?**

The devil may tempt us, but he doesn't make us sin. You may have heard someone say things like: "I have a spirit of addiction" or "He has a spirit of lust", for example, and perhaps there is a desire for deliverance from such spirits. I mean, if a person is possessed by an evil spirit, he would certainly want it removed, wouldn't he? But is the problem really possession in these cases?

Yes, of course there are people who really are possessed, though not in vast numbers. Certainly not as many as Hollywood would have us believe! Genuinely possessed people do require intervention, it's true. While Spirit-filled Christians cannot be possessed, they can be demon oppressed or influenced, and they are subject to spiritual warfare. Notice that in all the New Testament passages dealing with spiritual warfare, there are no instructions to cast a demon out of a believer. Rather, believers are told to resist the devil (James 4:7; 1 Peter 5:8-9), not to cast him out.

The fact of the matter is that our human sin nature is a very powerful force. Sinful behavior comes naturally to us, because we are born that way. (Psalm 58:3). Charles Spurgeon once said, "As the salt flavors every drop in the Atlantic, so does sin affect every atom of our nature. It is

so sadly there, so abundantly there, that if you cannot detect it, you are deceived."

Of course, we don't want to sin, but we can't help it. We are slaves to sin (Romans 7:14 NLT). So we feel guilty when we do. We feel ashamed. We don't like confessing our sins to God every day, because we know how we look in His Holy eyes, and we feel bad about that. We know that as humans, we would have a hard time forgiving people as often as God forgives us.

So to avoid this shame, we may be tempted to blame our sin on direct demonic influence or "evil spirits". While God does enable us to resist (1 Corinthians 10:13), lots of times we fail, and in the end, it's so much easier to view ourselves as victims rather than as the culprits that we are, particularly in the case of habitual sin.

The dictionary defines "culprit" as "a person or other agent guilty of or responsible for an offense or fault." So we are criminals of a sort; we have committed sin crimes against God. That's hard for many people (even unbelievers) to deal with, and so they may come to believe that they need "deliverance" from a "spirit", when what they really need is repentance, confession and forgiveness.

We cannot properly fellowship with God with unconfessed sin in our lives. As the chief of sinners, I personally know how difficult it is to go before a sinless God yet again, hat in hands, to humbly acknowledge my sin. But what some people are surprised to learn is that God not only forgives, He forgets. That's right; in His eyes, it's as if you never committed that sin to begin with! I know it seems too good to be true, but Isaiah 43:25 tells us, "I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more."



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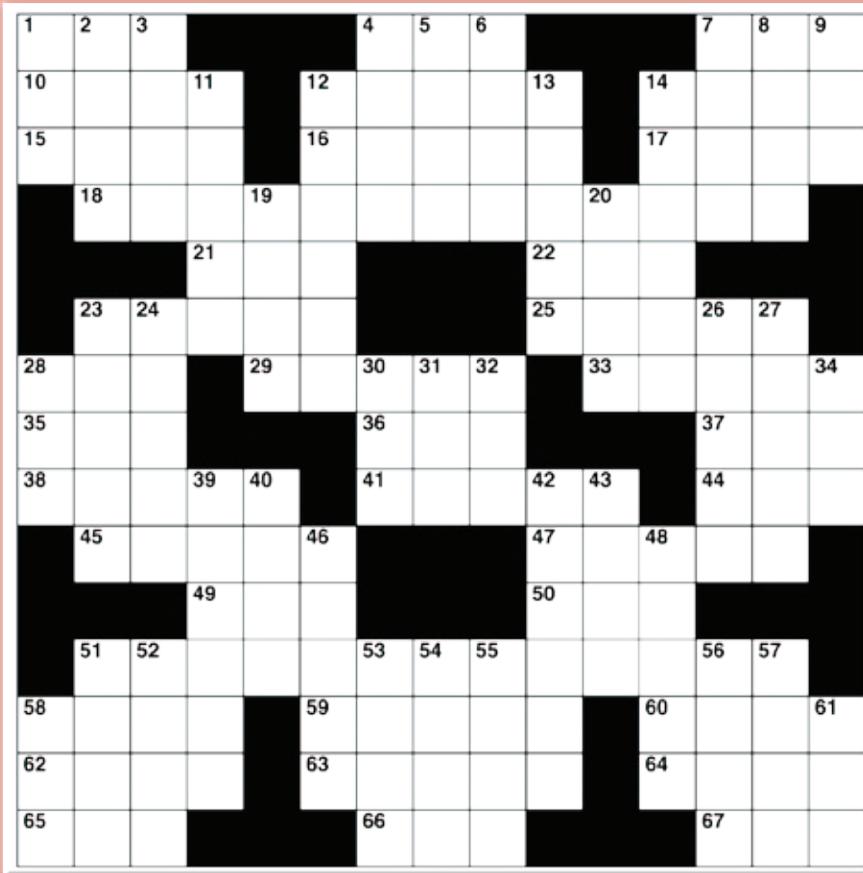
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# Spotlight Crossword Puzzle



## clues ACROSS

1. Droop
4. Rested in a chair
7. Thai (var.)
10. Draw out wool
12. Coatis genus
14. Taxis
15. Beige
16. Supplementing with difficulty
17. Capital of Norway
18. A personal written history
21. Cologne
22. Australian flightless bird
23. Lowest freeman; early Eng.
25. 18th C. mathematician Leonhard
28. Cabinet Dept. for homes
29. Languages of Sulu islands
33. More scarce
35. Before
36. Swiss river
37. Actress & director Lupino
38. Edges
41. Thousand Leaves prefecture
44. Soldier hero of Spain El \_\_\_\_
45. Gains through work
47. To the front
49. I (German)
50. Price label
51. Barack's 1st lady
58. Drench with liquid
59. Child (scot.)
60. "Aba \_\_\_\_ Honeymoon"
62. Disappearing shade trees
63. Cricket frog genus
64. Union busting worker
65. A priest's liturgical vestment
66. Previously The Common Market
67. Upper left keyboard key

## clues DOWN

1. Point midway between S and SE
2. Genus of birds
3. Personal spiritual leader
4. Japanese rice beverage
5. Eared owl genus
6. Wood oil finish
7. Hyphen
8. Competently
9. Equal, prefix
11. Broad-winged soaring hawks
12. A collection of star systems
13. Be in accord
14. Links subject & predicate (linguistics)
19. Paddles
20. Asian river between China and Russia
23. Physicists Marie or Pierre
24. Excessive fluid accumulation in tissues
26. \_\_\_\_ Dunlap, pageant titleholder
27. Made again
28. Norse goddess of death
30. A waterproof raincoat
31. Express pleasure
32. \_\_\_\_ Lanka
34. Radioactivity unit
39. Clay blocks for building
40. Linear unit
42. Conductor tools
43. Whale ship captain
46. Queen who tested Solomon
48. Good Gosh!
51. A gangster's girlfriend
52. Unstressed-stressed
53. Draw through holes
54. Old Italian monetary units
55. Musician Clapton
56. Ceremonial staff of authority
57. Fabrics of camels or goats
58. A very large body of water
61. Basics



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# Let Us Be A Part Of Your Community - Because It Takes A Village To Raise A Child

*I AM PROOF® is a 501(c)3 non-profit organization which offers a unique mentoring program geared towards boys ages 11 through 18. The program is FREE to all students.*

I'm sure you've heard the phrase, "as simple as boiling an egg." The truth is, it's not simple. It makes me think about raising children and how easy some people think it is. But, as anyone who has actually raised a child knows, it's not easy at all. And even harder on your own or with limited support or resources. As the African Proverb says, "It takes a whole village to raise a child." Who are the contributors to your village?



There are quite a few agencies in Brevard County which can help increase your awareness, to form a bond, or create a valuable partnership with. A few of these include, Grandparents Raising Grandchildren, Links of Hope, Central Florida Parents, and, of course, I Am Proof, Inc. which empowers young men to meet their full potential.

I AM PROOF® is a 501(c)3 non-profit organization which offers a unique mentoring program for boys ages 11 through 18. It is structured to give pre-teens and young men the opportunity to discover self through education, training, and group facilitated activities and discussions, while developing communication and leadership skills.

Our mission is to train and educate pre-teen boys and young men to be leaders, through education and training in the life skills necessary to succeed. I AM PROOF® is a group mentoring program designed with age-appropriate material, and developed for the following age levels: Group 1 - Ages 11 & 12, Group 2 - Ages 13 - 15, and Group 3 - Ages 16 - 18.

**I AM PROOF®**  
Mentoring Future Leaders Today

A Mentoring Program for Boys Ages 11-18

Teaching Age Appropriate Information for Life Success in:

- ★ Personal
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- ★ Physical
- ★ Education & Finance
- ★ Mentoring and Giving back

To Make A Tax Deductible Donation, Volunteer, or Become A Mentor or Instructor Contact:  
**www.IAMPROOF.net (321) 720-4510**

Wouldn't you love to have this incredible program in your neighborhood or community?

**You Can!**

If you are excited to host I Am Proof a five-session, three-hour program in your "village," then contact us to find out how we can bring I AM PROOF to you. We'd be delighted to give you information on the extraordinary benefits it will offer your young men, and how one of your attendees will receive a special recognition during the graduation program.

We want to be a contributor to your village!

**Bring I AM PROOF to your community and make a difference and in the lives of your young men.**



Register NOW!

Volunteers and donations (tax deductible) are always needed. Please Help.

For more information or to register for upcoming classes, visit:

**www.IAMPROOF.net or call (321) 720-4510**

You may also contact us at [JChandler@IAMPROOF.net](mailto:JChandler@IAMPROOF.net).



# HEALTH FIRST FAMILY PHARMACY Opens New Location in Viera



## Health First Family Pharmacy accepts:

- Medicare
- Health First Health Plans (Commercial & Medicare)
- United Healthcare Commercial
- Caremark
- Cigna
- Blue Cross/Blue Shield
- Medco
- Tricare
- Worker's Compensation

**Health First Family Pharmacy recently opened a new location in Health First's Viera Hospital Medical Plaza.**

The pharmacy is available to serve Health First Health Plans members, Health First Medical Group patients and Hospice of Health First patients.

Health First Family Pharmacy accepts Health First Health Plans, as well as many other insurance carriers, including Medicare, United Healthcare Commercial, Caremark, Cigna, Blue Cross/Blue Shield, Medco, Tricare and worker's compensation.

Services include filling electronic prescriptions from physician offices, online orders and walk-in customers. Ninety-day supplies of maintenance medications and mail order are also available. Health First Family Pharmacy is well known for its quick service and low prices. Valet parking is also available.

Located on the first floor of Viera Hospital Medical Plaza at 8725 N. Wickham Rd., Suite 102, Melbourne, the pharmacy is open weekdays from 8:30 a.m. to 6:30 p.m. and Saturdays from 9 a.m. to 4 p.m. Health First Family Pharmacy has two additional locations at Health First's Holmes Regional Medical Center and Health First Medical Group-Gateway.

For more information, call 321.434.7355 or toll-free 866.469.1506, or visit [myHFFP.org](http://myHFFP.org).

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How well did you do?

S	A	G		S	A	T		D	A	I				
S	L	U	B	N	A	S	U	A	C	A	B	S		
E	C	R	U	E	K	I	N	G	O	S	L	O		
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# Spot This Spotlight and PLAY to WIN!



How good are you at spotting items?

This month, we've placed 7 Spotlight graphics (shown above) on other pages throughout the magazine. Your job, should you choose to accept it, is to find all 7 of these Spotlights and list the advertiser and the page on which you found it. Have fun!

**Win a Certificate for 1 Catering Box that feeds 10 people from Jersey Mike's Subs**

OUR WINNER LAST MONTH WAS  
**Karen Reese of Palm Bay**

Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. Please PRINT answers along with your name, address and phone number. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Spot the Spotlight, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

Advertiser \_\_\_\_\_ Page # \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

Please Print. Entry form must be filled out completely & mailed.

Name: \_\_\_\_\_

Age: \_\_\_\_\_

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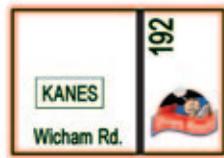
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