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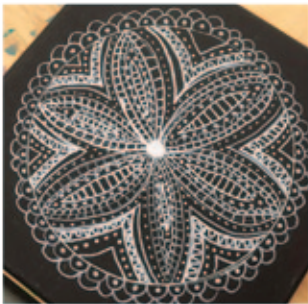
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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

I am dedicating this month's Notes from the Publisher to all of you who have grandchildren. I'll tell you what, you've got to just love the little buggers, no matter what they do to you or your house! Yes, there is a story to be told here.

A couple of weeks ago, my wife and I had three of our little ones for a day, and we decided to take them to the movies to see the Minions. Rushing the kids out of the house, we made sure that they all went to the bathroom and washed their hands. Unfortunately, we did not remind them to turn off the water. I guess we just assumed that they would do that. Big mistake.

When we arrived back home about three hours later, we were greeted at the door with a flood of water. Needless to say, I went into high gear with the wet dry vac. To make a long story a little shorter, our insurance company sent out an adjuster and we will soon be having a whole new kitchen along with new ceramic floors throughout the house, hopefully by the end of this month.

Why, you may ask, am I sharing this story with you? First of all, maybe remembering my tale, you will always check the bathroom before you leave the house with your own grandchildren! But more importantly, we realized that there was no use getting all mad at the little guys and yelling at them for leaving both the hot and cold water on full blast. What's done is done. We are the adults, and ultimately, it was our responsibility to check on things before leaving the house. Yelling and throwing a fit would only crush them; they did not act out of malice. They are children, and are worth so much more than material things. Stuff can always be replaced, but not our kids' feelings and their little spirits.

Speaking of kids, my son Bryan and his fiancée Cheyenne are expecting their first child this coming January. So I am really feeling a little old, but also very blessed to be welcoming a new grandchild!

See you next month, and remember to love your grand kids!

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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A MONTHLY PUBLICATION
September 2015 | Volume 18 | Issue 09

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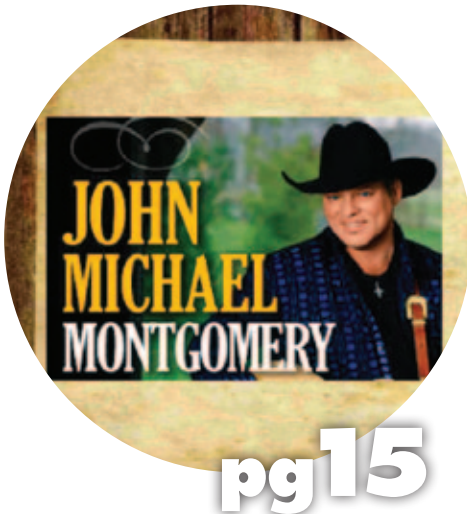
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inside the Spotlight

september 2015



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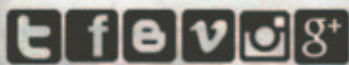


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EVERYONE HAS AN OPINION

by Jim Campbell, First Baptist Church of Melbourne

One thing that is common in just about every venue that you enter

...everyone has an opinion about just about anything. It might be abrasive, controversial, or one with which the majority of people would agree. Some people, even if they refuse to give their opinion, have one whether it's apathetic or they are afraid that someone might disagree strongly and they don't want the hassle, but everyone has one. Never has there been such a time that through social media and the internet have people's opinions been so accessible to so many others.

One subject that everyone has an opinion on is God. Whether it comes from the Bible, other religious literature, their family tradition (or inconsistencies from their tradition), from an honest attempt to match up answers to hard questions, or from a mix of all of these and more, everyone has one...it might even be that there is no God.

I know for me, the hardest thing is for someone to have an opinion on me who knows nothing about me. To some, my sense of fashion or my penchant for getting injured in some semi-athletic event paints me unqualified to be taken seriously, but that's not the whole of me. If someone is going to make a call on me, I'd prefer that they did a little homework past the color of my shirt. Honestly, we all feel that we'd rather be portrayed as we are, representative of our own takes and opinions...and so does God. Often times, our attempts to

define God begin with what we think is right, expecting that God obviously agrees with us. We end up talking and interviewing everyone in the world about God, but Himself, as if He is incapable of painting a picture of who He is on His own. Sometimes, we try to avoid what God says because it's a hard subject and we don't understand His viewpoint on things.

The reality is that God has left a large detailed resume, character sketch, history of accomplishments and references, where He defines who He is and what we can expect from Him... it's called the Bible. He has yet to act contrary to anything in it, but so often, the last thing we want to do is study God's Word to find out who He is.

While it might be easier to just spout an opinion, why not educate yourself, first hand? You can find help to learn about God in the many churches in Brevard, but Bay West Church will be specifically going through a series called "God on God" for the next several weeks looking specifically at who God says He is, and presenting an unapologetic or watered down picture of who God says He is. He speaks for Himself really well, and He can take the criticism and questions. He's God.

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.



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How to Handle an Old 401(k)

Upon making the transition to a new job or retiring, many people are unsure about what to do with their 401(k) or other retirement plans linked to their employer. Handling this transition can be costly, and many men and women might benefit from the advice of a professional financial advisor to help them navigate these waters without breaking the bank.



to defer paying taxes on retirement savings accounts until they reach retirement age and need to start withdrawing money. Another benefit to keeping money in an employer retirement plan even after you leave the company is it protects you if there are rollover restrictions governing any additional accounts you might have transferred the money into.

Some men and women may think they're forced to cash out their retirement accounts when moving on to new companies. But, depending on a person's age, that's a potentially costly option that can incur heavy penalties. Fortunately, cashing out is not the only option men and women have as they try to figure out what to do with their retirement accounts after retiring or moving on to new companies.

Keep the money with your former employer

Some employers allow former employees to keep their retirement savings in their plans. This allows men and women to avoid early withdrawal penalties and lets them continue

Employers who do allow former employees to keep their money in retirement plans likely included certain language in those plans that govern how the account is managed after employees leave the company. For example, former employees may no longer be able to contribute to the plan or take out plan loans. In addition, when the time comes to withdraw money, you may or may not be allowed to make partial withdrawals from accounts linked to former employers. Read the fine print to determine if keeping the plan with a former employer makes the most sense for you.

Rollover into your new employer's retirement plan

Some people have the option to rollover a 401(k) from a previous employer into their new employer's plan. But not all companies allow this. If you are allowed to do so, this can make the transition that much easier while still allowing tax-deferred growth on your assets. In addition, if you can rollover into your new employer's plan, you may be allowed to take out loans based on the amount of your combined plan instead of just loans against new contributions. Rollover and plan loan eligibility should be confirmed with your new employer.

Before rolling over money into your new employer's plan, confirm your investment options under the new plan. If they pale in comparison to an IRA, you might want to rollover your retirement assets into an IRA that offers more investment options.

Rollover into an IRA

Many men and women look to rollover an old 401(k) into an IRA, as traditional and Roth IRAs may offer a wider variety of investment options than a previous or current employer's retirement plan. Taxes differ depending on which type of IRA you choose to roll your funds into, so discuss your IRA options with your financial advisor to determine if this is the best way to go.

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Celebrate Working Men and Women

Labor Day is a bit of a misnomer. While it may seem like a day devoted to work, many workers in the United States and Canada don't work at all on Labor Day.

Labor Day is much more than the unofficial end to summer. Labor Day weekend tends to be the last big travel weekend before the holiday season, benefitting towns and businesses that cater to tourists. But while road trips and backyard barbecues are now staples of Labor Day, the origins of the holiday bear little resemblance to the celebrations of today.

Labor Day in the United States dates back to the 19th century, though its origins are still debated by historians. According to the United States Department of Labor, recent research supports the

idea that Labor Day was the brainchild of machinist Matthew Maguire, who supposedly devised the idea in 1882 while serving as secretary of the Central Labor Union in New York. Others attribute the holiday to Peter J. McGuire, a cofounder of the American Federation of Labor and general secretary of the Brotherhood of Carpenters and Joiners.

Historians say the first Labor Day was celebrated on Tuesday, September 5, 1882, in New York. This was based on plans from Maguire's Central Labor Union. Other states and cities would eventually adopt the first Monday in September as Labor Day. As labor unions grew, other cities started celebrating Labor Day, which McGuire suggested should be a day to honor those "who from rude nature have delved

and carved all the grandeur we behold."

Soon the popularity of Labor Day grew and recognition by the government followed. By 1885, municipal ordinances recognizing Labor Day had been passed, and they inspired state legislation. While Labor Day was first celebrated in New York, in 1887 the state of Oregon became the first state to officially pass a law recognizing the first Monday of September as Labor Day. New York, along with Colorado, Massachusetts and New Jersey, implemented Labor Day observations soon after.

On June 28, 1894, Congress officially passed an act that declared the first Monday in September of each year a legal holiday. This applied to all states as well as the District of Columbia. Labour Day also is celebrated on the first Monday of September in Canada, where the day celebrates workers and the labor union movement. It's important for people living in North America to recognize both the significance and the history of Labor Day, which is about far more than backyard barbecues and the last of summer jaunts to the beach.



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Serene Harbor offers victims of domestic violence safety, support and education, empowering them to create an independent life free from violence. Serene Harbor is the only Certified Domestic Violence Shelter saving lives 24/7 and preventing domestic violence throughout Brevard County that also allows victims to bring their pets to the center.

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with Cary Carbonaro, MBA, CFP®
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7pm | Dinner and Program Begins

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Purses with a Purpose

Domestic violence, these words evoke various images and perceptions in peoples' mind.

It seems like such a huge issue to tackle, that most turn a blind eye to the problem. We daily hear stories of women, children, friends and family members who have died at the hands of an abuser, intent on making good on the expression "If I can't have you, then no one else can". Of course men are victims also, but there are three women murdered every day due to domestic violence.



Violence against women is an epidemic. If many consider it one of the most pressing issues in the world today, what is being done to change this culture of violence? If it is prevalent throughout the world, how can one person make a difference? With any social issue, it begins with people who see the injustice and think this has to stop, and then work to bring others to the cause.

The incident with Baltimore Ravens star Ray Rice in 2014, where the elevator video of him knocking his then fiancée, Janay Palmer, unconscious and dragging her out of the elevator shed a huge spotlight on the issue of domestic violence. No longer was abuse happening behind closed doors where no one was privy to it. No longer could people just turn a blind eye to the daily struggles some women face at the hands of their partner. No longer could the issue be swept under the rug for all to pretend it isn't that bad. Ray cold cocked his fiancée on an elevator and the world saw.

As horrific as the Ray Rice incidence was, it also began a national conversation around the issue of domestic violence, but what does

that mean for the average person? The power of one should never be underestimated. A person with a vision and a passion to make changes in the world can start

the movement for change. Whether it is just speaking up when you hear inappropriate remarks or derogatory comments about females, whether it is educating your children about healthy relationships and nonviolent behavior, whether it is providing community education about the issue, or joining a local group advocating for female rights or a myriad of other actions that can be taken by any individual who wants to make a difference.

On Friday, October 9th, in honor of Domestic Violence Awareness month, Serene Harbor will be hosting its 10th annual "Purses with a Purpose" luncheon from 10:30 am – 2 pm at the Crowne Plaza in Indialantic. Cary Carbonaro, author of *The Money Queen* will discuss financial abuse and strategies women can use to escape. There is a live auction of new designer purses, silent auction, raffles, 40+ vendors and three-course luncheon. All proceeds benefit Serene Harbor, the local domestic violence center. For tickets and information, visit www.sereneharbor.org. Luncheon tickets are \$55 and there are few vendor tables still available.



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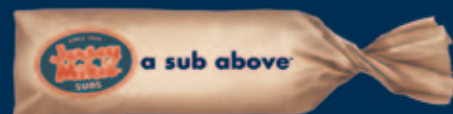


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With an expected line up of over 20 bands scheduled to perform, headliners currently include country legends John Michael Montgomery and David Allen Coe. On the southern rock side, classic southern rock and Florida native Molly Hatchet will take the Space Coast Country stage. And the ever popular southern sounds of Swamp Da Wamp will add some rock to the jukebox. Up and coming CMT video artist Walk McGuire and the Kurt Stevens Band will be joining the line up that includes Canadian Country stars High Valley and a host of other local, regional and Nashville talent to be added over the next 6 months.

The festival is being presenting by Platt Hopwood, Attorneys at Law and Sponsored by NASH FM 102.7, Spotlight Magazine, and Nature's Market Health Foods.

The event will also host Brevard's first ever "Barbeque Wars" and feature other entertainment, interactive games and a variety of acts. A country festival for all ages, Space Coast Country will attract a wide demographic of the local market and travelers.

Ticket holders can expect a fun and entertaining weekend filled with music from several decades in a family friendly environment. The cost of the event will be family friendly as well, with 3 day passes for general admission starting at \$69.99 per adult, and children 12 and under free with paying adult. VIP, Reserved seats, RV parking & Ticket combos, and Tent camping & ticket combo packages are all now available on line.

For more information, tickets or the latest band additions visit www.SpaceCoastCountry.com





Waiting, Waiting, Waiting

Dear Friends,

For some time the Florida Legislature has been deeply divided over Medicaid expansion as a result of the Affordable Care Act, and this division runs through Brevard County. One sympathetic Brevard legislator said that he grieved over the potential loss of Medicaid expansion, while another suggested that expansion dollars had to be borrowed from China and would put us on the same path as Greece.

Given the amount of money on the table for discussion, the consideration for the legislature are staggering and demand a cautious approach. However, as so often happens in our public discourse, the cautious approach is abandoned in favor of gridlock and those who have need of legislative action are left hanging in the lurch. I refer here to seniors with expensive long term care needs, particularly those who require some degree of care at home. The Governor and legislature are failing these seniors terribly.

This failure is highlighted by the existence of a waiting list for Medicaid services at home. (Medicaid inpatient nursing home services are available at all times).

Supposedly, when funding becomes available for non-nursing home services, individuals are moved off the waiting list based on



their medical need, referred to as the Activities of Daily Living ("ADLs"), which generally includes eating, bathing, dressing, toileting, transferring, and walking. Those individuals occupying the waiting list are priority-ranked according to their needs on a scale of 1 to 8, with 1 being an individual with a minimal amount of need and 8 being an individual with the need to be sheltered by the Department of Children and Families.

My understanding from the Department of Elder Affairs is that statewide there are currently more than 45,000 individuals on the waiting list, which I find alarming. What I find more even more alarming is that roughly 30% of those individuals are ranked 4 to 8 on the scale, which means they have a significant medical need for services and are forced to wait. I imagine a large number of these seniors are veterans or the widows of veterans. Unfortunately, these individuals do not appear to be any meaningful part of the dialogue in Tallahassee.

Florida's newest budget may provide a few million dollars more for non-nursing home care, which may offer relief to 400 or 500 people, but this is woefully inadequate given how many are in need and waiting. Moreover, this is also ultimately costly to taxpayers. If assistance cannot be delivered at home, many of the individuals on the waiting list will have no choice but to pursue Medicaid nursing home benefits because they can wait no longer. These Medicaid nursing home benefits are the most burdensome to taxpayers. It is simply more cost effective to provide individuals care at home or, in some cases, through an assisted living facility.

No senior should have to face the prospect of nursing home placement because Florida's government is unable to come to terms with new economic and demographic realities. They can and should do better. We have an obligation to our loved ones and to ourselves to insist that they do.



Joe Steckler
President

Helping Seniors of Brevard
571 W. Haverly Court Suite W, Rockledge

Joe Steckler is the President of Helping Seniors of Brevard, a non-profit organization designed to advocate, educate, and fundraise on behalf of Brevard's senior citizens. Feel free to contact us at: info@helpingseniorsofbrevard.org or calling: 321-473-7770 ~www.helpingseniorsofbrevard.org



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BACK TO SCHOOL NUTRITION SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

As a new school year is upon us, I want to remind parents of the important role nutrition plays in assuring kids a successful school year. Nutrition and learning go hand in hand. Kids who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn. Running out the door with thoughts of seeing old classmates, joining new clubs, participating in school sports and (hopefully!) getting good grades, kids will not be paying much attention to the proper nutrition needed to accomplish all of this. a

We have often heard it said that breakfast is the most important meal of the day, yet 35-40 percent of all Americans skip breakfast. The statistics for children are just as alarming, as many as 48 percent of girls and 32 percent of boys do not eat breakfast every day. Start with a healthy breakfast.



For children and teens a morning meal is especially important to prepare them to meet the challenges of learning. Many studies have shown that those who eat a morning meal tend to perform better in school, score higher on tests, have higher school attendance, less tardiness, better concentration and muscle coordination... and kids who eat breakfast have

fewer hunger induced stomachaches and are less likely to be overweight.

As for lunch, meals served at school contribute significantly to kids overall nutrient and energy needs. Do you know what they are eating? School meals are usually regulated through the U.S. Department of Agriculture (USDA). Through USDA guidance many schools are improving the nutritional quality of lunch and designing the meals to supply about one-third of a child's nutrition needs.

Parents can play a role in helping a child choose healthful meals in several ways. Keep the school lunch menu in your kitchen, go over it with your child, and talk with your child about making choices in the cafeteria line. Get involved and work with school staff to form a parent advisory committee for the school food service program.

If your child prefers to brown bag it to school, let your child help plan and prepare school lunches. When they're involved, chances are they will resist trading their carrots for cookies. Pack meals that are easy to prepare and fun to eat as well as nutritious. A few examples are sandwiches, raw veggies, crackers, string cheese, whole fruit and yogurt or pudding.

Finally, for after-school snacks choose foods that supply needed nutrients that can be missed in meal choices. Stock up with ready-to-eat fruits and vegetables, animal crackers, popcorn and cereal. Your child will appreciate the availability of quick healthy snacks.

Proper nutrition is crucial for social, emotional and psychological development. Teaching children how to eat healthy will enable them to establish a foundation of good nutrition and healthful lifestyle habits that will benefit them for the rest of their lives.

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CHOCOLATE DIAMONDS

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



No doubt you have heard the old saying, you can't teach an old dog new tricks. It is my opinion, feel free to disagree with me, but I think that is simply an excuse for choosing to remain stubborn and set in our ways. I am fully aware the calendar is working against me, but I am trying hard not to become one of the old guys I used to complain about. There is always room for "new things". Let me explain ...

Both of my son-in-laws are pastors, and while I would like to think I have somehow contributed to their ministry, the truth of the matter is I'm learning from both of them. Their insight and wisdom is an encouragement to this old dog. Thanks Matt & Nick for your patience in teaching me new things. You are loved!

Thanks Matt for writing and sharing the following nugget of truth... "My brother in law is a certified gemologist. He's qualified to identify and evaluate gems. He told me

something about diamonds that has never left me.

In the 1980's, brown diamonds were classified as "industrials". In other words, they were very common and had little use in the retail world. Essentially worthless because everyone wants a clear, clean diamond. No one would buy the discolored stones. They were used for factories and industrial machines. There were too many of them. "How do we get rid of these discolored brown rocks?" Marketing.

Here's what they did. They decided to call these diamonds "chocolate". Same discolored stones...they just changed the name. Interesting, huh? That simple marketing ploy has helped unload these brown rocks, transforming them into coveted gems.

The "chocolate" diamond is a silly example of a larger issue. We allow our worth and our purpose to be defined by too many other voices.

- We've marketed...
- ...sex into lust.
- ...love into a feeling.
- ...humility as weakness.
- ...kindness as fleeting.
- ...truth as subjective.

Sin has been masked as so many other things. Things that are appealing. Things we think we want. But those things leave us empty.

Here's the truth today: Look at the crows! They don't plant or harvest, and they don't have storehouses or barns. But God takes care of them. You are much more important than any birds. Luke 12:24 (CEV)

You are highly valued by God. Don't believe the lie that is being marketed to you. You are God's precious creation. Nothing can change that."

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"The grass is greener
where it's watered..."

"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,

My wife, Laura, and I have been married for almost forty years. We have a couple of grown kids but no grandchildren yet. I remember a time when my wife and I were very much in love, we couldn't keep our hands off of one another, but for the last couple of years, I feel like I'm invisible to her. She's totally consumed with her clubs, quilting group, and so on, but she has no time for me. Somehow we've evolved into roommates without any physical intimacy. She's a nice woman, and real pretty; but lately, I find myself looking at other women more and more—and they're looking back. I know we have too much time invested, in our marriage, to just throw in the towel, but I'm lonely and depressed and she's either oblivious to how I feel, or she just doesn't care.

—Jack of Palm Bay

Dear Val,

Glen is my third husband and we've been married fifteen years. I was physically abused by my first two spouses; and when I married Glen, I thought he was different. He was very protective, in the beginning, but in the last few years, that began to change. Glen doesn't hit me, but he calls me ugly, vile names. It breaks my heart; but worse than that, I'm starting to despise him and the very ground he walks on. I love God and I don't want to feel this way, but I just can't help it. I often wonder, what's wrong with me? Why do I attract these types of men?

—Estelle of Melbourne

Dear Jack,

You say Laura seems oblivious, or indifferent, to your feelings, but have you communicated your thoughts to her? We've all heard, "The grass is greener on the other side," but I think there's more truth in the following: "The grass is greener where it's watered." As with our lawns, a healthy marriage requires constant attention. I'm not implying that you are to blame, but it's easy for any relationship, if neglected, to fall into a routine and/or become stagnant. Perhaps Laura has forgotten how much fun romance can be? May I suggest that you pursue her as you did before marriage? Flowers and chocolate are a nice start, but I'm thinking of something with a little more imagination and effort, such as: a mystery date, or weekend, and surprise her with pretty lingerie; use your imagination... Another great resource for you is to take the "Love Dare" challenge. Based on the critically acclaimed movie, "Fireproof," this will help you to strengthen your marriage. Check out their website at www.fireproofmy marriage.com or look at your local Christian book store.

Dear Estelle,

There is nothing wrong with you; the fact that you're shouldering the blame is a clear picture of abuse. Abusive men, or women, are usually drawn to: sensitive, timid, people with low self-esteem. Quite often, their abusiveness stems from their need to vent anger and frustration. They're unable to deal with their own shortcomings, so they feel it's necessary to bring you down thereby making them feel superior. In addition, abuse is also used as an instrument of manipulation. Name calling is also abuse, it's wrong—you don't deserve it—and you didn't ask for it. Although God hates divorce, He doesn't expect you to remain in an abusive relationship either. I suggest you seek Christian counseling immediately.

"Husbands, love your wives, just as Christ loved the church and gave Himself up for her..." Ephesians 5:25 (NIV).

(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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CLUCK, CLUCK! SPOTLIGHT ON COOKING

by Cecelia Danas



Want something quick and easy for brunch or even for dinner. This recipe fills the bill. It's so good too! Enjoy.

If you have any questions or would like to contact me, email me at lifecoaching7746@aol.com.

Chopped Chicken Salad Cups

- | | |
|--|---|
| 2 cups chopped cooked chicken (either you cook it or pick one up at the grocery store) | 3 tbsp chopped green onions |
| 1/3 cup shredded sharp cheddar cheese (can use just cheddar cheese, but I like sharp) | 3 tbsp mayo |
| 4 tbsp chopped toasted almonds (or sliced almonds you can get in grocery store) | 1/8 tsp ginger |
| | 1 can Refrigerated buttermilk biscuits (the Grands buttermilk 8 is what I like) |

- | | |
|--|---|
| Spray Pam into muffin pan cups. | mixture in to cups. Sprinkle with sesame seeds. |
| Mix chicken, cheese, almonds, onions and ginger, until well blended. | Bake at 375 for 15-20 minutes. |
| Open and separate biscuits. One at a time press in to greased cups making sure bottom and sides are covered. Spoon chicken | Serve with a salad and you got a great meal. |

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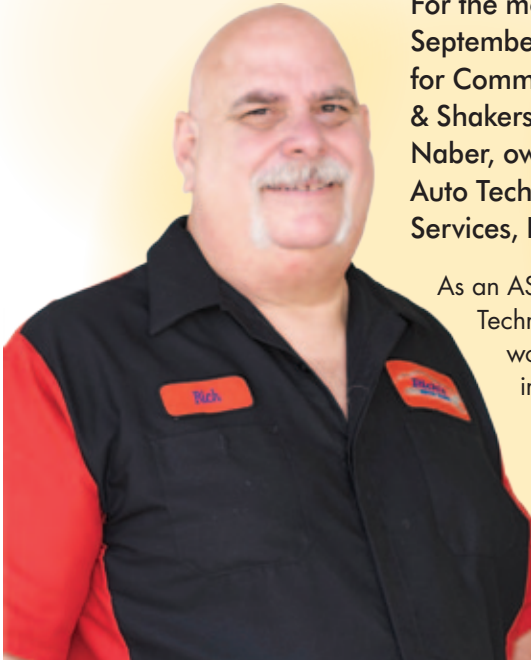
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For the month of September, our honoree for Community Movers & Shakers is Richard Naber, owner of Rich's Auto Technology Services, LLC.

As an ASE Master Technician, Rich has worked in the auto industry for forty years. Of his business, Rich says, "Our shop motto is Today's technology

with yesterday's service." He believes that it's easy to have an auto repair shop like anyone else's, but that's not what they want at Rich's Auto Technology Services. They are dedicated to giving their customers an experience like no other and they give the best warranty in town, 3 year/36,000 miles.

It is also Rich's belief that as a business owner, he not only wants to give the customers the service they deserve, but also to do what he can in the

community as well as in his shop, to pay it forward.

Rich has spent time volunteering at the West Melbourne Youth League, as well as the Palm Bay High Booster Club. He has also helped spearhead a successful fundraiser for Brakes for Breasts, to help stop breast cancer.

It is for his dedication to not only his customers, but to his community, that we thank Rich and are pleased to honor him this month.

Phyllis D. Smith, CPA

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September's CPA Tip Of The Month

If you have had a life changing event this year, meet with your tax preparer to see how it will affect your 2015 taxes. Be prepared for any adjustments in taxes before tax season.



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How to Find the **Right Oncologist for You**

The day a person is diagnosed with cancer is a life-altering moment. Many people rely on support networks made up of family and friends to help them during their cancer treatments, and such support networks can extend to patients' choice of oncologists as well.

Oncology is a branch of medicine involved in the diagnosis and treatment of tumors. The term "oncology" is derived from the Greek word "onco," meaning bulk or mass. Upon diagnosing patients with cancer, oncologists explain the type of cancer patients have and explain the various treatment options available to patients. Oncologists also are on call to answer any questions and are often the first people patients turn to when they have questions about their disease.

Taking an active role in their cancer treatment can help patients feel more in control of their situations, and patients' choice of oncologist is one of the first big decisions they must make.

• **Start with a referral.** Begin by speaking with

your primary care physician. He or she may have a list of recommended oncologists or ones affiliated with nearby hospitals. If a loved one has battled cancer in the past, ask him or her for a recommendation.

• **Do your research.** The goal is to find an oncologist who specializes in your form of cancer and has a good treatment success rate. Do not be afraid to ask about success statistics and ask for prior patients' names so you can get their opinions on the care they received. Look up the doctor's credentials as well. For example, HealthGrades.com provides information on malpractice and disciplinary history.

• **Consider a group practice.** As with other medical providers, some oncologists work together in full partnerships with other oncologists. Choosing this type of provider may enable you to gain the benefit of the doctors' collaborative experience.

• **Judge communication style and**



compassion levels. Does the doctor answer your questions in a manner that fits with your personality? Do you feel supported by the doctor and that he or she exudes

empathy? Oncologists need to walk the fine line between qualified medical provider and friend.

• **Look into insurance coverage.** While you may want to go with one particular doctor, you must investigate if your insurance covers that particular oncologist. Otherwise, out-of-pocket expenses may be considerably high.

• **Look into the hospital.** Consider the quality of care at the hospital where the oncologist will treat you as a patient. Hospital quality can matter based on the type of care given, proximity to the patient's home and reputation.



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WINDOWS 10: PRIVACY NIGHTMARES (OR NOT!) SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



Microsoft definitely took a completely different approach with the newly-released Windows 10 and because of that, privacy concerns are being heatedly discussed across the Internet. Some would have you believe that it's a 'privacy nightmare' and Microsoft is now tracking everything you do, whether you're online or not.

While the changes brought with Windows 10 are significant, I'd have to say much of what I've seen reported is more 'salacious click bait' rather than a clear explanation of the issues.

One of the new useful features on Windows 10 is Cortana, which works a lot like Siri and Google Now does on your smartphone. Cortana allows you to use your voice to schedule appointments, find local businesses, or search for things on the Internet that are location specific but in order to accomplish these new tasks, it has to be able to record and store your voice, make use of your current location, and access your contacts and calendar. The privacy settings reflect these requirements.

Just like we've seen with Facebook changes in the past, many read the privacy settings and statements and draw conclusions on what it really means. If you're comfortable using Siri or Google Now on your smartphone, then you shouldn't be any more concerned with Microsoft leveraging the same technology to "enhance the experience" on your computer.

Having said that, I am by no means advocating that you blindly agree to whatever Microsoft is asking for, just view it in the same light as you do the rest. The good news is that it's pretty easy to understand what each of the items in the privacy settings do (click the Start button, then Settings, then Privacy), so you can decide on a case-by-case basis whether you're willing to share the information necessary to make use of the various features.

For instance, using your location

information allows certain apps and websites to bypass asking you for a zip code for location specifics (think weather or finding a nearby restaurant). If you'd rather provide that information when you feel it's useful, you should turn it off, although Google and many others pretty much already know your location. Laptop users that are often on the go may find this feature useful; less so with users that are always in the same location.

There has been much discussion about the 'Send Microsoft info about how I write' and 'Getting to Know You' settings, which are under the 'Speech, inking & Typing' setting. The primary concern is the relative vagueness of the explanation against features that really aren't all that compelling, so most people are turning them both off. Another new feature called the SmartScreen Filter is getting slammed for 'tracking everywhere you go' but it's actually doing this to protect you from potentially harmful websites.

A lot of the other privacy concerns surround the use of the new web browser (Edge), which I'm not a big fan of anyway, so I don't use it. If you plan to use Edge, make sure you separately review the privacy setting in the browser as well (click on the three dots in the top right corner, then on Settings and review the Advanced Settings section).

The bottom line here is you have to decide for yourself what's reasonable: If you don't plan to use a feature, turn it off.

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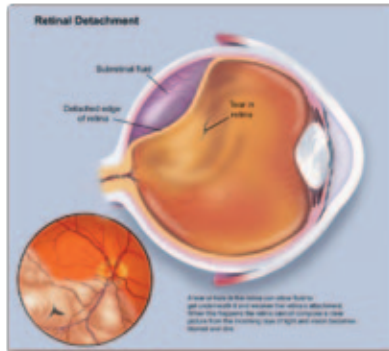
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RETINAL DETACHMENTS: WHAT YOU DON'T KNOW COULD COST YOU YOUR VISION

A Retinal Detachment occurs when the retina is separated from its normal position at the back of the eye. Every year in the United States, over 25,000 people experience a Retinal Detachment. For some, the symptoms begin gradually and may be barely noticeable. Other people experience a dramatic decrease in their vision, creating an obvious urgency to seek care.

WHAT IS THE RETINA?

The retina is a thin layer of tissue that lines the inside back of the eye. The function of the retina is to receive light that enters the eye and to convert these light rays into electrical signals.



Retinal Detachment

The retina processes light through a layer of light gathering cells known as "photoreceptors." These are essentially light-sensitive cells, responsible for detecting qualities such as color and light-intensity. The retina processes this information and sends it to the brain via the optic nerve. This is where the light gathered by the photoreceptors is converted into the images that we see. A good way to explain the interrelationship between the brain and the retina would be to say that the retina processes a picture from the focused light upon it; the brain then paints the pictures that we see.

"There is no question, that a Retinal Detachment, left untreated can lead to vision loss which can become permanent in the absence of timely and expert care," states Gary J. Ganiban, M.D., Chief of Vitreoretinal Surgery at The Eye Institute for Medicine & Surgery.

WHY DO RETINAS DETACH?

"Common reasons for a person experiencing a retinal detachment include being nearsighted (having myopia), from fluid collecting under the retina – oftentimes due to a retinal hole or tear, thinning of the retina due to a variety of reasons, suffering trauma, or as a result of the liquification of the gel-like fluid known as vitreous in the back of the eye," explains Dr. Vaishnav, Director of Clinical Research and Preventive Medicine at The Eye Institute for Medicine & Surgery.

"A retinal hole, tear or detachment can occur suddenly and without warning," states Dr. Ganiban, adding, "there is no pain or redness of the eye associated with these conditions."

In many cases, however, there are warning signs and these signs should not be ignored, explains Dr. Ganiban. Examples include the appearance of flashing lights, floaters – or an increase in the number of floaters a person notices; the appearance of what looks like flies, cobwebs, strings, strands or other strange objects moving about in one's vision; noticing an area of vision that is missing or remains missing despite looking in different directions; the appearance of what many patients describe as *a curtain coming down* over a portion of one's vision.

Some people are at greater risk than others for developing a Retinal Detachment, including being over age 40, a previous retinal detachment, a family history of retinal detachment, extreme nearsightedness (myopia), a history of previous eye surgery, such as cataract removal, previous severe eye injury or trauma, and having previously been diagnosed with other eye diseases or disorders.

"If a patient or referring doctor suspects a Retinal Detachment, a key to helping ensure that vision is maintained or regained is to schedule an examination with a Retina Specialist as soon as possible," explains Hetal D. Vaishnav, M.D., who is presently authoring a book on the relationship between the



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health of a person's eyes and vision, and their total health and well-being.

VITRECTOMY

The trend in retinal surgery over the last several years has been a move away from Retinal Detachment repairs via a procedure known as a scleral buckle and towards vitrectomy as the primary method of surgical repair.

Retinal Detachment repair via vitrectomy offers numerous advantages for most patients, according to Dr. Ganiban. Vitrectomy is a highly effective procedure for repairing retinal detachments. By removing most of the vitreous at the time of surgery, traction on the original tears is decreased and additional tears are less likely.

Vitrectomy surgeries heal relatively rapidly due to minimal surgical trauma. Very little cutting is required in vitrectomy. In fact, with the tiny surgical systems that are used, stitches are frequently not required. Another advantage of Vitrectomy is that the shape of the eye is not altered, which may occur with other procedures - and therefore, there should be no change in your eyeglass prescription. Vitrectomy surgery frequently takes less time than other methods of Retinal Detachment Repair. Less time in the eye often means a lesser possibility of inflammation or complications.



Dr. Ganiban & Dr. Vaishnav in the Operating Room

Because Vitrectomy Surgery to repair a Retinal Detachment is surgery performed inside of the eye, the surgeon's view of the affected structures is critical. In years past, this enhanced view was achieved via a surgical technician assisting the surgeon by depressing the sclera via a cotton tip applicator or a stainless steel scleral depressor (along with pupillary dilation).

Disadvantages of this decades old method included it being cumbersome, difficult and inefficient to use a surgical assistant to help the surgeon achieve an adequate view. In doing so, in most cases, there was an increase in operating time, and the possibility of complications as well as missed pathology.

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Recognizing this as a problem, Dr. Ganiban designed what he believes may be the ideal solution – a Hands Free Scleral Depressor Device (HFSDD) – to enable operating surgeons to achieve the ideal view of the operating field without the need for a surgical assistant to have their hand near the eye during the procedure.

The device is secured to the speculum that keeps the eye open during the surgery and features a custom light pipe to ensure the surgeon has the ideal view. There are multiple versions and sizes of the device in development to ensure that one version or another of the Ganihand will be suitable for all related surgical applications.

"It is my sincere hope that my new instrument will help surgeons all over the United States and all over the world to improve their surgical outcomes, minimize complications, and restore vision that otherwise may not have been regained," states Dr. Ganiban.

For a consultation with Gary J. Ganiban, M.D. or Hetal D. Vaishnav, M.D. the Retina Specialist of the Center for Retinal Care at The Eye Institute, please telephone (321) 722 – 4443.



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Seasonal Allergy Triggers

Allergic reactions occur when the body's immune system attacks an often harmless substance like animal dander, food or pollen. Medication can help reduce the severity of such reactions, but some allergy sufferers find allergic reactions inconvenient nuisances even with medication.

Understanding what triggers allergic reactions may help some people avoid them or make them easier to handle. The following are some of the more common allergy triggers and how men and women suffering from allergies can avoid them.

Pollen

Pollen is perhaps the best-known allergy trigger. A fine, often yellow substance that's essential to the fertilization of flowers, pollen can be spread by wind, insects or other animals. Hay fever sufferers may sneeze or experience a runny nose and itchy eyes when pollen spreads. Over-the-counter medications, such as Claritin®, can be especially effective at relieving symptoms of seasonal allergies. But allergy sufferers also can combat high pollen counts by staying indoors on windy days and closing their windows and running their air conditioners.

Pet dander

Dander are flakes of skin in an animal's fur or hair. Because of their microscopic size, these flakes of skin can easily attach and



remain attached to bedding, fabrics and furniture. Many people keep their pets even if they develop allergies to dander. Should such a situation arise, do not allow your pet into your bedroom, bathe the animal regularly and remove carpeting in favor of bare floors or washable rugs.

Mold

Mold is a furry growth of minute fungal hyphae that is often found in damp parts of a home, such as basements and bathrooms. Mold also can be found in grass and mulch, triggering allergic reactions when men and women spend time in their yards. To avoid an allergic reaction triggered by mold, make sure moist areas of your home get fresh air regularly and routinely clean ceilings or other areas where mold may grow.

Dust mites

Tiny bugs that live in bedding, carpets, curtains, upholstery, and mattresses, dust mites feed on dead skin cells from people and pets. Dust mites also may feed on bacteria, fungi and pollen. Dust mites thrive in humid conditions, but these pests can be combatted with hypoallergenic pillows and mattress covers. Removing materials that collect dust, such as carpet, also can reduce the number of dust mites.

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We Share South Brevard's Diverse History **with its Residents**

The South Brevard Historical Society (SBHS) was founded on April 29, 1966, to bring together citizens interested in the history of Florida, particularly Brevard County. Over the last 49 years, the Society has held general meetings monthly from September through June, with speakers on a wide range of subjects related to local history. Today, the Society meets at the Melbourne Library on Fee Avenue where, in addition to an interesting presentation, members and guests have an opportunity to share ideas and information. The public is encouraged to attend these free meetings.

Throughout its existence, SBHS has received donations of many historical collections and artifacts. From 1972 to 1984 these items were on display in a museum located in the old Melbourne High School. However, due to the deteriorating condition of the Henegar Complex the decision was made to close the museum. Since that time, the Society has placed parts of its collection at local libraries and at its monthly meetings.



Melbourne's Little Red Schoolhouse now resides in the beautiful botanical gardens of the Florida Institute of Technology campus in Melbourne.

The placement of historical markers throughout Melbourne was one of the projects undertaken by the SBHS with community support. In addition, SBHS was responsible for the restoration of Melbourne's oldest public school house and its subsequent move to the campus of

Florida Institute of Technology. The Society also provides teacher in-service programs, conducting museum and community historic tours, marking historic trails, and holding seminars of Brevard History.

Through a generous gift from Dr. and Mrs. Eugene Kellersberger, the Kellersberger Fund was established by SBHS to publish materials on Florida. The Kellersberger Fund has published fourteen volumes of historic significance with all of the authors being Floridians and most residents of Brevard County.

As SBHS prepares to celebrate its 50th Anniversary in 2016, we are encouraged that the Society continues to grow in membership and share South Brevard's diverse and fascinating history with its residents. We invite you to explore our website (<http://www.southbrevardhistory.org/>) and join us on a second Saturday to learn about South Brevard's past. Our upcoming programs include



The Green Gables at Historic Riverview Village, Inc. organization is busy working on events and opportunities to preserve this local treasure. To ensure you receive the latest updates on Green Gables news you may email Carol Andren at history@andren.com or call her at 321.725.4115 to be added to the contact list.

the September 12th presentation by the renowned underwater archaeologist Robert Marx, *In Quest of the Priceless Jewels of the Queen of Spain*, the history of the 1715 Spanish fleet lost on the coast of Brevard and Indian River Counties. On October 10th local historian Ann Raley Flotte will regale the group with the mystery of the 1955 Van Eeghen murders in Melbourne, a story that continues to baffle and fascinate 60 years later.


The South Brevard Historical Society, Inc.
Presents
**THE QUEST FOR THE
QUEEN'S JEWELS**

Lecture by Sir Robert Marx



Please join us as Sir Robert Marx, renowned underwater archaeologist and pioneer in deep water shipwreck archaeology, discusses his latest book *The Quest for the Queen's Jewels*.

Robert Marx will relate the story of the Spanish Treasure Fleet, lost off the Coast of Brevard County in 1715, leaving behind a priceless trove of treasures. Much of the treasure still remains, including the dowry of the consort Queen, Isabella Farnese, wife of King Philip V.

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For future SBHS program information please visit our website at www.southbrevardhistory.org



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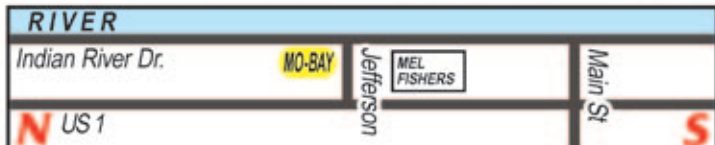
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The Kids Can't Talk Behind My Back Anymore

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Raising a pair of teenagers is rough enough today. There are simply enough challenges for any busy parent. The last thing anyone needs when raising teens is not being able to hear and understand what's going on. But, that's where our patient of the month Mrs. Jennifer Davis found herself when she came in for replacement of her hearing aids.

Having first experienced her hearing loss shortly after the birth of her first child, Jen has worn hearing aids for years. But, the ones she'd been wearing simply were no longer up to the task. She was not only having trouble understanding her two teenagers, but her husband, and others as well.

However, the decrease in hearing acuity brought on by her otosclerosis, which is a stiffening, or immobilizing of the three little bones that make up the middle ear, wasn't the only thing this young mother was having to deal with. She had a severe case of tinnitus as well.

While tinnitus is common, otosclerosis is not, and is most often seen in women.

The condition is brought on by hormonal changes that result in calcium deposits building up along the joints of these little bones, particularly where the foot of the stirrup, or stapes bone fits into the oval window of the cochlea, where the vibrations in the air created by sound that bounce off the eardrum are delivered to where they are converted to hydraulic energy.

The calcification was adding significantly to the normal loss we all incur through too many concerts, a full life and noise.

Not just was Jennifer having trouble hearing, and understanding those most



important to her, she was constantly being stressed by the tinnitus, best described as a ringing, or buzzing sound. I have it, and it can be quite distracting sometimes. I empathised fully with Jen on multiple levels.

Within a few minutes of checking her ear canals for anything abnormal, we'd moved from measuring her hearing threshold levels to the fine tuning screen. I instantly had a big smile. Jen was again hearing like she needed to, clean, clear and undistorted sound. It can make a huge difference.

But, as I was using new Widex Dream instruments to fit her loss, I had another really cool tool in my toolbox. I simply set Jennifer up with one of their unique "Zen" programs, especially engineered to provide relief for this common problem. I simply found the 'color' of program she found most relaxing, and then matched it to her tinnitus level, making it just right at, but slightly higher than, the internally generated sounds she was experiencing all the time.

Her smile got even brighter and wider. She even advised me at her check up the next week that she'd been wearing them to bed, as she was getting such incredible relief not just from her

hearing problem, but it also relieved a major stressor from her life.

Oh, and she reported with a big smile, "The kids can't talk behind my back anymore."

Thank You Mrs. Jennifer Davis. Not only for putting your trust in us to take care of your hearing care needs, but also for letting us tell your friends and neighbors, sharing your story, and experience. We are truly blessed by you, and we're glad to have you as another one of the very best patients in the known universe.

If you have tinnitus, or a hearing problem, we've got solutions. Great ones, for every budget and lifestyle. We've been doing this from the same neighborhood in the Heart of Downtown Melbourne for the past twenty-five years, and we're just having too much fun to stop.

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Strengthen Your Immune System, Reduce Sickness

By Dr. Kevin Kilday, PhD



Well it's that time of year. Kids are back in school exposed to many other kids who may be sick and bringing the sickness home. Flu and the Holiday seasons are coming quickly which means being around many more people who may be sick. Fear not. The best thing you can do is strengthen your immune system now by taking the following steps.

Hand-washing: For stopping the spread of infection, experts recommend frequent hand washing throughout the day—before and after eating, after using the washroom and after coughing, sneezing or touching surfaces that may have been touched by sick people.

Exercising: There's a temporary increase in immune-fighting cells with each episode of exercise. The more you exercise (3-4 times a week for 20 minutes) the more you increase immune

fighting cells.

Stress less and sleep: People with high positive outlooks produce just enough cytokine (a protein) to help recruit other immune cells to fight off infections and viruses, but sleep deprivation and stress overload increases the hormone cortisol which suppresses immune function.

Eat healthy: Research indicates that eating at least eight servings a day of brightly colored vegetables and fruits plus nuts and seeds helps keep the immune system in top form,

Don't smoke and avoid second hand smoke: It undermines basic immune defenses and raises the risk of bronchitis and pneumonia in everyone, and middle ear infections in kids.

Drink less alcohol: Excessive consumption impairs the immune system and increases vulnerability to lung infections.

Take supplements: Start out with a good multi vitamin plus add these herbs; garlic, curcumin, astragalus, Asian ginseng, cat's claw and echinacea. All of these are anti-cancer and anti-microbial against a variety of bacteria, viruses, fungi and parasites.

Remember "Prevention is the Key to Health".

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I can guarantee it because I know in great detail what the future holds, and so can you. The Bible describes the end times with clarity and precision, through information given to us by our Creator who knows and sees all things.

Just as we want to know these things today, the disciples back in the first century wanted to know, too. They had hoped that Jesus had come to defeat the Romans and install Himself as King, but Jesus had not come for that purpose then. Instead, His own people plotted to kill Him and Jesus told His followers repeatedly that He was going to be arrested, would die, and then would rise again. Finally, as recorded in Matthew 24:3, Jesus' followers got the nerve up to ask Him, "When will this happen, and what will be the sign of your coming and of the end of the age?"

He tells them to expect massive religious deception, natural disasters, wars and rumors of wars, earthquakes, famine, pestilence, false prophets and relentless persecution of believers; first Jews, then Gentiles. He told them that there would be a time of great wickedness, hatred and faithlessness.

Then Matthew says a strange thing. In verse 14, he quotes Jesus who warns about the "abomination of desolation"

spoken of by the prophet Daniel, and parenthetically Matthew states at this point, "let the reader understand". So, the disciples wouldn't see these things after all! This information was for a future generation, the

people reading these things later. The terminal generation. Us. We are the terminal generation because we see the signs of Tribulation all around us.

In these passages, Jesus specifically does not mention greenhouse gases, global warming, ozone deterioration, pollution or overpopulation. He doesn't mention those things because humanity has bigger fish to fry. The Lord warns that the sun and moon will be darkened, stars will fall from the sky, and heavenly bodies will be shaken. Finally, the sign of the Son of Man would appear in heaven and the people of the earth will mourn. Why? Because they know that their time is up.

That all sounds pretty bad. And scary. A lot scarier than aerosol sprays, cleaning solvents and Freon from air conditioners. Put together.

But not everybody is going to have to go through this time of Tribulation. The true followers of Jesus Christ – His Church – will not be on earth at that time. How can I possibly know that? For many reasons, but one reason is that every instruction in every epistle of the New Testament is directed at the Church, and there is not a single teaching or preparation for what the Church should be doing during the time of the Tribulation. And you'd think that the Christians would be told what we are expected to do during that time, but instead, we're taught about the "blessed hope" and the "glorious appearing". We're not looking for Antichrist, we're looking for Jesus Christ.

Also, the book of Revelation, which has a lot of detail about the Tribulation – and it's the scariest stuff of all – talks about the Church on earth in the first three chapters, then the Church is never spoken of again until Chapter 19 when Jesus returns to earth with the Church saints. That's because Jesus has taken them to heaven so that they are spared the wrath and carnage that is going to occur during the seven years of Tribulation.

If you are not saved, now is the time to get your house in order. It's not too late. Get yourself a Bible and start reading. Start with the Gospel of John. Connect with other believers, either in a church or a small group or both. You're welcome at our church, but any Bible-believing church where you feel comfortable is great. Jesus said in Luke 15:7 that the angels in heaven rejoice when even one sinner repents, so start a party in heaven – pray to God and ask for forgiveness today!

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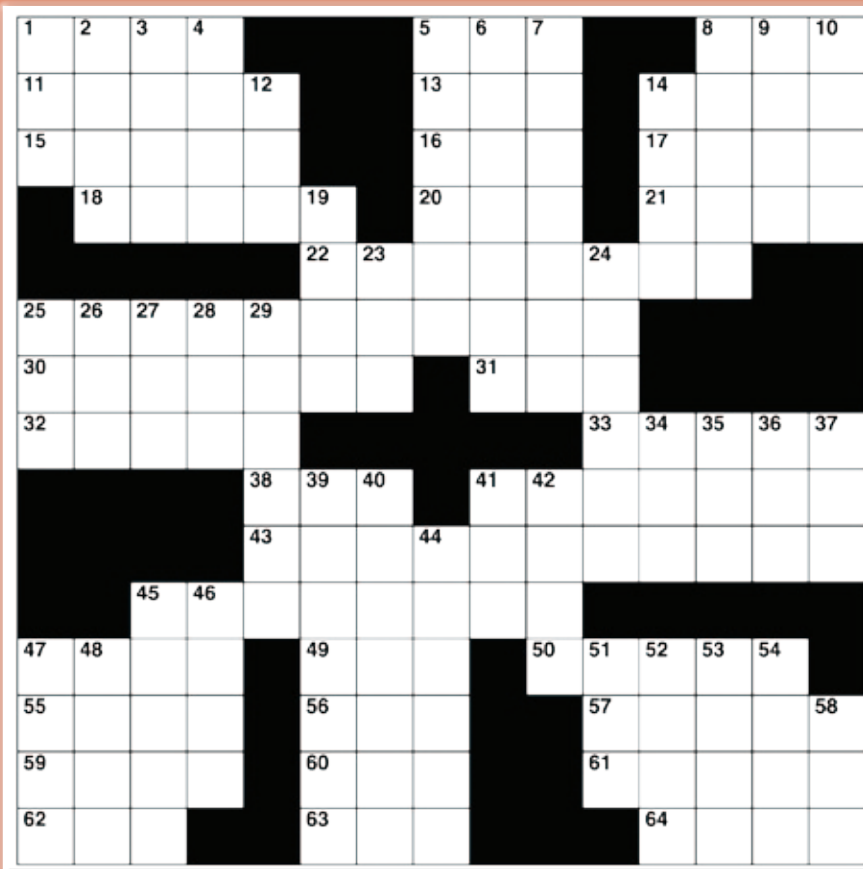


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| 5. Resort | 41. More saline |
| 8. Low continuous tones | 43. New York City |
| 11. Cape Verde capital | 45. A ship's cheapest fare |
| 13. Abbreviation for clean | 47. A winglike part |
| 14. Shoe retailer | 49. At the stern |
| 15. Dashery | 50. Oral polio vaccine |
| 16. Head covering | 55. Tatouhou |
| 17. Canadian flyers | 56. In addition |
| 18. A plant fiber used for making rope | 57. Baltic flat-bottomed boat (alt. sp.) |
| 20. Prime Minister ___ Hirobumi | 59. Search for |
| 21. Hani | 60. Gray sea eagle |
| 22. Nonexistences | 61. Music timings |
| 25. Mexican victory holiday | 62. Make a mistake |
| 30. Avowed | 63. Root mean square (abbr.) |
| 31. Ref | 64. Sleeveless Arab garments |
| 32. 2013 Philip. volcano eruption | |
| 33. Beard lichen genus | |

clues DOWN

1. Speedometer rate
2. Turkish/Iranian river
3. Japanese socks
4. Drawstrings
5. Formal separation over doctrine
6. Tableland
7. Word with opposite meaning
8. Cabs
9. 45th state
10. Matakam
12. Macaws
14. Scottish hillside
19. Load for shipment
23. Sleeping place
24. Linking verb
25. Br. University punting river
26. Marsh elder
27. Horse noise
28. Contract research organization (abbr.)
29. Excessively ornamented
34. Engine additive
35. Small bite
36. Snakelike fish
37. They ___
39. Performance arena
40. Enact before an audience
41. Special interest group
42. Grows old
44. Conductor's implements
45. A heavy cavalry sword
46. Tropical ship's wood
47. A domed or vaulted recess
48. Lascivious look
51. Mentally quick and resourceful
52. La ___ Tar Pits, Hollywood
53. Unstressed-stressed
54. Celery cabbage
58. Wrong prefix

Be Bold and Courageous

By Peggy S. Pigg, Actor's Workshop

"When we seek connection, we restore the world to wholeness. Our seemingly separate lives become meaningful as we discover how truly necessary we are to each other," Margaret Wheatley

Connecting with each other is fundamental to living, thriving and enjoying life. I found my connection to people and the world around me through acting. Telling stories of our lives, situations – of our hope and dreams – is what actors do.



Actor's Workshop program Books In Motion presents an interactive books and theatre show to children ages 5 to 14 at libraries, schools, daycare, gatherings.

Actors show people as they are in all their glory. How well an actor tells another person's story is determined by how well the actor can connect with other people. This is where being bold and courageous

engaging and inspiring. This is acting and this is life.

I teach acting but I could also be called a story teacher, a people teacher, a life teacher for we re-create life on stage, in the movies and on TV - reflecting our love, joy, kindness, despair, horrors, heartaches, hope and possibilities.

As an acting teacher, I have been touched, honored and amazed at the depth and breathe of some actor's exploration into what it means to be human and, in turn, bring this to their character and storytelling.

In turn, I have seen this in my non-teaching life – a random act of kindness, a note of thanks, a friend's touch, and a call from an acquaintance to see how I am doing at a challenging time.

Touching my heart, soul and mind with generosity, kindness and love. Boldness and courage comes in many forms. Whether on or off the stage, we are better people when we step out of our comfort zone, get off the couch, move out of resignation into participation and connect with others.

As in any profession or hobby, there are actors who act on instinct and their love of being in a story and there are actors who are artists who have looked beyond the surface of their part and understand and live the life of the person they portray. To be an artist is



bold and courageous. Stepping outside of your comfort zone to really examine life – your life and the lives of the people around you is bold and courageous whether you are on the stage or off. Introspection and extrospection is under appreciated by some. Actors as artists are part anthropologist, psychologist and explorers of the human condition.

I invite you to step out of your comfort zone into a safe place and come join me at the Actor's Workshop – where we restore the world to wholeness by connecting with each other.



Mrs. Peggy Long Pigg is a teacher, actress, motivational and inspirational public speaker, screenwriter and comedian. Mrs. Pigg studied acting under William (Bill) Hickey, Oscar winner for Best Supporting Actor for his work in the movie 'Prizzi's Honor' at H.B. Studio in New York City. Mrs. Pigg also holds a Bachelor of Arts degree in acting/stagecraft from the University of Maryland.

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comes into play. People expressing themselves fully and completely in order to connect with other people is powerful,

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HEALTH FIRST VALVE CLINIC Performs First TAVR Surgery in Brevard



Bill Calhoun, Health First Community Hospitals President and Senior Executive for Cardiovascular Services

New surgical option brings high-risk patients valid alternative to open-heart surgery

The Health First Valve Clinic team successfully completed its first

transcatheter aortic valve replacement (TAVR) surgery in Brevard in mid-July. This new minimally invasive procedure is designed specifically for critically ill patients suffering from aortic stenosis (AS) who are at very high risk for traditional open-heart aortic valve replacement (AVR) surgery. The first patient to undergo TAVR surgery, Frederick Blackman, a 93-year-old resident of Palm Bay, is now recuperating at home after a three-day stay in the Heart and Vascular Center at Health First's Holmes Regional Medical Center.



"Health First is proud to be able to provide this state-of-the-art, life-saving procedure right here in Brevard County," said Bill Calhoun, Health First Community Hospitals President and Senior Executive for Cardiovascular Services. "Previously patients with this dangerous heart valve condition had to travel across the state for treatment. Now they can undergo this procedure to greatly improve their quality of life close to their own home."

A less invasive procedure than open-heart surgery, the TAVR uses a catheter to replace the function of the diseased heart valve instead of opening up the chest and completely removing the diseased valve.

By adding the TAVR surgical component, the Health First Valve Clinic is now the only comprehensive clinic on the Space Coast and Treasure Coast to offer the full range of surgical options for valve replacement. The Health First Valve Clinic team has extensive expertise and experience in cardiothoracic surgery and interventional cardiology.

"Severe, symptomatic aortic stenosis, like Mr. Blackman presented with, is a life-threatening condition that progresses toward heart failure or sudden death," said Cardiothoracic Surgeon Dr. Matthew Campbell, a founding member of the Health First Valve Clinic. "TAVR is new technology allowing sicker patients to overcome those odds."

To qualify for the TAVR option, Medicare and the FDA require a patient be deemed at high risk or inoperable by two surgeons. Health First Valve Clinic colleagues and Interventional Cardiologists Dr. Cesar Jara and Dr. Norberto Schechtman, and Cardiothoracic Surgeon Dr. Gregory Simmons evaluated Mr. Blackman and recommended the TAVR option.

"This new valve replacement surgery has had an amazing journey in terms of changing the cardiovascular therapies we can now offer," Dr. Cesar Jara said. "The progress of the technology is remarkable since Professor Alain Cribier, MD, performed the first procedure in 2002 in France. The TAVR received FDA approval in November 2011 for use in inoperable patients and in October 2012 for use in patients at high surgical risk."

"I had aortic stenosis for a year and a half," said Mr. Blackman. "It made me very tired and I had no energy. When Dr. Campbell told me about the new TAVR surgery, my family and I thought it was a good option for me. I didn't hesitate to be the first TAVR patient as I have great confidence in his surgical expertise."

The TAVR surgery has provided a unique opportunity for a large team to work closely together for the good of the patient.

"By having a Cardiac Surgeon, an Interventional Cardiologist and an Anesthesiologist

working along side each other while performing the TAVR in the OR, the patient has access to the best expertise and training from all cardiovascular therapies combined," Dr. Jara said. "The team includes many other health professionals, such as radiologists, nurses, technicians, the Cath Lab and OR teams. This commitment of resources and training will greatly benefit the aging population on the Space and Treasure coasts."

The two-year-old Health First Valve Clinic is an integral component of Health First's Holmes Regional Medical Center's Heart and Vascular Center, which has been the county's volume and experience leader in both CT surgery and interventional cardiology.

In terms of recovery from the TAVR surgery, Mr. Blackman and his physicians are very pleased with his progress. "The recovery has been amazing," Mr. Blackman said. "I'm looking forward to returning to my exercise program and going grocery shopping with my wife."

"Having the TAVR surgical option available in Brevard brings hope to the many patients who are suffering from aortic stenosis and need a valve replacement, but cannot tolerate open-heart surgery," Dr. Campbell said. "Since Mr. Blackman's surgery, we have successfully performed two more TAVR procedures with excellent outcomes."

For more information about the Health First Valve Clinic and the various valve therapies, from minimally invasive repairs to TAVR, call the Valve Clinic at 321-434-VALVE (8258).

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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!

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Betsy Witter 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**

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