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spotlight

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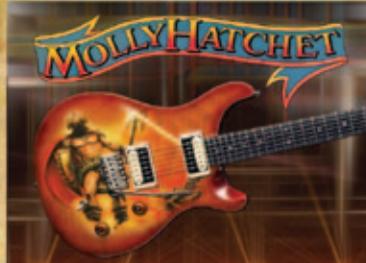
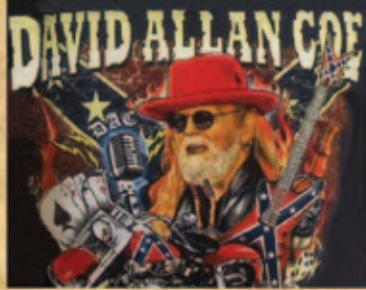
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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Welcome to the February issue of Spotlight Magazine. Thanks to Valentine's Day, February becomes the perfect month to think of "Love!" This particular holiday reminds us to show our love to those important people in our lives. So take the time to send a card, write a note, make a phone call, speak a kind word. And then, make an effort to carry on with those gestures all year long. Everyone likes to know that they are thought of in a special way. Likewise, love and kindness can be extended to everyone you meet: your neighbors, co-workers, friends from church, service providers. Any small compliment, encouraging word, or act of kindness can turn someone's bad day into a good one. And more likely than not, the smile you bring to another will come right back to you!

And speaking of Love, one thing we all love around here is featured in this month's issue: The Grant Seafood Festival! This wonderful community event is celebrating 50 years this March. This annual event has been an amazing success over the years, thanks to the hard work and dedication of the entire community. What sets this event apart from others is that it is a 100% volunteer effort. Many of the worker groups are comprised of generations of family members, working together year after year to raise funds for local scholarship programs. So check out the details in this issue, mark your calendars, and I'll see you there!

Thanks as always to our readers and our advertisers. We here at Spotlight Magazine send our love your way....we could not do this without you!

Bryan McDonough
Publisher, Spotlight Magazine, Inc.

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LOVE ISN'T IN THE AX

by Jim Campbell, First Baptist Church of Melbourne

Love is in the air. It's another election year and EVERYONE is just getting along with bubbles and giggles. No? You see it different? Crazy enough, even in the "Love" month, looking around us, sometimes you might think there was a verse somewhere that said "Pick up a verbal sword and ruthlessly 'tongue-lash' your neighbor, like a Viking warrior."

That might be worth an uncomfortable chuckle, but, in an ever changing world, where the laws and culture are becoming less favorable, or even hostile towards Christians, do we go "gloves off" for the sake of "right"?

Trying to synthesize "hate what is evil" and the whole Jesus clearing the temple thing, while simultaneously trying to live out "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you", on the fly, can be difficult, but not impossible.

If you are a "Viking" Christ Follower living out the book of Judges, let's lean on verbal battle axe handle for minute and talk about melding those biblical principles.

The defining characteristic of a Christian should be love, and while love is not just pasting on a smile and cheerily wishing someone well as they damage themselves, it's also not a license to hammer people into submission.

Hating what is evil is not about hating people. It's not a license to "fight fire with fire" or say whatever you feel like saying and chunk "in Jesus' name on it". That's the sin nature telling you that. Self-control is an evidence of the Spirit's work in your life

and if you total screaming "gloves off", you probably aren't following Jesus right then. You ran ahead of him, and he's back behind you looking at you funny or doing a facepalm. You can't simultaneously reflect Jesus' teachings while you reject Jesus' teachings.

When Jesus got tough with folks, it was with the church people who were misrepresenting him. He had a lot of grace for the soldiers who were killing Him because they didn't get it. Anyway, if what you do backs people in a corner, causing them to come out fighting, more entrenched in their position, then what are you accomplishing?

Ignoring what God says is wrong is not love either, that's just laziness. No one ever fights me when I say the world has problems, they just have a different idea of the scope and solution for the problem. Still, the truth is the truth whether someone believes it or not, and while it's "okay" for someone to not understand where you are coming from, misrepresenting Jesus just to make things less awkward doesn't get us anywhere.

The success is not found in slaying the "dragon" with a verbal spinning back fist, but in honoring Jesus with both the manner and content of your communication. Some people won't get that...they may actually try to "scoreboard" you because you won't throw that great meme or shutdown comment. They might even think they won, but in the end, our goal must be kept in mind, because love isn't in the ax..

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.



"If you are a 'Viking' Christ follower living out the book

of Judges, let's lean on verbal battle axe handle and talk about melding those biblical principles."

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Helping Seniors of Brevard –Why We Need Information

Dear Friends,

In August, Helping Seniors will be five years old. Thinking about saying “Rome was not build in a day” makes me even more cognizant of the progress we have made, the people we have helped, and some of the objectives we have set for the organization. Our mission is to educate, inform and connect seniors to available resources.

We know there are many excellent senior service organizations in Brevard County which help people. Most just need better publicity and oversight to ensure services that are funded through federal, state, and local dollars are given to those in need. For example, the Older American Services Act of 1965 provides funding for many senior care services which are managed by local organizations:

- The Brevard Alzheimer’s Foundation receives state funding for Project Relief, which provides free respite care, and the Alzheimer’s Disease Initiative, which provides about 20 days of adult day health care free-of-charge or on a sliding

fee scale. The Foundation also provides transportation services. Call (321) 254-4430.

- Aging Matters receives funding to provide services such as respite care, meals, grab bar installations, raised toilets, case management, transportation and in home cooking and cleaning services. Call (321) 639-8770.
- The Space Coast Center for Independent Living provides free transportation for those who qualify throughout Brevard County. Veterans can be transported at no cost anywhere in the county. The Center also has excellent free hearing device services. Call (321) 633-6011.

What is important to note is that almost every service described above is free to those who qualify and ask the right questions. There is an increasing need to know about these services, which is why Helping Seniors of Brevard was founded – to complete the care equation.

Helping Seniors of Brevard provides a unique service. For example, many know about our local VA clinic but are unaware of the Veteran’s Services office (321) 633-2012, which helps families process VA benefits. At Helping Seniors of Brevard, we receive many calls from elderly widows of WWII and Korea who have remained unmarried and are eligible for a veteran’s pension that is often double the size of their Social Security check. We have been able to direct these senior women to benefits otherwise unknown, so this alone underscores our mission.

This is what we mean when we say that Helping Seniors of Brevard completes, rather than competes with others. We help you wind your way through a complicated care system. Please call our information specialist at (321) 473-7770 to learn more about available services and get connected to the right resource. You can also visit us at www.helpingseniorsofbrevard.org.



Joe Steckler
President

*Helping Seniors of Brevard
571 W. Haverty 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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The Grant Community Club has been operating the Grant Seafood Festival with all community volunteers from preparing the grounds, which starts the first Saturday in January, from putting up building signs, repainting, setting up the booths to preparing, parking lot help, to cooking and serving all the food and drinks.

Along with all the delicious choices of food, we have an arts & crafts area with over 100 exhibitors, a community service

area, the Grant Historical House tent, a library book sale, a small playground for the kids, and continuous entertainment plus we have a tent displaying information and photos on the past 50 years of the Grant Seafood Festival.

The Grant Community Club has continued to use the monies raised from the Grant Seafood Festival to go directly to its community by maintaining the community center & grounds, the Grant Library, the 'Benson House' (our historical home on US1), the Grant Cemetery, children's parties throughout the year, neighborhood block parties, assisting residents in need, and providing nearly \$45,000 annually in school scholarships to our residents and volunteers.



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Frugal Ways to Celebrate Valentine's Day

A day set aside to shower a loved one with gifts and touching words of affection,

Valentine's Day brightens the often gloomy month of February. Established centuries ago with origins shrouded in mystery, Valentine's Day has evolved into one of the most popular — and expensive — days of the year. Many couples celebrate Valentine's Day with cards, gifts and nights out on the town, and such celebrations can stretch budgets.

Coming on the heels of post-holiday bills, Valentine's Day can feel like a costly prospect. Yet, even those on a budget can enjoy a special day to remember without breaking the bank. The following are several frugal ways to enjoy Valentine's Day.

- Create your own greeting card. It can be challenging to find cards that offer just the right sentiments. Sometimes cards seem distant, too risqué or

overly sentimental. Instead, create your own card. Find a decorative blank card or make one from card stock. Search through your digital photos and print one of the two of you together. Glue on a paper heart border, and then jot down some affectionate sentiments.

- Cleverly wrap favorite chocolate. Chocolate is synonymous with Valentine's Day, and it's easy to spend a lot on gourmet chocolates without even knowing if your valentine will like what's inside the box. Stick to what you know he or she likes, even

if it's a simple chocolate bar from a convenience store. Buy a few and then wrap them in a fancy box with ribbon.

- Go out for a small bite to eat. If you're concerned about the cost of an expensive dinner out or anticipate being restricted to a certain menu, plan to dine at home. You can opt to go out for cocktails prior or head to a café for dessert and cappuccino afterward. This way you'll still get

the experience of going out without being forced to overspend.

- Purchase a rosebush. Bouquets of roses are traditional gifts for Valentine's Day. However, thanks to the increased demand, the cost of roses tends to increase as Valentine's Day draws nearer. If you want to save money but still give roses, buy a plant that blooms each year. Buy a rosebush and plan to put it in the garden come spring when all danger of frost is gone.
- Turn older jewelry new again. Diamonds and other jewelry can be costly. If a new piece simply isn't in the budget, consider repurposing an older piece of jewelry that isn't worn as often. It's amazing what a new setting on a ring can look like or how stones on a seldom-used necklace can be turned into fashionable stud earrings. If you have a good amount of mismatched gold jewelry lying around, you may be able to sell it or have it melted down and turned into a beautiful new creation.



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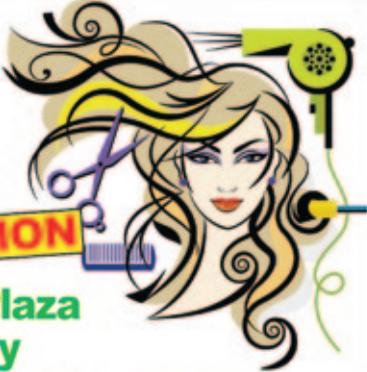
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WHAT IS WELLNESS?

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



“Wellness” has become a buzzword among the public, health care practitioners and legislators alike. But what exactly does it mean, and how can people benefit from it? The American Chiropractic Association (ACA) defines wellness as “an active process that promotes health and enhances quality of life.”

“With the enactment of health care reform legislation earlier this year, the public is going to hear more and more about the importance of wellness, staying healthy and ultimately reducing health care costs caused by chronic diseases such as heart disease and diabetes,” says ACA President Dr. Rick McMichael. “It’s time for people to understand that they have the power to take charge of their health and be well enough to do the activities they enjoy.”

Finding a wellness coach

“If you’re interested in health and wellness, a good place to begin is by talking about it with a doctor of chiropractic,” notes Dr. McMichael. “Our doctors are well known for their expert care of back pain, neck pain and headaches, but they also offer patients a variety of conservative recommendations and counseling on

general health and wellness.”

You may ask, “What can a doctor of chiropractic offer that is different from a medical doctor?” The answer lies in the way the two professions approach wellness. To achieve “wellness” in traditional terms, a medical doctor will simply screen you for diseases, explains Dr. Bautch. “You might be examined or have lab tests. For medical doctors, wellness is about staying ahead of diseases.”

A doctor of chiropractic (DC), on the other hand, will screen you for diseases, but he or she also will talk to you about your lifestyle and behaviors that may put you at risk for injury or illness. It’s important to note that chiropractic’s approach is drug-free; instead of writing a prescription, a DC offers spinal adjustments, rehabilitative exercises, nutritional counseling and lifestyle modifications to move patients toward optimum function and wellness.

Adjust your attitude

“The first thing I work on with a patient who is interested in living well is life skills in terms of thinking and dealing with life’s ups and downs,” says Dr. Bautch. “Research shows that coping skills and the ways that people deal with stress can be huge factors in whether or not someone is well.”

You can boost your attitude in a variety of ways: enjoying nature, looking for humor in life’s mishaps, listening to relaxing music and creating a support system of people who you can turn to in times of trouble or stress.

Start moving

Next, Dr. Bautch works with patients to increase their daily movements. “Americans today take significantly fewer steps than previous generations, and they spend a great deal more time in sedentary positions,” he says. “Adding more motion to your life can be a huge step toward living well.”

Simply taking a 30 minute walk each day is a great way to recoup the steps that are missing from your day. Experts generally agree that to be considered “active,” adults should take about 10,000 steps each day. Wearing a pedometer is an easy way to track your progress.

Food for fuel

Once the first two components of wellness are addressed, Dr. Bautch will address a patient’s diet. It’s surprising for some to learn that making even a few simple changes, such as eating more raw or organically grown foods, drinking more water and consuming 25 to 30 grams of fiber per day, can positively impact your health and help prevent a variety of adverse health issues in the future.

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FIGHTING FAIR...

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

February has multiple celebrations and every day has some national day of something. While most of us have never heard of the majority of those celebrations, we are familiar with Presidents' Day, Lincoln & Washington's Birthday, Groundhog Day, Ash Wednesday and Super Bowl Sunday. The only thing that may get more attention than the super bowl is Valentine's Day. It's probably good those two events don't fall on the same day ... Just sayin'.

Mother's Day sells more cards, Halloween sells more candy, but Valentine's trumps them all for the amount of red roses sold. While I haven't (and really don't care to) verify this, someone has suggested that if you totaled all the sales of cards, chocolate and flowers together that were sold for Valentine's Day, it would be second only to Black Friday. It seems we give a lot of attention to telling someone we love them ...



I'm learning after 40 plus years of ministry and marriage, that no amount of cards, chocolate or flowers are strong enough to build a relationship on. Maybe that's why 1 out of 2 marriages end in divorce. Let's be honest, every relationship ... Every marriage ...has its moments of "discussion with emphasis". How we we respond to those determines the strength and maybe even length of the relationship.

There are many components to a great marriage, but if there is one thing I wish I would have learned sooner, it was how to fight fair.

Basics of fighting fair:

- Face each other...
- Eye contact shows you are involved.
- Ignore distractions ... Stay on subject, resolve the issue that started the discussion in the first place.
- Guard your tongue ... Avoid name calling, keep your volume under control.
- Don't bring up the past ... Avoid phrases like "you never..." "You always..." Bringing up the past communicates you have not forgiven.
- Touch ... Yes, this sounds cheesy... But try it, it's harder than you think. Holding hands softens the heart, creates vulnerability, makes you more willing to be reasonable, to listen.
- Finish the Fight ... Don't quit with the issue unresolved. Unresolved conflict only creates bitterness and anger. Take a break if necessary, but come back and resolve the issue.

Don't misunderstand me, it's good to give your sweetheart a card, chocolate or flowers... Just love each other enough to fight fair.

If it is possible, as far as it depends on you, live at peace ... Romans 12:18



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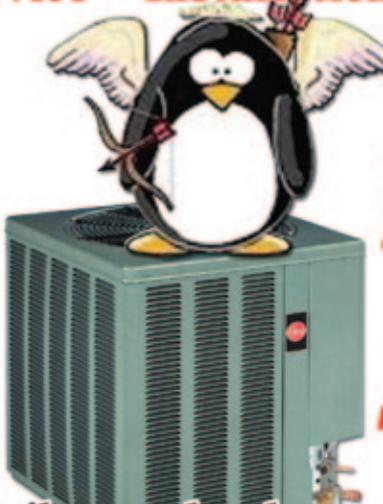
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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...He's coming back as the lion—not the lamb!"



"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 typically optimistic and I very seldom struggle with depression, or anxiety, unless of course there's something monumental going on in my life. But as I watch the news, I see our world spiraling out of control. I'm finding it more and more pointless to make plans for the future and I don't recognize my country anymore. In today's society, good is bad, bad is good, and if we don't condone someone's lifestyle, we're either branded as "haters" or "racists." I am neither. I used to dream of becoming a mother; but now, the very idea of bringing a child into this world, makes me physically ill, and scares the hell out of me. I pray everyday for Jesus to call me home.

-Donna of Indialantic

Dear Val,
Is hell literally a pit of fire? I've always thought it was symbolic.

-Helen of Palm Bay

Dear Helen,

Hell is not allegorical or metaphorical but an actual place in the bowels of the earth. (Numbers 16:32-33) "...and will cast them into the furnace of fire" Matthew 13:42.

The Bible warns of various degrees of punishment depending upon ones' deeds—a place of constant torment—without end. The damned are eternally separated from God and all that is good because all good things come from God. Hell was created for Satan and his demons (fallen angels) it was never meant for mankind but after sin entered the world, we were separated from God. Proverbs 15:29 says, "The Lord is far from the wicked."

God loves us and He made a way for us to be reconciled through His Son, Jesus (John 3:16). He is fully man and fully God, without sin—the perfect sacrifice. Scripture teaches, no one comes to the Father except through the Son (John 14:6). If you would like to accept the gift of salvation, ask Jesus to come into your heart and recite this simple prayer. Your name will then be written in the Lamb's Book of life!

Heavenly Father,

I confess that I am a sinner. I believe your Son, Jesus, died on the cross at Calvary so that I may have eternal life in the kingdom of Heaven. I believe He rose from the dead and I ask Jesus to be my Lord and Savior. Change me on the inside and help me to follow you all the days of my life.

Dear Donna,

You aren't alone in your observations. Our world is rapidly declining in morality, logic and, under the guise of political correctness; the very fiber of this nation is under attack. Although it's important for us to be knowledgeable of current affairs, it's not healthy for us to become fixated, or obsessed, with these matters. This is something many people are struggling with (me included). God didn't create us to be silent or passive, in our walk with Christ; we're called to: share our faith, inform, and speak out in truth because if people remain unaware, or bury their head in the sand, how will they know what to pray for?

We are witnessing the realization of Bible prophecy as Jesus foretold many years ago (Matthew, chapter 24). And yes, we're living in precarious times—but don't be afraid. These things must come to pass before His return. No matter how things look, God is in control. He sits on the throne, and when He returns, He's coming back as the lion—not the lamb! Now is the time to be bold in our faith, share the Gospel and pray for the unsaved.

(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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HAPPY VALENTINE'S DAY SPOTLIGHT ON COOKING

by Cecelia Danas



This month's recipe is healthy, delicious and filling. Good to make for a quick dinner or a romantic dinner for two. Plus it only takes an hour to make in total. Can't beat that. Remember — Be Creative!

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

Italian Chicken with Apricot Sauce

- | | | |
|---|---|---------------------------|
| 2 tablespoons Canola Oil | 1 teaspoon dried Italian seasoning | 1/2 cup apricot preserves |
| 4 boneless skinless chicken breasts (4 breasts equals about a 1 lb) | 1-1/3 cups reduced-sodium chicken broth | 1 tablespoon cornstarch |

Heat oil in large skillet over medium-high heat. Sprinkle chicken with Italian seasoning. Add to skillet and cook 12 to 15 minutes or until no longer pink in centers, turning once.

Stir together all remaining ingredients in small bowl until well blended. Gradually add to chicken in skillet. Cook 3 to 4 minutes or until sauce is thickened, stirring constantly.

Serve over rice (I love Jasmine Rice) with steamed broccoli. You have a wonder full dinner.



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Fascinating Facts about the Human Cardiovascular System



The human heart and the miles of blood vessels that snake through the body are a wonder to behold. Made up of three independent components, the cardiovascular system functions best when these three components, which include the heart, lungs and portal vessels, work cohesively.

Each day 2,000 gallons of blood travel through the blood vessels to provide oxygenated blood to the body and remove waste materials, including carbon dioxide. That's a lot of traveling. In fact, according to LiveScience, if you were to lay out all of the arteries, capillaries and veins in one adult from end-to-end, they would stretch roughly 60,000 miles, which means that our blood vessels could wrap around the Earth 2.5 times.

The human cardiovascular system is nothing short of fascinating, and the following are some even more remarkable facts about this wonder of nature, courtesy of Mercola, PBS, CPR Certified medical training group, and LiveScience.

- The heart beats around 2.5 billion times in the average person's lifetime.
- Red blood cells have to move in a single-file line to fit through the miniscule capillaries in the body.
- When the body is at rest, it takes about six seconds for the blood to go from the heart to the lungs and back.
- A woman's heart typically beats faster than a man's heart, at a rate of 78 times per minute (mens' hearts beat 70 times per minute).
- The corneas in a person's eyes are the only bodily cells that do not receive a blood supply.
- The thumping sound of the heart is made by the four valves of the heart closing.
- If a heart has an adequate supply of oxygen, it can beat even when separated from the body, thanks to its own electrical impulse.
- Ancient Egyptians believed the heart, rather than the brain, was the source of emotion, wisdom and memory.
- Unlike other cells, red blood cells do not contain nuclei so they have room to carry oxygen. However, this absence is why they cannot divide or synthesize new cell components.
- Healthy bone marrow will constantly manufacture new red blood cells.
- Within a tiny droplet of blood, there are about 5 million red blood cells.
- The right ventricle is responsible for moving blood to the lungs, where it will receive fresh oxygen and nutrients. The left atrium and left ventricle receive this oxygenated blood back from the lungs.
- The heart begins beating four weeks after conception.



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Diagnosis: Cancer. What's Next?

by Dr. Kevin Kilday, PhD, D.PSc., Holistic Health Center, 321-549-0711



Before any decision is made about treatment of cancer the patient needs to gather all treatment options, both conventional and alternative methods. However practitioners of conventional medicine are in the majority and patients are well informed about surgery, chemotherapy, and radiation. Conventional medicine believes that anything that removes or reduces the tumor is good, even if it weakens the body in the process. Although there have been some notable improvements in chemotherapy and radiation technologies, studies show these approaches actually cause cancer. Many patients, however, are not aware of alternative (Holistic) therapies. By contrast, alternative (Holistic) therapies include nutritional supplements, diet changes, detoxification, lifestyle

changes, plus nutritional-spiritual-and/or emotional counseling. Holistic therapies address the whole person (mind, body, spirit) where true healing takes place. Alternative practitioners believe that anything which helps the body naturally eliminate the tumor is progress and this can be accomplished holistically.

The decision to take alternative or conventional treatments is your responsibility. It is never the choice of a doctor, health advisor, or author. It is your body and anyone who tells you what treatment to take instead of providing information about all your treatment options and letting you decide, is abusing their position.

Smart patients are consulting with family, friends, and their spiritual

advisors before making any final treatment decisions. They are making treatment decisions at home alone in a relaxed, pressure-free environment without anyone around to make the decision excessively emotional and with all their information at their fingertips. People with cancer have two very fundamental rights — the right to know and the right to choose.

Dr. Kevin Kilday, PhD, developer of the Winning Against Cancer Program at www.holistichealthcenter.us



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WINDOWS 10 UPGRADE DELETED MY FILES!

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

According to Microsoft, Windows 10 is the fastest growing operating system in their history, with over 200 million devices that are currently running it (including smartphones and tablets). A typical upgrade should not result in lost data, but for anyone contemplating the update, don't assume that your data will be safe.

The reality is you should have a solid backup process in place regardless of whether you are about to upgrade to Windows 10 or not. I recommend the 3-2-1 rule: Three copies of your data on two devices with one copy stored off-site (such as an online backup).

The most likely cause of missing data is that the Windows 10 update did not properly finish. Windows 10 changes data folder names and locations and, during the update, it holds the data in a temporary folder before moving it to the new destination. A common mistake when



updating is assuming that the first time you see the Windows 10 screen, you're done. Several other updates are generally required to finish the installation, so if it isn't allowed to finish, your data could end up in a temporary folder.

If you search the Internet, you'll see countless examples of this same scenario with many advising you to look for data in the C:\Windows.old folder and recommending that you manually move it. If you find your missing data in this folder, **DO NOT MANUALLY MOVE THE DATA**

to a new folder. This is generally an indication that your update did not properly complete the process; so before you do anything else, copy your data off your machine onto a flash drive or external hard drive.

The reason you don't want to move the data manually is that when Windows 10 does finally complete its update, it will look for the data in this temporary location. If you manually move it, the moved data can get wiped and replaced with nothing during the final steps because you interrupted the process.

The next thing to try is a manual check for any missing updates by going to Start > Settings > Update & Security. If there are updates still available, allow them to be installed.

There are a number of other scenarios that can cause this issue and in some cases your data could be lost forever. (We've seen this more than a couple times in our data recovery labs). You'll also see suggestions online for do-it-yourself data recovery software to attempt a recovery, but if you decide to take that path, there's a common mistake you need to avoid. Don't install data recovery software on the drive you are trying to recover! When you install software on a drive that has lost data, you take the chance of overwriting the very data you wish to recover. The best approach is to remove the drive and connect it to a different machine that has the data recovery software installed on it or consult a professional!

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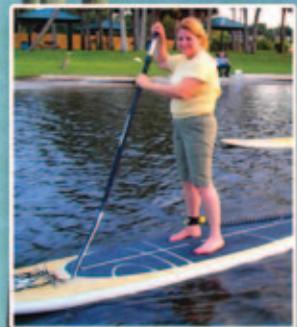
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THE I-STENT REDUCES OR ELIMINATES THE NEED FOR GLAUCOMA MEDICATIONS AT THE TIME OF CATARACT SURGERY

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.



Jason K. Darlington, M.D.

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.

“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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|------------|----------|------------|-----------|
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| Adore | Dessert | Gifts | Spouse |
| Cards | Dinner | Love | Valentine |
| Chocolates | Enamored | Romance | |

**Win a \$25 Gift Card
 to Nature's Market (pg16)**

OUR WINNER LAST MONTH WAS
**William Lewis of
 Indialantic**

Name: _____
 Address: _____
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 Zip _____ Phone: _____

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**

This month, we are pleased to honor Marc Claycomb as our Community Mover and Shaker.

Marc is currently the Commander of the Melbourne Police Department, where

he has worked for almost 20 years. In addition to his duties at the MPD, he is



also the Military Applications Manager for Bansbach Easylift of North America, Vice president of Corporate Security and Training for Titan Recruiting and Training, and he writes a food blog called The Goat.

Marc has worked in Fire/Rescue with the Harbour City Volunteer Ambulance Squad, the Melbourne Beach Fire Department, and Brevard County Fire Rescue, where he held a variety of positions, including EMT, Driver/Engineer, Lieutenant, and Captain. He joined the Melbourne Beach Police Department in 1991, and the Melbourne Police Department in 1997. He has been a police officer, a field training officer, a SWAT medic and team leader, as well as a Law Enforcement Instructor SWAT Commander. Marc holds 3 college degrees and is currently awaiting an appointment to the FBI National Academy.

Marc is also very active in several local volunteer and charitable organizations. He serves as the MPD liaison ambassador to the Special Olympics-Florida, and has been involved with Walk a Mile in her Shoes and the What Women Want law Enforcement Fashion show, both to benefit Serene Harbor. He is a member of the Melbourne Chamber and the Women of Excellence. He also gives his time to the Outreach for Public/Private Partnerships through the Brevard B2B, where he works to improve the public image of law enforcement in the community, partnering with local businesses, and working to prevent crime.

Marc believes in helping those who want to help themselves, and helping those who cannot help themselves. That is what drives him to give back, and why we are proud to thank him and honor him this month.

Phyllis D. Smith, CPA
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February's CPA Tip Of The Month

Beware of scams, phishing etc. The IRS does NOT call or email you unless you have been working with them on a particular issue. If you receive a telephone call or email DO NOT give out any information.



From L to R
Phyllis Smith, CPA 30+years
Alex Arebalo, Receptionist / Bookkeeping
Linda Robinson, Bookkeeping 20+years



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February 13th Historical Trail of the Early Civil Rights Pioneers



This coming February 13th, The South Brevard Historical Society invites you to our next SBHS program presented by Sonya Mallard, the Museum Coordinator of the Harry T. & Harriette V. Moore Memorial Park in Mims, Florida. Ms. Mallard will discuss the historical trail of the early civil rights pioneers and their effect on our communities. The program is FREE and will be held on Saturday, February 13, 2016 (from 3:00pm – 4:00pm) at the Fee Avenue Melbourne Public Library (540 E. Fee Avenue, Melbourne, Florida).

We also invite you to explore our website: SouthBrevardHistory.com for further information and a schedule of events for The South Brevard Historical Society.

**February 6th
is the
Eau Gallie
Founder's Day
event
in the
Eau Gallie Arts District.**

**Please also visit
our exhibit at the
History Tent and take
a home tour.**

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1 – 5 pm

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DAY OF TOUR TICKETS - \$15 Donation
SOLD AT:
*The History Tent in the Founders' Day
Event Area
*668 Law Street (on the tour)
Corner of Law and Highland
*EGAD Ticket Booth

The walk will be along Highland Avenue north of the Founders' Day festivities. Adults and Children over 12 are invited on the tour. Special Access is not available. For additional information: (321) 725-4115

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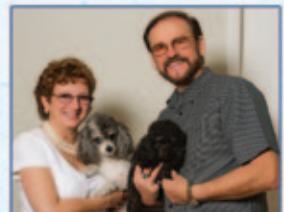
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Lisa & Henry Olender



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Safety is the real issue here. According to the AAA Foundation for Traffic Safety, cloudy or severely oxidized headlights can be found on nearly seven out of every ten vehicles over three years old on the

road today. Poor driving visibility is the leading cause of night time traffic accidents. Clear headlights show objects one hundred and fifty feet ahead. Oxidized headlights can decrease light projection by up to seventy five percent or just less

than forty feet of visibility, exposing the driver to a much higher risk of being involved in an accident. Don't expose yourself or your family to this risk. Call EZ Brite Lights today and resolve this issue. We will make your headlights look new again.

there is no charge. An EZ Brite Lights headlight restoration usually lasts three to five years. And remember, we come to you. No drop off or pick up hassle. The work can be done at you home, office, whatever is a convenient location for you. Call EZ Brite Lights today for an appointment. 321-298-2245. EZ Brite Lights, Serving all of Brevard County, Florida.



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SPRING CLEANING...not just for the homestead anymore

Spring cleaning isn't just physical anymore, it applies to the virtual world as well. Fresh content and a streamlined web page with relative content can be the key to capturing an audience and turning them into paying customers.

Websites can look dated after a while. Then businesses start to notice a drop-off in clientele. This can be a death sentence to a business, or even an entrepreneur. Doing some Spring cleaning on your website can give it a fresh face, which in turn will get more traffic. And more traffic on your website can translate into more money in your pocket.

So, what are some things that are must-haves for a Realtor, or a real estate brokerage, on a website?

COMMUNITY INFORMATION: This is a Realtor's (or brokerage's) opportunity to showcase their expertise about an area. Buyers who are looking to relocate to an area that they know nothing about will rely heavily on information provided by a real estate website. Information about subdivisions or communities is also very important to sellers – they want an expert to list their home for sale, and someone who knows a lot about the area will be able to get them the maximum price for their home.

MLS: For the lay person, MLS is short for Multiple Listing Service, which is the service that Realtors and brokerages belong to in order to list properties for sale. This service is in high demand for buyers looking for a home, and the more access to listings that they have, the more likely they are to stay on your particular site. A website with IDX capabilities is a must-have.

QUICK RESPONSE: When reaching out to a professional for information, or to ask a question, the average person expects a response within 20 minutes or less. Typically, if they do not receive a response in this time frame, they move to another website and try a different professional. Having an integrated response system within a website is a key component to capturing clients and retaining them.

SEO: This stands for Search Engine Optimization, and this has become the #1 key to having a successful web presence. By optimizing your site with popular search engines such as Google, Bing, Yahoo!, etc. your website will come up higher on the search results page. This will result in more clicks, which in turn will generate more business.

BLOG: Blogging has become very important in showcasing services, talents or skills on a website. People want to put

their trust (and money) in an expert, and there is no better way to prove your worth than a blog. Daily is great, but even weekly blogs gain massive followings if the information is good and the source is knowledgeable and trustworthy. Blogs also help to keep website content fresh, a must-have today.

BRANDING: This is key to having a successful website, but it can also be done the wrong way. A good branded website can let consumers know that you are a serious professional with a well-known company. But too much in-your-face branding can turn off potential clients. A well-branded website will leave consumers knowing who you are and what you represent without being overbearing.

NAVIGATION: An easy-to-navigate website is also key. If consumers can't access features on your website easily, they will move onto a site that is more user-friendly. Clear, concise features ensure that consumers will stay on your site.

With all these points in mind, we've given our website domain, www.absoluteserviceteam.com a much-needed facelift. We realize that our website is our window to the world, and as such it needs to be fresh, inviting, streamlined and, most of all, relevant.

So, if you are looking to sell or purchase a home on the gorgeous Space Coast of Florida, trust in us to help you achieve your goals! Our friendly agents can help you find the home of your dreams, whether you're looking for a beachside getaway or a forever home in a family-friendly community.



Nicole Grammer – Broker/Owner

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Race



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HOSEA 4:6 – "MY PEOPLE ARE DESTROYED FOR THE LACK OF KNOWLEDGE." – KNOWLEDGE IS POWER!



LOST AND FOUND

CCM: Together, doing life RIGHT!

The story of the Prodigal Son, found in Luke 15:11-16, is probably the best known of all Jesus' parables, and was even called the greatest short story ever written by none other than Charles Dickens. This parable is utterly timeless, in that we can be just as shocked today as the scribes and Pharisees were in the First Century.

This is the story of a loving father with two sons. His younger son goes to the father and out-and-out demands that his father sell his property and hand over his own cut of the proceeds right now, so he can go blow it all on a lavish, rock star lifestyle, with no accountability or consideration for the future.

Even in modern times, this is a pretty salacious and dishonorable request. But in Biblical days, that son would have been disowned, publicly shamed, and considered as dead (even to the extent of having a funeral) by the family just for suggesting such a thing, let alone demanding it.

In this parable though, the father loves his son so much that he liquidates his estate and gives his son the money, despite the terrible agony to the father inflicted by the son who



rejected his dad's love.

So the younger son splits, runs off to Party Town and blows all his cash on harlots. He later ends up at rock bottom, fighting pigs in a pigpen for a share of the trough, but finally reaching the point of repentance, and returning to the father. The father, instead of condemning the son, runs to him and welcomes him back with an embrace and a kiss. He even gives the son his best robe and throws a huge party for him. At this point in the story, I'm guessing the Pharisees almost fell over from shock.

What does it mean though? The loving father is God in Christ. The prodigal son is the unbelieving sinner, who finally reaches the point of repenting for his wanton ways, meekly and humbly returning home to his Father. Instead of punishment, the Father rejoices at his return, treating him like a prince.

The older son represents the Pharisees, who are far from God. This son is shocked by the grace given the younger son, becoming angry and not willing to join the party. (Luke 15:28.) He's rebellious and like all legalists, he doesn't believe in grace. He's a hypocrite. The Father begs the older son to join the merriment, but he refuses the Father's loving offer.

Blessings and honor and thanksgiving be unto the Lord for His grace and His justice. Amen.

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Embracing Life and Each Other

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Carolyn, and Harold (or, Smitty, as he'd rather be called.) Smith, are an incredible couple. Together over forty-six years, and recently moved down from the north like many of our displaced snowbirds, Carolyn and Smitty have retired to our area because of the great weather, and small town feel of the place. Though retired they are very active, and seldom apart. It is obvious to anyone who spends anytime around them that they are still very much in love.

They came to us first day back from the New Year's holiday because they found themselves having greater difficulty understanding each other. The issues became even more apparent to them when they visited one of their favorite places, right down the street from me, Meg O'Malley's Irish Pub.

Meg's is a great place! But, in typical pub fashion, has high ceilings, reflective floor, and lots of noise. Just as one would expect in a place where everyone is eating, drinking and having fun.

Such places also present the greatest challenges to understand for all of us. But, particularly to those of us like Carolyn, and Smitty, who have a hearing loss. This is simply because of the volume, type, and number of competing sound sources in such an environment.

Understanding in such a place not only requires the clean reception of the sounds needed to understand speech, it requires the clean reproduction, and enhancement of particular speech, embedded in a proverbial ocean of speech, along with all of those other sounds like dishes clattering, chairs scraping, and the like. With this kind of environment, not just any gear will work, only the best.

Being able to enhance the speech our listeners want, and not those they don't, in such an environment, while keeping all of those sounds comfortable for the wearer, has been the Holy Grail so to speak of our entire industry for



some time. That was the goal for the Smiths. The challenge before us was to deliver that kind of enhanced listening experience for Carolyn and Smitty, so that they could get back to sharing those intimate moments, thoughts and ideas with each other, in the environments that they loved to enjoy, despite each having a significantly severe hearing loss.

But, that's what we specialize in doing. Providing the gear needed to provide those life fulfilling experiences, regardless of the challenges presented. Due to the high performance expectations of Carolyn and Smitty, I reached for the very same gear we used for Ms. December, who is also a Meg's fan, Widex's Unique 440s.

No other gear on the market has the dynamic range of this equipment. Not only does it have the lowest sound input floor in the entire industry, letting our patients pick up even the softest of whispers, they also boast the largest input range and don't begin to saturate, or distort until sounds go over 113 dB.

This means that Widex gear has the high end input range needed to accurately operate in an extremely complex, and loud environment like our favorite Irish Pub. When coupled with their onboard signal analysis and beamforming capabilities, and you simply have what it takes to deliver the expected great performance in even the

toughest of sound environments.

Within an hour of the Smiths walking in, we had both of them fit up, and headed down to try out their new fittings in the most challenging environment imaginable. You got it, Meg's at lunch time.

The greatly enhanced experience the Smiths got at Meg's was the just the beginning. Carolyn, and Smitty also reported superior performance at church, as well as all around their home. Fact is they haven't found a place yet where they don't enjoy their new hearing aid fitting.

They were so happy with their enhanced listening experiences that we'd been able to provide, that they both agreed to be our couple of the month. A fitting and loving couple for the month of Valentines, as we've again been blessed with the addition of not one but two new patients to our family of the best patients in the known universe.

Serving folks from 720 East New Haven Avenue now since 1992. We're A Advanced Hearing Care, where we are always Patient Centered, and Results Oriented, with hearing help for every lifestyle and budget, from the great industry leading Widex gear we used for the Smiths to quality used, and reconditioned instruments. We can help.

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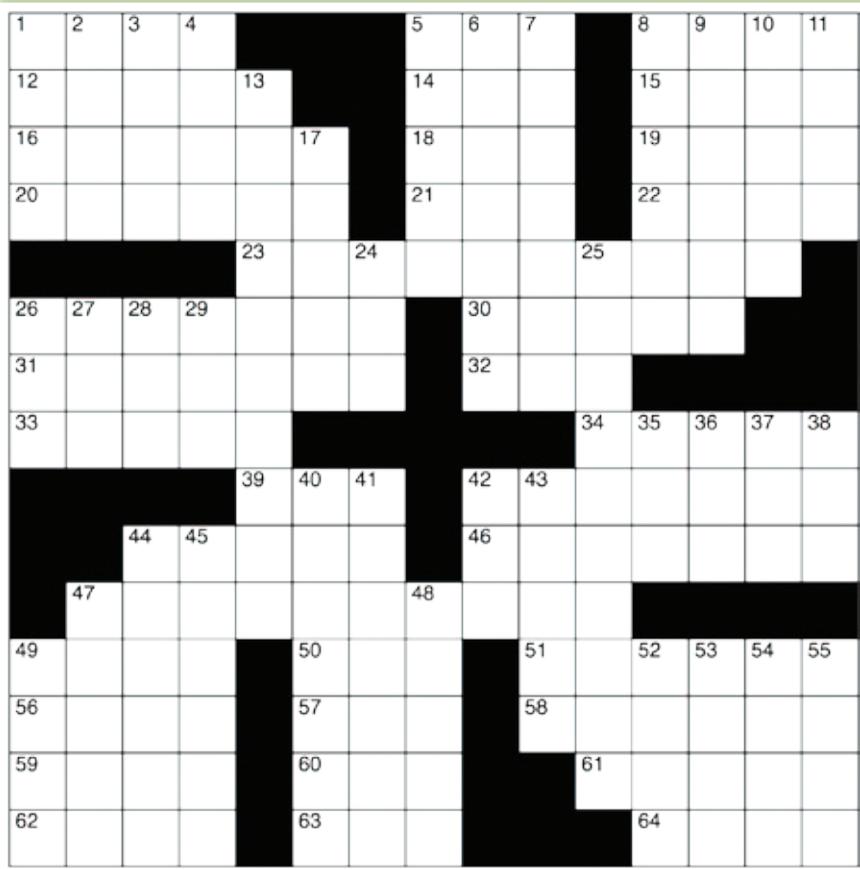
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Spotlight Crossword Puzzle

clues DOWN

1. Korean War TV show
2. South American Indian
3. Cape at tip of Denmark
4. A podrida cooking pot
5. Russian sourgrass soup
6. Perfect example
7. Supplier
8. Unhealthy looking
9. Spanish beaches
10. Am. follower of the Mennonite Bishop Amman
11. Well-balanced
13. Outer surface cells
17. Fathers
24. Sun up in New York
25. Dweller above the Mason-Dixon
26. Young women's association
27. Tell on
28. Bustle
29. Poundal
35. An ugly, old woman
36. Doctors' group
37. ___ Ling, Chinese mountain range
38. Volcanic mountain in Japan
40. Leaves parentless
41. Existing in or produced by nature
42. Inclination
43. Extents
44. Peninsula between the Red Sea and the Persian Gulf
45. Language of Nile
47. Twyla ___, US dancer
48. Card game
49. River in E. Turkey to the Caspian Sea
52. Scored 100%
53. Tonight's former host
54. ___ and ends
55. Notable exploit



clues ACROSS

1. Soybean paste
5. Unit of time
8. Watering holes
12. Joint
14. Certified public accountant
15. ___ Mater, one's school
16. Resells tickets
18. Batter's objective
19. Past participle of lie
20. State of Islands
21. Fed
22. Cause cell destruction
23. Daily Show host
26. Diagrammed
30. Cat sounds
31. Most sorry
32. Do wrong
33. Coral reef and lagoon island
34. That (Middle English)
39. Electrically charged atom
42. Nassau is the capital
44. Frogs, toads, tree toads
46. Marjoram
47. Where the Donald lives in NYC
49. Whale ship captain
50. A way to emit sound
51. Comparable
56. Isodor ___, American Nobel physicist
57. Businesswoman
58. A way to split up
59. Solo Operatic piece
60. No (Scottish)
61. In a way, tears
62. Bridge breadth
63. Single Lens Reflex
64. Thou ___ protest too much

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HEALTH FIRST USES MINIMALLY INVASIVE EQUIPMENT TO DETECT LUNG CANCER

Health First has a new weapon in the fight against lung cancer. In December, Health First Medical Group's Dr. Theodore Amgott completed the first two procedures in Brevard County using state-of-the-art Electromagnetic Navigation Bronchoscopy (ENB) at Health First's Holmes Regional Medical Center. ENB is used to reach parts of the lung that previously were unreachable and unseeable with traditional bronchoscopy.

According to Amgott, not only does it allow access to distant areas of the lung, but it helps identify the stage of the cancer and the genetic characteristics of the lesion.

"With regular bronchoscopy, we really only had access to central parts of the lung. We really didn't have any way to guide the (scope) to the smaller



(bronchial tubes) and harder to reach areas," said Amgott, who studied pulmonology at Duke University. "There

The minimally invasive procedure helps lessen the risks and discomforts associated with more extensive surgeries and biopsies.

was no way to navigate it. With ENB, we have a guidance system with something called LungGPS technology that works very much like the GPS in your car.... Basically, the patient is placed on a board that generates an electromagnetic field, and the result is like a high-resolution roadmap of the lung. This helps us direct the bronchoscope to where it is needed."

"It has its greatest effects in the detection of early-stage lung cancers and it also helps rule out lesions that may be benign," said Dr. Lee Scheinbart, who practices internal medicine and oncology and is medical director of Health First Cancer Institute. "Previously, a patient may have had major surgery to see what was wrong. We are very pleased that in our first two cases, we were able to diagnose early-stage cancers we may not have been able to see otherwise, and therefore, it was easier to determine treatment."

Funding for the specialized equipment was provided by the 2015 Health First Foundation Benefit Ball, which raised more than \$451,000 for Health First Cancer Institute and the ENB.

PUZZLE [PG42] SOLUTION
How well did you do?

M	I	S	O			S	E	C		S	P	A	S	
A	N	K	L	E		C	P	A		A	L	M	A	
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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
Allison Poe of Merritt Island

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. _____	_____
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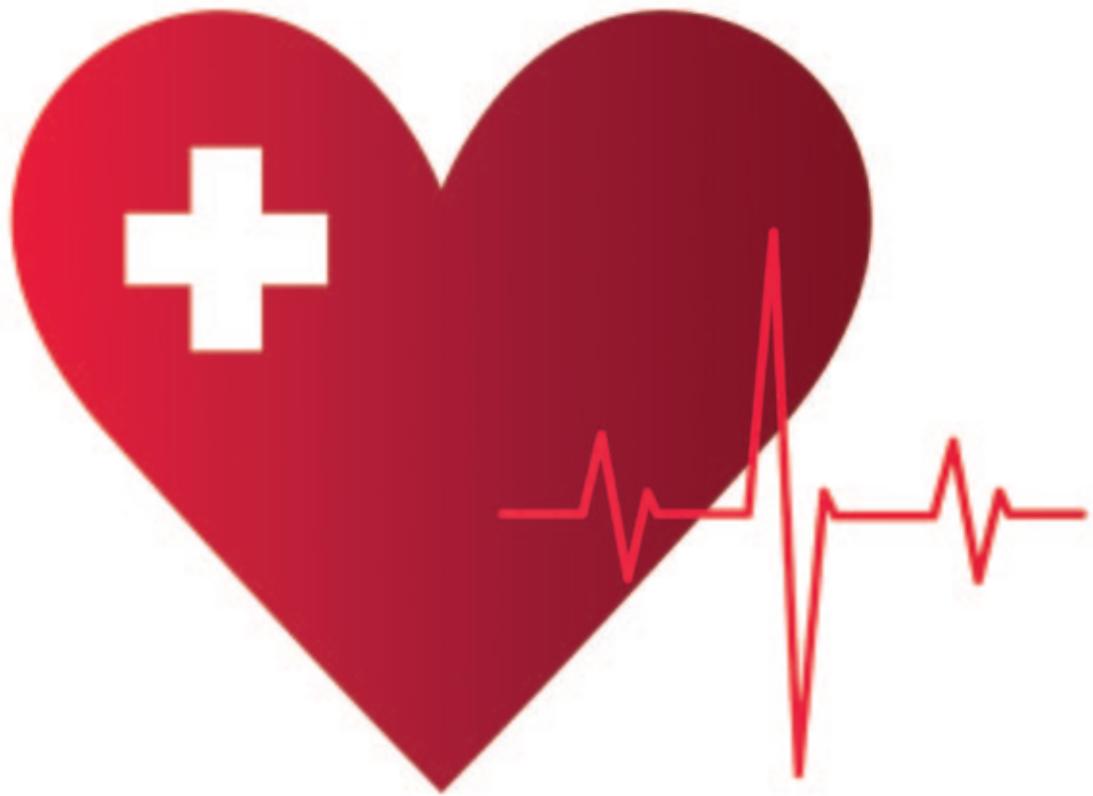
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