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march 2016

spotlight

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Quick Facts

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Special Olympics Florida is a 501(C)(3) non-profit organization that is funded primarily through individual and corporate contributions. Contact Special Olympics Florida: 1915 Don Wickham Dr. Clermont, FL 34711 Phone: 352-243-9536 www.specialolympicsflorida.org



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Hello readers! March is here, and my goodness, it looks to be a month packed with all kinds of things going on in our community.

Hopefully you are planning on going to, or have already been to this year's 50th Grant Seafood Festival, being held the 5th and 6th of this month. Like always, I will be taking lots of pictures for next year's front cover and will also be posting some of them on our Spotlight Magazine Facebook pages for everyone to enjoy. This year the Seafood Festival will be serving up one of my favorite things, roasted corn on the cob with lots of butter! So hopefully you are able to make it out this year to the festival, and will join me in some delicious corn, or other mouth-watering delights! It's a great event, one not to be missed!

As happens every year, we have a time change up coming. So remember to spring ahead one hour on Sunday, March 13th, or you are going to be running late the following week!

The 17th of this month is St. Patrick's Day, so may the luck of the Irish be with you on this day and throughout the rest of the year! Always remember to keep things safe, and if you decide to imbibe on St. Patrick's Day, please have a designated driver at the ready to get you home safely, while keeping the rest of us safe as well.

And finally, we will be celebrating Easter Sunday on March 27. This holiday traditionally ushers in the season of Spring, with flowers, and bunnies, and colored eggs. But more importantly, it reminds us of the resurrection of Jesus, who died for us all. May you and your family take time to enjoy being together on this beautiful holiday.

Until next month,

Bryan McDonough
Publisher, *Spotlight* Magazine, Inc.

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION
March 2016 | Volume 19 | Issue 03

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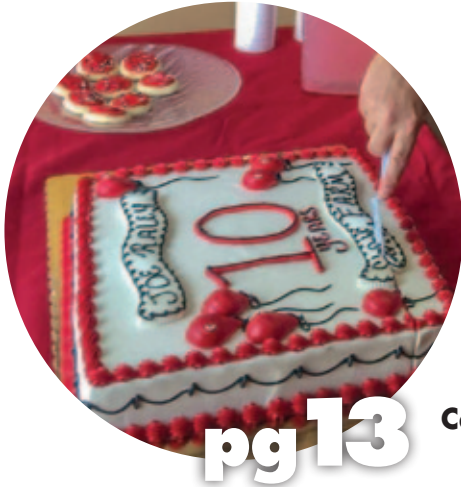
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march 2016



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"..FOR THE GOOD OF THE CITY.." - JEREMIAH 29:7

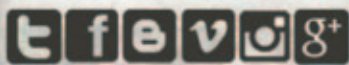


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DANGEROUS SCRIPTURE: "JUDGE NOT, LEST YE BE JUDGED"

by Jim Campbell, First Baptist Church of Melbourne

In playing basketball, if someone is trying to shoot a three point shot, a defender may run at them to make them uncomfortable so they won't shoot. It's called "running them off the three". That's what the phrase "judge not" has become in our culture, meaning "you can't tell me I'm wrong because you aren't perfect". It seems ironclad because, who's perfect, right? It comes from a verse in Matthew 7, and to use it this way totally distorts what Matthew 7 says..

First, the word "judge" in Matthew 7 means to proclaim as worthless, something beyond our "pay grade" to do. Telling someone that they are wrong is not sending them to eternal doom. On the contrary, it implies that you think there is hope for them. Simply never noticing wrong and saying "they'll never change", could in a sense be committing the very sin you are trying to avoid. Do you want someone to just write you off as hopeless? Me neither.

How would that work if no one could ever tell anyone else they are wrong without perfection? What about the murderer? Do they an out with the "don't judge" defense? Do my actions make the act more or less wrong? The rest of Matthew 7 gives you distinct ways to evaluate situations and people for sin. Is that a joke? If you even use "judge not", aren't you a hypocrite, since you are trying to correct someone? That's nuts.

Matthew 7:5 presses the picture of removing the glaring sin ("plank")

from your own eye before you try to help remove the "speck" from your brother's eye. We are never to use someone else's sin as a means to avoid our own, so we should always abandon our own sin. Verse 5 gives us clarity on this point as to one reason for that goal. "...Then you will see clearly to take the speck out of your brother's eye." One reason you are to keep your life as clean glaring sin is so that you can see clearly to help your brother/sister out of their damaging behavior. The expected response after delivering the "judge not" phrase is to end the conversation, just giving each other "permission" to be wrong, but that's not what the Bible instructs at all.

The next time someone uses the phrase on you, be true to Matthew 7. Ask them what is the sin they are referring to in your life. If they pick their jaw off the floor and answer you, stop right there and confess that to God, apologize to them, if necessary and correct your direction. Then, say, "Thank you, now let me help you with you sin as well." Speak the truth, but do it in love, not in arrogance or anger or revenge. If you cannot act in humility and love, there is the first plank you should remove. Trust the real Matthew 7, model humility and don't let them run you off the three.

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.



MATTHEW 7:5

"The word 'judge' in Matthew 7

means to proclaim as worthless,

something beyond our 'pay grade' to do. Telling someone that they are wrong is not sending them to eternal doom."



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Dear Friends,

In the 22 years that I have been working with seniors, I have stressed education and the value of connecting those who need help to the right resources. For seniors, the importance of information must be stated and restated, as it is critical to continued good health. Most significantly, we should all understand that false pride, a pride that prevents us from using assistive devices as we age, is something we must overcome.

We all know how beneficial it is to exercise regularly if we are to age gracefully. In a recent television show with Chris Marriott of Kindred at Home, we discussed the value of body suppleness to an individual's ability to move as safely and painlessly as possible. I have fibromyalgia and know what pain can do as we age. Exercise, especially walking, is vital to my continued mobility.

In the conduct of the show, Chris and I discussed the use of canes, walkers, and other devices to assist us as we walk. Falls are the leading cause of fatal injuries for older

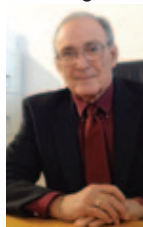
Americans according to the Centers for Disease Control and Prevention. The number of seniors who die from fall-related injuries has nearly doubled since 2000, and about one in three seniors falling every year. Non-fatal falls can cause broken bones, brain injuries and decreased independence.

Many of these falls can be prevented through the use of a walking device. Although using assistance devices is sometimes considered a sign a weakness, I use them to remain safe and independent. I have a cane and 4 wheel rollator in my car and one I use at home. Most of the time I use the cane, but if I think I am too unsteady or have more pain than usual, I use the rollator. It is safer, eases my mind, and gets me to my destination safely and on time. It takes no effort to remove the cane from the car and only a little more effort for the rollator.

Knowing all of the above, why do so many ignore the warning signs and turn into couch potatoes? I personally do not like walking, although I believe it is the best possible exercise for me at my age.

Running and other impact exercises may not be our best choice, but we can develop individual plans with the advice of a personal trainer or friend. There are excellent facilities in Brevard, some free and some you pay a small fee.

At the start of this article, I mentioned the value of education, information, and access to services. The nonprofit organization Helping Seniors of Brevard will help you get connected when you call their helpline at 321-473-7770 or visit their website at www.helpingseniorsofbrevard.org. It is also important to know that changes under the Affordable Care Act will change the way we have been using therapy and rehabilitation after a fall or surgery so it will become more important to know what is available to us in a way of assistance in recovery. In the meantime, keep moving and use the devices that will help you remain safe.



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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"Our goal is to be a one stop shop for our clients and future clients," stated Agent Joe Raley. "Joe Raley State Farm is a team of trusted professionals whose actions are driven by keeping the customer's best interest as our primary goal. We will return our clients to where they belong through our insurance products and take our clients where they want to go through our financial services products. We are able



to meet most, if not all, of our clients wants and needs through the variety of products we offer. No matter the stage of life, buying a car or home, general savings or savings for college or retirement, we can help" exclaimed Joe, "insurance is just the beginning..!"

planning. State Farm's mission is to help people manage the risks of everyday life, recover from the unexpected, and realize their dreams.

Joe also gloats about the customer service and accessibility his team and State Farm® provides, "We want to create a proactive approach where we have relationships with our clients to where we can anticipate and meet their needs and



wants before they have to ask. We will provide prompt, accurate, efficient and seamless service to our clients at all times." State Farm® has also received many accolades for the service it provides its' customers. At Joe Raley State Farm you can walk-in, call-in with 24 Hour Good Neighbor Service, text-in, or click-in. The State Farm Pocket Agent® app is also available. Joe is active on social media through Facebook® as well as involved in the local community through volunteering and community service.

Let State Farm Agent Joe Raley help you manage your changing insurance and financial needs. Contact Joe @ (321) 723-0333, email at Joe@JoeRaley.net, www.JoeRaley.com, or stop by his office at 5030 Minton Road NW, Palm Bay, Florida 32907.

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Celebrate St. Patrick's Day in Many Different Ways

This March celebrants will participate in parties, parades, festivals, and commemorations the world over. Young and old, those of Irish background and people who are Irish for the day will celebrate the life of St. Patrick. Food, fun and drink are customary components of the festivities. And a growing number of people desire a St. Patrick's Day with more emphasis on culture and fun and less on celebrations that tend to be dominated by alcohol consumption.

Anyone can embrace the spirit of St. Patrick's Day without getting carried away by spirits. Certain organizations have sprung up across the country emphasizing the true focus of St. Patrick's Day in an attempt to break away from alcohol-based celebrations. In 2014, Northeast Ohioans joined other groups



in cities like New York City, Cleveland, Casper, Wyoming and Belfast, Ireland, promoting Sober St. Patrick's Day®. In 2015, Philadelphia joined the fray with events centered on culture and enjoyment. While the idea is not to dry out the holiday entirely, supporters say it is to "provide an option for people who don't want to be around binge drinking."

There are plenty of ways to make St. Patrick's Day festivities lively no matter how you celebrate.

- Enjoy Irish music. Few things convey the spirit of a holiday or a celebration more than music. St. Patrick's Day can be celebrated in the company of talented Irish musicians. Whether you prefer classic ditties or modern and alternative Irish bands, there's an abundance of talent at your disposal. If you prefer live music, contact your local Ancient Order of

Hibernians to learn about nearby musicians.

- Take Irish dance lessons. Traditional Irish dance has been lauded for centuries. Many people still feel a connection to Irish heritage through dance. The Feis, or an Irish dance competition, is a popular showcase of dance talent from across the globe. It's never too late to try your hand at Irish dance and show off your skills on St. Patrick's Day.

- Participate in a Sober St. Patrick's Day® event. Log on to www.soberstpatricksdays.org to determine if any celebrations are being offered by you or to start your own tradition. The organizers are always looking for new locations to hold their celebrations. Healthy, fun and safe activities are offered to all who participate.

- Dine out at an Irish restaurant. Delve into Irish cuisine at a nearby restaurant offering the best traditional dishes. St. Patrick's Day dinner need not be limited to corned beef and cabbage. There are plenty of other delicious dishes to enjoy, from lamb stew to colcannon to Dublin coddle. Otherwise, pick up the ingredients and treat guests to an authentic meal from the comfort of home.

- Watch a Uilleann bagpipe show. The playing of bagpipes is a tradition in many areas of Celtic origin. Historically, bagpipes were played outdoors at community dance festivals. Bagpiping remains a popular hobby, and bagpipers are passionate about their craft and may be ready and willing to treat an audience to a few tunes.

St. Patrick's Day is an ideal time to embrace Irish culture, and revelers can celebrate in various ways.

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CHIROPRACTIC CAN OFFER RELIEF FROM STRESS-RELATED PAIN, HEALTH PROBLEMS

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

Millions of Americans are suffering from stress-related pain and headaches and as they find themselves struggling with tough economic times, according to a new Associated Press-AOL Health Poll.

In light of these alarming new survey results, patients may wish to consider the benefits of chiropractic care for the treatment and prevention of stress-related headaches and muscle pain, says the American Chiropractic Association (ACA).

"In today's economy, financial problems and pressures can certainly escalate stress, which in turn can contribute to common muscle pain and headaches. It's important not to ignore the symptoms associated with stress and anxiety," notes ACA President Glenn Manceaux, DC. "Taking care of your health during times of personal difficulty can not only help to alleviate related aches and pains, but it also can help you feel more positive about your situation.



"If your stress-related pain is not resolving on its own, visit your doctor of chiropractic. Working in partnership with your other health care providers, your doctor of chiropractic can offer a whole-person approach to health and wellness," Dr. Manceaux suggests.

Doctors of chiropractic provide drug-free, non-invasive treatment options for many types of pain and inflammation. For example, chronic back pain, neck pain, joint pain and headaches can often be reduced with the appropriate combination of chiropractic manipulation, rehabilitative exercises and lifestyle counseling – all of which are offered by doctors of chiropractic in a patient's personalized treatment plan.

"Consumers also need to know that chiropractic treatment is a covered benefit in virtually all traditional insurance policies," adds Dr. Manceaux. "As many as 87 percent of all insured American workers have coverage for chiropractic services in their existing health care plans."

A significant amount of evidence has shown that the use of chiropractic care for certain conditions can be more effective than traditional medical care, with many patients feeling improvement shortly after their first chiropractic visit.

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WHAT IF...

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

I was the second car in line waiting for oncoming traffic to clear so we could turn left.

Suddenly the car in front of me pulled directly into the path of an approaching truck. I was stopped but I couldn't help but cringe in anticipation of the impending crash. Somehow the oncoming driver was able to brake and maneuver just enough that he missed the offending vehicle. Brief eye contact with the truck driver was evident that we both wondered how he missed.

With no other traffic, I pulled into the hospital parking lot unscathed except for my increased heart rate and that uncomfortable feeling in the pit of my stomach. Like other "close calls" I've had in the past, I couldn't help but wonder: What if?

What if the offending driver had pulled out just a second later?



What if the approaching driver hadn't been able to react so quickly?

What if he had been texting? What if they had collided... ?

I started thinking about how much trust we put into other people on a daily basis. We trust that those around us will act responsibly and respectfully. That they'll make their best effort to do what's right. We trust that those around us will wait their turn in line and follow the rules and that

they won't pull out in front of other people when they're behind the wheel.

There will always be a few people who don't think the rules of the road pertain to them, but most of the time, our trust is warranted and people keep their word.. have you ever considered: What if the Bible is true? What if there really is life after death? What if God does punish sin and What if Jesus Christ is the only way to Heaven? What will you say then?

So how do we deal with the what ifs? If we are driving, the best thing we can do is to be alert, focused on our driving and prepared to react. If we believe (or lean strongly) there is life after death, best thing is to be alert, focused and prepared.

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life John 3:16

But to all who believed him and accepted him, he gave the right to become children of God John 1:12



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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

“God enables a Christ follower to battle spiritual warfare...”



“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,
One of my friends invited me to her youth group, at her church, and they were talking about Isis and how they’re killing Christians and several other things that have been happening around the world. One of them said we need to “put on the full armor of God.” Will you please explain to me what she was talking about? I know I should have asked them; but I was embarrassed, because it seemed like everyone else knew and I didn’t want to look stupid.

–Carrie of Palm Bay

Dear Val,
In the beginning of each year, our pastor encourages the church to fast and pray for specific needs, such as: our country, missions, church leadership, the unsaved, etc. I’m fine in the beginning, but after a couple of days, I notice my clothes fitting a little looser and then all I can think about is losing weight. I need to shed about eighty pounds and it’s been quite a struggle for me. I know without the right motives, my fasting is a waste of time. It’s very frustrating and I wonder if I should just skip it. Do you have any suggestions?

–Jody of Palm Bay

Dear Carrie,
Don’t be afraid to ask questions; the others, in the youth group, had to learn just as you are doing. God enables a Christ follower to battle spiritual warfare through putting on the “full armor of God”. The Apostle Paul explains this in Ephesians 6:10-17 (NIV):

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that **when (not if)** the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints (other believers).

Dear Jody,
For the time being, why not give up some things you really love. Here are a few examples: chocolate, television, social media (Facebook, Twitter, etc...), cappuccino, snacks, etc... God knows your heart and motives and He will bless you as you honor Him. Ask the Lord to help you with your weight-loss struggle and next year, you may join your church’s corporate fast with the right mind-set.

Recommended reading: *Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God.* Written by Jentezen Franklin, this book offers in depth instruction for successful fasting and explains the three types of fasting found in scripture.

(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 EASTER SPOTLIGHT ON COOKING

by Cecelia Danas



I was talking to my aunt in New York and asked what she was cooking, she said Chicken a la King. It brought back memories when I was a kid she would make it for us kids as a "special" meal. She makes it now in the crock pot so there is no fuss. Plus she puts some in containers to freeze for other days when she doesn't want to cook. Remember — Be Creative!

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

Chicken a la King the Crock Pot Way

- | | | |
|--------------------------------------------------------------|-----------------------------------------------|--------------------------------|
| 1 Can reduced-fat and sodium condensed cream of chicken soup | 1 lb boneless skinless chicken breasts, cubed | 1/4 cup Onion chopped |
| 3 Tbls All purpose flour | 1 stalk Celery chopped | 2 Tbls diced pimientos drained |
| 1/4 tsp Pepper | 1 Bag of Frozen peas or Sugar peas - thawed | Hot butter noodles or rice |

Combine soup, flour, pepper until smooth then put in crock pot. Add chicken, celery, peas, onions.

Cook on low for 7-8 hours.

Add pimientos and cook a half hour more.

Serve with noodles or rice.

I'm sure this will become a family favorite.



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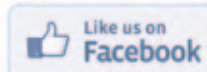


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Herbs of the Bible Fight Cancer

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

The Bible mentions 128 plants (herbs) that were part of everyday life in ancient Israel and its Mediterranean neighbors. In EZ. 47:12 it says, "Their fruit (from fruit trees) will be for food and their leaves for healing." The Bible is telling us that medicine can be obtained from the leaves or what we commonly call "herbs".

The following 3 herbs mentioned in the bible have shown to be effective in the fight against cancer.

1. Garlic found in Numbers

11:5-6 can increase activity of toxin-neutralizing enzymes and decrease activity of toxin-activating enzymes in the intestines. Garlic also helps prevent cancer-causing DNA changes and promotes the death of damaged intestinal cells. Garlic has been found

to protect against stomach and colon cancers. The diallyl disulfide derived from garlic killed off leukemia cells and prevented the growth of breast, lung, and skin cancer cells in lab studies.

2. Turmeric (Curcumin) found in Song of Solomon

4:14-15 has been shown to have significant anti-microbial and anti-inflammatory activity. That alone seems enough for certain hospitals in America to consider using it in the treatment of polyps and colon cancer. However new research shows that it can both shrink cancer tumors and inhibit blood supply growth to tumors. It is a powerful antioxidant with liver protective benefits, and outperformed several anti-inflammatory drugs without side-effects in research.



3. Aloe Vera found in John

19:39-40 is well known for its skin protective and anti-inflammatory properties. Fighting inflammation is one way to reduce the risk of cancer, but this succulent herb also contains many beneficial polysaccharides such as Acemannan. They can induce the production of Tumour Necrosis Factor that destroys cancer cells. Aloe Vera is a great immune booster which helps with the fight against cancer.



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ARE ONLINE BACKUP SERVICES SAFE? SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

With all the stories about government agencies and large corporations getting hacked, it's easy to understand why there are concerns with 'cloud-based' backup services. If these big guys can't stop the hackers, how safe is your data in the hands of a small commercial entity?

While it's true that nothing on the Internet is un-hack-able, the real concern is will your data be a target? Random acts of hacking are completely different than targeted hacks, such as the ones you often hear about in the media. Sophisticated hacking syndicates don't waste time on targets when they don't know what's on the other side. Hackers know that they can grab valuable data from government agencies and large corporations, so it's worth the time and effort to make them a target.

The real question you need to ask yourself when it comes to backing up and securing your data is "are these backup services better equipped to protect my data than I am?" For the tech savvy crowd, the answer may be no, but for most people



the clear answer is yes; these companies that make their living providing secure online storage of data are more focused on security and fighting hackers than you'll ever be.

Any of these online services can be 'hacked', which would generally only provide access to a large amount of encrypted data. This would require the hackers to spend an unknown amount of time attempting to decrypt the data just to see what they were able to steal and that's just not what smart thieves do. Keep in mind; your small data set amongst millions of others would also have to somehow

become a specific target. It's not that these online service aren't hack-able, they just aren't that attractive of a target.

Most people don't encrypt their data on their own computers,

but all online backup services that I am aware of do. When you use an online backup service, your files are encrypted on your own machine before they are uploaded via a secure connection to the company's storage servers. The files remain encrypted and many give you the option of storing the only key on your own computer for decrypting your data.

While from a security standpoint, this is more secure, if you ever lose your encryption key, your backup data becomes useless without it. Some services, like Carbonite, use a proprietary file system, which adds another level of complexity if anyone is able to get past all the rest of the security.

Keep in mind; you're balancing what is technically possible against what is most likely to happen. Using an external hard drive connected to your computer will certainly remove the risk of a hacker compromising an online service, but it's of little use if you're a victim of theft, fire, flooding, ransomware attacks or other more common scenarios for the average user.

The ultimate backup scenario uses the 3-2-1 method: Three copies on two different devices with one copy off-site.

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FAST Action *Saves* Sight

Retinal Detachments: What you don't know could cost you your vision.



Every year, nearly 25,000 people in the United States experience *retinal detachments*, a true medical emergency that can threaten their sight. For some, symptoms begin gradually and may be barely noticeable. Others will experience a sudden and dramatic decrease in their vision, creating an obvious urgency to seek care. “There is no question that a retinal detachment left untreated can lead to vision loss that can become permanent in the absence of timely and expert care,” states Gary J. Ganiban, MD, chief of vitreoretinal surgery at The Eye Institute for Medicine & Surgery. The *retina* is a thin, interior layer of tissue at the back of the eye. Its job is to process light through special cells called *photoreceptors* that detect

RETINAL DETACHMENT Warning Signs

If you experience the following symptoms in your field of vision, seek medical care quickly:

- * Flashing lights
- * Increase in floaters
- * What look like flies, cobwebs, strings, strands or other strange objects
- * Missing areas of vision despite looking in different directions
 - * What seems like a curtain coming down over the eyesight



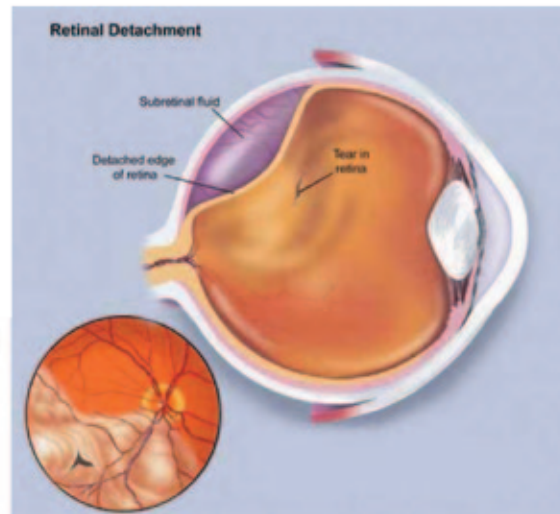
James N. McManus, MD
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Jason K. Darlington, MD
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qualities such as color and light-intensity. That information is sent through the optic nerve from the retina to the brain, which creates the images we see.

Retinal detachment occurs when the retina pulls away from its normal position and is cut off from nourishing blood vessels. The interior of the retina also can be harmed by the appearance of tears or holes, conditions that may progress when left untreated.

Dr. Ganiban emphasizes that whether the retina is affected by a small tear or full detachment, the injury can occur suddenly and without warning. “There is no pain or redness of the eye associated with these conditions,” notes the doctor.

“However, in many cases, there are warning signs, and these signs should not be ignored,” adds Dr. Ganiban. Patients with retinal detachments may experience sudden changes in their field of vision. They may notice an increased number of tiny specks called *floaters*, which may seem like moving cobwebs, strings or strands. Some have described what looks like a curtain coming down



A tear or hole in the retina can allow fluid to enter and weaken the retina's attachment. When this happens, the retina can't compose a clear picture from incoming light and vision becomes blurred and dim.

over a portion of their vision.

These symptoms can occur before the retina fully detaches, explains Hetal D. Vaishnav, MD, director of clinical research and preventive medicine at The Eye Institute for Medicine & Surgery.

This is when time will be critical.

“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 retinal specialist as soon as possible,” advises Dr. Vaishnav.

“The bottom line is that in many cases, a thorough, dilated eye examination will reveal the retinal hole or tear prior to it developing into a full detachment.

“Then a procedure can be performed through a laser or freezing probe to seal the tear and help prevent any further separation of the retina,” assures Dr. Vaishnav.

Fast Action Saves Sight: Continued

Gentler repair procedure

A trend in retinal surgery to repair retinal detachments has been to move away from a treatment known as scleral buckle and toward a procedure called vitrectomy. A scleral buckle involves placement of a tiny device on the eye's outer surface that helps close the retinal break. Vitrectomy removes most of the vitreous, the clear, gel-like substance inside the eye.

Vitrectomy offers numerous advantages for most patients who

RETINAL DETACHMENT Risk Factors

- * Over age 40
- * Previous retinal detachment in one eye
- * Family history of retinal detachment
- * Extreme nearsightedness
- * History of eye surgery, including cataract removal
- * Previous severe eye injury or trauma
- * Diagnosis of other eye diseases or disorders

need surgery for retinal detachment, says Dr. Ganiban. One is that removing the vitreous reduces traction on the repaired retinal tear. This makes future retinal tears less likely.

The vitrectomy procedure frequently takes less time than other methods, which often means the risk of complications is reduced, he adds.

"Vitrectomy surgeries heal relatively rapidly due to minimal surgical trauma," states Dr.

Ganiban. "Very little cutting is required, and frequently stitches aren't required. Compared to a scleral buckle, vitrectomy is very gentle.

"Another advantage of vitrectomy is that the shape of the eye isn't altered and therefore there shouldn't be a change in the patient's eyeglass prescription. With a scleral buckle, the eye may become elongated, causing induced myopia, which is nearsightedness, and/or a visually significant astigmatism."

The Ganihand for better view

A medical innovation developed on the Space Coast by Dr. Ganiban is now aiding eye surgeons during vitrectomy procedures. The surgeon's view of the back of the eye and affected structures is critical during retinal repairs. Traditionally, this enhanced view is achieved with the help of a surgical technician. The technician applies slight pressure to the sclera, the eye's outer, white surface, with a cotton tip applicator or scleral depressor made of stainless steel. The surgeon can then see the back of the eye through the patient's well-dilated pupil.

This method is decades-old but can be cumbersome and inefficient. In most cases, it increases the length of the surgery.

Dr. Ganiban knew there had to be a better way and designed a hands-free scleral depressor device. During surgery, the instrument is

secured to the speculum that keeps the patient's eye propped open. It features a custom light pipe to ensure the surgeon has an ideal view of the interior eye without the need for a surgical assistant.

There are now multiple versions and sizes of the Ganihand in development to ensure the device 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 the world to improve their surgical outcomes, minimize complications and restore vision that otherwise may not have been regained," says Dr. Ganiban.



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OUR WINNER LAST MONTH WAS
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This month, we are pleased to honor Debra Foley as our Community Movers & Shakers. Debra is the marketing and outreach supervisor for Brevard Public Schools.

In her position with Brevard Public Schools, Debra's responsibilities include bringing businesses into the public school system to form beneficial relationships for both the business and the school system. In addition to her regular work, Debra also spends time in support of the Brevard Symphony Orchestra, the Children's Hunger Project, and WFIT radio. Another project that is very close to her heart is Take Stock in Children, a program that provides pre-paid college tuition to students with the greatest need.

Giving back to the community,

and especially to the school community, is very important to Debra. She gained a great deal of experience helping her own children as they navigated through high school and worked toward getting into college. She felt she could put her experiences to good use by serving as a mentor to students in the Take Stock in Children (TSIC) Program. TCIS identifies at-risk students who have the ability to be successful in college, but may not have the financial capability. These students meet with a mentor weekly, and this one to one attention provides the direction and support they need to begin their college education.

For her dedication to the school and its most needy students, as well as her support of other community organizations, we are proud to name Debra as this month's honoree.

Phyllis D. Smith, CPA

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March's CPA Tip Of The Month

If all your tax information is taken to your preparer at one time it will save you and your tax preparer time and have the best results. Not to say that a stray 1099 won't arrived after you think you have all of your information. If you have investments with brokerage firms their 1099's tend to come out a little later than a lot of others.



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



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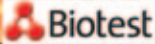
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Remember when...

by Wiley Elliott, South Brevard Historical Society

I arrived in Melbourne, Florida in 1958 and as with all kids who were in the 7th grade (with the exception of those who attended Eau Gallie Junior High), I attended school at the site of the former Melbourne Naval Air Station. From my recollection, 300 to 400 students from Sebastian to Rockledge attended classes in a designated group of wooden barracks that were part of the 129 buildings constructed at the beginning of World War II.

I remember the barracks were small, and my fellow classmates and I sat shoulder to shoulder during class. We did move to other rooms at the end of each period for a different class. Our Physical Education class was the most memorable as the few hundred-yard walk from the



classroom barracks was rewarded by having this class at the old training area. After quickly changing our clothes, we spent about 20 minutes playing handball, tennis, and other activities that took advantage of the recreational facilities from the former base. When Phys-Ed was over,



there was just enough time for a 3-minute shower and change before taking the long walk back to the next class, which in August sometimes negated the recently-taken shower!

A historical marker identifying the site's former use as a Naval Air Station is located at the intersection of Eddie Allan Road and Playhouse Road. A study of the history of this property will reveal that it has been more than just an airport to our community.

South Brevard Historical Society, on Saturday – March 12, 2016 3:00pm to 4:00pm, the South Brevard Historical Society will meet at THE LIBERTY BELL MUSEUM, 1601 Oak Street, Melbourne (on street just west of Melbourne Fee Avenue Public Library). March's Program will highlight the Museum's collection of historic documents, Florida-related exhibits and patriotic memorabilia.

We invite you to explore our website <http://www.southbrevardhistory.org> for further information and a schedule of our monthly programs.

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Camaraderie in the Real Estate Industry

Let's face it; the current economic state of affairs is tough.

The recession hit everyone hard, but no other industry has suffered like the real estate industry. When the bottom fell out of the market, many people lost everything, and the rest that were left had to work twice as hard for the same benefit. As a result, it has created some animosity amongst professionals in our industry – the idea being that it's rough out there, and the business just isn't coming as easily as it used to. So if you want it, you have to work for it.

While the last part of that statement is true, if this idea is taken to an extreme it doesn't necessarily make for a good work environment. If the environment isn't conducive to a positive atmosphere, it can transfer over to your clientele and they will be uneasy. And when clients get uneasy about the biggest investment that they will make in their lives, they will be sure to look somewhere else for a positive, friendly face to help them.

We here at RE/MAX Absolute Service Team believe that although the real estate market is, indeed, competitive, that is no reason to be cutthroat when it comes to business. We're all in this together. And if we make it through the rough times together, we will come out stronger and better for it. And if our agents and clients do well in business, other aspects of their lives will benefit, which in turn will benefit others.

There are two theories of life you can see played out in the real estate industry: the "scarcity mentality" and the "abundance mentality."

People with a "scarcity mentality" have a

difficult time sharing recognition, credit, power or profit. They also have a hard time being happy for the success of others. On the other hand, "the abundance mentality" is based on the paradigm that there is plenty out there and enough for everyone.

Our focus is on the abundance mentality. People with that kind of mentality that work hard toward common goals, help each other succeed and themselves and also find success more readily. It's the abundance mentality that builds strong teams, and we're building the strongest team around.

What kind of mentality do the people you work with have? Remember, we're all in this together... let's do our best to make sure that clients are happy. Because if everyone involved in a transaction leaves happy, it will generate future business. And making people happy is the #1 goal!



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

EVIL IS GOOD AND GOOD IS EVIL?

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The prophet said “Woe to those who call evil good and good evil” in Isaiah 5:20. I remember reading this as a young girl, and wondering how that could be. “How could a time come when that would happen? How could people think that way?” I puzzled. As I got older, I thought that perhaps the passage was metaphorical in some way, or allegorical, because surely people will always be able to tell the difference between good and evil!

But now, sadly, we are seeing this Scripture being fulfilled right before our eyes.

A college student was suspended from class when he refused a professor’s directive to write the name “Jesus” on a piece of paper, then put it on the floor and stomp on it. The university defended the assignment as a lesson in debate. This lesson, incidentally, was included in the class textbook called, “Intercultural Communication: A Contextual Approach, 5th Edition.”

A charter school is under fire for purging Christian books from its library; the National Park Service tried to force churches to get permits for baptisms in public waters until people complained; two men were arrested and charged with misdemeanor offenses for reading the Bible out loud on public property outside a DMV location; and the IRS targeted Christian humanitarian organizations with unjustified audits.

What is going on here? How can these things happen in a

country where we are guaranteed the right to free religious expression?

Now two university sociologists have produced research that shows that institutional anti-Christian bias does exist, and among America’s most powerful elite. These researchers speak of “Christianophobia”, which they define as “unreasonable hatred or fear of Christians”. Interestingly, this bias is not all that common among “common” people, but is found often amongst the most influential groups, including progressive activists and liberal advocacy organizations.

The two sociologists gathered their data through the American National Election Survey and interviews conducted with members of various activist groups.

Here are some examples of remarks made during interviews:

“I want them all to die in a fire.” (Male, aged 26-35 with Doctorate).

“They should be eradicated without hesitation or remorse. Their only purpose is to damage and inflict their fundamentalist virus onto everyone they come in contact with.” (Female, aged 66-75 with Master’s degree).

“They make me a believer in eugenics... They pollute good air... I would be in favor of establishing a state for them... If not, then sterilize them so they can’t breed more.” (Male, aged 46-55 with Master’s degree).

One of the researchers pointed out that Christianophobes claim to believe “that they are fairly interpreting social reality” but don’t “recognize how their emotions have distorted their intellectual judgments.”

Will this sort of attitude lead to Christian persecution in this country? Possibly, but Jesus both warns us and encourages us in Matthew 10:22 when He said, “You will be hated by everyone because of me, but the one who stands firm to the end will be saved.”

Remember always Matthew 5:44: “But I tell you, love your enemies and pray for those who persecute you.”

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An Active Life Involves Hearing Well

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Whether on her way to painting class, her next luncheon, dance, or cruise, over forty-six years, and recently moved you can only describe Marcella Mika's lifestyle as active. She is always on the go. So when Marcella started to notice that she was having difficulty understanding her friends in those active social environments, she remembered the help we'd given a neighbor years ago, and paid us a visit.

After listening intently to why she had come, and doing a thorough otoscopic exam of her ear canals, and discussing her lifestyle, goals and objectives, we measured Marcella's hearing thresholds, only to discover that she was in the early stages of a hearing loss. A loss that when taken only from the context of elevation of her hearing thresholds didn't seem to be significant. Yet, clearly, based upon her experiences in the very active environments in which she lives, this loss was not insignificant at all.

I only had to explain the concept of atrophied synaptic connections, and how loss of stimulation over time actually causes the central auditory processing centers of our brains to degrade, and actually shrink as the connections that make up our neural network atrophy, and ultimately dissolve altogether once to Marcella. No. This is one sharp lady.

Marcella understood fully that nature's laws of "use it, or lose it" applies to our neural network, and brains as well as to our limbs, joints and muscles. She wanted no part of the shrinking brain syndrome that can accompany a long term, uncorrected hearing loss, and said so.

Now, the equipment we use to establish hearing thresholds also allows us to move seamlessly into a demonstration of the benefits of amplification, even just a few extra decibels, in the right places, as was called for with Marcella's early loss. But, once we applied those extra



decibels, and helped control for some of the distracting background noises, Marcella was thrilled with the results.

She was so thrilled in fact that she's agreed to be our "Ms. November" letting us tell all of you, her friends, and neighbors of her experiences, and the importance of not putting off correcting, even a mild, or early hearing loss.

Marcella understands that you can't maintain a robust, functioning neural network without proper, and constant stimulation. When not triggered, synaptic connections simply atrophy, and ultimately fail. When enough of them fail, your brain actually loses mass, and shrinks.

Our ears are connected to more neurons through more connections within the central auditory processing centers than all of our other senses combined. From an evolutionary standpoint alone that should tell us something of the complexity and processing power needed to hear, and process the sounds all around us into the speech, music, and laughter of life. Over time, even a mild, or early hearing loss, if left uncorrected

can have a long term, cascading effect on the largest processing centers in our brains.

So remember, you don't actually hear with your ears. They are merely an amazing type of energy transducer, changing the vibrational energy of the air around us into nerve impulses that are sent along a complex network of neurons to the largest, and most complex organ on the planet, our brains.

If, your transducers aren't functioning properly, and you aren't receiving a complete signal, you are literally allowing the most complex neural network imaginable to degrade, atrophy, and ultimately shrink.

If, you, or a loved one is having trouble hearing and understanding in those complex social

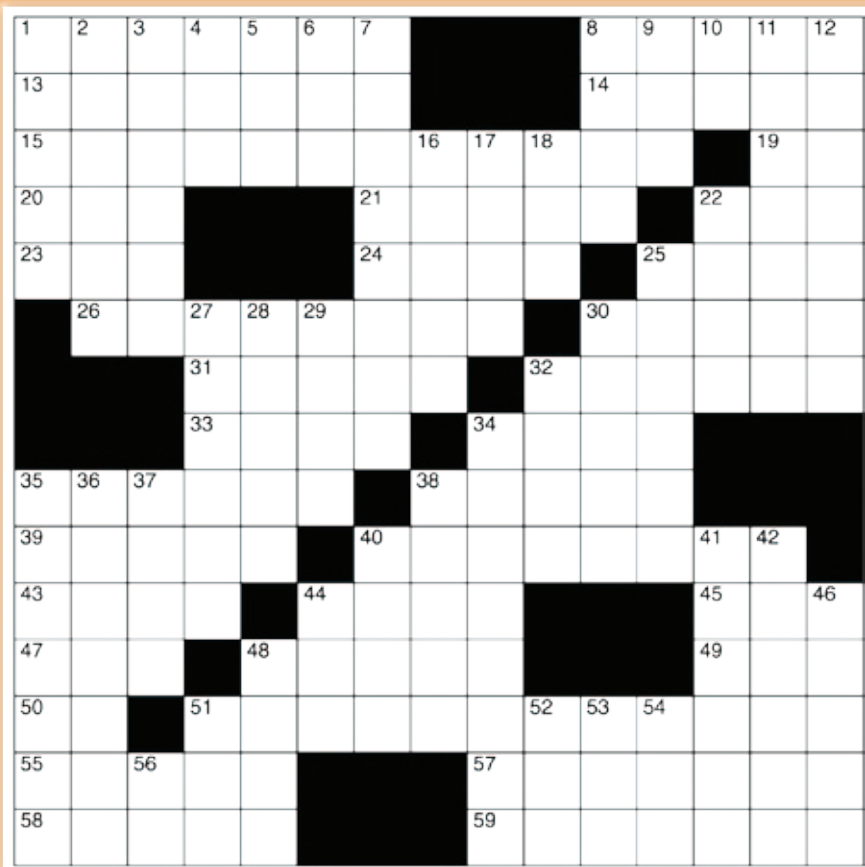
environments, if they, or you can hear, but can't understand, we can help. Wearing hearing aids myself for a high frequency hearing loss for over twenty years, I understand fully the frustrations that come with a hearing loss.

I don't know about you, but I don't have any extra brain cells. So, to stay in touch, and up to my game, I wear my aids. What about you? Do you have extra brain cells, and neural connections to waste?

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Spotlight Crossword Puzzle



clues ACROSS

1. Sold at a higher price
8. Instill fear
13. Can be domesticated
14. Oohed and ___
15. Make too simple
19. Plutonium
20. Necessary for breathing
21. Make happy
22. Mythological bird
23. A baglike structure in a plant or animal
24. Put on ___
25. Type of dough
26. Blushed
30. Celestial object
31. Point ___ National Seashore
32. Purplish red
33. Towards the mouth or oral region

34. Portuguese musical genre
35. Steals
38. Acts insincerely
39. City in Belarus
40. Anticipates
43. Paris airport
44. Deal with
45. No (Scottish)
47. Opens lock
48. Central parts
49. Sheep disease
50. Indicates position
51. Doing many things at once
55. Khoikhoi peoples
57. Informal alliance between countries
58. Long poems
59. The state of being poorly illuminated

clues DOWN

1. Portico
2. Delicacy
3. Punish with an arbitrary penalty
4. Household god (Roman)
5. Public television station
6. ___ Lilly, drug company
7. Degraded
8. Free from danger
9. Low bank or reef of coral
10. Exclamation of surprise
11. Lies down in rest
12. Give an education to
16. Provides
17. Fat from a pig
18. Belonging to a thing
22. Branches of a bone
25. Having a cheerless aspect or disposition
27. Edema (archaic)
28. Bo ___, "10"
29. Unfledged or nestling hawk
30. Surrenders
32. Type of dessert
34. Planted with trees
35. Washington town
36. Listen in
37. Inwardly
38. Chinese province
40. Garrison
41. Converts thermal energy to mechanical work
42. Holy people
44. Lowest point between two peaks
46. Boundaries
48. Utter obscenities
51. ___ and cheese
52. Member of the cuckoo family
53. Type of microscope
54. ___ and Barbie
56. Michigan

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HEALTH FIRST Donates Life-Saving AED to Suntree Viera Youth Football League

Thousands of participants and spectators line the fields on any given weekend during the Suntree Viera Youth Football League seasons. Now thanks to the donation of an Automated External Defibrillator (AED) from Health First, those fields are a little safer for players, coaches and fans alike.

"Whether it's an athlete on the field, a coach on the sidelines or a spectator in the stands, this AED can be used to deliver a life-saving shock to someone in sudden cardiac arrest and improve their chance of survival until first responders arrive," said Paula Just, Chief Human Resources Officer for Health First. "Health First is committed to helping train the members of our community in life-saving CPR and the use of an AED."

The easy-to-use AEDs can be used to administer an electric shock through the chest wall to the heart in the event of sudden cardiac arrest.



"SVYFL is very appreciative for the donation and training provided by Health First," said Scott Kingston, president of the Suntree Viera Youth Football League. "Player, coach and spectator safety is paramount to us and this ensures our fields will remain safe."

Health First plans to donate four of the life-saving devices a year, along with training, to area non-profit organizations in Brevard County with the goal of creating a healthier and safer community. Earlier this year, Health First also donated an AED to the Pineapple Cove Classical Academy in West Melbourne.

"Immediate bystander CPR and public access to these life-saving devices are the keys to survival of out of hospital Sudden Cardiac Arrest. In fact, combined they more than double the chances of survival for these victims," said David Schmitt, Paramedic and Supervisor of the Health First Training Center.

As part of the program, Health First's Training & Education Center will provide instruction to the groups on how to use the device. Even without any training the device is easy to use: Simply turn it on and it provides step-by-step audio instructions.

To learn more about the program or how to apply to be considered, visit health-first.org.

PUZZLE [PG42] SOLUTION How well did you do?

S	C	A	L	P	E	D			S	C	A	R	E				
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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!

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OUR WINNER LAST MONTH WAS
Kathryn Ward of Melbourne

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