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april 2016

# spotlight

*Keeping You in the Light*

MAGAZINE

SpotlightBrevard.com



**IN HER SHOES** **APRIL 28** *WHAT A girl wants*

*Braun vs. Business Men*  
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PAGES 12 & 13

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





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**Spotlight BUSINESS OF THE MONTH**



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Greetings, and Thank You for making your Spotlight Community Magazine one of the most widely read publications in South Brevard County. I have to say, several times a week we receive letters, phone calls and emails telling us how greatly appreciated this type of magazine is. Readers let us know again and again how wanted and needed this publication is within our community.

From the very beginning, our concept for the magazine has been to deliver the type of information everyone can enjoy. We want our readers to be able to come away with a feeling of encouragement, or the excitement of learning something new, or just the simple joy of being entertained.

Providing Spotlight to you each month would not be possible without all the past, current and future advertisers that trust us to do a wonderful job of introducing them to you, our loyal readership. Please, while reading through the magazine each month, think about how you yourself, or someone you know, might be able to use some of the services being promoted in Spotlight. When you patronize our advertisers, everyone wins!

I'd better get going for now because time waits for no one, and we are already working on our upcoming May issue for your enjoyment!

Please keep all the phone calls, letters and emails coming our way. Your support, as always, is greatly appreciated.

Until next month,

Bryan McDonough  
Publisher, *Spotlight Magazine*, Inc.

We keep you in  
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**Publisher / Editor**  
Bryan McDonough

**Art Director**  
Rena K. Seibert  
renadesigns.com

**Ad Design**  
Richard Lewis

**Contributing Writers**  
Larry Attig, Jim Campbell,  
Dr. Deanna Carlisle,  
Cecelia Danas, Bill Ford,  
Valerie Oliver, Dan Taylor

**Cartoon Corner**  
Jake Estrada

**Marketing Director**  
Bryan McDonough

**PROUD MEMBER OF**  
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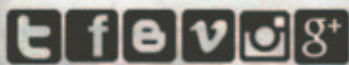


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## THE BEST ADVICE FOR ACADEMICS

by Jim Campbell, First Baptist Church of Melbourne

**Students, as you enter the home stretch of another school year, I pray that you finish this year strong. As the weather gets warmer and the year seems to have gone on forever, it can be tempting to let up or slow up, and coast on in. Don't fall into that trap.**

*I'm going to give you (and your parents and grandparents) the greatest piece of academic advice that I've ever heard. Incorporating this advice into your life can make all the difference, not just with your grades, but in your job performance and successes afterwards.*

*It comes from my motherinlaw, but it was also employed in my home growing up. My wife often told the story of the classic struggle of school work over the weekend. Invariably, the paper or the test study gets put off until Sundays, and the temptation was to use that as an excuse to stay home from church. The reasons was that "school work" is important.*

*But that never flew... her parents (and mine) would have none of that. They were preparing their children to succeed in life, and school was just one part of that process. Consistency in values and an understanding of Who was most important in their home was also a part of that strategy. Her parents would refer to 1 Samuel 2:30, where the Lord said "...But I will honor those who honor me, and I will despise those who think lightly of me." That's the Message Version, but you get the point.*

*If you put your schoolwork ahead of God and think lightly of Him, that will not have Him on your side when the time of the test or the paper comes....*

*and honestly, if I want ANYONE on my side at that point, it's the Lord.*

*Proverbs 21:2 which reminds us of our own "endless capacity to justify" our actions, but how God is never fooled for a millisecond by things that we even try to fool ourselves with. It's not the schoolwork that nudges God out really. It's the activities on the rest of the weekend that we are actually putting ahead of God. We just find it easier to justify if we say it's "school work".*

*For us, our grades never suffered because we had to cut out something else, but instead this philosophy helped us, and the lessons from that principle in our home are still teaching us and our own children long after we've forgotten what grade we made in Calculus.*

*Establish a system in your life that honors God and if there is a system that always seems to leave you with seemingly the "only" choice is to dishonor Him, junk it or put Him first regardless. In the end, you'll never be disappointed. To succeed at anything, especially academics, we must cultivate the ability to recognize the proper order of priorities and demonstrate the an unwavering integrity to stay with that order...even when it means you might need to lose some sleep to finish a paper because you honored the Lord a few hours earlier.*

---

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



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Dear Friends,

**Twenty-seven years ago I moved to Brevard County** after completing 38 years of military service. In 1993 I became involved with the Alzheimer's Association of East Central Florida Chapter. During the course of my work with those suffering from dementia, I realized there were many other wonderful services in the county that remained a well-kept secret. In order to inform, educate, and connect seniors and those who care for them to the services they need to remain independent, Helping Seniors of Brevard, Inc. was formed in 2011.

At that time, the primary provider of information was 211 Brevard. Their mission is similar to ours but does not develop the same type of in-depth help targeted to elders. Other community assistance programs include Aging Matters, which provides services such as Meals on Wheels, and the Brevard Alzheimer's Foundation, which offers adult day health care and respite to those suffering from dementia. I could mention several others but suffice it to say that we have many outstanding service providers. However, we still lack the capability to inform Brevard residents – now more than half a million people – about these services.

For instance, it is one thing to say that we have a Veterans

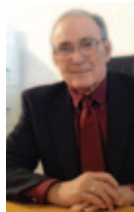
Affairs Office. Does that tell us what they can do for Brevard's 70,000 veterans or the many widows of veterans who live on minimal incomes? While speaking to groups of retirees, I have discovered women living on \$600-\$800 a month who are the surviving, non-remarried spouses of World War II, Korean War and Vietnam War. This makes them eligible for financial assistance greater than what they were currently receiving. Yet they have no knowledge of these benefits. This is our job ~to educate and inform.

We have directories, speakers, pamphlets, health fairs, etc., but somehow the message is not getting through about the benefits that can be accessed through SHINE, the VA, One Senior Place, and other resources. Too often, we call a number and get another number to call, or just leave a message, or simply wait and never get an answer.

At Helping Seniors, our Information Specialist carefully listens to callers and gets them to the best source of assistance. Often the real problem is not the first stated, rather it is what is uncovered through what I call the listening process. Every call to Helping Seniors is logged and the calls not immediately answered are returned by the end of that working day.

In addition, Helping Seniors has a media outreach program that highlights an array of services and benefits available to all in Brevard. Our articles appear regularly in Senior Scene and Spotlight Magazines, Hometown News, Ebony News Today, and AL Dia Today, with an eight-page newsletter appearing each month in the center section of Senior Scene Magazine. Our television shows air at dedicated times on Bright House channel 199 and Space Coast Government TV channel 499, while our radio show is broadcast each Thursday at 1 PM on WMEL 1060 AM.

All these outlets feature programs that can help people in Brevard County. Information and education enable us to connect with sources of help for each other and for ourselves. No one can be forced to call about a needed service but it seems terrible to know about a way to help someone in need and not be able to tell them about it. If you or someone you know needs help, call Helping Seniors at 321-473-7770 or visit our web site at [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org). Become involved and help promote the many wonderful senior services that are available to help elders in Brevard.



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](mailto:info@helpingseniorsofbrevard.org) or calling: 321-473-7770 ~[www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org)

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# Teacher of the Year -Covenant Christian School-

Covenant Christian School is pleased to announce its 2016 recipient of **Teacher of the Year: Mrs. Angel Owens**

Covenant Christian School is pleased to announce that this year's Teacher of the Year for 2015-2016 is our beloved Angel Owens. An expert at her craft, Mrs. Owens is our celebrated English teacher for high school students. Mrs. Owens obtained her Bachelor of Arts in English from Appalachian State University. After teaching at Melbourne Central Catholic, Satellite High, St. Joseph's, and Florida Virtual, she joined us initially in 2007 and then returned in 2014 into our open arms.

While many teachers are masters of their subject, what makes Mrs. Owens truly stand out is her genuineness. She is real with her students. She shares her struggles and consistently models a focus on God- the giver of all gifts and the sustainer of all things. They



know that she cares deeply- whether it is spending her lunch time helping study for a test, taking the time to stop and pray for a student in need, or even spending a vast amount of time writing specific comments on papers to help students understand how to improve- she is the real deal. She makes learning fun- dressing in camouflage for her battle game review days, allowing students to

work in partners and small groups, and even holding class outside on gorgeous days.

Her colleagues admire her total devotion to helping her students and her creative teaching methods. Our parents credit her for increased SAT scores, grammar understanding, and a contagious love of reading. Our students adore her quirkiness, her fascination with Scooby Doo, her ability to inspire accomplished writers, and her gift of unlocking literature treasures. Mrs. Owens is a marvel at making classes exciting and always making time for students. The Covenant Christian School family is proud to have Mrs. Owens as a valuable member of our faculty and this year's Teacher of the Year.



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Cost to attend the event is \$10 in advance, \$20 at the door and a limited number of VIP tickets for \$50. Participation in the walk is \$50 and includes a t-shirt and the use of the purple high-heeled shoes.

All proceeds from What a Girl Wants/In Her Shoes benefit Serene Harbor, the local domestic violence center for crisis intervention. They have been serving Brevard County since 1992, housing women, children and now their pets at the center. All services are provided free of charge and include case management, shelter, food, clothing, assistance with housing and jobs, court advocacy, counseling, educational classes and more.

For more details, to be a vendor, buy tickets or register to walk, go to [www.sereneharbor.org](http://www.sereneharbor.org) or call Beverly at 321-726-0402 or email [bdemeyer.sereneharbor@outlook.com](mailto:bdemeyer.sereneharbor@outlook.com). \$10.00 (advance), \$20.00 (at the door). [www.sereneharbor.org](http://www.sereneharbor.org)





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## CHIROPRACTIC ADVICE FOR MOMS-TO-BE

### SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

As many new mothers can attest, the muscle strains of pregnancy are very real and can be more than just a nuisance. The average weight gain of 25 to 35 pounds, combined with the increased stress placed on the body by the baby, may result in severe discomfort. Studies have found that about half of all expectant mothers will develop low-back pain at some point during their pregnancies.<sup>1-3</sup> This is especially true during late pregnancy, when the baby's head presses down on a woman's back, legs, and buttocks, irritating her sciatic nerve. And for those who already suffer from low-back pain, the problem can become even worse.

During pregnancy, a woman's center of gravity almost immediately begins to shift forward to the front of her pelvis. Although a woman's sacrum or posterior section of the pelvis has enough depth to enable her to carry a baby, the displaced weight still increases the



stress on her joints. As the baby grows in size, the woman's weight is projected even farther forward, and the curvature of her lower back is increased, placing extra stress on the spinal disks. In compensation, the normal curvature of the upper spine increases, as well.

While these changes sound dramatic, pregnancy hormones help loosen the ligaments attached

to the pelvic bones. But even these natural changes designed to accommodate the growing baby can result in postural imbalances, making pregnant women prone to having awkward trips and falls.

#### How Can Your Doctor of Chiropractic Help?

Before you become pregnant, your doctor of chiropractic can detect any imbalances in the pelvis or elsewhere in your body that could contribute to pregnancy discomfort or possible neuromusculoskeletal problems after childbirth.

Many pregnant women have found that chiropractic adjustments provide relief from the increased low-back pain brought on by pregnancy. Chiropractic manipulation is safe for the pregnant woman and her baby and can be especially attractive to those who are trying to avoid medications in treating their back pain. Doctors of chiropractic can also offer nutrition, ergonomic, and exercise advice to help a woman enjoy a healthy pregnancy.

Chiropractic care can also help after childbirth. In the eight weeks following labor and delivery, the ligaments that loosened during pregnancy begin to tighten up again. Ideally, joint problems brought on during pregnancy from improper lifting or reaching should be treated before the ligaments return to their pre-pregnancy state to prevent muscle tension, headaches, rib discomfort, and shoulder problems.




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## REALLY... I PROMISE

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

**I was standing in line waiting to cast my ballot in the primary** and couldn't help overhear the conversation around me. A few frustrated voters were expressing their indecision regarding which candidate to select. One reasoned the choice was obvious based on what a particular candidate had promised to do for people. Another cited that you couldn't base your vote on any promises, because they were only campaign promises and meant nothing. Normally I want to get in, vote and get out, but not this time. I wanted the machine to jam or spew ballots all over the floor, bringing the process to a halt (at least a slight delay), because I really wanted to hear more. But it was obvious the elections personnel didn't share my feelings and quickly waved me through the door.



In the days that followed I've thought about that conversation a few times. As much as I want to believe that every candidate seeking office really means what they say, if I were forced to choose sides....I would

probably side with the thought that campaign promises are only that and are quickly forgotten after the election.

Empty promises are not confined only to the elections ... we see them in everyday life. Employees who promise to perform a certain project ... Bosses who promise to provide tools to help them get the job done ... children who promise to clean their room ... parents who promise to take them for ice-cream ... and friends who promise they will always be there for us ...

I don't want to be the cynic and suggest that most people who make promises have no intention of fulfilling their promise, but it does happen. Unfortunately we let those random empty promises influence us to the point we struggle to believe that any promise will be kept. Maybe I'm stretching this a bit, but perhaps we let those campaign or broken promises from others even influence what we think about God. The Scripture is full of the promises of God; the NLT shows 364 references to the promises of God. But since someone failed to keep their promise to us, we question ... Does He really love us? Will He really help us? Is He really coming back?

Abraham was fully convinced that God is able to do whatever he promises Romans 4:21

...Abraham waited patiently and he received what God had promised Hebrews 6:15

People will disappoint you ... but you can trust God ... I promise!



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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

“Jesus didn’t come to judge the world—He came to save it.”



“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,**  
A few weeks ago, I went to church with a couple of my friends. I wanted to go up for the invitation at the end of the service but I didn’t. I’ve done such horrible things in my life. I’ve had two abortions and I used to sell coke when I was in high school. If I could turn back the clock, believe me I would! How could God ever love someone like me after all the things I’ve done?

—Maria of Palm Bay

speaking to you. He’s told you that your sins are too great and God will never love you. He is a liar. His time is growing short and he knows it. Please don’t wait to make the best decision of your life. I will be praying for you and I ask those reading this column to do the same.

**Dear Val,**  
I may be overreacting but I’m concerned about the type of books my teenage grandkids are reading. They’ve been raised in the church and I know they’re saved but almost everything they read has vampires, werewolves, or demons. I understand they’ve outgrown Nancy Drew but surely there is something they’d like that’s more suitable for them. Do you have any suggestions?

—Concerned Grandma of Indialantic

Dear Maria,  
You wanted to go forward during the altar call because the Holy Spirit was speaking to your heart. Why would God call you forward if He didn’t love you? Maria, we are all sinners! “... for all have sinned and fall short of the glory of God...” Romans 3:23.

God loves you more than you could ever imagine. He sent his only son to pay the price for our sins thereby reconciling us with the father. Jesus didn’t come to judge the world—He came to save it. When God forgives us of our sins, He remembers them no more.

Once you recite this simple prayer, and mean it, your name will be written in the Lamb’s Book of life and you will be born again!

Heavenly Father,

I come to you in prayer asking forgiveness for my sins. I believe that your son died on the cross at Calvary so that I may have eternal life in the kingdom of Heaven. I believe Jesus rose from the dead and I ask you right now to come into my life and be my personal Lord and Savior. Help me to follow you all the days of my life.

It’s important for you to attend a Bible based church, both for spiritual growth and knowledge. Next time there’s an altar call, go forward. Everyone Jesus calls, He calls publicly. A word of warning...Satan has already been

Dear Concerned Grandma,  
Just recently, I was browsing through a local bookstore and much to my dismay, I discovered that most of the books designated for teens dealt with the occult so I understand your concern. Teenagers love the suspense, intrigue, and often romance found in these novels but there are similar books available—written by Christian writers and you needn’t worry about them being inappropriate. Why not pick up a few and give them to your grandkids. I recommend: *Monster, The Visitation, and The Hangman’s Curse* by Frank Peretti, *House*, written by authors Ted Dekker and Frank Peretti, the *Left Behind* series co-authored by Tim LaHaye and Jerry Jenkins, and *Deadline* written by Randy Alcorn. There are too many to name; however, be watchful when shopping in a non-Christian bookstore because I’ve noticed New Age books mixed in with the Christian-fiction.

(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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# ONE DISH WONDER SPOTLIGHT ON COOKING

by Cecelia Danas

# Let's get COOKING

I love this dish because it is SO GOOD and a ONE DISH WONDER! Serve a salad and you're done! Hope you enjoy it. Let me know how you like it. Remember — Be Creative!

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

## One Dish Wonder

- |   |  |                                      |
|---|--|--------------------------------------|
| 3 medium zucchini, cut diagonally about 1/4 inch. | 1/2 tsp dried sage                     | 2 Cups shredded Swiss Cheese         |
| 1 yellow squash, cut diagonally about 1/4 inch    | 1 tsp flour                            | 3/4 Cup light Cream or half and half |
| 1/4 Cup plus 2 tblsp dried bread crumbs           | 1 1/4 tsp salt                         | 3/4 lb ground turkey                 |
|   | 1/2 tsp black pepper                   | 2 tblsp Parmesan Cheese              |
|   | 1 Can (8.5oz) artichoke hearts drained |                                      |

Heat oven to 350 degrees

Mix zucchini, yellow squash, 1/4 cup of crumbs, sage flour, 1 teaspoon of salt and black pepper in a large bowl. In a blender artichoke hearts, scallions 1/2 Swiss Cheese, 1/4 cup of cream remaining salt and pepper in blender to a puree.

In a shallow 2 quart baking dish spread

one-third squash mixture. Then spread half of the artichoke puree over the squash. Top half of the turkey. Repeat layering and top with squash mixture.

Mix the remaining Swiss Cheese and bread crumbs and Parmesan. Sprinkle over the top. Bake for 50 minutes or until squash is tender and top is golden. Let it rest for 10 minutes before serving.

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## HOW SAFE IS AIRPLANE WI-FI?

### SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

When you're considering the use of any public Wi-Fi service, two primary concerns are how secure the connection is and what limitations are imposed.

In-flight Wi-Fi has the same security concerns as a typical public connection found at coffee shops and hotels: If everyone uses the same password or there's no password required, then there's nothing separating users from each other.

Airline Internet service providers also use more controls on the connection so they can control what you can and can't do. Things like streaming video or using VOIP services like Skype are blocked to limit data usage because the overall shared bandwidth is pretty limited.

Without getting too deep into the technical aspects of the connection, it's important to understand that encryption of your data as it 'flies' over the wireless network is what keeps your personal information private. If you don't see https: at the beginning of the web address, then anything you type is going over the wireless network

in plain text, which potentially can be viewable by others.

Even when you do see https:, because of the way that providers like GoGo Wireless manage the network, your information may not be as secure as you think as detailed in this ARS Technica article (<https://goo.gl/CiG3Tv>) or from this USA Today reporter (<http://goo.gl/48PsMk>).

Another thing that I see just about any time I connect to public Wi-Fi are lots of computers that are sharing folders with others on the network. They're usually default share folders that probably don't contain anything of value since the user probably doesn't even know that they exist, but I've seen folders that were clearly created to share files with co-workers.



If you work in groups on the road and share things with each other, those shared folders will suddenly become available to anyone else on public Wi-Fi if you haven't properly secured them.

The best way to stay safe on any network that you don't completely control is through the use of a Virtual Private Network (VPN). A VPN creates a private network within a public network so everything that you type is securely protected from anyone else on the same network. There are a large number of free and pay options available that are pretty easy to set up and use.

Free VPN programs typically come in two flavors -- free but ad supported and free but limited in use. Two of the offerings that I like for non-technical users include CyberGhost (<https://cyberghostvpn.com>) and Private Tunnel (<https://privatetunnel.com>).

CyberGhost's free option requires you to view an ad for at least 17 seconds and shows ads every two hours with a 3-hour limit per session. You can pay for an ad-free unrestricted account that's much faster for @\$7 a month if you travel often.

If you're not on the road as often, check out Private Tunnel's pay as you go offering. They'll provide the first 500MBs for free so you can try it out and then you pre-pay for data packages that never expire, so you don't have to commit to a monthly plan.

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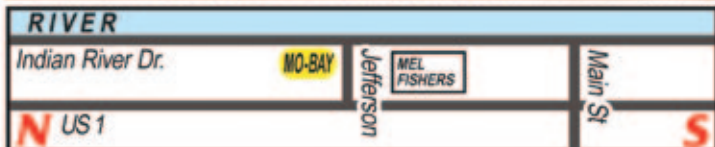


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# Fighting Glaucoma

Laser procedure can eliminate or reduce the need for costly medication.

When computer programmer Kevin Gray needed a new pair of glasses, he got more than an updated prescription when he visited an optometrist. A routine exam revealed elevated pressure within his eyes. It was the first clue that he might have glaucoma, an eye disease that can cause irreversible vision loss if left untreated.

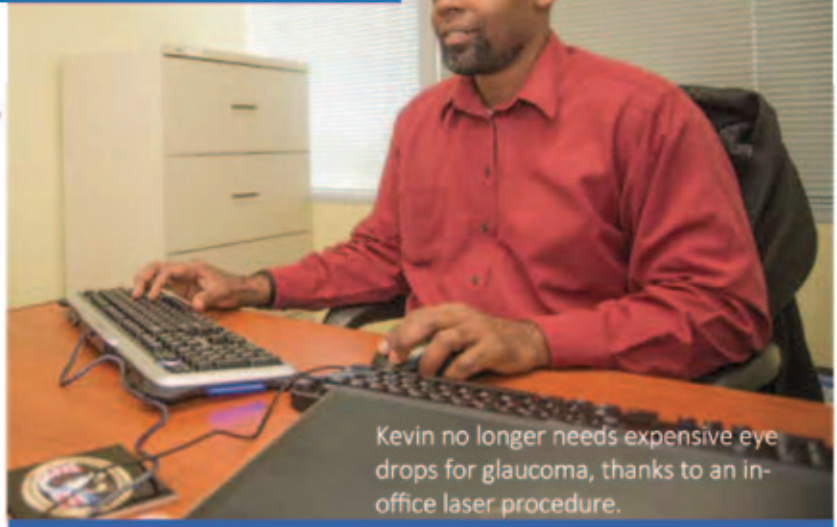


James N. McManus, MD  
Gary J. Ganiban, MD  
Michael N. Mandese, OD, FAAO  
Hetal D. Vaishnav, MD  
Jason K. Darlington, MD  
Eric R. Straut, OD

The optometrist referred Kevin to glaucoma specialist James N. McManus, MD, at The Eye Institute for Medicine & Surgery. After more testing, Dr. McManus confirmed Kevin had developed glaucoma and needed treatment to preserve his sight. "I wasn't having any other symptoms," Kevin recalls. "My grandmother had glaucoma, so I guess I've got the precursor for it."

A symptom of glaucoma is increased intraocular pressure that damages the optic nerve over time. It is caused by poor drainage of the fluid that nourishes the eye's lens and cornea. The back-up of fluid increases pressure within the eye. Only in rare cases can patients feel this buildup of pressure.

Kevin was prescribed eye drops that control glaucoma by reducing eye pressure. His instructions were to place a single drop daily in each eye, a regimen



Kevin no longer needs expensive eye drops for glaucoma, thanks to an in-office laser procedure.

he faithfully followed for seven years. The eye drop therapy kept his glaucoma in check but became increasingly expensive. He was paying about \$100 every month for his prescription when he decided to look for another answer. "The eye drops were cost prohibitive," says Kevin.

Recently, he underwent an in-office procedure at The Eye Institute for Medicine & Surgery that made it possible to throw away the eye drops. The treatment is selective laser trabeculoplasty, or SLT, a brief laser procedure designed to increase fluid drainage inside the eye. SLT gently applies laser energy to the eye's drainage tissue, a tiny, spongy area called the trabecular meshwork. The result is better fluid drainage and therefore less pressure

**"If someone has tried all the medicated drops available and they haven't responded, instead of having a more invasive surgery, this minimally invasive procedure can be done first," says Dr. Darlington, "It can be a safe alternative to control glaucoma."**

on the optic nerve.

"I didn't feel any discomfort at all. It seemed similar to one of my routine eye exams," notes Kevin about having the procedure. "First, they applied some fluid to numb the eye. In all, it took less than five minutes. I had the first eye done, and the other eye was treated a week later."

## Impressive Results

A recent chart study at The Eye Institute for Medicine & Surgery indicates that SLT can be an effective alternative to glaucoma medications and eye drops.

For the retrospective study, Dr. McManus reviewed more than 100 charts of his patients who have undergone SLT. "The results were very impressive," he reports. "Seventy-five of the hundred patients in the study either eliminated the need for their glaucoma medications or reduced the number of medications they needed to take on a daily basis."

Sixty-two of those patients were able to stop their glaucoma medications entirely. That is good news for many reasons, adds Dr. McManus. When SLT eliminates or reduces the need for daily eye drop therapy, patients who previously weren't taking glaucoma medications as directed or skipping doses be-



## Fighting Glaucoma: Continued

cause of cost will no longer be risking vision loss. The latest generation of glaucoma medications is highly effective but requires the patient to be vigilant about compliance, notes Dr. McManus. Ignoring directions can, over time, lead to vision loss, even when a physician is following the patient.

Some patients may be non-compliant because of physical limitations. For example, they can't place drops correctly in the eye because of tremors due to Parkinson's disease or other neurologic disorders. Having a condition like rheumatoid arthritis can present challenges with even opening the medication bottle. Busy lifestyles can interfere with daily eye drop therapy, too.

"Many patients simply have numerous responsibilities and are always on the go. This is often why they forget to use their glaucoma medications every day," says Dr. McManus.

The high cost of glaucoma medications is another obstacle for many patients, he adds. When patients find the medications to be cost prohibitive, studies

have shown many will skip doses to make their supply of drops last longer. "It's understandable when patients feel that they can't afford their medication. But they are risking their vision. If vision loss occurs, it is frequently permanent," warns Dr. McManus.

The chart study at The Eye Institute for Medicine & Surgery also examined the potential financial impact on the US health care system when SLT eliminates the need for expensive eye drops to treat glaucoma.

Using life expectancy tables from the Social Security Administration, Dr. McManus and his team completed a cost analysis. Their conclusion: On average, when a patient no longer needs typical glaucoma medications, expected savings can be in excess of \$16,000 over his or her lifetime after being treated with SLT.

### New Glaucoma Surgery

A new surgery for glaucoma is now available at The Eye Institute for Medicine & Surgery. Using a new device called the Kahook Dual Blade, glaucoma specialist Jason K. Darlington,

MD, is able to improve fluid drainage inside the eye to lower intraocular pressure and preserve the health of the optic nerve. The outpatient procedure is minimally invasive and takes less than 15 minutes.

"I can easily perform the surgery through a micro-incision, which is what makes it minimally invasive," assures Dr. Darlington.

"This is a very good procedure for patients who have a diagnosis of glaucoma and are undergoing cataract surgery. It can be done at the same time," he adds. "Afterward, they are likely to need less glaucoma medication or be off their medication entirely."

The Kahook procedure is also an alternative for glaucoma patients who have developed allergies to eye drops for glaucoma or aren't responding adequately to medications.

"If someone has tried all the medicated drops available and they haven't responded, instead of having a more invasive surgery, this minimally invasive procedure can be done first," says Dr. Darlington. "It can be a safe, alternative way to control glaucoma."



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The mission of The Eye Institute for Medicine & Surgery is to bring the most current medical and surgical advances in eye care to the residents of the Space Coast, and to deliver these services in a warm and friendly setting.

For a consultation with Dr. Darlington, Dr. McManus, or any of the eye care subspecialists at The Eye Institute, please call (321) 722-4443.

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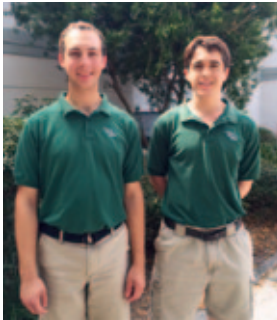
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Appointments are available in the Rockledge, Melbourne and Palm Bay offices.

# Exceptional ACT Scores & National Merit Scholarship Finalist

**Covenant Christian School's junior, Jakob Klemm earned the highest possible ACT Composite score of 36.** Nationally, while the actual number of students earning the top score varies from year to year, on average, less than one-tenth of 1% of students who take the ACT earn the top score. Among test takers in the high school graduating class of 2015, only 1,598 of more than 1.92 million students earned an ACT Composite score of 36.



The ACT consists of tests in English, mathematics, reading and science. Each test is scored on a scale of 1–36, and a student's composite score is the average of the four test scores. Some students also take the optional ACT writing test, but the score for that test is reported separately and is not included within the ACT Composite score.

In a letter from the ACT chief executive officer recognizing this exceptional achievement, the CEO stated, "Your achievement on the ACT is significant and rare. While test scores are just one of multiple criteria that most colleges consider when making admission decisions, your exceptional ACT Composite score should prove helpful as you pursue your education and career goals." Way to go, Jakob!

Last fall, senior Micah Howell had been named as a Semifinalist in the 61st annual National Merit Scholarship Program. As an academically talented high school senior,

Micah had an opportunity to continue in the competition for some 7,400 National Merit scholarships worth about \$33 million that will be offered this spring. Micah and principal, Mrs. Smith, completed a rigorous scholarship application and were excited to receive the announcement that Micah has advanced to Finalist level. The National Merit Scholarship winners will be selected from this group of Finalists. Congratulations, Micah, for your Finalist standing in the National Merit Scholarship Program! We are proud of your accomplishments and pray God's continued blessings as He directs your paths.

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W	X	S	Z	O	Z	T	O	V	J	E	A	K	P
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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Word Search, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**



For the month of April, Spotlight Magazine is pleased to honor Melbourne Mayor Kathy Meehan as our Community Mover and Shaker.



Mayor Meehan served as a District 3 City Councilmember from 2004 – 2012, and has held the office of Mayor since 2012. She is most proud of the jobs that have been brought to Melbourne during her tenure.

As mayor, Kathy is also proud of other companies that have experienced growth in the area, including Harris Corporation, Rockwell International, DBA Systems and other large and small companies.

Other accomplishments include the expansion of Historic Downtown Melbourne, CRA to South Melbourne US1 (New Haven Ave. – University Blvd). Work continues to revitalize and improve Olde Eau Gallie

Riverfront CRA and Babcock Street CRA. In 2015, the Apollo Blvd. Extension Project was completed. Hickory Street (New Haven Ave. to Nasa) will be the first street in Melbourne to be awarded "Complete Streets" Project for all users.

Mayor Meehan is a native of Montreal, Canada. She became a naturalized American Citizen in 1967, and has lived in Melbourne since 1979. She graduated with honors from the Florida Institute of Technology in 1992 with a Bachelor of Science Degree in Psychology after earning her Associate in Arts Degree from Brevard Community College. She has long been active in community service. Prior to election to the City Council, Mayor Meehan served the City as a member of the Planning and Zoning Board. She is employed as a manager with Meehan's Office Products and has also worked as a Case Manager with Community Care for the Elderly. Married to Dennis Meehan for 32 years, they have two children, Dennis Jr. and Heather.

Because of her pride in the City of Melbourne and her continuing efforts to make it a great place to live, work and play, we thank her for her service and are proud to honor her this month.

## Phyllis D. Smith, CPA

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### April's CPA Tip Of The Month

Make sure you have all your tax documents when you go to your tax preparer. This will save time for both of you.



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# State and Local Historical Sites

by South Brevard Historical Society

**Florida's Division of Historical Resources is composed** of the Bureau of Historic Preservation ([dos.myflorida.com/historical/preservation](http://dos.myflorida.com/historical/preservation)) and the Bureau of Archaeological Research ([dos.myflorida.com/historical/archaeology](http://dos.myflorida.com/historical/archaeology)). The people employed by this division have a clear mission: "To inspire a love of history through preservation and education". The education element can only happen if folks work to protect and preserve Florida's historical and archaeological sites along with the stories behind them.

One of their programs is the Florida Historical Markers. Brevard has 46 of these blue Markers identifying significant historic resources, persons and events. One, located at the entrance of the Canaveral Port Authority (445 Challenger Rd., Cape

Canaveral), marks "The Last Naval Battle of the American Revolutionary War" (see photo).

If you are interested in local historical sites, we invite you to our next free program on Saturday, April 9, 2016 (3:00pm-4:00pm) at the Melbourne Public Library (540 E. Fee Avenue, Melbourne). The subject is The First Comprehensive Census of Brevard County Historical Sites presented by Bob Gross.

Mr. Gross and was a charter officer of SBHS and is a member of the Indian River Anthropological Society and a life member of both the Florida Anthropological Society and the Southeastern Archaeological Conference. The presentation will outline his efforts coordinating with the Indian River Anthropological Society, the Brevard County Historical



Commission and the State of Florida to perform a census of more than 3500 registered historical sites listed on the Florida Master Site File. Included in this comprehensive census are archaeological sites, historical structures, bridges and cemeteries. Mr. Gross hopes attendees will be encouraged to participate in the project after hearing his presentation.

We also invite you to explore our website ([www.southbrevardhistory.org](http://www.southbrevardhistory.org)) for further information and a schedule of our monthly programs.



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## Giving Back

**Having a career in real estate can be very rewarding.** You have the flexibility and freedom to dictate how you want to run your business, there are no bosses to report to and your earning potential is pretty much limitless. Life can be good when you're in real estate.

However, real estate careers aren't just about selling homes and making money. Real estate brokers and agents who strive to be the best in their professions want nothing but the best for their clients and their communities.

One of the best ways to get familiar with a community is to be involved in activities within the community. A good real estate broker knows that knowledge of the ins-and-outs of real estate law and practise are only just part of the job – the second half, and arguably the most important part, is giving back to the community. Truly great brokers and agents strive to make their community great by engaging in important civic activities, such as voting, volunteering and contributing to charities.

However, community involvement is more than just about writing a check to your favorite charitable cause. While donations from closings or yearly offerings are laudable, there is more to civic duty than just stroking a check. True community involvement not only benefits the community by providing time and services needed, it increases business experience and industry involvement. It is also an important tool in order to build leadership qualities. And if you're in business for yourself, these qualities are certainly a plus to have.

Brokers and agents who volunteer their time and resources to community events can also enjoy some nice side perks. Giving back to the community by participating in events, meetings and other activities will also give them the chance

to hone their networking skills and increase their brand's exposure... all the while keeping their name at the forefront of peoples' minds.

Community service is rewarding, on all counts. The community gets some much-needed volunteer assistance, while brokers and agents get a chance to say to the community at large that they care what goes on enough to be a part... and a broker who's a part of the goings-on will surely be the one that has the most information about the community itself. That's just one more tool that ensures that clients get someone knowledgeable, well-rounded and savvy.

**Please join us as we celebrate with our community at the fifth-annual Margaritafest on Saturday, April 30th!** The event will take place at Jack Mahon Park, located at 7550 Spyglass Hill Rd in Suntree, from 5:00PM to 10:00PM, weather permitting. There will be live music, food and drinks, vendors and entertainment. RE/MAX Absolute Service Team will be sponsoring the RE/MAX hot air balloon at this event – so be sure to stop by our booth to get your balloon photo, or sign up for a tethered balloon ride.



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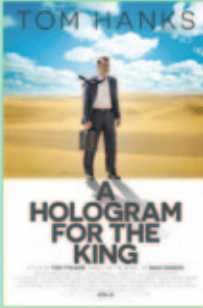
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## PATIENCE = FAITH?

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**Have you ever stood in front of a microwave oven, thinking, "Hurry up, hurry up, hurry up"?** Have you sat in your car at the drive-through wondering what was taking them so long? What about being stuck behind someone going ten miles an hour under the speed limit and being unable to pass? What's that do for you?

If you're like me, you've experienced all these things and more. But I'm here to tell you today that patience truly is a virtue. And moreover, it is one of the most important factors in our lives.

In the midst of suffering through a difficult trial in my life right now, I have turned to the Bible for answers to questions like these: "What is going on in my life?" and "Why is this happening to me?"

We are warned repeatedly in Scripture that just as Christ

suffered, so we also will suffer. But Romans has some very important words for us, and these same words have brought me comfort and peace during my time of trial.

"... We glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us." (Romans 5:3-5 KJV).

Let's break this down. We see here that one point to having trials in our lives, is that they develop patience in us. That is, perhaps, the main point of having them, and that ultimately, our patience results in hope, and hope is a big component of faith.

I've come to realize that I have undergone trials, and indeed, continue to undergo trials for the specific purpose of building my patience, of which I heretofore had none. That's my takeaway lesson, right there. I have had no patience, but I need patience in order to endure the sufferings that we all must endure, and still take comfort, peace and joy in the Lord even in the midst of hardship.

I meditated on this concept a great deal. I knew that God was allowing me to endure trials in order to refine me with fire. I realized that if I wanted to endure these things without worry and anxiety, then I needed to get with God's program and build my patience. The best part of developing true patience – not "sort of" patience, where I still had "Plan B" in case God didn't come through – was that as my "cup of patience" filled up, it overflowed copiously into my faith.

Now I have been able to go to a place that is without worry, without questions about what God might ultimately do or not do. I know with absolute certainty that His will is going to be done, and there's nothing I can do to change what He has foreordained. I also know perfectly well that God works to my eventual good, so that whatever happens will end up being the best possible thing that could've happened to me, no matter how bleak things may seem to me right now.

If you are an impatient person as I used to be, I urge you to reflect on these things, and read about them in God's Word. How carefree and happy you will be to discover true liberty in the Lord.

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# The Advantages of Holistic Medicine

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

**Today many people are turning to alternative healing methods.** While traditional medicine has helped heal countless people and treat many conditions, it is falling short of offering the whole-body approach. People now want Doctors to focus on pinpointing and treating the cause of chronic illness rather than simply treating the symptoms.



Holistic practitioners believe that healing should take place "physically, nutritionally, mentally, emotionally, environmentally, and spiritually." When helping clients with chronic health conditions such as asthma, chronic fatigue, fibromyalgia, migraine headaches or anything chronic, the healing options should include diet management, supplements, detoxification, lifestyle-mental health-spiritual counseling, moderate exercise and nutritional testing.

Holistic natural medicine has been practiced since Biblical times plus Chinese and Ayurveda (Indian) natural medicine has been used for over 5,000 years. Everything from the common cold to life-threatening conditions such as cancer, diabetes and heart disease has been reported to be successfully treated with herbs without any side effects rather than use of pharmaceutical drugs with major side effects.

The current healthcare system is structured in such a way that natural remedies are now widely perceived as inferior. However due to the many positive clinical studies on natural remedies that perception is simply not true.

5 Reasons to Consider Holistic Medicine: 1. No harmful side effects. Pharmaceutical drugs often have major side effects. 2. Holistic medicine utilizes the body's natural healing process for treating conditions. The ingredients used are those which are regularly produced in the body. 3. It is cost-effective. Holistic Practitioners and herbs are far less expensive than traditional Doctors and prescription drugs. You can also buy herbs over the counter, which means you don't need a prescription. 4. Holistic medicine increases the body's immune system which has the ability to ward off future chronic or deadly diseases. And 5. Holistic Doctors spend more time (usually 60-90 minutes on the initial visit) with their clients as opposed to 5-10 minutes with a traditional Doctor. Are you ready to start your healing journey?

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# Morphing the Mission

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

For over twenty-four years now I've practiced in the Heart of Historic Downtown Melbourne under the business name A Advanced Hearing Care. I had picked that name with the help of a friend and sign painter who wisely advised that in order to be seen, or found as a new small business that it would help to be at the front of the phone book, or directory. That was how folks looked for goods, and services a quarter of a century ago.

I had already settled on Advanced Hearing Care, as I offered the most advanced and only probe microphone analysis of hearing aids in the area at the time. But, Frank wisely advised that I add the extra A, and guarantee I would be the first hearing aid practice listed. That way at least I'd have a shot, when folks were looking for hearing help.

Now, have times ever changed. Everything about our lives has been directly impacted by the digital revolution, and the internet. Few of us search for goods, or services using a physical directory anymore. Google, and Yahoo dominate the search engines available on the web. Everything you ever wanted to know about anyone, anything, or everything is merely a few clicks away.

It is an incredible time to be a consumer. There is more information available today about every vendor, product, or service than we would have ever thought possible a quarter of a century ago. Again, all available with a few clicks on either the big screen, or more and more right from your smart phone.

We have moved from a marketplace where the basic rule for survival was

"Cavet Emptor" or let the buyer beware, to one of "Cavet Venditor" or let the vendor beware.

For truly in today's connected marketplace, customer reviews, particularly negative ones can bring even the biggest industry to its' knees quickly, if the word gets out that they



## HAVE YOUR HEARD?

mistreat their customers, or more, and more even their suppliers, as our connected world brings every aspect of a supply chain into personal relief via social media, and the internet.

So, what's this got to do with A Advanced Hearing Care, and "morphing the mission"?

Just this, as I reach that golden age, and look around at all of the changes in our industry it would be easy to pack it in, and begin to sit back, and collect that Social Security check, and retire.

That's just not going to happen. Any of you that know me in the least, know that I am simply having too much fun to retire. I get my biggest rush from helping those folks who come to us for help with their hearing problems.

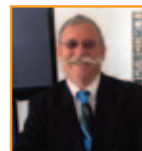
Solving those communication problems, changing their lives through the gear and services we provide, is what animates me. Being customer centered, and results oriented, we take a great deal of pride in having hearing care solutions for every lifestyle and budget.

However, in order to grow this vision, and carry out our mission of helping more people to help more people hear better, we needed a facelift, twenty-first century look, name and organizational structure in order to grow beyond our one store in old historic downtown Melbourne and into a nationwide network offering the same customer centered, and results oriented care that we offer.

Because of that, A Advanced Hearing Care is morphing into "Mission Hearing".

Oh, it will still be us underneath the new look, the same great service, and customer experiences, just a wider mission to bring better hearing to more people. Which, by the way, sums up our entire mission at Mission Hearing; helping more people to help more people hear better.

For all your hearing care needs, it's Mission Hearing, formerly known as A Advanced Hearing Care: at 720 East New Haven Avenue, Suite 12, Melbourne, Florida 32901, or give us a call at 321-722-2894, or visit

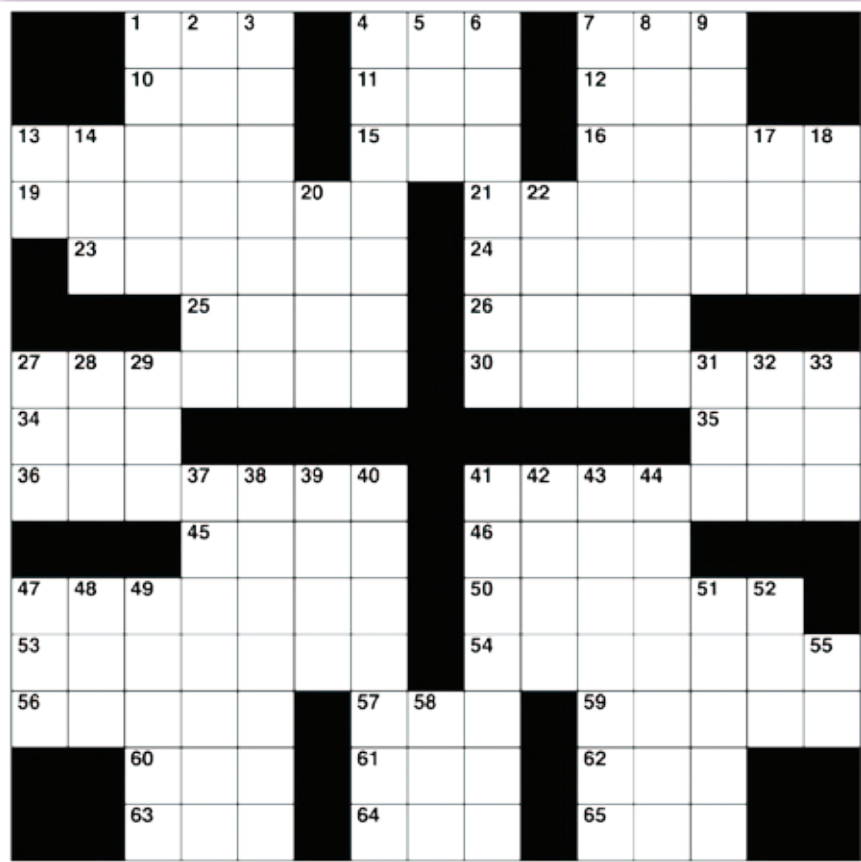


our website at: [www.missionhearing.com](http://www.missionhearing.com). Or, we'll continue to have our original site up during the transition at: [www.aadvancedhearingcare.com](http://www.aadvancedhearingcare.com).



Please see our advertisement on page 14.

# Spotlight Crossword Puzzle



## clues ACROSS

1. Engine additive
4. Recipe measurement (abbr.)
7. Tooth caregiver
10. Hawaiian dish
11. Retirement account
12. Basketball player Ming
13. Say suddenly
15. Carbon isotope ration (abbr.)
16. Frasier Crane's brother
19. Framework over oil well
21. Edible mollusk
23. Handy
24. Japanese banjo
25. Microwave
26. Double-reed instrument
27. Covered
30. Leaseholders
34. Master of business
35. Herb
36. Blood clot
41. Route
45. Reach a higher position
46. American state
47. Erases
50. Expunge
53. Waits around idly
54. Came into
56. Nikolai \_\_\_, Bolshevik theorist
57. 007's creator
59. Dravidian language
60. Central nervous system
61. Male child
62. Born of
63. A period of history
64. A major division of geological time
65. Doctor of Education

## clues DOWN

1. Prods
2. Tempest
3. Miserable
4. Excited
5. Temindung Airport
6. Provides shade from the sun
7. Generators
8. Newspapers
9. Unaccompanied flights
13. Bahrain dinar
14. Romanian currency
17. Between northeast and east
18. London Southend Airport
20. Cucumber
22. Lovable pig
27. Woman (French)
28. Defensive nuclear weapon
29. Clutch
31. Seventh letter of the Greek alphabet
32. Records electrical activity
33. Car mechanics group
37. Speaking
38. A formal permission
39. Exploiter
40. Affixed
41. External genitals
42. Deity
43. Eat these with soup
44. Swerved
47. Connects two pipes
48. Challenger
49. Ranch (Spanish)
51. Righted
52. Fatty-fleshed fish
55. Prosecutes alleged criminals
58. Swiss river



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## Royal Oaks Medical Center Joins Health First Medical Group

**Health First is pleased to announce** the professionals of Royal Oaks Medical Center have joined the Health First Medical Group with locations in Port St. John and Titusville.

"We are pleased the exceptional medical teams at Royal Oaks Medical Center are now part of the Health First Medical Group," said Dr. Jeffrey Stalnaker, Health First Medical Group CEO. "The providers at Royal Oaks bring more than 27 years of experience to the Health First Medical Group, and we are proud to be able to expand our ability to serve our north county Brevard residents."



*Port St. John location*

Both the Titusville and Port St. John locations will continue to offer walk-in appointment availability, lab services, minor procedures, on-site general



*Titusville location*

radiology, primary care, sports/schools physicals, well-women care and worker's compensation.

The hours of operation at the Port St. John and Titusville locations are Monday through Friday from 8 a.m. to 8 p.m., and Saturday and Sunday from 9 a.m. to 5 p.m. Most insurances are accepted.

For more information about the Health First Medical Group, visit [myHFMG.org](http://myHFMG.org).

### PUZZLE [PG42] SOLUTION How well did you do?





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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  
**Annette Ansay of Melbourne**

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**

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

Advertiser

1. \_\_\_\_\_
2. \_\_\_\_\_
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6. \_\_\_\_\_
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Please Print. Entry form must be filled out completely & mailed.

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