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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

With so many disturbing events happening in the world around us, and even in our own back yards, we realize how many things we have taken for granted over the years. When I was growing up, like many of you, we never worried about terrorist attacks, or that evil would strike in a shopping mall or airport or movie theater.

This past Sunday we spent time with our families and our precious grandchildren. It got me thinking about how these children have no idea what their world is becoming. Granted, they are only five and six year olds, and a couple of newborns, and the concerns of the adults in their lives are things that they need not worry their little heads about. But I can not help but be troubled about what lies ahead for them and their future families.

As trying as these times are, we must remember that prayer goes a long way. So for now, we all need to pay attention, do what we can, and continue to pray for our country and the world we all live in.

On another note....we all know well enough what our Florida summer weather is like. Needless to say, August is going to be a hot one again this year. I was born in Melbourne Florida and I still complain every year. Oh well, I guess we can be thankful that God created air-conditioning!

Until next month, God bless!

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION
August 2016 | Volume 19 | Issue 08

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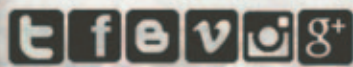


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MOMENTS

by Jim Campbell, First Baptist Church of Melbourne

Minutes and seconds tick by in the existence that is our life That's and we live the days as they come. I've wondered at times if my life was a timeline, it would look like a line with large dots at the joints and direction changes. Those large dots would represent what I like to call "moments". You know, those weighty hinge points when the next decision you make is going to affect the rest of your life, your families' lives and other lives around you for long term. It could be argued that if we could navigate those moments correctly our lives could be considered a success. The hard part of being successful in the moments of life is identifying just exactly when those moments occur. Most of the time, we never see them coming, if we are lucky enough to see them at all. The truth is that a large majority of our moments are only identified in hindsight when they are over.

Preparing for those moments are shots in the dark at best, because not only do we know when they'll happen, but we also don't know what they'll look like until we are in them. So just how do we prepare for what we don't know, what we've never experienced that occurs at a time that we can never predict?

For the Christ follower, it's pretty

simple...in theory. God knows everything, when it's going to happen, what it looks like and how to handle it. Getting this guy on your side is definitely a help. Unfortunately, God will never be on your side. The only way to ever "get Him on your side" is to join His side. As you live the life, getting to know Him and developing a healthy relationship with Him, He looks ahead and prepares you for the moments of life. He works your "training program" at the right speed, with the right exercises and the right tests at the time that prepare you for the exact moment, helping you to peak at the right time. The deeper you integrate this fact into a walk with Christ, the less fear there is about the moments of life, because you understand that you are exactly what is needed in the moment, because God controls the moment. Oh, and by the way, He also created the moment itself, so He completely understands what He's trying to accomplish in your life and in the rest of the world with each moment, making Him the perfect guide to navigate the moments of your life.

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.



"The truth is that a large majority of our moments are only identified in hindsight when they are over."



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Dear Friends,

Now that we are coming up on our five-year anniversary, the timing is right to update seniors and those who care for them about the progress of Helping Seniors of Brevard, Inc., a nonprofit whose mission is to inform, educate, and help connect seniors and those who care for them to available resources. Our services are designed to assist all in Brevard County and are intended to complete rather than compete with others in the care giving business.

Unfortunately, the scarcity of local, state and federal funding does not ensure that the entire county receives an equal share of the elder care services provided by publicly-funded agencies. Moreover, there simply is not enough to go around, a problem that is exacerbated by the continued reduction of Community Based Operational funding. What is needed is a better advocacy machine to promote senior needs throughout Brevard.

Helping Seniors is primarily an information program. Go to www.helpingseniorsofbrevard.org to see what we are doing to raise awareness of the resources available in Brevard for seniors. We also have an information specialist who helps connect callers to programs of

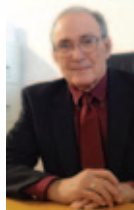
assistance. Where we differ from others is that we listen carefully to callers and follow up to ensure that help has been received. Although not every problem can be resolved, we do return each call and try to point the person in the right direction.

Many know that I started a radio show in 2000. That same show continues today as "Helping Seniors," broadcast every Thursday at 1 PM on WMEL 1060 AM. We produce six new television shows monthly, airing on Channel 499 at 8:30 AM, 4:30 PM, and 5 PM Monday through Friday, and on Channel 199 at 7PM on Monday, 6:30 on Tuesday, and 7:30 PM on Thursday. Our monthly print columns appear in Hometown News, Al Dia Today, Ebony News Today, Spotlight Magazine, Senior Scene Magazine (with an 8-page newsletter insert), and now Barefoot Bay Tattler. All programs are archived on our website.

The assistance is there, but people must be made aware of it. Consider for a moment the number of widows of WWII veterans who live in Brevard and have not remarried. Most do not know that they could be receiving financial assistance from Veterans Aid and Attendance. This is just one example of the helpful things we post on our website and discuss in our monthly columns. If you need help or want to be on our advocacy council, call our information specialist, Kay Keyser, at 321-473-7770. If she is busy, please leave a message for the call will be returned shortly. All calls are logged on three computers so we will not lose your call.

I recently appeared before the Brevard Community Development Block Grant Program requesting funds to expand our awareness program southward. At the meeting a Board member from Micco, commented on the need for more information in the Micco area. He asked why we did not publish in the Barefoot Bay Tattler, and I told him we would be doing just that. For information visit us at www.helpingseniorsofbrevard.org or call Kay at 321-473-7770. Find out about the many wonderful resources that are available to you.

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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Two Adjoining Businesses One Loving Family!

Sublime Sweets invites Brevard County to experience premier designer and artisan chocolates from around the world in their classical-style shoppe in Historic Downtown Melbourne. The creator of this splendid shoppe, Teresa Lawless, has spent a lifetime traveling the world and tasting the finest international chocolates and has decided to bring her passion for chocolate and confections to Brevard County.

Lawless has forever dreamed of sharing this passion with other people through her selection of fine and handcrafted confections.

The shoppe is designed to meet the needs and desires of any chocoholic, including a variety of dark, white, and milk chocolates. For those with dietary restrictions, Sublime Sweets offers gluten-free and vegan delights, as well as low-sugar options for those who wish to indulge without worry.



Michael, Diana, Teresa, Bob

Anyone who comes into Sublime Sweets will quickly realize how dedicated Lawless and her family are to providing high quality confections, as you'll get a tour of the shoppe, introduced to the variety of available chocolates, and even sample chocolates!

As Sublime Sweets is a family-owned and operated business, you'll have the pleasure of meeting Teresa or her daughter

Diana on your adventure to discover your favorite confection. However, we do admit – you won't be able to pick just one!


Sublime Sweets enjoys connecting with their customers via their Facebook page and welcome you to check out their store and Facebook page for pictures, information, promotions and even contests! While Sublime Sweets is open Tuesday-Saturday 11am-5pm for all customers, they also have experience with providing chocolates and confections for a variety of events, including weddings, showers, graduations, new business openings, and family reunions! Sublime Sweets is conveniently at 306 East New Haven Avenue, near the Historic Downtown Melbourne arch (where New Haven and Strawbridge meet). If you're interested in coordinating with Sublime Sweets for your event or would like more information on making that moment a memorable event, we invite you to call them at 321-220-8929.



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HOW MUSIC **May Improve Health**

Plato said, "Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything." Music often communicates messages that are not easily expressed, which is one reason why music is such an integral part of so many people's lives.

While many people love music for its entertainment value, there is growing evidence that music can be good for overall health as well. A study from researchers at the Cleveland Clinic focused on the use of music for brain surgery patients who must be awake during their procedures. Researchers found that music enabled the patients to manage anxiety, reduce pain and relax more fully during their procedures.

In a study titled, "The effect of music intervention in stress response to cardiac surgery in a randomized clinical trial," a team of Swedish researchers measured serum cortisol, heart rate, respiratory rate, mean arterial pressure, arterial oxygen tension, arterial oxygen saturation, and subjective pain and anxiety levels for patients who had undergone cardiothoracic surgery. Those who were allowed to listen to music during recuperation and bed rest had lower cortisol levels than those who rested without music.



Many doctors now play music while operating or enable patients to listen to music to calm their nerves during in-office procedures.

According to Caring Voice Coalition, an organization dedicated to improving the lives of patients with chronic illnesses, music has also been shown to enhance memory and stimulate both sides of the brain, which may help individuals recover from stroke or those suffering from cognitive impairments.

Music also can have a positive impact on mood. Neuroscientists have discovered that listening to music heightens positive emotions through the reward centers of the brain. Music stimulates the production of dopamine, creating positive feelings as a result.

Some researchers think that music may help improve immune response, promoting faster recovery from illness. Undergraduate students at Wilkes University measured the levels of IgA — an important antibody for the immune system's first line of defense against disease — from saliva. Levels were measured before and after 30 minutes of exposure to various sounds, including music. Soothing music produced significantly greater increases in IgA than any of the other conditions.

Another way music has been linked to improved health is its ability to make physical activity seem less mundane. Listening to songs can distract one from the task at hand, pushing focus onto the music rather than the hard work being done. When exercising, upbeat music can help a person go a little further as they work to achieve their fitness goals than working out without music.

The benefits of music extend beyond enjoying a favorite song, as music can do much to contribute to one's overall health.

An advertisement for 'BODY'S by Doug', a preferred insurance auto body shop. The ad features a yellow and blue color scheme. At the top, it says 'BODY'S by Doug' in large, bold letters, with 'PREFERRED INSURANCE AUTO BODY SHOP' underneath. The main offer is 'UP TO \$250 OFF YOUR DEDUCTIBLE WE COME HIGHLY WRECK-A-MENDED'. Below this, there are two circular callouts: one on the left says 'NO APPOINTMENT NECESSARY FOR ESTIMATE' and one on the right says 'IN CASE OF AN ACCIDENT WE CAN HELP YOU WITH DEALING WITH INSURANCE RENTAL ARRANGEMENT PICKUP & DELIVERY NON-ACCIDENT OUT OF POCKET'. At the bottom, the address '199 SW SHANNON AVE, W. MELBOURNE' and phone number '321-726-6299' are listed, along with the website 'BODYSBYDOUG.COM'. There is also a small icon of a boombox in the bottom left corner.

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Medication Mismanagement can be Prevented



Medication management is an important issue for seniors and their families. Failure to properly manage medications can threaten the lives of seniors, highlighting the emphasis families must place on ensuring seniors take their medications in strict adherence to their physicians' instructions.

Polypharmacy, or the taking of multiple medications for different conditions, can be a potential health hazard for the thousands of seniors who must manage health conditions with prescription drugs. Harmful drug interactions are a result of the confusion that can arise when seniors take multiple medications at the same time. The American Society of Health-System Pharmacists estimates that more than 34 percent of senior citizens are prescribed medications by more than one physician, and 72 percent use medications they were prescribed

more than six months prior. Many people also have begun "pharmacy shopping" to save money. According to a study published in 2010 in American Nurse Today, 44 percent of men and 57 percent of women older than age 65 take five or more medications per week, with some taking as many as 10.

Medication confusion is one risk, but older adults also metabolize medications differently than young people. As a result, they may be more susceptible to overdose or other ill effects. Families looking to help seniors effectively manage their medications should consider the following tips.

between nighttime and daytime medications.

- **Understand why each medication is being prescribed.** Ask your pharmacist and doctor to explain why each medication is prescribed. This information should be printed on the prescription label. Some drugs designed for one symptom may actually be used to treat other issues as well.
- **Ask for help.** Some seniors may benefit from friendly reminders from a loved one regarding when to take certain medications, especially if they need to take multiple doses throughout the day. Cognitively impaired seniors may require the services of a visiting nurse or another caregiver.
- **Recognize that not all medications are right for seniors.** The American Geriatrics Society maintains a list of medications that older adults should avoid or take with extreme caution. Some drugs pose a high risk of side effects or interactions, while others are less effective. Discuss alternatives with your physician if you are prescribed one of these medications.
- **Keep a medication diary.** Record any side effects that occur and how the medications make you feel. Always bring up issues promptly with a doctor.

- **Keep a running list of medications.**

Maintain a list of all medications being taken, noting both prescription and over-the-counter medications and any supplements and herbs. Provide a copy to any new doctors you visit and any new pharmacies you patronize.

- **Use pill sorters.**

Medication sorters can keep medications organized and eliminate some of the personal error in medication management. Organizers have daily slots and may also differentiate

Proper medication management can help seniors avoid drug-related accidents or worse.

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BACKPACK MISUSE LEADS TO CHRONIC BACK PAIN

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

Back pain is pervasive among American adults, but a new and disturbing trend is emerging. Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks is a contributing factor, according to the American Chiropractic Association (ACA). In fact, the U.S. Consumer Product Safety Commission reports that backpack-related injuries sent more than 7,000 people to the emergency room in 2001 alone.

This new back pain trend among youngsters isn't surprising when you consider the disproportionate amounts of weight they carry in their backpacks - often slung over just one shoulder. Recent study conducted in Italy found that the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman. Of those children carrying heavy backpacks to school, 60 percent had experienced back pain as a result.



What Can You Do?

Here are some tips to help prevent the needless pain that backpack misuse could cause the students in your household.

Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.

The backpack should never hang more than four inches below the waistline.

A backpack with individualized compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.

Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.



Wide, padded straps are very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders.

The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.

If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school, and bring home only lighter hand-out materials or workbooks.

Chiropractic Care Can Help...

If you or your child experiences any pain or discomfort resulting from backpack use, call Dr. Carlisle. She is licensed and trained to diagnose and treat patients of all ages and will use a gentler type of treatment for children. In addition, Dr. Carlisle can also prescribe exercises designed to help children develop strong muscles, along with instruction in good nutrition, posture and sleeping habits.

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Talk Therapy Can Help Cancer Patients Heal

Receiving a cancer diagnosis can be a profound experience that often changes the course of people's lives. Individuals react to cancer diagnoses in various ways, with some retreating into themselves and others sharing their stories to garner as much strength as they can muster.



A strong support system can help men and women navigate the ups and downs of a cancer diagnosis and subsequent treatments. While many people lean on friends and family members for support, therapists also can help patients as they battle cancer.

Licensed therapists can help treat many of the mental side effects that often accompany a cancer diagnosis. Japanese researchers who reviewed the results of six studies that included 517 patients with incurable cancer and depression found that talk therapy was shown to help treat depression symptoms nearly as well as antidepressant medications.

Depression is not the only reason a cancer patient may want to speak with a therapist. Cancer also can bring rise to many issues that may be better addressed in a private, judgement-free zone. According to the American Cancer Society, some additional reasons to seek professional support can include:

- trouble adjusting to the illness
- feelings of social or familial isolation
- family conflicts
- concerns about quality of life
- changes in perceptions of body image
- feelings of grief
- trouble communicating

In addition to addressing these issues, which are commonly referred to as psychosocial problems, therapists can work with individuals and families in other areas. Therapists can help their patients find community resources where they can connect with others experiencing similar situations. And therapists can help patients learn about the various ways they can educate themselves about their disease. Some therapists may specialize in offering support, while others may focus on cognitive-behavioral therapy in relation to cancer-induced anxieties.

Cancer patients have many options when the time comes to choose a counselor. Ask your cancer team to provide references or use the American Psychosocial Oncology Society (www.apos-society.org) or Canadian Association of Psychological Oncology (www.capo.ca) as a resources.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"Our nation has turned against God..."



"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,
The next presidential election is quickly approaching, but as a Christ follower, I can't, with a clear conscience, endorse either candidate. For the first time in my fifty plus years, I'm seriously considering not voting.

One, is the epitome of corruption; and for the life of me, I don't see how this candidate has evaded prison. The other is: obnoxious, rude and arrogant.

How do I, as a Christian, reconcile myself into supporting either of them?

—Estelle of Melbourne Beach

so dating Pete is a good thing, right? I've been sharing my faith with him, but he's just not there yet. He doesn't do drugs, smoke, or drink. He's really a nice guy and he's good to me. Don't you think they're over reacting just a little?

—Julie of Palm Bay

Dear Julie,

Your parents are trying to steer you away from heartbreak and disaster. It's good that you've shared your faith with Pete (pray for him too) but forget the romance for now.

In 2 Corinthians 6:14 Paul says, "Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?" NIV

You've planted seeds, now pray for him. Who knows what the future holds? Perhaps circumstances will change.

Dear Val,
In the Old Testament, God sends people into battle and orders them to kill. The Ten Commandments say, "Thou shalt not kill". Isn't that a contradiction?

—Michele of West Melbourne

Dear Michele,

There is no contradiction. The literal meaning for the verb "kill" is actually "murder" and is typically referred to as a premeditated and deliberate act—not self-defense or killing on a battlefield.

"There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal..." Ecclesiastes 3:1-3 (NIV)

Dear Estelle,

Truth Straight Up is not a political column. I can't—and won't tell you who to vote for. America has reached a tipping point and has never been more divided. The upcoming election may be the most crucial election in the history, and survival, of our country. Voting is a privilege and duty which all American citizens should take seriously. There are vast differences between the candidates. Listen closely to what they say, examine their past actions and do your research. The lame-stream media is biased and we cannot trust their commentaries because it's nothing but disingenuous rhetoric. Choose the candidate who best reflects your Christian values, morals, and beliefs. Ask God for wisdom and discernment and don't be deceived by charismatic personalities or clever speeches. Remember, "A wolf in sheep's clothing is still a wolf." Above all, remember this—no matter what—God is in charge. He is all knowing and none of this comes as a surprise to Him. Our nation has turned against God and we bear witness to this every day when we listen to the news.

"Blessed is the nation whose God is the Lord", Psalm 33:12

Dear Val,
My mom and dad are freaking out because my boyfriend is an agnostic. We are Christians and go to church every Sunday. I've been taught that we are supposed to be salt and light, to a dark world,

(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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A WEEKEND DINNER SPOTLIGHT ON COOKING

by Cecelia Danas



Broccoli and Creamy Spinach Lasagna

1 tbsp olive oil	1 10oz pkg frozen broccoli florets	6oz part skim mozzarella, grated (you can add more if you like it cheese)	1 cup milk
1 small onion	1 10oz pkg frozen leaf spinach	1/2 cup grated Romano Cheese	4oz cream cheese cut into pieces
salt and pepper to taste	1 15oz container part-skim ricotta		pinch nutmeg
2 cloves garlic finally chopped			8 no-boil lasagna noodles

Preheat Oven at 425 degrees. Thaw spinach and broccoli according to package directions. Squeeze all water out of spinach. Make sure that the spinach and the broccoli are dry. Chop both and place in a large bowl. Mix in ricotta, 1 cup of mozzarella and 1/4 cup Romano.

onions are tender then add garlic and cook one minute more. Add milk and whisk in the cream cheese, nutmeg and remaining 1/4 cup of Romano. Simmer NOT BOIL stirring occasionally until slightly thickened about 3 minutes.

mix. and another layer of noodles, sauce then broccoli and spinach, repeat one more time.

On top sprinkle with remaining mozzarella and cover tightly with foil and bake for 20 minutes. Uncover and bake until noodles are tender and a sharp knife can go through with no resistance and the top is golden brown. Let rest for 10 minutes before serving.

In a large skillet over medium heat add oil, then onions, salt and pepper to taste. Stir until

On the bottom of 8 inch baking pan spread 1/2 cup of the sauce. Top with 2 1/2 noodles. top with broccoli and spinach

This recipe is great for a weekend dinner and for leftovers (if there is any) can be used during the week. It also can be made in a large muffin pan for individual servings. Just cook lasagna noodles first. Let me know if you like it. Remember — Be Creative!

If you have any questions or like to submit a recipe that is your favorite please do so or would like to contact me, email me at cece746@aol.com

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To read more about the story of Bert's battle with the raccoon, see it on page 41.



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GIVING UP CABLE: STREAMING TV IS GETTING BETTER

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

Lots of people are thinking about 'cutting the cord' and getting all of their television content through various Internet-based options, but there's much to consider before you get out the scissors.

Are You Willing To Change?

Nothing out there will work just like your cable service does and you have to have the mindset that there will be challenges. With your cable service, you pick up a single remote and start channel surfing, but when you cut the cord, you'll likely have various devices and remotes to get to all of your content.

Your local stations will come from connecting an indoor HD-TV antenna, so you'll be using your TV's remote for those channels. The rest of your content will come from a streaming media box, such as an Apple TV, Roku, or Amazon Fire TV, so you'll switch to that remote for your movies, streaming, and on-demand programming. You'll then have to

bounce around the various services such as Netflix, Hulu Plus, and HBO Now on your streaming device to drill down to your shows.

You'll also need to calculate a potential expense to upgrade your Internet bandwidth speeds, especially if you'll have many people streaming content at the same time. A good rule of thumb is 10Mbps for your first stream with 5Mbps for each additional simultaneous stream.

Alternatives Are Getting Better

There was a time when sports fans had no real options for cutting the cord, but now there are a couple of very solid options for just about everyone. Both Dish Network's Sling TV and Sony's Playstation Vue offer a large number of very popular channels including CNN, ESPN, and HGTV.

Sling TV offers two packages for \$20 a month without a contract. The



original package has 20 channels that include ESPN and ESPN2 for sports fans, while their new 'beta' 30 channel package substitutes Fox Sport's national and local channels for ESPN. One major difference in the two packages is that the 20-channel package only allows one user at a time, while the 30-channel package allows up to three simultaneous users.

Sling TV works on most major streaming devices, your computer, smartphone, or tablet and offers add-on packages that include HBO (\$15), Cinemax (\$10) and other specialty sports and kids channels. Sony's Playstation Vue offers three packages: 55 channels (\$30), 70 channels (\$35) or 100 channels (\$45) and allows up to five simultaneous streams, with some limitations on certain devices. You don't have to own a Playstation console to use the service, but you will need either a Sony console or an Amazon Fire TV device in order to set up the service.

Once it's set up, you can access the service on just about any of the major streaming devices (except Apple TV) as well as on Android and iOS mobile devices. Trying to figure out which streaming device to buy and which package to get can get complicated, so I'd suggest you use the seven day free trial both services offer before you 'cut the cord'.

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Making New Friends

After a Move or Other Life Event

Downsizing and other life changes often find seniors leaving their comfort zones to move to new neighborhoods or regions of the country. It can be difficult to leave those comfort zones behind, especially when it means saying goodbye to close friends or family members. Establishing new social circles as a senior can be challenging. But with a little effort and the right attitude, seniors can meet new people and enjoy the excitement that comes with new friendships.

• **Join a club.** If you have a particular hobby or interest, rekindle it in your new location. Find a local gardening club, church-sponsored organization or fitness center where you can meet like-minded men and women. Ask the real estate agent who helped you relocate to make suggestions on where to find community information and read community notices in the local newspaper.

• **Get a dog.** Dogs make great companions inside of the house and also serve as an ice breaker when you are outdoors. Take plenty of walks and take advantage of opportunities for conversation when people come up to you to inquire about your dog. Explain your situation and you may make some new friends along the way.

• **Volunteer your time.** Many people make new friends through volunteering. Volunteer and you're likely to meet people who share the same interests as you. Sign up with a favorite charity or volunteer at nonprofit events and look for familiar faces. Start talking to those people you meet again and again.

• **Participate in church events.** Places of religious worship are often cornerstones of a community, and they frequently host different events to get parishioners or members together. Read the bulletin and get involved in pot lucks, retreats, movie nights, and other church-sponsored events.

• **Work at a school.** Schools also serve as hubs of community activity. Volunteer or work for a local school and you will soon find yourself immersed in your community's weekday hustle and bustle. This is a great way to meet people and learn more about your new neighborhood in the process.

• **Host your own party.** Go out on a limb and plan a "new to the neighborhood" party. Put invitations in neighbors' mailboxes and invite everyone over for snacks and cocktails. Remember, neighbors may be just as nervous about new faces as you are, and a party is a great way to break the ice.

Change can be hard for people seniors starting out in new communities. With some gumption and a few strategies to get started, anyone can expand their circle of friends.



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ANNUAL DILATED EYE EXAMS MAY BE A KEY TO THE EARLY DETECTION OF MANY SERIOUS MEDICAL CONDITIONS

Eye physicians know that a thorough, dilated examination of the eyes can yield detailed information about a person's current health status as well as their likely future state of health, according to Retina Specialist, Hetal D. Vaishnav, M.D.



Gary Ganiban, M.D.

"By performing a dilated retinal examination, we can detect changes that may be occurring elsewhere in the body that relate to diabetes or high blood pressure," adds Retina Specialist, Gary J. Ganiban, M.D.

The eyes are the only organ through which a physician may directly examine a patient's blood vessels. "At The Center for Retinal Care at The Eye Institute for Medicine & Surgery, we combine thorough examination techniques by the physician, with state-of-the-art digital imaging to ensure that our patients receive the very best care possible. Not only does this approach enable us to diagnose some of the most serious eye conditions, but it can yield a great deal of useful information regarding systemic conditions, as well," explains Dr. Vaishnav.

"By analyzing three dimensional, digital images of our patient's retinas, microscopic narrowing or ballooning of the small blood vessels in the eye that cause blood clots or hemorrhages, may be detected. Systemic diseases—those that affect multiple organs or the entire body—such as high blood pressure, diabetes, Graves' disease, lupus, atherosclerosis, multiple sclerosis, rheumatoid arthritis, or other autoimmune disorders, frequently cause changes in the eye that can show up as inflammation, small blood clots or swelling within the retina," states Dr. Ganiban, who completed a prestigious Fellowship in Vitreo-Retinal Diseases and Surgery at Louisiana State University.

The good news is that by detecting these problems early, we are not only able to help our patients maintain or regain their eyesight, but we are also able coordinate care with other specialists who can help our patients achieve control of their diabetes, high blood pressure or other serious illnesses, reports Dr. Vaishnav, the Director of Clinical Research at The Center for Retinal Care. Dr. Vaishnav, who completed a prestigious Fellowship in Vitreo-Retinal Diseases and Surgery at the University of Florida, Gainesville, is an active member of the Rockledge Lion's Club. He and Dr. Ganiban, are adjunct clinical professors at the Florida Institute of Technology, where they teach biomedical engineering students about anatomy, physiology, medicine and ophthalmology.



Hetal Vaishnav, M.D.

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This month, we are pleased to honor Liselotte (Lotte) Lopez in our Community Movers and Shakers feature. Lotte Lopez is currently the President of the Melbourne Kiwanis, where she has been on the Board of Directors since 1998, also having served as the group's secretary from 2009 – 2013. For many years, she has devoted herself to community service, and in particular, to

helping those with mental health issues.

In 1990, she retired from Civil Service as a Program Analyst for the Eastern Test Range, Patrick AFB. From there, she served as the Alcohol and Mental Health Planning Council Committee Chair. In addition, she held positions on State Mental Health Planning

Council, Legislative Committee and the Health and Human Service Board, District 7. She served as NAMI South Brevard president from 1990 to 1995, and from 1993 to 2000 held the position of treasurer of the Local Health Council, District 7.

Lotte was a patient liaison and marketing director for the Memory Disorder Clinic from 1996-2000, after which she served as Executive Director at Honor America and the Liberty Bell Museum until 2006. She was also involved with the Local Advocacy Council District 7, serving as vice chairman and chairman from 2002 to 2004.

She was a court appointed Guardian Advocate from 1995 to 2015 for Circles of Care, and has served on the Circles of Care Performance Improvement and Patient Safety Committee Board from 2006 to present.

Lotte says that she has been motivated to help the mentally ill and their families for many years. Because mental illness was never considered in the same category as other physical illnesses, insurance was not always available for mental problems. Her goal through the years has been to help families get help through organizations like Circles of Care.

For her dedication to helping so many people in need, we recognize her and thank her for her service to the community.

Phyllis D. Smith, CPA Full Service Accounting & Tax Services

August's CPA Tip Of The Month

If you are receiving a **subsidy to help pay for health insurance** through the marketplace, you should update your financial information and status changes by contacting the marketplace so that your **tax credit is kept as accurate as possible** throughout the year. This will ensure you are getting as much help as you are eligible for and will also **help avoid having to pay back any extra tax credits**.



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



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“Healthy” Foods that may cause weight gain

A desire to lose weight compels many people to pursue healthy lifestyles. Foods dubbed as “healthy” foods may not help people lose as much weight as they hope. Consumers should realize that, while there are many healthy options available, even foods billed as healthy can cause weight gain if overdone.



- Cereals:** Many cereals contain whole grains and a bevy of nutritious ingredients, but many are also high in sugar and other refined grains that aren't nutritionally sound. Always read food labels to review ingredients before purchasing new foods. Don't go by what the front of the package says or any “healthy” buzzwords used. The nutritional information will be telling, listing the amount of sugar, calories and refined carbohydrates, which can derail healthy eating.
- Juices:** Juice seems like a healthy choice, but whole fruits are the better option. Juices may not retain the peels of the fruits, which tend to contain the fiber and the bulk of the nutritional content. Juice may also be loaded in calories, whereas whole fruit tends to be low in calories.
- Granola:** Granola is full of healthy ingredients, but it also may contain other ingredients that can be high in fat, like oils or nuts. Granola is best when eaten in moderation.
- Good fats:** Certain superfoods contain a lot of nutritional benefits, but may be high in fats as well. For example, avocados contain fiber, vitamin C, vitamin E, and potassium, among other antioxidants, and can be quite filling. However, they also are calorically dense, so keep an eye on serving sizes.
- Wine:** The health benefits of red wine have been widely touted. People who consume wine may be at a reduced risk for heart disease, Alzheimer's disease and certain cancers. Red wine also may help keep weight gain in check. But it's important to avoid overconsumption of red wine. A five-ounce serving is roughly 130 calories, and too many glasses of wine can impair your judgment.
- Yogurt:** Check the labels on your favorite yogurts. Yogurt is a great source of protein, but that may be offset by sugar or chemical additives. Plain Greek yogurt is a smart choice, and you can supplement yogurt with fresh fruits.



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Remembering BREVARD'S LANDSCAPES

by South Brevard Historical Society

Today, it is normal to walk down your driveway to collect your mail. In the mid 1800's, mail was transported by train, boat, stagecoach and on horseback. However, the only way to transport mail into Brevard was the Indian River Lagoon. The rate for a domestic letter in 1885 was 2-cents per ounce.

In the late 1800's, Peter Wright, a former slave turned boatman and guide, delivered the mail to Melbourne twice a week from Titusville on his sail boat. "Nelly". There is a marker indicating his homestead site on the North side of Crane Creek, Melbourne.

The Melbourne Beach Pier, originally built in 1888-1889, had the community's first post office built near the East end of it. Offering daily mail service starting in 1894, the pier was

also the main access to the beaches for both winter tourists and businesses coming over from the mainland. To get from one end of the pier to the other, rails and a small open motor train provided transportation, see photo (State Archives of Florida, Florida Memory; www.floridamemory.com/items/show/7816).

Melbourne's first rural free delivery from the Melbourne post office occurred in 1949. It is interesting to note that one became a rural free delivery person by congressional appointment. As detailed in Weona Cleveland's book *Mosquito Soup*, the 52-mile route started in Melbourne, went to Indialantic, Melbourne Beach and then South on SR A1A to the Sea Dunes Motel and Restaurant. Mail was delivered 6-days a week and there were 250 customers. You can read



more about rural mail delivery (page 133) and other articles about life in Brevard in *Mosquito Soup*.

Our next program titled "Underwater Archeology in Florida Waters" presented by Sir Robert Marx, Underwater Archaeologist is on September 10, 2016. The program is FREE and will be held at the Melbourne Public Library (540 E. Fee Avenue, Melbourne from 3:00pm - 4:00pm.

Until then, we invite you to explore our website at southbrevardhistory.org for further information.



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Nicole Grammer



Renting vs. Buying –which is the smartest choice?

Is it better to rent or buy a house? That's a question everyone asks themselves at one point or another. So before you answer the question, here are some things to consider about your personal situation first:

Do you view a house as an investment? If it's very important, you might want to rethink your future living arrangements. People are used to a house being an investment that they can liquidate in order to subsidize retirement. And while that may have been the case previous, it is no longer. Housing values can go down as much as they go up. Also, if you're going to be in a house less than five years and want to sell it at a profit, it's safer to stick with renting.

Have you crunched all the numbers? There are a lot of hidden costs associated with home ownership – things that are not necessarily considered during the home buying process. A direct rent-payment-to-mortgage-payment comparison should include fees such as principal interest, property taxes, property insurance, homeowner's association fees and maintenance costs.

Can you handle the stress of home ownership? If you have recently gone through a major life change such as getting married or divorced, the birth of a child, or a change in employment, you may want to postpone buying a home. The home buying process is stressful all in itself; then the everyday maintenance and financials must be dealt with after move-in. Stress overload can lead to missed payments, which can destroy your credit and hurt your financial profile for future purchases. If your life is in a state of flux, it's better to wait until things settle down before purchasing a home.

How old are you? If you're young and your life is still dynamic, it may be

a wise decision to postpone a home purchase. If you have a career that relocates you to a different part of the world, or if you love to travel and want to see the sights before making a major purchase, it's best to rent during this time.

Conversely, if you're older, you may want to consider a home purchase as an investment. Home ownership is generally better suited to those folks who are stable in their personal lives and are looking to put down roots– for career, family or retirement. The general rule is that older you are the better of an investment a home is. If you're young and not sure where you want to end up, renting may be the way to go.



Nicole Grammer – Broker/Owner

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WAYS TO STRETCH Your Money Further

Living on fixed income after retirement requires that many retirees make some financial concessions. Retirement income likely won't equal the income professionals earned while they were still working, so men and women approaching retirement may want to begin prioritizing their purchases and choosing which luxuries they can and cannot live without going forward.

Managing on a fixed income may necessitate some changes, but a little frugality and financial wherewithal can ensure seniors need not compromise too much during their golden years.

• **Change your dining habits.** Many people enjoy meals out on the town after getting home from work and spending time with the family. Retirees have more flexible schedules, and adjusting the time of day when they dine out can add up to considerable savings. Many brunch and lunch offerings are less expensive than dinner menus, and seniors can use this to their advantage. Meet up for lunch and spend less. If you prefer take-out, order from the lunch specials and then reheat your food at dinnertime.

• **Ask about senior discounts.** Various restaurants, stores and other retailers offer senior discounts. Inquire about discounts before making



purchases and take advantage of any offers.

• **Pool your resources.** Bulk shopping clubs enable individuals to save money on the cost of many goods and services. However, for seniors living in two-person households, it may seem counterintuitive to purchase items in bulk. Split the cost of shopping club memberships with fellow retirees. This allows you to get discounted prices without having to store excessive amounts of food.

• **Shop around.** Instead of shopping only at stores you're familiar with, go where the deals are. Many people are surprised to learn that drug stores often charge less than supermarkets for personal grooming products and household supplies. Shopping online also may yield some good deals. Before making any online purchases, familiarize yourself with shipping costs, which may negate the savings.

• **Sign up for rewards programs.** Rewards programs may lead to a few extra promotional emails throughout the week, but the savings reaped can be considerable and well worth nuisance of seeing your spam folder fill up each day. Many savings clubs have replaced traditional coupons, saving seniors the effort required to scan circulars looking for deals.



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MY HOPE

By Debbie Worzalla

CCM: Together, doing life RIGHT!

I remember thinking after the last election, "Well, things will be a lot better next time; it couldn't possibly get any worse." Then 2016 rolled around and our nominees are Donald Trump and Hillary Clinton. Both of these candidates are the hope of their respective political parties. I have spent a great deal of time studying both of these candidates and after doing so, I understand completely why my sole hope is in Jesus Christ.

There isn't a single person who is capable of straightening out the mess in our world. The sin nature of the world is toxic to our souls and leads only to death and destruction (Proverbs 14:12). If our trust is naively placed in our own gifts, money, power or wisdom, then we will face judgement and God's wrath.

When our trust is placed in the person of Jesus Christ, we can have confidence that we will bypass the tribulation



by being caught up in the Rapture when Jesus comes for His church. It is only through Christ's suffering that we are saved. When we surrender our lives to Christ and stay in the center of His will, we will enjoy living in the security of His unending love. There is absolutely nothing that

can separate us from the love of God (Romans 8:38-39). Time spent on earth will be the worst of times for the Christ follower. Our hope is in our future glory and an eternity spent in heaven with Jesus. No pain, no suffering, no sickness and no sin -- Hallelujah!

Remember, it is far better to light a single candle than to curse the darkness. We don't have to wait for the tribulation to shine a little light in our dark world. We can start sharing the Good News right now. Our mission should be the same as God's mission. He came to the world to seek and save that which was lost. He modeled perfection for us. He showed us what a clean and humble heart looks like, which is so unlike my own. Won't you take a few moments today to pray for your unsaved friends and family? Ask God to give you the words to ignite a spark in an unsaved loved one so they too will enjoy eternity.

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Traditional Medicine vs. Holistic Therapy for Cancer

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

Now let's start with some startling statistics. "Over 75% of the oncologists polled said that if they had cancer they would never use the same chemotherapy they prescribe for their patients on themselves because of the ineffectiveness of chemotherapy and its unacceptable degree of toxicity." Yet 75% of Americans diagnosed with cancer are said to receive chemotherapy treatment, which is of course suggested (and prescribed) by their oncologists. Mike Adams the Health Ranger said "The next time your oncologist insists that you take some chemotherapy, ask him to drink some first. If your oncologist isn't willing to drink chemotherapy in front of you to prove it's safe, why on earth would you agree to have it injected in your body?"



Have you ever wondered why, despite the 500 billions dollars spent on cancer research since the war on cancer was declared by President Nixon in 1971 that the use of chemotherapy only contributes 5% to five year survival in most common cancers. The next time you are asked to donate to a cancer organization, bear in mind that your money will be used to sustain an industry which has been deemed a qualified failure and a complete fraud.

Why not spend the money you were going to donate on preventing cancer for you and your family through Holistic Therapy. Holistic Therapy includes nutritional supplements, herbs, diet, detoxification, lifestyle changes, stress control, prevention, mental, emotional and spiritual well-being.

Which is best? Traditional medicine believes that anything that removes or reduces the cancer is good, even if it weakens the body in the process. Holistic Therapy focuses on the cause of the cancer, they believe that the restoration of the natural immune system allows the cancer patient's own body to treat itself. The resulting changes can significantly extend the lives of people with cancer, as borne out by clinical research and records.

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Terror and Trauma in the Chicken Coop

by Dan Taylor, Audioprosthologist, Mission Hearing

Most of us take having a pair of ears, and what they do for us pretty much for granted.

We simply enjoy the fact we hear, and can walk upright without falling over. However, our featured customer/patient, this month, Bert Pooley does anything but take his ears, and hearing for granted. Being the real, cool, and sharing guy he is, and our having earned his trust over time, Bert has consented to our telling of his hearing, and balance experiences.

Balance is the function of our ears we are most likely to take for granted, even forgetting that our ears allow us to orient our heads in space, keep us upright for walking, and doing all of the amazing things normal humans do in their day to day activities.

We tend to think of our ears only as organs of hearing. But, for the three semicircular canals perched above the cochlea, and a bunch of little rocks, known as otoliths, we all have rolling around in our ears, we wouldn't be able to tell up, from down, or any other orientation of our heads without our eyes, were it not for our ears, and their ability to provide our brains with the orientation information necessary for such basic functions as walking.

Normally, these otoliths, or little rocks, roll around in these canals as we move our head and roll across an organ that is triggered to send nerve impulses along to our brains that are then interpreted as orientation and movement. When working correctly, this movement causes the exchange of ions across a membrane barrier having two different solutions of electrolyte, potassium on one side, sodium on the other, in a very specific ratio, and strength.

If, this electrolytic balance gets upset, things get real crazy, real quick, as all sense of balance is lost as the affected ear sends out strong, erroneous signals totally out of sync with what the other ear, and eyes are reporting to the same centers of

our brains.

It's called Meniere's disease, and it's effects are immediate, and life interrupting. Sometimes it is episodic, or temporary, sometimes it responds to certain medications. Sometimes it doesn't respond to anything, which is what happened to Bert, leaving him with the only option left, surgically deadening the diseased ear.

Bert got instant relief from the dizziness, and accompanying nausea, at the cost of half his hearing, and the ability to tell the direction a sound is coming from, that comes from our two ears working together. Things pretty well rocked along for Bert with a great job in the aerospace industry, and a satisfying home life that includes a hobby of raising chickens. Life was good, until that fateful night.

Any of you who keep animals for pets, or a hobby, will instantly understand how Bert felt when he heard a tremendous disturbance coming from his hen house. Faced with such a ruccous, Bert did what untold keepers of flocks have done since the invention of gunpowder, he grabbed his gun, and headed out to the rescue. What Bert encountered that night in his hen house changed his life, and drove him through my doors for the first time.

Perched up in the rafters was a huge male coon. Now, if you know anything about raccoons, and chickens that doesn't come from Disney, or Pixar, you know that raccoons are the worse kind of bandits.

Raccoons are on top of the nocturnal chicken terrorist watch list. They are smart, greedy and ruthless. They don't come in, and take just a bird, and leave. If, left to their own devices, once in, the coon will simply kill one bird at a time, eat his favorite parts, then kill another, and another until there aren't anymore to kill. That was the scene confronting Bert that evening, with, blood, feathers and several dead birds littering his hen house floor.



It was, as Bert squeezed the trigger on his twelve gauge dispatching the invader, that he learned of the effects created by such a pressure wave in a confined space, as he instantly lost about half the hearing in his one remaining ear. It was shortly after that, that Bert found his way into our store in downtown, where we've become friends, and he's become another one of the best customers in the known universe.

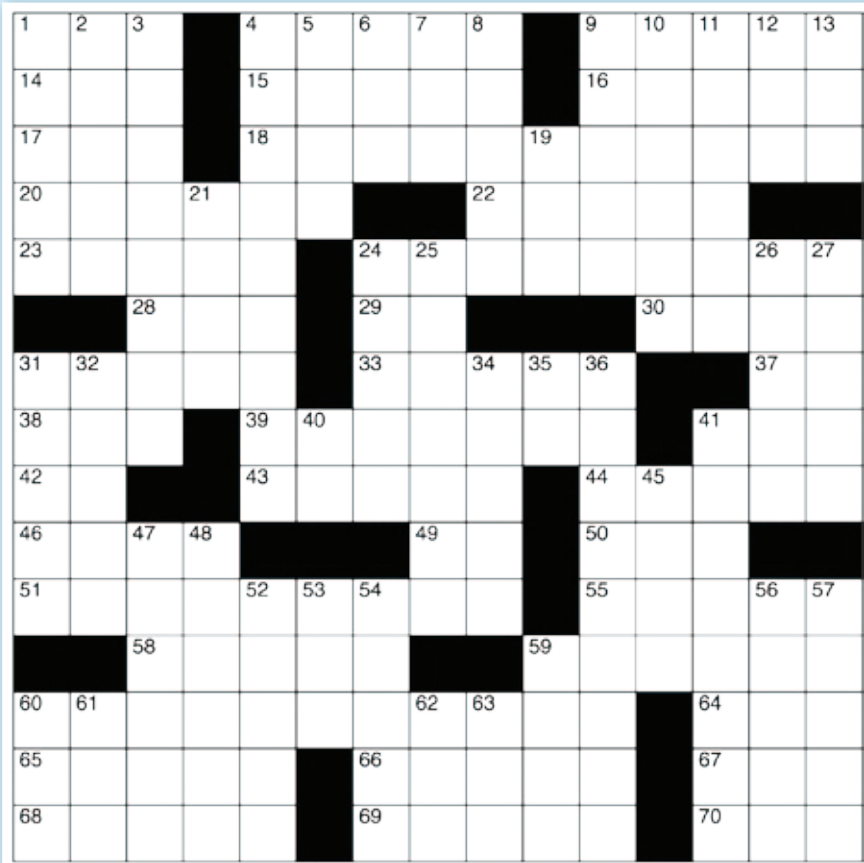
We fit Bert up with a quality Widex instrument last year that allows him to get on with living his life to the fullest. He has been so happy with his experiences with us, and the way we've serviced his gear, that he let us share his story, and how he came to us.

Oh, and he has two recommendations for you; first when confronting a raccoon in your henhouse, don't forget your ear protection, and second, if you do, or have a hearing problem of any kind, come see us at Mission Hearing, (formerly A Advanced Hearing Care) in the Heart of Historic, Downtown Melbourne Florida. Suite #12 of the Arcade Building at 720 East New Haven, midway between the Post office and Meg O'Malley's, look for the four foot neon ear hanging on our lab wall. We welcome walk in visits without an appointment weekdays from 9:30 till noon, or you can reach us at: 321-722-2894, or either of our websites: www.missionhearing.com, or www.aadvancedhearingcare.com.



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Spotlight Crossword Puzzle



clues DOWN

1. Shine
2. They spread the news
3. Indicates water limits
4. Determines value
5. Capital of Okinawa
6. Chinese river
7. Sign language
8. Passover feast and ceremony
9. Yemen capital
10. A tributary of the Missouri River
11. Sounds
12. Andorra-La Seu d'Urgell Airport
13. Korean name
19. A metal-bearing mineral valuable enough to be mined
21. Outer layer
24. African nation (Fr.)
25. From Haiti
26. Polish river
27. Paul Henri ___, Belgian statesman
31. Retailer
32. Supreme being
34. Tears into pieces
35. European Union
36. Coerced
40. She ran the Barker gang
41. Send wire
45. Optical device
47. ___ Bond, civil rights leader
48. Cigar
52. Spiritual being
53. Possess
54. Thomas ___, English poet
56. Dials
57. Sharp mountain ridge
59. Pigeon shelter
60. Month
61. Letter of the Greek alphabet
62. A citizen of Thailand
63. Suffix

clues ACROSS

1. Greenwich Time
4. English sailor missionary
9. Type of wheat
14. Wreath
15. Hesitate
16. Hollyhocks
17. Not even
18. Former talk show host
20. Rugged mountain range
22. Greek muse
23. Ancient Greek comedy
24. Jeopardizes
28. Singer DiFranco
29. Calcium
30. Employee stock ownership plan
31. Gemstones
33. Got the job
37. Tantalum
38. Red deer
39. Not a pro
41. Coffee alternative
42. Aluminum
43. Northern Italian language
44. Smart ___: Wiseacre
46. Sanskrit rulers (pl.)
49. ___ hoc
50. Mousse
51. Closures
55. Russian lake
58. Small lunar crater
59. Appear with
60. Beginning
64. Type of Chinese language
65. Jewish composer
66. Sensation of flavor
67. Payment (abbr.)
68. High-class
69. Clocked
70. Midway between east and southeast

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Good to know.®

The Health First Foundation recently awarded 41 Health First nurses with scholarships to help them continue their educational endeavors.

At a luncheon held at Suntree Country Club on Friday, June 17, scholarship certificates were presented and many of the recipients met members of the Health First Foundation Board who made their hopes of furthering their education possible.

The Health First Foundation's Scholarship Selection Committee received 93 applications and awarded 41 scholarships, helping 27 Health First nurses to return to school for their Bachelor of Science in Nursing

and 14 who will be working towards their Master of Science in Nursing.



"The nurse scholarship initiative is a perfect example of how gifts to the Foundation can make a positive impact on local healthcare," said Jeanene Donilon, Director of the Health First Foundation. "We believe our investment in nurses will prove beneficial for our patients, Health First and the Brevard community."

The needs in healthcare continue to grow at a fast pace and Health First is looking to expand its team of exceptional nurses. Health First is able to offer new nurses incentives such as furthering educational opportunities, possible signing bonuses and a competitive benefits package.

Pictured L-R (Director of Health First Foundation, Jeanene Donilon, Foundation Board Chairman, Bill Troner, Health First Chief Nursing Officer, Connie Bradley and Health First Chief Human Resources Officer, Paula Just present check for Health First Nurses in the amount \$102,500.)

For those interested in giving to the nursing scholarship program, call Jeanene Donilon at the Health First Foundation at 321.434.7386. For those interested in a career in Health First nursing, please visit health-first.org/careers.

PUZZLE [PG42] SOLUTION How well did you do?

G	M	T		A	N	G	A	S		S	P	E	L	T		
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T	O	N	E	Y			T	I	M	E	D			E	S	E

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Cartoon Corner

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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 fom Jersey Mike's Subs**

OUR WINNER LAST MONTH WAS
Maruja Perez of Palm Bay

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

Page #

Advertiser

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

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

Name: _____

Age: _____

Address: _____

City: _____

State: _____ Zip: _____

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MOVIE NEWS!



Pete's Dragon
Opens: August 12, 2016
Director: David Lowery
Cast: Bryce Dallas Howard, Karl Urban, Robert Redford
Synopsis: The adventures of an orphaned boy named Pete and his best friend Elliot, who just so happens to be a dragon.



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Mirror, Chest &
Nightstand



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Loft 5pc Pub Set



2 Colors

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