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september 2016

spotlight

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NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Spotlight Magazine could be the most expensive, glossiest, fanciest magazine out there, but this would mean absolutely nothing. At the end of the day, the most important thing is having a strong readership, and I am always happy to say, we have an incredible readership! Our readers are a large and extremely loyal group, and for this, I thank you most sincerely.

Right this very minute, you are taking the time to either be reading Spotlight and the Publisher's Notes for the very first time, or you have been following us for many months or years. Often I am asked who are our true customers, and I always respond with a big smile, and say, "My wonderful readership!" Many years ago we started this magazine with just one piece of paper and a dream, to bring to our community an uplifting, educational and entertaining publication while keeping the advertising cost affordable enough to truly fit into anyone's marketing budget. Again, I am happy to report, we accomplish this each and every month. To sum things up, without a strong readership like you, we would just be taking advertising dollars from local businesses. That would be hard for me since I have to be able to look in the mirror each day, knowing my heavenly Father is watching.

I also need to mention that the more fun I have helping people truly reflects on how well we are doing as a business. I really enjoy what I do for a living, and do not see it as a J-O-B. I hope you can sense this every month in your Spotlight Community Magazine.

See you next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION
September 2016 | Volume 19 | Issue 09

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OPENING THE WRONG DOOR

by Jim Campbell, First Baptist Church of Melbourne

Leaving the receptionist's area the other day, I saw a friend of mine coming to the door of our building. After signaling the receptionist, she released the door, but my friend stood there... in frustration... trying to open the wrong door. Of course, someone jokingly gave him a hard time when he realized his mistake. The comment was made "All this time you've been here and you are still trying to open the wrong door."

That's a poignant commentary on life for so many. Whether it's questioning the commitment of life's few moments to a career choice or to a relationship seemingly forever in limbo, everyone brushes up against the frustrating situation of pulling on the possible "right" door that just won't open for some unknown reason. Keep pulling? Move on?

I've been "fortunate" to be at many doors in life, but I've always taken comfort in what God's word says in Isaiah 30. The prophet writes that though God may give us "the bread of adversity and the water of affliction," that He will not hide from us. When our eyes are on Him, we will always hear a voice behind us telling us "this is the way, walk in it". He's NEVER disappointed me... He's made me wait longer than I wanted to, but He's always had my back.

It sounds too easy, but the emphasis on my part is key... keeping my eyes on Him. That's not staring into the sky, but it's placing my following of Him, my highest priority life direction, at the forefront of EVERY decision, not just the frustrating flavor of the moment. When I take care of that, God takes care of letting me know the proper timing and direction for my moves. Sometimes, I have to pull for a while on the door to experience something or build commonality with someone in similar circumstance. Ultimately, my focus narrows to what God has left in my control...the choices I make.

As long as life happens, we'll face choices. Rest assured, this existence isn't some random, cosmic joke He plays on us, but a meticulously managed play of complexity where timing matters. His purposeful direction comes when I'm ready to move at His momentary prompting, freeing me to pull on that "door" with boldness... ever listening for the next command and knowing the outcomes are forever in my favor.

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.



"Whether it's questioning the commitment of life's few moments to a career choice or to a relationship seemingly forever in limbo, everyone brushes up against the frustrating situation of pulling on the possible 'right' door that just won't open for some unknown reason."



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Dear Friends,

For five years Helping Seniors of Brevard has taken a lead role in informing, educating, and connecting seniors and those who care for them to needed resources. Public response to our radio, television, and printed media has been overwhelmingly positive. That there is a great need for what we bring to the senior population is evidenced by your response. We believe that nothing is more important than making good programs available to assist seniors.

In last month's column, I talked about the many resources we have in Brevard to assist those in need. The office received many calls, as did I at home. These calls confirmed my belief that programs like Helping Seniors, North Brevard Sharing Center, our food banks, and others must be funded because they are a lifeline to many in need. Unfortunately, there is not enough government funding available to assist everyone. Government programs and organizations cannot meet all the needs of our senior population.

Helping Seniors does not receive government aid, but we

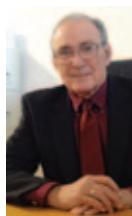
do have a business plan to help fund our work. Ever since our founding in 2011, I have donated my time to develop the organization. But as I approach my 83rd birthday, it is time to hire an understudy to take my place. In order to raise money, we are raffling a donated 1992 V12 XJS Jaguar. If you want to help us promote this raffle or make a donation for tickets on a very beautiful car, I ask you to call Kay at 321-473-7770. She will give you information on how to join this effort to earn our own way and help all in Brevard County.

Senior care, and all that it entails, is a unique topic that can be addressed in a myriad of ways. But perhaps the best way to help our elder citizens is to increase their knowledge. Kay, our information specialist, has guided more than 1,100 people to the resources they need to improve their quality of life. Whatever the issue, be it insurance, health care, homes aides, estate planning, grab bars, senior housing, transportation, or veterans' benefits, we do our best to listen and provide answers.

Since it is so important to focus on what we need to know to help us age, the question then becomes, "What is it we do not know?" Believe it or not, almost any situation can be resolved to some extent if we talk about it. Note that I say resolved, but maybe not to the extent you desire. In the living of life we must make compromises, and that perhaps is the most difficult of all lessons to accept.

I realize this is not an ordinary column for me to write, but I assure you that your help now is vital to our continued ability to serve this community. With the wide dissemination of this article in our many written media resources, I pray for your support. If we did not need your help I would not seek it. Please call 321-473-7770 or go to www.helpingseniorsofbrevard.org to help or donate. We will appreciate it.

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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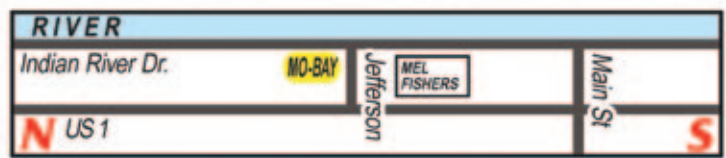


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While their locations may be new, their experience amounts to over 15 years within the hearing health care industry and they are bringing it all to Brevard County with a strong desire to help YOU! Originally traveling to over 70 store

locations in both Texas and Florida as a mentor, trainer, and manufacturer's expert, Bob wanted to branch out more towards his home community and use the knowledge and expertise he had acquired to benefit the people he serves. His son, Michael, has seen his dad go above and beyond to assist patients of all ages and now works tirelessly to make sure their work is done with quality and excellence.

When you visit the Downtown Melbourne or Palm Bay locations, you will get to experience the staff of dedicated professionals who will work with you and your loved ones so that better hearing and overall quality of life is achieved. They have experience



running yearly hearing tests, diagnosing ear issues, and even the programming and repair of all major hearing aids varieties so rest assured you and your hearing aids are in experienced hands. With this father-son team, you can be sure that they understand the value of family and making sure that integrity is in every aspect of your visit to their offices - from the comfortable reception room to an appointment where all of your questions and concerns will be addressed honestly and directly.

Since starting Integrity Medical Hearing, Bob and his team have made it their mission to make sure that no matter who comes through their doors, they have the opportunity to hear and engage with all of the experiences they've been missing out on due to hearing loss. Don't wait, each moment and experience is a treasure so let the dedicated professionals at Integrity Medical Hearing get you on the path to better hearing and quality of life! For appointments, please call 321-327-5922 or visit our website at: integritymedicalhearing.com.

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Louise Jones and the Jones Foundation



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To sponsor, become a vendor, or purchase tickets to the luncheon please visit our website at www.sereneharbor.org. For more information, call Beverly DeMeyer at 321-726-0402 or email bdemeyer.sereneharbor@outlook.com.

Purses WITH A Purpose

ANNUAL LUNCHEON Oct. 7, 2016 ~ 10am - 2pm



Serene Harbor, Inc
DOMESTIC VIOLENCE CENTER



"Our mission is to be a leading advocate for reducing the incidence of domestic violence in Brevard County through intervention, prevention, social change, information, enlightenment, education and engagement of our community."

Welcome to our 11th annual "Purses With a Purpose" luncheon being held at the Hilton Melbourne Rialto Place on October 7th, 2016 from 10:00 AM – 2:00 PM.

This luncheon has been sold out for the past 5 years with approximately 300 attendees. The luncheon features a live auction of new designer purses, silent auction with 50+ items, raffles, and 40+ vendors. We are fortunate once again to have Sheriff Wayne Ivey serving as auctioneer.



In honor of October being Domestic Violence Awareness month we have Guest Speaker Tena Clark. Tena is a music industry veteran turned entrepreneur, and is the founder, CEO and Chief Creative Officer of DMI Music & Media. Tena wrote and produced the song "Break the Chain" for VDay. VDay is the world's largest global activist movement to end violence against women and girls.

All money raised during this fundraising event goes directly to the victims we support and the programs and services we offer. Help spread the love.

Committee Members

Beverly DeMeyer,
Serene Harbor-Committee Chair

Paula Frank,
Great Faces-Committee Co-Chair

Darcia Jones Francey

Sue Hall,
Serene Harbor Board Member

Connie Adams,
Juice Plus+

Kathy Shaffer,
Retired RN

Wendy Fisher,
City Attorney's Office, City of Palm Bay

Terri Friedlander,
Director of Academy of International Business at Cocoa Beach Jr/Sr High School



At A Glance
Annual Statistics as of 6/30/2016

- Individuals Assisted: 1,232
- Shelter Nights: 5,745
- Counseling Hours Provided: 4,220.25
- Individual Safety Plans: 845
- Hotline Calls: 819
- Average Stay: 25 Days
- Client Satisfaction Rate: 97%
- Pets Sheltered: 6 dogs/2 cats

If you would like to volunteer at our organization in any capacity please visit our website at www.sereneharbor.org, email Beverly at bdemeyer.sereneharbor@outlook.com, or call 321-726-0402
Thank you for your support!

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DOES BACK PAIN GO AWAY ON ITS OWN?

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



Eighty percent of people suffer from back pain at some point in their lives. Back pain is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections. Most cases of back pain are mechanical or non-organic, a.i.e., not caused by serious conditions, such as inflammatory arthritis, infection, fracture, or cancer.

What Causes Back Pain?

The back is a complicated structure of bones, joints, ligaments, and muscles. You can sprain ligaments, strain muscles, rupture disks, and irritate joints, all of which can lead to back pain. While sports injuries or accidents can cause back pain, sometimes the simplest of movements—for example, picking up a pencil from the floor—can have painful results. In addition, arthritis, poor posture, obesity, and psychological stress can cause or complicate back pain. Back pain can also directly result from disease of the internal organs, such as kidney stones, kidney infections, blood clots, or bone loss.

Back injuries are a part of everyday life, and the spine is quite good at dealing with these often "pulled" muscles. These

very minor injuries usually heal within 1 or 2 days. Some pain, however, continues. What makes some pain last longer is not entirely understood, but researchers suspect that the reasons may include stress, mood changes, and the fear of further injury that may prevent patients from being active. In addition, sometimes a painful injury or disease changes the way the pain signals are sent through the body, and, even after the problem has gone away or is inactive, the pain signals still reach the brain. It is as if the pain develops a memory that keeps being replayed.

Will Back Pain Go Away on Its Own?

Until recently, researchers believed that back pain will "heal" on its own. We have learned, however, that this is not true. A recent study showed that when back pain is not treated, it may go away temporarily but will most likely return. The study demonstrated that in more than 33% of the people who experience low-back pain, the pain lasts for more than 30 days. Only 9% of the people who had low-back pain for more than 30 days were pain free 5 years later.

Another study looked at all of the available research on the natural history of low-back pain. The results showed that when it is ignored, back pain does not go away on its own. Those studies demonstrate that low-back pain continues to affect people for long periods after it first begins.

What Can I Do to Prevent Long-Term Back Pain?

If your back pain is not resolving quickly, visit your doctor of chiropractic. Your pain will often result from mechanical problems that your doctor of chiropractic can address. Many chiropractic patients with relatively long-lasting or recurring back pain feel improvement shortly after starting chiropractic treatment. The relief they feel after a month of treatment is often greater than after seeing a family physician.

Chiropractic spinal manipulation is a safe and effective spine pain treatment. It reduces pain, decreases medication, rapidly advances physical therapy, and requires very few passive forms of treatment, such as bed rest.

How Can I Prevent Back Pain?

Don't lift by bending over. Instead, bend your hips and knees and then squat to pick up the object. Keep your back straight, and hold the object close to your body.

Don't twist your body while lifting.

Push, rather than pull, when you must move heavy objects.

If you must sit for long periods, take frequent breaks and stretch.

Wear flat shoes or shoes with low heels.

Exercise regularly. An inactive lifestyle contributes to lower-back pain.

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There are many simple ways for homeowners to reduce monthly expenditures and realize savings, and the easiest place to start is with your monthly energy bill. Here are a few changes you can make that can have a lasting impact on your wallet and the planet.

- *Cool your house with a ceiling or electric fan and open the windows at night.* Ceiling fans cost about 1 cent per two hours of use, compared to 67 cents to a dollar for central air. Use your AC only when necessary and be sure to turn it off when you're going to be away from home for long periods of time.

- *Invest in a programmable thermostat.* It will automatically adjust the temperature in your house, saving you energy while you're away or sleeping.

- *Use insulation with a high R-value.* Experts and professionals often use a stone wool product called Roxul ComfortBatt, which can be used to top up the insulation in your attic. Topping up insulation to a depth of 16 inches or an R-value of 50 will help to keep your house cool in the warm weather and take

the stress off your air conditioning unit.

- *Check the tightness of your refrigerator seal by closing the door on a piece of paper.* If it's held in place, the seal is still good. If not, it's time to replace the seal or fix the door's alignment.
- *Only do laundry or dishes when you have full loads.* If you have smaller loads, make sure to use the correct settings. If you only have a couple of items, wait it out or wash them by hand.



Also consider low-cost DIY projects such as caulking around windows, adding weatherstripping to doors, installing low-flow shower heads, putting aerators on faucets, and switching to energy-efficient LED or compact fluorescent light bulbs for even greater impact. 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

"A united front will ultimately improve your chances of restoration..."



"Truth Straight Up" is written and founded by Valerie Oliver. She offers advice based on Biblical principles—not political correctness. Miss Oliver serves in several ministries including altar counseling. She's written several Christian-short stories and is currently working on her first novel: Harpazo: The Witnesses.

Dear Val,

I've been estranged from my (grown) children for several years and I have two grandchildren whom I've never met. I'm not totally blaming this on my ex-wife because I'm not perfect, by a long shot, but after our divorce, she fed the kids lies about me. She manipulated them and turned them against me. Out of anger, things were said and done, on both sides, and we've not spoken in quite some time. I miss my children and I want to be a part of their lives again. So much time has passed; I'm not sure how to begin. I've called them but it always goes straight to voice mail and they don't return my calls anyway. Any suggestions you have will be appreciated.

-Vinnie of Melbourne

Dear Val,

Last weekend, I went to the mall with my best friend. I don't know why we did it (we both had money) but we stole some stuff. I feel so guilty that I can't sleep at night. I want to return everything or pay for it. I asked God to forgive me but I still feel the need to make things right somehow. I want to tell my parents but I'm ashamed. They're going to be so disappointed in me; please help!

-Kristy of Viera

Dear Vinnie,

Too often, children get caught in the crossfire, of their parent's divorce, and ultimately become the collateral damage. Typically it's not a deliberate act, but by thoughtlessly and recklessly lashing out, many spouses inadvertently use their children as weapons or spies against the other parent. There are no winners—except perhaps the divorce attorneys and of course Satan himself, whose primary objective is to: steal, kill and destroy...John 10:10. I know, from personal experience, how devastating and painful divorce is on the children. I was nine years old, at the time, of my parent's divorce, and it remains, to this day, one of the most painful events of my life. Essentially, it's not just the death of a marriage but the destruction of the family foundation as a unit.

The time element involved further complicates matters because hearts are hardened and defense walls are up. My advice to you is: write a letter, to your children, letting them know how you miss them. Let them know, you'd like to begin the process of restoring your relationship. Apologize to them for whatever you've done wrong—or for whatever they think you've done. If it's feasible, apply the same tactics with the children's mother. Hopefully, her bitterness will, or already has subsided. A united front will ultimately improve your chances of restoration. Above all—pray...God is always your best advocate!

Dear Kristy,

We've all made bad decisions in our lives because we were born with a sinful nature. One of the best things about being a Christ follower is that God's grace and mercy is renewed each day. He is a loving Father and His ultimate goal is to restore us to Him because our sin separates us from God.

Your parents love you. Go to them and repeat everything you've told me. They'll be upset and there will be consequences; however, your remorse and your desire to make restitution will show them you're desire to get back on track. You failed to mention whether your friend shares your regret or your faith. You need to find out and perhaps re-evaluate this friendship.

"If we confess our sins, He who is faithful and just will forgive us our sins and cleanse us from all unrighteousness." 1 John 1:9 New Revised Standard Version (NRSV).

"The faithful love of the Lord never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning." Lamentations 3:22-23 New Living Translations (NLT).

(ESV) English Standard Version; (NLT) New Living Translation; (NIV) New International Version. Mail your questions or concerns to: Truth Straight Up P.O. Box 120606 West Melbourne, Florida 32912 or e-mail questions to: askval@hotmail.com. For the protection and confidentiality of the individuals involved, letters may be edited and all names have been changed. Miss Oliver will not reply by e-mail unless specifically asked.



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CLUCK, CLUCK! SPOTLIGHT ON COOKING

by Cecelia Danas



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

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

Chopped Chicken Salad Cups

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

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

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UNDERSTANDING WINDOWS 10 ANNIVERSARY UPDATE

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

The Windows 10 Anniversary Update is a combination of bug fixes and feature updates and that would likely have been called a 'service pack' in the past. Whether you love or hate Windows 10, it's the future of the platform and with it comes many changes to the way we're all used to working with Microsoft.

To better understand this update, it's important to understand the changes in the way Microsoft is going to support and update Windows from now on. For starters, Microsoft has referred to Windows 10 as 'the last version of Windows' not because they plan to abandon Windows altogether, but because they plan to abandon the numeric upgrade cycles that they have followed since the very first version was released.

Instead of creating completely new versions with new numbers on disks that you buy, Microsoft is following Apple's approach of delivering all future Windows upgrades as

downloads. Microsoft's ambition is to get you thinking of the Windows interface like you do Gmail or Facebook, where upgrades to the platform 'just happen'.

The business case for this shift in approach is very clear: Microsoft doesn't want to have to support multiple old versions of Windows decades after they are released like they're having to do today. They want to get everyone on one platform so they don't have to employ different programmers to support old versions that users have chosen not to upgrade.

If you look at the current global OS market share numbers, you'll better understand Microsoft's problem:

- Windows 7 – 47%
- Windows 10 – 21%
- Windows XP – 10%
- Windows 8.1 – 8%
- Windows 8 – 2%

Of the five versions listed above, only one is no longer supported (Windows XP) yet there are as many users still



using XP as there are using 8 and 8.1 combined. Microsoft knows today's users are much less inclined to make a change to their operating system than in the past, so they want to control all of that in the future.

This brings us to the current state of Windows updates for anyone who is using Windows 10 – they're just going to happen. If you're tech savvy and don't mind dealing with new issues, you can manually download the Windows 10 Anniversary Update (<https://goo.gl/hWNxAd>), which was released on August 2, but for most, I'd recommend waiting for the auto-update process to deliver it.

We have seen a few issues in our tests of the Anniversary Update, especially with third-party software like security programs and there are the usual early complaints posted in various tech forums outlining various other issues.

Many of these issues will be resolved as third-party software vendors work through the compatibility issues and provide updates of their software to work with this new Windows update.

There are many interesting new features and tweaks included in the Anniversary Update, but I wouldn't hurry to download it just yet. free trial both services offer before you 'cut the cord'.

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- Please Print. Entry form must be filled out completely & mailed.
1. What is the date of the Fall in Love Bridal Show?

 2. Find and name our AVON Lady.

 3. How much for a Wash & Go Perms over at Kisses of Beauty?

 4. Vintage 2 Vogue is located where?

 5. Who is offering FLU shots?

 6. The coupon for The Shack Seafood restaurant is what =?

 7. Where is Sleepy Heads Furniture Outlet store located?

5 Low-Calorie Snacks That Stray from the Norm



Snacking may not seem like part of a healthy diet, but the right snacks can help men and women fight midday hunger without contributing to unwanted weight gain. The following low-calorie snacks won't compromise adults' efforts to maintain healthy weights, and they might prove useful as men and women look for that extra boost during the day.

- 1. Popcorn:** Popcorn is low in calories and a good source of dietary fiber. Popcorn also is high in polyphenols, which are antioxidants that have been linked to reductions in heart disease and certain cancers. Air-popped popcorn that is prepared without any oil is your best option, as a cup of such popcorn may only add up to about 30 calories. Avoid adding salt or butter or purchasing premade popcorn that is heavy on both, as both ingredients can compromise the health benefits of popcorn.
- 2. Nonfat Greek Yogurt:** Though it's not as low in calories as popcorn, nonfat Greek yogurt is still a low-calorie snack that's high in protein. Nonfat Greek yogurt may have as much as two times the amount of protein as traditional yogurts, and that's beneficial because protein helps you feel full longer, which should help you maintain a healthy weight and avoid overeating. Nonfat Greek yogurt also tends to have less sugar than traditional yogurts, and

its creamy texture gives many people the impression that they are eating something decadent.

- 3. Hummus:** Made primarily from ground chickpeas, hummus is a protein- and fiber-rich snack that has been linked to a host of health benefits, including a reduced risk for heart disease and certain types of cancers. Dip vegetables such as baby carrots into hummus, and you'll have a low-calorie snack that's also high in vitamin A and beta carotene.
- 4. Pistachios:** Many people might read the labels of pistachios and be turned off by the fat content. But pistachios are low in saturated fat and high in protein, and a couple dozen pistachios may only amount to about 95 calories. Eat pistachios raw and do not add salt, which can negate their health benefits.
- 5. Grapes:** Grapes might not be as popular as potato chips or other widely available snacks, but they are great sources of vitamin K and are loaded with antioxidants. Grapes are loaded with water, making them a filling snack that can help men and women avoid dehydration. According to the U.S. Food and Drug Administration, one cup of grapes can provide as much as 5 percent of the recommended daily value of dietary fiber despite containing just over 100 calories.

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The I-Stent represents the latest innovation in treating patients with glaucoma at the time of their cataract surgery, according to Jason K. Darlington, M.D., Cataract Surgeon and Fellowship Trained Cornea and Glaucoma Specialist at The Eye Institute for Medicine & Surgery.

“The I-Stent is highly effective, as it reduces eye pressure, 24 hours per day. By continually maintaining a healthy eye pressure, the risk of suffering a loss of vision due to glaucoma is greatly reduced,” reports



Dr. Darlington, who has performed thousands of ophthalmic surgical procedures. There are many benefits to reducing or eliminating the need for glaucoma eye drops, explains Dr. Darlington, who completed his cornea and glaucoma fellowship at the prestigious Phillips Eye Institute, in Minneapolis.

Over a period of many years, glaucoma medications can cost thousands of dollars. Additionally there is often a burden placed on patients to place eye medications multiple times per day.

Jason K. Darlington, M.D.

“Patients and their families have a great sense of comfort knowing that the I-Stent is working to maintain a healthy eye pressure 24 hours per day, often times without the need for additional eye medications. Controlling eye pressure throughout the day and night on a continual basis leads to better long term results,” explains Dr. Darlington.

By reducing or eliminating the need for glaucoma medications many side effects such as redness, dryness, irritation, and excessive eyelash growth may also be eliminated. In my experience, the need for fewer medications makes for happier patients,” states Dr. Darlington.

“The vast majority of patients experience a dramatic improvement in their vision following cataract surgery overnight,” states Dr. Darlington, who utilizes the latest high technology lens implants and techniques when performing cataract surgery.

Dr. Darlington, who has extensive experience performing cataract and glaucoma surgery, as well as corneal transplants and refractive eye surgery, has performed research utilizing a double mirrored lens to facilitate the placement of the I-Stent at the time of cataract surgery. “The goal of my research,” states Dr. Darlington, “is to help ophthalmic surgeons all over the world to bring the I-Stent technology to their patients.”

My hope is that by doing so, we may help many thousands more patients enjoy a lifetime of good vision and spare them from suffering the debilitating effects of vision loss associated with glaucoma,” states Dr. Darlington, passionately.

Dr. Darlington is available to see new patients at his offices in Rockledge, Melbourne and Palm Bay. Consultations may be arranged by calling (321) 722-4443.



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Robert T. Rose is the CEO and President of Bansbach Easylift, Bravo Team Tactical Response, and Business Technologies.

In addition to these businesses, he also is a corporal in the Brevard County Sheriff's Office reserve.

Mr. Rose has dedicated himself to helping Brevard and its 600,000 citizens. He runs Bansbach Easylift with his wife Cristina Rose. It is through this business that he created and runs a very successful wounded veterans intern

program. Rose hires, counsels and cares for war fighters returning from Iraq and Afghanistan. These heroes often suffer from severe post traumatic stress and/or traumatic brain injury.

Robert spends a great deal of time and provides financial support to some of Brevard's most important non-profit organizations: NVHS Homeless Vets, Salvation Army, The Women's Center, Brevard's Homeless Coalition, Special Olympics, St Baldricks, BCSO Sheriff's Charities, Pet Posse and Brevard Pal to name just a few.

Because of this commitment to our community and veterans, Mr. Rose has been honored with Brevard County Sheriff's office

"Partnership Award" and NVHS's "Veteran Advocate of the Year." Mr. Rose also donates over 1,400 hours a year as a patrol Corporal for the Brevard County Sheriff's office reserve unit. Rose was recently honored by BCSO as Deputy of the Quarter.

Robert was born and raised in Massachusetts. After playing Semi-Pro football, Robert served as a Special Weapons Sergeant in the United States Army. The Army was a perfect fit for Rose since he comes from a military family. His grandfather fought in WWI, his father in WWII, and his brother in Vietnam. After the Army, Robert became a distinguish police officer in both Massachusetts and Florida. In 2003, he took control of Bansbach Easylift and together with his wife, developed a very successful business.

His life experiences have allowed Robert to see the very best and the very worst in society. He made a vow to himself after his time in the army that if he was ever blessed with the resources, he would use what he had to make his community a better place. In keeping with that vow, Robert is dedicated to helping the Women's

Shelter, families in need, the homeless community, the young and the elderly as well as our military, law enforcement and fire and rescue heroes.

For his dedication to helping the needy and deserving in our community, we are proud to honor Robert Rose as this month's Community Mover and Shaker.



Phyllis D. Smith, CPA

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September's CPA Tip Of The Month

If you have had a life changing event this year, meet with your tax preparer to see how it will affect your 2016 taxes. Be prepared for any adjustments in taxes before tax season.



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



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Learning History by RECREATING THE EVENT

by South Brevard Historical Society

September is the month that children return to school and begin a year of focused learning in subjects that will give them the foundation to be productive members of society. One of these kids may be the first to settle a colony off our planet. It is impressive to me that only 456 years separated the time of Juan Ponce de Leon's landing on Florida (1513) and Neil Armstrong's landing on the moon (1969). We are very fortunate to be in an area where access to sites that "tell" the history of both events and the countless events in between are within a day's drive.

Florida shores were one of the destinations of European explorers to the newly discovered Americas. The



logs and writings of that time tell the story of these explorations. One can get a sense of what it was like to approach the coast by taking a cruise from the Cape Canaveral Port and then be outside as the ship is heading back to port to see when you first site land.

Recreating a historical event gives participants an even deeper insight into what the people of the time might have experienced. In September 1962, a crew of 9 men boarded a replica of Columbus's ship Nina (fittingly named Nina II) and set sail from Spain and traveled to San Salvador (Marx, Robert, The Voyage of the Nina II, Gulf Pub. Co, 1991). Serving as the ship's navigator and the only America on board, Robert Marx, underwater

archeologist and author, documented this 77-day crossing. After successfully making the crossing, Robert Marx was made a Knight-commander in the Order of Isabella the Catholic by the Spanish government.

Sir Robert Marx will detail this re-enactment of Christopher Columbus' first voyage to the America's in a program titled "The Voyage if the Nina II". This very interesting program is the first of South Brevard's Historical Society's 2016-2017 season and will be held at the Melbourne Public Library (540 E. Fee Ave., Melbourne, Florida 32902) on September 10th from 3:00pm – 4:00pm.

Please visit the South Brevard Historical Society's website (www.southbrevardhistory.org) for further information about this program as well Brevard's history and local events.



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Nicole Grammer



Are you an 'Accidental Landlord'?

Many rental property owners become landlords by accident. These are folks who don't start out with the notion of being a landlord. So how does this happen?

Sometimes, an accidental landlord is made when a property investor goes over budget on the rehab of an investment property. Other times, people get backed into this role if they own a home and are transferred out of the area for work, or if someone inherits a home that isn't what's worth what is owed on it. Maybe it's just someone who misread the real estate market, bought a property in the hopes of making a profit and got caught owing more than what the property is worth. In all these cases, the owner must rent out the property in the hopes of recouping some of the cost of carrying the home until which point they can sell it. Thus the term 'accidental' landlord.

In many of these instances, the homeowner has little or no experience with managing a rental property. Although it is a large part of the job, being a landlord is much more than just performing repairs on a property. Landlords are responsible for marketing, tenant screening and placement, emergency repairs, daily financial decisions, property maintenance and keeping in compliance with the ever-changing rental laws.

So, if you find yourself in

this position, how do you go about managing the property in the best possible manner? Is it more economical to manage the property yourself, or would it be best to hire a property management company? Here are five important things to remember if you find yourself in an accidental landlord position:

Owning a rental property is very different from buying and selling a property. The laws governing the landlord/tenant relationship are very specific, and vary by state. Make sure that you familiarize yourself with these laws.

You have certain rights as a landlord, and your tenant has certain rights as well. Make sure you know what each are.

Seek advice from an attorney who specializes in the landlord/tenant relationship. Request a master lease that

will protect both you and your tenant, in addition to complying with all laws. Make sure that you fully understand the eviction process and timeline.

Hire a professional property management company. Often times, a good property manager will have an attorney that they work with that can help with lease preparation, legal questions and eviction proceedings, in addition to handling routine and emergency maintenance. A good management company can save you both time and money in the long run.

Be honest with yourself. Are you ready to be an effective landlord? If you don't think that you can go through an eviction process, regardless of circumstance, it's a job that's better left to a professional property management company.



Nicole Grammer – Broker/Owner

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WHAT'S ON YOUR CALENDAR?

By Wanda Villaverde

CCM: Together, doing life RIGHT!

I was looking over what I had entered into my calendar for this month.

There are the normal things, such as doctor appointments, errands, family/friends engagements, community group, etc. But where was the time I had set aside for the Lord? Or time for sharing the Good News to those who do not know the Lord? Yes, as Christ followers, this is what we should be doing. There are people who are disciplined enough that they do not need to write these things in their calendars. If I'm going to be completely honest, I'm not one of those people. It's very easy for me to get distracted and lose focus and I'm sure I'm not the only one.

A friend of mine once told me, when talking about my quiet time with the Lord, to schedule it in my calendar just like I do with everything else. Then, when that time arrives, to picture Jesus waiting for me at my dining room table, couch or wherever it is that I spend my quiet time.



Ok, now picture it. The Lord in all His glory, waiting for me while I hit the snooze button, cuddle up with my blanket, roll over and go back to sleep. Am I really not going to show up? Or tell Jesus that I need to reschedule because I had more important things to do? I thought that was a brilliant way to look at it. It sure opened up my eyes to what's really important; making sure I spend time with the Lord above anything else. This is when the Lord will answer, direct and guide me. The same way He did for Daniel

(see Daniel 9:20-23).

Only God knows what needs to be and what will be accomplished in my calendar. We can plan all we want, but only He knows what tomorrow holds. Do not boast about tomorrow, for you do not know what a day may bring. (Proverbs 27:1) The Lord has shown me through the years that when the Holy Spirit prompts me to speak the Word, give encouragement or call someone, I need to do it right away. I can't tell you how many times I've put something off to find out later, how important it was for that person to receive that message at that specific time. I not only let that person down, but more importantly, I God. Remember, it is sin to know what you ought to do and then not do it. (James 4:17, NLT) My heart was and still gets convicted when I don't do what I know I'm supposed to do.

It is a blessing to be used by the Lord for His work. We need to always be ready, willing and obedient to Him because we (or that person that needs to hear the Word of God) may not get another chance tomorrow. Today is the day!

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Kill Zika, Cancer, Disease –Maximize Your Immune System

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

Lets stop the created panic about Zika.

Please do not get me wrong I am no way downplaying the seriousness of this virus especially for the elderly or anyone with a weakened immune system or women who are pregnant due to potential neurological damages and birth defects. And last it is very rare that the Zika virus is fatal. Calling Zika the next plague is ridiculous.



Here are some true facts. In the medicine world the Zika virus infection is considered a mild illness that resolves within two to seven days of symptoms presentation. Zika symptoms include joint and muscle pain, fever, conjunctivitis (red eyes), skin rash, headache, vomiting, and pain behind the eyes however 75 to 80 percent of people that are infected will not show Zika virus symptoms.

Hippocrates (the father of medicine) said over 2000 years ago: "All disease begins in the gut". Wow was he right. Your gut houses 70% of your immune system. Maximize your immune system and increase your body's resistance to not only the Zika virus, but also cancer and other diseases by doing the following.

- 1. Natural Diet** go to my website www.holistichealthcenter.us for my low acid-high alkaline diet information. Find under Winning Against Cancer Program (Nutrition section)
- 2. Probiotics:** This is by far the most important supplement. A good Probiotic is a 12-15 billion multi-strain probiotic. Clinical studies suggest that probiotics help prevent viruses and disease by modulating and strengthening the immune system.
- 3. Supplements:** Besides a good high quality multi-vitamin all the following individual supplements are the best to strengthen the immune system. Vitamin C, Vitamin D, Andrographis, Beta-Glutan, Garlic, Omega-3 Fatty Acids, Astragalus, Zinc, Selenium, Vitamin A, and Echinacea.

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Not the Doctor!

by Dan Taylor, Audioprosthologist, Mission Hearing

You can hardly pick up a newspaper these days without seeing a group of my hearing care colleagues all posing in their spiffy white lab coats. Some of them even have the word 'medical' in their businesses names.

One even poses with an eye doctor, in their white lab coat, looking over their shoulders, as though they are consulting over a patient's case. Others pose in front of their certification, licenses, and degrees, all in their spiffy white lab coats.

Many show pictures of hearing aids with incredibly low prices, and tiny print explaining that the prices shown only apply if you have the very mildest of hearing loss. Most have the word FREE plastered several times across their offerings, leading you to believe that there might just be something for nothing. Though common sense will tell you that those ads don't come cheap, and you know who is going to pay for them in the end.

All of these ads, and colleagues, have one thing in common, they are playing on the authority given medical doctors when they pronounce a treatment plan, and those showing a lowball price on any gear, are trying to pull a bait, and switch.

In every case they are working from a medical model of dispensing that proceeds from the idea that you will follow whatever the person in the white lab coat dictates, as you'll associate what they say with the weight of a medical prognosis, and treatment plan.

When dealing with these colleagues you can expect a distinctly medical style approach to come with the white lab coat, and many actually operate from within medical practices, or eye clinics.

Now, there is nothing wrong with the medical model of dispensing per se. I actually have my own white lab coat, though it's been hanging on the back of the door to my office for so long that the

shoulders are gray with dust.

However, the recently released report by the National Academy of Sciences, known as the PCAST report, commissioned by the President to answer the questions of how to improve hearing care access, and affordability found that our industry, and profession had "erected significant barriers to both access, and affordability." These take on the form of those add-on protocols, and costs associated with the highly regulated delivery system that emerged along with that medical model, and white lab coat.

At Mission Hearing, we've been listening. Both to what our patients/customers tell us, as well as to the science, changing law, and recommendations of this panel for changes in the way hearing care is delivered. Because of these changes and recommendations, we now operate from a market based model that puts the consumer, and their goals and objectives, above those of that professional in the white lab coat.

You can expect an entirely different experience at Mission Hearing. We put not only your hearing care goals front, and center in what we do, we provide that care in a non-medical, low stress environment.

We are not your doctor. Nor do we want you to have a stressful medical style experience, but rather a fun, life changing one. We actually want it to be so fun, and different that you'll tell your friends, and neighbours about it, like so many of our featured customers have done over the years.

At Mission Hearing, it's not about any particular hearing aid, or gear. It's about our customers, those folks who come to



us with the idea of getting help for their particular communications problems, whether it's hearing the TV at a level that doesn't crack the plaster, or annoy the neighbors, or to really enjoy those

parties, and noisy restaurants again, or just hear the wife across the dinner table without her repeating.

At Mission Hearing, our goal is to find the right gear to solve each of our customers' individual, and personal hearing goals by using the gear best suited to what they want to achieve, all within the budget they have to work with.

We call it customer centered, results oriented hearing care.

So, if you, or a loved one is looking for hearing care that puts you the customer, and your goals, rather than a white lab coated professional, and their goals, at the center of your care, we think you'll enjoy our differences.

At Mission Hearing we're not the Doctor! But, we think you'll enjoy the differences, in both savings, and the total experience we provide without the white lab coats, or the pretensions.

You can reach us by calling: 321-722-2894, or you can drop by our store in downtown Melbourne, any weekday morning without an appointment where we welcome new friends and customers 9:30 till noon, or visit either of our websites at: www.missionhearing.com, or

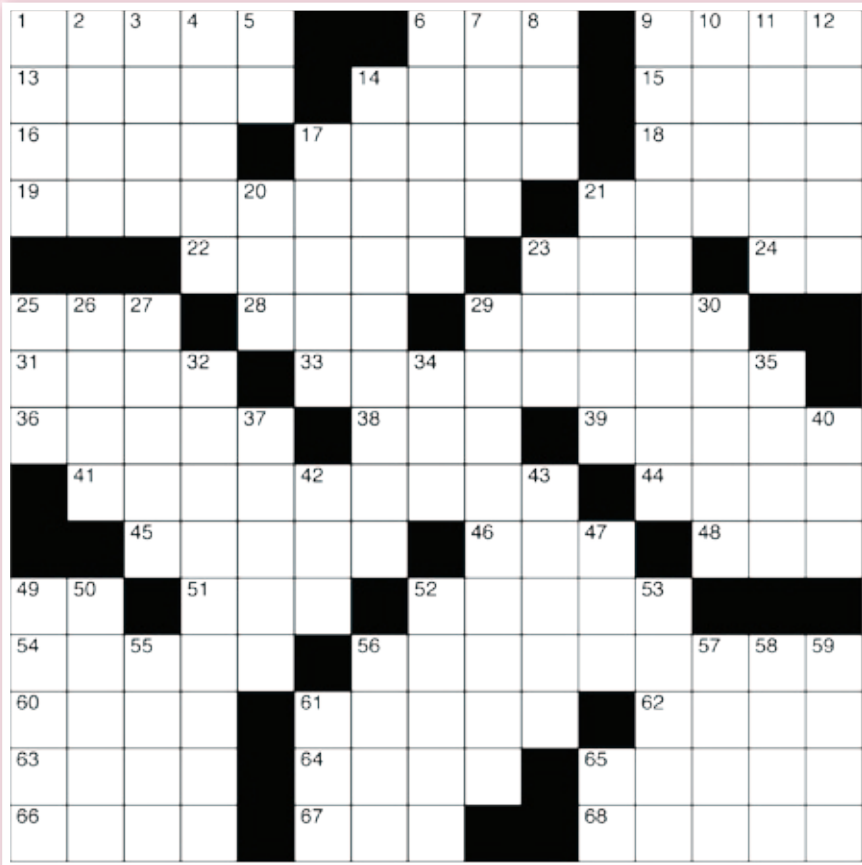


www.advancedhearingcare.com, where we demystify hearing care, and put the customer's experience at the center of all we do..



Please see our advertisement on page 14.

Spotlight Crossword Puzzle



clues DOWN

1. Went too fast
2. Protruding ridge on worms
3. Insignificant
4. Pains
5. South Dakota
6. Greek island
7. Emerald Isle
8. Golfers know this well
9. Desire to set fire to things
10. A glow
11. Levels
12. Enzyme
14. Explains again
17. City in South of France
20. Paddle
21. Salian
23. Split pulses
25. Consumed
26. Small drink of spirits
27. Indigenous people
29. Elaborated
30. Painting technique
32. Repentance
34. Not bright
35. Kansas hoops coach
37. Koran chapters
40. Dead end
42. Foul-mouthed bear
43. Nostrils
47. Game Cache File
49. One who believes in a supreme being
50. Carnival worker
52. Gnawing animals
53. German town
55. Conquer
56. Thai money
57. Taxis
58. ___ Clapton
59. A form of Persian
61. Pounds per square inch
65. Nighttime

clues ACROSS

1. Dried corn kernels (pl.)
6. A dog is one
9. Medieval feline
13. Appeal emotionally
14. Uncommon
15. Chinese currency
16. Gain as interest
17. Habitat
18. Ribosomal ribonucleic acid
19. 2015 NL batting champ
21. Makes wet
22. Discounts
23. Beavers build this
24. Between south and east
25. Promotional materials
28. Arbiter
29. Ancient Greek ruler
31. Ruse
33. Where coaches spend their time
36. LA landmark ___ House
38. Nothing
39. Chickpea plant
41. Revolutionary War militia member
44. Civil rights organization
45. Fathers
46. Carries things
48. Frequently
49. Location of White House
51. Small amount
52. A structure forming a covered entrance
54. Soothes
56. Shameless
60. Middle Eastern nation
61. Footsteps
62. Russian river
63. Once-influential student organization
64. Jags owner Khan
65. Bura-__: Nigerian language
66. Small boy
67. Belonging to a thing
68. Mosses



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Health First is pleased to announce new Senior Behavioral Wellness services are now available at Health First's Palm Bay Hospital. This offering follows last year's opening of the intensive outpatient program on Babcock Street in Palm Bay. The 14,000 square-foot area has 18 beds and features programs for older adults requiring inpatient psychiatric stabilization. The only one of its kind in Brevard County, the program offers supportive care in a structured environment under the direction and supervision of a psychiatrist who evaluates each patient and provides medication



recommendations to manage symptoms.

"We're boldly going to provide services to this community that we feel have been overlooked,"

said Judy Gizinski, chief operating officer at Palm Bay Hospital. "Some mental illness cannot be cured, but it certainly can be treated. That's what we're here to do. We want to change that stigma in the community."

Services will be provided by a multi-disciplinary treatment team comprised of nurses, therapists and appropriate healthcare professionals to meet the needs of each patient. Some of the key components of the services are as follows:

The Senior Behavioral Wellness program will offer services on a voluntary basis; individuals seeking admission must have capacity and be able to make informed decisions about their treatment.

Patients can expect to participate in group therapy, and individual and family counseling, as well as other essential activities to stabilize symptoms, increase an overall sense of well-being and improve their quality of life.

The average length of stay is approximately 12 to 14 days and may vary according to the individual needs of the patient.

Health First representatives traveled to facilities around the country to come up with best practices in designing the unit, which will feature earth tones and soothing art from local artists. For more information, please call 855.892.9007.

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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
Jean Besignano 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**

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