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february 2017

spotlight

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**Grant
Seafood
Festival
MARCH 4-5
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Spotlight **BUSINESS OF THE MONTH**



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

The second month of the year is upon us, Florida winter is in full swing, and Valentine's Day is just around the corner! No sooner had the store aisles been emptied of Christmas bells and bows and wrapping paper, than they were re-stocked with hearts and flowers, and chocolates. This surely reminds us that February 14th is the Holiday of Love. So even if you aren't into buying candy and flowers, do give some thought to the special people in your life, and make sure you let them know that they are loved. And while you're at it, share some of your love with everyone around you. Wouldn't this world be a much better place if a little more love was spread around?

On this month's front cover of Spotlight, we are highlighting the Grant Seafood Festival's 51st year. This has to be one of the very best community events in the area. What sets this seafood festival apart from other events is that it is a 100% volunteer effort! All preparation, whether it be on the grounds or with the purchasing, cooking or serving the various menu items, is accomplished totally by volunteers from the community. All booths are run by volunteers. Many of the working groups are made up of family members, often times with several generations working along side one another. It is this complete volunteer effort that makes the festival unique. This total commitment from the community and all the volunteers make the Grant Seafood Festival a time honored tradition unlike any other.

On a final note, please be sure to visit SpotlightBrevard.com and our Facebook page for even more articles and upcoming events.

Happy Valentine's Day!

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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DECISIONS, DECISIONS, DECISIONS

by Jim Campbell, First Baptist Church of Melbourne

We are a product of the decisions that we make.

I've heard some version of that comment for many years and have tried to let it affect everything that I do. My choices determine the person I become.

But in a world that values choices and freedom, and increasingly fights to increase those things, it is amazing how many times I hear the phrase "I had no other choice", "they made me do it", or "there was no other way". The truth is that really, there are always choices, and we make our judgment calls on what we can live with and what we think we can't, but it rests at our feet.

One of the choices that I see made so often is popularity over purpose. We seem to constantly seek the approval of other people in our lives. You don't think so? When we do something and the crowd cheers, we take a bow and feel good. When we do something and the crowd screams "no, no, NO!", we automatically stop or at the very least we pause and rethink...it's in our nature.

Even people who say that doesn't matter, approval seeking has tainted their decisions at the very root and core of what they are. We really were created to be people of community, people who are encouraged by others, but when we seek the approval of other flawed beings as our top

goal...when we make our purpose the approval of others, we lose.

There will never be a time that everyone agrees with every decision that you make, that's fantasy. Still we were made to seek approval, but the problem is who we seek it from. As a Christ follower, my purpose is to honor the name of Jesus in my decisions. His purpose of helping others follow Him becomes my purpose. My decisions come and stem from a life that is spent trusting His way, even above my own. In fact, when I've chosen my way over God's, it's been the site of my biggest failures.

Here's a wise saying that I heard once. "I cannot please everyone, but I can please God." That's a great thing to remember, because at any moment, I have the choice to honor Jesus with my next action. I'll never please everyone, but I can please the only one that counts, and that is one of the secrets to making "decisions, decisions, decisions" just more chances for success than stress.

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.



"I cannot please everyone, but I can please God."



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Frugal Ways to Celebrate Valentine's Day

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

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

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

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

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

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

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

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



the experience of going out without being forced to overspend.

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

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Natural Therapies for the Top 4 Cancers

by Dr. Kevin Kilday, PhD, D.Psc. / Holistic Health Center, Specialties: Natural Therapies for Cancer

The top 4 cancers in the United States per the National Cancer Institute are listed below. All of the following figures are estimated for 2016 (too early for 2017 estimates) and final figures for 2016 are not out yet. All figures are applicable to the U.S. only. At the end of each cancer statistic I will list one herb along with one modern clinical study showing positive results in treating that particular cancer.

1. Breast Cancer: 246,660 new cases of breast cancer were expected to be diagnosed.

Herbal Clinical Study: Astragalus: It was observed in a clinical trial that astragalus inhibited the proliferation of breast cancer cells. Authors of the study stated, "The antiproliferation mechanisms may be related to its effects of up-regulating the expressions of p53 (a tumor suppressor gene) ..." (Ye 2011).

2. Lung Cancer: 224,390 new cases of lung cancer were expected to be diagnosed.

Herbal Clinical Study: Curcumin: Several mechanisms are responsible for its anti-cancer properties in lung cancer, primarily its ability to suppress the EGFR signaling pathway,

suppressing EGFR, AKT, and ERK1/2 activation, all of which are associated with lung cancer development (Ma 2014).

3. Prostate Cancer: 180,890 new cases of prostate cancer were expected to be diagnosed.

Herbal Clinical Study: Flaxseed Oil: Studies have confirmed that flaxseed supplementation lowers PSA levels, and significantly reduces the proliferation of normal prostate cells and prostate cancer cells (Demark-Wahnefried 2004; Demark-Wahnefried 2008).

4. Colon Cancer: 134,490 new cases of colon cancer were expected to be diagnosed.

Herbal Clinical Study: Ginger: In recent clinical trial, 30 healthy subjects consumed 2 grams of ginger or a placebo each day for 28 days. Colon biopsies were taken at baseline and at day 28 and assessed for levels of inflammatory markers. The subjects that received ginger displayed significantly lower levels of PGE-2 and 5-HETE, two inflammatory fatty acid metabolites, in their tissue samples than those who received a placebo (Zick 2011). These findings are encouraging due to the role of inflammation in driving colon cancer growth.

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Who would have thought 51 years ago that our small little community fish fry dinner for about 200 people would turn into a major seafood festival for nearly 30,000

people. We began with a dinner of fried fish, oysters, hush puppies, cole slaw and baked beans to today with over 20 different food booths serving over 30 different varieties of seafood, along with food for the landlubbers, too.

We always try to keep a large variety of choices to choose from such as deviled crab, shrimp kabobs, clam linguine, scallops, calamari and so much more. We occasionally add new items such as corn on the cob and mahi sandwiches, which was very popular. This year we are introducing another new item for us: Shrimp & Grits, which will be served from the Conch Fritter Booth on the east side.

The Grant Community Club is still operating the Grant Seafood Festival with all volunteers, some are 3rd and 4th family generations, from preparing the grounds which starts the first Sunday in January, with setting up booths, repainting, building signs, erecting stand-up tables to preparing, cooking, and serving all the food and drinks as well as those in the parking lots.

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

House tent, a library book sale, a small playground for the kids and continuous entertainment plus a special tent displaying information and photos on the history of the grant Seafood Festival.

The Grant Community Club has continued to use the monies raised from the festival to go directly to its community center & grounds, the Grant Library, the "Benson House" historical home on US1, the Grant Cemetery, children's parties throughout the year, neighborhood block parties, assisting residents in need and providing nearly \$50,000 annually in schools scholarships to our residents and volunteers.

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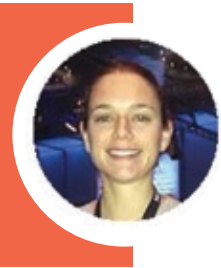
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WRAPPING UP 2016 SPOTLIGHT ON ACCOUNTING

by Katherine Finnell, Office Manager, Ray Wasser, CPA, PA



TAX LAW CHANGES THAT MAY BENEFIT YOU

Year-end tax planning may be a little easier for 2016 for both individuals and small business owners.

Accounts

The rules on rollovers to SIMPLE retirement accounts have been relaxed. After two years of plan participation, SIMPLE plans may now accept rollover contributions from a variety of other plan type. Individuals age 70% or older may have as much as \$100,000 a year transferred tax free from their individual retirement accounts (IRAs) to qualified charitable organizations.

Energy

The tax credit for making qualified energy improvements to your principal

residence, including windows, energy saving exterior doors, insulation, and certain metal roofs, is available through 2016. The maximum lifetime credit is \$500 (\$200 for windows).

Education

The American Opportunity Tax Credit for the payment of tuition and related expenses for the first four years of post-secondary education has been made permanent. The maximum credit is \$2,500 per eligible student per year.

K-12 teachers and other eligible educators may deduct up to \$250 (to be indexed for inflation) of their out-of-pocket expenses for qualifying professional development courses and classroom books, supplies, and

equipment.

Minimize Tax on Social Security

Social Security recipient, monitor your year-end transactions carefully. When "provisional income" exceeds specified levels, a portion of Social Security retirement benefits becomes taxable. For this purpose, provisional income is defined as modified AGI, which includes otherwise tax-exempt municipal bond interest, plus half of your Social Security benefits.

Timing play a big role in year-end tax planning. Find out more by giving our office a call at 321-773-4473 or check out our website raywassercpa.com. Office location is 1103 W Hibiscus Blvd, Suite 301B, Melbourne 32935.



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WHAT IS WELLNESS?

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



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

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

Finding a wellness coach

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

general health and wellness.”

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

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

Adjust your attitude

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

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

Start moving

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

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

Food for fuel

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

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Matcha 101

Matcha in Japanese means finely powdered whole ground green tea. Matcha has been used for centuries in Japan and other Asian countries to support health, concentration and wellbeing. Matcha is still used by monks to stay alert and for meditation concentration and is an important part of formal Tea Ceremonies. Today matcha is a popular drink by itself or mixed with milk, almond milk, added to smoothies or made into desserts. Because of its high phytochemical and antioxidant properties it provides a smooth release of caffeine into the system and has become the go-to-power-drink for people on the go as well as health enthusiasts and body-builders.

A Fashionable Tea

Matcha has taken New York and other fashionable cities by storm. Matcha "bars" have started popping up in many chic neighborhoods and in some of the toniest barista run establishments. Matcha lattes were the darling of the 2015 and 2016 New York Fashion Week. Models, designers, and creative teams weren't sipping espressos, black coffee or high-caffeine canned beverages they were drinking matcha green tea and relishing its energizing effects. After



becoming the "It Beverage" of Fashion Week, matcha is making big waves in the US becoming popular with celebrities and fashionistas ...matcha shots (matcha mixed with hot almond milk and frothed like a latte or cold almond milk and whisked, not stirred) continue to be popular items.

A True Super Food

Drinking matcha you are taking in the entire tea leaf and getting the benefits of all the phytochemicals, antioxidants and natural caffeine for a jitter-free energy boost. Those who are looking to combat ageing, loss of skin-tone, memory and bad cholesterol also use matcha. There are several studies that show that the ability of green tea to help promote fat metabolism and burn calories as an aid in maintaining a healthy weight or giving a boost to healthy weight loss program. Emerald vegetal green in color matcha doesn't stain teeth and is not acidic like coffee.

A Smarter Way To Get A Caffeine Energy Boost

The caffeine in matcha is released into your system over a period of time as it slowly moves from out of the tea product and into your system. The amino-acids in matcha have a calming effect and slows down the adsorption of caffeine; think of it as nature's time release device. Many consider matcha a smarter version of an energy drink. Instead of the quick hit and quick let-down of caffeinated energy drinks, the longer and smoother absorption of caffeine provides a steady level that helps with focus, energy and concentration. For anyone who needs a bit of a natural boost for focus, energy and concentration matcha is a better way to go then brewed coffee

Next time you're feeling a little sleepy during the day, don't reach for super-acidic coffee—discover the magic of matcha instead.



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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"You left the kingdom of Satan and now your name is written in the Lamb's Book of Life"



"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,
At the end of the Christmas Eve candlelight service, I went up for the altar call and accepted Jesus for the very first time. A lady prayed with me and spoke to me about: Bible studies, getting baptized and growing in my walk with Christ. I was totally gung ho the first two weeks but now I'm feeling overwhelmed. For the last twenty years, my life has been such a mess that I don't know where to start. In addition, I wasn't expecting so much resistance, even sarcasm, from family and friends. I'm not sorry about my decision but I was wondering if this is normal.
-Jessie of Palm Bay

Dear Jessie,
First off, let me congratulate you on your decision. In scripture, Jesus said, "In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents" Luke 15:10 (NIV). Therefore, "...if God is for us, who can be against us?" Romans 8:31 (NIV).

Do not be overwhelmed, all you need is a willing heart and to submit to His will. Be confident that "...He who began a good work in you will carry it on to completion..." Philippians 1:6 (NIV). Through the Holy Spirit, God will gently guide you and mold you just as a potter molds a lump of clay. "Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand" Isaiah 64:8 (NIV).

When you surrendered yourself to God, you actually switched kingdoms. You left the kingdom of Satan and now your name is written in the Lamb's Book of Life. Don't think, even for a minute, that Satan won't take you back! "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about seeking whom he may devour." 1 Peter 5:8. "He is a thief, and he has come to steal, kill and destroy..." John 10:10. We cannot fight the devil in our own strength, so when the enemy attacks, we are instructed to put on the "full armor of God" Ephesians 6:10-18

"10 Finally, be strong in the Lord and His mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the Word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for the Lord's people" (NIV).

"So then, faith comes by hearing and hearing by the Word of God" Romans 10:17. If your desire is to grow in your faith, understand God's plan for your life and draw closer to Him, then it's imperative you learn scripture because God speaks to us through His Word. God's not interested in religious gestures or rituals. He wants a personal intimate relationship with us. He is our "Abba" Father. And in the Hebrew language, "Abba" means "daddy."

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



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HAPPY VALENTINE'S DAY SPOTLIGHT ON COOKING

by Cecelia Danas



Wishing you all a year filled with good health, happiness, and prosperity. I have a lot of friends who are giving up meat and I thought this would be something they may enjoy. Let me know if you like it. Enjoy.

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

Quick Chicken Tetrazzini

- | | |
|------------------------------------|---|
| 2 stalks celery, chopped | 4 oz cream cheese |
| 1 small onion, chopped | 2 tsp grated parmesan cheese |
| 1 -8 oz fresh sliced mushrooms | 3 cups whole wheat noodles - cook as package directions |
| 1 cup reduced-sodium chicken broth | pinch salt and pepper |

Spray skillet with cooking spray. Add celery, onions and mushrooms. Cook 4-5 minutes until mushrooms and onions are tender. Then add the cheeses. Bring to a boil simmer on low for 7 minutes till it thicken a bit. Now add chicken, noodles stir till all is heated.



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DISPOSAL OF OLD ELECTRONICS

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



It's that time of year when many households are trying to decide where to dispose of old electronic devices as new gadgets replace the old ones during the holidays. Electronic devices are one of the most common gifts every year, which results in lots of devices that end up in closets, drawers, and garage shelves.

The Growing E-waste Problem

Unfortunately, electronic waste (e-waste) continues to be one of the fastest growing municipal waste issues, according to the EPA, which means most of it ends up in our landfills. Even though e-waste represents 2% of our trash, it accounts for around 70% of the overall toxic waste in our landfills. With our desire for new devices growing every year, the problem of improperly disposing of our old tech is also growing.

Keeping the toxic waste in electronics, which includes lead, arsenic, cadmium, mercury and many other dangerous chemicals out of our landfills should be important to everyone, but at best we're only recycling between 15% to 25% of our e-waste because too many people still aren't aware of the dangers.

Repurposing vs. Recycling

Recycling your old electronics isn't your only option, as a better use for them would be to re-purpose them. Just because a device isn't useful to you anymore, doesn't mean that it won't be useful to others. Check with your local schools, churches and local charities, especially if you have older devices like smartphones, computers, printers, and tablets that may be a little slow, but still usable.

Another option is to make these electronics available to others in your area via the Freecycle website (<http://freecycle.org>), which is essentially an online version of putting them out on the sidewalk with a sign that says 'FREE for the taking'.

If your old tech isn't a candidate for repurposing, then finding a responsible recycler to ensure items gets properly processed is critical.

Recycling Options

Many municipalities now have a structured e-waste recycling process, drop off locations, or annual events, so start by checking your city or county's website. <http://www.brevardfl.gov/>

<docs/solid-waste-documents/electronic-recycling.pdf>. Your local computer service company can also help with recycling.

The National Cristina Foundation (<http://cristina.org>) is a great resource for individuals and businesses that have technology that they think can still be of use. The foundation helps you locate a list of organizations in need through their non-profit locator tool, targeting people with disabilities, students at risk, and economically disadvantaged populations.

If you have a cellphone or smartphones that still works, you may be able to trade it in or recycle it with your current wireless carrier. There are a number of companies that will offer to buy your old mobile gadgets like uSell (<http://usell.com>), Glyde (<https://glyde.com>) and NextWorth (<https://nextworth.com>) or you can trade them in for gift cards at Amazon (<https://goo.gl/i5Hp3J>).

The EPA has also put together a list of national companies that offer recycling programs for PCs, televisions, and mobile devices: <http://goo.gl/sDTUV7> The listed companies offer drop-off locations, recycling events, or mail-in options.

Another list of recycling options for things like batteries, printer ink cartridges, and computers is <http://www.computerhope.com/disposal.htm>.

Wipe Your Data First

Before you donate or recycle your computers, make sure you take steps to securely wipe your personal data from the hard drives: <http://goo.gl/MGyE8f>.

Your cellphones and smartphones are also loaded with lots of personal information, so make sure you perform a factory reset <http://goo.gl/0M07Q9> before getting rid of them.

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Fighting Glaucoma

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

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

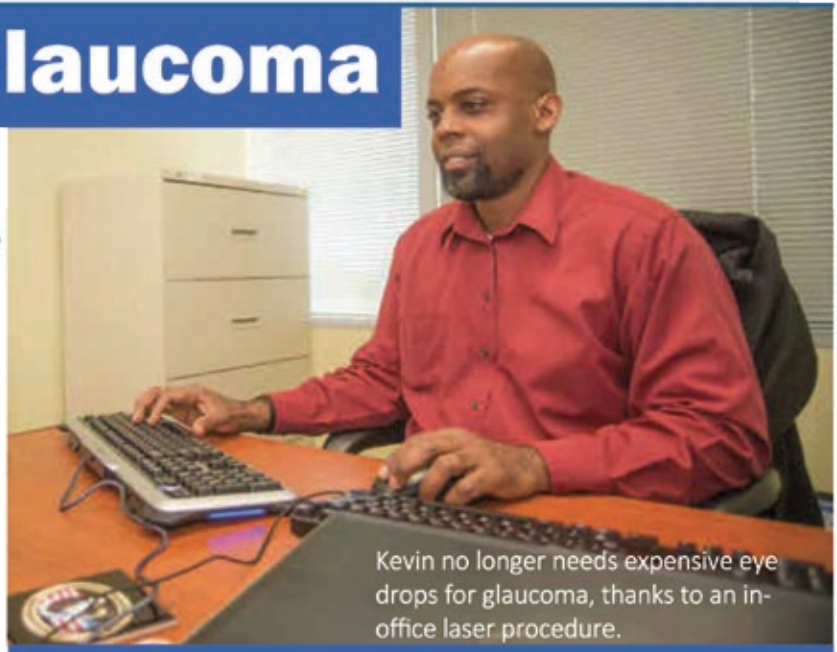


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The optometrist referred Kevin to glaucoma specialist James N. McManus, MD, at The Eye Institute for Medicine & Surgery. After more testing, Dr. McManus confirmed Kevin had developed glaucoma and needed treatment to preserve his sight. "I wasn't having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

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

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



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

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

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

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

on the optic nerve.

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

Impressive Results

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

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

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

Fighting Glaucoma: Continued

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

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

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

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

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

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

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

New Glaucoma Surgery

A new surgery for glaucoma is now available at The Eye Institute for Medicine & Surgery. Using a new device called the Kahook Dual Blade, glaucoma specialist Jason K. Darlington, MD, is able to improve fluid drainage inside the eye to lower intraocular pressure and preserve the health of the optic nerve. The outpatient procedure is minimally invasive and takes less than 15 minutes.

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

"This is a very good procedure for patients who have a diagnosis of glaucoma and are undergoing cataract surgery. It can be done at the same time," he adds.

"Afterward, they are likely to need less glaucoma medication or be off their medication entirely."

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

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



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Unlocking the Power of You: Creating Your Success

by Dr. Ted Seymour

It is that time of year when we focus on love. In February, the biggest day is Valentine's Day. It is all about the heart. In many ways success is also about the heart. But it is not about the heart of another. It is about your heart -- your passion.

What if you took time in February to think about your heart (of course, after you take care of your sweetheart!). What if you took the time to really think about following your passion, achieving the goals you want to achieve, the goals you are passionate about. You see, there is a predictable pattern, so many of us go through. It is something like this:

1. In December, we reflect and look at the things we wanted to accomplish last year (and many

times didn't).

2. In January, we get pumped and set "new" goals for the coming year.

3. By March or April, studies show that more 80% of us have either given up or are way behind in achieving our goals. Life just gets in our way.

It's predictable, ask any gym owner. We end up forgetting about following our passion until next December; life just gets in the way! But why wait to care of your heart? Why wait to tee it up and try again later? Who says we can only set goals in January?

They say the best time to plant a tree was 30 years ago, the next best time is today. Start right



now! If you have goals already set, but feel them 'slipping away', let's refocus. Wouldn't you like to get out of the predictable pattern, and create a different reality?

Take care of your heart, your passion. Unlock the Power of You!

Please join me for two important upcoming seminars listed below. For more information, follow me on: twitter @tedseymour, website www.tedseymour.org, Facebook – facebook.com/transformleadershipcoaching or please always feel free to contact me at tseymour06@gmail.com or 321.246.7518.



Ted Seymour, Performance Improvement Expert, Transform Leadership

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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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51 Years and Growing Strong

By South Brevard Historical Society

Since its founding in 1966, members of the South Brevard Historical Society have worked hard to be faithful to its mission statement: "To inspire a love of history through preservation and education".

In addition to understanding the past, it is our belief that researching, reading and especially visiting local historic sites helps us all to appreciate the hardships, hard

work, sacrifices and triumphs people endured. We may even apply the lessons we learn from their efforts into our present lives. I cannot emphasize enough how saving, restoring and maintaining historic places help our community define itself as well as contribute to a strong sense of identity.



SBHS promotes historic locations in the articles we contribute each month and encourage you the reader to take a second look when reading or seeing a story about an effort to save a historic place. Every time you read about or visit a historic location, you learn from their stories and help keep history alive.

In place of our February 11th meeting at Melbourne's Fee Avenue Library, the South Brevard Historical Society will be "in the field" participating in "Pioneer Day", a partnership between Sams House at Pine Island and St. Luke's Episcopal Church. The event is located on North Tropical Trail on North Merritt Island, runs from 10:00 AM to 4:00 PM and has something for everyone in the family: history (of course), art, music, and natural scenes. Visit <http://mipioneerday.com/> for additional information.

And lastly we would like to have you "Save the Date" for March 11, 2017. The South Brevard Historical Society will host a presentation by Rick Smith, son of Patrick Smith, beloved author of "A Land Remembered". Rick's program will detail the experiences that enabled his father to write the books about Florida's culture and heritage. For this program only, we have relocated our meeting from the library to Melbourne High School's Auditorium. Seating is limited; if you are interested in tickets (\$5/seat for SBHS members, \$10/seat for guests), please call Patty Fabian, Vice President of SBHS at 321-480-7570.

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

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A SUITCASE OF WORRY

By Fred Leonard

CCM: Together, doing life RIGHT!

Let's face it. We all carry around baggage that slows us down in our walk with God. A huge piece of baggage that we all carry around every day is worry. We worry if we will have enough money to pay the bills, we worry for the safety of our children, we worry about medical issues or if we are going to be able to put food on the table.

I learned a long time ago that all that worry didn't help the situation one bit. I did not have the power to control the outcome, nor will I ever. I learned to give my worry to someone who has the power to control the outcome. And that would be God (Matthew 6:25-34).

When you feel yourself starting to worry, instead, start praying that God will take the burden from you. How often I've heard, "I don't have time for prayer," or "I don't have time to read and study my Bible." That is the time to take all of your worry and give it to God. You will be amazed at how much time that frees you up for those things.

So, do I practice what I preach? Not entirely. Let me give you an example. Somewhere on our recent two week vacation, we learned that our youngest daughter was facing surgery and I began to worry. Then I remembered I had two options: 1) to worry myself to death about



"When you feel yourself starting to worry, instead, start praying that God will take the burden from you."

it, or 2) to put my faith in God and His love for her. My worrying about it didn't help my daughter one bit because I had no power in the situation, but He does. So, I gave all of my daughter's pain and suffering to God and then rested in the assurance that He knows my worries and heard my prayers.

I know it sounds so easy to give all our worry to God, but it is really one of the more difficult things we will do to better our life. Because it's in our nature to worry about things, it took me lots and lots of practice and I'm still working on it.

But the result is priceless! And giving all our worries to God frees up much of our time so we can spend it communing with our Lord and Savior (Luke 12:22-26).

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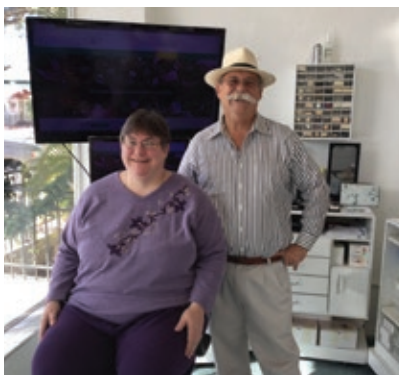
by Dan Taylor, Audioprosthologist, Mission Hearing

Our featured customer this month is no stranger to hearing aids, or hearing loss, having been born with a severe hearing loss, Ms. Misty Redenbaugh has worn hearing aids from early childhood. She knows full well the impact of such a loss on her ability to not only communicate with those around her, but how it affects every aspect of our lives, from work to home. So when the equipment that you depend upon for the communications that so many of us take for granted fails, and the limitations of the social safety net you rely upon for your help come up short, it is no small thing in your life.

That is the situation Misty faced when the power aids she relies upon began to fail over the Christmas holidays. Even though the equipment she uses was covered by a warranty, what do you do when they have to be repaired, and your need is so great that without them you can't perform at work, or communicate on even the most basic level?

In such cases you might consider what Misty did, and turn to Mission Hearing. Our policy and mandate is to make sure that folks like Misty don't fall through those proverbial cracks. So, when we got the call, via a tty relay operator, we knew we were dealing with someone who had not only a profound hearing loss, but a need that is our reason for being. We answered her call, set an appointment, and stepped up, and into that gap to fulfill both her need, and our mandate.

When Misty arrived, and explained her situation we simply responded by providing the help we promised when we formed Mission Hearing. She had been supplied with her current set of hearing aids by our state's vocational rehabilitation program, however their ability to help did not extend to providing help when her equipment breaks down, or needs repair. There simply was no provision for providing



her with the help she so desperately needs in their absence.

This left Misty with failing equipment, the need for her to communicate in order to hold her job as a CNA, or even the most basic ability to hear the environmental sounds around her, much less communicate on even what we would consider a fundamental level.

Understanding her needs, and being there to help fill them, represents an example of fulfilling our simply stated mission of helping those within our community who find themselves with a need that they cannot fill themselves without some help.

We simply stepped up to provide that help. Or rather the folks who come to us for their hearing care, stepped up with us to help us provide that care. We provided Misty with a pair of high powered Siemens hearing aids from the stock we've set aside to fulfill both her needs, and our promise that for every new set we provide to our regular customers, we'll set aside a pair for folks just like Misty, who have such a great need, but would otherwise simply fall through the cracks.

It is just another example of being "Customer Centered and Results Oriented"™

At Mission Hearing, we too are a part of our community. It is our community, and those incredible folks who come to us for help with their hearing needs

who make this possible. We simply responded when the call came in, with the help we've promised.

But, this help was only possible because we serve the very best customers in the known universe. Folks just like you, who know that taking care of their community is as simple as taking care of themselves when they come to us. People who realize that they to are a part of, rather than apart from the greater world around them, and who are willing to reach out, and help those who can't for whatever reason help themselves.

At Mission Hearing, we don't advertise misleading prices, or products that aren't appropriate for most losses. You won't see multi-page bait and switch, or buy one get one free come ons. But you will see other folks like yourself, and like Misty, who've been served honestly with both great gear, and truly competitive prices that still allow us to set aside help for those who need it most.

Our Mission Hearing associates are all locally owned, and operated, and all dedicated to the same thing, fulfilling our customer's, and community's needs for better hearing. It is our mission, and what we put front and center of everything we do. So, if you, or a loved one needs help, give us a call, it is why we are here.

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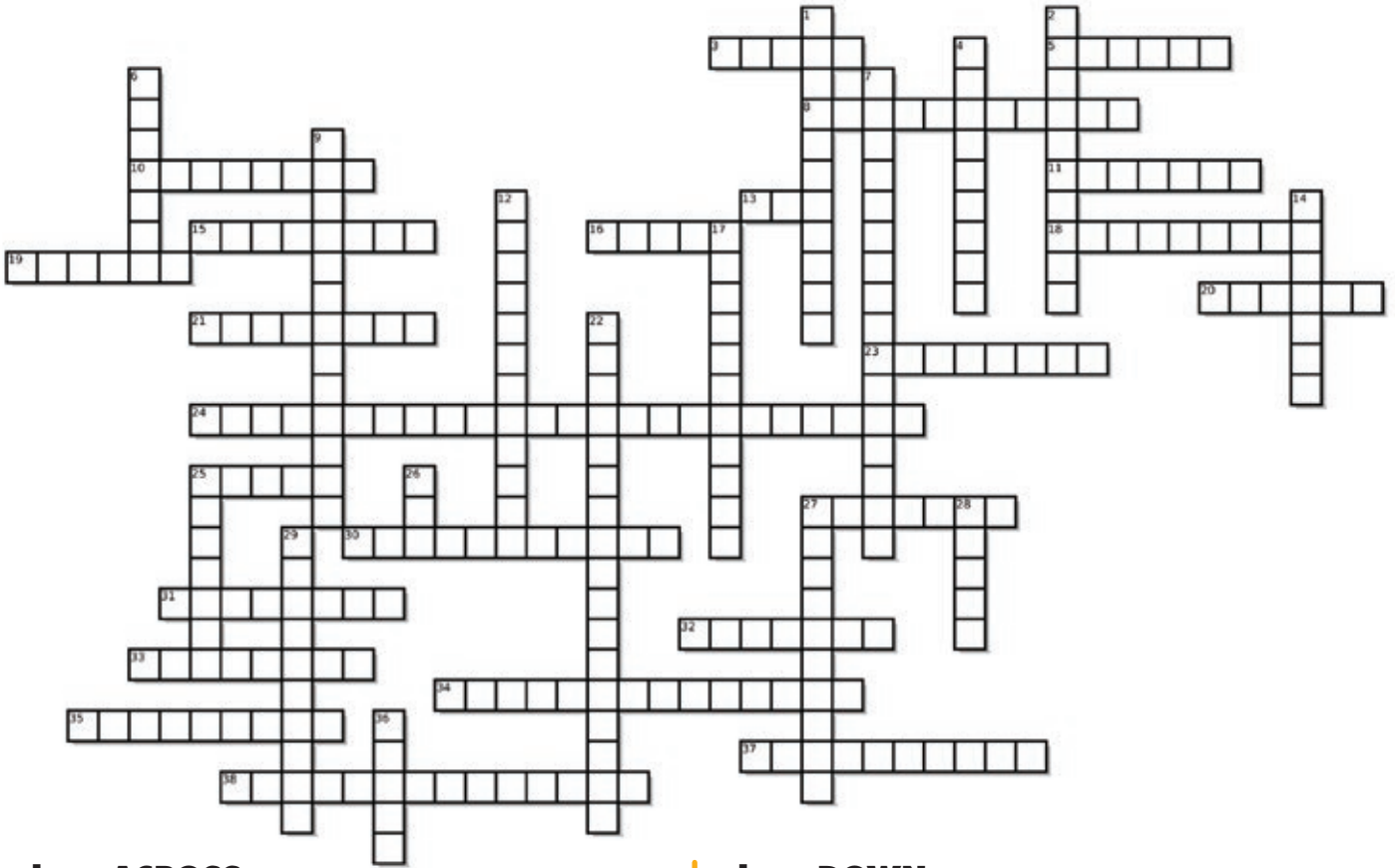


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Please see our advertisement on page 26.

Spotlight Crossword Puzzle



clues ACROSS

3. Cupid is the god of desire & Erotic love, thought to be the son of _____
5. The Italian city where Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet every Valentine's Day
8. Valentine's Day couple
10. This profession receives more than 650 million Valentine's Day cards, annually.
11. In 1868, he introduced the first box of Valentine's Day chocolates
13. The signature color of Valentine's Day
15. What flower does this message give "I Love You Secretly"
16. Most popular flower requested
18. What Greek philosopher said, "Love is composed of a single soul inhabiting two bodies"
19. Alleged mastermind of St. Valentine's Day massacre
20. Valentine's Day quantities
21. What color rose stands for "love at first sight?"
23. This popular greeting card

- company first introduced a Valentine's Day card in 1913.
24. Who's quote is this? How do I love thee? Let me count the ways (3 words)
25. Most famous Valentine Day figure
27. 15% of US women send _____ to themselves on Valentine's Day.
30. What Florist will deliver to your sweetheart that works 2nd or 3rd shift? (3 words)
31. This popular greeting card company first introduced a Valentine's Day card in 1913.
32. Valentine's Day gift, often given with Roses
33. Valentine's Day message (3 words)
34. What two things symbolize Valentine's Day?
35. Most popular weapon often associated with Valentine's Day (2 words)
37. Phone number for Buds & Bows (found in Spotlight ad)
38. There are more than 15,000 _____ of rose species and cultivated varieties worldwide (2 words)

clues DOWN

1. Who is sponsoring this crossword puzzle? (3 words)
2. This is the world's largest producer of cocoa, the main ingredient in chocolate.
4. Daughter of Zeus, Goddess of Love, and mother of Cupid
6. Famous Valentine's Day wedding: The _____ & Tennille.
7. What President bred roses at his home? (2 words)
9. Valentine's Day is the second most popular day for giving these. Second only to Christmas? (2 words)
12. These popular Valentine's Day candies were not available in hearts until 1902.
14. Gift given with flowers on Valentine's Day
17. What Arab state in western Asia has a ban on Valentine's Day (2 words)
22. This phrase is from Shakespeare's Hamlet, Act 5, Scene 1 (4 words)
25. The Saint Valentine's Day massacre took place in this US city
26. What color rose stands for "I love you?"

27. The date that Valentine's Day is every year (2 words)
28. Valentine's Day flowers, in Spain
29. This infamous president of the Teamsters, who went missing over 30 years ago, was born on Valentine's Day (2 words)
36. What item does Cupid shoot?



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New Home Sweet Home

After 25 years of serving the community from its original office location, Hospice of Health First has a new home. The Hospice team has moved to a different locale that boasts a variety of benefits, including: energy efficient, well-planned meeting rooms; an open floor plan; and comfortable family counseling spaces. Designed with a focus on community, Hospice of Health First can meet the needs of its staff, patients, survivors and community members. As experts in end-of-life care, the new space will serve as a one-stop shop for information about advanced directives, bereavement support and end-of-life care.



Hospice of Health First's Bright Star Program helps children and their families by offering facilitator-guided, peer-supported groups for children, teens and adults. Hospice of Health First believes that children who are grieving the loss of a significant person in their lives do not warrant a diagnosis but need a safe place where they are well supported. Bright Star offers:

Emotional support in a safe and comfortable environment that allows the children and families to grieve while promoting healing

Support for grieving children through arts, crafts, storytelling, discussion and play

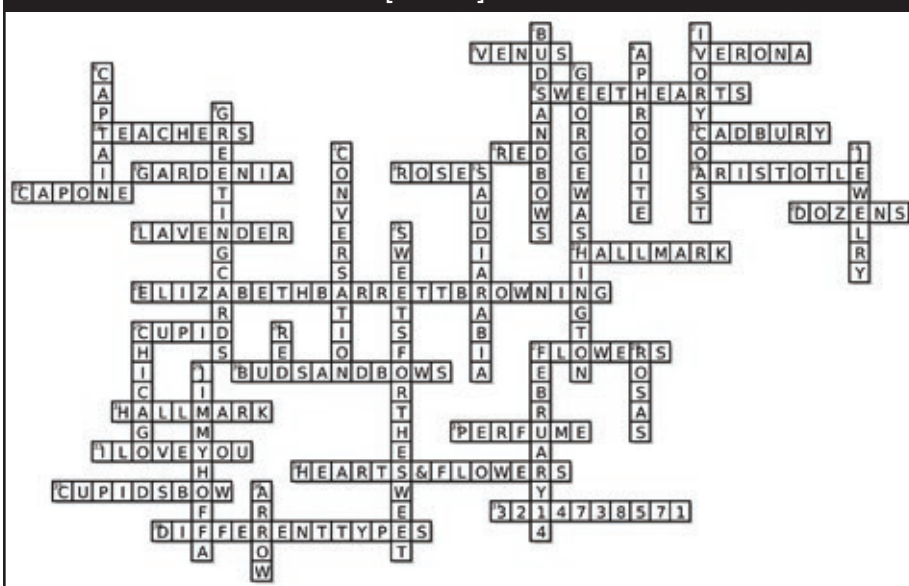
Programs that are open to the community – Bright Star does not charge a fee

Evening sessions during the school year for multiple age groups (including tweens and teens)

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Thanks to generous gifts to Hospice of Health First, the Health First Foundation was able to provide more than \$1 million dollars to help make this new facility a reality. Health First is grateful for the support of donors, whose generosity enables us to provide compassionate care and meaningful programs and services to more people in our community. Because of this generosity, thousands of patients have received care through Hospice of Health First, regardless of their ability to pay. To learn more about Hospice of Health First, visit HFgive.org

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Join us for free informational lectures across the county. Lectures will be on a variety of critical life-saving topics offered throughout the month of February.

For more information on lecture locations, dates and times, visit HFheart.org.

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