

COMPLIMENTARY
august 2017

spotlight

Keeping You in the Light

MAGAZINE

SpotlightBrevard.com



FALL ⁱⁿ LOVE

*Brevard's Largest
Bridal Show*

COMING SEPTEMBER 17TH

pg13

A
Sophisticated
Bridal Showcase

pg3» Spotlight BUSINESS OF THE MONTH IS





**Full Service Auto Repair
Foreign, Domestic
Cars & Trucks including Diesels**



**The
ONE STOP
CAR SHOP
For ALL
Your
Maintenance
Needs!**



2 Year / 24,000 Mile Nation Wide Warranty

**FREE
TIRE ROTATION
WITH OIL CHANGE**

Can Not be Combined with Other Coupons
expires 8-31-17

**\$25 OFF
WITH ANY REPAIRS
OVER \$250**

Can Not be Combined with Other Coupons
expires 8-31-17



**39 NW Irwin Ave
West Melbourne 32904**

321-726-0636

(off 192... 1 block west of Dairy Rd.
behind Wall Street Pub)

MV44524

42 YEARS FACTORY TRAINED



CHEVROLET



Cadillac

GMC



BUICK



HOME OF THE 3 YEAR / 36000 MILE WARRANTY

www.RichsAutoTech.com

**Monday - Friday
7am - 6pm**

Family Owned & Operated



**HAVE AN UH-OH?
BETTER GET MAACO!®**

Maaco
COLLISION REPAIR & AUTO PAINTING

AMERICA'S BODYSHOP®

BUMPER REFINISHING

ONLY \$14995

With this ad.
Expires 8-31-17

Limitd Time Offer. Paint Only. Some additional prep maybe needed. One color only. Must present at time of estimate. Tri-Stage Pearl Additional. Offer expires July 31, 2017

**Headlight
Recondition
\$7995**
Call for details

All insurance repairs accepted



MELBOURNE • 321.951.4081
Free estimates 78 S Irwin Ave West Melbourne, FL 32904

Trucks, Vans, SUVs and commercial vehicles by estimate. Body work, rust repair and stripping of old paint extra. not valid with any other offer. Maaco Collision Repair & Auto Painting centers are independent franchises of MAACO Franchising, Inc. Prices, hours & services may vary. © 2017 MAACO Franchising, Inc. MV#4976



Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Greetings everyone and welcome to another uplifting, entertaining, and educational issue of Spotlight Magazine! As you know, we are your local community publication, in print and all over the web. And I cannot say this enough...each and every month we are so glad to have you with us!

August is always a hot one in Florida, so be sure to take care of yourself, especially if you spend time outside, or even running errands, in and out of the car and stores. Proper hydration is very important. So many people, senior citizens in particular, don't drink enough water, and dehydration can lead to some serious problems. A few days ago, I had a terrible headache, and finally realized it was because I had not been drinking enough H2O! So carry that water bottle with you, and drink up!

The other day, just for kicks, I Googled August and discovered that this month has many special designations. It really made me wonder, who gets to decide what makes any particular month or day the one where you celebrate the color blue, or bicycle riding day, or ice-cream eating month? Can I declare a "National Spotlight Magazine Day"? Maybe we could have a party and invite you, our readership, along with our supporting advertisers! Just a thought...

So just in case you are interested, or are looking for something to celebrate, I present to you, the month of August:

- National Crayon Collection Month
- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- National Peach Month
- National Water Quality Month
- Romance Awareness Month
- National Coffee Month
- National Goat Cheese Month
- ...and maybe even National Spotlight Magazine Month!

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine, Inc.*

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION
August 2017 | Volume 20 | Issue 08

Call for Affordable Advertising Rates.

TEL 321-961-3636 | FAX 321-725-2093
DEADLINE IS THE 20th OF EACH MONTH
advertisingSpotlight@yahoo.com
P.O. Box 1197 Melbourne, FL 32902
spotlightbrevard.com

Publisher / Editor
Bryan McDonough

Art Director
Rena K. Seibert
renadesigns.com

Ad Design
Richard Lewis

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

Cartoon Corner
Jake Estrada

Marketing Director
Bryan McDonough

PROUD MEMBER OF
Melbourne/Palm Bay Area Chamber of Commerce
Beachside Referral Network
In His Name Networking Group



Copyright ©2002 by Spotlight Magazine, Inc.

Spotlight does not knowingly accept fraudulent or misleading advertising. Liability for the contents of all advertising and for any claims that may arise therefrom is the sole responsibility of the entity placing the advertisement. Publication of an advertisement does not constitute endorsement by *Spotlight*, nor is publication of a specific advertisement ever promised. All advertisers are responsible for proofing their own ad and giving consent to print. The publisher has the right to refuse advertising. **Please Note:** The State of Florida requires that all contractors be registered or certified. All Real Estate advertising in *Spotlight* is subject to the Federal Fair Housing Laws. *Spotlight* will not knowingly accept any advertising for real estate which is in violation of these laws.

ALL ADS AND ARTICLES IN THIS PUBLICATION ARE COPYRIGHTED. NO PART OF THIS PUBLICATION MAY BE REPRODUCED OR USED IN ANY FORM WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER.

inside the Spotlight

august 2017



pg 22



pg 25



pg 44

FEATURES

- Top Tips for Trip Planning **9**
- Killing Germs, Fighting Infections, Boost Immunity **11**
- The Benefits of Quitting Smoking **12**
- Six Things to Share with Your Doctor **14**
- Do Your Head Lights Have a Cloudy Appearance? **18**
- The Great Awakening of 2016 **19**
- Literacy is a Bridge from Misery to Hope **22**
- Fast-growing Vegetables for Impatient Gardener **25**
- A Book with a Mission **36**
- Knowledge is Power **37**

departments

- "THE FIRST STEPS" **7**
- SPOTLIGHT ON CHIROPRACTIC HEALTH **17**
- DEAR VAL, **21**
- SPOTLIGHT ON COOKING **23**
- SPOTLIGHT ON COMPUTING **27**
- "NINE COMMON REAL ESTATE MYTHS" **35**
- "PRAYER CHANGES THINGS" **39**
- "ONCE A YEAR SUMMER CLEARANCE SALE" **41**
- CROSSWORD PUZZLE **42**
- HEALTH FIRST CELEBRATES MILESTONE ANNIVERSARIES **44**



Freedom CAFE

Serving
Breakfast & Lunch

Specializing in homemade fresh baked cinnamon rolls, brownies and pies.

- Waffles & chicken
- Full breakfast platters
- Burgers & wraps
- Home made meatloaf
- Much more



Thank You Veterans

Melbourne Village Plaza | 1270 N Wickham Rd
TheFreedomCafe.com
321.259.0222 | Mon-Sun 7am-2pm



Digital Cinemas • Luxury For Less • Stadium Seating

\$4
Mornings

Your
HOMETOWN theater
in the beautiful
OAKS PLAZA

\$5
Tuesdays

1800 W. Hibiscus Blvd.
Melbourne, FL 32901

Oaks10.com (321) 953-3200

JOSEPH STEVENS & SON ^{JMJ} PAINTING *and so much more!* Liability - Bonded - Compilation



Exterior

- Pressure Cleaning
- Crack & Concrete Repair
- Kill Mildew
- Waterproofing & Sealer
- Caulking - All Prep Work
- 100% Acrylic Paint

Interior

- All Drywall Work
- Small & Big Repair Sheet Replacement
- Popcorn Removal
- Knockdown & Other Textures
- All Work Clean & Neat
- Handyman Work & More
- Interior Mildew Experts

As Always, ...All Work, Manufacturing & Company Guaranteed.

FREE Estimates 984-8091

All Guaranteed Work Since 1972

Licensed & Insured



THE FIRST STEP

by Jim Campbell, Pastor, Bay West Church of Palm Bay

Conflict in your life is a given. I

can't think of anyone that I know that hasn't conflict in their relationships at some point and time. Whether it's a disagreement with a significant other or a co-worker or a friend or a sibling, it's not fun to deal with, but it's a part of life.

What makes it even more difficult is the fact that, a lot of the time, conflict is amplified by a lack of communication. If I have perceived conflict, so often I find myself almost writing a narrative in my head, as I dwell on it over time. In the absence of information, our minds will supply it and all too often, the narrative is far more "worst case" than "benefit of the doubt". When that person cuts me off on Minton, I'm more apt to believe that they are inconsiderate and arrogant, as they speed away laughing at me, rather than to consider that they are dealing with a hard situation or had a fight with their spouse, and simply distracted by life.

God inspired Matthew to write in chapter 18 verse 15, that if your brother or sister does something wrong (some translations add "against you"), to go to them immediately, in private, just the two of you and tell them about it. The prize is that you've won back your brother or sister.

Most often, failing to take the first step produce a relationship that is broken needlessly or more broken than necessary. The sad part is that this first step is where most



conflict resolution can happen, but it's also where most of conflict resolution goes wrong.

We go with a heart of anger or revenge. We brood about it or gossip to a friend about how we can't believe that they would do something like that. We see our friend or coworker as an enemy or villain that doesn't value us, rather than at worst, someone who is trapped by sin into thinking that the behavior is good for them or at best, just someone who wasn't thinking, like all of us do at one time or another.

When you run into conflict this week, don't miss the first step. Just remember, if you don't take the first step to conflict resolution, you likely never get there.

Jim Campbell (@jwcamp on Twitter) is the Lead Pastor of Bay West Church, which meets at 100 Emerson Drive in Palm Bay on Sundays at 11am. For more info on Bay West Church, Like us on [facebook.com/baywestchurch](https://www.facebook.com/baywestchurch), or see baywestchurch.com.

Ruby Says,

Why Would You Throw Away \$12,000, \$18,000, \$24,000 or more of Your Money?



Free Buyer Screening

For Sale By Owner

Free Signs

Free Webpage

www.PEOPLESAVEMORE.NET

Call: 321-243-4892

FSBO Connection Program is Operated By:
GOLDEN REALTY GROUP OF BREVARD, LLC (321) 243-4892



- No Commissions
- Buyer Screening/Validation
- Full Team Support
- More visibility with signage & social media



- ◆ **Selling a \$50,000 to \$1,000,000 House? We can Help! *Any Price & Location!**
- ◆ Since 1992, We've Helped Thousands of People Save Millions in Commissions Without Sacrificing Safety!
- ◆ **We Support Local Animal Shelters & Rescues**

Commission savings are based on average 6% commissions on a \$200,000 to \$400,000 house selling price. Savings may vary. Our FSBO Connection Program offers many solutions and flexible options to help and assist saving you more. Call for complete details and start your SAVINGS TODAY* *Subject to Terms & Conditions.



Call (321) 243-4892
www.PeopleSaveMore.net



Top Tips for Trip Planning

Save time and money with these travel tips from Cruise Planners travel advisors. Whether you're looking to fly across the globe, sail to exotic destinations or road trip close to home, Cruise Planners – Glenwood & Melody Robinson are here to help you plan the perfect vacation.

Use a Travel Professional

Why spend four weeks planning your one-week vacation? A travel advisor saves you time and helps you plan the perfect vacation. Travel advisors have access to the best deals, value-added amenities and incentive programs to make your vacation even more enjoyable. Best of all, you may not even have to pay Cruise Planners for their services.

Book Early

Don't wait for last-minute deals. Cruise lines, hotels and resorts often reward those who book ahead with discounted rates and add-ons. When cruising, planning in advance means you'll have more options to choose from when selecting layout and location or looking for connecting rooms. If rates go down after you've booked, your travel advisor is often able to adjust your price so booking early means getting the vacation you want at a great price.

Book a Bundle

You don't have to search a million sites to find the best price for everything. Your travel advisor can save you money by booking airfare, accommodations, transportation and tours as a package.

Travel During the Off Season

Save money by traveling to a destination during the off season or "shoulder" season

– right before or after peak season. With fewer travelers visiting a destination during the off season, you'll have faster access to typically busy tourist attractions and accommodation rates are usually lower, giving you more bang for your buck. Check with your travel advisor to see if changing your dates by a few weeks can help you save money.

Travel Local

Look for travel opportunities in your own backyard. Consider a road trip or "staycation" or sail on a cruise from a homeport near you. In addition to the popular cruise ports in Miami, Ft. Lauderdale, New York City and Seattle, cruises leave from ports all over the country such as Los Angeles, Baltimore, Galveston, Tampa, and Charleston.

Go as a Group

Whether you're planning family reunion, friends' getaway, a special interest group or a wedding, you may be eligible for a free cabin when traveling in a group of eight or more staterooms. Plus, groups can often get perks such as free meeting rooms, cocktail parties, special amenities and shipboard credit.



Melody & Glenwood Robinson



Visit Hawaii

See four Islands with two overnight stays in seven days

CAPTURE THE SPIRIT AND SOUL OF HAWAII

as you visit

Oahu, Kauai, Maui and the Big Island on Norwegian's Pride of America Year-round through 2018

Pounding the surf, exploring the beautiful Kualoa Mountain Ridge, learning a hula dance or experiencing authentic Luau, a Hawaiian vacation will be where you discover what paradise means to you.

- Free Pre-Cruise Hotel with Optional Roundtrip Air
- Free Specialty Dining
- Free Pre-Paid Service Charges
- Shore Excursion Credit
- Friends & Family Sail Free

Studio to Balcony Staterooms, choose any one. Can't decide, book a suite and RECEIVE ALL FIVE...CALL FOR DETAILS!

Visit YourGroupTravels.com under "GROUPS" for more information or call Glenwood & Melody.

CRUISE PLANNERS

321-312-6793 or 844-40-GROUP
YourGroupTravels.com

Honeymoons • Family Reunions
Club Getaways • Friends & Family on Vacation

Cruise Planners puts VALUE in your group travel!

M-F 9am-6pm, Sat 9am-2pm

Hair & Us



NEW LOCATION
 Shady Oaks Plaza
 in Palm Bay

Curly Perms
 Only **\$35**
 Includes Shampoo & Cut
 expires 8-31-17

WANTED
Hair Dresser
 Chair Space Available

321-369-9902
 Shady Oaks Plaza
 6050 Babcock St SE
 Unit #7 • Palm Bay



SIGN-UP ONCE
 AND RECEIVE FLOWERS ALL YEAR LONG!

NEW LOCATION
 1365-A Cypress Ave. Melbourne, 32935
 (North West corner of US 1 & Eau Gallie Blvd., across from Starbucks)
 •Monday-Friday 10am-7pm •Saturday 10am-2pm

24 HOUR DELIVERY
 3 WAYS TO ORDER FLOWERS
 Call us at 321-473-8571
 Online at budsandbowsfloraldesign.com
 or at our NEW LOCATION

B&B
 BudsandBowsFloralDesign.com

Summer Save-a-thon!

Don't ever pay too much for hearing aids again!

Experience our expertise in Tinnitus counseling and treatment

Space is limited!
Call for your FREE Hearing Evaluation and 30-Day Risk-Free Trial!

Service All Major Manufacturers **WIDEX** ReSound **PHONAK** oticon **SIEMENS**

Don't Pay Too Much for Hearing Aids Again!
FREE In-Office Repairs



FREE HEARING AIDS for Qualifying Federal Workers, Blue Cross/Blue Shield, and Empire Insurance!

Call **TODAY** so you can hear **CLEARER NOW!** Expires 8/31/17



INTEGRITY Medical Hearing
 Come in for your:
FREE Hearing Evaluation
FREE Earway Exam
FREE 30-Day Trial
 Robert Lawless H.A.S.,
 Michael Lawless H.A.S.,
 Colton Lawless P.E.T.

Select Widex Unique Technologies
was \$1495
NOW \$495
***40 DB Loss ONLY
 ***Limit one per customer

\$1000 OFF
 all Widex Technologies
 and the all new
Siemens Silk
per set • limit one per customer

INTEGRITY Medical Hearing
 Servicing ALL Manufacture Brands for **FREE**

TWO LOCATIONS
 To Serve You!

306
 E. New Haven Ave
 Melbourne
 FL 32901
321-327-5922
 Next to Sublime Sweets
 Downtown Melbourne

1400
 Palm Bay Rd NE
 Palm Bay
 FL 32905
321-723-0033
 Formally
 Sound Hearing Center

Killing Germs. Fighting Infections. Boost Immunity.

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

Well it's that time of year.

Kids are back in school exposed to many other kids who may be sick and bringing the sickness home. Flu and the Holiday seasons are coming quickly which means being around many more people who may be sick. Fear not. The best thing you can do especially for your children (since they have the most exposure to germs) is strengthen your family's immune systems now by taking the following steps. These steps should include children, parents, and all at home care givers.

Let's kill the germs before they get us. Like Mom said: Wash Your Hands, before and after eating, after using the



restroom and after coughing, sneezing or touching surfaces that may have been touched by sick people stops the spread of infections.

BOOSTING IMMUNE SYSTEM STEPS

1. Eat Healthy: Eat more fruits and vegetables. Some Immune-boosting fruits include strawberries, papaya, kiwifruit, blueberries. Some Immune-boosting vegetables include mushrooms, sweet potatoes, carrots, spinach. All these increase infection-fighting white blood cells (or "natural killer cells"). There are more foods. Do your research.

2. Exercise: Get your family moving. Walk together. It's easy and beneficial. Exercise increases the white blood cells' ability to fight off infection.

3. Sleep/Stress: Lack of sleep and stress overload increases the hormone cortisol

which suppresses immune function thus causing more infections. Increase quiet sound sleep. Reduce stress, life is too short. Put it in God's Hands.

4. Take supplements: Besides a good all natural high quality multivitamin consider adding the following individual supplements that clinical studies prove to strengthen the immune system. Vitamin C, Vitamin D, Andrographis, Beta-Glutan, Garlic, Omega-3 Fatty Acids, Astragalus, Zinc, Selenium, Vitamin A, and Echinacea.

Plus add Probiotics if you have taken antibiotics. Our digestive tract makes up 70% of our immune system and after antibiotic use 80% of our gut flora is killed off by one round of antibiotics. Without probiotics afterward it takes an average of 18 mos for your body to replenish the healthy flora that was destroyed while compromising your immune system.

A-BEST AIR & HEAT

Service • Installation • Parts & Supplies for Do-It-Yourselfers

IS YOUR AC OVER WORKING?



RELAX & CHILL-OUT

WE REPAIR OR REPLACE AT AFFORDABLE PRICES

Family owned and operated in Brevard since 1984!

321-725-8758

www.a-best-air.com

New Location at 5020 Minton Rd, Palm Bay, FL 32907

SERVICE CALLS

ONLY 59.95

expires 8-31-17 Reg. 79.95

NOW OFFERING FINANCING*

24

Months Same As Cash

*WAC



ASK US ABOUT OUR HASSLE FREE MAINTENANCE PLANS & FINANCING!



STATE CERTIFIED -- Lic. #CAC 1818814

The Benefits to **Quitting Smoking**

Smoking has been linked to a number of negative side effects, including raising smokers' risk of cancer and cardiovascular disease. Quitting smoking can greatly reduce the likelihood of both of those outcomes, but the additional benefits of kicking tobacco to the curb may surprise smokers.

According to the American Lung Association, smokers' heart rates drop to normal levels within 20 minutes of quitting smoking. While not all side effects of quitting smoking are so immediate, many are just as impactful.

The health benefits of quitting smoking are seemingly endless. The Office of the U.S. Surgeon General says quitting smoking is the single most important step smokers can take to improve the length and quality of their lives. The health benefits of quitting smoking are too numerous to list them all, but the following are some of the ways that quitting can improve smokers' overall health.

- **Quitting benefits blood pressure.** Smokers' blood pressure levels can return to normal levels within two hours of quitting. Smokers may also notice their fingers and toes starting to feel warm shortly after they quit. That sensation occurs because quitting smoking also improves circulation.
- **Quitting decreases levels of carbon monoxide in the body.** When smoked, lit cigarettes release carbon monoxide, which compromises smokers' ability to absorb oxygen into the bloodstream. That makes it difficult for red blood cells to carry oxygen. Body tissue that does not receive an adequate supply of oxygen can cease to function. But according

to the American Heart Association, after 12 hours of smoke-free living, the carbon monoxide levels in smokers' blood return to normal.



- **Quitting reduces risk of stroke.** Stroke is another of the myriad of cardiovascular diseases that has a connection to smoking. According to the U.S. Centers for Disease Control and Prevention, stroke occurs when the blood supply to the brain is blocked or when blood vessels in the brain burst and cause brain tissue to die. Smoking increases the buildup of plaque in blood vessels, which can block blood from getting to the brain. Smoking also causes blood vessels to thicken and narrow, again compromising the body's ability to get blood to the brain. Within five to 15 years of quitting smoking, smokers' risk of having a stroke is the same as that of nonsmokers.
- **Quitting can make it easier to exercise.** Many smokers experience shortness of breath, which can make it difficult to commit to the kind of exercise that promotes short- and long-term health. Smoking damages the cilia, which are tiny structures that push mucus out of the lungs. Cilia damaged by smoking begin to repair within one month of quitting smoking, resulting in fewer coughing fits and instances of shortness of breath.

Smokers interested in quitting can visit www.smokefree.gov for more information and support.



VOTED BEST CHEESE STEAK IN BREVARD!

by Florida Today & Channel 13 Food Critics

Cheese Steaks - Hoagies - Pierogies - Wings - Tacos
Burgers & Dogs - Salads - Seafood - Platters - Munchies

HOURS: Sunday 12pm - 8pm | Mon to Wed 11am - 10pm
Thurs to Friday 11am - 12am | Saturday 12pm - 12am



Are you ready for some FOOTBALL?

SUNDAYS

TAILGATE PARTY 11:30 - 12:30
\$ 2 BURGERS & \$1 HOT DOGS
GAME TIME SPECIALS
BEER PITCHER & 10 WINGS - \$17.95
FLATBREAD PIZZA - \$5.00



\$1 OFF CHEESE STEAK

WITH THIS AD - Exp. 11/01/17

AUGUST

THURSDAYS
KARAOKE
FRIDAYS
OPEN MIC

MONDAYS
COMEDY SHOW

SATURDAY LIVE MUSIC
8/5 DENISE TURNER
8/12 ST JOHNS WOOD
8/26 U5 BAND

321-757-8550

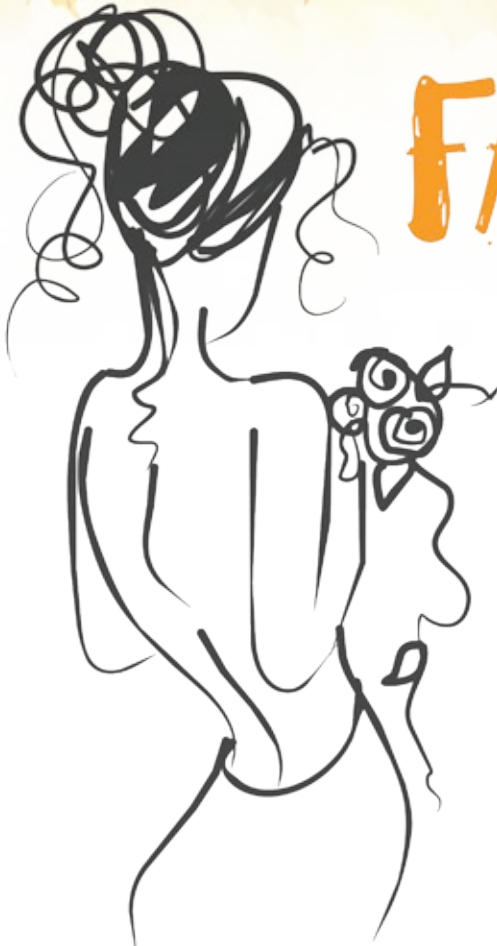
395 Cypress Ave,
Melbourne FL
32935



The Membership
Trading Community

952.898.5156
www.itex.com

Brevard's Largest Bridal Shows Since 2002!



FALL *in* LOVE

presented by *Sophisticated Gents*
ENTERTAINMENT & EVENT DESIGN

SUNDAY, SEPTEMBER 17, 2017
1 PM TO 5 PM
MELBOURNE AUDITORIUM

Meet Central Florida's most sought-after wedding vendors as you stroll among awe-inspiring wedding displays, featuring lush floral designs, elegant wedding venues, bridal accessories, & every resource imaginable to transform your wedding day into the celebration of a lifetime. Sample decadent hors d'oeuvres and sumptuous cakes. Enjoy unique live entertainment presented by *Sophisticated Gents Entertainment/DJs* and relax in comfort as you preview the hottest bridal gowns as they sweep down the runway, presented by *Aurora Bridal Boutique*.

The Grand Prize is a 4 day/3 night Honeymoon Stay for 2, courtesy of *All About Travel*.

A *Sophisticated*
Bridal Showcase

Tickets

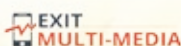
\$8 in advance (online) \$10 at the door - \$25 VIP

PURCHASE TICKETS AND PRE-REGISTER ONLINE AT BREVARDBRIDALSHOW.COM

Meet our Sponsors



All About Travel



SIX THINGS TO Share with Your Doctor

It is important to be honest with a doctor about certain health habits, but sometimes it isn't so easy to be forthcoming. Fear of being judged or discussing embarrassing situations may prevent some patients from telling medical professionals the whole story.

However, the things people do not share could end up compromising their treatment or prevent doctors from discovering certain ailments.



Rather than omitting information, people need to be frank with their doctors. Honesty is important when speaking with a physician, even when the discussion turns to the following potentially sensitive topics.

1. Smoking: Even if you aren't a daily smoker, mention if you smoke in social situations or grab a drag once in a while. Smoking increases the risk for many illnesses and can compromise how effective some medications can be.

2. Alcohol consumption: Be honest about how much you drink, as alcohol can interfere with medications.

3. Supplement usage: Over-the-counter medicines, herbs and other supplements can affect overall health. A doctor needs to know the entire picture before prescribing treatment.

4. Exercise habits: Don't claim to be a gym rat if you're more of a couch potato. An accurate idea of their patients' fitness levels and habits is a key diagnostic tool for physicians.

5. Unusual issues: Be forthright with any issues, even those that occur in embarrassing areas of the body. Remember, if you're uncomfortable with your doctor, you can always get a referral for a specialist who treats those areas of the body daily.

6. Drug use: Prescriptions are written in dosages for the intended recipient. Taking drugs that are not prescribed to you, whether it's a loved one's prescription or an illicit drug, affects your body. If you have a medical issue, consult with your doctor so you can get your own legal prescription or begin working toward addressing your addiction.

Indian River ANTIQUE MALL

FIND EVERYTHING YOU LOVE AND MORE AT PRICES YOU CAN AFFORD!

Vintage
Estate Finds
Collectibles
Shabby Chic
Rustic
Primitive
Retro

20,000 SF A/C • Over 110 Dealers
Over 165 Booths

Summer Special
Dealer Booth Rental

LISA AND HENRY

321-586-5530

OPEN 7 DAYS:
Mon-Sat 10am-5:30pm • Sun 12-5:30pm

1433 S. BABCOCK STREET | MELBOURNE, FL 32901

IndianRiverAntiqueMall.com

METAL ROOF

SAME PRICE AS SHINGLES

Hippo Roofing LLC

321.951.2500

www.HippoRoof.com

1555 N. Harbor City Blvd. • Melbourne

CC1329204

DEALS ON WHEELS

Tires or Rims

Ride on ALL 4 Pay for 1 a Month!

NO CREDIT CHECKS

90 DAYS SAME AS CASH

ABSOLUTELY NO INTEREST

COMPETITIVE PRICING

NEW & USED TIRES

321-327-7988

www.dealsonwheelsmalabar.com

1050 US Hwy 1 Ste #4, Malabar - 1/4 mile North of Malabar Rd.

089SM



BRING IN THIS COUPON FOR AN EXTRA \$10 BONUS!

Biotest

New donors only. Not valid in conjunction with any other referral fees or bonuses.

We guarantee the best donor fees in our marketing area!

Biotest

From Nature for Life

SUPERHEROES WANTED



Earn as much as \$350 this month & \$100 this week!

Donate life saving plasma. You have the power to save lives!

Schedule an appointment at biotestplasma.com

Open 7 days a week! Biotest Plasma Center • 3110 Lake Washington Road, Melbourne, Florida 32934

(321) 255-7466



BiotestPlasmaCenterMelbourne



@BPCMelbourne

CUSTOM T-SHIRTS

TROPICAL DESIGN
Matthew 6:33

LARGEST PRODUCER IN BREVARD
PRODUCING UP TO 10,000 SHIRTS A DAY

BEST EQUIPMENT IN BREVARD

GREAT FOR YOUR CHURCH,
SCHOOL, CLUB, BUSINESS OR RETAIL

IN HOUSE ART DEPT.

JOIN US ON
facebook

321-255-9030

397 PINEDA COURT MELBOURNE, FL 32940

WWW.TROPICALDESIGN-TSHIRTS.COM

Mike's Handyman

24 Hour Service

321.914.6013

Seniors
Discounts



Licensed, Bonded & Insured



FULL SERVICE SHOP

- Quilting Classes
- Patterns • Books • Kits
- Over 16,000 Bolts of Fabric

Open Monday through Saturday 10:00 - 5:00

321-632-3344 • 575 Barton Blvd. • Rockledge, FL 32955

Visit Our Sister Store

Fabric...Fabric...Fabric

Every Fabric-Every Day

**\$8 A YARD
AND UNDER**

www.fabricx3.com

321-338-2934

1235 Florida Ave Rockledge FL 32955

Online: www.thequiltplace.com



BACKPACK MISUSE LEADS TO CHRONIC BACK PAIN

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

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

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



What Can You Do?

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

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

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

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

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



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

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

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

Chiropractic Care Can Help...

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

Carlisle Chiropractic Center
Dr. Deanna Carlisle

HEALTH CERTIFICATE
Complimentary
Chiropractic Examination
A \$75 Value! New Clients Only.

Monday, Wednesday & Friday
8:30am-12pm & 2pm-6pm

Tuesday: 2pm-6pm | Saturdays: by Appointment

321-255-0010
152 N. Harbor City Blvd, Suite 100
Melbourne, Florida 32935

The patient and any other person responsible for payment has the right to refuse pay, cancel payment or be reimbursed for payment for any other services. Examination or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free discounted fee, or reduced fee service examination or treatment, x-rays taken in this office only. Due to federal law some Medicare or Medicaid recipients may not be eligible for this.

Do Your Headlights Have a Cloudy, Hazy or Yellowed Appearance?

We have the answer! EZ Brite Lights, Inc. is Brevard County's #1 company for headlight restoration. We use a new innovative system for refinishing weathered and scratched plastic headlight lenses. The EZ Brite Lights system will restore your headlights to "like new" condition and save you hundreds of dollars on replacement of your current headlight lenses.

Safety is the real issue here. According to the AAA Foundation for Traffic Safety, cloudy or severely oxidized headlights can be found on nearly seven out of every ten vehicles over three years old on the



road today. Poor driving visibility is the leading cause of night time traffic accidents. Clear headlights show objects one hundred and fifty feet ahead. Oxidized headlights can decrease light projection by up to seventy five percent or just less

than forty feet of visibility, exposing the driver to a much higher risk of being involved in an accident. Don't expose yourself or your family to this risk. Call EZ Brite Lights today and resolve this issue. We will make your headlights look new again.

than forty feet of visibility, exposing the driver to a much higher risk of being involved in an accident. Don't expose yourself or your family to this risk. Call EZ Brite Lights today and resolve this issue. We will make your headlights look new again.

All work comes with a two year warranty AND your satisfaction is guaranteed. If you do not like the results,



EZBRITE LIGHTS




BEFORE AFTER

Your headlights have a hazy, yellow appearance!

I have the solution...

An amazing system for refinishing weathered & scratched plastic headlight lenses.

I can make your headlights look like new again. It would increase night-time driving vision by 40-70% and save you hundreds of dollars on replacements.

PLUS

I come to you! No drop off or pick-up hassle!
TWO YEAR warranty! • Satisfaction Guaranteed!



Call today: 321-298-2245
www.EZBriteLights.com

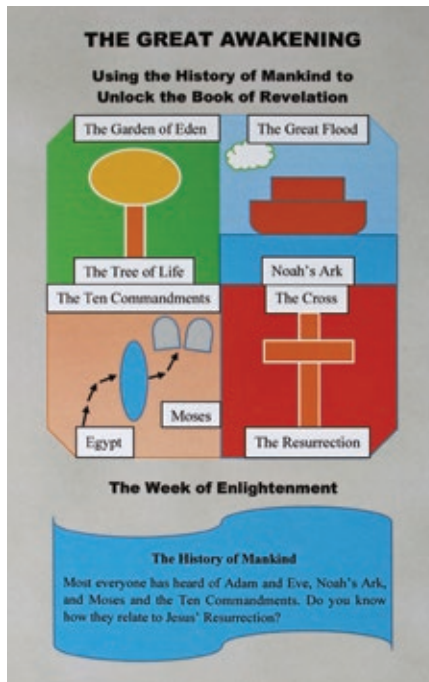
The **Great Awakening** of 2016

by Craig Putnam

For a long time, I felt the desire to learn more about the Book of Revelation. Researching and studying many interpretations, I always felt there was something missing. One night just before bed I heard a strong voice from my conscience say, "Adam, Noah, Moses and Jesus. Compare them to the first four churches."

This led me to realize the 1st church overcomers received access to the Tree of Life, which is something Adam lost about 6,000 years ago. The 2nd church overcomers would not be hurt of the second death. Anyone outside the protection of Noah's Ark as the flood came were sentenced to God's Final Judgement. The 3rd church overcomers received the hidden manna. At the time of Moses, the Israelites were fed manna from heaven for 40 years. The 4th church overcomers received power over the nations. All power was given to the Son of God. Born again believers of the life, death and resurrection of Jesus Christ are rewarded an everlasting life.

I decided to see if these four great stories from our past could apply to the seals and vials, and they did. There are many more revelations in our book,



The Great Awakening, Age of Enlightenment. Using stories from our childhood to gain a better understanding of Bible prophecies. The first four churches, seals and vials appear to show us a timeline, which could be used to tell us about our future. This timeline can also be used to explain the seven headed beast and dragon. The two witnesses and the 144,000 are also discussed. Do not miss out on this revelation from God.

When two or more people come together in the name of the Lord, Jesus said He is there. With signs like the four blood moons of 2014 and 2015, the 2016 Jubilee, and the 6,000 year birthday of mankind, I believe God is starting to do something wonderful. **For more information please check us out on our website: greatawakening2016.com.** We also started a Facebook page The Great Awakening, where we hope to share, learn and come together for the greater good of God. I believe this is how the reign of Christ is going to begin. Thank you for your time and understanding. My desire is that

God opens our hearts, our souls and our minds to His new revelations.



SIMPLY BRIGHT LLC. CLEANING SERVICE

AFFORDABLE HOUSE CLEANING

Average 1800 sq. ft. home Monthly \$110 Bi-Weekly \$75	Also Specializing in MOVING IN / OUT CLEANINGS	Please Call for a FREE ESTIMATE
---	--	---

YOU DESERVE A BREAK !
LET US GET THOSE HARD TO REACH AREAS !

321-337-5098

Licensed & Insured



Paying Too Much for Your Meds?



Call for
**FREE Quotes on
your prescriptions.**

**WE SAVE YOU MONEY!
Up to 75% OFF**

• **Offering Home
Delivery Service** •

"Little" Joe Ponds

sales@canadianmeds-melbourne.com

321-574-6976



**CanadianMeds
of Melbourne**

Still Paying Full Price For Your Medications?...Or In The Donut Hole?

1103 W. Hibiscus Blvd., Suite 311, Melbourne 32901

www.veteranownedbusiness.com/business/13933/
canadian-meds-of-melbourne



HOLISTIC HEALTH CENTER

A Ministry of CFCC

NATURAL WAYS

To Fight Cancer and Disease

ARE YOU TOXIC?

Hair Mineral Analysis Testing

www.holistichealthcenter.us

Holistic Dr. Kevin Kilday, PhD

321-549-0711 or Web

Appointments at 4 Brevard Locations



The
SHACK

SEAFOOD
RESTAURANT

**10%
OFF**

Cannot be combined
with other specials.
Expires 8-31-17

Open for Lunch & Dinner • 676-9995

Seafood & Beef Restaurant

4845 US1 NE, Palm Bay (1 mile North of Malabar Rd.)

theshackpb.com



Like Us On
facebook

NEW SHOW ROOM

Visit Our NEW Little
Show Room for **BIG SAVINGS!**

Skyden

Contractors



**10%
OFF**

**ANY
KITCHEN
OR
BATH
REMODEL**

Expires 8/31/17

Residential & Commercial
Specializing in Bath & Kitchen Remodeling.

*Other services include; New Construction / Additions,
Screen & Florida Rooms, Windows & Doors, Soffit
& Siding, Interior / Exterior Painting, Flooring, etc ...*

We are a family owned & operated company with over 20 years experience.

GotSkyden.com • Located at 5020 Minton Rd, Palm Bay

Licensed Bonded & Insured

321-684-0251



facebook®

CBC#1259579



DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"Tony is playing a dangerous game with God..."

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



Dear Val,
I work with a guy that claims to be a Christian. He goes to mass on Sundays but routinely parties all week long. At least once a week, Tony comes to work high. He even brags about rollin' on Ecstasy while participating in group sex. When I asked him how he justifies his lifestyle as a "Christian" he said, "It's easier to ask for forgiveness than to ask for permission". Is this guy even saved? I told him about your column and he dared me to write you.
-Lisa of Palm Bay

is always restoration and salvation. I assume he will be given the opportunity to read this—with your prompting of course.

Dear Val,
I know this is going to sound bizarre, but my kid sister believes God is blessing her through scratch off tickets and the lottery. She believes that God rewards her with winning tickets, but if she loses, it's because she's done something bad. She can't pay her bills on time, but she always has money for scratch offs. I don't know that much about the Bible, but I know this is wrong. Is there anything in scripture I can use to set her straight? She's coming to Florida for a visit in March so I'd like to be prepared.
-Steve of Palm Bay

Dear Lisa,
Tony is playing a dangerous game with God and if he doesn't knock it off, he'll get burned—literally.

In Proverbs 14:9, it is written, "Fools mock at making amends for sin, but good will is found among the upright".

While it's possible that Tony has backslidden in his faith, in all probability, he was never saved in the first place—but only God knows the answer to that. When we repent of our sins to God, there's a great deal more than confession involved because true repentance means turning away from sin.

Ezekiel 18:30 says, "...Repent! Turn away from all your offenses; then sin will not be your downfall".

Unfortunately, the world is full of "professing Christians". How many times have we seen drug dealers or gang members wearing three inch crucifixes around their necks or tattooed on their bodies? They wear them like badges of honor or because they were baptized as infants. These people are clueless! Being a Christ follower isn't a birthright—it's a decision. It's about recognizing that you are a sinner, turning from your sin, and asking Jesus to save you. Once saved, you are born again—a new creation in Christ and there must be a change in the individual. I pray that Tony learns these simple truths before it's too late. God loves Tony and His will

Dear Steve,
Your sister has a gambling problem, and she's using God as a rabbit's foot. The Bible doesn't specifically mention the word "gambling;" however, it contains numerous principles that undeniably apply to it. First of all, we are warned to guard ourselves from the "love of money." 1 Timothy 6:10 and Hebrews 13:5. Also, throughout the book of Proverbs, we're instructed to be responsible and good stewards of money. Finally, the Bible warns us against "get rich quick" schemes. Proverbs 13:11, 23:5, 28:20 and Ecclesiastes 5:10. While it's true that God loves to bless His children, He would never encourage us to compromise these three principles.

(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.

“Literacy is a Bridge from Misery to Hope” – Kofi Annan

We are thrilled that we have a part to play in building this bridge of literacy for children in the sub-continent of India and Cameroon Africa.

India: Whilst visiting a tribal village in rural India a few months ago Win Our Nation’s International Directors Malcolm and Phyllis Blowes were moved to provide some basic education for children in a very remote village up near the border with Orissa. The families live in the most



the local authorities to get basic amenities to the village.

“So, the poor have hope, and injustice shuts her mouth”. Job 5:16

Cameroon Summer School: The children at WON Helping Hands Children’s Home are enjoying a summer of learning with

fun activities. We are blessed to have some young volunteers from the USA helping and sharing their skills with the kids. What a way to spend the summer! Every child that arrived at our orphanage over the past 10 years was illiterate and could only speak their village dialect. Now they are fluent in English. The older children have learnt French as well. Most of the children get the highest scores in school exams, because they value and understand the privilege of education and truly shine. We teach them practical arable agricultural and domestic skills as well to prepare them for their future adult lives.



primitive conditions and have no access to running water or electricity. They seek out a meager living by working in the fields as their forefathers before them.

The children work alongside the parents in the fields, but we are excited that the children now will spend some hours a week with a school teacher that we have hired.

As you can see by the photo they only have slates and chalk to work with, but they are eager students and quick learners. Our nearest WON Pastor has been instrumental in winning the trust of the parents to gain their permission to allow the children to participate in classes. He is also assisting them with

Our prayer is this generation of children in India and Cameroon that were born with every disadvantage possible, abject poverty, many orphaned, because of the AIDS epidemic, will grab every advantage that Win Our Nations and their partners can give them through our programs as we share the love of God and the truth of the Gospel of Jesus Christ. Help us to continue making a difference in the world. Become a monthly partner with Win Our Nations.



Directors Phyllis Blowes and Dr. Malcolm Blowes

Win Our Nations, Inc.
PO Box 236411
Cocoa FL 32923-6411
Tel: 321-684-1062
pblowes@winournations.com
www.winournations.com



MEAL FOR HOT DAYS SPOTLIGHT ON COOKING

by Cecelia Danas



This salad is a great meal for these hot days. It's also great to have for company. Serve with rolls, or garlic bread. Try it and let me know if you like it! Remember — Be Creative!

If you have any questions or would like to contact me, email me at Cece746@aol.com.

Greek Pasta Salad

- | | |
|--|--|
| 2 cups cooked curly pasta | 3 tbsp fresh lemon juice |
| 2 cups cubed cooked chicken (or get a cooked chicken at the supermarket) | 2 tsp salt |
| 1 pint tomatoes (make sure they are ripe) | 1/cup olive oil |
| 1 large cucumber cut in half lengthwise and sliced | 1 1/2 tsp dried oregano |
| 1 red onion chopped | 4 oz feta cheese |
| | 1/2 cup sliced Kalamata olives (or black olives) |

Combine cooked pasta, chicken, tomatoes, cucumbers and onions in a large bowl. Stir lemon juice and salt in a small bowl until salt dissolves. Add olive oil and oregano. Stir until it is all blended. Pour over pasta mixture toss and add feta cheese and olives and toss again. Refrigerate for at least 2 hrs before severing.



BAMBOO IS A BETTER CHOICE!



100% BAMBOO FIBER

- Silky Smooth Organic Sheets / Pillows
- Body-Heat Regulating
- Hypo-Allergenic
- Relieves Snoring, TMJ, Insomnia, Neck Pain, Asthma & Migraines



FULL, QN or KG BAMBOO SHEET SETS

for **\$29** or 2 for **\$50**
2 EXTRA PILLOW CASES
12 COLOR OPTIONS

Your Choice: QN or KG BAMBOO PILLOWS

\$20 only a piece

BAMBOO COMFORTER SETS

QN: **\$39⁹⁵**
KG: **\$49⁹⁵**
10 COLOR OPTIONS

TRAVEL BAMBOO NECK PILLOWS

\$20 only a piece



3388 W. New Haven Ave. Melbourne, FL 32904

321-956-6800 MON-SAT 10-7
SUN 11-5
Financing Available

www.sleepyheadsinc.com





Candy Graham's

ACCOUNTING & TAX SERVICES



Serving a Diversity of Corporations and Individuals for All Accounting and Tax Needs for Over 15 Years

Mrs. Candy Graham, EA, NTPI Fellow
Tax Accountant/Tax Auditor
Enrolled Agent, (EA)
National Tax Practice Institute, NTPI Fellow

EXTREMELY KNOWLEDGEABLE IN VARIOUS ASPECTS OF ACCOUNTING & TAXES:

- C-Corporations
- S-Corporations
- Partnerships
- LLCs
- Payroll
- Not-for-Profits-Organizations
- Sole Proprietorships
- Quarterly Financials
- Financial Tax Audits
- Trust & Estate Taxes
- Financial Managerial Accounting
- Fiduciary Accounting
- QuickBooks® Software Implementation



West Melbourne Office
7610 Emerald Drive
(Adjacent to Harris on Wickham Road, just North of Ellis)

727-3412
FAX (321) 727-3526

www.candygrahamaccountingtax.com



Prestigious NAEA - National Tax Practice Institute™ Fellows.

The crème de la crème of Representation Experts, and are "Highly Qualified" to Represent Our Clients.

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

Art for Water Lovers

DOWNTOWN MELBOURNE
(321) 917-5350

720 E New Haven Ave | www.waterscapes.gallery
art@waterscapes.gallery

Waterscapes
GALLERY



Featured Artist Bill Euans

Bill Euans 2017

UPGRADE YOUR ADVERTISING

\$55 Business Cards
2-sided Color Glossy
1,000



\$79 Car Magnets
Two 1-color



2X
HERBALIFE
International Direct
(555) 555-5555
your web/your email address
HERBALIFE
International Direct
(555) 555-5555
your web/your email address



321-723-9925

102 E New Have Ave, Melbourne, FL 32901

\$199 Door Hangers
2-sided Glossy
1,000



\$129 Rack Cards
2-sided Glossy
1,000



**MUST
PRESENT
COUPON**
Expires 8-31-17

Fast-growing Vegetables for the Impatient Gardener

Stepping outdoors and picking a freshly grown vegetable is a joy for many homeowners who like to garden.



Growing vegetables at home offers many benefits. In addition to providing a worthwhile hobby that can increase your physical activity, having control over your own produce can reduce exposure to a number of chemical pesticides and fertilizers. This translates into foods that are healthier for the body and the environment. Gardens also can help the average person save money on often costly produce, all the while reducing gardeners' carbon footprints.

Waiting to reap the rewards of a harvest can try the patience of those accustomed to satisfying their needs on a moment's notice. This is especially true for young gardeners who have grown up in a society that increasingly provides immediate gratification.

While tomatoes, peppers and watermelons require long growing seasons, many other fruits and vegetables grow much faster. This offers plenty of bounty in a short time for those who may have gotten a later start on their gardens or simply don't have the patience to wait on the more time-consuming growers.

Arugula: Some people call arugula "rocket" because of just how quickly it grows. The green has been growing in popularity as a salad starter or vegetable side dish. Simply cut the leaves when they are large enough and as needed for recipes. Other fast-growing greens include kale, chard mustard greens and watercress.

Radishes: Radishes are typically ready for harvest about one month after planting, making them among the fastest-growing vegetables around.

Snap Beans: Beans can be steamed, added to salads or eaten raw with dips. They're often a summer staple. Some of the fastest producers are ready to harvest in about 50 days.

Turnips: Both the roots and the leaves of turnips can be eaten, and this old-fashioned vegetable makes a great addition to soups and stews. Because the plants tend to be tolerant across many gardening zones, they're handy and easy-to-grow even as the weather cools.

Squash: Don't mistake the squash in the garden for cucumber. Both look similar but green squash, or zucchini, can be much more versatile. Zucchini can be grilled, baked, sautéed, stuffed, fried, and even turned into noodles.

Green Onions: To add fresh flavor to foods, green onions (scallions) grow much more quickly than it takes onion bulbs to mature.

SIZZLING SUMMER SALE

Offering the lowest prices, and highest trade allowances throughout the summer !



Coping daily with a severe hearing loss is not easy. Just ask anyone with one.

Call Us For Better than Normal Hearing in Noise
321-722-2894

Customer Centered,
Results Oriented Hearing Care[®]

"Hearing Aid Heretic Channel" Videos
Visit now on our website

- Old Hearing Aids Programmable for New Users
- Generous Trade-in Allowances

A



"Our Name Says it All!"



ADVANCED HEARING CARE Since 1992

Your Local Mission Hearing Partner **MISSION HEARING**



Learn More about Hearing Loss & Technology at: **AdvancedHearingCare.com**

We offer Hearing Solutions for Every Budget, Lifestyle & Need.

Starting At **\$15***

From the Latest and Best our Industry has to offer to Quality Used Hearing Aids for the Do-It-Yourselfers.

*Normal fitting fees. Molds Extra. Every hearing loss and patient is different. Results may vary.

**720 E New Haven Ave, Suite 12
Historic Downtown Melbourne**

Walk-ins Welcome 9:30am-Noon, Mon-Fri
After Hours Cheerfully by Appointment
Most Insurance Accepted
Financing Available

CareCredit
Patient Payment Plans



CAN RANSOMWARE ATTACK A MAC?

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



Ransomware continues to grow in popularity and a sort of 'gold rush' has been underway in the cyber underworld. Hundreds of millions of dollars have been generated over the past couple of years, with one security firm reporting 64% of the victims they surveyed paid to get their files back.

Enterprising criminals are even posting 'ready-to-go' ransomware kits on the underground marketplace known as the 'dark web,' with offers to split the revenue with users of their code. The complexity of these attacks continues to grow as the security world and cyber-criminals face off in a high stakes game of 'cat and mouse'.

The Bad News For Mac Users

All of the high profile ransomware attacks you've likely ever heard of have targeted Windows users, but some of the more recent code being made available via the dark web specifically targets all of the versions of the MacOS as well.

Since ransomware takes advantage of

the user more than the operating system, there are few technical barriers to creating a Mac-specific attack because the point of entry is getting users to do something they shouldn't do.

The most common attack vector for Macs so far has been through infected programs that are designed to bypass Apple's built-in security (Xprotect and Gatekeeper). These pre-made ransomware packages also claim to be able to bypass detection by at least 50 different anti-virus programs for both Mac and Windows.

The Good News

Unlike many of the Windows ransomware exploits that can compromise users through unpatched back-doors, clever phishing scams, as well as rigged downloads, Mac users currently can only be exploited via a rigged download.

Despite the growing popularity of Mac

computers, they only account for roughly 7% of computers worldwide, so they still benefit from 'security through obscurity'.

To further illustrate the difference in malware focus in general, one security firm puts the number that target Macs at roughly 450,000; while Windows has 23 million known threats. From a practical standpoint, cyber thieves are always going to focus on the largest opportunity as they're in it for the money.

Don't Let Your Guard Down

Having said this, everything is subject to change and having the 'I have a Mac, so I don't have to worry' attitude is a bit misguided: There's a reason why Apple stopped running the 'we don't get PC viruses' commercials back in 2012.

Making sure you only get programs and apps from reputable sources, installing the updates when Apple alerts you, and keeping all your other Internet tools, such as your browser, Java and Adobe programs updated are important ongoing tasks.

Every computer user should also have a solid backup process: Using an automated online backup service such as Carbonite (<https://goo.gl/XKum9f>) provides an extra layer of security that will save the day whether it's ransomware, viruses, fire, flood or theft.

Cyber criminals know that Mac computers are more expensive and that Mac owners statistically tend to be on the higher end of the socioeconomic scale, so keep your guard up!

COMPUTER PROBLEMS?

Viruses? Worms? Spyware? Adware? Pop-Ups?
Slow Computer? Dead Computer? Lost Data?

Why guess?
WE FIX IT ALL!

Come in today and receive a

FREE

Computer Check-Up
while you wait!



DATA
DOCTORS

Computer Services
www.DataDoctors.com

(321) 242-0366

7640 N. Wickham Rd.
Suntree/Viera

Southeast CUSTOM RAIN GUTTERS

**"Specializing in Quality Work
and Customer Service"**

- 6 inch Seamless Gutters
- 26 Different Colors of Aluminum
- Residential & Commercial
- Gutter Guard Leaf Protection
- Soffit & Fascia
- Gutter Repair
- Cleaning
- Copper Gutters



321-557-5923

Email: SouthEastRainGutters@yahoo.com

FREE ESTIMATES • LICENSED & INSURED

ZAP
PEST CONTROL
321.427.5677
\$25 OFF New Starts
THE HOME OF... **\$19** A MONTH PEST CONTROL
22 YEARS EXPERIENCE IN BREVARD
QUALITY PRO CERTIFIED

**G & J POOL
REMODELING INC.**
Weekly Pool Service
751-1099
www.GandJPools.com
Lic# CPC 1457123

Name the Advertisers and PLAY to WIN!

Win 2 Movies Passes Courtesy of Premiere Oaks (pg6)

OUR WINNER LAST MONTH WAS
Linda Wall of Palm Bay

Name: _____
Address: _____
City: _____ State _____ Zip _____
Phone: _____

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: Name the Advertisers, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

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

1. "Have An Uh-OH? Better get _____!"

2. Who is offering Free Delivery & Setups of portable buildings?

3. Name our Overnight Pharmacy.

4. Who is offering Affordable House Cleaning?

5. Freedom Cafe is serving _____ & _____?

6. Who is offering \$1 OFF Cheese Steaks?

7. Name the advertiser "Your Personal Tech Support" for computers.

Certificate of Excellence
2016 WINNER



Mo-Bay Grill

MO-BAY GRILL

INTERNATIONAL CUISINE

RESTAURANT



Serving the best Steaks,
Seafood & Chops

MO-BAY NO PROBLEM!

Best Saturday & Sunday Breakfast Around!

Specializing in:

HOME MADE MARYLAND STYLE CRAB CAKES

Chef Wesley Campbell from Maryland

Tuesday - Friday 11a.m. - 9p.m.
Saturday 8a.m. - 9p.m.
Sunday 8a.m. - 8p.m.



SUMMER TIME SPECIALS !!!

Three Course Meal

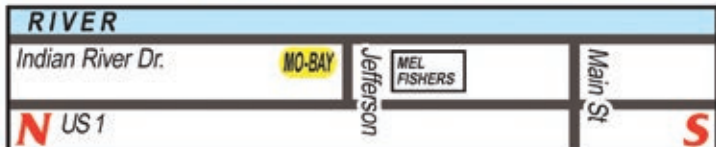
1. **Soup or Salad**

2. **One of Four:**

- Chicken Parmesan with Angel Hair Lemon Butter Pasta
- Curry Chicken Breast with vegetables, rice & beans
- Butterfly Shrimp with Fries
- Bowtie Pasta & Meatballs with Scampi Sauce

3. **Coconut Rice Pudding**

Only \$12.99



1401 Indian River Dr Sebastian, FL 32958
(just North of Main St. next to Mel Fishers Treasure Museum)

MO-BAYGRILL.COM 772-589-4223

SCLERAL CONTACT LENSES - A NEW THERAPEUTIC TREATMENT FOR PATIENTS WITH OCULAR SURFACE DISEASE OR SEVERE DRY EYES

Patients with ocular surface irregularities or diseases can experience numerous frustrating symptoms, including blurring or distortion of their vision, discomfort or severe dryness.

Fortunately, there is a new therapeutic treatment for such conditions known as **scleral contact lenses**.



Michael Mandese, O.D.

"Having ocular surface disease causes people to experience blurriness and distortion of their vision, and is not correctable by traditional eyeglasses or contact lenses," according to Dr. Michael N. Mandese, O.D., F.A.A.O., Optometric Physician and Chief of Neuro Eye Services at The Eye Institute for Medicine & Surgery.

Until recently there were relatively few non-surgical treatment alternatives to help improve the quality of life for patients experiencing ocular discomfort or distorted vision following corneal injuries, diseases, such as keratoconus or band keratopathy, or surgical procedures that have caused corneal surface irregularity.

With the development of the latest generation of scleral contact lenses, improved vision and relief of discomfort and dryness is possible for many of these patients.

"The scleral contact lens compensates for the absence of a smooth corneal surface by providing what is, in essence, a new, enhanced ocular surface much smoother than the one that the patient presently had," states Dr. Eric R. Straut, Optometric Physician and Low Vision Specialist at The Eye Institute for Medicine & Surgery.

"This is important both for comfort and vision as the surface of the eye bends light in a way that brings images into focus," explains Dr. Straut, adding, "a smooth surface can help produce clear images, whereas a rough surface may create images that are blurry or distorted."

"The new smooth surface created by the scleral contact lens bends light in a manner that was intended to help many people optimize their visual potential and eliminate blurriness and distortion they were previously forced to endure," adds Dr. Mandese.



Eric Straut, O.D.

TREATMENT FOR DRY EYES - AN ADDITIONAL BENEFIT OF SCLERAL CONTACT LENSES

Patients with severe dry eyes, often as a result of systemic disease or the use of certain medications are another group of people who may greatly benefit from a specialized scleral contact lens fitting.



(321) 722-4443
www.seebetterbrevard.com



"Patients with Sjogren's syndrome, rheumatoid arthritis, lupus, sarcoid, Crohn's disease, irritable bowel syndrome, or one of many other autoimmune diseases often experience the most severe forms of dry eye syndrome," according to Dr. Straut.

"Symptoms of dry eye syndrome include severe dryness, foreign body sensation, blurring of vision, or surprisingly to many, excessive tearing," states Dr. Straut. "Patients are often surprised when I explain that the source of their excessive tearing is actually dry eye syndrome," remarked Dr. Straut.

"If your eyes feel dry, oftentimes the body attempts to compensate for this dryness by sending out more tears," explains Dr. Mandese, adding "unfortunately the quality of these tears is poor. This is why, in some cases, more and more tears are sent to the eye, leaving the patient with fluctuating vision, uncomfortable and unhappy."

"With full coverage of the eye and the lack of exposure to wind and circulating air, and with the eye being bathed in preservative free saline solution throughout the day, patients with severe dry eyes who have received a custom scleral contact lens fit often experience greatly improved comfort," states Dr. Mandese.

CUSTOM FITTING HELPS OPTIMIZE RESULTS

Using the latest technology, computerized scanning devices take multiple measurements across the surface of the eye to ensure a custom fit is made to help each patient to realize his or her maximum visual potential and ocular comfort.

"It's truly inspiring when a patient tells me that our efforts have not only improved their vision and comfort, but that their quality of life is substantially better due to the care we have provided at The Eye Institute for Medicine & Surgery," explains Dr. Straut.

A COMFORTABLE CONTACT LENS

"Compared to traditional "hard" or "gas permeable" contact lenses, the new scleral contact lenses are extremely comfortable in the eye," explains Dr. Straut.

"Unlike traditional hard or even soft lenses that move about in the eye when a person blinks, scleral contact lenses move only minimally. This absence of movement combined with a custom fitting, results in substantially improved comfort, particularly for patients with severe dry eyes," adds Dr. Mandese.

SCHEDULE A COMPREHENSIVE VISIT

Dr. Michael Mandese and Dr. Eric Straut are accepting new patients at their offices in Rockledge, Melbourne and Palm Bay. They participate with Medicare, Health First, and most other insurance plans. To schedule a consultation with either one of them, please telephone (321) 722-4443.



(321) 722-4443
www.seebetterbrevard.com



The Medicine Shoppe

PHARMACY

Caring beyond prescriptions.

NOW CARRYING
Essential Oils
Aromatherapy
Diffusers

Sarno Business Complex
next to
Brevard Health Alliance
2176 Sarno Rd. Suite #120
Melbourne FL 32935

Call: 242-2440



*Call for delivery information.



WORD SEARCH: Solve the Puzzle and PLAY to WIN!

How many things can you find that have to do with **Immunization Time?**

I	W	F	E	P	N	X	H	M	J	K	B	R	J	N
N	D	V	U	V	O	S	B	E	G	L	L	R	O	P
O	V	I	L	O	I	L	T	E	A	S	X	I	F	P
C	M	W	X	W	T	T	V	S	T	L	T	N	O	Z
U	N	T	A	R	A	V	I	L	E	A	T	F	S	A
L	E	J	C	H	D	M	U	S	Z	T	F	H	R	P
A	E	G	P	I	N	S	X	I	O	I	J	B	R	S
T	D	E	T	C	E	H	N	B	C	P	A	E	Y	I
I	L	S	L	R	M	U	H	E	T	E	C	L	F	O
O	E	A	H	T	M	R	N	T	L	A	J	F	L	K
N	U	E	E	M	O	H	Z	B	U	S	T	O	H	S
P	F	S	I	S	C	O	L	T	D	O	C	T	O	R
A	P	I	F	Q	E	M	I	P	M	N	X	Y	K	W
X	L	D	Y	N	R	O	E	N	I	C	I	D	E	M
P	R	E	V	E	N	T	A	T	I	V	E	C	F	O

- | | | | |
|--------------|-------------|----------------|---------|
| Disease | Inoculation | Positive | Results |
| Doctor | Medicine | Precaution | Shots |
| Health | Needle | Preventative | Tests |
| Immunization | Office | Recommendation | |

**Win a \$25 Gift Card
to Nature's Market (pg34)**

OUR WINNER LAST MONTH WAS
Caroline Lightbody of Grant

Name: _____

Address: _____

City: _____ State _____

Zip _____ Phone: _____

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

MARKETING | LOGOS | BROCHURES
EMAIL CAMPAIGNS | WEBSITE DESIGN

affordable pricing . great design

□ Renadesigns. □

graphic design | marketing | Rena k. Seibert .owner
www.Renadesigns.com 407.491.3203

affordable
ADVERTISING

321.961.3636
SPOTLIGHT MAGAZINE

Did You Know?

According to the National Sleep Foundation, using a computer or electronic

device before bed can make it hard to fall asleep. Studies have shown that even small electronic devices like smartphones can emit enough light to confuse the brain. Photoreceptors in the retina sense light and dark, helping to align circadian rhythms to the external day-night cycle. The signals these receptors send to the brain help people be alert in the morning and fall asleep at night. But using devices such as smartphones, tablets or laptop computers before bed can miscue the brain and promote wakefulness at a time when the body should be falling asleep. Men and women who like to read before going to bed can increase their chances of getting a good night's sleep by reading print books or print editions of magazines or newspapers rather than e-readers or tablets.

MRAM Engineering Surplus

We have the Parts You Need!



Pool & Spa Parts



Appliance Parts



Electronic Parts



HVAC Parts

5% OFF
Pool & Spa Parts
with this ad. Expires 8-31-17

Weather King
PORTABLE BUILDINGS
Sold Here

**PURCHASE OR
RENT TO OWN**
NO CREDIT CHECK!

FREE DELIVERY
& SETUP*



MRAM Engineering Surplus
321-574-1337
3060 Dixie Hwy
Palm Bay FL 32949
(just south of University Blvd. on US 1)



NOW OPEN



**YOUR ONLY INDEPENDENT
OVERNIGHT PHARMACY WITH
ROUND THE CLOCK DELIVERY**

**8PM TO 9AM EVERY NIGHT
CALL (321) 914-4909**

WWW.NIGHTOWLPHARMACY.COM

**811 EAST HIBISCUS BOULEVARD
MELBOURNE, FL 32901**

(Behind Dunkin Donuts)

MARION MUSIC

YOUR **ONE** STOP MUSIC SHOP!

(321) 727-3000

YOUR LOCAL MARTIN DEALER!

- 300+ GUITARS & BASSES ON SALE!
- PIANOS AT \$499+ DELIVERED!

FENDER AUTHORIZED DEALER!

- BAND INSTRUMENT RENTALS!
- EASY LAYAWAY & FINANCING!

www.MarionMusic.com

4970 Stack Blvd | MELBOURNE Mon-Sat
9AM-8PM

Nature's Market Health Foods

Open
7 days



Open
7 days

"Your Locally Owned Natural Health Superstore"

Brevard's Largest Independent Health Food Store Featuring:

Full line of Supplement, Herbs, Homeopathic and Vitamins, Body Care
Juice Bar, Fresh Smoothies, Fresh Deli Wraps, Salads & Soups, Hot Bar &
take home meals, Dairy ,Eggs and Meat Grocery, Dry Goods, Frozen Foods
Bulk foods, Gluten Free, Fresh Baked Breads, Muffins & Cookies
Pet food & Supplies, Beer & Wine And Much More...

701 S. Apollo Blvd., Melbourne Fl 321.-724-6936 www.naturesmarketmelbourne.com



Nine Common Real Estate Myths that Can Cost Buyers & Sellers

Buying or selling a home can be both exciting and stressful at the same time. Most people don't have a lot of experience with this process; buying or selling a house is not something most folks do every day. There are a lot of factors that need to be considered on both sides of the transaction. In this regard, it helps to have someone knowledgeable on your side to walk you through. However, most people tend to formulate an opinion about how real estate works based on the experiences of friends and family members, stories they have heard and things they have read.

Despite everything people believe that they know about the real estate industry, there are a number of myths that circulate about how real estate actually works. Buying into those myths can hurt the chances of buying or selling a home at the right price.

Set home prices higher than what is expected. Listing a home at too high a price may gain a seller a lower price in the long run. Home buyers usually have a price range in mind before they even start looking for a home, so they often don't look at homes that are priced above their top-end limit. Additionally, if a home is priced above market value, real estate agents will usually discount it right off the bat. Sellers can lower the price after a few weeks if there is no interest, but buyers tend to get suspicious of homes that sit on the market for weeks at a time with no activity.

People get a better deal as a buyer if they don't use a real estate agent. This premise is completely false. If a home is listed with an agent, the sales commission is built into the price. If a buyer isn't represented by an agent, then the selling agent will receive the entire commission. This also comes with the added risk that the seller and/or the selling agent will try and take advantage of an unrepresented buyer and their lack of real estate knowledge.

People can save money selling a home themselves. Most people don't know, but it takes a lot to sell a home. You have to have the skills to get the home listed online, market it successfully to prospective buyers, negotiate a sales contract and deal with any situation that may arise after it's executed. It's definitely not impossible to sell a home yourself, but most sellers that do encounter home buyers that expect a deep discount. Whatever the savings in the way of real estate commission is usually eaten up by selling a home at a lower price than originally anticipated.

The real estate market only goes up. The real estate market has been a bit of a roller coaster in recent years. Buyers and sellers experienced a period of high home values, then a steep decline during the recession, then a bit of an increase in the years following the downturn. Home buyers and sellers alike would do good to remember that with every turn in the market, a correction soon follows. Prices were high in the years prior to the recession, but they fell just as sharply and quickly following the decline in the economy.

People should renovate their kitchen and bathrooms before they sell. If your kitchen and bathrooms need work, a major remodel could actually hurt. If a prospective buyer doesn't share your style, they won't want to remodel something that has just been renovated. They will pass a home up in favor of something that either suits their taste or something priced so that they can complete a remodel themselves. If

faced with a price adjustment versus a remodel situation, it's more economical to adjust the price of the home accordingly.

People earn back what they spend on home renovations. If a seller replaces the air conditioner, heater or roof on a home, it will definitely help facilitate a quicker sale. However, if that same seller is looking to recoup the cost of the renovations, it's probably not going to happen. Very few home renovations bring great returns. So, if folks decide to make renovations to a home, it should definitely be for their own comfort and enjoyment, and not a factor in selling the home itself.

All the properties listed in the multiple listing service show up online. Sellers actually have to give real estate agents permission to list and market their home using the Internet. Most agents assume that their sellers want the maximum exposure for their listing, therefore they automatically list the home online, however it doesn't hurt for a seller to verify with an agent that the property will show up in online searches, as well as ask what sites on which the home will appear.

Open houses sell properties. It's rare these days for a home to sell to a buyer who saw it during an open house. Real estate agents usually use open house events to locate other prospective clients looking to purchase or sell a home. Not every agent offers an open house as a marketing choice; however, if a home seller or agent chooses to do a broker's open house, it could help to gain exposure for the listing to other agents in the community.

The agent who shows a buyer homes or lists a seller's home represents their interests. This can be a double-edged sword. It is true, in some instances. However, in some states, agents can act as "transaction brokers." This means that they do not have a responsibility to either party in a transaction, buyer or seller. Clients do have the option of signing an agency disclosure at the time that they start working with an agent; this is a form that outlines the capacity in which an agent is representing them, either as a listing agent or a buyer's agent. Don't be afraid to ask about options before agreeing to any terms.



Nicole Grammer – Broker/Owner

RE/MAX Absolute Service Team offers over 15 years of experience, high work ethics and unbeatable customer service. Your investment is our #1 priority and we will give you the personalized care you deserve. Call us today!

Real Estate is your biggest investment. Make sure to put your trust in the BEST!



- Experienced Broker
- Knowledgeable Agents
- Full-Service Office
- Property Management

RE/MAX Absolute Service Team
www.absoluteserviceteam.com

2355 N. WICKHAM RD., #101

MELBOURNE, FL 32940

321.452.9800

SOLD@absoluteserviceteam.com

A Book with a Mission —Inspired by a Cat Named Mascot—

Let me introduce you to Mascot the cat.

It was nearly two years ago during a challenging season in my life that this stray black-and-white cat crossed the fence from our neighbor's yard into our backyard, and never left.

It found a home with us. When my husband saw that it was old and hungry looking, he decided to have compassion on the cat and give it a home.

Before I knew what was going on the cat had a name—Mascot. I asked my husband why he named the cat Mascot, and he shared his reasoning: "We are a bi-racial couple (black and white), and the cat is black and white, so he is our Mascot." Because of my husband's provisions to this old, ragged cat, Mascot's every need is met and his life has been totally changed.

Over the past year and a half, I've closely studied the life of Mascot and my husband's interactions with him. The Holy Spirit ministered to me that the relationship between Mascot and my husband can be compared to our relationship with God. There are two very important similarities.

God's Compassion on Us

Just as God had compassion on us and rescued us from the life of sin, which was Satan's goal to destroy us, so too my husband rescued Mascot from hunger and death. Isaiah 53:4–6, reminds us how He bore our sins on the cross.

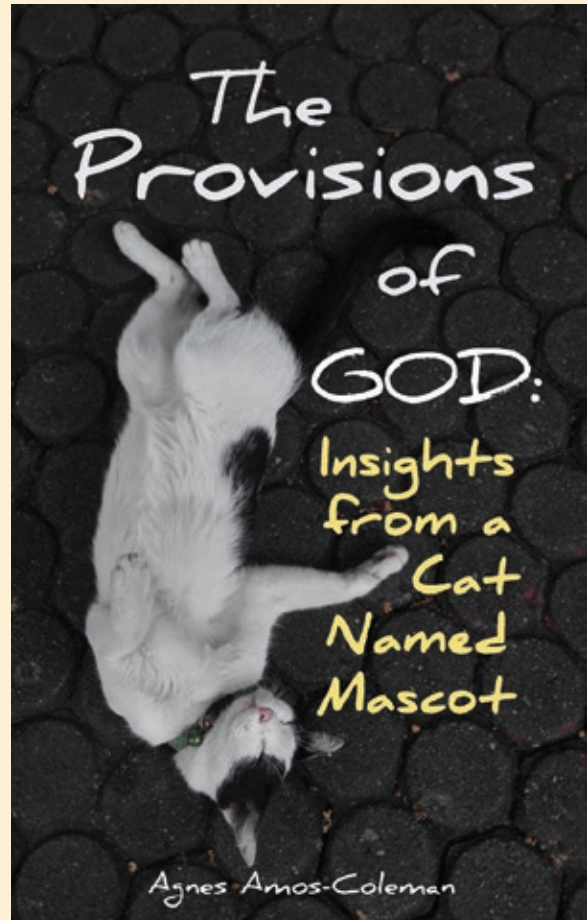
Our Dependence on God's Provision

We are dependent on God for our daily provision—be it the provision of life, health, spiritual, emotional, physical, and material—just as Mascot is dependent on my husband to feed him daily. Job 38:41.

In this book, you can discover faith-building principles for receiving supernatural provisions from God, and steps to sustaining your provisions.

Written to the glory of God and dedicated to Mission work. 90% of the royalties received from this book will be donated to help Missionaries struggling financially and those who want to go on mission trips and cannot afford it.

Buy it now! At the following: CCM Watermark Christian Store, Melbourne, FL
— call to place your order: (321) 952-6470. Also available at: www.agnesamos-coleman.com



Knowledge is Power



Horizon Healthcare Institute (HHI) provides a wide array of career programs in the healthcare field.

We offer programs that cater to individuals interested in advancing their present career as well as those embarking on a new career. By offering career focused courses that provide certificates and diplomas, Horizon students learn specific skills that are in high demand in today's healthcare industry and marketplace. HHI is committed to convenient medical training, personal attention for each student, hands-on education – changing one life at a time.

Serving students from Brevard County



and surrounding areas, HHI is proud to provide private healthcare education that serves the graduate as well as the community at large. Upon successful completion of any HHI career program, students

are equipped with a specific knowledge base that enables them to obtain their state certification and/or licensure so they can care for people during vulnerable times of life. Our local community relies upon us to produce

knowledgeable, compassionate and nurturing healthcare workers. This is a responsibility that we take seriously. Over the past few years, and more than 300 graduates across our varying programs, HHI boasts an

85% state board certification passage rate. We anticipate and have forecast an increase in our passage rate for 2017.

Endless Possibilities. For some people, educational endeavors are delayed and/or omitted, not from lack of desire to acquire an education, but simply because the educational process seems cumbersome. Having realized that these circumstances are so prevalent, HHI has geared its

teaching to a student-focused learning platform. Utilizing this teaching method allows instructors to assess the student's learning style in hopes of meeting them at their individual level of comprehension. This means that whether you are an auditory learner, visual learner, and/or tactile learner - we can meet you where you are, and elevate you to new heights... all you have to do is simply trust the process. With the right education the possibilities are endless!

Career Programs. Depending on your interest(s), and which class(es) you need to join, your training can be completed in as little as 2 weeks, or may continue as long as fifteen (15) months. We offer career programs in: Home Health Aide (HHA), Nursing Assistant (CNA), Practical Nursing (LPN) programs, CPR/First Aid Training, continuing education courses, plus much more. We are pleased to announce the launch of the EKG and Phlebotomy preparation courses at our Melbourne campus. Please Call to Learn More.

We Stand Out. Horizon Healthcare Institute offers convenient class times, flexible payment options, small class sizes, job assistance, continuous enrollment, state approved testing site (train here, test here), and a nurturing environment.

Now Enrolling Ambitious Students. Call Us Today to learn how you can join Horizon Healthcare Institute's class of 2017. We invite you to visit us online at www.HorizonTechInstitute.com. Please call us at (321) 914-4533 to make an appointment to meet with an advisor. Campus Tours are by appointment Monday-Friday from 11AM to 2PM.

We are located at: 3716 N. Wickham Road, Suite 2, Melbourne Florida 32935.



HORIZON HEALTHCARE INSTITUTE

START A NEW CAREER!

3716 N. Wickham Road
Suite #2
Melbourne, FL 32935

- Home Health Aide
- Nursing Assistant (CNA) 120HR
- CNA Refresher
- Practical Nursing (LPN)
- CPR / First Aid Certifications
- Continuing Education Updates

Contact Us: (321) 914-4533
www.HorizonTechInstitute.com



Cartoon Corner



www.facebook.com/spacecoastcomixx

O'MALLEY GLOBAL SERVICES LLC

INSTALLATION OF TOILETS & SINKS
MINOR ELECTRICAL & PLUMBING
HOME STEREO & SURROUND SOUND SYSTEMS
AND SO MUCH MORE ...



REASONABLE RATES
LICENSED & INSURED

321-369-8955

RFM THRIFTY THRIFT STORE EVERY DAY HOME DECOR

TWO LOCATIONS

2542 S HARBOR CITY BLVD
(across from Brooks Glass)

757 S. APOLLO BLVD

\$10. & Under
10% Off Senior & Military
Thurs. - Sat. 10am - 5pm

Antiques, New & Used Gifts
15% Off the Month of July
Tues. - Sat. 10am - 5pm

265-9417

676-8728

PROCEEDS GOES TO HELP RFM CHRISTIAN ACADEMY

FREE
Estimates

\$100⁰⁰
OFF

ANY JOB OVER
\$1000.00

Must present Coupon at
the time of Estimate.



25 Years of
Expert Tree Removal

ALSO OFFERING:

- ▶ Pruning - Crown Reduction
- ▶ Disease Identification & Control
- ▶ Air Spading Compact Soils
- ▶ Hazard Evaluation
- ▶ Emergency Service
- ▶ Tree Healthcare
- ▶ Underbrushing Removal/
Land Mulching

1 Tree
Expert
LLC

Call Today! 321.499.7608



PRAYER CHANGES THINGS

by Joan Walker, CCM: Together, doing life RIGHT!

Because we often don't know how to pray, *Romans 8:26, NASB, tells us "In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words."*

As a Christ follower, sometimes we may feel that we can't approach God or that we need a formal time, place, or words to reach out to our heavenly Father. Jesus, in our teaching this week, lets us know that He is only a whisper away. He is in our hearts and in communion with our Spirit. As we lift our thoughts and heart to God, He hears us. No matter where we are, or what we are doing, He is intimately involved in our lives.

It's incredible to realize that we don't need to follow a certain



procedure, be in a certain location, contribute in a particular way, etc. to be able to have this communion with our God. The emphasis is not on what we have done, but on what He has done.

In Matthew 17:20 Jesus talks about faith and how just a small amount of faith can make huge changes. "And He said to them, "Because of the littleness of your faith; for truly I say to you, if you have faith the size of a mustard

seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you." (Matthew 17:20 NASB)

Jesus compared a small, tiny bit of faith in prayer to a mustard seed. If you have ever seen a mustard seed, it is so tiny that it appears as a little spec, the tiniest of seeds. It's amazing that He used this illustration to say that even if we have the tiniest bit of faith, it will have a huge impact.

Jesus taught us as His followers the essentials of prayer, the example as it appears in Luke 11. It is His illustration of worship, adoration, confession, thanksgiving, praise and petition, our example to follow. As we build our courage to reach out to Him, in all circumstances, so that He can move the mountains in our lives, we remember all of the goodness we've already received from the Lord.

Prayer changes things, and sometimes, it is we who are changed from the inside out, in the midst of it all.



- Women**
- Biblical Counseling
- Life Support
- MEND
- Moms4Moms
- Mothers of Homeschoolers
- Mothers of Exceptional Kids
- Widows Encouragement
- Women of Hope
- Women of Worth
- Women's Mentoring
- Men**
- Biblical Coaching
- Biblical Counseling
- Conquer
- One Step
- Pathway to Purity
- Pure Desire
- Family**
- Celebrate Recovery
- Divorce Care & DC4Kids
- Family Recovery
- Finding His Purpose
- Grief Share

For More Info, Contact:
Support Groups
calvaryCCM.com/supportgroups

**PLATT
HOPWOOD**

ATTORNEY AT LAW

PRESENTS

**80s ROCKIN
IN THE
PARK
2017 HOTEL**

SEPT 21ST - 24TH



**WINGER
JACKYL
LYNCH MOB**

ENUFF ZNUFF - TED POLEY

RANDY JACKSON - HOUSE OF LORDS

LILLIAN AXE - PHIL LEWIS - JUNKYARD

JETBOY - EVERY MOTHERS NIGHTMARE

NOVA REX - GENE LOVES JEZEBEL - STRANGER - KENNY MCGEE

TANGO DOWN - ROXX - AMERICAN HOT RODS AND MORE

ROCK CONVENTION GUESTS
DAN SPITZ OF ANTHRAX
SIMON WRIGHT OF AC/DC

SPECIAL PERFORMANCE BY BURNING STARR - TANGO DOWN AND MORE

4 DAYS - 20 BANDS - ALL 80S ALL AT THE INTERNATIONAL PALMS COCOA BEACH
TICKETS AT 80SINTHEPARK.COM



Once a Year Summer Clearance Sale!

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

When I walked outside before dawn, one day last week to let the chickens out, it hit me. Instantly my glasses fogged up, and I was sopping wet by the time I'd made it back into the cool chill of the studio. No doubt about it, the dog days of summer are upon us.

At A Advanced Hearing Care, your local Mission Hearing partner, this time of year means the lowest prices, and highest trade allowances of any other time of the year.

With summer upon us, our manufacturers have begun to contact us with their chip series close out clearance offers. These offers often save us up to half off of what we normally have to pay for some of the best hearing aids in the known universe.

We not only mark these new offerings down to the lowest prices of the year, we mark all of the great reconditioned, and used hearing aids that we've acquired in trade ins, and trade ups with folks throughout the season down to a fraction of their cost new.

Because we have folks always on the lookout for great deals on our used gear, we always offer top dollar for all trade ins. In fact, here is an offer too good to pass up, that will let you experience 'Better than normal hearing in noise', at no risk, cost, or obligation.

Here is how it works. If you are currently wearing hearing aids whose warranty is expiring anytime within the next year, bring them into us. We will send them into their original manufacturer for reconditioning, and make sure that they are up to their original specifications, before they go out of warranty. No charge.

While your old instruments are being reconditioned, we'll examine your ears, and take current measurements of your hearing. Then, we'll set you up with a



brand new set of Rexton, or Siemens/ Signia instruments to wear while yours are out, all in thirty minutes or less. No charge.

When we send your old gear off to be reconditioned, we'll also make you a trade in offer to buy your old gear from you, when they come back. That way, you will know exactly what it will cost you, if you want to keep the new ones that we set you up with. No charge, no obligation, and no Risk. No matter what, even if you don't like, or want to keep the new gear, you just bring it back, and pick up your own, like new, reconditioned hearing aids, and we part friends. No pressure, No Obligation, No Charge, and No Risk to get your old gear brought up to like new specification, while you experience just how great the world really can sound.

At A Advanced Hearing Care, we've been helping our friends and neighbors from the same building in the Heart of Historic Downtown Melbourne, Florida

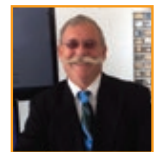
now since 1992.

We are locally owned, and operated, and always 'Customer Centered, and Results Oriented™' You can visit our website at: www.aadvancedhearingcare.com and see dozens of your own, real live neighbors, all who have trusted their hearing care to us.

If you, or a loved one has trouble hearing, wears hearing aids, or just wants to learn more about better hearing, and the incredible gear we have today that really can give its wearer 'better than normal hearing in noise', give us a call at: 321-722-2894

Or, drop by any weekday morning when we welcome old friends and new, 9:30 till noon every weekday morning, without an appointment in suite #12 of the Arcade building, 720 East New Haven Avenue, midway between the Post office and Meg O'Malley's.

Look for the four foot neon Ear hanging inside on our lab wall. I am Audioprosthologist Dan Taylor, and we're A Advanced Hearing Care, and we've been serving our neighbours for over a quarter of a century with great gear, and personalized hearing care for every lifestyle and budget. Give us a call, or drop by, as I'd love to meet you, and help you achieve your hearing care goals, on whatever budget you have to work with.



Please see our advertisement on page 26.

Spotlight Crossword Puzzle

clues ACROSS

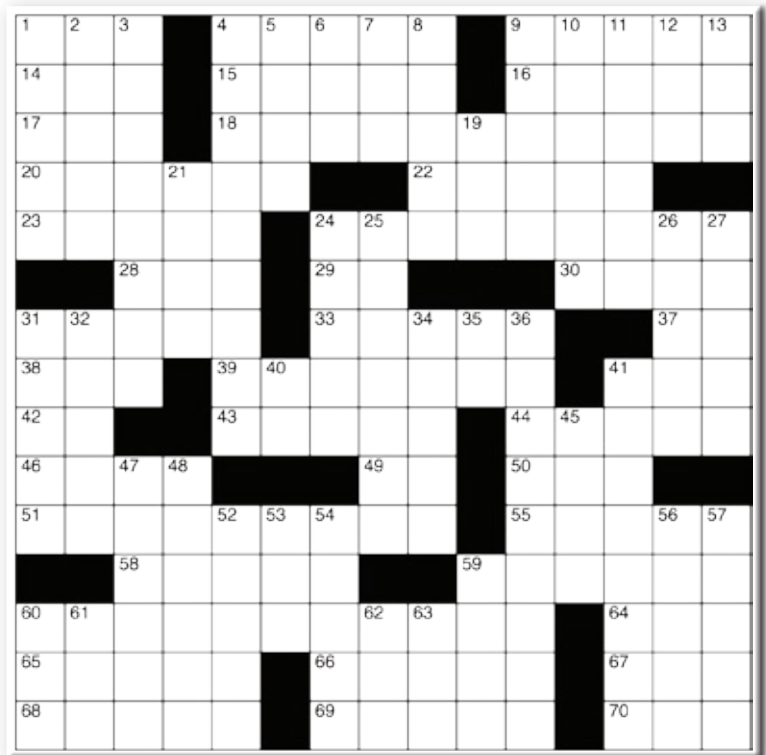
1. Defunct phone company
4. Rural area in Guinea
9. Hairstyles
14. Makes a good meal
15. Nats' CFer Adam
16. El ___, painter
17. Midway between south and southeast
18. Baseball's "The Big Hurt"
20. A serialized set of programs
22. A woody climbing plant
23. Japanese metropolis
24. Whirlpool
28. Toddler
29. Integrated circuit
30. WWII British fighter Blackburnn ___
31. Ancient Briton tribe
33. Injurious weeds (Bib.)
37. Nonredundant

38. Turf
39. Canned fish
41. Team's best pitcher
42. Touchdown
43. Woody perennial plants
44. Ratling breaths
46. Smaller quantity
49. Of I
50. When you'll get there
51. Adventures
55. Type of chip
58. Having wings
59. Mutilated
60. Considered
64. Wrath
- 65 A citizen of Iran
66. American state
67. Explosive
68. One who challenges
69. ___ senilis
70. Affirmative

clues DOWN

1. Move rapidly in music
2. Brief are one type
3. Repeated
4. Quitter
5. Paddles
6. Broadway actress Hagen
7. Politician Paul
8. Joint
9. Ottoman military men
10. Covers for illegal operations
11. Comment
12. Office of Consumer Affairs
13. Distress signal
19. ' ___ death do us part
21. S. Korean boy band
24. Bishop's hat
25. Learning environment
26. Measurement
27. Equines
31. Hard plant fiber

32. Protocols
34. Stands up
35. Linear unit
36. Songs
40. One of the six noble gases
41. Cheerful readiness
45. Zoroastrian concept of holy fire
47. Having only magnitude
48. Containing salt
52. Chadic language
53. Fed
54. Beef or chicken intestine
56. Hill in Australia and London
57. "Waiting for Lefty" playwright
59. A list of available dishes
60. Have already done
61. Geological time
62. Swiss river
63. Twitch



answers on page 44



Sublime Sweets



NOW AVAILABLE
Ice & Pairing Wines



Premier Hand Made Chocolates
Monday - Friday 10am - 5pm
Saturday 10am - 2pm

321-220-8929

306 East New Haven Ave
Historic Downtown Melbourne
SublimeSweetsShop.com

Daily Specials / Check Facebook & LIKE US! 

NO FIX - NO FEE

**FREE
DIAGNOSIS**

COMPUTER PROBLEMS?

FAST ON-SITE COMPUTER SERVICE HOME & BUSINESS



**YOUR
PERSONAL
TECH
SUPPORT**

- ✓ **Slow Running**
- ✓ **Overheating**
- ✓ **Freezing or Crashing**
- ✓ **Virus and Malware Removal**
- ✓ **Laptop Not Charging**
- ✓ **Wireless Networking**
- ✓ **Excessive Pop-Ups**
- ✓ **Installing Printer**



MELBOURNE  regional
CHAMBER of East
Central Florida
Member

ComputerRich@live.com



Sign up for our monthly ***COMPUTER RICH*** Newsletter

AT

www.MyComputerRich.com



It's a banner year for Health First with three of its four hospitals celebrating major milestones. As the very first hospital to open its doors in Brevard County, Brevard Hospital began seeing patients on June 8, 1937. Now known as Health First's Holmes Regional Medical Center, the hospital has grown from its roots, providing continuous care to the community for 80 years. While the community sustained substantial growth, the hospital grew right along with it, going from a 27-bed hospital to its current capacity of 514 beds. Health First's Holmes Regional Medical Center also features the area's only Level II Trauma Center and a state-of-the-art Heart Center, performing more cardiac procedures than all other hospitals in Brevard.

Also celebrating a special anniversary is Health First's Cape Canaveral Hospital, with a rich 55-year history of providing quality care. The 150-bed hospital is situated on the Banana River, with picturesque views from every patient room window. Health First's Cape Canaveral Hospital was the first and is still the only hospital serving the beach and barrier island communities of central



PUZZLE [PG42] SOLUTION How well did you do?

M	C	I		D	O	U	R	A		A	F	R	O	S
O	A	T		E	A	T	O	N		G	R	E	C	O
S	S	E		F	R	A	N	K	T	H	O	M	A	S
S	E	R	I	E	S			L	I	A	N	A		
O	S	A	K	A			M	A	E	L	S	T	R	O
			T	O	T			I	C			S	K	U
I	C	E	N	I			T	A	R	E	S			N
S	O	D			S	A	R	D	I	N	E		A	C
T	D					T	R	E	E	S		R	A	L
L	E	S	S				M	E		E	T	A		
E	S	C	A	P	A	D	E	S			N	A	C	H
			A	L	A	T	E				M	A	R	R
D	E	L	I	B	E	R	A	T	E	D			I	R
I	R	A	N	I			M	A	I	N	E		T	N
D	A	R	E	R			A	R	C	U	S		Y	E

Brevard County. The hospital offers a wide-spectrum of outpatient and inpatient services, including a six-story Medical Plaza building adjacent to the hospital with physician offices, pre-operative testing and education, Outpatient Surgery Center, laboratory services, patient registration and a Health Resource Center for the community with meeting rooms and a conference center.

The third milestone anniversary is Health First's Palm Bay Hospital, celebrating 25 years of service to Brevard's largest city. This 138-bed hospital offers residents of Palm Bay convenient access to more than 38 specialties and quality care, including the recently opened and first of its kind Senior Behavioral Wellness unit that holds 18 beds and specializes in older adults requiring inpatient psychiatric stabilization.

Health First is proud of its rich history in Brevard and plans to continue its tradition of growing to meet its needs by providing the highest quality care to every person, every time.



Treat Yourself

BOTOX & PEEL DEAL

— INCLUDES —
20 Units of Botox Combined
with Light & Lift Peel

NOW ONLY \$299

ACHIEVE
BeautifulSkin
MEDI-SPA VIERA

321.720.5473 • AchieveBeautifulSkin.com
5466 VILLAGE DR. STE. C2 • VIERA, FL 32955



Spot This Spotlight and PLAY to WIN!



How good are you at spotting items?

This month, we've placed 7 Spotlight graphics (shown above) on other pages throughout the magazine. Your job, should you choose to accept it, is to find all 7 of these Spotlights and list the advertiser and the page on which you found it. Have fun!

Win a Certificate for 1 Catering Box that feeds 10 people from Jersey Mike's Subs

OUR WINNER LAST MONTH WAS
Lillian Gandee 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**

Advertiser	Page #
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

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

Name: _____

Age: _____

Address: _____

City: _____

State: _____ Zip: _____

CINEMAWORLD



MOVIE NEWS!

The Dark Tower



Opens: August 4th, 2017

Director: Nikolaj Arcel

Cast: Idris Elba, Matthew McConaughey, Tom Taylor, Claudia Kim, Fran Kranz, Abbey Lee

Synopsis: Roland Deschain (Idris Elba), the last Gunslinger, is locked in an eternal battle with Walter O'Dim (Matthew McConaughey), also known as the Man in Black. The Gunslinger must prevent the Man in Black from toppling the Dark Tower, the key that holds the universe together.

**Seniors: \$5
All Movies, Everyday!**

www.cinemaworldonline.com

St. Paul's

Religious & Gift Store

Bibles • Motivational Items
Inspirational Art • Praise Bags
Everyday/Seasonal Supplies
Hats & Shirts • Gifts for any Religion

Historic Downtown Melbourne
(next to the Post Office)

620 E New Haven Ave
321-914-0835
M-Sat 10-4pm



MELBOURNE regional
CHAMBER of East
Central Florida

For **RELIABLE - DEPENDABLE - ETHICAL** Businesses call the Better Business Council of the Melbourne Regional Chamber. Serving Brevard County since 1961, the **BBC** is your trusted source for reliable business referrals.

Don't get disappointed, call us first: **321-984-8454**

BETTER BUSINESS RECIPIENT

For August **2017**



MID-SUMMER INVENTORY BLOWOUT



Bavello Sofa & Loveseat



ONLY
\$799⁹⁵

Alliston 2pc Sectional
or Sofa & Loveseat



3 Colors!

Your Choice
\$899⁹⁵

Gilman Sofa & Loveseat



Tambo
Reclining Sectional



One
Only!
ONLY
\$1199⁹⁵

Pecos Leather
Reclining Sofa
& Loveseat



3 Colors!

Your Choice
\$1299⁹⁵

Boardwalk Reclining
Sofa & Loveseat



Levelland Leather
Reclining Sofa
& Loveseat



2 Colors!
ONLY
\$1799⁹⁵

5pc Adjustable
Height Dinette Set



ONLY
\$399⁹⁵

5pc Real Marble Table Set
w/Bench



Your Choice
\$599⁹⁵

5pc Lavon
Counter Height Set
w/Leaf



Twin Rake Bed
w/6 Drawers



4 Colors!
ONLY
\$399⁹⁵

Qn Briatown
6pc Bedroom Set



ONLY
\$799⁹⁵

Qn Ladamier
6pc Bedroom Set



Your Choice
\$1199⁹⁵

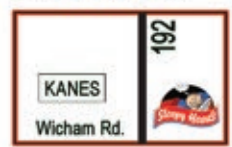
KG Aris
6pc Bedroom Set



Plus
FREE Chest!



offers **NO-CREDIT-CHECK FINANCING** with **NO INTEREST**
for 90 DAYS!
3388 W. New Haven Ave. Melbourne, FL 32904
321-956-6800 MON-SAT 10-7
SUN 11-5
Financing Available
www.sleepyheadsinc.com



192



this is someone's **father**,
someone's **grandfather**,
someone's **friend**,
someone's **rock**.

this is neil

and he's a lung cancer survivor
he has the leading
doctors in Brevard



Some patients call our physicians superheroes, miracle workers. In reality, they're real people, members of our Brevard community, and part of our collaborative team that provides the most comprehensive, state-of-the-art cancer care in the area. They're compassionate. They're caring. And they're dedicated to diagnosing, treating and managing the most important cancer of all—yours.

Health
First

Cancer Institute

To learn more about our advanced cancer treatments, visit us at HFcancer.org