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pg12-13



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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Hello and Welcome to Spotlight Magazine!

If you are one of our loyal die-hard readers, then thank you for returning month after month to see what we have to offer. And if by chance you are a first-time reader this month, then welcome! We hope you become a regular and will take advantage of the informative and uplifting articles in each issue. We are always pleased to connect our readers with the many outstanding businesses who advertise with. It takes a great readership to have a great magazine and for that we thank each and every one of you.

Independence Day is celebrated on the 4th of July. We at Spotlight Magazine wish you and your families a wonderful holiday as you celebrate this great nation of ours. In this current climate of seemingly endless political bickering, my hope is that no matter what party we support, or whether our views are left, right, or center, that we keep in mind that at the end of the day are we all Americans. We are thankful to live in this great nation, and should strive to make our country a better place for all. When we focus on what divides us, it's hard to get anything accomplished. So on this special day, let us relax and enjoy and remember the reason why we celebrate the 4th of July in the first place.

Moving forward, we have all kinds of new things going on in this issue of Spotlight, so please enjoy the entertaining and educational articles along with all the contests we provide in each and every issue.

It looks like July is going to be a hot one, so until we chat again next month, everyone stay cool!

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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inside the Spotlight

july 2017



pg 12



pg 14



pg 23

FEATURES

- Your Next Vacation Should Be a Cruise** 9
- Prostate Cancer: A Major Killer of Men** 11
- Brevard Home & Garden Expo** 12
- Gas Grill Safety Tips** 14
- Do Your Head Lights Have a Cloudy Appearance?** 18
- Save the Date: It's that time of year again** 22
- How to Embrace Digital Organizational Tools** 25

departments

- "HOW TO IMPACT THE WORLD"** 7
- SPOTLIGHT ON CHIROPRACTIC HEALTH** 17
- "FRESH MADE ICE TEA"** 19
- DEAR VAL,** 21
- SPOTLIGHT ON COOKING** 23
- SPOTLIGHT ON COMPUTING** 27
- "DON'T GET CAUGHT IN 'THE BOX' UNPREPARED"** 35
- "THE DOMINO EFFECT"** 39
- "FRED & JANET'S GREAT ADVENTURE"** 41
- CROSSWORD PUZZLE** 42
- DR. NODAL NEW DIRECTOR AT HEALTH FIRST
SENIOR BEHAVIORAL WELLNESS** 44

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HOW TO IMPACT THE WORLD

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

Impact. It's an important word in our culture right now. I read an article recently from Money magazine about a study done on valedictorians and salutatorians and their impact on society after high school. They concluded that none of the valedictorians or salutatorians chose a career that impacted the world after high school. They were stable, had seemingly great lives and great careers, but none chose to make an impact on the world.

Their sample size was very small (only 81 people, when there are about 27,000 high schools in America that turn out 54,000 of these every year), but it brought up an interesting point (actually by leaving it out).

What is considered making an impact? Who makes that distinction? Impact isn't really judged in the middle of the action, but years after, while measuring the result. That characteristic makes it hard to define it as it is happening. How do we make an impact on the world?

There is one person in the world who maximized his impact better than anyone else who has ever lived. Nearly 2000 years after his death, the things that he said are driving the political, economical and cultural machines more than any other one person ever on the planet. Of course, I'm talking about Jesus Christ. Helping others who can't help themselves wasn't a popular value on the planet until he pushed it. So many of the values that we have, whether we are Christ followers or not, are rooted in what Jesus taught.

So how did he make this amazing impact on the planet? He invested in people, one at a time. He valued them, above his own physical needs. He lived by a set of



principles that were unselfish and extraordinary. They flew in the face of culture and popular thought, and no government could destroy them. Ultimately, so much so, that he died to save them. When a government destroyed his body, his impact grew. People were so impacted by his life that the more they were persecuted and oppressed for following him, the more people joined the movement. Whether you believe that he was the Son of God, that's an impressive resume.

He never ran for office in the political arena or ruled a country. He never was the CEO of a global corporation. He never was inducted into a sports Hall of Fame. He never even owned a house to live in, or anything more than the clothes on his back, but two millennia later, the impact that he made on the planet is undeniable. That's a worthy example of how to impact the world, investing in one life at a time...and he wasn't a valedictorian or salutatorian.

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.

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Prostate Cancer: A Major Killer of Men

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



The National Cancer Institute predicts cancer will affect 1 in 2 men and 1 in 3 women in the United States. The predictions come from an analysis of data collected from 1975 to 2003.

As lung, prostate, colon, and liver cancers are the leading causes of cancer death among men (in that order) this article will focus only on Prostate cancer with natural solutions to prevent and help heal.

What if you can go to one place, meet with a Holistic Doctor and get all the positive clinical studies on vitamins and herbs to combat cancer. Please visit holistichealthcenter.us for Dr. Kevin Kilday's "Winning Against Cancer Program".

A very short summary of the program. In the Program 7 areas are addressed for healing. **1. Testing** to check acid/

alkaline balance. Cancer thrives in an acid environment. **2. Detoxification** done by various cleanses such as parasite, colon, liver/kidney, blood. **3. Nutrition** addressing diet plus the use of supplements. **4. Exercise.** Studies have shown that cancer patients who exercise have a higher success rate. **5. Oxygenation** brings vital energy to the cells, reverses tumor growth and strengthens the immune system. **6. Mental State.** Depression, studies show that 25% of cancer patients are clinically depressed and can have blood oxygen levels 30% lower than the norm. Low oxygen increases cancer risk. **7. Spiritual Connection.** To connect or re-connect the individual with God, to strengthen their purpose for being alive and to strengthen their will to live.

Men if you have any difficulties with pain or blood while urinating or ejaculating see your Medical Doctor.

Consider having a PSA test done by your Medical Doctor for any signs of Prostate abnormalities.

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Gas Grill Safety TIPS

Backyard barbecues are a warm weather tradition.

While some brave men and women grill year-round, many reserve their outdoor cooking to those times of year when the weather fully cooperates.



The laid back vibes of spring, summer and early fall can make it easy for grillmasters to overlook safety when cooking outside. But grilling requires that cooks prioritize safety.

While both charcoal and gas grills can cause fires, the National Fire Protection Association says gas grills contributed to four out of five gas grill fires. The NFPA also notes that many of those gas grill-related fires can be traced to leaks or breaks in the hoses. The following are a handful of ways cooks can safeguard themselves, their families, their grills, and their homes against leaks or breaks in their gas grill hoses.

- Inspect hoses at the start of each grilling season. Leaks, breaks or cracks in the hoses may occur when moving grills into the garage or shed for the winter. So it's a good idea to inspect the hoses at the start of each season before using the grill for the first time each year.
- Employ soap and water if you suspect but cannot find any leaks. Travelers Insurance recommends that men and women who suspect a leak is present but cannot find one apply a light solution of soap and water to the hose. If there is a leak, bubbles will appear.
- Do not turn on the gas if the grill lid is closed. If the gas is turned on while the lid is closed, gas can build up inside and potentially ignite, causing the lid to blow off. So men and women should always make sure the lids of their grills are open before turning on the gas.
- Stop grilling if you smell gas and see no flame. If there is no flame, but you still smell gas, turn off the tank and grill immediately. Some leaks may cease, at which time men and women can take their tanks to be serviced. If the leak persists, contact the local fire department.
- Turn off the grill and cease cooking if you smell gas while food is on the grill. The odor of gas while cooking is another telltale sign of a leak, even if there is a flame and food appears to be cooking. Contact the local fire department if such a situation presents itself.
- Close the valve after cooking. Always make sure the valve is tightly closed after cooking.

Grilling with gas can make for delicious meals, but men and women must prioritize safety around their gas grills to prevent fires and other accidents.

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BACK TO SCHOOL NUTRITION SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

As a new school year approaches, I want to remind parents of the important role nutrition plays in assuring kids a successful school year. Nutrition and learning go hand in hand. Kids who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn. Running out the door with thoughts of seeing old classmates, joining new clubs, participating in school sports and (hopefully!) getting good grades, kids will not be paying much attention to the proper nutrition needed to accomplish all of this.

We have often heard it said that breakfast is the most important meal of the day, yet 35-40 percent of all Americans skip breakfast. The statistics for children are just as alarming, as many as 48 percent of girls and 32 percent of boys do not eat breakfast every day. Start with a healthy breakfast. For children and teens a morning meal is especially important to prepare them to meet the challenges of learning. Many studies have shown that those who eat a

morning meal tend to perform better in school, score higher on tests, have higher school attendance, less tardiness, better concentration and muscle coordination...

and kids who eat breakfast have fewer hunger induced stomachaches and are less likely to be overweight.

As for lunch, meals served at school contribute significantly to kids overall nutrient and energy needs. Do you know what they are eating? School meals are usually regulated through the U.S. Department of Agriculture (USDA). Through USDA guidance many schools are improving the nutritional quality of lunch and designing the meals to supply about one-third of a child's nutrition needs.

Parents can play a role in helping a child choose healthful meals in several ways. Keep the school lunch menu in your kitchen, go over it with your child, and talk with your child about making choices in the cafeteria line. Get involved and work with school staff to form a parent advisory committee for the school food service program.

If your child prefers to brown bag it to school, let your child help plan and prepare school lunches. When they're involved, chances are they will resist trading their carrots for cookies. Pack meals that are easy to prepare and fun to eat as well as nutritious. A few examples are sandwiches, raw veggies, crackers, string cheese, whole fruit and yogurt or pudding.

Finally, for after-school snacks choose foods that supply needed nutrients that can be missed in meal choices. Stock up with ready-to-eat fruits and vegetables, animal crackers, popcorn and cereal. Your child will appreciate the availability of quick healthy snacks.

Proper nutrition is crucial for social, emotional and psychological development. Teaching children how to eat healthy will enable them to establish a foundation of good nutrition and healthful lifestyle habits that will benefit them for the rest of their lives.





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Fresh Made Ice Tea

The Perfect Summer Beverage

by Dr. Sal Giorgianni, Pharmacist and Owner, Dragonfly Botanica Apothecary and Teas

Well why not, after all ice tea, after water, is the most frequently consumed beverage in the world. But In fact on any given day, more than half of the American population drinks tea and 85% of the tea consumed in the US is served iced. In the Southern States, including Florida, that percentage of this tasty libation goes up particularly during the summer time. Yep, summer time is Iced Tea Time in Florida. It is a great way to stay hydrated and get needed fluid and minerals. Whether black, green, white all of which come from the same plant, just processed differently – all fresh made teas do a body good.

Weather hot or cold fresh made tea is chock full of healthful things. There has been much research done that shows tea can reduce the risk of heart disease, help reduce weight and provide useful antioxidants for your system to help support a healthy lifestyle. Unfortunately, store bought ice tea beverages, even the refrigerated ones, despite being claims of being made of great stuff, are little more than tea flavored beverages



and practically devoid of any healthy parts of tea and worse may have additives that may not particularly healthful. The phytochemical and antioxidant properties of teas deteriorate over a matter of days so while these pre-made commercial products may start out great, by the time they are packaged, shipped and sit on the shelves they are devoid of anything good for you. In addition, and most unfortunately,

these beverages are loaded with artificial preservatives, stabilizers and other chemicals used in the food industry to maintain color, palatability and self-life which are of questionable value.

Making fine ice tea at home is a snap. Three ways to make great ice tea: as a Sun-Tea, hot brew or cold brew. The basic proportions are 1 ounce fine loose-leaf tea to 1 gallon of good quality water. For Cold Brew just put your tea into a container with a gallon of water, stick in the fridge and overnight (or 10 hours), then strain using a household strainer into your serving container – sweeten as to your taste. For Sun Tea just add the tea leaves to good quality water and let it set in the sun for about 2 hours, then take inside and let it cool down in the fridge for another two hours and strain – and enjoy. For Hot Brew place tea in container, add about ¼ gallon of hot water, let set for about 30 min then add ice and good cold water, let set for another 30 min and strain. The variety of teas you can get to make your own are amazing. Literally thousands of varieties, taste notes and styles. We have over 50 kinds at Dragonfly Botanica Apothecary & Teas and can help you develop a recipe for your own blend. Some of the most popular iced flavors are those with fruit tastes such as lemon, raspberry and probably my favorite peach. You can even have your ice tea with a bit of ginger or a smattering of lavender to create a unique and refreshing beverage.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"God doesn't need
our money..."



"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'm a recent convert to the Christian faith. I don't regret my decision but I didn't realize, at the time, how much impact my decision would have on my life or how difficult this journey would be. For instance, I love sexual intimacy but I hate being married. I've been to the altar a few times; and to tell the truth, it just doesn't work for me. I'm far too independent and unwilling to submit, or share, important life decisions with a partner.

Another issue I have is tithing 10% of my earnings. I work really hard for my money and I'm desperately trying to save for retirement. What in the world does God need my money for anyway? I know I must sound like a very selfish person, but I'm frustrated. Well, at least I'm being honest. Will this get any easier?

-Mona of Melbourne

Dear Mona,

Your letter reminds me of the rich man, of authority, in the Bible. (Matthew 19: 16-30) He went up to Jesus and asked him what he must do to be saved. Jesus answered him by reciting the laws, as given by Moses, and the man claimed that he's kept all of the laws, what else must he do? Jesus then proceeded to tell the man, he must sell all his possessions and give to the poor.

The man went away in great sorrow because he was very wealthy.

God doesn't expect us to give away all our belongings to the poor; however, Jesus knew that the man loved his wealth more than he loved God. In this same way, we can love our sin more than we love God. Anything (or

anyone) we love more, and place before God, is known as idolatry. Many people, without even realizing it, put things before God, such as: games, cars, sports, and television...to name a few.

It's true, that He doesn't need our money because our money comes from God in the first place; so basically, He provides—and we are commanded to give 10% back. God loves a cheerful giver, so unless we give with a willing heart, it means nothing to Him. He taught us the importance of sacrifice when He gave His only son, Jesus, who was: sinless, holy and pure—to atone for our sin. His very life is the perfect example of love. Surrendering our will and loving Him more than our sin and independence, is the key to knowing His peace which surpasses all understanding. Finally, our walk with Christ is impossible to do in our own strength. It's imperative, if we expect to grow in our faith, we must spend time in worship, reading and meditating on His Word, and carefully listening for promptings from the Holy Spirit.

One of my favorite passages, in scripture, is a prayer King David petitioned to the Lord, "Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy Holy Spirit from me. Restore unto me the joy of thy salvation and uphold me with thy free spirit" Psalm 51:10-12 (King James Version).

(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.

SAVE THE DATE

It's That Time of Year Again

'On Hand' is part of Win Our Nations, Inc. an international mission's organization

which has been locally based out of Cocoa, Florida for many years. We are committed to providing solutions for the social, educational, and physical needs of people in developing nations. WON has two established orphanages in both India and Cameroon, where children from desperate situations have been rescued and restored in a safe and loving home environment. Our residential and part-time colleges, women's vocational school, and funding for village schools in tribal areas help provide education and a means of income for those who might not otherwise have those opportunities. We also facilitate and staff medical camps in these regions, providing service for those that would otherwise not have access to medical care. Two years ago, we also opened an elementary school in India with 140 + kids attending daily. There is opportunity to visit both orphanages through yearly teams from the US.

Here in the United States, Win Our Nations is involved in various community outreaches, supporting local homeless ministries, supplying food for needy families, and touching lives through practical teaching.

WON will be hosting our 'Fifth Annual Help 'On Hand' event on Saturday, November 4th again at the International Palms Resort in Cocoa Beach. We are looking for businesses to help us raise necessary funds for the international and national work that we implement and develop through our organization. We are excited to have Joyce Crisafulli as our keynote speaker for the night.

We would like to invite you to partner with us to support this event. All donations will be acknowledged through our advertising, social media, radio programming, and printed materials. Not only will your gift help a worthy organization, but it would be a wonderful opportunity to gain exposure to our expected 200 + guests!

Platinum Level Sponsorship—\$380. Our Platinum Level Sponsorship gives your business the opportunity to purchase a table for the evening. Your business will receive 10 complementary tickets for your associates, friends, or family for a wonderful 3 course meal! In addition to a promotional space to be used for advertising purposes, your company's name will be used in all social media promotion,



printed materials, event acknowledgements, and radio programming.

Gold Level Sponsorship—\$100.

Our Gold Level Sponsorship gives your business the opportunity to sponsor a table at the event. Your company will be given a promotional space to use at the event, and your company's name will also be used in all social media promotion, printed materials, event acknowledgements, and radio programming.

Silver Level Sponsorship—Donation of Your Choice.

Donate an item or complementary gift certificate to be used as a door prize or in our silent auction, and your company will be given promotional space at the event.

As always, all contributions are tax deductible. Your participation will help create a truly memorable evening that will have a lasting local and global impact! Your silver gift will be picked up by volunteers. This will be a fun filled event with great door prizes, raffle prizes and silent auction items.

All the proceeds from this event will be shared between our India orphanage and our African orphanage and will be a huge benefit to eighty plus children that have been rescued from disastrous situations and

brought in to a loving family environment. This event is semi-formal so it's an opportunity to dress up for the evening, maybe purchase some early Christmas gifts, have lots of fun and the satisfaction of knowing that you are helping to make a difference!!

Tickets are \$38 per person which includes a delicious three course meal. Please contact Phyllis Blowes at 321-684-1062 or pblowes@winournations.com to partner with us or go to www.winournations.com to check out what we do for these beautiful children.



Directors Phyllis Blowes and Dr. Malcolm Blowes



HAPPY FOURTH OF JULY SPOTLIGHT ON COOKING

by Cecelia Danas



May freedom ring for all this day!

I love peanut butter cups! Now here is the cup cake version. It is so good, too. 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.

Peanut Butter Cupcakes

1pkg Devil's food cake mix (Dunkin Hines is what I use but you can use any box cake mix)	1/2 cup Peanut Butter
1pkg Jell-O Vanilla Instant Pudding	1 1/2 cup COOL WHIP
1 cup Milk	4 sq. Semi-Sweet Chocolate
	1/2 cup Dry roasted peanuts chopped

Line your cupcake pan with the cupcake paper cups. Set oven to 350 degrees. Follow cake mix box to make batter. Then pour into cupcake pan. When cooked cool for a half hour.

In a microwave bowl add chocolate on High for 1 1/2 min or longer until melted. Dip tops of cupcake in the glaze and add nuts on top.

freezer bag and spoon mixture in. Now cut the tip off of one bottom side of bag. Insert tip into center of each cupcake and pipe (about a tablespoon full).



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How to Embrace Digital Organizational Tools

When internet usage switched from mere fad to fully functional, few people may have imagined just how profound — and mobile — it would become. While electronic use was largely stationary as recently as a few years ago, it's now second nature for users to send and receive information on the go.



Smartphone use has increased dramatically in recent years, and these pocket-sized devices can be reliable hubs of information. The same devices that keep people in touch can help them stay more organized. Here's how to use mobile devices to stay on top of schedules and other organizational jobs.

Calendars

One of the more useful smartphone organizational tools is the calendar app. Depending on the operating system or app used, calendar entries can be synchronized across phones and devices. That makes it possible to pull up your calendar while on the go or when sitting at a desktop computer. Calendar apps can be optimized using reminders, alarms and even recurring entries.

Shopping

Smartphones have revolutionized shopping, but even those who still shop in more traditional ways can use their mobile devices to make the process easier. Apps like Out of Milk can keep a running tally of ingredients and items in the pantry to make it easier to maintain shopping lists. The virtual megastore mySupermarket enables you to compare prices at major retailers and then decide where to buy certain products. The site works with each retailer to fulfill the order. Favado will build a shopping list based on local sales and favorite brands. The app can even notify you when particular items go on sale or recommend relevant coupons.

Financial Management

The same capabilities that were once exclusive to desktop computers are now available on mobile devices. Online banking, bill pay and check deposit functions have cut down on the time needed to fulfill many banking operations. Bank and credit union apps enable users to quickly check their balances or transfer money on the go. What's more, apps such as Evernote can help you organize and save receipts or other information. Retrieve these items from your camera roll or through Evernote's cloud services. Other receipt management apps serve similar functions.

Mobile Scanning

Along a similar vein, mobile scanning functionality enables you to capture just about anything and turn it into a digital file. Text, multi-page documents, business cards, signatures, and more can be scanned and stored digitally, then retrieved and printed, if necessary. This can help cut down on paper clutter.

Mobile digital organization is the wave of the future. With phone in hand, smartphone users can run and organize many aspects of their lives.

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DON'T BE A MEMORY HOG SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



Tabbed browsing changed the way we use the Internet and has become both a blessing and a curse. If you spend time gathering information from multiple sources while researching anything online, this feature has been a game changer.

Being able to open additional tabs eliminated the need to hit the 'back' and 'forward' buttons in order to jump from one page to another, but the downside to this convenience is the memory usage.

Every tab you open consumes working memory (aka RAM) which can eventually lead to significant performance issues, so keeping the number of open tabs to a minimum is always in your best interest.

There are many variables involved in determining actual memory usage, so the various testing sites that proclaim one browser over another may not be applicable to you unless you use your browser the exact same way that it was tested.

If I had to make a general recommendation, Firefox for Windows users and Safari for Mac users seem to have the lowest memory usage based on a compilation of various tests.

Changing Your Behavior

If you can change the way you manage open tabs, you won't have to consider changing browsers. As convenient as it may be to have a tab open all day with Facebook running in the background, if you can do without it, you can save memory. Bookmarking your commonly-used sites for easy access and remembering that you can quickly reopen recently closed tabs in most browsers by hitting Ctrl-Shift-T should help you feel better about closing idle tabs.

Sniffing Out Memory Hogs

Different web resources will use different amounts of memory, so if you want to see how much memory a specific site is taking up, most browsers offer a way to do that. In Chrome, hitting Shift-Esc will open Google's Task Manager, which lists all of your open tabs along

with various details. If you click on the 'Memory' heading, it will re-sort your open tabs in order of the largest memory usage.

Internet Explorer provides the information as a pop-up that you have to open on each page by hitting Control-Shift-U (hitting it again will close the pop-up). Firefox users can install an add-on called Tab Memory Usage (<https://goo.gl/DXtBuK>) (<https://goo.gl/DXtBuK>) which will display the memory usage of each page in the upper right section of the browser window. By identifying the memory hogs in your regular rotation, you'll know which ones to close first if things start to slow down.

For 'Tabaholics'

If there's no possibility for you to change your tabbing behavior, then adding more RAM or installing add-ons may be a better solution to allow for lots of tabs. Chrome users can try The Great Suspender (<https://goo.gl/DCj4Gt>) (<https://goo.gl/DCj4Gt>), which will automatically suspend unused tabs to free up memory. Both Firefox and Opera users can try Tab Suspender (<https://goo.gl/9sDEcs>) (<https://goo.gl/9sDEcs>) to accomplish the same thing.

Unnecessary Add-Ons

Add-Ons also contribute to memory usage, so avoid installing them if you don't really need them and disable or get rid of the ones you may have already installed that you don't use.

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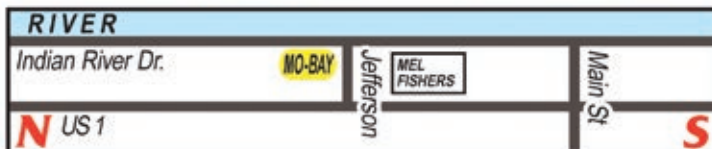
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FAST Action *Saves* Sight

Retinal Detachments: What you don't know could cost you your vision.



Every year, nearly 25,000 people in the United States experience *retinal detachments*, a true medical emergency that can threaten their sight. For some, symptoms begin gradually and may be barely noticeable. Others will experience a sudden and dramatic decrease in their vision, creating an obvious urgency to seek care. “There is no question that a retinal detachment left untreated can lead to vision loss that can become permanent in the absence of timely and expert care,” states Gary J. Ganiban, MD, chief of vitreoretinal surgery at The Eye Institute for Medicine & Surgery. The *retina* is a thin, interior layer of tissue at the back of the eye. Its job is to process light through special cells called *photoreceptors* that detect

RETINAL DETACHMENT Warning Signs

If you experience the following symptoms in your field of vision, seek medical care quickly:

- * Flashing lights
- * Increase in floaters
- * What look like flies, cobwebs, strings, strands or other strange objects
- * Missing areas of vision despite looking in different directions
 - * What seems like a curtain coming down over the eyesight



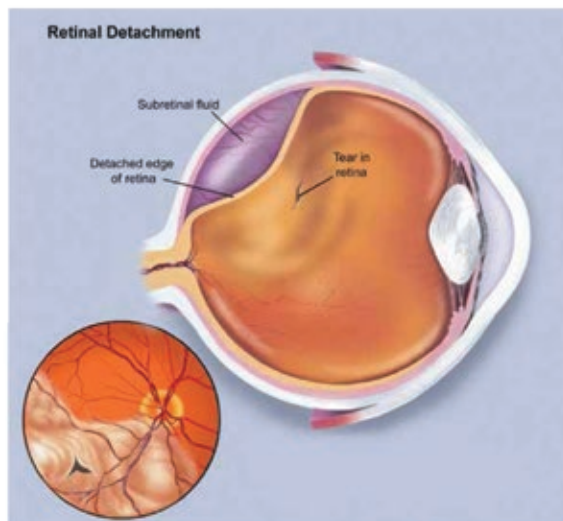
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qualities such as color and light-intensity. That information is sent through the optic nerve from the retina to the brain, which creates the images we see.

Retinal detachment occurs when the retina pulls away from its normal position and is cut off from nourishing blood vessels. The interior of the retina also can be harmed by the appearance of tears or holes, conditions that may progress when left untreated.

Dr. Ganiban emphasizes that whether the retina is affected by a small tear or full detachment, the injury can occur suddenly and without warning. “There is no pain or redness of the eye associated with these conditions,” notes the doctor.

“However, in many cases, there are warning signs, and these signs should not be ignored,” adds Dr. Ganiban. Patients with retinal detachments may experience sudden changes in their field of vision. They may notice an increased number of tiny specks called *floaters*, which may seem like moving cobwebs, strings or strands. Some have described what looks like a curtain coming down



A tear or hole in the retina can allow fluid to enter and weaken the retina's attachment. When this happens, the retina can't compose a clear picture from incoming light and vision becomes blurred and dim.

over a portion of their vision.

These symptoms can occur before the retina fully detaches, explains Hetal D. Vaishnav, MD, director of clinical research and preventive medicine at The Eye Institute for Medicine & Surgery.

This is when time will be critical.

“If a patient or referring doctor suspects a retinal detachment, a key to helping ensure that vision is maintained or regained is to schedule an examination with a retinal specialist as soon as possible,” advises Dr. Vaishnav.

“The bottom line is that in many cases, a thorough, dilated eye examination will reveal the retinal hole or tear prior to it developing into a full detachment.

“Then a procedure can be performed through a laser or freezing probe to seal the tear and help prevent any further separation of the retina,” assures Dr. Vaishnav.

Gentler repair procedure

A trend in retinal surgery to repair retinal detachments has been to move away from a treatment known as scleral buckle and toward a procedure called vitrectomy. A scleral buckle involves placement of a tiny device on the eye's outer surface that helps close the retinal break. Vitrectomy removes most of the vitreous, the clear, gel-like substance inside the eye.

Vitrectomy offers numerous advantages for most patients who

RETINAL DETACHMENT Risk Factors

- * Over age 40
- * Previous retinal detachment in one eye
- * Family history of retinal detachment
- * Extreme nearsightedness
- * History of eye surgery, including cataract removal
- * Previous severe eye injury or trauma
- * Diagnosis of other eye diseases or disorders

need surgery for retinal detachment, says Dr. Ganiban. One is that removing the vitreous reduces traction on the repaired retinal tear. This makes future retinal tears less likely.

The vitrectomy procedure frequently takes less time than other methods, which often means the risk of complications is reduced, he adds.

"Vitrectomy surgeries heal relatively rapidly due to minimal surgical trauma," states Dr.

Ganiban. "Very little cutting is required, and frequently stitches aren't required. Compared to a scleral buckle, vitrectomy is very gentle.

"Another advantage of vitrectomy is that the shape of the eye isn't altered and therefore there shouldn't be a change in the patient's eyeglass prescription. With a scleral buckle, the eye may become elongated, causing induced myopia, which is nearsightedness, and/or a visually significant astigmatism."

The Ganihand for better view

A medical innovation developed on the Space Coast by Dr. Ganiban is now aiding eye surgeons during vitrectomy procedures. The surgeon's view of the back of the eye and affected structures is critical during retinal repairs. Traditionally, this enhanced view is achieved with the help of a surgical technician. The technician applies slight pressure to the sclera, the eye's outer, white surface, with a cotton tip applicator or scleral depressor made of stainless steel. The surgeon can then see the back of the eye through the patient's well-dilated pupil.

This method is decades-old but can be cumbersome and inefficient. In most cases, it increases the length of the surgery.

Dr. Ganiban knew there had to be a better way and designed a hands-free scleral depressor device. During surgery, the instrument is

secured to the speculum that keeps the patient's eye propped open. It features a custom light pipe to ensure the surgeon has an ideal view of the interior eye without the need for a surgical assistant.

There are now multiple versions and sizes of the Ganihand in development to ensure the device will be suitable for all related surgical applications. "It is my sincere hope that my new instrument will help surgeons all over the United States and the world to improve their surgical outcomes, minimize complications and restore vision that otherwise may not have been regained," says Dr. Ganiban.



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Nicole Grammer



Don't Get Caught in "The Box" Unprepared

As we approach June 1 and the start of Hurricane season, many remember last year, as Hurricane Matthew hugged the east coast of Florida and Space Coast residence scrambled to secure their property, evacuate the coastal area and take shelter inland, sellers and buyers alike were urgently reaching out to their Real Estate Professionals asking what this could mean to their pending transactions.

The South Florida Real Estate Industry is all too familiar with the significance of "The Box" when it comes to a storm off the coast, but many home buyers and sellers are unaware of the term and what it means to their closing. Living in a coastal state where we have a six month (June 1 – Nov 30) Hurricane season that also happens to coincide with the busiest time in the Real Estate Industry for the state, it is important to understand the impact of a named storm and how it may affect your closing, even if you are not in the direct path of the storm.

So what is "The Box?" It is an approximately 16,000 square mile area that is defined by the Hurricane Restriction Rule issued by the NC Joint Underwriters Association.. The rule states:

"No new or increased coverage shall be bound or application for new or increased coverage be accepted after 12:01AM the following day when the center of a designated named storm is located within Longitudes 65°

West and 85° West, and Latitudes 20° North and 37° North. The term "designated named storm" is a windstorm designated as a hurricane or tropical storm by the National Weather Service."

These coordinates form a box and encompass an area from Norfolk, Virginia down to the Dominican Republic and from from Apalachicola, Florida east to Bermuda.

It is important to understand that the issuing of new policies will STOP, whether or not the property is in the direct path of the storm and therefore this could happen well before any tropical storm warning or hurricane warning is issued by the weather service.

So how do you avoid a delay in your closing? While there is no guarantee, the best thing to do is file your

insurance application early; as soon as the offer is accepted and contract is signed by all parties. It is good to pre-pay and bind coverage early so your closing has a smaller chance of being affected.

In some cases, there is no way to avoid the delay. Most normal Florida contracts have a provision to extend closing date in the event of a storm and in most cases interest rate guarantees will be honored as well. And if by chance a storm hits, as in the case of Hurricane Matthew, lenders often require re-inspection of property and buyers and buyers and sellers may be required to sign a form attesting that they agree there is no damage.

Living in the lush tropics of South Florida it is best to follow these guidelines even outside of storm season when selling or purchasing a home. Don't get caught in "The Box" unprepared.



Nicole Grammer – Broker/Owner

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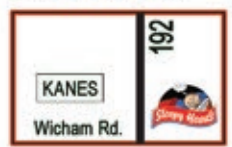
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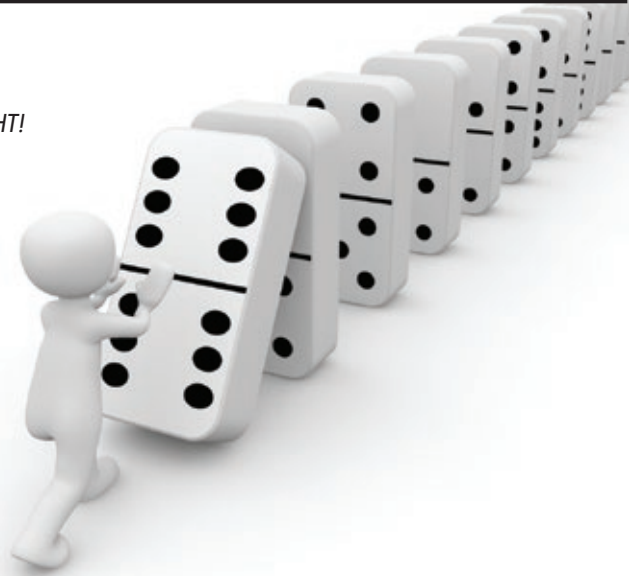
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THE DOMINO EFFECT

by Kelly Russell, CCM: Together, doing life RIGHT!



But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. (1 Corinthians 12:18 NIV)

The Guinness Book of World Records has documented the very best domino shows on the planet. Maybe you've seen how the perfectly aligned planks create a spectacular display. The first domino is touched to reach the second domino, which then continues impacting all the other ones until their purpose is fulfilled.

As Jesus walked by the Sea of Galilee some 2,000 years ago, He called Simon and Andrew to leave their busyness behind and follow Him. Neither of them questioned Jesus, but immediately went with Him. Eventually, these first two disciples increased to the infamous 12 we read about in the Gospels. These ordinary guys became the first "spiritual" dominoes, strategically placed and used to reach others throughout the world.

Each of the 12 disciples "fit" perfectly into place. Jesus sent them out to share with people from Jerusalem to the ends of the earth. When you read through the New Testament Scriptures, you see many stories of people reaching people. The message of Christ is marked with nail prints that connect people with the heavenly Father.

We may not be part of the original 12, but every Christ follower is called to drop their tangled nets to walk in newness of life. Jesus came to seek and save the lost. Once the lost has been found the cycle must be repeated. For every hungry, thirsty, blind, deaf and despairing soul, God selects just the right servant for the role.

YOU too, are a spiritual domino. Your plank has special markings designed to match up to others. We all bear scars of our travels this side of heaven. Know that they are useful and strategic. Believe that your story has value and impact to reach others. From the first two disciples to the multitudes today, we are all needed to show the body of Christ strong in a desperately broken world. What an honor that God sees us as useful planks of service to enlarge His Kingdom.

Consider these four simple points about dominoes:

Every plank has a unique "face"

They are designed to connect with other dominoes

They have a specific placement in order to fulfill their purpose

They stand together and fall together

The Guinness Book lists records of epic proportion. But the Bible details the most phenomenal event in history—the resurrection of Jesus. That sole incident set the dominoes in motion for Christianity—a personal relationship with Jesus. And for every plank that's been put in place since then, we must continue to add to the rows. Ask the Holy Spirit to help you notice when it's time to connect with people. One domino pushed forward has the potential to reach countless others. For we are God's masterpiece.

He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. (Ephesians 2:10 NLT)

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Fred & Janet's Great Adventure!

by Dan Taylor, Audioprosthologist, Mission Hearing

Coping daily with a severe hearing loss is not easy.

Just ask anyone with one. Or, even better, ask a loved one of a hard of hearing person. The simplest things, like hearing the checkout person at the supermarket tell you how much you owe, hearing the waiter at the restaurant you've been wanting to try recite, the daily specials can become nie impossible. Living with a hearing loss, especially a severe, or significant one is rough on everyone.

Those of us who wear hearing aids daily to get by, and function in society come to depend upon them, just like those of us who depend upon our glasses, or teeth for other needed functions. When any of these begin to break down, and need service, quit, or fall apart, it is no small thing.

That is the situation an old friend, and customer found herself in recently. Janet Lange has been wearing hearing aids for a progressive hearing loss for over a dozen years. We'd fit her with her last pair a little over three years ago, and while she had enjoyed good service with them, they needed attention. One just wasn't working right, so she and husband Fred had come in to see us.

They needed help. After determining that it wasn't going to be a simple fix, I explained their options. Janet was in that period of ownership where she was going to have to decide whether to invest in a repair of her old gear, or consider trading them in on a new set.

I explained how we could get her gear rebuilt, and reconditioned to like new, even with a like new warranty, but that still wouldn't make them as good as new, as new was two chipsets advanced from her last set, and therefore offered significant improvement, especially in how we now process those complex sound environments like parties, restaurants, etc.

Janet indicated that she thought her



loss had gotten worse, and as she and Fred led very active lives, and she was having particular difficulty in certain sound environments, she asked if she could actually expect better performance. My reply was to ask how she would like it if I could give her better than normal hearing in noise?

She said sure, but was naturally dubious. I explained that the Rexton gear I was using was a subsidiary of Siemens/Sivantos, who had the only hearing aids on the market with the research, and data to actually back up such a claim, and then gave her the best news.

Due to the overall quality of her old gear, even though they needed reconditioning, we were going to be able to give her a significant trade in allowance, and when coupled with a special purchase we'd made, we were going to be able to fit her for slightly less than she paid for her old gear, even though we were going to be able to upgrade her in the process from good, to best of class.

It's what we call Customer Centered, Results Oriented Hearing Care™.

Janet and Fred were in for her one week check up yesterday, and I asked her how she was doing. Her reply, "On a scale of one to ten, we are approaching a ten Dan."

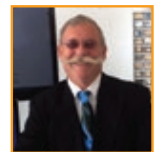
But, we weren't done putting a smile on Janet's face. I set her up with her very

own Smart Connect™, it's a device that lets her stream her cell phone calls, books, music, or TV directly into both her hearing aids, giving her both hands free, and crystal clear stereo phone calls and entertainment.

So, if you'd like to experience the kind of results Janet and Fred are enjoying, we'd love to talk. We offer great deals on the best gear in the known Universe, and actually can deliver better than normal hearing in noise. If, you'd like to experience it for yourself, we can arrange a free, no obligation evaluation, so you can test drive this gear in your own home and living environment.

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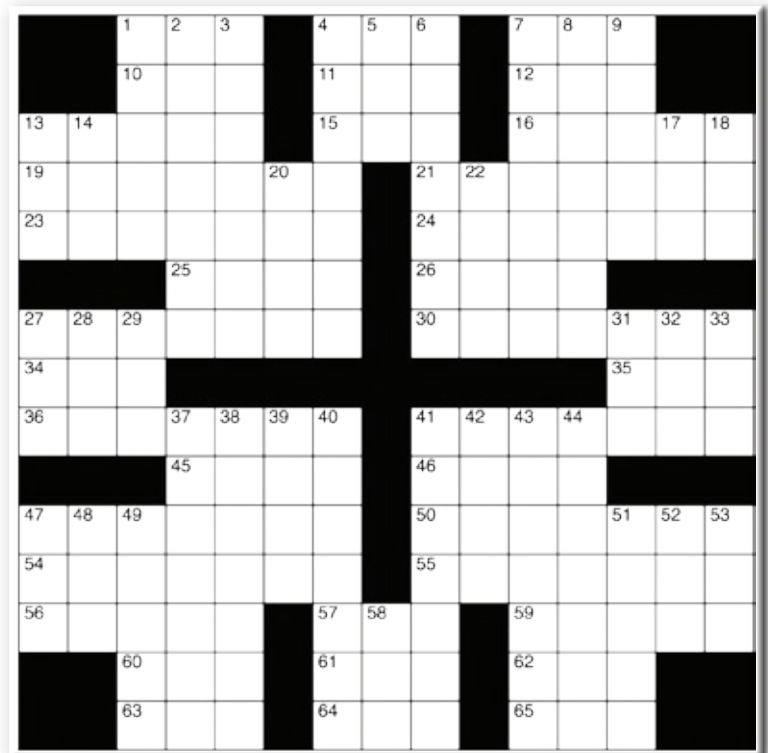
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clues ACROSS

- | | |
|------------------------------|---------------------------------------|
| 1. ___ fi (slang) | 35. Linguistic theory (abbr.) |
| 4. Former CIA | 36. Highway material |
| 7. Parts per billion (abbr.) | 41. Gracefully slender |
| 10. Fermenting vat | 45. Not often found |
| 11. News organization | 46. Baghdad is its capital |
| 12. Paddle | 47. Deriving from Asia |
| 13. Agent in alchemy | 50. Large, veterinary pills |
| 15. Small amount | 54. Boxer |
| 16. Wholeness | 55. Give the right to |
| 19. Suppliers | 56. Iranian city |
| 21. Type of head pain | 57. Body part |
| 23. Canadian province | 59. A citizen of Iraq |
| 24. Jiminy is one | 60. Australian bird |
| 25. Shelf | 61. Consume |
| 26. Diarist Frank | 62. A basketball hoop has one |
| 27. Honored | 63. Bar bill |
| 30. Boat race | 64. Not wet |
| 34. Cash machine | 65. Midway between east and southeast |



answers on page 44

clues DOWN

- | | |
|---|---|
| 1. Shorttail weasel | 31. Chinese philosophical principle |
| 2. Type of sword | 32. Stomach |
| 3. A way to acquire | 33. A particular period |
| 4. Peddled more | 37. Coin of ancient Greece |
| 5. Relaxing place | 38. Place to clean oneself |
| 6. A small carrier attached to the side of a motorcycle | 39. One of the Great Lakes |
| 7. Decanting | 40. Ruled |
| 8. For all ills or diseases | 41. State of being free |
| 9. Building material | 42. Fe |
| 13. "Much ___ About Nothing" | 43. Soup cracker |
| 14. Type of Buddhism | 44. Escorts |
| 17. Refers to something unique | 47. Credit term |
| 18. Thus far | 48. Institute legal proceedings against |
| 20. Make angry | 49. Put within |
| 22. Greek mythological character | 51. New Jersey is one |
| 27. Used on driveways | 52. Red deer |
| 28. Relating to the ears | 53. Type of whale |
| 29. Doctors' group | 58. Swiss river |

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Dr. Nodal Steps into Director Role at Health First's Senior Behavioral Wellness

A physician with more than 30 years of experience tending to the psychological needs of older adults has been named Medical Director of Health First's Senior Behavioral Wellness.

Dr. Guido F. Nodal Jr., MD, joined Health First Medical Group in April. His duties include overseeing inpatient and outpatient services for elders struggling with mood or psychological conditions through the Senior Behavioral Wellness Inpatient Unit at Palm Bay Hospital, an 18-bed program specializing in older adults requiring inpatient psychiatric stabilization.

With many older adults experiencing unique emotional stresses, Senior Behavioral Wellness staff members are



dedicated to supporting these patients – and showing them emotional despair is not a normal part of aging. National statistics show one in four seniors suffer from serious emotional difficulties, making Dr. Nodal's expertise a welcome addition to the program.

"I am fulfilled when I am able to try and understand people and help them to lead fuller lives," Dr. Nodal said of working in the field of psychiatry.

It was as a third-year medical student that Dr. Nodal realized he was on the right medical career path.

"I enjoyed talking and hearing the history of my patients," he said.

Dr. Nodal has been practicing psychiatry for over three decades and is triple board certified in general, geriatric and addiction psychiatry. He urges patients to never hesitate seeking help when they need it. Also, the latest advancements in the field include "much improved mood stabilizers, antidepressants and antipsychotic medications."

Before coming to Health First, Dr. Nodal served as the head of consultation in Psychiatry Service in Vero Beach since 2014. Prior to that, he served as the Medical Director of Psychiatry at Lower Keys Medical Center in Key West. Dr. Nodal was in private practice in Miami for 20 years, serving as the Chairman of the Department of Psychiatry Palmetto General Hospital in Hialeah. From 1989 to 1990, he was also the Medical Director at David Lawrence Center from in Naples.

Dr. Nodal earned his Doctor of Medicine at the Universidad Central del Este in San Pedro de Macoris in the Dominican Republic and completed his psychiatric residency at the University of South Florida College of Medicine in Tampa.

In addition, Dr. Nodal has received a U.S. Navy commendation for exemplary service as a medical volunteer at Guantanamo Naval Base and has also been named as one of the Castle Connolly Top Doctors in the state of Florida.

To schedule an appointment with Dr. Nodal or to learn more about Senior Behavioral Wellness, call 855.892.9007 or visit health-first.org/aging.

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Spider-Man: Homecoming



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Director: Jon Watts

Cast: Tom Holland, Zendaya Marisa Tomei, Michael Keaton

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