

COMPLIMENTARY  
september 2017

# spotlight

*Keeping You in the Light*

MAGAZINE

SpotlightBrevard.com

## Serene Harbor, Inc.

*Brevard County's Certified Domestic Violence Center*

ANNUAL LUNCHEON

# Purses WITH A Purpose

October 13th

Pages 12 & 13



Hilton

MELBOURNE RIALTO PLACE

pg25 » Spotlight BUSINESS OF THE MONTH IS

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## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Greetings everyone and welcome to your September edition of Spotlight Magazine! We have a lot of events happening the next few months, so make sure you mark your calendars well in advance. You want to be sure you're not missing out on anything! You will find a lot of information about what's going on in every issue of Spotlight Magazine, as well as on our website.

As I write my notes this month, the city of Houston and many other towns and cities in Texas are still in the midst of the devastating flooding and damage caused by Hurricane Harvey. Let us all keep the men, women, and children affected by this storm in our prayers. So many have lost their homes and all of their belongings, and some have lost their lives. As the flood waters recede, our prayers, and any help we can offer, will be needed for many months to come. Our hearts go out to everyone suffering from this disaster, and we pray that our Lord and Savior will be watching over them. I am a firm believer that even when the world seems to be totally out of control, our Lord is in control, no matter what.

May God continue to bless you and your families and those who have been and still are going through so much with this recent disaster.

Until next month,

Bryan McDonough  
Publisher, *Spotlight Magazine*, Inc.

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## A NEW BEGINNING...

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

**Ten years ago, my wife and I packed up and moved halfway across the country** to be a part of a new job we'd never done and a new church. We had two small children, and had been living about 20 minutes from one set of grandparents, but now we'd be about 8 hours from one and about 18-20 hours from the other set. We were excited and a little scared, because everything was unknown.

Maybe you've done that as a young family or a single person heading off to college, or maybe you've lost a spouse to death or to divorce and now life is a brand new adventure filled with fear or excitement or that strange mixture of both. I feel that. Every hinge point in our lives bring about a new opportunity, but there is also grieving to be done about the changes, because every time you say "yes" to one thing, you say "no" to another. Every time you reach for a new career, new house, new set of everyday friends, new grocery store, new park to play in, new hobby, new pattern of life...you leave one of all of those things or part of all of those things behind.

While grief is a part, every new beginning is always an opportunity for a new chapter, new enrichment, new challenges...all of which offer the opportunity to see a new side of life that you've never seen and growth in yourself, while effecting positive change in those around you.

At every hinge point, I remember the words of God recorded in Joshua, chapter 1 verse 9. "Remember that I have commanded you to be determined and confident! Do not be afraid or discouraged, for I, the Lord your God, am with you wherever you go." This automatically hooks up with things that God spoke through the writings of Paul in the New Testament like "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

We weren't constructed to make decisions solely out of fear or to be afraid of the next step...nor do we have to be, because if we are following Christ on the journey, God is with us.



This month, my family will be hitting a new hinge point as well. Bay West Church will cease to be a campus of First Baptist Church of Melbourne, it will become an autonomous church in Palm Bay. I'll cease to be a Campus Pastor, and my title and responsibilities will change to that of Lead Pastor...and it's a little scary and intimidating...did you know that churches have insurance, and it's really expensive and confusing too? I do now. It's a whole lot new (I've never done this before), but at the same time, there's excitement and a spirit of boldness, because I know that God is with us wherever we go.

That assurance is a safety net that not enough people embrace and leverage fully in their lives. We spend our joy fighting fear that God says is unnecessary. If we can ever get past that, the "new beginnings" can become some of the greatest adventures, and the biggest blessings ever.

If you want to join us on this adventure or just like to support us on our big day of Launch, we'll be launching on Sunday, September 10 at 11am in our service. Feel free to just come visit for that day and enjoy our new beginning and I challenge you to chuck the fear and embrace the new beginning that is coming your way.

---

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, or see baywestchurch.com.

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# Seven Tips for SAILING THE SEAS

## Looking to take a cruise this season?

There are many things to consider when sailing on the high seas – whether you are a first timer or veteran cruiser – and these seven tips from cruise experts break it down for you!

### Find the Right Ship

Each cruise line has a different vacation personality, so it's important to find the right one for you. Consider each cruise line's onboard activities, dining options and ports of call when making your decision. Not sure where to start? Use a travel advisor. "Travel advisors are like travel matchmakers, providing you with the best options for your vacation desires," said Vicky Garcia, COO and co-owner of Cruise Planners.

### Try Something New

A cruise is the perfect venue for discovering new things, whether it is savoring new foods in a specialty dining restaurant or going on an adventurous shore excursion such as zip lining or swimming with the dolphins. There are also a variety of onboard enrichment activities to try such as aqua cycling and wine blending or activities such as rope courses that'll give you an adrenaline rush and breathtaking views of the seas.

### Cabin Pick

It is important to understand the different cabin categories as this can change your onboard experience. Perhaps you want the best view, best ship location, best price, or even connecting cabins – there are so many options and each cruise line and ship is different. Consult with a professional travel agent to select the cabin best suited for you.

### Insure Your Vacation

"The unexpected is bound to happen, so make sure you protect your vacation investment," said Michelle Fee, CEO of Cruise Planners. "Travel insurance may protect you if you get sick or injured while on vacation, miss a flight, or lose your luggage." More sophisticated plans will

allow you to cancel your vacation in case something outside of your trip prevents you from traveling.

### Save Time

Booking activities and extra amenities with Glenwood & Melody Robinson, your cruise planners, before you travel means you'll be ready to relax from the moment you step onboard. You can pre-arrange everything from shore excursions, drink packages, Wi-Fi and Internet, specialty restaurant reservations to spa treatments and more.

### Pack Smart

When packing for a cruise, pack strategically. Mix and match outfits and bring wrinkle-free items to make the most of your cabin storage space. You may have a few wardrobe changes each day as you will be doing a variety of activities such as lounging poolside, enjoying shore excursions, eating dinner and dancing the night away. Remember to ask your travel agent if you should bring special attire for formal occasions.

### The Right Documentation

Make sure to bring all legal documents needed to leave the country. Some travelers get so caught up on what they are packing that they forget the most important items to get in and out of the country: passports, birth certificates, and visas. If you aren't sure what you will need, check with the cruise line or your travel agent – they will make sure the ship doesn't sail without you.



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October Is National Domestic Violence Awareness Month

# FUNdraising Special Event

Friday, Oct. 13, 2017 ~ 11am - 2pm

# Purses WITH A Purpose

Saving Lives In Brevard County

**\$75** *Tickets*  
per person

*Guest Speaker*



Melissa Dohme Hill  
Survivor and Advocate

Emceed by Mindy from  
"Mike & Mindy in the morning"  
on Lite Rock 99.3



To sponsor, become a vendor, or purchase tickets  
to the luncheon visit [sereneharbor.org](http://sereneharbor.org)  
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## 12TH ANNUAL PURSES WITH A PURPOSE LUNCHEON

Friday, October 13, 2017 at the Hilton Melbourne Rialto Place from 11am - 2pm. Tickets \$75. per person.



**Serene Harbor, Inc.**  
DOMESTIC VIOLENCE CENTER

Serene Harbor has assisted over 25,000 individuals throughout our history via our direct intervention services and outreach programs. We have a single location in Brevard County providing shelter to female victims of domestic violence their children, and their beloved family pet. We work with men on an outreach basis due to the communal living arrangements at the shelter. Temporary emergency shelter for women and children is our primary function. Each survivor receives an individual case plan with goals they want to achieve while at our shelter. They discuss their needs with our Case Manager to determine their priorities and the Case Manager assists in facilitating progress towards the goals. We transport shelter residents to services they require throughout the County, including access to an Injunction for Protection attorney through the IFP Program\*.

We also provide an individual case plan for each child that comes into the shelter with their mother. We want to ensure each child's needs are met and that we work with the children to break the cycle of violence. **All our services are provided free of charge.** Call our confidential **24hr hotline at (321) 726-8282** for information or assistance.

*\*This project was supported by VOCA 2016 Florida Coalition Against-00842 awarded by the Office of Victims of Crime, Office of Justice Programs. Sponsored by the Florida Coalition Against Domestic Violence Legal Project (FCADV) and the State of Florida.*

*Shelter and Outreach Program staff provided 6,604 nights of shelter to 101 women, 89 children and 11 pets; Answered 963 hotline calls; Provided 431 face to face safety plans; outreach services to 63 women and 3 men and assisted 101 individuals in obtaining alternative shelter because we were at capacity when they requested assistance.*

*The CPI program's DVCW Advocate provided support on over 400 cases involving 662 minor children. In the past 6 months the IFP Attorney provided legal services to 110 individuals including 8 men.*

*Our Primary Prevention Facilitator provided 2 rounds of Healthy Relationships training to third grade students at Emma Jewel Charter School and Imagine Elementary. In addition to working with shelter children the Prevention Facilitator also provides monthly "Prevention Club" meetings with youth in the Diamond Square community.*

(Statistics as of 6/30/2017)

# A FUNdraising Special Event Purses WITH A Purpose



**Saving Lives In Brevard County**

*Guest Speaker*

Melissa Dohme Hill  
Survivor and Advocate

## October Is National Domestic Violence Awareness Month

Welcome to our 12th annual "Purses with a Purpose" luncheon being held at the Hilton Melbourne Rialto Place on October 13th, 2017 from 11:00 AM – 2:00 PM. This luncheon has been sold out for the past 6 years with approximately 300 attendees. The luncheon features a live auction of new designer purses, silent auction, raffles, and vendors. We are honored to have Melissa Dohme Hill, a domestic violence survivor as our special guest speaker. She has an amazing story of tragedy, triumph, and unexpected blessings.

In 2012 Melissa was brutally attacked by her ex-boyfriend who stabbed her 32 times in the neck, face, arms, and hands attempting to take her life. He did not succeed. Following that horrific night and her miraculous recovery, Melissa developed the conviction to become an advocate and speak out against domestic violence. Melissa has been featured in national and international publications and television shows, including: People Magazine, 48 HOURS "Live to Tell", Inside Edition, Good Morning America, Today Show, BBC News, Fox News, CNN, Nancy Grace on HLN, Investigative Discovery and many more. There is a happy ending to this story; in March of 2016 Melissa married one of the EMTs who helped save her life, Cameron Hill.



All money raised during this fundraising event goes directly to the survivors we support and the programs and services we offer.

To sponsor, become a vendor, or purchase tickets to the luncheon visit [sereneharbor.org](http://sereneharbor.org)  
Beverly DeMeyer at 321-726-0402 [beverly.demeyer@sereneharbor.org](mailto:beverly.demeyer@sereneharbor.org)

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# DAY TRIPS: The Florida Keys

by Bruce Marion



It's a little more than a day trip, as it is a long day trip just to make it to the edge of the keys at Key Largo but if you have never been to the keys, it's worth it. In fact, it is worth it just to drive there and then turn around and drive back. Though it would be a lot more fun to stay the day and come back a couple of days.

If you think you live in Florida's paradise, the Florida keys is the Hawaii area. Over 100 miles of road linking the Miami

area to key west on the road US Hwy 1) that goes from upper most Maine at the Canada border to lower key west, southernmost USA. Folks line up there nightly to party and watch the sun go down. These sunset rituals have become a standard in the tropical paradise.

But you needn't travel all the way to the key west to catch the keys disease. Starting at Key Largo flora and fauna abound, and though the traffic may back up sometimes, there is plenty to look at. Side road excursions can take you to quaint shops with nautical themes, shell collections, and tropical plant nurseries. Rookeries of shorebirds, and many migratory bird species, as well as parrots and iguanas and key deer. Sunset cruises and nature study tours can show you everything. Kayaks and paddleboards and boats of all sizes dominate keys life.

Aquatic life is amazing with whales, sharks and tropic fish mix with manatees and other brackish water fish. A fantastic lobster season attracts many as does the fishing and seafood on every corner, fresh, cooked or frozen. Camping areas, rocky shores, and beaches line both coasts of the Atlantic Caribbean and the Gulf of Mexico Florida Bay.

Dolphin adventures? You can get right in the water with them. The 7-mile bridge tells you you are almost to key west, wait for it. There are more Key West events than can be mentioned here. Celebrities then and now flocked here. Hemingway, Truman, and Flagler, who brought the train trestle down the line of small islands known as the Florida Straits to promote his railroad and make Key West a more available port of call.

Music is loud and rowdy throughout the keys, OR soft and tropically romantic. History goes back to Henry Perrine and his massacre by the Calusas at Indian Key. A hurricane in the 20s roared through and killed or stranded thousands of residents and vacationers. Brutal weather mixed with temperate winters and tropical trade winds make for a comfortable lifestyle, not unlike Hawaii or Tahiti....

For a historical look at vintage Florida in its pure state, half Everglades - half palm beach or Miami- it's truly an amazing place. I always tell people if you haven't seen Alaska, Yellowstone or the Florida keys....do that before you travel abroad for sure!

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# DOES BACK PAIN GO AWAY ON ITS OWN? SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



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

### What Causes Back Pain?

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

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

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

### Will Back Pain Go Away on Its Own?

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

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

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

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

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

### How Can I Prevent Back Pain?

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

Don't twist your body while lifting.

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

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

Wear flat shoes or shoes with low heels.

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

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# The Great Awakening of 2016

by Craig Putnam

**Good news! The 1,000 year spiritual reign of Christ has begun.** Satan has already been bound, however some people do not believe enough to cast him out of their lives. Unbelief has occurred throughout the history of mankind. Sin started with Adam. He was the first man created by God with a living soul. Adam was told not to eat from the Tree of Knowledge of Good and Evil, but he ignored God's warning and was later punished. Cain, Abel and Seth were Adam and Eve's first three sons. Cain killed Abel after he became jealous and was sent away, so Seth was the firstborn ancestor of Noah and humanity.

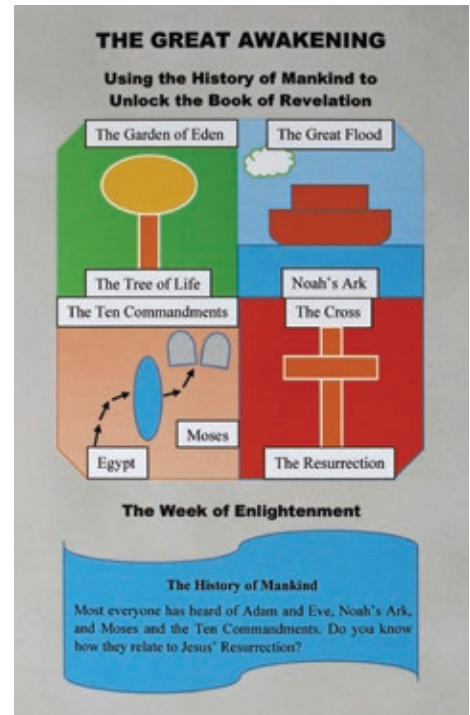
At the time of Noah, the physical Garden of Eden still existed as proof of God's existence, however man chose to live in disobedience. Noah and his family were warned of a great flood. They built an Ark and 1,526 years after the birth of Seth (AS) anyone outside the protection of the Ark was sentenced to God's Final Judgement.

Moses was sent by God in 2538 AS to take the Israelites to the Promised Land. Even after seeing

over ten miracles, the Israelites chose not to put their faith and trust in God and had to live in the wilderness for another forty years.

Jesus was born in 3984 AS. Jesus showed 1,000's of signs and wonders to prove to the people that God has all power and authority upon this earth. Many chose not to believe and missed out on a wonderful gift, an everlasting life for their souls.

Sometime in 2016 marked the beginning of the 6,000 year (AS) celebration of the birth of mankind. During the next 1,000 years, the reign of Christ will take place. God has given us many signs, like the four blood moons of 2014 – 2015, and the 2016 year Jubilee. Many more signs that will make you wonder are in The Great Awakening, Age of Enlightenment. These four events, Adam's eviction, Noah's Ark, Moses and the Ten Commandments and Jesus' ascension into Paradise, take us through a timeline. Satan has already been bound, and now it is up to us to believe and receive this wonderful promise from God, the spiritual reign



of Christ. For more information, visit our website; [greatawakening2016.com](http://greatawakening2016.com). Promotional code: "AwakenToday" We also started a Facebook page, The Great Awakening, so we can share the truth of God.



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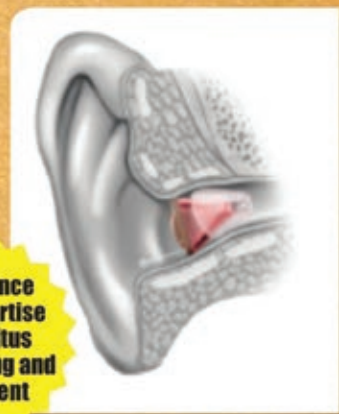


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# Opiod Addiction Declared an Epidemic: Now What?

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

## The most obvious answer is IF YOU ARE ADDICTED it's time to GET HELP.

Here are the alarming statistics. There are now nearly 100 deaths a day from opioids. Drug overdoses already kill more Americans under age 50 than anything else surpassing accidents and all diseases.

Opioids are pain relievers prescribed by medical Doctors and the United States is the biggest consumer globally. However with the shutting down of over prescribing Doctors a lot of addicts have switched to heroin which is cheaper.

Now there is an emergence of illegally manufactured synthetic opioids like fentanyl (80 times more potent than morphine), and carfentanil (10,000 times more potent than morphine) that are at times mixed with heroin. These combinations kill the addict. Death by overdosing.



I believe the DEA and all related authorities are doing the best they can in stopping the flow of drugs but there will always be a war until people STOP USING and GET HELP.

### GETTING HELP:

**1. If you are addicted to opioids.** First you need to be Medically Detoxed by a Medical Doctor for at least 5 to 7 days. Talk to your primary Medical Doctor and most of all BE HONEST ABOUT YOUR DRUG USE that is the only way a Doctor can help you.

**2. While your Doctor gradually detoxes you,** start taking a high quality multi-vitamin to start replacing nutrients that have been reduced substantially while addicted. Once the addicted substance is out of your system that is where body rebuilding begins.

**3. Please contact Holistic Health Center for an appointment** and more specifics on supplementation with specific amino acids, individual vitamins and minerals, a good recovery diet, better sleeping, and light exercising. These topics along with individual consulting on lifestyle, finding and addressing the root cause of your addiction are all needed for a successful recovery. This holistic approach has a success rate up to 80% however success depends on the individual.

Dr. Kevin Kilday, PhD, D.Psc.,  
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## FRIDAY NIGHTS SPOTLIGHT ON COOKING

by Cecelia Danas



**This month, I am giving you a recipe that my Mom made** on Friday nights when Catholics couldn't eat meat (now that is dating me!). It was her way of getting us to eat our veggies too. This is for all you seafood lovers. 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](mailto:Cece746@aol.com).

### Spaghetti with Clams & Broccoli

- 1 box of Spaghetti (you can use ziti, or another pasta you want)
  - 1 bunch of broccoli (you can also use a regular size bag of frozen broccoli)
  - 1/4 c olive oil
  - 3 tbsp of chopped garlic
  - 1 can 6 1/2 oz of minced clams, drained
  - 1/2 can of chicken broth or clam sauce
  - 1/2 tsp of salt
  - 1/4 tsp crushed red pepper (optional)
  - 1/2 c of Parmesan Cheese
- 1 large pot of salted water to a boil. Add spaghetti, cook according to package direction. Add broccoli about 5 minutes before the spaghetti is ready. Make sure broccoli is tender, but still a pretty green color. Drain.
- While the spaghetti and broccoli is cooking, add oil to a small sauce pan and heat. Add garlic cooking over medium heat (don't burn the garlic, it such be tender) stirring often. Then stir in clams, chicken broth, salt and red pepper. Bring to a boil and then reduce to simmer for 5 minutes. This is when all the flavors come together. Then stir in spaghetti and broccoli. Then toss with parmesan cheese.



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# STEPS TO TAKE BEFORE DITCHING YOUR PRINTER

## SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

Most of us are very aware of the dangers of disposing of our computers, smartphones, and tablets without first wiping them clean of our personal information, pictures, and files but not so much with our printers. Depending upon the type of printer you have, you may very well have to take steps to ensure that your private information isn't still being stored in the device's internal memory.

### What's At Risk?

It may not be that obvious, but your printer/fax/scanner can potentially be storing some of the most sensitive information that you have ever printed, scanned, faxed or copied. Everything from tax returns to medical forms to insurance documents have likely passed through your printer over its life. More sophisticated network printers

that can e-mail documents directly can also be storing sensitive e-mail server configuration and passwords that you'll want to wipe out.



### Consumer Printers

Most consumer grade printers have very little storage memory and it's generally considered 'volatile memory,' which means that when the power

is turned off whatever it was storing is gone. If your printer has no fax or copier functions, it most likely won't have any type of persistent memory storage that needs to be reset, but just to be sure, check your printer's 'Settings' menu for any options that allow you to reset the device to the factory defaults.

If you ever get a message during the reset process warning you that all your data will be lost, you'll know that it was

storing personal information. If your device has memory card slots for things like camera cards, don't forget to check to see if you've left any old cards in there.

### Networked Multifunction Printers

While most consumers aren't likely to have printers with internal storage, virtually every business grade copier/printer/fax device is highly likely to be storing a large amount of sensitive information on a persistent storage device. If your company printer has the ability to receive faxes and route them via e-mail to the proper recipient, it first has to store the incoming faxes in some form of internal memory.

If your device can store addresses for sending scanned documents, you should assume that it can store more than just addresses. Private printing, which refers to the ability for a printer to hold a print job until you are physically in front of the printer and type in a code, certainly points to an internal storage device. The ability to re-order print jobs that are in the queue is another indication of internal memory capabilities.

### Protection Suggestions

Most of today's printers that include large internal storage devices also include secure wipe options in their settings. If you can't find the reset instructions for your printer, a simple Internet search that includes your exact make and model with the word reset after it should yield the directions. If you can't find any info from a general search, try checking at <http://resetprinters.com> and if you can't find anything there, you probably have nothing to worry about.

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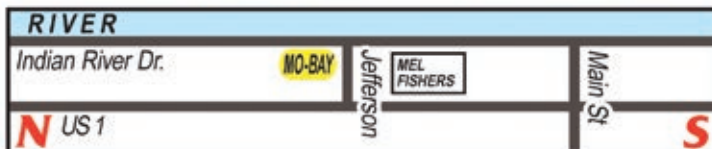
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“The I-Stent is highly effective, as it reduces eye pressure, 24 hours per day. By continually maintaining a healthy eye pressure, the risk of suffering a loss of vision due to glaucoma is greatly reduced,” reports



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

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

**Jason K. Darlington, M.D.**

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

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

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

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

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

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



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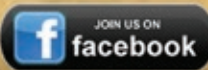
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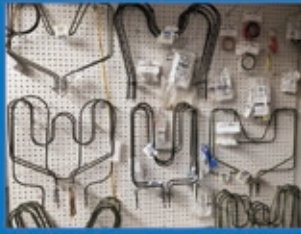
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Nicole Grammer



## Why Call Brevard Home?

With attractions such as the Eau Gallie Art District, historic downtown and the beautiful sandy beaches it's no surprise that Brevard County was ranked 49th in the 100 top places to live in the United States by US News & World Report. It is the 10th largest County in Florida where troves of urbanites, families, professionals and retirees call home. But why Brevard?

Perhaps it's the diversity offered with the blend of museums and galleries, great restaurants and bars or the plethora of water activities that entices people to the area. Maybe it's the warm and welcome feeling that exists in the family-oriented community. The Viera area has grown leaps and bounds over the past decade and with the newly renovated USSSA Space Coast Sports Complex it will bring not only more jobs but more tourists to the area. The Complex is home to the Women's Professional fast-pitch softball team and will host a variety of other events from college softball and baseball series to championship series for ages 8 and under. Brevard County is on the rise and whatever the attraction was to come, there are plenty of reasons to stay.

Aside from the addition of the sports complex, Brevard is home to the headquarters of some major corporations, and with the next-generation bomber being built in Melbourne and the next generation rocket facilities being built in Merritt Island, the economy is getting a major boost, offering more jobs at higher rates of pay to professionals. An influx of new residents equates to the need for more housing, more commercial businesses and improved roadway systems so it's not surprising that the highest job sector increase over the past year has been in the construction industry. Again, more jobs. A quick glance around town shows new construction at every turn. It's simple – Brevard is growing.

The Real Estate industry is at its prime right now and interest rates on 30-year fixed rate mortgages still provide an unprecedented buying opportunity. Central Florida, including the Space Coast, has favorable real estate prices so now is the time to buy, as smart buyers take advantage of the low interest rates and still reasonable pricing in the market. Those on the lower end of the pay spectrum will find renting more reasonable, offering ample opportunities for Investors to take

advantage of while it lasts. But as inventory is at an all-time low, sales prices are being forced upward and bidding wars are not uncommon when good properties hit the market. It's the age old rule of supply and demand so as the demand increases and supplies decrease, prices will continue to rise. So while housing may become harder to come by, the economic growth, along with the numerous pleasures the area has to offer, not the least of which is our beautiful weather, the outlook for Brevard remains on a steady upward climb.



Nicole Grammer – Broker/Owner

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## THE TALK OF THE TOWN

by Holly Irvin, CCM: Together, doing life RIGHT!

**A certain phrase stuck me from the sermon this past weekend.** He was telling the story of the blind man who called out to Jesus as He passed by from Luke 18:35-43. He said the reason that the man knew to call out to Jesus for help was because Jesus had been "The talk of the town." That got me thinking and wondering what would have to happen in order for Jesus to be the talk of our town? The talk of the town is usually something extraordinary that occurs, good or bad, that rises enough above the mundane to make the news or social media. People begin to take notice, add their two cents and discuss it around the dinner table and water cooler.

Jesus did extraordinary things while He walked the earth. His attention was tuned to what God the Father would have Him do. Every day, as He went about His business, He made Himself available when doors of opportunity for ministry were opened. Now that Jesus is in Heaven, it's our turn. It's



up to each one of us to cause Jesus to be the talk of the town. We don't need to go around repeating Jesus, Jesus, Jesus all day long, but we do need to make ourselves available when an opportunity arises for ministry. The Bible tells us to be prepared in season and out, to correct rebuke and encourage people with patience and careful instruction (2 Timothy 4:2).

Being prepared in season and out means that at any moment, someone could call our name with a desperate need for the love of Jesus to be spoken into their life. So we first need to make sure that we're full of the Holy Spirit from spending time in prayer and meditation on Scripture. Then we need to be willing to set aside our own agenda and comfort level to answer the call.

I'm certain that there were many times when Jesus was tired or hungry when someone called Him for help. He probably also had times when He was headed for someplace with a timetable that didn't leave much room for dawdling. But when He heard His name, He stopped and answered with kindness and patience.

Right now, my name for the most part is Mommy! Mommy! Mommy! I must be very careful that I pay attention to the guidance of the Holy Spirit when I answer that call. There are four little people who look to my husband and me to show them the way to follow Jesus, and countless others who are watching from the sidelines because we openly call ourselves Christ followers.

What name do you go by? When you are called upon, are you prepared to demonstrate the way to Jesus? If each one of us will stop and engage every time God opens a door for ministry, I guarantee that Jesus will become the talk of OUR town.

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# Shop Smart and Save Thousands

by Dan Taylor, Audioprosthologist, Mission Hearing

**There isn't a week goes by but what you pick up the paper** and see a four page color ad for hearing aids. The typical ad features pictures of several hearing aids, and always some sort of too good to be true offer (you can tell by that small print below the offer) along with a list of stuff they are going to give you for Free, if you'll only call one of their dozens of offices, and make an appointment with one of their white lab coat wearing doctors of audiology, etc.

They even have the word 'medical' in their name, so it all has to be doctor approved, right?

Now, here is the thing. Those ads aren't cheap. Literally thousands of dollars each time they run. So ask yourself, how many of those cheap hearing aids they are advertising would they have to sell, if you could actually buy them, just pay for that ad?

And what's with all the white lab coats?

Here it is folks, straight up. I'm Dan Taylor. I am not only an Audioprosthologist, but also Board Certified in Hearing Instrument Sciences. I've been in the hearing aid industry for over thirty-five years, and have been dispensing out of my lab/store in the heart of historic downtown Melbourne for over twenty-five of those years. Oh, and I've been wearing hearing aids for a high frequency hearing loss for over twenty-three years now.

Here is what's up with those white coats and that 'Medical' name. In his classic, "Influence, the Psychology of Persuasion" Professor Robert B. Cialdini, PhD and head of the Psychology department at Arizona State, writes that it is worn to confer the authority of a doctor upon it's wearer.

That's right, they are all worn just for show. To show you that they are the medical authority, and when you come to them, you are to take their recommendations and act upon them.

Our industry even has a word for it. They call it compliance. Compliance is at the heart and center of the entire medical model. You see these folks want you to look at your hearing loss as an illness for which they have the cure. Just like you look to your doctor for solutions for when you are sick. The problem is, that medical model of dispensing comes



with some assumptions. The first one being that the folks in those white lab coats have the cure for what ails you.

This medical model puts that White coated specialist, or audiologist at the center of the decision making process. They test, assess, and write a treatment plan that they expect you to implement in the form of purchasing the hearing aids that they recommend. It's what compliance is all about. It minimizes the consumer's choices and puts the decisions about what is best, into the hands of that white coated professional.

We practice a different type of dispensing at A Advanced Hearing Care. Here we practice the Market model of dispensing. In our practice the customer, and their goals, objectives, and the experience we provide in fulfilling those goals are what we focus on.

In our practice, the customer, not the professional comes first. The customer is at the center of everything we do, not the professional. We likewise have a name for it, we call it being "Customer

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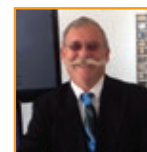
We work for you, our customers, not some chain of hearing aid stores being fronted by a major manufacturer, whose only goal is to sell more new hearing aids. At A Advanced Hearing Care, it's not about the gear. It's about getting the right gear, at the right price, for each and every customer who comes to us.

Whether providing better than normal hearing in noise, with one of our great Siemens/Rexton products, or reaching into the drawer for a used, or reconditioned set, because that better suits the needs of the customer in front of us, we work for our customers, and they come first, always, not the person in the white lab coat.

So, if you, or a loved one is shopping for hearing aids, or hearing help, we put you first, and you won't see any white lab coats, as we're not the doctor, and don't want you to feel like you are a list of walking billable procedures, but rather a welcomed friend and neighbor whose come to us for honest answers and help to a condition that millions of us deal with on a daily basis.

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# Spotlight Crossword Puzzle

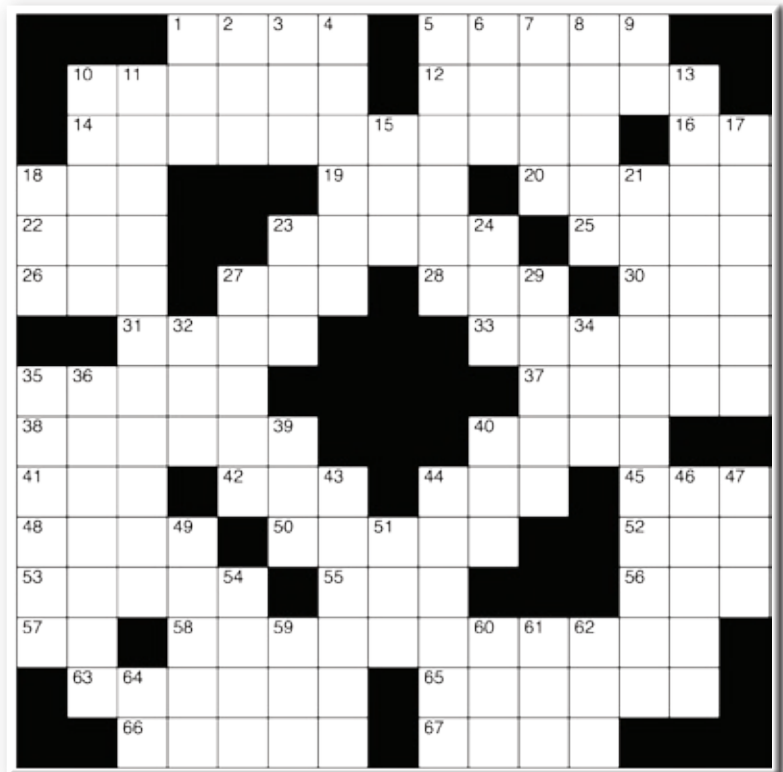
## clues ACROSS

1. Sexual cells of fungi
5. Communication device
10. Consumers
12. Kindness
14. Argentina's capital
16. Spanish be
18. Ad \_\_\_: done for a specific purpose
19. Fiddler crabs
20. Type of wrap
22. Picnic invader
23. Hammer ends
25. One-time Roman emperor
26. Pounds per square inch
27. Not pleased
28. Father's Day gift
30. Wildebeests
31. Algerian coastal city
33. Thoroughfare
35. More lucid

## clues DOWN

1. Had a meal
2. Monetary unit
3. Civil restraint order
4. Distributed
5. Pliable
6. Not him
7. Singles
8. First month of the Assyrian calendar
9. And (Latin)
10. Ingersoll and Moss-Bacharach are two
11. Ones who accept bids
13. Pined for
15. A team's best pitcher
17. Noses
18. Lansdale characters \_\_\_ and Leonard
21. Replaces lost tissue
23. Peter's last name
24. Female sibling

37. "All \_\_\_ on deck"
38. Singel-celled animals
40. Iron-containing compound
41. Where golfers begin
42. One who is gullible
44. Type of tree
45. Popular form of music
48. Makes a mistake
50. Recorded
52. Basics
53. Facilitates
55. Where a bachelor lives
56. Ink
57. Bibliographical abbreviation
58. Furnishes anew
63. Popular James Cameron film
65. With many branches
66. Flat pieces of stone
67. Sixth month of the Hebrew calendar



answers on page 44



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## Health First Holmes Regional Medical Center Debuts Hybrid Operating Room (OR)

**Health First is welcoming a new era of advanced health technology** made possible by the generosity of Brevard residents through the Health First Foundation. July saw the opening of Brevard's first Hybrid Operating Room (OR) at Health First's Holmes Regional Medical Center. A Hybrid OR will dramatically enhance surgical treatment and this result is all thanks to years of hard work and more than \$2 million in donations and community support.



expenses. With the Hybrid OR here, families can rest easier knowing their loved ones are receiving high-quality, safe care down the street from where they live," Robinson said.

But this is much more than just giving a doctor a leading-edge room to perform surgeries, it is a team effort to develop and assemble experts to apply multiple technologies for the betterment of their patients. The imaging allows surgeons and cardiologists to perform procedures with advanced precision using 3D technology. Computed Tomography (CT)-level

Unlike a typical operating room, a hybrid OR combines a traditional operating room with advanced imaging technology for instant accessibility to the surgical team. "The Hybrid OR provides the capabilities for physicians of different specialties to work side-by-side at the same time," said Dr. Tamim Antaki, a cardiothoracic surgeon at Health First. "Brevard County residents will have advanced technology and state-of-the-art care close to home."

imaging enables physicians to evaluate procedure results before leaving the Hybrid OR and potentially eliminates the need for additional diagnostic testing after surgery. Combining advanced imaging with a sterile surgical setting means surgeons, cardiologists and interventional radiologists can collaborate in real time to provide comprehensive surgical and imaging care in one place. The goal is more minimally-invasive surgeries and for patients, it could mean less pain, shorter recovery time and smaller wounds.

Aaron Robinson, CEO, community hospitals, and service line executive for heart and vascular at Health First, assisted in bringing this technology for the residents of Brevard. "Before Health First opened the Hybrid OR we would have to travel hours for this type of technology. For those seeking help, it would cause additional stress and financial strain on the families with hotel stays and other

Creating an environment of cooperation is essential to improving the health of a community. Physicians, surgeons, technicians and administration all with the singular focus of improving Brevard County is what makes this technology possible. "This Hybrid OR will allow us to elevate cardiovascular care in Brevard County to a higher level, and will assist cardiovascular surgeons and other providers streamline their advanced, state-of-the-art treatments by allowing multiple disciplines to work simultaneously," Antaki said.

### PUZZLE [PG42] SOLUTION How well did you do?



Antaki says to prepare for using the hybrid OR, teams train and perform simulation surgeries together. Cath lab technologists will scrub in next to surgical technologists, while cardiologists are scrubbing in next to cardiothoracic surgeons. It's all a truly collaborative approach. "Our vascular surgeons, cardiologists, cardiac surgeons, operating room associates, cath lab associates, radiology technologists and more — all worked together on the development of the hybrid OR," Antaki added. "This was a highly collaborative effort."

Ultimately, this will improve care outcomes and benefit the community of patients, and will make Brevard County a destination for receiving national leading treatment. "The Hybrid OR offers flexibility around converting cases when necessary and will benefit the community by providing the most cutting-edge technology and advanced procedures in the region," continued Robinson. The Hybrid OR is versatile and has the capacity to also be used in thoracic and neurosurgery procedures. The imaging capabilities provide information to perform any complex surgery that will benefit from 3D imaging.

"The future of surgery is all minimally invasive," concluded Antaki. "The combination of imaging and surgical setting found in Health First's Hybrid OR will provide physicians the capability to provide complex surgeries in a minimally invasive fashion."





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