

COMPLIMENTARY
october 2015

spotlight

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BROKER/OWNER

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Meet Our Rockledge Agents

Christopher Robinson, JR

Christopher the son of One Insurance owner Chris Robinson joined his dad in the family business this year after completing his licensing and training to become a health insurance agent. Although Christopher is new to the business his growing up watching his dad for the past 23 years work in the health insurance business makes him feel right at home. Chris looks forward to providing a great option for Northern Brevard residents to seek help purchasing Health insurance on the exchange and helping them maximize their subsidies and evaluate the plans available to them on and off the exchange.

Gerrie Twigg-Zook

Gerrie joins One Insurance after over twenty years working for a fortune 500 company. Gerrie spent the past three years at an insurance carrier here in Brevard. Gerrie brings a breadth of knowledge and will be a great asset to the new location. Gerrie enjoys working with the community to educate them on the changes in health care reform while being an advocate for her clients after enrolling them in a new plan.



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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Well, it's finally Fall in sunny Florida! Doesn't really feel that much different from Summer just yet....but we'll get there. It is nice to anticipate some cooler weather, and it is always a welcome change to see all of the fall colors...at least in the stores.

Fall ushers in football season, Halloween, and the unofficial start of the Holiday season. I'm sure with the kids back in school and the calendar turned to October, many of you have already been thinking and planning about where you will be having turkey dinner this year, or when you will start your Christmas shopping. At our house, we are way too involved with some home renovations to think much past next week! Planning ahead is a good thing.....but we do need to pause sometimes, and remember to enjoy the present. Each day is a gift....don't miss out on it because your mind has already jumped ahead to next week or next month.

We thank you, as always, for being loyal readers of Spotlight Magazine. Likewise, we appreciate your support of our wonderful advertisers, and hope that if you have not done so already, you will take a moment to "Like" us on Facebook!

Wishing a safe and fun-filled Halloween to you and all the children and grandchildren in your life!

Until next month,

Bryan McDonough
Publisher, *Spotlight* Magazine, Inc.

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October 2015 | Volume 18 | Issue 10

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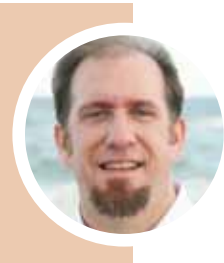
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HOLIER THAN THOU

by Jim Campbell, First Baptist Church of Melbourne

"He's all 'holier than thou'..."

"She acts like she's all 'holy.'"

In our culture, when we use the word "holy", it's usually not a good thing. When we use it, we are usually using it to describe someone who, in our opinion, is "morally arrogant" or exudes an attitude of moral superiority to the rest of us "gypsies, tramps and thieves" (to quote my favorite comedian, Tim Hawkins...no offense meant to gypsies, tramps or thieves).

While we use the word "holy" in this way in our everyday speech, sometimes within the group of believers we call a "church", is that correct? What does "holy" really mean?

The Hebrew word translated "holy" is qadosh and it basically means "separate" or "different" and it's mainly used in reference to God. What it means is that God is completely different or separate from anyone or anything else than you could ever know or think up. God is so different that He has his own category all by Himself. He is so separate from us, we wouldn't even know He existed if He hadn't gone to great lengths to reveal Himself to us. We didn't discover God, He showed Himself to us.

Not only is He different, but at the same time, He is also above. Not just "above" overall, but He is above everyone and everything in every category or characteristic that He has. Describing God's level of honesty and my personal level of honesty both as

"truthful", is like saying that the planet Jupiter and I weigh a lot. The difference between the two is so great that to be accurate, you'd need a different word, but these words are all we have.

Simply put, God sees and thinks about things far differently than anyone or anything else and consequently, He does things that no one else would ever do. From sending His own Son to die for the sins of people who consistently disrespect Him to creating people who could disrespect Him in the first place, He is impossible to understand sometimes. When you use the excuse "God doesn't make sense to me" as a reason to say He isn't consistent, you really only give evidence that He's holy.

Here's the kicker. God tells those who follow Christ to be holy as He is holy. In short, it means that He expects you to look and think about life in a totally different way than anyone else...like He does. Then, He expects you to act on following Him and do things differently than those who don't follow Him.

He expects you to take joy in your inadequacies, realizing you become better as He reveals Himself by healing you. He expects you trust Him to try to see the world as an exercise to learn about God and to free people to do the same. He expects you to be holy.

Jim is the Campus Pastor and Primary Communicator at Bay West Church, meeting at 100 Emerson Drive NW on Sundays at 11am. For more info on Bay West Church, check us out on Twitter, Facebook, Youtube or www.baywestchurch.org.

[Qadosh]
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"The Hebrew

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'holy' is qadosh

and it basically

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or 'different' and

it's mainly used in
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Woof It Up! 2015

Responsible Dog Ownership Day



Brevard County Dog Training Club would like to invite you to participate in our 9th Annual WOOF IT UP, Responsible Dog Ownership Day, on November 1, 2015, from 11 a.m. to 4 p.m. at River Front Park in Cocoa Village. This event is fun for the whole family, including your dog. Admission is free and families are encouraged to bring well-behaved, friendly dogs. This is a great community activity and a fun day out for everyone.

Past WOOF IT UP Events have been a huge success with hundreds of families and their dogs attending. There will be games for dogs and their people, demonstrations, Adoption groups from Breed Rescues and Shelters, Vendors with dog related items, Raffle, and Meet the Breeds. We will also have both Agility and Rally run throws that you can do with your dog.



SPONSORS: Businesses looking for creative and interactive ways to reach new, loyal, and active customers are invited to partner with Brevard County Dog Training Club. By partnering with BCDTC you can increase your business exposure within the central Brevard Dog/Families community, as well as enhance your customer base. We are looking for VENDORS and SPONSORS! We have Vendor Spaces available under the arbor and on the grass. You can bring your own tent and table.

SPONSORSHIP OPPORTUNITIES AVAILABLE:

We offer many sponsorship opportunities that can be tailored to fit your marketing goals and budget. Get face to face with hundreds of new customers. Some of the sponsorship categories available are a color ad on the Woof It Up Flyer/ Schedule, provide samples of dog related items to put in Give away bags, Vendor Spaces for both profit and non-profit businesses/rescues, you can sponsor an event, such as the Costume Contest, King/Queen, etc or you can sponsor an activity such as the Rally Run Threw or Agility Run Threw.



For more information on Sponsorship and Vendor Opportunities, contact Tammy Farrington at tammy59@juno.com or Brevard County Dog Training Club, 625 Gladiola Dr., Merritt Island, FL 32953, 321-459-9808, www.bcdtc.org

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Trick-or-Treat SAFETY

As thousands of children prepare to embark on their trick-or-treating jaunts in neighborhoods near and far, it is best to once again revisit safety tips that can help ensure this Halloween is enjoyable and injury-free.

Visibility: Visibility is key when donning a Halloween costume. Children should be dressed in highly visible costumes so drivers can easily see them. Parents and chaperones also should be dressed in bright colors. Reflective tape and flashlights also make pedestrians more visible to oncoming cars.

Routes: Children and adults should plan their trick-or-treating routes ahead of time. This way they kids can be found quickly if they are separated from their groups, and parents can choose safe neighborhoods. Choose neighborhoods and paths that have the least amount of automobile traffic.

Walk, don't run. Trick-or-treaters should

stick to sidewalks and only cross the street at intersection crosswalks. Make sure kids know to avoid darting out between cars or cutting across lawns and driveways. When darkness sets in, fast-moving children can be difficult to see.

Visit only lit houses. Residents who don't want to answer the door will typically leave their homes' exterior lights off. Only visit homes that are decorated, bright and welcoming to trick-or-treaters.

Go in groups. Children should go out in groups and always be accompanied by an adult chaperone.

Costume safety: Everyone should wear well-fitted costumes that do not drag on the floor or impede mobility. Choose face paint over masks so that vision is not obscured.

Beware of fire hazards. Keep clear of jack-o-lanterns that are lit by real flames. Homeowners can opt for LED lights or



other, safer methods of illumination rather than candles and open flames.

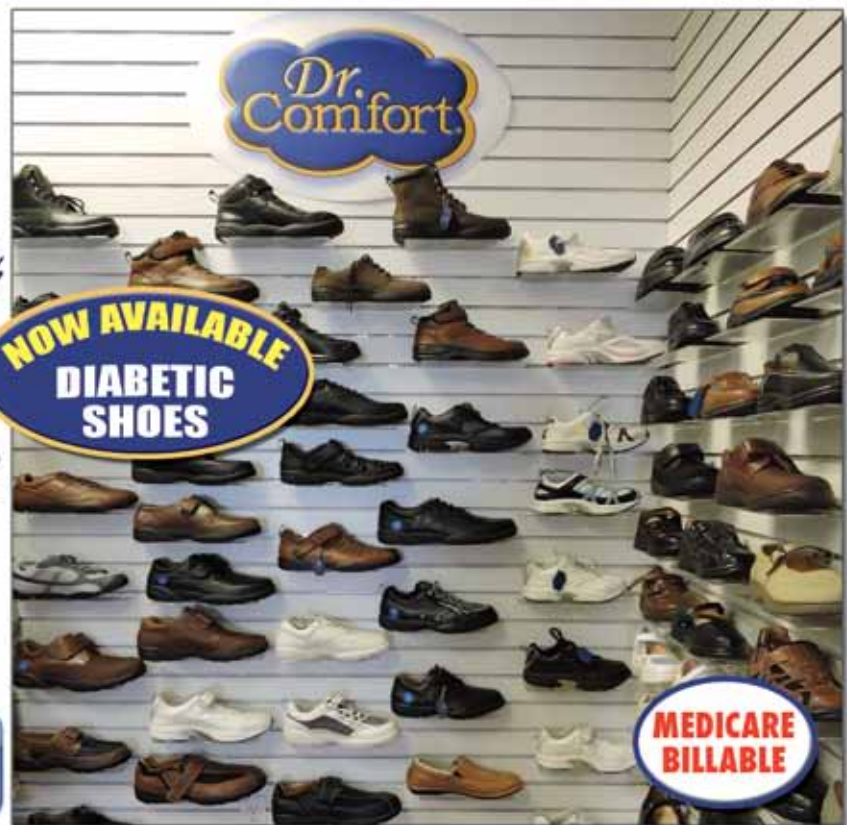
Halloween is an exciting day for youngsters, and following a few safety can make the day both fun and safe.

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Nicole Grammer: The Woman Behind the RE/MAX Absolute Service Team



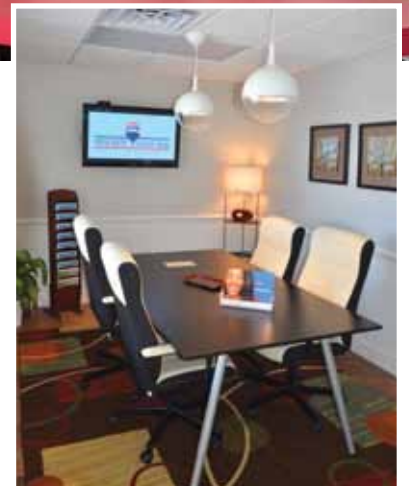
Nicole was born in Bay City, Michigan and moved to Dallas, Texas when her mother was transferred. She continued her education from fifth grade through high school in Dallas, and developed a passion for cheerleading.

After high school, she and her mother relocated to South Florida, so that Nicole could be closer to her father, who lived in Merritt Island. She attended Florida State University in Tallahassee and studied Public Relations/Communications. After college, her love of snowboarding brought her to Breckenridge, Colorado. She supported herself as a bartender/cocktail waitress to make ends meet and eventually became a Food and Beverage Manager for Vail Resorts. She was also a part-time snowboard instructor.

After spending six years in the Colorado snow, Nicole again felt the itch to relocate. After learning that American Airlines was hiring, Nicole was off to her next adventure. She was a lead flight attendant for American Airlines for five years. But after 9/11, she retired from the friendly

skies and moved back to sunny Florida, this time settling in Brevard County to be near her father, who had encouraged Nicole to get her real estate license while she was still flying. The real estate market was booming, so Nicole decided to go to work with her dad. This was a turning point for Nicole, and little did she know how much of an impact this career move would have on her future!

She went to work for RE/MAX in 2002, at her father's office. He was a well-established broker who had been in business a long time, and proved to be a huge asset for Nicole. She jumped into her career with both feet and did



extremely well. She got her real estate broker's license in 2008 and took the necessary courses to own her own RE/MAX franchise. Her opportunity came in October of 2013 when she opened her own RE/MAX office.

One morning, she got a call from her dad, who told her that it was time for a new chapter in both of their lives, and he was ready to pass on his real estate legacy to her. He told her that he was getting out of the RE/MAX game, and he wanted her to take over his franchise. Nicole had a limited amount of time in which to make this decision, so she decided to take a leap of faith

agents geared toward working from home. But again, fate intervened.

One day, she got another call from her dad, telling her about a chance to take over another RE/MAX brokerage. Nicole knew that this would be a challenge... perhaps the hardest of her career. But she realized that this was an opportunity that she could not turn her back on. Nicole merged the two brokerages into one company, RE/MAX Absolute Service Team, and moved her location again from Suntree to Viera.

Although Nicole did have some trepidation about the merge, a year later, she has 12 of the best agents in Brevard County. Her brokerage is doing well and she is once again looking to grow her business. Looking back, she decided that everything that she went through was well worth it.

The tears have made her stronger, the fear has made her persevere and her faith has given her the courage to face

whatever each day brings.

"I am so grateful for ALL of the love and support that everyone has given me, beginning with my AMAZING mom, my father for the career choice, Phil and Erika Rauh (extended family and personal friends), my ALL-STAR staff and the most professional real estate agents that any broker could ever ask for. I couldn't have done it without each and every one of you, and I thank you from the bottom of my heart. I would also like to say thank you to Sunshine Home Loans, Michael Schneider and his team at The Title Company and finally Ralph and Sue Cochran (former Broker/Owners of RE/MAX Absolute) for believing in me."



Melanie Burkhardt has been a Super Star Office Manager for RE/MAX Absolute Service Team going on ten plus years.



and became broker/owner of her very own RE/MAX real estate office.

Despite several challenges, Nicole was doing well as broker/owner of RE/MAX Service Team. She didn't know a lot about running a business, but she had a willingness to learn and a passion for the real estate industry, as well as a fierce desire to succeed. She started out with herself, one agent and one office administrator. In four months' time, she had seven agents. At the end of her first year as broker/owner of her own business, she generated \$7 million plus in volume on her own, not including that of the other agents in her office. She was at the point where she was ready to ramp up her business; she planned to launch a new website and develop and retain a small group of top-producing



Nicole Grammer – Broker/Owner

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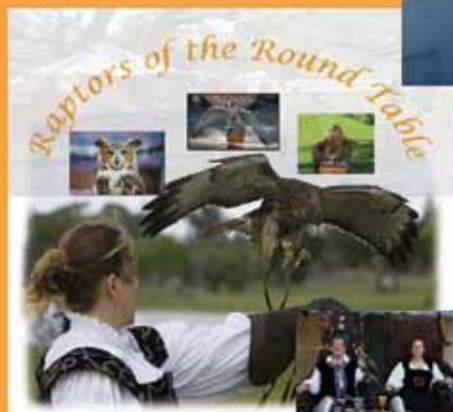


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The Importance of Senior Awareness

Dear Friends,

Recently I spoke to a large group of retirees. After the meeting, several of the attendees asked for my business card. My talk made them aware that they could be eligible for Veterans Aid and Attendance since their spouses served in World War II or Korea. This benefit (about \$1,400 a month), can make a huge difference in the life of a low-income senior. Not all retired military personnel qualify: you must apply and meet certain eligibility criteria. To ascertain these qualifications, contact Brevard Veteran's Services Office at (321)633-2012.

This is only one example of the many benefits to which qualified seniors are entitled. We have 67,000 veterans in Brevard and countless thousands who are eligible for military benefits but do not know it. For a person living on \$700 a month and food stamps, the Veterans Aid and



Attendance can certainly lead to a better life, one made easier through new funding sources not previously known. This then becomes a very valid reason for senior awareness programs such as those sponsored by Helping Seniors.

Currently we have a radio show on WMEL AM 1060 at 1:00 PM every Thursday. Television shows appear Monday through Friday on Space Coast Government channel 499 at 8 AM, 4:30 PM and 5:00 PM, and on Bright House Networks channel 49 at 7:00 PM on Monday, 6:30 PM on Tuesday and 7:30 PM on Thursday. A monthly printed column appears in this newspaper, Spotlight Magazine, Senior Scene Magazine, Ebony News Today, and soon the bilingual newspaper Al Dia Today. You can also find our media programs archived online at www.HelpingSeniorsOfBrevard.org.

Consider for a moment the value of Helping Seniors media outreach to the senior population and those who care for them in Brevard. Now consider the many new benefits that could accrue to those in need if we all worked together to spread information to our neighbors, friends, family and co-workers. In this same way peoples of all countries have used word of mouth to pass down stories and information through countless generations.

Brevard County is home to many elder care programs such as Aging Matters, adult daycares, in-home care providers and others that help seniors age with dignity and provide respite for caregivers. These program exist but must be researched and promoted by all so that more people can know about and access these valuable services. One starting place for information is Helping Seniors.



Joe Steckler
President

Helping Seniors of Brevard
571 W. Haverly Court Suite W, Rockledge

Joe Steckler is the President of Helping Seniors of Brevard, a non-profit organization designed to advocate, educate, and fundraise on

behalf of Brevard's senior citizens. Feel free to contact us at: info@helpingseniorsofbrevard.org or calling: 321-473-7770 ~www.helpingseniorsofbrevard.org



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OCTOBER IS NATIONAL CHIROPRACTIC HEALTH MONTH

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

A healthy spine is an often overlooked and essential part of a healthy lifestyle. People who suffer from back pain, particularly if it is long-term, are generally less healthy than those who do not. In fact, back pain costs are staggering not only financially, but also in terms of lost time from work and because of psychosocial problems that arise during the healing process associated with long-term back pain.

Unfortunately, approximately 80-90% of the population suffers from spinal pain at some point. People who are overweight or obese, and who smoke, lift heavy objects, or had a previous episode of back pain, are more likely to experience back pain.

Because so many people suffer from spine pain, it's important for you to try to keep your spine as healthy as possible. Following simple posture, lifting, and healthy lifestyle guidelines can help you keep your back in good shape.

The American Chiropractic Association recommends the following spinal health tips:

Standing

When standing, keep one foot slightly in front of the other, with your knees slightly bent. This position helps to take the pressure off your low back. Do not stand bent forward at the waist for prolonged periods of time. The muscles in your low back become deconditioned in this position, which may lead to pain.

Lifting

At all times, avoid twisting while lifting. Twisting is one of the most dangerous movements for your spine, especially while lifting. If the item is too heavy to lift, pushing it is easier on your back than pulling it. Whenever possible, use your legs, not your back or upper body, to push the item. If you must lift a heavy item, get someone to help you.

Sitting

Keep your knees slightly higher than your hips, with your head up and back straight. Avoid rolling your shoulders forward (slouching). Try to maintain the natural curve in your low back.

Reaching and Bending

When reaching for something above shoulder level, stand on a stool. Straining to reach such objects may not only hurt your mid-back and neck, but it can also bring on shoulder problems. Do NOT bend over at the waist to pick up items from the floor or a table. Instead, kneel down on one knee, as close as possible to the item you are lifting, with the other foot flat on the floor and pick the item up. Or bend at the knees, keep the item close to your body, and lift with your legs, not your back.

Carrying

When carrying objects, particularly if they are heavy, keep them as close to your body as possible. Carrying two small objects—one in each hand—is often easier to handle than one large one.

Healthy Diet and Exercise

While the proverbial jury is still out, we suspect that extra weight puts undue strain on your spine. Keep within 10 lbs. of your ideal weight for a healthier back. "Beer belly" is likely the worst culprit, as it puts unwanted pressure on the muscles, ligaments and tendons in your low back. The most efficient and effective way to reduce weight is by eating a sensible diet and exercising regularly. Consult with your doctor before beginning any exercise program, particularly if you have a health condition.

Sleeping

Sleeping on your back puts approximately 50 pounds of pressure on your spine. Other positions may be better. Placing a pillow under your knees while lying on your back cuts the pressure on your spine roughly in half. Lying on your side with a pillow between your knees may also reduce the pressure on your back.

Never sleep in a position that causes a portion of your spine to hurt. Most often, your body will tell you what position is best.



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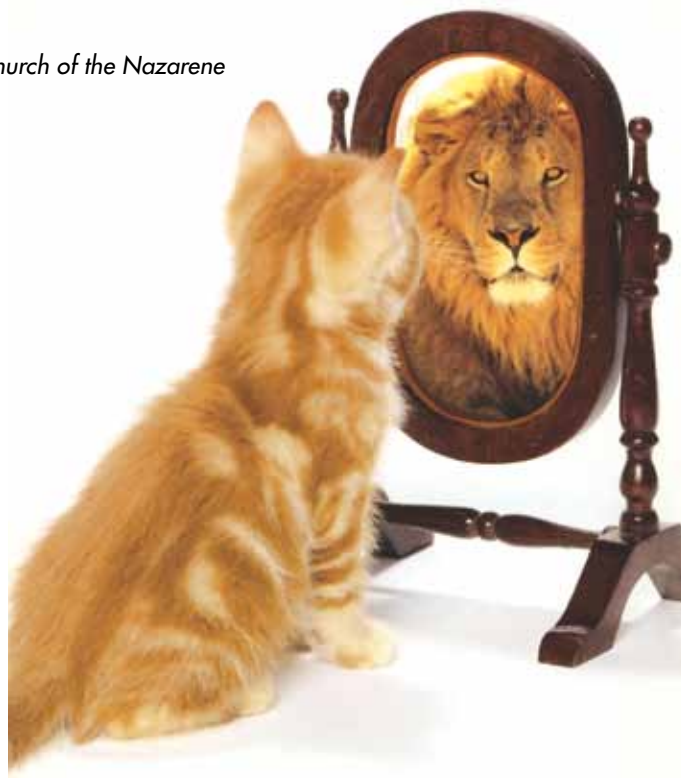
JUST A GLANCE...

by Larry A. Attig, Pastor, Melbourne First Church of the Nazarene

It was one of those days where time slips away quickly. Becky and I were running errands and suddenly it was mid-afternoon. We were both getting hungry, so we decided stop for a quick sandwich. We still had several more things to do, so we chose a place where we could order off the value menu. It would save time and money.

As I stood in line waiting to order, the young man at the counter caught my attention. He was very deliberate, as if to make sure he wasn't making any mistakes. I confess, two things crossed my mind; today is his first day, and guess who is going to wait on me. Moments later I approached the young man to place our order.

As he handed me the change, I started adding the numbers in my head. What we ordered and what he charged didn't match. By my math, I owed him just shy of two dollars. There was no thought of rationalizing that was his mistake, advantage ... me. Having stood on that



side of the counter before, I didn't want to embarrass him. As he placed the last item on the tray, I quietly mentioned something was overlooked and I owed him more money.

I will never forget what happened next. He couldn't hide the smile or the laughter in his eyes as he said ... "no sir, you don't owe me any money; I gave you the senior discount." We both laughed as I responded with ... "Without asking?"

That moment became a life lesson for me. With one glance and without any I.D., he knew I was eligible for the senior discount. As I shared the story with Becky at the table I couldn't help but wonder if he had seen just as quickly that I am a Christ follower.

As you read through scripture it seems clear that one of our biggest tasks as Christ followers is to live in such a way that people see Jesus in us. Did he? Do You?

Jesus said, "A new commandment I give to you, that you love one another as I have loved you... by this all will know that you are my disciples." John 13:34,35

Just a thought... If you are a Christ follower, do people see it without you telling them?

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...the Judeo-Christian God and Allah are not the same..."



"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,
If Christians and Jews worship the same God, then it should stand to reason that Allah is the same God. After all, Ishmael and Hagar worshipped the God of Abraham and that's where the Muslim faith began. Isn't it possible that Allah is just another name for God—like Jehovah or Yahweh?
—Christy of Palm Bay

Dear Christy,
While it's true Ishmael and Hagar worshipped Jehovah, the God of Abraham, the Judeo-Christian God and Allah are not the same. The Muslim faith wasn't established until centuries later. Mohammad, father of the Muslim faith, was born in AD 570. He was orphaned at the age of six and raised by his paternal grandfather. When Mohammad grew up, he became a camel driver and eventually a merchant. He was described by his son-in-law as strikingly handsome and charismatic.

After meditating in a cave outside of Mecca (present day Saudi Arabia), forty-year-old

Mohammad claimed to receive messages from God which later formed the verses of the Qu'ran (also spelled Koran and Al-Qur'an). During this era, the Arabian world worshipped more than 360 different gods—one for each day of the lunar year. Allah was one of a variety of names for the moon-god, the male complement to the female sun-god and was the favorite of Mohammad's family.

Muslims regard the Qu'ran as the divine word of God just as Christians look upon the Bible as absolute truth inspired by the Holy Spirit, in other words—the divine word of God. After examining the characteristics of the God of the Bible and the Allah of the Qu'ran you will understand, they are nothing alike and should never be viewed as such.

The Allah of the Qu'ran is considered so exalted that he cannot be known. Muslim theology says Allah can never be understood and to even think he is spirit is demeaning and blasphemous. He has no emotional feelings toward man and there is no

Savior or intercessor for the forgiveness of sin because **Allah has no son**. One of Mohammad's claim is Allah commanded him to fight people until they became Muslims; consequently, Mohammad urged jihad on the infidels (non-Muslim) (Surah 4:47; 9:29, Qu'ran)

In contrast, the Judeo-Christian God is knowable and a personable-being with intellect. The God of the Bible is spirit and made up of three persons (Father, Son, and Holy Spirit). God is love and full of mercy and grace. He is our shepherd, comforter, healer, and ever-present helper. He defends the weak, and gives strength to the powerless. He is the Alpha and Omega—creator of the heavens and earth—the giver of life—Almighty, everlasting and all knowing...

God's will is that none should perish (2 Peter 3:9). "None" includes the Muslim people because God loves and cares for them too. I did quite a bit of research on the number of Muslims converting to Christianity. Many of the new believers claim that God revealed Himself to them in their dreams. The number of Muslims converting to Christianity is staggering—I had no idea! There are several videos and testimonials on YouTube, be sure to check them out.

I have prepared a place for you...John 14:3. Accept my invitation and angels will rejoice in heaven...Luke 15:7

By reciting this simple prayer—and meaning it, you too can be written in the Lamb's book of life: Heavenly Father, I confess that I am a sinner. I believe that your Son died on the cross at Calvary so that I may have eternal life in the kingdom of Heaven. I believe Jesus rose from the dead and I ask him right now to be my Lord and Savior. Help me to follow you all the days of my life.

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



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FAMILY TREAT SPOTLIGHT ON COOKING

by Cecelia Danas



Pumpkin and Chocolate Cheesecake

CRUST:

1 box (9oz) Nabisco
chocolate wafers or
anything similar - crushed
finely

2 tbsp sugar

6 tbsp melted butter

FILLING:

1 1/2 lbs softened cream
cheese

1/2c sugar

1/2c brown sugar

2 tbsp corn starch

1 tsp pumpkin spice

1 c pumpkin pie mix

4 eggs

1 tsp vanilla

1/2 cup milk chocolate
baking chips

To make crust - mix all crust ingredients together. When fully mixed press mixture on the bottom of pan and about an inch or two up the side of pan. Place in refrigerator while making filling.

To make filling - Use a large bowl and mix cream cheese until it is smooth. Add sugars, cornstarch and pumpkin pie spice and mix till combined. Add pie mix and add one egg at a time while mixing add vanilla too. Make sure mixture is smooth. Remove a 1/2c of batter.

Microwave chocolate for 30 seconds, stir and microwave another 15 seconds, stir again.

Now add reserved batter to chocolate stir and microwave for 15 seconds more.

Assemble cheese cake - Take pan out of refrigerator and pour batter in. With a tablespoon drop dollops of chocolate on top. Put a knife in each chocolate dollop and make a swirls.

Place pan in a roasting pan add hot water half way up the side of pan. Make sure no water gets into cake. Bake for 70 to 80 minutes until just set. Run a knife around edge of pan. Cool in pan. Cover and refrigerate overnight. Remove side of pan to serve.

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Community Movers & Shakers

OCTOBER 2015



Our honoree for this month's Community and Shakers is Beverley Squire-Wiggins, owner of PIP Printing and Marketing Services in Palm Bay.

Beverley is an active member of her church, and has served on the Production Team with her 14 year old son Jordan, for the past 4 years. She has been actively involved with the Palm Bay Rotary Club since 2006, and currently co-chairs that club's Holiday Meals Program, which provides

complete turkey dinners to needy families in the community.

PIP Printing was selected as the Melbourne Chamber Business Champion of 2010, and Beverley was named the 2013 Woman of the Year by 50 Plus and Bridging. In addition, Beverley sits on the Palm Bay Hospital Advisory Board, as well as the Health First Moments to Remember Committee, raising funds for the center that supports caregivers who have a loved one with Alzheimer's. She has served on the Executive Board of

the Melbourne Chamber, chairing the Membership, Marketing, and Multi-cultural committees. She has also found time to serve on the advisory council of her son's school.

A woman of deep faith, Beverley believes that it is more blessed to give than to receive, whether it is her time, talent, or money. It is her love of people and her strong desire to give back to the community that supports her, that sustains her in her belief that we can never say "thank you" enough. And for that, we say "Thank You" to Beverley!



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THE DANGERS OF Leaving Kids in Cars

Children require a lot of care and constant supervision when they are young. Such is the reason reports of children being left in cars are so surprising and generate so much outrage.

Many parents would never intentionally put their youngsters in harm's way, but leaving a child in an unattended vehicle — even if it's just for a few minutes — can be incredibly dangerous. Many states even consider such behavior a crime.

Since 1998, 611 children have died from hyperthermia, or heat stroke, which resulted from the kids having been left in hot cars. Consumer Reports notes that more than 50 percent of those deaths were children under the age of 2.

Heat is not the only danger children face when left in cars. Cold cars can be equally dangerous. Young children cannot regulate their body temperature very well. The University of

Rochester Medical Center says babies can't adjust to temperature changes as well as adults, and infants can lose heat rapidly, nearly four times faster than adults. Healthy newborns may not be able to

comfortable.

Weather and temperature are not the only dangers kids face when left alone in cars. Strangulation from safety belts, entrapment in doors and windows and falls from open windows also may occur when kids are left in cars unsupervised. Some dexterous children may climb into the driver's seat and engage the gear shift, causing the vehicle to move. Abduction is another potential danger, as unattended children in cars are potential targets for kidnappers.

Never leave a child unattended in a car. Parents prone to forgetfulness can put a stuffed animal on the front seat to serve as a reminder that they have kids in tow or place a purse or wallet on the backseat so they must look in the back of the car before exiting their vehicles.



keep their bodies warm if the environment around them is too cold. On cold, snowy days, babies may need a constant flow of heat in the car to remain



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CAN A MAC GET A WINDOWS VIRUS?

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

It's not possible for a Mac to contract an actual Windows specific virus, but you can experience browser-based infections. This type of infection is not something that has infected the Mac operating system itself but is becoming much more common in the Mac world as scammers target victims via their browsers.

The severity of the infection can range from benign to debilitating, depending upon the specific malware that makes its way into your computer. For example, you can contract a browser hijacker that shows up as a Windows blue screen error on your Mac. This browser hijacker won't allow you to do much, other than respond to the scam. The fact that it makes references to Windows is a clear indication that it's a scam message designed to scare you into paying for cleanup help, but it assumes that you are running Windows.

Keep in mind, the vast majority of computers on the Internet are still running Windows (Netmarketshare.com has it



at just over 90%), so most scams make reference to Microsoft or Windows in order to increase their chances of snaring a victim.

The methods of getting a Mac infected are the same as it is for Windows – malicious downloads, rigged websites, spam, phishing scams, malicious social media posts or infected 'free' downloads (like screensavers or games), to name a few.

Though the severity of infections may not be as bad as it can be on Windows, Mac users can no longer assume that they don't have to worry about malware.

You may have noticed that it's been a

long time since Apple has run those ads making fun of Windows from a security standpoint; that's not a coincidence. Many popular malware tools, like MalwareBytes, that were only available to Windows users now offer Mac versions because it has become a very real problem.

I started using TrendMicro's Internet Security Suite on my MacBook some time ago because we were seeing a dramatic increase in customers bringing infected Macs into our stores. A common sentiment from hardcore Mac users is that anti-virus software will slow your computer down, which was true with some early versions of the programs.

We've not seen any measurable difference in performance when security software is added to a Mac, so I wouldn't let the fear of it slowing your computer down keep you from protecting yourself.

Some of the more insidious infections that are known to hit Macs generally come by way of downloads from third-party websites, so make sure you stick to Apple's App Store for anything you want to download and install.

You also need to make sure you are keeping your third-party programs, such as Adobe Flash and Reader updated, as they can also become the gateway to infection, just like with Windows systems.

Don't forget to install OSX updates and browser updates as soon as you get the notice, especially if you are using third-party browsers, like Chrome or Firefox.

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

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



Jason K. Darlington, M.D.

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.

“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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October's CPA Tip Of The Month

If you have any income changing event, such as an increase or decrease in pay and you have market place insurance subsidies be sure to check with your agent to see if any adjustments are needed. You may be able to avoid any pay backs on your tax return.



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L	A	N	T	E	R	N	Y	T	O	D	P	Z	E	M	S	D	Z	N	F

Afraid	Bizarre	Carving	Disguise	Lantern	Nightmare
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The Health Benefits of Snacking on Popcorn

When many people think of popcorn, they envision large, butter-soaked buckets sold at movie theaters. But popcorn can be a healthy addition to anyone's diet.

Recent studies have indicated that popcorn can be quite healthy so long as it's not smothered in salt, sugar or other flavorings. Popcorn is a whole grain that contains plenty of fiber and antioxidants. Joe Vinson, a professor of chemistry at the University of Scranton, reported in 2012 that popcorn may contain just as many, if not more, healthful antioxidants as fruits and vegetables.

After grinding up the popped kernels and hulls, then simulating the digestion process, Vinson discovered roughly 1.5 percent by weight of air-popped popcorn is made up of polyphenols. Polyphenols can help prevent damage to human cells and can help fight disease, including cancer. Polyphenols are considered by some to be more potent than vitamins C or E.

Polyphenols are concentrated in the hull of the popcorn, so it's important to eat them, and not just the fluffy popped center, for maximum health benefits.

Popcorn is full of dietary fiber, which helps a person feel full and also has other benefits. Men and women are advised to consume 38 and 25 grams, respectively, of dietary fiber each day. Popcorn contains roughly one gram of dietary fiber per cup, helping to keep the digestive system regular. Popcorn also can reduce cholesterol levels and help regulate blood sugar. Feeling full will also prevent a person from overeating.

According to Organic Information Services, a cup of popped popcorn contains only 30 calories, which is



approximately five times less than the number of calories in a similar serving of potato chips. Popcorn also is very low in saturated fat, which can help men and women realize their weight loss goals.

In addition to being an abundant source of fiber

and antioxidants, popcorn contains thiamin, folate, vitamin B6, and niacin. Popcorn also contains minerals such as manganese, magnesium, iron, zinc, and phosphorous.

The best way to enjoy popcorn is to air-pop it, which will not add any calories from oil. If seasonings are desired, look to low-calorie, salt-free flavors, like chili powder, garlic or fresh herbs.



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Health & Wellness: The Spiritual Connection

By Dr. Kevin Kilday, Ph.D.

The body, mind and spirit are definitely connected and the health of any one of these elements affects the health of the others. Research shows that things such as positive beliefs, comfort and strength gained from religion, meditation and prayer can contribute to healing and a sense of well being. Improving your spiritual health can help you feel better, possibly prevent future health problems and help you cope with illness, stress or death.

The Spiritual Connection part of my Winning Against Cancer Program (see www.holistichealthcenter.us) is one of the most important parts of cancer recovery or any disease. Spirituality can be a great source of strength, connection, and hope not only to the patient but to the caregivers and family members as well.



Finding Comfort in Spirituality during Cancer Care

Even though there are more cancer survivors today than ever before, a cancer diagnosis is scary for most people because they are suddenly faced with their mortality. They want to find meaning in their lives and their existence, and they are looking for a sense of support.

Patients may have a lot of support from family, friends, church, and community, but yet, they still can feel alone because they believe that no one can truly know what they are going through. In the middle of the night, when everyone goes home, they are alone with their thoughts, and they often really lean on God.

Spiritual practices that help with cancer care include: Praying alone or with someone else, Having someone else pray for you, Meditation, Reading scripture, Listening to spiritual music, Talking to your Pastor. These practices can help take you mentally to another place where you can feel whole, connected, and at peace.

Since my specialty is alternative cancer solutions I used the disease of cancer however these Spiritual practices can be used for any disease.



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Taking Charge of your own Hearing Health

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Butch and Dessa Allen are your average baby boomers. They are like me, in that they want to experience all of life to its fullest. Butch is a businessman, and Dessa an attorney, so both their lifestyle and business requirements call for being able to hear in a wide variety of sound environments, some really noisy. So when Butch noticed he was having trouble following conversation in a noisy social recently, but the fella next to him wasn't, Butch inquired as to how that could be?

Come to find out the guy he asked was one of Dessa's associates, had a hearing loss, and was wearing a pair of Widex hearing aids. As this guy seemed to be understanding well, even in this noisy party, Butch decided to find out more, went home and looked up Widex on the web.

Now, it just so happens that I handle, and have handled the fine Widex line off, and on for over thirty years, even before I opened A Advanced Hearing Care. They have a world wide reputation for having some of the clearest, and cleanest sounds around. They even pioneered the set of protocols we use to most accurately measure hearing thresholds using built in tone generators and some really sophisticated, but easy to use programming software.

Well to move us along. Butch got my name from the Widex website, made an appointment and came in to see us. Using the one of the pair of Widex's we've got on hand, we had him fit up in no time.

He was so happy when he came back for his one week check up that he agreed to be our "Mr. October", another one of the best patients in the known universe. Another great guy and neighbor so happy with his experience



with us that He'll let us tell all their friends, neighbors, and the entire world what they think about it, and us.

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that you too would want to repeat, and tell your friends, neighbors, and the world about. We do our best to do it with every patient, every time.

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We welcome walk in visitors and patients weekdays 9:30 till noon, or you can reach us either on the phone at: 321-722-2894, or visit our website at: www.aadvancedhearingcare.com, where you can learn more about us, better hearing and see lots of other satisfied friends and neighbors who make up just part of the

family of patients that we know as simply the best in the known universe.

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

I CAN'T EAT THIS!

CCM: Together, doing life RIGHT!

Are your children picky eaters? Were you as a child? Here are some funny excuses children give for not wanting to eat their meals.

One kid had watched the movie "Ratatoulli" many times and begged his mother to make what they made in the movie. She scoured the internet looking for the exact recipe. Now the child won't eat it. Why? A rat didn't make it.

A parent gave her child a wedge of seedless watermelon, but the tot wouldn't eat it because "it has seeds." Another kid wouldn't eat his breakfast fruit because "the blueberries are too small. And too big." But since I mentioned breakfast, one little girl wouldn't eat her cereal because it was in the "wrong color bowl", and a little boy refused scrambled eggs because they were alternately "too hot", "too spicy" and "too twirly".

This seems incredible, but a little girl refused a cinnamon roll because she doesn't have as many as she is years old. (If this is a requirement, I'll be needing a Mt. Everest of cinnamon rolls!)

One mom tried to appease her picky eater by spreading peanut butter on her child's toast and adding banana slices for a muzzle and ears, and blueberries for the eyes and nose



so that it looked like a teddy bear, but her kid wouldn't eat it because "it's too cute." Speaking of teddy bears, one mom gave her son some teddy bear graham cookies, of which he bit the heads off, then refused to finish them because they didn't have heads.

A little boy in a restaurant was presented with a small casserole dish with lasagna in it, but he wouldn't eat it because "I don't like my food this fancy." This statement

and a picture of some ordinary-looking lasagna was tweeted with the hashtags #StarveThen, #ItsLasagnaNotFoieGras and #ThisIsWhyMommyDrinks.

One little snacker likes Goldfish crackers, likes pretzels, but won't eat pretzel Goldfish. Another was given a cupcake to eat, he licked all the frosting off, then refused to eat the cake because "it ran out of icing." Speaking of snacks, one girl refused the Nutella sandwich her mother gave her, and instead wanted the jar of Nutella and a spoon. Yet another wouldn't eat what was given because she had "asked for cheese and crackers, not crackers and cheese."

A long-suffering mother spent ages cutting her son's lunchtime sandwich and veggies into fun shapes. He took one look, sighed, and said, "You shouldn't have done that." A kid at a cookout claimed to be "starving", asked for both a hot dog and a hamburger, took one small bite out of each, then said that he's full. And another child rejected his mother's fruit salad because "it's cold and tastes like you mixed a bunch of fruits together".

Here's the funniest one, though: a girl wouldn't eat a slice of Swiss cheese with holes in it, because "a mouse already had some".

And here's the king of picky eaters: one mom has to cut corn off the cob or her son won't eat it. He's 27.

Its times like this that we ought to remember that "Children are a gift from the Lord; they are a reward from him." Psalm 127:3 (NLT).

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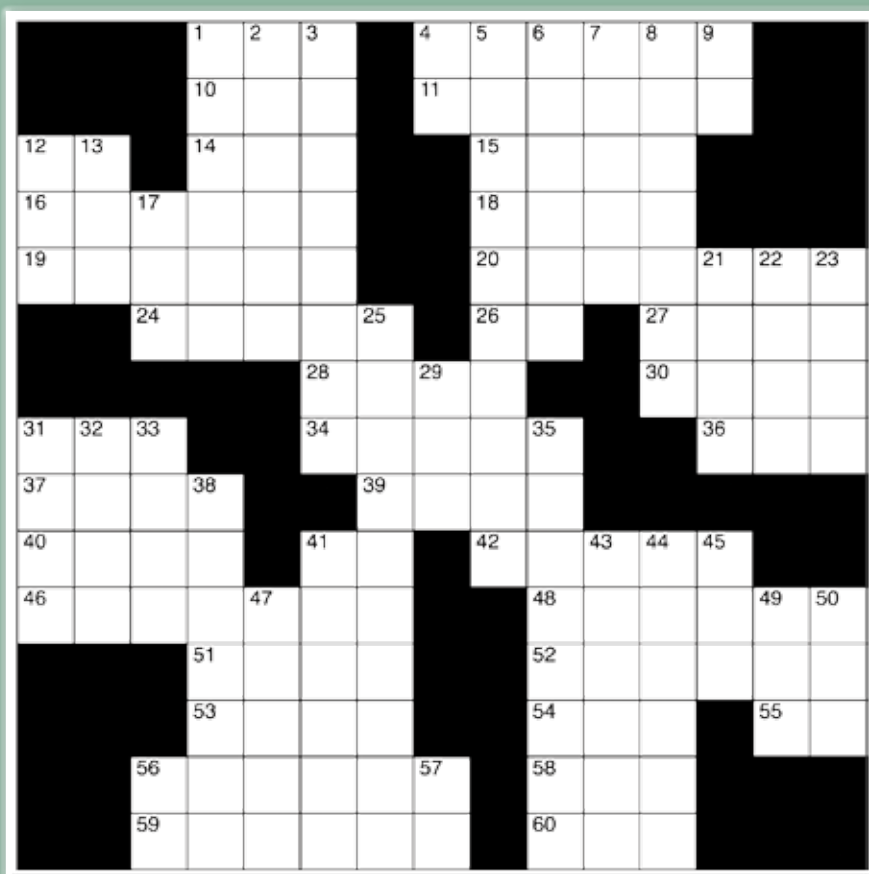


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Spotlight Crossword Puzzle



clues ACROSS

- | | |
|--|---|
| 1. Mythological bird | 36. 12 |
| 4. Norwegian sea inlets | 37. A nestling hawk or falcon |
| 10. Military mailbox | 39. Vice president |
| 11. Curved span | 40. Detailed criteria for a piece of work |
| 12. One hundred grams | 41. Six |
| 14. Chest muscle (slang) | 42. Gossipy |
| 15. Old Portuguese pennies | 46. Relating to the body |
| 16. Remove connection | 48. Incendiary liquid used in firebombs |
| 18. Gas storage container | 51. Plunder |
| 19. Conakry is the capital | 52. Niger capital |
| 20. Erstwhile | 53. Game of chukkas |
| 24. W. Australian capital | 54. Genus Hedera |
| 26. Dr. Laura's initials | 55. Government prosecutor |
| 27. Death notice | 56. Plural of genus |
| 28. Irtysh River city | 58. Born of |
| 30. So. Am. country | 59. Livebearers tropical fishes |
| 31. Last in an large series | 60. Doctor of Education |
| 34. Term for alternative musical passage | |

clues DOWN

1. Plundering
2. Can-_____, kitchen tool
3. Crested Australian parrot
4. 4th tone of scale
5. Author of "The Rings"
6. Mains
7. Major European river
8. PC publishing
9. 40th state
12. A tight embrace
13. Large African antelope
17. Impertinence
21. Wild Eurasian mountain goat
22. City in Malaysia
23. Small ornamental bag
25. Nelson's ship
29. Point midway between S and SE
31. "Untouchables" Elliot
32. Misprint
33. Heme
35. Italian mountain range
38. Surgical knife
41. Purple
43. Forfeited
44. Fixed a female cat
45. An edible tuberous root
47. Formerly included in genus Cedrela
49. Headed up
50. Soft shelled clam genus
56. Country doctor
57. Equally

South Brevard Historical Society, Inc. is Gearing Up for their 50th Anniversary in 2016

The South Brevard Historical Society (SBHS) was founded on April 29, 1966, to bring together citizens interested in the history of Florida, particularly Brevard County. Over the last 49 years, the Society has held general meetings monthly from September through

June, with speakers on a wide range of subjects related to local history. Today, the Society meets at the Melbourne Library on Fee Avenue where, in

addition to an interesting presentation, members and guests have an opportunity to share ideas and information. The public is encouraged to attend these free meetings.

Throughout its existence, SBHS has received donations of many historical collections and artifacts. From 1972 to 1984 these items were on display in a museum located in the old Melbourne High School. However, due to the deteriorating condition of the Henegar Complex the decision was made to close the museum. Since that time, the Society has placed parts of its collection at local libraries and at its monthly meetings.

The placement of historical markers throughout Melbourne was one of the projects undertaken by the SBHS with community support. In addition, SBHS was responsible for the restoration of Melbourne's oldest public school house and its subsequent move to the campus of Florida Institute of Technology. The Society also provides teacher in-service programs, conducting museum and community historic tours, marking historic trails, and holding seminars of Brevard History.

Through a generous gift from Dr. and Mrs. Eugene Kellersberger, the Kellersberger Fund was established by SBHS to publish materials on Florida. The Kellersberger Fund has published fourteen volumes of historic significance with all of the authors being Floridians and most residents of Brevard County.

As SBHS prepares to celebrate its 50th Anniversary in 2016, we are encouraged that the Society continues to grow in membership and share South Brevard's diverse and

fascinating history with its residents. We invite you to explore our website (<http://www.southbrevardhistory.org/>) and join us on a second Saturday to learn about South Brevard's past. Our upcoming programs include the September 12th presentation

by the renowned underwater archaeologist Robert Marx, In Quest of the Priceless Jewels of the Queen of Spain, the history of the 1715 Spanish fleet lost on the coast

of Brevard and Indian River Counties. On October 10th local historian Ann Raley Flotte will regale the group with the mystery of the 1955 Van Eeghen murders in Melbourne, a story that continues to baffle and fascinate 60 years later.



BACK THEN: Melbourne Hotel



NOW: 1900 Building



South Brevard Historical Society, Inc.

Founded 1966
P.O. Box 1044, Melbourne, Florida, 32902-1044
www.southbrevardhistory.org
Newsletter Editor, Patricia Fabian

October 2015

Saturday, October 10, 2015

3:00 PM
Melbourne Public Library
540 E. Fee Avenue, Melbourne

The Infamous 1955 Van Eeghen Double Homicide

Go back in time to a grim part of Melbourne's history, one that changed our city forever.
It is a mystery that still haunts us today.



Convicted killer, Philip



Murdered wife, Patricia



Murdered daughter, Phyllis

Presented by Ann Raley Flotte

Ann Raley Flotte, local historian and author, will captivate the audience with details of the infamous 1955 Van Eeghen double homicide. It shocked the town of Melbourne AND the nation!

On the morning of December 9, 1955, the tiny town of Melbourne would awake to the horrifying news of a brutal double homicide the night before. Soon, father and husband, Philip Van Eeghen would go on trial for the murders. The shocking crime would rock the town and the nation. Even reporters from around the world would follow the details. From the New York Times to the Melbourne Times, it was sensational news. When he was finally convicted, Van Eeghen was sentenced to life at Florida State Prison, Raiford.

But the story does not end there...What was the motive? Where was the murder weapon and the bloody clothing? Did he murder his four year old son the year before or was it an accident as he claimed? What really happened the night of December 8 and will we ever know all the answers?

This case rivals the Lizzie Borden and O.J. Simpson cases and was the *Trial of the Century* in its day. After 60 years, so much remains a mystery. But with research spanning almost 10 years, Ann has come as close to the truth as anyone ever has. She is excited to share what she has learned with the audience and thinks you will find it as intriguing as she does.

BREVARD'S LEADING CANCER SERVICES PROVIDERS Unite to Form Health First Cancer Institute

Health First, Space Coast Center Join Together

Health First and Space Coast Cancer Center are pleased to announce the joining of the two leading cancer care providers on the Space Coast with the creation of the



Aaron Robinson, Senior Executive of Health First Cancer Institute

Health First Cancer Institute.

"Health First Cancer Institute will leverage the collective knowledge, dedication and compassion to provide patients with advanced specialists, multiple locations, inpatient and outpatient services and the full continuum of services needed for

those fighting cancer," said Aaron Robinson, Senior Executive for Health First Cancer Institute. "We are pleased to join together in the fight against cancer and support our Brevard County residents in the management of this terrible disease.

With providers specializing in medical oncology, radiation oncology, gynecologic oncology, surgical oncology, thoracic oncology, urology, radiology and pathology, the Health First Cancer Institute will offer a comprehensive and collaborative program for the detection, treatment and management of cancer.

"When a person is battling cancer, they want hope. We can help give them that hope by making sure they have access to high-quality, advanced technology and treatments and a team of knowledgeable caring providers," said Dr. Lee Scheinbart, Medical Director, Health First Cancer Institute.



Dr. Lee Scheinbart, Medical Director of Health First Cancer Institute

"Health First Cancer Institute will provide world-class cancer care right here in Brevard."

Health First Cancer Institute will have four facilities conveniently located across Brevard, including the Health First Cancer Services on Hickory Street in Melbourne and three former SCCC locations, including the Titusville Cancer Center, Merritt Island Cancer Center and Viera Cancer Center.

For more information about the Health First Cancer Institute, visit HFcancer.org.

PUZZLE [PG42] SOLUTION How well did you do?





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

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OUR WINNER LAST MONTH WAS
Anne Carroll of Melbourne

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