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Spotlight BUSINESS OF THE MONTH



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

As we celebrate our Independence this July 4th and throughout the entire month, let us all remember those who lost their lives in the recent horrific event in Orlando. Our thoughts and prayers go out to their families and friends as well. Life is precious and can be cut short at any time. May we all learn from this tragedy and be a little more mindful every day and a lot more thankful. Let us not take our loved ones for granted; we never know when we will be called to leave this world.

On another note, an interesting thing happened to me a few weeks ago when I was leaving the Dollar Store. A lady seemed to be staring at me, really watching me, as I was walking through the door. She approached me and said, "Hey, you're that head guy at that magazine, aren't you?" I have to admit, I was a little caught off guard, and I turned a little red in the face.

I replied, "I guess you could say I am." She said she thought so because she recognized my picture that accompanies the Publishers Notes each month. She thanked me for the fine job we are doing with the magazine by keeping it uplifting, entertaining and clean and she told me how she looks forward to picking up every new issue. I thanked her for the kind words of encouragement and told her that she had just made my day! I have always believed that our publication does indeed provide a service and makes a difference, but it is a true joy to receive such confirmation.

Thank you, for all of you who appreciate the efforts being taken each month to make this the kind of magazine you can trust and enjoy.

Until next month, God bless!

Bryan McDonough  
Publisher, *Spotlight* Magazine, Inc.

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# inside the Spotlight

july 2016



## FEATURES

<b>Beginning Quilting by Machine</b>	<b>10</b>
<b>The Actor's Group Orlando Now in Melbourne</b>	<b>11</b>
<b>Brevard Home &amp; Garden Expo</b>	<b>12</b>
<b>How to Get and Keep Your Finances in Order</b>	<b>15</b>
<b>Do Your Head Lights Have a Cloudy Appearance?</b>	<b>18</b>
<b>Protect Your Joints and Prevent Pain</b>	<b>19</b>
<b>Tips: Grilling the Perfect Burger</b>	<b>34</b>
<b>Remembering Brevard's Landscapes</b>	<b>35</b>
<b>Eating Right Can Improve Quality of Life</b>	<b>38</b>
<b>Parasites: Do You Have Them and Don't Know?</b>	<b>40</b>

## departments

<b>"CHRISTIANS HATE _____"</b>	<b>7</b>
<b>"AN ELDER-FRIENDLY COMMUNITY PART II"</b>	<b>9</b>
<b>SPOTLIGHT ON CHIROPRACTIC HEALTH</b>	<b>17</b>
<b>DEAR VAL,</b>	<b>21</b>
<b>SPOTLIGHT ON COOKING</b>	<b>23</b>
<b>SPOTLIGHT ON COMPUTING</b>	<b>27</b>
<b>SPOTLIGHT COMMUNITY MOVERS &amp; SHAKERS</b>	<b>33</b>
<b>"REMAX: 9 COMMON REAL ESTATE MYTHS"</b>	<b>37</b>
<b>"THE MORE I KNOW HIM"</b>	<b>39</b>
<b>"MAKING OLD FRIENDS TAKES TIME"</b>	<b>41</b>
<b>CROSSWORD PUZZLE</b>	<b>42</b>
<b>"HEALTH FIRST TURNS CITIZENS INTO SUPERHEROES"</b>	<b>44</b>

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## CHRISTIANS HATE

by Jim Campbell, First Baptist Church of Melbourne

**“Christians hate \_\_\_\_\_.”** That’s a common sentence that you see all over social media these days. 99% of the time, it’s related to a Christian not agreeing with someone’s viewpoint or warning others about the dangers of sin. Usually the perceived shutdown comment is “who are you to judge?”, referencing Matthew 7. I dealt with that gross misinterpretation of Scripture in an earlier article, but the problem is also a misunderstanding of the results of “hate” and of the nature of “sin”.

Cutting is a damaging psychological phenomena where people self-injure to deal with complex issues in their lives. It never solves the real issue, but it takes their mind off of the deep hurt, for a while, so they see it as a solution. It’s a costly, dangerous, life-threatening grasp at temporary relief, but it’s no solution at all.

What if your friend dealt with life by cutting herself? Would the “loving” thing be to talk about how you affirm what she’s doing, talk about the great job she does cutting herself and cheer her courage to be herself? Or, would the loving thing be to empathize with her situation, but tell her how dangerous that is, and to get her the help she needs before she does permanent damage? Obviously, the last response is loving, the first is deplorable.

Seeing someone engaging in sin is similar to seeing someone cutting themselves. It’s witnessing an unhealthy, damaging action, failing to solve a deeper problem, and it ultimately leads to eternal death. The Bible commands Christ followers to warn of sin, lauds warning as a high honor, denounces those who don’t as uncaring and labels

warning others of sin as part of being a loving person, in God’s eyes (and yes, Jesus demonstrated that.)

Every Christian begins their journey with Christ by understanding that they are the opposite of morally superior and without hope, apart from Christ. When Christians forget this point, their warnings either become angry debates to win, or just avoided conversations, buying the lie that overlooking sin is what Jesus did.

The Bible teaches neither some “enlightened state” where sin is completely overlooked and embraced nor some “morally superior state” where you constantly berate others. Escaping sin isn’t keeping a set of moral rules, it’s establishing a relationship with Jesus for direction...the rule breaking shows how that’s going.

Warning someone isn’t hating them and wanting them to die, it’s loving them and wanting them to live. Penn Jillette, a performer and atheist, told a story about a man that gave him a Bible after one of his shows. Jillette said that if Christians felt that a horrendous judgment was coming, how much would you have to hate someone not to warn them?

The reality is that Christians should hate something. They should hate standing idly by while someone injures themselves to death in the worst way possible, when they could have tried to save them.

---

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](http://www.baywestchurch.org).



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

Dear Friends,

**In part one of our three-part series on elder friendly communities**, coined we talked about information and its importance to seniors. We determined that there are many elder care programs in Brevard County, but they are not well advertised. Therefore, the first step in becoming elder friendly is telling people what is available. Now we will discuss the second step in becoming elder friendly – education.

To begin this task, we must become better informed about the pieces already in place. We can then develop any elements that are missing from the care equation. Once we put all this together, seniors can enjoy better quality of life while aging with dignity. So, what types of companies and individuals are necessary to an aging plan?

Two key ingredients are financial and estate planning. Many Floridians are in a second marriage, so tremendous assets are often involved in settling estates. Advance documents such as a Durable Power of Attorney are a tremendous help, as is the advice of professionals such as Courtney & Braswell Financial Group and William Johnson, P.A.

With the recent changes in health insurance, more seniors need help finding an affordable plan that meets their needs.

The Florida nonprofit SHINE, Serving the Health Insurance Needs of Elders, provides free counseling and information on Medicare and Medicaid. Insurance changes also have affected pharmaceuticals, causing many people to seek resources such as Canadian Meds of Melbourne for individual savings of 20-80% on prescription drugs produced in the U.S. but purchased through Canada.

As we age, we collect things. Making the decision to downsize is difficult for seniors. One company, Organized Creative Designs, can help you prioritize those prized possessions that will fit into a small living area. HandyPro of the Space Coast, owned by a former engineer in the space industry, can help modify your home so it is safe for you to age in place. Finally, Barbara McIntyre, a licensed Loan Officer with Reverse Mortgage Funding, can help leverage your existing equity so you can live more comfortably and with fewer financial constraints.

Should you need assistance in selling or buying a home, you can call on Wendy Handy of Dale Sorenson Real Estate. There are many wonderful 55+ retirement communities in Brevard, including The Waters in Melbourne Beach. If it is time for you to move into assisted living, The Fountains of Melbourne, Riverview Senior Resort, Hibiscus Court, and Zon Beachside are all wonderful assets to meet your new living needs.

Fortunately for those who need eye, ear, and dental care, there are excellent local resources available including The Eye Institute, EarCare P.A. and Dr. Lee Sheldon, a periodontist and dental implant surgeon. All these providers have informative TV shows archived on our website [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org). For major medical services, my hospital of choice has always been Wuesthoff. My doctors all have privileges there. One final stop is hospice care. VITAS hospice has a long record of friendly service in Brevard County.

These are all parts of an elder friendly community. Once we are educated about available services, we will better meet individual care needs. In part three of our series on elder friendly communities, we will address connecting with these resources and how radio, television and print media contribute to an elder friendly community. Knowledge is power. Part three next.

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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](mailto:info@helpingseniorsofbrevard.org) or calling: 321-473-7770 ~[www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org)*

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# The Actor's Group Orlando

## Introducing their Second Location in Melbourne

by Bryan McDonough, Publisher of Spotlight Magazine

(Corrected article from June 2016 issue)

The newest, best, and brightest acting classes in our area can now be found in the form of the Actor's Group Melbourne, the most recent location for the acclaimed Actor's Group Orlando.

Led by a 25-year professional veteran Bob Caso, The Actor's Group Melbourne is the go-to place for the most cutting-edge instruction and the highest-quality complimentary services that simply cannot be found anywhere else. Many of their students are finding a variety of opportunities, signing with agents, receiving project bookings, and are making use of their particular training.

The Group promotes hard-hitting and real-world acting methodology to improve the student's ability to perform, in order to expand their careers.

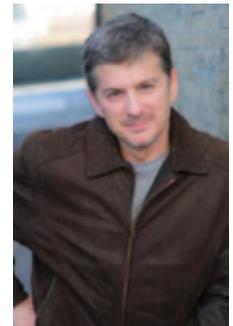
"When it comes down to it, all of the esoteric little tricks



in the world will not matter if you are not trained to land the job, and it takes the most top-notch performance training, professional services, instruction and getting out there and working hard in order to receive the results you are looking for," says

Bob Caso, actor-writer-producer.

I personally visited the Actor's Group Orlando's flagship group and was very impressed with the wide range of students participating in the classes, in ages and walks of life. While observing Mr. Bob Caso at work with his students, one cannot help but sense the overwhelming passion that was evident. It was interesting to see the power of everyone being so



Bob Caso

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focused, and to observe the willingness of the students to learn and to fine-tune of their craft.

In a nutshell, by the end of the night, I found myself quite inspired by this group. So it is with great pleasure that we welcome The Actor's Group to Melbourne!

For more information about The Actor's Group Melbourne please see their full page advertisement on page 43 in this issue of Spotlight Magazine.




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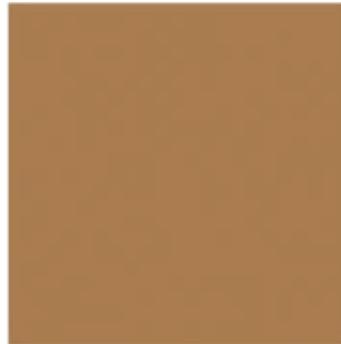


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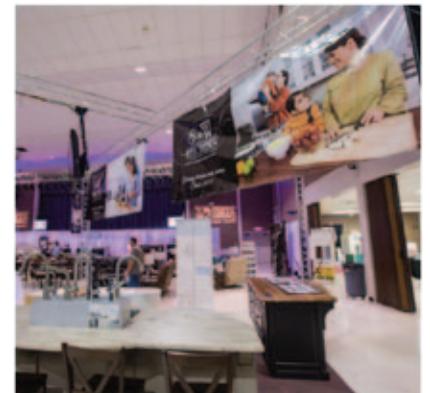
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# How to Get and Keep Your Finances in Order

In 2015, analysts with the Government Accountability Office found that the average American between the ages of 55 and 64 had accrued roughly \$104,000 in retirement savings, a shockingly low figure that would make it very difficult for men and women nearing retirement to maintain their quality of life into their golden years. Things don't look much better north of the border, where the 2015 Global Investor Pulse Survey from the asset management firm BlackRock found that the average Canadian in the same age group had amassed an average of just \$125,000.

While many people fear retiring with small nest eggs, that fear has apparently not been enough to inspire men and women to commit to saving more money for their golden years. But retirement saving is essential, especially since life expectancies are rising. According to the United Nations Department of

Economic and Social Affairs, global life expectancies at birth are expected to rise to 76 years by the mid-21st century. That's a far cry from the mid-20th century, when global life expectancy from birth was roughly 48 years.

Longer life expectancies mean men and women will have to find ways to make their money last throughout their retirement. The earlier adults figure out how to keep their finances in order, the more money they will have when the time comes to retire. The following are a handful of strategies men and women can employ to rein in their finances in the hopes of saving more for retirement.

- **Review your finances at least once per month.** Hectic schedules or fear of the financial unknown make it easy for adults to ignore their finances for long stretches of time. But adults should review their financial

situation at least once per month, examining how they are spending their money and if there are any ways to cut costs and redirect dollars going out into their retirement accounts. Redirecting as little as \$100 per month into a retirement account can add up to a substantial amount of money over time.

- **Pay monthly bills immediately.** Many adults receive monthly bills for utilities, rent/mortgage, phone, and television/Internet.



If you have the money in your account, pay these bills the moment you receive them. Doing so is a great way to avoid overspending on other items, such as dining out or shopping trips, and then finding yourself scrambling to pay bills come their due dates. Once all the monthly bills have been paid and you have deposited money into your savings/retirement accounts, then you can spend any leftover money on nights out on the town or new clothes if you feel the need.

- **Buy only what you can afford.** It sounds simple, but many adults would have far more in their retirement accounts if they simply avoided buying items they cannot afford. According to a 2015 Harris Poll conducted on behalf of NerdWallet, the average credit card debt per indebted American household in 2015 was \$15,762.07. Adults who want to get their finances in order and start saving more for retirement should put the plastic away and only make purchases with cash or debit cards that take money directly out of their bank accounts once the card is swiped.
- **Downsize.** Downsizing is another way to free up more money for retirement savings. Empty nesters can save money by downsizing to a smaller home or even an apartment. Drivers who no longer need room for the whole family can downsize from SUVs or minivans to smaller, more fuel-efficient vehicles. Adults also may be able to downsize their entertainment, switching from costly cable packages to basic plans or cutting the cord entirely and subscribing to more affordable streaming services.



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# BACK TO SCHOOL NUTRITION

## SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

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

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

morning meal tend to perform better in school, score higher on tests, have higher school attendance, less tardiness, better concentration and muscle coordination... and kids who eat breakfast have fewer hunger induced stomachaches and are less likely to be overweight.



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

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

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

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

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




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# Protect Your Joints AND PREVENT PAIN

**Joints play vital roles in the human body**, forming the connections between bones and facilitating movement. Damage to the joints can be especially painful, and that damage may result from conditions such as osteoarthritis or gout.

While not all joint pain is debilitating, the discomfort of joint pain is such that it's wise for adults to take steps to protect their joints with the hope of preventing joint pain down the road. Recognizing that joint pain can negatively affect quality of life, the Arthritis Foundation offers the following joint protection tips to men and women.

- **Forgo fashion with regard to footwear.** When women choose their footwear, fashion should not be their top priority. According to the Arthritis Foundation, three-inch heels stress the feet seven times more than one-inch heels and heels put additional stress on knees, possibly increasing women's risk for osteoarthritis. Though heels may be fashionable, the risk of developing joint pain is not worth making the fashion statement.
- **Get some green in your diet.** A healthy diet pays numerous dividends, but many may not know that a healthy diet can help prevent joint pain.

Green vegetables such as spinach, broccoli, kale and parsley are high in calcium and can reduce age-related bone loss while also slowing cartilage destruction.



- **Shed those extra pounds.** If you start including more healthy vegetables in your diet, you might just start to lose a little weight as well. Such weight loss also can help your joints, as the AF notes that every extra pound a person gains puts four times the stress on his or her knees. The AF also notes that research has shown that losing as little as 11 pounds can reduce a person's risk of osteoarthritis of the knee by 50 percent.

- **Hit the pool.** Swimming is a great full-body workout and can be especially helpful to the joints. The buoyancy of water supports the body's weight, reducing stress on the joints and minimizing pain as a result. If possible, swimmers already experiencing pain should swim in heated pools, which can help relieve pain. While you can still benefit from swimming in pools with colder temperatures, cold water may not soothe the joints like warm water can.

Joint pain and aging do not have to go hand in hand. More information about joint paint is available at [www.arthritis.org](http://www.arthritis.org).

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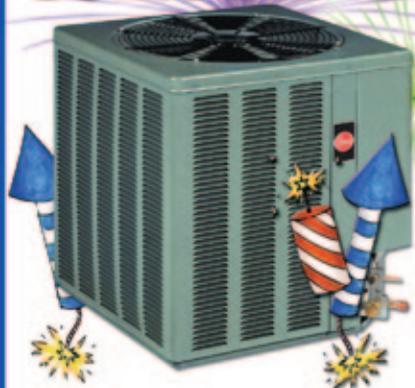
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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"Hell is not allegorical,  
or metaphorical..."



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

**Dear Val,**  
I attend church regularly but I also enjoy listening to pastors on television. Some of them seem to speak right to me. What do you think of televangelists that constantly preach on prosperity? They say if I sow my best seed God will bless me but something just doesn't feel right about it.

**-Alice of West Melbourne**

Dear Alice,

God does want to bless us; however, nowhere in the Bible does God say He wants to make us millionaires.

In Matthew 19:24, Jesus said it would be easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of heaven.

Beware of preachers pedaling prosperity—but seldom mentioning sin are usually nothing but glorified motivational speakers. Their teaching is uplifting; but quite often, they incorporate messages of self-empowerment—nothing but thinly disguised humanism.

Don't get me wrong, there are many gifted and anointed pastors on television—but use discernment. Make sure they are teaching from the Bible, centered on Christ, and well balanced in their teaching. Some of my personal favorites are: Jentezen Franklin, John Hagee, Dr. Charles Stanley, Ed Young, and Dr. David Jeremiah.

Televised ministry is very costly. They depend upon huge contributions to finance their ministries and missions abroad. It's good to sow your seeds—and Biblical—but use good judgment.

"Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each man should give what he has decided in his heart to give, not reluctantly or with compulsion, for God loves a cheerful giver."

2 Corinthians 9: 6-7 (NIV)

**Dear Val,**  
A couple of years ago, I was diagnosed with bi-polar disorder. At one point, I was so bad; I lost my business and almost lost my wife and kids. I've been in and out of rehab several times but the meds I'm taking are helping a lot. I actually feel normal and my life is back on track.

**My sister, "Ellie" says God will heal me and taking medication shows lack of faith. Do you agree with her?  
-Randy" of Palm Bay**

Dear Randy,

While it's true that God often heals directly, He also anoints doctors and heals through them. Taking prescribed medication does not exemplify lack of faith. Homeless shelters are full of people with bi-polar disorders—often because they've discontinued their meds against their doctor's orders. I'm sure your sister means well, but her advice is poor—and you need to continue minding your doctor. Praise and thank God for restoring your health—and for your doctor.

**Dear Val,**  
In the Old Testament, God sends people into battle and orders them to kill. The Ten Commandments say, "Thou shalt not kill". Isn't that a contradiction?

**-Michele of West Melbourne**

Dear Michele,

There is no contradiction. The literal meaning for the verb "kill" is actually "murder" and is typically referred to as a premeditated and deliberate act—not self-defense or killing on a battlefield.

"There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal..."  
Ecclesiastes 3:1-3 (NIV)

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



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## HAPPY FOURTH OF JULY SPOTLIGHT ON COOKING

by Cecelia Danas



I found this recipe a long time ago in a magazine. I have change some of the ingredients to what I like. It is great to bring for a BBQ. See if the cold potato salad or this goes first. Hope you enjoy it too. Remember — Be Creative!

If you have any questions or like to submit a recipe that is your favorite please do so or would like to contact me, email me at cece746@aol.com

### Hot Potato Bake

1 stick butter, divided	2 c shredded sharp Cheddar cheese	2 c sour cream
1/2 c diced onion	1 (10-1/2-oz) can cream of celery soup or cream of mushroom soup	1/2 tsp salt
1 (32-oz) package frozen shredded hash browns, thawed		1/4 tsp black pepper
		1 c coarsely crushed butter-flavored crackers

Preheat oven to 375 degrees. Coat a 9- x 13- inch baking dish with cooking spray.

In a small skillet over medium heat, melt 1/2 stick butter. Add onion and sauté 4 to 5 minutes, or until soft.

In a large bowl, combine hash browns, cheese, soup, sour cream, salt, pepper, and onion; mix well. Spoon mixture into prepared baking dish.

Melt remaining butter in microwave; stir in cracker crumbs. Sprinkle cracker mixture over potatoes.

Cover baking dish with foil and bake 35 minutes. Remove foil and bake 10 to 15 additional minutes, or until golden brown and heated through.

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## ARE PROGRAMMABLE CREDIT CARDS SAFE? SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

The mobile payment landscape is constantly changing as the industry tries to figure out what people will actually use. Several companies have been trying to provide a convenient device that would allow you to consolidate all your credit, debit, gift and loyalty cards on one card. Plastic, an electronic credit card device, ([www.plastic.com](http://www.plastic.com)) is something I view as an interim device until our smartphones become a more viable payment device.

Coin ([onlycoin.com](http://onlycoin.com)) was one of the first 'programmable credit cards' available, but it had its issues and has been acquired by Fitbit, so they are no longer available. I actually purchased the Coin device and tried using it, but found that some magnetic card readers just couldn't read it, so I ended up having to carry my physical cards anyway. Some of the issues that Coin users complained about appear to be addressed with Plastic's approach to the device, but until they actually ship a working product, the jury is still out.

Plastic was supposed to have shipped in April, but production delays now have them estimating a launch for the product sometime in August or September of this year. Coin only had a magnetic stripe while the Plastic card is designed to also include the EMV chip standard (which won't be functional at launch), along with VISA NFC capabilities.

### Digital Smart Card Advantages

While the obvious value of not having to carry around a stack of cards is clear (Plastic can store up to 20 different cards), there are other advantages to this type of device:

- The magnetic stripe is programmable, so unless you unlock the card, there is nothing to read. This means, if you lose the card, it can't be used by anyone else unless they know your unlock PIN.
- The back of the card shows your



signature and your picture, which could reduce the number of times you are asked for your driver's license.

- You can put the card in lock mode before handing it to a merchant, which keeps it on your chosen card and only displays the last four digits for additional security.

- The card incorporates proximity alerts so if your smartphone and your smart card are separated by more than 100 feet, your phone will get a 'left behind' reminder.

- Plastic can be setup to automatically wipe the card if it's separated from your smartphone for a time increment you choose that can range from one hour to several days.

- If you regain possession of the wiped card, you just re-sync with the Plastic Wallet app on your phone to restore all of your card information.

- The app also stores an unlimited number of cards, makes it easy to swap cards, and tracks your spending.

### Should You Order One?

We won't know how well it works until it's launched, so you'll have to decide whether you want to take advantage of pre-order discounts or wait to see the hands-on reviews: It's a gamble in either case.

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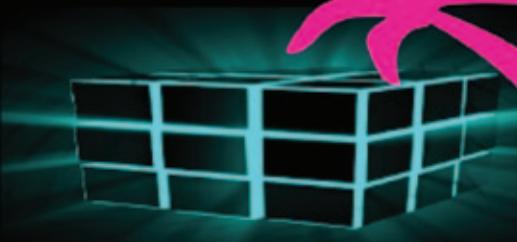
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# New Advances in Eye Surgery

Treatment for pterygia, glaucoma and cataracts offers new hope for ophthalmology patients.



James N. McManus, MD  
Gary J. Ganiban, MD  
Michael N. Mandese, OD, FFAO  
Hetal D. Vaishnav, MD  
Jason K. Darlington, MD  
Eric R. Straut, OD

**A** pterygium, also known as *surfers' eye*, is a growth that invades the cornea, causing significant foreign body sensation that frequently interferes with vision. Pterygia are a frustrating condition for people who suffer from them.

"People ages twenty to fifty, who spend a good deal of time in the sun, who do not wear sunglasses or brimmed hats on a regular basis, who have light complexions and light colored eyes, tend to develop pterygia more frequently than others," according to ophthalmologist and fellowship-trained cornea and glaucoma specialist, Jason K. Darlington, MD.

In the past, pterygia were surgically removed from the cornea, and the affected area was surgically closed with sutures often times with donor corneal graft tissue placed over the surgical site.

"With a traditional surgical approach, the pterygium would recur approximately seventy percent of the time," explains Dr. Darlington.

"My approach involves utilizing the latest techniques in cornea surgery, whereby I use autologous stem cell transfer – using actual stem cells gathered from my patient's eye – to help the cornea heal safely and quickly following removal of the pterygium," reports Dr. Darlington, who completed his fellowship under Dr. Thomas Samuelson and Dr. Richard Lindstrom at the prestigious Phillips Eye Institute in Minneapolis, Minnesota.



"One of the most noteworthy benefits of this approach to pterygium management is that the associated rate of recurrence declines markedly to only approximately four percent," explains Dr. Darlington, chief of the cornea service at The Eye Institute for Medicine & Surgery.

"Irritating, uncomfortable and unsightly are adjectives that are commonly used by patients to describe their perception of having a pterygium," he states. "It is my great pleasure to help relieve the discomfort people associate with having a pterygium. The fact that the vast majority of patients

who undergo this procedure under my care do not have their pterygia regrow is a wonderful benefit both to the patient and to the health care system."

## Help for glaucoma

A dramatic shift is starting to transform the practice of glaucoma surgery. While traditional surgical procedures, such as trabeculectomy, are demonstrating steady, evolutionary improvements, two new types of glaucoma surgery are moving intervention care from a last resort to front-line therapy.

The first procedure, known as the TRAB360, involves the use of a trabeculotome, a non-powered instrument intended for the manual cutting of up to 360 degrees of internal tissue known as the trabecular meshwork, in a procedure called a trabeculotomy.

The second procedure, known as the VISCO360, involves the use of the VISCO360 Viscosurgical System to facilitate the delivery of small, controlled volumes of viscoelastic fluid through a custom access cannu-

**"For many people, receiving these lens implants creates a quality of vision that they may not have experienced in thirty or forty years," Dr. McManus adds. "For such people, it is like turning back the hands of time."**

## New Advances in Eye Surgery: Continued

la as part of the procedure. With the removal of the trabecular meshwork, a significant lowering of eye pressure is frequently achieved, according to Dr. Darlington.

"The instrument and procedure have been used both as a standalone and combined with cataract surgery. It can be performed in eyes that have had cataract surgery and those that have not," explains Dr. Darlington. "My colleague, Dr. James McManus and I seek to help ensure that every one of our glaucoma patients maintains his or her vision. We keep abreast of and participate in the latest clinical and surgical research in ophthalmology to ensure that residents of the Space Coast have access to leading-edge technology and treatments for multiple eye conditions, including the many forms of glaucoma. The bottom line is we do not want glaucoma to cost anyone their precious eyesight or independence."

### Leading-edge cataract surgery

*"Dr. McManus, when is it time for me to have cataract surgery?"* "This is a question that patients ask me and my colleague, Dr. Jason Darlington, every day," says cataract specialist James N. McManus, MD, of The Eye Institute for Medicine & Surgery. "The answer is, When your vision no longer allows you to participate in your daily activities with good eyesight and spectacle correction cannot provide adequate improvement, it is usually time to consider cataract surgery."

Cataract surgery has advanced tremendously during the last decade, according to Dr. McManus. Incisions are smaller, vision is restored much more rapidly and there are a great number of lens implant options to help people optimize their vision following surgery, states Dr. McManus, who was one of the founders of The Eye Institute.

Years ago, cataract surgery was about removing a dense cataract and optimizing a patient's eyeglass prescription following surgery to maximize vision. Cataract sur-

gery in 2015 is quite different, explains Dr. McManus.

"In 2015, patients are much more educated as to their options and the possibilities of what can be accomplished in terms of enhancing their quality of life. People are aware that some people are candidates for having high-technology lens implants placed during cataract surgery that can reduce, and in some cases eliminate, astigmatism, provide vision at distance, near and intermediate ranges without the need for spectacle correction, and/or have accommodative lenses placed that enhance intermediate vision, and in certain cases do so while correcting astigmatism," reports Dr. McManus.

"Patients approach the process with a sense of purpose and excitement, eager to learn if they are good candidates for these high-technology lenses," he adds. "For many people, receiving these lens implants creates a quality of vision that they may not have experienced in thirty or forty years. For such people, it is like turning back the hands of time."

"Some patients see a tremendous benefit to eliminating or minimizing dependence on spectacles or contact lenses for sports, driving, reading, computer use, vocational activities or casual and family time," continues Dr. McManus. "Other physicians in the community are coming to us seeking these procedures for themselves."

"Some of our patients feel burdened by the expense and need to place glaucoma medications in their eyes every day. In many cases, the need for glaucoma medications can be reduced or eliminated by placing an iStent at the time of cataract surgery," according to Dr. Darlington. "Many of our patients look forward to their cataract surgery, not only as a once-in-a-lifetime opportunity to enhance their vision, but also as a way to relieve some of the ongoing burden of managing their glaucoma."

"It is the mission of The Eye Institute to remain at the forefront in technology and

medical and surgical eye care, to ensure that our patients have access to the latest advances and treatments as soon as possible," reports Eye Institute CEO, Jerry Orloff. "We are blessed with a medical staff who share a united vision of what constitutes outstanding patient care built upon kindness, compassion and evidence-based medicine. Not a day goes by where we are not sharing thoughts about how to enhance the outcomes and lives of our patients."

"It is quite inspiring to work with a group of visionaries and to have a staff who sincerely care about the well-being of all whom we serve."



### COMPREHENSIVE EYE CARE & EYE SURGERY

The mission of The Eye Institute for Medicine & Surgery is to bring the most current medical and surgical advances in eye care to the residents of the Space Coast, and to deliver these services in a warm and friendly setting.

For a consultation with Dr. Darlington, Dr. McManus, or any of the eye care subspecialists at The Eye Institute, please call **(321) 722-4443**.

There are three offices to serve you:  
**1995 W. NASA Blvd. \* Melbourne, FL 32904**  
**150 S. Woods Dr. \* Rockledge, FL 32955**  
**5055 Babcock St. NE \* Palm Bay, FL 32905**

To schedule an appointment with one of the eye specialists at The Eye Institute for Medicine & Surgery, please call **(321) 722-4443** or visit [www.SeeBetterBrevard.com](http://www.SeeBetterBrevard.com)

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This month, Spotlight Magazine is proud to honor Andy Ziegler as our Community Mover and Shaker. Andy is the Director of Community Relations for Artemis IT, and serves as the Chairman of the Brevard County School District's Board of Education.

Andy also holds the position of Vice

Chairperson for the Central Florida Public School Board Coalition, which covers 13 counties, and is also a member of the Central Florida Leadership Congress which includes 7 counties. In addition, he is a member of the board of the Florida School

Board Association.

His many community activities include the Palm Bay Rotary Club, where he has been a member for 26 years. Andy serves on the Executive Advisory Board of the Central Florida Boy Scouts, is a board member of AMIKids Space Coast, and serves as a board member for the Melbourne Regional Chamber of Commerce.

Andy is a 1978 graduate of the Florida Institute of Technology, where he majored in Computer Science, and after which he pursued a career in computer networking. He and his wife Patty support numerous charitable organizations in Brevard County. They enjoy exercise, long distance bicycle riding, motorcycle riding, snow skiing and water activities.

From the time he was a high school student, Andy has taken advantage of various opportunities that enabled him to help others. He believes that if everyone gave just a little of their time to help their community, most all problems in our society would be resolved. He says that over the years, he has learned the importance of leading by example. He has found that servant leadership is necessary for any organization to be successful.

For his dedication to and involvement in the community, we salute and thank Andy Ziegler.

## Phyllis D. Smith, CPA

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### July's CPA Tip Of The Month

Do not fall prey to scammers who call and threaten legal action if you don't pay immediately. Latest victims are students who are being told they owe a "student tax". There is no such thing. If you get a phone call from the IRS ask for their number so you can call them back. You probably won't get one. The IRS will contact you first by mail NOT telephone.



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## TIPS: Grilling the Perfect Burger

### Hamburgers are a staple at backyard barbecues.

Though burgers are a relatively simple food, mastering the technique to grill burgers is no small feat, as there is more to great grilled burgers than simply firing up the grill and dropping down a patty.



- Choose fresh ground beef that has a decent percentage of fat. The fat-to-lean meat ratio should be around 20 percent fat to 80 percent meat. Spend a little more to get freshly ground meat that has not been previously frozen.
- Don't overwork the burgers with a lot of handling. This will warm up the fat in the burger, which causes it to emulsify and could make the meat rubbery.
- Reconsider adding a lot of herbs, spices or add-ins to the burgers, as such items can detract from the flavor of the meat. Extra herbs and spices also may require extra mixing, which can lead overhandling.
- Push a dimple into the top of the burger, which will help prevent the burger from expanding upward and out while cooking and rounding out in the process. The dimple will keep the top of the burger flat, which facilitates easy topping.
- Make sure the grill is hot. Burgers do well with high heat and will cook relatively quickly.
- Resist the urge to push down on the patty with your spatula. This will cause the juices to spill out and may result in a dry, tough burger.
- Let burgers rest before serving. This lets the juices redistribute throughout and makes for



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# Remembering BREVARD'S LANDSCAPES

by South Brevard Historical Society

Last month we wrapped up our first half of the year with a program that gave the audience a personal perspective of growing up in Brevard. Titled "Remembering When: Growing up in Brevard", Bob Gross, our moderator and longtime residence, along with Dian Milligan, Leon Tucker and Bob Barwell spoke of their memories. Speaking of both the good times and bad, we thank them all for sharing some of their remembrances with us.

This program was so popular that we will have a similar format for our December 10th program. I encourage you to make an effort to save the date and attend. This program will include a myriad of personalities that each have an abundance of local stories to share with us. It is programs like these that not only "Keep Brevard's History

Alive", but compels us to pause and appreciate the hard work and sacrifices previous generations made and them encourages us to make a personal effort to work harder to better our community.

Brevard's landscape has significantly changed over the years. For example, the boardwalk at a beach in Melbourne in 1925 (see photo at /www.floridamemory.com (image number RC03608)) looks much different today. Encouraging our citizens who remember the experiences of growing up in Brevard offers us unique stories that one cannot read in any book. I encourage anyone with an experience to tell as well as people who are interested in volunteering to help SBHS record and preserve these stories to contact SBHS.



**Our next program titled "Underwater Archeology in Florida Waters" presented by Sir Robert Marx, Underwater Archaeologist is on September 10, 2016.** The program is FREE and will be held at the Melbourne Public Library ( 540 E. Fee Avenue, Melbourne from 3:00pm - 4:00pm.

Until then, we invite you to explore our website at [southbrevardhistory.org](http://southbrevardhistory.org) for further information.



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## 9 Common Real Estate Myths that can Cost Buyers & Sellers

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

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

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

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

**5. People should renovate their kitchen and bathrooms before they sell.** If your kitchen

and bathrooms work, a major remodel could actually hurt. If a prospective buyer doesn't share your style, they won't want to remodel something that has just been renovated. They will pass a home up in favor of something that either suits their taste or something priced so that they can complete a remodel themselves. If faced with a price adjustment versus a remodel situation, it's more economical to adjust the price of the home accordingly.

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

**7. All the properties listed in the multiple listing service show up online.** Sellers actually have to give real estate agents permission to list and market their home using the Internet. Most agents assume that their sellers want the maximum exposure for their listing, therefore they automatically list the

home online, however it doesn't hurt for a seller to verify with an agent that the property will show up in online searches, as well as ask what sites on which the home will appear.

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

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



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# Eating Right CAN IMPROVE QUALITY OF LIFE

**Legend states that on April 2, 1513, Spanish explorer Juan Ponce de León** was the first European to discover modern-day Florida when he traveled on a quest for the mythical "Fountain of Youth." While modern science has proven that there is no mystical fountain or body of water that can reverse or slow down the aging process, there are many steps people can take to age well and prolong their lives.

Eating the right foods is one way to age well. According to Ralph Felder, M.D., Ph.D., coauthor of "The Bonus Years Diet," reversing the aging process internally is more difficult than outward cosmetic changes. But the right foods can go a long way toward increasing both life expectancy and quality of life. Those who want to employ diet to increase their life expectancy may want to start adding more of the following foods to their breakfast, lunch and dinner plates.



- **Broccoli, grapes and salad.** According to Health magazine, researchers have found that compounds in these three foods boast extra life-extending benefits.
- **Berries.** In addition to their abundance of antioxidants, berries have other benefits. A 2012 study from Harvard University found that at least one serving of blueberries or two servings of strawberries each week may reduce the risk of cognitive decline in older adults.

- **Fruits and vegetables.** Produce is good for the body because it's low in calories and high in fiber, vitamins and other nutrients. Numerous studies have indicated that diets plentiful in fruits and vegetables help people maintain a healthy weight and protect against cardiovascular disease.

- **Whole grains.** Whole grains pack a lot of nutrition into a low-calorie food. Whole grains help protect against type 2 diabetes, and researchers at the University of Texas Health Sciences Center found study participants whose diets included plenty of whole grains and fruit cut their heart disease risk by almost half compared to those whose diets favored meat and fatty foods.

- **Red wine.** A glass a day for women and no more than two glasses daily for men can be beneficial.

Moderate consumption of red wine has been shown to slow age-related declines in cardiovascular function, according to the American Heart Association.

- **Fiber.** Increase your fiber intake for a longer life. Research from The American Journal of Clinical Nutrition finds that the more fiber you include in your diet, the lower your risk of coronary heart disease. The daily recommendation is 25 to 35 grams.



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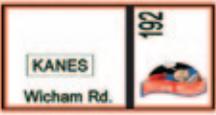
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## THE MORE I KNOW HIM

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**I have found that the longer I walk with God, the more I know Him.** There I get to know His character and faithfulness through His Word, through my prayer life and by witnessing what He has done for me and others who follow Christ. My prayer is that He would open the eyes of my heart so I can see and feel His presence in every area of my life. I find that I can see God's works clearly in the rear view mirror, but maybe not so much in my present circumstances. Especially when I'm going through a trial. I know He is always there guiding and protecting me, but sometimes my head knowledge takes control of my heart knowledge and I have doubts.

A couple of years ago, while preparing to go to Panama, I experienced a terrible tooth ache. At first, my tooth was very sensitive to heat and cold, followed by constant excruciating pain that lasted for several weeks. The smart thing to do would have been to go to the dentist. But my rationale was that I just didn't have time. I prayed straight from my heart, "Lord, You are my Creator, You know how I am made and I know that You know how to fix my tooth, a small task for You. I ask that You would heal my tooth. In Jesus name I pray."



Instantly the pain was gone and I haven't had any pain since.

Now you may ask, "What's the problem?" The problem is I find myself wondering, "Did God really do that?" My hearts says, "Yes, He did!" Luke 1:37 says, "for with God nothing will be impossible." Then my head takes over and says, "That's impossible! Only a dentist can fix a tooth." It astounds me that I can believe in the virgin birth, and that Jesus was raised from the dead after 3 days, but it's difficult for me to believe that God would heal my tooth supernaturally.

So often, God answers prayers in miraculous ways. Yet, we either miss the miracle or don't believe that God will answer our requests. Jesus said, "Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." (Matthew 17:20)

Prayer is often the deciding factor in spiritual warfare. When the God of the universe is helping us, there is nothing that can't be overcome. God doesn't always answer prayers right away. Sometimes we have to be persistent. Like Daniel's experience, we may have to wait. This doesn't mean God doesn't hear our prayer, but we must remember, God's timing is always perfect. He loves us and He knows what's best for us. He is a good, good Father!

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# PARASITES: Do you have them and don't know?

by Dr. Kevin Kilday, PhD, D.PSc.,  
Holistic Health Center, 321-549-0711

## Parasites are microorganisms that feed off of you in order to survive.

Parasites rob your body of nutrients. Then they expel their waste creating toxins within your body compromising your immune system causing a number of diseases and even cancer. Studies show up to 85% of Americans have parasites right now and most don't know it!



Anyone can get a parasitic infection. Parasites thrive in tropical regions where it is warm and moist such as in Florida.

## Common Types of Parasitic Infections and Symptoms

**Trichomoniasis:** A sexually transmitted disease caused by a parasite. Itching, redness, irritation, and an unusual discharge in the genital area are some symptoms including painful urination.

**Giardiasis:** drinking contaminated water, and swimming in lakes, rivers, and ponds and ingesting the water. Diarrhea, gas, upset stomach, greasy stools, and dehydration.

**Cryptosporidiosis:** infects intestines of herd animals (cows and sheep) and humans. Symptoms include watery diarrhea, nausea, stomach cramps or pain, dehydration, nausea, vomiting, fever and weight loss.

**Toxoplasmosis:** From contaminated or undercooked food. Muscle aches, fatigue, fever, swollen lymph nodes and difficulty breathing occur. People with compromised immune systems may develop severe swelling of the brain, causing damage to the eyes or brain. Special notes: Cat feces transmits this parasite. Avoid all contact with cat feces and litter dust especially if pregnant. Childcare workers who come into contact with feces on a regular basis are also at risk for this parasite.

A medical doctor can diagnose parasites through blood work, stool exam, endoscopy or colonoscopy. Also scans can help identify if parasitic infections have caused lesions, or injury to your organs.

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# Making Old Friends Takes Time

by Dan Taylor, Audioprosthologist, Mission Hearing

**"It takes a long time to make old friends."** That's what our featured customer of the month said recently when in for routine service on her hearing aids. Bettye Pitcock is truly a great old friend. We met at a health fair I was doing over twenty years ago, when just starting my practice, and we've been taking care of Bettye's hearing care needs ever since.

During that over two decades that we've been knowing Bettye, one of the things we've come to admire most about her is that Bettye is always on the go, and very active in her community, volunteering over the years at both the King Center for the performing arts, and regularly as a Pink Lady at the hospital.

Yep, for her volunteer work alone Bettye has earned the right to both our praise and respect, for she is constantly giving back to her community for the great life it provides us all. But, Bettye has earned the right to be called one of our the best customers in the known universe for other reasons as well. Over the years Bettye has referred literally dozens of her friends and neighbors to us, as the place to get their hearing help.

If, you know, and see Bettye, thank and congratulate her on those many long years of volunteer service. She's earned it. And, if you, or a loved one has a hearing problem, you might ask her why she's been not only been coming to us for over twenty years, but referring her friends and neighbors as well?



While we don't know the exact words Bettye will use, you can bet it will have something to do with the way we treat all of our customers, and make them a part of our Mission Hearing family. At Mission Hearing, we are always customer centered, and results oriented, offering hearing care solutions for every lifestyle and budget.

From the latest, and most advanced gear our industry has to offer, to quality used and reconditioned hearing aids starting at a fraction of their cost new. Our goal is really quite simple, to help more people to help more people hear better, and to do it in an environment, and through an experience that you will enjoy, and want to tell your friends and neighbors about. Just like Bettye, we want to turn each, and every customer into an old friend, and referral source.

To do that, we know we have to deliver on those promises of great gear and follow up service.

So, don't keep missing out on the best that life has to offer, we can help. Located in the heart of Historic, Downtown, Melbourne, Florida in suite #12 of the Arcade Building at 720 East New Haven Avenue, look for our four foot neon ear. It's been a landmark in downtown now for over twenty years, formerly known as A Advanced Hearing Care, we are now Mission Hearing, bringing advanced hearing care into the twenty-first century.

Call us at 321-722-2894, visit our web sites at: [www.advancedhearingcare.com](http://www.advancedhearingcare.com), or [www.missionhearing.com](http://www.missionhearing.com) for more

information, or just drop by any weekday morning from 9:30 till noon, and we'll answer any of your questions, or even set you up with a free demonstration of just how great the world, and those you love can sound again. Don't put it off any longer, a brain is a terrible thing to let waste, and that's what an uncorrected hearing

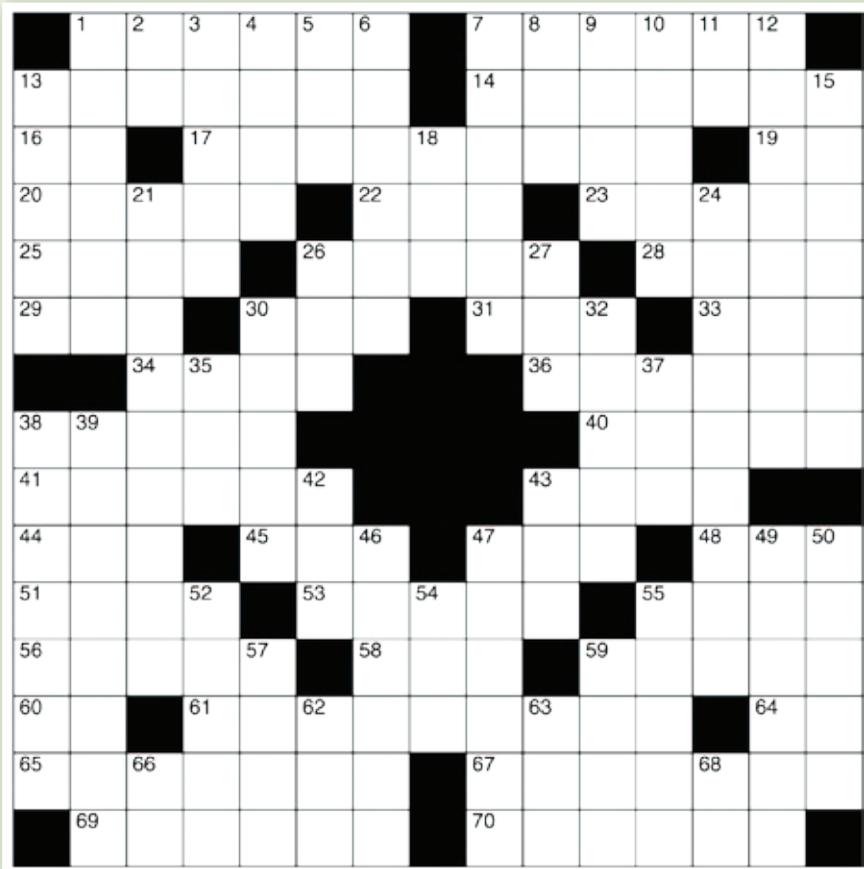


loss leads inexorably to, a wasted, and shrunken brain, and a life not lived to the fullest.

If, you need some help, or just have questions, give us a call, or come see us, you, and your loved ones will be glad you did.



# Spotlight Crossword Puzzle



## clues DOWN

1. Madames
2. Printing measurement
3. Being in a position
4. Genus
5. Post-deduction amount
6. Champs get this
7. Single-\_\_ organisms
8. Greatest boxer ever
9. Buddhist concept
10. Fencing swords
11. Operating system
12. Musical interval
13. Soldier's tool
15. Places of worship
18. Supervises flying
21. Offers help
24. Precaution
26. Car mechanics group
27. Devotee of sports
30. Detectives get these
32. Coming into existence
35. Loss of signal (abbr.)
37. Feline
38. Decorative tea urn
39. Native Americans from Colorado
42. Resembles a pouch
43. Type of home (abbr.)
46. Cut a rug
47. Devil rays
49. Simmer
50. Veranda
52. Outcast
54. Famed aircraft engineer
55. Realm
57. Chair
59. Music awards show (abbr.)
62. Did not starve
63. Was once liquid
66. Former Cardinal Taguchi
68. Trademark
62. "Bring Em Out" rapper

## clues ACROSS

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1. Acquired knowledge of           | 40. Expresses anger              |
| 7. Brief appearances               | 41. Emerges                      |
| 13. Owns a ranch                   | 43. WWII battle                  |
| 14. Goes by                        | 44. Wrestlers work here          |
| 16. Potato state                   | 45. Not happy                    |
| 17. Inappropriate                  | 47. Measure of speed             |
| 19. Millihenry                     | 48. A way to communicate (abbr.) |
| 20. Treasuries                     | 51. Gemstone                     |
| 22. Crony                          | 53. Metric weight unit           |
| 23. Norse god                      | 55. Region                       |
| 25. Accidentally lose              | 56. Guides projectile's motion   |
| 26. Allied H.Q.                    | 58. Not involved with            |
| 28. Shiva's first wife             | 59. Cosmetics giant              |
| 29. Earth System Model             | 60. Exclamation of surprise      |
| 30. Sandy island                   | 61. No fighting                  |
| 31. Cam Newton's dance             | 64. Tantalum                     |
| 33. Nigerian people                | 65. Optimistic                   |
| 34. A ridge on nematodes           | 67. Herbs                        |
| 36. ___ Creed: profession of faith | 69. Categorized                  |
| 38. Gulf of, in the Aegean         | 70. A famous street              |

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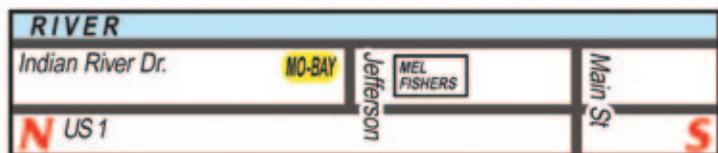
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With the theme of **“Be a Superhero, Learn to Save a Life,”** Health First CPR Day turned 5,000 regular citizens into rescuers to aid a victim until professional help arrives. Held on June 4 at Space Coast Stadium in Viera, Health First made learning CPR easy with a guided class led by the trained Health First staff and volunteers, emergency medical professionals and physicians and mannequins lined on the baseball field. Participants of all ages earned their American Heart Association Friends and Family CPR certificate which also covers the proper use of automated external defibrillators and teaches participants how to help infants during a choking incident.

Dave Schmitt, supervisor and lead instructor of the Health First Training Center says, “A victims’ chances of survival double when CPR is administered immediately. This event is helping to make our community a safer place to live, play and work. In just one day, we trained an army 5,000 people to react quickly and help a family member, neighbor or stranger during a cardiac emergency.”

The event also featured a free “For Your Heart 5K Run/Walk” to help Health First further its commitment to exercise



and wellness for a healthy heart. Other activities included a visit and tours with the First Flight air ambulance helicopter, healthy cooking demos and the Magic Pizza Oven from Pizza Gallery and Grill in Viera, and visits with educational animals from the Brevard Zoo.

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

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



“As one of the largest free community CPR trainings in the country, I’m proud to say that Health First has trained more than 13,000 people in our eight years of hosting this life-saving event,” said Paula Just, Chief Human Resources Officer for Health First.

All participants walked away with a free T-shirt, coupons from the Pizza Gallery and a ticket to a Manatees game. However, the biggest prize participants walked away with is the knowledge of how to be a superhero and save a life.

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# Spot This Spotlight and PLAY to WIN!



## How good are you at spotting items?

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

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

OUR WINNER LAST MONTH WAS  
**Roert Beasley of Palm Bay**

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

Page # \_\_\_\_\_

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

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

# CINEMAWORLD



## MOVIE NEWS!



### The BFG

**Opens:** July 1, 2016

**Director:** Steven Spielberg

**Cast:** Bill Hader, Rebecca Hall, Mark Rylance

**Synopsis:** A girl named Sophie encounters the Big Friendly Giant who, despite his intimidating appearance, turns out to be a kindhearted soul who is considered an outcast by the other giants because, unlike them, he refuses to eat children.

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