

COMPLIMENTARY
october 2017

spotlight

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MAGAZINE

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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Welcome to the October issue of Spotlight Magazine!

We hope that you and your family made it safely through Irma's unwanted visit. Our prayers go out to all those who have had to deal with damage or loss of their homes. Our thoughts and prayers are also with the people in the devastated Caribbean islands and Puerto Rico. It will take months or years for many of them to rebuild their lives. We will certainly be looking forward to the end of this year's Hurricane season.

Even though we are still experiencing summer weather here in Florida, fall is here. We may not have that chill in the air, but and you will be noticing all the fall colors and decorations in the stores, and people eating and drinking "pumpkin spice" everything!

You know too that with the appearance of scarecrows and pumpkins, ghosts and goblins, the holiday season is on its way. If you are like so many others and tend to get stressed out with all the hustle and bustle, it might be a good idea to do some planning ahead this fall. Even a little thing like making "to do" lists can be helpful as we enter into the most wonderful time of the year!

Remember that Spotlight Magazine can also be found on the web. Check it out for even more uplifting, entertaining and educational articles.

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION
October 2017 | Volume 20 | Issue 10

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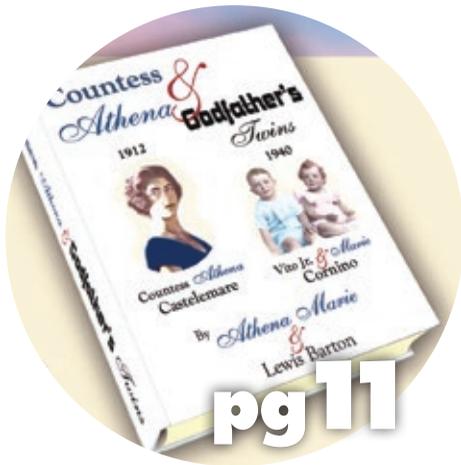
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inside the Spotlight

october 2017



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I AIN'T WATCHING "IT"...

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

...even if you paid me.

It hasn't got anything to do with my "man card", in fact, on the bottom of my man card, it specifically states that "you can hold this card with pride even if you don't want anything to do with the movie 'IT'". lol Now I'm not destroying horror movie buffs, that's your thing, it just isn't mine, but if something gets me that scared, either me or that thing is ending right there. To tweak a quote from one of my favorite cult classics "There WILL be only one."

I posted that sentiment on Facebook, and it surprised me. I was expecting to take it on the chin for being a wimp, but it elicited a lot of responses that were in agreement, from a lot of guys, and one interesting quote that made me think...not what I expected from a post I'm just messing with people about. The quote was from John Piper, a famous theologian/pastor, who says that horror movies are kind of like "fear pornography" and his thought line is that we are using an emotion in a way that it wasn't intended to be used.

I see that, because God created fear, just like anything else, to be an active part of our lives...not just something we manufacture or manipulate to get a rush for entertainment's sake.

One of the primary reasons for "fear" is that we should fear the Lord, but that's not how people use fear most of the time. It doesn't mean that we are simply to be scared of God. I mean, we'll be scared of Him, just like we have an unsettled feeling when we are in the presence of something

(or someone) who's far larger or more powerful or who has a lot of influence...but He doesn't desire for the sole goal of the man to God relationship to be scared to death of Him.

Proverbs 9:10 says "The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding." "Fear of the Lord" is in the sense of priority. Who is the first person that you consider in EVERYTHING? Who's the last person you want to disappoint? When you put God in that level one position, you begin to have wisdom (to know what to do), and as you learn more about God (knowledge), you gain understanding (to know why you do it). It's very common to begin a walk with Christ going "what in the world does God want me to do this?", but because God is in the number one priority in your life, you do it. Eventually, you begin to see the reasons why as you go through it.

So, whether you are using your fear to scream at a crazy clown in a sewer, or for self-preservation in a life-threatening situation, remember that the most valuable use, the greatest use isn't entertainment or even survival. It's gaining an understanding of the world and knowing what and how you are supposed to interact in it to secure your eternity...and I'm still not watching "IT".

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



"God created fear, just like anything else, to be an active part of our lives to help us in the course of our lives...not just something we manufacture or manipulate to get a rush for entertainment's sake."

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...we are not saved through works..."



"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,
In the last issue of Spotlight, you stated that Scientology is a cult. I'm not disagreeing with you but with all the different religions, what makes one a cult and another legitimate? I've always associated cults with those practicing satanic or pagan rituals.

-Barry of Viera

Dear Barry,

Not all cults are as obvious as one would expect. From a Christian standpoint, a cult is any religious group that denies or distorts biblical truths thereby causing a person to remain unsaved if he or she believes it. Imagine filling a salt shaker with 90% salt and 10% sand. The entire mixture is contaminated and rendered useless.

The Bible teaches that we are saved by faith alone—through Christ Jesus and yet two of the most common teachings of Christian-cults are that Jesus is not God and that we are saved by our own works. A denial of Jesus' deity means that His death was not a sufficient payment for our sins. The Bible emphatically states that we are not saved through works. It is written in Ephesians 2:8-9, "For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— not by works..."

Dear Val,
In the last five years, I've been mugged twice (once in New York and once in Orlando). I want to take classes in self defense—maybe study Tae Kwon Do or something. I'm sick and tired of being a victim. When I mentioned this during a luncheon, one of my friends told me Christians shouldn't study martial arts. Is this true? Aren't we allowed to defend ourselves?

-Patty of Melbourne Beach

Dear Patty,

I empathize with you. Growing up in Detroit, I used to feel like a magnet for stalkers and child molesters. I've been a second-degree black-belt for many years and I have benefited both from learning and teaching self-defense.

While the Bible has much to say about "turning the other cheek", there is also clear and concise doctrine regarding self-defense. Christians are allowed to defend themselves as Jesus illustrated in Luke 22:36. He said to the disciples, "...and if you don't have a sword, sell your cloak and buy one..." and also in Exodus 22:2-3 it is written, "If a thief is caught breaking in and is struck so that he dies, the defender is not guilty of bloodshed..." This scripture does not refer to private justice for thievery but for defending your life against an attacker.

There are many benefits obtained through studying martial arts such as: learning self-defense, improved cardio-vascular, stretching exercises, and the smooth and fluid movements of Tai Chi (especially for the elderly).

Now for the bad news...The majority of martial art schools integrate Buddhist and Zen philosophies throughout their training and that's where we, as Christians, fall in disagreement. When I studied martial arts, I was not a mature Christian and I didn't know of the possible dangers. Fortunately, several of my instructors were Christ followers and I was not taught conflicting principles. By doing a little research and asking the right questions, you may find suitable training in self-defense but before you make a decision, ask God for discernment and wisdom.

(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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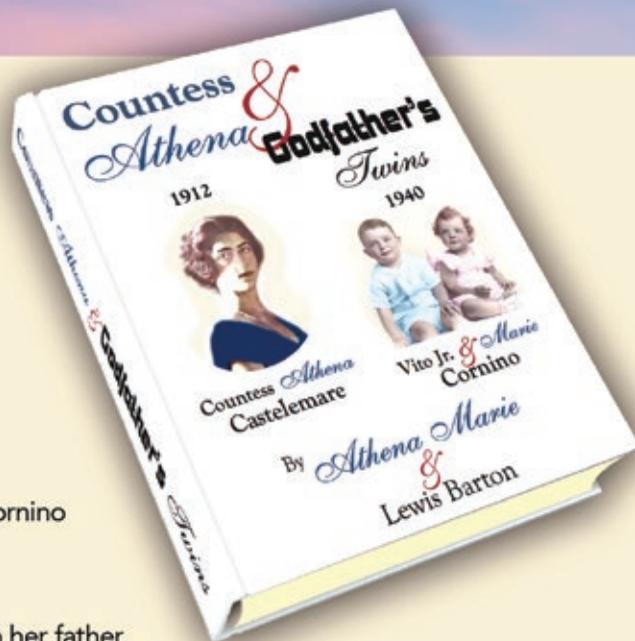
Countess Athena & Godfather's Twins

by Athena Marie & Lewis Barton

The Godfather of Palermo, Sicily, Don Vito Cornino and the mystery of what happen to his eight greatgrandchildren up to present day.

Athena Marie has been collaborating with her father Lewis Barton (Service Connected Disabled Veteran) for over eighteen years. He has been researching and documenting the Castelemare / Corino family history for over twenty-four years. Athena Marie convinced her father to assist her in writing and publishing the Countess Athena & Godfather's Twins the first book of a four-book series. In an effort to learn what happen fifteen years ago to Duke Vito and Duchess Marie Cornino, with their eight grandchildren, who were four sets of twins, and the great-grandchildren of Countess Athena Marie Castelmare, and Duke Don Vito Cornino, the godfather of Palermo, Sicily, who was also highlighted in the Godfather film. Tony and Countess Florence Zibelli, along with seven other family members and their security, domestic, and medical staff, as well as their two pilots, were last seen in Zurich, Switzerland in August 2001, while doing some banking business. They mysteriously disappeared, and no one has seen or heard from them since. Rumors have spread that they were in a plane crash; others say they were in a shipwreck, and still, others have said they are on a private island in south pacific ... Another theory is they were kidnapped by the Russian Mafia.

The four sets of twins, Danny and Antonio was born in 1982; Mary and Janella were born in 1983; Sophia and Marie were born in 1984; and fraternal twins, Celilia, known as CC, and Bartholemew, known as the Tank, was born in 1989. All the older girls are 5'6" to 5'8" tall, 120-130lbs. All of the girls resemble their great-grandmother, Countess Athena. The older twins brothers are 6'2" and 185lbs. with no known pictures. The older generation would have all passed away by now, but the twins and staff could be still alive somewhere. Someone, somewhere in the world must know what happened!



Athena Marie Barton

To order your pre-published book, which will be an autographed and numbered limited edition, please visit:
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As we enter into the fourth quarter of 2017, there is no denying that this year has been a year of Mother Nature's fury. The recent monster storm, Hurricane Irma, stretched across Florida coast to coast, wreaking havoc and destruction for all of Florida and our neighboring states and islands.

The storm roared into the Caribbean Islands as a Category 5, destroying most of the islands hit and also impacting Puerto Rico, making these vacation paradises and homes unrecognizable. The eye of hurricane Irma landed a direct hit to the Florida Keys, the storm stretching all the way to the Florida Panhandle. The Florida Keys took the brunt of the storm, Irma sharing her fury, along with a second hit on the South West coast of Florida, impacting Naples and Fort Myers Beach. This record setting storm covered the entire Sunshine State like a blanket. She caused massive devastation to many across the Sunshine State and many other parts of the country. FEMA even went as far as declaring Brevard County a natural disaster area.

ReMax Absolute Service Team would like to take this opportunity to recognize all of those affected by the recent natural disasters. Our hearts and prayers reach near and far to all who have suffered and are still suffering. Our office and

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staff would also like to recognize those who have recently been affected by Hurricanes Harvey and Maria. The devastation from these two storms impacting Houston and Puerto Rico remain humbling to say the least.

It goes without saying our gratitude to the Governor of Florida, Rick Scott, for the amazing job he did in the height of our tragedy and that he continues to do in the aftermath of our recovery.

His main focus was saving lives and now he continues to help Florida take those uncertain steps to recovery. In addition, we wish to extend a very special thank you to all of the first responders and law enforcement that worked around the clock to keep us safe. There are also so many humanitarians that did all they could to help save a life, or just helped a friend or a fellow American in need during these trying times.

Life after a natural disaster and that of a major hurricane can be challenging. The stress from the preparation and the decision to stay or evacuate can be very frustrating, not to mention the unknowns leading up to the Irma's impact: not knowing until a few days prior where the storm will actually hit and how strong it will be when it does. That being said there are some big questions. What will things be

like after the storm? Will you have damage? How long will you be without power? The list goes on, hence the reason why preparation and planning are very important factors when a major hurricane is on the horizon.

The next concern is if your area is severely damaged, how does one relocate to a safe home until repairs can be made and how long will one be without work? In

the real estate world there are so many variables. One of the main concerns is once an area or county is considered a natural disaster area are the sale and purchases of homes. Is the home I was going to purchase damaged or will the storm effect my property value even if it was not damaged? Irma has without a doubt affected the sale of homes causing more caution and movement in the market to be at a slower pace. It also causes a shortage in rental properties available. This, of course, even effected many transactions that may already be under contract and quite possibly may have already been through the inspection time period and the appraisal before

the hurricane. That being said, after a major hurricane- and especially if your county has been declared a natural disaster area- then it is likely that at minimum the lender will require the property to be re-inspected by an appraiser. Having a trained professional with current knowledge of the new regulations will be essential to navigating this difficult time.

“Life after a natural disaster and that of a major hurricane can be challenging. The stress from the preparation and the decision to stay or evacuate can be very frustrating, not to mention the unknowns leading up to the impact.”



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HELP SENIOR DRIVERS Maintain Their Independence

As men and women age, various factors may affect their ability to drive. In addition to issues with memory, seniors may have failing eyesight and physical limitations, and their reaction time may slow down. In such instances, seniors' ability to safely operate a motor vehicle may be questioned.



Age alone is not a reliable measure of driving ability, but many of the issues that affect one's ability to safely drive a vehicle tend to appear as men and women near their golden years.

Losing the ability to safely operate an automobile can greatly reduce a person's independence. That is why periodic driver evaluations may be met with some reluctance. Aging men and women who don't want to avoid potential conflicts with concerned family members can take their own steps to ensure they maintain their ability to safely operate a motor vehicle.

Schedule a driving safety evaluation

When drivers' abilities to operate a motor vehicle become suspect, a thorough evaluation should be scheduled. The evaluation should not be handled by a family physician or family member, but by an unbiased third party like a Certified Driving Rehabilitation Specialist. This is a therapist who has special certification to assist people with disabilities, including older adults, with driving. They can help individuals with adaptive equipment or techniques if driving issues stem from something that can be addressed.

Figure out if the car "fits" the individual

A program called CarFit can help drivers assess if their car is suited to their abilities. A team of trained technicians and/or health professionals work with participants to ensure their vehicles are equipped for maximum safety and comfort. A properly adjusted vehicle is as important as one's cognitive and physical abilities. Adjustments can include mirror placement, good foot positioning and sitting at the proper distance from the steering wheel. People can learn about an upcoming event at www.car-fit.org.

Take a driver improvement course

Driver improvement courses are provided by various organizations, including some insurance companies. AARP also has a Driver Safety Course to lower the risk of traffic violations, collisions and injuries. Completion of these courses can help drivers enhance their abilities behind the wheel and may result in lower premiums for mature drivers.

Keep the mind and body fit

Regular exercise and a healthy diet can be assets for mature drivers. Mental fitness techniques and brain exercises can improve reaction time, while aerobic and strength-training workouts can keep the body in shape.

Driving is one of the key avenues to personal independence. Strengthening seniors' driving abilities is a goal of many organizations.

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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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Fundraising Masquerade Gala, November 3rd

TO BENEFIT THE CANDLELIGHTERS OF BREVARD, INC.

A themed fundraising gala entitled, "Masquerade, Martinis & Masterpieces," will be held November 3, 2017 at the Red Ginger Restaurant and the NW Corridor of the Melbourne Square Mall in Melbourne, Florida. This red-carpet affair will feature delicious food, fine art, dance performances, musical entertainment and a runway fashion show from 6 PM to midnight.

The evening has much to offer including a performance by Brian Gatchell, esteemed concert pianist and local Brevard resident. Brian will perform an original score as well as Andrew Lloyd Webber's "Phantom of the Opera" on a limited edition Bösendorfer piano, "Woman in Gold." Inspired by Gustav Klimt (1862-1918) one of the most famous Austrian painters and artists of the Viennese Art Nouveau, this piano is #1 of a limited collection and is available for purchase for \$185,000.

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Increased Depression & Anxiety Due to Hurricanes

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

Extreme weather events (hurricanes) will exacerbate rates of depression and anxiety. There is a fourfold increase in heart attacks plus drug and alcohol abuse, violence and suicide spike. You may have survived the hurricane but you need to check your physical, mental and spiritual well being. If you are experiencing any of the above **SEEK HELP**.

In this article I will focus on the Holistic approach to help with depression and anxiety. First of all if you are a believer you need to call upon our Lord and Savior Jesus Christ. If you are not a Believer maybe it is time for a better life and turn your life over to Jesus. Biblical verse for Depression: Psalm 42:11 Why, I ask myself, are you so depressed? Why are you so upset inside? Hope in God! Because I will again give him thanks, my saving presence and my God. Biblical Verse for Anxiety: Philippians 4:6 Don't be anxious about



anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. There are many verses for depression and anxiety. Look them up. Study them.

Things you can do for both issues.

1. Start eating right. My favorite is an alkaline acid balancing diet. Very healthy
2. Exercise. Keep it simple. Just walk at least 20 minutes daily outside.
3. Try taking supplements (see below)
4. Do more things you enjoy other than watching TV or playing video games. Maybe read, do puzzles,

play and talk with your kids or grand kids. Do things new, get out of your routine as these stimulate the brain.

5. Find ways to sleep better for at least 7 hours. It helps heal the body and brain.

Clinically studied supplements for depression:

5 HTP5-helps depression associated with anxiety, restlessness, or racing thoughts.

SAM E helps depression associated with low energy and low motivation.

Clinically studied supplements for anxiety:

L-Theanine helps in reducing tension and stress.

Ashwagandha helps with relaxation and mood balancing.

If you need any additional information or help please contact me:
Dr. Kevin Kilday, PhD, D.PSc,
321-549-0711, Specialties: Addictions and Alternative Cancer Solutions



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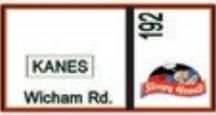
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HOLIDAY TREATS SPOTLIGHT ON COOKING

by Cecelia Danas



My late husband's grandmother gave me this recipe. She made these cookies for all holidays including my wedding. I hope you love them as much as I do. Try it and let me know if you like it! Remember — Be Creative!

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

Greek Cookies

1 cup softened butter

1/2 cup granulated sugar

2 tsp Vanilla

2 cups all purpose flour

1 cup chopped pecans (finely)

Powder Sugar

Heat oven to 350 degrees.

In a large bowl with an electric on high mixer beat butter for 30 seconds.

add granulated sugar and 1/4 teaspoon of salt. Beat till combined. Now add Vanilla and beat. Beat in flour as much as you can with mixer. Stir in any remaining flour then add pecans.

Now take a teaspoon of dough and shape into balls. Place them 1 inch apart on a cookie sheet. Bake for 12 minutes. The bottom is just turning brown. Make sure they are cool before you roll them in the powdered sugar.



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HOW TO MANAGE YOUR PASSWORDS

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

Passwords are a daily source of frustration for all of us, because so much of our lives are tied up in the online world. As everyone should know by now, using weak passwords, especially the same weak password on all your accounts, is a really bad idea.

How Does a Password Manager Work?

All password managers work in the same general way: They provide you with a secure 'locker' that contains all of your passwords, which are protected by one master password. These lockers incorporate very high levels of encryption, so even if someone were to gain access to one, it would take an extraordinary effort to crack the locker.

A Password Manager also provide a way to generate a different long complex password for each of your online accounts, so you don't have to come up with all of them yourself.

Where The Locker Lives

The location of the password

'locker' determines both security and convenience, so understanding the difference will help you understand which approach makes the most sense for you. From a security standpoint, if the encrypted locker lives on your own machine, you'll never have to worry about whether a third-party service company gets hacked.

One of the more popular free tools that will store your password database locally is KeePass (<http://keepass.info>). The downside to this open-source tool is that it requires a lot more manual configuration and could become confusing for non-technical users.

Another minor inconvenience is that if you want to use KeePass on a computer that you don't own, you'll either have to sync your database to an online storage service or store it on a flash drive that you have to carry around. Security fanatics like this approach because they get to control all of the aspects of the security.

A popular free option that stores your



encrypted locker online is LastPass (<http://lastpass.com>). The advantage of storing the encrypted file on their servers is that you aren't beholden to a single computer or required to carry a separate device around for authentication. You simply install it on all of your devices – desktop, laptop, smartphone or tablet which are synced up – or log in through their website if you're on a device you don't own.

On its face, storing all your passwords on the Internet may seem scary, but the reality is that these companies are going to be much better at securing the locker than most users. Even if the company gets breached, the stolen information would have to be decrypted, which would take a bit of time. A simple reset of your master password and saved passwords would render the stolen information useless. On the other hand, if your personal computer gets breached, you may never know it happened.

Free vs Paid

The competition in the password manager world is pretty fierce, so many of the more popular options have gone to a 'freemium' model. This means that they provide a basic level of service for free and offer premium features that vary for each program for a fee. The security level is exactly the same, so you'll be paying for the extra features only if you want them.

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FAST Action *Saves* Sight

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



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

RETINAL DETACHMENT Warning Signs

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

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



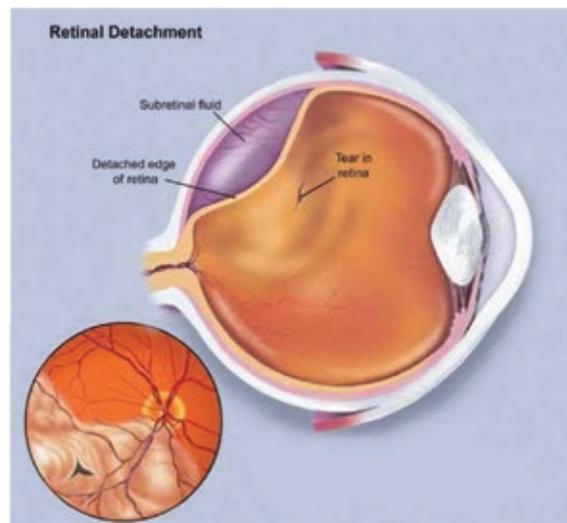
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qualities such as color and light-intensity. That information is sent through the optic nerve from the retina to the brain, which creates the images we see.

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

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

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



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

over a portion of their vision.

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

This is when time will be critical.

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

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

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

Gentler repair procedure

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

Vitrectomy offers numerous advantages for most patients who

RETINAL DETACHMENT Risk Factors

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

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

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

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

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

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

The Ganihand for better view

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

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

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

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

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



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How many things can you find that have to do with the **October**?

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

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|--------|-----------|-------------|---------|
| Apples | Coat | Hibernation | Pumpkin |
| Autumn | Dormant | Leaves | Sweater |
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| Chilly | Halloween | October | |

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Bay Rum Toiletries Quintessential Classics

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

Bay Rum has been around since sailors of the 1500s explored the Caribbean. Original bay rums were made by sailors who soaked bay leaves found during West Indian exploration in rum to use as a deodorant. Later these products, which made life at sea more bearable, quickly became very popular. Variations were soon crafted using other Caribbean spices like clove, orange & nutmeg. After life-at-sea, sailors brought these natural products home to market. Innumerable variations pervaded the Caribbean, mainland US and Latin America and, in the 1800's, Europe and Africa. Bay rums were very popular with cattlemen and farmers because of the refreshing aroma that fit well with their rugged lifestyles. Similar to sailors, many pioneers crafted their own formulas based on local essential oils. In the 1900s gentlemen grooming salons and barber shops worldwide used toned down bay rums as finishing rubs through the 1960s.

Today, bay rum is considered one of the great classic mens' fragrances. Various products with spice notes of all kinds are found in most high-end men's grooming establishments



and carry on the tradition of topping off a great grooming experience.

The best bay rums are made with natural spice oils – so they need to be shaken, not stirred – before splashing on. Bay rum is frequently made with Witch Hazel, a very soothing, slightly astringent herbal infusion. These pre/after-shave blends are great to get skin ready for or sooth and brace skin after shaving. Because premium bay rums are made with essential oils they help sooth irritation, soften skin and hair and give a most invigorating aroma. Bay rum essences can also be made up in colognes (which have a higher alcohol content) and give a longer lasting freshness. Bay rum essence can also be found in soaps, deodorants and talc

We are excited to tell you that Dragonfly Botanica Apothecary & Teas has expanding its classic apothecary line again. We are proud to have recently been granted a retail license for Ogallala Bay Rum, an exclusive in this region! These small-batch fine men's toiletries are hand crafted in the mid-west from natural oils. We have a variety of blends from classic to lime & peppercorn. We love them all. They make great gifts for the guys alone or as part of one of our Manly-Man gift baskets.

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

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

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



the local authorities to get basic amenities to the village.

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

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

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



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

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

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

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



Directors Phyllis Blowes and Dr. Malcolm Blowes

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Driven by Heart offers several "Girls" meetings as well as one on one support linking newly diagnosed patients with a survivor of a similar occurrence. We also have many helpful items and educational materials to assist our gals along the way including: "The Breast Cancer Handbook", drain holders for after surgery, pillows for cushioning of the surgical area from seat belts, wedge pillows to assist



drainage and prevent swelling, and organic toiletries for chemo and radiation patients. Additionally, we have a remarkable network of community partners sharing the passion of assisting breast cancer patients.

Our organization was created in 2009 by two breast cancer survivors and has supported more than 1500 Brevard County women and that number is continuing to grow everyday. We are dedicated to making sure that absolutely no woman goes through their breast cancer journey alone.

For more information and assistance please visit DrivenByHeart.org or call Sherry Palmer at 321-474-6900.

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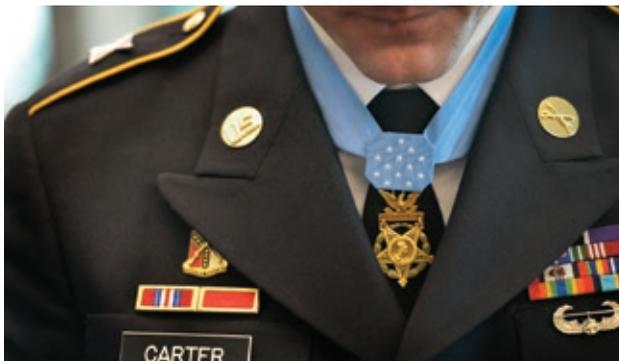
CALL OF DUTY

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

...lead a life worthy of your calling, for you have been called by God. (Ephesians 4:1, NLT)

The United States presents the prestigious Medal of Honor for "gallantry and intrepidity at risk of life above and beyond the call of duty." The first recipient was Private Jacob Parrett, among the 3,500+ awards granted. This is courage, or strength in the face of adversity.

These people may be faceless to us but we do know that their efforts were courageous. We know David stood fiercely against Goliath with only a sling and some stones. Peter asked boldly to walk to the Lord on water. Paul defiantly presented the Gospel to his adversaries. These men allowed fear to propel them into valor. And then there was



Jesus. The single most fearless act that ever was; He chose whips and nails over His comfort and convenience.

The call of duty for believers is both standard and defined.

The non-negotiables are that we serve, give, obey, study, pray and love. The personal call varies, but it's specific to who God created us to be. Moses was called to lead people out of slavery and Joseph was called into captivity. Lazarus was called from death to life and Jesus lived to die on a cross.

Every calling requires courage. Once we discover who we are in Christ, our focus shifts from self to Savior. We learn to distinguish our wants from our needs and we move opposite of society from IN-dependence to DE-pendence. The more we rely on Christ, the less we struggle. The closer we get to Christ, the clearer our perspective on life. The better we know Christ, the easier it is to know His will. The toughest trials develop the deepest faith. And this FAITH is what carries us through the gaps of fear and discouragement.

The higher the calling, the steeper the climb. We are to strive toward the prize of the upward call of Christ. Our earthly goals should be influenced by our eternal destiny. God uses every circumstance to cultivate courage. Remember the devil is a liar and a loser. You are victorious in Jesus!

IF we remain steadfast in our faith journey we'll receive a 5-fold crown, grander than any Medal of Honor. This incorruptible crown is perfectly made with righteousness, glory, life and rejoicing. To go beyond the call of duty is simply to trust God and obey Him more than any human desire or worldly temptation. Those who walk humbly with God will be crowned by the King of Majesty. No accolade on earth is greater than the amazing honor of being hand-picked and summoned by name into the presence of the Lord.

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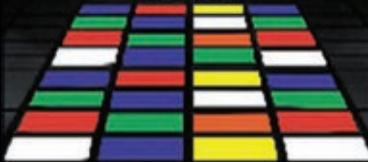


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The Kids Can't Talk Behind My Back Anymore

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Raising a pair of teenagers is rough enough today. There are simply enough challenges for any busy parent. The last thing anyone needs when raising teens is not being able to hear and understand what's going on. But, that's where our patient of the month Mrs. Jennifer Davis found herself when she came in for replacement of her hearing aids.

Having first experienced her hearing loss shortly after the birth of her first child, Jen has worn hearing aids for years. But, the ones she'd been wearing simply were no longer up to the task. She was not only having trouble understanding her two teenagers, but her husband, and others as well.

However, the decrease in hearing acuity brought on by her otosclerosis, which is a stiffening, or immobilizing of the three little bones that make up the middle ear, wasn't the only thing this young mother was having to deal with. She had a severe case of tinnitus as well.

While tinnitus is common, otosclerosis is not, and is most often seen in women.

The condition is brought on by hormonal changes that result in calcium deposits building up along the joints of these little bones, particularly where the foot of the stirrup, or stapes bone fits into the oval window of the cochlea, where the vibrations in the air created by sound that bounce off the eardrum are delivered to where they are converted to hydraulic energy.

The calcification was adding significantly to the normal loss we all incur through too many concerts, a full life and noise.

Not just was Jennifer having trouble hearing, and understanding those most



important to her, she was constantly being stressed by the tinnitus, best described as a ringing, or buzzing sound. I have it, and it can be quite distracting sometimes. I empathised fully with Jen on multiple levels.

Within a few minutes of checking her ear canals for anything abnormal, we'd moved from measuring her hearing threshold levels to the fine tuning screen. I instantly had a big smile. Jen was again hearing like she needed to, clean, clear and undistorted sound. It can make a huge difference.

But, as I was using new Widex Dream instruments to fit her loss, I had another really cool tool in my toolbox. I simply set Jennifer up with one of their unique "Zen" programs, especially engineered to provide relief for this common problem. I simply found the 'color' of program she found most relaxing, and then matched it to her tinnitus level, making it just right at, but slightly higher than, the internally generated sounds she was experiencing all the time.

Her smile got even brighter and wider. She even advised me at her check up the next week that she'd been wearing them to bed, as she was getting such incredible relief not just from her

hearing problem, but it also relieved a major stressor from her life.

Oh, and she reported with a big smile, "The kids can't talk behind my back anymore."

Thank You Mrs. Jennifer Davis. Not only for putting your trust in us to take care of your hearing care needs, but also for letting us tell your friends and neighbors, sharing your story, and experience. We are truly blessed by you, and we're glad to have you as another one of the very best patients in the known universe.

If you have tinnitus, or a hearing problem, we've got solutions. Great ones, for every budget and lifestyle. We've been doing this from the same neighborhood in the Heart of Downtown Melbourne for the past twenty-five years, and we're just having too much fun to stop.

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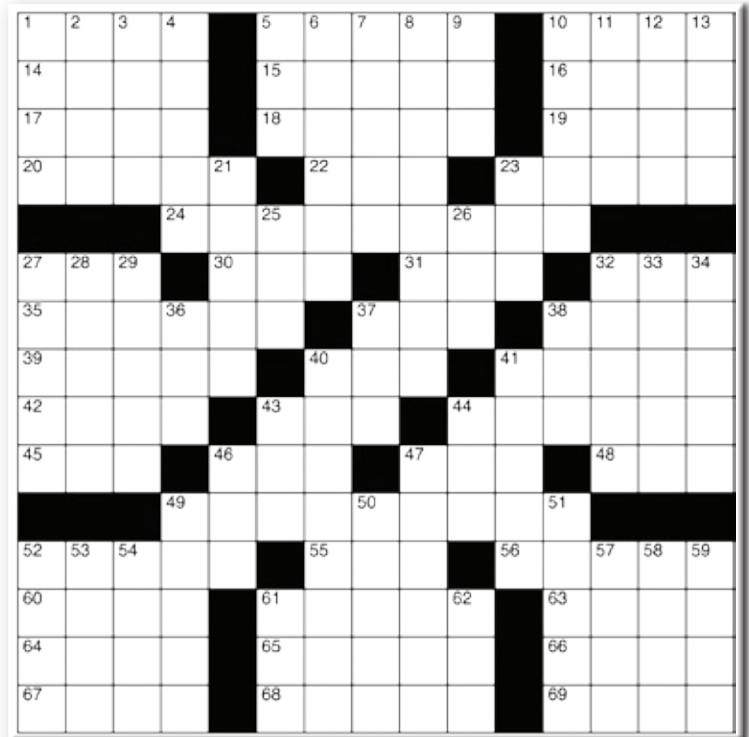


Spotlight Crossword Puzzle

clues ACROSS

1. Syrian city
5. Secret collection
10. Mother
14. Type of radar (abbr.)
15. Trio
16. Jelly-like algae substance
17. Malaysian coastal city
18. ___ Christmas!
19. Bleak
20. Late Republic Roman poet
22. Supervises flying
23. Long, low sounds
24. Seven children born at once
27. Tyrion Lannister's nickname
30. Moon crater
31. Concealed
32. Woman (French)
35. Shipped
37. Babies need one
38. Two
39. Book of maps
40. A partner to cheese

41. Coastal region of China
42. Town in Czech Republic
43. Peter Griffin's daughter
44. Men proud of their masculinity
45. One-time Chinese dynasty
46. Not pleased
47. Mary ___, cosmetics
48. Midway between east and southeast
49. Reflected
52. Derived from
55. US Treasury title (abbr.)
56. Spiritual leader
60. Dismounted
61. Isaac's mother (Bib.)
63. Southern constellation
64. Not often found
65. Extremely angry
66. Individual article
67. They congregate at hives
68. Regenerate
69. Plaster



answers on page 44

clues DOWN

1. "Mad Men" actor Jon
2. Samoan capital
3. Singer Anthony
4. Sign of the Zodiac
5. Short-term memory
6. Larcenies
7. Side-neck turtle
8. Blissful
9. ___, you!
10. Species of macaque
11. North-central Indian city
12. Common street name
13. Weaponry
21. Counsels
23. ___ student: doctor-to-be
25. A bachelor has one
26. Women's ___ movement
27. Leaders
28. Chinese sea goddess
29. Caps of mushrooms
32. Papier-___, art material

33. Hmong
34. Uneven
36. Resinous secretion
37. Pocketbook
38. Political action committee
40. Health care for the aged
41. Metro Goldwyn ___: film company
43. A gossip
44. Where wrestlers work
46. ___ Squad
47. Self-defense
49. Muslim brigands
50. Saudi Arabian island
51. Goliath's foe
52. Hurtful remark
53. Wings
54. Beget
57. Second Greek letter
58. Blue mold cheese
59. Unstressed-stressed
61. Title of respect
62. Chop or cut




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Health First Provides Brevard Calm, Compassionate Care During Hurricane Irma

Hurricane Irma's wrath was no match for the spirit made and dedication of Health First's Associates.

Hundreds of Health First employees left their own families in the care of others so they could report to work and continue serving patients.

As the storm raged, Health First continued on delivering babies, performing surgeries and providing life-saving care. As Health First patients and their families faced the anxiety of the being in a hospital during the storm, Health First associates, physicians and partners answered the call to provide peace, stability and compassionate care.

While Health First's Cape Canaveral Hospital was evacuated in preparation for Irma's potential impact, patients were transported to the three other facilities that remained open



during the hurricane – Health First's Holmes Regional Medical Center, Health First's Viera Hospital and Health First's Palm Bay Hospital.

Associates went out of their way to not only fulfill their job duties, but add some normalcy and a sense of calm during an uncertain and stressful time. They displayed professionalism during the exemplary evacuation and reopening of Cape Canaveral Hospital. Staffers hosted a wedding

shower in Holmes Regional Medical Center's radiology department. IT infrastructure remained strong throughout the duration. Team members provided water to a community member so he could operate his medical equipment during the storm.



Teams watched over more than 200 children of working associates in respite areas.

Physicians joined with facilities to close doors when the storm blew them open. A Medical Equipment driver made many trips to Orlando to meet the needs of Health First's William Childs Hospice House.

There were home nurses who never left their patients' bedsides. Facility Management secured buildings throughout the storm, while security personnel professionally supported the safety of associates, patients and their families. All Health First associates provided care pre, during- and post-storm that resulted in calm, professional service.

Hurricane Irma demonstrated plenty of things – including that when

Brevard turns to Health First, even during a powerful storm, our associates can be counted on to provide them exceptional, compassionate care.

PUZZLE [PG42] SOLUTION
How well did you do?

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



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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 from Jersey Mike's Subs

OUR WINNER LAST MONTH WAS
Jorie Hemphill 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**

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

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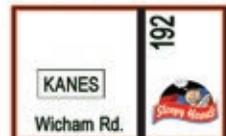
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