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June 2018

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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Welcome to this June's issue of Spotlight Magazine and thank you, whether this is your very first copy of our publication, or if you are one of our many loyal readers. I truly hope that you will be or have been enjoying our uplifting, positive, community publication, distributed free throughout all of South Brevard.

June is also the time of year when we focus the spotlight on our fathers. I realize time has a way of passing by so quickly, and at times we do take things and people for granted more than we all care to admit. This coming June 17th is Father's Day. Please make some time to spend with Dad in person, or on the phone. Like many of you, I have parents who have passed on, so keeping their memory alive in our hearts is the next best thing.

Let's also not forget that this is the beginning of our hurricane season. We should all be on our guard from now through November. All it takes is one storm or a combination of storms, to change everything. "Never say never" is a good quote to live by. It is really just a matter of when, not if. Bottom line is, preparation is always a good idea, even if we remain high and dry this year.

On a final note, we fully acknowledge that all of our success with this publication is thanks to our Lord, to you, our loyal readership, and to our devoted advertisers.

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

Keeping You in the Light



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Summer Heat facts & safety



For many people, summertime is synonymous with trips to the beach, water sports and recreation.

Even though summer warmth is a welcome break from winter weather for many people, State Farm warns that heat is one of the leading causes of weather-related fatalities, resulting in hundreds of deaths each year in the United States alone. Ensuring summer recreation plans remain enjoyable means keeping an eye out for heat-related illnesses and other dangers.

Hot cars can be traps. It is never safe to leave a pet, child, elderly person, or disabled individual locked in a car. Temperatures can climb rapidly inside of a sealed vehicle, even if the windows are cracked.

Pay attention. Listen to or read weather forecasts to stay abreast of potential temperature changes as well as the heat index. Discuss safety precautions with members of the family and make sure everyone knows what to do in an emergency.

Stock up on fluids. The Red Cross says to stay hydrated by drinking plenty of fluids, even if you are not thirsty. Avoid drinks with alcohol or caffeine. Make sure the elderly also get plenty of water, as they often do not recognize dehydration as readily as others.

Limit strenuous activities. Reschedule outdoor activities

if there is a heat wave, or move them to cooler times of the day. Spend the hottest portion of the day, usually between noon and 3 p.m., in the shade or inside in the air conditioning. People

on job sites should take more frequent breaks and find shade whenever possible during these hours.

Change your clothes. Loose-fitting, lightweight, light-colored clothing will help keep you cool. Avoid dark colors when spending time in the sun.

Recognize distress signals. Heat stress, exhaustion and heat stroke progress as symptoms worsen. Nausea, weakness, elevated body temperature, clammy skin, confusion, and delirium are some of the symptoms of heat-related illnesses.

Find ways to stay cool. Not everyone has air conditioning. On especially warm days, going to public places with air conditioning, such as libraries, can help. Be sure to check on the elderly or others who may have difficulty finding cool places to spend their day.

Days in the sun are meant to be fun, but hot days also require extreme caution.

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WHERE DID I GO WRONG?

Jim Campbell, Pastor, Bay West Church of Palm Bay

That's a big question in a lot of people's lives. I've asked it of myself many times, and I've tried to help others answer it in their lives as well. Maybe you've recently asked yourself that question about something gone wrong or are trying to help a friend figure it out to help them out.

We've all done the drill. We trace back consequence by consequence, decision by decision, catalyst by catalyst. There it is...I should've studied harder in that class. I shouldn't have taken on that debt. I shouldn't have gone back to their apartment after drinking so much. I really shouldn't have left that job or I should have zipped when I zagged. We hone in on the culprit, we vow never to repeat that again. Good talk, right?

What if I were to tell you that rarely ever do we get this exercise right? Let that sink in...the millions and millions of people who have asked these questions, over and over, and the batting average is very low, and the damaging decision maker strikes again sometime, leading us through the exercise all over again.

“Every time we make a bad decision... it is the same decision that derails us.”

One of the great things about being a Christian, is that you have help in navigating life, directly from the Architect of it... it's like having a direct line to the inventor at every moment. Recently, as I was preparing to meet with some men that I mentor in their relationship with Christ, God (the Architect) reminded me of a powerful truth about decision making.

Every time we make a bad decision...it is the same decision that



derails us. Whether it's financial, relational, vocational or criminal (lol), it's always the exact same issue.

It wasn't the bad real estate deal, it wasn't speaking harshly, it wasn't any of those things...the one root decision that derailed it was that we chose to grasp control of our lives away from God (or for some of us, never to give it to begin with). Every decision after that point was the result of the one bad decision.

In 1 Timothy 6:15 (JBP versions - look it up), God is described as the “blessed controller of all things...” and He's the only one that can do it correctly or deserves to have the title. He gives us a choice to follow or not, and that is ours to make...it's the one thing he gives us on our own, it's the one thing we consistently fail, it's the one thing that causes every problem we've ever had and it rests squarely at the feet of a race of people who are bent on shooting themselves in the foot continuously... and then, after making the same mistake again and again, incredulously, asking the question “Where did I go wrong?”

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



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DEAR VAL, {TRUTH, STRAIGHT UP}

Valerie Oliver

"It's crucial that you spend as much time as possible reading the Bible."



Dear Val,

Last fall, I gave my life to Christ and I've never regretted my decision. He's enabled me to make many changes in my life; and as I look back, I'm blown away by the contrast of the old me and the new one. For a while, it seemed like every part of my life was improving—until last week...I went in for my annual female exam and my doctor found a lump on my right breast. They scheduled me for a mammogram and he's talking about a biopsy, with a needle, then possibly surgery. I've never been this scared in my life! Two years ago, my sister passed away, from cancer, and there's a long history of it in my family. I thought I had a lot of faith, so why am I so afraid? How am I supposed to deal with this?

—Mariah of Rockledge

Dear Mariah,

In John 16:33, Jesus said, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (NIV). We were never promised a life free of conflict; however, He promised us, "Never will I leave you nor forsake you" Hebrews 13:5 (KJV). Satan will attack us anyway he can. He uses these attacks to distract us away from God and, quite often, to make us question our faith. On the other hand, God often allows us to go through certain trials to test and strengthen our faith. "Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow" James 1:2-3 (NLT).

It's crucial that you spend as much time as possible reading the Bible. "So then faith comes by hearing, and hearing by the word of God" Romans 10:17 (KJV). Also—please take note...There are over 365 references

in scripture telling us, "Do not fear" or "Fear not." In 2 Timothy 1:7, it is written, "For God hath not given us the spirit of fear; but of power and of love and of a sound mind" (KJV). I also advise you to go before the elders of your church. They should: anoint you with oil, lay hands on you and pray on your behalf."

Dear Val,

I have a brother who constantly struggles with debt. Two years ago, he lost his job, and now he works, odd jobs, for lower wages, but he continues to live in his previous lifestyle. How do I draw the line between helping him and enabling him? My husband and I aren't wealthy, and this is beginning to cause friction within my marriage. My brother has a wife and two kids so I don't feel right about cutting him off altogether.

—Marilyn of Rockledge

Dear Marilyn,

In Luke 6:30, Jesus said, "Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back"; on the other hand, scripture also warns us of idleness. In 2 Thessalonians 3:10, it is written, "...The one who is unwilling to work shall not eat" (NIV). This isn't a contradiction. Obviously there must be limitations; better to promote job, or financial counseling, than to encourage a pattern of laziness or an attitude of entitlement. Praying for God's wisdom and exercising the discernment He gives are vital in these situations.

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him, James 1:5 (ESV).

"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. Mail your questions or concerns to: Truth Straight Up 5275 Babcock St. N.E. Suite 14, Palm Bay, Florida 32905 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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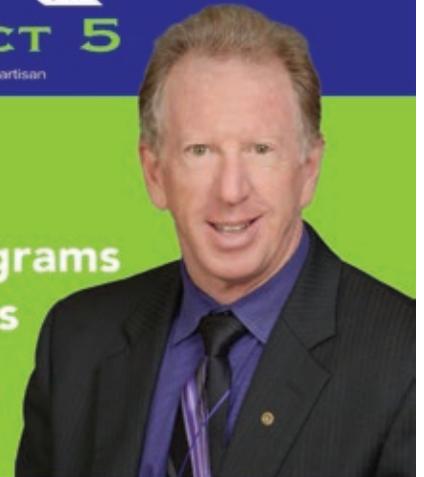
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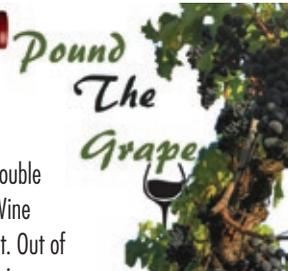
Raise a Glass of Fun to Florida

Have you been lucky enough to try Florida wines?

If you have not tried Florida's local wines, you're not alone. Many Floridians that have lived in the state for a long time are surprised to find that Florida grows and produces its own wine. The wine producers of the state have been working hard to change this.



achieve international recognition. In 2002, Blanc du Bois earned its first double gold at the 1998 Indy International Wine Competition, the nation's third largest. Out of 2,147 wines from 19 countries, the wine was one of the 40 best and consistently continues to win awards.



As it turns out, Florida has a very rich and long history making wine. In fact, Florida is the oldest wine producer in North America. Yes, it's true. The first wine production occurred in the 1500s at Fort Caroline near Saint Augustine. A group of French settlers cultivated and produced the first known wine in North America using the native Muscadine grape. Wow! So Florida grows its own wine and is home to the earliest wine production on this continent. What else?

The Florida wine industry has been steadily growing. It is now recognized by the state as a key economic factor adding almost a billion a year to the state's economy, and according to the US, Alcohol Tobacco Tax Bureau is ranked 9th in the nation for wine production.

That's not all, Florida's wine industry has finally begun to be noticed, and not just in the US, but around the world. In 1968, John A. Mortensen at the University of Florida's Central Florida Research and Education Center, crossed the Golden Muscat with the Muscadine to create Blanc du Bois. It is this varietal that has helped Florida



The Muscadine grape is what allows wine to be produced in Florida. It is a native species and as such makes it uniquely American, as most wines grown in California are not native, but were transplanted from Europe. The Muscadine has a number of unique qualities that allow it to survive and thrive in Florida's climate. Many of the standard varieties of grapes require cold periods known as the chilling time to properly germinate and blossom. The Muscadine

needs a very short chilling period. Also due to its very thick skin, it not only tolerates the heat but loves it. Finally, the Muscadine is very resistant to Pierce's disease, a vine killing bacteria that is prevalent in all of the southern states.

The Muscadine's thick skin not only protects it from the sun, but it adds great health benefits. Most red wine drinkers have heard that red wine has health benefits including reducing blood pressure, cancer resistance and others. It is the skin of the grape that provides all of these benefits, and the Muscadine grape is much thicker so it triples the benefit dose. Last but not least, the Muscadine is sweet. It is this sweetness that many have come to love, and why many wine connoisseurs dismiss Florida wine as not being a serious wine. But then who wants to be serious?

In addition to wines from the uniquely Florida Muscadine, Florida also is one of the few places that produce wine from standard grape varieties blended with tropical fruit. Again, who wants to be serious?

Common fruits used to produce Florida wine include strawberry, key lime, blueberry, mango, and lychee, among others. Key lime. What's not fun about that? Sometimes wine is produced with only the fruit, and other times wine is infused with the fruit.

Each year, Florida gains more awards and recognition for its unique wines and creativity and it shows no sign of slowing down. So raise your glass and enjoy a locally grown, locally made wine.

Check back next month for a review of Florida's unique wineries.

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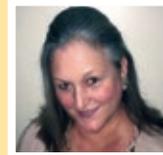
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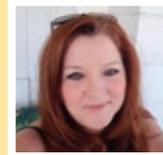
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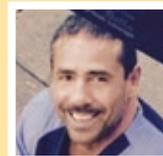
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Dr. Deanna Carlisle, Carlisle Chiropractic Center

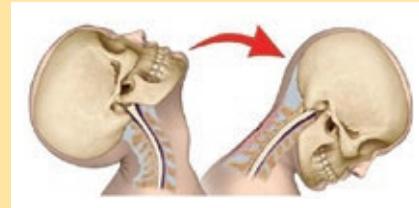
With summer upon us, as usual, just about every day brings with it a downpour that makes driving treacherous. As a result, car accidents are unfortunately inevitable. Body shops, emergency rooms, Chiropractors and even attorneys all become extremely busy trying to help the innocent victims of these weather conditions.

In the blink of an eye, you could sustain a whiplash injury. Any substantial blow to your body, whether from a car accident, contact sport or an accident at work, can cause whiplash or other neck injuries and warrants a thorough chiropractic check-up.

The biggest danger with whiplash injuries is that the symptoms can take years to develop. Too often people don't seek treatment until more serious complications develop. Even after whiplash victims settle their insurance claims, some 45 percent report they still suffer with symptoms two years later.

Chiropractic adjustments (also called spinal manipulations)

are one of the only proven remedies for whiplash injuries. The Quebec Automobile Insurance Society provides all car insurance in the Canadian Province of Quebec. They pay so many whiplash claims that in 1989 they commissioned a task force to study all scientific information on the car of whiplash. After three years reviewing 10,382 articles on neck injuries, the society concluded that most interventions for whiplash injuries were unproven. Yet, they recommended spinal manipulation.



How does whiplash occur? In a rear-end collision, the victim's car is first pushed forward or accelerated and then because their foot is on the brake or their car hits the next car in front, their car is quickly slowed down or decelerated. As the car accelerates forward, it pushes the body forward, but the head stays behind momentarily rocking up and back until some of the muscles and ligaments of the neck are stretched or torn.

The severity of the injuries depends on numerous things. When both are similar size vehicles, even an 8 mile per hour collision produces two times the force of gravity or a 2-G acceleration of the vehicle and a 5-G acceleration of the head. The position of the headrest greatly affects the severity. It can make the injury worse if it is too low and if the head is more than 2 inches away from the headrest.

As the body ages it gets less flexible, range of motion decreases and muscles get weaker. All these make injuries more severe to older people. Women seem to be injured more seriously than men, and of course some people are more prone to injury because of pre-existing conditions like arthritis.

14 days is the time you have to seek some kind of medical treatment after an automobile accident. Florida legislature reads that after 14 days, you are not eligible for any PIP coverage if you have not been evaluated by a medical provider. Chiropractors can and are happy to evaluate victims that may have suffered from a whiplash, neck or back injury. This is why it is extremely important that even if you don't have severe symptoms, you should still be evaluated. Dr. Carlisle and Chiropractors in general are highly trained to evaluate and diagnose Whiplash injuries.



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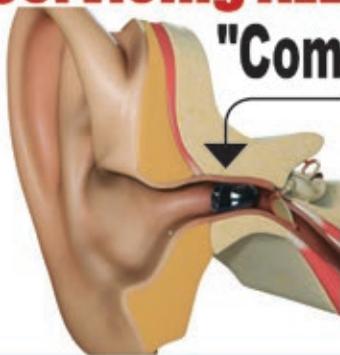
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HOLISTIC APPROACH TO ADDICTIONS RECOVERY

Dr. Kevin Kilday, PhD, D.Psc., Holistic Health Center, Specialities: Natural Therapies for Cancer, www.holistichealthcenter.us



Due to the continuous rise of drug addictions (opioids, alcohol, heroin, cocaine, medications) in the U.S. to epidemic levels, people may ask "why is it getting worse?" I believe it is lack of education of what devastating effects it has on you, your family, your children, and your friends. Remember people who use drugs with you are not your friends or your family. Plus it is a lack of effective recovery programs. Following are some suggestions to help with the complex issue of addictions.

1. Find a Medical Doctor familiar with addictions to gradually withdrawal you from drugs.

2. At the same time of withdrawing, use nutrient replacement therapy to replace nutrient deficiencies caused by addictions which will help with withdrawal symptoms.

3. As the drugs are stepped down in increments, the replacement therapy is stepped up in increments. To start, take suggested supplements with each meal (3 x daily) at least for 30 days or until the withdrawal symptoms have diminished.

4. Suggested supplements: Multi Vitamin, Amino acids (L-glutamine, L-tyrosine, L phenylalanine), Vitamin C, Fish Oils, Magnesium, Probiotics. Milk Thistle

5. Seek addiction counseling services to identify deep rooted reasons for your addiction.

6. To reduce the risk of relapsing, get phone numbers of people with a sustained long recovery time (at least a year) and call them on a regular basis. Get to know them. Remember this one thing because it works everytime. **PICK UP THE PHONE AND TALK TO A PERSON IN RECOVERY BEFORE YOU PICK UP ANY DRUG.**

7. Improve your relationship with God and seek a Church with a Celebrate Recovery Program.

This article is only an outline for a Holistic Approach to Recovery. Consider things such as a particular diet for recovery, effective mild exercise, proper supplement dosages, help with cravings, where to go for help.



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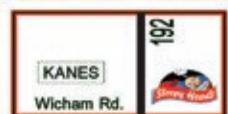
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Teacher of the Year -Covenant Christian School-

Covenant Christian School is pleased to announce its 2018 recipient of Teacher of the Year:
Heather Bennett

Covenant Christian School is pleased to announce that the 2017-2018 Teacher of the Year is Heather Bennett.

in Mrs. Bennett earned a Bachelor's degree in Elementary Education from Florida Atlantic University and taught at two Christian schools prior to arriving at CCS in the fall of 2011. She is the director of our VPK program, and she made a dramatic, faith-filled leap to teach 5th and 6th grade and also serve as the 6th grade homeroom teacher when Nancy Bowen stepped down in October to care for her ailing father.

That act alone should give people a clue as to what type of person Heather is. She is thoughtful, caring, and is "all in" with any activity at Covenant. She is an avid supporter of our fine arts program, and she recently accompanied our students to the most recent drama competition.

Whether it is helping students understand a new concept, assisting 6th graders with getting



gear organized in their lockers, or listening to a group of girls share their struggles with life, Heather is available.

One of the strengths Heather demonstrates is a clear focus on what students are saying. She takes time to listen to her students, tries to determine ways to help a student understand complicated concepts, and exercises patience when her 5th and 6th grade student act like – well, when they act like 5th and 6th grade students! Her demeanor is calm, assured, and confident, an island of calm in the midst of almost 50 students who pass through her

classroom every day to learn about science, history, and Bible.

She makes learning a fun adventure, often dangling a surprise project before her students to generate enthusiasm and interest in a lesson.

Heather makes coming to class an adventure in expectancy, with students always eager to know what learning "treat" she has hidden from them until just the right moment.

Mrs. Bennett has been blessed with many talents which she shares freely with her students and co-workers. She has been seen lying on the floor comforting a scared preschooler, praying with a student in the hallway, sorting out hundreds of papers as she prepared for another VPK report, and assisting the choir or drama teachers with major fine arts events at school or in state competitions.

She is always seeking ways to help other teachers, administrators, and parents whenever possible.

God is at the center of everything she does, as evidenced in the way she models servant-leadership. Her favorite verse, Philippians 4:4-6, captures how Heather looks at life: "Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Our prayer at Covenant Christian School is that we will continue to be blessed for many more years by the passion and love of Heather Bennett, our 2017-2018 teacher of the Year.



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How to Travel on a Budget AND STILL HAVE FUN

Many people are passionate about traveling. Travel, whether it's domestic or international, can be an invaluable way to experience other cultures, meet new people and get a sense of history.



As valuable as travel can be, many people feel they cannot afford to travel. However, there are ways to travel on a budget and still have fun.

Stay close to home. Men and women traveling on limited budgets can save money and still have fun by staying close to home. The closer your destination to your home, the less costly your trip figures to be. By visiting destinations that are within driving distances, travelers can save money on the cost of airfare, which is typically among the most expensive components of traveling. Road trips also afford travelers ample flexibility that might not be available to travelers who are traveling abroad. That flexibility can make road trips more fun than more structured vacations.

Choose affordable destinations. Overseas travel is not necessarily more expensive than domestic travel. Certain destinations are ideal for bargain hunters year-round. Research affordable destinations via a Google search or utilize the "deals" sections on travel websites such as Orbitz®.

Cook some of your meals. Food is among the most costly expenses for travelers. Men and women can save some money by cooking some of their meals during their vacations. Doing so saves money on dining out, and travelers willing to experiment by cooking dishes native to the places they're visiting can have some fun in the kitchen.

Travel during the offseason. Avoiding certain destinations during the height of their tourism seasons is another great way to save. The cost of lodging and airfare peaks during tourist season, but travelers willing to travel during the offseason can save substantial amounts of money. In addition to saving money on lodging and airfare, travelers who plan their vacations during the offseason may also save money on local attractions.

Do your homework regarding your destination. Thanks to websites such as TripAdvisor®, travelers can now learn as much as they want to learn about a given destination before they ever visit it. Such websites can be invaluable resources to travelers who want to enjoy their vacations but must do so on a budget. Research affordable tourist attractions and restaurants, even looking for free activities. Such research can be fun and make for more enjoyable trips.

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HOW TO START A SIDE HUSTLE?

Kim Shivler, M.Ed., Speaker, Communications Strategist & Instructional Design Consultant



Do you have a side hustle (a business on the side of your regular day job)? When In July of 2017, Bankrate reported that over 44 Million Americans have a side hustle. <https://www.bankrate.com/personal-finance/smart-money/side-hustles-survey/>

There are many reasons to have a side hustle from wanting extra money for fun, paying off debt, or the satisfaction of having your own small business, and while a large percent of the side hustlers are millennials, there are plenty of opportunities for people of all ages.



Before You Start a Side Hustle

If you're thinking of starting a side hustle, there are several things you should consider and plan for before getting started.

Employment Agreements

Check to make sure that your side hustle doesn't interfere with your agreement with your employer. Some employers have strict rules about outside business practices. This is particularly true if your side hustle is in anyway close to the type of work you do at the company.

Banking, Business and Taxes

Most side hustles don't require the creation of a corporation, but the finances should be kept separate from your personal finances. At the least, you should open a separate business bank account to handle your business income and expenses. Income, above allowed expenses, will usually pass directly to you on your income taxes. You will probably need to pay self-employment tax on this income along with regular income tax.

This article is informational only and not meant to be financial or legal advice. Contact an attorney or accountant to learn about your specific requirements.

Finding Your Side Hustle

From network marketing/multi-level marketing companies like Young Living, Advocare, and Legal Shield to filling a need in your community like cleaning parking lots, dog walking, or running errands for busy professionals, the opportunities for side hustles are endless.

There are pros and cons for both network marketing options and do it yourself. Network marketing resonates with some people because there is team work and camaraderie involved, and there are usually marketing resources like business cards and websites already available. If you are a complete solo act, you'll have to manage all marketing materials on your own by either doing it yourself or having it done.

Regardless of your selection, to make a side hustle successful, like any other business, it will take work and time. For more information and clickable resources on side hustles, visit KimShivler.com/sidehustle.

Kim Shivler, M.Ed. is a speaker, communications strategist, and instructional design consultant. She helps businesses increase sales, improve customer service, and build effective teams. Learn more about her programs at KimShivler.com.



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Most of us have slowly accumulated a collection of old smartphones that are hiding in a drawer somewhere because we tend to replace them about every two years. Whether they are broken or just too old, you should never throw them in the trash, as they contain toxic materials that contaminate our landfills. If you can't sell them on one of the many resale sites, like Gazelle, Swappa or Glyde, here are some other ideas:

Re-purpose

There are a number of ways that old smartphones can be re-purposed either by you or someone you know. A still functioning old smartphone can be a perfect first device for a child. You don't necessarily have to activate it on your cellular carrier as connecting to Wi-Fi may provide all the access the child needs.

You can also turn old smartphones into dedicated security webcams by installing apps such as Alfred (<https://alfred.camera> - Android or iOS), Presence (<http://presencepro.com> - iOS) or Manything (<https://manything.com> - Android or iOS).

You can create a dedicated digital photo slideshow device if you're using Google Photos as a backup for your primary smartphone (iOS or Android). Simply install the app, login to your account and select an image in your main view or in a specific album. To start the slideshow, tap on the three dots in the upper right corner of the image and tap 'Slideshow'.

Another option for those that love to cook is to create a

dedicated kitchen resource that's loaded with recipes, video streaming apps, and smart home apps if you have smart devices installed around the house.



Donate

If you have a working device, even though it's not powerful enough for your needs, it may be very useful for others. There are a number of national programs looking for your old smartphone, including Cell Phones for Soldiers (<https://cellphonesforsoldiers.com>), which converts donations into free talk-time minutes for our soldiers, The 1Million Project (<http://1millionproject.org>), which helps low-income students get connected to the web, or check with your local charities as many can make use of your working devices. Even though your old phone isn't working, it may still be of value to one of the charities for parts.

Recycle

If none of the above are an option, find a responsible recycler that will make sure that the toxic materials are properly processed. Check with your cell carrier and local municipalities for e-waste recycling programs or checkout websites like Call2Recycle (<https://call2recycle.org>) and Recycling for Charities (<http://recyclingforcharities.com>) for other options.

Wipe Your Data First

Whichever approach you decide to take, make sure you perform a factory reset to remove all of your personal information first. Even if you plan on using it yourself, resetting will clear up space for its new intended use. An exception to this step is when your old phone can serve as a backup in case your primary phone becomes unusable, lost or stolen.

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A PERSONAL JOURNEY to Offering Deeper Learning



Early on in my guardianship practice I realized too many people were not ready for aging and a lack of planning was all too common. In 2011 some of my colleagues and I started Golden Providers, a networking group of senior care advocates. Although a valiant first attempt, this was not getting to the core of senior's biggest challenge: planning.

Three years ago a small group of professionals got together and we began the arduous journey of what would become Knowledge College for Aging, planning educational seminars with affinity groups. Churches, other not-for-profits and businesses were receptive to the idea of bringing in



The sandwich generation is overwhelmed and crying out for help and our task is to give it to them through interactive seminars, such as our next one later this month.

had our expo on Thursday with 100s of engaged seniors in attendance. Look out for our directory and a DVD of the event both of which will be out by early June.

What began as a crash course through my family experiences, which guided me to become a professional guardian, has now morphed into coordinating profound learning experiences for others in the elder care community!



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professionals to confront the hottest topics plaguing seniors.

Today our greatest number of attendees are children of seniors at risk. Many of them have children and grandchildren, are planning happy occasions such as weddings and graduations and then must deal with the challenges plaguing so many of us, such as funding retirement, marriage difficulties, paying bills and medical maladies.

On May 23rd, 50 businesses got together and heard from six incredible speakers: Robbin Adams and Janet Steiner helped us understand how to identify exploitation, abuse and neglect. They gave us tools on how we can minister to seniors. Scott Dixon, elder law attorney, and Sheriff Ivey gave us ideas on how to contract with seniors at risk. Kerry Fink helped us with marketing and Dr Bradford provided us the wrap up. We



New Advances in Eye Surgery

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



James N. McManus, MD
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Hetal D. Vaishnav, MD
Jason K. Darlington, MD
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Patricia K. LaFleur, MD

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 interventional 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."

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 2017 is quite different, explains Dr. McManus.

“In 2017, 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.”



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

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7 Ways to Use Less Energy when the Weather Warms

The temperature is rising, and that can be a good thing for those people who love long days of outdoor recreational activities. Sometimes, though, there can be too much of a good thing, and consistently hot temperatures may become uncomfortable and even dangerous. Finding ways to keep cool without spending a fortune or using a lot of energy is challenging but possible.

1. Find your comfort zone

Determine an indoor temperature that works best for the household. Keep the thermostat set as high as possible to maintain that comfort level. If you will be out most of the day, set the programmable thermostat at a higher temperature, and then lower the temperature about an hour before you plan to return home. This reduces the number of hours the air conditioner is running.

2. Keep curtains closed

Draw the blinds and close curtains on south- and west-facing windows during the hottest times of the day. This prevents the interior of the home from heating up.

3. Maintain air circulation

Invest in ceiling fans, which can move air through the home. This will help prevent pockets of hot air in certain spaces. According to the U.S. Department of Energy, even in homes with air conditioning, ceiling fans enable homeowners to raise the thermostats on their AC units by about 4 F with no reduction in comfort. Attic fans can draw heat out of a home through vents, also helping to reduce indoor air



temperatures. These devices can reduce reliance on air conditioners, especially on moderate days or cool nights.

4. Cook outdoors

Put that backyard grill to good use. Plan meals around outdoor cooking so the ambient heat will stay outside and you will not have to turn on the oven or the stovetop. Include side dishes, such as salads, fresh vegetables and fruits or gazpacho, that can be served cold. If you must heat something indoors, try doing so in the microwave.

5. Run appliances at night

Wait until the washing machine or the dishwasher is full before turning on the cycle. Temperatures are cooler at night, and you may not notice the extra heat in the home generated by such appliances. Consult your energy bill as well. Sometimes energy rates are lower in the evening than during the peak hours of the day.

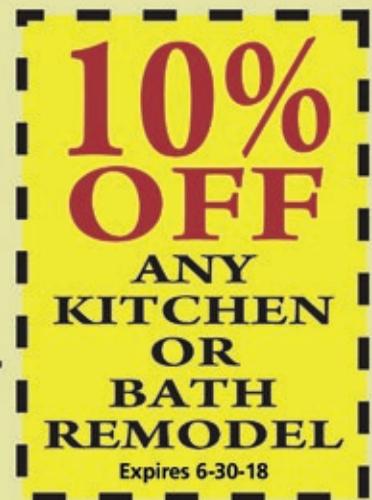
6. Rely on natural light

In the summertime, the sun stays out longer, so you'll be less reliant on electric energy to keep things illuminated. Spend more time outdoors so you can read, play or chat in the sunlight while keeping indoor lights off.

7. Determine pool filter efficiency

Experiment with reducing the amount of water filtration time until you come up with an amount of time that still maintains water sanitation. If you think your filter and pump are no longer working efficiently, consult with a pool supply retailer.

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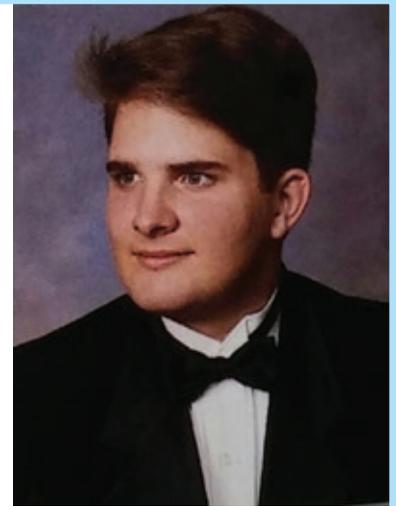
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CAMERON FRYE of Covenant Christian School Advances to the National Merit Society Award Finalist Level

Last fall senior Cameron Frye had been named a **Semifinalist** in the 63rd annual National Merit Scholarship Program. As an academically talented high school senior, Cameron had the opportunity to continue in the competition for some 7,500 National Merit scholarships worth about \$33 million that will be offered this spring. He completed a rigorous scholarship application and was excited to receive the announcement that he had advanced to the Finalist level. The National Merit Finalist Scholarship winners will be selected from this group of Finalists.

Congratulations, Cameron! We are proud of you and your Finalist standing, and we are praying for God's continued blessings as HE directs your paths.



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WHY IS MY DOG BARKING SO MUCH?

Tiffany Lovell, CPDT-KA, CSAT, Cold Nose College

People love their dogs, but barking is a “hot button” issue for many pet guardians. It can be the reason for tension between neighbors and even results in the relinquishment of dogs to shelters.

What’s important to understand is that barking is a normal, natural canine behavior. Dogs can bark for many different reasons including boredom, frustration, alerting to noises, fear, reactivity and more. In that moment the dog is attempting to communicate something, similar to when a young child cries. As the dog’s guardian and advocate, it is up to us to listen and see how we can help or intervene.

Determining the “why” behind the barking and addressing it is very important. If your dog is fearful of something or someone and barks to indicate this, yelling at or punishing them will never fix this issue. Your dog will likely become more fearful due to your reaction and you will both repeat the exact cycle the next time he encounters this trigger.

If your dog barks because he is bored and frustrated from being ignored all day, you must find ways to provide the physical exercise and mental enrichment he is pleading for. These are fundamental needs which most dogs do not receive regularly.

Almost all dogs will bark to alert others in their family when they hear or see something outside. In moderation, this is barking that many humans accept as it instills a sense of safety. However, some dogs don’t understand that just a handful of barks is enough to notify the family. This is where a positive interrupt cue can be used.



The positive interrupt cue does exactly what it says...it interrupts the dog’s barking in a positive way and allows you to redirect the dog’s focus onto something else. You are basically saying “Thanks for the warning. Now let’s go do something else.” The dog learns that it’s acceptable to bark at something a few times and then he is reinforced for stopping and looking at you.

The key to success with this cue is to first teach and practice it in a low distraction environment when your dog is NOT barking. You must build a solid foundation before expecting it to work when your dog is reacting towards something. You want your dog’s head whipping in your direction nine out of ten times after hearing your cue BEFORE you attempt to use it in a barking situation.

Using patience, consistency and high value treats, you too can have a powerful positive interrupt cue which works to redirect your dog from barking and helps to bring peace to your household once again.

Check back next month for “Moving with a Dog—tips on how to help your dog adjust”

Tiffany Lovell, CSAT, CPDT-KA, AAI, operates Cold Nose College, Space Coast in Brevard County, Florida and offers force-free training and behavior consulting. She specializes in private in-home coaching and training, separation-anxiety training (local & remote to anywhere in the U.S. and internationally) and behavior consults. 321-757-2059; coldnosecollege.com

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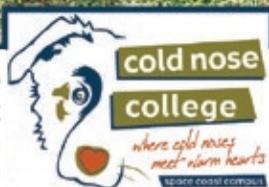
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"The Recurring Dream"

by Billy Arcand

Hello, Spotlight Readers. I am Billy Arcand of The Recurring Dream. I am happy to announce that I will be sharing some stories taken from my book, a fiction novel. I have always enjoyed reading Spotlight Magazine, full of so many interesting stories and ideas. So I thought, maybe I should advertise my book and see how it goes on *Spotlight*.

In 2010, I could see that things weren't going well in our country. As I was praying for America, I was inspired to write *The Recurring Dream*. My book will take you on a journey through times and places filled with real love, romance, loyalty, courage and mysteries unfolding.

My stories will help you understand that there is not only a physical world, but also a spiritual world. I will show you the loving personality of God. He loved you even before you were born and while you were being formed in your mother's womb. *The Recurring Dream* has stories that can soften the hardest heart and heal the heart that is broken. In my stories you will also find some real treasures I dug from God's Holy Word, the Bible, and His promises to us. *The Recurring Dream* will show you that we can have real Love, Peace, and Joy, even if we don't see it around us.

My novel is not just another novel. Many have



told me that they just didn't want to put it down. Most people who have gotten my book on Amazon have given it a 5 Star rating. Some say that reading *The Recurring Dream* helped them to know the real love God has for us and the unborn. I believe that if we can get to the youth of today, evil will dramatically decrease. When there is an absence of God in our lives, we look to fill the void by getting into things not good. When we actually get to know and understand God's love for us, we then know how to live a life of love and compassion.

We are geared to have God in our lives. God made us, and without being in fellowship with God, and the people of God, there's a deep void in our lives and really nothing to live for. All my stories lead up to being fulfilled in God's love for us.

For God so loved the world that He gave His only begotten son, that whoever believes in Him shall not perish but have everlasting life.

God came not to condemn, but to save the world. To read more, please get my book on Amazon.



THE ROAD TO DAMASCUS

Tifani Gordon, CCM: Together, doing life RIGHT!

In the Bible, Acts 9, we read of Saul, an evil man that was feared by many.

He saw himself as a righteous man that upheld religious law and had a duty of keeping order. He was a tyrant and killed many in the name of religion, his religion. In this passage, Saul was on his way to find Jesus and His disciples. He was going to wage a war on them.

During his travel to Damascus, Saul encountered Jesus. Jesus actually sought him out! Saul didn't have to travel any further. Jesus knocked Saul from his horse onto his knees and blinded him before He sent spoke to Saul before sending him his way to finish his journey. The men travelling along with Saul were astonished. They could not believe what they witnessed.

Saul, shaken and afraid, didn't know what to think of what had happened. Following Jesus' instructions, he arrived in Damascus and met a man, Ananias, who was waiting for him. After laying hands on Saul, Saul received the Holy Spirit and he was baptized and his sight restored. He met Jesus and was made a new person in Him. Jesus gave Saul a new name to go with his new life: Paul. One of Jesus' most beloved was made new from the inside out.



I can relate to this story. I too travelled on a road to Damascus. No, I wasn't in Syria and I was definitely not looking for Jesus. I was just going along doing exactly what I thought should be doing in life. I had my ways and I wanted others to conform to them. Then, in my blindness Jesus found me! He took me by the hand and restored my sight. He befriended me and lifted me up. Jesus met me where I was and transformed me into a new person.

Jesus didn't looked at me and cast me aside for all the bad things I had done in life. He took me, stood me up, dusted me off, and smiled upon me. He loves me and laid down His life for me.

And what I want to share with you today is this: It is not about the religion that we have in Jesus; It is about the relationship that we have with Jesus.

two
 become
 one



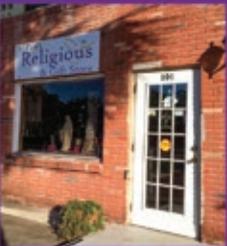
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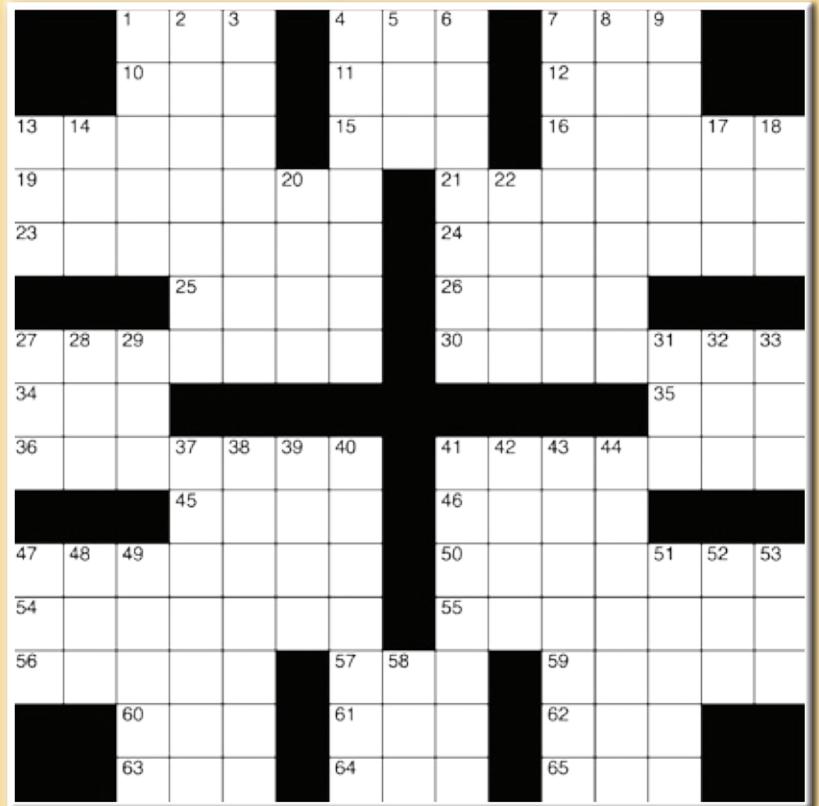
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clues

ACROSS

- 1. ___ fi (slang)
- 4. Anecdotes about a person
- 7. Central Standard Time
- 10. Beverage receptacle
- 11. Football's Newton
- 12. Be in debt
- 13. Tattles
- 15. Musician ___ Lo
- 16. Arrange again
- 19. A binary compound of carbon with a metal
- 21. Brazilian futbol great
- 23. Feared
- 24. Annoy
- 25. Unit of heredity
- 26. Small freshwater fish
- 27. Muscular weaknesses
- 30. Fined
- 34. One-time EU currency
- 35. Egyptian unit of weight
- 36. Winged horse
- 41. Increments
- 45. Abnormal rattling sound
- 46. Middle Eastern country
- 47. A type of greeter
- 50. ___ inning stretch
- 54. Reaches
- 55. More gray
- 56. Football term
- 57. Swiss river
- 59. Ninth day before the ides
- 60. Grow old
- 61. Don't know when yet
- 62. College hoops tournament
- 63. Japanese monetary unit
- 64. Medical device
- 65. Antidiuretic hormone



answers on page 44

clues DOWN

- 1. Put fear into
- 2. Partner to corned beef
- 3. Interiors
- 4. Agrees to a demand
- 5. No (Scottish)
- 6. ___ Hess Corp.
- 7. Ornamental molding
- 8. Garment
- 9. Electric car company
- 13. Decimal digits in binary (abbr.)
- 14. Gibbon
- 17. Sun up in New York
- 18. ___ the line
- 20. A vale
- 22. Old Irish alphabet
- 27. A type of band
- 28. A team's best pitcher
- 29. Floor covering
- 31. A ___ in the machine
- 32. Supplement with difficulty
- 33. Prosecutors
- 37. Place in order
- 38. Japanese lute
- 39. Mongolian city ___ Bator
- 40. Perceived
- 41. A cloth for washing dishes
- 42. Chocolate cookie with white cream filling
- 43. Grassy plain
- 44. Barometer
- 47. Father
- 48. Of the ear
- 49. Thomas ___, British dramatist 1652-85
- 51. After eighth
- 52. Where golfers begin
- 53. Time units (abbr.)
- 58. Basics

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FATHER'S DAY SPECIAL MENU

Breakfast / Lunch & Dinner

June 17th - 8am to 8pm

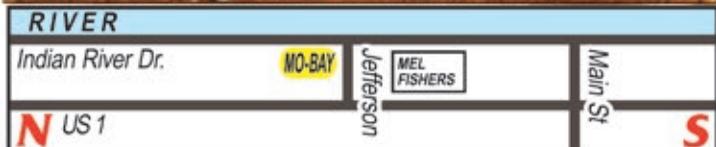
Louisiana Seafood Soup \$6

Crispy Chicken Breast & Waffle
Topped with Maple Apple Graze **\$17.99**

Crispy Fried Seafood Platter
Flounder filet, Conch, Butterfly Shrimp & Fried Clam Strips
served w/ French fries and Coleslaw **\$18.99**

Blackened Grouper Filet
Over a bed of Saute Spinach, Onion, Mushrooms,
Tomatoes, Mango Salsa **\$29.99**

Regular Menu Available



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Brevard's Local Healthcare System Embraces Shift that Addresses Customers' Unique Needs, Tailoring Care Unique to Each Person

Whether making a retail purchase online or dealing with a business in person, customers have grown to expect to get what they want, on their terms.

That's the future Health First is working toward.

Health First is embracing this consumer-driven shift and is leading the way in delivering the health care that patients and the community need – and deserve. Ever-advancing technology continues to not only help healthcare organizations do this, but do it in a way that's tailored to each individual patient.

From this comes a new vision for the Integrated Delivery Network (IDN) – One Health First.

It's about you, the care you need, the variety of methods in how



we deliver that care, and the community of which we're all a part.

We strive to do this because we feel strongly – We are One. We are Brevard.

During the next 5 to 10 years, expect health care to morph into an experience that is unique to each patient. Having an IDN that connects all the segments of your health care



helps streamline it. When hospitals, care providers, health plans and outpatient services converge, you get what you need more quickly. It also allows these providers to coordinate the multiple aspects of

your care.

We're also dedicated to making each experience you have with Health First a wonderful one.

One Health First will harness evolving technology, which we've already folded into our existing services. HF Now online check-in and scheduling services allow patients to book same-day appointments at a time and facility – either an Emergency Department or Urgent Care center – that works for them.

Telehealth services will also continue to expand, with patients having the ability not only to communicate with their care team through patient portal messaging, but through virtual visits via video chat.

Health First has been a part of Brevard County for more than 80 years. We've seen our share of changes – and have utilized them to improve our IDN and community. The purchase and integration of MIMA in February 2013 with Health First Physicians – now Health First Medical Group – illustrates our dedication and success. Interlinking all of these services only enhances and accelerates care for patients.

PUZZLE [PG42] SOLUTION
How well did you do?

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**Win a certificate for 1 Catering Box
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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!

OUR WINNER LAST MONTH WAS

Elaine Bartolino of Melbourne

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

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

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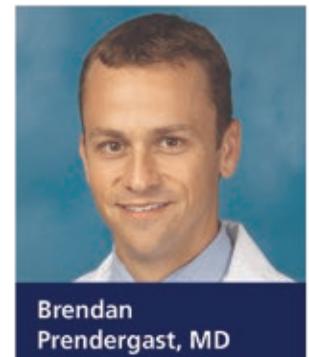
Upcoming Lectures for Men's Health

Prostate Health and New Advances in the Treatment of Prostate Cancer

Join Dr. Prendergast for an educational presentation regarding prostate health and treatment options for prostate cancer.

Tuesday, June 12, 6:30 to 7:30 p.m.

Holiday Inn Melbourne–Viera Conference Center
8298 N. Wickham Road, Melbourne, FL 32940



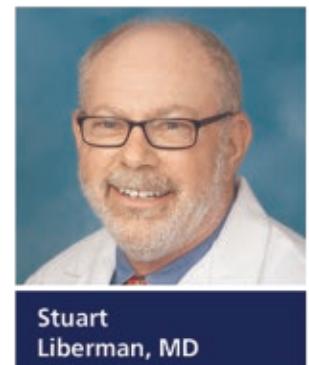
Brendan
Prendergast, MD

Erectile Dysfunction? Know Your Treatment Options

Join Dr. Liberman for a presentation which will explore causes and treatment options for Erectile Dysfunction.

Tuesday, June 19, 6 to 7 p.m.

Holmes Regional Medical Center Auditorium A
1350 S. Hickory Street, Melbourne, FL 32901



Stuart
Liberman, MD

Call 321.434.4335 to RSVP today