

COMPLIMENTARY
april 2018

spotlight

MAGAZINE

Keeping You in the Light

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Earth Day Free Expo Event
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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

April showers bring May flowers... hopefully, that will be true this year. I have already heard predictions that we may be in for a long, hot, dry spell this spring, bringing with it the possibility of having a very active wildfire season. I still remember years back when Palm Bay got hit hard, and so many homes were destroyed. Let us all hope and pray for a little rain!

In our April issue of *Spotlight*, we have many special events and activities to share. To start with, Unity of Melbourne will be holding their second Annual Earth Day Expo on the twenty-first of April, which is a family-friendly event with all kinds of activities and food vendors.

And speaking of family-friendly, the Melbourne Police Foundation is gearing up for their famous Cops and Robbers 5k Run & Walk in May. They are already offering business sponsorships and pre-registration for racers well in advance of the big day, so be sure to check it out.

Lastly, I would like to wish you prosperity and blessings as we enter the second quarter of this year. And every day, may we all be blessings to each other!

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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ON THE COVER
Earth Day Expo, Unity of Melbourne, April 21, 2018



The Benefits of Water Features in Garden Landscapes

Many homeowners aspire to make their homes appear as beautiful and welcoming as possible. Exterior renovations may be high on homeowners' to-do lists, and landscaping is oftentimes a key component of those projects.

When planning gardens, homeowners may benefit by considering more than just flowers and shrubs while giving thought to other elements that can breathe vitality into their landscape designs. Water features can do just that, as such features provide more than just visual appeal.

- **Aesthetic appeal:** Water elements stand out against the greenery and foliage and can be used to create focal points around the garden or yard. A single fountain can draw the eye, while a trickling stream or waterfall can deliver water to various spots in the landscape.

- **Soothing sound:** Rain drops on a rooftop or waves lapping on a shoreline elicit feelings of harmony and relaxation.



Water features can bring that gentle sound close to home, further enhancing the ambiance.

- **Brings texture:** Water has its own unique and fluid texture that can provide stark contrast to blades of grass or the hard lines of architectural elements, such as pergolas or retaining walls. A pond or fountain can soften lines.

- **Enhance the natural ecosystem:** Water features can attract wildlife to a property. Birds may visit to take a quick sip, and dragonflies are sure to dart and hover over the shimmering ripples. Inviting natural wildlife to the yard can add hours of entertainment by enjoying

the animals and insects.

- **Remedy problem areas:** Rather than fighting with the landscape, homeowners can adapt it. An area of the yard prone to soggy conditions or flooding can be transformed into a pond or waterfall to work with natural surroundings.

- **Foster a passion:** Many people turn to water features so they can explore the hobby of nurturing an outdoor aquarium. Koi ponds are relatively easy to install and maintain and add visual appeal.

- **Add a personal touch:** Water features are as unique as the homeowners who create them. To set landscaping apart from neighbors' homes, homeowners can add fountains, ponds or flowing water elements to their properties. Decorative water features also can be melded with pools and spas to help these manmade recreational areas seem like they were carved right out of the natural landscape.

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THE POWER OF OVERCOMING

Jim Campbell, Pastor, Bay West Church of Palm Bay

We all have struggles in our lives. A lot of the time in church we talk about this one or that one. This person's marriage is in shambles or this person deals with an addiction. This person's trying to deal with a strong case of hurt from his past or this person is trying to get past the fact that she hurt someone once. Some people struggle with a career decision or a lack of a career, while some people are in the midst of tragedy and are trying to get past the memory of it.

No matter the nature of our struggles, Easter or Resurrection Sunday, whatever name for this holiday that you use, is extremely important for people who struggle...and since we all do, it's important for all of us.

The truth of the matter is that at the source of EVERY struggle that we have is the root of sin. So many times, we think that this phrase means "I sinned so, God's getting me back.", when honestly, it's more of "God said if I did this, here's the result, and I chose the result."

"I am constantly
dealing with my
sinful response to
someone else's
sinful response to
someone else's
sinful response
and so on..."

I am constantly dealing with my sinful response to someone else's sinful response to someone else's sinful response and so on. The common thread here is "sin", because it's the cause.

When Jesus died on the cross, he overcame the power of sin and death (1 Corinthians 15:55-57)...he's the only one who could. In John 16, Jesus tells us that we will have struggles, but we can take courage in struggles because he has overcome the sin in the world already. Jesus overcame the cause of all our struggles. In



Romans 8:37, through Christ, we can be even more than overcomers or "conquerors", and here is why.

The apostle Paul tells us Ephesians 1:19-10 and in Romans 8:11 that the same power that raise Christ from the dead is at work in us...so the "exact-same" power that conquered all of sin, is at work to conquer the sin in us. Not because we have great discipline, not because we have great strength, not because we are good people, but because of the power of God in us, we can overcome whatever that is that stands before us. We can withstand it, thrive in it and honor God through it.

That power is only available to those who believe in Jesus Christ (1 John 5:5), but that can be you, right where you are, no matter what you've done...it's a choice that is drawn by God and because you read this, God may be drawing you right now. Swing by Bay West this Sunday, and I would love to talk with you about that. You are just one life change away, and you are that close to the power of overcoming..

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



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DEAR VAL, {TRUTH, STRAIGHT UP}

Valerie Oliver

"The Holy Spirit never pushes, or forces, the message on the unbeliever..."



Dear Val,

Is hell a literal place, a pit of fire? I've always thought it was symbolic.

—Helen of Palm Bay

Dear Helen,

Hell is not allegorical or metaphorical but an actual place in the bowels of the earth. (Numbers 16:32-33) "...and will cast them into the furnace of fire", Matthew 13:42.

The Bible warns of various degrees of punishment depending upon ones' deeds—a place of constant torment—without end. The damned are eternally separated from God and all that is good because all good things come from God.

Hell was created for Satan and his demons (fallen angels) it was never meant for mankind but after sin entered the world (in the Garden of Eden), we were separated from God. Proverbs 15:29 says, "The Lord is far from the wicked."

Now, here's the good news! Because God loves us, He made a way for us to be reconciled through His Son Jesus—a Savior and Messiah for the world! (John 3:16) Fully man and fully God, without sin—the perfect sacrifice. No one comes to the Father except through the Son (John 14:6).

If you would like to accept the gift of salvation, just recite this simple prayer (and mean it) your name will be written in the Lamb's Book of life and you will be born again!

Heavenly Father,
I confess that I am a sinner. I believe that your Son died on the cross at Calvary so that I may have eternal life in the kingdom of Heaven. I believe Jesus rose from the dead and I ask you right now to come into my life and I accept Jesus as my personal Lord and Savior. Help me to follow you all the days of my life.

"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.

Dear Val,

A couple of girls I work with are messing with tarot cards and Ouija boards. I opened up my big mouth and told them it was witchcraft, very dangerous and they should stop. They believe it's harmless—no worse than reading the daily horoscope. They even let their kids play with the Ouija board when they have sleep-over parties. I'm really worried about them and their families and I don't think I'm over-reacting. Do you have any suggestions?

—"Marisa" of Melbourne

Dear Marisa,

You are absolutely correct. Not only is practicing witchcraft extremely dangerous, but allowing or encouraging a child to play with an Ouija board is reckless and irresponsible. Messing with the occult is an invitation to Satan and his demons. In 1 Peter 5:8, Peter says, "Your enemy the devil prowls around like a roaring lion looking for someone to devour..." He doesn't sound like anyone that I'd want a relationship with!

In Deuteronomy 18:10-12, it is written: "Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritualist or who consults the dead. 12 Anyone who does these things is detestable to the Lord..." (NIV)

Show your co-workers where it is written in scripture and ask God to open their eyes. Pray for them and share your faith when an opportunity comes. Also, note that horoscopes should be avoided too.

How sad—God is taken out of the schools but many of the programs on television delineate the occult as harmless, acceptable, and friendly.

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We have eight therapists that are trained and knowledgeable in a wide range of massage techniques allowing you to find the perfect therapist for your specific healthcare needs. And; if we do not offer a specific therapy or service, we are familiar with many other therapists in Brevard County and would be happy to suggest the perfect fit to assist you in your overall wellbeing. Your wellness and experience is what matters most.

As with anything there are some circumstances and times in your life where heat and massage should be avoided. Consult your physician before receiving a session if you are diabetic, have a heart condition, high or low blood pressure, circulatory problems, a history of blood clots or pregnant specifically 1st trimester. Please check with your doctor if you have any concerns and would like to try a heated session.



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Earth Day EXPO 2018

at Unity of Melbourne



Why is a church hosting an Earth Day event? That's a fair question, you see Unity of Melbourne is different than many traditional churches. Our mission statement is: "Inspiring Spiritual Growth through Conscious Living". We believe that everything is connected and if we are more consciously aware of how we

treat our environment (and those we share it with), we will treat it with more respect and therefore it will thrive and serve us better.

When searching for local Earth Day events, we felt like Brevard County was missing a keystone event... which was surprising, considering we have so much amazing nature around us... with the ocean, lagoon, abundant



sea breeze and sunshine for renewable energy use, etc. Since getting settled in our larger

campus, now on US1, just south of Lake Washington Rd., we have been looking for better ways to serve our community... and we think we've found the perfect way! We're so excited to bring such a wonderful variety of organizations and information together in our community to help educate people on how to become even more compassionate towards the earth, animals, and our environment.

We held our first Earth Day Expo in 2017, getting positive feedback with over 200 attendees, a minimal advertising budget and having it the same weekend as the Melbourne Art Festival. This year, we're excited to make it even better and anticipate more



than double last year's attendance! Unity of Melbourne invites you and your family to our second annual Earth Day Expo on Saturday, April 21st, from 10am-4pm.

This FREE event will help to increase your understanding of how you can live with more conscious respect for the



environment and the creatures we share the planet with. It will include informative presentations on a variety of

natural and environmentally friendly options you can incorporate into everyday life (e.g. lagoon and ocean conservation, natural health, and renewable energy options). We'll also have exhibits of clean energy cars, hydroponic gardening, eco-inspired art, and more. Come early and spend the whole day... delicious Organic and Vegan food options as well as a Farmer's market will be available.

There will even be fun activities for the kids and you can learn to make your own rain barrel! We'll close out the day with a drum circle, honoring mother earth, sending loving, positive rhythms and energy out into the environment.

Unity is proud to host this event for the community, demonstrating how our teachings apply to everyday life. For more

information, contact Jenny at 321-223-7081 or email unityofmelbournefl@gmail.com.



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CHIROPRACTIC ADVICE FOR MOMS-TO-BE

Dr. Deanna Carlisle, Carlisle Chiropractic Center

As many new mothers can attest, the muscle strains of pregnancy are very real and can be more than just a nuisance. The average weight gain of 25 to 35 pounds, combined with the increased stress placed on the body by the baby, may result in severe discomfort. Studies have found that about half of all expectant mothers will develop low-back pain at some point during their pregnancies.¹⁻³ This is especially true during late pregnancy, when the baby's head presses down on a woman's back, legs, and buttocks, irritating her sciatic nerve. And for those who already suffer from low-back pain, the problem can become even worse.

During pregnancy, a woman's center of gravity almost immediately begins to shift forward to the front of her pelvis. Although a woman's sacrum-or posterior section of the pelvis-has enough depth to enable her to carry a baby, the displaced weight still increases the stress on her joints. As the baby grows in size, the woman's weight is projected

even farther forward, and the curvature of her lower back is increased, placing extra stress on the spinal disks. In compensation, the normal curvature of the upper spine increases, as well.

While these changes sound dramatic, pregnancy hormones help loosen the

ligaments attached to the pelvic bones. But even these natural changes designed to accommodate the growing baby can result in postural imbalances, making pregnant women prone to having awkward trips and falls.



How Can Your Doctor of Chiropractic Help?

Before you become pregnant, your doctor of chiropractic can detect any imbalances in the pelvis or elsewhere in your body that could contribute to pregnancy discomfort or possible neuromusculoskeletal problems after childbirth.

Many pregnant women have found that chiropractic adjustments provide relief from the increased low-back pain brought on by pregnancy. Chiropractic manipulation is safe for the pregnant woman and her baby and can be especially attractive to those who are trying to avoid medications in treating their back pain. Doctors of chiropractic can also offer nutrition, ergonomic, and exercise advice to help a woman enjoy a healthy pregnancy.

Chiropractic care can also help after childbirth. In the eight weeks following labor and delivery, the ligaments that loosened during pregnancy begin to tighten up again. Ideally, joint problems brought on during pregnancy from improper lifting or reaching should be treated before the ligaments return to their pre-pregnancy state-to prevent muscle tension, headaches, rib discomfort, and shoulder problems.



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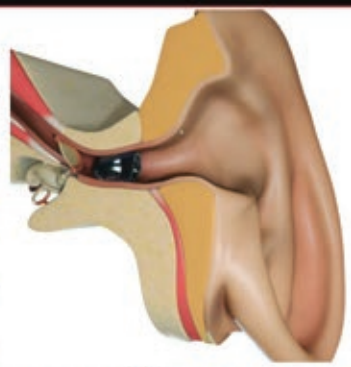
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It is very important to take the right type of magnesium. Unfortunately many stores sell the Magnesium Oxide. The oxide type has very poor body absorption (about 3%). I prefer Magnesium Citrate which has an 80% absorption rate. Today's Primary Doctors are recommending their patients to take at least a multivitamin due to the lack of nutrients in today's commercial farming. I would definitely add this Magnificent Mineral Magnesium to your vitamin list.

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What is Behind CAT SCRATCHING?

When frisky kitties shred new sofas, the cats probably did not do it out of spite or even aggression. and Cats do not claw at things because they are inherently bad pets. Rather, the urge to scratch is buried within their DNA.



According to the pet adoption and animal welfare resource the Animal Care Centers of New York City, scratching is a normal part of cat behavior. Scratching is a good form of exercise for cats, enabling cats to stretch out their limbs and paws. Scratching also serves the purpose of removing the outer nail sheaths so they can be shed and the nails can be naturally maintained. VetStreet.com says that cats also scratch

to leave visual and olfactory markers to other animals. Glands that are located between the pads of the paws leave odors behind wherever the cat has scratched. Other cats know to investigate or avoid the area thanks to the scent and visual hint.

Unfortunately for cat owners, scratching can be problematic when the healthy behavior is not focused on objects that should be scratched. When furniture, walls, bedding, or more are targeted by cats, the damage can be irreparable. Presenting alternatives that are fun can focus cats' attention on scratching elsewhere. Experiment with store-bought or homemade scratching posts. The back of a carpet square, some corrugated cardboard or a rope-covered post may suffice, offers The Humane Society of the United States.

Scratching where it is not desired can also be dissuaded by placing an appropriate scratching post next to the off-limits item. Use food treats as rewards when the cat scratches responsibly. Place double-sided tape or aluminum foil on items that shouldn't be scratched, as those textures often keep cats away.

If redirecting the scratching does not work, cat owners can seek the help of a veterinarian for more advice.

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TEAM BUILDING AT WORK AND HOME

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

Team work is important whether you are an employee or business owner, and even at home with family. Effective teams get more done with maximum harmony among the members than ineffective teams.

One key to building effective teams is having successful communication. By implementing positive communication strategies within our teams, we can become happier and more effective working in our teams and in all interactions with others. In order to do this, we need to understand a little about personality and communication preferences.

Introduction to Styles

When we understand that not everyone communicates in the same way, and learn to identify style preferences we can get along better with others and get more done as teams. There are many different personality and communication styles assessments. These can help you learn more about your style and the styles of those around you.

For example, some of us are very direct in our approach to projects, problems, and our interactions. We jump in with answers and expect others to get on board. Some of us want to build consensus with others to the explore solutions. When these two groups work together, conflict can arise.

By learning more about these styles, we can improve communication.

The Challenge with the Golden Rule

You may have heard of The Golden Rule - Treat others as you wish to be treated. Sounds nice at first, but the reality is we don't all want to be treated the same way.

For example, some people are touchy, feely. They greet everyone with open arms and a hug. Others aren't comfortable with touching - sometimes even with people they know well.

For more information and quick tips on implementing strategies at work and at home, visit KimShivler.com/teamsatworkandhome.

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.



Engage others with the Royal Treatment.

- R** **Recognize**
Recognize that people have different communication styles and know your style preference.
- O** **Observe**
Observe the styles of those around you in order to understand how they want to be treated.
- Y** **Yield**
Yield, your style preference to meet the needs of those around you to enhance communication.
- A** **Assess and Acknowledge**
Assess your conversations and communications, acknowledge the styles, flex if needed.
- L** **Listen**
Actively listen when others speak.

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TIPS FOR SWITCHING FROM AN iOS PHONE TO ANDROID

Bill Ford, Data Doctors Computer Service

Smartphones have become a vital part of our daily lives, which can make switching platforms a bit of a challenge. Simple differences in how certain functions are displayed or accessed can be disorienting at first, so make sure you are up for the challenge.

The good news is that the learning curve going from iOS to Android is not nearly as dramatic as switching from Mac to Windows or vice versa.

Before You Switch

The more time you spend preparing for the transition before you take the plunge, the fewer 'surprises' you'll likely encounter. The first thing you need to do is review your critical apps in two ways: Are they available on the Android platform and will I have to repurchase any of them?

If you've amassed a large collection of apps that you paid for in the Apple App Store, you'll either need to go without them or budget for the cost of repurchasing them in Google's Play Store.

Deactivate iMessage

iPhone users can text each other without having a cell signal, because Apple's iMessage works over Wi-Fi. You won't have this capability when you switch to an Android phone. As a precaution, you should let Apple's servers know



that you are no longer able to receive iMessages so you don't miss messages from your friends with iPhones: <https://goo.gl/trkW9g>

Back Up To Google Drive

Since your 'eco system' will change, you'll want to transfer your contacts, calendars, photos, and videos to Google's platform using Google Drive before you get rid of your iPhone: <https://goo.gl/4xVG1a>. If you are already using Gmail or other Google services, the transition will be very simple, as you'll just need to sign into your Google account when you get your new Android phone.

Some Android manufacturers also offer apps to help with the transition, such as Samsung's Smart Switch (<https://goo.gl/UrTcJs>), or Google Pixel's direct connect (<https://goo.gl/1Kh5u4>).

Email Challenges

If your email address doesn't end with @iCloud.com, @Me.com or @Mac.com, the transition to either Gmail or the built-in mail app on your Android phone should be pretty simple. If you want to continue to use an Apple email account on your Android device, then you'll need to configure one of the Android mail apps to continue to retrieve your mail from Apple's servers: <https://goo.gl/muV7Mv>

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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



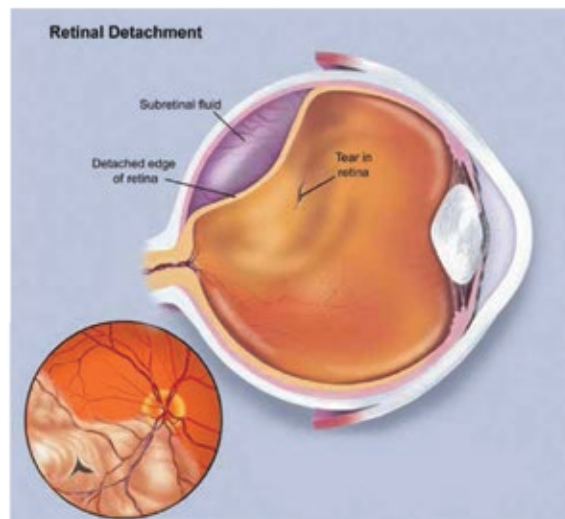
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qualities such as color and light-intensity. That information is sent through the optic nerve from the retina to the brain, which creates the images we see.

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.

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

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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5 Effective Ways to Eleviate Stress

Stress affects everyone at some point in their lives and does not discriminate based on gender, nationality, ethnicity, economic status, or age. The American Institute of Stress says job-related stress costs businesses millions of dollars each year due to unanticipated absences. In fact, work is the foremost source of stress for many adults.

Although not all stress is bad and stress responses can motivate people to perform more effectively, repeated stress is a problem. The National Institute of Mental Health says routine stress that becomes chronic can suppress immune system functions, disrupt digestion, adversely affect sleep, and cause abnormal changes in reproductive systems. People who have chronic stress are often prone to frequent and severe viral infections, like colds and the flu.

Repetitive stress may be the most difficult to recognize because it often becomes a part of daily life. Managing stress

and anxiety involves finding techniques that work for each individual. While not every approach works for everyone, the following are five effective means to managing stress.

1. Exercise: The American Psychological Association says research continues to confirm the benefits of exercise in regard to combatting stress. Regular exercise has long-term benefits, but even a 20-minute exercise session during a stressful time can produce an immediate effect that lasts a few hours.

2. Deep breathing: Mindful breathing can be effective and only takes 10 minutes. Men and women battling stress can sit in a comfortable position with their eyes closed and imagine themselves in a relaxing place while slowly breathing in and out.

3. Take a break: Removing oneself from a stressful situation for a little while can be helpful. A brief break of 15 to 20 minutes can provide a sense of calm.



4. Cognitive-behavioral therapy:

Harvard Medical School defines cognitive-behavioral therapy, or CBT, as a process of changing unhealthy thinking in order to change emotions. Therapists will identify negative thinking patterns and help patients learn to automatically replace them with healthy or positive thoughts.

5. Support network: Simply having someone to talk to can help tame stress. People should surround themselves with others they trust who are good listeners. These can be friends, family members or professional therapists. Talking oneself through stressful situations can provide relief.



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Seniors Becoming More Tech-Saavy

Technology is the future, and digital communication has opened many doors

for people around the world. Although younger generations have grown up with technology at their fingers, Baby Boomers and older adults did not. But in spite of that, studies show that growing numbers of seniors are open to the idea of technology and even seeking ways to further their use and knowledge.

According to a 2014 study by Pew Research Center, 59 percent of seniors regularly use the internet — a 6 percent increase from the previous study conducted in 2012. Today, 67 percent of adults age 65 and older say they go online.

Pew also says that, although seniors consistently have lower rates of technology adoption than the general public, four in 10 seniors now own smartphones, which is more than double the amount that did in 2013. Seniors in Australia are especially tech savvy, as Deloitte's mobile consumer survey found 78 percent of Australian seniors aged 65 to 75 own a smartphone, up from 69 percent in 2016.



While stereotypes have long painted seniors as technologically inept, seniors are actually more socially and digitally engaged than ever before. Seniors use technology in many different ways. Some use mobile apps to manage medications and doctor's appointments and monitor their fitness regimens.

Some families employ 24/7 alert systems or smarthome technology to keep seniors comfortable and safe at home for as long as possible. Noninvasive, "smart" technology can analyze factors such as whether or not doors are left open, if there has been movement in a home, or whether appliances/

lights are on or off. This represents a great way for families to stay informed and provide assistance even if they are not nearby.

SilverSurfers, a senior-based information website, says other tech that seniors are embracing includes online dating; audio and digital books; online shopping, which is especially valuable to seniors who have mobility issues; and social media, which can keep seniors connected to others and feeling less lonely.

A study conducted by researchers from the University of California, San Francisco found 18 percent of American seniors live alone, and 43 percent report feeling lonely on a regular basis. Loneliness can increase death risk. Social media and internet connectivity can be an important tool in helping seniors feel like active members of society.

Technology is no longer just for teenagers or active workers. Seniors are increasingly embracing technology and becoming a fast-growing demographic for tech usage.

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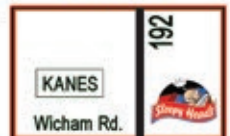
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"The Recurring Dream"

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.



SCAMMED AT THE COFFEE SHOP

Wanda Villaverde, CCM: Together, doing life RIGHT!

I was drinking coffee outside at a coffee shop when a woman approached me. She told me she had no money for gas. I can't remember all the details of what she said, but I recall she had to get there fast. There was a gas station right next door to where we were. I figured it's only a few bucks for gas and she needs help, so why not? As I went into my purse, I felt this overwhelming feeling that I should not give her the money. Even though I felt that way (but didn't know why), I convinced myself that I was doing good by helping her. What was wrong with helping someone? So, I ignored the uneasy feeling in my gut and gave her the money anyway.

I watched her get in her car and instead of driving next door to the gas station, she sped off in the opposite direction. I was mad. How could she lie and take advantage of me when I was helping her? Truth be told, the only person I should've been mad at was myself. Instead of being obedient to the Holy Spirit, I did what I wanted to because it made sense to me. That thinking got me scammed out of my hard-earned money.

Lesson learned: when the Holy Spirit tells you not to do



something, don't do it! Do not quench [subdue, or be unresponsive to the working and guidance of] the [Holy] Spirit. (1 Thessalonians 5:19 AMP) Sometimes the Holy Spirit will lead you in a direction that might not make any sense to you. In my case, He was either protecting me or protecting her from what she was going to do with the money. Whatever the reason, our part is to be obedient and He'll take care of the rest. Allow yourself to be led by the Spirit. You could end up with some extra cash to get a second cup of coffee.

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How to Establish a Household Budget

Household budgets can help families thrive and survive should unforeseen financial issues arise. Establishing a household budget is no small task, as numerous factors must be considered to come up with a budget that secures families' futures without sacrificing their everyday quality of life.

FINANCES To develop a budget everyone in the household can live with, heads of household should first get a firm grasp of their finances. First determine how much money is coming in and how much money is in savings. Then make a list of the family's financial obligations, including costs associated with housing, food, transportation, utilities, and other monthly bills like student loan payments. Be thorough in this examination and you should get an idea of how you're spending your money and where you can make any cuts if need be.

BEHAVIORS Heads of household should make honest assessments of their behaviors with regard to money. Are you prone to impulse shopping? How closely do you track your daily spending? Can you cut back on certain daily expenses, such



as morning cups of coffee from the coffee shop or restaurant lunches? While you might have little leeway with regard to large expenses like car and housing payments, you can likely save substantial amounts of money by cutting back on small, daily expenses that can add up to substantial amounts of money over time. Track your behaviors with regard to "spending money," jotting down each purchase you make, no matter how small it seems. After a couple of weeks tracking your daily spending, a picture of your financial behaviors should develop and you can then see if there are any areas where you can save money.

DETERMINING A NEED VERSUS A WANT Once you see how you behave financially, you can then make a list of those daily and monthly

expenses that qualify as a need and those that fall into the "want" category. For example, morning coffee might be a need, but why not brew that coffee at home and take it with you rather than buying a costly cup at the coffee shop near your office each day? You can keep some of the items that fall onto your want list as a daily or monthly reward, but try to eliminate those that are compromising your monthly finances. And remember to include contributions to a savings account in your list of needs.

BUILD YOUR BUDGET A firm grasp of income, bills and behaviors and the knowledge of what's a need versus a want should put heads of household in position to develop their budgets. Stick to your budget for a month and then assess how you and your family adjusted. While the adjustment might prove difficult at first, by the end of the first month you might notice any financial-related stress you had been feeling has begun to dissipate, and you might even make an effort to tighten the purse strings a little more as you look to save more money.

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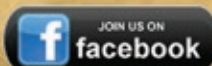
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How to Manage Time MORE EFFECTIVELY

Hectic schedules can make managing time seem like a riddle wrapped inside an enigma. Many people feel there are not enough hours in the day. But busy men and women need not look for extra hours in the day to manage their time more effectively.



- **Examine your existing time management.** Before creating strategies for changing the way you manage your time, you first need to understand how you are currently spending it. Jot down what you do during an average week. Include how long you spend conversing, when you start working, how often you check your email, etc. Analyze this time in an effort to determine how much of it is being spent doing something productive and how much is getting in the way of getting things done.

- **Complete crucial tasks first.** Figure out which of your daily tasks are most important and take care of those first before moving on to less important tasks. This can reduce stress and make you feel more confident that you can accomplish the smaller tasks.

- **Write things down.** It's easy to feel overwhelmed when there are many things swimming around in your head. Put your to-do list on paper. Seeing it in black and white can help you separate the important tasks from other things that can be put off for the time being or delegated to someone else. If necessary, use a day planner or set notifications on your smartphone.

- **Turn off email notifications.** Email notifications can be very distracting when you are trying to get work done. Turn these off so you can concentrate more on the tasks at hand.

- **Recharge with downtime.** Physical and mental fatigue can contribute to procrastination. Plan periodic breaks throughout your day. These breaks can help you be more productive by reenergizing you.

- **Avoid instant access.** Schedule a time to return phone calls and instant messages rather than thinking you need to reply right away. Some notes may require immediate attention, but many likely do not.

- **Block out distractions.** Turn off your television and phone and steer clear of social media while trying to get things done. Come back to them later when you've completed your tasks.

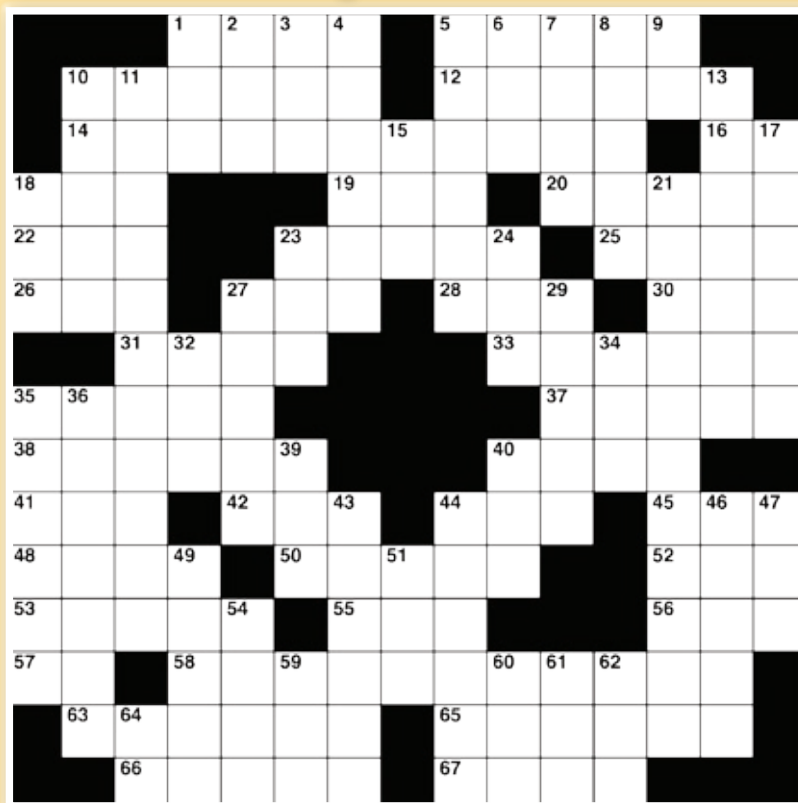
- **Be flexible.** What works for another person may not work for you. Therefore, try a variety of strategies to get a better handle on time management until you discover one that works best for you.

clues

ACROSS

1. Maintained possession of
5. Dropsy
10. Type of music
12. One who is deliberately cruel
14. 411
16. Rhode Island
18. Follows sigma
19. Baked dessert
20. Craftsman
22. Austrian river
23. Distributed
25. Close
26. Midway between east and southeast
27. Thunderstorm code
28. Where wrestlers work
30. Away from (prefix)
31. Canadian law enforcers

33. Shade
35. Sir Samuel ____, Brit. statesman
37. Della ____, singer
38. Existing in fact
40. Tennis matches have at least two
41. Reunifying Chinese dynasty
42. Not just "play"
44. Angry
45. Photomultiplier tube
48. Slovenly person
50. __ and Diu
52. Cologne
53. What actors deliver
55. Campaigned
56. Cash machine
57. Spanish be
58. Animal that eats insects
63. Colonists who supported the British



answers on page 44

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65. Loved
66. A pair of people who live together
67. Work tools
55. Having ten
56. Fencing sword
60. Scarlett's home
61. Hold valuables
63. Italian Seaport
64. Cain and __
65. Bad places to live
66. Large, wading bird
67. Witches
68. Cover with drops
69. Props up the head

clues DOWN

1. Kilogram force (abbr.)
2. Your consciousness of your own identity
3. Score
4. A way to modify
5. Respect
6. Midwife
7. Region near the Dead Sea
8. __ Gerais: gold-rich state of Brazil
9. Equally
10. Monetary units
11. The mentioning of things one by one
13. Traveling entertainers
15. Small island
17. A way to sing
18. __-bo: form of exercise
21. "The Bard"
23. The best player
24. Male parent
27. Harm the reputation of
29. Allow for the tare of
32. Grand __: wine classification

34. Soak
35. Bother
36. Ophthalmologist
39. Preceded
40. __ Francisco, California
43. Touch gently
44. Lithuanian given name
46. Matched
47. Stomach
49. Mother of all gods in Scots' Celtic mythology
51. Partner to cheese
54. Fit of irritation
59. Visit
60. Suffragist Wells
61. Swearing to the truth of a statement
62. Old Red Sandstone
64. Sacred Hindu syllable

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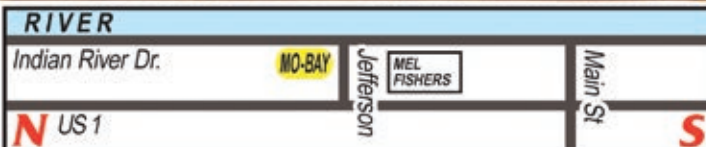
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Dr. Vanessa Johnson's journey into medicine could be pegged under the popular optimistic saying, "Everything happens for a reason."

The Brevard native is the newest doctor to join Health First Medical Group's Dermatology practice, working alongside Dr. Larry Bishop, her family's longtime dermatologist. And Johnson's life — even when she was thousands of miles away — remained intertwined with his, if just in the most coincidental of ways — including strikingly parallel experiences before joining the same team.

"It's really full circle," Johnson said of returning to the Space Coast after 12 years. "I just needed to be back."

With a medical degree from Vanderbilt University Medical Center in Nashville, Johnson's graduation aligned perfectly with an opening in Dermatology for the Medical Group. She came on board in September, bringing to the Integrated Delivery Network (IDN) her research experience in the epidemiology of skin disease, cutaneous oncology, medical education and global health. Johnson's clinical interests include medical, surgical and cosmetic dermatology.

"I had nothing to do with it, except telling her mother that I thought she'd make an excellent dermatologist," Bishop said of Johnson joining the care team. "She has the brain for it. You have to have a certain kind."

After earning a Bachelor's degree in Neuroscience, Johnson continued at Vanderbilt Medical School, where she received her Doctor of Medicine, spent time volunteering at Mother Teresa's Home for the Dying in Calcutta, India, and coordinating the annual service trip to Nicaragua for Vanderbilt medical students.

Karma or coincidence?

Not only was Johnson a former patient of Bishop's, but she was the class president of his son's 2005 Satellite High graduating class. Johnson's mom even turned to Bishop for help when Johnson had an overseas medical scare while volunteering at a medical clinic in Ghana during her senior year of college. Johnson administered malaria medicine there. One day, a 2-year-old came in with her mom. Johnson helped secure the child for the injection.

"Her arm whipped around and pulled the needle off of her, and it went straight into my leg," Johnson recounted. Johnson immediately worried, wondering if she had been exposed to any viral illnesses. The toddler's mother agreed to allow her child be tested to determine if Johnson had been exposed to a virus, endemic in the region. Johnson called her mother back home, who was quick to phone Bishop for advice.

"He arranged Life Flight and prophylactic equipment if I needed it," Johnson later learned. Luckily, she didn't. The child's test and hers both were clear. But the what-ifs haunted her — and further piqued an interest in global health care.

After Johnson began focusing on global health and skin epidemiology, she spent a month at Georgetown, doing a rotation with Dr. Scott Norton, faculty member and Chief of Dermatology at Children's National Health System. She co-authored a paper with him, published in the journal *Nature*.

Johnson began job-hunting and interviewed at Health First. During a meeting with Bishop, the two reconnected over Johnson's scare in Ghana. Bishop had also had his own needle scare in the 1990s, when a patient undergoing a biopsy had a leg spasm, causing the needle to puncture his hand. Bishop later learned he didn't contract any viruses from the accident.

But that's not the only coincidence between Bishop and Johnson.

"He said who he called when my mother called him to find out resources, about what should I do," Johnson recalled of the needle incident.

"He called Scott Norton," she said.

Johnson had been unaware during her studies with Norton that he had been the one Bishop had sought help from for Johnson.

"The world is that small," Bishop said. "Isn't that neat, though?"

Small world or not, Johnson is happy to be back in Brevard, along with her husband and baby girl, and working alongside Bishop.

"We have so much history together," she said.

Johnson Bishop 2008: Drs. Vanessa Johnson and Larry Bishop, seen in 2008, go way back — and now, both are dermatologists with Health First. COAT Johnson and Bishop 2017: Vanessa Johnson and her family have gone to Dr. Larry Bishop for years. Now, Johnson is a Health First dermatologist, too. Make an appointment. Call 321.751.9097 or visit HF.org/dermatology

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Play
TO
WIN!

Spot the
Spotlight



Win a certificate for 1 Catering Box
that feeds 10 people from Jersey Mike's Subs

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

Marsha Gerber 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: Name the Advertisers, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197

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

Advertiser

Page #

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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Address _____

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After putting on protective gear, you are allowed to go in and smash anything and everything with baseball bats, sledge hammers and golf clubs. You must be 18 years of age, and you may have one more person join you in the room if you would like. It is an incredible release for stress, and a lot of fun.



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COMING SOON

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Where:

Health First's Viera Hospital
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Melbourne, FL 32940

When:

Sunday, April 29 at 7:30 a.m.

DID YOU KNOW?

An estimated 161,790 new cases of melanoma will be diagnosed in the U.S. this year.



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