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NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Greetings everyone! June is the month that ushers in summer..... and I do believe this summertime is going to be a hot one, especially if the past couple of weeks have been any indication. Please make sure you are keeping yourself well hydrated before you even think of going outside. It's good to remember that water is the best form of hydration, so drinking extra sodas, "Bryan", is not a good idea! You see, I too need a good preaching to as well.

As you already know, Spotlight Magazine is in print, on Facebook, Twitter, and on our Spotlight Magazine Website. But we are happy to announce that we're now introducing ourselves to SnapChat. SnapChat is a social media platform that is used for posting pictures and ten seconds short video clips that only last for twenty-four hours, then disappear from the platform. Throughout the month, we plan to post events, specials, current and potential advertisers, along with some personal experiences. This may provide you with an opportunity to get to know the publisher of Spotlight Magazine a little better! SnapChat is a free app that you can download from the app store on your mobile device. After signing up, under add friends, go to "add by username" and type in spotlightmag4 and you will find us. Snapchat looks like it can be a lot of fun, while at the same time, being informative!

This June, we would also like to focus the spotlight on our fathers. Father's Day is on the 19th this year, so take 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.

Remember to keep hydrated,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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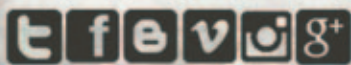


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REST STOP OR DESTINATION?

by Jim Campbell, First Baptist Church of Melbourne

Ever stopped at a rest stop on a long trip...those are great and peaceful. There's snacks and picnic tables. They are great, but I'd never want to live there. Why? Because it's a rest stop, I have a destination.

Have you ever been to a church where you feel like every minute you turn around, you have another meeting to attend? Maybe you've looked at your schedule, and said "Man, I'm at church every other night this week...sometimes, back to back." I know I have.

The writer of Hebrews tells us in places that getting together as a church is important and should have priority. Whether it's in a Worship Gathering or a Life Group or two Christians having lunch to share life and encourage each other, no doubt it's important. We encourage and are encouraged. Life's hard and God knew that having someone next to us that is going through the same thing is valuable and He created us to respond to that....but....

The church has a mission and a purpose for being here on Earth. There's a reason that we don't just follow Jesus straight to Heaven immediately.

We are left to help others understand who Christ is and to honor God with our lives in doing so. Most people who meet together as a church, are Christ followers, so there aren't that many people who don't know Jesus at church meetings. That creates a tension.

Should we stay or should we go? We should do both. Families who raise their children without a good balance, don't develop a mature understanding of the mission to share Christ because it must both be done through teaching AND in

practice. It's the place we can't wait to get back to or the place we can't wait to leave.

Because of the tension, church gatherings must always be rest stops, never destinations. When you are a faithful Christ follower you must remember that you haven't arrived, you just started the journey.

Craig Groeschel, a pastor/author, says that if you want to reach the people that no one is reaching you have to go to the places that no one is going...and you can't do that, if all your free time is spent meeting at church.

Holes need to exist in our church schedules for people to be free to go, to know people who don't know Christ but there has to be a balance. You never follow Christ well without a balance of this tension, and that means that sometimes Christians need to evaluate their church schedule and drop something. At Bay West, we tell people prioritize the worship service, meeting with a small group and then love Jesus by serving the world.

Is there balance with your outside activities and your church activities? Are you approaching your outside activities in light of your mission? Are you just going into autopilot? Consider the mission your destination.

Remember...enjoy the rest stops, but live for the destination.

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



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



An Elder-Friendly Community

Dear Friends,

Dr. Jema Hernandez, former secretary of the Department of Elder Affairs, coined the term elder friendly community fifteen years ago as a way to improve senior life in Florida. The Brevard County Board of County Commissioners designated Brevard as an elder friendly community in 2000, then tasked the Brevard County Commission on Aging with making that happen. Although elder friendly community promptly became a household word, like many government programs, it "died" due to lack of funding.

Development of elder friendly communities was not a revamping of small local cities, widening of sidewalks, putting in new lights so seniors could walk at night, or doing any other costly modifications. The answer was already there for us to see, we just had to recognize what was really meant by elder friendly communities—that is, informing, educating, and connecting seniors to available services.

Brevard has a wide range of services that assist seniors and their caregivers, but many people are unaware of these programs. In a 2015 Helping Seniors survey, seniors stated that the most needed service was information. Seniors want to know what is available that they can afford or at least access. In addition to information, seniors need education to understand the terminology of the care

system and the types of assistance offered. Finally, seniors need help getting connected to the care vehicle.

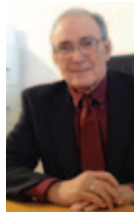
In 2011, Helping Seniors was formed to take advantage of a communication system that was already in place. We now broadcast a weekly radio show on WMEL 1060 AM, produce and air television shows 18 times a week on Bright House Networks and Space Coast Government TV, and write columns for Hometown News, Senior Scene and Spotlight Magazines, Al Dia Today, and Ebony News Today. Next, we needed to connect seniors. In August 2014, Helping Seniors hired an information specialist to link callers to the help they need. Since then, we have helped more than 1000 people access care.

So, how do we pay for all of this? We developed a nonprofit business plan comprised of United Way and Brevard County funding, private foundation and corporate support, an annual drive, and fundraisers. In December 2016, we will raffle a ruby red 1992 Jaguar with 38,000 miles. The sponsor is Gatto's Tire & Auto Service (www.gattos.com), and tickets will be available at all six of their locations. Thus, it becomes clear that community businesses will be part of the funding resources.

Once we determined the funding parameters, we needed to develop the education part of the plan. This involved researching community resources that actually make our community elder friendly. A good starting point is a long-term care manager such as Cathy Rowlands of Total Long-Term Care Consultants, who helps families get smarter in the care business. To understand the various elements of care, we can visit in-home care providers such as Seniors Helping Seniors, Levin Home Care, and Kindred At Home. Should you need an assisted living facility, there is Hibiscus Court on the mainland or Zon Beachside, a new facility in Indian Harbour Beach.

This is just the beginning of understanding the various parts of an elder friendly community. Stay tuned next month for a second part of a three-part series on creating an aging plan. For information on the services available to assist you and your loved ones age in place, call (321) 473-7770 or visit us at www.helpingseniorsofbrevard.org to see the television shows, radio shows, and articles that will help you develop your own aging plan. Information is power, and it's free at Helping Seniors of Brevard.

Joe Steckler, President



Helping Seniors of Brevard, 571 W. Haverty Court Suite W, Rockledge. Joe Steckler is the President of Helping Seniors of Brevard, a non-profit organization designed to advocate, educate, and fundraise on behalf of Brevard's senior citizens. Feel free to contact us at: info@helpingseniorsofbrevard.org or calling: 321-473-7770 ~www.helpingseniorsofbrevard.org

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The Actor's Group Orlando

Introducing their Second Location in Melbourne

by Bryan McDonough, Publisher of Spotlight Magazine

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

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

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

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



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

Bob Caso, actor-writer-producer.

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



Bob Caso



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

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

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

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Great prizes will be given away, including the Grand Prize, a 4 day/3 night all-inclusive stay for 2 at the gorgeous, Sunscape Puerto Vallarta Resort & Spa, courtesy of All About Travel and AMResorts & Spas. Brides and grooms-to-be can preregister and purchase tickets on BrevardBridalShow.com. Tickets are just \$8 in advance (online) and \$10 at the door. A limited number of VIP tickets are also available for \$25. Please visit our web site for more info about VIP tickets.

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-Jerry White



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Marketing in Social and Digital Media



Roy Garton has always enjoyed media in one form or another. Since his boyhood, Roy has either been in front of or behind the camera or microphone. As Social Media exploded, Roy spent his spare time following and researching the ever changing cycles of how communication has changed. "We are a very mobile society now and your smartphone now accounts for almost everything you do. From shopping, your emails, paying your bills, scheduling appointments, to even running your business." Roy further explains. His background in technology and broadcasting has allowed him to share his knowledge with other businesses who are looking for solutions



to their marketing plans. Mr. Garton especially loves working with small business owners who struggle with social media. "Many of these Mom and Pop business owners think having a Facebook landing page and a web site is all they need to do. Sad fact is many of these folks do not keep either site updated and there is so much more that they need to do to reach their market share." Garton stated. "Digital Video is a key part of marketing today. Many small business owners think that having a professional video is beyond their budget." Roy clarifies that video is now in use by businesses - not only on their web and Facebook pages - but also on Instagram, Vine, YouTube, Twitter, and Snapchat. It all circles back to mobility. The good news is video production for small business owners today is more affordable than they may realize.

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Roy earned his degree in journalism with a minor in marketing management. He holds certifications in social media and inbound marketing. Additionally, he is an accomplished professional actor and voice-over artist. He has appeared in various television series, local and national commercials and independent films. With a smile, Roy calls it his passionate hobby. For more information or to set an appointment for your business call FDMC Social and Digital Media at 321-759-7256 or email them at info@floridadudemarketingconcepts.com you can visit them on the web at www.floridadudemarketingconcepts.com FDMC is completely mobile with their production equipment and accepts all major credit cards.



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SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic C

From biking and hiking to walking and jogging, today's parents are keeping fit and bonding with their babies in the process. With an array of products unheard of a generation ago - like baby carriers, joggers and trailers - even the tiniest among us are enjoying the great outdoors. These items make life easier and more enjoyable for both parent and child, they can be the cause of pain and injury if not used properly

BIKING

When biking with a child on board, use a trailer, a rolling ride-along that hitches to the back end of a bike because it is safer than a carrier that sits directly on the bike. Trailers are better because of their added stability.

JOGGING

If you wish to go for a jog and bring your child along for the ride, the baby jogger is your best option. A baby jogger is a rolling pushcart that a parent can jog behind, using handlebars to maneuver.



BACKPACK-STYLE AND FRONT-SIDE BABY CARRIERS

For parents who prefer walking or hiking with their little ones, a backpack-style or front-side baby carrier could be for you. However, there are risks involved with carrying an infant on your back in a backpack-style carrier. The neck of a child less than one-year-old is not fully developed. It is important at that age that the head does not bob around. The backpack-type carrier is not ideal because the parent cannot watch to make sure the child's head is stable.

TAKE CARE OF YOURSELF

Finally, don't forget about your own health and comfort. When lifting a child to place him or her into a trailer or jogger, exercise caution. Don't bend from the waist, but begin in a 3-point squat and implement a two-stage lift that consists of a) pulling the child up to your chest and then b) lifting straight up with your leg muscles. Stay as close to the car seat or trailer as possible and place the child into it without reaching, stretching or twisting. The further the child is from your body, the more strain you will place on your spine and musculoskeletal system.



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The Advancement of SPORTS MASSAGE

A recent article emerged from "Massage & Bodywork" magazine featuring Jody Stork as a pioneer in the massage therapy field.

Karrie Osborn is senior editor at Associated Bodywork and credits Jody Stork in their most recent article, "An Invitation into the Clubhouse." The magazine notes her milestones in the advancement of sports massage when she began to make waves in the early 1990s. She worked with esteemed athletes to "help decrease their injuries and improve their performance through the use of sports massage." Not only was she hired to be the Florida Marlins' first massage therapist, she was also the first female therapist in major league baseball. Stork earned a World Series ring when the Marlins won the championship in 1997. She gained a prominent reputation providing her expertise and skills on such athletes as Dan Marino and Greg Norman; in addition, to working alongside with Florida Marlins executive vice president, Jonathan Mariner, and Hall of Fame athletic trainer, Larry Starr. Starr mentions, "One of the biggest problems was figuring out who would and wouldn't get a massage that day because everyone wanted a massage from Jody." Mariner agrees: "Massage in baseball is much more prevalent now. Just in the course of discussing the role of sports medicine in the clubhouse, the mention of massage therapists is just standard."

Jody Stork dedicated herself to this profession in a way far and few can ever claim. A leader in the massage therapy

field for 31 years, she became the founder and Director of her own massage school in 1991.

Space Coast Education Center is still a highly sought after school in the field of massage therapy and skin care education. After opening her school in 1991, Jody and her husband proceeded to begin another endeavor by becoming the founder of Space Coast Massage and Spa in 1994.

Jody Stork continually donates her time to help others. She possesses an eager and energetic spirit to share what she cares so deeply about. Unrivaled in her profession, she surpasses many by her constant good works and array of community involvement. Jody states, "I always want to be able to give back to our community

and I always try to instill that in my students and staff; because that's what's important. It's what you give and not what you get."

She continues to demonstrate her willingness to give back to the community by volunteering her time and sharing that passion with her students, instructors, assistant school director, spa professionals and massage therapists to show them the importance of community involvement. Students of Space Coast Education Center gave complimentary massages to the City of Palm Bay employees and their families, and to the Melbourne Police Department, the Police Dispatch/Communication Center and at the Florida Tech Health Fair.

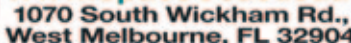
Jody Stork is nothing short of an advocate for helping those in need directly in our local community. She has given her time by volunteering and giving various gift certificates to local businesses and charities, such as: Candlelighters of Brevard, Wounded Warrior Project, The Haven, Nana's House, the American Legion, and the Sharing Center.

A force to be reckoned with, Jody Stork wants her students and therapists to be their very best, to unveil their greatest potential. An encouragement to her school graduates, she drives them to unlock and embrace their ability to heal others with the art of touch by promoting health & wellness through massage therapy techniques. She's provides a school like no other with her personal involvement in the education with the future of massage therapy.





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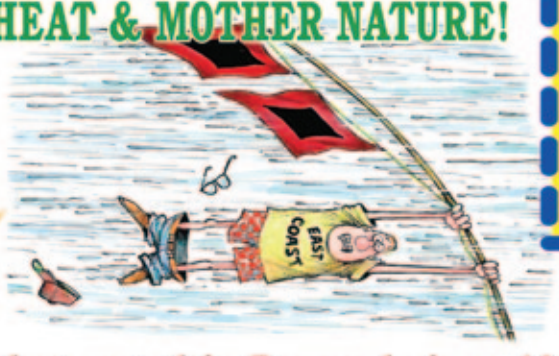
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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

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

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



Dear Val,
About six months ago, I started having really lucid dreams—at least I thought they were dreams; but lately, I've come to believe they're memories from a past life. I know this sounds crazy but they're very real and there's no way I could know certain events unless I've experienced them personally. For instance, I'm not Jewish but I have vivid memories of being in a concentration camp during World War II. One night, after such a dream, when I woke, I could still smell the room and people I was with. How is this even possible? I've been thinking about getting hypnotized to see what other things I may remember. I've spoken with one of my brothers about this and he said I've been deceived by Satan.
—Kay of W. Melbourne

Dear Kay,

Hebrews 9:27 says, "...man is destined to die once, after that, to face judgment." In other words, there are no do-overs. Reincarnation is just another big lie from Satan. I'm inclined to go along with your brother; however, there may be another explanation. Isn't it possible, you've watched scenes from a movie, or read a book, which touched your heart and stayed with you? This may be your way, in a subconscious manner, of empathizing with the victims of the Holocaust.

Incidentally, hypnosis leads to an altered state of consciousness leaving ones' mind open and vulnerable to outside suggestion. Scripture says to be watchful and "...self controlled and alert..." 1 Peter 5:8. The hypnotist isn't the only one attempting to modify behavior, Satan is too. It's best not to go there.

Dear Val,
Is hell literal—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! 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.

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



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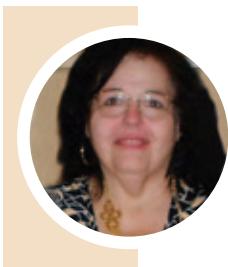
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FATHER'S DAY DINNER SPOTLIGHT ON COOKING

by Cecelia Danas



JUNE 19th

This Father's Day dinner is easy on Mom so the family can enjoy the day together. Remember — Be Creative!

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

Crock Pot Chicken Thighs

1/3 c. plus 2 tbsp. extra-virgin olive oil	black pepper	thyme
2 - 3 lb. bone-in chicken thighs	1 lb. baby red potatoes, quartered	Grated Parmesan, for serving
kosher salt	5 cloves Garlic, Chopped	Chopped fresh parsley, for serving
	2 tbsp. chopped fresh	

In a large skillet heat oil. Add chicken, season with salt and pepper, and sear until golden, 3 to 4 minutes, then flip and sear 3 minutes more.

then cover and cook on high for 4 hours or low for 8 hours, until potatoes are tender and chicken is fully cooked.

In a 6-quart slow-cooker, toss potatoes with olive oil, garlic, and thyme. Season generously with salt and pepper. Add chicken to slow cooker and toss gently,

Garnish with Parmesan and parsley and serve.

Serve with a side salad and dinner is served.



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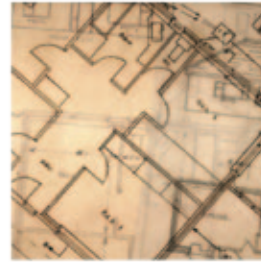
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4 Strategies to Accelerate

Shannon Burnett Gronich

Your Business in Any Economy

There are specific strategies that can help any business stand out from its competition and overcome challenging situations. This information is vital to the success of entrepreneurs looking to accelerate their business growth. No matter your product or service, you can rely on these four strategies:

■ **Develop a Compelling Elevator Pitch** - Being able to clearly articulate what it is that makes your business unique and the benefits it offers potential customers, is a craft that takes practice. Businesses that master this skill attract customers like a magnet.

■ **Collaborate and Create Partnerships** - This is something that most people shy away from because we are in a society focused on competition. Every business has 10 or more ways it can partner with another with no money down, no risk, and high return.

■ **Have Strong Mentors and Coaches** - Surround yourself with individuals better than you in the areas where you want to grow. Mentors and coaches with experience and insights can help you avoid costly mistakes and maneuver through business with knowledge and power.

■ **Mastermind Your Goals or Challenges** - This is one of the key strategies from Napoleon Hill's book, "Think and Grow Rich." Bringing together a group of individuals focused on supporting each other with a structured mastermind process can transform a problem into a solution in an instant.

When you combine all four elements, you can accelerate your business in record time, while avoiding many of the mistakes and missteps that destroy small business aspirations.

Luckily for area businesses, Brevard County has the Business Acceleration Summit, a unique business incubator event that brings together mentors

These mentors share their wisdom in a structured format that takes the guesswork out of implementing these strategies. The moment you register for the Summit, you'll be provided a complimentary business assessment with an individual "Business Catalyst," an expert who will help you accomplish your business goals. ■



About the author: Shannon Gronich has spent more than a decade building an international conscious business community by helping small businesses grow to their full potential through knowledge-sharing, marketing, and cooperative strategies. Known as the owner of an exclusive "Million Dollar Rolodex," she has produced over 300 events and conferences. A master at creating strategic alliances and developing sustainable partnerships, Shannon almost effortlessly resolves multiple, complex issues while motivating teams to peak performance. She is co-author of the Amazon #1 best seller, "Law of Business Attraction - The Secret of Cooperative Success" with T Harv Eker of "The Millionaire Mind."

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FREE WINDOWS 10 UPGRADE ENDING SOON

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

The Windows 10 free upgrade period is set to expire on July 29, 2016, so you have only a little time to figure things out. As long as you're running an updated version of either Windows 7 or 8.1, you're eligible for the free upgrade. Microsoft has made it clear that they have a long-term strategy to get everyone on the Windows 10 platform, so it's likely just a matter of time before you could be forced to use it. The simple solution, for anyone that wants to avoid paying \$119 for the Home edition or \$199 for the Pro edition later, is to upgrade now.

Windows 7 is Still King

Although only 15% of the world is using Windows 10, while nearly half of the world is still using Windows 7, if you were waiting for millions of others to test the new system's stability and compatibility, before you took the plunge, then there's no reason to wait any longer. If you didn't want to deal with learning a new operating system, and everything is working the way you

want it, you could wait to use Windows 10 until you buy your next computer. Microsoft will continue to support Windows 7 until 2020, but they recently announced that Windows 7 and 8.1 won't be supported on newer processors from Intel, AMD and Qualcomm (<http://goo.gl/rIFoFZ>), which means they'll only support it on older hardware.

If you're using really old software that won't run on Windows 10, you'll either need to update those programs or stick to your current version of Windows. Windows 10 runs reasonably well on older computers, so if plan on keeping your current system for a while, upgrading while it's still free makes sense.

Reserving a Free Upgrade

There is a way that you can 'reserve'

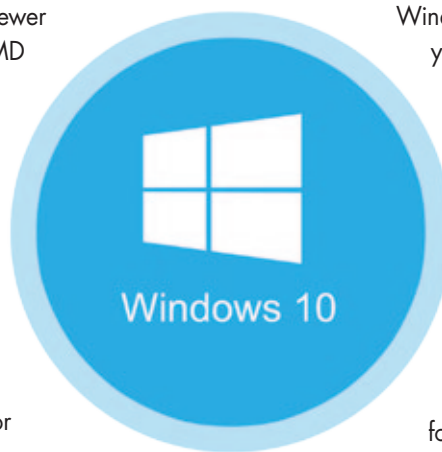
a free copy of Windows 10 in case you want to upgrade after July 29th, but it's a bit of work. The Windows 10 upgrade includes an option to roll-back to your previous version of

Windows, as long as you do so within 30 days. During the upgrade process, when you activate your copy of Windows 10, Microsoft generates a 'digital entitlement' for your specific computer, in case you ever need to reinstall in the

future. This only entitles your current computer hardware to the free upgrade, so if you get a new computer, or replace the motherboard in your existing one, the free upgrade will no longer work.

If you decide to use the 'upgrade and roll back' procedure, make sure you get a complete backup of your critical data first and have your existing Windows install disks handy, just in case something goes awry. If you know how to use imaging programs, making an image backup of your existing system and data is an even better way to protect yourself in case something goes wrong.

Because of all the variables, think through your current and future computing plans before deciding.



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Fighting Glaucoma

Laser procedure can eliminate or reduce the need for costly medication.

When computer programmer Kevin Gray needed a new pair of glasses, he got more than an updated prescription when he visited an optometrist. A routine exam revealed elevated pressure within his eyes. It was the first clue that he might have glaucoma, an eye disease that can cause irreversible vision loss if left untreated.



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

The optometrist referred Kevin to glaucoma specialist James N. McManus, MD, at The Eye Institute for Medicine & Surgery. After more testing, Dr. McManus confirmed Kevin had developed glaucoma and needed treatment to preserve his sight. "I wasn't having any other symptoms," Kevin recalls. "My grandmother had glaucoma, so I guess I've got the precursor for it."

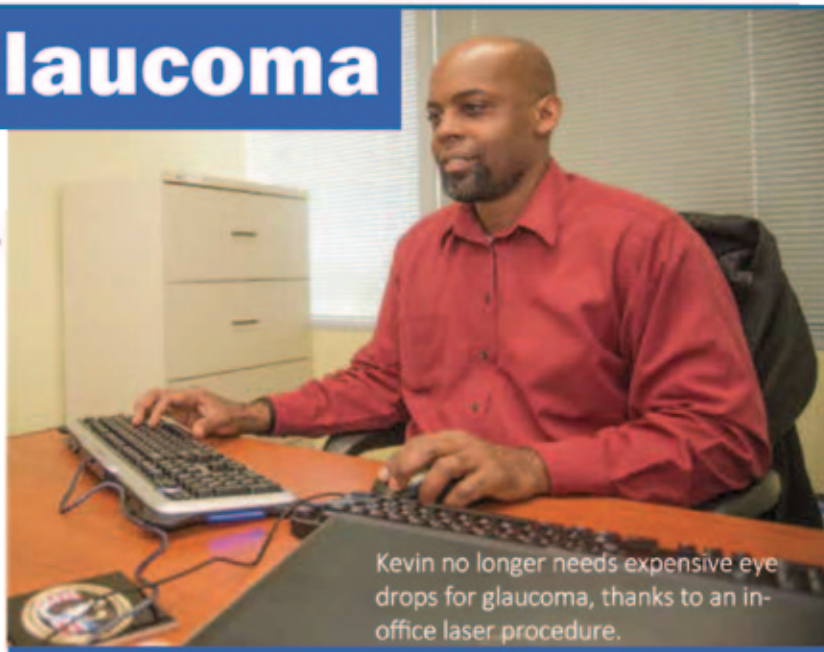
A symptom of glaucoma is increased intraocular pressure that damages the optic nerve over time. It is caused by poor drainage of the fluid that nourishes the eye's lens and cornea. The back-up of fluid increases pressure within the eye. Only in rare cases can patients feel this buildup of pressure.

Kevin was prescribed eye drops that control glaucoma by reducing eye pressure. His instructions were to place a single drop daily in each eye, a regimen

he faithfully followed for seven years. The eye drop therapy kept his glaucoma in check but became increasingly expensive. He was paying about \$100 every month for his prescription when he decided to look for another answer. "The eye drops were cost prohibitive," says Kevin.

Recently, he underwent an in-office procedure at The Eye Institute for Medicine & Surgery that made it possible to throw away the eye drops. The treatment is selective laser trabeculoplasty, or SLT, a brief laser procedure designed to increase fluid drainage inside the eye. SLT gently applies laser energy to the eye's drainage tissue, a tiny, spongy area called the trabecular meshwork. The result is better fluid drainage and therefore less pressure

"If someone has tried all the medicated drops available and they haven't responded, instead of having a more invasive surgery, this minimally invasive procedure can be done first," says Dr. Darlington, "It can be a safe alternative to control glaucoma."



Kevin no longer needs expensive eye drops for glaucoma, thanks to an in-office laser procedure.

on the optic nerve.

"I didn't feel any discomfort at all. It seemed similar to one of my routine eye exams," notes Kevin about having the procedure. "First, they applied some fluid to numb the eye. In all, it took less than five minutes. I had the first eye done, and the other eye was treated a week later."

Impressive Results

A recent chart study at The Eye Institute for Medicine & Surgery indicates that SLT can be an effective alternative to glaucoma medications and eye drops.

For the retrospective study, Dr. McManus reviewed more than 100 charts of his patients who have undergone SLT. "The results were very impressive," he reports. "Seventy-five of the hundred patients in the study either eliminated the need for their glaucoma medications or reduced the number of medications they needed to take on a daily basis."

Sixty-two of those patients were able to stop their glaucoma medications entirely. That is good news for many reasons, adds Dr. McManus. When SLT eliminates or reduces the need for daily eye drop therapy, patients who previously weren't taking glaucoma medications as directed or skipping doses be-

Fighting Glaucoma: Continued

cause of cost will no longer be risking vision loss. The latest generation of glaucoma medications is highly effective but requires the patient to be vigilant about compliance, notes Dr. McManus. Ignoring directions can, over time, lead to vision loss, even when a physician is following the patient.

Some patients may be non-compliant because of physical limitations. For example, they can't place drops correctly in the eye because of tremors due to Parkinson's disease or other neurologic disorders. Having a condition like rheumatoid arthritis can present challenges with even opening the medication bottle. Busy lifestyles can interfere with daily eye drop therapy, too.

"Many patients simply have numerous responsibilities and are always on the go. This is often why they forget to use their glaucoma medications every day," says Dr. McManus.

The high cost of glaucoma medications is another obstacle for many patients, he adds. When patients find the medications to be cost prohibitive, studies

have shown many will skip doses to make their supply of drops last longer. "It's understandable when patients feel that they can't afford their medication. But they are risking their vision. If vision loss occurs, it is frequently permanent," warns Dr. McManus.

The chart study at The Eye Institute for Medicine & Surgery also examined the potential financial impact on the US health care system when SLT eliminates the need for expensive eye drops to treat glaucoma.

Using life expectancy tables from the Social Security Administration, Dr. McManus and his team completed a cost analysis. Their conclusion: On average, when a patient no longer needs typical glaucoma medications, expected savings can be in excess of \$16,000 over his or her lifetime after being treated with SLT.

New Glaucoma Surgery

A new surgery for glaucoma is now available at The Eye Institute for Medicine & Surgery. Using a new device called the Kahook Dual Blade, glaucoma specialist Jason K. Darlington,

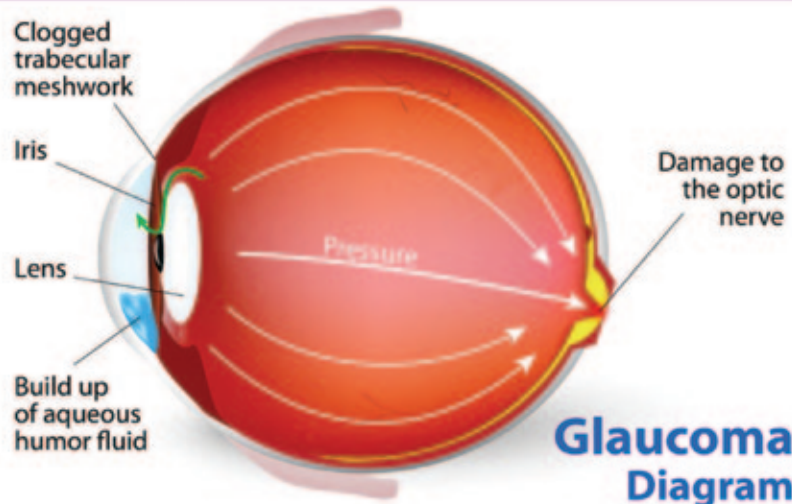
MD, is able to improve fluid drainage inside the eye to lower intraocular pressure and preserve the health of the optic nerve. The outpatient procedure is minimally invasive and takes less than 15 minutes.

"I can easily perform the surgery through a micro-incision, which is what makes it minimally invasive," assures Dr. Darlington.

"This is a very good procedure for patients who have a diagnosis of glaucoma and are undergoing cataract surgery. It can be done at the same time," he adds. "Afterward, they are likely to need less glaucoma medication or be off their medication entirely."

The Kahook procedure is also an alternative for glaucoma patients who have developed allergies to eye drops for glaucoma or aren't responding adequately to medications.

"If someone has tried all the medicated drops available and they haven't responded, instead of having a more invasive surgery, this minimally invasive procedure can be done first," says Dr. Darlington. "It can be a safe, alternative way to control glaucoma."



COMPREHENSIVE EYE CARE & EYE SURGERY

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

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

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**Win a Gift Certificate to
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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. 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: Word Search, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**



This month, we are proud to honor Joseph Kline as our Community Mover and Shaker. Joe is the Director of Peace Gap Ministry and the founding Board Member of Street to Home.

Following a historical pledge of access to housing by the Brevard County Housing Authority,

Joe was instrumental in starting a "Street to Home Campaign" to end chronic homelessness in Brevard County, Florida by December 31, 2017.

As of May 1, 2016, roughly 130 chronically homeless persons have been identified by name in Brevard County, including 33 in the Downtown Melbourne area. An investment of \$400,000 has been secured, enough to house and support 60 persons with an

85% housing stability success rate. Since the campaign began on December 1, 2015, 27 chronically homeless persons have been housed.

On Tuesday, May 10 of this year, the City Council of Melbourne unanimously pledged financial support of \$100,000/year beginning next fiscal year to the Street to Home movement for the purposes of expanding capacity through additional case management and a dedicated targeted street outreach worker.

Joe graduated from Melbourne Central Catholic in 1992, then attended Stetson University and New York University. He is married and has a 17 year old son, Ian. Joe says he has always been socially conscious, while looking for ways to better himself and the community around him.

This is why the plight of the homeless in the community has become a passion for Joe. He believes that chronic homelessness can be ended, and doing so makes both economic and moral sense. He says he reached a point where he was tired of waiting for others to do something about it, and realized that he, in fact, had the power to affect change.

It is because of his commitment and dedication, and his devotion to helping those in need that we believe Joe is so deserving of our thanks and this recognition.



Phyllis D. Smith, CPA
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June's CPA Tip Of The Month

What you should do if you get a letter in the MAIL from the IRS. Don't panic just read carefully and respond appropriately. Talk to your tax preparer to make sure it isn't a scam but don't ignore.



From L to R
Phyllis Smith, CPA 30+years
Alex Arebalo, Receptionist / Bookkeeping
Linda Robinson, Bookkeeping 20+years



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Remembering When: Growing Up in Brevard

by South Brevard Historical Society

We invite you to the next South Brevard Historical Society program titled "Remembering When: Growing up in Brevard". Since our first meeting on April 28, 1966 at the Palm Bay Civic Center, SBHS has brought together people interested in the history of Brevard County. This month's meeting will be a panel made up of several senior members who will share personal memories of growing up Brevard. Before we were known as the "Space Coast", Brevard was considered to be a "backwoods" area of Florida known mainly for its fishing, citrus and tourism.

Growing up in Brevard during the middle of the 20th century was very different than growing up in most other states in the country. Memories



include stopping at the Ice Plant on U.S. 1 to pick up a block of ice, catching shrimp from the river, to working late into the night trying to save a neighbor's citrus grove from the effects of a freeze. This program will bring us back to a very different era and promises to reveal the adventures and challenges to the families that called Brevard home.

This panel will be moderated by Bob Gross who also grew up in this area and continues to pursue a special

interest in our history as historian and anthropologist. Bob attended the first county-wide historical meeting at the age of 14, and was a charter officer of the SBHS. He graduated from the University of Florida with an undergraduate degree in Anthropology, is a member of the Indian River Anthropological Society and a life member of both the Florida Anthropological Society and the Southeastern Archaeological Conference.

The program is FREE and will be held on Saturday, June 11, 2016 (from 3:00pm – 4:00pm) at the Fee Avenue Melbourne Public Library (540 E. Fee Avenue, Melbourne, Florida).

Explore our website at www.southbrevardhistory.org for further information and a schedule of events.



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What Buyers Should Know about Real Estate Appraisals

As all Realtors are well aware, an appraisal is an integral part of the sales process. Sometimes, the appraisal can make or break the sale of a home. And it almost always comes with a strict time frame that must be adhered to.

But, for a lot of home buyers, the appraisal process can be confusing and frustrating. When a property doesn't appraise, people get upset. But what exactly is a real estate appraisal, and how does the process work?

What is an appraisal? Put generally, a home appraisal is a very educated guess as to how much a property is worth.

Who is qualified to do an appraisal? All states require real estate appraisers to be state licensed or certified in order to provide appraisals to federally regulated lenders. Licensing or certification at the state level requires that specific education and work experience standards be met.

Why is a home appraisal so important? Lenders require appraisals to be done on a property to determine the value before they decide to lend money to a buyer. No credible financial institution will lend a buyer money to purchase a home without an appraisal.

What factors go into deciding an appraisal price? There are many factors that appraisers have to consider when determining the valuation of a home. All key characteristics of a property are considered, including square footage, number of bedrooms and bathrooms, condition of the home, and - arguably the most important factor - recently sold comparables that are close in proximity to the property in question. Most Realtors agree that it's the property values in the area that are the main factor in determining a home's value.

How does a home appraisal affect a buyer's loan approval? If the home's value is supported, typically the house is appraised at or above the sales price and the loan goes through. However, occasionally the appraisal comes in less than the asking price. The next steps

taken will depend upon the lender's guidelines, the loan amount applied for, renegotiations between buyer and seller and anything else that may come up.

Who pays for the home appraisal? An appraisal is customarily paid for by a buyer, as it is part of obtaining a mortgage. Lenders usually require this payment POC (paid outside of closing.) This is a requirement by most appraisal companies, in order to avoid not being compensated for services should the property not close for any reason.

How long does the appraisal process take? It used to take a few days. However, in recent years, federal guidelines have changed the appraisal process. Time frames currently range between a week to two weeks, potentially more if there are extenuating circumstances. Underwriters now have the right to request more information about a house than they typically have in the past, and gathering the necessary data requires more time and effort on the part of the seller and the Realtor.

How do home appraisals differ from home inspections? Many first-time home buyers often get these two

confused, but they aren't the same thing. Both an appraiser and inspector will walk around the house and take a good look at it (typically the home inspection is done on a property first), but they're each at the house for different reasons. The appraiser is strictly looking at the value of the home; the inspector is looking for any issues with the home that may cause you financial hardship down the road.

And, finally, why are home appraisals important? The appraisal on a property will determine if the contract is acceptable to both the buyer and the seller, and their respective representation. The real estate contract should address the possibility that an appraisal could come in below the purchase price. If it does, the contract should have language in it that allows a buyer to terminate the contract or renegotiate the sales price.

If the guidelines are adhered to, and all deadlines are met, most property appraisals are performed without a hitch, enabling a buyer to purchase a property in a timely manner. Making everyone happy is why most Realtors got into their careers in the first place - and is arguably the most rewarding part of the job.



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Be very careful, then, how you live—not as unwise but as wise, (Ephesians 5:15)

There are three things every person on earth will have. No matter where in the world you live, what your beliefs are, what kind of person you are, who your parents are, or how you live your life, you will have three of the same things as every other person in this world. Each of us will have a date of birth, a date of death, and time in between.

Some of us have many, many years in between those two dates and some of us will only get a few. There are some of us that only get minutes or hours, but we all get something and in that time we shape the lives of the people around us and we leave a legacy.

What you do with your time will ultimately be the legacy, or story of your life that will be remembered. In Ephesians 5:15 we are reminded to live wisely. You don't have to be rich or come from a line of money or privilege. You don't have to have fancy things or have the best education. You don't have to be well known or popular. We see this in Ecclesiastes 9:15, "Now there lived in that city a man poor but wise, and

he saved the city by his wisdom. But nobody remembered that poor man."

Your name may not be remembered, but what you do with your time will be remembered forever. What will your dash say about you? I pray that mine will say that I loved Jesus, loved others, and brought people to know the Lord through love and compassion.



BIRTH

YOUR LEGACY

DEATH

Wisdom is not a material good, but a hot commodity that many of us are lacking. In our world today, we see more and more people living in the now and not for what we will

gain forever in eternity by the choices we are making. We see our children becoming increasingly greedy and self-absorbed. We see our society choosing various popular leaders instead of who is living a life that is pleasing to God.

Our dashes are looking grim, but as long as there is a "today", there is time to make a difference. Let's strive to leave a legacy of hope, of love, of joy, of compassion, of trust, and of loving Jesus. In Him, there is always hope for tomorrow.

Men's Conference | July 15

MAN NIGHT

Featuring
Pastor Tony Clark

The world's idea of manhood differs greatly from God's point of view. Today, society defines a successful man to be powerful, wealthy, prestigious, a "self-made man". However from God's perspective, success looks a lot different. God doesn't want a man to be self-sufficient. He wants a man to be God-reliant. When a man moves from society's definition of manhood to God's TRUTH of manhood, he gets to experience God's power in his life.

Join us on Friday, July 15, for CCM's Men's Conference. Our guest speaker will be Senior Pastor Tony Clark from Calvary Chapel Newport News, Virginia. As a former Marine and as a pastor, Tony has a passion to pour into men so they can experience all God does through a man committed to the Lord.

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Biblical Herbs: Good for What Ails You -Part 2

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

In Ezekiel 47:12 the Bible states, "And on the banks, on both sides of the river, there will grow all kinds of trees for food. Their leaves will not wither, nor their fruit fail, but they will bear fresh fruit every month, because the water for them flows from the sanctuary. Their fruit will be for food, and their leaves for healing." ESV



There are many verses in the Bible referencing herbs. The Bible mentions 128 plants that were part of everyday life in ancient Israel and its Mediterranean neighbors. Why struggle with illness, chronic health conditions and pain when you don't have to?

God's healing plants have been used throughout history for food and medicinal purposes.

This is Part 2 of a continuing series.

Saffron has been used to reduce fever, to regulate the menstrual cycle, to combat epilepsy and convulsions and to treat digestive disorders. Saffron today is used in weight loss supplements. Saffron is reported to decrease hunger cravings, especially for carbohydrates, helps with emotional eating, is exceptionally safe and healthy to use.

Mustard seeds contain mustard oil, the pungent, eye-watering antibacterial oil is very stimulating to circulation throughout the body, opens breathing and helps to kill germs while it clears congestion in the airways. Mustard can be applied in external plasters and poultices to clear chest congestion and ease achy joints. Mustard seed foot baths are a wonderful way to treat stubborn colds, sudden chills, and poor circulation.

Cumin is used to improve the digestive system, digestive tract spasms, relieve indigestion, improve respiratory problems, colic, flatulence and diarrhea, improve liver function, treatments for piles, insomnia, asthma, bronchitis, common colds, lactation, anemia, skin disorders, boils, inflammation, soreness and immunity. It will strengthen the immune system and aid in preventing cancer.

Always check with your healthcare provider before using any of the herbs mentioned.

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"I can hear the breeze rustling the leaves again!"

by Dan Taylor, Audioprosthologist, Mission Hearing

When our featured patient of the month, Jerry White

came to us, his visit was prompted like lots of other folks who make their first trip to us. Like others he was a bit apprehensive about coming in. Jerry had heard many of the horror stories about folks investing thousands of dollars, only to end up with their expensive investment in better hearing residing somewhere amongst their socks, and not in the ears of their users.

Like many others before him, Jerry was also still dealing with a basic denial that he even had a problem. But, with the assurances of his wife, and daughter, he had come in to see if there really was a problem with his hearing, or if folks were actually mumbling, as he suspected.

What Jerry had going for him was not only a willingness to find out, but also a supportive family. Jerry's wife, and family were well aware of how loud the TV was, and how many times they were having to repeat, or in some cases, had just found him sitting alone, and not participating.

Being legally blind, Jerry is critically aware of how important his hearing is to his situation. He has memories of many of his family members with the same vision condition just sitting idly by as they too lost hearing and were no longer able to enjoy life in the hearing world. He knew he would be relying more and more on his hearing to keep

in touch with the world, and those he loved.

Well, within about forty-five minutes of Jerry coming in, we had him fit with set of instruments, on the budget that he was able to work with. Not only had we brought the level of the television back to within levels comfortable for the rest of the family, his wife and daughter no longer have to repeat several times before Jerry understands.

"I just didn't realize how much I was missing." was the report Jerry, like many others we've helped before him, informed us on his first check up.

"I can hear the breeze rustling the leaves in the tops of the trees again. I



haven't been able to hear those sounds for years, and forgot how much I missed hearing them, and the other sounds of life around me."

So, if you are like Jerry, and your loved ones are telling you you're running the TV too loud, or missing out on those important family get togethers, take a tip from Jerry White, and come on in, and see about it. We specialize in providing personalized fun, life changing, experiences in better hearing, on a budget you can afford.

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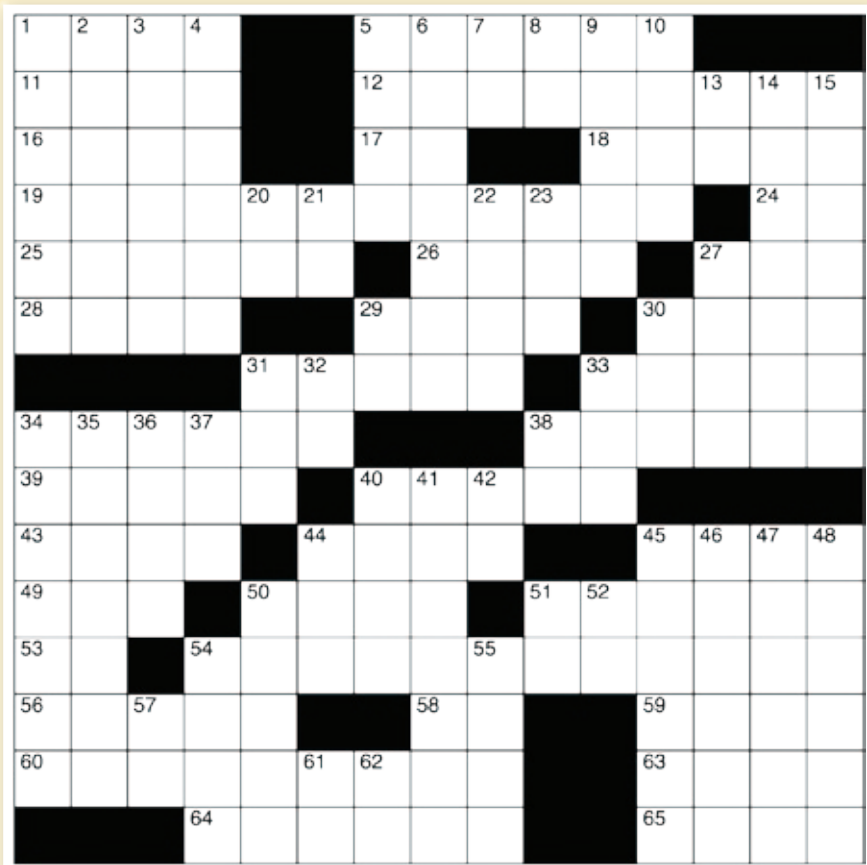
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clues ACROSS

1. Impudence
5. Female garment
11. Not twice
12. Mention one by one
16. Cowbarn (British)
17. Promotional material
18. Argentinian artist Zeta
19. South Park guys' musical
24. Letter of the Greek alphabet
25. Comes into
26. VVV
27. Weaken
28. Costly
29. Weight
30. Financial obligation
31. A way to expel
33. Anoint
34. Stems
38. Belittled

39. Refrain from harming
40. Relating to odors
43. Helps animals metabolize nitrogen-containing compounds
44. Make neat
45. Ancient Greek sophist
49. A quantity of no importance
50. Used to have (Scottish)
51. Straighten
53. Early multimedia
54. Recommending
56. Greek sorceress
58. Michigan
59. Off-Broadway theater award
60. Watered
63. Small Eurasian deer that lack visible tails
64. Basic amino acid
65. A way to pick

Spotlight Crossword Puzzle

clues DOWN

1. Wept
2. All persons
3. Pouches of skin
4. Locates missile targets
5. Furrow
6. Michael Chiklis grew up here
7. Ruthenium
8. Sacred Hindu syllable
9. Roman biographer
10. A way to smile
13. Atomic number 13
14. Can be domesticated
15. Exploded
20. An alternative
21. Foreign Service
22. Robbed by force
23. Made the acquaintance of
27. Bishops' seats of authority
29. "Tiny Bubbles" singer
30. Deoxyribonucleic acid
31. Plural present of be
32. College degree
33. Basics
34. High sea wave
35. Go against flow
36. Tree native to India
37. A major division of geological time
38. Yakut God of Light __ Toyon
40. Utah city
41. Supporting musicians
42. Magnesium
44. Scottish cap (slang)
45. Performing artists
46. Slang for mistake
47. More well ventilated
48. Most guileful
50. Grinder
51. University of Dayton
52. Sodium
54. Fashion designer Chapman
55. Brood of pheasant
57. Doolittle was one
61. Equally
62. "Bring Em Out" rapper

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Women now have a new partner to help them detect and fight breast cancer. Health First is pleased to announce the opening of its new Breast Center located on the north end of Health First Medical Group's Gateway location. The Health First Breast Center offers state-of-the-art screening and diagnostic mammography, tomosynthesis (3D) mammography, breast ultrasound, breast MRI, breast biopsy and pre-surgical procedures. Patients have full access to highly trained and experienced breast surgeons.

"With advances in breast imaging, we are able to diagnose breast cancers at earlier stages," said Health First Medical Group CEO Dr. Jeffrey Stalnaker. "The new Health First Breast Center uses advanced technologies and treatments, ensuring our patients a comprehensive, timely and personalized approach to breast health."

The Breast Center offers a comprehensive breast program with specialists managing every phase of care. Patients receive state-of-the-art, coordinated, multi-disciplinary care in a compassionate



and supportive environment. In addition to an experienced team of medical professionals, including specialized breast imaging radiologists, the Breast Center also provides a nurse navigator to help patients and their families as an advocate, support system and resource provider guiding them compassionately through the process. Additionally, the navigator recommends resources and coordinates referrals for social workers, psychologists and support groups to help with the emotional side of the cancer diagnosis.

All these services are provided in a feel spa-like atmosphere to help patients feel relaxed and comfortable during what can be a difficult diagnosis and journey.

According to the American Cancer Society, breast cancer is the most common cancer in women, accounting for nearly 1 in 3 cancers diagnosed in US women.



Many of the known risk factors for breast cancer such as age, family history, early menstrual period, and late menopause are things we can't control. However, other factors that increase breast cancer risk can be corrected or changed including postmenopausal obesity, use of estrogen and progestin, alcohol consumption, and physical inactivity.

The Health First Breast Program Clinical Committee recommends annual screening mammograms for women over the age of 40 without other significant risk factors. Patients can schedule their screening mammogram online at HFnow.org.

Patients can schedule their screening mammogram online at HFnow.org. Health First offers Breast Imaging at 7 locations throughout Brevard County. Please call 321-434-6100 to schedule a location near you to visit www.HFbreasthealth.org for more information.

PUZZLE [PG42] SOLUTION How well did you do?

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

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