

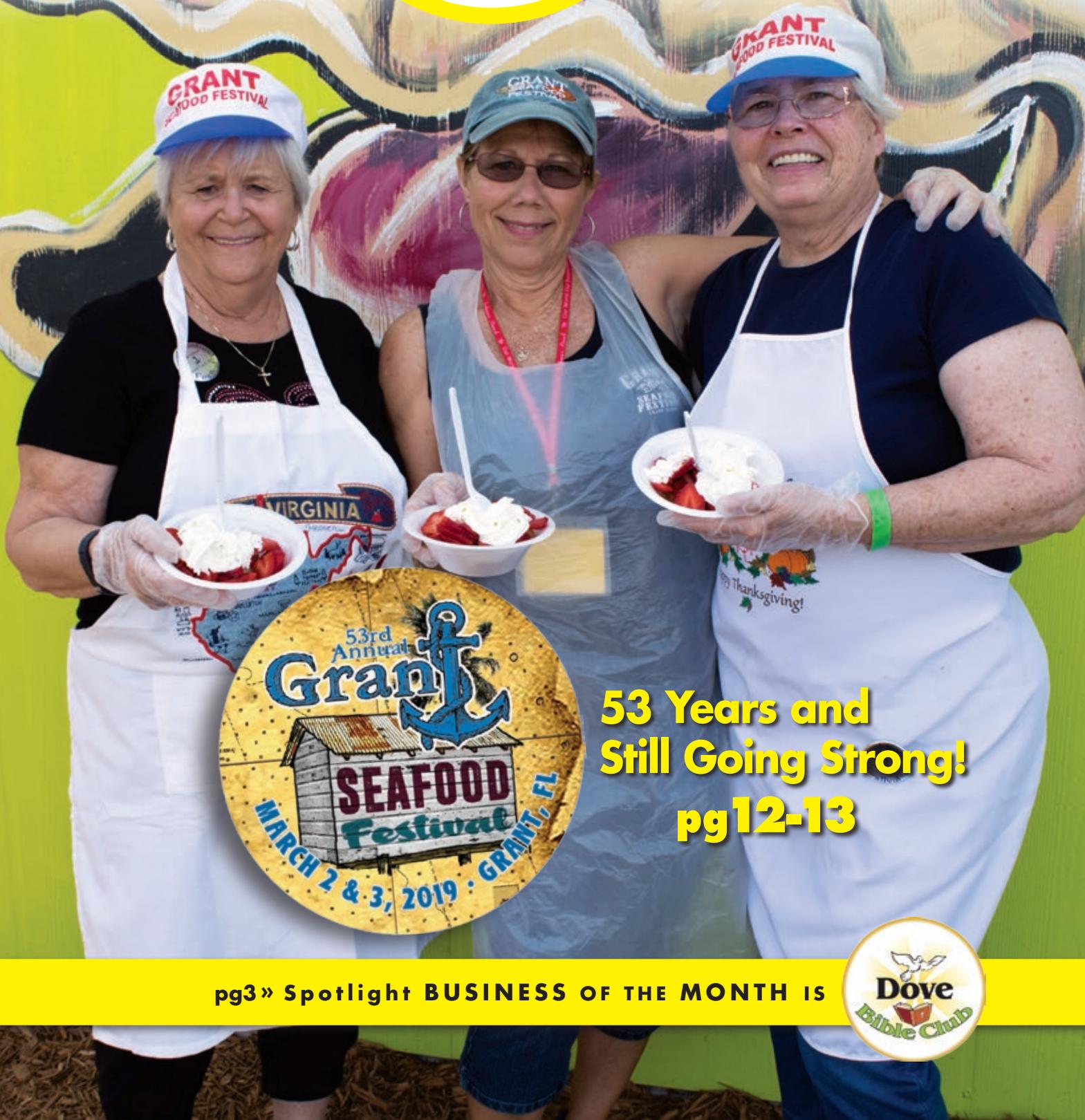
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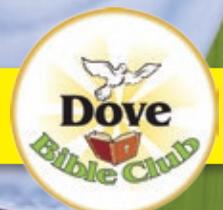
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Keeping You in the Light



**53 Years and
Still Going Strong!
pg 12-13**

pg3» Spotlight BUSINESS OF THE MONTH IS





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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

I would like to welcome you to our February issue of Spotlight Magazine!

As the 14th of this month approaches, here is a little something to think about. Valentine's Day, the day that is associated with love, is the day that we think about those who mean the most to us. But as nice as it is to honor our loved ones on this special day, we need to remember that every day should be a day that we think about those we love.

Expressing love should not be limited to one day a year. We need to make the time and take the time to speak kind words to one another. We should go out of our way to show the special people in our lives that we care. "Love" is not just a feeling, but an on-going commitment that we all should be making to each other throughout the whole year. Demonstrating our love should not be reserved just for birthdays and holidays. Try to remember this, striving to make every day a special day for the ones we love will speak volumes. In turn, when those holidays and special days roll around, they will be appreciated and embraced even more.

On another topic, did you know that each issue of Spotlight magazine can be viewed on our website and Facebook page each month? You can even visit our archived issues section of the website to check out issues that go back for the past three years. By offering this service, we give you the option of going online each month or picking up a hard copy of our magazine at one of the many locations where Spotlight is distributed. Our website is www.spotlightbrevard.com. It is really that easy to enjoy Spotlight magazine each month; a copy can be right at your finger tips any time of the day or night! Thank you again for being one of the many loyal readers of Spotlight. Without you, we would not be the quality, informative, uplifting publication that we are.

May God bless you, and keep you well!

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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A MONTHLY PUBLICATION
February 2019 | Volume 22 | Issue 02

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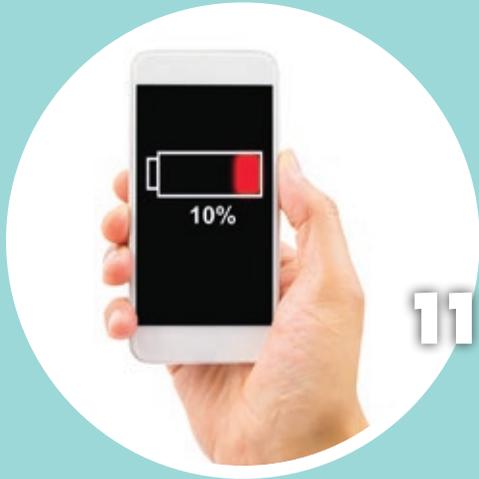
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LITTLE THINGS DON'T MATTER, RIGHT?

Jim Campbell, Pastor, Bay West Church of Palm Bay

Okay...raise your hand about who started out 2019 on fire and hit the gym like a boss?

Great! Now raise your hand if you are still going? Okay, not so many. There's a reason that gyms get a bunch of new members every January, but they don't last long...in fact, most all aren't going any more by July. Why is that?

A popular saying is that "we overestimate what we can do in the short-term and underestimate what we can do in the long term." Often, we begin a project at home, thinking that we can knock this out in a day, and as the project grows before our eyes with things we didn't see, we become demotivated and those shelves never get put up in the closet...metaphorically speaking, of course.

There was a prophet in the Old Testament named Elisha. He was the rich son of a wealthy family, and God told Elijah, a top prophet, to go tab Elisha as his successor. For 18 years, we don't really hear anything about Elisha. The only thing we know about Elisha for 18 years was that he washed Elijah's hands. He was Elisha's "Water Boy". "That's some high quality H2O there" Finally, Elijah passes on his mantle (that's where that phrase comes from) to Elisha, then calls a Heaven Uber and checks out.

One day, 3 kings are going to battle and on their march, they run out of water for their armies. They are freaking out, looking for help and then all of a sudden, one of their officers remembers Elisha, and tells the King. He doesn't identify Elisha as a guy who healed the water of a town or the guy for whom bears take out people who make fun of him (both true), but the he identifies him as "the man who

poured water over Elijah's hands". The small thing, done consistently, made the biggest impact on this guy. So much so, that this became Elisha's identity. Elisha helps the kings,



and becomes the main prophet in Israel for 60 years, and most of this miracles have to do with water.

Craig Groeschel, a popular author/pastor, made this statement..."Little things, done consistently over time have larger impact than big things done once." Elisha's reputation is a product of that phrase. Weight loss done slowly usually stays off and weight lost quickly usually comes back. What little thing are you putting off because you think it doesn't matter? Reading 15 minutes a day could get you 50 books read in 5 years. Memorizing 2 verses in the Bible a month could have you memorizing an entire Bible book in 5 years.

The next time you want big change, start small. You might even find out that after a few years of "insignificant" activity, that this activity has become both your identity and your honor.



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Understanding the JARGON OF HEALTH INSURANCE

The world of healthcare can be confusing to navigate. Before the prevalence of health maintenance organizations and various other health and wellness insurance groups, obtaining medical assistance involved going to the doctor and then paying the bill. But today people must navigate copayments, coinsurance, deductibles, and savings plans, which can make it difficult to understand what's going on with your insurance company.



Healthcare is standardized in some areas of the world and publicly financed with little to no out-of-pocket costs for participating citizens. Elsewhere, access to health insurance is provided through employers or government assistance programs or individually purchased.

Understanding some health insurance-related jargon is a great way to better educate oneself about the industry.

BENEFIT PERIOD: The benefit period refers to the duration of time services are covered under your plan. It is usually a

calendar year from the point of start to end. It may begin each year on an anniversary date when you first received coverage.

COINSURANCE: This is a percentage of the cost of services rendered in specific areas outlined by the health plan that you are responsible for after a deductible is met. For example, a plan may

cover 85 percent of costs, with patients responsible for the remaining 15.

COPAYMENT (COPAY): A copayment refers to the flat rate you pay to a provider at the time you receive services. Some plans do not have copays.

DEDUCTIBLE: The amount you pay for health services before the insurance company pays. You must meet a set limit, which varies by plan and provider, before insurance will kick in and cover the remaining costs during the benefit period. Many plans have a \$2,000 per person deductible. This deductible renews with each calendar year.

HMO: A health maintenance organization offers services only with specific HMO providers. Referrals from a primary care doctor often are needed to see specialists.

HSA: A health savings account enables you to set aside pre-tax income up to a certain limit for certain medical expenses.

LONG-TERM CARE INSURANCE: A specific healthcare plan that can be used for in-home nursing care or to pay for the medical services and room and board for assisted living/nursing home facilities.

NETWORK PROVIDER: This is a healthcare provider who is part of a plan's network. Many insurance companies negotiate set rates with providers to keep costs low. They will only pay out a greater percentage to network providers.

NON-NETWORK PROVIDER: A healthcare provider who is not part of a plan's network. Costs may be higher if you visit a non-network provider or if you are not covered at all.

PPO: A preferred provider organization is a type of insurance plan that offers more extensive coverage for in-network services, but offer additional coverage for out-of-network services.

Navigating health insurance is easier when policy holders understand some common industry jargon.

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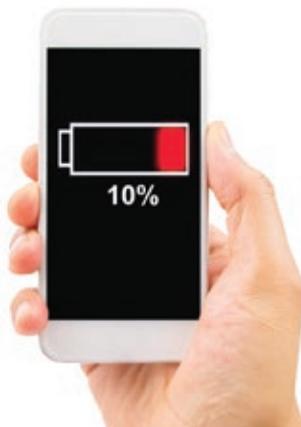
Simple Tricks to Extend the Life of your Smartphone Battery

At one point or another, all smartphone users have reached for their phones to look up directions or use an app only to find the phone's battery power is very low or completely wiped out. Such incidences play out each day, frustrating smartphone users, especially on those occasions when they haven't used their phones enough to seemingly merit a drained battery.

Some smartphone battery issues can only be remedied by replacing the battery or even the phone itself. But many issues can be addressed with a few simple tricks designed to ensure phones aren't needlessly consuming battery power.

Set up quicker timeouts. Screen timeouts refer to how long a screen stays lit after receiving input. A lit screen is consuming battery power even if the phone's user isn't using the phone. Choosing the shortest available screen timeout time, which is 15 seconds on many smartphones, reduces the amount of time the screen is lit and using battery power. Go into your phone's settings to adjust the screen timeout duration.

Dim the screen brightness. An especially bright smartphone screen also consumes significant battery power. If your phone has it, utilize the auto-brightness feature, which automatically adjusts the brightness of the screen based on the lighting in the room you happen to be in when using your phone.



This ensures your screen isn't needlessly bright in rooms with adequate ambient lighting, saving battery power as a result.

Disable and/or delete apps you don't use.

Chances are strong that right now your smartphone is running apps you aren't using and aren't even aware are on your phone. Access the device maintenance menu on your phone to see which apps are currently running and consuming battery power, and turn off any you aren't using, even deleting those you never use. In addition, access the settings menu on your phone and make sure that background apps aren't automatically running each

time you turn the phone on.

Turn off wireless services. Wireless services, including Wi-Fi, Bluetooth and GPS, consume a lot of battery power, even when you aren't using them. That's because, unless they're turned off, they're constantly looking to connect. By turning them off when you aren't using them, you can extend your smartphone's battery power by a significant margin each day.

No one wants to deal with a drained smartphone battery. Thankfully, a few simple steps can reduce the likelihood that smartphone batteries needlessly consume power throughout the day.



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53 Years and still Going Strong!

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We always try to keep a large variety of choices to choose from such as deviled crab, shrimp, gator bites, clam linguine, scallops, calamari and so much more.

The Grant Community Club is still operating the Grant Seafood Festival with all volunteers, some are 3rd and 4th family generations, from preparing the grounds which starts the first Sunday in January, with setting up booths, repainting, building signs, erecting stand-up tables to preparing, cooking, and serving all the food and drinks as well as those in the parking lots.

Along with all the delicious choices of food, we have an arts & crafts area with over 100 exhibitors, a community service area, the Grant Historical House tent, a library book sale, a small playground for the kids and continuous entertainment plus a special tent displaying information and photos on the history of the Grant Seafood Festival.



The Grant Community Club has continued to use the monies raised from the festival to go directly to its community center & grounds, the Grant Library, the "Benson House" historical home on US1, the Grant Cemetery, children's parties throughout the year, neighborhood block parties, assisting residents in need and providing nearly \$50,000 annually in schools scholarships to our residents and volunteers.

We are still a small town...caring for our residents, giving to our community and remembering how we began.



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Did You Know?

Sweethearts who want to keep their relationships running strong know that Valentine's Day is

celebrated each year on February 14. But even the most ardent Valentine's Day enthusiast might not know just why this day designed for lovers to express their affections for one another is celebrated in mid-February. According to the Library of Congress, it's hard to pinpoint exactly why Valentine's Day is celebrated on February 14, though the date might have ties to the ancient Roman celebration of Lupercalia. Lupercalia was a spring festival celebrated each year on February 15. The holiday was moved to February 14 after the spread of Christianity. The Christian faith had several early martyrs named Valentine, and each of them were celebrated with a saint day on February 14. But the unique history of Valentine's Day and its association with February 14 as well as its romantic sentiments does not end there. The Library of Congress also notes that, in the Middle Ages, people believed birds selected their mates on February 14. So, it was not uncommon for lovers to recite prose to one another on this date.

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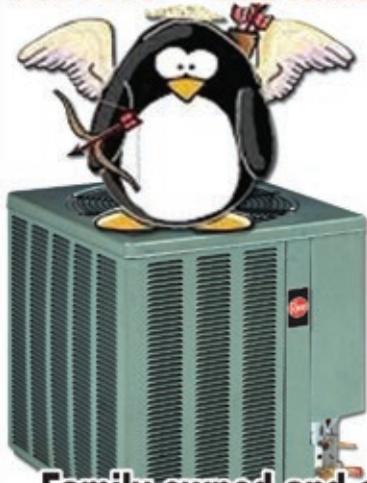
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CHIROPRACTIC CARE IS VERY IMPORTANT DURING PREGNANCY

Dr. Deanna Carlisle, Carlisle Chiropractic Center

One of the most important times for a woman to receive chiropractic care is during her pregnancy.

From the moment of conception, your body goes through a series of changes. Back, pelvic and postural changes can cause unwanted pain and discomfort. Two hormone levels, Relaxin and Progesterone, are very high during pregnancy. While these hormones are absolutely critical for a successful pregnancy, they also can make exercise more difficult. Because the ligaments are looser, pregnant women may be at greater risk for misalignment or fixation of the spine. The good news is, chiropractic can help!

How can chiropractic help?

Your spine is made up of 24 independent vertebrae that enable your body to twist, bend and move. It also helps protect the delicate central nervous system that controls and coordinates every cell, tissue and organ of the body.



Subluxations of the spine, commonly known as joint dysfunctions or misalignments, occur when two or more vertebrae become restricted and interfere with the body's ability to communicate with itself. Joint dysfunctions during pregnancy can be caused by the changes taking place in your body as it prepares to support you and your new bundle of joy.

Changes such as weight gain in the abdomen, poor posture and rotation of the pelvis force the body to unnaturally adapt to additional stress placed on the spine. These changes negatively affect joint function and nerve communication throughout the body.

Chiropractors are trained to locate and correct joint dysfunctions by applying a gentle, targeted movement to the body's spinal column and extremities—where and when needed—restoring proper joint function and improving nerve communication throughout the body. This non-invasive technique is commonly known as a chiropractic adjustment.

Chiropractors are highly trained to gently provide adjustments for women who are pregnant. Many chiropractors not only have special techniques to help keep moms safe and comfortable during adjustments, but tools such as pregnancy pillows to help them as well. Pregnant moms who take the time to visit a chiropractor during their pregnancy will find that their overall pregnancy can be more comfortable and enjoyable as they keep their bodies — and their babies — healthy.



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HOW TO SANITIZE A MOBILE PHONE

The most germ-addled item in your home may not be the toilet or the kitchen sponge. Mobile phones pick up bacteria wherever they go. In addition, users touch their phones an average of 47 times a day according to the national average determined by a Deloitte research survey, introducing new contaminants to the device each time they do so.



Researchers at the University of Arizona found that cell phones carry 10 times more bacteria than many toilet seats, and there may be as many as 17,000 bacterial gene

copies on the average high-schooler's phone.

While cell phone safety often focuses on protecting data, smartphone users also should consider keeping their phones clean to remove the potentially harmful microbes that accumulate on phones every day.

Avoid excess moisture when cleaning cell phones, advises the home and lifestyle experts at The Spruce as moisture can damage internal components. Most cell phone screens have an oleophobic coating that repels oils from hands and fingers. Harsh cleansers or abrasive materials on the glass can prematurely remove this coating and/or scratch the surface.

While you clean at your own risk, many tech experts suggest a spray mixture of distilled water and isopropyl alcohol applied to a microfiber cloth to remove surface contaminants. Don't directly wet the phone. There also are pre-packaged cleansers sold for electronics usage. Invest in an antimicrobial cover to provide an added layer of protection for the phone.

Other ways to keep a phone clean are to wash your hands before use and to try to keep the phone away from areas that may be vulnerable to germs, such as bathrooms.



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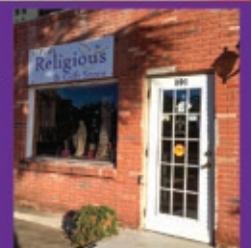
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Engaging in loving relationships is an important part of a fulfilled life and a necessary part of healthy and successful living. Being in love enriches our lives and add to our enjoyment to being alive, plus it has great health benefits. Following are results of scientific studies on love.

1. Improves mental health: Being in love makes us feel elated and affects the brain. It increases dopamine brain activity, which is associated with optimism, energy and a sense of well-being. By stimulating the brain's reward pathway dopamine it reduces depression, anxiety, stress and pain.

2. Improves heart health: When in a loving relationships you experience less stress, lower blood pressure, which in turn improves cardiovascular health by reducing risks of a heart attack. Compared to their partnered peers, single folks face a 58-66% greater risk of cardiac events.

3. Improves your immune system: Loving relationships give the immune system a boost. Studies found that people who exhibit positive emotions are less likely to get sick after exposure to cold or flu viruses.

4. Improves wound healing: The power of a loving relationship make flesh

wounds heal faster. Research has shown wounds healed nearly twice as fast in people with loving relationships.

5. Improves chance of living longer: Studies indicate that loving relationships can help you live longer. Loving relationships ward off feelings of isolation and loneliness which are associated with all-cause mortality (dying for any reason). You live longer because you feel loved and connected.

Simple loving things you can do daily with your partner:

Hug your partner you love every day.

Be more playful and say "I Love You" to your partner daily.

Bring more joy and laughter into your lives each day.

Do an act of kindness for your partner daily.

Have a Happy Valentine's Day!

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Sentiments that the Colors of ROSES ARE MEANT TO CONVEY

Roses are a popular gift on Valentine's Day. When accompanied by a box of chocolates, a bouquet of long-stemmed roses is sure to make a sweetheart smile on February 14.

Few people may know that the color of a rose is meant to convey a certain message. As a result, even the most head-over-heels-in-love man

or woman may not be saying what they mean to say when giving roses. If that special someone has a favorite color of rose, then it might be wise to give that color regardless of what tradition suggests. But when sweethearts have no such preferences, it might be best to keep this guide, courtesy of ProFlowers®, in mind.



Red: Red roses say "I love you." Red is symbolic of love, especially romantic love. Red also symbolizes beauty, courage and respect.

Pink: Pink is a popular color on Valentine's Day, but sweethearts should know that pink roses say "Thank you," which makes them a better choice for friends than lovers.

White: White roses say "I am the one for you." White symbolizes true love, purity, innocence, reverence, humility, youthfulness, and charm.

Yellow: Yellow roses say "We're friends and I care about you." Joy, gladness, friendship, delight, and remembrance are just a few of the sentiments yellow conveys.

Yellow with red tip: Yellow roses may be best for friends, but yellow roses with red tips say "I'm falling in love with you."

Orange/coral: Another awe-inspiring color, orange/coral roses say "I want you in my life." This color indicates desire, enthusiasm and fascination.

Red and white together: A mixed bouquet of red and white roses says "We are a great match."

Peach: Peach symbolizes intimacy, telling a lover, "Let's make this a memorable Valentine's Day."

Different color roses say different things, meaning Valentine's Day celebrants can find a rose to convey any message they hope to send this February 14.



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LOVE LANGUAGES FOR BUSINESS

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



In his 2016 best-selling book *The 5 Love Languages*, Gary Chapman helped couples understand how to identify their own love language, the language of their spouse/partner and how to work with these to communicate better.

If a husband was conscious of sharing words of gratitude and admiration for his wife, but the wife was motivated by acts of service or quality time, there might be a breakdown in communication leading to issues in the marriage.

In business, while we aren't thinking of communication for romantic love, these same language preferences, both verbal and nonverbal, play into having successful work relationships. If you are a manager, you should pay particular attention to the languages of your team members.

In Chapman's work, he identifies five languages for couples in love. These include: Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch.

For business, I identify four appreciation languages that are critical in the workforce. Physical touch doesn't usually apply.

Words of Affirmation

Many employees and team members are motivated by the old fashioned "atta boy." Letting someone know that you



appreciate what they have done and their skills can be a huge motivating force. As a manager or team member, take time to identify what those around you do well and compliment them.

The issue is that many people stop here. They assume that words of appreciation and encouragement are the only

things needed by those they work with.

Acts of Service

Jumping in to help someone on a project or trying to complete a deadline can be a huge connector between you and your team. Always do this as a form of support without asking for something in return. For someone who has acts of service as a language, helping out can form a longstanding bond and business friendship.

Receiving Gifts

Many think of gifts in terms of raises or monetary bonuses, and for many those are motivating. It's important to remember that not everyone is motivated by income, so don't go to this as the be all end all language. Aside from monetary bonuses simple gifts with a thank you, like a chocolate bar or Starbucks gift card can go a long way.

Quality Time

At first glance, you may think Quality Time is a strange language in the workplace, and yet this is where Mentoring enters the equation. Quality mentorship is one of the great gifts you can provide. And if you have the opportunity to work with a quality mentor, do it. This could put you on the road to success in business and life.

So what's your appreciation language? What motivates you to move forward? For more information, visit KimShivler.com/appreciation.

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



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How exactly did our business begin?

I owned a limousine business, and one day had a problem with one of my power windows. It was something I needed to take care of quickly, and since this was way before the days of Google, I looked up "Power Window Repair" in the yellow pages. To my surprise, there was no such listing, not even a topical heading! So I got my tool kit out and went to work, eventually making the repair myself.

Over the next 2 years, after fine-tuning my skills, and repairing windows not only for my own cars, but for friends and colleagues, I decided to give the business a go. Our first operation was called "Discount Power Window Repair." Using a 1982 Chevy Chevette as our first work vehicle was very humbling in the beginning as well. We also worked back then with a beeper, and I had to find a payphone whenever I got a call. All my tools were power driven off the electric grid, so it was tough going to say the least. Eventually, I bought my first battery-powered tool and a cell phone and Power Window Repair was off and running.

After much success in the next 4 years, I franchised the business and established "Express Power Window Repair" in 9 locations in 6 states and even one in the UK.

After 9/11, franchising became more difficult and we eventually allowed the other operations to work independently and we again were on our own.

Moving to Melbourne in 2007, we began operations here, and quickly grew on our past successes. There are actually copy cats out there now, so be sure you are dealing with the genuine article. Ask for a name, and if it isn't Mark Roehrig, (pronounced



Rowe-Rig) it's not "Mobile Power Window Repair." We service mainly American and Japanese vehicles, but do put up windows on some European cars. Our mobile area includes from Grant in the south to Rockledge in the north, although several satisfied customers have traveled to me from towns much further away than our service area.

To all our past customers, thank you so much for your support, and your continued references to new customer acquisitions. God bless, and Praise the one and only God, Jesus Christ our Lord, in 3 parts, Father, Son and Holy Spirit.

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Kitchen Remodel - Average return at resale: 91%
A complete kitchen remodel will be expensive, but it's an investment that will often pay off. A full package can be the factor that puts you above the competition and will have buyers competing over your house. If the values of homes in your community have increased, and your kitchen isn't up to par, consider a major remodel rather than small fix-ups.

Bathroom Remodel - Average return at resale: 93.2%
Whether you go small or big on bathroom updates, there's a consistent return on investment. New lighting, a linen closet, and fresh tile can equal a big payoff that buyers will love.

Exterior Improvements - Average return at resale: 95.5%
An updated front entryway and some fresh paint will turn many buyers' heads. One gallon of paint covers roughly 400 square feet, and is one of the most cost effective upgrades to increase your home's curb appeal. Accent lighting can draw more attention to your home's best exterior features and provide a sense of security.

Landscaping - Average return at resale: 100%
This is a no-brainer investment to bring more interested buyers to your doorstep. If you're stuck for ideas, most garden centers will offer free consultations. Find a color scheme with your landscaping that accents your home's color palette. A custom walkway and fountain will also add considerable appeal.

If you'd like to know more about how to increase your home's marketability compared with other homes for sale in your community, or anything else regarding the sale of your home, please contact me and I'd be happy to discuss it with you. If you require the services of a real estate professional in the future, please allow me to outline how I can exceed your greatest expectations.

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EMAIL ENCRYPTION OPTIONS

Bill Ford, Data Doctors Computer Service



Email continues to be the most common communication channel for small businesses to interact with their clients, but it's also one of the least secure. Sending a standard email message is often compared to sending a post card through the mail; anyone that comes in contact with the post card can read whatever message has been written on it. Encrypting email is akin to placing the post card into a sealed envelope to protect it from prying eyes.

Security vs. Usability

From a technical standpoint, it makes sense to encrypt every message that goes out to your clients, but because of the wide variety of ways your clients use email, it may not be very easy for them to actually open and read your messages.

Traditional email encryption tools require that the mail servers of both parties be set up with the same protocols, which just isn't practical unless you have a small number of clients that are somewhat tech savvy.

Generating and distributing your own encryption keys is another option, but that often means that your clients need to download and install specific software or sign up for an account on the platform you choose to use: <https://goo.gl/T9LT0B>

Many businesses have created client portals on secured servers to interact with their clients, but forcing clients to log in to a separate website every time you want to

communicate with them isn't really all that convenient for your clients either.

Webmail Options

Many popular webmail services such as Gmail automatically incorporate TLS or Transport Layer Security (HTTPS) whenever their users are on and signed into their accounts. This ensures that user messages are encrypted between their computers and Google's mail servers to prevent others from easily reading the contents. If you use Gmail and your recipients are also using Gmail, your interactions are automatically secured all the way through.

If you use Gmail and your recipient uses another service that does not support TLS, Google has to convert the message back to an unsecured format before it's sent to your client's mail server.

If asking your clients to create an account on the same TLS supported webmail service is practical, that's one approach, but it may be better for you to determine if what they are already using supports TLS.

An easy way to do this is by using the LuxSci TLS Checker Tool (<https://goo.gl/nTAVMg>) to check the domains for your clients for SMTP TLS support.

Keep in mind, using TLS does not prevent either of the mail servers from being able to see what is in your messages, so if that level of security is a requirement, you'll have to use one of the more technical methods of encryption.

Alternative Messaging Options

Many of today's popular messaging platforms like Skype, WhatsApp, Signal, Facebook Messenger, and Apple's iMessage incorporate end-to-end encryption, which will keep your communications private.

Some only allow messages, while others like WhatsApp allow you to send attachments, so if your clients are already using these platforms, it's another way to avoid the potential confusion of a complicated email encryption system.

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- Name our Insurance Company on page 36.

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- We have two people representing Real Estate in this issue. Name them both.

- Name our Lawn Care company in this issue of Spotlight.

Local Humane Group to Give Away Hundreds of “Free Fixes” in February in Celebration of World Spay Day

People United to Reduce Reproduction by Speutering (PURRS) plans to celebrate the 6th annual World Spay Day held in Brevard by

spearheading an effort to see that hundreds of the county's dogs, cats and pet rabbits are “speutered*” in February 2019. This effort to sterilize is timed to occur right before the start of the traditional spring “kitten and puppy season,” when thousands of unwanted ones are born.

“Imagine a world where every domesticated animal born has a good home waiting for it,” said Katherine McCoy, PURRS founder. “With so many unwanted ones being euthanized at public expense, we need to right-size the number of animals with the number of humans able to properly care for them. Speuter saves lives while lessening the burden on animal shelters and taxpayers, and freeing up funds for human needs.”



Speuter/vaccination packages will be given away free to qualifying low-income caregivers for dogs, pet rabbits, and cats, feral or tame. (Humane traps will be available at no cost for those participating.) To cover some of the costs, PURRS is inviting

the public to sponsor the speuter of at least one deserving animal. Just \$55 covers the package for each cat, \$45 will fix a bunny and the average for a dog is \$100. Donations of any amount may be made at www.PurrsInBrevard.org or sent to PURRS, 2263 West New Haven Avenue, #207, West Melbourne, FL 32904 and are tax-deductible.

Appointments must be made in advance through Brevard Spay Neuter Clinic, 4430 Dixie Highway (US1), Palm Bay. Call 321.724.1141 for assistance, as walk-ins cannot be accepted.

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The new iStent inject, designed to help glaucoma patients achieve and maintain lower eye pressures, is available now, according to ophthalmologist and cornea, cataract and glaucoma specialist, Jason K. Darlington, MD, of The Eye Institute for Medicine & Surgery.

Dr. Darlington, who has performed extensive surgical research for Glaukos®, the company that developed the iStent, explains that this new device is designed to optimize the natural outflow of certain fluids inside the eye – known as aqueous humor – by creating two bypasses through the part of the eye largely responsible for fluid drainage.

“By enhancing fluid outflow, we are able to reduce a patient’s eye pressure on an ongo-

ing basis, oftentimes without the need for eye medications or with a reduced number of eye medications,” says Dr. Darlington.

Achieving and maintaining reduced eye pressure is the key to maintaining the health of a patient’s optic nerve, thus maintaining their vision, explains James N. McManus, MD, cataract and glaucoma

specialist at The Eye Institute.

“More than four hundred thousand generation one iStents have been implanted worldwide since 2012,” informs Dr. Darlington. “The iStent has earned a reputation of demonstrated efficacy and safety.”

An interesting fact is that the iStent inject stent, at approximately 0.23 mm x 0.36 mm, is the smallest medical device ever approved by the FDA, notes Dr. Darlington.

In the key trials leading to the FDA approval of the iStent inject, over 75 percent of patients achieved a 20 percent or greater reduction in unmedicated eye pressure. In terms of the units used to measure eye pressure, this translates into a seven point decrease in eye pressures for this same group.

Screening Is Critical

Diagnosing and appropriately managing glaucoma is of the greatest importance,

THOSE AT GREATER RISK FOR DEVELOPING GLAUCOMA INCLUDE:

- People over age 40
- People who experience elevated eye pressures on a regular basis
- Immediate family members of people diagnosed with glaucoma
- People with diabetes and/or high blood pressure
- African Americans
- Hispanic Americans
- People of Asian ancestry
- History of eye injuries or certain eye conditions, such as farsightedness or nearsightedness
- Medical conditions that affect blood flow such as migraines and low blood pressure

emphasizes Dr. McManus, because if glaucoma is present and not treated, the result can be permanent loss of vision, up to and including blindness.

In the early through later stages of the disease, glaucoma is largely asymptomatic. There is no pain and no obvious loss of vision. There is nothing to directly tell a patient that he or she has glaucoma, adds Dr. McManus.

Because glaucoma is a progressive and irreversible disease that may lead to vision loss caused by optic nerve damage, it is critical for people to be screened for glaucoma and for them to receive the treatment they need without delay, says Dr. Darlington.

Those at greater risk than the general population for developing glaucoma include:

- People over age 40
- People who experience elevated eye pressures on a regular basis
- Immediate family members of people diagnosed with glaucoma

- People with diabetes and/or high blood pressure
- African Americans
- Hispanic Americans
- People of Asian ancestry
- People with a history of eye injuries or certain eye conditions, such as farsightedness or nearsightedness
- Medical conditions that affect blood flow such as migraines and low blood pressure
- Prolonged corticosteroid use, including pills, eye drops, inhalers and creams

“It is estimated that half of the people who have glaucoma are unaware of it, and because of this, they are not receiving any type of treatment,” states Dr. McManus.

“If you or a loved one have one or more of the risk factors above, receiving a comprehensive eye examination by an eye doctor may be one of the most important things you can do for yourself and your family,” advises Dr. McManus.

BREAKFAST WITH THE EYE DOCTOR

Meet the Area's Foremost Experts and Learn How to Preserve Your Precious Eyesight

For more than ten years, people on the Space Coast have been able to meet the eye physicians of The Eye Institute for Medicine & Surgery and learn about eye conditions and how to treat them, while enjoying a pleasant breakfast.

“It’s a great way for people to get accurate and reliable information directly from highly experienced eye physicians,” says Jerry Orloff, CEO of The Eye Institute. “Our commitment to patient education is just part of our way of giving back to our community.”

Some of the topics that will be discussed include: cataracts and cataract surgery – restoring vision and maintaining independence; glaucoma – what can be done to treat glaucoma and protect your vision; diabetes and your eyes; and macular degeneration – optimal treatment for this vision-threatening condition.

“I always enjoy meeting people from the community, answering questions, taking in people’s concerns and offering solutions

that may significantly improve people’s lives,” explains Dr. McManus.

“We take great pride in bringing the latest advances in ophthalmic surgery, diagnostics, medications and research to the Brevard County community,” adds Dr. Darlington. “It is important for our patients to know that they are receiving the most advanced eye care that they could receive anywhere in the nation.”

“What a joy it is to educate people so that they can make the best possible decisions about their health care in a fully informed manner,” says Retina Specialist, Hetal D. Vaishnav, MD, who serves as a clinical professor of medicine at the University of Florida in Gainesville. “This is one of the many areas that set The Eye Institute apart from other eye care providers.”

For more information on the upcoming calendar of educational presentations at The Eye Institute, call (321) 722-4443 and ask for the community relations director.

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Jason K. Darlington, MD, graduated with highest honors from the University of California Davis. He attended UC Davis Medical School, followed by an internship at Scripps Mercy Hospital in San Diego. He completed his residency in ophthalmology at UC Davis. His fellowship in cornea diseases, transplants, cataract surgery, and other advanced anterior segment surgery, glaucoma management and surgery, and LASIK and refractive surgery was completed at the prestigious Phillips Eye Institute in Minneapolis under the direction of Thomas Samuelson, MD, and Richard Lindstrom, MD. Dr. Darlington is certified by the American Board of Ophthalmology.



James N. McManus, MD, is board certified by the American Board of Ophthalmology. He graduated cum laude from Dartmouth College in - with a Bachelor of Science degree and earned his medical doctorate from the University of Massachusetts in 1983. He completed his residency at the University of Pittsburgh Medical School and his internship at the University of Massachusetts Medical Center in Worcester. Dr. McManus is a member of the American Medical Association, the American Academy of Ophthalmology, the Brevard County Medical Society, the Florida Medical Association and the Florida Society of Ophthalmology.



Hetal D. Vaishnav, MD, is board certified by the American Board of Ophthalmology. He earned his Bachelor of Science degree from Georgia State University in 1993 and Medical Doctor degree from the Morehouse School of Medicine in Atlanta in 1999. He then completed an internship in general surgery at the University of Florida followed by a residency in ophthalmology and fellowship in vitreo-retinal diseases and surgery. Dr. Vaishnav is a member of the American Academy of Ophthalmology, the Association for Research on Vision and Ophthalmology, the American Society of Retina Specialty, the American College of Preventive Medicine, and the Florida Society of Ophthalmology.

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COOL COCOA BEACH

Bruce Marion, Marion Music



Day tripper alert! Right at the nearly perfect center of Brevard County lies paradise in the form of the town of Cocoa Beach. "I Dream of Jeannie" was spot on the money, paradise. Why drive to Clearwater or Winter Park for cool beaches and awesome things to do.

Word has it that President Warren Harding spent time in Florida, even pre-election 1921 when he visited Miami, Daytona and even spent time in Merritt Island and Rockledge as he traveled up and down the Indian River. Some gentleman kept telling him about Cocoa Beach and even offered him a free lot which the President finally accepted graciously. Immediately, real estate signs went up everywhere as the property value grew. Everyone wanted to live near the President-elect and the signs even said, "now you too can live in President Harding's neighborhood!" Likely it was attorney Gus Edwards who owned 600 acres in the town formerly called Oceanus

Over a million people annually visit the Cocoa Beach Pier and over 2 million people annually visit Ron Jon's, the world's largest surf shop, which by the way is open 24/7

One can walk out on the pier, or fish, or eat and watch the surfers among the sharks, flying fish and pelicans, rays, tarpon, sea turtles, etc. Two restaurants are featured here at the old pier. Volleyball and many shells on the beach are attracting many as well as musical bands that have played at the pier since the 60's.

There was a Cocoa Beach casino in that area back in the 30's and the 40's when German U-boats nailed several ships off Cocoa Beach and citizens would even boat out to aid and rescue the injured.

Many restaurants, souvenir shops and even a large dinosaur store attract shoppers from all over. There is a surf museum that features oldies back to Dick Catri, surf pioneer and Kelley Slater, our hometown favorite surf star.

Back in the 60s there was a giant pink elephant in front of a club, the original country bar of Brevard, The Straw Hat is still there and astronauts walked the streets at Ramon's, Pillow Talk, Wolfies and many other clubs where celebrities hobnobbed with the space race groupies. Even the churches, bars and diners were filled with everyone who wanted to be around the astronauts, who were basically nice, down-to-earth gentlemen. I even met the late great Gus Grisson myself at a local motel pool and was surprised at their modest attitude. My sister was hanging out with Pete Conrad and others from that era.

There is a small downtown area by the Minuteman Causeway and a world-class golf course there among the thousand islands that have become a haven for ecologists and kayakers as well. Flora and fauna and an annual climate similar to the tropics year round.

Along with Panama City, Ft Lauderdale, and Daytona Beach, Cocoa Beach became a top-five destination for college spring break partying and still brings many from schools and colleges nationwide.

Nature features large in Cocoa Beach, beyond the glitz and glamour and tinseltown publicity, its a great getaway place. Just look at the natural beauty of the Lori Wilson Park with its trails and catwalks and world-class beach. See ya' there!



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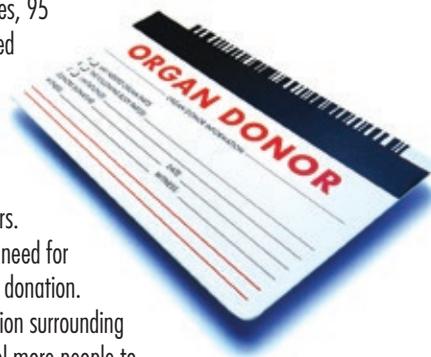
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SEPARATING FACTS FROM FICTION in Regard to Organ Donation

Organ donation is overwhelmingly supported by the adult population of the United States. According to the U.S. Department of Health and Human Services, 95 percent of adults in the United States support organ donation. In spite of that, the DHHS notes that only 54 percent of U.S. adults are signed up as organ donors. That gap only highlights the need for education in regard to organ donation. Separating the facts and fiction surrounding organ donation might compel more people to sign up as donors, saving untold numbers of lives as a result.



People with medical conditions can still be organ donors. Many people mistakenly assume that an existing medical condition precludes them from being organ donors. However, the DHHS notes that very few medical conditions would prevent people from becoming organ donors. Such conditions include HIV and active cancer. Transplant teams determine at the time of death if a donation is possible, so even prospective donors who have doubts can still sign up.

There is no age limit for organ donors. The health and condition of the organs, and not their age, is what matters. In fact, the DHHS notes that the oldest donor in the United States was 93 at the time of donation.

Religions do not prohibit organ donation. The DHHS notes that most major religion support organ donation, considering it a final act of love and generosity. Prospective donors who are uncertain if their religion supports organ donation can visit <https://www.organdonor.gov/about/donors/religion.html> for more information.

Celebrity status, race or financial well-being do not dictate who receives organs. In the United States, a nationwide computer system matches donated organs to recipients. Blood type, geographic location and time on the waiting list are just some of the factors used to match donated organs to recipients. Race, celebrity status or financial well-being are never considered.

Medical personnel will try to save organ donors' lives. Some people fear that signing up as a donor might compel medical personnel to abandon lifesaving methods if they become ill or injured. But that's not the case. Donation is not possible until all lifesaving methods have failed.

Organ donation is a selfless act that saves lives every day. Learn more at www.organdonor.gov.



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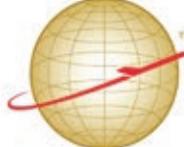
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THE TIES THAT BOND

Kathie Welch, CCM: Together, doing life RIGHT!

Christ followers are like pilgrims—temporary residents on earth on their way to their eternal destination, Heaven. The Bible instructs us that we are to live with a pilgrim mindset. It's important to be mindful of our priorities. An essential discipline in our lives is daily, personal and meaningful time spent with God. This involves reading His Word (the Bible), meditating on what we read, prayer and listening for His personal direction in our lives. This is not meant to be just head knowledge, but instruction on how to live our lives. The Bible instructs us in things that are important to God and therefore, should be important to us.

After God, people are the most important focus in our lives. Our family, spouses and children should be our highest priority, apart from God Himself. God designed the family to be the foundation of our society. This is where babies and children first learn, by example and experience, about who God is and His desire to have fellowship with us.



Values like love, trust, honesty, respect and responsibility are to be taught from a very young age. God's ideal is for the parents to teach these principles to their children every day (Proverbs 22:6). It's God's design not only to teach our children by word, but these values are to be demonstrated by the parents daily. Children who are molded by these values and principles are prepared for the next important relationships they will have outside of the family.

While family relationships are critical, pilgrims also recognize that vibrant personal relationships with others are crucial in God's plan for mankind. No one is meant to do life alone, nor superficially connected to others. It's important for all of us to have consistent, person to person contact with others in meaningful activities—corporate worship, home groups, Bible studies, fellowship dinners, church and community projects, just to name a few.

Our relationship with God, our family and relationships with others are what hold us together in this life. We all need the support and encouragement of deep personal relationships with others. Likewise, we need opportunities to love and serve others by sharing the gifts and talents God has given us. As we engage in Godly giving and receiving and provisions with others, we help to develop the ties that bond our hearts to God and to mankind.

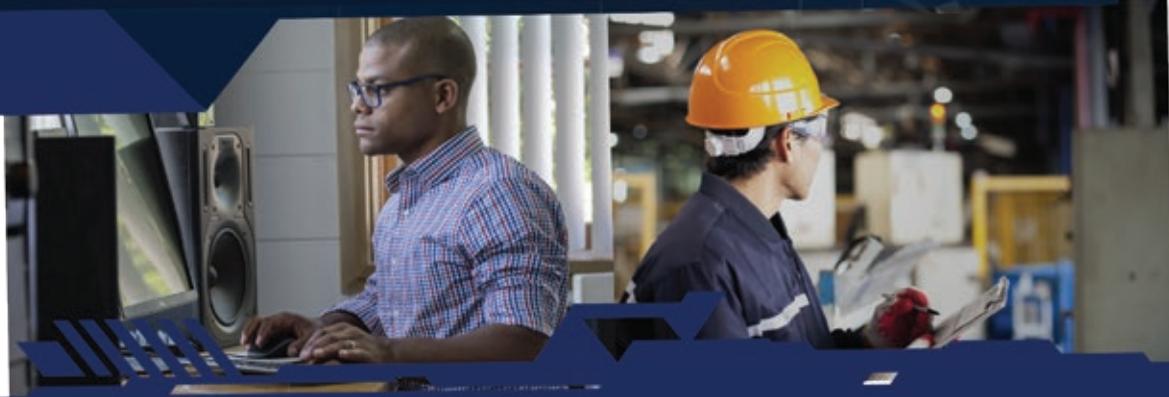
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MEDICATION GUARDIAN: GETTING THE MOST FROM YOUR MEDICATIONS



Dr. Sal Giorgianni, PharmD, Transitional Care Management, LLC

Prescription medicines are the most cost-effective ways to manage many health problems.

That is why nearly 70% of medical visits result in at least one prescription. But, without proper understanding of what you are taking, why you are taking it and how to take it properly problems can crop up.

Did you know?

- Up to 50% of chronic medications are not taken consistently leading to poor care. The cause of this is most usually when people do not understand what they are taking or why they are taking it.
- Drug Side Effects were the cause of almost 30% of all hospital stays and many medical office visits each year.
- Several widely used antidepressants have 1000+ possible interactions with other drugs. A common medication used for anxiety, has over 800. In fact, most medications can interact with other prescription and non-prescription medications and herbals in a harmful way.
- People 55-65 years old on average take 14 different prescription medications plus many OTC drugs. While many are needed some often are not.
- Up to 25% of medications used by people over 65 may not be necessary; wasting money and exposing them to unnecessary risks.
- Seniors living alone frequently do not take their medication.
- Many patients have several different health care providers and it can be difficult and confusing to coordinate care and medication use.
- Foods and antacids can change the way our body handles medicines and can cause them not to work or increase the danger of side effects.
- More than 32,000 people over 65 suffer hip fractures because of falls & accidents in part caused by their medications.
- Many vacationers do not properly prepare for their medication needs while traveling.
- Young persons with chronic conditions, such as asthma, seizure disorder or diabetes often do not get proper instruction about their conditions or how to use medications.

Going into or out of a hospital or long-term or rehabilitation

facility and back home are some of the main events when medication problems often happen.

Our Medication Guardian services are designed to help you or someone you address all of these and other common problems. We work with you and your health care providers to simplify your medication routine, screen for harmful side effects or interactions and provide one-on-one, face-to-face information on how to use medications properly.

The Medication Guardian © Consultation Process Is Simple and Guided By Our Clinical Pharmacist, Dr. Sal Giorgianni, PharmD. We do a complete review of all prescription & non-prescription medications, nutritional or natural products or topical medicines. We do a thorough and complete review of each of these and your medical conditions to insure you are safely taking what you need and understand them. We look for ways you may be able to simplify when and how you take them. Most importantly we will answer your questions and concerns and help you discuss these with your health care providers. Should we encounter any issues, with your permission, we will contact your health care providers to review them.

We Develop A Personalized Plan To Address Identified Problems and Explain What You Are Taking, Why You Are Taking It and How To Best Take It. As part of the consultation we develop a simple to-do list of ways you can take better control of your medications.

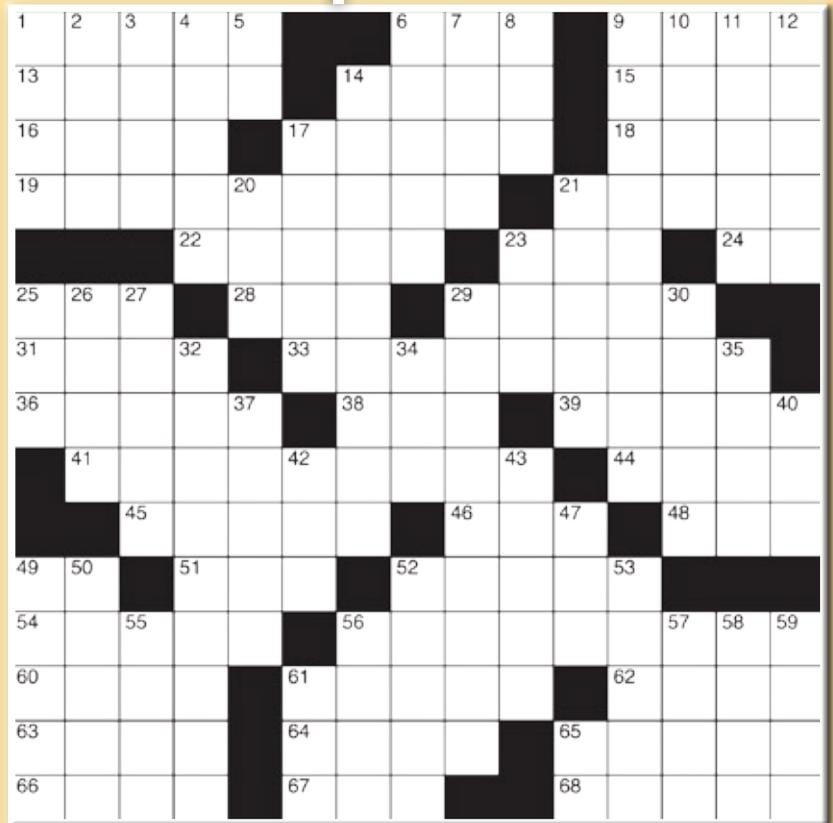
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clues ACROSS

- 1. Iranian village
- 6. Duct
- 9. Holds potatoes
- 13. Plant of the goosefoot family
- 14. Spoken in Cameroon
- 15. Students' rights document (abbr.)
- 16. Skin lesion
- 17. Went over the airwaves
- 18. Nestle malt drink
- 19. Rockets' point guard
- 21. Developed the polio vaccine
- 22. Businessmen
- 23. Animals have it
- 24. Atomic number 58
- 25. Cycles/second
- 28. Japanese classical theater
- 29. Slow nocturnal primate
- 31. Used in a play
- 33. One that breaks apart
- 36. Yellow-fever mosquitos
- 38. Bag-like structure in a plant
- 39. Simple wooden shoe
- 41. Leeches
- 44. Tide
- 45. Fathers
- 46. Decay
- 48. Returned material authorization (abbr.)
- 49. The Golden State (abbr.)
- 51. Extinct flightless bird of New Zealand
- 52. Unique garments
- 54. True firs
- 56. One who's not on time
- 60. Angry speech
- 61. Young children
- 62. About aviation
- 63. This (Spanish)
- 64. Earns a perfect score
- 65. People of Ghana
- 66. Founding member of The Grateful Dead





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 - 68. Genus of lichens
- clues DOWN**
- 1. Variety of pear
 - 2. Curved symmetrical structure
 - 3. A demon in some cultures
 - 4. Cricket frogs
 - 5. Atomic #45
 - 6. Abnormal bone joint
 - 7. Cain and ___
 - 8. Unhappy
 - 9. Dogooder
 - 10. Most babies need ___ when they eat
 - 11. Abdominal pain suffered by babies
 - 12. Monetary unit
 - 14. Tendency to suffer from a particular condition
 - 17. Genus of flowering plants
 - 20. It comes up some days
 - 21. Koran chapters
 - 23. In support of
 - 25. One who crunches numbers
 - 26. A type of school
 - 27. Pops
 - 29. Tears
 - 30. Not influenced by drugs
 - 32. Forms a boundary
 - 34. Touch quickly and gently
 - 35. Stray
 - 37. A period between solar and lunar eclipses
 - 40. Third-party access
 - 42. A very large body of water
 - 43. Infections
 - 47. It might be due to nerves
 - 49. Hall of Fame ballplayer Rod
 - 50. Belittle
 - 52. Type of sword
 - 53. Makes very wet
 - 55. One-time Peruvian money
 - 56. A shoe typically has one
 - 57. Not nice
 - 58. Sea eagle
 - 59. Civil Rights figure Parks
 - 61. Humbug
 - 65. A precious metal (abbr.)

“Small Jobs are what I do” –Melbourne **Family Handyman**

Although I am a new business owner, I have had over 20 years of experience in all areas of home maintenance, construction, and repairs. My customers' preferences and priorities always come first. I work closely with each client to ensure that their project is completed in a timely fashion, while maintaining unmatched attention to detail.



Melbourne Family Handyman is building a reputation for quality work with each satisfied customer. I take a great deal of pride in every restoration I complete from painting and finishing, to clean outs and room remodels.

Other services offered include but are not limited to:

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Gutter cleanouts and repairs

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Caregiving for Seniors: Embrace the Power of Positivity

Now more than ever, families are taking on the task of providing long-term care for loved ones who aren't able to perform duties independently.

It's a responsibility that can be even more difficult, stressful and challenging if the family caregiver is caring for a loved one who has Alzheimer's disease or other dementia, said Dr. Visa Srinivasan, Health First Aging Services Medical Director.

Currently in the U.S., there are 5.7 million Americans with Alzheimer's disease and 16.1 million Americans who provide unpaid care for their loved ones with dementia, says Srinivasan.

"In Brevard County, 35,000 people have been diagnosed with Alzheimer's disease, but many others are undiagnosed," said Srinivasan, who is also Medical Director of East Central Florida Memory Clinic, which is funded through the State of Florida Department of Elder Affairs. "We all need to be aware of the warning signs of caregiver burnout. Life comes with challenges, but it's up to us to find positive ways to overcome those challenges."

It's projected that between 2016 and 2025, there will be a 40 percent increase in the number of Floridians with Alzheimer's disease, said Srinivasan. This means many in the state are going to be caregivers.



The Memory Clinic and the Department of Elder Affairs have formed a task force, whose mission is to engage the community to be more dementia-caring, promote better care for patients and support research efforts to help find a cure.

Meanwhile, Health First Aging Services continues to offer many programs that can meet the needs of caregivers. They recognize the challenges caregivers face, offer support groups, free educational programs and activities at the Center for Family Caregivers to support their caregiving efforts, and keep them well while they care for others.

On Saturday, March 16, 2019, Aging Services will host its 15th annual Health First Caregiving for Seniors Conference at the Hilton Melbourne Rialto Place. The theme, "Embrace the Power of Positivity," focuses on helping caregivers create a more positive approach, attitude and caregiving experience — which can lead to a greater degree of fulfillment.

Highlights of the conference include tips for caregivers:

Caregiver education: Understand the warning signs, causes, symptoms and course of dementia, including challenging behaviors, advance directives and future planning

Communication: Always agree — never argue. For example, it is common for a senior with Alzheimer's dementia to have increased confusion in the evenings, which is called "sundowning." During these episodes, caregivers have a hard time calming their loved one. During the conference, we will discuss specific strategies and use examples that will educate caregivers on ways to manage these challenging situations.

Identify Caregiver Stress: Many caregivers are from the "sandwich" generation, trying to balance their career, children and caring for their aging parents. Srinivasan's job, along with her team of social workers and dementia educators, is to help empower the caregiver to detect the warning signs of caregiver stress. Look for the red flags and know how to manage them.

Share your experience: At the Center for Family Caregivers, there are caregiver support groups where people can share their experiences, as well as learn from others and take comfort in the fact they are not alone.

Self-care: Taking care of yourself is the most important and prominent aspect of caregiving. Some caregivers are so focused so much on their loved one that they don't make time for their own health or keep their own doctor's appointments. Understand the need to take care of your own physical and emotional health so that you can be available for your loved one.

Access to resources: The Exhibitor Resource Fair will provide connections to Health First and local community resources for the caregiving journey. Never be too shy or afraid to ask for help — asking for help is a sign of strength.

To learn more about family caregiving, visit HF.org/aging.

PUZZLE [PG42] SOLUTION How well did you do?

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