

COMPLIMENTARY  
October 2019

# spotlight

MAGAZINE

Keeping You in the Light

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**Purple Palooza'  
A Night to Remember  
A NIGHT OF HEALING,  
CONNECTING & PAMPERING  
October 18th**

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**Spotlight BUSINESS OF THE MONTH**



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Welcome to October and the first month of fall! We have yet to notice much difference in our weather and we certainly are not out of the woods yet when it comes to storms. We have another two months to go before we can give a sigh of relief from this year's unpredictable hurricane season. I ended up leaving my shutters on the backside of our house after the first scare. Taking shutters up and down is a big chore, so maybe I was being a little lazy, but if another one heads our way, I'll be ready! How about you? Did you leave yours up as well? Anyway, let's hope for the best and get this season over with! Here's to some cooler weather and storm-free days!

Featured on the front cover of our October issue of *Spotlight Magazine* is the Purple Palooza', A Night to Remember. This first-time event coming to our community will be a night of healing, connecting, and pampering for people battling cancer and those who are survivors. If you or someone you know and love is currently fighting, or has been challenged by this insidious disease, please share this upcoming event with them. For more information about Purple Palooza, please see pages 12 & 13 of this issue.

I always like to say a word of thanks to you our readership, because without you, what would be the point of publishing a magazine? So thank-you!

Until next month,

Bryan McDonough  
Publisher, *Spotlight Magazine*, Inc.

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ON THE COVER  
Purple Palooza' A Night to Remember



# Mischief Night Pranks PUT THE 'HA' IN HALLOWEEN

Come the end of October, people across the country eagerly await the tricks and treats of Halloween. Plenty of fun is to be had on October 31, when hordes of costume-clad children and adults scour neighborhoods on the hunt for the best candy. But prior to Halloween comes the trickery, jokes and gags of Mischief Night.

Mischief Night also may be referred to as Cabbage Night, Goosey Night, Moving Night, Mat Night, or Devil's Night. In parts of the United Kingdom, it's known as Mischievous Night, Miggy Night, Corn Night, or Trick Night.

Mischief Night is October 30 (or November 4 in some areas of the UK) and began as an informal holiday when friends pranked one another. While Halloween is all about the treats, Mischief Night is more about the tricks.

The earliest references to Mischief Night date back to 1790s Britain. But back then the mischief occurred right before May Day. During the Protestant Reformation, much of England set out to distance itself from the treat side of Halloween because it was connected to Catholic saints. Gags and pranks were transferred to the eve of Guy Fawkes Night, a holiday that celebrates the foiling of the Gunpowder Plot to blow up British Parliament.



However, in Ireland, Scotland and northern England, Halloween traditions — including good-natured pranks — were maintained. Immigrants from these areas ultimately brought these traditions with them to North America. By the 1930s and 1940s, Mischief Night became popular in the United States.

Ringling false alarms, covering trees in toilet paper, shaving cream fights, switching door mats or outdoor furniture, and ringing doorbells and running are some popular Mischief Night pranks. Much of the behavior consists of harmless fun, but Mischief Night has led to some unsavory acts, including more than 800 fires being lit in Detroit in 1984.

In order to curb destructive behavior, many communities will ban the sale of eggs and shaving cream to minors on Mischief Night. Others implement strict curfews. But that doesn't mean people looking to engage in some good-natured mischief cannot have their fun. Neighbors can host backyard mischief parties in which kids contain their antics to one or two yards.

Mischief Night precedes Halloween and is still popular for many people. Keeping pranks fun and harmless ensures that this tradition can stick around for years to come.

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## WHEN THEY DON'T THINK YOU CAN

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

**Everyone loves the underdog story, right?** The poor lovable “loser” that no one thought had it in them, yet somehow, somehow, through some incredible set of circumstances and one time shots, they got it done. I wonder about the story behind the cathartic movie ending scene.

Often people look at the story and their first reaction is “No way, that would never happen.”

I’m often one of them. What does it take for the underdog to push through that unknown and all that doubt and still believe? When they hit the harsh moments of self-doubt, those hinge points where the story ends or keeps on going. What do you do when they think don’t think you can?

It happens all the time, even for the “winners” that seem to always get it right. Everyone comes to a point in time, where others doubt, the crowd isn’t cheering, and people

“Everyone comes to a point in time where others doubt, the crowd isn’t cheering, and people seem to be heading for the door.”

seem to be heading for the door. How do you push through? What gives you the confidence to do it?

For the Christ follower, there is hope. When we follow Jesus, the things we do should be in line with what the Holy Spirit is leading us to do. The writer of Proverbs says that “Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.” How does this play into self-confidence?

It doesn’t but it also does. When we follow Christ, our obedience is the central component. God has a plan with a part for us to play, so when we are following Christ, we are



doing exactly what we are meant to do. Regardless of our abilities or failures, when God says move we should.

Paul wrote to the church in Corinth that God has put a plan before us, and we can have confidence that God has a plan for us, and that we live by faith in who He is, not by the sight of who we are. When we are confidently following Christ, we can be confident that what He has called us to do, He will provide what the wisdom, the words, the ability, and the circumstances that will produce the end result that He intends.

If you stay with Him, you just might be surprised at what is accomplished, and in fact, people might even say of you...“No way, that would never happen.” But you’ll know it did.

---

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



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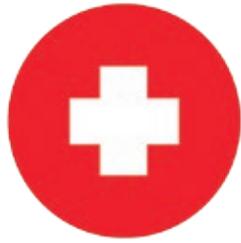


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## AMAZING FACTS About Honey



**Honey is perhaps best known for its sweet taste.** But beneath that sweetness is a complex, healthy food.

Bees produce honey from the pollen of plants through a complex enzymatic process, turning it into the beloved golden nectar.

Many properties make honey a unique food that is not just tasty, but also quite

healthy. Here are some facts about honey that might get you buzzing.

- **When stored in an airtight container, honey can last indefinitely.** The substance is naturally acidic and low in moisture, which means it is an inhospitable environment for bacteria. There are small amounts of hydrogen peroxide in honey as well, inhibiting the growth of microorganisms. (Source: Tin Roof Teas)
- **Honey has antibacterial properties,** so it has been relied on as a health food and topical treatment. Burns, cuts, infections, stomach ailments, and more have been treated with honey. (Source: National Center for Biotechnology Information)

- **Honey is the only food source produced by an insect that humans eat.** (Source: Peace Bee Farmer)
- **Mead is a fermented beverage that is made from honey.** It has a storied history as a beverage of choice in many different cultures. (Source: Hidden Legend Winery)
- **Honey is the only food that includes all the substances necessary to sustain life.** This includes enzymes, vitamins and minerals. It also contains pinocembrin, a unique antioxidant associated with improved brain function. (Source: Sirhowy Valley Honey)
- **A honey bee produces roughly 1/12 of a teaspoon of honey over the course of its life.** Bees are not the only insect to make honey, however. The honey wasp, native to Mexico, also can produce honey. (Sources: Golden Blossom Honey and Inverse)
- **Honey will take on the flavor of the nectar from which it was made.** This nectar also will affect the color and the consistency of the honey. (Source: National Honey Board)

Honey has a sweet and rich history. At times honey has been referred to as "the nectar of the gods," and it is still enjoyed for pleasure and medicinal reasons today.

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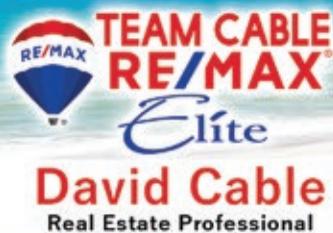


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## 10 Fun Facts about Halloween!

1. The original Jack-O-Lanterns were made from turnips, not pumpkins!
2. It is believed that Halloween originated in Ireland.
3. The Haunted Cave haunted house in Ohio is the longest. It is 3,564 ft. long and 80 ft. below ground.
4. According to the National Retail Federation, in 2016, Halloween spending totaled roughly 8.4 billion.
5. Samhainophobia is the fear of Halloween.
6. Nearly 9 billion pieces of candy corn were produced in 2016, according to the National Confectioners Association.
7. Harry Houdini died on Halloween in 1926 from a ruptured appendix.
8. More than twice as much chocolate is sold for Halloween as for Valentine's Day.
9. The last time there was a full moon on Halloween was October 31, 2001. The next one will not occur until October 31, 2020.
10. In the UK, white cats are considered bad luck whereas in the US, it's black cats that are considered bad luck.

I hope you enjoyed those fun facts about Halloween. If you or anyone you know is thinking about buying or selling in the future, please contact me. If you are trick or treating, enjoying a night out on the town, watching horror movies or celebrating in your own way, I hope you have a Happy and safe Halloween!



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## FRIDAY OCTOBER 18TH

A Night of Healing, Connecting and Pampering, Palm Bay's first Purple Palooza a Night to Remember is a night to Celebrate those battling and Survivors of Cancer. We believe cancer is merely your diagnosis - don't let it be your attitude.

### COMPLIMENTARY EVENT EVERYONE IS WELCOME

The Purple Palooza was created to celebrate life. No matter your diagnosis, we wanted to be able to come together as a community, to celebrate all of our small wins together. Anytime Fitness will be hosting because that's where Mom and I came together. We made a plan, other members connected with us, and now we wouldn't be able to celebrate without each of them. The Palooza connects all of us with a common purpose. When you are in distress, your purpose comes out. We hope that you find your purpose to deal with your diagnosis and beat cancer. My mom and I found our passion together and put it towards a purpose at Anytime Fitness.

## STRONGER TOGETHER

My mom and I just beat cancer at Anytime Fitness.

To be able to write that my mom beat cancer again is legendary, and not just because she is my mom or that she just crushed cancer at Anytime Fitness. It is absolutely awesome because we can tell you that yes, it can be done. When you don't quit, it can be done.

Cancer rips you apart. It affects the entire family. To fighters and survivors, cancer becomes a full time job. Doctors appointments, scheduling, managing medical bills become a full time job. And all the while you are battling the fight of your life. You are strong and we honor your strength.

We can all agree that cancer sucks; working out sucks too. That is why I told my mom, "If you are gonna have cancer, you might as well go to the gym too." My mom is Super Mom to me, but I hope her story can be applied to you or your mom as well. I use us as an example because that's what it felt like to me as her son, as her trainer. And I also became her cancer coach.

On December 26, 2018, I took my mom to the Emergency Room for a pain in her stomach. Within an hour the doctor said it was cancer. Mom was booked into a room and scheduled for surgery on the January 1st. Luckily, during her pre-op exam, the doctor noticed that she was displaying symptoms of being septic, and she was rushed into surgery. The tumor that didn't give the doctors a chance to find had perforated her colon. It was a really big deal that she made it through.

For the next 11 days she was in a coma in ICU, tubes pumping out infectious fluids. She was so small and so swollen at the same time; her body had gone from 144 lbs. at check-in to just 99 lbs. I held her hand and told her how we were going to get her back doing the things she loved, going to the gym and the beach, getting out in the sun, and having a good time again. I made a promise that I would get myself back in shape if I could have the chance to train mom in the gym. I had never trained my Mom at our Anytime Fitness.

They prepped Mom for her second surgery and removed all the cancer they could find. The affected area of the colon was removed along with her lymph nodes and ovaries. Finally she started getting better, was brought out of the coma, and moved to a regular room. Mom was back. She asked me to bring some little pink weights from the gym when her doctors said it was allowed. Once I showed her some moves in the hospital bed, the trainer in me was back too. I started reading everything I could about cancer and fitness.

Mom came home on January 31st with Stage 3-B colon cancer. We spent February learning about what that even means. The only thing we could come up with was that we had to "Make Healthy Happen." Cancer does not like your body to be healthy. It craves sugar and other unhealthy foods. So we made a plan that we were going to starve cancer through healthy eating, and my mom was going to train with me while she underwent chemo. That was our plan. Our goal was to crush cancer one rep at a time at Anytime Fitness and we did it!

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### 7:30PM

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### 8PM

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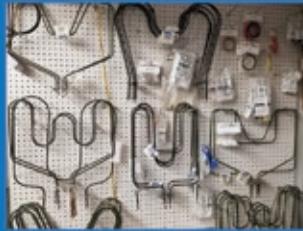
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## Avoid Medication Errors with these Tips

**Prescription medications are a necessity for many people.** The American Academy of Family Physicians says that, each week, four out of five adults in the United States will use prescription medications, over-the-counter drugs and/or various supplements. Approximately one-third of adults take five or more medications at the same time.

The potential for adverse drug events is elevated when people are taking multiple medications at one time. For example, mixing pills has the potential to cause serious injury or even death.

Doctors, patients and pharmacies must work together to ensure that medication is taken safely. One of the best ways to prevent errors with medications is for patients to take an active role in their health care management.

• **Know your dose.** Children are at an especially high risk for medication errors because they require different doses than adults, offers the Mayo Clinic. Adults of different weights who share medications can run into trouble as well. It is key to follow the dosing instructions, as even a minor error in regard to dosage can potentially cause a big problem.

• **Follow up with your doctor.** Certain medications can cause side effects that only can be noticed by lab testing, such as an impact to the liver. Doctors



also may be under an obligation to follow up with patients taking psychological drugs to ensure the efficacy of treatment. Make sure you keep all follow-up appointments.

• **Maintain a current list of meds.**

It is up to patients to share information with prescribing doctors regarding any and all products being taken to avoid harmful interactions. Using the same pharmacy for all prescriptions also is helpful.

• **Be honest about height and weight.** Medication labeling and package inserts typically use metric units to correlate dose to a person's physical attributes. Individuals should know their information in metric measurements and be honest with themselves about what they weigh.

• **Use medications correctly.** It is important not to chew nonchewable pills or cut pills unless the pharmacist or doctor has said it is safe to do so. Accurate dosing also requires using the right spoon or syringe, not silverware. Store certain types of medications, such as eye drops and ear drops, separately so they're not mistaken for one another.

These are just some of the ways to prevent medication errors. People can consult with their doctors and pharmacists for more assistance in staying safe.

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# OCTOBER IS NATIONAL CHIROPRACTIC HEALTH MONTH



Dr. Deanna Carlisle, Carlisle Chiropractic Center

**A healthy spine is an often overlooked and essential part of a healthy lifestyle.** People who suffer from back pain, particularly if it is long-term, are generally less healthy than those who do not. In fact, back pain costs are staggering not only financially, but also in terms of lost time from work and because of psychosocial problems that arise during the healing process associated with long-term back pain. Unfortunately, approximately 80-90% of the population suffers from spinal pain at some point. People who are overweight or obese, and who smoke, lift heavy objects, or had a previous episode of back pain, are more likely to experience back pain. The American Chiropractic Association recommends the following spinal health tips:

### Standing

When standing, keep one foot slightly in front of the other, with your knees slightly bent. This position helps to take the pressure off your low back. Do not stand bent forward at the waist for prolonged periods of time. The muscles in your low back become deconditioned in this position, which may lead to pain.

### Lifting

At all times, avoid twisting while lifting. Twisting is one of the most dangerous movements for your spine, especially while lifting. If the item is too heavy to lift, pushing it is easier on your back than pulling it. Whenever possible, use your legs, not your back or upper body, to push the item. If you must lift a heavy item, get someone to help you.

### Sitting

Keep your knees slightly higher than your hips, with your head up and back straight. Avoid rolling your shoulders forward (slouching). Try to maintain the natural curve in your low back.

### Reaching and Bending

When reaching for something above shoulder level, stand on a stool. Straining to reach such objects may not only hurt your mid-back and neck, but it can also bring on shoulder problems. Do NOT bend over at the waist to pick up items from the floor or a table. Instead, kneel down on one knee, as close as possible to the item you are lifting, with the other foot flat on the floor and pick the item up. Or bend at the knees, keep the item close to your body, and lift with your legs, not your back.

### Carrying

When carrying objects, particularly if they are heavy, keep them as close to your body as possible. Carrying two small objects—one in each hand—is often easier to handle than one large one.

### Healthy Diet and Exercise

While the proverbial jury is still out, we suspect that extra weight puts undue strain on your spine. Keep within 10 lbs. of your ideal weight for a healthier back. "Beer belly" is likely the worst culprit, as it puts unwanted pressure on the muscles, ligaments and tendons in your low back. The most efficient and effective way to reduce weight is by eating a sensible diet and exercising regularly. Consult with your doctor before beginning any exercise program, particularly if you have a health condition.

### Sleeping

Sleeping on your back puts approximately 50 pounds of pressure on your spine. Other positions may be better. Placing a pillow under your knees while lying on your back cuts the pressure on your spine roughly in half. Lying on your side with a pillow between your knees may also reduce the pressure on your back. Never sleep in a position that causes a portion of your spine to hurt. Most often, your body will tell you what position is best.



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headlights can decrease light projection by up to seventy five percent or just less than forty feet of visibility, exposing the driver to a much higher risk of being involved in an accident.



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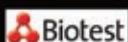
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Dr. Kevin Kilday, PhD, D.Psc., Holistic Health Center,  
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**There are many verses in the Bible referencing herbs.** The Bible mentions 128 plants that were part of everyday life in ancient Israel and its Mediterranean neighbors.

Cancer, diabetes, Alzheimer's, infections, arthritis and numerous other diseases benefit from using the healing herbs of the Bible that have been around for thousands of years, been thoroughly researched and been proven to work without the nasty side effects on many prescribed medications.

**Frankincense**, also referred to as Boswellia, lowers inflammation, reduces Joint and arthritis pain, fights cancer, is an antiviral which helps heal infections, and strengthens the immune system. Frankincense is used in essential oils, aromatherapy, incenses, perfumes, soaps, cosmetics, fragrance, anti aging skin products and is also available in capsules.

**Sage**, this herb has been studied with mild to moderate Alzheimer's patients and researchers concluded that sage "produced a significantly better outcome on cognitive function."

**Onion**, which contains Quercetin inhibits the growth of cancer cells in breast, colon, intestinal and ovarian tumors as well as leukemia.

**Flax**, this powerful herb contains Alpha-linoleic acid or ALA, which slows blood clotting and reduces inflammation in colitis, arthritis and gastritis. Research shows it reduces and prevents the growth of tumors and boosts the immune system. Flaxseed contains lignans which research shows are useful in preventing breast and colon cancers.

**Ginger**, a new study has just found that a chemical in ginger is up to 10,000 times more effective at killing cancer cells than chemotherapy! The study, published in the PLoS journal, found that the chemical 6-shogaol kills cancer stem cells but leaves healthy cells alone. Ginger is also instrumental in boosting the immune system and for healthy gut bacteria. Both of these are absolutely crucial for cancer recovery.

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## CLEAR COMMUNICATION IS A COMPETITIVE ADVANTAGE

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



**Most industries have some type of jargon or language that is very understood within the industry** but frequently sounds like the ancient language Cuneiform to the rest of the world.

When working with customers or selling to potential customers, dropping the jargon to explain your work in terms a outsider can understand helps you develop trust which leads to increased sales and improved customer service.

### Can You Explain it to Your Mother?

I spent many years in technology and my other half owns a software consulting company. We test our ability to explain technology with the mom test. If we can explain it in a way that our mothers understand what we're talking about - we've simplified it enough.

Pick someone, maybe your mother, who doesn't know the ins and outs of your business and explain what you do to them. Have them repeat it back to you and see if they have grasped the concepts.

### Selecting a Car Mechanic

An example of this happened to my mother recently. She was having trouble with her car and the first mechanic told her a lot of information she couldn't understand and gave her a price. She thought it sounded expensive but because she was confused, she had no idea if the price was fair or not.

A friend told her about a mechanic she had used for years. When my mother took the car there, they explained,

in terms she could understand, what was wrong, what needed to be done, and the price. The price was lower than the original, but it was the explanation that made her feel secure that she was selecting the right mechanic.

Remember that selecting a product or company isn't usually solely about price. Sometime, the lowest price makes people less trusting of the quality. We'll look at that in a future article.



### Obfuscation is NOT an Art

When I worked in IT (Information Technology) I had team members who believed that obfuscation (purposely using language to make things unclear) was an art and they were Picasso. In actuality, when people purposely try to make things sound complicated, people trust them less and are less apt to do business with them.

When your audience or customer can't understand what you are saying, all they hear is "blah, blah, blah." They don't know what you're talking about and frequently they don't trust that you do either.

### Clarity as a Competitive Advantage

When you learn to explain your business in ways that are easily understood, you make it easier for people to do business with you. Clarity builds trust in you and your business.

### Want more?

Visit <https://SimpleSolutionstoBuildYourBusiness.com/Clarity> for more information.

Kim Shivler is a Gallup Certified CliftonStrengths Coach, Communications Strategist and Consultant. She helps individuals, businesses, and teams, achieve their goals, improve communication, increase sales, and deliver stellar customer service.



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## TIPS FOR A SUCCESSFUL JOB SEARCH –THE PHONE SCREEN

Alan Bernstein, SHRM-SCP

**In previous articles I shared how to write a compelling resume** and how to get that resume in front of employers. Now I want to give you tools for the next phase of the job search process – the initial phone screen.

Many interview processes include an initial phone screen. Employers do this primarily to validate a job seeker’s qualifications and also to confirm interest in the position. There are a few things you should do:

### Set up voice mail

Too many opportunities are lost because “voice mailbox is full” or “this phone cannot accept messages”. It’s best to answer the phone immediately and professionally. But if you must let the call go to voice mail, make sure your voice mail is set up to accept messages.

Your outgoing message should be short and professional. It should include your name and a request to leave a message. Eliminate any extraneous sounds like babies crying, horns

honking or dogs barking.

Pro-tip: Call your phone from another phone to hear the voice message. Leave a message and listen to it to confirm it all works.

### Communicate professionally

Assume every phone call is a prospective employer. When you answer the phone, say hello and introduce yourself. “Hi, this is Alan” is far better than “What’s up?”.

Be excited about the call. Employers want to know you are interested in the position and eager to work for them.

Find a quiet place to talk, away from distractions and loud noises. If you don’t have the right place to take the call, let the call go to voice mail.

### During the call

Have your resume handy. Some people carry their paper resume in a portfolio, while others may have it electronically on a phone or tablet.

Note the name and contact information of the person you are speaking with. Refer to them by name during the call and send them a thank you note or text after the call.

If you let the call go to voice mail, respond within a few hours or as soon as possible. If it has been more than a day, be prepared with a good reason for not getting back sooner.

Pro-tip: Carry a pen or pencil with you so you can take notes during the call.

### In Conclusion

Phone screens are an important piece of the job search. Treat the phone screen like you would a regular interview. The caller will be making a judgment based on the phone screen. Give them a reason to take you to the next step!

Alan Bernstein, SHRM-SCP, is the owner of HR Office Savers, Inc. Prior to launching his business, Alan held a series of Human Resources positions of increased responsibility at Harris Corporation, Honeywell International, GTSI Corp, and Verizon Wireless. He holds a bachelor’s degree in Psychology from The University of Buffalo, is Six Sigma Green Belt Certified, and is a Senior Certified Professional with the Society of Human Resource Management. Trouble finding a job? Contact us today at [www.HROfficeSavers.com](http://www.HROfficeSavers.com). We are your job search experts!



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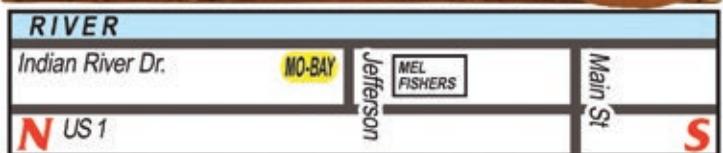


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## INITIAL BETA TESTING OF 5G SERVICE

Bill Ford, Data Doctors Computer Service

**Two cellular providers have chosen Phoenix, AZ as an early rollout location for their 5G service: Sprint and Verizon.**

Sprint provided Data Doctors with a Samsung S10 5G and a list of 11 locations around town that offer 5G service so we could test drive their network.

We started by testing the speed in the areas surrounding three of the locations that Sprint provided in central Phoenix using a variety of speed testing apps to get a sense of the average download and upload speeds as well as the latency.

While much faster speeds will be great, low latency is a much more important benefit of 5G, because it will dramatically reduce the amount of time that it takes to get a response to anything we do online.

Imagine the lag when you're using FaceTime and Skype or that noticeable delay when you tap on a YouTube video becoming a thing of the past. This nearly real-time response is going to change how we use the Internet in the future.

### Our Test Results

Keeping in mind that any single test of an Internet connection is a snapshot of that moment, it's important to repeatedly test and use the averages to get the most accurate measurements.

Data Doctors' test results over two days were an average

download speed of 163.9 Mbps, an average upload speed of 8 Mbps and an average latency of 23.7 milliseconds.



As a point of reference, the 4G test results on a competing network generated an average download of 16.35 Mbps, uploads of 10.98 Mbps and latency of 66.5 milliseconds.

The highest single 5G speed test was a download of speed 412.1 Mbps, an upload speed of 33.2 Mbps and a latency of just 11 milliseconds.

The overall results of our testing were download speeds roughly 10 times faster and 65% lower in latency than 4G.

Upload speeds on 5G networks are currently using the 4G LTE network so anyone hoping for dramatic improvements in upload speeds is going to have to wait.

### Outside vs Inside Speed

All of the test results above were generated within a quarter mile of the 5G cell location and were done outside in order to provide the best possible speeds.

One of the major challenges that 5G faces is that it's operating at such a high frequency, it's not good at penetrating obstructions, like the walls of a building.

The higher the frequency, the more of a challenge it will be to get to users inside of a structure.

4G operates at a relatively low frequency compared to 5G, so it's much better at providing about the same speeds whether you are inside a building or outside.

All of our 5G tests inside a building resulted in dramatically lower speeds, especially when not near a window. The industry is aware of this challenge and is working on various potential solutions. This seems a good reason most of us should wait for this exciting technology to evolve.

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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.

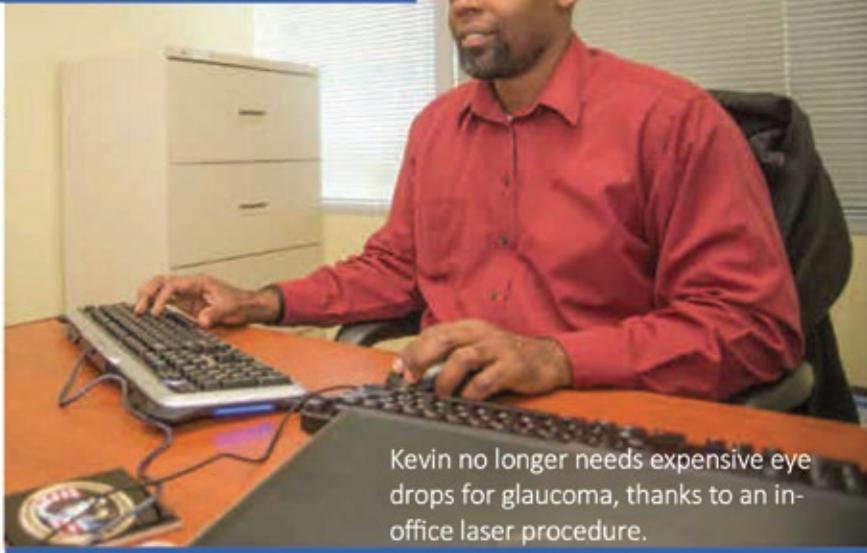


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Eric R. Straut, OD

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



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

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."**

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-

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. Darling-

ton, 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.

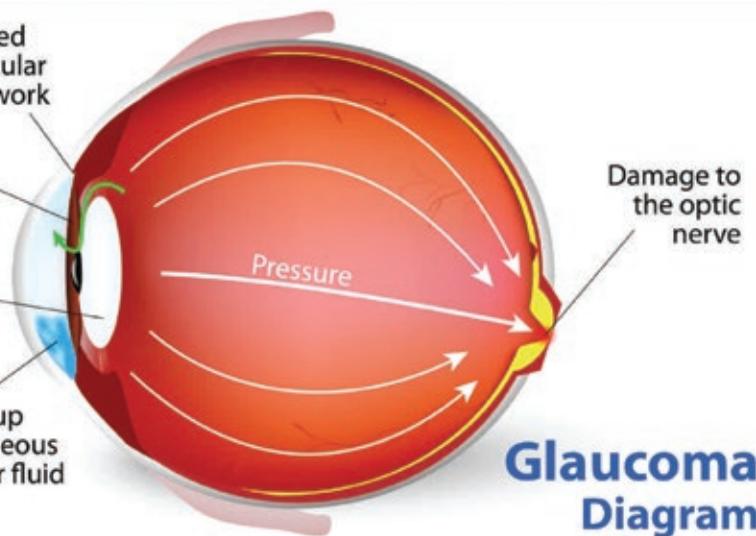
"If someone has tried all the medicated drops available and they haven't responded, instead of having a more invasive surgery, this minimally invasive procedure can be done first," says Dr. Darlington. "It can be a safe, alternative way to control glaucoma."

Clogged trabecular meshwork

Iris

Lens

Build up of aqueous humor fluid



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## HELP SENIOR DRIVERS Maintain Their Independence

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



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

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

### Schedule a driving safety evaluation

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

### Figure out if the car "fits" the individual

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

### Take a driver improvement course

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

### Keep the mind and body fit

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

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

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# Your Place. Your Space.

by Jane Walker, Atlantic Fine Furniture & Mattresses

## Custom made furniture. The words that strike fear in many shoppers.

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Have you shopped for furniture sets only to find you like one piece from the set but not the other? You may be able to mix and match to get the aspects you want but you may not like how the pieces look together. This is a unique reason to consider custom upholstery. By choosing one fabric and having it put on



different pieces you create the appearance of a matching set.

Another situation is if you have a nice living room, family room or dining room set and wish to add a piece. Often finding a coordinating piece isn't as easy as you hoped. In this instance you

can have a custom piece made to look as though it was part of the original design.

You may find a sofa, chair, recliner or ottoman with a style you love covered in fabric you don't. With custom upholstery you don't need to continue the exhausting search for furniture you want. Simply order it with the fabric and style that fits your budget and your taste. Your home can be as unique as you, and as affordable as 'floor model' pieces.

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## ARE YOU PREPARED?

Debbie Worzalla, CCM: Together, doing life RIGHT!

**Living in Florida, most of us are familiar with hurricane preparations.** We know when a storm is coming so we prepare by stocking up on water, canned food, candles, and other necessities. We fill our cars with gas, install hurricane shutters, then we hunker down and wait for the storm to pass.

Life is filled with preparations. We prepare for job interviews, exams in school, for new babies — but how much thought and preparation do we give to the rapture or even our own death. Only God knows what the future holds. The Bible warns us the Lord will come like a thief in the night (1 Thessalonians 5:2). Nobody can predict the exact time or date of the rapture. Therefore, all Christ Followers need to be ready!

The heavenly plan has excellent benefits. We are transitioned from imperfect to perfect and from sinful to sinless — Hallelujah! Our old weak bodies will be replaced with new glorified bodies. We will recognize one another. Our new bodies will last for eternity. We get to enjoy eating and drinking. Remember, without sin there will be no pain, suffering or disease. We get to live for eternity in paradise with Jesus. Those who put their hope in worldly things will face judgment and destruction. In order to prepare for this journey, we must fix our eyes on Jesus the author and perfecter of our faith. Philippians 3:20-21 tells us, "But our citizenship is in heaven. And we eagerly



await a Savior from there, the Lord Jesus Christ, who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body."

God is a God of mercy and His hope is that none should perish. So, for us to prepare for our ultimate death or rapture, we need to be sure our lifestyle is based on the Word of God. We can't allow the world's false beliefs to influence our life. We need to continue the work of Jesus. It is imperative that we share the Gospel with an unbelieving world. Let's make sure we are using our time and our talents wisely to expand the Kingdom of Heaven!

Scripture references from NIV unless otherwise noted.

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 FEAR GOD, FEAR NOTHING ELSE  
 — ISAIAH 41:10 —

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# Gluten is Not For Everyone

## Gluten intolerance is a very real issue with measurable

**symptoms.** Gluten is not for everyone. In fact, people who have celiac disease shouldn't eat gluten at all. Celiac disease is an autoimmune condition that affects the digestive process of the small intestine by launching an immune system attack against gluten, mistakenly damaging healthy cells lining the small intestine.

Even people who do not have celiac disease may find that consumption of gluten results in similar symptoms. These individuals may want to avoid gluten as well. Also known as non-celiac gluten intolerance or sensitivity, this condition is not currently well-defined within the medical community.

The Celiac Disease Foundation says some people experience symptoms found in celiac disease, like foggy mind, abdominal pain, diarrhea, headaches, bone or joint pain, or chronic fatigue when they have gluten in their diets — despite not testing positive for celiac disease.



In July 2016, researchers at Columbia University Medical Center published a study confirming that wheat exposure to those sensitive to wheat and gluten

triggered a systemic immune reaction and intestinal cell damage. Researchers previously thought that a sensitivity to wheat or gluten would not result in cell damage. But research now confirms that even without a positive celiac disease diagnosis, people can experience symptoms that mimic those of celiac disease, even in terms of severity.

Doctors are not sure if gluten triggers the immune reaction in non-celiac cases, so more research is needed. That said, removing gluten and wheat products from one's diet provides relief for many people.

According to Schär, a company that manufactures gluten-free foods, anyone who experiences negative symptoms after eating foods that contain gluten should speak with a doctor. A doctor will order blood tests that will look for the presence of immunoglobulin E antibodies that are indicative of an autoimmune response to gluten. An endoscopy also may check for damage to the lining of the small intestines, as can a biopsy of the intestines. Other tests, such as a radioallergosorbent test, or RAST, or skin prick test can test for a wheat allergy to see if symptoms are stemming from that alone.

Treatment for gluten intolerance or celiac disease involves avoiding products that contain gluten, which is found in wheat, rye and barley.

A growing body of literature suggests that people who do not have celiac disease can still experience non-celiac gluten sensitivity and many of the same symptoms felt by those with the disease.



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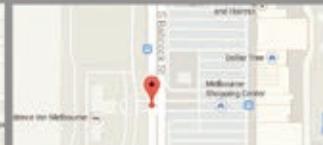
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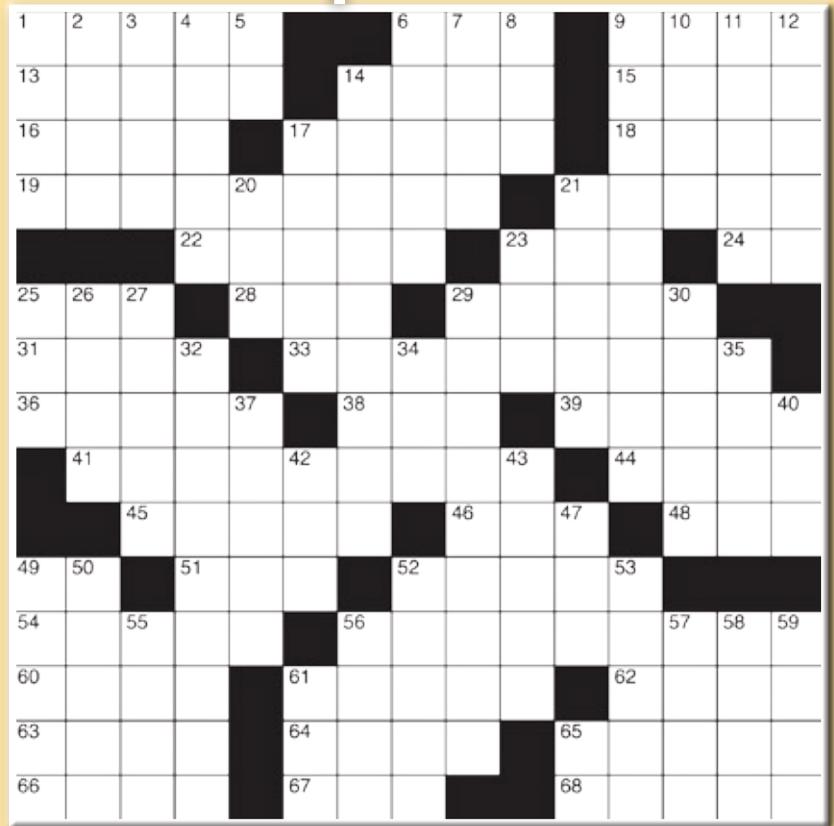
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**clues ACROSS**

- 1. Fertile desert spots
- 6. Married woman
- 9. Some animals travel in one
- 13. Fear
- 14. Hawaiian island
- 15. Fit to work
- 16. Electronic counter-countermeasures
- 17. Former Senator Specter
- 18. Cambodian currency
- 19. Dave Matthews Band hit
- 21. Lists ingredients
- 22. Endangered antelope
- 23. Jerry's TV partner
- 24. Blue grass state
- 25. Obstruct
- 28. Luke's mentor \_\_\_-Wan
- 29. Fencing swords
- 31. Oh, heavens!
- 33. Insensitive to changes in price
- 36. Hillsides

- 38. Brew
- 39. Gland secretion
- 41. A typical example
- 44. Get up
- 45. You put it on your pasta
- 46. Expresses surprise
- 48. News organization
- 49. Disorder of the lungs (abbr.)
- 51. One millionth of a gram
- 52. Some are of the "suit" variety
- 54. Group of organisms
- 56. Produces
- 60. Passage into a mine
- 61. \_\_\_ and cheeses
- 62. Semitic fertility god
- 63. Dry or withered
- 64. Religious ceremony
- 65. \_\_\_ Winger, actress
- 66. German river
- 67. Midway between northeast and east
- 68. Take something or somebody somewhere



answers on page 46

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**clues DOWN**

- 1. Lyric poems
- 2. Genus of saltwater clams
- 3. Ingroup
- 4. Type of lounge chair
- 5. Memory card
- 6. Archipelago
- 7. Common Korean surname
- 8. It's up there
- 9. Quantity that helps to define
- 10. First month of the Jewish ecclesiastical year
- 11. Metal-headed golf club
- 12. A shade of green
- 14. Begin
- 17. A good thing to have
- 20. Language spoken in Laos
- 21. Loosely compacted sediment
- 23. Naturally occurring protein
- 25. Woman
- 26. Central Indian city
- 27. Volcanic craters
- 29. The largest existing land animals
- 30. Rumanian city
- 32. Equal to 10 meters
- 34. Historic Nevada city
- 35. A point of transition
- 37. Remove
- 40. Overwatch character
- 42. Records electric currents linked to the heart
- 43. Settles in calmly
- 47. Partner to his
- 49. Banking giant
- 50. Slowly disappeared
- 52. End
- 53. Sword with a v-shaped blade
- 55. Fabric with smooth, shiny surface
- 56. Wild cherry tree
- 57. Traditional Japanese socks
- 58. Make of your hard work
- 59. Stony waste matter
- 61. Woman (French)
- 65. Unit of loudness



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By Sara Paulson, Health First

**Health First Nurse's Care, Compassion and Advice Inspired Colon Cancer Patient to Stay Focused on Overcoming Her Disease – and She Did**

After undergoing chemotherapy for colon cancer, Shellie admits there were moments she'd wonder if she had it in her to fight. "I didn't know how I was going to get through the next month," Shellie recalls. "There were times that I was ready to say, 'Maybe no more.' "

But her husband would remind her – "You're stronger than you think you are."

Those five words gave Shellie the emotional armor she so desperately needed. All because of a nurse who had sat beside her. Held her hand. Cried with her. Comforted her. And inspired her by whispering those seven words into her ear during one of the worst times of her life.

Last week, Shellie, now in remission, was reunited with Debbie, her nurse at Health First's Holmes Regional Medical Center. The two embraced through tears and a flood of emotions. Their bond embodies how a nurse is so much more than a physical caretaker. A nurse is also a beacon of hope and support during patients' darkest times.

"I've thought of you so very much," Shellie wept to Debbie. "You have no idea what you did for us, for me. I just thank you for everything."

Debbie, who recently beat endometrial cancer, is delighted Shellie is a survivor. Connecting with her patients is what she does.

It's who she is. "She fought hard and she beat it," Debbie says. "And I knew she would. I just wanted her to know she would."

Shellie says Debbie is amazing and has been on her mind throughout her treatment. "Just seeing her reminded me of where I was a year ago, and where I've been," Shellie says. "I just want to say thank you to Health First for reconnecting me with Debbie. She'll be in my life forever."



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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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# What is Octane

## AND SHOULD IT AFFECT DRIVERS' DECISION AT THE PUMP?

Anyone who has ever driven their vehicles into a filling station is no doubt familiar with the word "octane." But few drivers may know what octane refers to and how it might affect their vehicles.

According to Kelley Blue Book®, octane is a colorless component that boils at high temperatures. Octane is added to fuels, including gasoline used in vehicles, to eliminate preignition in combustion engines. The higher the octane rating, which is a measure of a fuel's ability to resist "knocking" or "pinging," the less likely the fuel is going to explode unexpectedly. In fact, KBB notes that gasoline with a high octane rating can withstand more compression than gas with a low octane rating.

So what does this mean for the average driver when he or she arrives at the pump and has to choose between 87, 89 or 93 octane gasoline? Likely very little. The U.S. Department of Energy notes that most gasoline vehicles are designed to run on 87 octane gasoline. However, some vehicles are still designed to run on higher octane fuel, so drivers should always consult their owners' manuals to determine which octane is best for their vehicles.



Using a lower octane fuel than the one mentioned by the vehicle manufacturer can damage the engine over time. The DOE even notes that using a fuel with an octane rating other than the one recommended by the vehicle manufacturer may actually void the warranty. That gives drivers even greater incentive to consult their owner's manuals before filling up for the first time.

Drivers may wonder if using a higher octane fuel than the one recommended by their car's manufacturer will improve performance. And in certain instances, it might. The DOE notes that higher octane fuel may improve performance and gas mileage and reduce carbon emissions when towing or carrying heavy loads. However, there's typically no such benefit when driving in normal conditions.

Drivers encounter octane anytime they visit a filling station. Learning more about octane and what it does for vehicles can help drivers become more informed motorists.



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