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NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Hello everyone, and welcome to another issue of *Spotlight* Magazine. Can you believe that schools have already started gearing-up for the start of a new school year? And it looks like this August is going to be showing no mercy when it comes to heat. I know we are all used to living in Florida, but it sure does feel like it is getting hotter faster every year!

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That's all for now. Try to keep cool the best you can, remember to stay hydrated, and I will see you next month in print..... or even sooner on the web!

God bless.

Bryan McDonough

Publisher, Spotlight Magazine, Inc.





A MONTHLY PUBLICATION
August 2014 | Volume 17 | Issue 08

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inside the Spotlight august 2014







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THE GOOD LIFE

by Jim Campbell, First Baptist Church of Melbourne

I think that if you asked just about anyone if they wanted to live a "good life", the answer would probably be an immediate "yes". "The good life" is used positively about the circumstances and characteristics of the life that all of us would want to live. If you followed up that question with this one "What is a good life?", while you might get some common mentions, I doubt you'd get two answers that are the exactly the same.

For the Christ follower, this answer is meant to be easier. In the Bible. in Luke 18, Jesus makes a statement, almost an afterthought, but it's powerful and defining as far as the subject of "good" goes. In verse 18, a guy refers to Jesus as "Good Teacher" and asks a question. Jesus' reply ignores the question at first as He says "why do you call me good?" You might think that Jesus is giving him a hard time, but Jesus follows up by saying "No one is good except God alone." I think that Jesus makes an important statement. What Jesus is saying is that "good" isn't some concept that God meets the qualifications to be, He's saying that "good" is whatever God is. It is defined by Him, not the other way around.

Usually our definition of the "good life" is based on some moral code or personal standard, maybe on what we think or some general consensus of cultural goals/ideals from our friends and family opinions. Another majority category of declaring a life good comes in the area of enormous prosperity in some area...financial,

social, (friends), reputation (good name) or experience (the complete bucket list that makes everyone jealous). These two popular categories that can creep into the church are wrong and flawed. Even some Christians attempt to "live a good life" by believing that morality is the way to Christ, but the Bible says differently. A "good life" is a life that is characterized by honoring God.

To many a good life is one unmarred by tragedy or failure, but that's not the defining characteristic. Without these, how would God's characteristics of healing, forgiveness, grace and lifegiving strength ever be seen in the lives of people? I don't have to be "perfect" to live a good life. I have to be consistent pointing to God in everything that I do.

A good way to evaluate the good life is not by what people think of me, but by what people think of God. This measurement takes the quality of my life's circumstances out as the priority, because in EVERY situation, I have the choice to make the God-honoring decision. In failure or success, we can be the example that shows God's power in our lives, giving others reason to praise Him, and in doing that, we can live the "good life".

Jim is the Campus Pastor and Primary Communicator at Bay West Church, which meets at Heritage
High School Sundays at 10am. For more info on
Bay West Church, check us out at facebook.com/
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West Church is a campus of First Baptist Church
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Brevard County's Hidden Gem

One of lesser known economic injection of business in Brevard County is film production. Brevard County has played host to several major films including "Transformers." Filming along the Space Coast by both national and local area production companies is consistent enough that Brevard County maintains a local film commission with by Bonnie King as the director.

The Space Coast Film and Television Commission strives to positively attract business tourism revenue generated by the film and television industry. It serves to attract film and video production, including motion pictures, television movies and commercials, music videos, fashion photography and corporate industrials.

King states that the Space Coast Film Commission streamlines the production process by acting as the liaison between the area governments entities. She states that film projects have a tremendous economic impact on the local vendors and job creation, as well as a positive, profound public relations effect for the region.



Director/Executive Producer Michael Bay on the set of TRANSFORMERS: DARK OF THE MOON from Paramount Pictures.

Photography: Robert Zuckerman/Photo courtesy of Bonnie King, Space Coast Film Commission







For a lot of people, Labor Day means two things: a day off and the end of summer. But why is it called Labor Day? Labor Day is a day set aside to pay tribute to working men and women. It has been celebrated as a national holiday in the United States and Canada since 1894.

Labor unions themselves celebrated the first labor days in the United States, although there's some speculation as to exactly who came up with the idea. Most historians credit Peter McGuire, general secretary of the

Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, with the original idea of a day for workers to show their solidarity. Others credit Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.I.

The first Labor Day parade occurred Sept. 5, 1882, in New York City. The workers' unions chose the first Monday in September because it was halfway between Independence Day and Thanksgiving. The idea spread across the country, and some states designated Labor Day as a holiday before the federal holiday was created.

President Grover Cleveland signed a law designating the first Monday in September as Labor Day nationwide. This is interesting because Cleveland was not a labor union supporter. In fact, he was trying to repair some political damage that he suffered earlier that year when he sent federal troops to put down a strike by the American Railway Union at the Pullman Co. in Chicago, IL. That action resulted in the deaths of 34 workers

In European countries, China and other parts of the world, May Day, the first day in May, is a holiday to celebrate workers and labor unions. Before it became an international workers holiday, May Day was a celebration of spring and the promise of summer.

Membership in labor unions in the United States reached an all-time high in the 1950s when about 40 percent of the work force belonged to unions. Today, union membership is about 14 percent of the working population. Labor Day now carries less significance as a celebration of working people and more as the end of summer.



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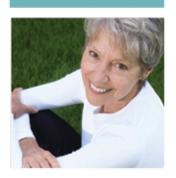
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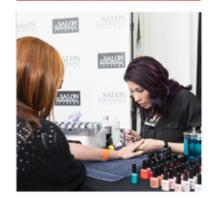


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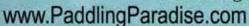
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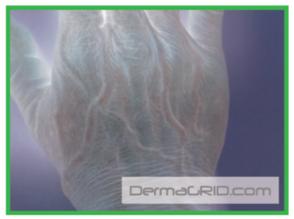
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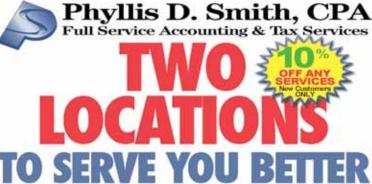
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BACKPACK MISUSE LEADS TO CHRONIC BACK PAIN

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



Back pain is pervasive among American adults, but a new and disturbing trend is emerging. Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks is a contributing factor, according to the American Chiropractic Association (ACA). In fact, the U.S. Consumer Product Safety Commission reports that backpack-related injuries sent more than 7,000 people to the emergency room in 2001 alone.

This new back pain trend among youngsters isn't surprising when you consider the disproportionate amounts of weight they carry in their backpacks - often slung over just one shoulder. According to Dr. Scott Bautch, a member of the ACA's Council on Occupational Health a recent study found that the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman. Of those children carrying heavy backpacks to school, 60 percent had experienced back pain as a result.

What Can You Do?

The ACA offers the following tips to help prevent the needless



pain that backpack misuse could cause the students in your household.

Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.

The backpack should never hang more than four inches below the waistline.

A backpack with individualized compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.

Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.

Wide, padded straps are very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders.

The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.

If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school, and bring home only lighter hand-out materials or workbooks.

Although the use of rollerpacks - or backpacks on wheels - has become popular in recent years, the ACA is now recommending that they be used cautiously and on a limited basis by only those students who are not physically able to carry a backpack. Some school districts have begun banning the use of rollerpacks because they clutter hallways, resulting in dangerous trips and falls.

Chiropractic Care Can Help

If you or your child experiences any pain or discomfort resulting from backpack use, call your doctor of chiropractic. Doctors of chiropractic are licensed and trained to diagnose and treat patients of all ages and will use a gentler type of treatment for children. In addition, doctors of chiropractic can also prescribe exercises designed to help children develop strong muscles, along with instruction in good nutrition, posture and sleeping habits.



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YOU ARE VALUED

by Larry A. Attig, Pastor,
Melbourne First Church of the Nazarene

A couple months ago, Becky and I had one of those whirlwind trips driving almost 2500 miles in 5 days. I have a new respect for truckers or anyone having to drive to make a living. I am grateful I wasn't called to sit behind a wheel for 8 to 10 hours a day.

Our trip required us to stay a couple nights in a hotel. I admit that as a result of past experiences, (you know the ones where they sling a rag around the sink and vacuum down the center of the room) I am willing to pay a few dollars more to stay in a room that is clean and comfortable.

There are a couple hotel chains we prefer when traveling. They are usually about the same price, both satisfy our expectations and neither will bankrupt us. So when possible we choose the one where we receive rewards after so many stays. We have never been disappointed in the accommodations, so I was a little surprised when we



"...for I know the plans
I have for you...
plans to give you
hope and a future."

–Jeremiah 29:11

checked in that first night. I had thrown the bags on the bed and a post it note caught my attention. It was stuck to the headboard. It was obviously computer generated, but it was done to appear it had been hand written. The note read: "we value your stay, all duvets and sheets are cleaned daily for our guests." My first response (in my out loud voice) was I certainly hope so. If these aren't clean sheets, I'm out of here. Now I'm having this conversation, mainly with myself, as to the purpose of such a note. Are the rooms discounted if the sheets are used? That's just gross!

The next night over 400 miles away, I found the same note on the headboard. My response was a little different. It was still ... I hope so, but this time I began to think they are simply reminding every guest of just how important they are. They take great care in making sure every guest enjoys their stay and will choose their hotel again.

A couple days later I was reminded that God gives us that same kind of affirmation. His Word reminds us that we are important and valued. God leaves us many post it notes, but my favorite is: Jeremiah 29:11 ... for I know the plans I have for you ... plans to give you hope and a future.



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DEAR VAL, TRUTH, STRAIGHT UP by Valerie Oliver

"There's a huge difference between abuse and discipline."



"Truth Straight Up" is written and founded by Valerie Oliver.

She offers advice based on Biblical principles—not political correctness. Miss Oliver serves in several ministries including altar counseling. She's written several Christian-short stories and is currently working on her first novel: <u>Harpazo: The Witnesses</u>.

Dear Val,

Last weekend, I went to the mall with my best friend. I don't know why we did it (we both had money) but we stole some stuff. I feel so guilty that I can't sleep at night. I want to return everything or pay for it. I asked God to forgive me but I still feel the need to make things right somehow. I want to tell my parents but I'm ashamed—please help!

-Amanda of Viera

Dear Amanda,

We've all made bad decisions in our lives; why?... because we have a sinful nature. One of the best things about being a Christ follower is that God's grace and mercy is renewed each day. He is a loving Father and His ultimate goal is to restore us, to Him, because sin separates us from God.

Your parents love you. Go to them and repeat everything you've told me. They'll be upset and there will be consequences; however, your remorse and your desire to make restitution will show them that you're back on track. You failed to mention whether your friend shares your regret. You need to find out and perhaps re-evaluate this friendship.

Dear Val,

One of my closest friends, Pete, has back-slid in his faith. For several years, he's been on medication for chronic back pain. I have reason to believe he's now using heroin. I thought about confiding in an elder but what if I'm wrong? I'll look like a gossip; or worse yet, I could damage his reputation. What should I do?

-Becky of Brevard County, Florida

Dear Becky.

Pete is fortunate to have such a caring and sensitive friend. If your suspicions are correct, he needs help—and fast! The elders'

objective is to "correct—rebuke—and encourage" 2 Timothy 4:2. Explain the situation to the elder and trust leadership to do its job. This is different from gossip since you are making a confidential report of your suspicions to the proper person for the purpose of helping your friend. Pray for Pete and know that God is there in the midst of this trial.

Dear Val,

I recently got into a disagreement with a friend of mine over swatting my six-year olds bottom. He was acting up and after scolding him a few times, I took action. My kids are usually respectful, loving, and well-behaved but they have their moments. My friend Shelly doesn't believe in corporal punishment; she considers it child abuse. Her children are spoiled, disrespectful, and often destructive. Sorry if that sound mean, but it's true. So who's right?

-Melinda of Palm Bay

Dear Melinda,

There's a huge difference between abuse and discipline. A swat on ones' bottom (delivered in love, not anger) is not the same as bruises, broken arms, or cigarette burns. The Bible has much to say on disciplining children. Let's look at a few different passages...

Proverbs 13:24 says: "He who spares the rod hates his son, but he who loves him is careful to discipline him." And Proverbs 23:13: "Do not withhold discipline from a child...".

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





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MAKE THIS CASSEROLE THE DAY BEFORE

SPOTLIGHT ON COOKING

by Cecelia Danas



This is a great casserole that can be made the day before and cooked the next day. Great for the quick dinner on a busy night or when company is coming. Serve with a salad and you're done. Remember — Be Creative!

If you have any questions or would like to contact me, email me at lifecoaching 7746@aol.com.

Chicken, Brocolli & Rice Casserole

- 2 tablespoons butter or vegetable oil
- 1 medium onion, peeled and diced
- 3 cups diced, cooked chicken
- 1 large head of brocolli
- 1 (8-ounce) can water chestnuts, drained and chopped
- 1 (4-ounce) jar pimentos

Preheat oven to 350F. Heat butter or oil in a small skillet over medium heat. Add onion and saute until translucent, about 5 minutes.

Cut broccoli into small little heads(top of broccoli).

Remove from heat and transfer to a large bowl. Add all remaining

- 1 (10 3/4-ounce) can condensed cream of celery soup
- 1 cup mayonnaise
- 1 (6-ounce) box long-grain wild rice, cooked according to package
- 1 cup grated sharp Cheddar

Pinch salt

ingredients to bowl and mix together until thoroughly combined.

Pour into a greased 3-quart casserole dish. Bake for 30 to 40 minutes or until bubbly . Let stand for a few minutes before serving.



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The Nutritive Power of Apples

Who has not heard the old adage, "an apple a day keeps the doctor away"? It may seem unlikely that one fruit could be so effective at maintaining good health, but apples really are a super food.

Apples are a member of the Rose family and are related to pears, peaches, apricots and plums. Though considered a fall fruit, apples can be enjoyed year-round thanks to commercial food production and importing.

Apart from being sweet, sometimes sour and refreshingly crisp, apples pack a number of nutritional benefits. Research has shown that apples can help to reduce a person's risk of heart disease and help those with diabetes. In addition, apples can help fight cancer and prevent dental problems.

According to new information from long-running studies published in the British Medical Journal, eating at least two servings a week of whole fruit,

particularly apples, blueberries or grapes, reduces a person's risk for type 2 diabetes by around 23 percent.

Apples are high in many antioxidants and, as a result, this makes them especially valuable at fighting illness. For example, the disease-fighting compounds in antioxidants have been shown to reduce the risk of certain cancers by neutralizing free radicals.

Apples also are very high in fiber. Fiber is needed to help a person feel full and can also regulate digestive function. Fiber also can help reduce cholesterol by preventing the buildup of cholesterol-causing plaques in the blood vessels, improving cardiovascular function and possibly reducing risk of a stroke as a result.

In addition to working their magic inside of the body, apples can have a noticeable impact on physical appearance as well. Apples are sometimes referred to as "nature's



toothbrushes" because they can brighten and clean the teeth. The crisp, abrasive texture stimulates the gums and removes debris from the teeth. What's more, the natural mild acidity of apples helps to stimulate saliva production that can rinse away germs that lead to plaque.

An apple weighs in at under 100 calories per serving, making them a low-fat and ideal snack any time of the day. Because they are low in calories and full of fiber, apples can help men and women maintain a healthy weight.

Because apples can be plagued by insects and parasites, some growers repeatedly spray the trees with pesticides. It is adviseable to buy organic apples to avoid many of the pesticide dangers and to be able to safely eat the apples raw.





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SCFN is dedicated to humanely caring for and controlling the feral and stray cat population in Brevard County.

To meet this mission, spay/neuter clinics are held monthly alternating between the South Animal Care Center (SACC) and the SPCA in Titusville. Every 3 months, an afternoon clinic is held at Animal Medical Clinic in Melbourne. Volunteers perform all tasks at clinics except the surgery which is performed by a veterinarian.

The organization is always looking for volunteers to help in the following areas:

Helpline Monitor | Spay/Neuter Clinic Volunteer
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The Helpline number for spay/neuter appointments is 631-SPAY (7729). Monitors (all volunteers) take messages left by callers.

Spay/neuter clinics are only for feral and abandoned cats. This number is not for calls to relocate or find homes for cats being given up for adoption.



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FIREWORKS FROM YOUR PHONE

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

During the recent Fourth of July celebrations, many of you were out trying to make good photos of the fireworks

with your smartphone. Although the sophistication of smartphone cameras continues to improve, one area that most of them still falter in is low-light settings. While it may be too late for the 4th, with this information you can plan for New Years or maybe a nighttime space shot.

Capturing fireworks the way you see them in magazines may be a stretch, but getting a shot worthy of a social media post or for your memory books is certainly achievable. Getting familiar with your camera settings prior to the big show is the biggest tip I can give you. Assuming that the camera will figure everything out automatically will generally result in pretty poor results.

The first thing you should do is turn off both the flash and any HDR settings your camera may have. HDR or High Dynamic Range is great for getting shots where there's variable lighting in the frame, such as people standing in front of a sunset, but



not for fireworks. It tells your camera to take multiple shots at different exposures and combines them afterwards. With fireworks, this will result in blurred images, as each frame will be slightly different; so make sure you turn it off.

Holding still is another huge key to getting a clear shot, so if possible, get a smartphone tripod that gives you a much better chance of keeping still. Some cameras have a stabilization feature that will also help, so turn it on if you have it. If your camera has a fireworks or night mode, use it and if you can manually set the ISO -- try starting around 400 and work up and down from there. If your camera has a burst mode, which takes several pictures in succession, turn it on so you will have many more images to

choose from.

The vantage point you choose to take the images will also play a major role in the outcome. Try not to set up right underneath the fireworks. For the best shots, look for a higher vantage point that keeps the show more in front of you rather than over you.

If you want to go for a really interesting shot, try to frame the fireworks with other objects like a body of water or a city skyline (another great reason to find a higher vantage point). When the show starts, use the first couple of fireworks to make sure your camera is focusing in the right area by tapping the screen as they explode. This will also allow the camera to adjust its metering so when you start taking shots, it's set to go.

The fireworks may seem a little small on your screen when you take the pictures, but avoid the urge to use your smartphone's digital zoom. Digital zoom essentially is cropping the image, not actually zooming, so do your cropping afterwards with a real image editing program, such as Adobe's free Photoshop Express app.

If you want to take a completely different approach, there are apps that allow you to extract images from video, but don't expect the same level of quality. iPhone users should take a look at StillShot (\$0.99), which allows you to scan the frames from a video and save them as photos right from your phone. Android users can use AndroVid Video Editor (free) to do the same thing as well as many other things that may come in handy for just about anything you might want to do with video.





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Mammography Guidelines Continue to Evolve

Mammograms are used to screen for breast cancer and overall breast health. In a relatively recent departure from conventional wisdom that once advised women to get annual mammograms beginning at age 40, new recommendations say mammograms are not necessary before age 50, and that earlier screening benefits are limited and may even do more harm than good.

The new guidelines come courtesy of the United States Preventive Services Task Force, which is a group of independent health experts convened by the Department of Health and Human Services. The USPSTF reviewed and commissioned research to develop computer-simulated models comparing the expected outcomes under different screening scenarios. The USPSTF is the most influential group to provide preventive care guidelines for doctors, and this is the first time the group has spoken up about breast cancer screening since 2002. The reasons for the change were based on the strong emotional stress breast cancer screenings can create and the rates of false positives that may require follow-up testing.

Younger women's breasts are naturally more dense,

and dense tissue can make it more difficult to read mammograms and identify problems. For this reason, perceived abnormalities on the mammogram may require follow-up mammograms or biopsies to rule out

cancer. According to Harvard Medical School, almost half of women under age 50 who have mammograms are called back for repeat films or biopsies because their test results look suspicious. This

can subject women to undue stress, further exposure to radiation and more invasive biopsies, not to mention the added expenses of further testing.

The USPSTF revised recommendations state that:

- Routine screening of average-risk women should begin at age 50, instead of age 40.
- Routine screening should end at age 74.
- Women should get screening mammograms every two years instead of every year.
- Breast self-exams have little value, based on findings from several large studies.

But some health organizations disagree with the task force's revised guidelines. For example, the Mayo Clinic supports screenings beginning at age 40 because doctors there believe mammograms can

detect breast abnormalities early in women in their 40s. Others scoff at the notion that breast self-exams have little value, as many times it is a woman who first alerts her doctor to a lump or problem.

Doctors are unable to distinguish dangerous breast cancers from those that are not life threatening, which is why many still recommend annual mammograms, despite the fact that mammogram screening has not decreased the number of deaths associated with advanced breast

concers.

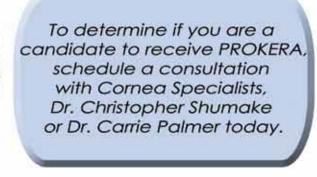
A woman and her doctor should chart the best course of preventative breast cancer treatment. Many insurance companies still cover annual mammograms beginning at age 40. Women who are at high risk for breast cancer are special cases, and should discuss earlier screening schedules with their doctors.



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Christopher S. Shumake M.D. "In addition, the ProKera® device is packaged much like a contact lens, which enables easy insertion right here in our office, or following other surgical procedures. I have been using ProKera® in the operating room for years and I was delighted when it was officially approved by Medicare for use as an office procedure rather than an operating room procedure only."

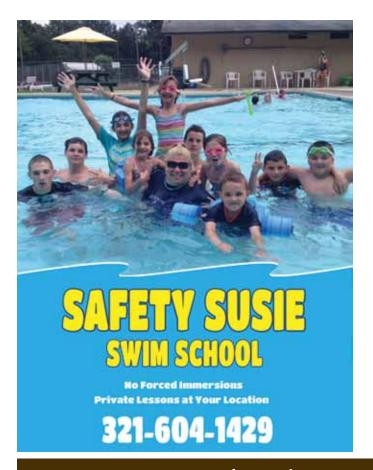
"I think of it as a magic band-aid," adds Carrie A. Palmer M.D. "As a corneal specialist, I see a lot of patients with corneal damage, including patients referred to me by my colleagues. ProKera® allows me to provide patients with a unique alternative to surgery which, in many cases, helps patients achieve a much quicker recovery and a more rapid restoration of useful vision."

For more information or to schedule a consultation with Dr. Shumake or Dr. Palmer at their Rockledge, Melbourne or Palm Bay offices, please call (321) 722-4443.



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Miracle Power

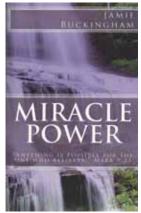
by Jamie Buckingham

As a boy, attending a Baptist Sunday school in Vero Beach, Florida, I often sat listening to my teacher tell of the miracles of Jesus. She believed Jesus walked on water, gave sight to the blind, and raised Lazarus from the dead. The only miracle she had a problem with was His first one — where He turned water into wine at the wedding feast at Cana. She chose to believe Jesus turned water into grape juice and tried, rather unconvincingly, to persuade us nine-year-old boys that this was the

only textual error in the Scripture. She believed the word "wine" was added by King James' translators. People in King James' day drank a lot of wine, she said, and this was their way of justifying their sin. But everyone knew Jesus was a teetotaler, just as all good Baptists should be. We kids sat, as kids do, staring at the floor. But when she got up to use the chalkboard, we all looked at each other and giggled. We wanted to believe in a Jesus who not only gave sight to the blind, but loved to stick it to the Baptists as well.

Later, as a seminary student, I found this same mentality — rationalizing the Bible to satisfy a jaded theology — among several of my professors.

Jesus really didn't speak to the wind and the waves when they grew calm, these professors believed. Actually, the wind on the Sea of Galilee often stops blowing suddenly anyway. The real miracle lies



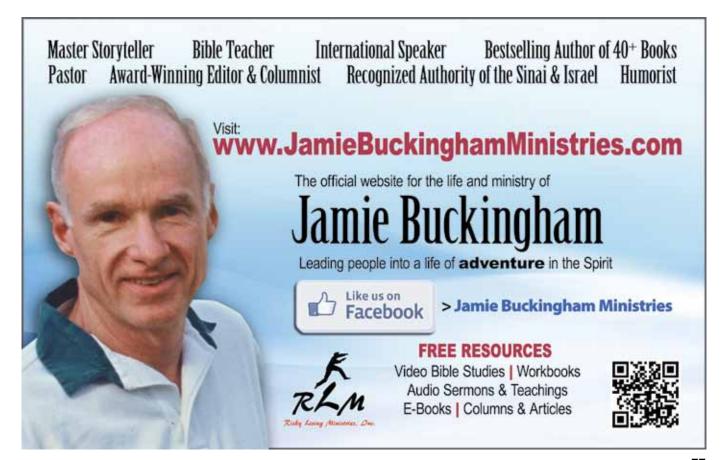
in the fact that Jesus gives peace to the inner man....

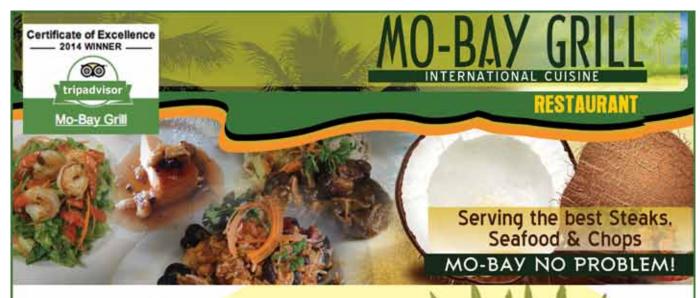
Likewise, each miracle that Jesus performed was explained away. It was taking more of a miracle for me to believe the explanations than for me to believe the miracles. I chose to believe, as my Sunday School teacher did, that Jesus had all power and could do whatever He wanted to do — and that all the miracle stories in the Bible were true.

Why, though, had I never seen a miracle? Deep inside, I believe — or at least I wanted to believe — that Jesus Christ was the same today as He was yesterday. That if He had the power to heal then, He still had that power. Secretly I yearned to have it also — to be able to do what Peter and John did at the gate of the Temple and speak to a man who had been crippled from birth: "In the name of Jesus of Nazareth, rise and walk."

Wouldn't that be wonderful! Yet Jesus and His miracles were as far removed from me as Jack and the Beanstalk. It was wonderful, remarkable ... but it was like all fairy tales — not for now. Then one day it happened to me....

Jamie Buckingham's classic book, <u>Coping with Criticism</u>, is again available in paperback or e-book format for your Kindle, at: www. JamieBuckinghamMinistries.com. Jamie was founder and pastor of the Tabernacle Church in Melbourne for over 25 years.





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Digital Learning Continues to Transform Learning Experiences

Technology is an important part of many people's daily lives. when like computers, tablets, smartphones, and video games are now so widely used that it's hard to imagine a life without email, the Internet or text messages.

Even children are proving adept at using technology, which can be a valuable tool for educators attempting to reach today's youngsters. Digital learning is learning facilitated by technology. Not only can digital learning be done in the classroom, but also it can extend to home life as children continue to explore lessons through hands-on interaction with digital devices.

According to data from Project Tomorrow's "Speak Up" study, an initiative of the nation's leading education nonprofit organization, students are frustrated with the lack of technology in their schools and by the lack of sophisticated use of that technology. The study indicates that students want more of the following:

- social-based learning:
- tools that increase untethered learning;
- development of and connection to a personal network of expert resources; and
- a digitally rich learning environment.

Students acclimated to technology at home are not content to merely rely on textbooks or CDs in the classroom. They're more interested in interactive, Web-based tools that enhance communication and collaboration.

As a result of this shifting landscape, parents should expect to see more lessons and homework involving interactive technology. To make this transition go more smoothly, teachers and parents can work together to ensure kids are making the most of the exciting developments in education.

The following are just a handful of the changes that figure to come about as a result of the transition to digital learning.

- lesson plans, assignments and tutoring opportunities available online for continued reference;
- learning-centered chat rooms for peer-to-peer interaction and sharing of materials;
- Digital content in the way of high quality academic materials available through interactive apps and not stagnant PDFs or text materials. Software may range from video lectures to learning games.
- Increased availability of teachers and professors.

 Students and parents will be able to reach out to educators beyond school hours if assistance or further clarification of assignments is needed.
- Supplemental material that comes at the pace of the student, rather than the pace of an entire classroom.
 Interactive and adaptive software enables students to spend more or less time on lessons to achieve the best level of learning.
- Digital communication with educators, including online conference scheduling.
- Smartboards, tablets and laptop use more heavily integrated into classrooms.



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IS BAD THE NEW GOOD?

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Let's take a quick peek at some recent articles in the news:

- In "Vet Told He Can't Fly Flag Because it's a 'Threat' to Muslims", a war veteran is told he cannot fly the American flag from his condo balcony because Muslims might consider it a threat.
- "Holly Fisher getting death threats after her Hobby Lobby, July 4th photos went viral" speaks of a young woman who posted to her Facebook account a photograph of herself standing in front of a Hobby Lobby store, wearing a Pro Life tee shirt, and receiving death threats as a result.
- We see a state university that does not wish to teach the Constitution in violation of law in "University of South Carolina refuses to mandate Constitution course, despite state law requiring it". I'd say the headline "Judge says incest no longer taboo" speaks for itself.
- Pastors along our southern border are confused about why they are not

allowed to visit and offer comfort to undocumented adults and children in "Feds: Pastors not welcome at immigration camps".

• In "NOW Calls Little Sisters of the Poor "Dirty," Claims Nuns Use Religion to Attack Women", feminists take exception to a group of Catholic nuns who tend to the needs of the elderly poor.

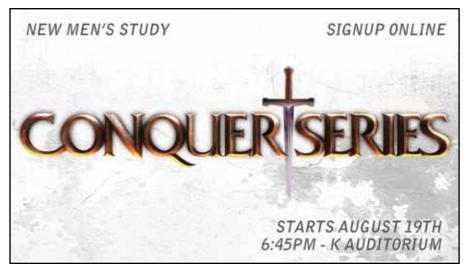
Just to quickly summarize, in these articles a veteran is forbidden to fly the American flag, a woman is threatened with death for exercising her free speech rights, a college does not wish to teach our country's founding documents, a judge claims that there's nothing wrong with incest, pastors are forbidden from offering comfort to those in need, and feminists fight for women's rights by attacking another group of women.

Has the world gone mad? How many times lately have you read or heard about a situation in which something good is turned into something vile and bad or vice versa? Why are these things happening so often?

We can turn to the Bible to get some important insight into this situation. Isaiah 5:20 says, "Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter." Here we can see Isaiah prophesying of a time in which there would be a reversal of morality; a time when moral distinctions would be blurred and confused. God promised to bring His wrath against Israel and cause further darkness, but that the darkness would turn into light at the coming of the Messiah. This was the first fulfillment of Isaiah's prophecy. Yet we see this same thing happening again now, as we get closer and closer to the time of Jesus' second coming. And this is not only the prevailing attitude in the world, but is also happening with some of God's own people too, just as in Isaiah's day.

As well, in Matthew 24:4-12 Jesus speaks of a time of great deceit, when Christians will be hated and persecuted by all nations. At this time, many – Jesus specifically uses that word – Christians will betray and deny their faith. In verses 13-14, Jesus concludes His thought by saying, "but the one who stands firm to the end will be saved. And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come."

Now is a good time for spiritual healing; for Biblical wisdom and prayer. Take care of your soul that you may be one of the faithful who stand firm and be saved. Maranatha, Lord Jesus, come!



Apollo's Dynamic Duo: Marie & Larry

Marie Annette Ramsey is a seasoned tour professional and a retired World Cultures teacher. Today Marie has traveled in 90 countries of the world and all 50 states of the U. S.

Mrs. Ramsey holds a Bachelor of Arts Degree in History and World Cultures (SUNY GENESEO), a minor in French and a Masters from Elmira College in N.Y. She "gets by" in 5 languages.

Marie says, "Travel is like "LIFE" and a "BOX OF CHOCOLATES", you never know what adventure will present itself each day especially with a group of people and their personalities. "Sometimes, the worst disaster will turn into the

most beautiful scenery that you have ever laid eyes on." A good tour director is supersonically flexible and can change a flood into a "water experience".

Today with over 40 years of experience as a tour director and individual tour planner, Mrs. Ramsey tries to make every journey, a memorable one, for her patrons. She offers individualized tour planning because, "EVERYONE HAS a STORY TO TELL and a REASON FOR PICKING the DESTINATION where they are traveling.

Larry Wesley, a true professional and brings years of experience in the travel industry. The added bonus is Larry's passion for excellence. His "Personal Concierge" service exceeds the

expectations of clients nationwide and includes special features that only the individual focus of a concierge can deliver. Larry is a dream designer extraordinaire. Whether it's a romantic escape for two or an Alaskan cruise for two hundred, he delivers the same level of detailed planning and excellence.

He tells clients who are shopping, "If you're looking for cheap with no personal touch and the

risk of dealing with the unknown, choose the internet." But, if you're looking for personal service with excellence from destination research to a return home call and gift, choose Larry at Apollo Travel. "Our desire is for you to have fun and let us do the rest. Let us help you check off that special trip from your Bucket List. You won't be disappointed." At Apollo, we offer a wide array of travel options for every taste and most budgets. For contact information, Please see our advertisement below.

COME BACK NEW

Discover the sights, sounds and flavors of the world in a whole new way





Apollo Travel, 1103 W. Hibiscus Blvd., Melbourne, FL 32901

CALL TODAY FOR DETAILS ABOUT EXCLUSIVE OFFERS!

MARIE RAMSEY (321-752-0066) or LARRY (321-610-3344)

Ocean Princess 25-Day Cruise from Ft. Lauderdale through Panama Canal to Tahiti, Prices starting at just \$5,079., plus airfare January 2-27, 2015

Royal Princess 10-Day Southern Caribbean Cruise Round-trip from Ft. Lauderdale (Aruba, Bonaire, Curacao & More) Prices starting at just \$1,399. – March 29 – April 8, 2015

Ship's Registry: Bermuda



Back to the Future of Hearing Care

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

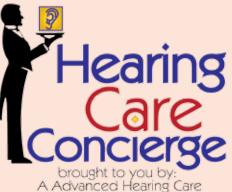
When I started in this industry over thirty some odd years ago I did so in a very old fashioned way. I followed up inquiries about the very first Miracle Ears, and tested folks hearing, and fit hearing aids out of a couple of bags that I carried around in my trunk. I simply can't tell you how many

folks I got to know sitting across their dinner table. It was a different time, and I both learned a lot, and made a lot of friends as I took better hearing right to folks doorsteps. So, in that we are bringing our services back into the home with our new Hearing Care Concierge program it is back to the future, for local in home hearing aid services.

Having a thriving practice downtown for over twenty-two years has also revealed that some of the folks we serve have trouble arranging transportation. Lots of others have said that they would just really enjoy the added service of having us come to their homes, whenever they need service on their hearing aids. So, I am pleased to announce that we've responded by developing and launching our Concierge program.

Here is how it works. When your

hearing aids needs servicing, or repair, simply give us a call at 321-722-2894 and let us know. We'll arrange a convenient time to send a trained technician, specialist, or audiologist out to you. If, we can't fix your aid on the spot, we'll take care of sending it in for repairs, and



return it to you, again back to your own home, if you choose, all for a small service fee.

Not only this, but if your hearing aids need to be sent in, we'll offer to buy them on trade, and set you up with a set of the latest gear our industry has to offer, at no additional charge, or obligation. All for you to use and enjoy, while your instruments are being repaired, or rebuilt.

When your repaired gear comes back, we'll call and make arrangements to deliver it to you, or you can sell them to us, and keep the new ones. It's as simple

as that.

It's another way for us to demonstrate just what it means to be patient centered, and results oriented.

Premium service at a fair price, a quality repair and chance to experience the latest gear our industry has to offer, while your old gear is being rebuilt, at no risk, or obligation. Now, brought right to your doorstep. All of this backed by our twentyplus years of serving folks from the Heart of Historic, Downtown Melbourne at: 720 East New Haven Avenue, Suite #12. Where we welcome new friends and walk ins 9:30 till noon weekdays, after hours cheerfully by appointment, and now brought right to your doorstep.

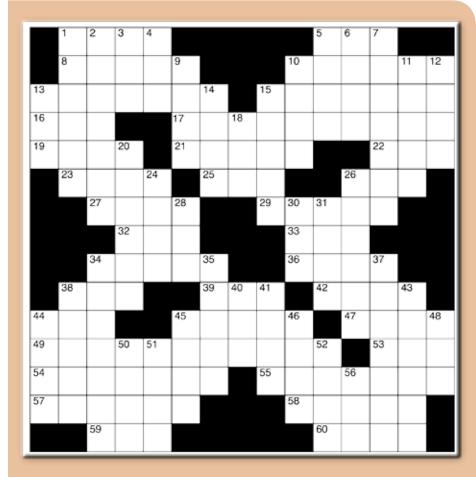
That's A Advanced Hearing Care, accept no substitutes, for service with a smile by local folks

who love what they do. Just give us a call to experience for yourself our personal, premium hearing care services, and just how great the world really can sound.





Please see our advertisement on the inside back cover of this issue of Spotlight.



clues DOWN

- 1. Diminishes
- 2. Set free
- 3. Consume
- 4. Salem-Leckrone Airport
- 5. Rowing team
- 6. Gusto (Italian)
- 7. Territory ruled by a Satrap
- 9. Disseminates
- 10. Other
- 11. Appellation
- 12. Arthur __ Stadium (USTA)
- 13. Seed container
- 14. Paradoxical Zen question
- 15. Runs disconnected
- 18. Rainbow Effect (abbr.)
- 20. Chalk remover
- 24. Assist in some wrongdoing
- 26. Main arterial vessels
- 28. Unreturned serve

- 30. Brain wave instrument
- 31. Baby carriage
- 34. Image recorders
- 35. Indian frocks
- 37. Jewish day of rest
- 38. Earliest anesthetic
- 40. Hair product
- 41. So. Am. wood sorrels
- 43. Blockades
- 44. Pierce
- 45. The class of birds
- 46. Stake
- 48. After B
- 50. Comedian Letterman
- 51. British School
- 52. 1996 presidential candidate
- 56. Radioactivity unit

Spotlight Crossword Puzzle

clues ACROSS

- 1. Mimics
- 5. Ed Murrow's home
- 8. Semitic gods
- 10. Print errors
- 13. Shared
- 15. Intestinal inflammation
- 16. Word element meaning ear
- 17. English romantic poet
- 19. Proofreading symbol
- 21. Marten pelt
- 22. Brew
- 23. Liquid body substances
- 25. Born of
- 26. Large primate
- 27. Aba ___ Honeymoon
- 29. Indian solder
- 32. NYSE regulator
- 33. Be incorrect
- 34. Badger groups
- 36. Gangster pistols
- 38. Hearing receptor
- 39. Gone by
- 42. "Heir of Fire" author Sarah
- 44. Short-term memory
- 45. Egg-shaped nut palms
- 47. Invests in little enterprises
- 49. "_____ Daniel Webster"
- 53. Busy, honey or quilting
- 54. Supplies with air
- 55. Repository
- 57. Verbal approvals
- 58. Make joyful
- 59. 1/100 yen
- 60. Lam__: 12th hebrew letter (pl)

answers on page 44

FUNDRAISING NIGHT



Bring the whole family out for a night of fun and food while supporting Chrissy and the Marciniak Family in their fight against cancer

Raffles - Live Music - Silent Auction and more

Sponsored by: FOREVER FLORIDA, 80S IN THE PARK, NATURES MARKET HEALTH FOODS BREVARD FARMERS MARKETS AND SPOTLIGHT MAGAZINE FOR INFORMATION ON DONATIONS CALL 321-917-0721



<u>Health</u> First

How to Select a Medicare Plan

Choosing the right Medicare coverage can be complicated and with health care costs being one of the biggest parts of most seniors' budgets — it pays to make sure you enroll in the right coverage.

Eligible for Medicare?

When you first become eligible for Medicare, you can join a Medicare Advantage Plan during the seven-month

period that begins three months before the month you turn 65, includes the month you turn 65, and ends three months after the month you your turn 65. If you get Medicare due to a disability, you can join during the seven-month period that begins three months before your 25th month of disability and ends three months after your 25th month of disability.

Once eligible, Medicare beneficiaries have several options to choose from: Original Medicare • Medicare Supplement Plans (also known as Medigap) • Medicare Advantage Plans • Prescription Drug Plans (PDPs)

The most popular option with Medicare eligible in Brevard County is the Medicare Advantage Plan. Health First Health Plans offers four - three include prescription drug coverage (Medicare Advantage Prescription Drug) and one does not (Medicare Advantage). The Medicare Advantage only plan in intended for those who have prescription drug coverage through another option.

Why Choose Advantage?

Medicare Advantage plans differ from Original Medicare in that beneficiaries receive Medicare benefits plus additional value-added benefits though Health First Health Plans like free fitness memberships to our four Pro-Health & Fitness Centers, dental coverage, vision and hearing benefits. Additionally, Health First Health Plans covers urgent and emergency care anywhere in the US and worldwide.

Another positive for Health First Medicare Advantage is that there is no deductible, making it more affordable for members. Additionally, pre-existing conditions and/or underwriting do not apply.

Mark Your Calendar

The Annual Enrollment Period (AEP) for Medicare is from October 15 through December 7. This is the time in which a beneficiary can join, switch or drop a Medicare Advantage Plan for the upcoming year.

Choose Quality & Service

Health First Health Plans is one of the highest rated Medicare



Advantage organizations in Brevard and Indian River counties, according to the Centers for Medicare and Medicaid Services (CMS). CMS evaluates Medicare Advantage Plans on their quality and performance, and for four consecutive years, Health First Health Plans has earned a 4.5 out of 5 Star Rating.*

Need Help?

Health First Health Plans can help you navigate your way through the maze of Medicare – we'll even give you a \$10 gift card for attending**. To reserve a seat for one of these seminars, please call 1-855-729-8414 or TDD/TTY relay 1-800-955-8771 weekdays from 8 am to 8 pm and Saturdays from 8 am to noon. From October 1 to February 14, we're available seven days a week from 8 am to 8 pm.

Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal. *Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next. A salesperson will be present with information and applications. For accommodation of persons with special needs at sales meetings call toll-free 1.800.716.7737 or TDD/TTY relay 1.800.955.8771. **One gift card available to all members who RSVP and attend a member information meeting with no obligation to enroll in a plan.

PUZZLE [PG42] SOLUTION How well did you do? Ε S В S В S Ε Α Α L R R Α Т Ε 0 0 L Т S Α R Т K ı 1 0 Т W 0 R D S w 0 R Т 0 Н Ε S Α В E Ε L S Ε R Ε Ε Α Ρ Ε Α Ν S D Α В Ε 0 Υ С S Ε Ε R R С S Ε Т Ε G Т S Α Ε Α G О M Α Α S Т Μ R Ε С S В S Α ı С D Ε Α D В Н Ε ٧ ı Ν Ε Ε S Т Ε S Т R G Е Ε R Α 0 Α S Ε Т В R Α ٧ 0 L Α Е Ε S Ε Ν D Н



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Seafood & Beef Restaurant

4845 US1 NE, Palm Bay (1 mile North of Malabar Rd.)

theshackpb.com 🖒 Like Us On F







WEDNESDAYS

Buy ONE Ice Cream Sundae Get ONE FREE

THURSDAYS

PJ Nights 6pm - close **BUY ONE GET ONE FREE!** (Must be wearing PJ's)

FRIDAY & SATURDAYS

9pm - close BUY ONE GET ONE FREE with movie ticket stub

SUNDAY-THURSDAY

Movie Night 10% OFF with movie ticket stub

321-725-1262

1220 S. Wickham Rd., West Melbourne

(Specials not valid with any other offers)

Spot This Spotlight and PLAY to WIN!

How good are you at spotting items?

This month, we've placed 7 Spotlight graphics (shown above) on other pages throughout the magazine. Your job, should you choose to accept it, is to find all 7 of these Spotlights and list the advertiser and the page on which you found it. Have fun!

Win a Certificate for 1 Catering Box that feeds 10 people fom Jersey Mike's Subs

OUR WINNER LAST MONTH WAS

Allison Poer of Merritt Island

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

Page #
Advertiser
1
2
3
4
5
6
7Please Print. Entry form must be filled out completely & mailed.
Name:
Age:
Address:
City:
State: Zip:







For Reliable - Dependable - Ethical Businesses

call The Better Business Council of the Melbourne Regional Chamber. Serving South Brevard since 1961, the BBC is your trusted source for reliable business referrals. Don't get disappointed, call us first 321-984-8454.

Better Business Recipient FOR AUGUST 2014:

Dan "D" Bug Man Daniel Brackett
321-480-9458



The A Advanced Hearing Care Concierge program is designed for

Hearing Care Concierge

brought to you by: A Advanced Hearing Care

Please scan to

our patients

learn more about

The A Advanced Hearing Care Concierge program is designed for those consumers who want hearing care services brought to their own doorstep.

How it works:

Whenever your hearing aids should require service, repair, or adjustment, simply pick up the phone and call:

(321) 722-2894



A professionally trained technician will make a house call at your convenience. When they arrive, they will perform an on the spot assessment and evaluation.



Hearing Solutions for Every Budget, Lifestyle & Need.



On the spot

We will try to fix your aids on the spot. If, we are unable to repair your hearing aid on the spot, we will forward it to the original manufacturer for repair, and arrange to deliver the repaired instrument either back to your doorstep, or at our downtown office.



Call (321) 722-2894



www. AA dvanced Hearing Care.com



Kids are back at school so it's time for you to come back to the gym.

*Please bring this ad into any Health First Pro-Health & Fitness Center before November 1, 2014 to have the enrollment fee waived. No Cash value. Cannot be transferred.

Visit myPHF.org for details

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Pro-Health