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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Happy Independence Day to all! This holiday, commonly known as the Fourth of July, commemorates the adoption of the Declaration of Independence back on July 4, 1776, and celebrates the date when we declared our independence from the Kingdom of Great Britain.

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and yes, political speeches and ceremonies. Go ahead and take some time to enjoy the day and to reflect on all of the freedoms that we enjoy in this great country.

Spotlight Magazine has another very special reason to enjoy the month of July. We are proud to announce that our brand new website is up and running! While we will have a new look and feel, our mission, as always, is to keep ourselves in the "Spotlight." And you, our readers, can now play our very popular give-away contest online in "Spot the Spotlight." Come on by and visit us at SpotlightBrevard.com

Enjoy the 4th, your freedoms and our new website!

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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july 2014



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NAVIGATION

by Jim Campbell, First Baptist Church of Melbourne

For all of us, life has periods of time when things are difficult. To

We have to make hard decisions, tough choices and all of this on limited information, because no one can see the future. There are loads of people from the stock investor who's "tip" just talked to the guy who got a ticket the other day on Palm Bay Road that would like to have had a little ability to see what was coming and make a wiser choice for their life.

For the Christ follower, it is difficult as well, but one of the perks of knowing Christ, is that God has told us that He is both on our side and working for His glory, which includes having our best interests at heart. While we make decisions under duress, over taxed, beside ourselves and without full knowledge, He does not. He knows it all. The concept of sin is basically what God has set up, not as something bad for us, but to help us understand when we are taking a path that is not beneficial to us...one that is not in line with God's plan.

So how do we follow that? Does God just reprogram our brains? Nope...we deal with the struggle throughout our lives, but God has given us help to understand the way to success in life. Psalm 119:11 gives us a winning strategy from the writer to help us. It says "I have hidden Your word in my heart, that I might not sin against You [God]."

The Word is the Bible and this verse tells us that a step toward avoiding the wrong path is learning and putting God's Word inside your heart (and your mind) to help you make the right decisions in life. It's not just a rule book, but the Bible also tells us that the Word is "living and active", which means that when you digest it into your mind and heart, it begins to change and fix you from the inside out...and many times, it fixes things you didn't really see getting fixed. All of a sudden, although you haven't read a verse that says "don't be selfish", for some reason, you or others begin to realize that you are less selfish. Things like that.

That's why I advocate being a Christ follower to people who wish to find a successful direction in life. Even if you took out the fact that it's His world and He created you and the whole "He absolutely deserves to be worshipped" thing, without those most compelling reasons to follow Him, it's still the best bet to successfully navigate your 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/baywestchurch or www.baywestchurch.org. Bay West Church is a campus of First Baptist Church of Melbourne.



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volunteers to help in the following areas:

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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.

Pet Owners Beware!

Yes, folks, it is that time of year! The heat and humidity are sweltering. We need to be mindful of the heat for our pets, especially if they are outside during the day. If you have a pet outside, please make sure they have plenty of water to keep them hydrated and shade, so they do not overheat.

Do you know how long it takes for a dog to become overheated and possibly become a fatal situation in a closed car in the summer? Within 30 minutes your car will become an oven, reaching temperatures higher than 115 degrees Fahrenheit! Prior to that time period a heat stroke could take place. If you think cracking the window to combat the summer heat is enough, you are wrong. Imagine how long you would last if you had to sit in a car with the heat index elevated above 100 degrees!

QUICK SUMMER DOG SAFETY TIPS

- Do not walk your dog on black asphalt during their walks, it will burn their pads
- Do not shave your dog (especially if he/she is a white dog) they are susceptible to sunburn, use sunscreen formulated for dogs
- Check your dog for ticks
- Provide water for your dog if he goes with you
- If biking remember your dog is below you, stop, rest and provide water

HEAT STROKE

Heat stroke is an emergency and requires immediate treatment. Dogs do not sweat (except to a minor degree through their foot pads), they don't tolerate high environmental temperatures as well as humans do. Dogs depend upon panting to exchange warm air for cool air. But when air temperature is close to body temperature, cooling by panting is not an efficient process.



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We view the tongue as happy when hanging out of his/her mouth. If you see the tongue is longer than usual and your dog panting hard, then your dog is too hot! Possibly be a sign of a heat stroke. Mild cases may be resolved by moving your dog to an air conditioned room at once. Contact your Veterinarian immediately! For more information on heat strokes go to: <http://pets.webmd.com/dogs/heat-stroke-dehydration-dogs>

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Please join in helping Chris (Chrissy) with her family and Friends in raising funds to help with her fight against cancer.

In May of 2014 Chris (Chrissy) was diagnosed with a very rare tumor in her head. This rare tumor is located in the base of her skull which grew from her bone and wrapped around her optic nerve which makes this type of tumor inoperable, in which has been diagnosed as cancerous.

The Doctor has informed her that she will only be able to go through radiation and chemotherapy one time because of the rarity of this type of tumor.

This has caused her to suffer from loss of feeling on one side of her face in addition, to loss of hearing, taste buds, vision and massive pain on the right side of her face.

She will have to leave her home to seek treatment at a cancer treatment center in Tampa. This has caused



a huge financial burden for her family and we ask that you please help in any way you can. Any amount donated whether it is \$5.00, \$10.00, etc. will greatly be appreciated in every aspect as we all understand that times are hard.

We will keep everyone updated on her battle and we ask that you keep her in your prayers as well as her children, husband and family.

The family has set up an online donation site at www.giveforward.com and then search Chris (Chrissy).



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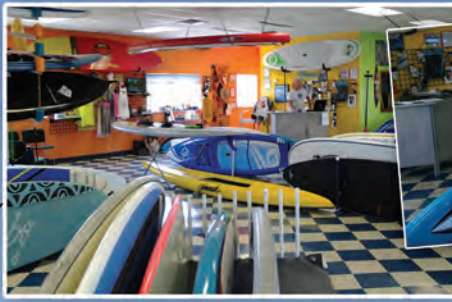
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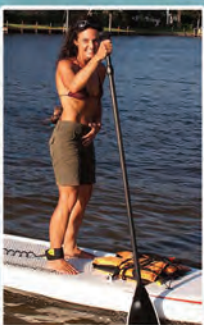
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Love the Skin you are in!

Millefiori Medical Skin Rejuvenation is owned by two locals who have found a way to grow their passions and dreams into a new, cutting edge business. Kyle Graham and Iris Kelley were both raised in Brevard County and both attended Florida State University. After her undergrad, Iris earned her Physician's Assistant Degree from Nova Southeastern University. She has been a practicing Physician's Assistant for three years and has extensive knowledge in both aesthetics and laser technologies. Kyle was a Middle School Science Teacher before returning to school at the Florida Institute of Technology to earn his Masters in Business Administration. Kyle is a Nationally Certified Soccer Coach and currently coaches for the Brevard Soccer Alliance and Satellite High School. Iris and Kyle have two loving and crazy dogs. Aspen is a Yellow Lab/Catahoula mix and Blizzard is a White German Shepherd/Wolf mix.

Millefiori's mission is to produce the best results using the most advanced technologies the aesthetic industry has to offer. "We view ourselves as partners with our clients, our employees, and our community. Our mission is to help people enhance their natural beauty and increase self-confidence in their day-to-day life," says the pair.

Iris has a desire for the aesthetic industry. It gives her the ability to combine her passion for medicine and love for artistic techniques. Millefiori is the perfect platform to provide patients access to quality skin care in all forms. This encompasses prescription treatments, facials, at-home skin products, and chemical peels. It also provides injectable enhancements including Botox, dermal fillers and laser services with the PicoSure laser. Iris prides herself on her treatment outcomes and strives to make sure that patients are satisfied in all aspects of their treatment. Her thirst for knowledge keeps her attending multiple conferences and seminars throughout the year and places her on the edge of new treatments and procedures. She states, "My main goal is to provide patients with relevant clinical procedures and guide them to the best treatment options for their skin and concerns. I want all patients to feel beautiful and never have to worry about looking like, 'they had work done'."

Kyle and Iris believe in giving back to the community. On July 20, 2014 they are hosting the CandleLighters of Brevard to a relaxing day at the spa for all the mothers. They will open their doors on this day just for the mothers to receive the pampering they deserve. Millefiori will be giving complimentary facials and Addy Rose Hair Salon, of Viera, will provide hairstyling. Massages and a make-up artist will also be available to assist all the mothers in their ultimate day of beauty at the spa.

Millefiori has their Grand Opening and Ribbon-Cutting ceremony planned for August 1, 2014. The community is encouraged to come out and join Kyle and Iris as they celebrate. Hors D'oeuvres, locally made fresh Sangria, and craft beer will be provided. Just so you can learn a little more about what they do, Millefiori will also have a live laser tattoo removal demonstration for everyone to see. It will be a great event to support the Historic Downtown Community as well as other local small businesses. Be sure to mark your calendars and come enjoy Friday Happy Hour with Kyle and Iris from 5:00-7:00PM on August 1, 2014. For more information please call : **321-821-4778**



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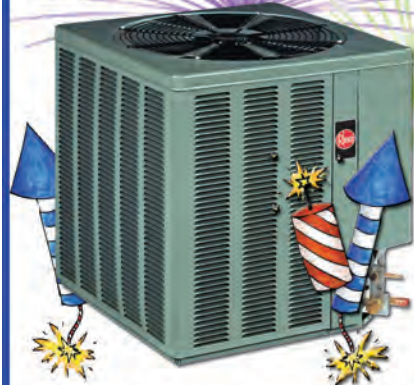
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CHILDREN NEED TO PRACTICE GOOD COMPUTER ERGONOMICS, TOO

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



At least 70 percent of America's 30 million elementary school students use computers, according to a recent New York Times article. As a result of this increased usage, doctors of chiropractic are treating more young patients suffering from the effects of working at computer stations that are either designed for adults or poorly designed for children. Many children are already suffering from repetitive motion injuries (RMI) such as carpal tunnel syndrome and chronic pain in the hands, back, neck and shoulders.

A recently published study conducted by a team of researchers from Cornell University found that 40 percent of the elementary school children they studied used computer workstations that put them at postural risk. The remaining 60 percent scored in a range indicating "some concern."

"Emphasis needs to be placed on teaching children how to properly use computer workstations," stated Dr. Scott Bautch, a member of the American Chiropractic Association's Council on Occupational Health. "Poor work habits and computer workstations that don't fit a child's body during the developing

years can have harmful physical effects that can last a lifetime. Parents need to be just as concerned about their children's interaction with their computer workstations as they are with any activities that may affect their children's long-term health," added Dr. Bautch.

What can you do?

To reduce the possibility of your child suffering painful and possibly disabling injuries, the American Chiropractic Association (ACA) and its Council on Occupational Health offer the following tips:

If children and adults in your home share the same computer workstation, make certain that the workstation can be modified for each child's use.


Position the computer monitor so the top of the screen is at or below the child's eye level. This can be accomplished by taking the computer off its base or stand, or having the child sit on firm pillows or phone books to reach the desired height.

Make sure the chair at the workstation fits the child correctly. An ergonomic back cushion, pillow or a rolled-up towel can be placed in the small of the child's back for added back support. There should be two inches between the front edge of the seat and the back of the knees. The chair should have arm supports so that elbows are resting within a 70- to 135-degree angle to the computer keyboard.

Wrists should be held in a neutral position while typing - not angled up or down. The mousing surface should be close to the keyboard so your child doesn't have to reach or hold the arm away from the body.

The child's knees should be positioned at an approximate 90- to 120-degree angle. To accomplish this angle, feet can be placed on a foot rest, box, stool or similar object.

Limit your child's time at the computer and make sure he or she takes periodic stretch breaks during computing time. Stretches can include: clenching hands into fists and moving them in 10 circles inward and 10 circles outward; placing hands in a praying position and squeezing them together for 10 seconds and then pointing them downward and squeezing them together for 10 seconds; spreading fingers apart and then closing them one by one; standing and wrapping arms around the body and turning all the way to the left and then all the way to the right.



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Did You Know?

According to the International Telecommunication Union, there are nearly as many cell phone subscriptions as there

are people on the planet. The ITU, which is the telecommunications agency of the United Nations, states there are 6.8 billion cell phone subscriptions across the planet, which is home to seven billion people. If those figures seem staggering, note that the world became so cell phone-dependent in a little more than 20 years. The figures are even more eye-opening in the world's wealthiest countries, where the penetration rates exceeded 100 percent thanks to individuals with more than one subscription. But penetration rates are similarly impressive in poor countries, where there are roughly 89 subscriptions per 100 inhabitants. As cellular phones continue to rise in popularity, land-line telephone subscriptions continue to dwindle and the penetration rates in certain areas of the world are even laughably low compared with the penetration rates of cellular phones. For example, Africa has a land-line penetration rate of just 1.4 subscriptions per 100 inhabitants, a figure that is dwarfed by the continent's 63.5 cellular phone penetration rate.



Molly Roger Roller Girls Car Wash

On Saturday July 5th, Vinyl Request Records is helping to raise money for the Molly Roger Roller Girls.

The league is 100% slater owned and volunteer based. They are a not-for-profit organization that encourages women of all backgrounds to experience camaraderie, self confidence and athletic training. They also believe in community involvement, and the league regularly participates in fundraisers and various charity events.

The women who belong to the Molly Roger Roller Girls display an amazing amount of athleticism, and it is breathtaking to watch them. They provide entertainment and excitement for all who have the opportunity to watch them, and because of this, we would like to give a little back to them.

So on July 5, there will be a Car Wash at Vinyl Request Records at 604 E New Haven Ave (Downtown Melbourne) from 11 a.m. - 3 p.m., hosted

and run by the Molly Roger Rollergirls, with all proceeds going directly to them.

At 3 p.m., the attention will shift to The 27 Club music venue, located inside Vinyl Request Records. There will be live music, featuring the debut of the Pukuleles, a Punk Rock Ukulele Ensemble. Other musical groups (TBA) will perform as well. Also being held is the "Independent

Women's Day" Bikini Contest and Fundraiser, with a portion of those proceeds also going to The Molly Roger Roller Girls.

To quote The Beatles, "A splendid time is guaranteed for all."

For more details, to donate a prize, or to sign up as a contestant, contact us on our Facebook page www.facebook.com/vinylrequest





GET THE BODY YOU WANT IN JUST MINUTES A DAY

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

With the dizzying array of “recommended” diet plans being touted these days, how do you decide which is best for you? Is it low carb or low fat; dairy-free or gluten-free; macrobiotic or simply organic; vegan or vegetarian (what exactly is the difference?); cleansing, detoxifying, juicing or fasting? With so many choices, how do you decide?

What about exercise? How about “P90x?” If you’re short on time, you could try “10-Minute Abs” or “The Five-Minute Workout?” Of course there is always Yoga, “Zoomba,” aerobics, line dancing and personal trainer videos, to name just a few. And don’t forget the endless list of home fitness gadgets and gizmos including “The Gazelle,” “Crossfit,” “Bowflex,” “Teeter Hang Ups,” and, get this one: “The Hawaii Chair,” whose motto is “If you can sit, you can get fit.” Believe it or not, there is even something called the “Facial Flex Exercise and Toning Kit” -- with a close competitor known as “The Facial Trainer,” which looks a lot



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like the mask Hanibal Lecter wore in the movie, “Silence of the Lambs.”

It seems our appetite for the latest fad diet, and our commitment to finding that magical exercise program that will give us a body like Stallone in 10 days, in minutes a day, is unlimited. For example, a national newscast recently reported that a California pastor is “so committed to fitness that he’s now working out while delivering his sermons!” Yes, it’s true. He has a treadmill in the pulpit! He explained that he is leading by example, and is hopeful others will join him in not just getting physically fit, but spiritually fit.

The apostle Paul essentially said the same thing, when he wrote (1 Timothy 4:7-8 NLT) “...train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

I know there are a lot of “programs” out there that promote unbelievable results in days and have pictures to prove it. But I’ve discovered from experience, that getting or keeping physically fit requires some hard work and commitment. Learning to think ... to be like Jesus doesn’t just happen because we spend a few hours in church occasionally, it comes when we choose to spend time with Jesus.



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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"You are like a moth drawn to a flame...but eventually, you're going to get burned..."



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

Dear Val,

Will you please pray for my friend, Christa? Her mom tells her she's wasted fourteen years of her life raising her. She calls her a coward, and tells her how she hates her and wishes she'd never been born. She's also confided in me, her mom and step-dad get drunk and hit her. Christa's been cutting herself and I know she's been doing it for a while. She's also told me that one day, she's going to kill herself. She just flew up north, to stay with her dad, for the summer. I told her, she needs to tell him what's going on and maybe she can live with him. She promised me she'd stop cutting herself, but I don't believe her. Thanks for praying for her.

—Carrie of Palm Bay

Dear Carrie,

I'm so grateful Christa has a good friend like you. You understand the importance of prayer, the gravity of the situation, and you've intervened on her behalf. You are a very brave, and wise, young lady to seek help for your friend.

Unfortunately, cutting, or self-mutilation, often leads to drug and/or alcohol abuse, eating disorders and suicidal thoughts or attempts. Christa needs psychological counseling and hopefully Christian counseling/mentoring as well. But the most important thing, right now, is her personal safety. If you haven't already done so, talk to your parents and/or a teacher or guidance counselor. Abuse should always be reported. A call to the Child Abuse Prevention Center (CAP), or the Department of Family Social Services should be made immediately. There are several resources available; and the Yellow Umbrella, (321) 723-2927, is one such organization. They assess, evaluate and mentor families in crisis. There's also a 24 hour crisis intervention, information and referral service for Brevard County. Dial 211, or (321) 632-6688.

To know Christ—and understand the depth of love He has for us, is to know our true value and self-worth. Anyone without Christ—and without hope—or who adopts the world's values may come to view life as empty and pointless. (Ecclesiastes 2:17-18)

"Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger or sword?" Romans 8:35 (ESV). "...neither death, nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord" (38-39).

I'm praying for Christa, her family—and for you. I'm also asking my readers to do the same.

Dear Val,

I know I'm not supposed to date non-believers; so then, why am I only attracted to bad boys? Next question...Is it okay to make out with a guy (kissing and fondling) as long as I don't have intercourse or oral sex?

—Monica of Melbourne, Florida

Dear Monica,

Your obsession with "bad boys" is what scripture refers to as, "desires of the flesh." You are like a moth drawn to a flame... but eventually, you're going to get burned. God created sex, and we're meant to enjoy one another sexually—but within the confines of marriage.

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other to keep you from doing the things you want to do" Galatians 5:16-17 (ESV). A person immoral in mind will eventually become immoral in his/her actions. "Therefore, do not let sin reign in your mortal body so that you obey its evil desires" Romans 6:12 (NIV).

(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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HAPPY FOURTH OF JULY!

SPOTLIGHT ON COOKING

by Cecelia Danas



Happy

4th

of

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Chicken & Spinach Cheese Puffs

2 skinless, boneless chicken breast halves - cubed

3 tbsp spoons chopped onion

2 c fresh spinach chopped

3 cloves garlic, peeled and minced

8 oz of package cream cheese

6 tbsp butter at room temperature

3 (10 oz) cans refrigerated crescent roll dough

1. In a medium saucepan over medium heat, slowly cook and stir skinless, boneless chicken breast halves, onion and garlic. Cook until onions are tender and chicken is lightly browned. Then at spinach till it's wilted.

2. In a medium bowl, blend chicken mixture, cream cheese and butter until creamy.

3. Preheat oven to 325 degrees

4. Unroll croissants and divide in half to create 12 rectangles. Place approximately one tablespoon of the chicken mixture on each rectangle. Fold into balls.

5. Arrange balls on a large baking sheet. Bake in the preheated oven 12 minutes, or until golden brown.

These puffs can be used as an appetizer before the BBQ food is done. These also make for a great luncheon served with salad (you will just have to triple the recipe).

Love this recipe because it can be made the night before and baked when you need it. It's great for parties, with drinks or a lunch. Enjoy your holiday and be safe. Remember — Be Creative!

If you have any questions or would like to contact me, email me at lifecoaching7746@aol.com.



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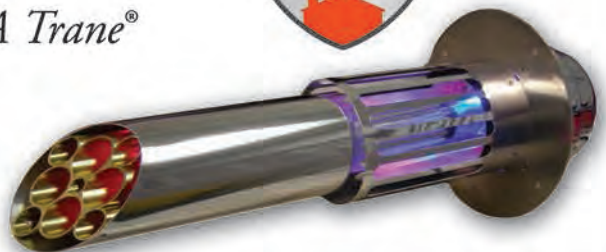


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Dr. Kevin Kilday, PhD, Dr. of Natural Health

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and the rest is toxins, germs, and fungus to name a few, however ALL CANCERS ARE PREVENTABLE and REVERSIBLE.

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2. *Maintain a healthy weight.*
3. *Consume a healthy diet and take supplements. Visit www.holistichealthcenter.us for cancer reversing diet and supplements.*
4. *Exercise 30 minutes each 4 times a week. Any type is good.*
5. *Limit toxin and sun exposure. Avoid toxic chemicals, do not burn, and use a good sunscreen.*
6. *Limit alcoholic beverages to 1 drink per day. Alcohol is a carcinogen.*



7. *Get screened. Mammograms and Pap smears for women, prostate screening for men, and colorectal screening for all adults.*

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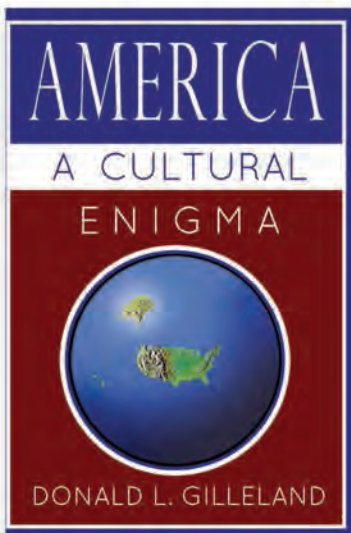
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THE BATTLE OVER NET NEUTRALITY

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

The concept of Net Neutrality is that all information that travels across the Internet, whether it's streaming video, email messages, or a brochure on your company's website should be treated equally. No information gets priority over any other information when the network is neutral and when I refer to the 'Network', it really refers to your Internet Service Provider (ISP).

At the moment, ISPs can't strike special deals to allow certain web services to have a faster lane via the Internet to your home or business. If a proposal by the FCC is adopted, this could all change.

The FCC is proclaiming that it will keep the Internet 'open' by not allowing ISPs to block or slow access to any web services, but the proposed change would allow ISPs to charge content providers for what is being called 'paid prioritization'. While no one would be forced to pay the priority fees, it would certainly tip the playing field to those with the ability to pay.

It doesn't take much imagination to see how this 'tiered' approach to content could

squeeze the little guys out and slowly change the Internet to look more like cable or satellite TV offerings. If these new rules had been in place years ago, companies like Netflix, Hulu, or any number of other startups could have been disadvantaged because they likely wouldn't have been able to afford the priority fees when they were just getting started.



The neutral Internet has fostered amazing new companies that came out of nowhere and many are speculating that this change would stifle innovation and give large content providers an unfair advantage

To be fair, large content providers such as Netflix do put a big strain on an ISP's resources because streaming video

requires a lot more bandwidth than e-mail or basic web surfing. A recent study suggests that Netflix accounts for 30% of Internet web traffic into homes during peak evening viewing hours and YouTube accounts for another 11%.

In the ISPs minds, content providers that chew up more of their bandwidth should pay a priority access fee to help pay for increased infrastructure, but that being said, the last time I looked, these companies are very profitable using the current rules.

All ISPs are not the same when it comes to the ability to deliver streaming video and both Netflix (<http://ispspeedindex.netflix.com/usa>) and Google (<http://www.google.com/get/videoqualityreport>) have created resources that allow you to see how well the ISPs in your area are doing.

So why are they trying to fix something that many feel isn't broken?

Look no further than the players in this typical Washington DC game: The former FCC chairman Michael Powell is now the head of the powerful National Cable & Telecommunications Association lobbying group and the former head of the NCTA is now the Chairman of the FCC. The two have essentially swapped seats, which leads to many questions about motivations and allegiances.

If you want to be heard, the FCC is asking for public comments on these proposed changes at <http://www.fcc.gov/comments> (click on Proceeding #14-28). You can also learn more or use the less complicated method of submitting your comments via the <http://SaveTheInternet.com> website.

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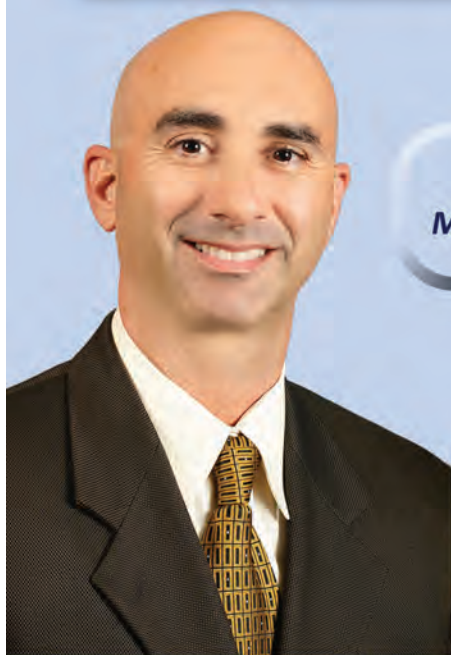
Having dry eyes is one of the most common and frustrating conditions a person can experience.

As we begin to age, we tend to produce less tears. The natural tears that we produce tend to be of less quality as compared to the tears our body created when we were younger.

If you suffer from dry eye, or eyes that tear excessively, a comprehensive evaluation may be your best first step towards enjoying greater comfort and clearer vision.

Symptoms May Include:

- * Stinging, burning, dry or scratchy eyes
- * Excessive Tearing
- * Redness
- * Sensitivity to light
- * Blurred vision
- * An inability to comfortably wear contact lenses
- * Tired eyes



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DRY EYES – AN OFTEN IGNORED AND FREQUENTLY FRUSTRATING EYE CONDITION

"Having dry eyes can be quite frustrating for the person who suffers from them," according to Dr. Michael N. Mandese, O.D., F.A.A.O., of The Eye Institute for Medicine & Surgery. "Dry eyes can be painful, they can cause blurred vision, they can lead to abrasions and chronic infections, and in general, dry eyes can be a rather difficult condition to live with," continues Dr. Mandese, the Neuro-Eye Diseases Specialist at The Eye Institute.

"To the surprise of many people, excessive, uncontrolled tearing can also be caused by having dry eyes, as the body attempts to compensate for the lack of a high quality tear film," adds Dr. Eric R. Straut, Optometric Physician and Low Vision Specialist at The Eye Institute.

"At The Eye Institute, complaints of dry, irritated eyes are taken very seriously. We understand how this condition can diminish one's quality of life," states Dr. Mandese.

Diagnosing Dry Eye Syndrome

The first step towards finding a solution to dry eyes is making an accurate diagnosis. This starts with a thorough medical history. "We want to know if you have a history of any chronic diseases, particularly inflammatory conditions, autoimmune disorders, and diseases of the thyroid, endocrine system or cancer, as each of these can affect the ways in which they are treated and how symptoms manifest," remarks Dr. Straut.

Examples of medical conditions that can lead to dry eyes include lupus, sarcoid rheumatoid arthritis, Crohn's disease, irritable bowel syndrome, ankylosing spondylitis, pregnancy, thyroid disease, and diabetes. Chemotherapy or radiation treatments can also cause or worsen the symptoms associated with dry eyes and, due to hormonal changes, women are more likely than men to suffer from dry eyes.

"Once a person's medical history has been fully reviewed, my colleagues and I carefully listen to the patient's concerns. We frequently hear that people who are avid readers or computer users suffer from dry eye as they blink less frequently when engaged in these activities," states Dr. Mandese.

"People who are frequently exposed to direct air flow from air conditioning or the wind on an ongoing basis are more likely than others to experience irritation associated with dry eyes," adds Dr. Straut.

"Once people reach their 40s, it is not uncommon for people to begin to experience redness, dryness and irritation, particularly if they wear contact lenses," according to Dr. Mandese.

Treating Dry Eyes


Dr. Mandese explains that the successful treatment of dry eyes requires a customized and individual approach to ensure that the dry eye sufferer achieves maximum relief. "We believe in a full body approach to dry eye treatment, including nutritional counseling, the use of certain omega 3, 6, and 9 supplements, careful selection of lubricant tear drops, and in many cases the placement of intracanalicular punctal plugs." Intracanalicular punctal plugs are a major advancement in the treatment of dry eyes. "They fit much better than previous generations of plugs. Patients find them to be comfortable, in most cases not being able to tell that these plugs are in place, with the exception of the fact that the eye irritation that they previously experienced has been eliminated," adds Dr. Mandese.

Dr. Mandese & Dr. Straut are currently accepting new patients at their Rockledge, Melbourne and Palm Bay Offices. For more information or to schedule an evaluation, please call (321) 722-4443.



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WORD SEARCH: Solve the Puzzle and PLAY to WIN!

How many things can you find that have to do with **July?**

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W	N	X	K	A	I	U	C	O	C	E	G	M	E	S
H	I	D	R	R	C	S	O	A	L	U	N	P	A	X
J	J	A	E	E	O	P	P	E	E	G	I	Y	S	H
K	D	V	B	P	D	W	B	L	X	B	M	R	I	E
E	D	R	S	Z	E	R	E	P	A	Z	M	O	D	B
M	A	V	N	D	A	N	K	R	M	Y	I	T	E	J
B	J	W	G	T	E	Z	D	Y	I	L	W	E	J	E
F	H	A	I	C	G	Z	Y	E	J	F	S	C	I	I
M	O	O	H	T	R	U	O	F	N	S	J	H	V	G
W	N	L	I	B	E	R	T	Y	P	C	F	N	Z	B
S	E	I	T	I	V	I	T	S	E	F	E	I	Y	B
C	W	D	X	M	A	S	F	V	Q	K	X	C	L	T
Z	K	E	K	V	K	U	Z	D	O	A	F	S	U	Z
Y	Q	L	M	Z	A	W	M	K	Y	Y	Y	E	J	D

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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Word Search, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

Recommended Reading: Coping with Criticism

by Jamie Buckingham

Excerpt from Coping with Criticism:

It took a long time before I recognized there is a difference between coping with criticism and being immune to it. A couple of years ago, after having gone through several moderate encounters with angry people—and not going into depression or getting angry in return—I began to feel I had at last conquered my old problem.

One Friday, speaking at a ladies' luncheon, I began my remarks by announcing that they were looking at a man who had finally become immune to criticism.

It was an audacious thing to say!

It was also an extremely foolish thing to say.

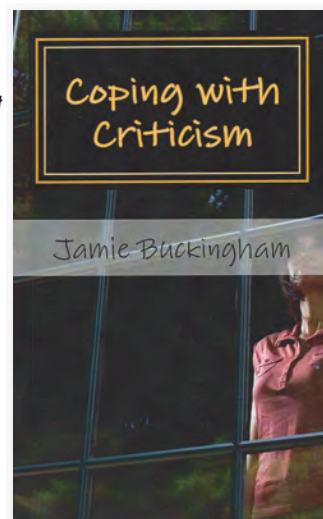
Mortals have a difficult time understanding what is going on in the spiritual world (what the Bible calls “the heavenlies”). If we did understand, we’d be mighty careful about playing the braggadocio. The purpose of God’s visitation on earth, the purpose of the Bible being written, the purpose of the Holy Spirit in the world today is that we might be conformed to the image of God’s Son. At least, if I understand Romans 8:29 correctly, God’s design for us from the beginning of creation is for each of us to become like Jesus. Yet to arrive at that place of perfection, or as Paul states earlier in that great eighth chapter of Romans, to become “the manifested sons of God” entails a great deal of finish work. Finishing is a tedious and painful process, brought about by the One who is the “author and finisher” of our

faith. In carpentry, the finish work is accomplished by a man with sandpaper, steel wool, and a sharp chisel. Since most of us simply don’t want to submit to that kind of irritation—the kind that shapes us into the image of Jesus—we do everything we can to escape it.

Criticism is one of God’s finest shaping tools. In the hands of an expert it can rapidly transform us from self-centered individuals into people who live and act like Jesus. But since most of us have failed to realize that all criticism, like all authority, is valid only because God allows it, then we run from the man (or woman) coming down the sidewalk with sandpaper, steel wool, and a sharp chisel. It’s difficult to understand, but God just may have sent that Philistine to polish you until you reflect Jesus.

When I stood up before that women’s group and made that stupid announcement—that I had become immune to criticism—it was the same as saying I no longer had a need to be shaped by God. As a result, I laid myself wide open to a full-fledged midterm exam by God to see if I really was who I said I was. . .

Jamie Buckingham’s classic book, Coping with Criticism, 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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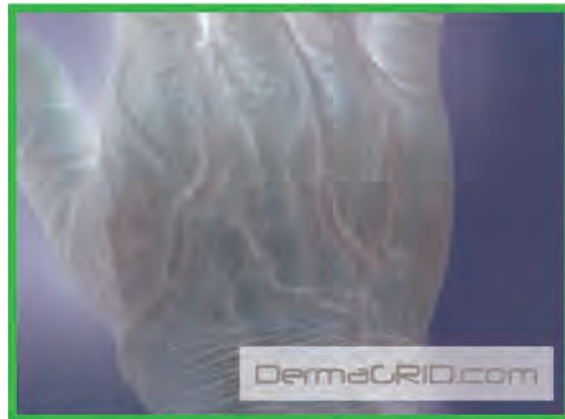
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MOSQUITO Bites

by Wendy Lockhart, MD

Ahhh Summer – Days at the beach or pool, backyard barbeques and MOSQUITOES!

With our summer rains and humidity, the mosquitoes have made their comeback.

Although the media warns us of mosquito borne diseases such as west Nile virus and more recently chikungunya, the most common complication is infection related to scratching.

The key to avoiding the complications of mosquito bites is prevention:

- Try to avoid outdoors during dawn and dusk
- If you are outside during these times, wear long sleeved shirts and pants
- Use insect repellents. DEET products up to 30% are safe and effective for children 2 months of age and older. Picard and repellents with essential oils of lemon, eucalyptus and 2% soybean oil are



comparable to 10% DEET.

The EPA recommends the following

precautions when using insect repellents on children:

- Do not apply on cuts, wounds or irritated skin
- Do not spray on the face; apply with hands. Avoid areas around eyes and mouth.
- Do not apply to young children's hands as they may rub it in their eyes or mouth
- Do not use sprays in enclosed areas or near food
- Use just enough to cover exposed skin and clothing and do not allow young children to apply a product themselves.
- After returning indoors, bathe or wash treated skin with soap and water. Also wash treated clothing before wearing again.

For the mosquito bites that do occur, there are some remedies that can help minimize the itch:

- Antihistamine cream or stick to relieve the itch and swelling
- Ice pack
- Aloe Vera gel. Keep some in the fridge as the cold helps ease the itching also.
- 1% hydrocortisone cream

Unfortunately, some insect bites will become infected. It is sometimes difficult to tell if your child is having a local reaction to the bite or if the bite is becoming infected.

For me, one of the most important signs that the bite has become infected is that it becomes tender or painful.

Some other clues include a bite that is becoming more red and swollen after 2-3 days, a pustule at the center of the bite, discharge from the bite. If you have any concerns that a bite is becoming infected, please seek medical care.



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Everybody's heard the saying, "sticks and stones can break my bones, but words can never harm me." Actually, I used to think everybody had heard it (and had learned the truth of it), but these days, that doesn't seem to be the case. I can't recall a time in my life when so many people took offense at things that are not really offensive.

We've all heard of cases of people being offended by religious displays during the Christmas season. People offended by God have demanded that references to the Ten Commandments be removed from public buildings. There has been a recent uproar among people offended by the name of the Washington Redskins football team. A senator from Utah claims to be "doggone offended" by Tea Party activists and voters. Three citizens in Arkansas forced a school district to discontinue prayer at the beginning

of school functions because they were "offended." Extremists can actually bring cases before the Supreme Court as "offended observers" with dubious constitutional challenges to governmental acknowledgements of religion.

Jewish columnist and radio talk show host Dennis Prager gives us this humorous example: "To make the point of how offensive the name "Indians" is for the Cleveland baseball team, one liberal caller once asked me, 'How would you feel if a team were named 'Jews'? I told him that it would be a great day in Jewish history – for 3,000 years, Jews have been looking for fans."

The most famous case of personal offense involved a set of twelve Muhammad cartoons published in 2005 by a small Danish newspaper, leading to violent protests by Muslims

around the world, and resulting in more than 200 deaths and attacks on churches and Christians.

Why are there so many more thin-skinned, put-out people these days; people who expect the vast majority to cater to their hurt feelings?

When the disciples asked Jesus for the sign of His coming and the end of the age, the Lord responded with a concise list, including wars, famine, earthquakes, religious deception, increasing wickedness and persecution. But He also added, "And then shall many be offended, and shall betray one another, and shall hate one another." (Matthew 24:10 KJV).

There it is, folks. If you read the entirety of Matthew 24, you will see that all of Jesus' signs of the end times have been fulfilled. Like a spiritual drama with eternal consequences, the stage is set. The actors are in place. We are only waiting for the curtain to rise, but we don't know exactly when that will be: "But about that day or hour no one knows, not even the angels in heaven, nor the Son, but only the Father. Therefore keep watch, because you do not know on what day your Lord will come." (Matthew 24:36, 42).

It is not too late to get right with God, but it could become that way at any moment. Eternal life can be yours through the free gift of God's grace. As the Apostle Paul tells us in 2 Corinthians 6:2 (NLT), "For God says, 'At just the right time, I heard you. On the day of salvation, I helped you.' Indeed, the 'right time' is now. Today is the day of salvation."



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Time to Trade Up?

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

There comes a time in every hearing aid users life when you begin to wonder if it's time to trade up. Before that inevitable breakdown, when you just know that they are going to let you down when you need them most, bring them to us. That's right, Before they quit working. Even if there is not much wrong, but they are in need of a little clean and tune, bring them to us.

Your used hearing aids have never been worth more in trade. The demand we see in our store monthly, has exceeded our ability to fill it. We need more trade ins, or even outright buys of used aids.

Things weren't always this way. In days past, and still with custom used hearing aids, once they were made, that was it. Their value was only to the one it was made for, as re customizing and refitting the electronics into a shell for another ear requires more labor than it takes to make a couple of new custom instruments.

That all began to change about ten years ago, with the introduction of tiny, high performing, and very natural sounding thin tube, and receiver in the canal style hearing aids.

This drastic change in style, from custom, to modular instruments, has been accompanied by a correspondingly vast improvement of circuitry, and over all sound processing capabilities. Again, a progression over time helps tell the story.

When I started, we had two types of analog circuitry, class A, and class B, I'll not bore you with the details, but one was used for milder, the other for more severe losses.

They were all what we called single channel, in that there wasn't much you could do with the sound, other than turn it up or down, once the equipment was made. We controlled the squeal of feedback, by strategically placing lamb's wool into either the input ports of the microphones, or the output tubes where the sound was delivered. No kidding! When little setscrew potentiometers were introduced, I was in hog heaven.

That all began to change for the better

with the advent of the first real 'digital' hearing aids. Not what we think of traditionally, as hearing aids at all, but rather ear level computers, processing sounds digitally, then delivering them via a speaker, or receiver into our patients ears.

As with all computers, each chipset has brought an exponential growth in processing power, with a further shrinking of the physical size of the chips themselves.

The results are that today's modular hearing aids, are actually amazing little miniature moisture resistant computers, with input, and output parts that can be repaired, replaced, and reprogrammed to any other user that fits within their operational parameters.

So two things have happened along with this evolution. First, the gear we have available today is anything but what you've thought of as a hearing aid. But, rather an ultra-high speed, dual input, radio transceiver capable of real time processing of multiple sound environments for incredible speech to noise improvements in noisy environments, capable of delivering better understanding in noise than those with normal hearing.

Along with superior understanding in noise, today's best in class gear, is capable of streaming your cell phone, iPad, tablet, or TV directly into your ears, in high definition stereo. Today's entry level gear has more processing power, and better performance than the top of the line offerings of just a couple of years ago.

In order to encourage folks to part with their old gear, we are making an offer that is simply an honest win, win for everyone. Here it is. Bring in your old gear, no matter where you got it, how old it is, or what condition it is in. If, it's still under warranty, so much the better. We'll send them in to their original manufacturer for refurbishing, won't cost you a dime.

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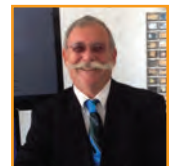
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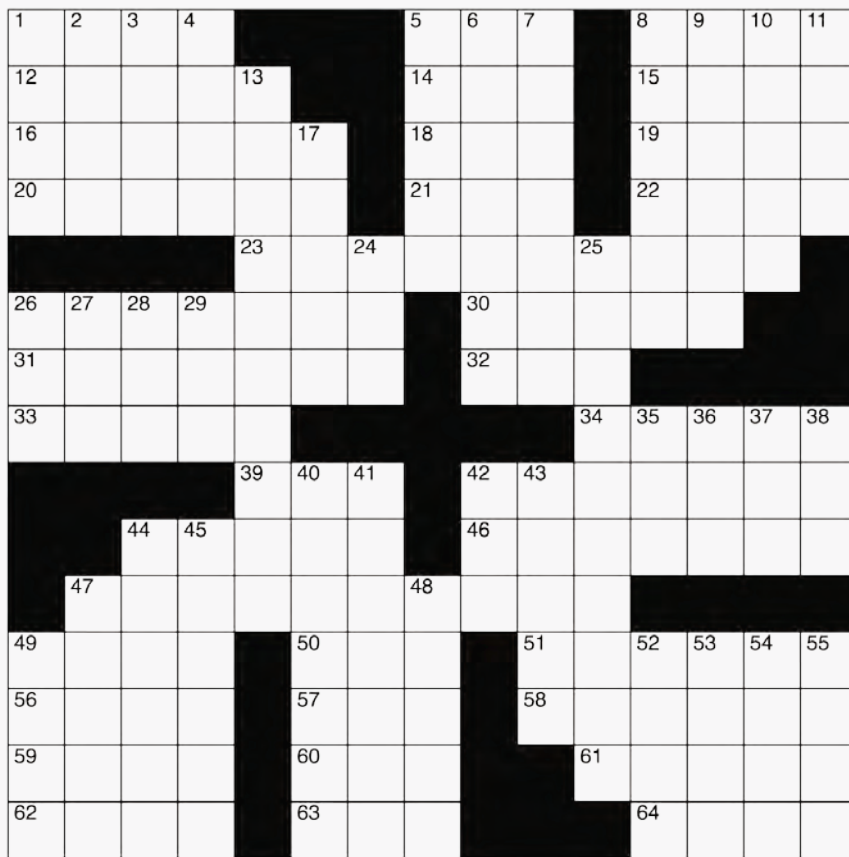
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Spotlight Crossword Puzzle



clues DOWN

1. Himalayan goat
2. Far East housemaid
3. Indigenous of California
4. ___ lang syne, good old days
5. Unmarried
6. Gandhi epithet
7. Not the same as him
8. Show of respect
9. Soft palate flaps
10. Dried orchid tubers
11. "Fish Magic" painter Paul
13. Coming out of again
17. Banteng
24. Born of
25. Cloisonne
26. 3 to 30 gigahertz (abbr.)
27. Gap in a ridge
28. Tennis player Ivanovic
29. Felled tree trunk

35. Suits & Psych network
36. Steadying rope
37. Anger
38. A male child
40. Marred the surface of
41. Marjoram
42. UC Berkeley
43. Hawaiian greeting
44. Saturated
45. Historic Anjou capital
47. ___ Apso: tibetan dog
48. Attach a brand tag
49. Run before a gale
52. Nemesis
53. Wild goat
54. A clock tells it
55. States

clues ACROSS

1. Paper mulberry
5. Fringe-toed lizard genus
8. Peel a corn cob
12. A love affair
14. Tandoor bread
15. Elliptical shape
16. A small village
18. Refers to a person
19. Hybrid equine
20. ___ Scholar
21. Consume
22. Away from wind
23. Br. tube phrase
26. With three uneven sides
30. First king of Egypt
31. Award recipient
32. Coach Parsegian
33. Uncle Sam artist James
34. Flathead mullet genus
39. Wedding declaration
42. Complete musical pause
44. More of sound mind
46. Relieved
47. Am. poet Henry W.
49. Fine cut tobacco
50. Honorable title (Turkish)
51. Nun garments
56. A block of soap
57. Driver compartment
58. Saudi peninsula
59. Consumer
60. East northeast
61. Hostile foe
62. Fathers
63. Pain unit
64. Former wives

answers on page 44

Providing Opportunities

The Brevard Symphony Youth Orchestra (BSYO) has been dedicated to providing talented young musicians with opportunities for personal and artistic growth through challenging rehearsal and performance experiences for 30 years. Founded as a single orchestra in 1984 under Willem Bertsch, Brevard County's finest young musicians continue to receive orchestral training not available through any other institution. Today, as it prepares to open its 31st performing season under the artistic direction of Philharmonic Conductor Mark Nelson, the BSYO boasts three orchestras consisting of more than 150 talented young musicians in grades 1st-12th, representing forty public, private and home schools.

The BSYO's 31st performance season is titled "Fantasy, French and a Woman's Touch." This season's concerts will feature music by French composers, women composers and fantasy and folk lore. Students can audition for a seat in one of three groups: String Ensemble, Symphony Orchestra or Philharmonic Orchestra. Auditions for all orchestras for the 2014-15 season will be held on August 29th and 30th at the First Baptist Church of Melbourne. An audition registration form as well as a list of all requirements can be found online at www.bsyu.us.



The season kicks off with the BSYO's major

fundraiser, "Havana Nights." This evening of Cuban-style dinner, dancing and fun will be held August 16th at the Cocoa Beach Country Club. Corporate sponsors are needed for the event and interested parties can contact BSYO Executive Director, Lourdes Quintero, at (321) 216-7804. This year's goal is to raise \$20,000 to fund musician scholarships, master classes, workshops with professional musicians and performances at new exciting concert venues.

In addition to making musical training available for young people, this vital arts organization serves the community by encouraging a greater understanding of and participation in orchestral music. The BSYO invites the community to share in the beautiful music at their first concert of the 31st season, "C'est Magnifique", on November 16th.

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Your Answer for Valve Disease

Health First Heart & Vascular Services is dedicated to keeping your heart healthy

and to help you, we've opened the Health First Valve Clinic, located inside the Heart Center at Health First Holmes Regional Medical Center. The Valve Clinic is an expansion of Health First's premier cardiac services and specialties and focuses on providing patients with aortic valve disease with the specific care they need to survive and thrive.



to take the place of the diseased valve without having to open the patient's chest. Health First is currently in the process of building our TAVR program. These procedures require a lot of initial tests which can be done locally through the Valve Clinic.

Some patients may need to have a procedure called a Balloon Aortic Valvuloplasty which is a temporary catheter based procedure for the sickest of patients and is used as a

bridge to either AVR or TAVR.

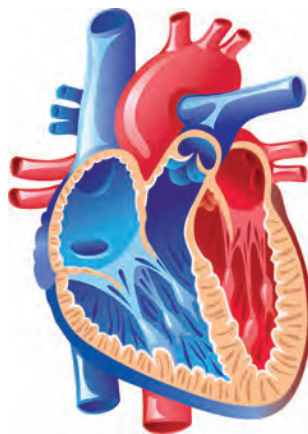
The Valve Clinic at the Heart Center at Health First Holmes Regional Medical Center provides a comprehensive team approach of medical experts who come up with individualized treatment options to ensure all patients receive the right care at the right place at the right time.

For more information about the Health First Valve Clinic, call 321-434-VALVE or visit www.HFHeart.org.

What is Aortic Valve Disease – Aortic Stenosis?

Aortic Stenosis/valve disease occurs when your valve is narrowed and does not completely open because of issues like cholesterol, age, genetics, or a build-up of calcium. The narrowing does not allow for normal blood flow from the heart, making your heart work harder to push blood through

the aortic valve to your entire body.



What are the Symptoms of Aortic Valve Disease?

Symptoms include chest pain, fatigue, shortness of breath with exertion, light-headedness and fainting. If symptoms are ignored, your heart gets weaker and weaker increasing your chances of death due to cardiac arrest, heart failure, stroke or end stage organ

failure. After the onset of symptoms, 50% of patients do not survive two years.

Treatment Options

There are two options for treating aortic valve disease:

Aortic Valve Replacement –traditional or minimally invasive aortic valve replacement is the process of removing the diseased valve and replacing it with an artificial valve and is considered the gold standard of treatment options.

Transcatheter Aortic Valve Replacement (TAVR) –is available for those patients diagnosed with severe calcified aortic valve disease and are too sick or at too high risk for open heart surgery. The TAVR allows a new valve to be implanted

PUZZLE [PG42] SOLUTION

How well did you do?

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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!

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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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YOU ARE NEVER TOO OLD TO LEARN

SPOTLIGHT ON LIFE COACHING

by Cecelia Danas,

Certified Life & Strategies, Food Psychology Coach / Advanced EFT Practitioner

The older you get time just seems to fly by. We reflect on our "mistakes, past issues and how it could of been - if". These were really lessons, which we need to learn to get to where we are now. They should of's and could of's are our Self-Defeating Beliefs.

Self-Defeating Beliefs are negative attitudes, and unhealthy behavior. They are learned. They are traits and defense mechanisms we've used to deal with uncomfortable people or situations in our life. These traits help us to avoid responsibility or to escape unpleasant emotional feelings. We may think we have dealt with these emotions, but they can be triggered without even realizing it. Self-defeating beliefs like I must never ask for help, I know best, I should be in

control, myself worth is determined by my job, car, money and looks are an example.

I speak from experience. I just spent 2 years of my life educating myself to accomplish something I regretted not doing when I was younger. Even though for a month I have been sick with bronchitis, I still was going to take this test come hell or high water. The day before I ended up in URGENT CARE where the doctor told me to go home and rest. I told him, "No I have to go to Orlando for a test". Sick as a dog I went with my friend in tow. It was a three hour test. Two and a half hours into the test I had to use the rest room. There was a line and it was a long long hallway. I waited and huffed and puffed

back to the room. I got back, started again, and 5 minutes later on the screen comes on that tells you that you have 15 minutes to finish. I rushed to try to finish, but it stopped. I got a paper saying I didn't complete the test.

LESSON LEARNED

1. I should of listened to the doctor and took care of ME.
2. I should have postponed the test.
3. Myself defeating belief raised its head and said "You're not good enough, not smart enough, and on" even though I thought I that part of me was gone.
4. My biggest lesson is that material things and job titles are short lived and unpredictable, yet I based that as what would make me happy. I now realize that happiness comes from inside me. To honor who I am at this moment in time, to love myself, to trust God and know all things are possible.



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