

COMPLIMENTARY
june 2013

spotlight

Keeping You in the Light

MAGAZINE

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STOP Identity Theft!
pg 11

pg3 » Spotlight BUSINESS OF THE MONTH IS

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New neighbors are coming soon to Malabar Road in Palm Bay. Kim Ellis Insurance Services and Phyllis D. Smith, CPA, both with current offices in Sebastian, will be expanding their businesses by opening new offices at 754 Malabar Road SE, just west of Emerson Drive.

Kim Ellis, owner and principle agent of Kim Ellis Insurance Services, has been in the insurance industry for over 20 years. Kim Ellis Insurance Services opened its Sebastian office in March 2008. The agency itself was established in 1994, and Kim managed the business for seven years before she purchased the agency that now bears her name.



Kim and her experienced staff are looking forward to better serving existing clients in the Palm Bay and Melbourne communities, and to offering their wide range of services to new clients as well. In addition to home and auto insurance, Kim and company can help you with insurance for boats, RVs, motorcycles and commercial lines of business. They can also assist you with health and life insurance, as well as employee benefits packages.

Phyllis Smith purchased her accounting practice, Phyllis D. Smith CPA, in late 2003. Her extensive experience ranges from auditing to private industry and public accounting at small firms. She brings to her business quality professional services at competitive prices while taking a personal interest in her clients and their individual needs.

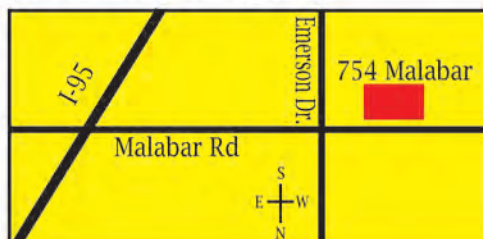


She and her three-woman staff offer full bookkeeping services. They can compile financial statements from bank statements, check stubs, credit card statements and other source documents. They will review work produced by your employees to recommend changes. In addition they handle all aspects of tax returns: C corps, S corps, partnerships, fiduciary, payroll, gift, and more.

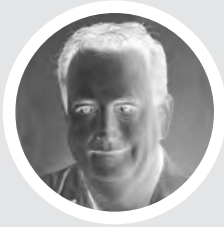
Although Phyllis has maintained a Palm Bay office for the past three years, she and her staff are looking forward to better serving new and existing clients at the Malabar Road location. The new office will be open on a regular basis every Tuesday, but Phyllis and her friendly staff will be available at other times by appointment.

So be on the lookout for the new kids on the block....starting in early June, 754 Malabar Road SE in Palm Bay. Stop in and say hello and see how they can help you with all your insurance and accounting needs.

Drop in Today and Say "Hello."
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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Welcome to this June's issue of Spotlight Magazine and thank you, whether this is your very first copy of our publication, or if you are one of our many loyal readers. I truly hope you will be or have been enjoying our uplifting, positive, community publication that is distributed free throughout all of South Brevard.

June is a time to say "Happy Father's Day" and to remember to thank Dad for having patience, understanding and for putting up with us throughout our lives. Thank you Dad!

Let's also not forget that this is the beginning of our hurricane season. We should all be on our guard from now through November.

All it takes is one storm or a combination of storms, to change everything. "Never say never" is a good quote to live by. It is really just a matter of when, not if. Bottom line is, preparation is always a good idea, even if we remain high and dry again this year.

When possible, please remember to thank our advertisers for helping to make this publication available to you. Surely with trustworthy advertisers, our Lord God, and wonderful readership like you, this magazine will continually be moving forward in the years to come.

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine, Inc.*

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June 2013 | Volume 16 | Issue 06

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june 2013



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LET IT BURN...OR NOT

by Jim Campbell, First Baptist Church of Melbourne

Ever look at a campfire after the flame has died down?

You're sitting there late at night and there's a little glow emanating off the coals of the fire. You think the fire's out... until you chunk a little piece of paper next to one of the embers... then the flame appears again.

Conflict can be like that also, it can burn like a fire. If we are smart, we go to the person who hurt us and we work it out... usually, forgiveness comes into play, and it's extinguished....if we are lucky. Sometimes, we let it smolder, like an ember, and it waits to flame again later.

When Jesus was asked by one of His disciples about how many times to forgive someone, the disciple suggested 7 times. Jesus countered with 70 times 7. We tend to think that someone might have to commit an offense against us 490 times and then we forgive them 490 times...but I think we miss something.

Forgiveness is more of a process than a one-time event... we don't just forget what happened. I think Jesus was saying that you might have to use 490 "forgives" on one occurrence of the wrong. Anything can remind me of pain...a TV program, a song, a conversation, etc... To forgive means, every time something reminds me of the hurt, I have to make the choice to forgive the person, every time...maybe 1000 times, just for that one thing.

If forgiveness doesn't stick, pain can come back at any time, like that glowing ember. Most times, if the flame isn't there, i.e. the conflict's died down, we think everything's okay because the fire is gone, but not hardly. Let some little piece of "paper", a word or a look, get too near the glowing ember and you find out the flame burns strong...just like that. We think the "paper" is the problem, but it's really not. If the "paper" just lies there, it never burns on its own. It needs the ignored ember to light it again. The hotter the fire/hurt, usually the longer the process of forgiveness... but it's got to be done because usually the person that takes the most damage is the one nearest the fire, and that's not the person who messed me over...that's me or those close to me.

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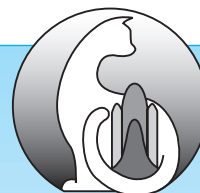
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The Helpline number for spay/neuter appointments is 631-SPAY
(7729). Monitors (all volunteers) take messages left by callers.

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.

Why Doesn't She **Just Leave?**



It seems like a simple question.

If someone is physically or emotionally abusing you, one would think your instinct would be to get out of the situation.

Some women do leave immediately, while some stay with their abuser their entire lifetime. Friends and family members get frustrated when they see their loved one continue to return to an abuser. Law enforcement officers get frustrated responding repeatedly to 911 calls from the same household. Why would anyone want to put up with abuse?

Domestic violence is a complicated issue affecting millions of victims each year. According to Sondra Burman (2003) it takes on average SEVEN times before a woman finally leaves her abuser. A lot of victims go stay with family or friends. Going to friends or families homes puts more individuals in harm's way. Often the friends and family members of the abuse victim are the ones that end up injured or murdered. Jennifer Hudson's mother, brother and seven-year-old nephew were murdered by her sister Julia's estranged husband William Balfour. Julie Hudson testified that Balfour told her at least 25 times, "If you leave me, you'll be the last to die. I'll kill your family first."

There you have it. The number one reason why women stay in abusive relationships is FEAR.

Maurer School of Law found that most reported domestic violence assaults are inflicted after a couple separates. Most

emergency medical services for abused women are for injuries sustained after leaving the abuser. Women are most likely to be murdered by their abuser when attempting to report or leave the abusive relationship.

Fear isn't the only reason for staying. There may be physical, emotional, financial and spiritual reasons that need to be addressed in order to leave. Many women deny the abuse is as bad as it is. They want to believe the abuser will change. Some believe if they try harder or do things more perfectly the abuse will stop and things will go back to the way they were in the beginning of the relationship. There is also the shame and blame feelings. Being abused is a humiliating and demeaning experience that many women do not want to admit to. They may blame themselves for choosing the wrong partner or feel guilty and think it really is their fault, that they somehow provoked the abuse. Finally, a woman may feel financially dependent upon her abuser. It is often difficult to leave when a woman has children to care for and limited skills or education. It seems better to stay and tolerate the abuse to ensure a decent standard of living for their children.



Serene Harbor is a safe shelter for victims

of domestic violence and their children. Staying at a shelter provides the survivor with necessary services, legal assistance, a safe environment, trained professionals to assist them and a support system to help them live a life free from violence. If you or anyone you know is in need of assistance for domestic violence, please call Serene Harbor's 24-hour confidential hotline at 321-726-8282. Help is just a phone call away.

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by Cross-Cut Shredding, Inc.

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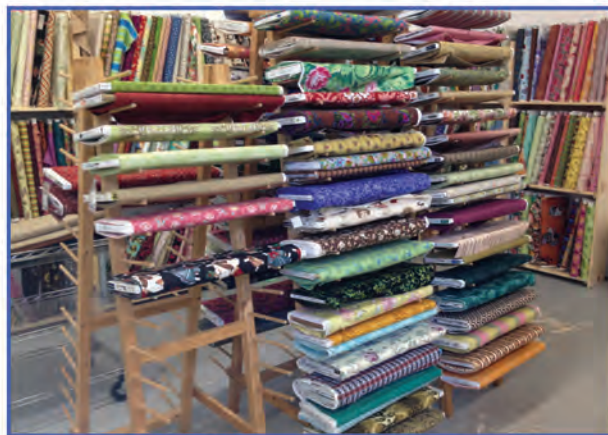


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GET IN THE ACT – SUMMER FUN SPOTLIGHT ON THE ARTS

by Pam Mankowski

Summer is upon us and while Stage 1 Stars offers many theatrical training classes for young actors from age four years through high school that are available throughout the summer, many parents are still looking for summer fun activities to keep children creatively involved. Parents need to encourage their young children to continue to explore, create, and think.

Young children who show curiosity and are eager to learn new things are often the same ones to approach daily activities with creativity and inventiveness. Channeling this energy into dramatic play can help a child with expressive communication skills.

Encourage imaginative play by having art supplies, simple dress up or costume pieces, puppets – or supplies to make easy puppets and masks, and common household items for simple props. With the addition of these simple items, imaginative play takes on new dimension. You may note

that they use play materials as symbols for things they have observed and experienced. They re-enact these experiences and can play for short periods of time in their own world of imagination. “Storytelling” is enhanced when parents, siblings, friends, and caregivers join in the pretend play.

A simple and tidy way to create the dramatic play area would be to label plastic bins or crates as “Costumes”, “Props”, “Set”, “Art Supplies” and this

will also help with easy clean up. A wagon can be used to stack all the bins in one space and make moving to the play area easy. It can then be used as a “vehicle” when necessary. Here are some examples:

COSTUMES: This bin may include aprons, capes, fabric, belts, hats and scarves.

PROPS: This bin may include purses, old telephones or remotes, a few kitchen utensils, brushes, children’s garden tools and building tool sets, and other unbreakable items.

SET: One of my favorite “set” items is to have a number of science fair tri-fold card board. These can easily become houses, barns, room dividers with the addition of curtains, table clothes or flat sheets that convert into back drops with rope or string or heavy yarn. Don’t forget to utilize building blocks from the play room.

ART SUPPLIES: Crayons or markers create any additional hand props or costume pieces from paper bags, card stock or boxes. Put socks into the art bin for making puppets.



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SUPPORTING SUMMER ACTIVITIES WITH CHIROPRACTIC CARE

SPOTLIGHT ON THE CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

Summertime is Here! Increased activities outdoors, working around the home, and expanding our variety of exercises is all part of fun and what we look forward to all year! Along with all these new things to do, comes the extra pressure and strain on your back and body. Let's face it, every year summer comes around and we go out to finish the projects unfinished from last year and start new ones. We commit to new exercise routines whether it is walking, running or biking. We all love to get out there and play summer sports whether it be golf, tennis, lacrosse or something else you love to do when the weather gets warm. Whether you have been training over the winter or not, all this new activity is a bit of a shock to your body and you are using your muscles in a way that you are not used to doing. The fatigue and stress placed on your body can lead to all sorts of problems and injuries. Chiropractic can help you recover from these problems more quickly and can also help to prevent these problems from occurring.

Injuries come about when the body is not flexible, strong and functioning at its best. Fatigue can lead to many injuries



and systemic problems. When our muscles are fatigued they are sore, achy, and tight. This can lead to sprain/strain injuries to the muscle and ligaments in the back, neck and extremities. Fatigue can leave the body more vulnerable to infection. The common cold or worse can creep up on you if the body is not working at its maximum potential to fight. What could have been a simple cold can last longer or become a worse problem if the body is not working at its optimal level. When you begin to do those summer projects and you are not fit, you can become injured more easily. Lower back and neck injuries are very common from doing yard work, housework and do-it-yourself projects. Most of these could be avoided with proper form and stretching. There are also a lot of complaints of pain that are attributed to overuse such as tendonitis or bursitis. This pain is from stressing the joints too much too often which causes a chronic inflammation of the tendons or bursa that are trying to protect your joints.

A study done by Michigan State University found that the most common summer injury for adults is car accidents, followed closely by activities with other wheeled apparatus like skateboards, scooters, bikes, rollerblades, etc. These types of injuries from falls also respond well to Chiropractic treatment. These types of falls can create injuries from the impact of the fall and also whiplash type injuries to the neck.

Chiropractic adjustments are a must. If you happen to injure yourself, get in to see us! Better yet, get checked regularly to help avoid injury in the first place. A well-balanced, flexible spine helps prevent injuries, improves energy and allows you to be more productive.



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THIRSTY

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

I read a devotional a few days ago that started with a question ... Have you ever been really thirsty? Immediately I thought about an incident that happened almost 40 years ago. A friend had invited me to go deer hunting in the Everglades. Being a pilot, he had flown the same route several times and he had seen the perfect place to hunt.

Sensing my hesitation, he added that he would provide all the supplies; the only thing I had to do was show up. Since my only hunting experiences consisted of bagging a few squirrels or an occasional rabbit, I accepted his invitation. The plan was to hike to an old logging trail he had spotted, follow it to this isolated lake where we would set up camp, and wait for the deer to come to drink.



There is much more to this story than I have room for, but things didn't go according to plan when we missed the trail. The painful truth is that neither of us would have lasted on survivor anywhere, for only after a few hours of walking in the heat, our canteens were dry!

Fortunately, my friend anticipated this possibility and had packed some pills that were supposed to purify the water; at least make it safe to drink. Those pills may have killed any bacteria, but they did nothing to disguise the smell or horrible taste. After two days of trudging through knee deep

swamp water and straining "who knows what" with my teeth whenever I took a drink ... I was desperate for a drink of clean, cool water.

There have been other times, although not nearly as dramatic as wandering around the Everglades, where I have had a desperate, aching thirst. To this day, I remember how it felt, how my body responded to that quenching power of cool water. I drank deeply, without hesitation, I couldn't get enough.

Psalm 42 begins with that same desperate, aching thirst; but this thirst cannot be quenched with anything but the presence of God.

*As the deer longs for streams of water,
so I long for you, O God.*

I thirst for God, the living God. (v.1,2)

God invites us to drink deeply, without hesitation in the spring of living water.

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Address Your **Financial Concerns** and **Take Control** of Your Finances

The roles played by women have changed dramatically over the years. Modern women now wear many hats, one of which is money manager. That's true for women managing their personal finances or those overseeing their family's finances.

But managing finances can be intimidating for anyone, regardless of gender. Oftentimes, a careful assessment of your attitude toward money is a great way to make the process of managing your finances a lot less stressful.

A great first step when managing your finances is to identify any concerns you have about money. Being able to pinpoint the particulars will help you develop a plan of action. For example, if you want to invest in stocks but don't know a bull from a bear market, acknowledging this shortcoming can help you learn the necessary facts to get started.

Once such concerns have been addressed, you're likely to feel more comfortable and confident about managing your



money and can start taking steps to do just that.

Think positively and value your strengths.

Embracing your strengths, even if those strengths have little to do with money management, can help you gain control of your finances.

Perhaps you are not a

financial whiz but your networking skills have left you with a vast network of friends and family in various professions. You may be able to use those connections to gain access to experts in the financial field who can guide you through the questions you may have.

Know your current financial status. Feigning ignorance is not the way to get started. It is important to honestly assess your financial situation so you can effectively handle those finances going forward. Take stock of your income, expenditures and what you have in savings. Keep abreast of any changes in your accounts and stay current with business news and issues that may play a direct or indirect role on your finances.

Get talking about your concerns. Talk to other women in similar situations. You may find that you share the same concerns. Discussing common concerns or financial strategies can help you in your own endeavors.

Continue working, even if it's only part-time.

A study by the Women's Institute For a Secure Retirement found that a college-educated 25-year-old female will earn \$500,000 less than a male counterpart in a similar position over her lifetime because of sporadic employment associated with caring for family, including children and aging parents. That worries many young women who have previously thought about taking time off from work to raise families. Even if you may want to scale down your work schedule, you may not want to completely remove yourself from the workforce so you can remain in touch and current.

Consult with an estate planner. The earlier you start the better off you will be with regard to planning for the future. It is not an admission of weakness if you rely on the help of financial experts to guide you in the right direction.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...we are saved by grace—
and grace alone"

"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,

While on spring break, I went to my boyfriend's hometown to meet his parents. I accidentally overheard a conversation concerning me. Kyle's mom said I wasn't good enough for him, I came from a different class of people and I would bring him down.

Val, I came from a wholesome, loving, Christian family. My parents are both school teachers, and when my brother and I were born, they decided that mom would stay home with us until we were both in school. They sacrificed, but only because they wanted to raise us—not a daycare.

She went on and on bashing me and my family and Kyle just sat there and said nothing in my defense. He never apologized either; he just said she'd eventually come around. I broke up with him over this, and my heart is breaking. I really thought we were heading towards marriage. I'm disgusted and hurt, but I still love him, and he wants to get back together. What would you do if you were me?

—Ruth of Brevard County, Florida

Dear Ruth,

Your self-worth is determined by who you are in Christ—not by "Mommy Dearest." Kyle's reaction to her tells me one of two things: either he agrees with her, to some degree, or he suffers from a deplorable lack of backbone. I understand you are hurting, but my advice to you is this—move on. If she has this much influence over him, she'll only create problems within your marriage. In addition, Kyle's response to her reveals a weak man who sadly lacks integrity. Pray for God to send you a loving and supportive husband—a man who will value and appreciate your true worth.

"A wife of noble character who can find? She is worth far more than rubies. Her husband has full confidence in her and lacks nothing of value" Proverbs 31:10 (NIV).

Dear Val,

My husband and I are expecting our first child, and we just found out we're having a boy. Lately we've been hearing a lot of controversy over circumcision and we wondered whether it's a command from God, like baptism, and if so, is it a command for gentiles as well as Jews?

—Julie of Melbourne

Dear Julie,

Congratulations to you both, a child is a precious gift from God. The ritual of circumcision was instituted by God as a way of setting His people apart from the Gentiles (anyone non-Jewish). The practice was part of the covenant He made with Abraham and stated that all males were to be circumcised when they were eight days old (Genesis 17:10-14.)

When the Gospel was given to the Gentiles, problems arose as many leaders, of the faith, tried to impose "the law" on the new Gentile believers, especially in regards to: the Sabbath, food and the practice of circumcision. Because of this, Paul stated, "For in Christ Jesus neither circumcision nor un-circumcision has any value. The only thing that counts is faith expressing love" Galatians 5:6, (NIV). When Jesus came, He was the fulfillment of the law; therefore, we are saved by grace—and grace alone. "For sin will have no dominion over you, since you are not under law but under grace" Romans 6:14.

Whether you and your husband decide to circumcise your son is a personal choice. Doctors debate back and forth in regard to possible health benefits of circumcision; however, if you should decide against, proper hygiene is essential. You should discuss this matter with your doctor.

Mail your questions or concerns to: Truth Straight Up P.O. Box 120476 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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SPECIAL OCCASIONS SPOTLIGHT ON COOKING

by Cecelia Danas

HAPPY FATHERS DAY

June is a busy month for most people —graduations, weddings, and of course Father's Day. This recipe is great for special occasions. It tastes wonderful and it looks like you cooked all day! Ask the butcher at any supermarket to cut the pork chops to the thickness you need. Add a salad, mashed potatoes or rice and you have a special dinner. Remember — Be Creative!

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

Marsala Pork Chops with Fennel

1 tablespoon olive oil, more if needed	1 onion, chopped	2/3 cup canned low-sodium chicken broth or homemade stock
4 pork chops, about 3/4 inch thick	1 fennel bulb, cut into thin slices	1 tablespoon tomato paste
Salt	4 cloves garlic, minced	3 tablespoons chopped fresh parsley
Black pepper	1/2 cup dry Marsala or red wine	

TOTAL TIME: 25 minutes **SERVES:** 4 In a large frying pan, heat the oil over moderate heat. Season the pork chops with 1/4 teaspoon each salt and pepper. Put the chops in the pan. Cook, turning once, until browned and done to medium, about 5 minutes per side. Remove and put in a warm place.

If necessary, add oil to the pan to make about 2 tablespoons fat. Add the onion, fennel, and 1/8 teaspoon salt. Cook, covered, stirring occasionally, until soft, about 10 minutes. Uncover and add the garlic. Cook, stirring, 1 minute longer. Add the wine. Bring to a boil, scraping the bottom of the pan to dislodge any brown bits. Boil until reduced to approximately 1/4 cup, 1 to 2 minutes.

Stir in the broth, tomato paste, 2 tablespoons of the parsley, 1/2 teaspoon salt, and any accumulated juices from the meat. Bring to a simmer and cook, covered, until the sauce thickens and the fennel is tender, about 5 minutes. Add the remaining tablespoon parsley, 1/8 teaspoon pepper, and the pork chops. Cook until just heated through, 2 to 3 minutes.

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Dianne Albright grew up in NJ and received her Bachelors in Music Education degree from Eastern Nazarene College in Quincy, MA and later a Masters degree in School Counseling from Plymouth State University of New Hampshire. From music teaching, she then went on to teach in the elementary classroom, while living in Nashua, New Hampshire. She left NH, her home of 20 plus years to take a Guidance Counseling job in Connecticut. Dianne was then offered a teaching fellowship to study for a Doctorate in Counselor Education, majoring also in Clinical Counseling at Ohio University. Upon completion of her Ph.D., she accepted a position on the faculty of Central Missouri State University, where she was Assistant Professor and Coordinator of their Counseling Program. Then, to be closer to family, Dr. Albright returned to the public schools as a Guidance Counselor, Special Education Specialist, Dean, and Curriculum

Coordinator in several schools. She taught in Gwinnett County, GA, Huntsville, AL, Orlando, FL and Inverness, FL. Finally, she retired from the public schools after 30 plus years at all grade levels. Dr. Albright has two married daughters and four grandchildren.

Prior to retirement, she had a private practice in Grayson, GA and later in Inverness, FL for many years. Throughout all these years, music was still an important part of her life and she continued performing with New Hampshire



Symphony Orchestra Chorus, Atlanta Symphony Orchestra Chorus and with many lesser groups. She also worked in dinner theaters, and was the lead in many musicals. However, since early childhood, she had always dreamed of living someday at the beach. Dr. Albright had helped her patients follow their dreams for years but she was not doing the same. The timing was never quite right nor could she see a way financially to do so.

In April, she started coming to the Indian Harbour Beach area and saw patients 1 day per week, while keeping her Inverness practice. In January 2013, she moved into her new office in the Indian Harbour Beach Professional Plaza. She is starting over and living her dream.

Dr. Albright does bariatric evaluations for several surgeons and enjoys working with adults who are "stuck" or having trouble coping with life's changes. All of us have times when talking to someone who is totally nonjudgmental has been helpful to get us back on our path. Coping with depression, anxiety, feelings of hopelessness, grief over loss of any kind (divorce, death, role changes, moving, retiring, illness, friends, pets) is difficult. Sometimes we need help as we do not have to go through this alone. Dr. Albright works with individuals, couples and families until patients feel they no longer need help and can, once again, manage on their own. Therapy is usually fairly short term and Cognitive Behavioral Therapies are the preferred choice when possible. Hypnotherapy has been useful with anxiety type situations and amazing results have been seen in the past.

If a person is to the point where medicine may be helpful, if not essential, Dr. Albright refers her patient to a psychiatrist or other medical doctor as she cannot prescribe medication. In her practice, most insurances are accepted, but she cannot accept Medicare or Medicaid. Dr. Albright has many certifications in addition to her license and is also a Clinical Supervisor to Intern Counselors. For more information, please go to www.albrightcounseling.com.

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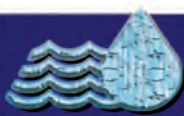
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IS FREE ANTIVIRUS TOO WEAK TO PROTECT YOU? SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



The FBI virus (a.k.a. the MoneyPak virus) is what we call 'ransomware' and it has become the most pervasive infection that we've seen in many years. It has become so successful at extracting money from frightened users that localized versions of the scam are appearing in most other industrialized countries.

One common trend we are seeing in our stores is the vast majority of the infected machines are using some form of free protection. This choice on its own isn't the problem, but the free programs all assume that you will keep all the other areas of your computer protected. Companies that charge for protection tend to take a bigger view of the situation and incorporate additional layers of prevention knowing that most people just aren't that diligent.

The FBI virus started out being a fairly simple infection to clear up a year ago, but has become a major undertaking if you get hit with any of the current variations. The intensification of the infection has come from the widespread

publication of 'fixes' on the Internet that the authors of the malware are constantly monitoring. Whenever a fix is published, a work around is added to the malicious code so that future infected computers won't be able to use the fix.

There are at least eight generations of this particular scam and each one has become progressively more difficult to remove, so figuring out how you contracted it is extremely important. Before I explain the known ways of becoming infected, let's make sure you understand how powerless any anti-virus program is when it comes to these types of infections.

First of all, if you download a program that has a hidden Trojan horse inside of it or fall for one of a thousand social engineering tricks to get you to install something on your computer, your antivirus program has little chance of protecting you from unknown threats. More commonly, your antivirus program can't do a thing for you if you don't keep the rest of your system updated.

Your operating system, as well as common tools such as Java and Adobe Flash, has to be kept up to date so your antivirus program can do its job.

Think of your antivirus as a security guard at the entrance to your house; unless your backdoors and surrounding fences are properly secured, it's nothing more than the appearance of being secure. We do know that exploiting unpatched versions of Java is one of the many ways that the FBI virus is hitting folks. As I've suggested in the past, if you don't really need Java, removing it will instantly eliminate a common exploitation channel.

Another way that you can get hit is when a legitimate website gets compromised and all of its visitors are silently probed for known holes that haven't been patched yet. This is becoming more common and explains why so many average Internet users who never access adult content, file sharing sites, or any of the other recognized high-risk activities are being hit.

Our current antivirus choices for our customers is either Eset Smart Security or Trend Micro, which provide much more comprehensive protection than a free antivirus does. However, even with all of the sophistication that these protection packages offer, there is still no way to stop unknown threats. That's why we must all get more disciplined on removing unnecessary tools and keeping everything on the computer updated so our protection software has a chance to save us!

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Get the Facts on Migraine Headaches

Headaches are a common response to stress, but migraine headaches are a type of headache that seem to be a unique breed. Migraines cause significant pain and are often accompanied by other symptoms that make them particularly bothersome.

Much is not understood about the cause of migraines, but environmental factors and genetics seem to play a role. According to The Mayo Clinic, migraines may be caused by changes in the brain stem and interactions between this part of the neurological system and a major pain pathway called the trigeminal nerve. Imbalances in brain chemicals, including serotonin, may trigger the formation of neuropeptides, which travel to the outer covering of the brain known as the meninges, causing pain. The World Health Organization estimates that more than one billion people will get a migraine at some point in their lives.

Women are more prone to migraines, possibly due to hormonal fluctuations. In fact, many migraines are triggered by certain situations or conditions. Menstruation is a common trigger of migraines. Here are some other common triggers:

Stress

Stressful situations may cause both mental and physical responses in the body, which can trigger migraines.

Foods

Caffeinated products, monosodium glutamate, alcohol, aged cheeses, and even salty foods can bring on a migraine in some people.

Environmental changes

Migraines may be triggered by the weather and changes in barometric pressure.

Sights, smells and sounds

Perfumes, unpleasant aromas, bright sunlight, or even loud noises may be the causes of migraines in some people.

Medications

Some medicines, such as nitroglycerin, are known to cause migraines.

SYMPTOMS OF MIGRAINES

When a person has a migraine, he or she is likely to report a throbbing pain on one side of his or her head. But the pain may be on both sides of the head, too. Also, the pain may switch sides and doesn't necessarily have to occur on the same side each and every time a migraine occurs. Many people report blurred vision,



tunnel vision or a temporary blind spot as part of the symptoms of a migraine. Sensitivity to light is common, as is accompanying nausea. For some the nausea is so severe it leads to vomiting.

Some people find they are able to predict when a migraine is coming. Seeing stars, zigzag lines or bright spots and colors called "auras" can often be warning signs that a migraine is coming on.

Symptoms of migraines may linger after the migraine has subsided. One may experience neck pain, fatigue, loss of appetite and a feeling that you don't have mental acuity.

TREATING MIGRAINES

There is no one specific treatment for migraines. The U.S. National Library of Medicine lists a number of different medications and treatment options to alleviate migraines and subsequent side effects.

Because serotonin is believed to play a role in migraine headaches, using certain SSRI medications normally prescribed for depression may help. Seizure medications and blood pressure medications may be prescribed as well. Triptans are prescribed very often for stopping migraine attacks. They constrict blood vessels in the brain and relieve swelling. Some doctors also use botulinum toxin, commonly known as Botox, to relax areas and reduce migraines. Nausea medications and pain relievers may be used in conjunction with other treatments. Stress-relief methods and alternative therapies, such as acupuncture or massage therapy, may help delay migraine onset as well. Keep in mind that migraine headaches could be a risk factor for stroke in both men and women. Call emergency services if the headache is extreme, starts very suddenly, pain increases in severity when lying down or if there are any speech, vision or movement problems that accompany the migraine.

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PREPARING YOUR ONLINE 'WILL'

SPOTLIGHT ON SOCIAL MEDIA

by Cheri Martin, WCN Interactive, Inc.



The topic of death is not an easy subject to talk about with your loved ones, but when people die they leave certain things behind including all their online profiles. So you need to think about, "What will happen to my email accounts, social network profiles and other online accounts when I die?" Death is traumatic enough for family and friends so preparing properly for that time and putting things in place to make the process easier for those you leave behind is very important.

Think about your 'friends' on Facebook, 'followers' on Twitter, 'connections' on LinkedIn that you have been actively communicating with, will they wonder where you went when your postings stop? How about all those emails that keep pouring into your 'in box' and your website that

continues to 'work' for you but is not responding to potential client requests? Your accounts sit in cyberspace and will show up in the searches and newsfeeds of your connections and imagine, if you will, how this will affect your family members and close friends when they keep seeing your profile picture pop up every time they log on to their networks.

While each network has a 'death policy', often many of these accounts remain dormant until either deleted due to inactivity or family or friends take action, but it takes time, forms and information to get deceased members profiles removed. We need to discuss our requests with those that are closest to us and most importantly have our login information for each account available so our loved one can take action on our accounts. You can search the 'help' on each network for the proper forms to remove a deceased members account but here are brief guidelines for a few of the most common email accounts and social networks.

Email—Both Gmail and Hotmail allow the email accounts of the deceased to be accessed, provided certain requirements are met, however Yahoo mail will not provide access. They cite the 'No Right of Survivorship' and 'Non-Transferability' clause in their terms of service.

Facebook—If you are a family member you can memorialize your loved one's profile by filling out a form and giving Facebook the member's user name, password and a death certificate. They will close the account to new friends and no longer have it show up in searches; existing friends and family will still be able to view the posts and add condolences. Facebook also offers an 'If I Die' application that will allow a 'live' member to choose 3 friends that will be given access to their profile, as well as instructions on whether you want your account deleted or memorialized.

Twitter—It is easier to remove an account on Twitter as it allows deletion of a family members account with notification of death by link to an obituary or death certificate, as well as the member's username and password.

LinkedIn—It is easy to close an account if family members have the account login information; if you don't you will need to notify LinkedIn of the death of the member by faxing complete death verification.

YouTube—Grants access to accounts of deceased persons under certain conditions.

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Hearing Loss: the Shared Affliction

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

While not communicable in the traditional sense, an uncorrected hearing loss is nonetheless an affliction shared by those in proximity to the sufferer. Missing out on key conversational cues causes everyone who comes in contact with a hearing loss to have to work harder in order to communicate.

If, you doubt this, just ask the spouse of someone with a hearing loss. Every significant other to a hearing loss sufferer that I know, has a list of miscommunication moments that led to a miscommunication event that finally had enough emotional impact on the relationship, so that the need finally cut through the denial, and led to them getting their first set of hearing aids.

Such was the case with our featured patient of the month, Paul Barcello. His wife and family knew and accepted the fact that Paul needed some help years before he was able to admit it.

While I happened to be the first professional to break the news to Paul, after a routine OSHA annual hearing test while he was still working, back in 1993 I wasn't the first to fit him with hearing aids.

Like lots of us, Paul wasn't thrilled to find out that he, and not those "mumbling" were the ones with the problem. It wasn't until 2005 that he got his first set of hearing aids, in New Smyrna Beach, while living down there. In his own words, "They made a huge difference."

I didn't see Paul again until 2011, after he had moved back to Melbourne after retiring. Remembering our first meeting, he came to me for his next set of hearing aids and we've been taking care of him since.

Paul's story is one shared by many folks I've tested over the years, but didn't initially fit. Like so many others, he needed the continued support and prodding of family

members before being able to admit to a problem that needed correction.

He came back after all of those years, because even twenty years ago he'd recognised that we do everything we can to live up to both our name, and motto. So, if you, or a loved one has a problem hearing, or understanding, drop by, give us a call, or visit our website for more information and we'll show you what it means to be "Patient Centered & Results Oriented"

That's A Advanced Hearing Care, serving our neighbors for over 21 years now from the Heart of Historic Downtown Melbourne in Suite 12 of the Arcade building at 720 East New Haven Avenue. 321-722-2894. Or use the QR code to hear more about Paul Barcello's experiences at A Advanced Hearing Care. **Please see our advertisement on the inside back cover of this issue of Spotlight.**

WORD SEARCH: Solve the Puzzle and PLAY to WIN!

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

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www.scfntnr.org

Feral Cat Study Misleading

By Michael Mendes

**Recently the Smithsonian Institute has
been quoted¹ in the news in opposition
to feral cats and Trap-Neuter-Return.**

Alley Cat Allies investigated the actual
study to find that it was a minor case
study on a sample size of 69 birds in a
controlled environment.²

The press release circulated by the
Smithsonian's National Zoo further
exaggerates and misconstrues the
study's findings, dramatically painting
cats as the major threat to birds by
stating that of the birds studied "almost
half of the deaths were connected
to domestic cats"—specifically, 47%.
However, a quick look at the numbers
shows this figure to be greatly
manipulated:

- **Of the 69 birds studied, 42 died
during the study. Only six of those
deaths can be directly attributed to
cats through observation.**

- The authors guessed that another
three bird deaths could be attributed
to cats based on circumstantial
evidence.

- **The authors inflate the figure to
47% by focusing the discussion only
on the number of birds that died due
to predators, not the total number of
birds in the study. They ignore the
27 birds that did not die, as well
as the nine birds that died due to
causes other than predation, and the
14 birds that died due to unknown
predators. This leaves 19 birds that
were killed by known predators.**

- The number of deaths attributable
to cats is 9 birds out of 69 or 13%
—not 47%.

- **But when taken as a percentage
of all of the deaths from known
predators, (9 out of 19) the number
of birds killed by cats inflates to
47%—hyping cats' impact on bird
populations way out of proportion.**

It is absurd to think that a minor
study conducted on a single species
of bird in a small area of suburban
Maryland could accurately be used to
characterize the relationship between
cats and birds in landscapes all over
America.

Statistics are a powerful persuasive tool
because people often take them at face
value, but numbers can be manipulated
too. The omission of 50 birds—well more
than half the sample size—in calculating
this figure dramatically changes the
conclusions of the study.

The original study can be found through
a quick Google search of footnote #1.

¹ Balogh, Anne L., Thomas B. Ryder and
Peter P. Marra. "Population demography
of Gray Catbirds in the suburban matrix:
sources, sinks and domestic cats." *Journal
of Ornithology*. 2011

² Alley Cat Allies Breaking Down the Bogus
Smithsonian Catbird Study

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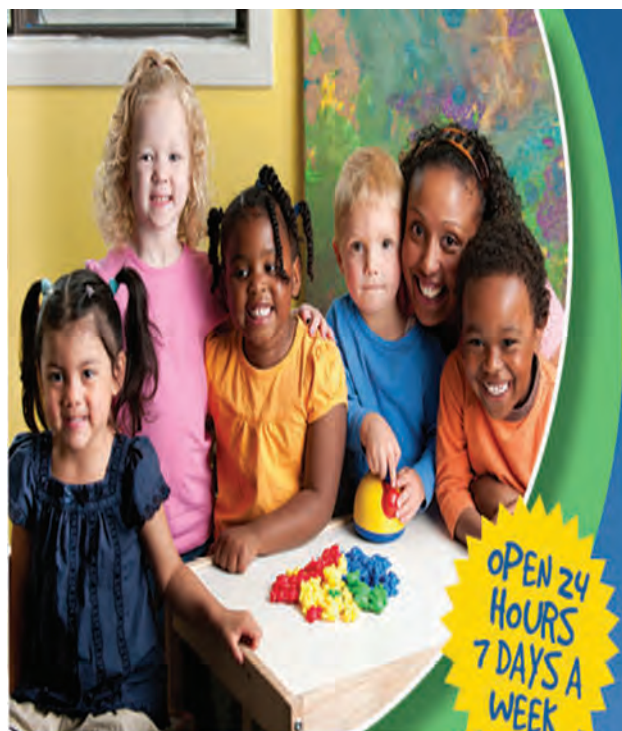
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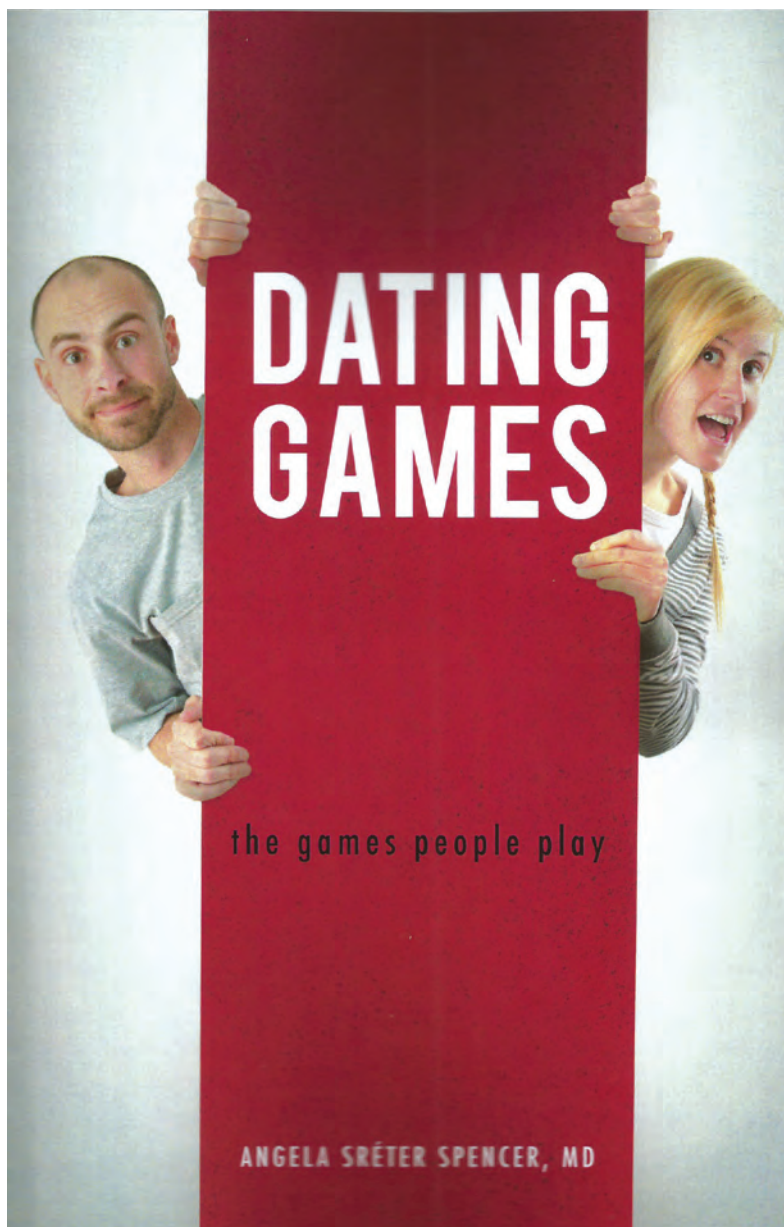
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THE GAMES PEOPLE PLAY

by Angela Streter Spencer, MD



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This entertaining book gives in-depth psychoanalysis for numerous disorders. The many universal predicaments are easily recognized and can be applied to everyday life.

Dating Games may be purchased at Barnes & Noble, BN.com (eBook) and Amazon.com

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Shedding Pounds After 50

Losing some weight is a goal for many people regardless of age. While youngsters and young adults might be able to get away with a few extra pounds without suffering any significant consequences, older adults carrying some extra weight might be putting their overall health at considerable risk.



Shedding weight after the age of 50 is not always easy. As a person ages, muscle mass tends to dwindle while body fat has a tendency to increase. Since fat burns fewer calories than muscle, weight gain as a person ages is bound to happen. But that doesn't mean such weight gain is inevitable. In fact, men and women willing to make certain changes with regard to diet and exercise can shed pounds after 50 while preventing future weight gain.

DIET

Men and women need fewer calories as they age. For example, men and women in their 40s may need as many as 200 calories more per day than they will when they reach their 50s. Counting calories might seem difficult, so men and women in their 50s and older who don't think they can count calories can try to eat more low-calorie foods like fruits, vegetables and whole grains.

Consuming fewer calories often requires changing dietary habits, not only with regard to what you're eating but also how you're eating and even how you shop for food. Men and women used to dining out for lunch every day can start bringing their own lunches so they can gain greater control of their daily caloric intake. For those who find they're frequently too exhausted to cook each night, they can prepare meals in advance to have healthy, homemade meals waiting instead of always ordering takeout or delivery. When shopping for food, people should avoid doing so on an empty stomach so they're less inclined to buy unhealthy snacks.

EXERCISE

Exercise is another essential component to shedding pounds after 50, though men and women over 50 should always consult a physician before they begin a new exercise regimen. The Centers for Disease Control and Prevention points out that regular exercise can help older men and women

prevent the onset of a host of ailments, including heart disease and diabetes. In addition, the CDC notes that regular physical activity as one ages helps muscles grow stronger, which increases the chances that an individual will be able to perform necessary daily activities without the assistance of others. Maintaining that independence into older adulthood is a goal for many men and women, and it's a goal that's far more realistic for men and women who exercise than it is for those who don't.

When coupled with a healthy, low-calorie diet, routine exercise can help men and women over 50 shed extra weight and keep the weight off once it's gone. According to the CDC, older adults need at least 2 hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, every week and muscle-strengthening activities on 2 more days a week. These muscle-strengthening activities should work all the major muscle groups, including the legs, hips, back, abdomen, chest, shoulders, and arms. Muscle-strengthening activities include lifting weights, working out with resistance bands, exercise such as push-ups and sit-ups that use body weight for resistance, and yoga. Even gardening that involves digging and shoveling can be considered a muscle-strengthening activity.

Weight gain is often an expected side effect of aging. But men and women don't have to gain weight as they get older. Some simple dietary changes and a commitment to routine exercise is all it takes to shed weight after 50 and keep that weight off once it's gone.

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One day, a child finds a treasure map, promising to lead him to immeasurable wealth if only he will follow the map exactly. The map shows clearly where food and water are located in abundance, and warns that there will be dangers and temptations that could derail him, so he must follow the map closely. Envisioning chests full of gold, silver and gems, the child sets off on his journey.

Along the way, he discovers that not only is the map correct about food and water, but also that it is possible to stray from the map's path and get lost, so he is very careful to go just where the map tells him to go.

He travels for many days through meadows, fields, and forests, until he encounters a desert that he must cross. The child mounts the next hill and there is the desert; the ground arid and cracked as a dry riverbed. His map shows that past the desert is a hill and just beyond the hill is another well full of water. He is so close to the treasure that he can't give up now!

Once on the desert, the child can see ahead of him forms on the ground. Upon closer inspection, he realizes that the forms are people – hundreds of them. There are men and women,

young and old - even children - all dying of thirst and begging for a drink of water. Some are physically afflicted; some naked. The child shouts to them to follow him over the next hill where there is water to be found, but they don't seem to hear him. He has none with him and doesn't know how he will help so many people, but nevertheless, he runs over the hill, and yes - there is the well!

The well is brimming full, and there are two cups there, so he fills them and runs back over the hill to the first person he comes to. She seems near death, so the child lifts her head and puts the cup to her lips and she drinks greedily. He gives her the second cup and she is fully refreshed, crying out that even her blindness is cured! The woman agrees to return with him to the well and help bring water to the others.

They make many return trips to the well, because some of the people need more than one cupful. The well is somehow always brimming with sweet, refreshing water. Strangely, many of the people refuse the life-saving water. And still more are restored, but then wander off; the child does not know



where. Some also help the child, until all the dying people have been offered water.

The child is so happy, he tells his compatriots about the treasure just ahead, thinking to share it. The group soon reaches the end of the path, finding vast riches beyond measure.

In this parable, the child is the believer in Jesus Christ; a child of God. The map is the Bible. The treasure is eternal life. The well is the spring of Living Water that never runs dry, the Gospel of Jesus Christ. The desert represents towns and cities and nations all over the world, dry and desiccated from a lack of Water.

If you are dry and thirsty, come to the Living Water, offered freely through Jesus Christ. If you know Him but have wandered off, turn around and come back and be refreshed. If you are following Jesus daily, what are you doing to bring fresh, Living Water to those all around you? Which person are you in this parable?

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Sun Exposure Myths can be Harmful

To many people, sunshine equates to happiness, including fun times outdoors and walks on the beach. Despite warnings about excessive exposure to the sun, many people cannot get enough of the sun's potentially harmful rays.

While taking in the sun is beneficial, it poses many dangers as well. Separating fact from fiction is essential for sun worshippers who plan to spend ample time outdoors.

The Canadian Cancer Society says that every three minutes another Canadian receives a cancer diagnosis. Skin cancer is the most common of all cancers, accounting for nearly half of all cancers in the United States. More than 3.5 million cases of basal and squamous cell skin cancer are diagnosed in the United States each year. According to the American Cancer Society, melanoma, the most serious type of skin cancer, will account for more than 76,600 cases of skin cancer in 2013.

Knowing the facts about sun exposure is essential to reduce your risk of developing skin cancer. Unfortunately, certain widely spread myths can make it difficult to differentiate between fact and fiction.

Myth: I need to soak up the sun to get enough vitamin

D. It's true that the sun helps the body produce vitamin D, but you do not need to spend hours in the

sun to fulfill your body's need for vitamin D. Five to 10 minutes of sun exposure is adequate, and you can include vitamin D in your diet by consuming foods and beverages such as oily fish, fortified milk and orange juice. Dairy products, such as yogurt and cheese, also contain the vitamin D your body needs.

Myth: I have dark skin, so I don't need to wear sunscreen. The idea that more melanin the skin contains the more protected it will be from sun exposure is not necessarily a myth. Dark-skinned people typically do not burn as quickly as those with lighter skin. But many dermatologists agree that darker skin is not adequate protection against cancer and even premature wrinkling. According to Mona Gohara, M.D., an assistant clinical professor of dermatology at Yale School of Medicine, a person with medium-brown skin has a natural SPF of around 13. However, it is advisable to use SPF 30 for basic sun protection.

Myth: I'm wearing enough sunscreen. Many people underestimate how much sunscreen is necessary to protect the skin. It is recommended to use at least 1 ounce of sunscreen on exposed areas of the skin for maximum protection. Read the label of the product. You may need to apply the sunscreen every two hours or more depending on your activity level and how much sunscreen is lost to sweating or swimming. You

even need sunscreen on cloudy days or if you sit by a window while you work. Also, wait 30 minutes between application and heading out into the sun. Chemical sunscreens take that long to work.

Myth: The skin on the legs and arms is not as delicate as the face. It's safe to get a little tan in these areas. Skin is skin, and no one area is less prone to sun damage and cancer risk than another. In fact, dermatologists say melanoma is most likely to form on the head and trunk of men and arms and legs of women. African-Americans are at a higher risk for lentiginous melanoma, which develops on the palms and the soles of feet.

Myth: Sunscreens cause cancer. In 2001, a small study on mice suggested oxybenzone, an ingredient that is commonly used in sunscreens, produced free radicals that may contribute to melanoma. However, the FDA has approved the use of oxybenzone and there is no definitive link between human use of the ingredient and melanoma. If you are worried about chemicals, select a mineral-based sunscreen instead.

Despite what's known about sun exposure and skin cancer, many myths about exposure to the sun still prevail. Regardless of what you hear, it's best to wear sunscreen every day and cover up to protect your skin.



HELPING OUR 'PLANTS' GROW HEALTHY

SPOTLIGHT ON LIFE COACHING

by Cecelia Danas,

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

Last month dealt with 'weeding' our plants so our gardens could start to grow strong and healthy.

All living things need nurturing, love, and care. If not, they will wither and die. Just like plants, humans experience these same cycles of birth, life, and death.

A child who experiences trauma, abuse, bullying, or has the feeling of not being loved in his or her life will have a hard time becoming a productive adult. During their teen years, these children are more likely to be rebellious, drink, or experiment with drugs and sex.

Childhood memories affect a person on many levels. They either

become rebellious underachievers or overachievers trying to "prove" that they are good.

In adulthood, these childhood effects are translated into addictions, domestic violence, robberies, and murders. According to statistics, 9 out of 10 offenders didn't have a nurturing childhood.

There is a old saying that it takes a village to raise a child. Well, I believe that! A child not only needs good parents, but they also need other adults as positive role models. It is important that they understand what happens when adults act in a negative way. Ask the child what is he or she sees in these people, and then talk about it.

See what your child is interested in and cultivate it. It may be different than what other children are doing, but so what. Celebrate the uniqueness of your child. I have worked with children and teens to help them find what they like to do and I am amazed by the hidden talents that are hiding in the bodies and brains of these children. When nurtured, cultivated, and shown "it's okay to be you" they start to grow strong.

If you see signs of neglect in a child, get them help so that their lives can change, and they can have a better future. For more information or an in home consultation call Cecelia Danas, CLSC, or CFPC at 321-794-7550 or email me atlifecoaching7746@aol.com.

spotlight

Keeping You in the Light

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We Want to Know Contest

In order to better serve you, our readership, we would like your influence on the direction of this publication. By answering the following questions you will be entered into a **monthly prize drawing to WIN a \$25 GIFT CARD from Nature's Market!**



1. Where did you pickup this issue of *Spotlight Magazine*? _____

2. What do you like best about *Spotlight Magazine*? ☐ Advertisers ☐ Articles ☐ Contests ☐ All

Comments: _____

3. Have you visited SpotlightBrevard.com for our full monthly online publication? ☐ Yes or ☐ No

4. Have you "LIKED" us on FACEBOOK? ☐ Yes or ☐ No facebook.com/spotlightmagazinefl

Name: _____ Address: _____

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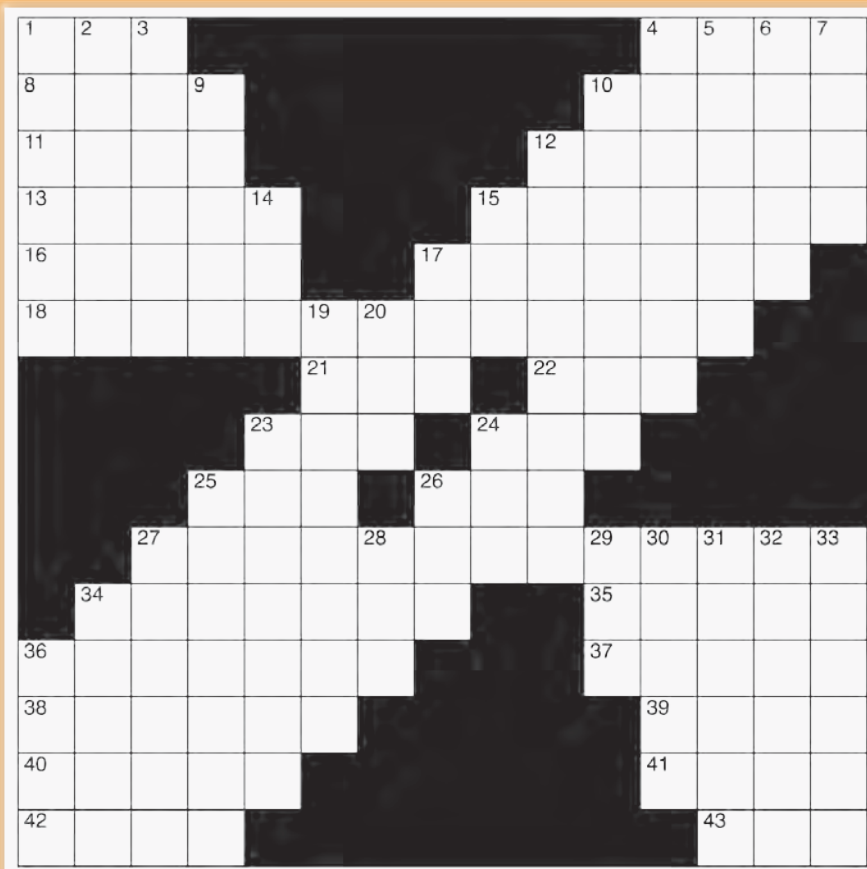
Save A Tree Subscription/Email address (optional) _____

Age (circle) 20 - 30 31 - 40 41 - 50 51 - 60 60+ ☐ Male or ☐ Female

No personal information provided to Spotlight Magazine in any of our contests will be given out to anyone!

MAIL TO: Spotlight Would Like to Know Contest, PO Box 1197, Melbourne, Florida 32902

Spotlight Crossword Puzzle



clues ACROSS

1. Chicago time
4. And hearty
8. In a murderous frenzy (var. sp.)
10. Substance that imparts a hue
11. Italian's capital
12. Oral flavors
13. The Pitt Family artist, Wm.
15. Most buffoonish
16. A group of 8
17. Overlords
18. Camera artists
21. Resinlike substance in shellac
22. Fundamentally important
23. Fishing implement
24. Hamilton's bill
25. An adult female hog

26. Emergency broadcast network
27. Transcending national boundaries
34. Applied by spreading
35. Lower in esteem
36. Entered the noneating larval stage
37. Nears
38. Woke up
39. Selfs
40. Parts
41. Dry: esp. of vegetation
42. Knot in a tree
43. River in NE Scotland

clues DOWN

1. Drive-in server
2. Kiss
3. Red fruit eaten as a vegetable
4. Foot and legwear
5. Changes
6. Wind deposited silt
7. Formerly (archaic)
9. Gold fineness measure
10. Military snack bar
12. Capital of Uzbekistan
14. Old Tokyo
15. Heat in a microwave
17. A waterproof raincoat
19. Stared sullenly
20. Slang for cool
23. Revolves
24. Don't know when yet
25. Sports shoe
26. Opposite of beginning
27. Chevy sedan model
28. Communist nickname
29. 007's Flemming
30. Drama awards
31. Badgered
32. Towards land
33. Leaseholder
34. Capital of Gyeonggi-do
36. Yellowstone or Central

answers on page 44

Sugar NOT SO SWEET

Men and women often joke about needing their daily "sugar fix." But the American Heart Association notes that the average American is consuming nearly twice the amount of sugar he or she should be, a mistake that could be jeopardizing sugar consumers' long-term health.

If sugar is a staple of your diet, then the following are a handful of factors that might make you reconsider your relationship with the sweet stuff.

Sugar may increase risk of diabetes. Studies have shown a link between sugar consumption and diabetes. A study published in the journal Diabetes Care revealed that subjects who drank one to two servings of sugar per day were 26 percent more likely to develop type 2 diabetes

than those who drank one serving of sugar per month or none at all. Sugar-sweetened beverages contribute to weight gain, and overweight and obesity are risk factors for diabetes. And the quick delivery of sugar to your body from sweetened beverages can lead to insulin resistance and inflammation over time.

Excessive amounts of sugar can negatively affect your heart. A study in the Journal of the American Medical Association found that people who got 25 percent or more of their calories from added sugars were far more likely to have low levels of HDL, also known as "good cholesterol," than those whose diets included less than 5 percent sugar. Low HDL levels increase your risk of stroke, heart disease and heart attack.



Sugar may negatively impact mood. A sugar high may temporarily boost your mood, but researchers from Baylor College of Medicine discovered a correlation between sugar consumption and depression. The exact link is unknown, but some researchers feel insulin resistance resulting from heavy sugar consumption forces the release of stress hormones, negatively affecting mood.

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Monday through Thursday 8:00am - 7:00pm
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Saturday 8:00am - 1:00pm

Welcome to HOLISTIC Health Center

The recently opened Holistic Health Center, which offers a wide variety of herbal and vitamin supplements, will be hosting its first annual health fair on June 22, from 10 to 4 pm at the Holistic Health Center located at 500 North Harbor City Blvd., Melbourne, FL.

We are a complete alternative medicine and alternative cancer treatment center conveniently located in Melbourne, Florida. Holistic Health Center offers non-invasive health assessment testing to find nutritional deficiencies and Hair Mineral Analysis Testing to find toxic heavy metals in your body that cause numerous health problems. After the test findings Dr. Kilday counsels on lifestyle changes and supplementation. Dr. Kilday is at Holistic Health Center daily and is available for Spiritual and Nutritional consultations. Dr. Kilday will see you

if time permits but an appointment is advisable.

The owner Dr. Kilday, who is best known for his published seven step cancer program called, "Winning Against Cancer," will be hosting this free health fair to promote the education of health restoration thru testing, diet, exercise, nutritional supplements and herbs, detoxification, and Holistic counseling. Dr. Kilday, who is a member of the prestigious Pastoral Medical Association with a PhD in natural medicine describes the health fair as a "Hands on health workshop where we welcome all who are interested in keeping their body systems healthy, or have concerns about how to strengthen your weakened body systems caused by disease or cancer."

Dr. Kilday's health fair workshop is unique in using natural vitamins and

herbs, massage therapy and chiropractic care to strengthen our body from the inside out. Complementary non-invasive health assessment, to find potential nutritional deficiencies, and nutritional supplemental education and consultation will be available.

Do you have back pain? Stop in for a free spine analysis from a licensed chiropractor or experience the healing power of nature's hands with a complimentary massage from a licensed massage therapist.

For more information about the Holistic Health Center's first annual health fair please contact Dr. Kilday at 321-549-0711 or visit his website holistichealthcenter.co.

Please see our advertisement on page 45 of this issue of Spotlight.

PUZZLE [PG42] SOLUTION How well did you do?



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Spot This Spotlight and PLAY to WIN!



How good are you
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This month, we've placed 7 Spotlight graphics
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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 \$25 Gift Card
to Nature's Market (pg38)**

OUR WINNER LAST MONTH WAS
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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,
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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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