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spotlight

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pg13



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Spotlight BUSINESS OF THE MONTH

TWO SEPARATE EVENTS ONE GREAT WEEKEND





NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Hello everyone and welcome to another issue of *Spotlight* Magazine.

Our publication this month is again packed with all kinds of events, uplifting and educational articles, along with some information about the very finest local area businesses.

Everyone involved in the production of *Spotlight* Magazine each month takes a lot of pride in bringing to you the quality content that you, our readership, have come to expect and are most deserving of. I know I say it often, but thank you again for being a loyal member of our *Spotlight* family. You continue to serve as our inspiration and motivation, and let's face it, without you, we would certainly have a lot of leftover magazines each month!

Moving on, I'd like to say Happy St. Patrick's Day to ya, and may the luck o' the Irish be with you today and throughout the rest of the year! Always remember to keep things safe, and if you decide to imbibe on St. Patrick's Day, please have a designated driver at the ready to get you home safely, while keeping the rest of us safe as well.

Until next month,

Bryan McDonough
Publisher, *Spotlight* Magazine, Inc.

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Publisher / Editor
Bryan McDonough

Art Director
Rena Seibert
renadesigns.com

Ad Design
Richard Lewis

Contributing Writers
Larry Attig, Jim Campbell,
Dr. Deanna Carlisle, Cecelia Danas,
Bill Ford, Pam Mankowski,
Valerie Oliver, Dan Taylor

Marketing Director
Bryan McDonough

Marketing
Bryan J. McDonough

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inside the Spotlight

march 2014



pg13



pg25



pg35

FEATURES

- Daughters of Our Community **9**
- Hair Mineral Analysis Testing **10**
- Brevard's Largest Women's Event **13**
- Explaining the Mythical Leprechaun **25**
- Looking for Local Businesses with Big Hearts **29**
- The Future of Cataract Surgery is Here **30**
- A Warning to the Residents of Brevard County **32**
- Organic Farming in Melbourne **33**
- Alice's Story **35**
- Non-Profits Prepare for 10th Annual Fiesta Brevard **40**
- The Life & Ministry of Jamie Buckingham **43**
- Health First **44**
- Why are Shamrocks Considered Lucky? **46**

departments

- "DANGEROUS SCRIPTURE" **7**
- SPOTLIGHT ON THE ARTS **15**
- SPOTLIGHT ON CHIROPRACTIC HEALTH **17**
- "THE REAL THING" **19**
- DEAR VAL, **21**
- SPOTLIGHT ON COOKING **23**
- SPOTLIGHT ON COMPUTING **27**
- "SCREENING FOR CANCER" **37**
- "AMAZING WAYS THAT GOD ANSWERS PRAYERS" **39**
- "WORKING & PLAYING WITH LOUD SOUNDS" **41**
- CROSSWORD PUZZLE **42**



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DANGEROUS SCRIPTURE: "Judge not, lest ye be judged"

by Jim Campbell, First Baptist Church of Melbourne

In playing basketball, if someone is trying to shoot a three point shot, and a defender may run at them to make them uncomfortable so they won't shoot. It's called "running them off the three". That's what the phrase "judge not" has become in our culture, meaning "you can't tell me I'm wrong because you aren't perfect". It seems ironclad because, who's perfect, right? It comes from a verse in Matthew 7, and to use it this way totally distorts what Matthew 7 says.

First, the word "judge" in Matthew 7 means to proclaim as worthless, something beyond our "pay grade" to do. Telling someone that they are wrong is not sending them to eternal doom. On the contrary, it implies that you think there is hope for them. Simply never noticing wrong and saying "they'll never change", could in a sense be committing the very sin you are trying to avoid. Do you want someone to just write you off as hopeless? Me neither.

How would that work if no one could ever tell anyone else they are wrong without perfection? What about the murderer? Do they an out with the "don't judge" defense? Do my actions make the act more or less wrong? The rest of Matthew 7 gives you distinct ways to evaluate situations and people for sin. Is that a joke? If you even use "judge not", aren't you a hypocrite, since you are trying to correct someone? That's nuts.

Matthew 7:5 presses the picture of removing the glaring sin ("plank") from

your own eye before you try to help remove the "speck" from your brother's eye. We are never to use someone else's sin as a means to avoid our own, so we should always abandon our own sin. Verse 5 gives us clarity on this point as to one reason for that goal. "...Then you will see clearly to take the speck out of your brother's eye." One reason you are to keep your life as clean glaring sin is so that you can see clearly to help your brother/sister out of their damaging behavior. The expected response after delivering the "judge not" phrase is to end the conversation, just giving each other "permission" to be wrong, but that's not what the Bible instructs at all.

The next time someone uses the phrase on you, be true to Matthew 7. Ask them what is the sin they are referring to in your life. If they pick their jaw off the floor and answer you, stop right there and confess that to God, apologize to them, if necessary and correct your direction. Then, say, "Thank you, now let me help you with you sin as well." Speak the truth, but do it in love, not in arrogance or anger or revenge. If you cannot act in humility and love, there is the first plank you should remove. Trust the real Matthew 7, model humility and don't let them run you off the three.

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.



"We are never to use someone else's sin as a means to avoid our own, so we should always abandon our own sin."

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Daughters of our Community Receive over \$250,000 in Scholarships



Over the last 54 years Melbourne Alumnae Panhellenic (MAP) has awarded Brevard County collegiate women, attending Florida colleges with more than \$250,000 in scholarships. They are proud to announce River Rendezvous, an annual fundraiser to provide scholarships for Brevard County women. All proceeds from the event support scholarships for undergraduate students from Brevard County who are currently members of a Panhellenic Conference organization.



"This will be a fabulous afternoon to enjoy a festive atmosphere of dancing, dining and bidding on fantastic silent auction and vendor goodies," said Diane Chasick, committee co-chair "while benefiting the daughters of our community." The River Rendezvous: Mediterranean Mystique will take place on Sunday, March 23, 2014 from

3:00 to 6:00 pm at Teresa and Rick McNeight's beautiful riverside home on Lansing Island. The occasion will include exotic dining from faraway locale presented by Creative Catering by the Farinas. Music, dancing, drinks and merchants with tempting trinkets from the world will be provided for your pleasure. Opportunities



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Brevard Rescue Mission



In 2009, Brevard County Schools identified 685 Brevard County school-aged children as homeless.

That same year, Stacia Glavas and a group of folks who were committed to making a difference founded Brevard Rescue Mission. Fast forward to 2013 and the number of homeless students has tripled to 2,135. It's a sad truth that there is much work to be done but at Brevard Rescue Mission, it's being done every single day.

Brevard Rescue Mission works to permanently break the cycle of homelessness in families by providing homeless women with children; housing, access to health care, transportation, education, nutrition, job training and life skills in a safe, Christ-centered residential setting. The 12-24 month program is designed to lovingly transform families from dependency to self-sufficiency through guidance, personal responsibility, education and goal advancement. Our facility, Casa Carol, houses 9 mothers and their children and provides a safe community setting where these wrap-around services are provided.

This spring, Brevard Rescue Mission will host its Fifth Annual "Women Who Care Share" ladies' luncheon. It will be held at the Hilton Melbourne Rialto Place on Friday, April 11 from 11:15am-1:00 pm. Last year, nearly 400 women attended to support the efforts of the operation. This event will highlight the work of the mission, and Stacia Glavas, the founder and CEO, will also share testimonies from former clients who have achieved self-sufficiency. As this is a benefit for the women and children of Brevard Rescue Mission, guests will be asked to make a donation during the luncheon. Corporate Sponsorships are still available. Seating is limited, so please R.S.V.P. to Andrea Hart at WWCS@BrevardRescueMission.org by April 4. Please visit www.BrevardRescueMission.org to learn more about Brevard Rescue Mission.





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GET IN THE ACT! SPOTLIGHT ON THE ARTS

by Pam Mankowski

Many times parents or, as often as not, grandparents, call for information about theatrical training classes. I always try to point out that Stage 1 Stars (SIS) does not makestars. Everyone has their own ability to develop artistically. You do not have to take a class to have talent or even use that talent on stage or film. However, classes can help to channel the talent, focus the energy and give opportunities to perform for family and friends in creative ways not always available outside of a theatre environment.

Classes help to nurture the "star" inside by working toward specific goals. The target of some of these goals include:

1. Develop the ability to match facial expression, body language and vocal inflection to create a believable character.
2. Create and practice language development skills to help tell the story.
3. Develop confidence through the use of theatrical techniques such as memorization, following directions, listening and cooperating with others.
4. Develop creative energy by way of focus, concentration and practice.
5. Learn the choices necessary to create an interesting performance.
6. Learn the importance of working together to bring out the best in all involved in the creative process.

These are characteristics of real life skills as well as theatrical training and work to create a well rounded personality. If you have a young star between the ages



of 4 years through high school, and are looking for a artistic outlet for his/her natural talent, give me a call at Stage 1 Stars - Theatrical Training Studio.

Stage 1 Stars also has a vocal training program offering group performance opportunities. The Joy of Singing offers music training including voice training, music theory, and performances and is directed by Beth Green. Beth Green currently teaches K-6 music in Merritt Island and has earned her school the Florida Music Demonstration School status. As assistant conductor of the Space Coast Oratorio Society, the director of the First United Methodist Church Melbourne Children's Choir, and Brevard Community Chorus, she has a great deal of performance and leadership experience in this county. Beth has been a featured soprano soloist with the Space Coast Symphony Orchestra, Melbourne Municipal Band, and Community Band of Brevard. She is looking forward to working with more local students.

Stage 1 Stars can be reached at stage1stars@aol.com. Let your "star" shine - Get in the Act!



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HEADACHES

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

If you have a headache, you're not alone. Nine out of ten Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea.

What do you do when you suffer from a pounding headache? Do you grit your teeth and carry on? Lie down? Pop a pill and hope the pain goes away? There is a better alternative.

Research shows that spinal manipulation – the primary form of care provided by doctors of chiropractic – may be an effective treatment option for tension headaches and headaches that originate in the neck.

A report released in 2001 by

researchers at the Duke University Evidence-Based Practice Center in Durham, NC, found that spinal manipulation resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief of tension-type headache than a commonly prescribed medication.

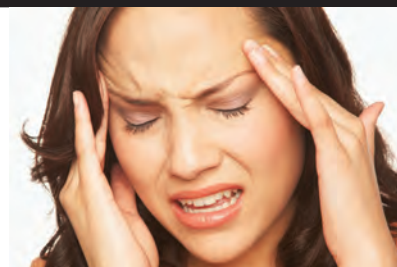
Also, a 1995 study in the Journal of Manipulative and Physiological Therapeutics found that spinal manipulative therapy is an effective treatment for tension headaches and that those who ceased chiropractic treatment after four weeks experienced a sustained therapeutic benefit in contrast with those patients who received a commonly prescribed medication.

Headache Triggers

Headaches have many causes, or "triggers."

These may include foods, environmental stimuli (noises, lights, stress, etc.) and/or behaviors (insomnia, excessive exercise, blood sugar changes, etc.). About 5 percent of all headaches are warning signals caused by physical problems.

Ninety-five percent of headaches are primary headaches, such as tension, migraine, or cluster headaches. These types of headaches are



not caused by disease. The headache itself is the primary concern.

"The greatest majority of primary headaches are associated with muscle tension in the neck," says Dr. George B. McClelland, a doctor of chiropractic from Christiansburg, VA. "Today, Americans engage in more sedentary activities than they used to, and more hours are spent in one fixed position or posture. This can increase joint irritation and muscle tension in the neck, upper back and scalp, causing your head to ache."

What Can a Doctor of Chiropractic Do?

Dr. McClelland says your doctor of chiropractic may do one or more of the following if you suffer from a primary headache:

Perform spinal manipulation or chiropractic adjustments to improve spinal function and alleviate the stress on your system.

Provide nutritional advice, recommending a change in diet and perhaps the addition of B complex vitamins.

Offer advice on posture, ergonomics (work postures), exercises and relaxation techniques. This advice should help to relieve the recurring joint irritation and tension in the muscles of the neck and upper back.

"Doctors of chiropractic undergo extensive training to help their patients in many ways – not just back pain," says Dr. McClelland. "They know how tension in the spine relates to problems in other parts of the body, and they can take steps to relieve those problems."



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THE REAL THING

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

If you consider yourself to be a true outdoorsman, you should consider visiting Bridger Wilderness, located in Bridger-Teton National Forest in Wyoming.

The wilderness is part of the Greater Yellowstone Ecosystem spanning some 428,169 acres. It contains over 1300 lakes and sports all the "big game" animals hunters crave. Fishing and hunting are allowed with proper permits and with over 600 miles of trails, hiking is encouraged. The downside (at least for those of us who enjoy some comforts of home) is that it is beyond roughing it ... it is primitive. No motor or mechanical vehicles (this includes bicycles) are allowed. If you want it, you carry it in... if you carry it in, you carry it out.

Several years ago comment cards were made available to help the staff evaluate how people viewed their wilderness



experience. Here are a few of the actual comments:

Trails need to be reconstructed. Please avoid building trails that go uphill. Too many bugs and spiders. Please spray to rid the areas of

these pests. Please pave the trails... Chair lifts need to be in some places so that we can get to wonderful views without having

to hike to them. The coyotes made too much noise last night and kept me awake. Please eradicate these

annoying animals. A small deer came into my camp & stole a jar of pickles, can I get reimbursed? Escalators would help on steep uphill sections. A MacDonald's would be nice at the trailhead. Too many rocks in the mountains.

The comments are funny, but they say a lot about the people who made them. They indicate those who made them do not really understand what it means to stay in a "wilderness area." They wanted something convenient & comfortable, but not truly a wilderness experience.

In a similar way, many people today do not understand what it means to be a genuine Christian. There are multitudes who claim to follow Jesus, to be a Christian but they do so on their terms and not his. Much like the hikers above, they don't really comprehend the biblical definition of discipleship.

Read Luke 14:25-35; you get the idea that Jesus takes being his disciple pretty seriously. Jesus doesn't want anyone to make a commitment without considering what is involved, what it requires. Reality is... to be a disciple of Jesus you must be committed to Him above all else.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"This man owes you an apology—but don't hold your breath."

"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,
I've been divorced for five years; and a few months ago, I started dating again. I was married to one man for twenty years; and I've got to admit, I've been really anxious about being back out there. I recently went on two dates, with Mark, and we seemed to really hit it off. From our conversations, I was under the impression we were both Christians; but after our second date, his text messages were full of sexual innuendos. Every time I called him on it, he'd say he was "teasing" or "yanking my chain." The text messages got a lot worse and I told him I had no intension of having sex outside of marriage with him or anybody else.

He blew up and said some really ugly things to me. He said: I have issues, and asked (sarcastically) if I've turned back into a virgin. He called me a hypocrite, a user (I should have offered to pay the tips on our dates); and then, he said I was "deleted like wasted garbage—adios."

I've never misrepresented myself to him, nor did I say, or do, anything to encourage "sexting." I don't get it, what did I do wrong?

—Renee of Melbourne, Florida

Dear Renee,

This man owes you an apology—but don't hold your breath...

You did nothing wrong; most likely, Mark overstated his faith and failed to appreciate, or respect, yours. As the saying goes, "Going to church doesn't make you a Christian anymore than standing in a garage makes you a car."

I find it ironic that he called you a hypocrite; yet, as a professing Christian, he sent you inappropriate text messages and encouraged you to join in. He doesn't seem to understand the definition of hypocrisy... Obviously, he has anger issues and possibly more serious concerns as well—so be careful—and stay away from him. Incidentally, a date is a date; if he wanted to go dutch, or for you to pay the tip, he should have clarified that point prior to going out.

Ask God for discernment and to place a hedge of protection

around you. In addition, I recommend attending a Christian single's group. There will always be—wolves among the sheep; however, a single's group under the direction of good, strong, leadership offers a safety-net. I seldom recommend one group over another, but I can personally vouch for the character of leadership in the Calvary Chapel (Melbourne) singles group.

"Who can find a virtuous woman? For her price is far above rubies" Proverbs 31:10 (KJV).

Dear Val,
I know times are tough for everyone. I am going to church and praying everyday but financially things don't seem to be getting better. My body is wearing down and I am very concerned about what tomorrow will bring.

—Keith of Palm Bay, Florida

Dear Keith,

We live in precarious times and that's why it's so important to read, and meditate, on God's word. It's amazing... there are between 360 and 365 references, in scripture, telling us to not be afraid. "So do not fear, for I am with you..." Isaiah 41:10 (NIV).

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" 2 Timothy 1:7 (KJV).

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to his life?" Matthew 6:26-27 (NIV).

"So then faith comes by hearing, and hearing by the word of God" Romans 10:17 (NKJV).

(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 ST PATRICKS DAY

SPOTLIGHT ON COOKING

by Cecelia Danas



This recipe will have your family, friends marching to the table. Don't tell them it's cauliflower until they eat it. I bet they will think it is potatoes. Let me know if you like it.

Happy Valentine's Day!
Remember — Be Creative!

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

3 C's Bake (Cauliflower, Cheese and Sour Cream)

- | | |
|---------------------------|--|
| 1 large cauliflower | 1/4 grated parmesan cheese |
| 4 oz low fat cream cheese | 6 slices bacon (or turkey bacon) crisp |
| 1/2c low fat sour cream | 1 1/2c low fat sharp cheddar cheese |
| 1/4 c green onions sliced | |

Cut all stems from cauliflower and cut the "flower" into small pieces. In a large pot put salt and the pieces of cauliflower to cook till tender. DON'T OVER COOK! Drain and put in a large bowl and mash like you would potatoes. Add in cream cheese, light sour cream, Parmesan cheese, green onions and 3/4 of the bacon that has been crumbled.

Spray with Pam a medium sized casserole dish then add cauliflower mixture. Top with cheddar cheese and bacon.

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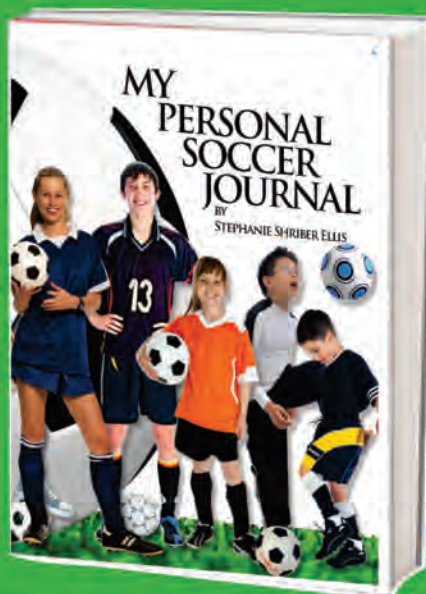
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Explaining the Mythical Leprechaun

Celtic culture is ripe with legends and myths that help to entertain and explain the mysteries of life. Among such lore are leprechauns, which are mythological figures that continue to impart whimsy into St. Patrick's Day celebrations even now.

The word "leprechaun" is derived from the Irish *lu chorpain*, meaning "small body." Various attributes have been used to describe leprechauns. While the origins and the history surrounding leprechauns differ, one common thread is that these creatures are surrounded in magic. Some believed leprechauns were descendants of the Goddess Danu and the Tuatha De Danaan. They inhabited Ireland long before the Celts arrived, and when the Celts did come, brandishing iron swords that could penetrate the leprechauns' magic, leprechauns fled to underground abodes in the soil shielded by magical, hidden entrances. Some say leprechauns still reside under the damp soil.

Other stories describe leprechauns as smart, devious creatures of fairy folk who were the only fairies to have a profession other than cattle trading. Leprechauns were shoemakers to the fairies who took the shape of men wearing green or red coats and hats and participated in mischief. Leprechauns hoarded all of their gold coins in a pot under a rainbow. Catching a leprechaun was tricky, as these "wee folk," as they were often described in folk tales, were quite adept at remaining out of arm's reach. Should one be captured by a human, folklore stated that the leprechaun must grant three wishes to earn his release.

Descriptions of leprechauns and tales of their antics have survived in Ireland for centuries. When the Irish began emigrating to America during the Great Potato Famine, they brought with them their mythology and stories. However, the tale of the leprechaun has changed over time.

The Irish-American view of the leprechaun differed from the more traditional Irish view. Americans saw leprechauns as frivolous and silly. Leprechauns were depicted with broad, pug noses and out-of-style ratty clothing. Many negative stereotypes Americans directed at the swarms of Irish immigrants arriving in the United States were exemplified in the insensitive and, at times, hateful illustrations of leprechauns.



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SMALL BUSINESS LESSONS FROM THE TARGET BREACH

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

The revelations from the recent Target breach that exposed between 70 and 110 million customer's personal information

have many small business owners asking this question: "If Target, with all of its resources, can't keep hackers out, how can a small business ever stand a chance?"

The good news is that unless you're a high-profile target (pun intended), your biggest exposure is from random acts of hacking because you made it easy or you have lax security standards within your internal network. Let's start with one of the most common holes that we see with the small businesses we work with – remote access.

Just about every business benefits from the ability for its employees to access the company network from home or from the road, but, when done wrong, it's an open invitation for hackers. Commonly used remote access tools such as Microsoft's RDP (Remote Desktop Protocol) are highly targeted by hackers because of the known vulnerabilities and the tendency for many

to use the default settings to get it set up.

Not keeping your remote tools patched with the latest updates is a sure way to be randomly targeted because the hackers know how to go around the Internet sniffing for remote access terminals. Using default port settings and allowing unlimited password attempts is another way to allow hackers to quietly nibble away at your remote access terminals until they get in. The worst case of this that I've seen in recent times was an optometrist's office that was compromised via their RDP connection and held hostage by the hackers who moved and encrypted all of their data.

In actuality, the single biggest security threat to a small business network is the humans that use it every day and the hackers know this very well. That's why so many booby-trapped e-mail messages are sent out every day to millions of businesses: They just need one employee with a system that isn't updated to fall for their tricks and they're in.



Hackers also know that most small businesses do a poor job of protecting their data internally, which means if they can compromise one system, they'll likely have access to all the company's valuable data through that terminal.

Allowing employees to use their personal laptops and mobile devices is another point of exposure for many businesses because the security and updating is controlled by the employee, not the IT staff. One of the simple things that you can do is to limit what each employee has access to and, for very sensitive data, to use some form of data encryption.

Random hackers like easy targets, so throwing roadblocks at them will cause them to go pick on someone else. Limiting access to sensitive data and encrypting it can also help fight internal data theft or damage caused by a disgruntled employee.

Every business is different and has various potential holes, from weak passwords to bad choices in anti-virus protection suites or a gaping hole created by connecting data between two systems, so having a security evaluation performed periodically is a good idea.

Data breaches are a fact of life in the digital age but minimizing your exposure isn't really that difficult if you make it a priority.

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"Most patients today have numerous options to help them achieve outstanding vision at far, near and intermediate distances, in many cases without the need for full time spectacle correction."

— *James N. McManus, M.D.,
Cataract and Glaucoma Specialist*

In years past, patients with blurred, decreased vision due to cataracts had just a few choices — who will I select as my surgeon and when will I have surgery?

In 2014, the goal of cataract surgery is not just to improve, but to optimize each person's visual potential. "Most patients today have numerous options to help them to achieve outstanding vision at far, near and intermediate distances, in many cases without the need for full time spectacle correction," explained Cataract and Glaucoma Specialist, James N. McManus, M.D., of The Eye Institute for Medicine & Surgery.

Instruments, methods, lens implants, and eye medications — all have advanced tremendously over the last several years. Probably the greatest improvement, however, has been in the area of lens implants, according to Cataract and Cornea Specialist, Christopher S. Shumake, M.D.

"At the Eye Institute, we take a custom approach in each case. Each patient receives a thorough explanation of our findings, and their post-procedural visual potential, including limitations. The patient and their family members are provided the options and given advice to help them make the best possible decisions that are most likely to result in improved vision and enhanced quality of life," said Dr. McManus. "What a joy it is to have a patient tell us that he or she has not seen this well in 30 or 40 years."

"In order to help patients select the best implant given their individual needs and circumstances, it is important for the surgeon to get to know the patient, and to ask questions that help us understand the patient's visual needs, desires, and expected outcomes," said Cataract and Cornea Specialist, Carrie A. Palmer, M.D.

Not everyone is a good candidate for these "high technology" lens implants. "The ideal candidate has no other serious eye diseases aside from cataracts, and also has reasonable expectations and understandings of what my colleagues and I can help them to achieve. There's no lens that's perfect in all circumstances for all patients," adds Dr. Shumake.

People seeking optimized near vision (the ability to read without glasses following cataract surgery) as well as clear distance vision need to have patience, counsels Dr. McManus. Some of the implants used to achieve true multifocal capability (reading as well as distance correction without glasses) take several weeks to achieve maximum near vision capability. Restoration of distance vision occurs soon after surgery, reports Dr. McManus.

"The cataract surgeons of The Eye Institute have well over 50 years of combined experience and have performed more than 40,000 successful cataract surgeries," said Jerry Orloff, CEO of the Eye Institute. Not surprisingly, many Space Coast area physicians choose Dr. McManus, Dr. Shumake and Dr. Palmer as their personal eye physicians and surgeons, as well as selecting them for their own patients and family members, adds Mr. Orloff. "It's comforting for patients to know that they can choose the eye doctor that more physicians choose themselves," said Mr. Orloff.

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

"We are at the point where, in many cases, we can use the latest 'high technology' lens implants to customize each patient's visual outcome to optimize distance vision and near vision or to reduce or eliminate astigmatism."

— Christopher S. Shumake, M.D.,
Cataract and Cornea Specialist

■ WHAT IS A CATARACT AND HOW ARE CATARACTS REMOVED?

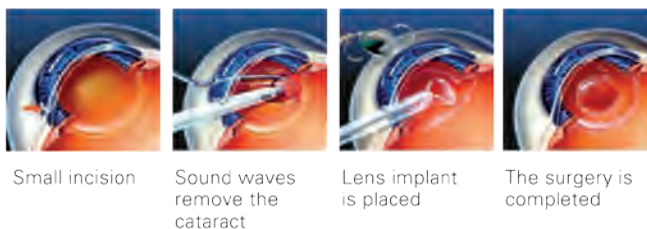
Cataract is a term used to describe changes in the appearance and function of the natural lens inside of the human eye. When the natural lens becomes clouded due to aging, the use of certain medications (i.e. prednisone), the presence of certain diseases (i.e. diabetes), or trauma, the lens is said to be cataractous in appearance. The cataractous lens appears cloudy and may have deposits or changes in its shape or content that causes blurred or distorted visual images.



■ HOW IS CATARACT SURGERY PERFORMED?

With the patient comfortable and relaxed, the surgeon makes a tiny, three (3.0) millimeter incision into the clear cornea. Ultrasonic energy is used to break the cataract into tiny pieces, which are then gently vacuumed from the eye. After this residual lens material is removed, a new lens implant is placed in the eye. The operative wound is so small that sutures are rarely necessary. Because of the corneal incision, most patients can continue their Coumadin and other common blood thinners.

FOUR STEPS TO CLEAR VISION



A Warning to the Residents of Brevard County

by Avalon StandsTall, ISA Certified Arborist

In Brevard County, many citizens will remember Ed and Avalon from City Forestry, ISA Certified Arborists. They have since established a tree and landscape consulting business which they are excited to promote.

The Tree Life group can do a battery of tests (when needed) to find out exactly what tree or landscape problems or issues are encountered. The reason for writing this brief note is to warn the public of the spread of a palm disease by means of careless lawn cutters, landscape people, and even tree cutters, as well as the wind. This disease, Fusarium wilt or Fusarium decline, mainly hits the Queen Palms, some Royal Palms, Pineapple Palms (canary island date), and Mexican Fan Palms.

This disease is carried by the cutter's chain saw unknowingly because the saw is too hard to disinfect. WHAT? A chain saw on a herbaceous plant? A chain saw is made for hardwoods as in "trees." Learn to use a sharp hand saw. It is quick, quiet, non-air

polluting and is easily cleaned when you leave a job.

The motto now in the lawn and landscape business seems to be quantity over quality, and I have heard this from more than one person in the lawn business. So landscape owners, we need your help! Learn to use the hand saw or pole saw and use a mild bleach solution to clean the saws after leaving a job. To the homeowner who has these aforementioned palms, make sure your palms DO NOT get infected. Be safe and insist they use hand saws or pole saws to prune your palms. We have always used both in our long career as practicing arborists.

I recently was called to inspect a housing development with palm problems. A total of 6 palms were infected and it was done by a landscaper using a chain saw. Looks



like his \$300.00 job is going to cost him 6 to 8 thousand dollars in liability. I should mention here that you should always keep track of who you have hired, because if something does happen, this person or company can be held liable for

damages in a court of law. This is a true fact!

In order to STOP the needless spread of disease, everyone needs to pitch in and do what is necessary. Infected palms should not be hauled to the landfill, but should be burned somewhere. You can also call your local county extension office for further information.

I thank you for your time and would ask you to please share this with neighbors and friends. Any questions email us at Avalontreelife@gmail.com or call 321-223-0016, the TREE LIFE group.

WORD SEARCH: Solve the Puzzle and PLAY to WIN!

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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**

Organic Farming in Melbourne



JUICE IS US

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We first became interested in Organic Farming practices when we found SPIN (Small Plot Intensive Farming) on the Internet. SPIN farming was

created by Wally Satzewich and Gail Vandersteen.

They operate Wally's Urban Market Garden, i.n Sakatoon, Saskatchewan; which is

dispersed over 25 residential backyard garden plots rented

from homeowners. The sites rang in size form 500 sq. ft. To 3,000 sq. ft.

With a total growing area of over half an acre. The couple had over 20 years experience growing in a rural setting at one point farming 20 acres of irrigated land. After six years farming their rural site, the couple realized there was more money to be made growing multiple crops intensively in the city, so they sold the farm and became urban growers.

Growing vegetable crops in the city was less complicated than mechanized, large-



scale farming. Other than a rototiller, all they need is a push-type seeder and a few hand tools.

Satzewich points out that urban growing provides a more controlled environment, with fewer pests, better wind protection and a longer growing season. The SPIN-Farming method is based on Satzewich's successful experiment in downsizing and emphasizes minimal mechanization and maximum fiscal discipline and planning.

Urbanized areas offer all sorts of farming possibilities, much more than is even now

realized. In most cities, residential backyard plots are abundant, just waiting to be used for your farm. The multi-locational farm is a SPIN-Farming concept that has not yet been widely implemented, but it's ripe for the picking. It is, simply, a farm that is located on many garden plots. These plots can be located throughout a single neighborhood, or in multiple neighborhoods, or they can even be a mix of urban and pre-urban plots. It allows aspiring and practicing farmers to continue to live in the city, using their homes as their farm base, and add new plots as their business becomes more successful. These new plots can be

rented, or often used for free.

Let's do the math like a SPIN farmer. If you have one acre of production, and just plant one crop per year on that land, then you are getting one acre of production. To expand production without buying more land, you can figure out a cropping strategy where you are getting two crops per year on the land you have. That now means

you are getting two acres of production from one acre. Three crops per year means you are getting the equivalent of three acres of production. You don't have to find or buy more land, you just "intensified" your production. So in essence, when planting more than one crop per year, which SPIN-Farming calls relay cropping, you are multiplying the size of your land base, without acquiring more land.

Family farmsteads passed down from generation to generation. A lone tractor silhouetted against the horizon. Rolling hills of corn and grain. These idyllic images of farming are rooted deep in our consciousness. But in the first urbanized century, food production is beginning to occur wherever it makes the most sense. And for SPIN farmers what makes sense is in the middle of urban jungles and on the suburban fringe. They are turning to their gardens and neighborhood lots, not with the romantic notion of "returning to the land", but to make a buck growing food. The point is that SPIN farmers make cropland wherever they happen to be and leave the traditional farm challenges far behind.

Our goal at Godly Lifestyle Farm & Juice Is Us; the planting of one hundred organic farms in Melbourne. This will be an exciting challenge, requiring many small "postage stamp" plots throughout the city. If you would like to join us please contact us at juiceisus@gmail.com for more information.



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Alice's Story by Jaimie M. Engle

When I met Alice it was after her fall. At the age of 90, her doctor, like many others, treated her injury, then sent her to a recovery facility.

A childless widow, Alice was left to slowly slip into loneliness, depression, and hopelessness through social isolation.

Lisa and I stepped in as her advocates, fulfilling the roles of a daughter and a son. Lisa accompanied Alice to appointments, monitored her medications, and held her hand while they strolled together. I hired a home nurse, managed Alice's financial accounts, and often took her out for lunch.

Alice thrived, saying many times that Lisa and I were the son and daughter she never had. She was spunky and had a lot of character. She loved life and wanted the opportunity to live hers to the fullest. Without advocates, Alice was doomed to die early and with pain. Her only family lived out-of-state or was too busy with jobs and families of their own to provide the detailed attention Alice required and deserved.

Lisa and I were able to take care of her physical, financial, and social needs, as a son or daughter would, so that she was able to live longer at home, surrounded by people who genuinely cared about her well-being. When she passed, her estate was handled exactly as she wished. Alice was laid to rest in the precise manner she had wanted. She said good-bye with peace.

What is the difference between Alice's situation, a childless widow who passed on her own terms, and another childless widow who withers prematurely inside the four walls of a facility? In its simplest form, the answer is Alice had advocates fighting for her on a day-to-day basis. She was prepared.

Many times, busy family members lack knowledge to properly care for an aging spouse, parent or relative. Adult children are preoccupied with their own lives, paying bills, and getting to and from soccer practices. In worst cases, they are dysfunctional, abusive, or addicted, and are incapable of care taking for anyone. When adult children live far away, they may simply be unable to help. No matter the reason, we understand. Allow us the privilege of care taking for your loved ones. Our rates are competitive and are adjusted according to the wants and needs of those we care for.

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SCREENING FOR Cancer

by Dr. Lisa Rose, MD

"It's cancer." Patients dread hearing those words from their doctor. I wish that every time I had to give a patient a diagnosis of cancer, I could say also say, "we caught the cancer early and your prognosis is excellent." Detecting a cancer early depends on a having a safe test that has been proven to prevent deaths. We have very good tests for the detection of cervical and colon cancer. What about prostate cancer? In 2014 there are expected to 233,000 patients diagnosed in the U.S. with prostate cancer and 29,500 deaths from this disease. The prostate specific antigen (PSA) is a simple blood test that was widely implemented by medical providers starting in the 1990s in hopes of detecting prostate cancer early. More than twenty years later we are



still not sure that routine screening prevents death from prostate cancer. One of the problems with screening is that prostate cancer is usually so slow growing that men would die of another disease before the prostate cancer caused any problems clinically. Of course, there are some very aggressive forms of prostate cancer that do kill people. Unfortunately, the current blood tests cannot differentiate between the type of prostate cancer that kills people and the type that would grow slowly over time and cause no problems. A large study in Europe found that using PSA screening prevented a

small but significant number of deaths. However, a large study in the United States did not show any difference in prostate cancer mortality between the groups of men who had no screening and those that received PSA testing and digital rectal exams. We definitely know that treatment of prostate cancer carries significant risks. With either radical prostatectomy or radiation therapy, patients often experience problems with urinary continence, sexual function and bowel problems. The American College of Physicians recommends that you talk with your doctor about the risks and benefits of screening for prostate cancer. For more information, the National Cancer Institute has an excellent website at www.cancer.gov/cancertopics/screening/prostate.



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AMAZING WAYS THAT GOD ANSWERS PRAYER

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In the Bible we learn about the importance of prayer and having faith that our prayers will be answered.

But one thing I can attest to from experience is God's statement about Himself in Isaiah 55:8-9: "'For my thoughts are not your thoughts, neither are your ways my ways,' declares the Lord. 'As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.'" I've had God answer prayers in breathtakingly unexpected ways, which, in retrospect, always turned out to be the right thing, even though it didn't seem like it to me in the moment.

About thirteen years ago, shortly after I became a Christian, I was a victim of the dotcom implosion and needed to find a job. I was looking for a vice presidency at the time and had three positions for which I had interviewed. I anticipated offers for all three. I also had an offer on a job as a middle manager at another large corporation, but wasn't interested in that one; it would've been a big step down for me, career-wise and I refused it. I wasn't sure which of the other jobs to

take, so I prayed and asked God. At the time, I was kind of new at this praying thing. So when I didn't get an immediate answer, I kept praying about it until the last second, when a decision had to be made, and I asked Him to show me clearly what to do. Oh, He certainly did that.

"Oddly", the three companies with the VP positions all called me the next day and told me that those jobs had been put on hold for an indefinite period. The same day, the company with the manager's opening called me back and sweetened the deal, even though I had rejected it before in no uncertain terms. Hmm, "strange" isn't it, all those calls at once? I got my answer from God on that day, and quite clearly. I had to swallow a huge lump of pride in my throat to take the manager's job, but I did it. I'm still at that company, thirteen years later. And I'm still a manager.

As it turned out, I became physically disabled shortly after that day and



either the physical or emotional stress of an executive position, so all's well that ends well, wouldn't you say? These days, my company keeps telling me that I could get promoted into a much higher position if I only tried, but I tell them that if God wanted me to have such a job, He would issue it to me. They tell me I could make a lot more money, but I laugh and tell them I'm not interested in money. As you might imagine, that statement typically concludes the conversation. I'm perfectly happy and satisfied – and blessed – where I am. And interestingly, I'm considered such a key contributor that I am free to speak out about God whenever I like, with no trouble or career detriment of any kind.

I have many, many more examples of answered prayer. More than you could shake a stick at, as my mother would say. This is not surprising when you consider that God lives outside of time, and can therefore see the entire timeline of human history all at once. And from the very beginning, He made known to us what the end would be (Isaiah 46:9-10). But sometimes we, forget how very powerful God is, don't we? How blessed we are in that He never forgets us!



Non-Profits Prepare for 10th Annual Fiesta Brevard

Some of Brevard's finest Non-Profit organizations are gearing up to participate in the 10th Annual Fiesta Brevard in Cocoa Beach.

Festivities take place on April 25th, 2014 from 5:30-9 PM along the promenade of the International Palms Resort. Widely considered this area's "feel good community event of the year", Fiesta Brevard offers an opportunity for up to 30 organizations to gain visibility, increase community awareness, and raise funds, while providing a fun and entertaining evening for around 1,500 attendees. The event is sponsored by the Cocoa Beach Regional Chamber of Commerce Non-Profit Task Force. Now in its 11th year, the committee serves over 150 Non-Profit organizations.

The Three Amigos (News 13's Greg Pallone, Geo Ropert, and Brian Hawkins) are reprising their emcee roles! New activities are being planned, including live entertainment and salsa dancing lessons. Perennial favorites return, including the Fiesta Hat Parade and Contest, where participants show off their best "Fiesta Hats" in the Hat Parade and Contest. The community is invited to decorate and bring their own Fiesta hat, and vie for 1st, 2nd, or 3rd place (adults and children). "Brevard's Best Salsa" contest returns, with prizes for Judges' Choice and People's Choice (your vote counts!). One past winner launched a new salsa business after her 1st Place win!

Guests will visit each participating Non-Profit organization to play a game, win a prize, or enter a raffle. Every year, major prizes are given away,



Basket valued at over \$1,000, Visa Gift Card and other major prizes.



Grand Prize Drawing Tickets (\$5 each or five for \$20), and Entry tickets (\$10 in advance, \$15 at gate) may be purchased through participating organizations, or via www.fiestabrevard.com, or at the Cocoa Beach Regional Chamber of Commerce, 400 Fortenberry Road, Merritt Island. Cash bars will be available. There are still a few spaces left for Non-Profit organizations, and Salsa contestants (individuals, businesses, or organizations) that wish to participate. For more information, visit www.fiestabrevard.com, write to chair@fiestabrevard.com, or contact the Chamber at 321-459-2200.



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Working & Playing with Loud Sounds

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Lewis Robinson, or Lew as his friends know him, has been working around, or playing around with loud sounds all of his adult life.

Growing up in Connecticut in a traditional family, Lew followed many of his other male relatives by finding work in the foundries, and joining another family tradition, the world renowned, Mattatuck Fife, and Drum Corps. As you might guess, both pass times involve significant exposure to loud noises. During work it, was the stamping machines, pressing metal into whatever shapes were called for. After work there were many hours of exposure at fife and drum practice, sometimes held in small rooms that amplified the acoustics, and volume of the exposure.

As you might guess, all of those years of excessive noise exposure have taken their toll on Lew's hearing. He has developed a severe high frequency hearing loss, very similar to mine. Like me, Lew can fool you if, it's quiet and there aren't any competing sounds around to interfere with the 'signal', or that important person with something to say. In this case, Lew's lovely wife, Sandy. Sandy noticed years ago. and with the help of her influence, Lew's been wearing hearing aids for several years, so I didn't have to convince either Lew, or Sandy of the need for help when they came in for replacement of his old gear.

Lew and Sandy are a double blessing to us. Not only did he agree to serve as our "Mr. March", agreeing to tell their story and experiences, Lew was referred by, our banker and "Mr. January", Bill Norris. They met down at Calvary Chapel where they both attend, and Lew teaches a bible study class. When your patients provide

the kind of referrals that turn their referrals into folks willing to share their experiences with others, it lets us know that being Patient Centered & Results Oriented resonates with the folks that matter, those we serve.

Now, if you, or a loved one has a hearing loss, or some hearing aids that aren't living up to your expectations, and you've been putting off getting some help, or even just seeing about it. Take a cue from Bill, Sandy, and Lew and give us a call, or stop by any weekday morning from 9:30 till noon when we greet new and walk in patients. We'll be happy to answer any questions and we'll even offer to demonstrate just what it is that turns our neighbours into loyal patients willing to tell their friends and neighbours about their experiences.

We use the latest in tools and techniques to correct hearing, in an open, professional and hopefully fun visit, that will have most folks experiencing the benefits of better hearing in less than thirty minutes.

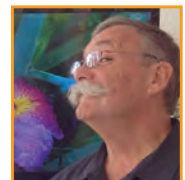
So, what are you waiting for. Here is your personal invitation; come on down and introduce yourselves, you'll find nothing but friendly folks, eager and waiting to hear your particular story. Oh, and we've been helping folks just like you to hear better now for over twenty-two years from the same location in the Heart of Historic, Downtown Melbourne, Florida from suite #12 of the Arcade Building, at 720 East New Haven Avenue. Or, you can call us anytime, and leave us a



message, we'll get back, promise. Our number is 321-722-2894

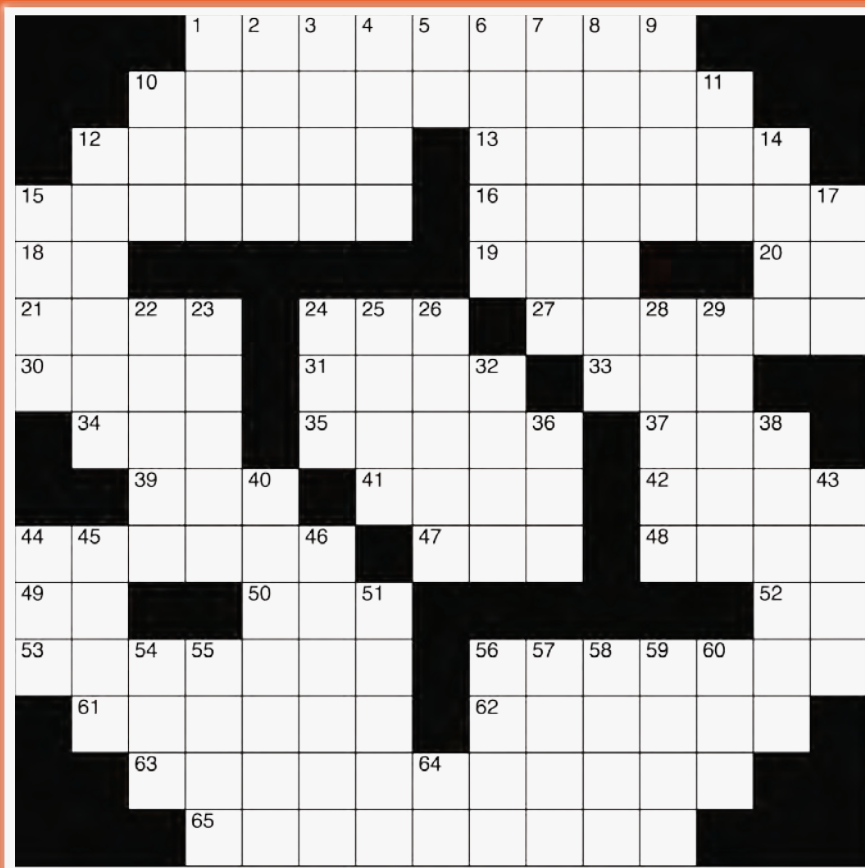
Hearing loss is a serious condition that if untreated creates a cascading effect within the central auditory cortex due to lack of recruitment. Over time that results in the loss of actual grey matter due to atrophy of the associated pathways and connections. Yes, failing to correct even a mild loss can actually have the effect of shrinking your brain over time.

Now, I don't know about you, but I don't have any extra brain cells laying around. Don't lose anymore of yours due to lack of action. That loss doesn't just affect how you hear, it can affect how well you are able to not only hear, but think later, as the shrinking centers are the very ones used in higher level reasoning. Call us, or drop by, we can help, a brain is a terrible thing to waste.com



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

Spotlight Crossword Puzzle



clues DOWN

1. A player's part
2. Ratites
3. Distribute
4. 15th day of March
5. Empire State
6. Small island
7. Con or swindle accomplices
8. Oasts kiln shape
9. Female sheep
10. Motor vehicle
11. ___ Lanka
12. More melancholy
14. Not all
15. Apple, pumpkin or a la mode
17. ___ King Cole, musician
22. Palms with egg shaped nuts
23. Mistress of a household
24. Founder of Babism
25. Semitic fertility god

26. Connected links
28. Chocolate tree
29. Miao-Yao is their language
32. Moss capsule stalk
36. Young society woman
38. Bartenders
40. Buried port city
43. One point S of SE
44. Cervid
45. Inexperienced (var.)
46. Exercises authority over
51. Handles
54. Neither
55. Alumnus
56. Sunrise
57. Cease exertion
58. Double curve
59. Maneuver
60. Not happy
64. Old English

clues ACROSS

1. Recapture the past
10. "Tosh.0" and "South Park" are two
12. Military greeting
13. Passenger ships
15. Can't move
16. Any omission of a part
18. 43rd state
19. Compassionate nursing care
20. Pa's partner
21. Dutch cheese
24. London radio station
27. Perfumed powder bag
30. Liquid body substances
31. Expresses pleasure
33. Escape from prison
34. Long-wave hue
35. Bleated
37. Male swan
39. Head cover
41. Fewer calories
42. Teal duck genus
44. Inspire with love
47. Grab
48. Cruel inhuman person
49. 6th musical tone
50. Indigenous tribe of Indonesia
52. Megabyte
53. Headpin in bowling
56. Light, fitful naps
61. Precede
62. Greek and Turkish Sea
63. Pot 'o gold location
65. Was in disagreement



The Life & Ministry of Jamie Buckingham

Jamie Buckingham will always be remembered in Brevard County as the pastor of the Tabernacle Church off Aurora Road in Melbourne. Across

the nation he may best be remembered for his popular column, "The Last Word," in *Charisma Magazine*, or for the more than 40 books he wrote, including the multi-million seller Run Baby Run and other books he wrote with people like Corrie Ten Boom, Kathryn Kuhlman and Pat Robertson. He may also be remembered for his video teaching series filmed on location in Israel or for his popularity as a conference speaker.

No matter how he is remembered, his death in 1992 at the age of 59 left us all with a great sense of loss.

Now, however, Jamie's poignant story-telling abilities in the form of audio teachings, books, and videos are again available. A website has been established to honor his ministry and to return to us his messages of hope and God's love.

The website, www.JamieBuckinghamMinistries.com has been set up to make many of Jamie's materials available for free. A non-profit organization, Risky Living Ministries (named after one of his books), has been established for the purpose of converting Jamie's materials into digital format and making them available on the website.

To date, dozens of Jamie's Sunday teachings from the Tabernacle Church, most of his columns and many of his video devotionals filmed on location in Israel have been posted. In fact, the series "50 Days Before Easter" is up now and ready to be viewed as a daily devotional beginning in early March and extending through Easter. More materials are being converted and added to the website weekly.

So check it out. If you knew Jamie Buckingham you will be hit with a wonderful sense of nostalgia and renewed in your spirit. If you didn't know him, you will be surprised at what a wonderful teacher of God's Word he was and how relevant his teaching are even today. Either way, you will be blessed and refreshed as Jamie Buckingham once again leads us into the presence of God.

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Stop Counting Sheep with Health First Sleep Centers

Sleep disorders disrupt and disturb the overall quality of an individual's life—but Health

First's nationally-accredited Sleep Centers can help. More than 70 million people in the United States have some type of sleep disorder. With March being National Sleep Awareness Month, here are five interesting facts about sleep from the National Sleep Foundation:

- Man is the only mammal that willingly delays sleep.
- Sleep is just as important as diet and exercise.
- The body never adjusts to shift work.
- Snoring is the primary cause of sleep disruption for approximately 90 million American adults; 37 million on a regular basis.
- People who don't get enough sleep are more likely to have bigger appetites due to the fact that their leptin levels (an appetite-regulating hormone) fall, promoting appetite increase.

Snoring and insomnia are two common sleep disorders that can be treated. Although snoring may be harmless for most people, it can be a symptom of a life threatening sleep disorder called sleep apnea (especially if it is accompanied by severe daytime sleepiness). Sleep apnea is characterized by pauses in breathing that prevent air from flowing into or out of a sleeping person's airways. People with sleep apnea awaken frequently during the night gasping for breath. The breathing pauses reduce blood oxygen levels, can strain the heart and cardiovascular system and increase the risk of cardiovascular disease.

Difficulty falling asleep is one of four symptoms generally associated with insomnia. The others include waking up too early and not being able to fall back asleep, frequent awakenings and waking up feeling unrefreshed. When insomnia



symptoms occur more than a few times a week and impact a person's daytime functions, the symptoms should be discussed with a doctor or other healthcare provider.

Health First's nationally-accredited Sleep Centers can help people get a good night's sleep and diagnose and treat sleep disorders

through evaluation, lifestyle changes and medical equipment—if needed. Treatment is aimed at restoring regular sleep patterns and relieving symptoms. Treatment of many sleep problems can also help other medical problems linked to sleep disorders. Visit www.Health-First.org/Sleep to find out more.



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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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Why are Shamrocks Considered **Lucky**?

Various symbols and imagery breathe life into St. Patrick's Day celebrations. In addition to Kelly green clothing, leprechauns and Irish flags, shamrocks are commonly seen decorating homes and people.

The word "shamrock" comes from the Irish seamrog, which is the diminutive form for the Irish word for clover, and translates roughly to "young clover." Clover is a grass-like plant, and bees frequently use clover flowers as a prime source of pollen for honey production.

Three- and four-leaf clovers are a staple of Irish imagery and are commonly referenced upon the arrival of St. Patrick's Day. Prior to Christianity and the work of St. Patrick, the Druids believed that they could thwart evil spirits and danger by carrying a shamrock. A three-leaf shamrock would enable them to see the evil spirits and escape in time. A four-leaf clover was said to ward off bad luck and offer magical protection. The Druids helped establish the clover as a Celtic charm, and

other folklore indicates clovers helped people see fairies and chase the little sprites.

Around 400 AD, in many areas of the world, including Ireland, pagan beliefs were being pushed out in favor of Christianity. The Irish were slowly converted to a new method of thinking, and this included a new way of looking at some once-popular Pagan symbolism. According to Christian teachings, Eve is said to have carried a four-leaf clover out of the Garden of Eden when Adam and she were cast out by God. Some believe that those who grasp four-leaf clovers hold a bit of paradise in their hands. Some Christians also thought clovers were a symbol of the Holy Trinity, and some stories suggest that St. Patrick used a shamrock to teach principles of the Trinity to the masses. A three-leaf clover represents the Father, Son and Holy Spirit. Should a four-leaf clover be found, it is considered the Trinity plus God's grace. The four-leaf clover looks like a cross, giving four leaf clovers special meaning to some people.



Of course, the rarity of four-leaf clovers makes some people who find them feel as if luck is on their side. Among naturally occurring clovers, the odds of finding a four-leaf clover instead of the more common three-leaf clover is 10,000 to 1. It may take some effort and quite a bit of luck to locate one with four leaves, and a five-leaf clover is considered by many to be unlucky.

Since the 18th century, the shamrock has been a symbol of Ireland. It was used as an emblem by rival militias and later was incorporated into the Royal Coat of Arms in the United Kingdom, alongside the rose of England and thistle of Scotland.



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