COMPLIMENTARY may 2014

SpotlightBrevard.com

Brevard County Bridal Association
Bridal Show

pg3 » Spotlight BUSINESS OF THE MONTH IS





OPEN 7 DAYS • NO APPOINTMENT NEEDED

A Family of Compassionate Doctors Serving Our Community and Businesses

ON SITE

- X-Rays
- → Labs
- CT/MRI
- Ultrasound

MINOR EMERGENCIES

- Lacerations Stitches Cuts/Bruises
- Sprains/Breaks Sports Medicine
- Orthopedic Injuries
- Pre-Employment & Sports Physicals
- Auto Injuries Work Comp

(321) 242-SICK

HOURS

Monday - Friday 8 am - 7 pm Saturday & Sunday 8 am - 5 pm

LOCATED NEXT TO YMCA AT 6300 N. WICKHAM RD., SUITE 101, MELBOURNE, FLORIDA 32940

www.premierurgentcare.com



Here in Florida, your choice is clear.

Everyone likes options. My office not only offers car insurance backed by a company with 80 years of experience, but also offers home insurance from several companies. Call me today!



Andrew Cotner 321-373-0181

145 Palm Bay Road #112 West Melbourne andycotner@allstate.com





Auto Home Life Retirement

Allstate has no financial responsibility to you for any home insurance policy you purchase and would not be responsible for any claims. Allstate does not make any representations or accept liability related to operations of home insurance companies, including, but not limited to, their financial conditions. Subject to terms, conditions and availability. © 2012 Allstate Insurance Co.



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Hello and welcome to this particular landing page of Spotlight Magazine where I have the privilege of sharing a little bit of me with you each month.

For many years, I have held membership in a few local professional business groups. At our meetings, we often hear it repeated that people do business with people who they know, like and trust.

This is one of the reasons that I write this column in each issue. I feel it is of the utmost importance that you, our readership, have an up close and personal look at the people who bring you this publication each month, starting with me.

On that note, acknowledging I fall way, way short of ever being close to perfect, (just ask my wife) I see myself as living in a glass house, and I strive every day to remember who I am as a person, husband, father, and follower of Jesus. I know that at the end of the day, I am the one looking in the mirror. It is important to like the guy who is looking back.

There you go a little snippet about me. And to all our mothers, Happy Mother's Day and God Bless!

Until next month,

Bryan McDonough

Publisher, Spotlight Magazine, Inc.





A MONTHLY PUBLICATION
May 2014 | Volume 17 | Issue 05

Call for Affordable Advertising Rates.

TEL 321-961-3636 | FAX 321-725-2093 DEADLINE IS THE 20th OF EACH MONTH

advertisingSpotlight@yahoo.com P.O. Box 1197 Melbourne, FL 32902 spotlightbrevard.com

> 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

PROUD MEMBER OF

Melbourne/Palm Bay Area Chamber of Commerce Cocoa Beach Chamber of Commerce Beachside Referral Network Palm Bay Bayside Referral Network In His Name Networking Group

> MELBOURNE regional CHAMBER of East CHAMBER Touristal Florida



Copyright $^{\tiny{\circledcirc}}2002$ by Spotlight Magazine, Inc.

Spotlight does not knowingly accept fraudulent or misleading advertising. Liability for the contents of all advertising and for any claims that may arise therefrom is the sole responsibility of the entity placing the advertisement. Publication of an advertisement does not constitute endorsement by Spotlight, nor is publication of a specific advertisement ever promised. All advertisers are responsible for proofing their own ad and giving consent to print. The publisher has the right to refuse advertising. Please Note: The State of Florida requires that all contractors be registered or certified. All Real Estate advertising in Spotlight is subject to the Federal Fair Housing Laws. Spotlight will not knowingly accept any advertising for real estate which is in violation of these laws.

ALL ADS AND ARTICLES IN THIS PUBLICATION
ARE COPYRIGHTED. NO PART OF THIS
PUBLICATION MAY BE REPRODUCED OR USED
IN ANY FORM WITHOUT WRITTEN PERMISSION
FROM THE PUBLISHER.

inside the Spotlight may 2014



FEATURES

- The History of Memorial Day
- Exercise & the Older Woman 10
 - New Location Celebration
- Brevard County Bridal Association Bridal Show 12
 - Seniors Helping Seniors 2nd Anniversary 25
 - Is a Grain-free Diet Right for Your Pet? 29
 - Eye Care Enters the Digital Age 31
 - We Resolve Seniors Problems 35
 - Play Plus for Kids New Location 40
 - Caring for People –not sales 41
- How Open Windows Benefit the Environment 43
 - Health First Home Care 101 44
 - Allergies & Other Conditions 46



departments

- "IMMEDIATE OBEDIENCE OF THE MOMENT" 7
 - SPOTLIGHT ON THE ARTS 15
 - SPOTLIGHT ON CHIROPRACTIC HEALTH 17
 - "THE BEST...ALMOST" 19
 - DEAR VAL, 21
 - SPOTLIGHT ON COOKING 23
 - SPOTLIGHT ON COMPUTING 27
 - DID YOU KNOW? 32
 - DID YOU KNOW? 34
 - "DITCH THE CIG" 37
 - "THE GOOD, THE BAD, AND THE UGLY" 39
 - CROSSWORD PUZZLE 42







IMMEDIATE OBEDIENCE OF THE MOMENT

by Jim Campbell, First Baptist Church of Melbourne

I was watching "Minority Report" the other afternoon on TV. If you haven't seen the movie, it's about this future Earth society that's found someone who can see the future. The government has developed a whole police division that uses the foreknowledge to arrest the criminal right before the soon-to-be criminal commits the crime.

In one scene in the movie, Tom Cruise and the girl who can see into the future are running from the "bad" guys. The girl orders Cruise to "pick up that umbrella"...."turn here" and "wait... wait....now GO!", all seeming with no rhyme or reason. Cruise does exactly as she says and they end up navigating an impossible obstacle course of ridiculous coincidences to safety. The key to success was the execution of every one of the girl's commands at the exact time she said to do it...or the immediate obedience of the moment.

For the Christ follower, that's pretty much life, 24/7... In Isaiah 30:21 says God says to the people of Israel...

"Your own ears will hear him. Right behind you a voice will say, "This is the way you should go, whether to the right or to the left."

Do I hear voices? Not in the "whitebus-cart-me-off" way, but God speaks to me in all kinds of circumstances and situations. Between all the ways God "speaks", there's always that directional "voice" in my "ear"... my deal is actually listening.

Just like in the movie, the "when" is just as important as the "what". Even though we may not understand where the particular direction fits at ALL, you just go for it... immediately. Delayed obedience is still disobedience. You snooze, you lose...

Why doesn't God just explain the whole thing to us in advance? The truth is that He wants us to trust Him and give him props for who He is without knowing the full plan. Trust is a built-in requirement of the system.

He just tells us each moment what we need to do, expecting us to do it...

NOW. A lot of the time, when we do it that way, it looks like the movie. After the ride, we wonder how in the world "those circumstances" could have all worked out like that. Most times, that's how I know I gave him the "immediate obedience of the moment".

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.



"Why doesn't
God just explain
the whole
thing to us in
advance?"











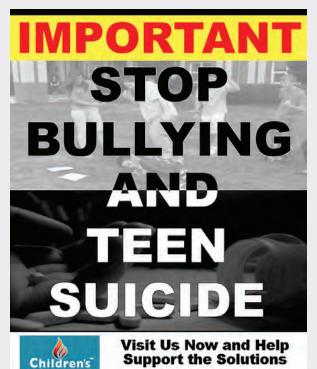
not for calls to relocate or find homes for cats being given up for adoption.

The History of **Memorial Day**

Though many people are quick to refer to Memorial Day as the unofficial beginning of summer, the day is much more than that. Initially known as Decoration Day, Memorial Day is a day to remember those military members who died in service of the country.

The origins of Memorial Day remain a topic of debate. In 1966, President Lyndon Johnson declared Waterloo, N.Y. as the official birthplace of Memorial Day. However, the roots of Memorial Day likely run much deeper, as researchers at Duke University note that during the Civil War, organized women's groups in the south had begun to decorate the graves of fallen soldiers.

Memorial Day as we know it today can likely be traced to Charleston, S.C., where teachers, missionaries and some members of the press gathered on May 1, 1865 to honor fallen soldiers. During the Civil War, captured



www.ChildrensCharityNetwork.org

WE MUST WORK TOGETHER TO PROTECT OUR KIDS



Union soldiers were held at the Charleston Race Course and hundreds died during captivity. Upon their deaths, soldiers were buried in unmarked graves. When the Civil War ended, the May Day gathering was organized as a memorial to all the men who had died during captivity. The burial ground was landscaped, and those freed as a result of the Civil War played an integral role in the event at the Charleston Race Course.

While the event in Charleston might have been the first Memorial Day-type celebration in the southern United States, General John A. Logan is often cited as inspiring similar events in the north. As commander-in-chief of the Grand Army of the Republic, a veterans' organization for men who served in the Civil War, General Logan issued a proclamation just five days after the Charleston event that called for Decoration Day to be observed annually across the country. Logan preferred the event not be held on the anniversary of any particular battle, and thus the day was observed for the first time on May 30. Celebrating the day in May also was significant to event organizers because May is a month when flowers are in bloom, making it easier for observers of the holiday to place flowers on the graves of fallen soldiers.

In 1868, events were held at more than 180 cemeteries in 27 states, and those figures nearly doubled in 1869. By 1890, every northern state officially recognized Decoration Day as a state holiday. But southern states honored their dead on a different day until after World War I, when the holiday was changed to recognize Americans who died in any war and not just the Civil War. Nearly every state now celebrates Memorial Day, a name for the holiday first used in 1882, on the last Monday in May.

Exercise and the Older Woman

The aging process has a way of making people risk-averse. Financial advisors typically recommend that men and women steer clear of risky investments as they age, and men and women over 50 often make lifestyle choices to reduce their risk of developing certain medical conditions. As women age, some may feel exercise is simply too risky. Hormonal changes brought on by aging decrease a woman's bone density, and that fact makes many women over 50 hesitant to embrace exercise. But exercise plays a key role in helping women over 50 secure their long-term health and reduce their risk of injury.

Exercise promotes independence. Some women feel that exercising after 50 increases their risk of injury, which can make them overly dependent on their loved ones. But exercise, in particular strength training, slows bone deterioration, helping bones stay stronger longer and reducing a woman's risk of suffering a potentially debilitating injury. Independence is especially important to seniors, many of whom

spent years planning their retirements and awaiting the day when they would be free to travel at their leisure. Daily exercise can help women maintain that independence by reducing their risk of injury and other ailments that can be confining.

Exercise can improve sleep. Some women who are fighting fatigue may feel that routine exercise will only make them more tired. But exercise actually improves energy levels and makes it easier to get a better night's rest. Numerous studies have shown that routine exercise can improve sleep quality and even increase energy levels throughout the day, something that should raise an eyebrow among women who do not exercise but routinely find themselves fighting fatigue. A more quality night's rest improves vitality, making it easier for women to exercise and make it through the day without feeling fatigued.

Exercise benefits those with limited mobility. Women over 50 with limited mobility may feel that exercise serves no purpose because of

their disability or physical condition. But even women confined to wheelchairs or those forced to walk with a cane or walker can benefit from cardiovascular exercise and even light strength training. Such exercises can improve a woman's range of motion while reducing her risk of heart disease.

It's never too late to start exercising. Many aging women feel their time to embrace exercise has long since passed. But it's never too late to start exercising. Women should take a conservative approach when exercising after a long hiatus, beginning with a slow walk around the neighborhood or a local park. Walking is a great beginner's exercise, as it provides a good cardiovascular workout while working a variety of muscle groups. As your body readjusts to physical activity, gradually increase the intensity of your exercise sessions, adding some strength training, ideally under the supervision of a professional. Always stretch immediately after each exercise session, and give your body ample time to recover, especially when you begin your new regimen.



For Reliable - Dependable - Ethical Businesses

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

Better Business Recipient FOR MAY 2014:

Southern Photo
Lisa Fournier
321-254-4224

SouthernPhotoSupply.com



849 Sarno Rd

New Location Celebration! May 30th

Home Instead Senior Care in Brevard County is very happy to invite everyone in the community to join them and celebrate their wonderful new building during their Open House on Friday, May 30th. The event will take place between 10am and 4pm. Come at your leisure and join the celebration.

"Our new office is located at 849 Sarno Road, Melbourne, FL 32935. It was a real project to move all our business from two units into one big building in just one weekend", said Marge Thompson, co-owner of the business. "Both Laura and I are very happy that we now have our Operations and Training Center under one roof."

"We are completely operational." added Laura Purcell, coowner. "We have kept all our current telephone numbers and are now looking forward to our exciting Open House on May 30th"

Home Instead Senior Care is a local business owned by two sisters – Marge Thompson and Laura Purcell - who set up business after experiencing being caregivers for their own mom. Home Instead Senior Care is dedicated to providing a friendly, responsive, reliable, personal home care experience for Brevard seniors and their families. Home Instead has provided both Homemaker Companion and Home Health Aide services here in Brevard County since 2002 allowing seniors to age with dignity in their own homes.

With a state-of-the-art training center where weekly CAREGiver Development classes take place, a dedicated CAREGiver Lounge where caregivers can come in to relax, de-stress and socialize with

other caregivers, and a welcoming atmosphere throughout their large new building it is easy to see where the priorities lie with Home Instead. "Our CAREGivers are our heartbeat", Marge Thompson states. "They are the ones working with our clients on a one-on-one basis every day and it is so important to us that they have the support and mentoring they need to become the very best caregivers available to our clients in Brevard County. By providing the best in-home CAREGivers we can then ensure that our clients receive the very best individualized and very personal service"

Purcell says, "We help seniors stay in their homes and age with grace and dignity. It's what we wanted for our own mother, and we are glad to serve seniors in a capacity that allows them to maintain their independence in the comfort of their own homes."

For more information about Home Instead Senior Care and the services they can provide seniors and families throughout Brevard County please call 321-751-1003 or check out their website at www.homeinstead.com/438 or their Facebook page at facebook.com/HomeinsteadMelbourneFL



Jome Instead

Laura Purcell & Marge Thompson, Co-Owners

Brevard County

Bridal Association

Bridat Show Tips

Bridal Shows are a great way to meet potential vendors for your big event and a great place to view the latest in bridal fashions. However, bridal shows can be quite overwhelming as well. Remember, to pick up your bridal show program at registration and get all of the vendors to sign off on the program. This is your entry for the grand prize giveaway but it is also a great tool to remember all of the vendors in one quick reference guide. Vendor contact information is listed in this program. You do not need to turn in this program to win the grand prize, it will be checked if your name is called. So you get to take it home with you and use it over and over again. Also, some vendors have giveaways at their individual booth. Be prepared and bring some pre-printed labels with your contact information on them. That way when asked for your information at a booth, you can give the vendor one of your labels instead of writing your information at each booth. Most importantly, have fun. Bridal Shows are designed to be a one stop shop for all of your bridal vendor needs. Take advantage of the opportunity of having over 45 wedding professionals all under one roof and listen to what each vendor has to say. They may be your next bridal vendor!

BCBA Bridal Show Vendors



The May 18th BCBA Bridal Show will feature over 45 of Brevard's leading wedding professionals all under one roof. DJ Shane will provide the entertainment portion of the show as well as provide uplighting for the event. Meredith's Bridal Boutique will have a fashion show with some of the latest bridal gown fashions and Essentials Spa and Salon will be doing the hair and makeup for the fashion show models. Fabrication Events will be highlighting some event drapery at the host hotel, Crowne Plaza. These are just some of the vendors that will be highlighted at this show. For more information on the show and to pre-register, visit www.CentralFloridaWedding.com.

www.CentralFloridaWedding.com

Brevard County Bridal Association Bridal Show





Melbourne Oceanfront

Featuring

 "Fashion Show" featuring the latest bridal fashions by Meredith's Bridal Boutique

 Over 45 of the leading wedding professionals all under one roof

- Over \$3,200 in prizes including a \$1,000 grand prize
- · A DJ performance by DJ Shane
- · And Much More...



Pre-register online at www.CentralFloridaWedding.com



Full Service Auto Repair Foreign, Domestic **Cars & Trucks** including Diesels



One STOP Car Shop For our Maintenance Needs

Complimentary Car Wash with ANY Repair or Service!

ARE YOU A MEMBER OF THE CLUB?

\$402.80 Worth of Call for SAVINGS! Details



39 NW Irwin Ave West Melbourne 32904

321-726-0636

(off 192... 1 block west of Dairy Rd. behind the Cigar Shop)

www.RichsAutoTech.com

Monday - Friday 7am - 7pm Saturday 8am - 5pm

Family Owned & Operated









SUMMER FUN SPOTLIGHT ON THE ARTS

by Pam Mankowski

Spring has sprung and families are already looking to enrich the lives of their young actors, singers, drama queens and class clowns with summer fun activities to keep them creatively involved. If you are looking for a theatrical, musical and artistic outlet for your young artist, check out what we have to offer for June and July 2014.

The Stage 1 Stars team of Rosemarie Cocker, Evanne Floyd and Pam Mankowski finalized summer planning as we coordinate three workshops for young artists.

June 2 - 27, 2014 from 9:00 a.m. - 12 noon on Monday, Wednesday and Fridays, young playwrights and actors will try their hand at ANIMAL TALES & TAILS. Using creative dramatics and script writing skills, these workshop attendees in grades 1 - 8 will create their own play based on new versions of well known stories. The use of creative dramatics is helpful to develop confidence and creative expression; facial expression and body coordination; develop group cooperation and participation; develop control and use of the voice as well as enhances language skill. Along with theatre games, arts and crafts, play writing exercises, set and costume development - creative dramatics stimulates creative thinking skills.

July 7 - August 1, 2014 from 9:00 a.m. - 12 noon on Monday, Wednesday and Fridays, performers in grades 1 - 8 will work on the musical production of SCHEHERAZADE: TALES FROM THE ARABIAN NIGHTS. What a great opportunity for student creativity as young actors learn the joy of performing in a musical. Rosemarie Cocker - musical director, Evanne Floyd - choreography and technical support, and Pam Mankowski - director and arts & crafts instructor, prepare the cast for the challenge of developing pre scripted plays to showcase their individual talents while working as an ensemble for a polished final product. Theatrical warm up exercises continue to challenge their creative energies to help in the character development portion of the experience. A creative set and props, colorful costumes, training in vocal performance, using simple instruments, choreography, and script study help actors Get in the Act.

Join Evanne Floyd in The World of Shakespeare Summer Theatre as her students delve into the world of William Shakespeare with his fascinating and enduring characters. This workshop will be held on Monday, Wednesday and



Friday from 1:00 - 4:00 p.m. from June 2 - August 1, 2014.

Each teen actor will get to choose a character to explore and study throughout the summer as they prepare a final performance of scenes and monologues on August 1, 2014 in the 702 Events Center (1951 Livingston Street,

corner of Livingston and New Haven Avenue) in Downtown Melbourne. More than simply learning the language of Shakespeare, students will have the opportunity to learn about his life and the times that gave birth to this most influential of English writers. Joining Evanne again this summer will be music instructor Rosemarie Cocker who will add to the enrichment with music of the era including singing and recorder pieces.

Activities will include authentic historic crafts, early European dancing etiquette and dances done during the time period, opportunities to interview local experts; stage combat: melee and brawling; basic sword combat, historical costuming, archery, and acting! Class size is limited and open to grades 7 - 12.To register for World of Shakespeare - contact Evanne Floyd at evannefloyd@gmail.com.

To register for the workshops or on-going classes call Stage 1 Stars at 321-543-0705 or e-mail Pam at stage1stars@aol.com or take a look at Stage 1 Stars web page at stage1stars.com, and Stage1Stars or EvanneFloyd on Facebook for pictures and the latest information.













HOUSEWORK

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

Household chores can be a pain in the sacroiliac. Unless you're careful, routine activities around the home - washing dishes, vacuuming, even talking on

the phone - can strain your back, including the sacroiliac area near the tailbone, and result in debilitating discomfort.

But you can protect your back by knowing the right way to go about such activities, according to the American Chiropractic Association (ACA).

Consider lifting. It doesn't matter

whether you're picking up your child or a heavy bucket of water, you need to do it the proper way to avoid injury.

How? Bend from the knees, not the

waist. As you lift, hold the item as close to your body as possible. If you have to turn to place it, step in the direction of the turn. That

way, you're not twisting your body and straining your spine.

Back-Saving Tips

The American Chiropractic Association

suggest the following do's and don'ts for chores and relaxation:

When you wash dishes, open the cabinet beneath the sink, bend one knee and put your foot on the shelf under the sink. Lean against the counter so some of your weight is supported in front.

When ironing, raise one foot a bit. Place it on a small stool or a book to take some strain off your back.

To vacuum, use a "fencer's stance." Put all your weight on one foot, then step forward and back with the other foot as you push the vacuum forward and back. Use the back foot as a pivot when you turn.

While talking on the phone, don't cradle the phone between your ear and shoulder. That can lock up the spinal joints in the neck and upper back, and cause pain. Instead, hold

"Unless you're careful,
routine activities
around the home can
strain your back and
result in debilitating
discomfort"

the phone with your hand or use the speakerphone.

While watching television or relaxing, don't use the sofa arm as a pillow. The angle is much too sharp for your neck.

Use a cold pack if your back begins to hurt. Wrap an ice pack in a towel moistened with warm water. The warmth gives way to gradual cold, which likely will alleviate the discomfort. (No ice? Try frozen veggies instead.)

If pain persists for more than a day or two or if you experience numbness, tingling or weakness in your arms or legs, see a doctor of chiropractic.





Carlisle Chiropractic Center Dr. Deanna Carlisle

Complimentary
Chiropractic Examination
(a \$75 Value)

Monday, Wednesday & Friday 8:30 am - 12 pm & 2 pm - 6 pm Tuesday 2 pm - 6 pm Saturday 9 am - 12 pm

321-724-0579

1900 S. Harbor City Blvd Suite 109 • Melbourne , FL 32901

The patient and any other person responsible for payment has the right to refuse pay, cancol payment or be reimbursed for payment for any other services. Examination or treatment which is performed as a result of and within 72 hours of responding to the advertise ment for the free discounted lee, or reduced fee service examination or treatment, x+ays taken in this office only. Due to federal law some Medicare or Medicaid recipients may not be eligible for this.



Healthcare Training can be the Start to Your Future!

10 YEAR ANNIVERSARY

There is a high demand for Nursing Assistants

Training Programs are offered in:

- Nursing Assistant (within 6 weeks)
- CPR and First Aid Training
- Medical Billing & Coding
- Patient Care Technician
- Practical Nursing Program
- Home Health Aide EKG / Phlebotomy

Programs Features include:

- Nursing Assistant State Exam Review
- Training and testing done at our facilities
- Day & Evening Classes
- Placement Assistance
- Continuing Educational Courses

Financing Available

APPROVED

for

Veterans

& MYCAA

Training

Call Now! ... NEW Classes starting May 19th

Casel Healthcare Training Center

5000 Stack Blvd., Suite A4, Melbourne (Palm Bay Road & Stack Blvd.)

321-676-4066 CHTC1.com

Michelle Shat Accounting & Tax Services

DON'T LET TAX SEASON STRESS YOU OUT!

Call Sharpe Accounting & Tax Service for all your tax needs. Don't miss out on tax deductions or credits. Let me help you maximize your return. I am E-file compliant, have over 5 years in the industry, and offer, competitive rates.

Recause Money Doesn't grow on Croos

Mention this ad and receive 10% off your tax service needs.

sharpe tax@cfl.rr.com





Exterior

 Pressure Cleaning •Crack & Concrete Repair •Kill Mildew •Waterproofing & Sealer •Caulking - All Prep Work •100% Acrylic Paint

•All Drywall Work •Small & Big Repair Sheet Replacement *All Drywall Work -Sinall & Dig Repair States -All Work -Sinall & Other Textures -All Work -Sinall & Other Textures -All Work -Sinall & Dig Repair States - All Work -Sinall & Dig Repair States - All Work - Clean & Neat •Handyman Work & More •Interior Mildew Experts

As Always, ... All Work, Manufacturing & Company Guaranteed.

All Guaranteed Work Since 1972

Licensed & Insured



THE BEST . . . ALMOST

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

There is a legend about an ancient village in

Spain. In over a thousand years, a king had never come to that village but now the king was coming to visit. Excitement grew and all the village officials agreed they must throw the best celebration they could to honor the king. But, it was a poor village, and there were few resources. This was the king ... what could they do of any significance?

Someone suggested that since many of the villagers made their own wines, everyone could bring a large cup of their choice wine to the town square... where they would pour it into a large vat ... it would be the very best he's ever tasted! Everyone agreed.

The day before the king's arrival, the entire village lined up to make their offering to the King. They climbed a small stairway where they poured their gift through an opening at the top. Finally, the vat was full! When the King arrived, he

was escorted to the square, given a silver cup to draw wine, which represented the best the villagers had.

He placed the cup under the spigot, turned the handle, and then drank. They waited anxiously for his response. There was no applause, not even a thank you, for it was nothing

more than water. Legend records every villager had reasoned, "I'll withhold my best wine and substitute water. What with so many cups of wine in the vat, the king would never know the difference!" The king was not only disappointed, he was greatly dishonored.

The legend (true or not) describes a common attitude of many people who claim to be Christ followers. They are willing to sacrifice, even give generously ... just not their best.

"...honor The Lord with your wealth, with the very best of all your crops." —Proverbs 3

crops." –Proverbs 3

Scripture makes a strong case for bringing our best to God.

Deuteronomy 17:1 never sacrifice sick or defective cattle, sheep or goats to the Lord your God, for he detests such gifts

Proverbs 3 ... honor The Lord with your wealth, with the very best of all your crops

We may not be like the people who substituted water for their best wine, but even if we give almost our best ... is still to value something more than we do God. Almost our best violates the very first command God gave ... Deuteronomy 5:7 you must not have any other god but me.

The King (of Kings) deserves more than almost our best ...



MO-BAY GRILL



Best Sunday Breakfast Around!

Specializing in:

Home Made Corned Beef Hash

Maryland Style Crab Cakes

Chef Wesley Campbell from Maryland

Tuesday - Friday 11:00 a.m. - 9:00p.m. Saturday 8:00 a.m. - 9:00 p.m. Sunday 8:00 a.m. - 8:00 p.m. MOTHER'S DAY SUNDAY BRUNCH & DINNER MAY 11, 8AM-9PM

tripadvisor
#1 RATING

Lobster Bisque \$6

Lobster Nuggets \$10 w/Cherry Pepper Remoulade

Lobster Pot Pie \$24

Roasted Lamb Chops \$29 w/Fresh Mint Au-Jus

Pan Sear Grouper Filet \$25

w/Pecan Brown Butter

Mixed Green Salad w/Mo-Bay Green Herb Dressing and side dish with Entree

Regular Menu Available

13421 U.S. Highway 1 Sebastian, FL 32958 (just South of Roseland Rd. in the Publix Shopping Center)

MO-BAYGRILL.COM 772-589-4223



DEAR VAL, TRUTH, STRAIGHT UP by Valerie Oliver

"Forgiveness is not 'burying the hatchet' for a quick retrieval at a later date..."



"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,

Last month, my ex-husband called to tell me he's in the final stages of cancer. He apologized for the twenty years of physical and verbal abuse he put me through and asked for my forgiveness. Basically, I told him to go to hell.

This man ruined my life. I've tried to move on, like he did, but I just can't seem to move past the hurt and anger. I know I have trust issues, because I end up sabotaging every relationship within the first month. I've been going to a psychotherapist for many years, but there's no improvement. I don't want to end my life as a lonely, bitter old woman. I'd like to meet a nice Christian man, if only the past would stay in the past. We've been divorced over fifteen years, so why am I still hurting?

-Marilyn of Palm Bay

Dear Marilyn,

I can't even begin to imagine what your life's been like for the past thirty-five years. You've survived physically, but now it's time for you to heal spiritually. Forgiveness is the key that unlocks chains of bitterness, and it's an act of free will. When we hold back forgiveness, we put ourselves in a prison of pain and resentment—not the offender.

"Forgiveness is not 'burying the hatchet' for a quick retrieval at a later date—nor is it an option."

—Pastor John Hagee, Cornerstone Church, San Antonio, TX

Throughout scripture, God commands us to forgive others, as He forgives us. "For if you forgive men when they sin against you, your heavenly father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins" (Matthew 6:14-15 (NIV). And in Ephesians 4:32 (ESV), "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Even as Jesus hung on the cross—physically beaten and bloody beyond recognition, He said, "Father, forgive them, for they do not know what they are doing" Luke 23:34 (NIV).

You may think that forgiving your ex-husband is beyond your capability. God loves you, ask Him to help you. Suggestive reading: The Gift of Forgiveness by Dr. Charles Stanley.

Dear Val,

Six months ago, I started going to a new church. I love it there, and I've met several new friends. I recently overheard a conversation about speaking in tongues. I'm not sure if I should be concerned or jealous, because I don't have this gift. I come from a very traditional background. My old pastor never taught on this subject, and I've never known anyone that could do this.

-Rick of West Melbourne

Dear Rick.

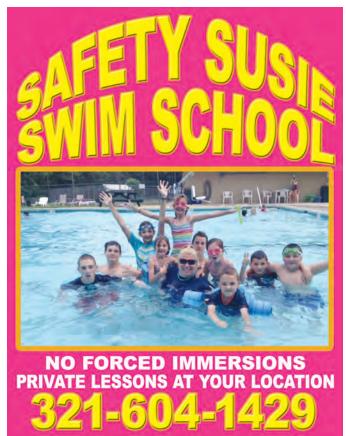
There are nine different gifts of the Holy Spirit: wisdom, knowledge, faith, healing, miracles, prophecy, discerning spirits, speaking in different tongues and interpretation of tongues

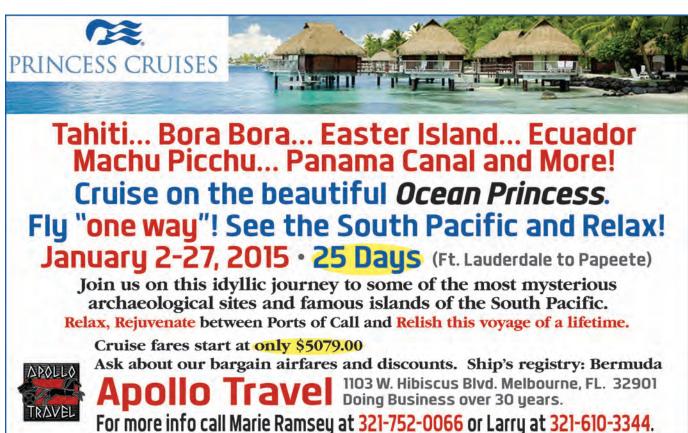
(1 Corinthians 12:7-10). It's not uncommon, for an individual, to have several different gifts. In verse 11, it is written, "All these are the work of one and the same Spirit, and He gives them to each one, just as He determines."

Nowhere in the New Testament is it taught that speaking in tongues is the only evidence a person has received the Holy Spirit; in fact, it's quite the opposite. The Bible says that every believer in Christ has the Holy Spirit (Romans 8:9; 1 Corinthians 12:13; Ephesians 1: 13-14), but not every believer speaks in tongues (1 Corinthians 12:29-31). Christians have different gifts, and no one gift should be expected by everyone. Additional Resource: New Testament Teaching on Tongues by Merrill F. Unger.

(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.









HELLO SPRING SPOTLIGHT ON COOKING

by Cecelia Danas



This month's recipe is great for a "Mother's Day Luncheon".

Happy Mother's Day! Remember — Be Creative!

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

Roast Chicken Salad Supreme

2 1/2 tablespoons balsamic vinegar

1 1/2 tablespoons extravirgin olive oil

1 1/2 tablespoons minced green onions

2 1/2 teaspoons fresh lemon juice

2 1/2 teaspoons maple syrup

3/4 teaspoon Dijon mustard

1/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

2 cups shredded skinless, boneless rotisserie chicken breast

2 cups sliced peeled peaches (make sure they are not hard or soft)

1/2 cup vertically sliced red onion

1/4 cup chopped pecans, toasted

1 (5-ounce) package gourmet salad greens

2 tablespoons crumbled goat cheese or Feta cheese

1. Combine first 8 ingredients; stir with a whisk.

 Combine chicken and remaining ingredients except cheese in a large bowl. Add vinegar mixture; toss gently.
 Sprinkle with cheese. To add to this great salad make fresh Cresson Rolls. Melted 1 stick of butter and 2 shakes of Italian seasonings, brush tops before baking.

Preparation Time: 30 minutes 4 servings





Seniors Helping Seniors®

CELEBRATES Their 2nd Anniversary in Brevard County

Seniors Helping Seniors® celebrated their second year of helping seniors in Brevard County on April 1st. Owners Rosemary Barton and Jennifer Helin couldn't be more pleased. In their second year of business they have continued to help seniors find meaningful employment while helping many other seniors in need of assistance. The concept of the business is simple; hiring energetic, ablebodied seniors to care for older seniors in their homes. Their catch phrase is "It's like getting a little help from a friend."

The mother-daughter team brought the franchise to Brevard after seeing the need within their families. "In taking care of my husband's grandmother, I saw the wisdom in having someone a little closer in age helping out." said Jennifer. Rosemary saw the need for quality dementia care when her older brother and his wife began showing

signs of dementia at the same time. "Living in southern Melbourne Beach with them in Viera, I put many miles on my car. It would have been nice to have some help now and then." They also knew that many retired folks were limited in their employment opportunities. Seniors Helping Seniors® provides a way to continue to be active and to stay an integral part of the community while supplementing their income in a rewarding way. They have many retired professionals on staff including retired RN's, veterans, and a professor, all who have cared for their own families. "We have amazing, caring people who work with us so we are able to match their interests to those of our clients; so it really is like getting a little help from a friend. "Said Rosemary.

Seniors Helping Seniors in-home care began in 1998 in Reading, PA. Since then they have arown to over 200 franchises throughout the country. Services include transportation. companion care, meal preparation, light housekeeping, respite care, and any other nonmedical service a senior might need. Services start at a two hour minimum but can include 24/7 care if needed. Prices range from \$16-\$20 an hour.

Services can be ongoing or on an as needed basis, making the company responsive to senior's needs. For more information, please call 321-722-2999 or look them up on the web at www. seniorsheloingseniors.com/brevard.



FREE DELIVERY

That's right! FREE delivery* right to your door, with a smile! One more example of The Medicine Shoppe® promise — to meet your individual health needs accurately and completely.

*Call for delivery information.

We have a

NEW LOCATION

To Serve You Better

Sarno Business Complex next to Brevard Health Alliance

2176 Sarno Rd. Suite #120

Melbourne FL 32935 Call: 242-2440





	FIESTA BREVARD 2014 CONTE	ST WINNERS
Best Dressed Booth C	ontest	
1st Place	Brevard Nature Alliance	
2nd Place	Mariposa Monarco	
3rd Place	Volunteers of America	
ludges: Cynthia Cintro	on, Katie Pallone, Keith Donald	
Judges' Choice Salsa C	Contest	
1st Place	"2 Sisters Salsa"	
2nd Place	Grandpa Bud's Salsa	"Grandpa Bud's Salsa"
3rd Place	UCF Space Coast Alumni Chapter	"Fiesta Bowl"
	Maria Sonnenberg, Jerry Sonnenberg	
People's Choice Salsa 1st Place	Contest UCF Space Coast Alumni Chapter	"Fiesta Bowl"
2nd Place	2 Sisters Salsa	"2 Sisters Salsa"
3rd Place	Grandpa Bud's Salsa	"Grandpa Bud's Salsa
ludges: Flesta Brevon	d Attendees!	
Fiesta Hat Contest - A	dult Division	
	dult Division Amy MacDonald	
1st Place	23000000	
1st Place 2nd Place 3rd Place	Amy MacDonald	
Fiesta Hat Contest - A 1st Place 2nd Place 3rd Place Honorable Mention	Amy MacDonald Josh Garrett	
1st Place 2nd Place 3rd Place	Amy MacDonald Josh Garrett Sandra Rincon Cindy MacDonald	
1st Place 2nd Place 3rd Place Honorable Mention	Amy MacDonald Josh Garrett Sandra Rincon Cindy MacDonald	
1st Place 2nd Place 3rd Place Honorable Mention Flesta Hat Contest - C 1st Place	Amy MacDonald Josh Garrett Sandra Rincon Cindy MacDonald hildren's Division	
1st Place 2nd Place 3rd Place Honorable Mention Flesta Hat Contest - C	Amy MacDonald Josh Garrett Sandra Rincon Cindy MacDonald hildren's Division Ullian Robertson	

Judges: Sheriff Wayne Ney, Cocoa Beach Mayor Dave Netterstrom, Brooke Deratony Goldfart



We want to send a huge thanks to all of our participants, volunteers and attendees for making our 10th Anniversary Fiesta Brevard event so successful!

Over the next few days, we'll start posting photos, winner info and many more things on our facebook page. (https://www.facebook.com/FiestaBrevard)

Let's start with a big "thank you" to our sponsors. This event would not have been possible without you!

We had over 1800 people in attendance and we couldn't have done it without them. We can wait to see everyone next year!

Fiesta Brevard Event Team



- Quilting Classes
- Long Arm Rental
- Patterns Books Kits
- Over 12,000 Bolts of Fabric

Open Monday through Saturday 10:00 - 5:00



BARGAIN NOOK!

Top Quality Quilt Fabric from \$5, \$6 and \$7

Online: www.thequiltplace.com

321-632-3344 • 575 Barton Blvd. • Rockledge, FL 32955



DO SMARTPHONES GET VIRUSES?

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

Are there vulnerabilities in the Android OS and is it time to install an antivirus on your smartphone? The answer to that question has a lot more to do with how you use your phone than which operating system you're running.

Many of the stories out there quote statistics such as "97% of mobile malware is targeting Android users" or "Malware attacks on Android devices increased 600% in the past year." While these statistics may actually be true, taken out of context, it can sound like all Android users are under siege.

If you dig a little when you hear these stories, you'll likely find that a vendor for a mobile security app is generally the one that produced the report, which then gets regurgitated ad nauseam on the Internet. Mobile malware is a serious issue and it does exist, however, it's nothing like the risk we face on our computers so it's a lot easier to avoid.

First, just about every threat that you'll hear about requires the user to install a malicious app in order to be

compromised. If you only get your apps from Google's Play store, your chances of installing a malicious app are infinitesimal. The report that claims that 97% of mobile malware is targeting Android devices also confirmed that only 0.1% came from Google Play.

The reason Android is more targeted than any other platform is because it's the dominant OS globally and it's built on an open-source platform, which makes writing malicious code for it easier.

Many users in other countries don't have access to Google Play because the manufacturer of some cheaper Android-based phones use a limited version of the Android software. Installing apps from third-party suppliers is much more common in other countries, although it's not uncommon with tech savvy users that have 'rooted' their phones in the US.

Rooting essentially removes all of the restrictions that phone manufacturers and cellular networks impose on the device, which allows the user to modify the phone in any way they desire. Those with rooted



Android phones that download apps from third-party websites are in the highest risk group, so unless you are doing this, you really don't need antivirus software for your smartphone.

Having said that, installing a security app on your smartphone that includes antimalware detection can't hurt, especially if you tend to download a lot of apps. One of the oldest apps for protecting just about any mobile device is from a company called Lookout https://www.lookout.com and I've used it on various devices over the years.

I didn't choose to install Lookout because I was concerned about mobile malware, I wanted it for its other security features that included allowing me to locate my phone if it went missing and the Lock Cam feature that sends me an email with the location and a picture of anyone who is holding the phone after three failed attempts to unlock the device. The scanning of apps and malware detection is just a bonus of using Lookout.

Lookout has a free version that should be ample protection for both Android and iPhone users or, for \$3 a month, you can add additional features such as advanced backup and remote wiping of a lost device.

If you are a small business owner, you're probably dealing with the BYOD (Bring Your Own Device) challenge presented by your employees' personal mobile devices that have access to your sensitive company information. There's a business version of Lookout that allows you to remotely manage and monitor all the mobile devices from one dashboard (Android only) when one goes missing.



ATP Alarms

- ➤ Monitoring from \$22.95 mo.
- > Free Security Quotes
- Residential Commercial

ATP won The Chamber's April 2014 Business of the Month, Let me show you why!











www.SentinelCare.org

info@SentinelCare.org

This! "Rent-a-Son"

When a beloved senior needs a little help (or maybe a lot of help) yet does not have a local son or daughter willing and able to serve, we come alongside and assist in whatever areas we are needed

Name the Advertisers and PLAY to WIN!

being offered.

Win a FREE OIL CHANGE Courtesy of Rich's Auto Tech (pg14)

OUR WINNER LAST MONTH WAS Stephanie DeLoach of Palm Bay

Name:		
Address: _		
City:	State Zip	
Phone:		
		_

Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. Please PRINT answers along with PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear will be drawn at random from all correct entries. Mail to:

your name, address and phone number. ONLY ONE ENTRY in the next issue. Winner will be notified by mail. One winner Name the Advertisers, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197

Please Print. Entry form must be filled out completely & mailed. I. "Here in Florida, your choice is clear" Name the advertiser saying this.
2. Where can you purchase a \$25 gift card for Mom?
3. Name the advertiser promoting a 25 Day Cruise.
4. Who is offering 25% OFF Lawn Service?
Find the Appliance Parts advertisement and name one of the services listed.
6. Who is offering 10% OFF the entire check for the month of May
7. Find the Wallace Air Conditioning ad and name one discount

Is a Grain-Free Diet Right for Your Pet?

The potential benefits of grain and gluten-free diets are a trendy topic of discussion in the grocery aisle today. But pet owners often have similar questions about whether these diets are right for their cats or dogs.

Michele Dixon, a health and nutrition specialist with Petcurean, gives us some important facts before removing grains from your pet's diet. Petcurean is a Canadian company with expertise in premium quality recipes for dogs and cats. Consider the following:

• While food allergies can sometimes be related to a grainbased protein, such as corn or wheat, it is often a source of

meat protein that causes the allergic reaction.

• If you suspect your pet has a specific grain allergy, immediate elimination of all grains from your pet's diet is not

necessary.

• When they are ground and moderately cooked, grains can be a quick and excellent source of highly digestible energy for your pet. Dogs

> and cats do not digest raw starches or whole grains very

 Pet owners who are looking to eliminate grains from their pet's food as part of a lowcarb diet should be aware that a grain-free diet doesn't necessarily mean it is low in carbohydrates. Other types of carbohydrates, such as potatoes, tapioca, or peas, might be included in the recipe. So knowing what to look for is very important.



Mrs. Candy Graham, EA Tax Accountant Enrolled Agent, (EA)

West Melbourne Office 7610 Emerald Drive

(Adjacent to Harris on just North of Ellis)

FAX (321) 727-3526





Candy Graham's

ACCOUNTING & TAX SERVICES



Serving a Diversity of Corporations and Individuals for All Accounting and Total for All Accounting and Tax Needs for Over 15 Years

EXTREMELY KNOWLEDGEABLE IN VARIOUS ASPECTS OF ACCOUNTING & TAXES:

- C-Corporations
- S-Corporations
- Partnerships
- LLCs
- RAIS

- Not-for-Profits
- Organizations
- Sole Proprietorships
- Quarterly Financials
- Financial Tax Audits
- Trust & Estate Taxes
- Financial Managerial Accounting
- Fiduciary Accounting
- QuickBooks® Software *Implementation*

www.CANDYGRAHAMSACCOUNTINGTAX.com Ask about the new tax laws. Call for details.

HOSEA 4:6 – "MY PEOPLE ARE DESTROYED FOR THE LACK OF KNOWLEDGE." – KNOWLEDGE IS POWER!

Connect with:



James N. McManus, M.D.

Cataract and Glaucoma Specialist

at

The Eye Institute
for Medicine & Surgery

"My goal is to make certain that all of your questions have been fully answered." -James McManus, M.D.



Dr. McManus invites you to explore his You Tube channel.

Please use the QR Code above, or the link below to get the answers you are seeking, explained personally by Dr. McManus. Each video is between thirty seconds and one and one-half minutes long.

www.YouTube.com/TheEyeInstitute/Playlists

This information is brought to you by Dr. James McManus and The Eye Institute for Medicine & Surgery, where we want to help make your world perfectly clear.



www.seebetterbrevard.com (321) 722-4443

EYE CARE ENTERS THE DIGITAL AGE... CONNECT WITH YOUR CATARACT SURGEON...

The digital age is upon us. Long gone are the days when people went to the phonebook to look up a telephone number or to receive additional information.

Many of today's active seniors are internet savvy, and can frequently be seen throughout our community using their smartphones and computer tablets.



James N. McManus, M.D.

"I wanted to reach out to my patients in a personal and sincere manner, to help provide them with all of the information that they wanted, so that they can make fully informed decisions regarding cataracts and cataract surgery," explains Dr. James N. McManus, Cataract Specialist at The Eye Institute for Medicine & Surgery. "I wanted not just to be their eye physician and surgeon, but also a reliable source for accurate, up-to-date information on many topics related to eye care."

"It is for these reasons that I envisioned The Eye Institute having its own YouTube Channel, where people could have access to medical educational videos 7/24 that answered the most frequently asked questions directly and clearly," adds Dr. McManus.

Many of the people seeking information on cataracts or glaucoma may be experiencing visual loss and having to read a brochure or some other written material may pose quite a challenge. For many people these videos are the right solution to a very real problem.

"Dr. McManus's videos are between approximately 30 seconds and one and one half minutes long, but in this brief time period, a great deal of information is conveyed to our patients and people throughout our community and anywhere in the world," states Jerry Orloff, CEO of The Eye Institute for Medicine & Surgery.

"What better source for this information than the surgeon personally explaining the details directly to you," adds Mr. Orloff.



QR Code

While people can navigate to The Eye Institute's YouTube Channel at www.youtube.com/theeyeinstitute, they can also scan a QR Code on their smart phone or tablet to access this information. According to nbcchicago.com, QR Codes provide "easy connections and intersections between the physical world and the virtual world we carry around in our pocket."

Presently, The Eye Institute's YouTube Channel has over 30 videos... Hundreds more are forthcoming. Topics currently available include cataracts, glaucoma, low vision, and hearing loss. Future topics will include macular degeneration, diabetic eye disease, dry eyes, corneal diseases and double vision.

"While The Eye Institute has always strived to stay at the forefront of eye care and eye surgery, we realize there is a similar need to enter the digital age and bring information to our patients via the internet in a way that is informative, user friendly, and enjoyable to watch," states Dr. McManus.

Source: http://www.nbcchicago.com/blogs/inc-well/Why-You-Should-Use-QR-Codes-Really-205236601.html#ixzz2zcZhetmA



(321) 722 – 4443 www.seebetterbrevard.com





Did **You**Know?

The symptoms women feel when suffering a heart attack are often different than those exhibited by

men. According to Jeanette Yuen, M.D., a cardiologist at New York's White Plains Hospital, women's heart attack symptoms can be so mild that women may mistakenly believe they are suffering from a more innocuous medical issue, such as acid reflux or even the flu. But symptoms such as nausea, cold sweats and radiating pain in the stomach are recognized by the American Heart Association as possible indicators of a heart attack in women, and these signs should not be written off as signs of a cold or stomach ailment, as women are at risk of heart disease and heart attack despite the misconception that such ailments are exclusive to men. Women at risk for heart disease and heart attack include those with a family history of heart disease; female smokers; female diabetics; women with high cholesterol and/or high blood pressure; and women who are post-menopausal, physically inactive oroverweight. Women, particularly those over 50, who begin to feel physical discomfort in their chest or any of the aforementioned symptoms should consult their physicians immediately.

WORD SEARCH: Solve the Puzzle and PLAY to WIN!

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

R	Т	Т	V	V	D	F	Α	Н	S	Z	L	S	S
K	Ε	M	C	0	1	L	Ε	R	V	Ε	R	1	C
0	X	Т	Y		L	S	E	В	M	P	Т	S	Т
0	S	Q	1	Ε	R	Т	- 1	A	F	1	C	0	U
U	V	N	R	N	Α	Α	C	0	V	S	0	M	В
В	A	G	Ε	0	0	U	Т	- 1	N	C	R	E	J
C	Ε	L	L	L	L	P	Т	A	U	L	N	Н	Q
N	Т	F	Ε	Α	Q	C	A	Ε	C	Ε	Ε	C	J
W	E	C	M	N	N	0	W	Т	F	R	Α	E	F
P	Н	K	M	U	F	T	N	X	Н	Α	Z	M	N
R	M	N	J	Т	Н	G	- 1	S	Ε	Y	Ε	S	_
R	Z	N	Α	S	Т	1	G			Т	1	S	M
L	0	В	1	F	0	C	A	L	1	P	U	P	Υ
•	•			D	M	Α.		1/	V			^	

Allergen Astigmatism Bifocal Cataract Chemosis Conjunctivitis Cornea Episclera Eyesight Floaters Lens Macula Pupil Retinopathy Vision Win a \$25 Gift Card to Nature's Market (pg38)

OUR WINNER LAST MONTH WAS

Mary Tabacco of Palm Bay

Name:		
Address:		
City:	S	tate
Zip	Phone:	

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

The Biggest 80s weekend since...the 80s!























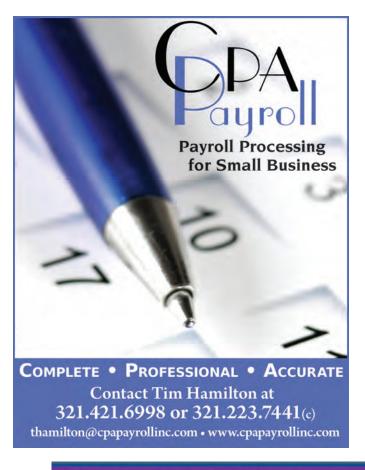












Did You Know?

Researching family history and genealogy can be an interesting project the entire family can enjoy. Thanks to the Internet and the various family history sites that have cropped up in recent years, it is now easier than ever for families to investigate their origins. Family genealogy projects may start as school assignments and grow into much more once the seed of curiosity has been planted. Web sites such as Ancestry.com and FamilySearch. com can assist individuals with following up on family journals or word-of-mouth stories passed on through generations. Tracing one particular branch of the family may be more manageable at the outset. Once that desire for information is sated, you can move on to different family members or even a spouse's family history.

Ascension Lutheran Church Hosts Document Shredding Event

Free Document Shredding!

Destroy old documents, free up storage and protect your identity; limit 30lbs per person Please bring a can or dry food item for donation to our local food bank.

Receive free information about identity theft



When: Saturday, May 17, 2014 Time: 10am – 1pm Where: Ascension Lutheran Church: 1053 Pinetree Dr.

> Indian Harbour Bch, FL 32937 (321) 773-1815

along with a hot dog and drink!

& Ascension Lutheran Church

Sponsored by



We Resolve Problems by Jaimie M. Engle



My name is Robert Dixon and I am the founder of Sentinel Care whose goal is to help Seniors safely stay at home, longer. When a senior does not have a son or daughter who is local, willing, and

able to help 24/7, we come alongside the family to help as directed.

Remember the stories shared in last month's edition of Spotlight Magazine? Whether to treat Theresa, whose liver mass evoked bickering between daughters; Albert whose clouded judgment cost him the loss of his home and fortune; Rosario who, after a debilitating stroke, was unable to access his bank account or apply for MediCaid; Rhianna whose trauma left her incapable

of managing her monthly VA & SSI income of \$3,600; Ron, scammed into spending over 200K chasing a "Jamaican Lottery" scheme that left him penniless; Lily, whose much younger "boy toy" moved in and spent thousands of her savings.

Should the "State" step in or should people be left to themselves? In this issue, I'll share how these stories were resolved by the caring team at Sentinel Care:

Theresa—Who Decides and How? Without advanced directives, the court appointed me as Guardian to take over. Her daughters were bickering over whether to treat the mass in her liver or let her die. In an attempt to honor her wishes, I looked to how Theresa had dealt with her parent's and husband's final days, and determined she would not want the "heroics"; only her daughters by her side in peace. By my stepping in, Theresa's wishes were honored and her daughters' relationship reconciled.

Albert—Should Someone Step In? Albert had asserted his independence for over two years. With progressive dementia and a younger woman performing sexual deeds in exchange for his money and his home, I was granted emergency guardianship to retrieve what I could. I reversed one of the "dirty deeds." Able to sell the house, I used the proceeds to place Albert in a caring group home for life. I was unable to prosecute the younger woman, a professional scam artist who was too slick for the system. Beware, owners of antique stores, who might be out for more than your furniture.

Rosario—Who Will Advocate? After his stroke, Rosario was incapacitated. If not for the court, no one could access his finances or his financial information. Rosario had no plan in place, and the nursing home needed to be paid. I petitioned the courts for guardianship. Once granted, I accessed his bank account, paid his nursing home bill, advocated for his wellbeing, and applied for MediCaid benefits on his behalf.

When a person gives money away or pays too much for a service or product, the money is usually irretrievable – lost forever. Please, plan ahead so that long before you or your loved ones are unable to make their own major decisions, their assets are safe and secure. Having advanced directives in place can be the difference between an advocate spending your money per your wishes or a stranger spending your retirement on their own pleasure until you're penniless. How we can help you:

"Rent-A-Son/Daughter" — When a senior needs any level of help and is without local friends or relatives who are willing and able to assist or has loved ones without the time or expertise to help, we lend a hand.

Case management — Working for a senior or their "agent" to do whatever is asked; a cafeteria plan of options.

Federal fiduciary for veterans — The VA might appoint a "Federal Fiduciary" to manage a Vet's benefits using their assets for the Vet.

A Social Security recipient — If Social Security considers a person unable to manage their finances, they appoint a "Representative Payee."

Guardianship — As a last resort (FL Statute 744.344(2) & 744.1012) the court appoints a person, registered with the State, with the authority to oversee the senior's life: person and property.

Probate — After a person passes, their Estate needs to be settled by a court-appointed PR and-or Successor Trustee. Any advanced directives are acted on and the estate is distributed per Florida law.

We can help put a plan in place long before 911 is called. Sentinel Care along with partners (both medical and business professionals) are willing and able to serve. If you or a loved ones are in need call 321 725-6799.

Whatever happened to Rhianna, Ron and Lily? Come back next month for the Rest of the Story...

Please also see our advertisement on page 28.





MARKETING | LOGOS | BROCHURES
EMAIL CAMPAIGNS | WEBSITE DESIGN

affordable pricing . great design

Renadesigns.

graphic design | marketing | Rena k. Seibert .owner www.Renadesigns.com 213.4774



DITCH the Cig



by Corinne West ARNP

This is the most important thing that you can do for yourself and your family. Smoking is the single largest preventable risk factor for developing several diseases. These include cancer, COPD, and building plaque in the arteries leading to heart attacks, strokes, and peripheral vascular disease. Once you quit you will be less likely to get sick and will breath easier. This starts sooner then you might think:

20 min after your last cigarette your blood pressure and heart rate decrease.

2 weeks after you quit your risk of heart attack starts to drop and lung function begins to improve.

3 weeks after you quit your circulation begins to improve

1 year after you quit your excess risk of heart attack and stroke have dropped to less than half that of a smoker

There are many other benefits including saving a

large amount

of money. You will enjoy improved sense of smell and taste. Your clothes, house, and car won't smell like smoke. You'll set a great example for your kids and protect your loved ones from the dangers of second hand smoke-your children will be healthier!

There is no doubt that quitting smoking might be one of the most challenging things that one can do in a lifetime.

Taking steps to prepare will help:

Set a quit date.

Tell your friends and let them help. If your friends smoke ask them to quit with you or at least not smoke around you.

Anticipate and plan for challenges. These include uncomfortable feelings from withdrawal, smoking triggers, and cravings.

Remove cigarettes from your home.

Call 1-877-u-can-now or talk with your doctor about other options.



We've Moved

our Viera/Suntree office!



Viera/Suntree location:

6450 N. Wickham Rd., Unit 102 Melbourne, FL 32940 321-622-8998

Downtown location:

1005 E. Strawbridge Ave. Melbourne, FL 32901 321-724-5400

GRAND OPENING RIBBON CUTTING

WEDNESDAY, MAY 21st 9:30 AM

Viera/Suntree Office 6450 N. Wickham Rd.

Unit 102

(Promenade Shoppes at Suntree)





Mon - Sat 9am-8pm Sun 10am-6pm

LUCY'S IN The Kitchen All Natural Healthy Cooking Classes

with Nature's Market Cafe Chef Lucy Hendry • twice per month • call for details

Everything You Need To Live Healthy

Full line of Supplement, Herbs, Homeopathic and Vitamins, Full Juice Bar, Fresh Wheatgrass & Smoothies, Fresh Deli Wraps, Salads & Soups, Natural Body Care & Soap, Fresh and Organic Produce, Dairy, Eggs and Meat Grocery, Dry Goods, Local Honey, Frozen Foods, Fresh Baked Breads, Muffins & Cookies, Green Cleaning Products & Paper Goods And Much More...

www.NaturesMarketMelbourne.com 701 S. Apollo Blvd, Melbourne

321-724-6923



THE GOOD, THE BAD AND THE UGLY

CCM: Together, doing life RIGHT!

Shortly after I became a Christian, I bought a home with a pool. The pool is heated by solar panels, but because I work long hours, I hardly get a chance to use it during the day. Instead, I swim alone at night and commune with God. I have the solar panels turned up so high that the pool water is the temperature of bathwater.

One night, as I was floating about talking to God, I thanked Him for the wonderful blessing of this pool with its warm, relaxing water. While I spoke with Him, I wondered why He would give me such a thing, considering that I myself am the chief of sinners, and not deserving of any grace or favor. In one of the few times He has spoken in words to me, He said, "It was the wish of your childish heart, daughter." I was startled at first, because the Lord usually speaks to me in different ways.

I was also puzzled by what He said, because I'm 54 now, and for a moment, I couldn't remember actually having a childish heart. I asked Him what He meant by that, but no further information was forthcoming. So I

thought about it for a while as I swam; then it came to me: when I was, oh, probably 5 years old or so, my grandparents took me to Weeki Wachee Springs to see the underwater mermaid show.

I was pretty jazzed about those mermaids and for weeks, and even months afterward, when I took my evening bath, I would pretend to be a mermaid myself, rolling around in the bathtub like the silly little girl that I was. But space was so limited, that I couldn't effectively impersonate a proper mermaid. How could I be a mermaid if I couldn't flap my tail and dive? At this point, I specifically remembered thinking to myself back

then, "Someday I'm going to have a bathtub big enough to swim in."

And it struck me. God had given me

a bathtub big enough to swim in. He fulfilled the wish of my childish heart. I cried tears of joy as I realized that God

that God had been with me all along. From the moment of my conception to this very moment and beyond, God had been with me, and will be with me. This is true for everyone that has ever lived, or will ever, live. Believer or not, God is still there. He knows everything about us. He hurt with us when we fell off our bikes, scraping our knees and crying until our mothers kissed our boo-boo and made it better. He was proud of

us when we got an A+ on our math

test, when we first learned to sight-read music, or made the sports team. He was there for our first kiss and our first big disappointment. He loved us so much that He allowed us to participate with Him in creation and rejoiced with us when our children were born. He was right there with us for it all: the good, the bad and the ugly. And He is knocking on every heart, waiting to be invited in. Have you invited God into your heart?





Play Plus for Kids

Play Plus for Kids has moved and now located at 784 N. Apollo Blvd in Melbourne near

the Melbourne Police department in the Planet Fitness Shopping Center in the beginning of April. The new facility contains all the classic favorites that define Play Plus, including the sand room! In addition there is much more parking, more bathrooms, and more space dedicated to the customer experience than before.

So why would Ms. Erin move a business after more than 6 years in the same location? There were lots of reasons, but the overriding one is sustainability. In the new location, the business has the potential to thrive because it is closer to neighborhoods and schools, and closer to other businesses catering to the same customer needs. The new business neighbors are looking forward to partnering with Play Plus to make our shopping plaza a great destination in Melbourne.

New Location

What's Next at Play Plus

Play Plus is celebrating with a Grand Opening Friday, May 16 and Saturday May 17th. Both celebrations are from 3:30pm to 6:00pm. Friday's celebration features a ribbon cutting at 5:00pm and opportunities to meet other great businesses in the area. Door prizes throughout the evening and raffle items. Proceeds to benefit the Chidren's Hunger Project. Saturday's celebration features sales on memberships, birthday packages, and Melissa and Doug tovs.

Summer activities will be better than ever this summer. Our new facility features an area where summer day campers can have outdoor activities for a short time during the camp day. Ms. Erin is looking forward to providing messy tactile experiences and group games in a safe outdoor area.



Day camps are from 9:30 till 1pm Monday through Friday every week during summer break.

Birthday parties at Play Plus are low-stress for grownups and loads of fun for kids! Party packages are priced according to number of kids and time of day--all our parties include the same great service and amenities.

This fall, tell your schools and play groups about our private play times on Thursday mornings. We're closed until 1pm so we can host your organization's private play date or field trip.

Play Plus Mission

Play Plus's Mission is to provide a safe, clean, indoor environment for parents and caregivers to bring their toddlers and preschoolers to develop life skills through play and to reduce stress on the entire family.





Caring for People not sales

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Our patient of the month this month is actually two patients, Mr. Ed, and Maria Pinnachio. I'm honored to have them both as patients, and their story illustrates perfectly what we mean by being Patient Centered, and Results Oriented.

When we first met Ed a year, or so back, he had come into our store shopping for hearing aids. As lots of folks come to us for just that, I showed Ed, and Maria into our lab and made them comfortable. I then sat down asked how we could help, and then listened carefully.

It seems Ed had noticed a loss in his hearing recently, predominantly on the right side. He'd read a bunch of the local ads, and had already been to two other hearing aid centers before coming to us.

When asked why he hadn't already gotten help from them, he mentioned that they were nice, and all, and very eager to fit him, but he was looking for another opinion, had read a couple of these articles, and wanted to know what I thought.

Normally, I'd be delighted to step in here, get down to work, and fit Ed with some really great hearing aids. But, this wasn't a normal case. Something Ed said, about how quickly the loss came on, and how it seemed localized more to his right side, just didn't sound right.

A sudden loss of hearing in both ears may sound bad, and it is. But, a sudden loss in one side, could signal something even worse, and definitely needed further inquiry. When I did Ed's otoscopic exam, where we look down into the ear canal, and examine the structure, and condition of the surrounding tissues; Ed's left ear looked pretty normal.

When I moved around to the right, the

side he had lost hearing in suddenly, it just didn't look right. Protruding into Ed's right ear canal, was a pearly, bulging mass, that just shouldn't have been

there. All the alarm bells went off in my head! This was serious, and it was above my pay grade, as they would say in the service. Ed needed to see an Otolaryngologist, or Otologist, and soon.

I explained what I was seeing, what I suspected, and the seriousness of the matter to Ed, and Maria to Ed's health, that he seek medical consultation, as soon as possible, trying not to scare them too much, but yet getting their word they would act. We didn't hear anything for several months, and truth tell, I'd pretty much forgotten all about it, when I look up, and in walks Ed and Maria, with a big smile on his face.

It seems we were very wise to refer rather than fit Ed. He'd developed a cholesteatoma, or soft tumor in that right ear, the pressure pushing against the eighth cranial nerve as it grew, was what caused the sudden loss of hearing on that side. Yet, due to quick and effective intervention, Ed had had surgery, then radiation treatments, and the tumor was gone. Though his hearing hadn't come back on that side, Ed was very grateful for that third opinion, he'd gotten here.

Ed had a serious medical condition that needed addressing first. I explained that we'd done nothing more than any other responsible professional would have done, by putting his overall health first. It is simply what we mean, by being patient centered, and results oriented.

Since then, we have fit both Ed, and Maria with quality hearing aids. They became patients not because



we have some of the coolest gear on the planet, at fair prices, which we do. But, because we put caring about them, and not the gear first, and foremost in how we approached, and treated them. They are absolutely fantastic patients. We are blessed by both their trust, and their willingness to let us share their story.

So, if you, or a loved one has a hearing problem, or develops one suddenly, get help! It could very well be serious. If, you aren't sure, call, or come by. We'll take a look, discuss it with you, and if need be, see that you get to the right folks for other care.

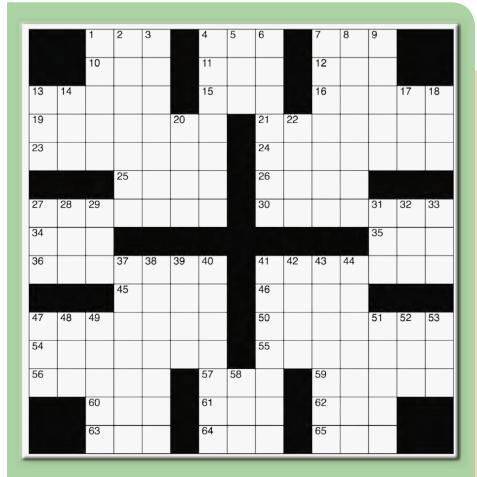
Or, if it's just that your ears aren't sending the signals that they used to, and you find yourself missing things, and asking folks to repeat, we can help with that too.

We've been helping folks to hear better for over thirty years now. Over twenty-two from our store in the heart of historic downtown Melbourne, at 720 East New Haven Ave. We welcome walk in guest, inquiries, and others without appointment 9:30 till noon every weekday, and

accommodate
afternoon, and after
hours cheerfully by
appointment. For
more information,
or to schedule a
free consultation
give us a call at 321722-2894, or visit
our website at www.
aadvancedhearingcare.
com. Please see our



advertisement on the inside back cover of this issue of Spotlight.



clues DOWN

- 1. Ralph __ Emerson, writer
- 2. Permitted
- 3. State of bondage
- 4. Administrate
- 5. Common garden pod plant
- 6. Machine-guns from the air
- 7. L____: shining
- 8. Scribbles
- 9. An inclined trough
- 13. More (Spanish)
- 14. Durham, NH school
- 17. Hill (Celtic)
- 18. Time units (abbr.)
- 20. Legal clerk Brockovitch
- 22. Norse goddess of old age
- 27. Form a sum
- 28. No (Scottish)
- 29. Japanese sash
- 31. 007's creator

- 32. Consume food
- 33. The woman
- 37. Group annuity + lottery combination
- 38. Set fire to
- 39. Ancient Olympic Site
- 40. Split from
- 41. Awe-inspiring
- 42. Tidy
- 43. Drive mad
- 44. Middle Eastern riding horse
- 47. Spinal Muscular Atrophy
- 48. Technical author Clancy
- 49. Garden framework
- 51. Being near
- 52. Of she
- 53. Summer sun up in NY
- 58. Highest card

Spotlight Crossword Puzzle

clues ACROSS

- 1. No longer is
- 4. Wife of Saturn
- 7. L.A. Trojan school
- 10. Complete
- 11. Animal doctor
- 12. Old Austrian coin (abbr.)
- 13. Islamic teacher
- 15. Hearing organ
- 16. Abolitionist Sojourner
- 19. Phillips Academy town
- 21. Apparatus to add air
- 23. April rain
- 24. May results of 23 across
- 25. N.W. PA. city
- 26. 12th Jewish month
- 27. Analgesic
- 30. Cowards
- 34. Hit lightly
- 35. Express pleasure
- 36. Divinities
- 41. Moderately slow tempo
- 45. Stare impertinently
- 46. More small
- 47. Of or containing tin
- 50. Pain in #15 across
- 54. Where the tenon fits
- 55. Said of a sheltered horse
- 56. Range
- 57. Project Runway winner Chloe
- 59. French postal code 79000
- 60. Small integer
- 61. European Common Market
- 62. Auto petrol
- 63. Crimson
- 64. River in NE Scotland
- 65. East northeast

How Open Windows Benefit the Environment

Warm days full of sunshine give homeowners good reason to open windows and let fresh air into their homes. Not only can open windows boost mood and create an inviting living space, but open windows also can be good for the environment.

Open windows improve indoor air quality. Indoor air pollution has been described by the United States Environmental Protection Agency as a primary environmental health problem. Indoor air quality can be up to five times worse than outdoor air. In addition, the American College of Allergists states that 50 percent of all illnesses are caused by polluted indoor air. Because many homes are built to be air-tight to conserve energy and money, unhealthy levels of air pollutants can build up inside homes when windows remain closed. These pollutants may include radon gas, cigarette smoke, chemical fumes from paints and solvents and leached chemicals from modern building and furnishing materials. Opening windows for extended periods of time allows fresh air to spread throughout the home. Houseplants can also filter indoor air and make it healthier to breathe.

Open windows reduce energy consumption. A cool breeze entering a home through open windows can reduce the temperature inside of a home without having to turn on fans or air conditioners. This not only helps individuals save money, but

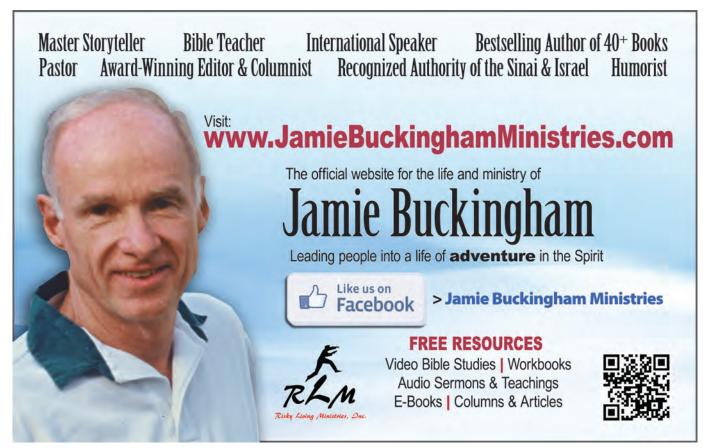
also it reduces reliance on electricity and fossil fuels. Opening several windows on opposite sides of the home can create a cross-breeze that will keep the home cool without the help of energy-guzzling appliances. Open attic vents can release hot air trapped inside the house as well.



Open windows reduce reliance on chemical air fresheners. Fresh air can quickly remove odors from a home. By opening windows, homeowners can clean the air in their homes naturally without covering it up with chemical air fresheners or other cleaners. The fresh air itself may simply smell good, or this pleasant aroma can be enhanced by blooming flowers or other natural scents from outdoors.

Open windows cut down on use of cleaning products.

A home that never gets any fresh air can quickly succumb to allergens such as dust, dander and soot, necessitating the use of vacuums and other cleaning tools and products. But open windows can greatly reduce the buildup of such allergens, and therefore reduce reliance on appliances that guzzle energy or products that release harmful chemicals into the air.



Health First Home Care 101

At Health First, we know you would rather recover at home than stay in the hospital.

That's why we offer medical services by skilled professionals to make your transition from a hospital to home a smooth one. We offers a wide range of professional health services all provided in the familiar environment of your home where family and friends can be with you any time to offer much needed support and encouragement.

There are different types of care offered and sometimes it can be confusing to choose the type of care that is best for you or your family member. At Health First, we offer Home Care and Private Duty nursing. What is the difference, you may ask? Let us describe the differences now:

Health First Home Care

(License #210320962 & 299993357)

- The patient must be homebound
- The patients must be in need of skilled services in order to qualify
- The services must be intermittent in nature (no shifts)
- The services must be ordered by a physician
- Does not cover custodial care by itself
- Cannot provide transportation to patients
- Generally paid for by Medicare or a Health Plan

Health First Private Duty

(License #HHA299991377)

- The patient does not need to be homebound
- The patient does not need to have skilled services to qualify for care
- The services can be continuous in nature (as few as 4 hours or up to 24 hours, 7 days a week)
- Services can go on indefinitely
- The care does not need to be ordered by a physician, anyone can order service
- Will provide custodial care (meal prep, personal care, etc.)
- Provides transportation for patients
- The patient or long term care insurance pays for the service, not Medicare or Medicaid

Based on your needs, Health First Home Care can develop



a home care plan in coordination with you and your physician. This plan will include education and training for you and your family. Additionally, our Registered Nurses will provide one-on-one care to assess the effectiveness of your treatment and ensure that you receive the most comprehensive care.

With Health First Private Duty nursing, our family of professionals are all Health First associates (no independent contractors) and assist with Home Health Aides, Sitters, Home Companions and Homemakers. We offer complete

personal care, errands, transportation, respite care, live-in assistance, medication set-up/assistance and skilled nursing services.

Health First Home Care 321.434.5909 (License #210320962 & 299993357). Health First Private Duty 321.459.1804 (License #HHA299991377)

PUZZLE [PG42] SOLUTION How well did you do? W Ε Т С L V S Н Α L U L Α Ε Α R Т R U Т Μ L V Ε R Ε R Α Т 0 0 F L Ε S S Н 0 W Ε R S 0 W R Ε Ε L U L Ε R Ν 0 D Υ Ν Ε S S S ı Ε D Α В Α Н Ε D Ε Т Ν Т 1 Ε S Α D 0 G L Ε W Ε Ε R S Т Α Ν С Ε Α R Α С Н Ε Ν ı S Ε Т В 0 R Т 1 S Α L Ε D Μ R Μ В 1 Т D Α 0 Ν ı 0 Ε Ε С G Α S О Ν Μ R Ε D D Ε Ε Ν







WEDNESDAYS

Buy ONE Ice Cream Sundae Get ONE FREE

THURSDAYS

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

FRIDAY & SATURDAYS

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

SUNDAY-THURSDAY

Movie Night 10% OFF with movie ticket stub

321-725-1262

1220 S. Wickham Rd., West Melbourne

(Specials not valid with any other offers)

Spot This Spotlight and PLAY to WIN!

How good are you at spotting items?

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

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

OUR WINNER LAST MONTH WAS

Timothy McGuire of Melbourne

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

	Page #	
,	Advertiser	
	1	
	2	
	3	
	4	
	5	
	6	١
	7Please Print. Entry form must be filled out completely & mailed.	
1	Name:	
	Age:	
	Address:	
	City:	
	State: Zip:	

Allergies & Other Conditions: Natural Relief

According to many of my friends, family and store customers with allergies this year has been especially difficult. Allergy suffering can range from congestion to scratchy eyes or skin and can be caused by pollen, mold, dust, animal dander, and air pollution. Allergies affects one in five Americans and the prevalence of allergies has been increasing steadily for decades.

Although there are countless medicines available, there is no cure for allergies. Given the side effects of these medicines, it's no wonder people seek relief through natural remedies.

We at Holistic Health Center carry an all natural allergy formula that was developed by medical and naturopathic doctors and customers



are saying it works plus it is non drowsy. The key ingredients in the formula

are vitamin C, eyebright powder and stinging nettle, along with quercetin and bioflavonoids. All of these ingredients have been clinically studied and proven effective. They offer antioxidant protection and help to support proper cellular response to common irritants. This is just one of the formulas we carry.

Come to our store and see our new condition specific supplement section.

We have formulas for Adrenal Health, Blood Pressure, Bone / Joint Health, Brain Health, Blood Sugar Health, Cholesterol Health, Colon Health, Digestive Health, Eyes, Ears, Gallbladder, Heart, Kidney, Leg (Veins, Spasms) Liver, Lung, Menopause Health, Muscle, Memory, Mood (Depression, Anxiety, Stress), Pancreas, Prenatal Health, Prostate, PMS, Sexual Health (Men & Women Libido), Sleep Health, Testosterone Health, Thyroid, Urinary Health, and Weight Loss. All of these formulas are all natural, were developed by doctors and are backed by clinical studies.

Dr. Kevin Kilday, PhD, Doctor of Natural Health, 321-549-0711





Hearing The Love is Precious



"We both are able to appreciate new sounds together now!"

-The Paniccia

Some of the most precious moments are the quiet ones. Be sure not to miss out on any of it.

A Advanced Hearing Care can help you take control of your hearing health and you can again relish in your precious moments.

Call or come in today.

Hearing Solutions for Every Budget, Lifestyle and Need.

From the Latest and Best our Industry has to Offer to Quality Used Hearing Aids

Starting \$15*

* Normal Fitting Fees. Molds Extra



To Read more about the Paniccia scan here

to See What It Means To Be
Patient Centered & Results Oriented.

•Every hearing loss and patient is different. Results may vary.

CareCredit







Since 1992

Call (321) 722-2894

www.AAdvancedHearingCare.com.

Most Insurance Accepted Financing Available

720 E New Haven Ave, Suite 12 Historic Downtown Melbourne Walk-ins Welcome 9:30am-Noon Mon-Fri After hours cheerfully by appointment



Quality time, when it matters most...

FOR MORE THAN 35 YEARS, HOSPICE OF HEALTH FIRST HAS BEEN THERE FOR FAMILIES AS BREVARD COUNTY'S LEADING PROVIDER OF HOSPICE CARE.

Hospice of Health First provides services wherever your loved one feels most "at home." Our goal is to keep patients where they are most comfortable, surrounded by their loved ones.

- In-home care
- Inpatient care
- Physician visits
- Available 24 hours a day/7 days a week
- Not-for-profit organization



Licensed to serve since 1985

P: 321.434.1744 Health-First.org/Hospice License #50090961