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NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Hello everyone and thank you for taking the time to pick up and read through this issue of *Spotlight Magazine*. Every month we strive to bring you uplifting, entertaining and educational articles along with puzzles and prize giveaways.

We fully acknowledge that all of our success with this publication is thanks to our Lord, to you, our loyal readership, and to our devoted advertisers.

We welcome any opportunity we have to hear from our readers. Please always feel free to reach out to us with any suggestions you may have on enhancing your experience with *Spotlight* each month. Our email address is spotlightmagazineinc@gmail.com.

June is the month where we take the time to recognize all fathers in a special way. The 15th of June this year is Father's Day, a day when we will honor and embrace our fathers. If you are fortunate enough to have your father here with you on this earth, please make the time for a phone call, a card, or even a hug. Sadly, many of us now only have pictures and memories of our fathers in days gone by. On a personal note, this will be my first Father's Day without my dad, and I miss him more than ever. Dad, your family loves you. Thanks again for being my Pop!

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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FRONT COVER PHOTO: Jana Martin

inside the Spotlight

june 2014



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WAITING...

by Jim Campbell, First Baptist Church of Melbourne

I was in the line the other day behind one of you (and you know who you are) that play the lotto. To be honest, you were taking a really long time and I was really ready to say "Can't you pick this stuff out before you get to the register? It's not like everything isn't displayed right there, you know?" Then I stopped myself...and thought "this is an opportune moment for me." There wasn't really anything that needed my attention in the next minute or two... no big deadline... no pressing meeting or lunch with someone who needed some help on something. It was a rare moment in time where I was simply forced to slow down and gear life down for a moment, and here I was about to waste it.

I've got to admit, that's not my normal bent. If you're running slow in the left hand lane in front of me, I'm pretty much on the path to irritated. It's a curious disease, this incessant need to push your schedule to the limit. Of course, we all realize the moments that speed is of the essence, but the bad part is that we get into the habit of having to do it all the time.

That situation creates a sort of dependence on pressure to motivate and creates a critical life issue down the road when that pressure

is absent. I believe this disease infects our world and our culture...a culture of impatience that no longer sees the value in waiting, having forgotten how.

Isaiah 40 says that "those who wait for the LORD will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary." That's an amazing promise. We are all at times in need of "new strength", and the energizing power of God is a definite advantage.

Still, there's a warning that let's us know that without the discipline of "waiting", we'll miss out. Almost every great Biblical personality experienced some point of using this skill and a skill it is. I challenge you to attempt to enjoy the moments of your life where God places you in a position where you must wait. Ingest it, breathe in it, don't run from it and maybe you'll find out that there's value to be found in the middle of it.

Jim is the Campus Pastor and Primary Communicator at Bay West Church, which meets at Heritage High School Sundays at 10am. For more info on Bay West Church, check us out at facebook.com/baywestchurch or www.baywestchurch.org. Bay West Church is a campus of First Baptist Church of Melbourne.

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

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

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

Keep Track of Passwords

Passwords are more prevalent than ever before.

If you want to withdraw money from an ATM machine, you'll need to know your PIN code. To log in to an email account, you will first need to type your password. Secure shopping sites and social media sites require use of passwords as well.

Many sites require that passwords include a combination of letters and numbers, and while passwords full of case changes and funny symbols may be difficult to crack, they also can be just as difficult to remember.

Managing the myriad passwords the average person must remember is no small feat. That's why people routinely turn to familiar passwords. But passwords that are too similar could put men and women in a compromising position that makes them susceptible to consumer fraud and identity theft. Fortunately, consumers can employ many precautionary measures to



keep their information out of the wrong hands.

Write them down

Writing passwords down can be risky if the information falls into the wrong hands. When storing passwords written down on paper, keep such information in a safe and secure place. A home safe or lockbox is safer than jotting passwords down on a pad stored on top of your desk.

Password keeper

When visiting a site that requires login information, many operating systems will ask if you want the password information to be remembered automatically in the system's hard drive. If you routinely use one computer to access password-protected sites, having the passwords saved can be advantageous. But keep in mind that you will likely be prompted for your password on such devices if you attempt to login from another computer or

mobile device. It is not the site that saves the password, but the computer you are using.

Password apps

A variety of password saving apps have sprung up to keep passwords safe and organized. Some are offered as free downloads, others require monthly or yearly subscription fees. These apps keep login information secure in one place. Many password apps are paired with security alert services, which will notify you if there is a suspected hack or breach of information. These alerts let you know if your password security has been compromised so that you can take fast action.

Technology has forced individuals to make all types of changes to their daily lives. As the world relies more and more on technology as a method of communicating and managing the tasks of everyday life, remembering passwords has become all the more important.

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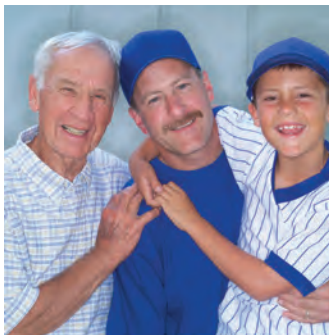
How to Make Father's Day **More Enjoyable for Dad**

Dad gets to be king of his castle at least one day during the year. Come mid-June, children near and far scramble for ideas to treat their fathers to a special day and award him with gifts for being a role model, provider and confidante. Father's Day activities should be centered around Dad's interests. With that in mind, the following are some ideas to honor Dad or another special man in your life.

Sports Sunday: If Dad is a sports fan, his idea of spending a fun-filled afternoon very well may be cheering on his favorite players. Whether your father enjoys golf, tennis, baseball, soccer, or another sport like hunting or fishing, chances are there is a television broadcast on that you can watch together. Otherwise, you can surprise Dad by purchasing tickets to a sporting event and making a day of it at the ballpark

Beach bound: A relaxing day at the beach may be the perfect way to spend Father's Day. Dad can enjoy the entire family while sitting back in his beach chair and watching the waves roll in. Pack a picnic lunch with his favorite foods and a cold beer, and Dad may just say this was his best celebration yet.

Adventure seeker: If yours is a father who enjoys living on the edge, a Father's Day activity built around action and adventure should be a winner. Take Dad base jumping, rock climbing, scuba diving, or race car driving. Any of these activities is bound to get Dad's adrenaline pumping.



R&R: Dad's idea of the perfect Father's Day may be an afternoon free of obligations and deadlines. A relaxing day in the yard swimming laps in the pool or hitting a few grounders to your waiting baseball mitt may be all the excitement he needs. Toss a few steaks on the grill to give Father's Day a truly perfect ending.

Impromptu party: Some dads like to be the center of attention. A Father's Day party thrown in his honor, complete with friends and family, can be an entertaining way to spend the day. If you are worried about interrupting others' Father's Day plans, host the gathering on the Saturday before Father's Day and let Dad be the life of the party. Finger foods, barbecue, a limited list of cocktails and other beverages and some background music are all that you need to host a festive function.



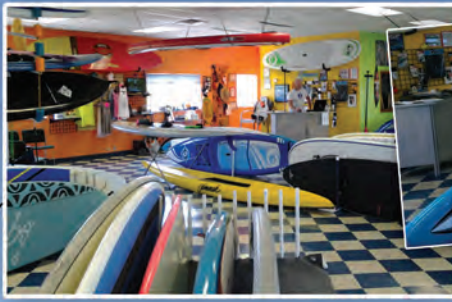
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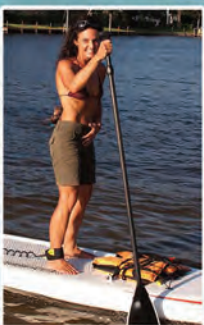
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Creating your Household Budget

Stretching every dollar is a reality for many families.

A higher cost-of-living coupled with financial uncertainty has inspired many families to scale back their spending, a process that's much easier when families create a household budget.

Creating a household budget is often more complicated for families than it is for individuals. That's because families not only tend to have more monthly expenses, but also because families tend to pay more mind to their financial futures than men and women living on their own. The following are a few tips for men and women hoping to create a household budget for their families.

Get a grip on your finances. Before setting a family budget, heads of the household should first get a firm grasp of their finances. Determine household income, fixed monthly expenses (i.e., mortgage, car payments, etc.), luxury expenses (i.e., cable television service, dining out, etc.), and outstanding consumer debt. Once you get a clear picture of what's coming in and what's going out, you can determine where you're making sound decisions and where you're not.

Set a goal. Once finances have been examined, you can then set a goal. Goals will change as your financial situation changes, but let your existing financial situation influence the goal you initially set. For example, if an examination of your financial situation revealed a considerable amount of consumer debt, then a goal of eradicating that debt is a great place to start, and part of setting the goal is developing a course of action to make it a reality. When trying to free up money to pay down consumer debt, examine the expenses you listed as luxuries and



determine which ones you can cut so you can pay down your family's debts. Dining out less and cutting back on entertainment expenses are great ways to free up money to pay down debt.

If an examination of your finances indicates little or no consumer debt but lots of money being spent frivolously, allocate funds for daily expenditures like a morning cup of coffee or lunch into your budget and do your best to avoid exceeding that amount.

Establish a weekly budget.

Many families find it easier to manage their money and stay within their budgets if they live on weekly, as opposed to monthly, budgets. This can be tricky, as many of your more significant expenses,

including mortgage and car payments, are likely collected on a monthly basis. But establishing a weekly budget for your family allows you to monitor your monthly expenses more closely, reducing the likelihood that you'll get to the end of the month and realize you exceeded your budget. Budget for those weekly expenses that are not fixed, like grocery bills and gas. Staying within budget for such expenses every week can lead to substantial savings by the end of each month, and it's far easier to save that money when you're monitoring those expenses every seven days instead of every 30 days.

Consider long-term goals. Long-term goals should be considered when establishing a family budget. Even if



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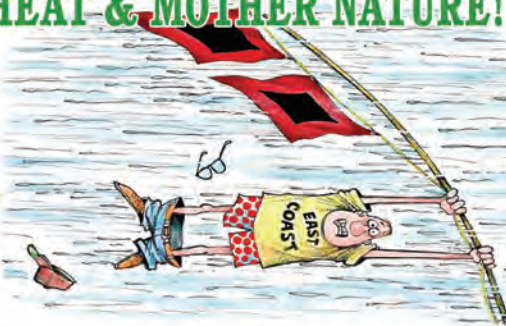
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WORKPLACE INJURIES

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



Since ancient times, people have known that movement is essential to life. Although Today, a typical office worker sits hunched over a keyboard for eight hours a day and seldom stands up. When the requirements of a job do not match a worker's physical attributes, injury and loss of productivity are likely.

Workplace injuries, a common cause of time off, cost employers and employees billions of dollars every year. Some of the more common workplace injuries are carpal tunnel syndrome (a nerve entrapment at the wrist seen in computer users), low-back pain, tendinitis, bursitis, and neck pain or headaches.

What Causes Workplace Injuries?

Many workplace injuries are repetitive-stress injuries or cumulative-trauma disorders. These injuries occur when abnormal stresses are repeatedly placed on normal joints by poor posture or poor joint position during the performance of a task.

Many of these stresses are caused by poor workstation design and/or repetitive task performance. In addition, poor posture at the workstation can be detrimental. For example, prolonged use

of a computer or a mouse, particularly when the work area is not designed well, can lead to carpal tunnel syndrome and/or neck and arm pain.

Many modern product manufacturers are designing their products ergonomically, blending form with function. Such products fit the worker's actions while on the job and make tasks safer and easier to perform.

What Are Good Ergonomics?

According to the United States Department of Health and Human Services, ergonomics is the science of fitting workplace conditions and job demands to employee capabilities. An ergonomic assessment of the workplace critically appraises the physical work environment—followed by changes based on the assessment. Ergonomic principles are then used to make the workplace compatible with the employee, improving the employee's safety and productivity. In other words, the easier it is to do a job physically, the more productive and happy the worker will be.

When working at a desk, try these suggestions for greater comfort:

Choose a desk that is the proper height for your body. All items on your desk should be within easy reach.

Your feet should be touching the floor, with the legs and body forming an angle of 90 to 110 degrees.

Keep your body straight with the head and neck upright and looking forward, not to the side. Do not hunch over or slouch.

Adjust the height of your monitor. Look forward with your head in a neutral position. Your eyes should be at the same height as the top of the monitor. Leaning your head forward can lead to headaches and neck pain.

When typing, keep your wrists straight, your shoulders perpendicular to the floor, and your forearms parallel to the floor.

When reading at your desk, use a bookstand or a paper holder to keep your eyes in the same neutral position you use to read documents on your computer monitor.

When talking on the phone, use a headset whenever possible. Holding the phone between your shoulder and cheek will only lead to neck pain and headaches.

Stand up and stretch your legs with a short walk about every 20 to 30 minutes.

When working with a computer mouse, try the following:

Don't move the mouse with just your wrist. Use your entire arm and shoulder.

Don't rest your arm on the edge of the desk while manipulating the mouse.

Hold the mouse loosely.

Keep your wrist relaxed. Don't hold it up or down; instead, hold it in a neutral (straight) position.

Consider using an ergonomically designed keyboard.



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JUST A NEW TIE

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

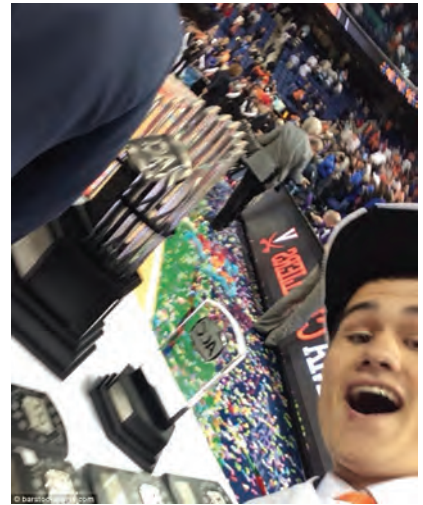
Virginia college sophomore Danny Foley wanted to be part of his school's men's basketball team

In —even if that meant faking his way onto the court. Danny noticed that all of his team's assistant coaches wore the same suit with a bright orange tie. So before Virginia's conference championship game against Duke on March 16, 2014, he and his friends went searching for some cheap knockoffs. He found everything he needed at Walmart—a suit jacket, suit pants, dress shoes, dress socks, a white dress shirt, and the orange tie.



The next morning, he bought \$30 nosebleed tickets just to get in the door and headed to the game. During a TV timeout, Danny made a move, confidently marching past an usher and onto the court. Danny said, "I walked right behind the cheerleaders and onto the court and joined the [team's] huddle on the court."

Following his team's big win, he went for an even bigger thrill. When the game's final buzzer sounded with Virginia defeating Duke 72-63, Danny joined his "teammates" in the handshake line. As the confetti fell around him, Danny got to shake hands with "Coach K," the legendary coach for Duke. Photos from the end of the game show Danny wearing a championship t-shirt over his suit and smiling in the middle of the confetti-covered arena.



After celebrating with coaches and players, Danny was caught by a member of Virginia's staff, but he quickly climbed the railings and disappeared into the stands.

"Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"

2 CORINTHIANS 5:17 NLT

This story focuses on a relatively harmless college prank, but is it possible that we're attempting something much more harmful by faking our way through the Christian faith? Have we just bought the suit and tie without really joining the team? Are we a new person in Christ, or are we the same person with just a new tie?

Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! (2 Corinthians 5:17 NLT)

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...forgiveness is also a choice and many times—a difficult one."



"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,

Many years ago, I made a terrible decision. I left my husband, and six year old son, and went on the road with a guy in a band. At the time, I felt trapped, too young to be married, and like I was missing out on life. I know I was being selfish and I destroyed my family in the process.

Ten years later, I called my son, Brent, and asked if we could get together for a visit. He called me every name in the book, said he'd gotten along just fine without me, and he sure as heck didn't need a mother now—then he hung up on me. My ex-husband was equally hostile.

Since I left, I've had my own problems which include alcohol and drug addiction. I've also been diagnosed with bi-polar disorder. Last year, I got saved and I was freed from all of it. Now, more than ever, I need to make amends with my son and his dad. They've since moved out west and I came very close to buying a plane ticket, but everyone tells me no, just let it go. Don't you think it's time for healing and closure?

—Claudia of Palm Bay

Dear Claudia,

We've all made bad choices in our lives—things we wish we could take back; unfortunately, there are always consequences for our actions. Your family's had twenty years to pick up the pieces and move on; nonetheless, there's obviously—and understandably—bitterness, anger and hurt caused by your betrayal.

Now that you've given your life over to Christ, you've been forgiven of your sins. God also commands us to forgive on another; but, forgiveness is also a choice and many times—a difficult one. Rather than showing up on their doorstep, may I suggest something a little less intrusive? Write a letter—from the heart—include your address and phone number. Pray for God to soften their hearts and help them forgive. Not only will a letter convey your feelings, it gives their emotions time to balance out. You'll also be providing an open door for communication.

"Instead, be kind to each other, tenderhearted, forgiving one another, just as God, through Christ has forgiven you" Ephesians 4: 32 (NLT).

Dear Val,

Does the Bible prophesy a one-world government, a one world currency and a one-world religion, or is this something made up by conspiracy theorists?
—Doug of Melbourne

Dear Doug,

The Bible doesn't use these specific phrases; however, scripture provides ample evidence to enable us to draw the conclusion that these conditions will exist under the rule of the Anti-christ in the last days.

In Revelations, during a vision, John sees the "beast", which is also referred to as the anti-christ. Power is given to him by Satan himself (Rev.13:2) receiving worship from "all the world" (13:3-4) and having authority over "every tribe, people, language and nation" (13:7). Daniel also had a similar vision (Daniel 7: 16-24). From this description, it's logical to assume that this person is the leader of a one-world government and sovereign over all governments.

In regards to a "one-world currency", In Revelations 13:16-18, John described his vision in depth, "He (anti-christ) required everyone—small and great, rich and poor, free and slave—to be given a mark on the right hand or on the forehead. And no one could buy or sell anything without that mark, which was either the name of the beast or the number representing his name. Wisdom is needed here. Let the one with understanding solve the meaning of the number of the beast, for it is the number of a man. His number is 666" (NLT).

(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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SPOTLIGHT ON COOKING

by Cecelia Danas

Happy Father's Day!

This is a cheesecake that most any man would love. It takes time to make but very worth it! Remember — Be Creative!

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

Black & White Marble Cheesecake

The crust:		The filling:	
1 1/4 cups graham cracker crumbs	4 tablespoons (1/2 stick) unsalted butter, melted, plus additional butter for greasing pan	2 ounces semisweet chocolate, chopped	4 large eggs, at room temperature*
3 tablespoons sugar		2 pounds cream cheese, softened	1/3 cup heavy cream
2 tablespoons unsweetened cocoa powder		1 cup sugar	1 teaspoon pure vanilla extract

Preheat oven to 350F. Wrap outside of a 9-by-3-inch springform pan with heavy-duty foil. Grease inside of pan with butter, then set aside.

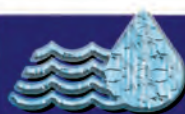
Make crust: Combine graham cracker crumbs, 3 Tbsp. sugar and cocoa powder, stirring with a fork. Add butter and stir until incorporated. Press mixture into bottom of pan. Bake for 10 minutes; let cool on wire rack.

Make filling: Place chocolate in a small bowl and microwave at medium for 2 1/2 minutes; stir. Microwave at medium for 30 more seconds and stir; repeat, if necessary, until melted and smooth. Reserve.

Beat cream cheese and 1 cup sugar at high speed until fluffy, about 5 minutes. Add eggs all at once and mix at medium speed until thoroughly blended. Add cream and vanilla extract; mix until blended.

Transfer 1 cup batter to bowl with melted chocolate; stir to mix. Scrape half of plain batter into cake pan on top of crust. Dollop chocolate batter on surface. Scrape remaining plain batter on top of chocolate. Swirl batters together with a rubber spatula for a marbled effect.

Place cake pan in a roasting pan; add 1 inch of hot tap water to roasting pan and bake for about 1 hour and 10 minutes without opening oven door. (Cake should only barely jiggle when pressed in center.) Transfer cake from water to rack and cool for 1 hour. Chill until cold.



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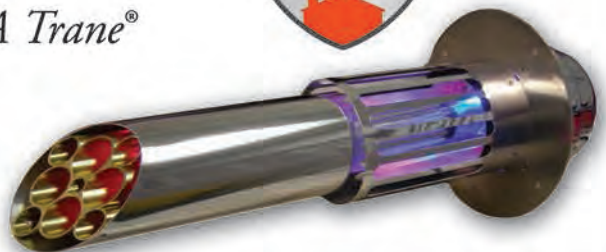


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Six years ago, I started selling records online to make some extra cash. From day one, I dreamed of owning my own record store.

After several false starts, a year and a half ago, I opened Vinyl Request Records on the edge of Downtown Melbourne.

As my business grew, my dreams grew as well....and today, I am sitting here in our brand new location at 604 E New Haven Ave. This is not only the biggest and best record store in Brevard County, but it also includes The 27 Club which is our brand new music venue.

All of you, my customers and friends and family, have made all of my dreams come true. Yes, I helped along the way, but you are truly the reason I am where I am today. So I sincerely thank you all so much!

As pleased as we are with our success thus far, we are happy to announce that there is still much more to come. We have already massively expanded our inventory of both new and used vinyl. We are continuing to grow our stereo equipment department, and we plan to move into musical instruments and more memorabilia as well.

The 27 Club will be hosting live music, featuring local musicians, every weekend, and the building is currently being re-zoned to add a beer and wine lounge area to the Club.



Chris Lanza, Owner

In addition to these considerable changes, we are offering air conditioned rehearsal space to local musicians in addition to space for music instructors to give their lessons. Finally, in mid-June, we will begin construction of a state-of-the-art recording studio in the back of our building, providing even more opportunity to our thriving

local music scene.

So, my friends, in the words of Neil Young, "Keep on Rockin' in the Free World."

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GOOGLE GLASS NOW AVAILABLE SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

Google Glass, a wearable computer with an optical head-mounted display, was essentially a development project that was initially released on an invitation-only basis to help develop use cases for the platform. However, as of mid-May, Google Glass is available for purchase by the general public. Supplies are still limited and the product is not the final shipping version, but Google is boosting its inventory and allowing non-developers to become Google Glass "Explorers".

Unlike smartphones and tablets that had a clear utility when they were released, Google Glass is a totally new technology interface that's in search of its true value and purpose. At the moment, it's a smartphone on your face that can be used with or without touching it to send messages, make phone calls, take pictures and videos, and a lot of other things that you routinely do on your smartphone.

While this novelty is pretty cool the first time you experience it, it's not likely to become the next iPhone or iPad or to even justify its existence for that matter.

In fact, in order to maximize its usage, you must tether Google Glass to your existing smartphone via Bluetooth, so it's far from a wearable replacement for your smartphone.

Google purposely had a high-cost (\$1500) to become an "Explorer" because they only wanted serious software developers and users who were passionate about exploring Google Glass uses during the development stage. Until Google decides to make Glass widely available, we don't know what the price will be, but it is expected to be significantly lower than \$1,500.

The real key to what happens with Glass will rely heavily on the apps (called Glassware) that are developed specifically for the device. At the moment, the official Google Glassware page only lists 65 apps, but lots of others are being developed outside of Google's ecosystem.

Those who have been working with Glass have found it to be useful in both personal and professional activities. For instance, for a hiker that also loves to take pictures



and videos, the form factor of Glass is really spectacular. If you want to capture a vista or botanical specimen, instead of having to stop, pull out your smartphone, unlock it, open the camera app, snap the image, view the image, lock down your phone, and then put it back to where you were storing it, you can just tap on the Glass touchpad built into the side of the device or raise your head up about 30 degrees to wake them up and say, "Ok, Glass...take a picture" or "record a video," even while continuing your stride. This slight change in taking pictures allows you to document so much more without having to start and stop every time you see something of interest.

For travelers to unfamiliar cities, turn-by-turn walking directions and an app called Field Trip are a great help. Field Trip taps into hyper-local experts to alert you to local history, insider finds, design, architecture and lots of other points of interest based on your location.

I actually think that Glass will have a much wider use and value in the business community. Everything from augmented reality medical apps, to real-time data during a meeting, to hands-free QR or barcode readers are just the beginning. Creating inexpensive training videos from the first person perspective, for instance, has already seen some traction (including at our company) and documenting client interactions that can later be shared with others is being experimented with in various businesses, including law firms.

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3. Find the AllState advertisement and tell what Andrew's last name is.

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6. Find and name the Travel company in this issue of *Spotlight*.

7. Name the Special Event Planner for the June 8th Bridal show.

Introducing the Space Coast Drowning Prevention Task Force



See page 22 for Susie Swim School

The Space Coast has quite a bit of water that many of our residents and tourist enjoy on a daily basis but at the same time it can be very dangerous. Susie Parente, owner and manager of Safety Susie Swim School here in Brevard County decided it was time to put a task force together to help prevent drowning here on the Space Coast. "Drowning is Preventable" is the motto of the National Drowning Prevention Alliance aka NDPA. After the 2014 conference of the NDPA, Safety Susie learned that the Space Coast did not have a local chapter. Safety and Protection of all little or big is no stranger to Susie, in fact her friends used to call her "Safety Susie" teasing her about being overly cautious and she chose to name her school, Safety Susie Swim

School. Susie has taught swimming, CPR, First Aid and Life guarding for over 25 years. She is Red Cross certified and teaches based on positive re-enforcement. Safety Susie has put together a strong task force that includes the The AVET Project Inc, US Coast Guard, The 920th Rescue Wing, The local Red Cross, The Suntree and Cocoa YMCA, LEOSA, Booker D. Surfdog and more are signing on to help get the word out. She is hoping other swim schools and recreation groups will join in to Prevent Drowning on the Space Coast. To join or get more information please contact them at spacecoastdrowningprevention@gmail.com, or call 321-604-1429. The task force is available to do Free talks on water safety to schools and community groups.

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LOW VISION THERAPY: EFFECTIVE SOLUTIONS ARE AVAILABLE FOR PEOPLE WITH SIGNIFICANT VISION LOSS

A significant number of Americans have eye conditions such as macular degeneration, corneal and retinal scarring, retinitis pigmentosa, and other serious illnesses and injuries that substantially limit their ability to see.

An ever increasing portion of the population is in need of Low Vision Services.



Eric R. Straut, O.D.

At the Eye Institute for Medicine and Surgery, Dr. Eric R. Straut, serves as the Low Vision Specialist. “Helping patients with significantly decreased vision regain their independence brings me great joy,” explains Dr. Straut.

Dr. Straut was first drawn to low vision while working alongside Gary J. Ganiban, M.D., The Chief of Retina and Vitreous Services at The Eye Institute for Medicine & Surgery. Since that time, Dr. Straut has come to realize that in addition to medical therapies, a patient needs-based approach could enhance the quality of life for his patients, and that this type of process would allow many individuals to live a much more fulfilling life.

As an eye physician and low vision specialist, Dr. Straut sees a wide variety of patients, but certain conditions are more prevalent than others.

“In Brevard County a relatively high percentage of patients are affected by macular degeneration, diabetic retinopathy, and advanced glaucoma,” explains Dr. Straut, adding “the key to successful treatment is early detection and advanced, thorough care.”

“Traditional eyeglasses do not provide adequate visual improvement to enable people with Low Vision to see adequately to perform daily activities of living in most cases,” explains Dr. Straut.

Low Vision treatment starts with a comprehensive eye examination and a thorough assessment of each patient’s needs. Next, Dr. Straut determines which devices and techniques are most likely to restore visual function for the patient. Techniques may include eccentric viewing and devices may be as basic as specialized high magnification reading glasses, up through sophisticated, computerized reading devices, adds Dr. Straut.

“We have a full range of techniques and technology to help the vast majority of patients referred to me, to achieve a better quality of life,” states Dr. Straut.

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



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Z	Z	N	T	F	M	X	H	R	G	V	E	O	I
B	U	R	T	M	B	C	R	R	R	C	A	P	R
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Beach	Father	Hurricanes	Roses
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**Win a \$25 Gift Card
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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**

Local, Willing & Able

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.

This edition of *Spotlight Magazine* will introduce Kerry, a high-powered exec overspending two pensions; Alec, who recently lost his drivers' license after a fabricated doctor's report; and Victor, who together with his wife, Sandy, are purposefully poisoning their relationship with their kids out of fear that they will lock them in a home. Their stories will unfold in next month's issue. But first, let's finish up those stories you've already heard: 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 show how the caring team of Sentinel Care stepped in to resolve these stories:

Rhianna—What Can Be Done? After her trauma, Rhianna was incapable of managing her own money and the courts appointed me as Federal Fiduciary over her finances. Unable to help, I work alongside her loving mother to pay Rhianna's bills by monitoring access to her monthly funds. I also teach her to build her savings while living on a budget through the principal of delayed gratification. She is like an 'adopted' daughter to me.

Ron—Will He Die Penniless? After chasing a "Jamaican lottery", Ron is left with mere thousands from a quarter million dollars of savings. His stubbornness prevented him from getting help for over two years. After his wife passed, who managed the money, Ron couldn't think clear enough to make the right decisions. Now, he lives in a small group home where he is cared for, fed, and given the proper medications. He receives VA benefits through a well-kept secret program providing vets with an extra \$1700.00 per month in aid. (ASK ME HOW!!) This supplements his income and he will live out the rest of his years with a smile on his face knowing everything is taken care of.

Lilly— Should Someone Step In? Incapacitated and living with a much younger man (she's 98!!) who suffers with PTSD, this tiny-framed woman's life was in danger. Through a difficult confrontation, we ran him off before he could spend all her



savings. Today, Lilly is safe and active in an undisclosed small group home where her bills are paid.

Planning ahead before you or your

loved ones are unable to make major decisions keeps assets safe and secure. Advanced directives in place can mean the difference between an advocate spending your money per your wishes or a stranger spending your retirement on their own pleasure. Here's how we can help:

"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 321 725-6799.

Don't forget about Kerry, Alice, Victor, and Sandy. Come back next month for the Rest of the Story...

Please also see our advertisement on page 28.



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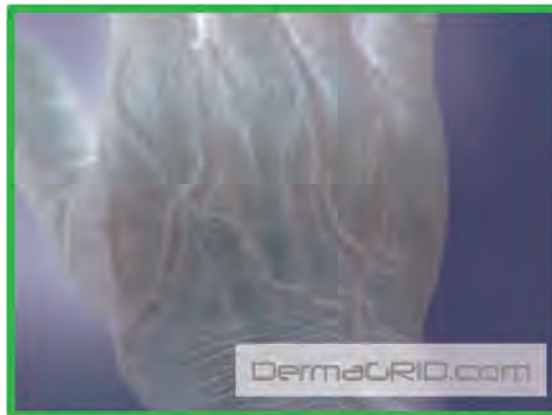


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Health Revival is a resource for alternative healthcare and personal wellness utilizing the finest natural supplements, herbal remedies, dietary consulting and health assessments to achieve a healthful lifestyle, with the goal to reduce or eliminate dependence on prescription medications.

For many practitioners blood chemistry and CBC analysis is a matter of comparing a test result with the conventional lab reference range, seeing whether or not the numbers are within the range and if they are normal. Many times being told your labs are normal then going home still feeling dissatisfied and confused about how you feel, perhaps a disease is brewing but not to the extent that it has caused your numbers to fall out of range.



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Decreasing Family Screen Time

Smartphones and tablets appear to have staying power. The Pew Research Center confirms that smartphone penetration has surpassed the 50 percent mark among mobile subscribers. Many others are routinely using tablets to access books, television shows, movies, and magazines. In multi-screen homes, televisions are still king. According to a 2012 Nielsen report, the average American over the age of two spends more than 34 hours a week, or more than 4 hours per day, watching live television. Those findings should raise an eyebrow, as health experts warn that excessive screen time can be hazardous to one's health.

A sedentary lifestyle spent in front of computers and video game consoles contributes to poor health. Of the leading industrialized countries, the United States has the highest obesity statistics, and Canada is not far behind. Obesity can impact cholesterol, cardiovascular health, risk for type 2 diabetes, and risk for stroke. Excessive screen time can lead to sleep and eating disorders, interfere with a person's ability to focus and negatively affect a person's performance at school or work. Getting a family active and

reducing time spent in front of a screen can have profound effects, and reducing screen time doesn't have to be difficult.

Gradually implement changes.

Families immersed in electronic devices can cut down on screen time slowly and over the course of several weeks rather than tuning out cold turkey. Start by reducing time spent watching television or playing video games by one hour per week, and gradually reduce time spent devoted to such activities in the ensuing weeks.

Hide devices. The mantra, "out of sight, out of mind" can work with respect to digital devices. If tablets or smartphones are tucked away, family members may feel less inclined to reach for them at any given time. Just as you wouldn't stock your pantry full of fattening foods while trying to lose weight, don't make digital devices readily available throughout the day.

Keep televisions out of the bedroom.

Children who have televisions in their bedrooms tend to watch an additional 90 minutes of programming per day than those who do not have televisions in



their room. Keep the television in a shared area of the house so that time spent watching the TV can be monitored and

adjusted.

Establish guidelines. Set firm limits on how much screen time will be allowed per day and stick with it. Adults can lead by example.

Plan more family activities. **Boredom can easily give** way to time spent fooling around on the Internet or channel surfing. Parents should have a cache of ideas at the ready that promote active family time. Neighborhood walks or tossing around a baseball in the yard are enjoyable activities that cut back on time spent being sedentary. Encourage indoor activities, such as puzzles or board games, if the weather is not cooperating.

Be steadfast. Do not throw in the towel too soon. Families should stand their ground when attempting to decrease their screen time in favor of healthier activities.



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Few things beat a cold
beverage on a hot day.

When time is of the

essence, there are ways to cool down bottled or canned
beverages quickly. Individual bottles can be wrapped in a wet
paper towel and stashed in the freezer for a few minutes.
However, if you will be having a party and want to get
beverages ready for the crowd, create a salty ice bath. Salt
does not actually make water colder, but it will suppress the
freezing point of water. That means water can become much
colder -- and retain that temperature -- without freezing over
to ice. If no salt were added, the coldest the water would reach
would be 32 F. By adding salt, water can get as low as -6 F.
This means items submerged in a salty ice bath will get colder
much more quickly. Fill a cooler half-way with ice. Add the
beverages until they are covered by ice. Then add water until
the ice is submerged. Mix in table salt or rock salt to suppress
the freezing point of the water. After 10 minutes or more, the
beverages should be icy cold.

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TO LIFT OR NOT TO LIFT, THAT IS THE QUESTION

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According to the American Society for Aesthetic Plastic Surgery (ASAPS), there has been a 471% increase in invasive cosmetic procedures by women since 1997. For men, that increase is 273%. The most performed procedure is liposuction, and this is true for both men and women, though evidently buttock augmentation is rising fast, with a 58% increase over the course of a one-year period from 2012 to 2013. More than one billion dollars is spent annually on cosmetic surgery, and this amount does not include non-invasive techniques such as Botox injection or skin rejuvenation, which accounted for more than 2.5 billion dollars in 2013.

According to Jack Fisher, MD, President of ASAPS, "The numbers do not come as a surprise...the rebounding economy is encouraging people to start investing in themselves once again."

People are desperately looking for a way to remake themselves; to be reborn. They turn to medicine and

technology for answers, but these things can at most, remake our outer selves. The actual problem, however, is with our inner selves. At stake is a heart problem that doctors cannot treat.

The book of John, chapter 3, opens with a meeting between Jesus Christ and the Pharisee, Nicodemus. In verses 3-8 there is this exchange:

"Jesus replied, 'Very truly I tell you, no one can see the kingdom of God unless they are born again.'

'How can someone be born when they are old?' Nicodemus asked. 'Surely they cannot enter a second time into their mother's womb to be born!'

Jesus answered, 'Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, 'You must be born again.' The wind blows wherever it pleases. You hear



its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."

Verse 3 contains an answer to a question that Nicodemus did not even ask. Jesus can read people's hearts, something that only God can do, and He knew that what Nicodemus really needed was spiritual regeneration. Pharisees like Nicodemus falsely thought that their physical lineage as Jews would get them into God's Kingdom, rather than the spiritual transformation that Jesus taught. The coming Kingdom can be thought of as the regeneration of the world, but the regeneration of the individual is required in order to enter the Kingdom.

Have you considered your "heart condition"? Have you been regenerated? Are you ready to enter the coming Kingdom of God? Believing in the name of Jesus Christ means more than mere intellectual agreement with the claims of the gospel. It includes trust and commitment to Christ as Lord and Savior. This results in receiving a new nature which produces a change in heart and obedience to the Lord. If you are ready to make this commitment, then pray to God now in humbleness and repentance, for today is the day of salvation! (2 Corinthians 6:2).



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Recognize Safety Hazards during yard work



Attention, all green thumbs -- and the bodies attached to them: It's nearly time to get down and dirty in the garden.

Whether you're transforming your backyard into an award winner or just trimming the lawn, the CSA Group, a leading certification and testing organization, asks that you remember the following safety tips:

Yard Work

Always ensure that products such as electric lawnmowers, barbecues, power tools, ladders, decorative lights, extension cords and safety apparel carry the mark of a recognized certification organization, such as CSA Group.

Read the manufacturer's operating instructions and use products only as intended.

Wear protective eye and footwear (on eyes and feet, respectively).

What's that you say? Wear hearing protection when operating loud machinery, vehicles or tools.

Power Lawnmowers

Know your mower and always follow the manufacturer's instructions.

Look for these safety features: a rear guard to protect your hands and feet from rotating blades; a "deadman" control that stops the mower when you release the handle; and an "up-stop" feature to prevent the handle from kicking up when the mower hits an obstacle.

Clear the lawn of sticks, stones, wire, toys and other objects (including that screwdriver you lost in the grass last summer), as they could get caught in the machine or flung by the blades.

Wear clothing that provides some protection, including long pants, a shirt with sleeves and firmly-tied shoes with non-slip soles and hard toes.

Never cut the grass when it's damp or wet, or when there is rain or lightning. Wet conditions greatly increase the risk that you will slip, suffer electric shock or clog the mower.

Always mow in daylight, never at twilight or in the dark. Keep your eyes on the lawn and look ahead (at least three feet) for debris.

Shut off, unplug and engage your mower's safety devices before removing clogged grass clippings.

Shut off the mower immediately if you hit an object. Check for damage and do not restart it unless you're sure it's safe to do so.

As suggested by its name, always push rather than pull a push mower.

All extension cords should be untangled, in good repair, have a three-prong plug rated for outdoor use and be of the recommended gauge for the load.



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The Greatest Patients Ever

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Every now and then something happens to remind you of just how blessed you really are. I'm For me that reminder came a few

days ago. I was our office and honestly feeling a little sorry for myself. I was worked up, and worrying over stuff that honestly I shouldn't have been, and just not having that good a morning when I looked up, and walking in was Bishop Horace Lindsay, pastor of Glory Bound Church of God in Palm Bay, and one of the most witty and inspiring folks I know.

Over the past few years I've had the distinct pleasure of getting to know Horace, and he is honestly the closest thing I have to a spiritual advisor. In short, Horace is someone I look up to and respect very much. Him coming in to see me was, exactly what I needed, as it was obvious that something was eating at him that morning as well. He just didn't have the normal bounce in his step, and smile I'd become so accustomed to.

Now, Horace's hearing can best be described in two words; very bad. With hearing levels in the severe to profound range, without his instruments, Horace is pretty much in a world all by himself, and his flock without their Sheppard.

With so many people depending upon him, getting it right for Horace just flat matters, not just to him, but to all those folks depending on him in their times of crisis.

So, as we weren't real busy, we went into my office, where I was gratefully able to choke down my impulse to unload on a fella who was already carrying what appeared to be a bit of a load, and made myself focus on Horace, what was going on in his life, and why he was there.

Instantly I felt better for getting out of myself and just listening. It seems he had indeed been dealing with a flock with several folks in crisis and need of help. The empathy, compassion and patience of this man has never ceases to amaze me. So, we chatted a bit, and before long, without realizing it, we were both laughing, carrying on. Obviously, out of the mood that was weighing each of us down just minutes before.

Seems Horace wasn't having any real issues with his Strata 16 system, just that he was missing a bit in certain environments, and wanted to see if we couldn't tweak the system a bit for better understanding.

One of the features I enjoy most when having to make such adjustments is Rexton's superb data logging features. While not telling me what is being said, or anything like that, these instruments record not just total hours of usage, but daily averages along with the type of sound environment the instruments are operating in, what percentage of the time, as well as how many program changes are being made automatically to accommodate, as well as how many times our patient changes programs, or their volume control.

As I expected, Horace was wearing his hearing aids on average of better than sixteen hours a day. So, I was surprised to see that he was showing that over twenty-five percent of that time, or over four hours a day, was being spent in his Bluetooth Phone program.

When I questioned him, he just nodded, and acknowledged simply to, "Tending the flock." Then went on to comment about how much better the Strata's and his MiniBlu RCU worked than the old neckloop system that it had replaced.

I also noticed that Horace was spending over ten percent of his time in the car, and that the Auto 360 program was engaged "I take my granddaughter to school, and all sorts of places. She sits behind me, but with these aids, I can hear her well."

After a few more questions, I made a few minor adjustments to his system, before getting a hug and a promise to keep praying for each other, as he left, and went about the tending of his sizable flock.

As Horace was leaving, it dawned on me just how blessed I am. Here Horace thought he was the one getting service. Yet, the simple act of getting out of myself, and serving someone else. That of listening to his problems, instead of focusing on mine, had totally transformed my mood.



It was then that I realized what a blessing not only Horace, but all of our patients are. They give our life meaning, and purpose, everyday. Without them, well I wouldn't have anyone to practice on now would I.

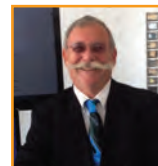
Once again, I was reminded of why we are here, and that what we do really does matter. Not just to Horace, but to all of the other folks we serve, and those others who rely on their ability to communicate easily and effectively.

Horace reminded me when I needed it most, of the why we do what we do, and that what we do matters to far more folks than those we actually fit hearing aids to. Proving to me once again, that ours is truly, a blessed practice.

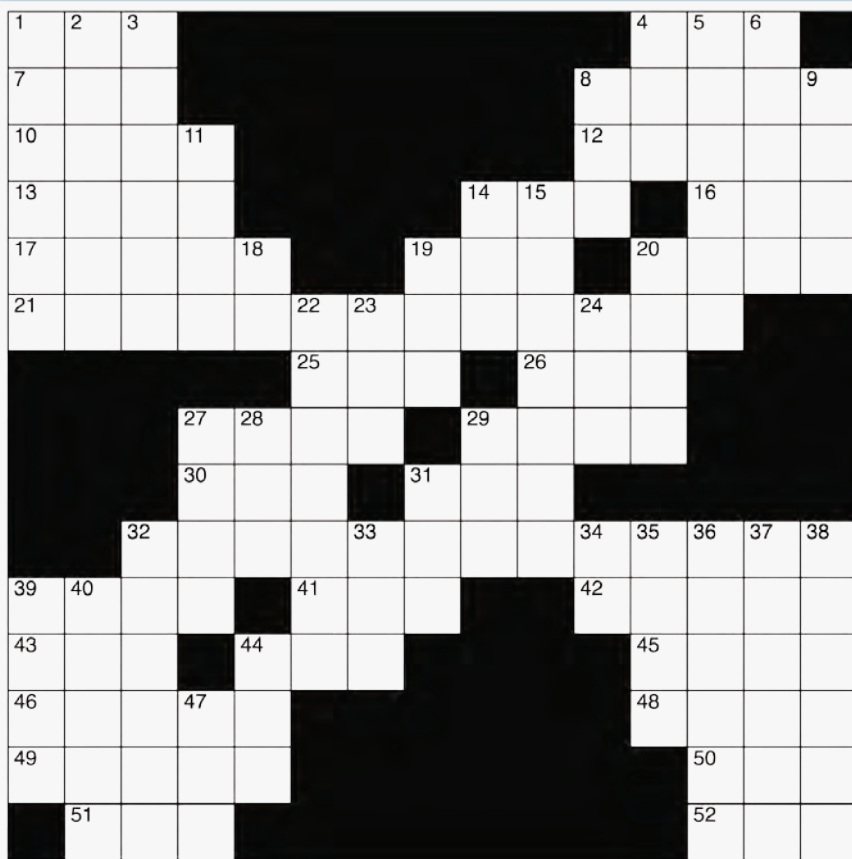
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Spotlight Crossword Puzzle



clues ACROSS

1. Thyroid-stimulating hormone
4. Spigot
7. Military mailbox
8. Electric auto company
10. Fastest man alive
12. Expressed pleasure
13. Venice beach
14. Teletypewriter (abbr.)
16. A young man
17. Evade
19. Volcanic Japanese mountain
20. Danson, Turner & Kennedy
21. March holiday
25. Fruit drink
26. Come about
27. Capital of Yemen
29. Tayra genus
30. Mandela's party
31. Vestment
32. Eye exam instrument
39. Plural of 47 down
41. Ingest
42. Coneless volcanic craters
43. The woman
44. Make a mistake
45. Horse gait
46. Father of Lot
48. The destroyer (Hindu)
49. Remove
50. Remains after deductions
51. Clairvoyance
52. Gourde (abbr.)

clues DOWN

1. Contents lists
2. Condition of inedible food
3. Armed robbery
4. Traditional Asian beverage
5. Scarlett's first love
6. Beg
8. Scotland's longest river
9. Sums up
11. People of southern India
14. Expression of disappointment
15. Japanese electronics firm
18. And, Latin
19. Highest card in a suit
20. Paper Mulberry bark
22. Cattle farmer
23. Actress Lupino
24. Constitution Hall org.
27. Plant fluids
28. Small social insect
29. Shade tree
31. Model Carol
32. Classical singing dramas
33. Swiss river
34. Atomic #62
35. Felines
36. Paddling
37. Established beyond doubt
38. Personal property
39. Tennis great Arthur ____
40. Stock certificate
44. Point midway between NE and E
47. Egyptian cobra

answers on page 44

Safety Tips for Outdoor Meals & Entertainment

The warm weather is finally here, so it's time to get ready for that first backyard barbecue bash.

CSA Group, a leading certification and testing organization, offers these important tips for a safe, seamless summer soiree -- try saying that three times quickly!

Outdoor gas barbecues

Before firing up the grill for the first time, carefully inspect burners and burner tubes for blockages due to dirt, grease, insects or rust build-up. Clean or replace any blocked parts with certified replacement parts (or have a licensed technician do it).

Check for cracked, brittle or leaking hoses by applying a 50/50 solution of soap and water to hoses and fittings. Turn on the main gas or propane valve while leaving burners off. Any leaks will show up as bubbles. Replace any damaged hoses or fittings.

Propane cylinders must be inspected and re-qualified every 12 years in the United States. A date stamp on the cylinder indicates when it was last qualified. Do not use a rusty or damaged cylinder. If in doubt, replace your tank.

Keep grills and barbecues away from combustible materials such as fences, trees, buildings, awnings and carports.



No matter how hard it's raining, never use a barbecue in a garage.

Decorative lighting

It's time to remove the holiday lights.

These lights are

designed to be temporary and can be a fire hazard if left out too long.

When installing decorative lighting on patios or along walkways, inspect the packaging and electrical cords to make sure that it's certified and marked for use in an outdoor or wet location.

Turn off the electricity supply before the work begins and unplug lights when possible.

Carefully inspect lights and lamps to make sure there are no broken or cracked sockets or housings, and no bare or frayed wires.

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Hospice of Health First Experience You Can Trust During Emotional & Difficult Times



For more than 35 years, Hospice of Health First has been there for families as Brevard County's leading provider of Hospice care. We focus

on improving the quality of life for those dealing with an end-of-life illness. Hospice of Health First concentrates on pain control and symptom management so that patients can maximize the quality of their remaining time. Hospice care is provided for the physical, social, emotional, and



spiritual needs that patients and families experience when dealing with an end-stage illness. The focus of Hospice care is on the patient as well as the patient's family because the family is in need of special care, too.

Patients who have a terminal condition with a life expectancy of less than 6 months may want to discuss Hospice care with a physician. Hospice care is appropriate when a patient is facing a terminal condition and he/she decides on comfort and conservative care treatment rather than aggressive modalities of treatment.

Hospice care is directed to provide comfort and conservative care to terminally ill patients at their homes, Nursing Homes or in-patient units. Hospice care is about keeping the patients comfortable and relieving terminal symptoms that may develop during their terminal condition such as pain, dyspnea, anxiety, suffering, etc. Hospice care revolves around the patient and the family. Hospice uses a "team" approach to take care of its patients with the help of nurses, physicians, social workers, CNA's, chaplains, volunteers, etc.

Hospice of Health First provides education and training to our staff related to any new changes in Hospice care and Hospice policies. Over the last year, Hospice of Health First recruited additional nurses and physicians to our Hospice team to be able to deliver care to patients in Brevard County. Our "crisis care" team was also expanded to meet the needs of patients choosing to remain at home.

Hospice of Health First has a beautiful facility in Palm Bay that provides in-patient Hospice care 24 hours a day, 7

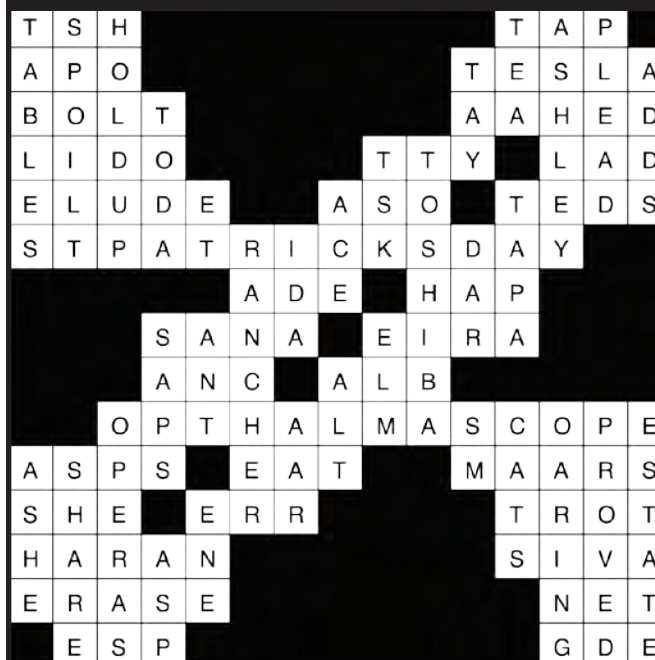
days a week. It is staffed by nurses and physicians year-round and provides care to terminally ill patients regardless of their ethnic background, religion, ability to pay, etc. This facility reflects the commitment of Health First to provide exceptional Hospice care to our community.

For more information about Hospice of Health First, please call our toll-free number at 855-892-9003.

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?



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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 from Jersey Mike's Subs

OUR WINNER LAST MONTH WAS
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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. Please PRINT answers along with your name, 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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Are You Ready for Holistic Medicine?

Holistic Medicine is a form of healing that considers the whole person

(body, mind, and spirit) in the quest for optimal health and wellness. These can be achieved by gaining proper balance in life. If people have imbalances (physical, mental or spiritual) in their lives, it can negatively affect their overall health.

Holistic practitioners use different techniques to help their patients take responsibility for their own health. Practitioners educate patients on lifestyle changes and self-care to promote wellness by addressing diet, exercise, nutrition, supplements, plus mental health, relationship and spiritual counseling. Practitioners may use herbs for specific health conditions that have been clinically studied and in many cases have out

performed medications.

Holistic Medicine principles include 1. All people have innate healing powers. 2. The patient is a person, not a disease. 3. Healing takes a team approach involving the patient and doctor, and addresses all aspects of a person's life. 4. Treatment involves fixing the cause of the condition, not just alleviating the symptoms.

Conventional physicians on a whole are not trained to heal. They are trained to alleviate symptoms with medication and surgery, which isn't always the solution but in an emergency, those steps become necessary.

Ask yourself these questions. 1. Do you have enough energy for what



your life requires? 2. Are your moods stable and high? 3. Are you pain free? 4. Are you able to get through your day without medication? 5.

Do you have dreams and aspirations or ones that leave you feeling inspired?

If you answered NO to any of these questions then you should consider Holistic Medicine.

If you are ready to start living a life of optimal health and wellness then call Dr. Kevin Kilday, PhD, DNH, RH, a Holistic Practitioner in Melbourne, FL @ 321-549-0711.



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*Total Value to the Community includes the total amount of Mission-Driven Community Benefits [\$56,445,471] (charity care; cash, in-kind donations & community-building activities; Medicaid subsidies; community outreach services, health professionals education & research), the total amount of Other Community Support [\$11,381,014] (Health First Foundation Grants & Aid; employee campaigns, indigent tax and birth tax; other taxes), and the total amount of costs in excess of payments to deliver care [\$43,318,965] (Medicare shortfalls; bad debt).

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