

# VIEWPOINT

FRIDAY, FEB. 9, 2018 • NORTH BREVARD • WWW.HOMETOWNNEWSBREVARD.COM • PAGE 6

## Rants & Raves

### Got something to say?

Email the Hometown Rants & Raves at

[brevnews@hometownnewsol.com](mailto:brevnews@hometownnewsol.com)  
or call (321) 242-1276.

The Rants and Raves section provides a chance for readers to share their thoughts with other readers. The opinions included are not those of Hometown News or its employees

Please limit your submissions to 250 words, so that we can include more entries. Readers are asked to refrain from making libelous statements.

### Thank you to all who helped us locate our wonderful hero

Thanks to this story, friends and family of our mysterious heroine reached out to us and we were able to thank and offer a small reward to our hero Marlene.

She tried to turn it down multiple times, insisting anyone would do what she did, but that just made us even more impressed by her humble deeds and selflessness.

Thanks to *Hometown News* reporter Austin Rushnell for reaching out and writing this story which helped us connect with our wonderful hero, who helped us catch our crook.

We are very thankful that we were able to connect with her so quickly.

Thanks so much to everyone involved.

### Be patient: If a nonprofit is worthy, donations will come

It is refreshing to see that the author of this article has organized a fundraiser at the American Muscle Car Museum.

I hope it does well and raises a lot of money for his organization, Helping Seniors of Brevard.

It sure beats his constant pleading for more government funding for his and other nonprofits.

In my opinion that is not a legitimate function of government.

Taking from all taxpayers in order to redistribute it to others, in this case to the wealthiest age group, is not my idea of fairness. Those government funds should go to projects that are of benefit to all residents, such as our terribly neglected

public roads.

I was very pleased the voters approved the special assessment ordinance in November 2016 that will enable the city of Palm Bay to make some much-needed repairs and lay pavement on some of the many miles of dirt roads we struggle with.

Why any nonprofit would be willing to expose themselves to all of the red tape and regulations associated with government funding is beyond me.

Take a cue from the organization Christ Is The Answer (CITA), refusing any funding from federal, state or other governmental body.

Instead they rely on private donations to do what is in the best interests of their constituents, not some bureaucrat.

If a nonprofit is worthy, the donations will come.

### President Trump is in a no-win situation with Democrats

Never in the history of our nation have we seen such vicious, hateful, vengeful attacks on a sitting president as we are witnessing against Donald Trump.

It seems that the moment Trump was elected president, the liberals and Democrats declared "war on Trump!"

They hate him when the economy has rebounded to a record high. They hate him when he reports that unemployment is at a record low. They hate him when businesses are moving back into our country, not out of the country. They hate him when he announces a crackdown on illegal murderers, drug dealers, and terrorists getting into our country and

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## A super sight



Alex Schierholtz/Staff photographer

The rare Super Blue Blood Moon lunar eclipse rises over the Banana River on Jan. 31 on Merritt Island.

## Do I need to lose weight?

Today's column will probably upset my readers as much as anything else I could write about. However, it affects more Americans than many other health issues. It takes a brave writer to even mention the topic, but once mentioned brings a sigh of relief from most, as it is a growing concern among many Americans.

When I was 12 years old I weighed 210 pounds and wore a size 44 man's suit. I was pretty hefty. My idea of pie a la mode was to surround a large slice of pie with about 8 scoops of ice cream. We had a restaurant, and my mother said I ate the profits off a 5-gallon container of ice cream.

This all changed after my first high school dance when I found out that girls did not like fat boys; hence I lost 30 pounds the first month of my diet. Until lately I have been pretty successful in keeping it off, but a combination of age, health issues, and inability to exercise have all contributed to the rise (but not fall) of my weight issue. Now – what to do about it.

Years ago I could cut back my food intake, head to the gym at Patrick Air Force Base, do some walking around



HELPING SENIORS OF BREVARD  
JOE STECKLER

the block, and fix the problem. Sadly, declining health and the accumulation of issues that affect most of us as we age make it harder to lose weight. Most important, we have to be careful about whatever we do, for our bodies do not respond as quickly as they did years ago. Our well-intended actions may cause more harm than good. So be sure to consult your family doctor before you begin a planned weight loss or exercise regimen.

I talked to my doctor, rather he said to me, "Have you gained this much weight?" to which I had to say yes. He knew I had resolved on a corrective course of action, so he was nice and reminded me to take it slow and easy on new exercises. I assured him that I would do so. And, with fibromyalgia and related arthritic conditions, taking See SENIORS, page 7

## Hometown News

Published weekly by Hometown News, L.C.,  
5059 Turnpike Feeder Road, Ft. Pierce, FL 34951

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Classified (321) 242-0442 • 1-800-823-0466

Rants & Raves (321) 242-1276

Circulation Inquiries 1-866-913-6397

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# Rants

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killing our citizens.

This kind of vicious attack would never have occurred under an Barack Obama regime.

These "hate-mongers" in Congress don't want America to be "Great Again," "safe again" or "strong again."

I am embarrassed by some of our members of Congress who claim to represent the "best interest of we the citizens," but display such a vicious, hateful attitude.

Maybe the election this year something can be done about it.

One comment I heard by some anti-American individual stated that life in North Korea was better than living in America under Trump.

They should go there then.

One thing I will say, Trump is not backing down.

Trump is not perfect, but at least I am thankful we have a true and patriotic American as president.

## Door-to-door religious followers always should be researched

If a couple of polite, well-dressed people knock on your front door offering to give you their printed religious material to read, ask them if they celebrate Thanksgiving, Memorial Day or Christmas.

Beware if they don't give you a straight answer or say these are not biblically-based holidays.

They are members of a recognized religion that acts like a cult.

Their goal is to recruit you.

Before agreeing to attend a Bible study class with them, do some research on their shady history and less-publicized beliefs.

You may be surprised at what you discover.

## Don't hesitate to follow doctors' advice for hospice

One sure thing about life, is death. A few months ago, my wife's doctors

strongly suggested hospice care. VITAS in Brevard County became our choice. Things they did to help comfort her, in her final days of life, were a blessing.

We retired to this area, just like many other elderly. When the doctors suggested hospice, I was hesitant. But after watching hospice take such good care of her, I knew I did the right thing by getting professionals to help her during her final days.

So my rave is to all the doctors, ministers and other hospice staff who help her along her journey back home, to be with her mother in heaven.

She died in my arms Jan. 7. And the support from hospice continues as I'm now grieving the loss of my wife, my partner of 20 years and my soul mate.

As I said, one sure thing about life, is death.

## Trump haters out there need to 'get over it'

I am responding to the entry "Calling all Women who've been sexually Abused by (President) Trump."

Women's attorney Lisa Bloom's cash pile of hundreds of thousands of dollars accumulated by Trump haters to offer women to accuse Trump of sexual abuse went nowhere. Why do you think some person in Melbourne, Florida, trying to "dog whistle" women to come forward, smear our President, and accuse Trump is worthy of publication in this market? Who is this person to call on anything? Another Trump hater.

Trump's comments were locker room talk that secretly was recorded years ago and held by the media until they thought it was something that could wound him in his presidential campaign.

Seems like *Hometown News*, which is hometown, not mainstream, has joined the other mainstream media in trying to slander our President, who is doing an incredible job despite 95 percent negative reporting by the liberal left media. I had thought the paper had moved away from this type of tabloid assassination.

Trump was elected by the people in an electoral landslide, which for those who never studied government, is how presidents are elected in America. For all those Trump haters out there, "get over it."

# Senior

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it easy will not be a problem. Still, I must consider an exercise program that will point me in the right direction.

Developing interest in an exercise program at a young age was not easy, and

advanced years have not made it any easier. Gym workouts or those at home must be undertaken with care if we have been away from exercise for a long time.

Let your doctor know your intentions. Once you have decided on a course of action, stick with it, because the weight goes on faster than it comes off. Remember that you know your body better than anyone else, so if you receive

alarms telling you to slow down, do just that. You have to push to make gains but moderate and safe achievements are better than ending up in a hospital.

Losing weight is not an easy accomplishment, but it is the right thing to do. I feel better when I have lost weight because I know I certainly look better, not to mention the mental and physical comforts gained.

Make 2018 your weight loss year. Leave the milkshakes to others!

*Joe Steckler is president of Helping Seniors of Brevard, a nonprofit organization designed to advocate, educate, and fundraise on behalf of Brevard's senior citizens. Contact them at info@helpingseniorsofbrevard.org or (321) 473-7770.*



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