

VIEWPOINT

FRIDAY, MARCH 23, 2018 • **SUNTREE** • **VIERA** • **ROCKLEDGE** • WWW.HOMETOWNNEWSBREVARD.COM • PAGE 6

Rants & Raves

Got something to say?

Email the Hometown Rants & Raves at

brevnews@hometownnewsol.com
or call (321) 242-1276.

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

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

Some natural herbs, spices have side effects

The following are my comments on "Heal yourself with herbs, spices instead of prescription pills."

I will not discuss the wisdom of discontinuing prescription pills without seeking a doctors prior approval.

However, the writer is incorrect in assuming that natural herbs and spices do not have any toxic side effects.

I subscribe to the US FDA Safety Alert system and have seen numerous alerts related to spices such as pepper, turemeric, for bacterial contamination.

Ginger, when sold in California, has to carry a Proposition 65 warning because it contains high levels of lead.

Whether these toxins in natural herbs and spices effect the long term health of the writer will depend on the condition of that person's immune system.

Senior citizens should not be overlooked when hiring

My rant is for businesses that overlook some of the best workers in the work force. We are the senior citizens.

A lot of us still have a good 5-10 years of working left in us. A lot of us could work circles around the younger generation. We can work any shift, any hours and even holidays.

Try us sometime, we could also use the extra money.

Another problem is applying for a job online only. Not all of us have a computer, want one or know how to apply online for a job. Sure, the libraries have computers, but they are not secured and I don't want my info on them.

What happened to the simple paper and pencil? Come on, businesses. Start hiring us "older folk" and you won't be disappointed.

HealthFirst should add LGBT in anti-discrimination statement

It is now time for HealthFirst to include LGBT in its anti-discrimination statement.

HealthFirst states it complies with applicable Federal Civil Rights Laws.

On Monday, Feb. 26, the Second Circuit Court Of Appeals ruled sexual orientation is protected under Title VII of the 1964 Federal Civil Rights law.

There is a large LGBT community in Brevard who are productive members of our society and who also contribute to the local economy.

Students, high-tech workers, health care employees, retirees, etc.

Beach renourishment more important than theme parks

To the person who complained about the money being spent on beach renourishment, did you know that tourism adds \$87 billion per year to the Florida economy?

That Florida's beaches are responsible for 25.5 percent of tourism, ahead of the theme parks, which are responsible for 24.3 percent?

That in years that beach nourishment is in effect, the beaches still generate six times as much revenue as the expenditures?

Before you write these letters calling

See RANTS, page 7

Feeling a little lucky



Alex Schierholtz/Staff photographer

Sophia Smith, 5, of Rockledge, watches the annual Meg O'Malley's St. Patrick's Day Parade on March 17 in downtown Melbourne.

Seniors need wake-up call

Greetings to all. The title of today's column does not refer to an alarm clock, rather it is a plea for seniors to become more aware of the happenings around us that will affect our quality of life.

In my next several articles, I will suggest actions we can take as a united front to ensure that local decision-makers pay attention to the 250,000 seniors who help elect or un-elect them. This is necessary if we are to ensure a continuum of senior services in the future.

We cannot take current programs for granted. Even though seniors are the second-largest generator of county and state revenue from which most seniors services are derived, funding for seniors has decreased while I have lived here.

Look at the Brevard County Commission's act to defund local nonprofits through the General Fund (a fund supported by all seniors) AND its move to increase funding for youth through tax revenues and you will see we have taken a major hit in our ability to improve or even maintain senior services.

Seniors make up about 50 percent of Brevard's population. Why have we let a few dictate what seniors can have when seniors pay half the bills? Does it concern



HELPING SENIORS
OF BREVARD
JOE STECKLER

you that five elected officials can determine the fate of nonprofits that assist seniors? It does me, which is why I am embarking on a path to level the playing field when it comes to equal support for children and seniors.

For instance, how many of us know that donations to United Way of Brevard are being diverted from senior needs to youth services? Major contributors to United Way include Harris Corporation, whose employees retire in Brevard, and Publix, where seniors comprise a major purchasing force. Yet their donations are having less of an impact on senior services because of United Way's changing focus. These are things seniors need to know.

Or again, how many of us know how much money is raised through the recent tax to support the school system and

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SUNTREE

From page 6

**Thank goodness for
good Samaritans at the Port**

May God's blessings be upon you.

**I will never call the authorities
because of uncertainty**

You wouldn't believe the way I was treated by the two brown shirts who were on duty . . . cruel, wrong assumptions, and

uncaring.

One wanted to beat me up after they got done with me.

It's been a few months, but every night when I go to sleep, I see the look on their face wanting to get me.

I have seen a lot of crimes... people down on the ground from medical or drugs... kids stealing... but I will never call. I know who is gonna answer.

I am a disabled veteran with no money—and three combat ribbons. I'm old and sick now.

Life should be easier than pushing pills all the time

I have been in many doctors offices and noticed how many people were there. They had some illness or problems, but so many people, not only old senior citizens but young, too. It makes me wonder, where are the productive people? I can only guess that the pharmaceutical corporations are successful with their constant advertising and in fact it amounts to brain washing.

They are creating illnesses by the millions.

If one doesn't die naturally, surely they will if they continue to watch the constant pill bashing where a herbal tea could offer more and safer cures than pills.

Most pills are the products of a chemistry lab and God only knows where and what goes into these pills.

Insurance companies are paying out the nose for insured patients.

Sure the doctors need to serve the sick but only when they are under the complete control of the AMA and the FDA.

If someone finds a natural cure for cancer or ulcers, they are black balled and dethroned by the AMA and the FDA who are interested in controlling the illness rather than cure.

There must be another way to make life easier than pushing pills all of the time. People should learn something about all aspects of their bodies. They don't have to be medical practitioners. I am not a medical professional, just a disgruntled senior citizen who found out late in life that there is another way.

**Our legislators once again
are avoiding difficult questions**

I would like to congratulate our hard-working legislators in Florida for once again avoiding the hard questions and working on crap.

The recent passage of the Sunshine Protection Act if it is approved by Congress will leave us with dark mornings for four-months during drive time.

I hope they take credit for the inevitable accidents involving students waiting for a bus on a dark and foggy morning next winter.

Since the NRA wants to reverse the new age requirements for gun purchases they could eliminate it completely and we could arm students also to make our schools even safer.

They could then protect themselves from careless drivers. It would be a case of "standing their ground."

Arm crossing guards and bus drivers while we're at it.

We need MORE GUNS.

From page 6

where those dollars are spent? We should hold the school superintendent more accountable to those who pay this tax – about 250,000 seniors. These are also things that seniors need to know.

We are an aging community but we do not have a county plan addressing the needs of seniors. Making seniors aware of the decline in funded services, especially those services that assist the frail elderly and elders in general, is a task undertaken by few in Brevard. There was a senior column in Florida Today but the paper decided this was no longer necessary, replacing it with a column addressing the growth of a child.

To my knowledge, the only local effort to address senior needs through the media is managed by Helping Seniors of Brevard, a nonprofit dedicated to informing and educating seniors and those who care for them.

Helping Seniors will have a meeting of its Senior Advocacy Group in early April. We all need to be involved in ensuring the continuance of senior programs provided by the many wonderful nonprofits in Brevard.

If you want to be a senior advocate, call Kay at (321) 473-7770.

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



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