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march 2017

# spotlight

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**Spotlight BUSINESS OF THE MONTH**



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Time certainly seems to be flying by. Somehow it is already the third month of 2017! Did you ever notice that the older you get, the faster the months and years go by? Although we can't do anything to slow things down, what we can do is strive to make every one of our days count. March 20th is the first day of Spring, and since Spring marks a time of new growth and new beginnings, why not try something new? Make a new recipe, read a new and different kind of book, try your hand at a new hobby or sport or exercise class. Surprise yourself!

You'll have a little more sunshine in your days as Daylight Savings Time begins March 12. You can spend that additional bright hour tending to your garden, taking an evening stroll, or enjoying some after dinner conversation with friends on your porch or patio.

Of course, March also brings us St. Patrick's Day on the 17th. Wherever you are from, you can be an honorary Irishman that day...so wear your green, and if you are so inclined, enjoy a beer and maybe some Irish stew!

The 2017 Strawberry Festival comes to Palm Bay on March 25 and 26. It will be held at the Eastern Florida State College campus in Palm Bay on Saturday from 10 a.m. to 7 p.m. and on Sunday from 10 a.m. to 5 p.m.

Until next month,

Bryan McDonough  
Publisher, *Spotlight* Magazine, Inc.

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## BLESSED... WHY?

by Jim Campbell, First Baptist Church of Melbourne

### Christians throw the word "blessed" around a lot.

We're "blessed" or people are "blessings". Sometimes, we say it to remind ourselves of all the good things that God has done for us over time, because, right now, things are going rotten. Basically, it's an acknowledgement of there are good things and good times and we recognize that all those things come from God.

Have you ever stopped to consider why you are blessed? If you are like me, you know it's not because you deserve it, because the Lord knows, I certainly don't. Is it random? Kind of like the lottery? Is it because you are smarter than someone else and you just basically blessed yourself? If you are really smart, you know that's ridiculous, because there are just too many variables for us humans in the Earth to account for everything.

So why are we blessed? We've had the privilege of hearing our Executive Launch Pastor Bruce Cadle teach us in service that the reason that God blesses us is so that, for His honor, we can be a blessing to others. Bruce talked about that we can sometimes walk around as if we had a bucket trying to fill it with God's blessings for ourselves.

God wants us to view our lives as walking around with a pipe that, instead of collecting and hoarding the blessing, acts as a conduit for God to pour His blessing through us to other people.

We always love the generous person, don't we? No one wants on their tombstone, "She/he was the stingiest person ever." The reason we love generous people is because God is a generous God and He's wired us to be drawn to His characteristics.

This week, when you are blessed, whether it be with talents or experiences or skills or money or extra time or whatever, consider doing this. Instead of running out to spend it on yourself, ask God "Now why did you give me this? Who am I supposed to 'bless' next?"

You might find yourself not giving away a blessing, but magnifying it for both you and someone else.

---

Jim is the Campus Pastor and Primary Communicator at Bay West Church, meeting at 100 Emerson Drive NW on Sundays at 11am. For more info on Bay West Church, check us out on Twitter, Facebook, Youtube or [www.baywestchurch.org](http://www.baywestchurch.org).



"Have you ever stopped to consider why you are blessed?"



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# Don't Call it St. Patty's Day

**St. Patrick's Day is a time for celebration.** Celebrants look forward to the festivities every March. In this time-starved society, brevity in writing and conversation has become par for the course. So in their hurried text messages, posts and tweets, people unknowingly may refer to St. Patrick's Day in a shortened, albeit incorrect, manner.

According to experts on Irish culture, the shortened "Paddy," and not "Patty," should be used when referring to St. Patrick's Day. Paddy is derived from the Irish name "Pádraig," which is the equivalent of the English "Patrick." "Patty" is actually a shortened form of Patricia, which happens to be a woman's name.

One individual has gone on his own personal crusade to correct people around the world as to the correct way to refer to St. Patrick's Day, should the name need to be shortened. Marcus Campbell has copyrighted the website

PaddyNotPatty.com to inform people why "Paddy" is the correct way to shorten the name. Campbell goes on to state that Paddy, Pat, Packie, Podge, Pád, and Pod are all perfectly acceptable substitutions for Patrick. Just steer clear of Patty.



It is important to point out that some people are offended by the name "Paddy," which has been used in the past as a derogatory name for persons of Irish descent. However, there are many who still stick to the facts that Paddy has long been used as a nickname or term of endearment for Pádraig or Patrick.

Whether one prefers to call it St. Patrick's Day or Paddy's Day, it's best to steer clear of using Patty in any reference to Ireland's patron saint.

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## Did You Know?

The planet is comprised of a remarkable set of organisms that, when working correctly,

**produce some awe-inspiring results.** However, the Earth is constantly under attack from a growing population and the mechanisms of man that can have very real environmental impacts. Education is the key to inciting real change. One in four mammals is at risk of extinction, while 78 percent of marine mammals are threatened by an early and preventable death due to getting caught in fishing nets intended for other species. Furthermore, at least 50 million acres of rainforest are lost every year, totaling an area the size of Great Britain, says the organization Solar Energy World. By making real changes, including recycling, cutting down on emissions and protecting wildlife habitats, individuals can help to preserve the world's resources for many years to come.

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# How to Promote **Healthy Kidneys**

**Kidney disease is a widespread issue** made all the more disconcerting by the fact that many people are unaware they have it. According to the National Kidney Foundation, 26 million American adults have kidney disease, and most don't know it. And the problem of kidney disease is not exclusive to the United States, as the Canadian Kidney Foundation notes that the number of Canadians being treated for kidney failure has tripled over the last quarter century.

Healthy kidneys are something many people take for granted. But those who want to do everything they can to keep their kidneys healthy can consider the following tips, courtesy of the Cleveland Clinic.

- **Stay hydrated, but avoid overhydration.** Many people are familiar with the benefits of drinking water each day, and adequate hydration definitely promotes healthy kidneys. But overhydrating has not been proven to enhance kidney function. The Cleveland

Clinic recommends adults drink between four and six glasses of water per day.

- **Exercise.** Regular exercise benefits various parts of the human body, including the kidneys. High blood pressure and diabetes are two of the biggest risk factors for kidney disease, and regular exercise can reduce a person's risk of both conditions. However, overexertion can strain the kidneys, so adults who exercise, especially novices who need to improve their conditioning, should avoid going too hard at the gym.

- **Speak with a physician before taking vitamin supplements or herbal remedies.** Vitamin supplements and herbal remedies have become very popular in the 21st century, but excessive supplementation can harm the kidneys. Discuss any supplements or herbals remedies with a physician before taking them.

- **Quit smoking.** Just as exercise benefits the body in myriad ways, smoking harms the body in myriad ways. Smoking



decreases the blood flow in the kidneys, decreasing their ability to function at optimal capacity. Smoking also increases a person's risk of high blood pressure and cancer of the kidneys.

- **Eat healthy.** A healthy diet decreases a person's risk for high blood pressure and diabetes. Adhering to a healthy diet and controlling portion sizes can help control weight and blood pressure and contribute to healthy kidneys as well.

- **Get screened.** Adults who have been diagnosed with high blood pressure or diabetes should make sure their physicians screen for kidney dysfunction during routine appointments.

Learn more at [www.kidney.org](http://www.kidney.org).

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like Joe Raley State Farm, they may think of managing unforeseen risks or a bad event like an automobile accident. This may be true in some occasions, but there are also many occasions where Joe Raley State Farm has helped people plan and invest in what can go right.



In June 2016, State Farm, one of the most iconic and recognizable brands in the U.S., expanded its Good Neighbor® brand platform to include "Here to help Life go right®". This concept is centered on the idea that as good neighbors, State Farm is here to help people plan for the lives they have envisioned.

"We have always been here for our customers to recover from the unexpected, but people don't realize the many ways we are here to help plan and invest for those things that can go right," stated Agent Joe Raley. No matter the stage of life, we can help. My team and I have helped individuals plan for retirement, couples after marriage plan, save and invest, students saving for college and customers saving money buying or refinancing autos or homes via State Farm Bank loans, "exclaimed State Farm Agent Joe Raley. "We can also offer several discounts to help, like combining the auto and home to save money, then putting that savings in areas our customers want to go right."

Let State Farm Agent Joe Raley help you make life go right! Contact Joe at 321-723-0333, email at Joe@JoeRaley.net, www.JoeRaley.com, or stop by his office at 5030 Minton Road NW, Palm Bay, Florida 32907.

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# How to Prevent Household Poisonings

People never want to think of their homes as dangerous places, but the average home has its share of hazards. According to the Centers for Disease Control and Prevention, more than 38,000 people in the United States lost their lives to unintentional poisonings in 2014, while Express Scripts® Canada reports that poisoning is the fourth-leading cause of injury deaths among Canadians of all ages.

While the statistics about poisoning deaths are alarming, the good news is that such deaths are preventable. The CDC, in conjunction with the American Association of Poison Control Centers, offers the following poison-prevention tips.

## Medications

- Take only prescriptions that are prescribed to you by a healthcare professional. Never take another person's medication, and do not take longer or more frequent doses than prescribed, especially with regard to pain medications.
- Read all warning labels on medication bottles and read the additional one or two pages of information that accompany your prescription.
- Turn on the light when taking medications so you know you are taking the appropriate dosage.

- Dispose of unused, unneeded or expired medications.

## Household chemicals

- Read all labels before using household products that contain chemicals, such as cleaners and disinfectants.
- Keep all products in their original containers so you have readily available access to the ingredients and directions whenever using the products. Such information can save lives should someone be poisoned or ingest a potentially deadly product.
- Never mix products that contain chemicals, as doing so can create toxic gases.
- Open windows and turn on ceiling fans or box fans when using household cleaners. Do not use such products in enclosed spaces.
- Wear protective eyewear and clothing when using chemicals and/or pesticides to safeguard your body from exposure.

## Storage

- Store all medications and household products in places that cannot be reached or accessed by children or pets.

- When taking medications or using household products, take children with you if you must answer the phone or when the doorbell is ringing. Even if the medicine or product will only be out of your sight for a moment, that brief moment is enough time for curious kids to be poisoned.

## Disposal

- Follow the guidelines on the packaging with regard to the disposal of chemical products.
- When disposing of medications, the U.S. Food and Drug Administration advises taking advantage of community-based drug "take-back" programs. If no such program exists, the FDA notes that almost all medicines can be discarded in the trash, but advises following the drug disposal guidelines available at [www.fda.gov](http://www.fda.gov).

Thousands die each year due to unintentional poisonings, but men and women can take various steps to prevent those deaths from occurring in their homes.



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# CHIROPRACTIC CAN OFFER RELIEF FROM STRESS-RELATED PAIN, HEALTH PROBLEMS

## SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

Millions of Americans are suffering from stress-related pain and headaches and as they find themselves struggling with tough economic times, according to a new Associated Press-AOL Health Poll.

In light of these alarming new survey results, patients may wish to consider the benefits of chiropractic care for the treatment and prevention of stress-related headaches and muscle pain, says the American Chiropractic Association (ACA).

"In today's economy, financial problems and pressures can certainly escalate stress, which in turn can contribute to common muscle pain and headaches. It's important not to ignore the symptoms associated with stress and anxiety," notes ACA President Glenn Manceaux, DC. "Taking care of your health during times of personal difficulty can not only help to alleviate related aches and pains, but it also can help you feel more positive about your situation.




"If your stress-related pain is not resolving on its own, visit your doctor of chiropractic. Working in partnership with your other health care providers, your doctor of chiropractic can offer a whole-person approach to health and wellness," Dr. Manceaux suggests.

Doctors of chiropractic provide drug-free, non-invasive treatment options for many types of pain and inflammation. For example, chronic back pain, neck pain, joint pain and headaches can often be reduced with the appropriate combination of chiropractic manipulation, rehabilitative exercises and lifestyle counseling – all of which are offered by doctors of chiropractic in a patient's personalized treatment plan.

"Consumers also need to know that chiropractic treatment is a covered benefit in virtually all traditional insurance policies," adds Dr. Manceaux. "As many as 87 percent of all insured American workers have coverage for chiropractic services in their existing health care plans."

A significant amount of evidence has shown that the use of chiropractic care for certain conditions can be more effective than traditional medical care, with many patients feeling improvement shortly after their first chiropractic visit.

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# It's Allergy Season: Aids and Solutions to Allergy Woes

by Dr. Sal Giorgianni, Pharmacist and Owner, Dragonfly Botanica Apothecary and Teas

## It seems as if there is always something blooming in Florida.

But at this time of the year those who suffer from plant allergies have a particularly difficult time with seasonal allergy symptoms. Here are some tips about natural products and medications that will help you get through the season a bit more comfortably.

### Teas\*

Yes, teas not only are a refreshing beverage but they can help your body cope with the reaction to pollen from trees, flowers and grasses. Green teas and rooibos teas are full of antioxidants. These are utility players in the body and help our systems clear out toxins produced as a part of overall metabolism and the type of hyper-sensitivity reactions that are part of the response to allergens in the environment. Two or three cups of a good quality white or green tea or a caffeine free rooibos tea will generally provide a boost to your body's ability to cope with exposure to allergens.



Chrysanthemum Floral tea may be just the perfect solution to help break up some of the mucous sinus congestion that all too often accompanies allergy flairs. Chrysanthemum has long been used in Chinese herbal medicine for its ability to help detoxify the body but also is a naturally and sustainable product that helps the body incorporate water into mucous plugs, liquefy them and make it easier to get them out. Four or five chrysanthemum flowers steeped in very hot water for five

or six minutes twice a day works great. Also, since honey is a natural product of flowers sweetening chrysanthemum tea with honey is a perfect flavor balance and the natural soothing effect of honey on sore throats is a good thing.

### Essential Oils\*

Essential oils have been used for centuries to help the body do its work better and to support healthy lifestyles. Oils such as frankincense, lavender, hinloki and ravensara help your body mobilize and awaken the type of white blood cells that cleans our systems of foreign invaders such as pollen and other substances that trigger allergies. These oils are blended together in a balanced way and are applied on the bottoms of the feet. The essential oil blends we carry at Dragonfly Botanica come in a compact easy to carry and easy to use roll-on bottle that minimizes spillage and waste.

Other oils, particularly eucalyptus and lemon-eucalyptus are tried-and-true aids to open clogged sinus passages. Our single-essence natural eucalyptus oil and our balanced blend of eucalyptus and lemon-eucalyptus can be applied into the palm of your cupped hands and inhaled whenever you feel congested. They can also be applied at night to cheeks, upper lip or temples to help you get relief. All of our natural oils are sold in the proper concentration and diluted with grapeseed oil which goes on the skin easily and adsorbs into the skin quickly and without leaving a sticky residue.

### Over The Counter Medications

There are dozens of OTC medications to choose from to help you cope during the season. These medicines are generally safe and effective when used following the package directions.

The majority of these self-care products are divided up into five major categories: antihistamines, decongestants, mucus-liquefiers, corticosteroids and analgesics. Space limitations do not permit a full discussion of each so if you want more details talk with your local pharmacist.

*\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease.*

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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

“God enables a Christ follower to battle spiritual warfare...”



*“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,**  
One of my friends invited me to her youth group, at her church, and they were talking about Isis and how they’re killing Christians and several other things that have been happening around the world. One of them said we need to “put on the full armor of God.” Will you please explain to me what she was talking about? I know I should have asked them; but I was embarrassed, because it seemed like everyone else knew and I didn’t want to look stupid.

–Carrie of Palm Bay

**Dear Val,**  
In the beginning of each year, our pastor encourages the church to fast and pray for specific needs, such as: our country, missions, church leadership, the unsaved, etc. I’m fine in the beginning, but after a couple of days, I notice my clothes fitting a little looser and then all I can think about is losing weight. I need to shed about eighty pounds and it’s been quite a struggle for me. I know without the right motives, my fasting is a waste of time. It’s very frustrating and I wonder if I should just skip it. Do you have any suggestions?

–Jody of Palm Bay

Dear Carrie,  
Don’t be afraid to ask questions; the others, in the youth group, had to learn just as you are doing. God enables a Christ follower to battle spiritual warfare through putting on the “full armor of God”. The Apostle Paul explains this in Ephesians 6:10-17 (NIV):

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that **when (not if)** the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints (other believers).

Dear Jody,  
For the time being, why not give up some things you really love. Here are a few examples: chocolate, television, social media (Facebook, Twitter, etc...), cappuccino, snacks, etc... God knows your heart and motives and He will bless you as you honor Him. Ask the Lord to help you with your weight-loss struggle and next year, you may join your church’s corporate fast with the right mind-set.

Recommended reading: *Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God.* Written by Jentezen Franklin, this book offers in depth instruction for successful fasting and explains the three types of fasting found in scripture.

(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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## SO QUICK! SPOTLIGHT ON COOKING

by Cecelia Danas



**I just love this dessert** because you can do it so quickly. It is so good and everyone I have served it to LOVED IT! I hope you get the same reaction. Remember — Be Creative!

If you have any questions or would like to contact me, email me at [lifecoaching7746@aol.com](mailto:lifecoaching7746@aol.com).

### Apple Pie Squares

1 Sheet Puff pastry thawed (This is a good item to keep on hand)	2 Tbls sugar divided
1 Tbl purpose flour	1/2 tsp ground cinnamon
3 apples (about a lb.)	2 Tbls low sugar apricot jam

Place oven rack in the lower third of the oven and pre heat at 400 degrees.	Remove the pastry from refrigerator and sprinkle with 1 tablespoon of sugar. Now arrange the apples in a row on pastry (slightly overlapping). Make sure you leave 1/2 inch pastry boarder around the edges. Combine in a small bowl cinnamon and remaining	sugar and sprinkle over apples.
Roll out pastry to make a 10x14 rectangle then carefully transfer to baking sheet. Place in refrigerate. Core, peel and slice apples in 1/8 thick slices. When they are all sliced in a bowl toss with lemon juice to cover all		Bake for 25 to 30 minutes till it looks golden brown.
		In a small microwave bowl stir the jam with 1 teaspoon water and on high for 15 seconds. Brush over apples and crust. Cut into 12 squares and serve.



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# APPS FOR MANAGING A CHILD'S SMARTPHONE

## SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

**Parenting in the digital age has become very complex** because of the ubiquity of the smartphone.

You don't have to look very far these days to see a 2-year old adeptly navigating a smartphone or a tablet that many parents have turned to as 'digital pacifiers'. This has led to 'digital natives' that are far more comfortable and aware of today's technology than their parents as they grow. As such, many parents then seek a 'magic app' to solve a problem that has been developing over a long period of time.

### Parents Just Don't Understand

The lack of time spent trying to keep up with the changes in technology puts many parents behind the eight ball when it comes to trying to manage something they themselves don't understand.



Unfortunately, the "I don't have time" excuse is not something any parent can afford to use if they want any chance of successfully navigating this unique parenting challenge. Building a relationship with your children such that they want to share what they're learning about technology is a good way of keeping the communication channels open and keeping up with the constant changes.

### Setting Guidelines

If you're going to give a child a smartphone, you have to take the time to set up the built-in parental controls, discuss the guidelines for usage, and decide what level of privacy you're going to allow. If you have clearly discussed what is permissible and what isn't, installing monitoring or management apps will help you to maintain those rules.

An acquaintance even created a contract with his children before providing them with their smartphones, then used apps

to manage the phones based on the contract. (I've posted a generic version of it on our Facebook page.) [facebook.com/datadoctors](https://www.facebook.com/datadoctors)

I caution parents that think that they want to monitor their child's every keystroke, especially if the child is older. Not only can this cause issues with your relationship, you'll likely drive them to use their friend's devices to avoid your oversight. Building filters into an older child instead of into their technology is the key to success, because you'll never be able to control every device that they come in contact with.

### Why Android May Be a Better Choice

There are a large number of platforms and apps that allow parents to monitor and manage their child's smartphone, but your choices and capabilities will be greater with an Android handset. Apple's closed iOS platform doesn't allow as much flexibility to app developers as the more open Android platform does.

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# New Advances in Eye Surgery

Treatment for pterygia, glaucoma and cataracts offers new hope for ophthalmology patients.



James N. McManus, MD  
Gary J. Ganiban, MD  
Michael N. Mandese, OD, FFAO  
Hetal D. Vaishnav, MD  
Jason K. Darlington, MD  
Eric R. Straut, OD

**A** pterygium, also known as *surfers' eye*, is a growth that invades the cornea, causing significant foreign body sensation that frequently interferes with vision. Pterygia are a frustrating condition for people who suffer from them.

"People ages twenty to fifty, who spend a good deal of time in the sun, who do not wear sunglasses or brimmed hats on a regular basis, who have light complexions and light colored eyes, tend to develop pterygia more frequently than others," according to ophthalmologist and fellowship-trained cornea and glaucoma specialist, Jason K. Darlington, MD.

In the past, pterygia were surgically removed from the cornea, and the affected area was surgically closed with sutures often times with donor corneal graft tissue placed over the surgical site.

"With a traditional surgical approach, the pterygium would recur approximately seventy percent of the time," explains Dr. Darlington.

"My approach involves utilizing the latest techniques in cornea surgery, whereby I use autologous stem cell transfer – using actual stem cells gathered from my patient's eye – to help the cornea heal safely and quickly following removal of the pterygium," reports Dr. Darlington, who completed his fellowship under Dr. Thomas Samuelson and Dr. Richard Lindstrom at the prestigious Phillips Eye Institute in Minneapolis, Minnesota.



"One of the most noteworthy benefits of this approach to pterygium management is that the associated rate of recurrence declines markedly to only approximately four percent," explains Dr. Darlington, chief of the cornea service at The Eye Institute for Medicine & Surgery.

"Irritating, uncomfortable and unsightly are adjectives that are commonly used by patients to describe their perception of having a pterygium," he states. "It is my great pleasure to help relieve the discomfort people associate with having a pterygium. The fact that the vast majority of patients

who undergo this procedure under my care do not have their pterygia regrow is a wonderful benefit both to the patient and to the health care system."

## Help for glaucoma

A dramatic shift is starting to transform the practice of glaucoma surgery. While traditional surgical procedures, such as trabeculectomy, are demonstrating steady, evolutionary improvements, two new types of glaucoma surgery are moving interventional care from a last resort to front-line therapy.

The first procedure, known as the TRAB360, involves the use of a trabeculotome, a non-powered instrument intended for the manual cutting of up to 360 degrees of internal tissue known as the trabecular meshwork, in a procedure called a trabeculotomy.

The second procedure, known as the VISCO360, involves the use of the VISCO360 ViscoSurgical System to facilitate the delivery of small, controlled volumes of viscoelastic fluid through a custom access cannula.

---

**"For many people, receiving these lens implants creates a quality of vision that they may not have experienced in thirty or forty years," Dr. McManus adds. "For such people, it is like turning back the hands of time."**

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## New Advances in Eye Surgery: Continued

la as part of the procedure. With the removal of the trabecular meshwork, a significant lowering of eye pressure is frequently achieved, according to Dr. Darlington.

"The instrument and procedure have been used both as a standalone and combined with cataract surgery. It can be performed in eyes that have had cataract surgery and those that have not," explains Dr. Darlington. "My colleague, Dr. James McManus and I seek to help ensure that every one of our glaucoma patients maintains his or her vision. We keep abreast of and participate in the latest clinical and surgical research in ophthalmology to ensure that residents of the Space Coast have access to leading-edge technology and treatments for multiple eye conditions, including the many forms of glaucoma. The bottom line is we do not want glaucoma to cost anyone their precious eyesight or independence."

### Leading-edge cataract surgery

*"Dr. McManus, when is it time for me to have cataract surgery?"* "This is a question that patients ask me and my colleague, Dr. Jason Darlington, every day," says cataract specialist James N. McManus, MD, of The Eye Institute for Medicine & Surgery. "The answer is, When your vision no longer allows you to participate in your daily activities with good eyesight and spectacle correction cannot provide adequate improvement, it is usually time to consider cataract surgery."

Cataract surgery has advanced tremendously during the last decade, according to Dr. McManus. Incisions are smaller, vision is restored much more rapidly and there are a great number of lens implant options to help people optimize their vision following surgery, states Dr. McManus, who was one of the founders of The Eye Institute.

Years ago, cataract surgery was about removing a dense cataract and optimizing a patient's eyeglass prescription following surgery to maximize vision. Cataract sur-

gery in 2017 is quite different, explains Dr. McManus.

"In 2017, patients are much more educated as to their options and the possibilities of what can be accomplished in terms of enhancing their quality of life. People are aware that some people are candidates for having high-technology lens implants placed during cataract surgery that can reduce, and in some cases eliminate, astigmatism, provide vision at distance, near and intermediate ranges without the need for spectacle correction, and/or have accommodative lenses placed that enhance intermediate vision, and in certain cases do so while correcting astigmatism," reports Dr. McManus.

"Patients approach the process with a sense of purpose and excitement, eager to learn if they are good candidates for these high-technology lenses," he adds. "For many people, receiving these lens implants creates a quality of vision that they may not have experienced in thirty or forty years. For such people, it is like turning back the hands of time."

"Some patients see a tremendous benefit to eliminating or minimizing dependence on spectacles or contact lenses for sports, driving, reading, computer use, vocational activities or casual and family time," continues Dr. McManus. "Other physicians in the community are coming to us seeking these procedures for themselves."

"Some of our patients feel burdened by the expense and need to place glaucoma medications in their eyes every day. In many cases, the need for glaucoma medications can be reduced or eliminated by placing an iStent at the time of cataract surgery," according to Dr. Darlington. "Many of our patients look forward to their cataract surgery, not only as a once-in-a-lifetime opportunity to enhance their vision, but also as a way to relieve some of the ongoing burden of managing their glaucoma."

"It is the mission of The Eye Institute to remain at the forefront in technology and

medical and surgical eye care, to ensure that our patients have access to the latest advances and treatments as soon as possible," reports Eye Institute CEO, Jerry Orloff. "We are blessed with a medical staff who share a united vision of what constitutes outstanding patient care built upon kindness, compassion and evidence-based medicine. Not a day goes by where we are not sharing thoughts about how to enhance the outcomes and lives of our patients."

"It is quite inspiring to work with a group of visionaries and to have a staff who sincerely care about the well-being of all whom we serve."



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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**



# Saliva pH Test —A CRITICAL KEY TO PREVENTING DISEASE

by Dr. Kevin Kilday, PhD, D.Psc / Holistic Health Center, Specialties : Natural Therapies for Cancer

## Acid Alkaline Imbalance

Have you ever wondered if many of the diseases raging through our society have a common cause? Many doctors, herbalists and nutritionists believe that the explanation may come down to these simple words: pH Imbalance. Scientists have discovered that the body fluids of healthy people are alkaline (high pH) whereas the body fluids of sick people are acidic (low pH). A pH balanced diet and supplements, according to many experts, are vital keys to health maintenance.

## Understanding pH

A pH balanced environment allows normal body function necessary for the body to resist disease. A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids must be neutralized our

alkaline reserves are depleted leaving the body in a weakened condition.

## How to Test

Using pH test strips it is recommended that you test your pH levels to determine if your body's pH needs immediate attention. You can determine your pH factor quickly and easily in the privacy of your own home. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range. The best time to test your pH is about one hour before a meal and two hours after a meal. Test your pH everyday for a week in order to get a good average.



## Disease Prevention

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## Solutions

For test strips call Holistic Health Center, 321-549-0711. If you have pH imbalances, Cancer or Chronic Disease call Holistic Dr. Kevin Kilday, PhD for an appointment at 4 Brevard locations.



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## What Buyers Should Know About Real Estate Appraisals

**What is an appraisal?** Put generally, a home appraisal is a very educated guess as to how much a property is worth.

### Who is qualified to do an appraisal?

All states require real estate appraisers to be state licensed or certified in order to provide appraisals to federally regulated lenders. Licensing or certification at the state level requires that specific education and work experience standards be met.

### Why is a home appraisal so important?

Lenders require appraisals to be done on a property to determine the value before they decide to lend money to a buyer. No credible financial institution will lend a buyer money to purchase a home without an appraisal.

### What factors go into deciding an appraisal price?

There are many factors that appraisers have to consider when determining the valuation of a home. All key characteristics of a property are considered, including square footage, number of bedrooms and bathrooms, condition of the home, and - arguably the most important factor - recently sold comparables that are close in proximity to the property in question. Most Realtors agree that it's the property values in the area that are the main factor in determining a home's value.

Appraisal comparables customarily go back six months and come from the immediate neighborhoods surrounding the subject property.

### How does a home appraisal affect a buyer's loan approval?

If the home's value is supported, typically the house is appraised at or above the sales price and the loan goes through. However, occasionally the appraisal comes in less than the asking price. The next steps taken will depend upon the lender's guidelines, the loan amount applied for, renegotiations between buyer and seller

and anything else that may come up.

### Who pays for the home appraisal?

An appraisal is customarily paid for by a buyer, as it is part of obtaining a mortgage. Lenders usually require this payment POC (paid outside of closing.) This is a requirement by most appraisal companies, in order to avoid not being compensated for services should the property not close for any reason.

### How long does the appraisal process take?

It used to take a few days. However, in recent years, federal guidelines have changed the appraisal process. Time frames currently range between a week to two weeks, potentially more if there are extenuating circumstances. Underwriters now have the right to request more information about a house than they typically have in the past, and gathering the necessary data requires more time and effort on the part of the seller and the Realtor.

### How do home appraisals differ from home inspections?

Many first-time home buyers often get these two confused, but they aren't the same

thing. Both an appraiser and inspector will walk around the house and take a good look at it (typically the home inspection is done on a property first), but they're each at the house for different reasons. The appraiser is strictly looking at the value of the home; the inspector is looking for any issues with the home that may cause you financial hardship down the road.

### And, finally, why are home appraisals important?

The appraisal on a property will determine if the contract is acceptable to both the buyer and the seller, and their respective representation. The real estate contract should address the possibility that an appraisal could come in below the purchase price. If it does, the contract should have language in it that allows a buyer to terminate the contract or renegotiate the sales price.

A good Realtor will work with an appraiser to make sure that both buyer and seller are represented equally in a transaction. There is a fine balance that has to be maintained in order to prevent the sway of a contract to benefit one party over the other.



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## Unlocking the Power of You: Creating Your Success

by Dr. Ted Seymour

**It is that time of year when we focus on love.** In February, the biggest day is Valentine's Day. It is all about the heart. In many ways success is also about the heart. But it is not about the heart of another. It is about your heart -- your passion.

What if you took time in February to think about your heart (of course, after you take care of your sweetheart!). What if you took the time to really think about following your passion, achieving the goals you want to achieve, the goals you are passionate about. You see, there is a predictable pattern, so many of us go through. It is something like this:

1. In December, we reflect and look at the things we wanted to accomplish last year (and many

times didn't).

2. In January, we get pumped and set "new" goals for the coming year.

3. By March or April, studies show that more 80% of us have either given up or are way behind in achieving our goals. Life just gets in our way.

It's predictable, ask any gym owner. We end up forgetting about following our passion until next December; life just gets in the way! But why wait to care of your heart? Why wait to tee it up and try again later? Who says we can only set goals in January?

They say the best time to plant a tree was 30 years ago, the next best time is today. Start right



now! If you have goals already set, but feel them 'slipping away', let's refocus. Wouldn't you like to get out of the predictable pattern, and create a different reality?

Take care of your heart, your passion. Unlock the Power of You!

Please join me for two important upcoming seminars listed below. For more information, follow me on: twitter @tedseymour, website [www.tedseymour.org](http://www.tedseymour.org), Facebook – facebook.com/transformleadershipcoaching or please always feel free to contact me at [tseymour06@gmail.com](mailto:tseymour06@gmail.com) or 321.246.7518.



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# Brevard County is Making a Difference in Various Continents in the World



**Win Our Nations, Inc. is a Christian based mission organization established in the UK in 1985 and has been based in Cocoa, Florida since 1998** and for almost two decades has had the joy and privilege of reaching out to the nations of the world, which include taking various teams to Haiti, Venezuela, Guatemala, Nicaragua, India, Cameroon, South Africa, Indonesia, and Greece. In 2016 after many years in India through the benevolence ministry to the poor through medical camps, food relief programs in rural and tribal areas, WON was deeply honored to be recognized by the Government of India to receive the prestigious 'Jewel of India' award last year.

International Directors Dr. Malcolm and Phyllis Blowes have been full time missionaries since 1992 when they left their native home in England to live in East Czechoslovakia for 5½ years, which eventually became the Republic of Slovakia. They are celebrating 25 years in full time ministry this year. They have a residential Bible College and vocational school in India. The two countries and cultures are quite different, but with the same goals operate teaching unity in the love of Christ.



Directors Phyllis Blowes and Dr. Malcolm Blowes

WON has two expanding orphanages in India and Cameroon. Over the years' land has been purchased and buildings constructed in both countries. Children have been rescued from tragic situations and brought into a loving and kind

home to thrive in a holistic environment. All the children are educated, clothed, medically provided for and above all...loved!

In Africa, often a child is rescued from a remote area where the villagers eke out a meager living and one more mouth to feed is simply not possible, many are orphaned because the parents have died of the AIDS virus and the close

relatives are simply unable to take in another family member. Almost every child that arrives at the orphanages are under nourished, fearful and illiterate. Children are amazingly resilient and it's a tremendous joy for our national staff that love and take care of the children to watch them blossom and flourish. The children grow up valuing education and become diligent students with aspirations of careers in various fields.

WON India's orphanage is situated in the south east on over 4 acres of land where the children have plenty of space for sports and play. Some of the older children are now attending college which is an amazing achievement since when they arrived at the orphanage they were totally illiterate and now excel in their studies. In 2016 Win Our Nations India opened an Elementary School which has 120 students in attendance with plans to expand in the future. On their land citrus trees and other crops are grown. A buffalo herd provides all the milk and there a plan to raise goats in the future for generating funds. Over a fifteen-year period many rural churches have been planted.

In Cameroon, Africa, WON orphanage is situated in the north west of Cameroon on six acres of land. Construction was completed last year on the newly purchased land and the children are housed in cottage style units. Other buildings are still being constructed. The children's ages ranges from 18 months to 16 years. The older children help raise crops and small livestock. WON Cameroon also has started some local businesses that help generate funds and provide local employment. They have some children with physical disabilities including one young girl who has cerebral palsy, she was rescued from another orphanage where she had been physically abused to the point of being hospitalized with a broken arm! As also in India all the school age children are educated and are excelling in their studies. Win Our Nations Cameroon orphanage has a phenomenal choir and last year they were asked to perform in the capital city of Yaoundé at the American Embassy. **For more information go to [www.winournations.com](http://www.winournations.com)**

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## Get the Facts on Life Insurance

Few people want to face their own mortality when they are in the prime of their lives. However, thinking ahead and making advanced plans can save family members considerable heartache.

Life insurance policies can help men and women make things easier for their spouses, children or siblings. Life insurance provides financial security in the event of a person's death. Such insurance is a key element of estate planning and something all adults must consider.



It's smart to purchase life insurance at a relatively young age because the cost can be lower. Some people put off the process because it can be overwhelming. But Forbes magazine advises that once a person does a little research and learns the terminology associated with life insurance, choosing a policy is not so difficult.

- **Determine the amount of insurance you will need.** Make a list of expected expenses after you pass away. These may include any residual mortgage payments, school tuitions, automotive payments, or funeral expenses. In addition, approximate how much your family will need to live comfortably in your absence. Online calculators can help determine life insurance coverage needs. The New York Life Insurance Company says a quick way to figure out how much coverage you may need is to take your annual salary and multiply it by eight.
- **Decide on the type of policy.** Life insurance policies come in two broad categories: term and whole life. Term life insurance may be less expensive upfront, as it only provides coverage for a set number of years. It will only pay out if the policy holder dies during this "term." Whole life insurance, also called "cash value," usually costs more, but accumulates a cash value that can be borrowed against, and it pays out whenever a person passes away.
- **Choose among reputable companies.** You want to ensure the life insurance company you pick will be around for years and has a strong reputation, so give ample consideration to each company you explore before making a final decision.
- **Know the waiting period.** Many policies establish a period of time on policies wherein there is very little cash-out value and the company will not pay out the full death benefit. This may be a year or two after opening the policy. Discuss this information with the insurance agent.

Life insurance can be a smart financial choice, helping men and women rest easy that their families will want for nothing in the wake of their deaths.

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### Anyone who says God doesn't have a sense of humor

*in has obviously never been married or raised children. God, in His infinite wisdom, has a way of bringing people with opposite personalities together in order to accomplish His purpose for their lives. It's a proven fact that men and women think differently. Men tend to be more analytical and women tend to operate more on feelings and emotions.*

*When one man and one woman take a marriage vow, it is the beginning of an amazing journey of doing life together. The commitment involves shared responsibilities and decision making. We have all been raised differently and have different life experiences, both good and bad and we bring all of these things into the marriage. We also bring something into the marriage called expectations. Living up to expectations is something that is a difficult task for either spouse.*

*Unfortunately, people don't come into this world equipped with an instruction manual. Fortunately, God has revealed His expectations for every Christ follower, including*



*expectations of marriage. The Bible is God's instruction manual for marriage and for life.*

*Marriage is a wonderful experience. It is an awesome thing to have a lifelong companion to share in both times of joy and during hardships. The key to a successful marriage is commitment. A commitment is a conscious decision to dedicate yourself to your spouse, no matter what the circumstance. The marriage vow is for better or worse, not for better or until I think I can find someone better. The other key is communication. We must realize our spouse isn't a mind reader, so it's important to communicate our wants and needs. If we follow this up with a good dose of love, joy, peace, long suffering, kindness gentleness and self-control – we can't go wrong. However, God knows that since we aren't perfect beings, we will at times drop the ball and disappoint each other. That's why we need to exercise forgiveness. It's best to forgive quickly and move forward. As a refresher, read 1 Corinthians 13!*

*It's also important for couples to make time for a regular date night so they can focus on each other. This week, I encourage you to make a date with your spouse and take the time to enjoy each other as the precious gift God intended.*



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# Why Our Customers Keep Coming Back

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

**You may have seen Bill Norris, our customer of the month before.** After all, he's President, and CEO of Florida Business Bank, very active in his church, and was our customer of the month a few years back.

Bill is a very active man, with running the best little local bank in the known universe, working on mission work for his church, and serving on several local committees. His work means he has to be able to hear, and communicate well, in all sorts of environments, from the quiet space in his bank, and office, to noisy meetings, and construction sites, as he goes about his business.



Bill needs his hearing aids, and can't be without them, lest he misunderstand an important point at a meeting, or with one of his clients during a negotiation. He also knows a good deal, and appreciates great service. When the hearing aids we fit him with a few years back began to show signs of wear, and became intermittent, he couldn't afford to fiddle around. He needed them serviced, or replaced in a timely manner, and he knew just what to do. He came back in to see us.

You see, when you're customer centered, and results oriented, it means you are ready, and equipped to take care of your customer's needs on the spot. It is why Bill came back. Like most of our customers over the years, Bill had become reliant upon our responsive service that guaranteed he wouldn't be without the hearing help he needs to get the job done.

Being a banker, and a really sharp guy,

he was too smart to fall for those low ball, bait and switch ads you see all the time in the newspapers. Bill came back

to us. We're blessed by that, and work very hard to put our customer's needs above ours.

At Mission Hearing we see our job as always finding the right gear for every hearing care lifestyle, and budget, without baiting folks in with deals that not only seem too good to be true, but are.

Bill came back to us because he knows the value of being customer centered, and results oriented. He simply can't be fooled by those ads that promise huge savings, but then have a tiny disclaimer used to switch you to what they are really trying to sell you.

It is this honest approach to hearing care that has allowed us to remain in the same location in historic Downtown Melbourne for over twenty-five years. We don't offer bait and switch specials, just honest, no nonsense, customer centered hearing care, at an honest, no

nonsense price.

Within thirty minutes of coming in we had Bill upgraded to a brand new set of Siemens/Rexton hearing instruments. He'd had such great results, and service with the last pair we'd fit him with that he hesitated just a moment when I offered him a generous trade in allowance for his old gear. In no time at all he was out the door, and about his busy schedule in one trip, and back to running his bank, and business, as he puts it, "at the Speed of Business."

So, if you, or a loved one needs hearing help, for the first time, or like Bill, an upgrade on some aging gear, don't put it off. We have hearing help for every lifestyle, and budget. From quality used, and reconditioned gear, to the latest, like the great Siemens/Rexton gear Bill wears, and we'll give you top trade allowance for your old gear.

It is exactly what we mean when we say at Mission Hearing we provide "Customer Centered, Results Oriented Hearing Care.™"

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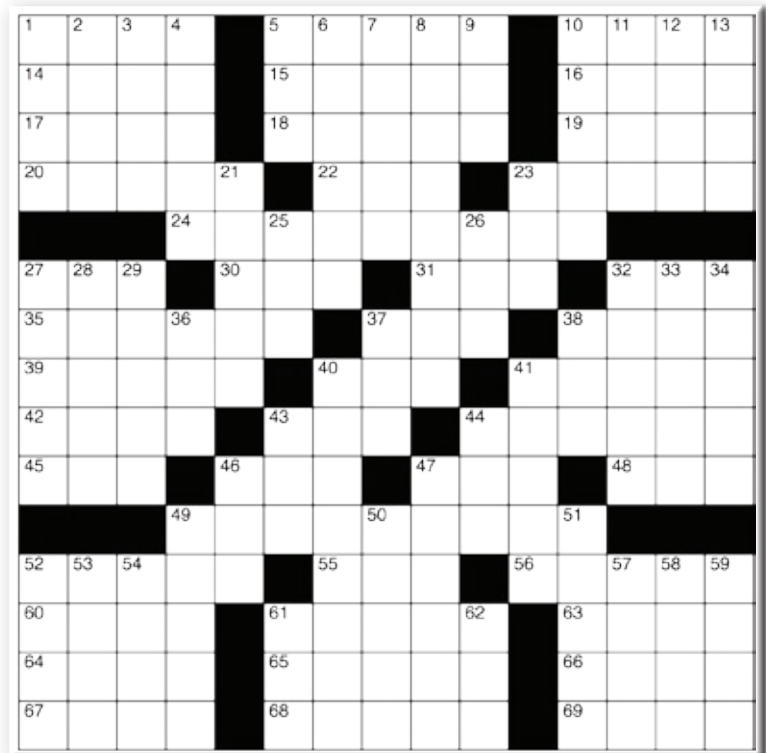


# Spotlight Crossword Puzzle

## clues ACROSS

1. "ER" actress Leslie
5. Hebrew name for Babylon
10. Newts
14. Leaf angle
15. Dravidian language
16. Ridge on nematodes
17. Monetary unit
18. Determined the tare
19. Unfreeze
20. Merits
22. World's oldest broadcasting organization
23. Vacation spot
24. December 25
27. Ottoman military command
30. Resin-like substance secreted by insects
31. A.C. Comics female supervillain
32. Insect linked to honey
35. Opinion
37. In the middle of
38. Basketballer Yao
39. Remove lid
40. Pressure wound therapy

41. Fabric
42. Witnessed
43. Defunct European economic organization
44. "Hotel California" rockers
45. When you expect to arrive
46. "Sleepless in Seattle" actress Ryan
47. Danish airline
48. Insecticide
49. Scientific instrument
52. Type of seal
55. Israeli city \_\_\_ Aviv
56. Cavalry sword
60. Ottoman title
61. Gurus
63. Cold wind
64. Predatory reptile (abbr.)
65. New Jersey is one
66. Divulge a secret
67. Finely chopped mixture
68. Actress Zellweger
69. Romanian city



answers on page 44

## clues DOWN

- "Dark Knight" actor
2. S. African plants
3. Castle in County Offaly, Ireland
4. White (French)
5. Morsel
6. Semitic language
7. Areas outside cities
8. Crackling
9. Cub
10. Landmark house in Los Angeles
11. Red Hot Chili Peppers bassist
12. Mineral
13. Late night host Myers
21. Pull along
23. Not good
25. British Air Aces
26. Upset
27. Maltreatment
28. Nocturnal, cat-like animal
29. Hollyhocks
32. Shelter
33. Finished

34. Discharge
36. "X-Men" actor McKellen
37. Beloved dish \_\_\_ and cheese
38. Holds coffee
40. Languish
41. Quenches
43. Electric fish
44. Consume
46. Type of school
47. Erase
49. Educate
50. "Transformers" actress Fox
51. Spiritual leader
52. Every one
53. Site of the Taj Mahal
54. Welsh village
57. Weapon
58. Geological times
59. S. Asian crops
61. Soviet Socialist Republic
62. Witness

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### HEALTH FIRST OFFERS CAREGIVING FOR SENIORS ANNUAL CONFERENCE

**Providing care and support for aging loved ones can be a difficult but worthwhile journey.** Health First is here to help, offering its 13th Annual Caregiving for Seniors Conference scheduled for 8 a.m. to 3:15 p.m. Saturday, March 18, at the Hilton Melbourne Rialto Place.



Keynote speaker Elaine Sanchez hopes to empower caregivers to relax, enjoy, learn and connect through her theme, "Finding Hope, Humor and Heart in Caregiving." Sanchez will focus on how "there's nothing funny about caregiving, but it's entirely too difficult to take it seriously all of the time." She is the

author of "Letters from Madelyn: Chronicles of a Caregiver" and is the co-founder of CaregiverHelp.com, an online support program for both family and professional caregivers. She is also a regular contributor to numerous magazines and online publications, including The Huffington Post, and has created a number of online courses for nurses, long-term care administrators and mental health professionals.

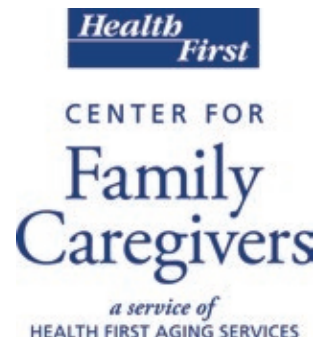
Sharing stories from her unflinchingly honest and surprisingly

funny book, Sanchez aims to help caregivers realize they are not alone – and that having negative feelings doesn't make them bad people. She will also hold a breakout session to help caregivers understand and cope with their anger and guilt – two emotions frequently experienced by family members and professionals. Sanchez will address some of the reasons behind caregivers' frustrations, including the "3 Fs of Flipping Out," which are fatigue, fear and frustration. An "Attitude of Creative Indifference," a three-step process, will be taught, offering tips on how to cope with people, situations and events that are most upsetting. Sanchez hopes to assist participants in discovering how to identify guilt-trippers in their lives, as well as how to stop feeling remorseful when you have not intentionally inflicted emotional or physical pain upon others.

Also scheduled to speak at the conference is Dr. Visa Srinivasan, Medical Director of Health First Aging Services. "Dr. Visa" plans to address the "Head, Heart and Soul of Caregiving: Discovering your inner strengths during the caregiving journey." Local community agencies and professionals will have booths set up at a special resource fair, offering participants an opportunity to gather information and make connections with other aging-related resources.

The Health First Caregiving for Seniors Annual Conference includes a complimentary lunch and opportunities to win door prizes. Space is limited, and reservations must be made in advance by calling 321.434.4335. If you need care for your loved one in order to attend the conference, please call SarahCare at 321.676.3460 after registering. The adult day care center is offering respite for your loved one during this event for a nominal fee. Visit SarahCare.com/Melbourne to learn more.

The Health First Center for Family Caregivers is a service of the Health First Aging Services. Health First Aging Services is dedicated to improving the health and well-being of older adults living on the Space Coast in Brevard County Florida by increasing the availability of high quality geriatric care services across the care continuum. Our senior care and geriatric services have been helping seniors for over a decade.



### PUZZLE [PG42] SOLUTION How well did you do?

B	I	B	B		B	A	B	E	L		E	F	T	S
A	X	I	L		I	R	U	L	A		A	L	A	E
L	I	R	A		T	A	R	E	D		M	E	L	T
E	A	R	N	S		B	B	C		B	E	A	C	H
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C	R	O	C		S	T	A	T	E		B	L	A	B
H	A	S	H		R	E	N	E	E		I	A	S	I

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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  
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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**

Advertiser	Page #
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

Please Print. Entry form must be filled out completely & mailed.

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

# CINEMAWORLD



## MOVIE NEWS!

### Beauty & The Beast



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**Director:** Bill Condon

**Cast:** Emma Watson, Dan Stevens  
Luke Evans, Emma Thompson  
Kevin Kline

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## Cartoon Corner

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Nuvella TWIN Upholstered Headboards



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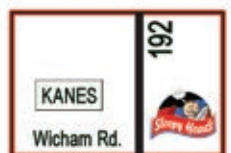
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