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spotlight

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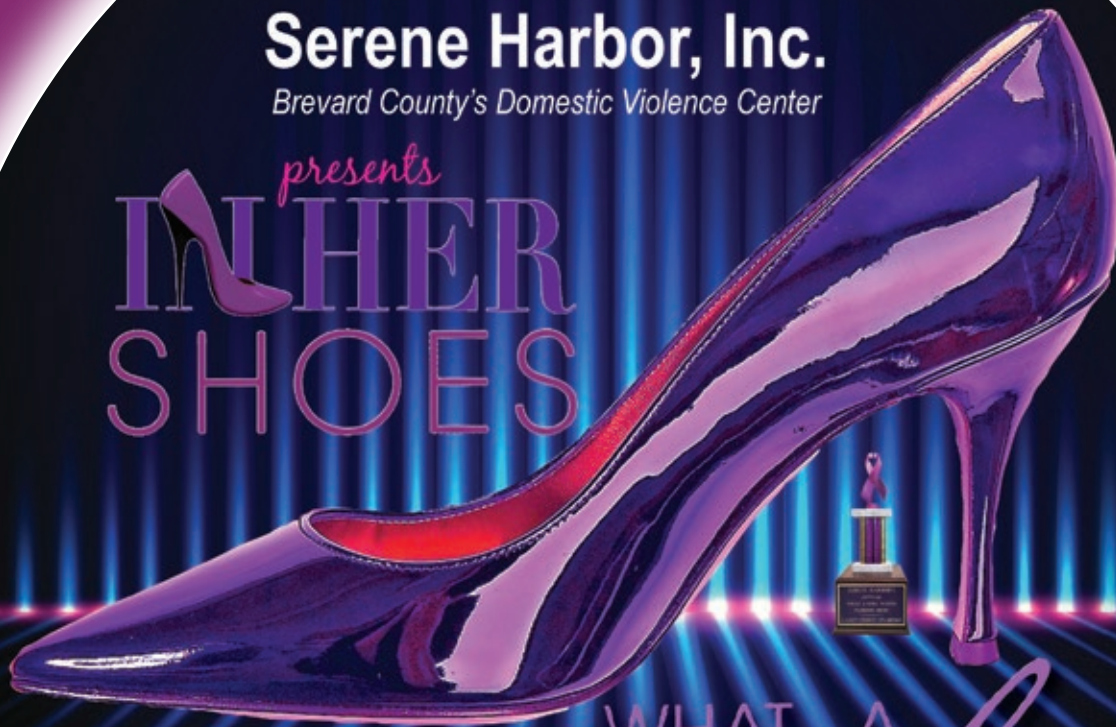
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pg3» Spotlight BUSINESS OF THE MONTH IS



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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Happy April everyone! And Happy Easter as well! This month brings with it the first full month of Spring, and thoughts of warmer days, beautiful flowers, chicks, bunnies, candy, and egg hunts. We all love seeing the children in our lives enjoying their jelly beans and chocolate bunnies. But we want to be sure that our families share and celebrate our Risen Lord, the true reason for Easter Sunday. He died for our sins, rose from the dead, and made it possible for us all to enter the kingdom of heaven. It is indeed the most wonderful holiday!

For the fifth year in a row, Spotlight Magazine is pleased to announce the Covenant Christian School Teacher of the Year. This year we pleased and proud to present the award to Traci Retter. Thank you for always going above and beyond, and for the life experiences you are passing on to our children.

If you are a regular Spotlight reader, you know that in this column, I often talk about our wonderful advertisers. We are very proud of this publication and the uplifting articles and information it brings to our community. We are also very aware that without our advertisers, we would not have a magazine.... they are the ones who make it all possible.

We appreciate you, our readers, as well, and we ask that you join us in recognizing our advertisers. When you have the opportunity, let them know that you saw their ad in Spotlight. Thanks!

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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inside the Spotlight

april 2017



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Teacher of the Year

-Covenant Christian School-

Covenant Christian School is pleased to announce its 2017 recipient of Teacher of the Year:

Traci Retter

In April of 2014, Traci Carver completed an application to be an English teacher in Covenant Christian's secondary department. That application was lost and buried under stacks on two different desks before it was finally found and ceremoniously delivered to administration, who read through it with awe that God brought us this gem.

Her first year classes of junior high English were in the church nursery. Every Monday staff packed away toys and brought in tables, chairs, podiums and boards. Every Friday they reversed it and turned it back into a nursery. And yet this great English teacher never complained and graciously taught her students with palm trees and whales waving around her. Her students learned to read analytically and write with style, to push in their chairs and pick up their trash. Near the end of that first year while teachers were turning the nursery into a classroom for the week, she shyly showed her principal her engagement ring. Ms. Carver married her boyfriend during a beautiful outdoor wedding that



summer and became Mrs. Retter.

Traci Retter has a bachelor's in Early Childhood with an emphasis in English and a Master's in Educational Leadership from the University of Georgia.

But her list of accomplishment are much more than degrees and are plentiful: winner of multiple writing contents, graduated summa cum laude, responsible for phenomenal AP pass rates for high schoolers the last several years, curriculum specialist, missionary to Indonesia, fluent in speaking Indonesian and Malaysian language.

The Mrs. Retter that Covenant knows and loves is still just as

remarkable but the staff add their own list of virtues: Her friends say she does nothing without bathing it in deep prayer, her work ethic is unparalleled, she is firm with her students and her students feel safe with her. She has the best southern drawl ever and is incredibly funny. She is a world class baker creating dishes that melt in your mouth. Former colleagues say that Mrs. Retter is the most effective, highly organized, and hardest-working teacher they know.

Students would add that she can dance and does a mean Cabbage Patch. She still writes and this week composed a narrative essay entitled "Finding the Slope – Not Just a Math Problem" about her recent skiing adventures on the senior trip. Her humorous statements are too many to note. Here's some notable quotes:

"I looked as if I was ready either to join Team USA or knock off a Jiffy Mart."

"I would have visions of my teeth embedded in the bark of an upcoming tree."

"Who knew purgatory could be so cold?"

"I transformed myself into the Blue Bullet – a human projectile fired from the midpoint of the slope, careening downward at an ever increasing velocity."

"I decided to quit while I was still able to lift a toothbrush to my teeth."

We congratulate our dear English teacher extraordinaire as this year's Teacher of the Year at Covenant Christian School.



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RUNNING FASTER

by Jim Campbell, Pastor, Bay West Church of Palm Bay

My family and I ran a race recently.

It was a thing that my wife and the kids wanted to do together, so Dad reluctantly agreed. Katye loves to run. My kids are both in elementary school and love to run everywhere. Not me...I've run before, but it's been a long time and many pounds ago. My knees just don't hold up, but for family unity, I'd do it.

We did a couple of training runs before together, but because of schedule, sickness and a bum knee, I didn't even get to the full distance. I had one goal...keep my kids in sight, in that big crowd of people, and not have a heart attack. There's a country song, by Toby Keith, that I'd heard before that perfectly sums up my current age. It says "I ain't as good as I once was, but I'm as good once as I ever was"...I was counting on that.

We started the race and my son and daughter took off, and I tried to keep up...then I tried to keep within spitting distance...then finally accepted the defeat of seeing him up in front and when the course made a turn. I walked a lot toward the end, wheezing, and tried spurts of running enough to keep catching a glimpse of him up ahead.

We checked the leaderboard and the partial results had both my kids finishing in the top 5 of their division. Hooray! Mission accomplished. Later on, my wife checked the board and told me that I had finished fourth in my division.

This family exercise reminded me of another truth that I know from following

Christ. A big part of following Jesus is that He calls us to community to be better than we were to begin with. The word "church" that Jesus used doesn't mean a building, but it means a group of people rallied together around one thing...in this case Jesus. When we come together as a church, we are better than we were by ourselves.

Proverbs 27:17 says that "As iron sharpens iron, so one person sharpens another. I learn from those who know more than me. I set my sights on someone who is running above my capacity and I "run faster".

As we approach Easter Sunday, churches will have more people in church than at any other time of the year, and in a lot of ways that's sad. It means that people think that church is just attending a meeting, and they are missing out on being a part of a family that might push their lives to a level they never thought their "aching knees" and lack of preparation could ever take them.

Take a chance this Sunday, not attend a meeting out of guilt or duty. Decide to join a family. Plug in, be a part of a Life Group. Give of yourself. Watch the fast runners who are following Jesus, and when you look up after a while, you might find yourself running faster than you ever thought was possible.

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.



"The word 'church' that Jesus used doesn't mean a building, but it means a group of people rallied together around one thing...in this case, Jesus."

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Sure, you're tech savvy and know all the best websites to book hotels and cruises, but here are some words of advice your parents forgot to tell you: the internet is for looking, a travel agent is for booking. Using a travel advisor doesn't mean you'll be on sightseeing with a bunch of tourists following around a guide who is waving a tiny flag. It means knowing that you'll have a personal advocate supporting you with expert advice and experiences as they make sure you get the best deal and help sort out the details of a missed connection.



Melody & Glenwood Robinson

Here are some reasons why a travel advisor is your secret weapon to scoring big with an awesome vacation:

They're experts. Travel advisors have industry knowledge and experience to help match you with your perfect vacation.

Save time. Don't spend four weeks planning your one-week vacation. Using a travel agent lets you skip the hassle of searching hundreds of websites for the best prices or piecing together all the different legs of your itinerary.

Your trip, your way. Whether you're someone who wants everything planned down to the minute or you're happy with just a hotel reservation and flight to get there, your travel advisor will customize your trip to your preferences, interests and budget.

They know the scoop. Travel advisors are a part of the in-crowd when it comes to getting the best deals and special offers. Their connections throughout the travel industry mean you'll have access to deals that others won't.

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Forgiveness Helps Healing From Cancer

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

Nearly everyone has been hurt by the actions or words of another, but if you don't practice forgiveness, you might be the one who pays the price with disease in particular cancer.

Studies have shown that unforgiveness definitely affects the body and cancer. As reported by the College of Nursing, University of Tennessee: "Extremely low anger scores have been noted in numerous studies of patients with cancer. Such low scores suggest suppression, repression, or restraint of anger. There is evidence to show that suppressed anger can be a precursor to the development of cancer, and also a factor in its progression after diagnosis.

Forgiveness doesn't mean that you deny the other person's responsibility for hurting you, and it doesn't minimize or justify the wrong. You can forgive the person without excusing the act.

Letting go of resentments, anger,



grudges and bitterness can make way for hope, gratitude, joy, happiness, and peace. All of these positive emotions helps in the defeat of cancer.

Forgiveness can also lead to healthier relationships, greater spiritual and psychological well-being, less anxiety, stress and hostility, lower blood pressure, less depression and overall better health. I go into much more detail about how specifically anxiety, stress, and depression affects the outcome of cancer in my Winning Against Cancer Program, www.holistichealthcenter.us

One of the most important effects of forgiveness is that it strengthens the immune system. Suppression of toxic negative emotions increases stress hormone cortisol levels, depletes melatonin and dopamine levels, depletes B vitamins, vitamin C, and much more. These directly suppress immune system function. When the immune system is not functioning properly, normal cells mutate into cancer cells then cancer thrives.

Many people are better able to better cope with cancer and treatment with the help of a strong support system—talking with friends, family, clergy, support group or a counselor. If you need help with toxic negative emotions or Alternative Cancer Solutions contact the following.

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IN HER SHOES



WHAT A girl wants

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The 8th annual **What a Girl Wants** will include vendors for shopping, food for purchase from **UNOS Chicago Grille**, raffles, a silent auction, and a live performance featuring the Brevard County Sheriff's Deputies, Brevard County Fire Fighters and Rockwell Collins Executives. This show is always an anticipated treat as the participants always have a special surprise in store for us all. Our event emcee will be **Timmy Vee** and **Space Coast Photo Booth** will be on site. In addition to **What a Girl Wants**, our 3rd annual **In Her Shoes**, a men's march will be taking place mid-way through the evening. Men in our community will be walking in purple high heeled shoes to show their support and commitment to ending domestic violence in our community. **Sheriff Wayne Ivey** will serve as Grand Marshall.

Cost to attend the event is \$20 in advance, \$25 at the door with a limited number of VIP tickets for \$60. Our VIP attendees will enjoy a beautiful and relaxing VIP Lounge designed by **Absolutely Fabulous Event Rentals**, a complimentary buffet prepared by **UNOS Chicago Grille**, soft drinks, 2 drink tickets and reserved seating for our live performance.

The cost to participate in the men's march is \$50 and includes an **In Her Shoes** T-shirt and the use of the purple high-heeled shoes. Individual and team walkers are encouraged to wear your company/organization logoed shirts during the walk.

All proceeds from **What a Girl Wants/In Her Shoes** benefit **Serene Harbor**, the local domestic violence center for crisis intervention. **Serene Harbor** has been serving Brevard County since 1992, housing women, children and their pets at the center. All services are provided free of charge and include case management, shelter, food, clothing, assistance with housing and jobs, legal advocacy, counseling, educational classes and more.

For more details, to be a **VENDOR**, buy **TICKETS**, register to **WALK**, or support a **WALKER** visit www.sereneharbor.org.



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Last fall, we announced that seniors Jakob Klemm and Naomi Rhoa had been named as Semifinalists in the 62nd annual National Merit Scholarship Program. As academically talented high school seniors, Jakob and Naomi had an opportunity to continue in the competition for some 7,400 National Merit scholarships worth about \$33 million that will be offered this spring. Jakob, Naomi, and Mrs. Smith submitted detailed scholarship applications providing information about academic records, school participation, community activities, leadership abilities, and honors and awards received. Essays were written and recent SAT scores confirmed both Jakob's and Naomi's earlier performance on last year's PSAT.



We were excited to receive the announcement this week that both Jakob and Naomi have advanced to Finalist level. The National Merit Scholarship winners will be selected from this group of Finalists. Congratulations, Jakob and Naomi, for your Finalist standing in the National Merit Scholarship Program!

In addition, Jakob has also been named as a candidate for the 2017 United States Presidential Scholars Program. His candidacy is based on his outstanding performance on the ACT Assessment and nomination through the school. Of the nearly 3.5 million high school seniors graduating this year, Jakob is one of approximately 4,000 students to receive this invitation. We are proud of your accomplishments and pray God's continued blessings as He guides you through to your purpose and directs your paths.

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SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

As many new mothers can attest, the muscle strains of pregnancy are very real and can be more than just a nuisance. The average weight gain of 25 to 35 pounds, combined with the increased stress placed on the body by the baby, may result in severe discomfort. Studies have found that about half of all expectant mothers will develop low-back pain at some point during their pregnancies.¹⁻³ This is especially true during late pregnancy, when the baby's head presses down on a woman's back, legs, and buttocks, irritating her sciatic nerve. And for those who already suffer from low-back pain, the problem can become even worse.

During pregnancy, a woman's center of gravity almost immediately begins to shift forward to the front of her pelvis. Although a woman's sacrum-or posterior section of the pelvis-has enough depth to enable her to carry a baby, the displaced weight still increases the



stress on her joints. As the baby grows in size, the woman's weight is projected even farther forward, and the curvature of her lower back is increased, placing extra stress on the spinal disks. In compensation, the normal curvature of the upper spine increases, as well.

While these changes sound dramatic, pregnancy hormones help loosen the ligaments attached

to the pelvic bones. But even these natural changes designed to accommodate the growing baby can result in postural imbalances, making pregnant women prone to having awkward trips and falls.

How Can Your Doctor of Chiropractic Help?

Before you become pregnant, your doctor of chiropractic can detect any imbalances in the pelvis or elsewhere in your body that could contribute to pregnancy discomfort or possible neuromusculoskeletal problems after childbirth.

Many pregnant women have found that chiropractic adjustments provide relief from the increased low-back pain brought on by pregnancy. Chiropractic manipulation is safe for the pregnant woman and her baby and can be especially attractive to those who are trying to avoid medications in treating their back pain. Doctors of chiropractic can also offer nutrition, ergonomic, and exercise advice to help a woman enjoy a healthy pregnancy.

Chiropractic care can also help after childbirth. In the eight weeks following labor and delivery, the ligaments that loosened during pregnancy begin to tighten up again. Ideally, joint problems brought on during pregnancy from improper lifting or reaching should be treated before the ligaments return to their pre-pregnancy state-to prevent muscle tension, headaches, rib discomfort, and shoulder problems.



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A Great Cup of Tea: It's as simple as 3-2-1

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

There is lots of advice about the best way to make beverages. Every coffee barista and bartender has a method to get that perfect brew. And so also for tea. Tea drinking is steeped in culture and tradition. In formal tea ceremonies in Asia and India not only the tea type but the order of presentation and the way prepared are rituals dating back millennia. Similarly, Buddhist monk preparation of matcha, now very popular in the US, before meditation is similarly ceremonialized. The English and Irish made grand rituals of High Tea that today can be enjoyed. Even the traditional everyday household method of making and serving tea included "The proper way to prepare and serve a proper cup of tea".

As tea gains popularity in the US many grand traditions have been adopted and provide a sense of an "event" to making and drinking tea. Tea-sommeliers stick by a set of rules about water temperature, tea type and steeping time (see chart below) and are very fussy about the types of tea pots and infusers used. The protocols and procedures for tea-aficionados would rival that of any wine oenophile!

While these approaches can be fun, for most of us who just want to enjoy a great cup of tea there are few rules and lots of ways to Keep It Simple. First a word about the three most important components: water, tea and sweetener. If you don't use good water you won't have good tea. Sure, tap water will suffice but the odor and taste (particularly water on The Space Coast) will add to the tea and generally detract from the true tea taste. So, use good water. Either good store bought or home purified water is perfect. Next is the tea product. Mass produced tea bags, even fancy high-end ones generally are not made from the best tea cuts. They are usually the fourth or fifth cuts or even tea processing by-products (think mass produced hamburgers). If you want to enjoy tea, robust taste and all of the health benefits, a good quality loose leaf tea is what

you want. These tea products are really no more expensive than commercial tea bags. And yes, you can even buy your own tea filter bags and load up your own bags of tea goodness. Lastly, the sweetener. Tea is a plant product. Whether it is a traditional tea leaf, or an herbal or floral nothing harmoniously sweetens tea like a good honey. Local honey is almost always the best type of honey. Yes, local honey is portable too! Honey sticks are now readily available to have on-the-go and at work. What to make the tea in? So many options. Tea pots can range from lovely cast iron or fine bone china to inexpensive plastics. There are also some great infusers that can be used in any cup and even some fantastic portable containers to make ice tea on the run.

Simple Tips For Simple Tea Making:

Measure 1 heaping teaspoonful of tea for normal strength and 1 ½ teaspoonful for stronger tea or iced tea. Put into a tea bag or steepers. Boil water (tea pots with temperature controls are great) to proper temperature range. Cool if needed for more delicate teas, such as true green or white tea. Steep tea for the times indicated in the table below. Steeping tea for longer does not make leaf tea stronger it makes the tea bitter...so, if you want a stronger taste add a bit more tea.

Steeping Times: Most fresh whole leaf teas and blends can be steeped twice, brick/cake & blooming teas up to three times. (Water boils at 212 F)

Tea	Time	Water Temperature
White Tea	3-4 min.	160-175 degrees
Green Tea	2-3 min.	160-175 degrees
Oolong Tea	3-4 min.	205-210 degrees
Black Tea	3-5 min.	205-210 degrees
Pu-Erh Tea	2-5 min.	160-175 degrees
Fruit Tea	4-5 min.	205-212 degrees
Rooibos	4-6 min.	205-212 degrees
Herbals	5-6 min.	205-212 degrees
Blooming Teas	2-3 min.	205-212 degrees

Ice Tea Time In Florida Is Here!

Making Iced Tea from loose leaf tea couldn't be simpler. Compared to premade tea homemade iced tea has no preservatives or additives and retains the beneficial antioxidants of tea. For leaf tea: 1 ¼ to 1 ½ teaspoonful's; for Fruit Tea: 1 ½ to 2 teaspoonful for each 8 ounces of iced tea. You can always use more tea or fruit to make it more robust. Using a steeping vessel or disposable self-fillable tea filter bag are the best ways to make great iced tea at home.

Hot Brew Method: Before you add your tea, pour the hot water into your pitcher or cup to fill it about halfway. Next, add your tea leaves and steep for about four to six minutes. Before removing your tea, fill the pitcher or glass up with cold water. Remove the steeped leaves and pour your brewed tea over ice or refrigerate until cold.

Cold Brew Method: Place your loose-leaf tea of choice into a pitcher or glass. Using cold water, fill up your brewing vessel. Make sure to cover your tea leaves. Leave the tea leaves inside your pitcher or glass & place the entire mixture into the fridge. Allow it to steep for 3 Hrs. for a single serving or 8 hours or overnight for a large pitcher, cooling perfectly. When you're ready to drink, simply strain into another pitcher or glass and add sweetener if desired. To make 1 gallon of great tea just buy a good quality gallon of distilled water, add 1 to 1.25 ounces of tea and let set overnight in the refrigerator...strain and enjoy! Stop by our shop and we will be happy to help you learn simple ways to enjoy this simply delicious beverage.



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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...we are all from the same race—the human race..."



"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,
I'm twenty-three, just finishing up with my bachelor's degree and I've recently become engaged to a Godly man whom I met in college. I've been away from home, for school, and I only recently told my parents about Jerome. They were very excited about meeting him—that is, until they found out he was black. I've never known my parents to be bigoted, or racists, but they've always cared (too much in my humble opinion) about what other people, such as: neighbors, friends, etc..., will think. My mom even went so far as to quote scripture from the Old Testament, in the Bible, (Deuteronomy 7: 3-4) to support her opinion on mixed marriages. I don't wish to cause division within the family; however, I'm not going to lose the man I've chosen, to share my life with, only to spare my parent's a little social embarrassment. Do you have any recommendations on how I should handle this?

—Marnie of Palm Bay

Dear Marnie,

For the benefit of our readers, this is the scripture your mom was referring to, "You shall not intermarry with them, giving your daughter to their sons or taking their daughters for your sons, for they would turn away your sons from following me, to serve other gods. Then the anger of the Lord would be kindled against you, and he would destroy you..." (ESV). This command didn't concern skin color, or ethnicity, rather it was religious differences. God was forbidding His people to marry pagans and those who worship idols. Just as we read in 2 Corinthians 6:14, "Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common?" The Bible never says interracial marriage is wrong; in fact, the Bible's perspective is that we are all from the same race—the human race and we are all descendants of Adam and Eve.

If Jerome is a Christ follower and your parent's only objection, to this marriage, is the color of his skin, then the problem lies within your parents—period. You may present your argument to them, prolong the engagement, for a period of time, to give them time to accept Jerome, or marry him without their consent or approval. You're an adult after all. Of course your first plan of action should be prayer. Ask God to speak to your heart and wait for His prompting through the Holy Spirit.

Dear Val,
What's the difference between atheism and agnosticism? One of the kids that I go to school with is always running his mouth about being an agnostic and I wanted to understand the difference.

—Luke of Melbourne

Dear Luke,

Whereas atheism is the view that God does not exist (a position which is impossible to disprove), agnosticism is the view that God may exist; however, it's impossible to prove, or disprove, his existence. We are taught, through scripture, that we must accept—by faith—that God exists.

"And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him" Hebrews 11:6 (ESV). Also, "God is spirit, and those who worship him must worship in spirit and truth" John 4:24 (ESV).

God is ready, willing and able to reveal himself to anyone who believes in Him. "But if from there you seek the Lord your God, you will find Him if you look for Him with all your heart and with all your soul" Deuteronomy 4:29 (ESV).

(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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HAPPY EASTER SPOTLIGHT ON COOKING

by Cecelia Danas



This is a twist on a Jewish food I ate as a little girl growing up in the Bronx. Every so often I make it for Easter. Try it and let me know if you like it! Remember — Be Creative!

If you have any questions or would like to contact me, email me at Cece746@aol.com.

Veggie-Feta Latkes

1/2 cup grated zucchini	Salt and pepper, to taste
1 cup peeled and shredded potatoes	3/4 cup matzo meal (ask for where it is in the supermarket) or flour
1 cup shredded carrots	1/2 cup chopped fresh parsley
1/2 tsp salt	1/2 cup crumbled feta cheese
3 eggs, lightly beaten	1/4 cup vegetable oil

Place the zucchini, potato and carrots in a colander with paper towels or cheesecloth over the top, and squeeze out as much moisture as possible

Sprinkle salt over the vegetables and let them drain for 15 minutes, then

squeeze again to remove additional moisture. In a large mixing bowl, combine eggs, vegetables, salt and pepper

Stir in matzo meal or flour, then add the parsley and feta.

Heat vegetable oil in a large

frying pan.

Form vegetable mixture into pancake-sized cakes and fry until golden brown on both sides, 2 to 3 minutes per side

Drain fried latkes on paper towels. Serve with apple sauce.



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SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



Choosing a solid security program to protect your computer and personal information has always been a challenge

because because there are so many options that get high marks. Now, with all of the global issues and growing concerns about nationalism, there's an additional issue that many users are contemplating when making a choice: Where is the security software made?

Russia is just one of the many prominent players in the global security software industry, with many of the most popular programs from countries around the world: AVG & Avast – Czech Republic, Bitdefender – Romania, ESET – Slovakia, F-Secure – Finland, Kaspersky – Russia, Panda – Spain, Sophos – UK & Trend Micro – Japan for example

Does It Matter?

In general, just because a security program is owned by a company in another country does not mean it shouldn't be trusted, especially since countries like Finland, Japan, and the UK are clear allies.

In fact, in light of recent national security disclosures, some users are proclaiming that they are more comfortable with using a security program controlled by a foreign company. It's highly unlikely we'll ever know what relationship or working agreement a particular company has with its own government, so you'll have to decide if the lack of transparency is disconcerting or not. We've been using and installing Trend Micro's products for years and have no issue with it being a Japanese company. (It was originally created in California and relocated when it acquired a Japanese firm in 1992).

Keep in mind that all of these companies are global players and any evidence that they are working with their own government to disclose user information would all but destroy their businesses.

Trust Matters

Since we rely on our security programs to protect us, we have to allow them full access and control over our computers.

This means that they can scan every file we have and keep logs of those files, and, in some cases, send information back to the 'mothership' if you choose to participate in their 'security networks' as a contributor. If for any reason you don't trust a company with that level of intimacy, you shouldn't use their software.

Kaspersky's Credentials & Controversies

Anyone in the information security world knows Eugene Kaspersky and his very impressive credentials. As a teenager, he was studying cryptography in school and by his mid-20's, he created an anti-virus program to protect his own computer.

His company has also been responsible for uncovering some major cyber-threats over the years. Unfortunately, since he is a Russian citizen with early ties to the KGB and its replacement (the FSB), he's always had a cloud of uncertainty over him.

Most recently, a Kaspersky executive Ruslan Stoyanov, head of their investigation unit and a liaison to Russian security services, was arrested and accused of treason by the Russian government. This has added more questions for some users that have the company's software installed. While Stoyanov himself is being accused, not the company, you'll have to decide for yourself if you're comfortable using their software based on your own evaluations.

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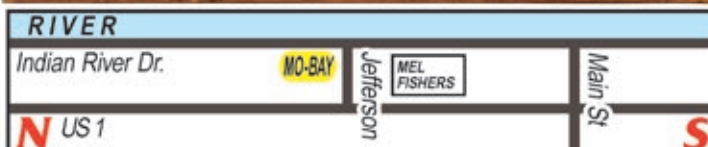
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FAST Action *Saves* Sight

Retinal Detachments: What you don't know could cost you your vision.



Every year, nearly 25,000 people in the United States experience *retinal detachments*, a true medical emergency that can threaten their sight. For some, symptoms begin gradually and may be barely noticeable. Others will experience a sudden and dramatic decrease in their vision, creating an obvious urgency to seek care.

"There is no question that a retinal detachment left untreated can lead to vision loss that can become permanent in the absence of timely and expert care," states Gary J. Ganiban, MD, chief of vitreoretinal surgery at The Eye Institute for Medicine & Surgery.

The *retina* is a thin, interior layer of tissue at the back of the eye. Its job is to process light through special cells called *photoreceptors* that detect



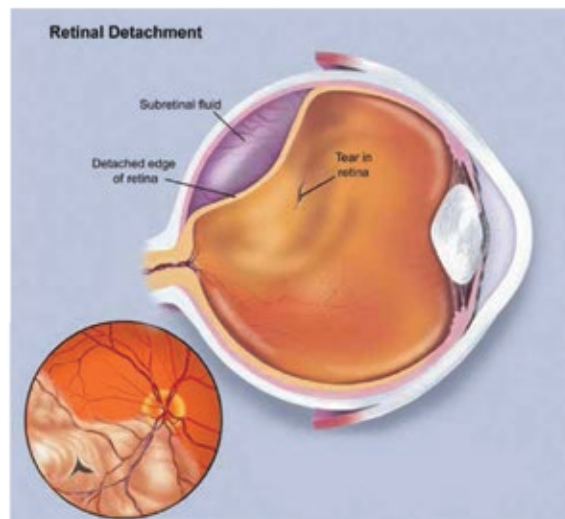
James N. McManus, MD
Gary J. Ganiban, MD
Michael N. Mandese, OD, FAAO
Hetal D. Vaishnav, MD
Jason K. Darlington, MD
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qualities such as color and light-intensity. That information is sent through the optic nerve from the retina to the brain, which creates the images we see.

Retinal detachment occurs when the retina pulls away from its normal position and is cut off from nourishing blood vessels. The interior of the retina also can be harmed by the appearance of tears or holes, conditions that may progress when left untreated.

Dr. Ganiban emphasizes that whether the retina is affected by a small tear or full detachment, the injury can occur suddenly and without warning. "There is no pain or redness of the eye associated with these conditions," notes the doctor.

"However, in many cases, there are warning signs, and these signs should not be ignored," adds Dr. Ganiban. Patients with retinal detachments may experience sudden changes in their field of vision. They may notice an increased number of tiny specks called *floaters*, which may seem like moving cobwebs, strings or strands. Some have described what looks like a curtain coming down



A tear or hole in the retina can allow fluid to enter and weaken the retina's attachment. When this happens, the retina can't compose a clear picture from incoming light and vision becomes blurred and dim.

over a portion of their vision.

These symptoms can occur before the retina fully detaches, explains Hetal D. Vaishnav, MD, director of clinical research and preventive medicine at The Eye Institute for Medicine & Surgery.

This is when time will be critical.

"If a patient or referring doctor suspects a retinal detachment, a key to helping ensure that vision is maintained or regained is to schedule an examination with a retinal specialist as soon as possible," advises Dr. Vaishnav.

"The bottom line is that in many cases, a thorough, dilated eye examination will reveal the retinal hole or tear prior to it developing into a full detachment.

"Then a procedure can be performed through a laser or freezing probe to seal the tear and help prevent any further separation of the retina," assures Dr. Vaishnav.

RETINAL DETACHMENT Warning Signs

If you experience the following symptoms in your field of vision, seek medical care quickly:

- * Flashing lights
- * Increase in floaters
- * What look like flies, cobwebs, strings, strands or other strange objects
- * Missing areas of vision despite looking in different directions
- * What seems like a curtain coming down over the eyesight

Gentler repair procedure

A trend in retinal surgery to repair retinal detachments has been to move away from a treatment known as scleral buckle and toward a procedure called vitrectomy. A scleral buckle involves placement of a tiny device on the eye's outer surface that helps close the retinal break. Vitrectomy removes most of the vitreous, the clear, gel-like substance inside the eye.

Vitrectomy offers numerous advantages for most patients who

RETINAL DETACHMENT Risk Factors

- * Over age 40
- * Previous retinal detachment in one eye
- * Family history of retinal detachment
- * Extreme nearsightedness
- * History of eye surgery, including cataract removal
- * Previous severe eye injury or trauma
- * Diagnosis of other eye diseases or disorders

need surgery for retinal detachment, says Dr. Ganiban. One is that removing the vitreous reduces traction on the repaired retinal tear. This makes future retinal tears less likely.

The vitrectomy procedure frequently takes less time than other methods, which often means the risk of complications is reduced, he adds.

"Vitrectomy surgeries heal relatively rapidly due to minimal surgical trauma," states Dr.

Ganiban. "Very little cutting is required, and frequently stitches aren't required. Compared to a scleral buckle, vitrectomy is very gentle.

"Another advantage of vitrectomy is that the shape of the eye isn't altered and therefore there shouldn't be a change in the patient's eyeglass prescription. With a scleral buckle, the eye may become elongated, causing induced myopia, which is nearsightedness, and/or a visually significant astigmatism."

The Ganihand for better view

A medical innovation developed on the Space Coast by Dr. Ganiban is now aiding eye surgeons during vitrectomy procedures. The surgeon's view of the back of the eye and affected structures is critical during retinal repairs. Traditionally, this enhanced view is achieved with the help of a surgical technician. The technician applies slight pressure to the sclera, the eye's outer, white surface, with a cotton tip applicator or scleral depressor made of stainless steel. The surgeon can then see the back of the eye through the patient's well-dilated pupil.

This method is decades-old but can be cumbersome and inefficient. In most cases, it increases the length of the surgery.

Dr. Ganiban knew there had to be a better way and designed a hands-free scleral depressor device. During surgery, the instrument is

secured to the speculum that keeps the patient's eye propped open. It features a custom light pipe to ensure the surgeon has an ideal view of the interior eye without the need for a surgical assistant.

There are now multiple versions and sizes of the Ganihand in development to ensure the device will be suitable for all related surgical applications. "It is my sincere hope that my new instrument will help surgeons all over the United States and the world to improve their surgical outcomes, minimize complications and restore vision that otherwise may not have been regained," says Dr. Ganiban.



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The Season of Lent and Easter

Spring is eagerly anticipated, as many people look forward to enjoying the great outdoors once more. Spring is also a special time of year for practicing Christians.

Beginning on Ash Wednesday and lasting 40 weekdays until the arrival of Easter Sunday, the Lenten season is a very important time of year for Christians. During Lent, Christians prepare for Easter by observing a period of fasting, repentance, self-denial, and spiritual discipline. While the Bible does not reference Lent, the practice of observing Lent has become a standard.

Ash Wednesday

The Day of Ashes commemorates the repentance of sin. On Ash Wednesday, Christians have ashes placed on their foreheads in the shape of a cross in recognition of their need to repent. Many churches host Ash Wednesday services, and those who receive the ashes are not only reminded of their mortality



and sinfulness, but also of the opportunity for absolution. Christians typically fast on Ash Wednesday, though some simply abstain from eating meat.

Palm Sunday

On what is now called "Palm Sunday," Jesus Christ rode a donkey into Jerusalem while villagers welcomed him and waved palm branches. This is mentioned in each of the Biblical Gospels and occurs a week before His subsequent resurrection. Jesus possibly rode a donkey rather than a horse as a sign of peace, as a war-waging king might ride a horse. The "Passion of the Christ" is typically read during Palm Sunday masses.

Holy Thursday

Holy Thursday is sometimes referred to as "Covenant Thursday," "Maundy Thursday" or "Thursday of Mysteries." Holy Thursday commemorates the Last Supper of Jesus Christ with the apostles. According to Catholic News Agency, Holy Thursday might be one of the most important, complex and profound days of celebration in the Catholic Church. Holy Thursday celebrates the institution of the Eucharist as the true body and blood of Jesus Christ and the institution of

the sacrament of the priesthood.

Good Friday

Good Friday commemorates the crucifixion of Jesus Christ. Jesus was condemned by his peers as King Herod and Pontius Pilate had found him not guilty of his crimes. But crowds were enraged, and Pilate reluctantly ordered his crucifixion rather than face a mass riot.

Holy Saturday

Holy Saturday marks the final day of the Triduum, or the three days preceding Easter Sunday. Scripture states that Holy Saturday was when Jesus' body was placed in the tomb.

Easter Sunday

A festive and celebratory day for Christians, Easter Sunday is a time for sharing the good news of Jesus' resurrection. His body is discovered missing from the tomb, and Jesus appears to his followers again showing proof that He is alive. Typically, Easter Sunday is one of the most well-attended Sunday services for Christians. It also is a day to spend with family, and many families share large meals to mark the end of the Lenten season.

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Are You an “Accidental Landlord”?

Many rental property owners become landlords by accident. These are folks who don't start out with the notion of being a landlord. So how does this happen?

Sometimes, an accidental landlord is made when a property investor goes over budget on the rehab of an investment property. Other times, people get backed into this role if they own a home and are transferred out of the area for work, or if someone inherits a home that isn't what's worth what is owed on it. Maybe it's just someone who misread the real estate market, bought a property in the hopes of making a profit and got caught owing more than what the property is worth. In all these cases, the owner must rent out the property in the hopes of recouping some of the cost of carrying the home until which point they can sell it. Thus the term 'accidental' landlord.

In many of these instances, the homeowner has little or no experience with managing a rental property. Although it is a large part of the job, being a landlord is much more than just performing repairs on a property. Landlords are responsible for marketing, tenant screening and placement, emergency repairs, daily financial decisions, property maintenance and keeping in compliance with the ever-changing rental laws.

So, if you find yourself in this position, how do you go about managing the property in the best possible manner? Is it more economical to manage the property yourself, or would it be best to hire a property management company? Here are five important things to remember if you find yourself in an accidental landlord position:

Owning a rental property is very different from buying and selling a property. The laws governing the landlord/tenant relationship are very specific, and vary by state. Make sure that you familiarize yourself with these laws.

You have certain rights as a landlord, and your tenant has certain rights as well. Make sure you know what each are.

Seek advice from an attorney who specializes in the landlord/tenant relationship. Request a master lease that will protect

both you and your tenant, in addition to complying with all laws. Make sure that you fully understand the eviction process and timeline.

Hire a professional property management company. Often times, a good property manager will have an attorney that they work with that can help with lease preparation, legal questions and eviction proceedings, in addition to handling routine and emergency maintenance. A good management company can save you both time and money in the long run.

Be honest with yourself. Are you ready to be an effective landlord? If you don't think that you can go through an eviction process, regardless of circumstance, it's a job that's better left to a professional property management company.



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Brevard County is a Blessed County in a Blessed Country



So many of us Americans have never come to the reality of just what a blessing it is to be born or live in the good ol' USA, the greatest country in the world. We are all tempted to gripe and complain about anything and everything from politics and politicians to the cost of groceries and the price of gas. We certainly may not agree with the views of some of our leaders, but most of us would agree that they have a right to their opinions, just like everyone else. In many countries of the world the citizens don't have that right, no freedom of speech or liberty of worship, but are oppressed, hungry and without hope. In many countries, Christians are persecuted and slain, minorities are marginalized and women are not allowed to express their opinion or even drive a vehicle, and some must even keep their faces covered.

As full-time overseas missionaries for 25 years who have travelled into over 30 countries, we have witnessed literally millions of people that have no access to daily food, who would never complain about the line at Walmarts not moving as fast as the lane others are in. In fact, when we have brought people over for short visits to the west they take photos of our produce stands at the supermarkets, as they know on their return their friends back home would not believe them. On a train returning to Madras last November, I read in a local newspaper about the desperate plight of a people group in India. I felt immediately a strong urge to get involved. At the time of writing this both my wife Phyllis and I are back in India ministering to the plight of the Adivasi tribal people near Mumbai (Bombay). Here is part of that report:

About 107 kilometers from Mumbai lies the Palghar district, where over 600 children so far, this year (2016) have died due to malnutrition. Even though the media has created much hue and cry over these deaths, the state government has continued to a turn blind eye to the grievous issue. It was the National Human Rights Commission (NHRC) that took a note of the media reports and observed that such a huge number of deaths of children in a year amounted to a violation of the right to life and health of the victims.

Instances of malnutrition and the resultant deaths from it are not new in Palghar, which is predominantly a tribal district. Every year 300 - 400 kids die due to malnutrition. The number of death of kids is 512, 485 and 600 for the year 2013-14, 2014-15, and 2015-16 respectively. The number of malnourished kids is not less. Palghar has a severe number of malnourished kids 1,465, which means that they need immediate treatment. Moderately malnourished kids number 5,864. Thus, the district has overall 7,230 malnourished kids and areas Makhoda, Vada, Vikramgad and Jawhar are the worst affected."

The death of two-year-old Sagar Wagh who weighed less than 11 lbs. on August 30 brought the issue of malnutrition in focus. When the tribal minister Savara finally went to visit the family of the victim after two weeks, they refused to meet him. Around 3,663 kids are battling with malnutrition in the constituency of Savara." There is not a single pediatrician and gynecologists in the primary health centers across the district. In Palghar, malnutrition most affects the Kathkari tribe, a onetime forest community which is among the lowest in the pecking order of the Indian caste system.



Directors Phyllis Blowes and Dr. Malcolm Blowes

Most children who died this year due to malnutrition linked illnesses were from the Kathkari community. The root cause of the matter is, "People do not have purchasing capacity, they have no money to buy food or admit their children in schools. These are not malnourishment deaths. These are starvation deaths. Kids are not malnourished; their entire families are malnourished."

"Malnourishment is a symptom of a disease. The real problem is a lack of employment opportunities. Only land and forest can avail livelihood opportunities here in Konkan area as no industry or service industries are developed. According to government data about 39% of Indian children suffer from chronic undernutrition and around 42.5% are underweight.

Villagers start leaving Palghar in December for the Mumbai satellite towns of Thane and Bhiwandi where they often work 12 hour shifts at construction sites or road building projects. Employers usually prefer to hire Kathkari couples as they coordinate better and are cheaper than two men, with men paid around Rupees 200 (\$3.00) daily and women anywhere between Rupees 50 (0.75c) - 100 (\$1.51). The migrant workers survive on rice and the occasional dish of potato and onions, saving their money for the jobless months.

Once the monsoon season halts construction, workers return to villages in July for a jobless spell until October, when the start of the harvest provides daily work on farmland. Locals refer to September as "starvation month", when many people are unemployed and children's deaths peak. The end of the harvest in December again signals the end of the villagers' home stay.

In the last three years, malnutrition has claimed the lives of about 1,600 children in Palghar, a tribal region battling high unemployment and poverty, with national headlines over child deaths prompting government action to address the problem.

"Palghar's problem of malnutrition is shocking because of its proximity to Mumbai, but it is migration to Mumbai that is at the root of this problem," "People from Palghar migrate to Mumbai for work, but the cost of living there is very high. They don't eat to save money." Doctors said children suffer due to irregular feeding patterns when both parents work long hours. "The parents' priority is not their child's health but to earn their daily wages," said Ramdas Marad, superintendent at the Palghar sub-district hospital that runs at twice its capacity in the monsoon months between June and September. "Children are more vulnerable to disease such as pneumonia or respiratory infections during this time as they are weak and their immunities are compromised."

There is also not one Christian witness or church, visiting pastor or evangelist in the whole region. While giving out food to them it was the first time they had ever heard there was Good News. We will be returning to our base in Cocoa about the same time as this edition of "Spotlight Magazine" comes out. We plan on returning as soon as finances allow us and setting up a worker to permanently minister there. Anyone reading this is welcome to come join us or help in any way they can. www.winournations.com



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GAME CHANGER

by Fred Leonard, CCM: Together, doing life RIGHT!

I love computers. I like building them, repairing them and showing people how to use them. One thing I like to do even more than building computers is playing games on them. Years ago, when I had more time on my hands, I played computer games more than I did anything else. In the last few years, I spend much of my time volunteering at church and haven't played any computer games, except maybe Solitaire. It isn't because they have become so expensive, it's because I just don't have the time.

The other day I was getting rid of some old programs on my computer and lo and behold, I found a computer game that I had forgotten I had.



Immediately, I forgot what I was doing and started playing the game. Let me tell you a little known fact about computer games: When you think you've been playing for ten minutes; you've really been playing for two hours. The more into the game you are, the faster real time flies by.

Imagine if you will, that I started missing church services, doctor appointments, and date nights because I was so involved with my computer game I didn't want to stop. This would not be a wise choice.

Jesus had His time calculated down to the minute regarding when He would go visit

Lazarus to bring God the most glory (John 11:1-44). What if Jesus got involved in something, say a game of cards, on His way to visit Lazarus. Having so much fun that time got away from Him, He didn't call it quits until early the next morning. His Father got upset with Him and His Apostles gave up on Him and went home to bed. There wasn't anyone around to whom He could explain that He was just trying to take a break and have some fun from His stressful life.

How many people would have been affected by this poor choice?

As Christ followers, we are no longer of the world. Unbelievers are always watching us to see what choices we make. We need to continually remember that in everything that we do we are a witness to God. Being a good witness means making wise choices. Just think about that as you go through your day today.



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Hearing Better Than Normal in Noise

by Dan Taylor, Audioprosthologist, Mission Hearing

Being able to hear, and understand in the dining hall just wasn't happening for our old friend, and customer of the month, Maggie Leinster. Though her hearing aid was less than two years old, and a good one, it just wasn't giving Maggie the performance she needed to be able to hear the folks at her table in the dining room of her new home at Glenbrooke, where she had moved after a fall, from her long time residence on Melbourne Beach.

As I was the one who had fit, and cared for her current hearing aid, when Maggie called with the issue, my first concern was that there was something wrong with the aid she had. But, a little further discussion revealed that it was working as it always had, and did a really good job around her apartment, and in those less noisy environments. She could still hear those who came to visit, or were on her rounds of visits, but socializing in the dining hall just wasn't happening.

Maggie could also hear with her current aid in the dining hall. But, there were simply so many sounds that she became overwhelmed with those making up the background babble. This created a situation where she was unable to understand those closest to her, at her own table.

Mag's situation highlights a plight shared by most with a hearing loss, and conventional hearing aids. Her gear worked well for her in those simple sound environments of her home on the beach. But, lacking the more advanced speech recognition, and location algorithms of today's top tier gear, it wasn't able to sort through the noise clutter in a way that allowed Maggie to socialize in her new environment. The place where she was looking to make new friends, was simply too noisy for her current gear to handle. When she called, she asked simply if there was anything that would help?

Maggie's situation was classic, and



the reason we spend the time we do at fitting to understand what kind of environments our customers expect their gear to work in. As Maggie was experiencing, good, basic gear works well in simple sound environments, but just lacks the advanced programming algorithms needed to reduce the background, and enhance the voice signal of those folks at Maggie's table.

So, while there was nothing wrong with Maggie's current gear, it just wasn't suited to the new location where she now expected it to function. Ten years ago, or maybe even five, I would have counselled Maggie to do the best she could, or suggested perhaps a remote microphone that she could pass to whomever she wanted to talk with. Certainly not the best solution, but one we still use at times for such cases, when all else fails to get the signal of what our customers want to hear, above the background noises that they don't.

Now, Maggie's case was even more complicated in that she has a dead ear, and a severe loss, requiring a lot of gain in her remaining ear. Fortunately, we have gear today that is up to the task. After taking an impression of her ear, we made a custom, high power receiver for Maggie that fits completely in her ear canal, and is connected to an incredibly powerful, but tiny processing unit that sits above her ear. A setup we in the industry call a RIC, or receiver in the canal fitting.

But, it's that ear level processor that makes all the magic, and in this case, difference in how that equipment performs in those noisy social

environments. While they may all look basically the same, their performance characteristics, and capabilities vary incredibly.

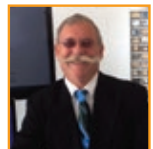
The gear we chose for Maggie's situation was the Siemens/Rexton Emerald 80. Rexton's top of the line. The algorithms in this gear have been proven to outperform normal hearing in noise, in two peer reviewed scientific studies, and they proved to be up to the task, even in Maggie's dining hall.

We bought Maggie's perfectly good current hearing aid back, with a generous trade allowance, and now Maggie is enjoying meeting new friends, and getting to know the neighbors in her new home, even with her severe hearing loss. She was so happy with the new fitting that she agreed to share her story with us, and allow us to share it with you. For the complete video interview with Maggie and me in the lab, visit our website at the address below.

For hearing help in noise, give us a call at 321-722-2894, or just drop by our office any weekday morning where we welcome walk in visitors every weekday till noon, or call us with for an appointment, and live, no obligation, trial of this truly amazing gear.

Changing lives through advanced signal processing gear is something we've been doing for over thirty-five years. Twenty-five of it in the heart of historic downtown Melbourne, at: 720 East New Haven Ave, #12, formerly known as A Advanced Hearing Care, we're now Mission Hearing, but as always we remain the home of "Customer Centered, Results Oriented Hearing Care.™" For more information visit www.missionhearing.com

or www.advancedhearingcare.com.



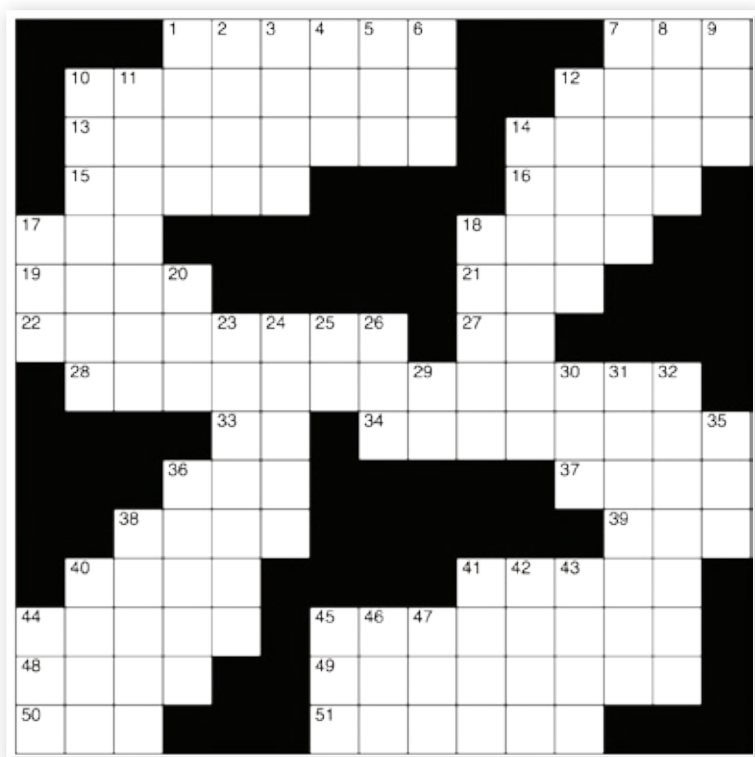
Spotlight Crossword Puzzle

clues ACROSS

1. Winter melon
7. Solar energy particles (abbr.)
10. Requiring fewer resources
12. Nest
13. Name
14. Actress Vergara
15. Very near in space or time
16. Authorized program analysis report
17. Spoken in Vietnam
18. Brews
19. Drops
21. Last or greatest in an indefinitely large series
22. Congo capital
27. Soldier
28. Bronx Bomber
33. Argon
34. Open
36. Popular sandwich
37. Protect from danger
38. Goddess of spring
39. Large hole
40. Vegetarians won't touch it
41. Actress Neal
44. Finger millet
45. Small waterfalls
48. Israeli city
49. Most gummy
50. NFL owner Snyder
51. Spindles

clues DOWN

1. Italian Lake
2. Cuckoos
3. Sound unit
4. Doctors' group
5. The cutting part of a drill
6. A team's best hurler
7. Couches
8. Muslim ruler
9. Round globular seed
10. A way to confine
11. Men wear it
12. Chinese province
14. Soup cracker
17. Expression of disappointment
18. West Chadic languages
20. Midway between south and southwest
23. An opal
24. Main artery
25. Junior's father
26. Sierra Leone dialect
29. Cyrillic letter
30. Native American tribe
31. Passes
32. Most unnatural
35. Insecticide
36. Blatted
38. Actress Fox
40. Actresses Kate and Rooney
41. Outside
42. The habitat of wild animals
43. Days falling in the middle of the month
44. Radioactivity unit
45. Certified public accountant
46. Swiss river
47. Sino-Soviet block (abbr.)



answers on page 44



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WEIGHT-LOSS CONTEST, 5K AND LIFE-SAVING TRAINING ENCOURAGES COMMUNITY TO EMBRACE ALL-AROUND WELLNESS

Now's the perfect time for a refresher in keeping yourself and your family healthy – especially as summer nears. That's why Health First is hosting a fun day of fitness and wellness activities with Get Active! Brevard on Saturday, May 6.

The community get-together begins with a Get Active! Brevard 5K at 7 a.m. at Health First's Viera Hospital located at 8745 N. Wickham Road. The event will also feature the finale and weigh-in for the Mayors' Fitness Challenge. All of the day's activities will be held at the Viera Hospital campus site.

This Get Active! Brevard event is part of Health First's year-round series designed to teach people about the importance of exercise and nutrition. Improving the health and wellness of the community is among the hallmarks of the Integrated Delivery Network's two decades in Brevard.



Health First Health Plans hosted a similar Get Active! Brevard! Event in March with more than 500 participants enjoying the activities.

The Mayors' Fitness Challenge is the perfect example of such efforts. The fun-spirited contest began in January, banding together teams from municipalities across the Space Coast. Residents from Cape Canaveral, Indian Harbour Beach, Palm Bay, Rockledge, Satellite Beach, West Melbourne, Melbourne, Cocoa and Indialantic have been exercising and committing to healthier lifestyles.

The winning team in the 13-week challenge will be determined by the municipality that has the largest percentage of its community (participants ages 18 and older) join the challenge, plus the largest number of minutes spent exercising. The municipality with the most points will win the "Most Fit City 2017" trophy.

On an individual level, the participant who loses the largest percentage of his or her body weight will be crowned the winner of "The Great Weight-Off" and will be awarded a \$500 cash prize.

The focus on physical well-being doesn't stop there. This event will also feature "Friends & Family" CPR Training, as well as another new, important offering – "Stop the Bleed" training, which teaches civilians basic bleeding-control techniques using tourniquets and pressure.

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
Betsy Witter of Palm Bay

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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CINEMAWORLD

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FREE wellness seminars delivered by healthcare specialists.

Attend one of our seminars and discover how to achieve a healthier and happier life.
Call **1.855.892.9003** or visit **HFevents.org** for more information or to RSVP.

- **Community Hospital Tour at Health First's Cape Canaveral Hospital**
Thursday, April 6, 10:30 a.m.
- **Community Hospital Tour at Health First's Palm Bay Hospital**
Thursday, April 6, 10:30 a.m.
- **Community Hospital Tour at Health First's Viera Hospital**
Thursday, April 6, 10:30 a.m.
- **Orthopedics Seminar - Shoulder Pain? Know Your Options.**
Thursday, April 6, noon to 1 p.m.
- **Cancer Seminar - Do you qualify for a Lung Cancer Screening?**
Monday, April 10, noon to 1 p.m.
- **Orthopedics Seminar - Advances in Hip & Knee Replacements**
Tuesday, April 11, noon to 1 p.m.
- **NewFit Surgical Weight-Loss Seminar**
Tuesday, April 18, 6 to 8 p.m.
- **General Surgery Seminar - Hernia Pain & Discomfort? Know Your Treatment Options.**
Tuesday, April 18, 6 to 7 p.m.
- **Heart & Vascular Seminar - Robotic Surgery for Lung Cancer - Benefits of a Minimally Invasive Approach**
Thursday, April 20, 6 to 7 p.m.
- **General Surgery Seminar - Is it Heartburn or Something More?**
Tuesday, April 25, 6 to 7 p.m.

Find more events & information at **HFevents.org**

Seating is limited. There is no cost to attend. RSVP to **1.855.892.9003**



Live Your Healthiest Life - Healthy Living Seminars were designed by the healthcare experts at Health First to give you the tools and information you need to make informed, educated decisions about your health. All Healthy Living Seminars are **FREE** and will cover a variety of health-related topics. For information on upcoming seminars, call **1.855.892.9003**