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june 2017

spotlight

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Sunday, June 25, 2017

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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Greetings everyone! June is here, and that means summer is here as well. We can expect some warmer weather, and maybe even a little less traffic! But most of you have been through Florida summers before, so you know the drill. Be sure your air conditioners are in tip top shape, minimize your outdoor time during those hottest hours of the day, and above all, stay hydrated! Many Floridians, especially seniors, can find themselves making unplanned visits to the emergency room due to the effects of dehydration. It can be a very serious event, so make a point of toting your water bottle with you wherever you go, all day long! And remember, water is the best form of hydration...and it's cheaper than soda!

Along with summer weather, June brings Father's Day! This year, we honor our dads on June 18th. Fathers play an important role in our lives, so it is only right that we set aside some time to spend with these special men, in person, or in thought. If you have lost your dad, why not share some memories of him with your family? Keeping memories alive is a great way to honor fathers. And from all of us at Spotlight Magazine, Happy Father's Day to all the dads out there!

You will often hear me talk about our wonderful advertisers. They are the ones that make this publication possible. But we never lose sight of our loyal readers. We value you and we value your opinions. Please feel free to email me or call me with any comments or suggestions you might have that would make this magazine even better. We appreciate you and want to make sure that Spotlight Magazine continues to be educational, helpful, and engaging. We value your input because, at the end of the day, you, our readers, are our valued customers!

Until next month,

Bryan McDonough
Publisher, *Spotlight* Magazine, Inc.

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION
June 2017 | Volume 20 | Issue 06

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BE A MAN

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

If there's ever been a phrase that's been misunderstood and bashed in today's society it's this one. This combination of words has been used to do everything from denounce crying in young boys to glorifying violence to making excuses for bad character traits.

Being a man isn't about hobby choices or color preferences or whether you like to play with dolls as a child or a football... geesh, are you even serious about that? So what is it about?

As always, the Bible has some great wisdom from the person who invented men, and knows how they best should work, develop, grow and thrive.

In Titus 2, there's a verse that's been in my Scripture memory cue for a long time (even before my trusty Remember Me app on my phone, back in the days of Index cards). Here it is... Tell the older men that in anything they do, they must not go too far. They must be worthy of respect. They must control themselves. They must have true faith. They must love others. They must not give up.
Titus 2:2 (NiRV)

Here are 5 things that men (and women too for that really matters) should strive for. I know it talks about the "older men", but the truth is the alternative to achieving "older man" status is achieving "dead man" status, so this is a goal for EVERY wannabe man.

Know your limits. Don't go too far. Wisdom tells us our capabilities, but in a real sense, knowing our limits day to day also allows us to exceed them at the moments when we need to push the accelerator to the floor. Also, it helps us not to make a stupid move by over-reaching.

Be respectful. To get respect, you must give it. Respecting others is being a leader in valuing other people. Being a



leader doesn't mean you are the best, it just means you are the first, so be the first to respect others.

Control yourself. The phrase "I had no choice" gets abused these days and is falsely applied most times. We always have a choice, but we use these words when we

don't like our choices. Be self-controlled. Take care of your health. Hold your tongue a few seconds longer. It's not a matter if you can do it, it's a matter of if you will.

Have true faith.

Another translation calls it being "solid in faith". This means knowing God through Jesus and living that out with integrity.

Love others. That's not a feeling, but a commitment to, again, value others and, as Paul said in Philippians, look not only

to your own interests, but also to the interests of others, even above your own at times.

Never give up. Be consistent. When it's hard...be consistent. When it's easy...be consistent. And NEVER QUIT.

Aren't these things great for everyone, not only men? Is God being sexist? No, I don't think so. Often, I find that God, in His wisdom, sees where the temptations and stumbles can come for His creation is. None of these things are things that can't be done, but they are all things that we can justify not doing, because of an emotional moment or life situation. As with all things, emotions shouldn't be the catalyst of our choices, truth should be and here is truth from God about some things that men should shoot for to "be a man."

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.

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This way, you'll be sure to get the best rate no matter when you book. If you have the luxury of traveling last minute, let your Travel Advisor know – they'll keep you in the loop whenever last-minute travel deals come up, but these are become more rare as the economy is strengthening.

When should I travel if I want to get the best deal?

Traveling during the off-peak or shoulder seasons – right before and right after peak season – is

best. For example, Alaska is most popular in the summer, so cruises in May or September might have the best deals. Peak travel times are often when kids are not in school, like summer, winter holidays and spring break, so look for deals at times when class is in session. (Not sure when the best time to visit a destination is?) Every destination is different so ask your Travel Advisor!

How do I find the best cruise deals?

Contact your Travel Advisor for the best specials and promotions currently available. Also, be sure to sign up for your Travel Advisor's weekly Exclusive Travel Deals at YOURGROUPTRAVELS.COM. These Cruise Planners exclusive offers include discounts and add-ons that will make your vacation extra special. These can include:

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Personality Types Affects Your Risk of Disease

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

Most of us have heard about personality types A and B but let's review a little. Research has established a relationship between personality type and susceptibility to heart disease. People with personality type A seem to be more prone to heart disease, are typically more driven, impatient, energetic and ambitious. In contrast, people with personality type B, seem to take life more slowly, are usually more relaxed and less likely to develop heart disease.

Psychologists have now identified a "type C." (cancer-prone) personality. Type C persons are unable to solve problems. When relationships are crushed, circumstances go sour, or goals become unachievable, these people react by sinking into a depression of helplessness and hopelessness. Type C people are highly



prone to cancer. Researchers have found 3 characteristics of the Type C personality. The first is a feeling of loss, either loss of a loved one or loss of hope, particularly about the meaning of their existence. A second is the suppression, or repression, of emotions. The third is loneliness. Such people tend not to have close friends.

All three characteristics could be

nice resolved if such individuals would come to God and find in Him the encouragement, the forgiveness, and strength they need to meet life's difficulties. A strong trust in God and peace in Him is the solution. Man innately knows that he cannot solve his own problems; he needs God! Only in Him can we find the strength and courage to press forward. Only then can we be genuinely happy amid life's problems. Read God's Inspired Word—the Bible— everyday, and be happy, contented, thankful, and helpful to others. This is a powerful weapon to achieve good health.

Dr. Kevin Kilday, PhD, Founder of Holistic Health Center, Developer of the "Winning Against Cancer" Program, www.holistichealthcenter.us, 321-549-0711 for appointments.

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Brides and/or grooms-to-be can preregister and purchase tickets on BrevardBridalShow.com. Tickets are just \$8 in advance (online) and \$10 at the door. A limited number of VIP tickets are also available for \$25. VIP tickets include priority admission, a tote swag bag full of goodies and reserved fashion show seating.

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Control Mosquito-Borne Illnesses

Enjoying the great outdoors means sharing the environment with nature. Although sharing space with various backyard or neighborhood birds and small animals is acceptable for many people, insects that seem to multiply when the weather warms up are another issue entirely.



Mosquitoes can be both a nuisance and a threat to human and pet health. Depending on where in the world they're located, mosquitoes may carry and transmit many different illnesses. According to the American Mosquito Control Association, more than one million people worldwide die from mosquito-borne diseases every year. From malaria to dengue to Zika to West Nile virus, mosquitoes carry scores

of diseases. Even when mosquitoes do not transmit illness, their bites can cause severe skin irritation through an allergic reaction to the mosquito's saliva.

The U.S. Military Health System says controlling the mosquito population and protecting against mosquito bites remain the most effective ways for people to safeguard themselves against mosquito-borne illnesses.

Avoid mosquito bites

The following are some preventative methods to avoid being bitten by mosquitoes.

- When practical, wear long-sleeved shirts and pants outdoors.
- Rely on closed doors and screened-in areas to keep mosquitoes outside. When sleeping outdoors in areas where mosquitoes are present, sleep under a mosquito bed net.
- Keep window and door screens in good repair, replacing any with holes large enough for mosquitoes to get through.
- The U.S. Environmental Protection Agency registers insect repellents. When used as directed, these insect repellents are safe and effective, even for pregnant and breastfeeding women. The Cambridge Public Health Department notes that alternatives to DEET include Picaridin (a chemical repellent) and oil of lemon eucalyptus (a plant-based repellent).

Reduce mosquito populations

Homeowners and business owners can take several steps to limit local mosquito populations.

- Empty items that hold water, such as birdbaths, pool covers, buckets, and flower pots, as mosquitoes lay their eggs in still water.
- Clean out rain gutters and downspouts to prevent pooling water.
- When standing water cannot be removed, it can be treated to control mosquito larvae. A bacterial insecticide called *Bacillus thuringiensis israeliensis* (BTI), targets mosquito and black fly larvae without harming the water or other animal life.

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Day-Tripping with Bruce Marion

Daytona Beach is not only the home of NASCAR and countless car/truck/ bike races each year AND bike week (x2) but it is also, the home of the worlds safest beach.

Some 23 miles long of beach with an international reputation sits before you awaiting your visit to paradise. Jimmy Buffet recently committed to building a retirement community in the name of Margaritaville in the Daytona area.

Here is where the speedway got its start. On the south end of daytona beach, near ponce de leon inlet, the 1st races started and continued until the huge local speedway with all the modern features came along. Imagine turning on a dime like a whirling dervish on the sandy beach as hundreds watch from the sunny dunes and even standing in the surf.

This same southern Daytona area is also home to the 52 acre Lighthouse Point Park and Museum, where one of florida's most beautiful landmarks, all brick construction, beams light for safety from the dangerous inlet. This is the same beach with the amazing Boardwalk, so large in expanse as to not be called a boardwalk under common terms, with an amusement park, shops and a pier. Delights such as homemade on the spot salt water taffy can be sampled. There are surfboard and paddleboard manufacturers there and even a surf school for these special waveriders.

The Daytona Lagoon sits here as well, a giant waterpark with laser tag games and much more for all ages. MOAS, the museum of arts and sciences is here in town with a global representation of interests. The LPGA and PGA have a

presence here on the east coast and golf is a big part of the daytona theme, with a world class putt putt miniature golf institution as well. Baseball makes a presence here too with the modern and amazing Jackie Robinson Baseball Field.

A home town chocolate factory where you can make an appearance for a sweet snack or take home or check out the factory tours. There is a marine science center locally that rivals Marineland, just a few miles to the North.

There are entertainment facilities up and down the town landscape with small venues and beachfront concerts of classical and rock music and Daytona is home to the Peabody Auditorium, where all the major events and acts can be seen, as they travel through Florida.

I could go to Daytona and never leave the beach, you could go to the racetrack and drive on the speedway, play golf with the pros, climb the lighthouse or catch the museums. Never a dull moment here.

And throw in spring break in March-April and you might have several thousand happy go lucky college students join you! Some of the motels and hotels rival Las Vegas for their pomp and circumstance. You have to see it to believe it.



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SUMMER RAINS CAUSE CAR ACCIDENT AND WHIPLASH EPIDEMIC

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

With summer upon us, as usual, just about every day brings with it a downpour that makes driving treacherous. As a result, car accidents are unfortunately inevitable. Body shops, emergency rooms, Chiropractors and even attorneys all become extremely busy trying to help the innocent victims of these weather conditions.

In the blink of an eye, you could sustain a whiplash injury. Any substantial blow to your body, whether from a car accident, contact sport or an accident at work, can cause whiplash or other neck injuries and warrants a thorough chiropractic check-up.

The biggest danger with whiplash injuries is that the symptoms can take years to develop. Too often people don't seek treatment until more serious complications develop. Even after whiplash victims settle their insurance claims, some



45 percent report they still suffer with symptoms two years later.

Chiropractic adjustments (also called spinal manipulations) are one of the only proven remedies for whiplash injuries. The Quebec Automobile Insurance Society provides all car insurance in the Canadian Province of Quebec. They pay so many whiplash claims that in 1989 they commissioned a task force to study all scientific information on the car of whiplash. After three years reviewing 10,382 articles on neck injuries, the society concluded that most interventions for whiplash injuries were unproven. Yet, they recommended spinal manipulation.

How does whiplash occur? In a rear-end collision, the victim's car is first pushed forward or accelerated and then because their foot is on the brake or their car hits the next car in front, their car is quickly slowed down or decelerated. As the car accelerates forward, it pushes the body forward, but the head stays behind momentarily rocking up and back until some of the muscles and ligaments of the neck are stretched or torn.

The severity of the injuries depends on numerous things. When both are similar size vehicles, even an 8 mile per hour collision produces two times the force of gravity or a 2-G acceleration of the vehicle and a 5-G acceleration of the head. The position of the headrest greatly affects the severity. It can make the injury worse if it is too low and if the head is more than 2 inches away from the headrest.

As the body ages it gets less flexible, range of motion decreases and muscles get weaker. All these make injuries more severe to older people. Women seem to be injured more seriously than men, and of course some people are more prone to injury because of pre-existing conditions like arthritis.

14 Days! 14 days is the time you have to seek some kind of medical treatment after an automobile accident. Florida legislature reads that after 14 days, you are not eligible for any PIP coverage if you have not been evaluated by a medical provider. Chiropractors can and are happy to evaluate victims that may have suffered from a whiplash, neck or back injury. This is why it is extremely important that even if you don't have severe symptoms, you should still be evaluated. Dr. Carlisle and Chiropractors in general are highly trained to evaluate and diagnose Whiplash injuries.

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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

"...the grass is greener
where it's watered..."



"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've been married over thirty years to a man I loathe. He's ruthless, in his business dealings, and often verbally abusive to me. We're financially sound—maybe a little too much because I think the money, and the security that comes with it, is making it all the more difficult for me to leave him. I haven't worked since we married and quite frankly, I'm terrified of being out there on my own. I've been having an affair with my best friend for several years and I want to leave my husband for him but I have so many reservations. On one hand, I feel like God sent him to me and we are supposed to be together. But on the other hand, he lives like a gypsy and has little, or no, structure in his life.

Donny thinks I should leave my husband because I'll be awarded half of everything in the divorce settlement. My family thinks I should tough it out and make the best of my marriage and my friends are torn between: leaving him for the other man or continuing the affair but stay married. I'm not getting any younger and I think I deserve to be happy. I read, somewhere, in the Bible, that God gives us the desires of our heart. Do you believe its possible God sent me Donny, or is this just wishful thinking on my part?

—Carrie of Brevard County

Dear Carrie,

The scripture you're referring to is from the book of Psalm, chapter 37:4, "Take delight in the Lord, and he will give you the desires of your heart" (NIV). While it's true, God loves to bless us, this statement is, more often than not, taken completely out of context. For one thing, our will needs to line up with His and God would never condone, nor encourage, a sinful-adulterous relationship.

To be honest, based on your letter, Donny sounds like an irresponsible opportunist. Isn't it possible, he's just waiting around for you to come into money? I may be incorrect in my

James 3:17

"But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere." (ESV)

assumption, but that's the picture I'm getting. Obviously, he's not a Godly man or he wouldn't be sleeping with another man's wife in the first place. "And the two shall become one flesh. So they are no longer two but one flesh. What therefore God has joined together, let not man separate" Mark 10:8-9 (ESV).

You also failed to mention whether you and your husband have tried counseling. Is it possible your husband knows, or suspects, you're having an affair? It may account for his nasty disposition. Many believe, "the grass is greener on the other side"; but in truth, the grass is greener where it's watered.

You are walking in fear and waiting to be rescued by someone who's deficient in: character, stability and lacks Godly integrity. My advice to you is: end the extramarital affair, sit down and discuss, with your spouse, about seeing a Christian marriage counselor. Ask for God's forgiveness, guidance and direction and never make decisions that are contrary to His Word... "But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere" James 3:17, (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.

Veterans Church CREED

We are the Veteran's Church. We have seen and done things that many will not understand. By God's grace we are here today. I am a warrior and a member of a team spanning the globe. We have served our country proudly and now stand by to serve our brothers and sisters in arms.

We will never accept, defeat through Christ we will attain ultimate victory. We will never quit, we can do all things through Him who strengthens us.

We will never leave a fallen brother or sister. If they are hurt, we will carry them. If we can't carry them, we will drag them. Right by their side we will face their enemies, to include the demons from within.

They are my brothers and my sisters and God placed me on this earth to go out there to save that one person no one could reach and bring them HOME.

We are VETERAN'S CHURCH.

And I Am My Brothers KEEPER

—Rev. Kenneth C Torres

Our Goals:

Even though we will be called Veteran's Church, we are not a church in the traditional sense. We will be providing Spiritual Support and guidance but more than anything



we will be providing a much needed venue for our brethren to come and speak or vent without the fear of reproach or judgment that they would face in a more traditional venue of worship.

We will establish a support system not only for our Vets and their families but also for Active Duty Members that may come our way. This support system will consist of Clergy (who will be Vets), Health Professionals and different local and government offices.

We will Endeavour to meet their needs in a private manner. By identifying needs and supplying them or directing to organizations or institutions that can.

We have established a pantry program, where we will be stocking food items along the line of MRE's, water, blankets, sneakers, T- shirts and personal hygiene items. So if a Vet or family approaches us with an immediate need, we will be in a position to help.

We will be actively and aggressively fighting against the suicide plague that is killing our brethren at a rate of 22 daily. We are going to tackle this Spiritually, Emotionally and Humanly. We will fight just as hard as we did on the battlefield. We know our cause is just and with God on our side we will not fail.



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HAPPY FATHER'S DAY SPOTLIGHT ON COOKING

by Cecelia Danas



I love this salad. It is healthy, tastes good and sure to please the family or company. It could be for dinner or lunch. 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.

Summer Salad, the Greek way

2 cups elbows or ruffled pasta	3 tblsp lemon juice
2 cups cubed cooked chicken	1/2 cup olive oil
1 pint cherry tomatoes	1 tsp dried oregano
1 large cucumber	1-4 oz container of feta cheese
1/2 red onion	1/2 cup sliced Kalamata olives

Cut tomatoes in half, cut cucumber in half lengthwise and slice in thin slices, coarsely chop onion.

Combine cooked pasta, chicken, cucumber, onion and tomatoes in a large bowl.

Stir lemon juice and salt until salt is dissolved. Add olive oil and oregano till it is all blended well. Pour mixture over pasta mixture and stir till all is coated. Add feta cheese and olives and stir lightly. Cover and refrigerate for at least 2 hours.

Serve with Italian bread, hard rolls or biscuits.



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ART *for Water Lovers*

In October Waterscapes Gallery, owned by Jessica and Bradley Lamed, opened in the heart of Historic Downtown Melbourne. The gallery has drawn locals and visitors alike.

Waterscapes Gallery is a lively and fun place that excites the senses and imagination. An attractive gallery, located steps from New Haven Ave, showcases the talents of over 9 artists from our community, and throughout Florida. Waterscapes offers reasonably priced original art in all mediums, including oil, water color and acrylic paintings, as well as wood and multi media sculpture, jewelry and more.

Each piece of artwork chosen to be in Waterscapes Gallery has been selected for people who live around and love the water lifestyle. Local residents, vacationing visitors, and serious collectors can find the perfect piece of art for their home or office.

Jessica Lamed studied Graphic Design at the Art Institute of Ft. Lauderdale and Santa Fe College. A Florida Keys native, Jessica's passion for the ocean and its inhabitants started at an early age. Using the skills she has honed as a graphic designer, Jessica uses her love for nature to create vibrant art depicting ocean life and the complexities and beauties it presents. With a focus on conservation, Jessica uses her art as a means to bring



awareness to health of the Ocean and Indian River Lagoon.

"I am fortunate to have grown up surrounded by one of the world's most diverse ecosystems. Having spent my childhood on and under the water, I feel deeply connected to the ocean and the creatures that call it home. The ability to use art to communicate the vibrancy, textures, and perseverance of the ocean and its most incredible creatures is something I feel truly passionate about."

Please visit www.waterscapes.gallery or Facebook at Waterscapes Gallery Melbourne for more information on the gallery and events or email art@waterscapes.gallery for more information.



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TIPS FOR HIDING FROM YOUR ISP SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

In light of the recent Internet privacy legislation, will using a VPN keep your ISP from tracking what you do online?

The recent bill passed by both houses of Congress will essentially overturn a rule passed by the previous FCC chairman that would have required Internet Service Providers (ISPs) to ask for your permission before sharing your browsing and usage data with third parties. The rule was never put in place, so in a sense, the recent bill leaves things the way that they have always been.

Your ISP Knows The Most

Regardless of any regulations, your ISP has and always will know the most about how you generally use the Internet as a normal course of providing you its service. The issue is really more of what it can do with that information, which is now a confusing mess that's up in the air.

Services like Facebook and Google can only track you when you're using their resources or their associated third parties, which admittedly, is pretty



extensive but your ISP logs every site that you visit.

For clarity, when you visit encrypted sites (those that start with https://), your ISP can see that you went there, but it can't see what you do within the site, so much of the 'privacy' that many people want already exists.

How VPNs Hide You

Using a VPN, which stands for Virtual Private Network, will reduce your ISPs ability to track where you go online because everything you do after you connect to a VPN is masked in a private 'tunnel'. Your ISP would then only see you connecting to the VPN, but nothing afterwards, but there are tradeoffs.

VPN Tradeoffs

If you decide to use a VPN service, you're essentially trading WHO can see everything you're doing from your ISP to your VPN service provider.

Can you trust a VPN service provider any more than your ISP? That's the primary question you'll have to answer yourself before making the change, so make sure you've thoroughly researched any company before you start using their service -- some of them are based in other countries and aren't necessarily subject to our privacy laws.

Keep in mind that a free VPN service is most likely selling your browsing history to pay for the service and even some pay services could do the same because there's no regulatory body overseeing these companies.

Some VPNs can also degrade performance, depending upon the quality of their network and can be confusing for non-technical users. Tech-savvy privacy advocates often choose to spend the money to setup their own VPN server, but that's not a very realistic option for most people.

True Privacy: All or Nothing

Using a VPN might limit how much your ISP knows about your browsing habits, but that won't stop the dozens of other ways you're being tracked every day by lots of others.

If you're truly concerned about privacy, you'll need to completely change what you use to browse the web, how you maintain your computer, and stop using all of the most popular websites and social networks as a real person.

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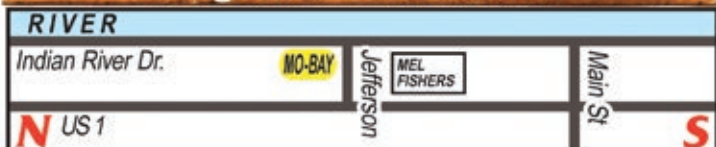
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Fighting Glaucoma

Laser procedure can eliminate or reduce the need for costly medication.

When computer programmer Kevin Gray needed a new pair of glasses, he got more than an updated prescription when he visited an optometrist. A routine exam revealed elevated pressure within his eyes. It was the first clue that he might have glaucoma, an eye disease that can cause irreversible vision loss if left untreated.

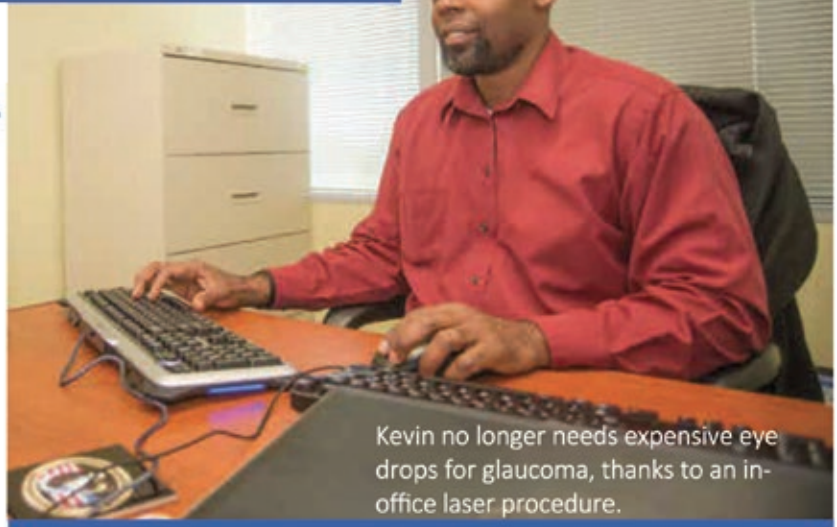


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The optometrist referred Kevin to glaucoma specialist James N. McManus, MD, at The Eye Institute for Medicine & Surgery. After more testing, Dr. McManus confirmed Kevin had developed glaucoma and needed treatment to preserve his sight. "I wasn't having any other symptoms," Kevin recalls. "My grandmother had glaucoma, so I guess I've got the precursor for it."

A symptom of glaucoma is increased intraocular pressure that damages the optic nerve over time. It is caused by poor drainage of the fluid that nourishes the eye's lens and cornea. The back-up of fluid increases pressure within the eye. Only in rare cases can patients feel this buildup of pressure.

Kevin was prescribed eye drops that control glaucoma by reducing eye pressure. His instructions were to place a single drop daily in each eye, a regimen



Kevin no longer needs expensive eye drops for glaucoma, thanks to an in-office laser procedure.

he faithfully followed for seven years. The eye drop therapy kept his glaucoma in check but became increasingly expensive. He was paying about \$100 every month for his prescription when he decided to look for another answer. "The eye drops were cost prohibitive," says Kevin.

Recently, he underwent an in-office procedure at The Eye Institute for Medicine & Surgery that made it possible to throw away the eye drops. The treatment is selective laser trabeculoplasty, or SLT, a brief laser procedure designed to increase fluid drainage inside the eye. SLT gently applies laser energy to the eye's drainage tissue, a tiny, spongy area called the trabecular meshwork. The result is better fluid drainage and therefore less pressure

"If someone has tried all the medicated drops available and they haven't responded, instead of having a more invasive surgery, this minimally invasive procedure can be done first," says Dr. Darlington, "It can be a safe alternative to control glaucoma."

on the optic nerve.

"I didn't feel any discomfort at all. It seemed similar to one of my routine eye exams," notes Kevin about having the procedure. "First, they applied some fluid to numb the eye. In all, it took less than five minutes. I had the first eye done, and the other eye was treated a week later."

Impressive Results

A recent chart study at The Eye Institute for Medicine & Surgery indicates that SLT can be an effective alternative to glaucoma medications and eye drops.

For the retrospective study, Dr. McManus reviewed more than 100 charts of his patients who have undergone SLT. "The results were very impressive," he reports. "Seventy-five of the hundred patients in the study either eliminated the need for their glaucoma medications or reduced the number of medications they needed to take on a daily basis."

Sixty-two of those patients were able to stop their glaucoma medications entirely. That is good news for many reasons, adds Dr. McManus. When SLT eliminates or reduces the need for daily eye drop therapy, patients who previously weren't taking glaucoma medications as directed or skipping doses be-

Fighting Glaucoma: Continued

cause of cost will no longer be risking vision loss. The latest generation of glaucoma medications is highly effective but requires the patient to be vigilant about compliance, notes Dr. McManus. Ignoring directions can, over time, lead to vision loss, even when a physician is following the patient.

Some patients may be non-compliant because of physical limitations. For example, they can't place drops correctly in the eye because of tremors due to Parkinson's disease or other neurologic disorders. Having a condition like rheumatoid arthritis can present challenges with even opening the medication bottle. Busy lifestyles can interfere with daily eye drop therapy, too.

"Many patients simply have numerous responsibilities and are always on the go. This is often why they forget to use their glaucoma medications every day," says Dr. McManus.

The high cost of glaucoma medications is another obstacle for many patients, he adds. When patients find the medications to be cost prohibitive, studies

have shown many will skip doses to make their supply of drops last longer. "It's understandable when patients feel that they can't afford their medication. But they are risking their vision. If vision loss occurs, it is frequently permanent," warns Dr. McManus.

The chart study at The Eye Institute for Medicine & Surgery also examined the potential financial impact on the US health care system when SLT eliminates the need for expensive eye drops to treat glaucoma.

Using life expectancy tables from the Social Security Administration, Dr. McManus and his team completed a cost analysis. Their conclusion: On average, when a patient no longer needs typical glaucoma medications, expected savings can be in excess of \$16,000 over his or her lifetime after being treated with SLT.

New Glaucoma Surgery

A new surgery for glaucoma is now available at The Eye Institute for Medicine & Surgery. Using a new device called the Kahook Dual Blade, glaucoma specialist Jason K. Darlington, MD, is able to improve fluid drainage inside the eye to lower intraocular pressure and preserve the health of the optic nerve. The outpatient procedure is minimally invasive and takes less than 15 minutes.

"I can easily perform the surgery through a micro-incision, which is what makes it minimally invasive," assures Dr. Darlington.

"This is a very good procedure for patients who have a diagnosis of glaucoma and are undergoing cataract surgery. It can be done at the same time," he adds.

"Afterward, they are likely to need less glaucoma medication or be off their medication entirely."

The Kahook procedure is also an alternative for glaucoma patients who have developed allergies to eye drops for glaucoma or aren't responding adequately to medications.

"If someone has tried all the medicated drops available and they haven't responded, instead of having a more invasive surgery, this minimally invasive procedure can be done first," says Dr. Darlington. "It can be a safe, alternative way to control glaucoma."



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How many things can you find that have to do with **June**?

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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**

Did You Know?

Studies have shown that music can have a beneficial impact on both mental and physical health. In a meta-analysis

of 400 studies, researchers at McGill University in Montreal found that music can reduce stress and boost the immune system. That's because listening to music increases the body's production of immunoglobulin A, an antibody that plays an critical role in the function of the immune system and cells that attack viruses. A 2013 study even found that music can help children during visits to the emergency room. Researchers at the University of Alberta studied 42 children between the ages of 3 and 11, discovering that those who listened to relaxing music while having an IV inserted reported less pain than children who did not listen to music. In addition, children who listened to music during the administration of the IV exhibited less anguish than the children who did not listen to music. Healthcare workers even noted the ease of administering IVs to children who were listening to music compared to patients who were not listening to music.



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Nicole Grammer



Don't Get Caught in "The Box" Unprepared

As we approach June 1 and the start of Hurricane season, many remember last year, as Hurricane Matthew hugged the east coast of Florida and Space Coast residence scrambled to secure their property, evacuate the coastal area and take shelter inland, sellers and buyers alike were urgently reaching out to their Real Estate Professionals asking what this could mean to their pending transactions.

The South Florida Real Estate Industry is all too familiar with the significance of "The Box" when it comes to a storm off the coast, but many home buyers and sellers are unaware of the term and what it means to their closing. Living in a coastal state where we have a six month (June 1 – Nov 30) Hurricane season that also happens to coincide with the busiest time in the Real Estate Industry for the state, it is important to understand the impact of a named storm and how it may affect your closing, even if you are not in the direct path of the storm.

So what is "The Box?" It is an approximately 16,000 square mile area that is defined by the Hurricane Restriction Rule issued by the NC Joint Underwriters Association.. The rule states:

"No new or increased coverage shall be bound or application for new or increased coverage be accepted after 12:01AM the following day when the center of a designated named storm is located within Longitudes 65°

West and 85° West, and Latitudes 20° North and 37° North. The term "designated named storm" is a windstorm designated as a hurricane or tropical storm by the National Weather Service."

These coordinates form a box and encompass an area from Norfolk, Virginia down to the Dominican Republic and from from Apalachicola, Florida east to Bermuda.

It is important to understand that the issuing of new policies will STOP, whether or not the property is in the direct path of the storm and therefore this could happen well before any tropical storm warning or hurricane warning is issued by the weather service.

So how do you avoid a delay in your closing? While there is no guarantee, the best thing to do is file your

insurance application early; as soon as the offer is accepted and contract is signed by all parties. It is good to pre-pay and bind coverage early so your closing has a smaller chance of being affected.

In some cases, there is no way to avoid the delay. Most normal Florida contracts have a provision to extend closing date in the event of a storm and in most cases interest rate guarantees will be honored as well. And if by chance a storm hits, as in the case of Hurricane Matthew, lenders often require re-inspection of property and buyers and buyers and sellers may be required to sign a form attesting that they agree there is no damage.

Living in the lush tropics of South Florida it is best to follow these guidelines even outside of storm season when selling or purchasing a home. Don't get caught in "The Box" unprepared.



Nicole Grammer – Broker/Owner

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Win Our Nations, Inc. based in Cocoa, Florida has founded two overseas orphanages. One in Asia in Southern India, which was established in 2003 and another in Cameroon, Africa initiated in 2009. As the years have unfolded it is thrilling to see our babies becoming happy healthy toddlers and our children growing in to young adults. All these kids were either abandoned or just little waifs and strays and without our intervention some would not definitely survived and none would have had any chance in life on the dangerous streets. We encourage all our sponsors that they could not put \$25 a month to better use. Because of their generosity, their child will have 3 nutritious meals a day, is able to attend school, receive basic medical care, is warmly clothed and will go to bed with the feeling of love and security each night and will grow up loving and serving our savior, Jesus Christ! Here are

just a couple of typical examples:

In Cameroon, meet Promise, one of the precious 38 orphans we have at Helping Hands Children's Home in Cameroon, West Africa. Sadly, Promise's mother died shortly after giving birth to her in the remote

village of Bafanji. The grandmother struggled to look after the newborn, but quickly realized that Promise was fading fast. Milk, let alone formula, is extremely expensive there. We were asked to come and rescue the baby when she was three weeks old. Her frail frame weighed less than five pounds, it was evident that she had lost quite a bit of weight. She was extremely dehydrated and lethargic. We were sure that if we didn't take her into the Home, she would be dead before the end of the week. The family had not yet named her as they were not sure she would survive. But as we filled out the paperwork we gave her the name of Promise as we were already hopeful for her future. It took a few weeks for her to get to a healthy weight,



but it wasn't long before she started to thrive. She has gone from strength to strength and today is a healthy, boisterous young girl of three. She loves to play with her siblings at HHCH and always has a smile on her face. We know the Lord has a wonderful plan for this little girl's life.

In India where we have over 40 children, meet Prem and Prasanna Kumar, identical twins which arrived at our orphanage well over a decade ago when they were just 6 years old. Their father had died of AIDS and their mother was infected with the HIV virus and she was so severely ill that she could no longer take care of them. They were part of our children's home family for many years before they could move in with distant relatives that were able to financially provide for them. Prem and Prasanna are now young men and have moved back into the area where our campus is located and are now regular visitors to our ministry and they both attend our English-speaking church service on Sunday evenings. They are attending college for further education and are in part time employment. Win Our Nations Inc is making a vast difference in the lives of orphans today and for their futures!

In the Bible, the book of James chapter one, verse 27 says "Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world". You can learn more about our ministry or contact us at www.winournations.com



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PRACTICE MAKES ETERNITY

by Megan Berckhemer, CCM: Together, doing life RIGHT!

The earth is the Lord's, and everything in it, the world, and all who live in it; (Psalm 24:1, NIV)

Shoulders back, elbows in, heels down. A slew of conflicting emotions dance within me. I'm nervous. I'm excited. I'm anxious, fearful, elated, and overwhelmed!

I'm about to put my hours, days, months, and years of practice and preparation on the line. Here I am... awaiting a moment of either sublime success or my deepest failure. The sound of horse hooves hitting the ground fills the silence around me. Standing at the gate, with a crowd of other horses and riders much too close to my horses' rump, I wait for my que to enter the ring. With movements you'd have to be looking for in order to see, I signal my horse to walk on. Soon, the day was over. With anxiousness, excitement, rejoicing, and yes, plenty of exhaustion, we all headed home.

One day, very soon, we will all have the defining moment of our lives. We'll gather together from every nation, encircling the throne of God, offering our worship, adoration, love and thanksgiving. We'll sing

melodies more beautiful than have ever been heard. We will bow, we'll shout and we will worship!

But until that day, we have moments, right now, preparing us for THE moment when we'll worship our King forever. Each day, as we exercise the privilege of worshipping our King as



well as serve those around us, we get to 'practice' what we'll one-day experience for all eternity.

God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. (1 Peter 4:10, NLT)

As we worship, we truly get a glimpse of the beauty of His holiness. It is so much more delightful than dutiful! Sure, some days are harder than others and in this life we will experience success as well as failure. But once we enter into worship, the pleasure and sheer joy of His presence displaces all the worries, fears and failures this world brings.

Remember this! He led his people out singing for joy; his chosen people marched, singing their hearts out! (Psalm 105:43, MSG)

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Shop Smart and Save Thousands

by Dan Taylor, Audioprosthologist, Mission Hearing

There isn't a week goes by but what you pick up the paper and see a four page color ad for hearing aids. The typical ad features pictures of several hearing aids, and always some sort of too good to be true offer (you can tell by that small print below the offer) along with a list of stuff they are going to give you for Free, if you'll only call one of their dozens of offices, and make an appointment with one of their white lab coat wearing doctors of audiology, etc.

They even have the word 'medical' in their name, so it all has to be doctor approved, right?

Now, here is the thing. Those ads aren't cheap. Literally thousands of dollars each time they run. So ask yourself, how many of those cheap hearing aids they are advertising would they have to sell, if you could actually buy them, just pay for that ad?

And what's with all the white lab coats?

Here it is folks, straight up. I'm Dan Taylor. I am not only an Audioprosthologist, but also Board Certified in Hearing Instrument Sciences. I've been in the hearing aid industry for over thirty-five years, and have been dispensing out of my lab/store in the heart of historic downtown Melbourne for over twenty-five of those years. Oh, and I've been wearing hearing aids for a high frequency hearing loss for over twenty-three years now.

Here is what's up with those white coats and that 'Medical' name. In his classic, "Influence, the Psychology of Persuasion" Professor Robert B. Cialdini, PhD and head of the Psychology department at Arizona State, writes that it is worn to confer the authority of a doctor upon it's wearer.

That's right, they are all worn just for show. To show you that they are the medical authority, and when you come to them, you are to take their recommendations and act upon them.

Our industry even has a word for it. They call it compliance. Compliance is at the heart and center of the entire medical model. You see these folks want you to look at your hearing loss as an illness for which they have the cure. Just like you look to your doctor for solutions for when you are sick. The problem is, that medical model of dispensing comes



with some assumptions. The first one being that the folks in those white lab coats have the cure for what ails you.

This medical model puts that White coated specialist, or audiologist at the center of the decision making process. They test, assess, and write a treatment plan that they expect you to implement in the form of purchasing the hearing aids that they recommend. It's what compliance is all about. It minimizes the consumer's choices and puts the decisions about what is best, into the hands of that white coated professional.

We practice a different type of dispensing at A Advanced Hearing Care. Here we practice the Market model of dispensing. In our practice the customer, and their goals, objectives, and the experience we provide in fulfilling those goals are what we focus on.

In our practice, the customer, not the professional comes first. The customer is at the center of everything we do, not the professional. We likewise have a name for it, we call it being "Customer

Centered, and Results Oriented™"

We make it a point to find the right hearing care solution for every customer, lifestyle and budget. We listen to our customers first. Our job is to listen, and then fulfill their hearing care goals and objectives, not our own.

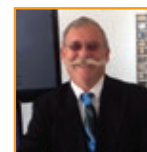
We work for you, our customers, not some chain of hearing aid stores being fronted by a major manufacturer, whose only goal is to sell more new hearing aids. At A Advanced Hearing Care, it's not about the gear. It's about getting the right gear, at the right price, for each and every customer who comes to us.

Whether providing better than normal hearing in noise, with one of our great Siemens/Rexton products, or reaching into the drawer for a used, or reconditioned set, because that better suits the needs of the customer in front of us, we work for our customers, and they come first, always, not the person in the white lab coat.

So, if you, or a loved one is shopping for hearing aids, or hearing help, we put you first, and you won't see any white lab coats, as we're not the doctor, and don't want you to feel like you are a list of walking billable procedures, but rather a welcomed friend and neighbor whose come to us for honest answers and help to a condition that millions of us deal with on a daily basis.

We're located in the heart of old historic downtown Melbourne, midway between the main post office and Meg O'Malley's, in suite 12, of the Arcade Building at 720 E. New Haven Ave. We are open for walk in traffic without an appointment weekday mornings from 9:30 till noon, or you can call us at 321-722-2894. Or, visit our website at www.aadvancedhearingcare.com.

Please see our advertisement on page 26.



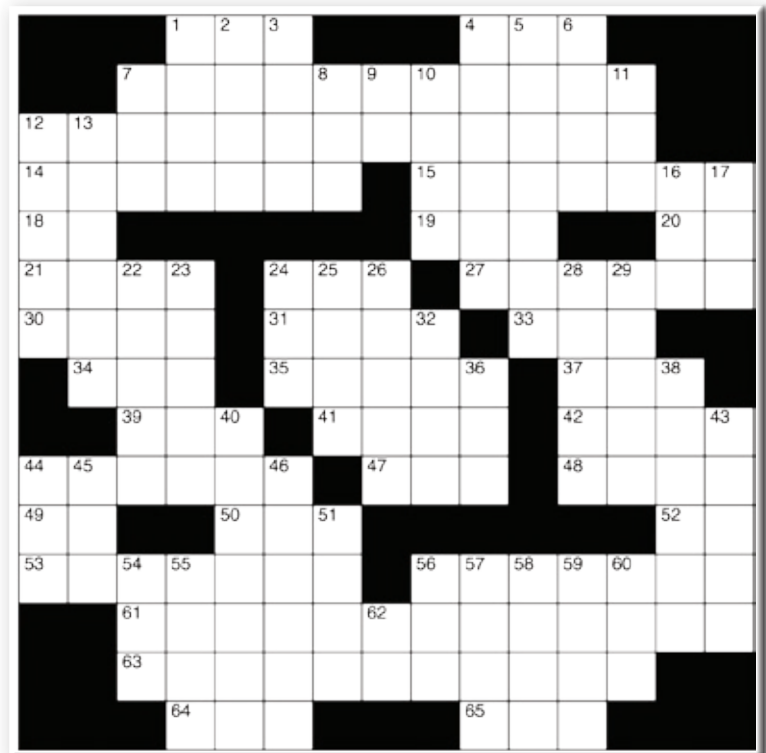
Spotlight Crossword Puzzle

clues ACROSS

- 1. Formed by burning tobacco
- 4. Luxury automaker
- 7. Religious residences
- 12. Crusaders
- 14. Puzzled
- 15. In a curt way
- 18. Selling tool
- 19. Solid material
- 20. Gold
- 21. Thick piece of something
- 24. Pouch
- 27. "Wonder Years" actor Fred
- 30. Strong and healthy
- 31. Waste matter
- 33. Apply lightly
- 34. Type of squad
- 35. Secret political faction
- 37. Mock
- 39. Immoral act
- 41. Early Syrian kingdom
- 42. Neutralizes alkalis
- 44. Loud, confused noise
- 47. Sweet potato
- 48. Yemen's largest city
- 49. Farm state
- 50. Bird's beak
- 52. Measures distance
- 53. Pacify
- 56. Spanish noble
- 61. Lodging supplied for public convenience
- 63. Womanized
- 64. Not divisible by two
- 65. Monetary unit

clues DOWN

- 1. Used in perfumery
- 2. Arabic man's name
- 3. Assess
- 4. Prickly plants
- 5. Falsely assess
- 6. "___ the whistle"
- 7. Mama
- 8. Rocker ___ Vicious
- 9. Toward
- 10. Prefix meaning within
- 11. Midway between south and southeast
- 12. Cause to be embarrassed
- 13. Pandemonium
- 16. Fall behind
- 17. Cantonese
- 22. Shad
- 23. A way to make dark
- 24. Specialized systems consultant
- 25. Wings
- 26. Taxi driver
- 28. Linear units
- 29. Large Philippine plant
- 32. Celebration
- 36. Fugitives are on this
- 38. Chinese tree
- 40. Not sour
- 43. "Bourne" actor Matt
- 44. Former OSS
- 45. Runners run this
- 46. Offered again
- 51. Sanctuary
- 54. Food suitable for babies
- 55. Caused by a reflection of sound
- 56. Mortar trough
- 57. Days in mid-month
- 58. Exhibit the courage to do
- 59. Disk of the sun in Egyptian mythology
- 60. Protects from weather
- 62. Manganese



answers on page 44



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7 Ways to Use Less Energy when the Weather Warms

The temperature is rising, and that can be a good thing for those people who love long days of outdoor recreational activities. Sometimes, though, there can be too much of a good thing, and consistently hot temperatures may become uncomfortable and even dangerous. Finding ways to keep cool without spending a fortune or using a lot of energy is challenging but possible.

1. Find your comfort zone

Determine an indoor temperature that works best for the household. Keep the thermostat set as high as possible to maintain that comfort level. If you will be out most of the day, set the programmable thermostat at a higher temperature, and then lower the temperature about an hour before you plan to return home. This reduces the number of hours the air conditioner is running.

2. Keep curtains closed

Draw the blinds and close curtains on south- and west-facing windows during the hottest times of the day. This prevents the interior of the home from heating up.

3. Maintain air circulation

Invest in ceiling fans, which can move air through the home. This will help prevent pockets of hot air in certain spaces. According to the U.S. Department of Energy, even in homes with air conditioning, ceiling fans enable homeowners to raise the thermostats on their AC units by about 4 F with no reduction in comfort. Attic fans can draw heat out of a home through vents, also helping to reduce indoor air



temperatures. These devices can reduce reliance on air conditioners, especially on moderate days or cool nights.

4. Cook outdoors

Put that backyard grill to good use. Plan meals around outdoor cooking so the ambient heat will stay outside and you will not have to turn on the oven or the stovetop. Include side dishes, such as salads, fresh vegetables and fruits or gazpacho, that can be served cold. If you must heat something indoors, try doing so in the microwave.

5. Run appliances at night

Wait until the washing machine or the dishwasher is full before turning on the cycle. Temperatures are cooler at night, and you may not notice the extra heat in the home generated by such appliances. Consult your energy bill as well. Sometimes energy rates are lower in the evening than during the peak hours of the day.

6. Rely on natural light

In the summertime, the sun stays out longer, so you'll be less reliant on electric energy to keep things illuminated. Spend more time outdoors so you can read, play or chat in the sunlight while keeping indoor lights off.

7. Determine pool filter efficiency

Experiment with reducing the amount of water filtration time until you come up with an amount of time that still maintains water sanitation. If you think your filter and pump are no longer working efficiently, consult with a pool supply retailer.



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ANNUAL FUNDRAISER BENEFITS HEALTH FIRST BREAST CENTER

A quick escape to “Spain” ushered in good times for more than 300 guests, along with some goodwill in funding the local fight against breast cancer.

“La Noche Blanca: An Evening of Flamenco” was the theme for the 2017 Health First Foundation Benefit Ball, held Saturday, April 22, at the Charles and Ruth Clemente Center on the Florida Institute of Technology campus in Melbourne. The \$360,000 raised will help bolster crucial resources at the Health First Breast Center.



“Our host committee did an amazing job of transporting our guests to a lovely evening in Spain,” said Michael Seeley, President of the Health First Foundation. “We are humbled and grateful for the generosity shown to our families, friends and neighbors who are dealing with cancer.”



The Health First Breast Center is a patient-centered, all-inclusive breast care facility dedicated to providing the most up-to-date technology in a supportive environment. Located at 1223 Gateway Drive in Melbourne, the Breast



Center is staffed with an experienced team of medical professionals delivering compassionate, quality care. The team is dedicated to guiding patients during every step of their breast health journey. This specialized care offers a full spectrum of services not available anywhere else in Brevard.

Over the past 35 years, the Health First Foundation Benefit Ball has raised more than \$5.8 million for health and wellness services in our community. Previous beneficiaries include Hospice of Health First (including the Bright Star program for grieving children), Telemedicine–Emergency/Trauma Department, the daVinci Robotic Surgical System, VitalWatch, Digital Mammography Equipment, Neonatal Intensive Care Unit (NICU) at Health First’s Holmes Regional Medical Center, the Stroke Program and the Peripheral Vascular Laboratory.

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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!

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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. Please PRINT answers along with your name, address and phone number. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Spot the Spotlight, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

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MOVIE NEWS!



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Gal Gadot, Diana Prince, Robin Wright

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