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spotlight

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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

As always, welcome to another issue of Spotlight, your community magazine in print and on the web! My hope is that you are enjoying all the educational and uplifting articles and contest giveaways we provide in each and every issue. All of this is made possible by the wonderful advertisers that support us financially, so please remember to mention that you have seen their advertisements in Spotlight when using their products and services.

In the month of May, our thoughts naturally turn to our mothers. This year, Mother's Day is May 14. Whether we are young or not-quite-so-young, the feelings that we have for our mothers are very special indeed. We take this day to honor our mothers, whether they are near or far or even if they are no longer with us. A special meal, a little celebration, a card, a phone call, a prayer.....let's all take this day to remember these wonderful women.

Spotlight Magazine salutes all the mothers out there, and we hope you all enjoy your special day!

Another special day we celebrate this month is Memorial Day, May 29th. This is the holiday that many people consider to be the official start of the summer season. But it is so important for us to remember the true reason that we set this day aside. In an ever-changing world, we must never lose sight of the men and women who have given their lives to protect us all. This holiday gives us an opportunity to honor and remember all those who have died while serving in our armed forces.

Thank you for your continued support of Spotlight Magazine.

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine, Inc.*

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A MONTHLY PUBLICATION
May 2017 | Volume 20 | Issue 05

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HATING ON COUSCOUS

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

I'm not what you consider a foodie...at all. I'm from the Southern United States, where it's usually meat and potatoes and fresh vegetables. I like my steaks well done, my hamburgers big and nothing really fancy. For most of my life, I hated on things like couscous, which, according to Wikipedia, is a "a North African Berber dish of small steamed balls of semolina"...see? Semolina? That just reads nasty to me. I had a whole construct of how something like "couscous" would taste and what disgusting texture that would have, and you couldn't have gotten me to try it for ANYTHING.

Enter my wife...who is exactly the opposite of me. She likes to try new things all the time, frequently asking the waiter what's their favorite, and even if they say something "mountain dried treebark and gas-flavored dirt", she'll try it. (They don't say that, but that's what it sounds like to a non-foodie like me.)

One day, my wife decided to fix couscous, and feed it to me. It took some serious talking to, but I tried it...off of the trust that 20 years of marriage brings you... and... I LOVED it! Couscous is one of the favorite things she "fixes" (South, remember). I can't believe that for most of my life, that I wouldn't eat it because of the misconception I had about it, and I missed out. I believe that a lot of people fall into the trap I was

in (and can still get in, if it sounds like "Tree bark").

At Bay West, we are almost done with a series called "I Want to Believe, But...", and we are talking about perceptions of God that are both popular and common in our society, but also are extremely misleading. In fact, when I talk to people who don't believe in God, and I ask them to explain why, I actually agree with them. Nope, I don't think that God exists either. It's not because I don't think God exists, but the picture that they describe isn't God.

Unfortunately, while it's not as trivial as my deal with couscous, it's still a barrier to something good, that is sorely needed in people's lives. Whether you reject the real God or a fake picture of Him, you are still without him, missing out on something that you need. My hope is that everyone has a friend like my wife who will help you see the truth of what you are missing. If you don't, find a solid Christ following friend or a great church (like Bay West), give Jesus a try and stop "hating on couscous".

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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"Seas" the Day

If you associate cruises with shuffleboard and belly flop contests, then it's time to take a cruise and experience innovation on the seven seas. Cruises have changed massively over the last decade, giving passengers more variety and endless choices of dining and entertainment.



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A menu of dining options

In the past, passengers had only two choices to dine – early seating at around 5:30 p.m. or late seating at about 8:00 p.m. Traditional dining is still available, but now there are even more options such as flexible seating and different dining rooms. Most cruise ships have specialty restaurants with a nominal cover charge for guests looking for a more exclusive dining option or a themed restaurant. Dining on today's cruise ships is a phenomenal experience so get ready to loosen your belt!

High-flying entertainment

On the cruises of yesteryear, you could take in an early show or a late show, depending on your dining time. Fast-forward to

today where you can experience Broadway productions as well as custom shows designed by theater legends or aquatic shows with high diving acrobatics and heart-stopping stunts. Get your laughs at a comedy club or unleash your inner star at a karaoke lounge. From kid-friendly to adults-only, onboard entertainment covers all genres.

Days at sea are never boring

Slide down a multi-story waterslide or float high in a sky-diving simulator. There's so much to do on board new ships, you'll almost want every day to be a day at sea! Zip lining, ropes courses and aqua cycling – it's all happening onboard. Wine blending, cooking classes with the chef and craft beer tastings take food and beverage demonstrations to a new level. Of course, you can always choose to relax by the pool or at the spa.

More space and exclusive service

Cruise lines offer stateroom choices beyond just interior, ocean view and balcony. Ships are being designed with more balcony cabins and added amenities to enhance your cruise experience such as Royal Caribbean's Royal Genie butler service and private ship areas such as the MSC Yacht Club and The Haven by Norwegian Cruise Line. Some cruise lines have introduced cabins for solo travelers, making cruising more affordable even when there's only one person per stateroom. Simulated windows showing video from the front of the ship can even help to make an interior cabin feel like you're in an ocean view room.



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Biblical Herbs: Healing for Thousands of Years

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

As a Christian, a Pastor and a Holistic Doctor I firmly believe that God has given us plants (herbs) on this earth as our medicine to heal us.

In EZ. 47:12, the Bible says "The fruit thereof shall be for meat and the leaf thereof for medicine." The Bible is telling us that medicine is good and it tells us where to obtain it: from the leaves or what we commonly call herbs.

Ginger: A new study has just found that a chemical in ginger is up to 10,000 times more effective at killing cancer cells than chemotherapy! The study, published in the PLoS journal, found that the chemical 6-shogaol kills cancer stem cells but leaves healthy cells alone. Ginger is also instrumental in boosting the immune system and for healthy gut bacteria. Both of these are absolutely crucial for cancer recovery.

Milk Thistle: Milk thistle has been



studied in laboratory cell lines and animal tumors for its potential to make chemotherapy less toxic and more effective, and to slow the growth of cancer cells. Human clinical trials have investigated milk thistle or silymarin primarily in individuals with hepatitis or cirrhosis, leukemia, prostate cancer, breast cancer, and liver cancer. Results have been positive.

Astragalus: The astragalus herb is also one of the most powerful natural

cancer treatments available. Studies by the University of Texas showed that cancer patients given astragalus had twice the survival rate as those given a placebo. It seems to work with virtually every type of cancer. In fact, astragalus is so good the FDA in America is currently in the process of granting its approval as an official anti-cancer agent!

Due to space I am just highlighting 3 herbs that are effective against cancer however there are many more herbs with positive clinical studies against cancer. Please call and make an appointment.

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This is Part 3 of a series. Please go to spotlightbrevard.com under archive issues for parts 1 and 2: March 2016, page 25 and June 2016, page 40.

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Day-Tripping with Bruce Marion

Daytona Beach is not only the home of NASCAR 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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DON'T LET YOUR BACK GET OUT OF WHACK WHEN ATTACKING WEEDS AND LEAVES

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

The state-of-the-art equipment available today for lawn and leaf management and can help turn the average homeowner into a lawn specialist overnight. But the use of weed trimmers, leaf blowers and hedge clippers has also been sending many aspiring landscapers to the office of their local doctor of chiropractic. Using this equipment can result in back and neck pain, as well as more serious muscular strains and tears if not used properly.

Tips On Safely Using Your Outdoor Equipment

The following tips are to help you safely enjoy a productive day in the yard:

Regardless of what piece of equipment you are using, make sure it has a strap-and that you use it. Place the strap over your head on the shoulder on the opposite side of your body from the device. This will help normalize your center of gravity.

Be sure to switch the side on which you are operating the equipment as often as possible, and to balance the muscles

being used, alternate your stance and motion frequently.

Take frequent breaks from the activity of the day. Muscle fatigue may be felt when using any of these devices for an extended period of time.

Consider electric-powered items, especially if you experience back or neck pain, as they tend to be much lighter than their engine-powered counterparts.

When picking up or putting down your equipment, be sure to bend from the knees, not at the waist. Keep the object close to your body as you lift, not at arm's length.

While it is critical that you operate your yard equipment safely, it is equally important that you prepare your body for the work you are about to do. Make sure to include a warm-up/cool-down period that involves stretching to help avoid injury.

Simple Stretches For Everybody

Before stretching, there are a few tips to keep in mind. Breathe in and out slowly throughout each stretching exercise until the muscle is stretched to its furthest point. At that point, hold your breath in. When you relax, breathe out. Stretch gently and smoothly. Do not bounce or jerk your body in any way and stretch as far as you can comfortably. You should not feel pain.

The following are a few easy stretches for getting the most out of the time you spend in the yard:

Stand up and prop your heel on a back door step or stool with your knee slightly bent. Bend forward until you feel a slight pull at the back of the thigh, called the hamstring. You may need to stabilize yourself by holding onto a garage door handle or sturdy tree branch. Hold the position for 20 seconds, then relax. Do it once more, then repeat with the other leg.

Stand up and put your right hand against a wall or other stable surface. Bend your left knee and grab your ankle with your left hand. Pull your heel toward your buttocks to stretch the quadriceps muscle at the front of your thigh. Hold that position for 20 seconds, relax and do it again. Repeat with the other leg.

Weave your fingers together above your head with your palms up. Lean to one side for 10 seconds to stretch the side of your upper body, then reverse. Repeat two or three times.

"Hug your best friend": Wrap your arms around yourself after letting your breath out and rotate to one side, as far as you can go. Hold it for 10 seconds. Then reverse. Repeat two or three times.

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Safety is the real issue here. According to the AAA Foundation for Traffic Safety, cloudy or severely oxidized headlights can be found on nearly seven out of every ten vehicles over three years old on the



road today. Poor driving visibility is the leading cause of night time traffic accidents. Clear headlights show objects one hundred and fifty feet ahead. Oxidized headlights can decrease light projection by up to seventy five percent or just less

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

Honey is the perfect food. Greeks, Romans, and Egyptians documented the healing properties of honey as early as Aristotle's mention of it in 384 BC. Even King Solomon of the Bible said, "My son, eat thou honey, for it is good."

As a pharmacist who has practiced for almost 50 years I have seen health trends come and go, but one health trend that has staying power, and that I recommend, is using fresh, unprocessed, natural and local honey as the preferred sweetener in foods and beverages. Here's why.

Besides tasting darn good, fresh natural and local honey is good for us. As a natural food product, it has high levels of minerals and is a low-glycogen sweetener which is easier for our system to breakdown and use for energy. Because local honey made from local flowers it has local pollens as an important component to it, this local pollen enhances your immune system's ability to fight off allergens in our environment. Natural fresh honey also promotes wound healing, is great – with a bit of lemon- to sooth sore raspy throats from colds or medicine use, supports mental alertness, is a powerful antioxidant to help the body heal and cope with



stresses and re-balance hormones. It has a myriad of other real and proven health benefits too numerous to mention here. Honey also is devoid of Vitamin K, which can be found in agave and is much higher in sweetness factor and antioxidants.

All honey sold is not of equal taste or nutritional value! If you want to take advantage of all the natural

goodness and taste of this perfect food, please know you get what you pay for! Everyone knows the difference in taste and nutritional value of canned spinach vs fresh spinach or real natural maple syrup vs. maple syrup blends. Same with honey. The overwhelming majority of honey sold in stores is processed honey. These products only have to have 40% US honey and the balance is a honey product. The honey-product that make up the balance generally comes from outside of the US, frequently from China or India, and is both pasteurized, filtered and sometimes chemically stabilized before shipping to US packagers for blending with US honey. This processing and shipping destroys all of the natural benefit of the product. That \$3 bottle of honey at the local supermarket is really just another ultra- sweet processed food product. A quick way to tell if your honey is mass-processed is to look at the color and texture. Natural unprocessed honey, just like everything in nature, varies in color and hue; commodity honey looks pretty but is, as we would have said in the '60's, plastic. A quick check of the internet will turn up dozens of honey products- but remember – the best nutritional and immune boosting properties of honey come from locally produced honey. Honey from further than 34-50 miles of where you live will not likely help boost your immune system to local conditions. So, get your honey locally. It not only is great for you, is fresh but it also supports local artisans and businesses.

The finest, most nutritious and richest tasting honey you can get is Royal Jelly honey. Royal Jelly comprises less than 5% of all the honey produced in a hive. It contains an extraordinarily high concentration of vitamins B5, B6, and amino acids and is a potent antioxidant. Analysis of Royal Jelly shows it to be one of the most complex food substances studied. Royal Jelly is infused with regular honey from the hive to stay fresh and maintain its exceptional nutritional value and deepen the taste of the honey. If you want to get the highest quality honey look for Royal Jelly honey.

Honey can also be infused with natural essential flavors to give a great variety of tastes to natural honey. For those who want to kick-it-up-a-notch or three there is also hot honey. These are infused with natural capsicum oils to produce a fantastic sweet-hot taste sensation that is a fantastic alternative to vinegar based hot sauces for foods and barbeque.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"God doesn't grade
on a curve..."

"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 was recently in Florida, during spring break, and happened to read your column. I live up north so I'd appreciate you answering my question via email.

I've made many friends, while away at school, from several different cultures, religions, political beliefs, etc...A few of my closest friends are openly gay, or bi-sexual, and two of the girls recently announced their engagement.

Last night, one of them called me and asked me to be one of their bride's maids. Now here's my dilemma, I've been a Christian for over five years and I love my friends dearly but same sex marriage goes against my beliefs. I believe in the Biblical definition of marriage—one man—one woman. I don't want to jeopardize losing their friendship, or be branded as a "hater" or "homophobic". I told her I needed to check with my mom first because we have a huge family reunion coming up and there may be a conflict with the dates. This is true; however, if I miss the reunion, the world won't come to an end. How do I bow out gracefully?

—Miranda of Illinois

Dear Miranda,
Welcome to the wonderful world of political correctness; and yes—our world is choking on it. The greatest advice I can offer is to tell them the truth. Love and pray for them but you should never feel the necessity to compromise your beliefs. I have friends in the gay community as well. I love them dearly but this doesn't mean I'm obligated to give their lifestyle my seal of approval. In addition, throughout the years, I've had friends who've struggled with alcohol, drugs, porno, etc... Many Christians are notorious for demonizing one sin over another but God doesn't grade on a curve—sin is sin. Self-righteousness and hypocrisy only fuels the fire of hate.

Speak to them in truth and with love. If you lose their friendship, then obviously it wasn't solid to begin with. Who knows, they may respect and trust you more for being up front with them. I'm

notorious for speaking my mind and I know I often rub people the wrong way—but those who know me always know where they stand with me.

Dear Val,

My son and daughter in-law have been separated for the past year. I try to keep out of their personal business, and I know it's never just one person's fault, but Amber posts outrageous lies about Rick on Facebook. She's turned the children against him and many of her girl-friends at church post things like, "God's on your side, God will punish him, and so on..." In truth, a few people, me included, have seen Amber slap Rick across the face. Also, he makes a decent wage, yet she's racks up thousands of dollars, on charge cards, buying designer purses, jewelry, etc...With her lies, she's turned many of their church-friends against him and it makes me sick. I've wanted to write my own messages on Facebook, in his defense, but Rick forbids it. I'm always praying for them but what else can, or should, I do?

—Lois of Palm Bay

Dear Lois,
Rick is correct about not addressing her lies on Facebook; you'll only add fuel to the fire. Your son's passivity, although noble, doesn't help his relationship with Amber and the children. Rick needs to go before church leadership and give an account of what's happening. If leadership is on the ball, they'll address each of these issues, including the posts on Facebook. It's most likely they will recommend counseling, both individually and together. In the mean time, continue praying for their marriage and family.

Mail your questions or concerns to: Truth Straight Up P.O. Box 120606 West Melbourne, Florida 32912 or e-mail questions to: valeridoll@msn.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.

Bridging the Distance on Mother's Day

Many modern families are spread out across the country if not the globe.

Some people move away from family to further their careers, while others are called upon to care for others. Children may separate from their parents to witness new travel experiences. Military service may call individuals away from home as well.

Distance can make it challenging to spend time together for major holidays and other special occasions — like Mother's Day. But Mother's Day can still be special even if Mom lives hundreds or thousands of miles away.

Embrace Technology

Technology helps break down some of the barriers created by distance. While phone calls were once the way to keep in touch, many people now utilize various forms of digital communication. Someone who lives across different time zones can talk through texting or the various social media avenues available on computers, phones and tablets. Video apps like Skype and FaceTime enable you to video chat with others in real time. Come Mother's Day, connect with mom



via such apps so you can watch her open up her gifts.

Reconnect with Home

If Mom is the one who ventured from home, help her to reconnect with her hometown or another place she feels attached to. Ship her some favorite regional foods that can only be bought in town. Make a photo or video montage of places of interest in town. These little touches of home can mean the world to her.

Create a Special Day

Even if you do not live near your mother, you can still plan a fun day for her in her town. Make reservations for a spa, hair salon or other sources of pampering and surprise her with all the details.

Treat Her to the Ultimate Surprise

If possible, make a surprise visit this Mother's Day. Coordinate the plan with your father or another relative and then enjoy seeing her eyes light up when you arrive.

With a little creativity, even families separated by geography can share the magic of Mother's Day together.

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MAKE MOM A SPECIAL MEAL SPOTLIGHT ON COOKING

by Cecelia Danas



This year make Mom a special meal that will only take you 15 minutes! 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.

Mushroom, Spinach and Chicken

- | | |
|---------------------------|------------------------------------|
| 1 lb Linguine | 2 tbsp fresh parsley |
| 5 tbsp Unsalted butter | 3 cups Shredded rotisserie chicken |
| 1 Box 8oz slice mushrooms | 1/4 cup grated parmesan cheese |
| 1 Box frozen spinach | 1/2 tsp salt |
| 1/2 cup heavy cream | 1 tsp truffle oil or olive oil |

In a large pot add water and salt to a boil. Add linguine for 9 minutes or until it's al dente. In a large skillet melt the butter then add mushrooms and spinach cook about 3-4 minutes. Then add shredded chicken, heavy cream and parsley. Simmer 3 minutes.

Add linguine with 3/4 cup pasta water, grated parmesan and salt. Then add oil.

Add a salad and you have a wonderful meal for Mom.



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ARE SMART DEVICES SAFE TO USE?

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



Smart or connected devices such as doorbell cameras, thermostats, and home security webcams are growing in popularity, with estimates that over 24 billion internet-connected devices will be installed by 2020. If you plan on installing these devices in your home or business, understanding the security issues is pretty important.

IoT - The Internet of Things

Often referred to as the 'Internet of Things', these everyday items generally incorporate Internet connections to allow for remote access, monitoring, and control. Getting alerts on your smartphone whenever a webcam detects motion or when someone rings your doorbell, as well as having finite control over your thermostat and lighting from just about anywhere, has tremendous appeal. As someone who loves to travel, I personally love the added benefits, as they provide pinpoint control as long as you have an Internet connection.

Access is Access

The thing to keep in mind is that if

you can access your devices from outside your home, technically, so can anyone else. The Internet is one huge global network of devices all connected to each other, so you can be next door or on the other side of the ocean and have the same access. The primary thing keeping unauthorized users from accessing anything you install on your network is whatever security has been setup by that device.

The Default Password Problem

Username and passwords are the primary line of defense you have against unauthorized access and making sure they are secure is always your first task. There have been lots of stories over the years, especially when it comes to web cameras, showing how many of them are completely open to the world because the user didn't change the default username and/or password.

If you've already installed smart devices on your network and want to see if they are publicly accessible via websites

like Shodan, checkout BullGuard's IoT Scanner: <https://goo.gl/Hbmluz>

Using any Internet connected device with the default administrative password will make you a sitting duck, as every default password for just about every device ever made is readily available online at sites like: <https://cirt.net/passwords>

Don't Be Afraid

Lots of Internet security experts have written about the 'security as an afterthought' approach that the industry has taken, and rightly so. Security should never be taken lightly by anyone using anything connected to the Internet, but it can also be over-hyped or agenda driven. No different then driving a car that could potentially kill you every day, empowering yourself with knowledge is the key.

If You Don't Understand It, Get Help

Nothing is 100% 'hacker-proof', especially if a malicious party is motivated, but unless you're a celebrity or a politician, you're much more likely to become a victim from a 'random act of hacking'. This means you made it really easy for an outsider to take advantage of you because you skipped simple security measures like updates and patches that can appear too complex for non-technical users.

For the average user, the convenience benefits far outweigh the risks when it comes to most IoT devices, so don't let the 'horror stories' keep you from educating yourself and using them.

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Dr. Darlington, who has performed thousands of ophthalmic surgical procedures. There are many benefits to reducing or eliminating the need for glaucoma eye drops, explains Dr. Darlington, who completed his cornea and glaucoma fellowship at the prestigious Phillips Eye Institute, in Minneapolis.

Over a period of many years, glaucoma medications can cost thousands of dollars. Additionally there is often a burden placed on patients to place eye medications multiple times per day.

Jason K. Darlington, M.D.

“Patients and their families have a great sense of comfort knowing that the I-Stent is working to maintain a healthy eye pressure 24 hours per day, often times without the need for additional eye medications. Controlling eye pressure throughout the day and night on a continual basis leads to better long term results,” explains Dr. Darlington.

By reducing or eliminating the need for glaucoma medications many side effects such as redness, dryness, irritation, and excessive eyelash growth may also be eliminated. In my experience, the need for fewer medications makes for happier patients,” states Dr. Darlington.

“The vast majority of patients experience a dramatic improvement in their vision following cataract surgery overnight,” states Dr. Darlington, who utilizes the latest high technology lens implants and techniques when performing cataract surgery.

Dr. Darlington, who has extensive experience performing cataract and glaucoma surgery, as well as corneal transplants and refractive eye surgery, has performed research utilizing a double mirrored lens to facilitate the placement of the I-Stent at the time of cataract surgery. “The goal of my research,” states Dr. Darlington, “is to help ophthalmic surgeons all over the world to bring the I-Stent technology to their patients.”

My hope is that by doing so, we may help many thousands more patients enjoy a lifetime of good vision and spare them from suffering the debilitating effects of vision loss associated with glaucoma,” states Dr. Darlington, passionately.

Dr. Darlington is available to see new patients at his offices in Rockledge, Melbourne and Palm Bay. Consultations may be arranged by calling (321) 722-4443.



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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**

Preserve Family Memories for Years to Come

Families enjoy many moments together throughout the years.

However, in today's digital world, quite often those experiences fail to see the light of day past an initial tweet or Instagram post. Too often file upon file remains in a digital graveyard on a mobile phone or external hard drive.

Instead of letting photos, videos, drawings, and memorabilia from vacations and other family experiences linger unappreciated, families can preserve these memories. Explore the various ways to share occasions with others.

Photo Books

Don't procrastinate and let photo files pile up. Promptly upload them to your favorite photo printing site or bring them to a retailer that has photo machines, such as a nearby pharmacy. Such businesses routinely offer coupons and steep discounts on photo books. The software is user-friendly, and, in a week or two, you can have a photo book ready to go. This is less time-consuming than making photo albums, printing photos and then placing them behind plastic-lined pages. The photo book software also may include background designs and funny captions to help customize pages even further.

Photo Collage

If you are a purist and like to have photo prints in hand, then have several of a particular occasion made and then attach them to a decorative piece of wood. Using a decoupage product or a shellac, coat the collage so that it can be preserved. Hang your collage as a piece of handmade artwork on display.

Artwork Gallery

Children routinely bring home artwork they made in school, daycare and other organized classes. Sometimes these items get stashed in plastic containers that are ultimately stored in attics or basements, only to be "discovered" years later. Rather than relegating them to storage, invest in frames of various sizes and hang the pictures as if they were in an art gallery. Make sure the frames are easy to access so that the artwork can be swapped out periodically. Kids will take pride in sharing their creations with family and visitors.



Keep a Journal

Another way to preserve memories is to write down experiences. Each member of the family can fill out a page with a special recollection of a trip or another momentous day. Keep the journal on a coffee table so it can be reviewed every so often. Save it and gift it to future generations.

Family memories are worth keeping and sharing. There are many ways to display photos, thoughts and other sentiments from special events.

A large advertisement for 'A Better Copy' featuring a grand opening announcement. The background is a photograph of a pink building with a sign that says 'A BETTER COPY COLOR PRINTING'. The text is overlaid on the image. At the top, 'GRAND OPENING!' is written in large, bold, yellow letters with a black outline. Below that, 'MAY 15th' is in red, 'Second Location' is in blue, and '969 Aurora Rd / Melbourne' is in black. At the bottom left, 'A BETTER COPY' is in large, bold, maroon letters, with '102 East New Haven Ave / Melbourne' below it. At the bottom right, '321-723-9925' and 'ABetterCopy.com' are in black. A circular logo on the right side says 'Watch for SPECIALS in spotlight MAGAZINE' with a yellow sun icon and the tagline 'Keeping You in the Light'.

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Giving Back

Having a career in real estate can be very rewarding. You have the flexibility and freedom to dictate how you want to run your business, there are no bosses to report to and your earning potential is pretty much limitless. Life can be good when you're in real estate.

However, real estate careers aren't just about selling homes and making money. Real estate brokers and agents who strive to be the best in their professions want nothing but the best for their clients and their communities.

One of the best ways to get familiar with a community is to be involved in activities within the community. A good real estate broker knows that knowledge of the ins-and-outs of real estate law and practice are only just part of the job – the second half, and arguably the most important part, is giving back to the community. Truly great brokers and agents strive to make their community great by engaging in important civic activities, such as voting, volunteering and contributing to charities.

However, community involvement is more than just about writing a check to your favorite charitable cause. While donations from closings or yearly offerings are laudable, there is more to civic duty than just stroking a check. True community involvement not only benefits the community by providing time and

services needed, it increases business experience and industry involvement. It is also an important tool in order to build leadership qualities. And if you're in business for yourself, these qualities are certainly a plus to have.

Brokers and agents who volunteer their time and resources to community events can also enjoy some nice side perks. Giving back to the community by participating in events, meetings and other activities will also give them the chance to hone their networking skills and increase their brand's exposure... all the while keeping their name at the forefront of peoples' minds.

Community service is rewarding, on all counts. The community gets some much-needed volunteer assistance, while brokers and agents get a chance to say to the community at large that

they care what goes on enough to be a part... and a broker who's a part of the goings-on will surely be the one that has the most information about the community itself. That's just one more tool that ensures that clients get someone knowledgeable, well-rounded and savvy.

Please join us as we celebrate with our community at the Fifth-Annual Margaritafest on Saturday, May 13th! The event will take place at Jack Mahon Park, located at 7550 Spyglass Hill Road in Suntree, from 4:00PM to 11:00PM, weather permitting. There will be live music, food and drinks, vendors and entertainment. RE/MAX Absolute Service Team will be sponsoring the RE/MAX hot air balloon at this event – so be sure to stop by our booth to get your balloon photo, or sign up for a tethered balloon ride.



Nicole Grammer – Broker/Owner

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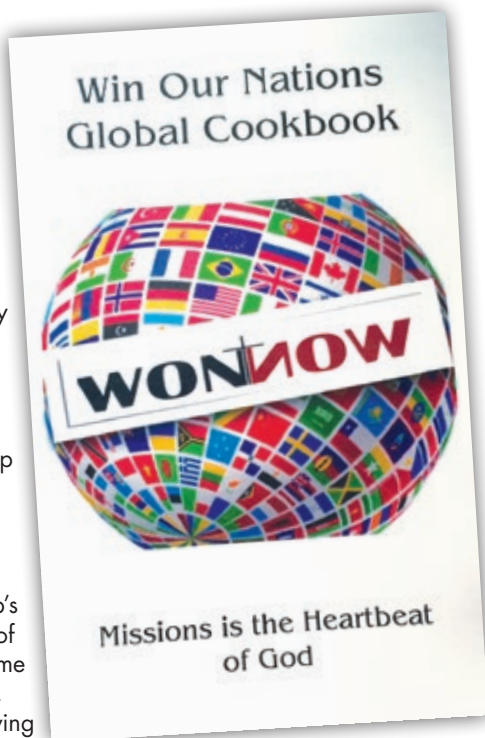
The Exotic and Not So Exotic Cuisine Palates of the World

It is this year in September that we will celebrate 25 years as full-time overseas missionaries. It was in the fall of 1992, that I, together with my lovely wife Phyllis, and our two youngest children, Samuel and Holly who were respectively 13 and 12 years of age at that time, settled onto the deck of the aging Felixstowe channel ferry. We were sailing out of the beautiful south-eastern coast of England onwards and upwards on the sea voyage leg to our first destination, the drab industrial Belgian fishing port of Zeebrugge. Just five years before, a similar ferry had met with disaster on the same journey and capsized killing a total of 193 people.

Although now it was many years ago, I can nevertheless remember, the sea seemed serenely calm and the gentle swaying of the huge ship appeared barely detectable. The only interruption to this peaceful bliss was the noisy seagulls squawking and swooping at the ship with ever ambitious dives. I guess they were hoping for some discarded scraps from the ship's kitchen or the lack of consideration of some litterbug passenger. Above, the fast-moving gray clouds of the September autumn sky gave no indication of the unknown adventures that lay ahead for the Blowes family as we set out on the adventure of a lifetime that continues to this very day. It's remarkable how some days in our lives, the details still stay with us years later. This indeed was a very different day to most, in life of our family.

We first went to live in Czechoslovakia for over five years visiting many Central European countries that had been devastated by years of oppressive communist authoritarian control. Then leaving Europe, we have either visited or stayed in over 30 countries including North, Central and South America, and the continents of Asia and Africa.

This all sounds very exciting and romantic, but living in a different culture needs a lot of getting used to. First there is the climate. This simple English country boy had never been before in such hot conditions (127° one time in India and no



AC units)! Then there is the language barrier and currency exchange, legal documents, driving on the right or left and the list goes on! Perhaps one of the most things challenging things we had to adjust to was our nourishment and sustenance arrangements.



Directors Phyllis Blowes and Dr. Malcolm Blowes

Our own mother's cooking whosoever that grew up anywhere in the world is always to each individual unsurpassable by far. England is famous for many things, but gourmet cuisine certainly isn't one of them. Most UK food where I was raised was bland (puddings, dumplings, meat and two veg, etc.). When we first lived in India I thought I might die! Spicy curry for breakfast (puri), even spicier curry for lunch or dinner and if in the countryside, your plate was often a banana leaf and your silverware was your fingers and thumb.

It seems almost unbelievable to me now, but it was until after I was married that I first ate beans and rice, pasta or even pizza. But adjust we must and did. Now we enjoy piquant central American dishes, tangy Asian fare, and we encourage others to be bold and try something new. We find many are pleasantly surprised, although shepherd's pie, bangers and mash, and fish n' chips are still prepared as a treat in our home whenever possible.

With these thoughts in mind, some years back we produced a 'Win Our Nations Global Cookbook' as a fundraiser, where we asked our staff, overseas coordinators, fellow missionaries, friends, etc. to send us their own favorite recipes for inclusion. It contains dozens and dozens of personal recipes in sections marked as:

- 1) Soups, Salads & Sauces
- 2) Meats & Main Dishes
- 3) Vegetables
- 4) Cakes, Cookies & Deserts plus Cooking Hints and Tips, Counting Calories and much more

We would love to send readers of Spotlight Magazine a free copy of this book for just shipping costs of \$5.85. You can donate online at winournations.com or send check written out to W.O.N. and mail to: 'The Mission', 1048 Azalea Lane, Cocoa. FL 32922.

Remember eating is necessary, but cooking is an art! So, keep calm and cook on!



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THE TRAP OF DOUBT

by Kimberly Ruoff, CCM: Together, doing life RIGHT!

It can happen to anyone. Christ followers are not excluded. Doubt sneaks in through the back door without invitation and invades our minds. Before we know it, the author of doubt (Satan himself) steals our spiritual zeal and passion, replacing it with confusion and sometimes, hopeless despair. Yet, you and I aren't the only ones who can fall into the trap of doubt.

Scripture gives us many examples of God-fearing men and women who also struggled with doubt. Sarah and Abraham doubted God could create a baby through them (Genesis 18:14). Moses gave God every excuse why he couldn't lead the Israelites out of Egypt (Exodus 3:11-4:18). Gideon thought God picked the wrong man for the job (Judges 6:11-18). Jeremiah struggled with depression because he felt God was unfair (Jeremiah 15:10). And these are just people of faith from the Old Testament teachings. In the New Testament, Joseph doubted if he should marry a pregnant girl (Matthew 1:19). Peter went from walking on water to slowly sinking because his doubt became greater than his faith (Matthew 14:31). Even from his prison cell, John the Baptist needed reassurance that Jesus was Who He said He was (Matthew 11:1-7).

Jesus spent approximately three years in adult ministry sharing his heart and mission with anyone who would listen. All the disciples and followers were told over and over again, by Jesus Himself, He would eventually be crucified, buried, and resurrected in three days. Yet, in phase two of



the promised sequence, everyone lost hope. The effects of Friday's replay of events were evident in the sudden middle-of-the-night panic attacks. Saturday wasn't any better - a foggy blur of emotions mixed with tears and unanswered questions. Sunday morning arrived and resurrection took place as planned and promised. Yet, doubt was still rampant. Doubt set in and they couldn't see anything good, even with it right in front of them. They found themselves doubting, confused, and lacking hope. Where was Jesus? Couldn't He see what was happening?

Jesus was closer than they realized - He was right there in their presence! He walked with Cleopas and his friend, encouraging them while connecting the dots of God's perfect redemptive plan (Luke 24:16-24). Jesus was there. Jesus is here.

Jesus loves to replace our confusion and doubt with hope and restoration. The same borrowed breath God blew into Adam's lungs at the time of creation divinely brings His Son, Jesus Christ, back to life. And if we let Him, God will breathe resurrected life back into our doubting hearts through the power and presence of the Word!

There is nothing to doubt. Boulders can't block Him. Death doesn't stop Him. God had the last word on that beautiful morning so long ago... and He does the same today.

Don't fall for the trap of doubt!

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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

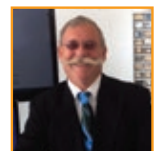
performs in those noisy social environments. While they may all look basically the same, their performance characteristics, and capabilities vary incredibly.

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.

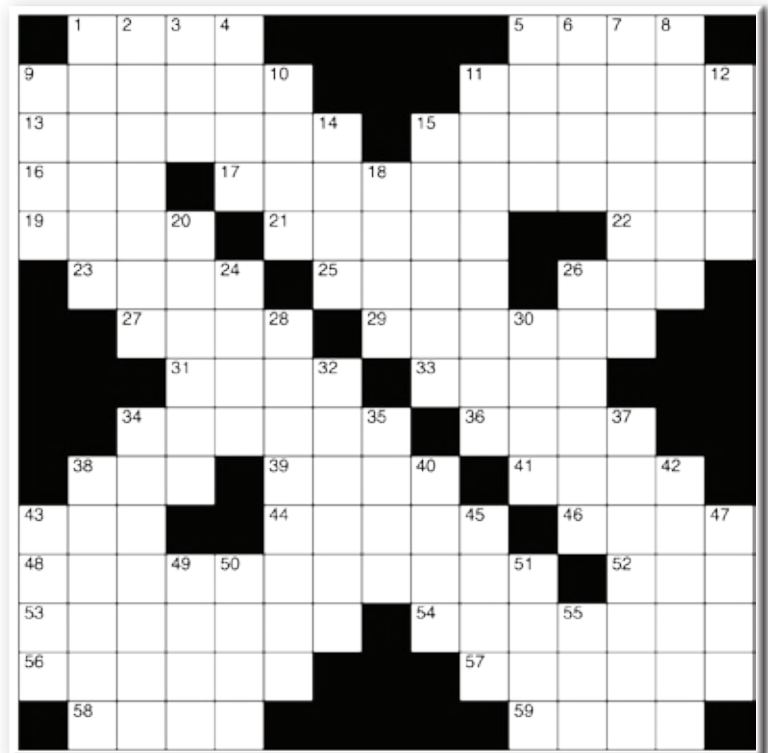
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Spotlight Crossword Puzzle

clues ACROSS

- 1. Muscular strength
- 5. Not the front
- 9. Japanese female entertainer
- 11. Soars up
- 13. Proof you paid
- 15. Immobile
- 16. Type of drug
- 17. Traveling from place to place
- 19. So
- 21. Los Super Seven member Cesar
- 22. Small insect
- 23. Ancient Hebrew measure
- 25. Beginner
- 26. Consumed
- 27. Fruit of the true service tree
- 29. Part of Congress
- 31. Needlefishes
- 33. Blood serum of an animal
- 34. Ancient measure of length
- 36. Concubine
- 38. One billion years
- 39. Not false
- 41. Vienna (German)
- 43. Short-term memory
- 44. Actresses Meg and Jennifer
- 46. Clothed
- 48. Basketball's "Zen Master"
- 52. Irish bar
- 53. Age-old
- 54. Pride
- 56. Niger's capital
- 57. Makes amends
- 58. Sound made by horses
- 59. Russian rivers



answers on page 44

clues DOWN

- 1. Cut the baby teeth
- 2. Reflexes
- 3. Midway between east and southeast
- 4. Beat
- 5. Sign of aging
- 6. Goidelic language of Ireland
- 7. Raise public concern
- 8. Make new again
- 9. Something unpleasant
- 10. Roman orator
- 11. Flavored
- 12. Subdivision
- 14. A pace of running
- 15. Allows to live
- 18. Terrorist organization
- 20. Feudal Japanese commander
- 24. Type of horse
- 26. Uncoordinated
- 28. Deceased actress Murphy
- 30. Get into ___: fight
- 32. Inflexible
- 34. Amusing
- 35. Be morose
- 37. Reviewing online
- 38. Denoting origin
- 40. In addition
- 42. The state that precedes vomiting
- 43. Ballplayer Denard
- 45. Spiritual discipline
- 47. Database management system
- 49. Fancy car
- 50. Off-road vehicle
- 51. ___ bene: observe carefully
- 55. Jerry's pal

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Celebrate All Military this May

Memorial Day is celebrated each May to commemorate the people who died in service of the United States of America.

Even though barbecues and visions of the upcoming summer weather may command much of the attention come Memorial Day weekend, the holiday really serves as a remembrance for those military members who paid the ultimate sacrifice for their country, as well as the personnel who continue to protect and serve today.

Memorial Day Origins

Memorial Day was first known as Decoration Day and was borne out of the Civil War. on May 30, 1868, General John Logan, a national commander of the Grand Army of the Republic, decreed General Order No. 11, which designated the day for the "purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land." May 30th was chosen because it wasn't the anniversary of any particular battle.

It took several years for the first state to recognize the holiday, which New York adopted in 1873. By 1890, all northern states recognized Decoration Day. When the holiday changed from commemorating those who died fighting the Civil War to honoring Americans who died fighting in any war after World War I, the South began to recognize it as well.

Honoring the military

Although Memorial Day pays homage to the brave people who perished fighting

for their country, it also is an opportunity to recognize the military men and women and their families who continue to work to ensure the freedom of Americans.



The United States Armed Forces is renowned for its size and strength. Various sources suggest the size of the United States military is somewhere between 1.4 and 1.6 million active service people. The military is comprised of the Army, Army National Guard, Navy, Air Force, Marine Corps, and Coast Guard. Each of these military branches also has its own reserves.

There are many ways to honor active, reserve and former veterans, as well as those who died in service of their country.

- Help Veterans of Foreign Wars distribute red poppies as a visual reminder of the military's efforts.
- Volunteer at a veterans' hospital or visit a wounded veteran at home.
- Help to maintain the veteran area of a nearby cemetery. Place flags on all of the graves.
- Befriend military families who frequently relocate, making a concerted effort to welcome them into your community.
- Educate children about past wars and the services the military provides.
- Visit a military museum or historic site.



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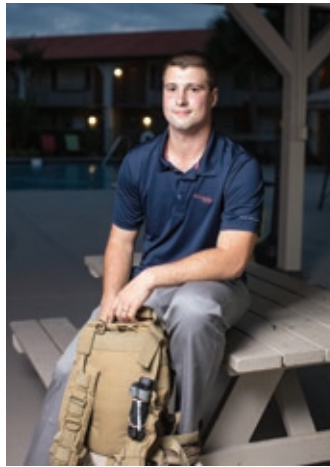
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'STOP THE BLEED' STUDENT CREDITS CLASS WITH POSSIBLY SAVING HIS LIFE

Jake Moore has wanted to help people since he was a kid. – With a career in law enforcement on the horizon and dreams of eventually becoming a Marine, taking Health First's free class on bleeding-control basics just made sense to him.



But the 22-year-old never expected he'd utilize those "Stop the Bleed" skills just two months later – especially for himself.

The Palm Bay man was accidentally shot while hunting with friends November 23, 2016. Moore was able to quickly apply a tourniquet to control bleeding from his left leg, just minutes after being wounded.

"It probably saved my life," Moore said of the training and medical device.

Moore was one of the first civilians enrolled in the course that launched September 8, 2016, at Health First's Training Center in Melbourne. It is at no cost to the public. The newlywed used the Stop the Bleed knowledge and complementary tourniquet gifted to class participants.

"If I hadn't had the tourniquet, a whole array of things could have happened," said Moore. "It could've been much, much worse. Having a tourniquet on hand and knowing how to use it was drastically life-changing."

Health First has made Stop the Bleed, a nationwide bleeding-control campaign, a local priority.

The class, taught regularly at Health First's Training Center in Melbourne, teaches civilians basic but important bleeding-control skills,



focusing on tourniquet use and pressure application.

That's critical, given that trauma is the No. 1 cause of death for Americans ages 1 to 46, said Rob Spivey, a program trainer and the trauma program manager at Holmes Regional Medical Center.

"It takes just about three minutes for someone to bleed to death if it's true arterial bleeding," Spivey said. "Sometimes, it takes three to five minutes for professional help to get there. So think about that time frame."

More than 2,000 people in Brevard have taken the training, including police and fire officials. These lessons, as well as the tourniquets, are funded by gifts to the Health First Foundation.

"Some of these injuries, you don't have the time to wait for a first responder," said David Schmitt, Health First's Training Center manager, during a recent class.

"We have to be prepared to help ourselves."

Moore keeps the tourniquet he used on himself in November as a reminder. (He also has a new, unused one at the ready should he need it.) He hopes others hear his story and are inspired to enroll in the training.

"Definitely take it," he urged. "If you're not going to help yourself, you can help somebody else." For information or to register for Stop the Bleed classes, visit hfsaves.org.

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Director: Guy Ritchie

Cast: Charlie Hunnam, Astrid Bergès-Frisbey, Djimon Hounsou, Aiden Gillen, Jude Law, Eric Bana

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