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**Fiesta Brevard
10th Anniversary
pg13**



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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Well, hello everyone! And can you believe another month has sailed right on by since we chatted last? The good news is, I am the first one to complete and submit their article for our April issue this month. You see, I am usually the last, but not this time. I would like to think I might be starting a new trend here for myself. However, let's just say that those who know me well will not be holding their breath too long.

April is a time for hopefully pleasant rain showers and for most, the celebration of Easter.

Many think of Easter as a time of families gathering together for dinner, the Easter Bunny, and of course, lots of candy for the kids. And I'm sure like most of you, I enjoy the candy as much as the kids!

One of my most vivid childhood memories of Easter Day had nothing to do with a rabbit, candy or even dinner. Our parents always made sure that we all went to church as a family, every Sunday. Yes, we were kids and had fun with the Easter Bunny, but we were also taught the true meaning of Easter. You see, Our Lord and Savior rose from the grave, three days after dying on the cross for all of our sins, past, present and future, and made it possible for us all to enter the kingdom of heaven. This is a free gift from God, but we as individuals must ask for this gift. It's really just that easy.

One final note: On behalf of my brothers and myself this Easter, we thank you again Mom and Dad, for caring enough about us to make sure we were taught the Word of God as young children. The values you both instilled in us, with God's help, shaped and molded us into the men we are today.

Our mother passed away a little over 14 years ago, and we lost Dad only 7 months ago. We all miss you both so much, but we have the assurance, through Jesus Christ, that we'll all be together again.

Happy Easter and until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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Publisher / Editor

Bryan McDonough

Art Director

Rena Seibert
renadesigns.com

Ad Design

Richard Lewis

Contributing Writers

Larry Attig, Jim Campbell,
Dr. Deanna Carlisle, Cecelia Danas,
Bill Ford, Pam Mankowski,
Valerie Oliver, Dan Taylor

Marketing Director

Bryan McDonough

Marketing

Bryan J. McDonough

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MISQUOTED SCRIPTURE HURTS:

"Let he who is without sin..."

by Jim Campbell, First Baptist Church of Melbourne

"Let he who is without sin cast the first stone..." and Maybe you've heard that or said that, when you were confronted by sin. I can't deny the momentary good feeling it is to zing someone who has caught me in sin and seems to be pointing out my mistake. How dare they, right? They are no better than me. This phrase is usually used to back someone off from getting to close to helping us confront our wrongs. While that might be effective, this use destroys the meaning of what Jesus was communicating in Scripture.

The phrase comes from John 8:7 says "...Let him who is without sin among you be the first to throw a stone at her." It is a quote by Jesus when the Pharisees were about to stone a woman to death who had been caught in the sin of adultery. The Pharisee's plan was to turn the crowds against Jesus by putting Him in the unwindable situation of advocating the killing a woman for her sin. This phrase was Jesus' famous answer when they put the ball in his court. It did "zing" them pretty good, but that's where the similarities stop in how it is used today.

First, they were about to end the woman's life. That's what Jesus meant by "condemn". Trying to help someone see their wrong and get free of it is not condemning them.

Secondly, most people ignore the totality of what Jesus said and miss

the point. They think that Jesus was saying "hey, it's okay to do it, as long as everyone is doing something bad." While it makes us feel better to know that others do wrong when we are wrong, "solidarity in sin" was not what Jesus was trying to accomplish. Jesus's final words to the woman were "... Neither do I condemn you; go, and from now on sin no more." (vs. 11). Jesus was always clearly serious about sin, enough to give His life to solve it. He knew that following sin's control is damaging and the most loving thing he did probably was not saving her life, but using his influence and her gratitude to direct her from destroying herself further.

Most of the time we use "Let he who is without sin", we are trying to cast others in the role of the Pharisees, while, a lot of the time, we end up casting someone as a Pharisee for doing what Jesus was trying to do. If this is your phrase and you've been using it wrongly, back off, and realize the greatest good is not having everyone just love whatever it is that they do, but the greatest good is directing them to follow a Savior who died to lead them to freedom no matter what they have done.

Jim is the Campus Pastor and Primary Communicator at Bay West Church, which meets at Heritage High School Sundays at 10am. For more info on Bay West Church, check us out at facebook.com/baywestchurch or www.baywestchurch.org. Bay West Church is a campus of First Baptist Church of Melbourne.



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Stress: It Can Harm You

Everyone feels stressed from time to time, but chronic stress can cause both physical and mental harm. There are at least three different types of stress: 1. Routine stress related to the pressures of work, family, responsibilities 2. Stress from a sudden negative change, such as losing a job, divorce, or illness 3. Traumatic stress, which happens when you are in danger of being seriously hurt or killed from an accident, war, assault, or a natural disaster.

Stress causes health problems including digestive, headaches, insomnia, depression, anxiety, PTSD, anger, and irritability. Stress sufferers get more frequent and severe viral infections, such as the flu (flu shots are less effective for them) and colds. Over time, chronic stress can lead to serious conditions, such as heart disease, high blood pressure, diabetes, cancer and other illnesses.

WAYS TO COPE:

- Seek help from a qualified mental health care provider especially if you have suicidal thoughts, or are using drugs or alcohol to cope and/or ask for help from friends, family, and community or religious organizations. There is nothing wrong in asking for help.
- If you are experiencing any of aforementioned health conditions see your doctor
- Set priorities, get organized-determine what needs to get done and what can wait, delegate more.
- Be proud daily what you have accomplished, don't dwell on problems.



- Exercise: walk outside at least 30 minutes 4x a week or explore yoga or tai-chi
- Spend relaxing quality time with family and friends.

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- Venders may set-up at 6am
- Vendors have leisure cleanup from 3pm to 5pm



To register for this event, stop in at Wildwood Antique Mall in Titusville. Located at the west end of the Searstown Mall on US1. You may also register at our Melbourne location, in the Apollo Shopping Center, on Sarno Road 1/2 mile west of US1, just south of Eau Gallie Blvd. Call **321-267-3737** or **321-751-2480** for more information

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Get your Fiesta Hat ready and prime your taste buds for some of the best salsa you have ever tasted! It is time for the 10th Annual Fiesta Brevard. Up to 30 of Brevard's finest Non-Profit Organizations are planning the party.

Festivities include live non-stop entertainment, Latin dance performances, games, drawings, raffles, salsa contest, Fiesta Hat Parade and contest, lots of food and more! Nearly \$30,000 in prizes was given away at Fiesta Brevard 2013!

Fiesta Brevard will host the ever-popular competition for the Brevard's Best Salsa title. Individuals, groups and restaurants from our community compete to determine who has the 'best salsa' recipe on the Space Coast. First, second and third place awards will be presented for Judges' Choice, as well as People's Choice determined by Fiesta Brevard attendees.

Participants will be showing off their "Fiesta Hats" in the Fiesta Hat Parade & Contest. The public is invited to decorate their own Fiesta hat and join in the parade and contest. Winners will be chosen for first, second and third place in adult and children divisions.

Tickets are available in advance for \$10, or \$15 at the door. Each admission ticket includes two (2) food tickets. Cash bars will be available. Advance tickets can be purchased from participating Brevard non-profit organizations, or at the Cocoa Beach Regional Chamber of Commerce, 400 Fortenberry Road, Merritt Island. For more information, please visit www.fiestabrevard.com.



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GET IN THE ART! SPOTLIGHT ON THE ARTS

by Pam Mankowski

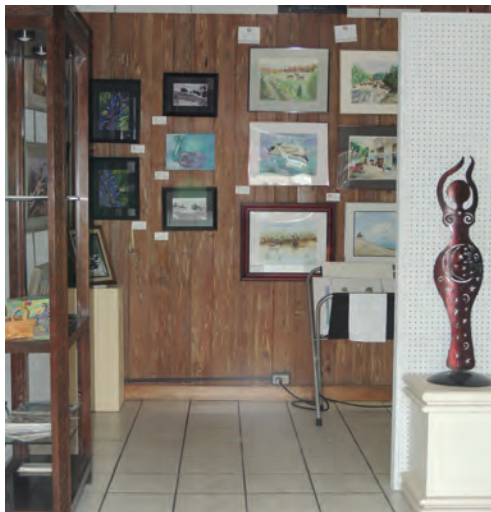
In the March Spotlight, I got to toot my own horn by featuring Stage 1 Stars - Theatrical Training Studio in this space. While I get to rub elbows with actors, singers and dancers on a regular basis in theatre, I really enjoy visiting art galleries to get my visual fix!

South Brevard has many excellent galleries, some of my favorites are Fifth Avenue Art Gallery, Foosaner Art Museum in the Eau Gallie Arts District, and Strawbridge Art Gallery. This month I am going to share with you the creative organization that I was a neighbor to for twelve years - Strawbridge Art League.



The Strawbridge Art League (SAL) was formed in 1997 when a group of local artists gathered together with a undertaking to share art with the local community and beyond. The Mission Statement declares: "The goal of the Strawbridge Art League is to share and educate the local community about art while inspiring local artists in all forms of media."

Created as an Art League for everyone, they welcome anyone with a passion for creativity and self expression. There are juried shows throughout the year and there are many other display and promotion opportunities to all members who include artists in the mediums of acrylics, oils and watercolor paintings, stained glass, jewelry, pottery, sculpture, drawing, fused glass assemblage, collage, ceramics, soap, upcycled, organic products, cards, prints, giclees, photography, silks, clothing, et al.



In addition, it is their ambition to help the local community using individual artistic talents and skills. Some of the arts outreach includes: painting anti-bullying murals in area

schools, donating artwork to

local charities for fund raising events, Homeschool Art Nite, Kids Art Nite, working with many not-for-profit organizations including: the SPCA, the Lions Club, Walk for Life, the Wildlife Hospital and more.

SAL hosts monthly live demos and artist spotlights. They also give artists the chance to improve their skills by attending twice-weekly art nights hosted by a local art teacher. One of the perks of membership is free critiques by seasoned artists and use of their extensive lending library of art books to research skills and techniques.

At SAL Gallery there are three galleries, a main gallery with room for 2-D

and 3-D art as well as jewelry,

porcelain and more. The middle gallery and the south gallery offers member artists the chance to display in a professional setting. In addition, the gallery features a shared studio where artists can teach or attend classes.

The Strawbridge Art League Gallery is located in the heart of historic downtown Melbourne on Melbourne Court. If you are a seasoned professional or are exploring your artistic side, they will welcome you to experience all that they have to offer. Check out the website and follow on Facebook or Twitter to see what is currently being explored! Contact them at: Strawbridge Art League, 2011 Melbourne Court, Melbourne FL 32901-5468 321-952-3070 orsalnews625@gmail.com



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EXERCISE GOOD JUDGMENT OUTDOORS WITH CHILDREN

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

From biking and hiking to walking and jogging, today's parents are keeping fit and bonding with their babies in the process. With an array of products unheard of a generation ago - like baby carriers, joggers and trailers - even the tiniest among us are enjoying the great outdoors. But while these items can make life easier and more enjoyable for both parent and child, they can be the cause of pain and injury if not used properly. The American Chiropractic Association (ACA) urges you to exercise caution and good judgment while exercising with your baby.

BIKING

When biking with a child on board, use a trailer, a rolling ride-along that hitches to the back end of a bike. It is a much safer option than a carrier, a "passenger" seat that sits directly on the bike, according to Dr. Scott Bautch, of ACA's Council on Occupational Health. Dr. Bautch prefers trailers because of their added stability. He cautions that carriers can decrease a bike's stability, possibly causing it to topple and injure both the parent and child.



JOGGING

If you wish to go for a jog and bring your child along for the ride, the baby jogger is your best option. A baby jogger is a rolling pushcart that a parent can jog behind, using handlebars to maneuver. Here are some rules of thumb to consider:

BACKPACK-STYLE & FRONT-SIDE BABY CARRIERS

For parents who prefer walking or hiking with their little ones, a backpack-style or front-side baby carrier could be for you. Dr. Bautch cautions, however, that there are risks involved with carrying an infant on your back in a backpack-style carrier. "The cervical spine of a child less than one year old is not fully developed. It is important at that age that the head does not bob around. The backpack-type carrier is not ideal because the parent cannot watch to make sure the child's head is stable. A front-side carrier is better for a very young child," explains Dr. Bautch.

If using a backpack-style or front-side baby carrier, make sure to select one with wide straps for your shoulders and waist. This will help distribute the carrier's weight evenly. The shoulder straps should fit comfortably over the center of your collarbone. Once you place the child in the carrier, check to make sure there is no bunching of material against the child's body, particularly on the back, buttocks and spine. Isolated, uneven pressure like this can produce pain.

TAKE CARE OF YOURSELF

Finally, don't forget about your own health and comfort. When lifting a child to place him or her into a trailer or jogger, exercise caution. Don't bend from the waist, but begin in a 3-point squat and implement a two-stage lift that consists of a) pulling the child up to your chest and then b) lifting straight up with your leg muscles. Stay as close to the car seat or trailer as possible and place the child into it without reaching, stretching or twisting. The further the child is from your body, the more strain you will place on your spine and musculoskeletal system.



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NOTHING LIKE A GOOD PARADE

by Larry A. Attig, Pastor,
Melbourne First Church of the Nazarene

Last fall Becky and I took one of those vacations of a lifetime. We flew into Quebec City where we boarded the Emerald Princess for 14 days of cruising the east coast of Canada and United States. We were looking forward to the time away, but we were excited to visit places we had never been. Ports of call included Newfoundland, Nova Scotia, Portland Maine, Boston, New York City, Newport Rhode Island and a few other cities we were familiar with.

The plan was to walk the Freedom Trail and see places like the Great Hall, Old North Church and Paul Revers house... knowing the men who once stood in the same room brought chills. But I confess being a baseball fan, I was hoping that while in Boston we might get a chance to visit Fenway Park, one of the great baseball stadiums. Those hopes quickly faded, for the day we docked in Boston was the day that all of Boston lined the streets to congratulate the Red Sox for winning the World Series.



What a crowd! What excitement, what energy! People literally stood 8,10 deep on both sides of the street for hours, in hopes of catching a glimpse of the Red Sox players. Children too small to see over the crowd were hoisted upon their fathers shoulders. As the procession drew nearer, shouts of

Red Sox, Red Sox, permeated the air. This was a bitter sweet moment. I was part of the crowd in a World Series Victory parade, but I am a Cardinal fan... the team the Red Sox beat.

As I watched people lining the streets, I thought of another parade... one to welcome a king.

The gospel of Matthew (21:1-11) records the entire city was energized. As a sign of respect for royalty, some of the crowd spread their coats on the road while others cut and placed palm branches in front of Him. Shouts of blessed is He who comes in the name of The Lord filled the air. Two cities, two parades and two energized crowds share a common bond even though they are thousands of years and miles apart. But there is one major difference: one crowd seems to have lost its excitement. They still gather occasionally, but the energy has faded, the shouts of victory have been quieted. From my viewpoint, the quieted crowd is the one that really counts!

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"God is not limited
to physical laws and
dimensions..."

"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 trying to reconcile the time-line of creation. In 2 Peter 3:8, it says, "...A day is like a thousand years to the Lord, and a thousand years is like a day." Isn't it possible God created the earth over the course of years rather than days? Also...many scientists, and evolutionists, claim dinosaurs were extinct millions, maybe even billions, of years before mankind's existence. Is there any evidence of man and dinosaurs co-existing, and is there any mention of dinosaurs in the Bible? Lastly, in Genesis 1:3, God said, "Let there be light," but in verses 14-18, He describes making the sun and the moon. How could there be light on the first day of creation if He didn't create the sun until the fourth, isn't this a contradiction?
—John of Palm Bay, Florida

Dear John,

The first thing to note is that the context, taken from 2 Peter, has nothing to do with the days of creation. Also, it doesn't say, "A day is a thousand years," the text says, "A day is like (or as) a thousand years." It's merely a figure of speech, to illustrate how God is outside of time, because He is eternal (a term to express—no beginning and no end.) Time has no relevance to God because He transcends it (to be above and independent of the universe, time, etc...) Time is a property resulting from the existence of matter and God is not limited to physical laws and dimensions. God exists in the spiritual realm. "For God is spirit..." John 4:24 (NLT).

In addition, the book of Genesis states that God created the heavens and the earth in six days, and rested on the seventh. The Hebrew word, "yom" translates to "day" and refers to the twenty-four hour period of time that it takes the earth to rotate on its axis; therefore, we should interpret this as literal.

In regards to dinosaurs co-existing with man, the Bible never uses the term dinosaurs; however, there are over thirty references in the Old Testament supporting this. In Job 40:15-24, God describes, in depth, the Behemoth. "Its tail is as strong as a cedar (tree) (17). Dinosaurs like: brachiosaurus and diplodocus had tails like a "cedar tree" but there are no other animal's tails bearing this description.

Also found in Job 40:1-34, God gave an amazing—and terrifying description of the Leviathan, "Nothing on earth is its equal, no other creature so fearless. Of all creatures, it is the proudest. It is the king of beasts" (33-34). I recommend reading the entire chapter; it's fascinating. Some researchers believe the Leviathan was a large sea reptile (not a whale). And nearly every ancient civilization has some sort of art depicting giant reptilian creatures.

Finally, How could there be light on the first day when the sun wasn't created until the fourth? God doesn't need the sun, moon or stars to provide light because He is light! In first John 1:5, it is written, "This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in Him at all" (NLT). Just as God was the light in the first three days of creation, He will be in the new heaven and the new earth. "And there will be no night there—no need for lamps or sun—for the Lord God will shine on them..." Revelation 22:5 (NLT).

Recommended reading: The Great Dinosaur Mystery Solved written by Ken Ham.

NLT = New Living Translation.

(ESV) English Standard Version; (NLT) New Living Translation; (NIV) New International Version. Mail your questions or concerns to: Truth Straight Up P.O. Box 120606 West Melbourne, Florida 32912 or e-mail questions to: askval@hotmail.com. For the protection and confidentiality of the individuals involved, letters may be edited and all names have been changed. Miss Oliver will not reply by e-mail unless specifically asked.

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SPOTLIGHT ON COOKING

by Cecelia Danas



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Happy Easter! Remember — Be Creative!

If you have any questions or would like to contact me, email me at lifecoaching7746@aol.com.

Easter Breakfast

- | | |
|--|---|
| 1 tablespoon extra-virgin olive oil | Salt to taste |
| 1 small onion, thinly sliced | 1/3 cup finely diced baked ham (make the slices a little thicker) |
| 1 pound sweet potatoes (about 2 or 3 medium), peeled and coarsely grated | 4 eggs - poached or over light |

Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until softened and lightly browned, 3 to 4 minutes.

Reduce heat to medium and add sweet potatoes and salt. Cook, stirring often, until the potatoes are tender, 4 to 5 minutes. Stir in ham and thyme; cook, stirring, until the ham is heated through, about 1 minute more.

In a separate pan cook your eggs.

When sweet potato mixture is done plate on four dishes. Make an small cup shape indent in potato mixture and place an egg in each.

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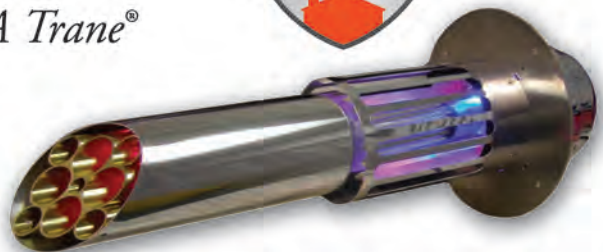


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The Link Between Diabetes and Dental Health

Regular dental checkups are essential to maintaining oral health. In addition to preventing dental caries and removing tartar that contributes to gum disease, dental checkups can alert patients to other potential health problems. For example, symptoms of periodontal disease may be indicative of the presence of diseases that stem from outside of the mouth, including diabetes.



Diabetes, a condition of uncontrolled blood sugar or insulin production, can affect many areas of the body, including the mouth. Diabetics face a high risk of oral health problems because of fluctuating levels of blood sugar, which impairs white blood cells. White blood cells are the body's main defense against disease and are dispatched when a virus or bacteria is present. Should white blood cells be rendered less effective, the body's defense system is compromised and infections can occur in the mouth and elsewhere.

Those with diabetes may complain of certain oral symptoms. Uncontrolled diabetes can result in a decrease in saliva flow, which leads to dry mouth. Saliva is important to wash away bacteria in the mouth.

Gum inflammation can occur because diabetes causes blood vessels to thicken, slowing the flow of waste and nutrients from bodily tissues. An increase in bacteria and the compromised state of white blood cells makes for the perfect environment for periodontal disease. Furthermore, uncontrolled diabetes can make it more difficult for the mouth and other areas of the body to heal. Therefore, there may be recurrent mouth infections, sores and other

symptoms of irritation. Thrush, a condition of overabundant yeast in the body that can cause white patches and soreness in the mouth, is also more prevalent among diabetics.

The American Diabetes Association says that not only are people with diabetes more susceptible to serious gum disease, but serious gum disease may have the potential to affect blood glucose control and contribute to the progression of diabetes. Many people are unaware they have diabetes until an oral health exam raises a red flag that warns of uncontrolled blood sugar.

It is vital for diabetics to maintain oral health to reduce the risk of infections of the mouth that can spread elsewhere throughout the body.

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APPLE USERS BEWARE OF MAJOR SECURITY FLAWS

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



Apple users should be mindful of various security flaws discovered recently with two major security holes in iPhones, iPads, and one for any computer running the Mac OS X.

A programming bug that was traced back to a change 18 months ago essentially exposed Mac and iOS users to what's known as the 'Man in the Middle' attack while accessing websites. A lack of proper security certification has been providing Apple users with a false sense of security when accessing what appear to be verified secure websites.

We've all been told to look for sites that start with HTTPS:// whenever we're working with sensitive information, because this represents a secure site. Security is verified by an industry-standard process whenever your browser visits a site. The bug in the Apple programming didn't properly certify these sites, which allowed someone to create a fake bank website that passed you to the real website without being detected.

The 'Man in the Middle' could then silently monitor the transmissions between you and whatever website you were working with because your device never actually performed all of the security steps.

If you have a basic understanding of programming, you can see how simple, but incredibly dangerous, the error was from this website report: "An Extraordinary Kind of Stupid". You can quickly test your Apple device or computer for this flaw by going to: <https://gotofail.com>

Apple users aren't used to 'urgent updates' like Windows users are, but this one is about as urgent as anything that I've ever seen from the Microsoft camp. iPhone and iPad users should immediately update to the latest version of iOS (7.0.6) by going to Settings => General => Software Update and tapping Install Now. It's always best to do iOS updates when you are plugged into power and connected via Wi-Fi.

Mac OS X users should see an "App Updates Available alert" notification

appear in the upper right corner of their screen and it should not be ignored. You can also manually update by clicking on the Apple menu and clicking on the Software Update option.

Once you have updated all of your Apple products, as a precaution, I'd highly recommend that you change the passwords or access codes on any online account that you've accessed in the last 18 months.

Cyber-thieves use a variety of automated processes to gather sensitive information, so your information could have been compromised some time ago, but still be sitting in a database somewhere waiting to be sold. Since there's no way to recount everything you've accessed on your various Apple devices over the past 18 months, just play it safe by changing your access codes.

Another recent security flaw surrounding iPhone and iPad apps would allow a malicious app to record every keystroke or touch you make, essentially allowing a remote attacker to monitor everything you do on your phone or tablet. While the security firm that discovered this flaw did so with a 'proof of concept' app, the possibility exists to be compromised, so be very careful what new apps you install on your Apple devices until Apple address this new issue.

The case can still be made that using Apple products on the Internet is generally safer, however, assuming that you have nothing to worry about anymore is not a good idea.

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2. Name the ad that says: "Let us put the green back in your yard".

3. Juice Is Us "article" is about what this month?

4. Who is offering: FREE 1 Hour Consult (Care Management)?

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Patricia LaFleur, M.D.

or exhibit excess skin and folds, you may appear tired or less vigorous than you feel, giving others a false impression of who you really are," explains Patricia K. LaFleur, M.D., Board Certified Ophthalmologist and Director of Facial Aesthetics, at The Eye Institute for Medicine & Surgery. "Today's active adults take pride in their appearance. They want to look and feel great. They want others to see them as the vibrant people that they are. The benefits of being viewed as youthful, vigorous and energetic are many, both in one's personal life as well as their professional life. It brings me great joy to know that I am helping my patients to live happier, more satisfying lives," adds Dr. LaFleur, who has focused her medical practice on eyelid surgery and facial aesthetics for the last fourteen years.

The surgeries to remove excessive skin or tissue on the upper eyelids, or to correct muscle weaknesses that are causing a person's eyelids to droop are collectively known as "**Eyelid Lifts.**" Eyelid Lifts are proven and highly successful techniques for helping people to look more youthful and alert, and in many cases, to see better, according to Carrie A. Palmer, M.D., Board Certified and Fellowship Trained Ophthalmologist at The Eye Institute for Medicine & Surgery. When performing Eyelid Lifts, the surgeons of the Facial Aesthetics Center at The Eye Institute create small incisions following the natural contour lines of the upper and lower eyelids, providing access for the removal of fat and excess skin. Once removed, the incisions are closed with tiny sutures. Depending upon the needs of the patient, the entire procedure can take anywhere from forty five to ninety minutes. Eyelid Lifts are performed under local anesthesia, with only mild sedation necessary.



Carrie Palmer, M.D.

In certain cases, depending upon the needs of the patient, the Eyelid Lift may primarily be accomplished by tightening the muscles that elevate the eyelid. In certain cases this may involve muscles in the forehead, as well. Following their procedure most patients experience slight, temporary swelling and discoloration of the affected area. This is expected, as the skin surrounding the eye is extremely thin. In order to minimize these effects, patients are advised to apply specific ointments to the incision sites and to apply cool packs to the area at regular intervals. Swelling and discoloration are usually gone within three to five days, and the tiny incision marks usually fade over a short period of time, leaving the incision sites virtually invisible. Patients are advised to refrain from strenuous activity for two weeks following surgery. Wearing dark sunglasses to protect one's eyes from sun and wind irritation is also recommended. Carefully following these suggestions helps the vast majority of patients to experience a quick and successful recovery, according to Dr. Palmer. "My patients tell me that they really appreciate the refreshed, natural and youthful appearance that they regain as a result of their Eyelid Lift," states Dr. LaFleur, adding, "it is a procedure that not only enables you to look your best, but that helps you to feel better about yourself." "Having seen countless numbers of men and women who have had Eyelid Lifts by Dr. LaFleur, I must say that her work is exquisite," remarks Ann Riley, R.N., Director of The Eye Institute's Ambulatory Surgery Center.

If excess skin or tissue of the upper eyelids diminishes a person's ability to perform daily activities of living, in many cases, insurance companies will consider the surgical correction to be medically necessary, and they will offer, at least partial coverage for the procedure. To schedule a consultation with either Dr. LaFleur or Dr. Palmer, in Rockledge, Melbourne or Palm Bay, call (321) 722 - 4443.



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Did You Know?

Watering a lawn
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if the lawn is not watered correctly. Excessive watering is a waste of water and can cost homeowners money while harming the environment at the same time. Water that is not absorbed by the lawn can result in runoff, which causes nitrogen in the grass, any fertilizer that was applied and chemicals in the water itself to run into gutters and eventually pollute streams, rivers and oceans. In addition, grass needs oxygen in the soil to grow properly. But when a lawn is overwatered, the oxygen between the soil particles is pushed out, depriving roots of the oxygen they need to grow in strong. This leads to shallow root systems, which make a lawn more susceptible to stress, disease and insect infestation. But overwatering can also be unsightly, as lawns that are overwatered tend to have more weeds, robbing even the greenest of lawns of its aesthetic appeal.

WORD SEARCH: Solve the Puzzle and PLAY to WIN!

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

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D	G	E	P	V	E	G	I	Z	M	N	R	E	N
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N	O	I	T	P	O	D	A	I	B	S	G	N	H
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Using worm compost

You can use your compost immediately, or you can store it and

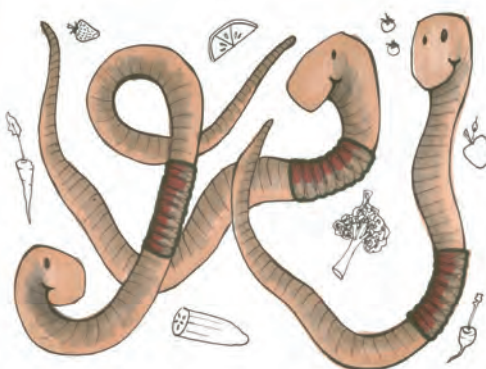
use it during the gardening season, or whenever. The compost can be directly mixed with your potting soil or garden soil as a soil amendment, which helps make nutrients available to plants. Or, the compost can be used as a top dressing for your indoor or outdoor plants.

You can also make "compost tea" with your compost. Simply add 1-2" of compost to your water can or rain barrel. Allow compost and water to "steep" for a day, mixing occasionally. Then water plants as you normally would. The resulting "tea" helps make nutrients

already in the soil available to plants.

Vermicompost in Melbourne

Godly Lifestyle Farm & Juice is Us, using large-scale Vermicomposting has developed living organic soil for use in the Melbourne area. We are proud of all the hard work, time, and planning that has resulted in the largest Vermicomposting site here in Melbourne. We hope in the future to incorporate the Municipal wastestream. It is currently estimated that 43% of landfill waste is compostable. By utilizing Vermicomposting, our land fill can be reduced and organic produce grown locally, reducing waste and fuel consumption.



Helpful Links:

University of Florida http://gardeningolutions.ifas.ufl.edu/giam/maintenance_and_care/soil_fertilizer_and_nutrients/vermicomposting.html

Cornell University <http://cwmi.css.cornell.edu/vermicompost.htm> <http://youtu.be/JFGQR5ERaPQ>

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Teacher of the Year -Covenant Christian School-

Covenant Christian School in Palm Bay recently presented their Teacher of the Year award to an exceptional educator. Erik Axsom, a Bible teacher for the school's secondary students, has been teaching at Covenant since 2002. He has a degree in Business and a master's degree in Theological Studies from Reformed Theological Seminary. Mr. Axsom stands out as an individual who love of God and His Word is contagious and who encourages students and staff alike to live a life worthy of their calling.

A student had these comments for his beloved Bible teacher: "Mr. Axsom's constant goal of making a life of gospel living a day to

day reality for students has been a memorable part of having him as a homeroom teacher over the years. You will not find a man more knowledgeable about theology on campus, nor one so prepared to answer your deepest questions about the gospel. Mr. Axsom is more than willing to go out of his way to discuss material

with students, and prepare creative and interactive class lessons that get entrenched in student's memories because of their unique flavor. As our chapel coordinator Mr. Axsom has organized and directed most every Friday morning that we gather together for worship. His counsel, discipline, and leadership have set a standard for our school that guides our attention back to our real focus: becoming better wise servant leaders with our hearts, minds, and actions focused on glorifying God."

Erik Axsom was recognized on March 14 in an all school assembly and awarded a Teacher of the Year plaque and school gift by Headmaster Ken Ingraham and School Board Chair, David Hoenigmann.



Left to Right: David Hoenigmann, Erik Axsom, Ken Ingraham

Covenant Christian School is pleased to
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Who We Are by Jaimie M. Engle



My name is Robert Dixon and I am the founder of Sentinel Care, a local provider whose goal is to help seniors safely stay at home longer. When a senior does not have a son

or daughter who is local, willing, and able to help, we come alongside the family to manage our beloved seniors' lives.

I would like to share several real stories with you, the reader, in an attempt to show exactly how working with loving professionals can increase your standard of living in your "golden years."

Theresa is losing capacity and exploited by those who have been "taking care of her." A mass in her liver is discovered. She never wanted the heroic measures. Two loving daughters are at odds over what to do. Who decides and how?

Albert is "not quite right." A woman, 20 years his junior, moves in and sexually services him while becoming his power of attorney. She obtains credit cards using his SSAN, makes excessive purchases on his dime, and deeds his \$200K home over to her daughter with a different last name. He is heading toward bankruptcy. Should someone step in? Should he be left alone?

Rosario had a stroke leaving him paralyzed. His family deserted him decades ago. After his stroke, his son withdraws thousand\$ using his debit card. He then heads back to Ireland, leaving his dad penniless and flat on his back in a nursing home. The nursing home cannot qualify him for Medicaid without access to his financial information. Who will advocate for his well being?

Rhianna had a serious tragedy at an Army base and now receives VA benefits. Vultures looking for a free lunch move in. Her loving mother has lost all hope. What can she and her mother do?

Ron has a penchant for gambling spending thousand\$ while chasing winnings from a Jamaican lottery. Making matters worse, he's diagnosed with lung cancer. He has no one local, willing, and able to help him. Will he die penniless in a Medicaid bed or worse?

Lilly is a 98-year-old incapacitated woman, though considerably high functioning, who brings home a 66-year-old "boy-toy" to live with her. She "loans" him thousand\$. They are even talking about marriage. Should someone step in? Can or should her sons protect her?

For each of these stories, the common questions become: Should the State step in? Does the government have the right



and/or responsibility in these instances? Or should these folks be left to fend for themselves? Self-determination is, after all, the American way. I propose another consideration: Can we strike a balance?

"Rent-A-Son/Daughter" — When a senior needs any level of help and is without local friends or relatives who are willing and able to assist or has loved ones without the time or expertise to help, we lend a hand. From rides to doctor's appointments, paying bills, advocating for proper medical treatment, and managing assets, whatever it takes – we got this.

Case management — Working for a senior or their "agent" to do whatever is asked; a cafeteria plan of options.

Federal fiduciary for veterans — If the VA deems a veteran unable to manage their finances, they appoint a "Federal Fiduciary" to manage their VA benefits keeping their assets and persons safe and secure.

A Social Security recipient — If someone is considered unable to manage their finances by Social Security Admin, they appoint a "Representative Payee" to manage SS benefits.

Guardianship — As a last resort (FL Statute 744.344(2) & 744.1012) the court appoints a person, registered with the State, with the authority to oversee the senior's life, physically, financially, and emotionally.

Probate — After a person passes, a PR & Successor Trustee settles all matters of the Estate. Wills are deciphered, funds distributed, and property disbursed per Florida law, hopefully from the deceased's advanced directives. It is my honor to ensure the persons' wishes are carried through.

Sentinel Care has staff, partners, medical, and business professionals willing and able to serve. If you or a loved one is in need call us at 321-725-6799. Having a plan before the emergency is the best course of action.

Whatever happened to these seniors? Check out next month's *Spotlight Magazine* for the outcomes...

Please also see our advertisement on page 28.

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MEALTIME Planning



by Theodore Schuck, DO

Oftentimes patients tell me "I hardly eat and I still can't lose weight." This may seem to be a contradiction to many. Minimizing calorie consumption is the key to losing weight, right? Yes, this is true to a certain extent. The TIMING of eating may be just as important as calorie counting in losing weight however.

Dividing 2000 calories per day into two meals versus five smaller meals can cause a dramatic difference in your dieting results. When you prolong time between meals, the body goes into starvation mode. Food that you consume, even if it's healthy, can sometimes be converted into fat



for storage and later use. If you are able to eat smaller portions more frequently throughout the day, your metabolism tends to increase and the calories are burned more efficiently. These smaller portions will give you a small burst of energy rather than the full and tired feeling that you may get after eating one large meal (think of Thanksgiving dinner!).

Next, many Americans tend to eat their meals too quickly. When you consume a meal too fast, you don't get a sense of satiety or fullness until it's too late and you've eaten too much already. The hormone that tells us we are full (called Cholecystokinin) doesn't

kick in until about 20 minutes after we eat. Taking your time with meals, having a conversation at the dinner table with the family, and never eating to the point where you are "stuffed" can all be helpful in reaching your weight loss goals.

Snacking in the evening before sleep, especially eating foods high in carbohydrates, can lead to serious weight gain in many individuals. Unless you are going for an extended run or work out in the morning, there is no use for calories at bedtime and once again these calories will be stored for later use (fat).

Portion control with more frequent meals, taking your time to eat, and avoiding foods before bedtime are some easy lifestyle changes that you can make in order to help lose weight.



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ARE YOU A SPIRITUAL WIMP?

CCM: Together, doing life RIGHT!

Wild animals on your property can damage structures and vegetation and can bring disease and insect pests. In your walls or attic, they can keep you up at night and, shall we say, create less than sanitary conditions. So sometimes it's necessary to trap nuisance critters and relocate them elsewhere (and no, not to your neighbor's property, the one with the loud parties!)

Predictably, a trap is set with attractive bait. Then, you just let nature run its course.

Does this sound familiar? It should; baiting and trapping works the same with humans as it does with raccoons and squirrels, and possibly with more success. With people, all that's required to ensnare them is an attractive temptation and then allowing [sin] nature to run its course. Of course, both animal and human can reject the temptation and not be trapped. The big difference here is that varmints don't tend to set their own traps, but people do. Jesus' own brother explains this in

James 1:14. Satan can tempt us, too (1 Peter 5:8), but it's up to us whether we fall for it or not.

A lot of times, we don't even make an honest attempt to resist temptation. We're spiritual wimps, caving in without a fight. Yet, this is a fight that we can win. Unless you have been a life-long Christian, you remember how unlikely it seemed that you would ever profess Christ publicly, or witness to others, or even find enjoyment in reading the Bible. But with God, these things were possible, and likewise, God gives us the ability to resist temptation. He guarantees it: "The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure." (1 Corinthians 10:13, NLT).

We have to regard ourselves as dead when it comes to sin, but alive with

Don't be a wimp!



regard to God. Seriously, who is running the show with us? Our flesh? The devil? Or God? Romans 6:16 gives us the right answer: "Do you not know that when you present yourselves to someone as slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness?"

Ephesians 6:10,13 tells us what we must do: "Finally, be strong in the Lord and in his mighty power...put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."



Mother's Day Gifts

Spring Fling APRIL 27TH

Are you looking for the perfect Mother's Day gift this coming May 11th or simply want to pamper yourself? Come on down to the Spring Fling being held on April 27, 2014 at 1422 Hendren Dr., Melbourne. There will be a sampling of the best direct sales companies out there! You can shop without ever having to clean your own house or invite your friends over. From 1pm until 4 PM, you can learn how to makeover your kitchen with Pampered Chef. You can get great storage items and save money on your grocery bills with Tupperware. If you need a bag to store, carry, or simply look stylish, Thirty-One will be there. Avon will be on hand for your make-up and skincare needs. Partylite will be there to make everything smell divine. Make your own story in a locket with Origami Owl. Each of these vendors will have a booth set up where you can shop, book your own party, and get lots of great deals! Bring a copy of this Spotlight Ad for a special gift from your favorite vendor!



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Rich McKinnon's Excellent Experience

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Our patient of the month, Rich McKinnon, is no stranger to hearing loss. No, Rich has been wearing hearing aids for over twenty years. Rich lost his hearing due to exposure to loud sounds as a special equipment operator. That proximity, and exposure over time, has destroyed most of Rich's ability to sense the presence of high frequency sounds.

Rich came to us a month, or so back for service on the large, behind the ear, instruments that he was using at the time. During his visit, we got to talking, and I asked if he would rather wear something more along the lines of the gear I wear, which is much lighter, more comfortable, and as we were to find out later, significantly more effective than the huge banana's he came in with?

Rich's response was the same as every other patient I've converted from those huge, heavy, conventional instruments, with their tight fitting custom molds, that take up the entire ear. Yes. But, he'd been told that what he was wearing was the only thing that would reach his loss. My response was the same as always, gear evolves, lets see.

Using the In Situ audiometry, we had Rich's thresholds established, and him wearing the new gear in under half an hour. Though Rich has no hearing left, to speak of, in the regions above 1.5K Hz, the logic programs in the new Strata gear read those regions of his audiogram with no response, as the dead zones within his cochlea, that had been damaged beyond use by all those years next to those big toys.

Unlike all of Rich's previous gear, the new gear didn't try to blast through with lots of sound in an area that Rich's cochlea simply can't respond to. The Strata's use a different approach, they read the data in those dead

regions of Rich's ear, then using complex processing algorithms, compress that data, and shift it downward, presenting it to a region of Rich's ears still capable of responding.

The results for Rich, were pretty amazing. He was instantly impressed. So we wrote up a trial agreement, and sent Rich out to experience his new fitting in the real world. We got to know what a great guy he was over the next week fine tuning his system. During this time, we found out what an active guy Rich is.

Now, especially, since Rich was understanding like he hadn't been able to in years, even in those more complex social environments, he wanted more!

So, we gave Rich more of what he wanted. We upgraded his fitting to Rexton's mid-line performance model, their Strata 16. With this full thirty-two channel system, not only did Rich get the improved performance in noise that he was looking for, it included, their auto 360 program that not only knows when Rich is riding in his truck, or car, it knows that when someone behind him is speaking, and that he probably wants to hear what they have to say.

But, this wasn't all. With the miniBlu set Rich got with his new gear, he can now stream not only his cell phone calls, hands free, in stereo, he can also stream his favorite TV shows, music and whatever else he wants directly into his ears, corrected for his terrible loss. The results are a richer, more satisfying life for a hard working, fun loving, great guy, with less stress in all his communications with others.

We couldn't be more grateful, or blessed by Rich's success. It reinforces

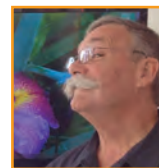


our determination to remain, Patient Centered, and Results Oriented. So, if you, or a loved one has a hearing, problem, no matter how severe, give us a call, or drop by any weekday morning.

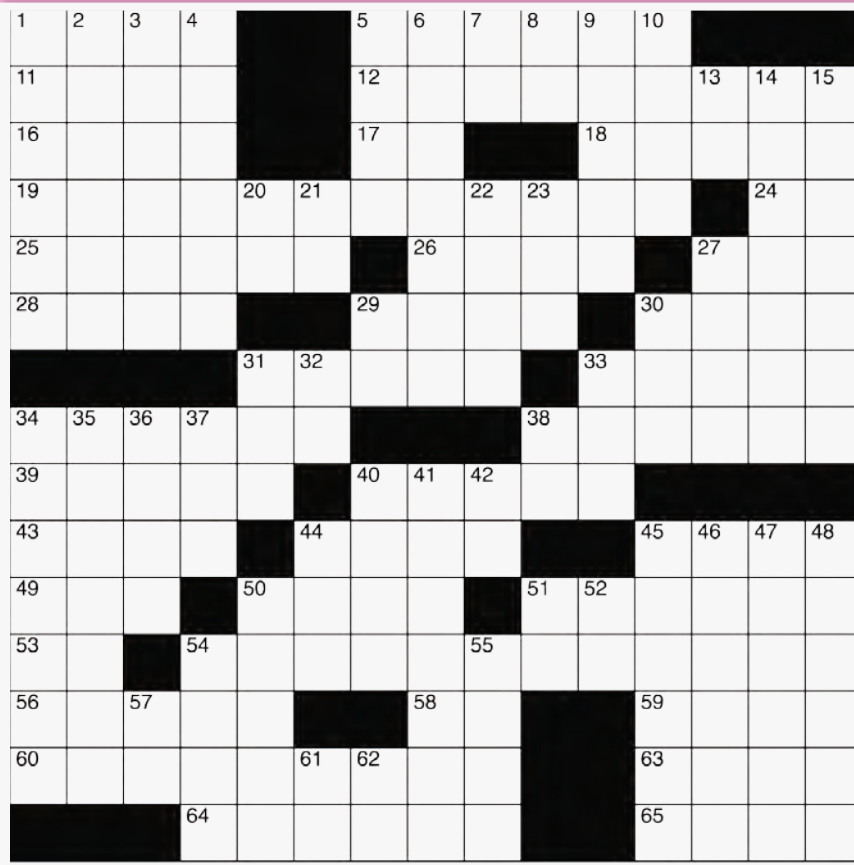
The gear we use to help folks today, has evolved incredibly in just the last couple of years. Each new chipset brings faster processing, greater storage, and communications reach. Each iteration of the software that drives these ultra-miniature, ear level sound processors, and ultra low drain, digital, radio transceivers, that we think of as hearing aids, builds upon what was learned in the past.

However, we aren't about any particular hearing aids. We are about taking care of the patients who come to us, by finding the right gear for their goals, objectives, and budget. We work for our patients, not any hearing aid company. We do this by providing an experience that folks want to repeat, and tell their friends about, just like Rich.

Come see us, our office is located at 720 East New Haven Ave. Suite #12. Our office hours are 9:30 till Noon, weekdays, afternoons, and after hours cheerfully by appointment. Our phone # is: 321-722-2894, or you can reach us on the web at: www.aadvancedhearingcare.com.



Spotlight Crossword Puzzle



clues DOWN

1. Existing before a war
2. Open to change
3. Gunsmoke actress Blake
4. Converted into leather
5. Boundary
6. Predominated
7. Royal Observatory
8. Promotion
9. Rich multilayered cake
10. River between Iran and Armenia
13. Carrier's invention
14. Banes
15. Catastrophe
20. Atomic #77
21. A note appended to a letter
22. Licks
23. Adam's wife
27. Counterbalance
29. Brokeback star's initials
30. Golf score
31. Manuscripts (abbr.)
32. Old English

33. Pod legume
34. Upper arm muscle
35. Japanese warrior
36. Oh, God!
37. A Scottish cap
38. Expresses surprise
40. Carbon particles
41. 4th cognomen
42. "Joy Luck Club" actress Irene
44. Holds
45. Favorable factors
46. Bird enclosure
47. Act of pay for usage
48. St. Francis of __
50. Aussie bear
51. Day-O singer's initials
52. One of the six noble gases
54. Apiary inhabitants
55. Proboscis
57. "Titanic" star's initials
61. Lincoln's state
62. Atomic #28

clues ACROSS

1. A braid
5. Print errors
11. Any of 3 avatars of Vishnu
12. Odor masking toiletry
16. Abba __, Israeli politician
17. An enlisted person
18. Any speed competitor
19. Manitoba hockey team
24. The Bay state
25. Trees with conelike catkins
26. Central area of a church
27. 2 year old sheep
28. Interpret written words
29. Greek goddess of youth
30. Bullfighting maneuver
31. Shapes
33. Decreased
34. Fly
38. Unbelief
39. Traditional Hindu rhythms
40. Yemen capital
43. Prayer leader in a mosque
44. A sheep up to the age of one year
45. Soldier in an airborne unit
49. What a cow chews
50. K particle
51. 50 cent pieces
53. Trauma center
54. 2011 Stanley Cup winners
56. Inner bract of a grass spikelet
58. The Show-Me State
59. Self-immolation by fire ritual
60. Offshoot interests
63. Amounts of time
64. Salty
65. Guinea currency 1971-85

Master Story Teller: Jamie Buckingham

Jamie Buckingham used to say he no longer wanted to “preach at people.” What people need, he believed, is to have the Spirit of God imparted to them. “I can’t do God’s work in your life,” he said. “That is God’s business. All I can do is give to you what God has given to me. God will do the rest.”

What Jamie Buckingham gave was himself, and stories of his experiences. Jamie was a story-teller. He knew, as Jesus knew, that the best way to convey a message is not by pounding a pulpit and making people feel guilty through harsh words, but by simply sharing the common occurrences of life and relating God’s grace, forgiveness and love in the process.

Much like Jesus who often got his points across in parables, Jamie’s teachings were peppered with life’s experiences and the things he learned from God while going about his everyday activities. Up until the time he died in 1992, that is how he led people into the presence of God every Sunday morning at the Tabernacle Church in Melbourne.



Now, Jamie’s audio teachings, books, and video devotionals filmed in Israel are being converted to digital form and are available again through a web site: www.JamieBuckinghamMinistries.com.

They are also available through the Jamie Buckingham Ministries Facebook page. Be sure to hit the “like” button so you can get daily words and updates from the vast amount of Jamie’s resources that are being collected and redistributed.

If you knew Jamie, you will feel a wonderful sense of nostalgia and be renewed in your spirit as you see and hear his teachings all over again. Even if you didn’t know him, you will quickly discover what a wonderful minister of God’s Word he was and how relevant his teachings still are today. Either way, you will be blessed as Jamie Buckingham once again leads us into the presence of God and a life of adventure in the Spirit.

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Health First Gives Back to Our Community

As an integral part of Brevard County, Health First provides facilities and programs as it strives to achieve its goal toward a healthier future for our residents. In Fiscal Year 2013, this commitment was reflected as \$111,145,450 in total support to the community.

Included in this number is \$26,069,913 that Health First provided in charity care for underserved and uninsured patients and \$23,650,714 for unreimbursed expenses to Medicaid patients, which are classified as mission-driven community benefits.

Health First also annually supports the Brevard Health Alliance, the county's only Federally Qualified Health Center, with a \$1.1 million grant and over \$520,000 in in-kind labs and diagnostics as well as the Brevard County Health Department's PATH Clinic for low-income residents by providing more than \$84,000 in in-kind diagnostics.

Last year, Health First recently completed its 9-year, \$2 million commitment to Eastern Florida State College for the expansion of their nursing program at their Palm Bay campus. In addition, Health First provided 201,633 hours of on-site training for local college students with majors in the healthcare field.

Health First has partnered with the Brevard County Health Department in which access to an Adult Dental Clinic is available for patients who present to the Emergency Department with a dental diagnosis and require follow-up by a dentist.

In response to the federally-mandated Community Health Needs Assessment, Health First is collaborating with several local non-profit organizations in creating programs designed to help Brevard County residents adopt a healthier lifestyle. A few examples include offering AHEC's free "Quit Smoking Now" program at four Health First facilities, the new "BeFit" weight management program for low-income patients who meet the criteria, the free "Family BeFit" healthy lifestyles programs for children and adults as well as a grant program



with the Brevard Schools Foundation.

On Saturday, May 31, Health First will be hosting its 6th Annual "Free CPR Day" at Space Coast Stadium. Last year, over 20,000 members of the community received free CPR instruction with expectations for this year's event to be even greater.

Our Health First associates' generosity and support of our community is reflected through the United Way campaign in which they contributed \$195,146 in 2013, the fourth largest company campaign in Brevard County.

PUZZLE [PG42] SOLUTION How well did you do?

P	L	A	T			E	R	R	A	T	A			
R	A	M	A			D	E	O	D	O	R	A	N	T
E	B	A	N			G	I			R	A	C	E	R
W	I	N	N	I	P	E	G	J	E	T	S		M	A
A	L	D	E	R	S		N	A	V	E		T	E	G
R	E	A	D			H	E	B	E		P	A	S	E
				M	O	L	D	S		P	A	R	E	D
T	S	E	T	S	E				H	E	R	E	S	Y
R	A	G	A	S		S	A	N	A	A				
I	M	A	M		H	O	G	G			P	A	R	A
C	U	D		K	A	O	N		H	A	L	V	E	S
E	R		B	O	S	T	O	N	B	R	U	I	N	S
P	A	L	E	A			M	O			S	A	T	I
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			S	A	L	I	N	E			S	Y	L	I

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Spot This Spotlight and PLAY to WIN!



How good are you
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This month, we've placed 7 Spotlight graphics (shown above) on other pages throughout the magazine. Your job, should you choose to accept it, is to find all 7 of these Spotlights and list the advertiser and the page on which you found it. Have fun!

**Win a Certificate for 1 Catering Box
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OUR WINNER LAST MONTH WAS
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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. Please PRINT answers along with your name, address and phone number. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Spot the Spotlight, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

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

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

Name: _____

Age: _____

Address: _____

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State: _____ Zip: _____



APRIL IS ALCOHOL AWARENESS MONTH

SPOTLIGHT ON LIFE COACHING

by Cecelia Danas,

Certified Life & Strategies, Food Psychology Coach / Advanced EFT Practitioner

You are saying to yourself, "so what?"

THIS IS WHY:

In a group of thirty people, only one person doesn't know someone who has alcoholism or has an alcohol abuse problem. That is WHY!

Since drinking is so common in many cultures and the effects vary so widely from person to person, it's not always easy to figure out where the line is between social drinking and problem drinking. The bottom line is how alcohol affects you. If your drinking is causing problems in your life, you have a drinking problem.

One of the major distinction between alcoholics and alcohol abusers are the ability to set limits on their drinking. Alcohol use is still self-destructive and dangerous to themselves and others.

You may have a drinking problem if you...

- Feel guilty or ashamed about your drinking.
- Lie to others or hide your drinking habits.
- Have friends or family members who are worried about your drinking.
- Need to drink in order to relax or feel better.

- "Black out" or forget what you did while you were drinking.
- Regularly drink more than you intended to.
- Need more than one drink to feel relaxed or "good".
- Do you have a drinking problem or know someone who does?

There is help. AA meetings, treatment centers, counseling and coaching can start a person on the road to recovery.

For more information call Cecelia Danas, SLSC, SFPC at 321-794-7550.

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