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march 2018

# spotlight

MAGAZINE

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*Keeping You in the Light*



## MELBOURNE AIR & SPACE SHOW

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Spotlight **BUSINESS OF THE MONTH**



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Hello everyone, and welcome again to another issue of *Spotlight Magazine*, your local community publication in print and on the web. We have a lot of activities happening in our area this month. One that we are especially looking forward to is the Melbourne Air & Space Show on March 24th and 25th. The U.S. Air Force Thunderbirds will be this year's season opener and will help celebrate the fifth anniversary of this exciting event. The Air & Space Show is being held at the Orlando Melbourne International Airport.

With a last name like McDonough, it's not hard to guess what country my family hails from. According to my parents, and some ancestry research I've seen over the years, my forefathers came from the Emerald Isle and made their home in Boston, and I am fifth generation. But like many others who have taken to investigating their roots, I have learned that I also have a mixture of English, French and some Navajo blood running through my veins, adding to the blend of who I am today. Ancestry research can be very interesting and helps us appreciate the unique mix that makes up each one of us.

On that note, of course, March also brings us St. Patrick's Day on the 17th. So wherever you are from, or who your ancestors were, you too can be an honorary Irishman that day! So wear your green, and if you are inclined, enjoy a beer, or as in my case a Mountain Dew, and maybe even some Irish stew!

Until next month,

Bryan McDonough  
Publisher, *Spotlight Magazine*, Inc.

***Keeping You in the Light***



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ON THE COVER  
Melbourne Air & Space Show, March 24-25, 2018



## How Traveling After 50 Can Be Great!

**Many people face turning 50 with a little trepidation.** They may miss the things they did during their youth and might feel like the hands of time are moving much too quickly. But instead of looking at aging as growing older, men and women can embrace turning 50 and the growing freedom that typically accompanies reaching this milestone.

Increased opportunities to travel is one aspect of reaching 50 that excites many men and women. Nielsen reports that, over the next five years, around 80 million Americans will fit into the 50+ age bracket. Many of these people will have extra time to devote to leisure activities. AARP, the leading nonprofit organization for aging adults, says that of the people with AARP memberships, nearly two-thirds take advantage of travel discounts and other benefits in a typical year. The following are some such travel perks.



**Age can mean discounts.** The minimum age to qualify for “senior” discounts varies among companies and for different products and services, so it’s up to travelers to see what is available to them. Not all companies advertise their senior discounts. Read reviews in travel forums or on travel websites to find out which brands or places offer the best deals.

**More discretionary time.** Even if retirement is a ways down the road, older adults may have accrued more

vacation time than their younger colleagues. That time can be translated into longer or more frequent trips.

**Age-based memberships.** Reaching age 50 or 60 may entitle people to join groups that negotiate deals for their members. For example, the minimum membership age for AARP is 50, meaning travelers who join AARP can enjoy discounts roughly five years before they’re eligible for senior discounts offered by other organizations.

**Travel during off seasons.** When not constrained by school schedules, men and women over 50 can travel during times of the year when prices are most affordable. This means savings and smaller crowds. This flexibility also can translate into airline discounts, as men and women over 50 with no time constraints can choose to be standby passengers in exchange for discounted or free tickets.



Steve Srein  
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## THE SOLUTION FOR THE WORLD

Jim Campbell, Pastor, Bay West Church of Palm Bay

### **Our world can look a little crazy sometimes.**

and One of the things that I've learned is that in the absence of control we tend to reach for control, sometimes leaving us more out of control than we were when we started. When you consider harsh realities like the Parkland shooting, the ever present volatility of our culture on social issues, and the ever-widening divide between groups of competing ideologies, life can seem daunting and solutionless. What can we do to actually fix the issues that plague us?

In the New Testament, Luke and Mark record a story that Jesus told about a man who was tormented by an unclean spirit. The unclean spirit leaves him and goes away, so the man cleans up his act and gets himself together. Later, the spirit comes back. Upon seeing things put together and orderly, the spirit goes and takes seven other spirits, "more wicked than itself" and take over. The final condition is worse than the first.

That application of the story has come to me before as a person tries to clean up their life on their own,

“Without considering Jesus in the solution, the problems just come back stronger and stronger.”

without Jesus. Without considering Jesus in the solution, the problems just come back stronger and stronger. Simply trying to morally fix life habits, without putting God at the center of your life, just comes to ruin eventually, on Earth or after you die. I've seen this happen, but what if there's a larger application?

What if our nation is the man, and we keep being tormented by a spirit or a problem...violence, shootings, whatever, etc... Each time, we rise up and try to clean up



our issues, without turning to God, as a nation, and then the issue subsides for a short time, but inevitably, they return worse than ever before.

What if that is not a one time principle, but one that keeps compounding every time we try to solve our life's issues without putting Jesus at the center of our lives? The old saying... "Don't ever say 'it can't get any worse', because it can."

The important thing to remember is that Jesus is really the only answer for all ills, whether it's lack of identity or school shootings or hate. Those battles are fought in the human heart...where Jesus is the only winner. It's okay to put a band aid on a broken arm to protect it while it heals (laws or programs), but if you don't have a cure coming (Jesus), ultimately, you only make the problems worse and/or create more. That's why the mission that Jesus left us... to make disciples...is so crucial...because Jesus really is the only solution for the world.

Jim Campbell (@jwcamp on Twitter) is the Lead Pastor of Bay West Church, which meets at 100 Emerson Drive in Palm Bay on Sundays at 11am. For more info on Bay West Church, Like us on facebook.com/baywestchurch, or see baywestchurch.com.

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## DEAR VAL, {TRUTH, STRAIGHT UP}

Valerie Oliver

"The Holy Spirit never pushes, or forces, the message on the unbeliever..."



### Dear Val,

I'm always looking for opportunities to witness my faith with people and I've often been told I'm a little too pushy. I've been trying to get a co-worker saved for a few years. She's a hard-core, sarcastic atheist, raised in a Christian home, but brainwashed and fed lies and propaganda, by college professors, and now she sounds as loony as the rest of them.

Kelly's been fighting breast cancer for the past year and a half. She's had a double mastectomy and her lymph nodes were removed. She was recently informed, by her Oncologist, the cancer has metastasized into her lungs as well. They've been treating it aggressively; however, at this stage, there's really not much they can do. She's dying. I was hoping, after this last report, she'd be a little more receptive to Christ but she's still hostile whenever I broach the subject.

I've never been particularly fond of her but I don't want her to go to hell. How do I get through to her before it's too late?

—Laura of Palm Bay

### Dear Laura,

It's heartbreaking, as Christ followers, when people harden their hearts against such a loving God and to truths which are so obvious to us. I understand your frustration; needless to say, you need to know and understand exactly what our role is in the missionary field. For one thing, we can't save anyone. It's their decision and it's the work of the Holy Spirit. It's our job to pray for open doors so that we may share the Gospel message. When led by the Holy Spirit, as we share our faith, we're actually "planting seeds," we pray for them and we show them the love of Christ through us. "Let your light shine before men." Matthew 5:16.

The Holy Spirit never pushes, or forces, the message on the unbeliever—and neither should we. An in-depth study of the Gospel of John will show that the

key to successful witnessing is always love.

John the Baptist, then Jesus, gave the perfect illustration for evangelizing. It's actually a three step process. First, because of our sin, man is separated from a holy, righteous God. God hates sin and is "angry with the wicked every day" (Psalm 7:11). Secondly, we cannot, through good intentions, or good deeds, earn salvation. Many people hold to this illusion but the Bible addresses self-righteousness works as "filthy rags" to God. Finally, the good news...God made a way for us to be reconciled with him. Salvation is only obtained through God's grace (Ephesians 2:8-9)."For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast" (ESV). And the only way to God the Father is through His Son, our Lord Jesus Christ.

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son" John 3:16-18 (NIV). And contrary to the world's opinion, Jesus spoke very clearly to his disciples when he said, "I am the way and the truth and the life. No one comes to the Father except through me" John 14:6 (NIV).

Once you've shared the news of the Gospel, continue praying and your job is done. It's up to the Holy Spirit to convict them and the person either accepts, or declines, the invitation.

"If anyone will not welcome you or listen to your words, leave that home or town and shake the dust from your feet" Matthew 10:14, (NIV).

Recommended reading: Reaching the Lost; Evangelism by Bobby Jamieson.

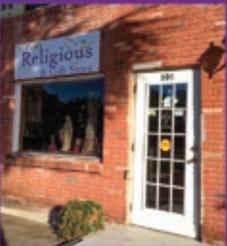
"Truth Straight Up" is written and founded by Valerie Oliver. She offers advice based on Biblical principles—not political correctness. Miss Oliver serves in several ministries including altar counseling. She's written several Christian-short stories and is currently working on her first novel: Harpazo: The Witnesses. 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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Joanna Godwin, CHEIC, LMT, CPT, CRT,  
Owner, Every Body Massage



**Massage is defined as the manual manipulation** of muscle, connective tissue, tendons and ligaments for relaxation or therapeutic purpose to enhance a person's health and well-being. There are many types of massage therapy modalities which can aide in the reduction of muscular tension, stress, depression and anxiety. Massage Therapy can relax sore aching muscles reducing muscular pain and can help rehabilitate muscular injuries.

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**Joanna Godwin** is the Owner of EveryBody Massage since 1992. She is a Cranial

Release Practitioner, Reiki Master, Certified Personal Trainer, Continuing Education provider and a Holistic Emotional Intelligence Life Coach. Joanna specializes in this, that and the other.

Marlene Houldsworth graduated from an advanced massage therapy program in 2007 and joined the EBM team in 2009. She has developed an individualized session with a combination of Swedish, relaxation, deep tissue, sports & hot stones. Marlene's unique and spa like style will transport you to your own personal nirvana.

**Teresa Martini** graduated from the Florida School of Massage in Gainesville in 2010 she holds a Certification in Orthopedic Massage and Myofascial Mobilization. Teresa is trained to assist those that struggle with PTSD and anxiety, she is proficient in deep tissue, medical and relaxation massage, and has worked with Hospice to assist patients at the end stage of life.

**Vanessa Lubin** has a Bachelors from Southern Connecticut State University and graduated from her massage program in 2014 as class Valedictorian. Vanessa specializes in Swedish, deep tissue, hot stones and chair massage. Vanessa received her Medical Massage Practitioner license in December 2017. Currently she is studying for her sports massage therapy certification.

**Kha Taylor** has been a therapist since the early 90's training in New York and Florida. She has worked in chiropractic offices as a medical massage therapist and was the on staff therapist for G.E. /Harris Corporation and Florida Today. Kha specializes in pain management, myofascial and positional release, injury recovery and is one of the few certified manual lymphatic drainage therapist in Brevard County. Kha is the current President of the Brevard Chapter of the Florida State Massage Therapy Association.

**Sunnie Boyd** has a background in early childhood education and worked as a preschool teacher. Sunnie has always had a desire to help those in need, she has strength and a healing power in her hands and her heart. Her family always approached her when they were stressed or had muscle tension. Sunnie graduated top of her class and is a naturally gifted massage therapist. She specializes in Swedish, deep tissue and hot stones.

**Sean MacLean** has been a massage therapist for 10 years, he specializes in deep tissue, sports massage therapy and reflexology. He is a certified personal trainer and is currently studying to become an RN. He is a lifelong Chicago Cubs fan but we don't hold that against him.

**Ben Codallo** and his lovely wife were avid fans of receiving massage therapy for many years. Due to him personally experiencing the health benefits of massage therapy he felt he could help others as he had been helped. Upon retiring from the US Air force in 2014 Ben decided to start massage therapy training. He is proficient in Swedish, deep tissue, myofascial release, pregnancy and hot stones.

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# MELBOURNE AIR & SPACE SHOW Set for Flight on March 24-25



## U.S. AIR FORCE THUNDERBIRDS WILL BE FEATURED PERFORMERS

**The March 24-25 weekend will mark the beginning of the 2018 show season** for the U.S. Air Force Thunderbirds, who are the featured performers.

"We are thrilled to be able to host the U.S. Air Force Thunderbirds for their 2018 season opener," said Bryan Lilley, Chairman of the Melbourne Air & Space Show. "What a way to celebrate the fifth anniversary of our event at the Orlando Melbourne International Airport."

2018 marks the Thunderbirds' 65th year as the U.S. Air Force's premier jet demonstration team, entrusted with the mission to recruit, retain and inspire across the nation.



"We are incredibly excited to kick off the 2018 demonstration season in Melbourne," said Lt. Col. Kevin Walsh, Thunderbird #1 and the Thunderbirds' Commander/Leader. "The team has been training hard through the winter getting ready to perform a phenomenal demonstration. We are fired up to get out there and showcase the pride, precision and professionalism of your United States Air Force."

The U.S. Air Force Air Demonstration Squadron, known to all the world as the "Thunderbirds," are the Air Force's Ambassadors in Blue. They represent the 600,000 men and women of the United States Air Force.



The Thunderbirds plan and present precision aerial maneuvers to exhibit the capabilities of modern, high-performance aircraft

and the high degree of professional skill required to operate those aircraft. The Thunderbirds squadron is composed of eight pilots (including six demonstration pilots), four support officers, four civilians and more than 120 enlisted personnel.

In addition to the Thunderbirds, other scheduled performers at press time included the United States Special Operations Command Parachute Team (called the Para-Commandos), a P-51 Quicksilver Mustang demo with pilot Scott "Scooter" Yoak,



aerobatic pilots Adam "Shakenbake" Baker and John Black, as well as pilot Larry Kelley in his Panchito B-25 World War II bomber.

The Para-Commandos are comprised of volunteers from the United States Army, Navy, Air Force, Marines and U.S. government civilians who are assigned to Special Operations Command. They are selected for the team after a rigorous training program. Formed in 1991,

the team represents the elite of the United States armed services, its Special Operations Forces (SOF). Team members are trained for a variety of combatant and humanitarian missions. One of the many techniques used for undetected infiltration into enemy zones is the dangerous and difficult military freefall (MFF) operation.

The North American B-25 Mitchell was an American twin-engine medium bomber manufactured by North American Aviation. It was used by many Allied air forces, in every theater of World War II, as well as many other air forces after the war ended, and saw service across four decades.

The B-25 was named in honor of General Billy Mitchell, a pioneer of U.S. military aviation.



By the end of its production, nearly 10,000 B-25s in numerous models had been built. These included a few limited variations, such as the United States Navy's and Marine Corps' PBJ-1 patrol bomber and the United States Army Air Forces' F-10 photo reconnaissance aircraft.

Melbourne Air & Space Show fans will have the chance to take a flight in the "Panchito" B-25 Bomber. For a donation of \$425 to the Delaware Aviation Museum, spectators can travel back in time and experience what it was actually like to be on the crew of this World War II era bomber. To reserve a ride, please call 443-458-8926 or e-mail [panchitoB25@aol.com](mailto:panchitoB25@aol.com).

Tickets for the 2018 show are currently on sale. Sponsorship opportunities and corporate hospitality packages are also available and volunteer registration is open. Please visit <http://airandspaceshow.com> or follow the show on Facebook.



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# Addicted Seniors a Serious Problem: Opioid use among the older population

The public is quickly learning that drug abuse goes beyond the illegal substances that are purchased on the street. Abuse of drugs extends to the prescription medications sitting in many medicine cabinets.

While teenagers and young adults may be the first to be stereotyped as prescription drug abusers, seniors may have unwittingly become mixed up in one of the most misused prescription classes: opioid pain relievers.

The problem of opioid abuse has been a growing issue for years. The National Institute on Drug Abuse estimates 2.1 million people in the United States suffer from substance abuse of opioid pain relievers. Older patients are increasingly and repeatedly prescribed opioids to address chronic pain from arthritis, cancer and other problems that become more apparent as people age.



Data from U.S. Medicare recipients found that, in 2011, roughly 15 percent of seniors were prescribed an opioid after being discharged from the hospital. When followed up on three months later, 42 percent were still taking the medication. Fast forward to 2015, and almost one-third of all Medicare patients were prescribed opioid painkillers by their physicians, says AARP. The Canadian Institute for Health Information says adults between the ages of 45

and 64 and seniors age 65 and older had the highest rates of hospitalizations due to opioid poisoning over the past 10 years.

AARP also indicates nearly three million Americans age 50 or older have started to take painkillers for reasons beyond what their doctors prescribed. Experts from the Physicians for Responsible Opioid Prescribing warn that dependence on opioids can set in after just a few days. Discomfort and side effects can occur when the pills are stopped. Opioids can decrease pain at first, but many people find they can be less effective over time. As a result, patients need to take greater amounts. Although many people can take opioids in small doses for short periods of time without problems, many find themselves overcome by a troubling addiction. Some doctors prefer not to use opioids as a first line of treatment for chronic pain.

Another possible risk of opioids among seniors is that the medication can cause disorientation that may lead to falls and fractures. The senior care resource A Place for Mom also says that prescription narcotics may increase risk of respiratory arrest. What's more, an older body may not absorb and filter medicines as effectively as younger bodies can. This means that older adults might become addicted to or have side effects from a prescription drug at a lower dose.

Seniors concerned about opioids can discuss other options with their doctors, such as nonopioid medications and alternative therapies for pain management, like massage or acupuncture. If opioids are prescribed, ask for the lowest dose and don't exceed the time frame for taking the medicine. Only take the pills when absolutely necessary, and never mix opioids with alcohol or other substances.

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

Dr. Deanna Carlisle, Carlisle Chiropractic Center

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

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

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



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

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

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

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




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## DEPRESSION - NATURAL ALTERNATIVE METHODS

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



**In the wake of the tragedy of South Florida and numerous others** there throughout the country which are not limited to schools but happen in clubs, concerts, workplaces, churches, or any public place. In most cases there has been mental illness associated with the perpetrator. Sigmund Freud theorized that "anger turned inward becomes depression". Obviously these perpetrators are angry and /or depressed in order to do what they do.

Traditional medicine are prescribing antidepressant drugs in record numbers. Conventional treatment methods report about 80 percent of people treated show improvement in about four to six weeks, reports the National Institute of Health but approximately 50 percent of patients stop therapy because of unpleasant side effects or fear of addiction to their drug therapy. This why people are turning to natural alternative methods to help with depression.

Some natural ways to help with depression are as follows

**1. A study reported that brisk walking 35 minutes a day**, five times a week (or 60 minutes a day, three times a week) leads to significant

reduction of mild to moderate depression symptoms. Work your way up gradually but just do it.

**2. A study found that magnesium given to patients** with major depression at mealtime and bedtime began to recover from their symptoms in less than one week. Get a good form of magnesium such as magnesium citrate.

**3. A study compared the effects of Natural 5-HTP** to a popular antidepressant drug and found that those who were given 5-HTP did just as well as those who received the drug. They also had fewer side effects than the drug group. CAUTION: If you are currently taking any medications, do not take 5-HTP without first talking to your health care provider and checking for contraindications.

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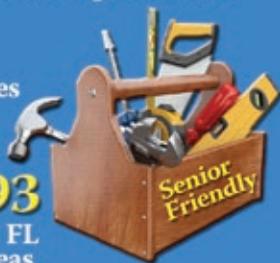
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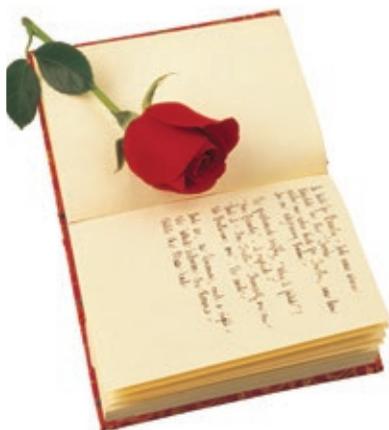
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## POETRY is a Lasting Form of Expression

Historians believe that poetry is one of the earliest forms of communication, and one that may even predate literacy. Poetry was once a means of recording history and telling stories.

Derived from the Greek "poieo," meaning "I create," poetry has long been a language prized for its aesthetic qualities and ability to convey emotions in a way that routine prose cannot.



Poetry is also closely related to musical traditions, as it often features verses that are lyrical in nature. Repetitive verses and rhythm were assets in early oral traditions because they made lengthy or important stories easier to remember and retell. Many believe that the Tale of the

Shipwrecked Sailor and the Epic of Gilgamesh are some of the earliest forms of poetry.

Even though poetry is largely associated with professing thoughts of love and affection, classical thinkers employed a three-pronged classification for classic poetry. These included epic, tragic and comic. Later, poetry was identified as epic, lyric and dramatic. Lyric poems were short and often personal. This gave rise to dramatic verse and the modern-day evolution of performance poetry.

Today, poetry is classified in various categories, from ballads to couplets to sonnets to limericks.

Various nations are known for their styles of poetry, such as the Japanese haiku or the French rondeau. And while there are rules that govern particular types of poetry, there also are rule-breakers who create poetry as unique as their thoughts.

Anyone who can take pen to paper — or cursor to screen — can create poetry. Poetry is one of the more lasting forms of self-expression, and one that figures to continue withstanding the test of time.

An advertisement for Indian River Antique Mall. At the top is a compass rose logo and the text "Indian River ANTIQUE MALL". Below that is a dark blue banner with white text: "FIND EVERYTHING YOU LOVE AND MORE AT PRICES YOU CAN AFFORD!". The main image shows a wooden signpost with categories: "Vintage", "Estate Finds", "Collectibles", "Shabby Chic", "Rustic", "Primitive", and "Retro". To the right is a wreath made of driftwood. Below the signpost is a photo of a woman and a man (Lisa and Henry) holding a dog. To the right of the photo is the text "Where Shopping is Always a Pleasure." and "LISA AND HENRY". At the bottom, the phone number "321.586.5530" is displayed, followed by "OPEN 7 DAYS: Mon-Sat 10am-5:30pm • Sun 12-5:30pm" and the address "1433 S. BABCOCK STREET | MELBOURNE, FL 32901". The website "IndianRiverAntiqueMall.com" is at the very bottom.

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## MINI PC'S

Bill Ford, Data Doctors Computer Service



**Mini PC's, about the size of a can of spam, are appearing in the market place.** Until recently, these small-sized computers lacked in capacity and performance, leaving users unenthusiastic and stunting the development of the market. Rather than wait for computer manufacturers like Dell and HP to push their development, Intel has decided to show the way forward.

Intel's Next Unit of Computing (NUC) was originally developed in 2013 as an alternative to netbooks and other small computing devices that mostly lacked in capability. At its core, it's a development platform that allows anyone to customize how it's used or is available as a traditional PC running Windows 10. Its small size and portability even have some referring to it as a 'laptop alternative'.

Intel saw a need for a more powerful computing device that could be used in situations where a small form-factor was important, such as digital signage, point-of-sale terminals, ATMs, etc. Most of the focus in the early days was on business uses, but the NUC is now in its eighth generation of development and has proven to be a very powerful computing device for businesses and consumers.

### Small Size, Big Performance

Measuring in at roughly 4"x4", the various NUC models are fully-capable computers that can do just about everything the average PC user could ever need to do.

Traditionally, computing devices that were focused on reducing the footprint were very limited in expansion

options, which limited their usefulness. The NUC is small enough and light enough (@ 2lbs) that it can be mounted on the back of a display screen, which is why it works so well in the digital signage world. This small size also makes it the perfect home theater PC or for use in an RV as a portable computing device that can plug into just about any TV.

### Standard Features

If you're going to purchase a pre-built system, a base model is likely going to come with Windows 10, 8GBs of RAM, and a speedy Solid State Drive (SSD) ranging from 250 to 500 GBs and starts around \$800, so the small size does not mean it's cheaper than larger computers.

Wired (Ethernet), Wi-Fi, and Bluetooth connectivity are also standard features on most upper-line models.

### Options

Because the NUC can be used for so many different things, it comes in a variety of processor options, but if you plan on using it as your primary PC, I'd recommend sticking to an i3, i5 or i7 based model: lower cost units use Intel's older Pentium or Celeron processors. If you plan on doing more processor intensive tasks, such as photo or video editing or PC gaming, going with an i7-based model would be best. If you primarily use it as an Internet terminal, an i3 or i5-based unit will work just fine.

Many models come standard with dual-display capabilities and you can add up to 32 GB of RAM. There are a variety of external accessories ranging from powerful video cards that allow you to connect three or more displays, DVD drives, and backup drives.

### What's Not Included

The NUC is just the computing device, so you'll need to add a display and a USB or wireless mouse and keyboard, which you probably already have. There are so many options for setting up a NUC, that it can get confusing for the non-enthusiast crowd, but many companies can help you wade through the maze on these awesome little computers! If this sort of micro-desktop computer appeals to you, you should also check out the current offerings from Lenovo, Dell and the other manufacturers.

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## ST. AUGUSTINE, FLORIDA

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In fact, I tell anyone seeking day trips that the places not to miss in Florida are St. Augustine and the keys in that order. I like to start every time at or near the Castillo de San Marcos, America's oldest fort and only one of two coquinas made forts in the world. There are daily tours, water sports, and ghost tours all associated with the fort. It was called Fort Marion during the civil war and at one time housed Chief Osceola of the Seminole nation. There are also other forts. fort Mose' a small fort of ruins two miles to the north, a recent archeological discovery; and Fort Matanzas some

15 miles to the south and is also quite large and sits on the beachside of Anastasia. A small Fort Menendez lies within the township as well but has been rebuilt in modernity yet reflects the construction of the area.

Older homes abound on the old streets of St. Augustine, along with luscious gardens, ancient bars and restaurants, many shops, and even an old trolley system or modern mini-cars, scooters, and bikes to get around with. Horse-drawn carriages patrol night and day and often feature seasonal decorations or tours to ghostly haunts. In the winter the whole historic district is languished with white lights to show off the town 24/7.

There are many museums such as the Lightner and one at the Lighthouse beachside which is a maritime museum and you can climb up 219 tall steps and see the world and especially a great view of F. Matanzas. The lighthouse also features its own ghost, as do the old jail, old school, cemetery and other sites where goblins feel comfortable. Truly one of the most haunted towns in the world!

Spanish and colonial architecture reigns throughout the county and Flagler college has the most varieties of architecture that one can see in one place, plus its own museums and library available. Nearby the Hotel Casa Monica, open since 1888. The historic district with old world cuisine, shops, pirate and settler shows, music venues, and art galleries. Where else can you find a shop full of old postcards!

Also south of town, world famous Marineland and the St. Augustine Aquarium....a working Alligator Farm, the Fountain of Youth, ancient churches, cathedrals, chapels, and mausoleums...Ripley's Believe it Or Not?! Why not check out the world's oldest drugstore and pharmacy, see where pottery is made, glass is blown, and salt water taffy is flavored and stretched.

King of the art and antiques crowd as a destination, perhaps it is also 2nd to none with its restaurants like the Columbia and Raintree, and noble foods like avocado fries, Minorcan conch chowder, and paella, the spanish seafood stew. The streets are literally jammed with desserts and meals from BBQ to candy apples! All in all a very appealing place so pleasing to the senses that I guarantee you will go back repeatedly.

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# New Advances in Eye Surgery

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



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

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

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

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

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

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



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

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

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

## Help for glaucoma

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

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

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

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

## New Advances in Eye Surgery: Continued

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

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

### **Leading-edge cataract surgery**

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

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

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

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

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

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

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

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

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

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

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



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# Side Effects of Snoring Include Higher Risk for Alzheimer's

Snoring may seem like a pesky yet minor problem, but it can be much more serious than some people know. Although snoring is a common problem among all ages and genders, the National Sleep Foundation says that men are twice as likely to snore as women, and snoring can worsen with age.



is a mere nuisance, it actually may be a symptom of obstructive sleep apnea. Over time, apnea can be associated with high blood pressure and increased risks of heart attack, stroke or death, advises WebMD.

Now there is new evidence that those with obstructive sleep apnea may be at a higher risk of

developing Alzheimer's disease as well. A new study published in the journal Neurology found that people with sleep apnea tended to develop memory problems and other signs of cognitive impairment earlier than people without such sleep disorders. Richard Osorio, MD, a research assistant professor

of psychiatry at the NYU Center for Brain Health, found that, among 2,000 people studied, those who reported having sleep apnea or snoring tended to develop signs of mild cognitive impairment, including memory lapses and slower speed on cognitive skills, about 12 years earlier on average than those who didn't report any sleep-related breathing issues. Mild cognitive impairment often precedes dementia related to Alzheimer's disease.

Some researchers believe snoring and sleep apnea may contribute to a buildup of the toxic protein in the brain called beta-amyloid, which is a hallmark of Alzheimer's disease and other dementias.

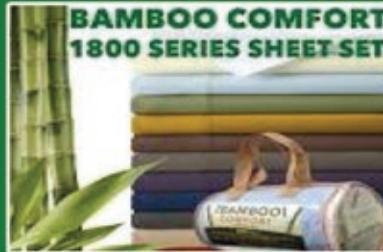
If snoring has become problematic, men are urged to visit a doctor or sleep specialist to see which therapies can be instituted to help improve sleep and overall health.

The aging process can lead to a relaxation of the throat muscles, resulting in snoring. Furthermore, the NSF says anatomical abnormalities of the nose and throat, illness and other factors may also contribute to snoring. Drinking alcohol, which can have an effect similar to muscle relaxants, in the evening can make snoring worse.

While many people may think snoring



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# Ways to Save on Food

**Food is a necessity and an expense that simply cannot be avoided.** A 2017 Gallup poll found that Americans reported spending \$189 on food per week. Around one in 10 said they spent \$300 or more per week, and those with higher incomes tend to spend more on weekly food bills than people who earn less.

Compounding high food bills is the fact that people tend to waste food. According to the American Chemistry Council, roughly 80 billion pounds of food are thrown out every year in the United States. Britons throw away around seven million tons of food and drink per year, says BBC Good Food.

Saving money on food may seem challenging, but it doesn't have to be. With some smart strategies, individuals can reduce their food budgets and still have enough to eat.

**1. Store food properly.** Pay attention to the correct ways to store food, including promptly refrigerating or freezing items to prevent spoiling.

**2. Do your own work.** Prepackaged,

presliced, or preportioned foods take longer for manufacturers to prepare, and those costs are passed on to consumers. Separating foods oneself and putting them into manageable portions may take a little time, but the savings for consumers could be considerable.

**3. Buy in bulk when it makes sense.** Bulk warehouse stores can make it easier to stock up on essentials. But they also can entice people to buy items they really do not need. Consumers should only purchase items that make fiscal sense or ones that cannot be purchased elsewhere for less. Always compare the price per weight or per unit when shopping.

**4. Stock up on staples.** Be on the lookout for sales on items used frequently, particularly staples that can be stored away. Watch for low prices on coffee, oils and canned goods, stocking up when such items go on sale.

**5. Embrace dried and canned beans.** Beans offer filling fiber and protein for relatively little cost. They also can be added to meat or



vegetable recipes to bulk up dishes.

**6. Plan ahead.** Planning ahead can save big bucks. Peruse sales before leaving the house and spend time visiting a few different stores to save more money. Make use of store coupon apps to preload savings that can be used at checkout.

**7. Explore frugal recipes.** Skipping meat or other expensive items once in awhile can help reduce food bills. Save expensive items for treats, which can make you appreciate them that much more. The same concept can be used for dining out.

It is relatively easy to save money on the cost of food when consumers make a commitment to being more frugal.

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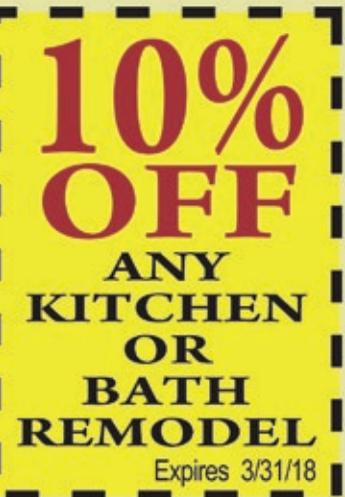
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## UNDERSTANDING COMMUNICATION STYLES MAKES SALES EASIER

Kim Shivler, M.Ed., Speaker, Communications Strategist & Instructional Design Consultant



**Sales is key to a successful business.** Without sales, you have a hobby – not a business. This is true whether you are an established business owner, or starting your first side hustle.

For many entrepreneurs, sales are difficult. They don't want to appear pushy.

While there are many sales strategies available, if we stop and look at sales in terms of communication, then we can bring a new strategy to our sales efforts. For those who are nervous about sales, this may be an easier entry into the selling process.

Successful sales boils down to successful communication.



When we connect with others while communicating the value of our products and services, sales come easier.

### What Does it Mean to Communicate

There is a famous quote that says The biggest issue with communication is the illusion it has taken place. This is because communication is more than just telling someone something and assuming that you are in agreement. It requires connection and an actual understanding between the parties of what is being agreed upon.

### Communication is Like a Following a Compass

In many ways, communication is like following a compass. You need to understand where you want to go, and in the case of sales you need to understand where the other person wants to go.

When you are selling, you want to make sure that you are using that compass to move to where your customer wants or needs to go.

### Understanding Communication Styles Can Help

One of the challenges with communication is that we don't communicate in the same way.

Before starting something new, some people just need a few ideas and facts to jump right in while some more details and a solid plan before getting started.

Some want to collaborate on solutions while others want a path laid out to follow.

Some people buy emotionally others logically.

When we learn to understand communication styles, we can incorporate these into our sales process. As we present our products and services in ways that meet the styles of others, it's easier to create connection and win a sale.

Learn more about communication styles and how to incorporate them into classic sales strategies, register for the free webinar at [KimShivler.com/SimpleSales](http://KimShivler.com/SimpleSales).

Kim Shivler, M.Ed. is a speaker, communications strategist, and instructional design consultant. She helps businesses increase sales, improve customer service, and build effective teams. Learn more about her programs at [KimShivler.com](http://KimShivler.com).



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# "The Recurring Dream"

by Billy Arcand

**Hello, Spotlight Readers. I am Billy Arcand of The Recurring Dream.** I am happy to announce that I will be sharing some stories taken from my book, a fiction novel. I have always enjoyed reading Spotlight Magazine, full of so many interesting stories and ideas. So I thought, maybe I should advertise my book and see how it goes on *Spotlight*.

In 2010, I could see that things weren't going well in our country. As I was praying for America, I was inspired to write *The Recurring Dream*. My book will take you on a journey through times and places filled with real love, romance, loyalty, courage and mysteries unfolding.

My stories will help you understand that there is not only a physical world, but also a spiritual world. I will show you the loving personality of God. He loved you even before you were born and while you were being formed in your mother's womb. *The Recurring Dream* has stories that can soften the hardest heart and heal the heart that is broken. In my stories you will also find some real treasures I dug from God's Holy Word, the Bible, and His promises to us. *The Recurring Dream* will show you that we can have real Love, Peace, and Joy, even if we don't see it around us.

My novel is not just another novel. Many have



told me that they just didn't want to put it down. Most people who have gotten my book on Amazon have given it a 5 Star rating. Some say that reading *The Recurring Dream* helped them to know the real love God has for us and the unborn. I believe that if we can get to the youth of today, evil will dramatically decrease. When there is an absence of God in our lives, we look to fill the void by getting into things not good. When we actually get to know and understand God's love for us, we then know how to live a life of love and compassion.

We are geared to have God in our lives. God made us, and without being in fellowship with God, and the people of God, there's a deep void in our lives and really nothing to live for. All my stories lead up to being fulfilled in God's love for us.

*For God so loved the world that He gave His only begotten son, that whoever believes in Him shall not perish but have everlasting life.*

God came not to condemn, but to save the world. To read more, please get my book on Amazon.





## WHAT DO WE BELIEVE?

Joan Walker, CCM: Together, doing life RIGHT!

What Do You Believe?



**At a fairly young age, I began asking the questions that haunt us** all at some point. Who am I? Why am I here? After searching different theories and beliefs that people hold, beliefs that try to answer these questions, I began to find the answers. Or, I suppose, they found me. He found me. One of my favorite verses is found in Hebrews 11:6 NKJV: "But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him."

Something inherently in our soul yearns to know more about God. Either we see through nature the fingerprints of the Creator, or through miracles that we hear about, read about, or experience firsthand. When we look up and wonder, reaching up to seek Him, He is willing to reveal Himself to us in the pages of the Bible. In the words of the Author. In the life of Jesus Christ.

There are many who believe in various things that they trust are true. Will it answer these questions: who am I? why am I here? what happens when I die? is there a heaven, and if so, how do I know I will go there?

In the text of Luke 20:27-39, the Sadducees & scribes had already formed their opinions. So, when they came to Jesus to ask their questions, their motives were not because they were truly searching, but rather, they desired to trap Him. They walked away unfulfilled both in that they were unable to trap Him and also, because they failed to receive the Truth of the Word.

As we seek to know God more and more, I hope that we will search His Word, learn from His Word, accept the power of His Spirit and allow His Word to become real in our lives everyday. Now that's a great New Year's resolution, even if it is March!



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

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

According to experts on Irish culture, the shortened "Paddy," and not "Patty," should be used when referring to St. Patrick's Day.

Paddy is derived from the Irish name "Pádraig," which is the equivalent of the English "Patrick." "Patty" is actually a shortened form of Patricia, which happens to be a woman's name.

One individual has gone on his own personal crusade to correct people around the world as to the correct way to refer to St. Patrick's Day, should the name need to be shortened. Marcus Campbell has copyrighted the website PaddynotPatty.com to inform people why "Paddy" is the correct way to shorten the name. Campbell goes on to state that Paddy, Pat, Packie, Podge, Pád, and Pod are all perfectly acceptable substitutions for Patrick. Just steer clear of Patty.

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

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

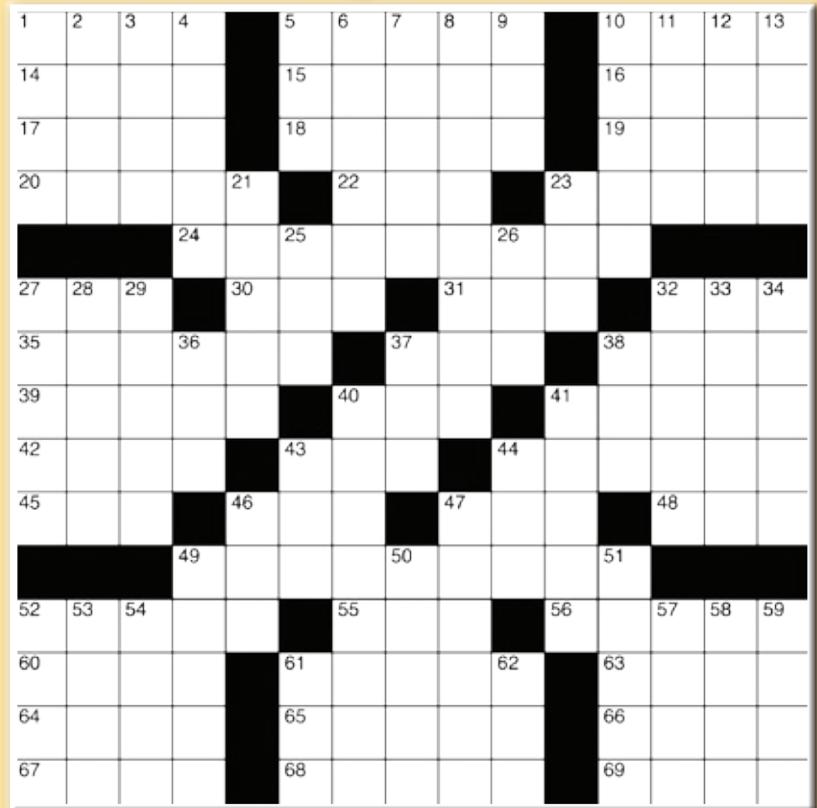


**clues**

**ACROSS**

- 1. Unpleasant substance
- 5. Oil group
- 10. One-time Yankees rookie sensation
- 14. Ireland
- 15. Less easily found
- 16. Southeast Nigeria people
- 17. Bridgeline Digital stock designation
- 18. Play loudly
- 19. Elegantly fashionable
- 20. Open sore
- 22. Frozen water
- 23. Sacred Islamic site
- 24. "Kokomo" rockers
- 27. Follows sigma
- 30. Cease to exist
- 31. Cool
- 32. Doctors' group

- 35. Less attractive
- 37. Swiss river
- 38. Greek sophist
- 39. Grandmothers
- 40. Afflict
- 41. Russian pancake of buckwheat flour and yeast
- 42. Actress \_\_\_ Rachel Wood
- 43. Not bright
- 44. Western Asia peninsula
- 45. Baseball speedster Gordon
- 46. Golf score
- 47. Transmits genetic information from DNA to the cytoplasm
- 48. Diego, Francisco, Anselmo
- 49. Songs to one's lover
- 52. Cattle's mammary gland





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- 55. Having ten
- 56. Fencing sword
- 60. Scarlett's home
- 61. Hold valuables
- 63. Italian Seaport
- 64. Cain and \_\_\_
- 65. Bad places to live
- 66. Large, wading bird
- 67. Witches
- 68. Cover with drops
- 69. Props up the head
- 8. Intellectual
- 9. Mineral
- 10. Shiny silicate minerals
- 11. Ottoman civilian title
- 12. What you wear when eating BBQ (2 words)
- 13. Soul and calypso song
- 21. Advises
- 23. "The Spanish Tragedy" playwright
- 25. Surrounds the earth
- 26. Paddle
- 27. Adjusted
- 28. Succulent plant
- 29. Forearm bones
- 32. Belonging to Egyptian ascetic Apollo's colleague
- 33. Type of mental illness
- 34. One from Asia
- 36. 007's creator
- 37. Direct toward
- 38. Pie \_\_\_ mode
- 40. Large terrier
- 41. Hillsides
- 43. Patriotic women (abbr.)
- 44. Connects words
- 46. For each
- 47. Flower cluster
- 49. Closes a deal
- 50. Arabian desert
- 51. Vaccine against poliomyelitis
- 52. American state
- 53. Religion practiced in China
- 54. Type of sediment
- 57. Hall of Famer Ruth
- 58. "Layla" singer Clapton
- 59. Gamble
- 61. Sino-Soviet block (abbr.)
- 62. Midway between south and southwest

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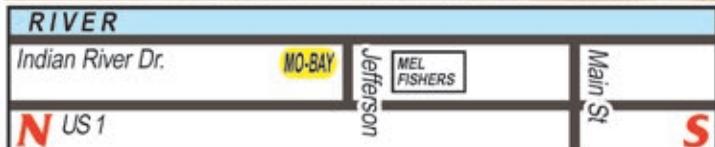
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**Small group training could be the key** to making your dream body more than a vision.

“The big benefit with small group training is you’re getting a little bit more attention than you would with a standard class,” explained Nate Taylor, a personal trainer with Health First’s Pro-Health & Fitness Center on Merritt Island. “It’s the experience of a personal trainer and lot a more personal” attention.

Taylor, 27, isn’t just trying to land himself some new clients. Within the past few years, he’s lost about 80 pounds himself through tailored fitness and nutritional habits. He explains that his small group training sessions provide a personal training atmosphere with the added benefits of camaraderie – at a reduced cost. Sessions are \$20 per hour, per person; a 10-pack of training sessions can also be purchased for \$175.



With traditional group exercise classes, you’ve got an instructor leading a large number of participants in a synchronized session; with personal training, you’ve got a routine built to accommodate you, but it can be pricier. The smaller workouts narrow the focus to six to 10 people, allowing the training to interact one-on-one as needed.

As far as his style? Taylor focuses on high intensity resistance workouts. It’s one that doesn’t rely so much on free weights but medicine balls, dumbbells and plyometrics (jump training that helps improve speed and strength).

“It’s all pretty varied,” Taylor said. “The way I do, it, it’s a lot of as many reps as possible.”

What that is depends on the individual. For one person, that may be five reps – another might push

it to 50.

“Pay attention to what your body’s saying,” he said. “It’s about pushing it to your limit, but your limit – not what I think your limit is.”

He urges clients to get a friend or two to join in to facilitate accountability – because at least when it’s tough, it’s tough together.

“It kind of helps you stick to it,” Taylor said.

Taylor said most people benefit from three to four sessions a week, but “two would work,” paired with healthy eating. (He notes if you’re looking to reach specific goals, such as fat loss or abdominal reduction, seek help from a dietician.)

Overall, it all comes down to the individual and what syncs with their body, lifestyle and schedule. To gain workout momentum and maintain success, Taylor explained it’s important to stay focused.

“Showing up is 90 percent of the battle,” he said. “Keep sight of why you started in the first place. There was a reason.”

For details on small group training options, visit [healthfirstprohealth.org](http://healthfirstprohealth.org) or call the facility you’d like to visit:

**Viera:** Janice Waddell, 321.434.9153

**Merritt Island:** Andrew Pietruk, 321.434.5815

**Melbourne:** Ian Poe, 321.434.1430

Cost is \$20 per hour, per person, and a 10-pack is available for \$175.

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

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| B | L | I | N |   | B | L | A | R | E |   | C | H | I | C |   |
| U | L | C | E | R |   | I | C | E |   | K | A | A | B | A |   |
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| N | A | N | A | S |   | A | I | L |   | B | L | I | N | I |   |
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| H | A | G | S |   | B | E | D | E | W |   | N | E | C | K |   |

# CINEMAWORLD



## MOVIE NEWS!

### A Wrinkle in Time



**Opens:** March, 9 2018  
**Director:** Ava DuVernay  
**Cast:** Oprah Winfrey, Reese Witherspoon, Mindy Kaling, Storm Reid, Zach Galifianakis, Chris Pine  
**Synopsis:** Follows Meg Murry (Storm Reid), a young girl traumatized by the disappearance of her scientist father (Pine) years before. She finds herself on an interplanetary journey with a schoolmate and her younger brother to find her father.

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## Spot the Spotlight



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### How good are you at spotting items?

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

OUR WINNER LAST MONTH WAS  
**Marion Parks of Melbourne**

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: Name the Advertisers, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197

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

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Age:  Under 40     40-54     55+

# Did You Know?

Many people enjoy indulging in corned beef on St. Patrick's Day, but few may know exactly what they're eating. Corned beef

is a way to prepare a cut of beef, typically the brisket. When making corned beef, the beef is cured in a brine solution. Corned beef gets its name because the meat used to prepare the dish is treated with large grained rock salt, which are also referred to as "corns" of salt. While corned beef is often linked to St. Patrick's Day and easy to find at restaurants come the month of March, a debate exists as to whether or not corned beef as it is known today can be linked to Ireland. In his book, "Salt: A World History," author Mark Kurlansky noted that a dish of salted beef was produced in Ireland during the Middle Ages. This dish might have been a precursor to today's corned beef. Others suggest the corned beef enjoyed during modern St. Patrick's Day celebrations is more closely connected to Irish immigrants who left home for the United States in the 19th and 20th centuries. Upon arriving in New York City during this time, many Irish immigrants purchased a salt-cured meat made from beef brisket from Jewish butchers. This meat ultimately became synonymous with St. Patrick's Day, a day to celebrate St. Patrick, the patron saint of Ireland.



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# HEALTHY EATING

Recipes to improve your health and well-being



## Sweet & Sour Chicken

### Ingredients

- 4 boneless, skinless chicken breasts, cut into one-inch pieces
- 1 red and 1 green bell pepper, cut into bite-size pieces
- 1 15.25-ounce can unsweetened pineapple (crushed, slices or pieces – your choice)
- ¼ cup soy sauce
- ¼ cup red wine vinegar
- Brown rice, cooked

### Directions

1. Mix together the pineapple, bell pepper, soy sauce, and red wine vinegar.
2. Place the chicken in a baking dish prepared with cooking spray.
3. Pour the pineapple mixture on top.
4. Bake at 350 degrees for 45 minutes.
5. Serve over rice.

## Zucchini Boats

### Ingredients

- 2 zucchinis, sliced in half lengthwise
- 8 cherry tomatoes, sliced
- 1 tsp. lemon pepper seasoning
- 1 tsp. olive oil
- Parmesan cheese
- Fresh basil leaves (if desired)

### Directions

1. Brush a little olive oil on top of each zucchini half; sprinkle with lemon pepper seasoning.
2. Place sliced tomatoes on top of zucchini. Sprinkle again with lemon pepper.
3. Top with Parmesan cheese.
4. Bake in a 400-degree oven for 15 minutes, or microwave for 5 minutes.
5. Garnish with basil, if desired.

