

COMPLIMENTARY
june 2019

spotlight

MAGAZINE

Keeping You in the Light

SpotlightBrevard.com



Aloha

**Brevard's Largest
Bridal Show**

Sunday, June 23rd

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A Sophisticated
Bridal Showcase

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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Aloha everyone!

I would like to take this opportunity to invite you to Brevard's Largest Bridal Show on Sunday, June 23. The "Aloha" show is presented by A Sophisticated Bridal Showcase, and will be held at the Melbourne Auditorium. It's a wonderful event that you won't want to miss, especially if you or someone you know is planning a wedding! For more information about the show, please see pages 12 and 13 in this issue of *Spotlight Magazine*.

June is a month associated with weddings, but also the time of year when we focus the spotlight on our fathers. This year, we celebrate Father's Day on June 16. Time has a way of passing so quickly, and we do often take things and people for granted, more than we care to admit. So think about making some time to spend with your dad, or one of the special dads in your life. The gift of your time, in person or even on the phone, is truly the best gift. Like many of you, I have parents who have passed on. Although we cannot spend time with them, we can keep their memory alive in our hearts.

Let's also not forget that this is the beginning of our hurricane season. We should all be on our guard from now through November. All it takes is one storm or a combination of storms, to change everything. "Never say never" is a good quote to live by. It is really just a matter of when, not if. Being prepared is always a good idea, even if we remain high and dry this year.

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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The old adage, "You never get a second chance to make a first impression", rings especially true when it comes to selling your home. Enhancing your home's curb appeal is one of the best ways to generate more potential buyers. Many exterior and landscaping projects are quicker and easier than interior updates. They also consistently bring back the highest return on investment.

Fresh Paint - Sometimes all it takes to make your home look brand new is a fresh coat of paint. If you want to get an idea of how much it will cost, keep in mind that one gallon of paint will cover roughly 400 square feet of surface. On a smaller budget, use paint to update different aspects of your home's exterior. Paint the front door, flowerboxes, and mailbox to accent your home's color scheme.

Brighten Things Up - If you haven't done it in a while, you'll be amazed at the difference a pressure washing will make on your house, driveway, and sidewalk. Try adding some potted and hanging plants to the front entry and other areas of outdoor living space.

Lighten Things Up - Outdoor lighting can highlight all of your home's best features! Uplights will enhance your home's architectural details and accentuate special landscaping features. The right lighting can dramatically increase your home's curb appeal, and also provide added security.

Go Green - Your lawn will speak volumes to potential buyers. If they see you've taken meticulous care of the yard, they know you're taking care of the house as well. Be sure to prune overgrown trees and bushes, add some fresh mulch, and perhaps LED lighting to catch buyers' attention.

Sometimes the small details are the difference between a potential buyer liking your home and falling in love with it. Inexpensive additions such as a brand new welcome mat, fresh potted flowers or new patio seating can go along way.

If you'd like more information on how to increase your home's curb appeal, or any other topic regarding the sale of your home, I would love the opportunity to speak with you.



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GOD HATES DIVORCE ...WHY?

Jim Campbell, Pastor, Bay West Church of Palm Bay

Divorce is a hard thing. Chances are, in our culture, you or a family member or someone you know has been through a divorce. Maybe you've heard that God hates divorce...what's up with that?

Is that true? Yeah, it is. It comes from Malachi 2, where the prophet Malachi quotes God as saying 16 "For I hate divorce!" says the Lord, the God of Israel." Often times, the church doesn't know what to do with that. Should we hate it too? How do we love our through that and be cool with God? At times in our history, the church in its awkwardness has shunned people who were divorced and it's caused all kinds of mess.

God isn't alone, because I don't know many people that don't hate divorce. Who ever entered a marriage in hopes that one day...if they are lucky...they can go through a divorce? No one has ever done that. I think the key is in why God hates divorce.

One reason that God hates divorce is for what it does to us. God loves us, and He hurts when we hurt. Jesus wept with his friends and God is emotionally invested in His creation. In this Malachi passage, he says to divorce your wife is to "overwhelm her with cruelty." It's a life-altering harshness for spouses. It's extremely painful. The kids are hurting, the families of the spouses are hurting...it's a tough deal.

Not only does God hate what it does for us, but more importantly, He hates what divorce falsely says about Him. God created marriage. When he made woman from a man's rib in Genesis, that was symbolic in so many ways. When man and woman join, it's a returning to oneness, but it's even deeper than that. It also shows a picture of the Gospel. Sin is the great separator, but God is the greater reconciler. When people join together in marriage, that's a picture of God's relationship with man. Divorce takes something God allowed us to participate in that is a tribute to who He is, and we break it.

Am I saying that you a dirty rotten person, that is unredeemable if you've gone through it? No, but I'm saying that our world is broken because of sin and that's why any

pain exists, even divorce. It's on some level one or both spouses' personal sin, but it's also a product of a broken world...but here's some good news in this teaching.

While God hates divorce, He doesn't hate the divorced. If you have been divorced, God loves you. If you've been betrayed and divorced, God loves you. If you've been the main cause of the divorce, God hates what happened, and



what you did, but He still loves you and wants to heal and redeem you. While each sin carries different consequences that hit us in varying levels and length of damage, they all have one thing in common. God seeks to redeem everyone from every one.

I know, as you read this, you may not believe me, but it's true. God hasn't forgotten you or thrown you away or is done with you. Your story has changed, but it has not ended. As long as you aren't dead, God's not done, so hang in there. Seek Him out, because as much as you hated to do it, He hated it, too, and would love nothing more than to take you where you are and bring you to where He wants you to be.

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](https://www.facebook.com/baywestchurch), or see baywestchurch.com.



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Unique Ways to Honor Dad THIS FATHER'S DAY

Father's Day is a day many families look forward to. Though its history might not go back as far as many religious or government-designated holidays, Father's Day is rife with tradition in many households.



Father's Day is celebrated on the third Sunday in June in both the United States and Canada and also in the United Kingdom. While Father's Day might trace its origins to the United States, the holiday is celebrated across the globe, including in Argentina, Greece, India, Singapore, and New Zealand.

Fathers often receive gifts from their spouses and children on Father's Day. What to give the dad who seemingly has it all leaves many people scratching their heads in the weeks preceding Father's Day. People who find themselves in such situations can think outside the box and look for ways to honor their fathers this year. The following are some unique ways to honor Dad this Father's Day.

Travel

Dad may be pleasantly surprised by a stroll down Memory Lane. Plan a day trip or weekend excursion to Dad's hometown, visiting all his old haunts, including the house he grew up in, and allow him to serve as tour guide. This can be a great way for Dad to share stories and for his family to learn a little more about the old man. Other great places to visit include Dad's college campus or his ancestral homeland.

Highlight reel

Do some covert digging through family photo albums to create a "This Is Your Life" highlight reel for Dad. Go back as far as possible, even looking through Dad's baby photos if you can find them. This might require a collaborative effort, requiring the whole family to work together, but that can make for an enjoyable way for families to spend time together and see how Dad became the man he is today. Present the finished product at a family dinner on Father's Day.

Make a list

Another unique way to honor Dad is to compile a list of the many ways you are and will always be grateful for having him as a father. Adults honoring their fathers can cite specific examples they recall from childhood and young adulthood when Dad went above and beyond or served as a sounding board or shoulder to cry on. This is a great way to honor Dad and let him know all those sacrifices and special moments are still appreciated and will never be forgotten.



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How to Travel on a Budget AND STILL HAVE FUN

Many people are passionate about traveling. Travel, whether it's domestic or international, can be an invaluable way to experience other cultures, meet new people and get a sense of history.

As valuable as travel can be, many people feel they cannot afford to travel. However, there are ways to travel on a budget and still have fun.

Stay close to home. Men and women traveling on limited budgets can save money and still have fun by staying close to home. The closer your destination to your home, the less costly your trip figures to be. By visiting destinations that are within driving distances, travelers can save money on the cost of airfare, which is typically among the most expensive components of traveling. Road trips also afford travelers ample flexibility that might not be available to travelers who are traveling abroad. That flexibility can make road trips more fun than more structured vacations.

Choose affordable destinations. Overseas travel is not necessarily more expensive than domestic travel. Certain destinations are ideal for bargain hunters year-round. Research affordable destinations via a Google search or utilize the "deals" sections on travel websites such as Orbitz®.

Cook some of your meals. Food is among the most costly

expenses for travelers. Men and women can save some money by cooking some of their meals during their vacations. Doing so saves money on dining out, and travelers willing to experiment by cooking dishes native to the places they're visiting can have some fun in the kitchen.

Travel during the offseason. Avoiding certain destinations during the height of their tourism seasons is another great way to save. The cost of lodging and airfare peaks during tourist season, but travelers willing to travel during the offseason can save substantial amounts of money. In addition to saving money on lodging and airfare, travelers who plan their vacations during the offseason may also save money on local attractions.

Do your homework regarding your destination. Thanks to websites such as TripAdvisor®, travelers can now learn as much as they want to learn about a given destination before they ever visit it. Such websites can be invaluable resources to travelers who want to enjoy their vacations but must do so on a budget. Research affordable tourist attractions and restaurants, even looking for free activities. Such research can be fun and make for more enjoyable trips.



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



Showcase hours are from 1 pm to 4:30 pm at the Melbourne Auditorium. The Melbourne Auditorium is located at 625 E Hibiscus Blvd Melbourne, FL 32901. **Shop, Plan, Wed at A Sophisticated Bridal Showcase.**





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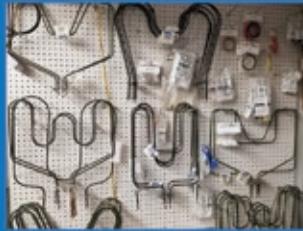
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How to Keep Back Pain at Bay

Back pain is a part of life for many people. The American Chiropractic Association says 31 million Americans experience low back pain at any given time, and experts estimate that up to 80 percent of the population will experience back pain at some point in their lives. WebMD says back pain is the second most common reason people visit the doctor.

Back pain can take on various forms, ranging from a dull ache to a sharp pain. Some may experience intermittent back pain, while others may have chronic back pain. The causes can be considerable, from injury to underlying medical conditions. Alleviating back pain — or preventing it in the first place — involves understanding the common causes and taking appropriate actions.

Try exercise. Routine exercise is not guaranteed to eliminate back pain, but it can make it less frequent, advises doctors at Harvard Medical School. Low back pain due to muscle strain or muscle spasm can be tamed by exercise. Yoga, or a similar stretch-based exercise, can be very effective at alleviating back pain. Yoga relaxes muscle tension and expands range of motion in the joints. It also can build muscle strength.



Maintain proper posture. Slouching over computers or looking down at phones while texting may be doing damage to the back. Work ergonomically and take breaks to stretch. Sit up straight in chairs and try to keep a straight back while walking as well.

Shed some pounds. Extra pounds at the midsection can shift the center of gravity and put strain on the lower back, advises WebMD. Try to stay within a range of 5-10 pounds of your ideal weight.

Don't smoke. The Arthritis Foundation says research shows a high prevalence of spinal stenosis and back pain among smokers. It is believed that smoking can damage blood vessels that supply blood to the back. Smoking is also bad for the bones and is a risk factor for osteoporosis.

Try a different sleeping position. Talk with a doctor about the best position for sleeping to ease up back pain. It may include being on your side with knees pulled up, or placing a pillow under your knees if you're a back-sleeper.

Lift cautiously. Always bend at the knees and use the legs to lift items. This can help you avoid straining your back.

Back pain can be overwhelming, but with some strategies a person can reduce his or her propensity for pain.

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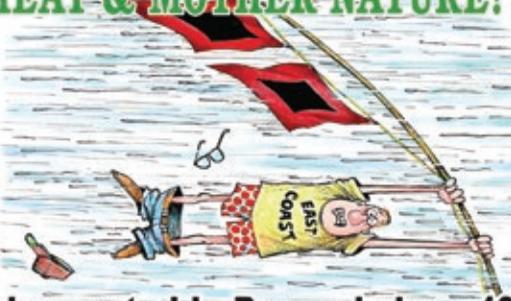
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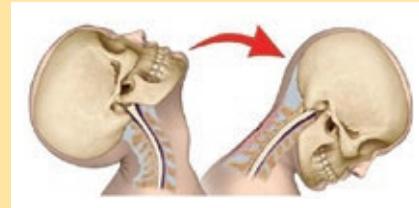
With summer upon us, as usual, just about every day brings with it a downpour that makes driving treacherous. As a result, car accidents are unfortunately inevitable. Body shops, emergency rooms, Chiropractors and even attorneys all become extremely busy trying to help the innocent victims of these weather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

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

The biggest danger with whiplash injuries is that the symptoms can take years to develop. Too often people don't seek treatment until more serious complications develop. Even after whiplash victims settle their insurance claims, some 45 percent report they still suffer with symptoms two years later.

Chiropractic adjustments (also called spinal manipulations)

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



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

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

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

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



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Did You Know?

The Appalachian Trail is the longest hiking-only footpath in the world. According to

the Appalachian Trail Conservancy, the trail stretches across 14 states from Maine to Georgia. The total length of the trail is 2,192 miles. Millions of visitors traverse all or a portion of the trail every year. Many thru-hikers attempt to hike the entirety of the trail in a single season, beginning either at the trail head at Springer Mountain, GA or Mount Katahdin, ME. Those who have hiked the trail estimate it typically takes five to seven months to do so in its entirety. Most hikers can average about three miles an hour and will travel between 12 to 24 miles a day. The highest elevation of the trail can be found at Clingmans Dome on the Tennessee/North Carolina Border. The lowest point on the trail snakes through Bear Mountain State Park in New York. Although the AP trail is a very long hiking trail, many day hikers do portions of it only and still can respectfully say they've hiked the AP trail.

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HOLISTIC ADDICTIONS THERAPY

A New Outpatient Program of Addictions Recovery

Holistic Health Center is pleased to announce that we are expanding. Since I have over 15 years experience in counseling people with addictions I cannot stand by and ignore the ongoing drug abuse epidemic that is taking far too many lives. Therefore I have written a total program to help with any addiction called HOLISTIC ADDICTIONS THERAPY. Its motto will be "Enough is Enough. I'm In Recovery and I'm Proud of It". I pray that each and every addict starts to say those words because it will change them and aid in their recovery.

Starting July 1st our new base of operations will be Peace Lutheran Church, Port Malabar Blvd, Palm Bay, Fl. We will continue to specialize in Alternative Cancer Solutions, supply nutritional consulting, supplements, and testing. In addition Holistic Health Center will offer solutions to the drug epidemic by using a holistic approach to recovery that provides healing for the Mind, Body and Spirit.

The problem of addiction is a complicated one. The issues are rooted in physical, emotional and spiritual causes. Holistic Health Center is equipped to take a multi prong approach to address these issues.

Summary of Our Program

Holistic Health Center will offer a Nutrition Program (a special eating plan to reduce cravings plus clinically approved supplements) to rebuild the addict's body since addictions affect every organ, lowers the immune system and makes addicts vulnerable to a host of major diseases.

Holistic Health Center will be offering freedom from the depression, anxiety, shame and guilt through our Transformation Therapy.

Holistic Health Center will be offering individual consulting and group sessions to allow you to share with others traveling the same road.

Holistic Health Center understands that through Faith lives can be transformed. Faith plays a significant role in healing the wounds that drug and alcohol addictions have created.

Recovery is not easy but with Faith in God, it is within reach for every person who is addicted.

In conclusion traditional secular success rates for recovery are averaging 20% but the Holistic approach to recovery is 80%. Which one would you like to try?

Dr. Kevin Kilday, PhD, D.PSc, Director of Holistic Health Center, Developer of "Holistic Addictions Therapy" program. For Appointments 321-549-0711

E-EPIDEMIC: VAPING AND YOUTH

LEARN THE FACTS



E-cigarette companies claim that their products are intended for adults. Skyrocketing prevalence rates among teens tell a different story.

The most popular e-cigarette brand is JUUL. Other manufacturers have launched similar products. Here's what you need to know about these products:



Deliver high levels of nicotine

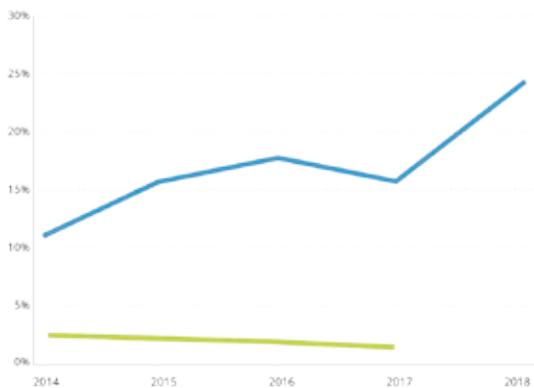


Come in a variety of flavors that appeal to teens



Easy to conceal and are even being used in schools

E-CIGARETTE RATES
(FLORIDA HIGH SCHOOL STUDENTS VS. U.S. ADULTS)



In December 2018, Marlboro cigarette maker Altria purchased a stake in JUUL for \$12.8 billion. Other Big Tobacco companies, including R.J. Reynolds, have launched similar rechargeable e-cigarette devices.

In 2006, these tobacco companies were found guilty of violating civil racketeering laws (RICO) for conspiring over decades to deceive Americans about the health effects of smoking, the addictiveness of nicotine, and their marketing to youth.

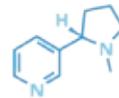
KNOW THE RISKS

E-cigarette aerosol—aka vapor—is NOT harmless “water vapor,” as many youth mistakenly believe.

E-cigarettes can contain harmful substances:



Cancer-causing chemicals



Nicotine



Ultrafine particles



Heavy metals such as nickel, tin, and lead



Nicotine is highly addictive, and youth may feel dependent on nicotine sooner compared to adults



Nicotine can harm brain development, which continues into the early to mid-20s, and the effects include reduced impulse control, deficits in attention and cognition, and mood disorders



Ingredients in e-cigarette “vapor” could be harmful to the lungs in the long-term

GET INVOLVED



Educate yourself about this epidemic



Dispel myths among your friends and family



Talk to your kids or students about the serious concerns around vaping and nicotine



Tobacco Free Florida is your trusted resource for credible and accurate information about the youth vaping epidemic. Learn more at tobaccofreeflorida.com/eepidemic.



EMAIL MARKETING DO'S AND DON'TS

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



Have you heard that email marketing is dead?
You've been misinformed.

Lately, some pundits claim that social media and chat bots have replaced email marketing. The numbers don't support that, but it is important to do it right.

According to marketing studies, email marketing converts more often than social media and 73% of millennials prefer their interactions with companies happen via email.

“Do stay in touch with your list. If you neglect them by not sending anything for months, you’ll lose them.”

Do Start Today

If you want to make email marketing work for you, get to work now. Do you already have a list? Make sure you are nurturing that list.

If you don't have a list get started building one today. Not sure how to get started? Check out the resource link listed at the bottom of this article.

Do Provide Value

Some say email marketing is no longer effective because it is harder to legitimately get addresses than it was in 2012. Just asking people for their email address may not work. Their email boxes are already bombarded.

Create something of great value to the prospect or customer as an exchange for the currency of their email address. Yes, it reads currency. Email addresses have

value, so treat them that way.

Do Stay in Touch

Stay in touch with your subscribers. Send emails on a frequent basis. It could be weekly or monthly. The key is don't forget them. Just as with any other business outreach, keeping in contact is important. If you ignore your list for too long, you may find your messages flagged as spam. People will forget who you are and what they found valuable.

Your emails should continue to provide value. They shouldn't be a series of nothing more than advertisements. Understand what your customer considers valuable and deliver it.

Don't Spam

It is not okay to send emails to those who did not request to receive your emails. Unsolicited commercial email is called spam, and the Can Spam Act of 2003 actually made most unsolicited, commercial email illegal.

While the law is not usually enforced, it is against the Terms of Service of Email Marketing Platforms like MailChimp, Constant Contact and ConvertKit. If you receive complaints, your email provider may cancel your service.

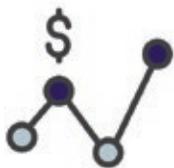
If you are looking for ways to gain customers and stay in touch, it's time to rethink email marketing.

For more information, tips, and links to the articles and studies referenced visit <https://SimpleSolutionstoBuildYourBusiness.com/EmailBasics>

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.



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Teacher of the Year -Covenant Christian School-

Covenant Christian School is pleased to announce its 2019 recipient of Teacher of the Year:

Tania Pippin

Covenant Christian School is proud to announce that Tania Pippin has been chosen as its 2019 Teacher of the Year. We are blessed to have many educators at CCS who epitomize the qualities outlined in the nomination form for Teacher of the Year.

When reviewing the characteristics of outstanding teachers, the names of many of our staff members come to mind. Our teachers possess a deep love for the Lord and for the individual children God places in their care each year.

Mrs. Pippin exemplifies all that is good about our staff. Like her colleagues, she is prepared with clear instructional goals and expectations. Our teachers set the bar high for our students, yet are



always there to help when a student falls short of a goal.

Covenant teachers use a variety of teaching methodologies, and are innovative, always looking for new ways to make learning challenging and productive. Mrs. Pippin exhibits these traits with a deep-rooted love for God and His desire to bring children closer to Him in their days at CCS. Although she didn't have a Christian education herself growing

up, Mrs. Pippin has seen the benefits of this through her husband and children who did experience growing up with teachers who were centered in prayer and scripture.

This is Mrs. Pippin's fourth year at Covenant Christian School. Prior to CCS, she taught for twenty-five years in both public schools and BCC Lab School. It was God's grace that allowed her to come to a Christian School which fosters a culture of the Holy Spirit throughout the classrooms, curriculum and faculty. She feels blessed each day to be a part of Christ's ministry that teaches God's truths, and prepares children to be wise servant leaders.

Her support of our school is amazing and is an inspiration to others. She is truly an example of a Proverbs 31 woman. Mrs. Pippin can be seen staying late or coming in early. She's never complaining or boasting, just steadfastly doing the best for her students. She goes the extra mile to provide special events like her star party, where she invites her husband to come and bring telescopes to allow students to delight in God's creations. She even had her class sew a quilt as a service project. And what a bright spot in the day it is to see her great hats!

As a teacher who says she is blessed that CCS allows her to be a part of creating disciples for Christ, Mrs. Pippin is truly deserving of this honor.



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TECH FOR EXPECTANT MOTHERS

Bill Ford, Data Doctors Computer Service



The world of prenatal health technology is exploding with options that have the potential to better inform expectant parents throughout the pregnancy.

Smartphone apps connected to Bluetooth devices can be found for introducing your child to soothing music, measuring contractions to even some attempts to allow at-home ultrasound exams.

A Word of Warning

Despite the flashy marketing materials proclaiming the benefits and safety of these devices, it's critically important to consult your obstetrician before making any decisions to buy anything, especially if it's a device that transmits radio signals or sound. Some of the newer devices are using doppler ultrasound technology or sound waves which have many medical professionals concerned about parents using them too long or too intensely. Many of these devices lack any clinical testing or peer reviews, which is why you should always include your doctor in any decisions. In fact, you'll find that many companies that have been mentioned in reviews or older stories on prenatal technology have disappeared from the Internet.

Early Stage Monitoring

One of latest platforms that improves the amount of data your obstetrician can gather between visits during the pregnancy is from a company called 'Babyscripts' (<http://bit.ly/2DXw4zu>).

Their focus is to detect elevated risks based on weight and heart rate monitoring of the mother between office visits but

it's designed to start in the early stages of the pregnancy.

The Babyscripts system can only be acquired through a healthcare provider, so you'll need to discuss this with your obstetrician.

Music and Speech Devices

A fetus generally starts to hear sound in the 18th week of pregnancy, which grows more sensitive through the 24-26th week.

There are a lot of people claiming that playing music or talking to your baby during pregnancy has a positive impact on fetal development, but at best, these are anecdotal claims. The 'science' behind these claims is pretty non-existent, so you'll need to do the research to decide for yourself.

What has been studied and published by the American Academy of Pediatrics is the negative impact excessive and prolonged noise levels in utero can have on children (<http://bit.ly/2WY4IHx>), so prolonged playing of loud music from your stereo, through headphones on your tummy or working in very loud environments for a prolonged period should be avoided.

A few of the companies that are still in the business of offering specialized low volume sound systems include BellyBuds (<http://bit.ly/2E2yKvM>) and BabyPlus (<http://bit.ly/2EOmLPf>).

Contraction Tracking

In the 3rd trimester of the pregnancy, contraction trackers such as 'Bloomlife' (<http://bit.ly/2EOz1PA>) offer a cordless and hands-free way to monitor contractions.

You don't buy the tracking system; you rent it on a weekly basis (\$20 per week) so you can get more granular details of contraction activity as the birth nears. Bloomlife states that it's FSA/HSA qualified, so you may be able to pay for it through those funds if you have them.

Future Tech

A device that won 2 awards at CES 2019 and claims to be the world's 1st consumer pregnancy monitor is due for launch in late 2019 (<http://bit.ly/2DXaoDG>) for those contemplating a pregnancy down the road.

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

- Name two companies listed on the Brevard Center of Influence page.

- What page number is Sublime Sweets on?

- Name our advertiser offering "Worry Free Packaging."

- Who is offering 5% OFF any purchases over \$20.?

- Name our Real Estate Professional in this issue of Spotlight.

- On the Truly Nolen advertisement, name the person in the ad.

- Name our advertiser offering a Father's Day Special Menu.



HR TIPS – WRITING A COMPELLING RESUME?

Alan Bernstein, SHRM-SCP

I hear from people regularly who are struggling with their job search. Some of you have been looking for months with no success. Finding a new job is not easy! So, what can you do?

In my experience, it begins with having a compelling resume. A compelling resume should be accurate, visually appealing, and likeable.

Accurate

Spelling and grammatical mistakes are found in almost one-third of all resumes. We are all moving so fast, that a simple misspelling (“personal” instead of “personnel”, or my favorite “manger” instead of “manager”) can be easily overlooked.

Your resume is your one chance to make a good first impression. Some hiring managers may overlook a simple spelling or grammatical mistake, but it still looks bad and may bring up a question about your attention to detail.

Beyond the obvious (and avoidable) spelling and

grammatical mistakes, is your resume truthful? Did you actually graduate from college with that degree in that year? Did you really work at that company during that timeframe and with that title? Companies fact-check regularly. Be sure to double check your work history, dates, job titles, and other pertinent information.

Visually Appealing

Sure, “visually appealing” is subjective. But objectively, there are some formatting basics that make a resume appealing:

- Are the margins all lined up correctly?
- Is the font consistent?
- Is the text big enough to read without squinting?
- Is the paragraph spacing uniform throughout the document?

Most resumes use Arial or Calibri font with text size 10.5 - 12. Graphic designers may choose to use fun and bold colors and text sizes, but the rest of us should stick with standard formatting.

Also check the length of your resume. There are varying opinions on the optimal number of pages. Some believe it best to cram everything onto one page. Others think there should be no limit to length, as long as the content is impactful. My standard resumes are 2 pages, with a recommended maximum of 3 pages. If you are early in career with only one or two jobs, one page is sufficient. Pro tip - remember to add your name to all pages!

Likeable

Your resume is an extension of you; you have to feel good about it. Call it karma or psychology or self-fulfilling prophecy - whatever you call it, you have to personally like your resume for it to work. You want to put your best foot forward with your resume. If it’s accurate and visually appealing but you don’t like it, we rewrite it.

Sometimes we rewrite it as a functional resume. Sometimes we change the font or the margins. Sometimes we add or remove content. Whatever we do, you have to like it or it’s not complete.

Alan Bernstein, SHRM-SCP, is the owner of HR Office Savers, Inc. which is an independent human resource consulting firm that provides employment advisory solutions to small businesses and individuals in the areas of staffing, compliance, employee relations, resume writing, interview preparation, and job search.



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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."

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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The mission of The Eye Institute for Medicine & Surgery is to bring the most current medical and surgical advances in eye care to the residents of the Space Coast, and to deliver these services in a warm and friendly setting.

For a consultation with Dr. Darlington, Dr. McManus, or any of the eye care subspecialists at The Eye Institute, please call **(321) 722-4443**.

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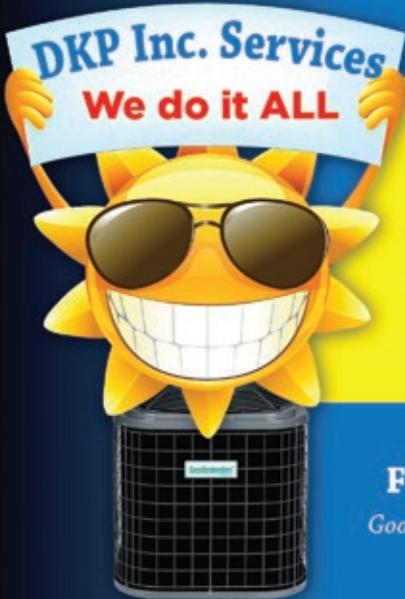
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KNOW the Forecast

You may hear the terms “Hurricane Watch” and “Hurricane Warning” in your local forecast. Understanding the difference between them is essential to helping you prepare for a hurricane.

A Hurricane Watch means hurricane conditions are possible within 48 hours. Begin stocking up on emergency supplies in the event a warning is issued. If you live in a coastal area, you also should be prepared to evacuate.

A Hurricane Warning is more serious. Hurricane-force winds (74 mph or higher) are expected to hit your area within 36 hours. Seek shelter or evacuate, if notified to do so.

IMPORTANT HURRICANE REMINDERS

Protect your home - be prepared:

When flying debris cause windows to break or strong hurricane gusts cause entry doors to blow apart, water and wind will now pour into your home causing severe damage to everything inside.

So secure your home in the following manner:

All windows and exterior doors need to be protected with Florida Building Code (FBC) approved storm shutters.

Your garage door needs to be fortified with FBC approved bracings rated for large missile impact to prevent being blown out by strong wind gusts.

Trees can be a hazard in wind storm, prune tree limbs within 10 feet of your home

Secure outdoor items or move them inside they can become airborne in hurricane

Protect your belongings:

Take photos of your home before the storm and photos of the damages.

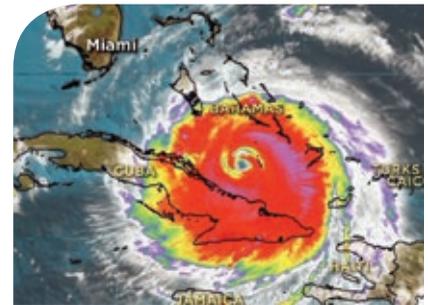
Document all your valuable belongings by taking photos or video of furnishings, electronics, jewelry, collectables, etc. Keep the photos in a waterproof container somewhere safe from the storm.

Keep birth certificates, insurance declarations, deeds, ID cards, Passports, etc. in a watertight container and take that with you if you leave.

Personal reminders:

- Fill all prescriptions and have a first aid kit.
- Get cash and plenty of antibacterial wipes.
- Get supplies for your outdoor grill--you may be cooking outside.
- Make sure you have 1 gallon of drinking water per person per day for 7 days. Your pet also needs water.
- Fill 1 car with gas.
- Fill your emergency generator fuel tank if you have one and have extra fuel.
- Have a portable radio, flashlights, batteries and chargers for your cell phones that can be powered by your car.

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Summer Heat facts & safety



For many people,
summertime is
synonymous with trips
to the beach, water sports
and recreation.

Even though summer
warmth is a welcome
break from winter
weather for many
people, State Farm
warns that heat is one of the leading causes of weather-related
fatalities, resulting in hundreds of deaths each year in the
United States alone. Ensuring summer recreation plans remain
enjoyable means keeping an eye out for heat-related illnesses
and other dangers.

Hot cars can be traps. It is never safe to leave a pet,
child, elderly person, or disabled individual locked in a car.
Temperatures can climb rapidly inside of a sealed vehicle, even
if the windows are cracked.

Pay attention. Listen to or read weather forecasts to stay
abreast of potential temperature changes as well as the heat
index. Discuss safety precautions with members of the family
and make sure everyone knows what to do in an emergency.

Stock up on fluids. The Red Cross says to stay hydrated by
drinking plenty of fluids, even if you are not thirsty. Avoid drinks
with alcohol or caffeine. Make sure the elderly also get plenty
of water, as they often do not recognize dehydration as readily
as others.

Limit strenuous activities. Reschedule outdoor activities if
there is a heat wave, or move them to cooler times of the day.
Spend the hottest portion of the day, usually between noon and
3 p.m., in the shade or inside in the air conditioning. People
on job sites should take more frequent breaks and find shade
whenever possible during these hours.

Change your clothes. Loose-fitting, lightweight, light-colored
clothing will help keep you cool. Avoid dark colors when
spending time in the sun.

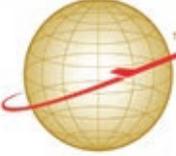
Recognize distress signals. Heat stress, exhaustion and
heat stroke progress as symptoms worsen. Nausea, weakness,
elevated body temperature, clammy skin, confusion, and
delirium are some of the symptoms of heat-related illnesses.

Find ways to stay cool. Not everyone has air conditioning.
On especially warm days, going to public places with air
conditioning, such as libraries, can help. Be sure to check
on the elderly or others who may have difficulty finding cool
places to spend their day.



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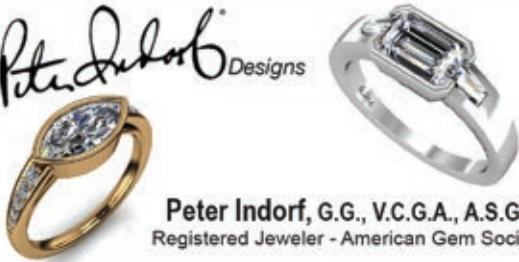
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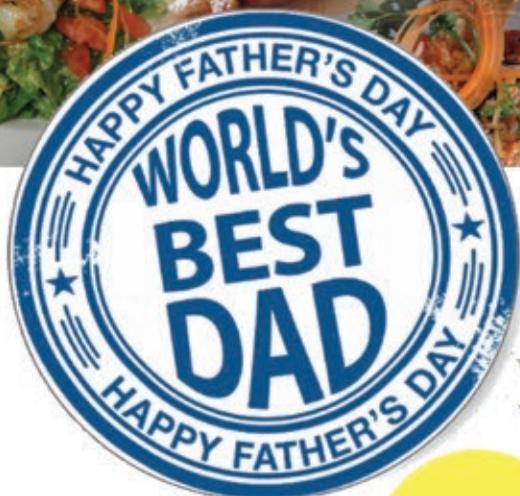
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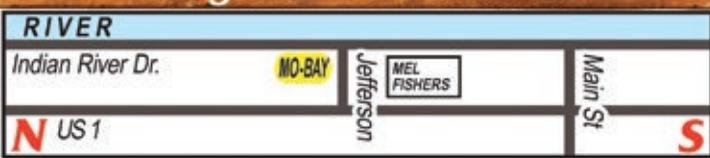
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Kelly Russell, CCM: Together, doing life RIGHT!

...It is not by force nor by strength, but by my Spirit says the Lord... (Zechariah 4:6, NLT)

Faster than a speeding bullet. More powerful than a locomotive. Able to leap tall buildings in a single bound. Look! Up in the sky! It's a bird! It's a plane! It's Superman! You remember, a man wearing a blue spandex suit with a capital 'S' on his chest, a.k.a. Superman. In the comics, he had super-human strength. He crushed coal into diamonds, saw with x-ray vision and resisted bullets to the body. Pretty amazing. But as Clark Kent he struggled, just like us.

We humans tend to seek extra measures to help us through life. The many faiths of the world look to various gods, deceptive doctrine, and religious works. Ultimately, none of them provide strength or salvation. The Bible teaches about the triune God, Father, Son, and Spirit. They are three separate, distinct persons, but one entity. Genesis 1:1-2 introduces the Spirit: In the beginning God created



the heavens and the earth. The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters.

The Holy Spirit has always existed. He is widely misunderstood, yet the Bible clearly defines the 3rd person of the trinity: He's not a force, but a Fire; Not an it but an Influence; Not a mystery but a Man. In the Scriptures He delivers super-natural strength to the Christian. His wisdom is infinite, His power is mighty, and His presence is everywhere. Jesus is the visible image of the invisible God and the Spirit is the invisible image of

Jesus. We can't see Him flying through the sky or leaping tall buildings, but we can surely see Him tearing down strongholds and softening hearts of stone.

It's a good thing Jesus sent the Helper, a.k.a. the Holy Spirit. There's nothing S-U-P-E-R about man. We're feisty, we're fragile, and we're fickle. Jesus performed many miracles, but none apart from the Spirit. As the heavenly dove descended upon Him, Jesus was empowered to fulfill

His earthly ministry. Our cup is empty without the Spirit: no insight, no Truth, no anointing. When we operate apart from Him, we're just mere mortals.

There's no bird or plane, only the eternal SUPER-POWER we call the Holy Spirit. He has no weaknesses, no limitations, and He knows our every need. SO much better than Superman!

Scripture references from NIV unless otherwise noted.



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THE POWER OF REST

Ericka Champion Wise, Elite Network Marketing Professional/Business Mindset Coach



We're conditioned to believe the only way to have success is to work hard and work hard all the time. And while a measure of that is true, it isn't the complete truth. Think of the wealthiest people- they travel, vacation in exotic places, attend fun events, and simply take days off, all while making money and having successful businesses. Consider that hard work = success is a myth. What if, it is a good mixture of work and rest that makes for the best kind of success? The success that you can have and enjoy.

Business burn out is real

Yes, you need to work your business, to be faithful and consistent in your tasks. But you also need to sleep, to eat well, to move more, to put down the phone for a few hours, and take that vacation you've been putting off. You don't accomplish any good or profitable work, when at the point of burn out.

Rest Shows Your Trust in God and His Provision

God says, "Come to me and I will give you rest." You are

exhausted, close to quitting because you've been going so hard for so long. Rest rather than quit. He wants to trust his model of work and rest; to trust that you can enjoy your life and still build a large, flourishing business. To trust that he has plans to prosper you. Rest shows God that your faith is in him and his provision for you and your business, not in your iron-will to force success to come to you.

Plan Your Rest

Make and keep appointments with yourself for rest. Those appointments are date nights, going to the movies, the park, the mountains, the beach, taking short trips and long vacations. Rest looks like using do not disturb, enjoying a relaxing bath, meditating, silence, and reading. Rest looks like you, being happy with yourself, and not basing your worth on your productivity, output, numbers, or any other external factor.

Rest Will Feel Strange

The first several times you give yourself rest you will feel strange, anxious, and uncomfortable because you are so used to non-stop working. Rest anyway. Push through the discomfort and the guilt that will come and continue to rest. The more often you rest the less discomfort you will feel; it will become part of your routine.

Rest Brings Success

You and your business will flourish when you rest; you will produce better and more work, you will have a clear mind to create new ideas and products, you will not be led by your emotions, and you will make more money. Trust that after you rest you will come back at full power, better than ever, happier than before, and you will do more and better work and make more money than you could when at the edge of burn out.

Ericka is thrilled to share this series on the "Christian Business Mindset." These articles are for all business owners and are intended to help you see your business through God's eyes and inspire you to continue to work for Him and His way. We are called to be different from the world and that includes how we work our businesses! Here's to your success!



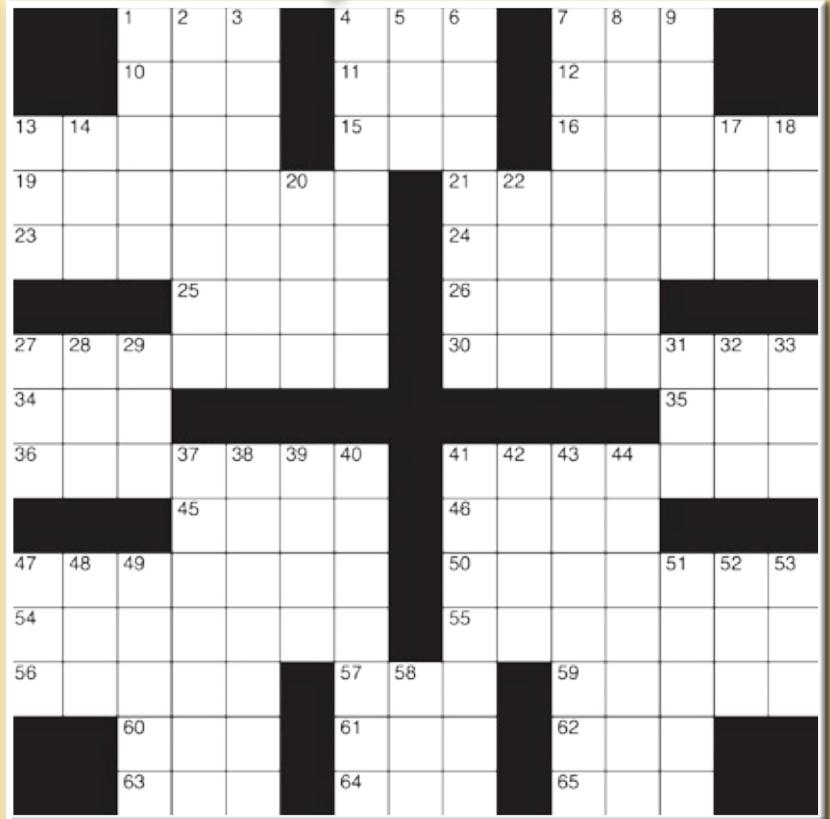
"The quality of your work depends on the quality of your life.

Which is directly related to the quantity of rest you give yourself."

--Ericka Champion Wise

clues ACROSS

- 1. Mathematical term (abbr.)
- 4. Seaport (abbr.)
- 7. "Unforgettable" singer
- 10. The GOAT
- 11. Used to harvest agave cactus
- 12. Luke's mentor ___-Wan
- 13. Muses
- 15. IBM operating system
- 16. Hungarian village
- 19. Popular conversation topic
- 21. N. Atlantic island
- 23. Fail to discern correctly
- 24. The President has one
- 25. Irish Gaelic language
- 26. Gasteyer and Ivanovic are two
- 27. Garnished
- 30. National capital
- 34. Basics
- 35. Initial public offering
- 36. Winged horse
- 41. English synthpop duo
- 45. Mars crater
- 46. A lot
- 47. Small organelles
- 50. By reason of
- 54. "Growing Pains" actor Kirk
- 55. Free from contamination
- 56. Genus in the mahogany family
- 57. Body part
- 59. A belief in a supreme being
- 60. Talk a lot
- 61. Actors' group
- 62. Unit of measurement
- 63. Slick
- 64. No seats available
- 65. A way to change color



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clues DOWN

- 1. Belongs to the daughter of Chaos
- 2. Wardrobe
- 3. Derek and Jeff are two
- 4. Disfigured
- 5. Hawaiian dish
- 6. What a hack drives
- 7. Horse gear
- 8. Do away with
- 9. Narrow straits between Sinai and Arabian peninsulas
- 13. Corrie
- 14. Hawaiian flower necklace
- 17. Midway between northeast and east
- 18. Insecticide
- 20. Comfort
- 22. Town in Galilee
- 27. Informal greeting
- 28. Relative biological effectiveness (abbr.)
- 29. Used to check the heart
- 31. Western India island
- 32. Credit card term
- 33. Female deer
- 37. British football team
- 38. Persian jurisdiction
- 39. Freshwater mussel genus
- 40. Opposite of happiness
- 41. Ban on trade
- 42. Bitterly regrets
- 43. Assented
- 44. Well-proportioned
- 47. Part of (abbr.)
- 48. Indigenous people of Thailand
- 49. A man of your stature (abbr.)
- 51. Advantageous
- 52. Female sibling
- 53. Electronic countermeasures
- 58. Swiss river

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7 Ways to Use Less Energy When the Weather Warms

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



1. Find your comfort zone

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

2. Keep curtains closed

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

3. Maintain air circulation

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

4. Cook outdoors

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

5. Run appliances at night

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

6. Rely on natural light

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

7. Determine pool filter efficiency

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

Federal Government Program Ratings Help Consumers Decide Which Hospital is Best for Their Health Care

Sometimes, there's no time to waste when seeking hospital care. But in situations that aren't dire emergencies, how can consumers select the hospital that delivers the best care?

That's exactly how the Centers for Medicare & Medicaid Services' (CMS) Five-Star Quality Rating System came to be. Similar to how restaurant reviews work, the rating system gives patients a voice in assessing their health care – and keeps hospitals accountable.

Star ratings became part of the healthcare environment after the passage of the Affordable Care Act in 2010. CMS, the federal agency that runs Medicare, looks at seven categories when rating the nation's 4,784 hospitals nationwide that administer the program.

Of those, just 293 – 6.5% – scored five stars. Of the rest:
Four stars: 24% (1,086 hospitals)

Three stars: 28% (1,264 hospitals)
Two stars: 17% (800 hospitals)
One star: 6% (282 hospitals)

CMS utilizes two types of star ratings:
Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) Summary Star Rating: Based solely on patient survey scores



Overall Hospital Quality Star Rating: A combination of outcomes measures and patient experience scores

Ratings range from one to five stars, with five stars being the best. Hospitals that administer Medicare are surveyed, with different measures being weighted differently. Data are reported to CMS on the following:

- Mortality (heavily weighted)
- Readmission (heavily weighted)
- Safety of care (heavily weighted)
- Patient experience (heavily weighted)
- Efficient use of medical imaging
- Timeliness of care
- Effectiveness of care

The HCAHPS survey seeks patient feedback about communication with nurses, the responsiveness of the hospital staff, communication with doctors, pain management and the cleanliness of the hospital environment.

The Hospital Compare overall rating looks at a variety of measures when reviewing common conditions that hospitals treat, such as heart attacks and pneumonia, and compares each hospital's performance to others' nationwide. Along with the rating, Hospital Compare also offers insight into each facility's rates of infection and complications.

In the most recent reporting period, nine hospitals in Florida received five stars – and Health First's Viera Hospital was the only one in Central Florida to score that honor. The distinction is an honor, and Health First is grateful to its customers for helping us strive to deliver the highest-quality, most compassionate care possible, right here in Brevard.

Debra Hooper of Merritt Island raved about her experience at the hospital, which has received five stars three times now.

"I have been to several other hospitals, and this is by far the best I've ever been to," Hooper said.

To learn more visit Medicare.gov/HospitalCompare.



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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
Deb Moleski of Malabar

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

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

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Saturday, June 15 – Viera High School

6103 Stadium Parkway, Melbourne, FL 32940

- 5:45 a.m. Packet pickup and registration
- 6:45 a.m. Registration ends
- 7 a.m. 5K start
- 8 a.m. Family activities begin
- 8:30 a.m. Training begins

- Register online at HF.org/savealife
- Packet pick-up and registration is on Friday, June 14 from 10 a.m. to 6:30 p.m. at the Running Zone, located at 3696 N. Wickham Road, Melbourne, FL 32935

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12-14	30-34	50-54	70-74
15-19	35-39	55-59	75+

All events are free. Registration is required. Participants receive a free T-shirt.

Training is American Heart Association's "Family & Friends CPR" and is not job certification training.



Register Today at HF.org/savealife