



A member of  
FEEDING  
AMERICA

**Be a Comcast Cares Day Volunteer and  
And your time means more money for meals!**

Roll up your sleeves to volunteer at Treasure Coast Food Bank on Saturday, April 21, and your time also will earn money for meals.

It's Comcast Cares Day, and Comcast will be donating \$18 to Treasure Coast Food Bank for every individual who volunteers as part of the event at Treasure Coast Food Bank's headquarters. Join Comcast employees, friends, and families at Treasure Coast Food Bank and turn your time into a donation as well.

Volunteers will be sorting food and other non-food essentials as well as building 1,000 family food boxes from 8 a.m. to 12 noon at 401 Angle Road in Fort Pierce. But it won't be all work as the morning event will include music and fun games.

Last year, nearly 250 people took part in Comcast Cares Day at Treasure Coast Food Bank, resulting in a donation from Comcast that provided nearly 20,000 meals

You don't have to be a Comcast employee to take part. Sign up to participate at [stophunger.org/volunteer](http://stophunger.org/volunteer).

**AVON Rosi Stubbs Trunk Sale** Now Until April 20th, 2018  
**Contact me for an appointment.**

We will bring our AVON Trunk Sale to you! :)  
Great NEW Products at good prices!



[www.startavon.com/mstubbs](http://www.startavon.com/mstubbs) Start selling AVON today!  
AVON Rosi Stubbs Call, txt email or contact us 772-778-5277



## DIGITAL DECLUTTER CHECKLIST

### KEEP A CLEAN MACHINE

Make sure that all web-connected devices are squeaky clean.

- Update software on all internet-connected devices** to reduce risks from malware and infections.
- Clean up your mobile life** by deleting unused apps, keeping others current and reviewing app permissions.

### MAKE SURE YOU'RE SECURE

Enhancing the security of your online accounts is a must and a fast, simple way to be safer online.

- Lock down your login:** Your usernames and passphrases are not enough to protect key accounts like email, banking and social media. Strengthen online accounts and use strong authentication tools whenever offered.
- Secure your router** by making sure it has a strong passphrase and does not broadcast who you are through its name, such as "the Jones Family" or "123 Elm Street."
- Make your passphrase a sentence** that is at least 12 characters long. Focus on positive phrases that you like to think about and are easy to remember. On many sites, you can even use spaces.
- Make unique passphrases** for important accounts like email, finance and healthcare.
- Write down your new passphrases and store them in a safe place away from your computer.**
- Check to ensure all devices are password, passcode, fingerprint or eye-scan protected.**

### DIGITAL FILE PURGE AND PROTECTION

Be sure to properly dispose of sensitive materials – such as hard drives and memory cards – at a community shredding event. Check [bbb.org/secure-your-id-day](http://bbb.org/secure-your-id-day) to see if there is a BBB "Secure Your ID Day" event in your area.

- Clean out your old email and empty deleted folders.** If you need to keep old messages, move them to an archive.
- Delete or archive older files and outdated financial statements.**
- Unsubscribe to newsletters, email alerts and updates you no longer read.**
- Update your online photo album** by deleting or backing up old or less flattering photos.
- Update online relationships** by reviewing friends on social networks and all contacts lists to make sure everyone still belongs.
- Copy important data to a secure cloud site or other drive where it can be safely stored.**
- Password protect back-up drives and keep them in a different location off the network.**
- Permanently delete all old files.**

### CLEAN UP YOUR ONLINE REPUTATION

Make sure your online reputation shines.

- Own your online presence** by reviewing the privacy and security settings on websites you use to be sure they are set at your comfort level for sharing.
- Clean up your social media presence** by deleting old photos, etc. that are embarrassing or no longer represent who you are.
- Update your "online self"** by reviewing your personal information and updating it where needed.

11th ANNUAL  
EARTH DAY CELEBRATION  
&  
ARBOR DAY OBSERVATION

EVERY DAY IS...

# Earth Day

**SATURDAY APRIL 21, 2018**

**RIVERVIEW PARK**

**FREE ADMISSION!**

**9AM to 4PM: CELEBRATION**

LIVE MUSIC & ENTERTAINMENT, DELICIOUS, HEALTHY, LOCAL FOOD  
FAMILY EDUCATIONAL EVENT

RESIDENTIAL ELECTRONIC RECYCLING \* CHALK ART CONTEST  
K.I.R.B.-KEEP INDIAN RIVER BEAUTIFUL \* ROCK PAINTING  
GOPHER TORTOISE BURROW \* PINE CONE BIRD FEEDERS  
SCAVENGER HUNT \* BIKE GIVE AWAY \* MUCH MORE...

LIVE MUSIC INCLUDES: GEORGIA RANDALL, THOMAS WESLEY BOWMAN  
HEARTS OF OAK & DADDY WAGS

PRESENTED BY  
**THE CITY OF SEBASTIAN'S NATURAL RESOURCE BOARD**  
AND THESE PARTNERS





# Capt Hiram's

RESORT

## RIVERFRONT CLEANUP



### APRIL 22<sup>ND</sup> FROM 8-10AM

In honor of Earth Day, Capt Hiram's Resort will be hosting a Riverfront Cleanup. Volunteers should meet at Hiram's at 8am and will be split into two teams - one heading North and one heading South. Volunteers will be collecting cans, cigarette butts, and all trash along Indian River Drive. Gloves and bags will be provided by the Capt.

# Celebrating 25 Years



# Open House

Join us as we showcase our  
**New Administration Office**

**Monday, April 23, 2018**  
**4:30 pm to 6:30 pm**

Refreshments will be served.

Ribbon Cutting will take place at 5:30 pm.

*Bridgewater Plaza*  
1555 Indian River Blvd., Suite B-210  
Vero Beach, FL 32960

RSVP: [ethompson@tcchinc.org](mailto:ethompson@tcchinc.org) or call 772-571-1989

772.257.8224 · [www.tcchinc.org](http://www.tcchinc.org)  
Sebastian · Fellsmere · Vero Beach

ATENCIÓN: Si habla español ATANSYON: Si w pale Kreyòl Ayisyen



TCCCH is a non-profit, 501(c) 3 organization. As a FQHC, TCCCH accepts Medicare, Medicaid HMO's, Healthy Kids and most private insurances. Sliding fee discounts may be available for patients with limited resources. PHS Sec. 330 grant represents 20% of TCCCH's funding sources.

Discrimination is Against the Law. Treasure Coast Community Health, Inc. complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.



# VERO BEACH AIR SHOW 2018



## Blue Angels

and

GEICO Skytypers | Dan Buchannan | Rob Holland | Fastrax Jump Team  
Bill Stein | Homewrecker Jet Truck | Prowlers of the Pacific | and Many More

**April 21 - April 22, 2018**

Gates open 9:00 am ★ Flying starts at noon  
Vero Beach Regional Airport

[veroairshow.com](http://veroairshow.com) 



## Tickets Available Now!



Proceeds benefit children's and veterans' charities



The Vero Beach Air Show Presented by

**Piper**

CenterState  
BANK



**93.7 WGYL**  
Today's Best Music!

**B94.7**  
FRESH COUNTRY

**99.7 JACK FM**  
playing what we want!

**97.1 Ocean FM**  
HOST

**NEWSRADIO WTB 105.7 FM • 1490 AM**

**PEACE RIVER CITRUS PRODUCTS**

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**Marine Bank & Trust**

**Merrill Lynch**  
Bank of America Corporation

**RIVERSIDE THEATRE**  
www.riversidetheatre.com

**SUN JET CENTER**  
www.sunjetcenter.com

**VERO BEACH  
REGIONAL AIRPORT**  
Land near the sea

No backpacks, beach umbrellas, coolers, alcohol, cans, glass containers, pets, drones, selfie sticks, or weapons. All vehicles and bags subject to search.

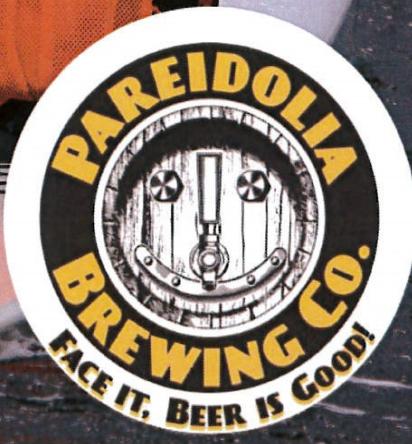
# PAREIDOLICAN

NOUN – A bird, particularly a Pelican, that one's mind perceives to be there when in reality it's a figment of the imagination.

## 5K WATERCRAFT RACE

SUNDAY, MAY 6TH, 2018

Hosted at Paradoleia Brewery, Sebastian, FL



Fundraiser event to raise funds for Piper's Angels (501c3 non-profit) helping people with Cystic Fibrosis (CF)

Categories: Surfski, Outrigger, Prone, SUP, canoe, kayak

**\$15 Suggested Donation**

- Registration at 9AM
- Race Start at 10:30AM
- After Party, Band, Lunch, and Raffle starting at noon.



**PLEASE HELP FILL A BOX...**

**MAY - JUNE 2018**

Tuna



Peanut  
Butter



Cereal

Canned  
Veggies



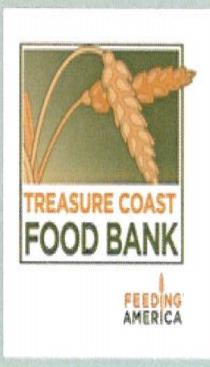
Jelly



Soup

# **WHITE GLOVE MOVING FOOD DRIVE**

*all non-perishables  
welcome*



## Regularly Scheduled Networking Events

**Every Wednesday:** Exchange Club of Sebastian meets at noon at Capt. Hiram's

**2nd Thursday of each month:** Sebastian Area Women in Business meets at 8am at Captain Hiram's. Breakfast is available for purchase. All business women are welcome to join us. Meet other women in business and enjoy interesting presentations and lively conversations!

**The Rotary Club of Sebastian meets every Thursday at 12:15 p.m.** at Vic's Pizzeria & Italian Restaurant. The 1st Thursday is our business meeting and the rest of the months meetings have speakers. Guest are welcome to see what Rotary is all about and listen to a speaker. Lunch is \$15 if you choose to eat. Come join us if you are interested in joining the club. We have many projects and fund-raisers for members to help our community. <http://www.sebastianrotary.com/> 772-581-3199

## Employment Opportunities

Is your organization seeking employees? Send your information to [info@sebastianchamber.com](mailto:info@sebastianchamber.com) and we'll post it on our jobs board. To see all job listings [click here](#)