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He said to them, "Go into all the world and preach the gospel to all creation." - Mark 15:16

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## Why Was The Bible Used To Swear In The U.S. Supreme Court Justice?

Most U.S. presidents have sworn on a Bible of their choosing when taking the oath of office. However, it's not required, as John Adams, the 2nd president of the United States, didn't swear on the Bible for his inauguration but rather took the oath on a book of law.

When the United States was founded, swearing an oath meant something, because you agreed that you were making a promise and asking God to enforce it. And if you broke that promise, you could expect divine retribution. Some suspicions, atheist and religious, stemmed from the fact that if they swore an oath, people couldn't be sure that they

were fearful of breaking it. The rituals around the oath were meant to emphasize how seriously the oath should be taken even by people who might otherwise break their promises.

When swearing an oath, you use special gestures by raising your hand, holding it up with the palm out towards America and putting the other on a Bible, emphasizing the seriousness. In fact, swearing an oath was so serious that some Christians forbade it entirely. One of those was a Quaker, William Penn, who founded the colony of Pennsylvania, as a safe place.

*Continued on Page 8*

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Ernest likes the personal aspect of owning his own business and wants to be your local neighborhood insurance and financial service agency resource. When you visit his office, you are meeting face to face with real licensed professional and not just the other side of an 800 number. People like to know they are talking to a real human being, someone who cares about their circumstances, and will take the time to answer all their questions.

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His team of licensed professionals provides services including Auto, Home, Condo, Life, Health and even vehicle loans. In addition to providing services to homeowners, Ernest Walker Insurance Agency provides liability insurance to small business owners as a way further support the community.

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The office is conveniently located at 5111 Ehrlich Rd Suite 110 Tampa, FL 33624-2075 directly across the street from the Ben Hill Middle School. For information, call 813-968-4043 or visit the website at <https://www.ernestwalkerinsurance.com>. The office hours are Mon-Fri 9:00am to 5:00pm and appointments are welcome anytime to meet your needs.

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In addition to our weekly healing services here at the Main Campus of Life Christian University, the Lord has blessed me with the opportunity to conduct a few healing revivals this summer.

As I increase in understanding and in effectiveness in the healing ministry, I can't help but pass my discoveries on to others.

What I would like to share this month is actually something that will bless every Christian in their entire walk with the Lord, should they apply all of the principles. When I focused on the primary points that I need to be conscious of while conducting healing services, I realized that these truths can be applied to any part of our walk with the Lord.

First, I remember that when God gave the first commission to man, that His commission remained the same, even though Adam and Eve relinquished their rights to exercise it. Now we can be confident that the last Adam, Jesus, restored all things to mankind.

Elohim, (the one God, manifested in three persons), said in Genesis 1:26a,28b, "Let us make man in Our image, according to Our likeness: let them have dominion over every living thing that moves on the earth." I can't take the time and space to explain this thoroughly here, but follow these concepts.

When I am ministering, I find the results amazing when I simply say, "I command this body to be healed, regenerated, and restored to excellent health and function now, in the name of Jesus Christ our Lord." It really is a simple as that, but that is certainly not all that there is to do.

So we see that we have restored dominion over living things, but next we have been given authority over all of the works of the kingdom of darkness. In Marks gospel we read in Mk. 9:1, "Then He called His twelve disciples together and gave them power and authority over all demons, and to cure diseases." Then in Mk. 10:18,19 Jesus said, "I saw Satan fall like lightning from heaven. Behold, I give you the authority to trample on serpents and scorpions and over all the power of the enemy, and nothing shall by any means hurt you."

Yes, it is possible to use the name of Jesus in authority over every disease known to man, because the name of Jesus is above every name that is named, even cancer.

We simply, by faith, take authority over the disease, command it to leave in the name of Jesus, and it has to obey. Like I said, we have to do it in faith, which is a problem for many Christians because they have not learned how to increase their faith. But that is something that every Christian can learn.

I am teaching a course on angels right now, and it is amazing how many ministries that angels have besides being guardians. There are healing angels, provision angels, and messenger angels. These are just some of the ministries that angels have which minister to, and with us here on earth.

Many angels minister only in heaven and have responsibilities there, like worship before the throne of God and some even have the responsibility of conducting war. But concerning our discussion, I am always depending on and expecting healing angels to be with us in healing services.

Hebrews 1:14 says, "Are they not all ministering spirits sent forth to minister for those who will inherit salvation."

Inheriting salvation is speaking of when we leave Earth and go to heaven to receive our full inheritance. It would be correct to say that we were saved in the past, we are currently being saved and we will always be saved in our eternal future. But while on Earth, God has provided angels to help us in many ways.

## What Every Christian Should Know

I believe that the next two items are the most important in ministering to others. It is very important to remember that before Jesus sent His apostles out to minister, He told them to remain in Jerusalem until they were endued with power. Right before His ascension, while he is addressing 500 born again believers, He told them, "For John baptized with water, but you shall be baptized with the Holy Spirit not many days from now. For you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to me in Jerusalem, and in Judea and Samaria, and to the end of the earth." Acts 1:5-8.

I have whole university courses that I teach the many benefits of the Holy Spirit coming upon a believer, but one primary benefit is that your can pray the perfect prayer in every circumstance by praying in the spirit, or, that is, praying in tongues. This is spoken of in Romans 8:26-27. Being built up in faith is essential in order to walk uprightly before the Lord and not bring a reproach to His name by sinning. But in Acts 1, Jesus was referring to walking in the power to be a living witness, not just to boldness to witness. In other words, the Lord wants to demonstrate the overwhelming love of God through us with miracle signs and wonders happening around us and through us. This is what we call walking and ministering in the anointing. We are now anointed with power to minister.

The final point that I want to make ties directly into what happened when Jesus was able to release the anointing of the Holy Spirit on the church. First, let's go back to when Jesus was ministering on the Earth.

The Bible tells us in Philippians 2:6-8 something very important about the Lord's ministry. It says, "who being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bond servant, and coming in the likeness of men. And being found in the appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross."

We know that Jesus was sinless and did not need to be baptized for the remission of sins, but He still came to John the Baptist to be baptized in water. John even said that he was not worthy to untie the sandals of Jesus. But Jesus told John to baptize Him in order to fulfill all righteousness.

Jesus had to fulfill what was required in the law of Moses, which was that a High Priest had to be baptized before he entered into his High Priestly ministry. Immediately after His baptism, the Holy Spirit descended on Jesus and the Father said, "This is my beloved Son, in whom I am well pleased."

Jesus was of course the Son of God and at the same time the Son of Man. He did not do any miracles out of His deity, but did them as the anointed Son of Man.

The passage in Philippians explained to us that He essentially stripped Himself of the right to use His deity when He made Himself of no reputation, even though He was still God the Word, manifest in the flesh.

When Jesus was anointed by the Holy Spirit at His baptism, we find out from John 3:34 that God gave the Holy Spirit to Him without measure. That is, the full measure of the Holy Spirit came upon the Son of Man.

Now we can get to the really fun part. Did you ever ask yourself why Jesus didn't just stay on the Earth after His resurrection and set up the His Earthly kingdom at that time? Well, we know that it must not have been the Father's plan, but we also know that Jesus needed to get back to heaven and and be seated at the Father's right hand in order to release the Holy Spirit without measure on the whole church. You see, while Jesus was still on the Earth, even in His resurrected state, the Holy Spirit without measure could remain on Him only, and the church could never walk in the fullness that God had intended for it.

It must have been something for the 120 in the upper room to have 1/120 of the Holy

Spirit come on them at once. Today, the Holy Spirit is available to manifest His whole anointing throughout all of the Body of Christ who have been baptized in the Spirit with the gift of praying in tongues. But there is still something else that we can expect to happen.

Remember that the Apostle Paul told us in Hebrews 13:5-6 that God said these words. "I will never leave you nor forsake you." So we may boldly say: "The Lord is my helper, I will not fear: What can man do to me?"

Remember that Jesus did not use His deity while He was ministering, but ministered by the power of the Holy Spirit. But now He has given the power of the Holy Spirit to us, and now He is able to use the full measure of His deity, as the King of Kings and Lord of Lords.

He is not bound by space or time any more than the Holy Spirit or the Father is, so even though He is seated at the right hand of the

Father, at the same time, when ever you go and where ever you go, He never leaves you nor forsakes you. In the reality of the manifestation of the presence of God, when you lay hands on the sick, Jesus is laying His hands on the sick, and they will recover.

So we have no excuse when God gives us a commission to go. We simply remain conscious that we have dominion over every living thing, authority over all the works of the devil, we have angels accompanying us, we are anointed with the Holy Spirit of the Living God, and Jesus Himself goes with us to guarantee the victory.

Join us every Thursday night at 7:00pm for Healing Services at Life Christian University, 410 E. Chapman Rd. Lutz, FL. LCU classes are offered on Monday nights from 7:00 to 10:00pm. Call at 813-909-9720 or log on at [www.lcus.edu](http://www.lcus.edu).



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## Tampa Orchid Club

Orchid Expo Show & Sale Saturday September 29th from 10:00am to 4:00pm and Sunday, September 30th from 10:00am to 3:00pm at USF Botanical Gardens, 12210 USF Pine Drive in Tampa. Thousands of orchids for sale by multiple vendors and orchid supplies will also be available. Awarded orchids will also be on display. Admission is \$5.00. Visit [tampaorchidclub.shutterfly.com](http://tampaorchidclub.shutterfly.com).

## A+ High School to Host Open House

Please join Bishop McLaughlin Catholic High School, a Catholic, college-prep high school, for an Open House on Sunday, September 30, 2018 at 1pm. Everyone is welcome. Come tour the school and grounds, learn about the wonderful academic, athletic and extracurricular opportunities available at the school and meet the Principal, teachers and coaches. Bishop is located at 13651 Hays Rd, Spring Hill 34610. For more information contact Beth Sylvester, Director of Marketing and Advancement, at [beth.sylvester@bmchs.com](mailto:beth.sylvester@bmchs.com) or by phone at (727) 857-2600 Ext. 244.

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The Great Florida Outdoors: Love Vine

Dr. Robert Norman, Clinical Professor, Dermatology, Nova Southeastern University



Love vine along the Hillsborough River.  
Photo by Robert Norman.

You are exploring in Florida and you see this yellow-orange plant. What is it? What is its range? Is it native? Is it similar to another plant? How did it get its name?

Love vine (*Cassytha filiformis*) is a native vine of Florida. It is frequently found in the sandhills, scrubs, and hammocks of the central and southern peninsula (Wunderlin, 2003).

According to the "Wild South Florida" website, Love vine is "one of the plant world's versions of the vampire bat. It is a parasite that attaches itself to a host plant and sucks the life out of it. Love vine attaches itself to a host plant — usually a live oak — by twining itself around the branches. Love vine also has small appendages called haustoria that burrow into the host, pulling nutrients it can't produce on its own. Love vine doesn't necessarily kill its host (that's self-defeating) but it doesn't do it any favors, either. It does reduce the host's vigor and reproductive capacity. If sucking the life out of a plant isn't enough, love vine's thick mat reduces the amount of sunlight that hits its host. For some birds and us human types, love vine isn't so bad."

Love vine is found in the central part of the

state southward, Texas, Hawaii, Puerto Rico and the Virgin Islands, the Caribbean, Mexico, Central America, South America, Africa, Asia, Australia and the Pacific. Love vines have stems that can be 20 feet long, leaves about a millimeter long and flowers, that produce a berry-like fruit called a drupe.

The birds eating the drupe and helping to disperse the seeds and sea currents also contribute to the extensive love vine's native range. The seeds must be scarified (have their outer shell roughed up a bit) before they germinate, and there is a soil microbe that provides the scarification. Seeds can also last years in the ground and retain their potency to germinate until conditions are right. Given that seedlings don't have a complete root system, once germinated they must find and attach themselves to a host within a week to survive.

Here is an interesting part of the story. Another plant in Florida is nearly identical to love vine and called tall dodder or tree dodder. Dodder is also a parasite, but it is a member of the morning-glory family. Love vine is a member of Lauraceae, the laurel family.

Given the close resemblance, the love vine is also called laurel dodder. The stems are red and green compared to the yellow-orange of the love vine. When two plants like these, completely botanically unrelated, take separate paths and end up looking so alike and have basically the same survival strategy, it is called convergent evolution.

When looking at the love vine, you might suppose it gets its name from the wide, clingy embrace it gives its hosts. However, it is actually named love vine because the plant is believed to be an aphrodisiac and used for this purpose in certain parts of the world. Love vine is also called Devil's Gut. Love vine is used In the Gilbert Islands to make jewelry,

head wreaths, and clothing and in Hawaii to make garlands and the lei, and in thatch roof construction.

In traditional Hawaiian medicine, love vine was used as a gynecological aid and as a decongestant. The Taiwanese have used love vine to treat gonorrhea and kidney ailments and it has been used in Africa to treat cancer.

<http://www.wildsouthflorida.com/love.vine>  
**Get out and explore the Great Florida Outdoors!**

Dr. Norman is an advanced master naturalist graduate of the FMNP program from UF and a board-certified dermatologist based in Tampa and Riverview. He can be reached at 813-880-7546.



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Networking Simplicity is a faith-based networking group of like-minded professionals gathered to support and help each other build their businesses out in the community. It is seat-specific and meets the 1st and the 3rd Tuesday of each month from August through May at Chicken Salad Chick located on 2790 E Fowler Ave Tampa, FL 33612. Open networking at 11:30am and meeting from 12pm-

1pm. August 7th is the very first meeting. Please call Sandi Pollpeter 813-484-4064 or Marla Adams 813-335-1449 for more information.



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### The Well – A Women's Training Ministry

By Karen McBride

The Well is a women's Bible study and training ministry. Women from all denominations learn and grow in their personal walk with God with opportunities to develop leadership skills through Bible study and mentoring.

Susie Walther, president and founder of The Well, began the ministry with the goal of "helping women not only become disciples of Jesus Christ, but also to train them to go and make disciples within their churches and communities," said Walther.

The Well has outgrown its central location for hosting Bible studies and is looking for new accommodations to meet their needs. As many as 150 women attend The Well Bible studies and training opportunities per day. At this time, women from across the Tampa Bay area have opened their homes or are meeting in coffee shops to share God's

word and study the Bible together. What is amazing is the fact that when it was centralized, it only had the ability to hold up to 9 Bible studies in a day, but now that it has dispersed across the area, it continues to grow, as many more studies have started with many women attending.

"They are reaching new women, women who might never step into the door of a church," said Kristina Jensen, Chairman of The Well Bible Study Ministry, Inc.

The fall session is beginning in September. Studies include The Book of James (a Joyce Meyer study), What's It Like to be Married to Me? (by Linda Dillow), The Bait of Satan (by John Bevere), Hearing God (by Peter Lord), and more.

To find a Bible study near you, go to <http://thewellbiblestudy.org/current-studies>.



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1 Peter 5:7

Okay, Okay, so most of your kids are grown, I got that! And so are mine. FYI, 28% of seniors are still subsidizing and supporting their grown children. WOWZERS!!!! This is great information to send your family to learn and share with the grand-kids. Ha, they are our favorite anyways, right?

Look, somebody must teach our children the responsibility of money. It's powerful and dangerous as the same time. The schools don't teach this, the colleges don't teach this, neither do businesses or churches. Sadly, most families do not prepare their children for the "Huge Financial World" that impacts our daily lives, and I don't understand why. Personally, I was completely unprepared, and it was not until much later in life that I understood the concept of money and sound financial planning. Today, I would like to share with you four very important Financial Trends affecting our youth.

Trend #1: Financial Illiteracy. This is the norm among young Americans. A survey conducted by VISA found that 49% of the youth think it is more likely they will become a millionaire by staring on a reality TV show than learning how to save and budget wisely. Also, a consumer report survey found that 28% of students didn't know that credit cards are a form of borrowing and 40%

didn't know the bank charges a percentage rate.

Trend #2: Kids and teens have money and spending influence, and the advertisers and credit card companies come after them. A market research report found that in 2013, teens spent \$250 billion, an average of \$153 weekly. And younger kids directly influenced spending on their behalf to a tune of \$174 billion.

Trend #3: Each group apparently presumes someone else is teaching their kids about money and finances. 80% of parents believe that schools provide classes on money management and budgeting. NOPE!!!! Look, once again, it is up to us, the PARENTS!!!!

Trend #4: Whether parents like it or not or realize it or not, kids look to them for financial guidance. Listen to this Capital One survey, more than 70% of parents say they have "spoken" with their teen about credit and using a credit card wisely, while less than 44% of the teenagers of those parents say that their parent has talked to them about money or credit cards.

Look, it is obvious we are not doing a good job at this because most parents are not doing a good job of this themselves. Proverbs 22:6: "Train your child in the way he should go and when he is old, he will not depart." Or not.

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"How on EARTH Did I Get Here?" is a true story about Jim's early life and the transformation through the Father, Son, and Holy Spirit with God being given all the glory. You can order a copy at [jimwillisbooks.com](http://jimwillisbooks.com).

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"As a U.S. NAVY Veteran of 8 years, it is my pleasure and our honor to serve ALL of our COMMUNITY and COUNTRY HEROES by being able to give back within our own industry of Real Estate. The Homes for Heroes program allows us to do just that!" says Adams.

Homes for Heroes, Inc. is the largest nationwide network of affiliate real estate, mortgage, and local business specialists; committed to providing easy ways for heroes to save on a home. Shortly after 9/11, Homes for Heroes, Inc. was established to give back to firefighters, EMS, law enforcement, military (active, reserves & veterans), healthcare professionals and teachers for all they do.

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that they've stuck with to have long-term success until they tried our program.

They said they feel like the biggest thing was we show them how to eat in a way that they actually enjoy and they feel like they really learned how to eat. So if you want to experience this too, we would love to help you. We are also a private studio for women in 30-minute workouts and we have five locations in three counties.

We just moved our Wesley Chapel location into our own new building and our Palm Harbor location is now open! Don't wait to choose to take care of your health until something really bad happens and you're forced to do it. Instead, take action now so that you can enjoy how amazing it truly feels to be healthy and fit and make the choice to be healthy.

It is worth every ounce of effort it takes to experience this and we are professionals that help you do this much faster than you can do on your own. Book a free body transformation analysis with us at [www.SamanthaTaylorFitness.com](http://www.SamanthaTaylorFitness.com).

Many women say making the phone call and showing up to the appointment was the hardest part, like Stephanie who has now lost 100 lbs. in about a year! Or you can call us at 813-377-3739.

We also have a free seminar coming up September 14 or 15th in Land O' Lakes or Palm Harbor called "How to Lose 9 to 28 lbs. in Six Weeks." And our Six Week Body Transformation Challenge starts on September 24th with over \$5,000 in prizes including a cruise for two! You can go to [www.6weekBTC.com](http://www.6weekBTC.com) to learn more about this as well.

[www.SamanthaTaylorFitness.com](http://www.SamanthaTaylorFitness.com)

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"The fear of the Lord adds length to life, but the years of the wicked are cut short." — Proverbs 10:27



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## Pediatric Place of Tampa Now Offering Urgent Care Hours

*By Karen McBride*

Dr. Michele Johnson-Towson, Pediatric Place of Tampa, is a board-certified pediatrician with 27 years of experience in caring for children ages newborn to 21 years old. She wants to remind parents the 2018-2019 school year starts early in Hillsborough County.

Students will head back to school August 10, 2018. Be sure to call Pediatric Place of Tampa now to schedule school and sports physicals.

Once school starts, the cold and flu season is not far behind since kids share germs right along with academics and sports. The doctor is also encouraging patients to schedule for flu shots starting in September. The flu shot which contains coverage against the influenza A&B strains is available in proper doses for ages 6 months and up.

It is important for all shots to be up to date, and hearing and vision tested so stu-

dents are totally ready for a new year of learning and healthy playing.

Same-week appointments are available for school physicals at Pediatric Place of Tampa, and the practice accepts all insurances as well as self-pay patients. New patients are always welcome!

Dr. Johnson-Towson and her staff are dedicated to keeping patients both healthy and educated on changes in children's health care. Pediatric Place of Tampa offers Urgent Care hours to accommodate sick children after work, school, and/or daycare. Urgent Care hours are available Monday – Friday, and Saturdays 8:00am until noon.

Pediatric Place of Tampa is conveniently located at 1338 W. Fletcher Avenue in Tampa. The cheerful, kid-friendly office is on the bus line too. Call today at 813-264-2288 and schedule for school physicals, checkups, and flu shots.

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Faith is being sure of what we hope for and certain of what we do not see. Hebrews 11:1

## COMMUNITY PET NEWS

**Mark Twilla DVM**  
**Sunshine Animal Hospital**

### Fleas and Ticks

What is the difference between fleas and ticks? There is actually a big difference. A flea is a wingless insect that can jump really far. Ticks are arachnids, closely related to spiders. Fleas can live for more than 100 days, while ticks can live from a few weeks to up to 3 years. Ticks can transmit dangerous diseases like Lyme disease and Rocky Mountain spotted fever. Ticks live on bushes and grass. When your pet walks by and brushes up against the grass or shrub the tick climbs up on the host. Once on the new host the tick will eventually find a place to attach and feed. Fleas are very common, in fact there are over 2,000 different species of fleas. Fleas can cause extreme discomfort in your pet and can cause a severe allergic reaction to flea bites. There are many products that help control fleas and ticks. We recommend **Bravecto** which according to industry studies is the # 1 flea and tick product on the market. For dogs, it is an oral dosage that lasts about 3 months and for cats it is a topical application that lasts about 3 months. In Florida your pet needs year round protection from fleas and ticks. **Bravecto** is fully guaranteed by the manufacturer and is only available from licensed veterinarians. For more information or to make an appointment for your pet

Please call us at Sunshine Animal Hospital **813-885-7071**



## 44th Annual International Folk Fair

*Uniting the country with food & performances from 36 cultural groups at St. Petersburg's Vinoy Park*

SPIFFS 44th Annual International Folk Fair will be held from October 25 - 28, 2018 at Vinoy Park in downtown St. Petersburg, FL. The 4-day festival showcases food and culture from 36+ member organizations, each representing immigrants from nations across the globe. The groups will unite in a Grand Parade of Nations, culminating in a swearing-in ceremony of new American citizens.

Additional entertainment in the Main Stage/Beer Garden area includes performances by Urban Gypsies, Brazilian Samba by O Som Do Jazz, New Horizon Band of Gulfport, Irish Lift Band, and The Islanders Greek Band. Folk dancing and music will be performed throughout the festival on two stages.

Over centuries, people across the globe chose America to become their home. SPIFFS invites Tampa Bay to experience the raw tastes, sounds, and experiences that have

blended together to create American society. Help support this experience by sponsoring a school group, purchasing an ad, or reserving a vendor booth.

The mission of SPIFFS is to preserve and support Tampa Bay's ethnic cultures through educational and cultural activities. Founded in 1975, we are an umbrella organization of over three dozen local cultural groups who hold special events throughout the year, including the annual SPIFFS International Folk Fair. SPIFFS has been recognized by the Library of Congress and is found in its Local Legacies in Washington, D.C. Learn more: [www.spiffs.org](http://www.spiffs.org) | [folkfair@ij.net](mailto:folkfair@ij.net) | 727-804-3492

School Group reservations, Sponsorships, Both vendor booths and tickets are now available. Visit online <http://www.spiffsFolkFair.org> or contact us at [folkfair@ij.net](mailto:folkfair@ij.net) or call 727-804-3492 for more information.



## Free Little Pantry

You may have recently read, in the Lutz Gazette, about the Free Little Pantry at All Saints Lutheran Church. It was advertised as a gift to the community, a way in which we bear witness to the love of Jesus Christ by helping to reduce food insecurities in our community. As you might remember, this Free Little Pantry is in the parking lot of All Saints (5315 Van Dyke Rd.), and is accessible to anybody at any time.

After about six months of doing this ministry, we have discovered that there is much more food insecurity in our community than we imagined. Even with the generous donations that we receive, there are some weeks that we can't keep up with the need. It hurts to know there are times that this Free Little Pantry is empty when somebody shows up in

need. For this reason, we are requesting that you consider joining us in working to reduce food insecurity in our community. When you get the calling in your heart, I invite you to just stop in our parking lot and drop something off. Place it in the box, offer a prayer for the people who you are helping, and drive away with the faith that God will use your gift in ways that you can't even imagine! I thank you for your support of our community.

Blessings,  
Pastor Josh



## Encountering the Real Jesus: How Can I Serve You?

*Keith Chandler, Journey Christian Church*

Jesus redefines greatness. He gives us a new picture. He says, "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of God. So anyone who becomes as humble as this little child is the greatest in the kingdom of heaven." —Matthew 18:3-4

THAT'S what greatness looks like. So, I just want to help us in taking the first step in applying this to our life. I want to ask a question and it is this:

How can I serve you?

When we begin to ask this question; this is new kingdom living. This is a brand new way of doing things and this will completely change your family dynamic.

How can I serve you?

When you begin to say this it will completely change your work dynamic. Jesus says, whoever wants to be first must take the last place and be the servant of everyone else.

How can I serve you?

So what does this look like? If you're a parent, depending on what stage of parenting you're in, things can turn negative with your children very quickly. What if, in the next week, instead of getting on them for something they should have done, you just say, "How can I serve you? What can I do for you?" And see what happens.

See what doors may begin to open between you and your children.

If you're in high school, come up to your parents and say, "How can I serve you?"

It will so blow them away that they won't know what to say and they will say nothing to you. So you'll get credit for asking, but you won't have to do anything. It's perfect!

Ladies, when you say this to your husbands or significant others it says, "I'm aware that you carry a burden. I'm aware of the responsibility and the weight that you carry.

I want to leverage my time for you. How can I serve you?"

Guys, I know this question scares us to

death because you fear what they might say.

"I don't want to say it, because I might have to DO something."

But the truth is, some of your wives are afraid to ask for help because of what you usually say. So when you ask, "How can I serve you?" it opens up a door to loving your spouse.

You may be in a job that feels competitive. You're always looking behind your back.

This question, "How can I serve you?" will completely change the dynamic of your office. If you're a boss; and you begin to ask this of the people who work for you, it will change everything.

This question here will open up the door for you to share your faith. Treat everyone like they are important, because they are. Jesus says that's what greatness looks like.

Not to use people to get what you want out of them, but to serve people the way that Jesus served. It's NOT easy, but it's not complicated either.

Mike Yaconelli wrote a book called Dangerous Wonder. He writes, "We are in a war between dullness and astonishment. The most critical issue facing Christians is dullness. We have lost our astonishment. The Good News is no longer good news, it is okay news. Christianity is no longer life-changing, it is life-enhancing. Jesus doesn't change people into wild-eyed radicals anymore."

I think he wants to.

What would it look like for you to redefine your faith? For you to begin tomorrow to leverage whatever power, whatever authority you have to serve other people, and just ask this question: "How can I serve you?"

Until next month,  
Keith

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## TEEN DRIVER COACHING

As parents, there is no question that a driving education is one of the best things you can give your teenager. The price of any driving education is small, considering that the skills they learn can **SAVE LIVES!**

## EVERYONE SHOULD HIRE "UNCLE GEORGE"

How can two simple words "Thank you" truly convey the depth of our gratitude about hiring you to coach our twins Kelly and Kristina on safe driving practices? Long before they even had their permits, we knew we wanted the best driving instructor in the Tampa Bay area...and we were lucky to find you and your company GCS Driving Academy! We are so pleased with how much they have already learned in four short lessons with you, and how you've helped instill in them safe driving techniques that they will utilize during their whole lifetime! We feel that everyone should hire "Uncle George" for their new drivers, and we've been passing your name along to our friends so that their teens can learn from the best too!

Thank you for everything (especially taking them out on the traffic congested highways of this area) and for your patient way of teaching our girls. We look forward to hiring you again soon for a "touch up" lesson or two. Thanks again!



Keith and Katherine Thal



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## Cheyenne's Country Thangs

*By Karen McBride*



Cheyenne's Country Thangs is a one stop shop for all your grocery needs. Local honey, organic fruits and vegetables, and even locally made organic body lotions and scrubs can be found at the family-owned store. Fresh baked bread with local honey butter, Working Cow homemade ice cream, and ripe watermelon can round out any meal.

The meat department is well stocked with turkey tenderloins, grass-fed ground beef, chicken wings, porterhouse pork chops, and, even more exotic choices such as elk and bison.

Seafood lovers can choose from a vari-

ety of fresh fish including Black Grouper, Flounder, and Red Snapper. Scallops, Gulf shrimp (peeled and deveined), and even Maine lobster tail can be purchased. In addition to fresh organic produce and an ample variety of meat and seafood, Cheyenne's is now offering cooked meals.

Choose from Mema's creamy seafood chowder, chili beef in a bread bowl, Italian Sloppy Joe, gourmet salads, and more. Co-op members can call from 11am-3pm to see what's cooking that day. Special dietary needs can be accommodated.

Cheyenne's is located at 21405 County Line Rd. Lutz, 33548. The market is open:

- Tuesday to Friday, 11am to 5:30pm
- Saturday, 9:30am to 4pm.

And if all of that is not enough - gardening, cooking, canning, and many other classes are always going on at Cheyenne's! For more information, call (813) 527-6471 or visit their website at <http://www.cheyennescountrythangsinc.com> or find them on Facebook at <https://www.facebook.com/cheyennesorganicmarket>.



Continued from Page 1



Not that people take the oath lightly, but they don't want to spend every moment over it because they might break it in the fear of eternity in hellfire, reinforcing the idea that taking the oath should be serious business for those of the religious persuasion, and the act of swearing their oath using the Bible or a holy book might act on their conscience that God may be checking on them.

"As God as my witness," some may say. But in any event, swearing on an oath will not ensure that all witnesses will tell the truth, as will make those witnesses legally liable for what they say at the very least.

Courtrooms at large tend to keep both the Bible and the Quran on hand, or a witness could bring some other book to use that would be appropriate to their faith. I swear to tell the truth, the whole truth, so help you God. Some oaths often end with "so help me God" with 2.2 billion Christians and 1.8 billion Muslims coming in 2nd out of the 7.442 billion people in the world, according to Google. Religious or not, I was shocked hearing our President using the Lord's name in vain when he used the GD word on CNN and MSMBC during a conversation between Omarosa about her leaving the White House.

**So what does the Bible say about telling the truth and lying?**

In fact, if you look through scriptures on this you may be overwhelmed about how many stories there are regarding lying in the Bible. You might say lying is very biblical in all different degrees, and how it can reproduce itself in our lives?

The definition of lying is: One who presents false information with the intention of deceiving. Sin first entered our world through a lie when the serpent said to Adam and Eve, "You will not surely die, for you will be like God," which is one of the devil's most successful traits of deception in different degrees and forms.

Understand before we go any further the reason that this is an important subject. So let us not be the Devil's Fool. The Bible makes it very clear that God loves truth and he hates lies.

Genesis 3:4: "You will not certainly die," the serpent said to the woman. "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

According to the Bible, when the sin problem is being dealt with, turn to Revelation 21:7-8 where it says, "He that overcomes shall inherit all things, and I will be his God and he shall be my son, but the cowardly, the unbelieving, the abominable murderers, the sexually immoral sorcerers, idolaters, and all liars will have their part in the lake which burns with fire and brimstone which is the second death."

If that is not clear enough, turn to Revelation 22:14: "Blessed are those who do his commandments, that they might have a right to the Tree of Life and enter through the gates of the city because outside are dogs and sorcerers and the sexually immoral and murderers and idolaters and whoever loves and practices a lie."

It does not say lies, it says a lie! Lie is like a part of the handle that fits all the other tools of sin because It's so often connected with stealing, adultery, coveting, and right on down the line. Sometimes it may be your body language and sometimes in our silence, we lie. You may say silence is golden, but it's just yellow.

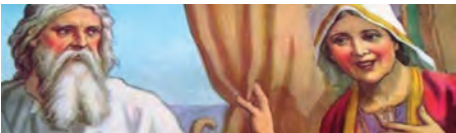
The whole final scenario is going to be between good and evil and is going to revolve around what you believe. God tells us if we

do not receive the love of the truth, we don't learn to love the truth. God will allow us to believe a lie through free will and that's why we should learn the importance and to have an appreciation of the truth.

But the question is, does God measure truth by just what everybody sees on the surface or what is in your heart

When Jesus appeared to Abraham with two angels that later went on to Sodom and Gomorrah to rescue Lot, the Lord said in Genesis 18:9-15, "Where is your wife, Sarah?" they asked him. "There, in the tent," he said. Then one of them said, 'I will surely return to you about this time next year, and Sarah your wife will have a son.' Now Sarah was listening at the entrance to the tent, which was behind him. Abraham and Sarah were already very old and Sarah was past the age of childbearing.

So Sarah laughed to herself as she thought, 'After I am worn out and my lord is old, will I now have this pleasure?' Then the LORD said to Abraham, "Why did Sarah laugh and say, 'Will I really have a child, now that I am old?' Is anything too hard for the LORD? I will return to you at the appointed time next year, and Sarah will have a son.' Sarah was afraid, so she lied and said, 'I did not laugh.' But he said, 'Yes, you did laugh.'"



Because she did not laugh openly, she thought she could deny it because she thought she was the only one that knew the truth. The difference of lying is a statement, used intentionally for the purpose of deception. Fake news is a type of yellow journalism or propaganda that consists of deliberate misinformation or hoaxes spread via traditional print and broadcast news media or online social media.

Party Affiliation definition: is an organized group of people, often with common views, who come together to contest elections and hold power in government.

The Tea Party pretty clearly has an affiliation with the Republican Party. Our voter registration card determines the group we are affiliated with.

A few week ago I received a call about taking a survey about my political view and after she thanked me and said my question to you is if every thing I told you was a lie does it matter, and then she hung up.

If God says He can save you and me, and when we don't believe Him then we must be calling Him a liar. If Peter denied that he knew Jesus, was he lying? Jesus said that night "you're all going to forsake me." Peter jumped to his feet and said I will not forsake you. But later when it was no longer popular to be associated with Christ, a servant pointed to Peter, laughing and saying, "You're one of his followers."

And in shame he said, "I don't know Him," and he lied. Have you ever said to someone, "I pray every day but you don't?"

Sometimes we conduct ourselves depending on who we are around. The Bible says out of the abundance of the heart the mouth speaks. I say best to speak the truth and swallow some pride and to be in good hands with Christ Jesus rather than trying to deceive others. But about our President, love him or hate him, we should still pray for him.

Why? Because he is our President and only God can do miracles of conversion. Such as Saul to Paul in Acts 9. God only knows what is in your heart. Before the Beatles made their hit song, Jesus was already singing it: "All you need is love."

Formulated by Dunndead Publications  
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Legal Notice In the matter of Douglas Loui et al v. Ronald Pace et al. 1994 C 205561. You are hereby notified that the above captioned case has been set for hearing. You are required to appear at 1790 W Littleton Blvd Littleton Blvd. Colorado on September 26th 2018 at 09:30am in Division A1.

NOTICE FOR FICTITIOUS NAME UNDER SECTION 865.09, FLORIDA STATUTES. Notice is hereby given that the undersigned, desiring to engage in business under the fictitious name of LG HANDYMAN, located at 5538 Reflections Blvd in the county of Hillsborough in the city of Lutz intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida. Dated September 1, 2018 by owner Les Gibson.

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### AllPro Tree and Landscaping

By Karen McBride

Florida landscaping has taken a beating this past winter. The ever-changing temperatures may have left your trees and landscaping looking dried and haggard.

AllPro Tree and Landscaping can help you to restore the beauty of the nature surrounding your home. Pete Spiridis, owner of AllPro Tree and Landscaping, is a certified arborist and his expertise can transform your garden from forlorn to fabulous!

Services provided include trimming, removals, stump grinding, and clean ups. If you have been contemplating a new look for your lawn, computer generated designs can provide you with different options so that you can actually see what the new landscape design will look like.

The professional designers go beyond the basics of landscape design while making every effort to stay within clients' budget limits.

Hurricane season starts June 1, so be sure your yard is free from debris. Tree branches and other debris can become missiles and cause further damage to your home when a hurricane hits. For more information, go to <https://www.myallpro.com> or call 813-244-9234 or 727-409-3315 for an estimate.

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### Coast to Coast Maids

By Karen McBride

Nora Rusch began Coast to Coast Maids to help people make their lives better, healthier, and cleaner. She finds pleasure in making homes sparkle, and bringing joy to her clients. She always knew she wanted to clean homes. Even as a young girl, she enjoyed cleaning the cafeteria at her school.

"I was born to clean. I knew at a very young age that this is what I wanted to do. When the nuns at my school asked if I would like to help clean, I couldn't have been happier!" said Rusch.

The cleaning company services both residential and commercial spaces in Carrollwood, Lutz, Land O' Lakes, New Tampa, Odessa, Tampa, Temple Terrace, South Tampa, Town N' Country, and Westchase. Clients can choose from daily, weekly, bi-weekly, monthly or even call in services.

"I've been using Coast to Coast Maids for 15 years now, and they have been so reliable, so open to instruction, making sure that everything is done the way I want it, and it's such a relief to come home after a busy day of working and shopping and running errands to walk into a clean house and just smell the cleanliness in the air and the weight is just off your shoulders that you can actually sit down and relax for a minute. I'm really happy with their service, and I think you will be too!" – Mary Kelly

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### Just Palms – For All of Your Gardening Needs

By Karen McBride

Just Palms, a veteran-owned company, not only specializes in the care of palm trees, small trees, and hedges, but can assist you with all of your gardening needs.

The volatile winter months have taken their toll on your beautiful garden and lawn, and now it is time to clear away the remnants.

Pruning is key to protecting your investment in your garden as it allows for new growth.

Chris Tillman has been serving customers in the Tampa Bay area since 2005. In addition to pruning trees, the well-trained and courteous crew will clean up leaves and branches discarded after numerous cold fronts plummeted the area, and mulch garden beds to retain moisture to reduce watering needs during dry spells.

"We fill the gap from what the lawn guy won't trim and jobs that are too small for most tree companies", said Tillman.

For more information or a free estimate, call 813-598-0755 or find them on Facebook at [www.facebook.com/JustPalms](http://www.facebook.com/JustPalms). Check out their recommendations on Angie's List or the Nextdoor app.

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### Steven Papola, Allstate Agent

By Karen McBride

Steven Papola has always wanted to serve the community. He was a police officer and a part-time insurance agent who ran a successful insurance business until the terrorist attacks on September 11, 2011. He was forced to suspend his insurance activities when he was assigned to help assist with the recovery efforts. He volunteered as a Cobra Team Member and was assigned to the Anti-Terrorist Section of the Brooklyn North Task Force.

He later moved to Florida and continued to serve the community as a police officer. Steve served with the Pinellas County Schools Police and provided Security Services for the Pinellas

County Board of Education. Eventually, he became a deputy sheriff with the Pasco County Sheriff's office.

Steve was an Allstate agent from 1995-1998 before going out on his own. He has returned to Allstate insurance company as an agent in the newly opened office in Lutz. He views insurance as a natural extension of serving and protecting the public.

"A customer is a customer, whether you are wearing a uniform serving them in one capacity or wearing a suit and serving them in another capacity," said Steve.

His agency offers all facets of insurance including homeown-

## Just Palms

**Chris Tillman**

As a longtime advertiser in Dunndead Publications, I just wanted to say thanks for your years of service. I've met so many great readers over the years, many who use our services year after year. Advertising in your publications is probably the sole reason my Palm Trimming business has succeeded over the years. It's the only place I gladly pay for advertising year after year. Thanks Kay for all the great service over the years, and I'm looking forward to many more years of advertising with you!

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ers, property and flood insurance for both individuals and businesses, policies for automobile, boat, motorcycle, and even off-road vehicles. Life insurance, annuities, and retirement plans are covered as well. With over 10 years of experience in the insurance industry, he is able to help you in all your needs to ensure you are protected.

His office is located at 1528 Land O Lakes Boulevard, Suite 102, Lutz, FL. For more information or to schedule and appointment, call 813-995-6013 or visit <https://agents.allstate.com/steven-papola-lutz-fl.html>.



Kay’s List of Preferred Christian Businesses


Business	Contact	Phone
Affordable Home Inspection Tampa Bay	Steven Whallen	(813) 380-5386
Aflac – Supplemental Health Insurance	Louise Richardson	(813) 965-1697
Christian Bros. Automotive Land O’ Lakes	Larry Giannone	(813) 949-0100
Cornerstone A/C & Plumbing	Ellen Castellani	(813) 343-0804
Coverage by Dave—Health Insurance	David Taylor	(813) 391-3448
New Leaf Chiropractic Wellness Center	Dr. Michael J. Pease, DC	(813) 254-2500
Oasis Pregnancy Care Centers	April Beck	(813) 406-4965
Realtor-Charles Ruttenberg	Judy Nicolosi	(813) 600-9848
Steve Hopper International	Steve Hopper	(813) 918-8609
The Willis Agency—Medicare	Jim Willis	(813) 948-9109
Wells Fargo Advisors, Inc.	David Cravatta	(727) 815-3032

### OUR MISSION

Is to effectively connect consumers with Christian product and service providers who strive to operate their business organization according to Biblical principles.



Faith Outreach Center	7607 Sheldon Rd., Westchase
First Baptist Church of Hudson	7009 Hudson Ave., Hudson
Myrtle Lake Baptist Church	2017 Riegler Rd., Land O’ Lakes
Harvester United Methodist Church	2432 Collier Parkway, Land O’ Lakes
Journey-Christian Church	7708 Van Dyke Rd, Odessa
Keystone United Methodist	16301 Race Track Road, Odessa
First United Methodist Church of Lutz	960 W. Lutz Lake Fern Rd., Lutz
Calvary Chapel Tampa	17538 Livingston Ave., Lutz
Christ Cumberland Presbyterian Church	19501 Holly Lane, Lutz
Grace Family Church	5101 Van Dyke Rd., Lutz
The Impact Point	102 Lake Hobbs Rd., Lutz
First Baptist Church Lutz	18116 US Hwy. 41, Lutz
Keystone Community Church	21010 State Road 54, Lutz
River of Life Church,	410 Chapman Rd. E., Lutz
Holy Trinity Lutheran Church	20735 Leonard Rd., Lutz
Bay Hope Church	17030 Lakeshore Rd., Lutz
All Saints Lutheran Church	5315 Van Dyke Rd., Lutz
St. Timothy’s Catholic Church	17512 Lakeshore Rd., Lutz
Carrollwood Baptist Church	5395 Ehrlich Rd., Carrollwood
Grace Lutheran Church	3714 E. Linebaugh Ave., Carrollwood
Northwest Community Church	14913 Hutchinson Rd., Carrollwood
Messiah Lutheran Church & Preschool	14920 Hutchinson Rd., Carrollwood
Lake Carroll Baptist Church	12012 N. Rome Ave, Carrollwood



## Samantha Taylor Fitness

### Samantha Taylor

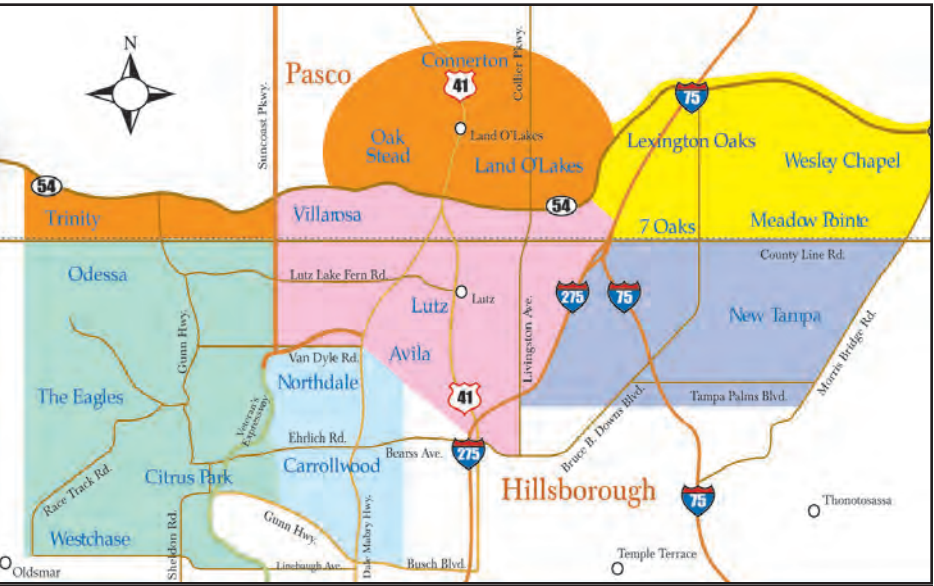
When my personal training career started in this area over 17 years ago, Mark Dunn called me and asked if I wanted to be a part of it. I was new in business here but knew I had to get my name out there, so this was the first media outlet I had ever advertised in. As people started to hear about what I offered, through THIS paper, my name started to get out in the community, and in a few years I became the #1 producing personal trainer in the large gym I was in, out of 2,000 trainers!

When it was time to go out on my own, God used THIS paper to give me the confidence that I could find clients outside of that gym. I knew I must, because I wanted to create an environment for women that didn’t want to be in a gym. That wanted a safe place they could work out and not feel judged. I also enjoy catering to Christian women who liked that our studio cared about that.

Now we have trained over 6,000 people, have 17 trainers, won the Small Business of the Year Award by the Chamber, give free seminars to the community, and started a meal prep service delivered to your home. We opened our 5th location in Palm Harbor, and we just moved our Wesley Chapel location into a new building that we own. We also have Land O Lakes, Carrollwood, Westchase, and more to come!

I thank God for bringing this paper into my life, and I am SO grateful, for they helped give me the original confidence that I could build this business, and look what its turned into and the amount of people we serve! The owners, Mark and Kay, are some the nicest, most genuine people you’ll ever meet and I appreciate how they honor Jesus Christ in this paper. It’s such a blessing to partner with them, and I’m happy to know that I am the longest advertiser in the last 17 years!

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813-948-2311	HarvesterUMC.com
813-920-0442	Sun. 10:00
813-920-5153	Sun. 8:30, 9:45, & 11:00
813-949-1751	Sun. 8:00, 9:45, & 11:30
813-265-2759	Sun. 10:15, www.cctampa.org
813-909-9789	Sun. 10:30
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813-948-4522	Sun. 10:30
813-949-9931	Sun. 10:30
813-949-7173	Sun. 8:00 & 10:00
813-968-3983	Sat. 6:00, Sun. 9:30 & 11:15
813-963-0969	Worship 9:45, Sun. School 11:00
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Village Dr. SliceMaster’s Pizza 3813 Northdale Blvd. Subway 3853 Northdale Blvd. The UPS Store 3879 Northdale Blvd. Pepo’s Cuban Rest. 4029 Northdale Blvd. YMCA	205 E. Bearss Ave. Racetrack Gas 218 E. Bearss Ave. The UPS Store 804 E. Bearss Ave. Wawa Gas Station 1911 E. Bearss Ave. Wings Express 1913 E. Bearss Ave.100B Copo Cuts Barber 14915 N. Nebraska Ave. Sparta Fitness 15003 N Nebraska Ave, Culver’s Restaurant 410 Chapman Rd. River Of Life Church* 17693 N. Dale Mabry Mr. Empanada 18801 N. Dale Mabry Guiding Star 18560 N. Dale Mabry Lutz Mail Depot 19130 N. Dale Mabry Al’s Lawn Care 18459 U.S. Hwy 41 Dunkin’ Donuts 17514 U.S. Hwy 41 Dunkin’ Donuts 18469 U.S. Hwy 41 ACE Hardware* 18421 U.S. Hwy 41 Beef “O” Brady’s* 18511 U.S. Hwy 41 Walgreens 18459 U.S. Hwy 41 Walgreens 18430 Livingstn Dr. Subway 18431 Livingstn Dr. Sunset Restaurant 101 Flagship Drive Speedway Gas 101 Lutz-Lake Fern Rd. Richard’s Cafe 5300 W. Lutz-Lake Fern Lutz Library 3850 Van Dyke Rd. TPC Tampa Bay 3967 Van Dyke Rd. Walgreens 3949 Van Dyke Rd. China Taste 3959 Van Dyke Rd. Uncle Maddio’s Pizza 3971 Van Dyke Rd. The UPS Store 5524 Van Dyke Rd. Subway 6120 Van Dyke Rd. Shell Station Circle K	3119 Cove Bend Dr. Chick-Fil-A* 14929 Bruce B. Downs Mr. Dunderbak 14903 Bruce B. Downs Speedway 15014 Bruce B. Downs Race Track 16014 Bruce B. Downs Publix 16010 Bruce B. Downs Subway 17402 Bruce B. Downs Circle K 17511 Bruce B. Downs Walgreens 20741 Bruce B. Downs Walgreens 5220 Cypress Preserve Race Track 15309 Amberly Dr. Pharmacy 16221 Compton Dr. Y.M.C.A. 17402 Donna Michelle Shell Gas 5102 Point of Tampa Way 7-11 17503 Preserve Walk Ln Peta Express 17503 Preserve Walk Ln Taste of NY Pizza 10001 Cross Creek Blvd. New Tampa Library 10006 Cross Creek Blvd. The UPS Store 10359 Cross Creek Blvd. Capi Pizza 10861 Cross Creek Blvd. Post Office 10960 Cross Creek Blvd. Shell Gas Station* 10928 Cross Creek Blvd. Publix 1041 Bruce B. Downs Anytime Fitness	1930 Land O’ Lakes Blvd. The Great Catch 2810 Land O’ Lakes Blvd. Central Pasco Chamber 3036 Land O’ Lakes Blvd. Holloway’s Farm* 3619 Land O’ Lakes Blvd. \$1.99 Cleaners 4005 Land O’ Lakes Blvd. ABC Pizza* 4028 Land O’ Lakes Blvd. Tax Appraisal 4204 Land O’ Lakes Blvd. Natural Market 4526 Land O’ Lakes Blvd. Larry’s Deli 4805 Land O’ Lakes Blvd. Ukulele Brand’s 7040 Land O’ Lakes Blvd. Beef “O” Brady’s 7044 Land O’ Lakes Blvd. Dunkin’ Donuts 7804 Land O’ Lakes Blvd. San Jose Mexican 7827 Land O’ Lakes Blvd. Walgreens 2121 Collier Pkwy. Publix 2818 Collier Pkwy. Pasco Library 3032 Collier Pkwy. LOL Rec. Center* 21033 St. Rd. 54 & Hwy. 41 TIBBETTS Lumber 22826 St. Rd. 54 & Collier Radiant Gas 22829 St. Rd. 54 Walgreens 23390 St. Rd. 54 Race Track 22601 St. Rd. 54 The Village Inn 24726 St. Rd. 54 Subway 21627 Village Lakes Center The Imperial Buffet 1900 Oak Grove Blvd. Pepe’s Cuban Rest* 1943 Foggy Ridge Rd. Rice & Beans	1259 Bruce B. Downs Honeybaked Ham 1660 Bruce B. Downs Beef “O” Brady’s 1708 Bruce B. Downs Don Pan Int’l Bakery 1920 Bruce B. Downs Publix 2653 Bruce B. Downs Going Postal 2653 Bruce B. Downs O.T.B. 3751 Bruce B. Downs Bentzer Pharmacy 5400 Bruce B. Downs Publix 28329 Paseo Drive Pholicious Rest. 26699 State Rd. 56 Gate Gas Station 27140 State Rd. 56 Race Track 27215 State Rd. 56 \$1.99 Cleaners 27866 State Rd. 56 Wawa Gas Station 27221 State Rd. 56 V’s Barbers 1920 Co. Rd 581 Publix 5371 Village Market Ace Hardware 5429 Village Market City Grill 5450 St. Rd. 54 & BBD The UPS Store 25195 State Rd. 54 Tailgate Station 25201 State Rd. 54 Walgreens 24929 State Rd. 54 Mobile Circle K 27251 State Rd. 54 PostNet 27616 State Rd. 54 Mobile Gas Station 27741 State Rd. 54 7-11/Subway 28115 State Rd. 54 Walgreens



## September is National Preparedness Month: Are You Red Cross Ready?



September is National Preparedness Month, a timely reminder of the importance of personal preparedness. Just last year we experienced an unprecedented season of disasters, including right here in Florida where many were impacted by Hurricane Irma. Fortunately, the Red Cross can help you prepare your family, your pets, and your home for common emergencies and natural disasters.

“As vulnerable as we are in Florida to weather-related disasters, we are a resilient community when we work together to be ready,” said Jennifer Pipa, CEO of the American Red Cross of Central Florida. “Personal preparedness is the best protection against the dangers of a disaster.”

Here are three steps families can take right now to get prepared:

- Build an emergency kit with a gallon of water per person, per day, non-perishable food, a flashlight, battery-powered radio, first aid kit, medications, supplies for an infant if

applicable, a multi-purpose tool, personal hygiene items, copies of important papers, cell phone chargers, extra cash, blankets, maps of the area, and emergency contact information.

- Make a plan for your household in case you have to evacuate. Practice the plan to minimize confusion and fear during an event.

- Be informed about what disasters or emergencies may occur where you live and work and how to respond as safely as possible. Find out how local officials will contact you during a disaster and how you will get important information.

The Red Cross is your partner in preparedness with a variety of resources to make it easier:

- Take a First Aid and CPR/AED course ([redcross.org/takeaclass](http://redcross.org/takeaclass)) so you know what to do in case emergency help is delayed.

- Download the free Red Cross Emergency App which can help keep you and your loved ones safe with more than 35 different severe

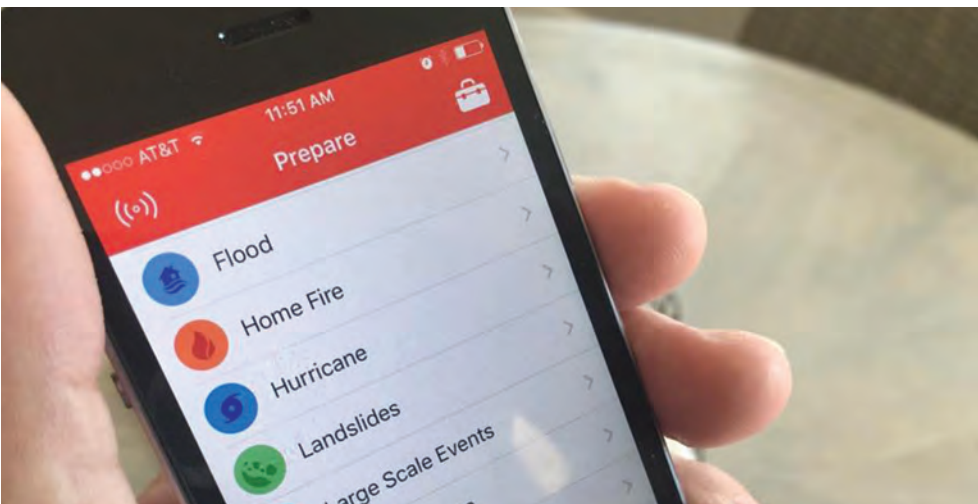
weather and emergency alerts. The content includes expert guidance on what to do before, during and after different emergencies or disasters from home fires to hurricanes. The app can be found in smartphone app stores by searching for American Red Cross, texting ‘GETEMERGENCY’ to 90999, or by going to [redcross.org/apps](http://redcross.org/apps).

- Find helpful information, checklists and videos on disaster and emergency preparedness at [redcross.org/preparednessfastfacts](http://redcross.org/preparednessfastfacts).

Red Cross preparedness programs can give

your family a great start at becoming preparedness professionals. Need additional help? That’s why we’re here! The Central Florida Region of the American Red Cross serves 19 counties through five chapters: Florida’s Space Coast (Daytona Beach), Greater Orlando, Mid-Florida (Winter Haven), Southwest Florida (Sarasota) and Tampa Bay.

Find your nearest office at [redcross.org/centralflorida](http://redcross.org/centralflorida), and follow us on Facebook at @RedCrossCentralFlorida and Twitter at @RedCrossCFL.



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