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We are now in the month of March, and the newness of a new year typically starts to fade at this point in time. But the year 2020 is quite different because this is a new decade, but not just any decade. You see, most Bible scholars agree that Jesus died and was raised from the dead in the year AD 30. That means that the Church of the Lord Jesus Christ began immediately after His resurrection in year AD 30 as well. Without common core math, I can tell you that this is the final decade before the Church turns 2,000 years old, in the year 2030.

Those who pray and intercede much have all sensed that this decade is the decade of a new era in the Spirit. Some very incredible things will happen concerning the Church in what can be called the last of the last days. The apostle James, son of Mary and Joseph, and oldest half brother of Jesus, had some very interesting prophecies concerning the last days. He begins his condemnation of the unrighteous in Chapter 5 of his only published letter, stating to greedy money lovers in verse 3 saying, "Your gold and silver are corroded, and their corrosion will be a witness against you and will eat your flesh like fire. You have heaped up treasure in the last days."

Continued on Page 4

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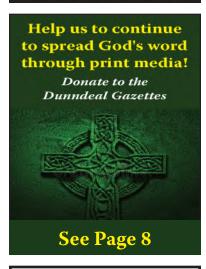
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The Well Has Purchased Land For Its New Home!

By Karen McBride



Pop Up Announcement: Kristina Jensen, The Well VP, showing the new property at a recent Well Pop-Up.

The Well, a women's discipleship and training ministry, has purchased land for its new home! The organization recently closed on a site with two buildings and almost 2 acres of land. The structures will need to be renovated before future training sessions can be held at the new location. The first building will be a 6,000 square foot training campus that will accommodate a group meeting space and smaller rooms for bible studies and prayer groups. The smaller 1,500 square foot structure will be the child watch center, where children are su-

pervised by trained staff and can safely play while their moms and grandmothers learn more about spreading God's word.

"This has reinforced for me the power of praying with steadfastness and leaving the timing and results up to God. I know that some people thought we were crazy to decentralize a vibrant ministry like we did, but there was more growth that God wanted in our community and in us as individuals. None of us envisioned the last three years happening the way it did or how we came across the property like we did, further proof that God really doesn't need our ideas

to accomplish His plans," said Kristina Jensen, Vice President.

Susie Walther, president and founder of The Well, began the ministry with the goal of helping women become disciples of Jesus Christ. Women from all denominations learn and grow in their personal walk with God with opportunities to develop leadership skills through Bible study and mentoring. Bible studies are held in women's homes across the Tampa Bay area. Until the new facilities are complete, larger training sessions are held throughout the year in local churches and hotels.



Closing: Emily Henderson, The Well CFO; Melissa Albano, Weller and owner of Albano Realty and Associates; and Kristina Jensen, The Well VP, at the closing.

To see the Well calendar and cur-

rent studies, or to make a donation online go to http://thewelltraining.org.

Kidz Corner: St. Patrick's Day



Hi, my name is Harley and today we're gonna talk about St. Patrick's Day. Saint Patrick was born in Britain and at the age of 16 he was taken by Irish raiders as a slave to Ireland. In that time, he served as a shepherd and he said he found God. God told him to go to the beach and there he would find a ship to come home. After being home, he came back to Ireland to convert the pagan Irish to Christianity.

St. Patrick's Day is more than just going around wearing green stuff and eating a green Oreo McFlurry. It's about a 16-year-old boy who was kidnapped and how he came to know Christ and returned to convert the Irish to Christianity. What do you think would've happened if he hadn't got kidnapped? There would be less Christians than there are today. God uses everything for good.

It's been said that he used the shamrock to explain the Trinity. Now let me explain. So each

petal on a shamrock makes up the shamrock. It is not three separate shamrocks. Just like in the Trinity. It wouldn't exist without a member. It wouldn't exist without the Father, Jesus, or the Holy Spirit.

So now you know. Let's go celebrate St. Patrick's Day together. Bye! Harley Isabel Smith is a 1st grader who has been featured on TV as a philanthropist, has a heart for evangelism, and writes monthly for the Gazette's Kid's Corner.

Visit https://harleyisabelsmith.com where she is constantly adding written and video content to entertain and educate children.

Life Changing Educational Workshops

Bella Tires will be offering Saturday educational workshops for women from 9:00am-11:00am. The class will introduce a variety of skills and knowledge for girls to understand specific terms for vehicle maintenance so that they will not be taken advantage of by other car repair companies. On Thursday evenings from 7:00-8:00pm, Bella Tires will also offer Bible Classes that will provide people with a thoughtful perspective and could possibly change the life of the individual. All classes are free. For more information, please call (813) 995-0777.

"My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man. Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones." — Proverbs 3:1-8

Cornerstone Pros is Ready to Meet All Your Home Comfort Needs



Get your home ready for the summer with Cornerstone Pros.

Schedule an appointment now for your air conditioning, plumbing, electrical, water treatment systems, and whole home generators.

It is nearly impossible to prevent all your emergency home service needs, but there are ways to prepare for them. Don't wait until the emergency arises. Cornerstone Pros, Air Conditioning, Plumbing & Electrical can provide preventative maintenance with checkups and tune-ups to keep your air conditioning, plumbing, and electrical systems functioning properly. With the summer months ahead and May being the busiest time of the year, now is the time to schedule your maintenance checkups/tune-ups for all your home systems.

Stay cool this summer: You can rest assured that your AC will run smoothly this summer after a tune up from Cornerstone Pros, but if you find yourself in a fritz with a non-functioning AC system, Cornerstone's skilled technicians are available around the clock 24/7 to provide you with an honest diagnosis of your system and an honest evaluation and a reasonable estimate for any repairs or replacements needed.

Cornerstone services all brands and is always ready to help, providing you with a free estimate on installations or a second opinion on repairs. They make it a point to get to your emergency call the same day so that you can be cool and comfortable as soon as possible!

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tankless water heaters), slab leaks, water treatment systems, plumbing emergencies, as well as yearly plumbing maintenance plans.

Water treatment and purification: A healthy home needs healthy drinking water. In addition to expert plumbing services, Cornerstone provides you with safe, crystal-clear water for your family. They can install personalized well water treatment systems and water purification systems. Not only will these systems remove impurities from your water and improve its taste, but refined water can prevent scaling and double the life of your appliances, saving you money over time.

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Hurricane preparedness: Don't lose power again! Hurricane season will be here soon, but with a GENERAC whole home standby generator, you and your family will have peace of mind knowing that you'll have power in the event of a natural or man-made disaster. Your home is protected automatically when the power goes out. It switches over within seconds, and automatically supplies power directly to your home's electrical circuit breaker box, thereby providing you with a 24/7 electrical system backup. It will also turn itself off when the utility power returns, leaving no need to monitor. Whole home generators are a safer option than portable generators, since there is no risk of carbon monoxide poisoning, making this a better option for you and your family!

Helpful financing: Most families don't plan for an emergency. Cornerstone Pros offers financing plans for every budget and will help you restore you home comfort without breaking your bank. They can also offer financing for any home improvements projects you may be planning to complete.

Family Owned, founded in 2006: Cornerstone Pros was founded in 2006, is family owned and operated, and takes pride in providing dependable,

friendly, and honest service.

Cornerstone Pros is one of the top rated companies in the Tampa Bay Area as proven by their many awards, including the prestigious "Angie's List Super Service Award" winning eight consecutive years from 2012-2019, an award only received by the top 3% of companies! Also voted as Tampa Bay Times "Best of the Best, People's Choice Award", Clipper Magazine's, "Best of Clipper Magazine's, Peoples Poll", and continually maintaining a BBB A+ rating and accreditation with the Better Business Bureau. In addition, Cornerstone has won the Brighthouse Business Awards two years in a row and has over 5,800 five-star online reviews.

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For more information about specials and services, go to www.cornerstonepros.com.



Women-n-Charge Monthly Meeting

Join the vibrant ladies of Women-n-Charge on **Friday, March 6th** from 11:15am-1:30pm at **Plantation Palms Golf Club** (23253 Plantation Palms Blvd., Land O' Lakes, FL 34639). The meeting includes lunch, a special Mini Expo this month, and time to network. We share our talents, build relationships, and share our resources with other women in business.

The cost is \$15 for members and \$18 for guests who RSVP by Tuesday prior to the meeting. Wednesday and after, the cost is \$20 for members and \$23 for guests. **RSVP BY TUESDAY, MARCH 3RD.** Please register at http://www.women-n-charge.com/meetings. For more information or to RSVP, please contact Judy at 813-600-9848 or info@women-n-charge.com.

Our March meeting will feature Brian MacNeel (back by popular demand!) who will present "Crime Prevention."

Women-n-Charge New Members



(From left to right) President Mary Adele Cluck welcomed 5 new members: Diana Duque with CDEnterprisesFl, Ashley Catrett with Inside Salon, Patti Zapparolli with 4Lyfe LLC, Christine Laferriere with Christine Laferriere Hypnotherapy, and Shawn Bayne with Primerica along with Membership Chair Kay Dunn.

Embrace Grace

River of Life Church at 410 E. Chapman Rd. in Lutz, will be hosting our next Embrace Grace group starting in January. It is a 12-week support group with baby showers for single young women with unplanned pregnancies. We want the church to be the first place they turn to for support. We accept financial donations, new and gently used baby clothing, and other baby items. For registration/information, contact Naomi Holloway at 813-431-1706.



KUMC Golf Classic

Mar. 28th, 4-person scramble. Silver Dollar Golf Course. Cost is \$65 per person. There will be contests, prizes & lunch. Email gary-ashb@gmail.com or call (813) 960-4305 for more information.



"Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." — Philippians 4:5-7





Life at Hope Children's Home

By Brittany Cravatta

When people think of Hope Children's Home, some may confuse it with an everyday typical foster care or orphanage. This facility is far from it. Thanks to Stephanie, a current employee who grew up in the home herself, I got to take a grand tour and see what life was truly like at Hope. I was truly pleased with what I saw.

Hope Children's Home was founded in 1968 and has rescued nearly 5,000 children between the ages of infant to 18 years old. All of the children have their own stories on how they ended up at Hope Children's Home. While it is true that some of the children may have been forcefully taken away from their parents due to neglect, drugs, or alcohol, other children were admitted there because their parents simply couldn't afford to provide for them.

Stephanie was the oldest of five children living with a single mother. While her mother tried everything to be able to care for her children, she was struggling to come up with the money in order to take care of them. Her only other alternative was to place Stephanie and her siblings into Hope Children's Home.

"I'm really happy that I came here." Stephanie admitted. "Given the situation that we were in at the time, it was the best option for us. My mom really wanted us to give us a home where we would be well taken care of and provide education so that we would still be able to prosper and be successful."

Stephanie also added that she, along with many other children at the home, were able to keep in contact with their families depending on their situations. Today, Stephanie is 23 years old, a college graduate and has a career at the home, where she can help other children.

When I took a tour of the facility, Stephanie showed me the cafeteria, the school, and the cottages. She explained the daily life of a child at Hope Children's Home, and it seems that the children there are genuinely happy with their living conditions. Everything that is provided to the children was given to the organization through donations.





It has already been a busy year here at Hope Children's Home. We are close to completing our school year, have had numerous volunteering opportunities in our community, gone on field trips, and much more! On top of all these things, six new children have come to join our Hope family in the last couple of months.

It's an adjustment for any child when moving to a new place. For our new children, they don't just attend a new school, church, and move into a new home. These children are also gaining 67 brothers and sisters! That's a BIG change! These children have come from all walks of life. We would like to introduce you to just a couple of them. Stay tuned for next month's article to meet more of our new children!

Desi is 17 years old and is full of energy! She is from Bulgaria and is currently learning English thanks to the help of Rosetta Stone. Pray for her as she adjusts to her new life here at Hope.



Jordyn is thirteen years old, and moved here from Newark, DE. She loves sports, any games, crafting, and makeup too. She was also so excited to learn

how to ride a bike

without training wheels her second day here! We are excited that God has brought these girls into our care!

Here's How You Can Help:

- A Financial Gift
- Immediate Needs Items
- Do you know a child in need of our care? Call us!

For More Info: HopeChildrensHome.org

Biblical Dating

By Mike Higgins, Executive Director of Hope Children's Home



In 26 years of ministry of working with young people, I would say that dating is definitely at the top of the list of things that gets teens into trouble. In my experience, a majority of the problem is that most parents have no clear direction on the topic of dating and relationships for their teenagers. With a lack of direction combined with so many opinions that have been adopted from a worldly standpoint, our young people are nearly doomed for failure. May I say to parents that this is a critical topic, one that you cannot avoid dealing with. It needs to start ship does not change until the day you walk much younger than what most would think.

Biblical dating is not the most popular topic, and for many, it will be classified as "old fashioned" and "outdated." I firmly believe that we have an obligation to God to do a dating seminar with our 7th-12th graders. For most all of them, it is the first time in their lives that they have looked at boy/girl relationships from a biblical perspective. Let me share with you a few of the principles we teach our children.

- 1 God placed Adam in the garden. Because of Adam's walk in life, the garden was the most important thing to him. His heart's desire was taking care of the garden. Because of our teens' walk of life, the most important thing for them should be studying, serving the Lord, sports, church activities, etc.
- 2 God created the exact, perfect, ideal woman for Adam. Adam did not have to go looking for Eve. Adam was faithfully serving the Lord when God brought Eve to Adam. Our teens do not have to go looking for someone. They

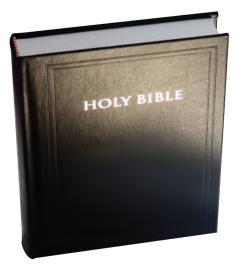
should faithfully serve the Lord, and in God's timing, He will be faithful to bring the exact, perfect, ideal mate for them.

- 3 Then the big question. What is the purpose for dating anyway? Is it just to have fun and spend time with someone you enjoy? Or could we be honest and say that dating doesn't normally stay at a friendship level but grows deeper. I believe the purpose for dating is to find a life mate. When two people date, regardless of age, it always leads to a more intimate relationship.
- 4 Unless your 16 year old son or daughter is ready for marriage, it may be worth rethinking this whole "going out" and "going steady" thing. There is certainly nothing wrong with a bunch of young people spending time together and enjoying each other's fellowship.

As a matter of fact, it's healthy. The youth department of your church is a great avenue for just that. The problem comes when young people want to start singling off, trading rings, and establishing some type of ownership of each other.

Remember, parents, that God has trusted you with that teenager, and if anyone "owns" them, it is you and you alone. This ownerthem down the aisle in marriage.

I would encourage every parent to begin at a very early age to train your children in the biblical perspective of dating and proper relationships with those of the opposite sex. There the best we can to train every child that He are so many broken lives of young people that has placed into our care at Hope. With that could have been saved had parents took a stand in mind, I take the time every year to have and applied some of these simple Bible truths. God's way still works!



Restaurant Review: Revelations Café





Usually, when I think of a "plant-based, healthy eating," I think of boring kale salads and tofu. I have been proven very wrong by Revelations Café in Lutz.

The Café, operated by Mia Revello-Graham and her husband Robby, opened in February 2019 with the goal of educating skeptics like me about the benefits of eating healthier without sacrificing taste, quality, or convenience. Although not entirely vegan (they serve an amazing, fluffy 3-egg omelet and cooked-to-order egg options), plant-based food rules here. In my gustatory exploration of their menu, I discovered that Jackfruit tastes like chicken when served in the "Carnitas" and breakfast burritos, and pork when offered in the Pulled BBQ Jackfruit sandwich. Try one of two plant-based burgers if you're craving the taste of grilled meat. But if that's not your thing, try the Thai Cashew Salad, with its homemade dressing (do they bottle and sell it?), or another of their many made-from-scratch salads and wraps.

Servings are more than generous – I've taken the breakfast potatoes home more than once. Vegan options are clearly marked on the menu. And, yay for me, they have gluten free bread, buns and wraps for their sandwiches, along with homemade gluten-free pastries, "bagels" and scones (selection varies daily). Revelations also offers delicious, freshly pressed juices with names like Love, Joy, Peace, Patience... are you seeing a pattern here? Come in and try them all! Their smoothies are also made to order. I'm going to try the Jesus Java Frap next time!

The unabashedly Christian eatery provides much more than great food. There's a prayer wall and even a prayer closet, and Scriptures on the walls. Table toppers provide conversation start-



ers and suggestions for putting our phones down and being in the moment. Revelations hosts birthday parties, mothers' groups, open mic nights on Fridays, and more. It's a place for people who may never set foot in a church to encounter the love of Jesus through the people they meet in the restaurant. Bring a friend and stay awhile. You will be glad you did!

Revelations Café is located at 17808 N. Dale Mabry in Lutz, at the corner of Dale Mabry and Van Dyke, in the Northgate Square shopping plaza. As of early March, Revelations is open 7 days a week, from 8am to 8pm. Breakfast is served anytime (praise the Lord!). For more information, go to Revelations-Café.





Enjoying everyday life on the way to where I'm going!

Believers

Continued from Page 1

In the context of this passage, it is plain that bic, and a hater of those who don't believe. The its power. And from such people turn away." their wealth was gained from robbing the workers' wages through fraud.

He then tells the Believers in verses 7 and 8, **coming of the Lord. See how the farmer waits** family in order to protect them. for the precious fruit of the earth, waiting patiently for it until it receives the early and latter rain. You also be patient. Establish your hearts, for the coming of the Lord is at hand."

Many believers are wary of end time prophecy, believing that it is all gloom and doom. What we have just seen from the Lord's half brother is anything but. Yes, there will be judgment for anyone who has not received Christ as their Lord, but for the believer, the born-again Christian, there is nothing to fear.

Don't be concerned that the entire earth has now adopted an attitude that just 30 years ago would have been recognized as truly insane. It was all prophesied in the Bible, and is actually a good sign for the Christian who trusts in and has faith in God.

The prophet, Isaiah spoke of this day in Isaiah 5:20,21. "Woe to those who call evil good, and good evil; who put darkness for light, and light for darkness; who put bitter for sweet, and sweet for bitter." "Woe to those who are wise in their own eyes, and prudent in their own sight."

Today, if you believe and live by the New Testament, and recognized the Oracles of the Old Testament you are considered intolerant, pho-

Ten Commandments, all of the permissible and non-permissible sexual laws, and other various Old Testament laws are simply the laws of right "Therefore be patient, brethren, until the and wrong that God put in place for his created

> of His eye. A Christian who rightly divines the Word of Truth doesn't hate anyone who is lost and doesn't know the Lord. Spoiler alert to many believers: sinners sin. Don't be surprised. Don't be shocked.

> The Apostle Paul knew full well that we are no longer under the "law of commandments contained in ordinances" as he wrote in Ephesians 2:15, which had to do with the sacrifices, the feasts, and the funny priests' clothing and the minutia of rules.

> When the Apostle Paul was about to be executed, having accomplished all that God had asked him to do, he wrote his last letter to his son in the faith, Timothy. In this letter he poured his heart out and he prophesied about the last days. In 2 Tim. 3:1-5 he said, "But know this, in the last days perilous, (stressful) times will come: for men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness, but denying

This means that having a form of godliness yet denying its power is a reference to the lukewarm or even cold and frozen Church. Paul was saying not only will the world turn completely away He truly wants to bless His family, the apple Church will look the same as the world. They won't be following the Lord; they will be following the lost. Friends, we have reached that time in the history of the world system and that time in the earth. True Christians will now have to turn away from those Christians that live like unbelievers.

> The year 2020 is the beginning of this last era. It's the last decade before the Church reaches its 2,000 birthday. Something amazing is going happen at that time. I am not sure what it will

be, because the Lord has not revealed it to me yet, but this I do know; it is going to be a dramatic move of God, such as the world has never seen before. Get ready with the deepest understanding of the Word of God that you possibly from Godliness to satanic lifestyles, but even the can, and run the race that God has set before you, all the way to the finish line.

> Dr. Doug Wingate is President and Founder of Life Christian University

> University courses are taught every Monday night from 7:00pm to 10:00pm

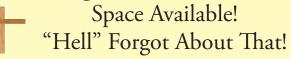
> Dr. Wingate conducts a healing service for all, every Thursday night at 7:00pm at the Main Campus, 410 E. Chapman Street, Lutz, FL

(813) 909-2271

"Whatever you do, work at it with all of your heart, as working for the Lord not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." — Colossians 3:23-24

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Don't Give Up On God (Part 1)



Keith Chandler Pastor, Journey Christian Church

All of us have some areas in life where we're tired, or frustrated. We want to see progress but it's been slow and we feel like giving up. But what are you really giving up on? You've asked God to do or fix some things and He hasn't. You've brought some broken things to God but it just seems more broken than ever. You've asked God to do or fix some things and He hasn't. What you're giving up on is God.

The Christians in Corinthians were disillusioned. They thought, "If I follow Jesus, then the path is going to be clear. If God's my Father, then things are going to get easier, not harder." But that's not what was happening.

Things were more difficult even before they became Christians. They're looking at the circumstances of life, it doesn't seem like things are going their way and they're losing faith. Paul writes don't give up. In 2 Corinthians 4:7, he uses a metaphor of a *jar of clay*.

Jars of clay are fragile. Paul's saying, "That's us. That's a metaphor for life. We're jars of clay in a hard world."

He wants to encourage and challenge them to not give up. Because when you feel like the jar has been busted and pieces are everywhere, that's when we feel like giving up.

Let me ask you, "Was there a time when you gave up on God? And why?"

Identify that season of your life.

My guess is that something bad happened. There was a difficult situation and you asked God for help. He didn't do much, so you gave up on God. You might not say you've given up on God, but you stopped praying. We have these expectations. You prayed specifically, "God, don't let this happen," and that's exactly what happened. The natural tendency is to give up on God. Why didn't He protect, provide, help, or heal?

A lot of us have a mantra in our head when we're discouraged and giving up on God. We think He doesn't care. However, God gives us a different mantra.

He's going to challenge us with faith. He's doesn't describe faith as pretending everything is okay when everything isn't. He keeps it real, but encouraging.

"We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed." 2 Corinthians 4:8-9 NLT

Pressures cannot crush us. I'm not saving you won't feel pressure, but you are not crushed, because of the hope we have in Jesus. In the book of Exodus, Moses leads the people out of slavery in Egypt. Pharaoh decides, "That was a bad idea. I want the slaves back." He sends his army to go after the Israelites. The Red Sea is in *front* of them; the army is coming *behind* them. The pressure is on, and what do they do? They panic and then blame and complain.

Instead of looking at how God has delivered us in the past, instead of thinking for a moment how far He has brought us-we panic and then we blame and complain.

"It used to be better." We blame and complain. Blaming and complaining is like the exit ramp to quitting. The people feel pressure. There doesn't seem to be a way out.

"The Lord himself will fight for you. Just calm down." Exodus 14:14 NLT

Here's the challenge about that reality. God is rarely early. God has a tendency to show up just in time. There's something about being in a position where you have nowhere to turn that God has an opportunity to demonstrate His power and strength in your life. Let God fight for you!

Until next month, 7708 Van Dyke Rd, Odessa 813-920-0442 Services Sunday at 10:00 www.tampajourney.com



Phone: 813-949-4411

Samantha Taylor Samantha Taylor Fitness

It's hard to believe it's already March! Didn't it just seem like we were rushing through the excitement to the "big 2020"? Before we know it, the 1st quarter of the year will be over... then only 3 more of those and it's 2021.

My point to mentioning this is how quickly the time can go by and if we are not making sure our daily habits are setting us up for success, then we will quickly find ourselves frustrated and asking ourselves how we ended up where we didn't want to be.

Many people had goals to lose weight and get serious about their health in 2020. As you analyze the fact that its already the 3rd month into 2020, how are you doing on those weight loss and health goals?

If you are not doing well with them, it's not about beating yourself up, it's about recognizing if you are on track or not and making ad-

One way to adjust is to think of something small you can do to start moving forward toward your goal. What is one thing you can do better tomorrow that you didn't do last week, to get closer to your goals?

make yourself get a brisk walk or run for 20 minutes before the end of the week so you can start somewhere.

We all know that as we get older, we see how fast time goes. It's the new year, then summer, then the holidays... then all over again.

That is why we must make sure those daily healthy habits are set up and working FOR us, instead of against us. So when you all of

the sudden realize you are 10 years older, you can look back and know that you have aged gracefully and your body is fit and strong. If that hasn't been the history of your last few years, then start to do something different today, start to build those habits so they run on

This will help you celebrate your next few years and you can be proud of what you have accomplished with your health and fitness.

That is one thing about habits, they can be good or bad ones that do run on autopilot. A habit is something that you do automatically over and over again without really thinking about it.

So think about how if you can develop some positive, healthy habits, those too run on autopilot and set you up for success instead of failure. One healthy habit I recommend developing is making a habit of taking 10 minutes the night before to plan for tomorrow the food you can take with you, so you are prepared.

That one simple habit can help prevent time being stolen from you when you are too busy, rushing around everywhere and didn't have any idea of what you were going to eat.

What you eat on a daily basis can be about 80% of your success with having a healthy weight, and that is one reason we have a fulltime Licensed Dietitian on staff to help our

To see her recent webinar about "How to If you haven't worked out in weeks, then Make Meal Prepping Simple", go to this webpage (plus we have a few delicious recipes there for you): www.SamanthaTaylorFitness. com/gift/mealprep.

> If you would like to check out our programs, book your free body transformation analysis at any of our 5 locations for women. We would love the opportunity to get you headed in the right direction before summer!

www.SamanthaTaylorFitness.com.



How On Earth Did I Get Here?

James H. Willis, III

For 2020, we are doing a 12-month summary of my book. It is filled with unbelievable personal stories of conflict from family fights, divorces, and personal insecurities to living in a tree at 15, homeless. Later, the book recounts how the Lord's guidance put me on the path of an overcomer! From being unloved, unwanted, and uncared for to healthy, happy, and whole.

CHAPTER 3: GETTING OUT OF THE TREE - "SURVIVAL SKILLS"

The story continues with me in tenth grade, living in a tree and managing to keep myself in school. Then I found myself in a public speaking class and the day came for my first speech. By this time, I wasn't really afraid of anything, but I was shocked by what happened. You'll need to read the book to see how I got a "C".

Transportation was always a challenge. I went to school and work on my bike, Then, finally, I was close to turning sixteen and would be able to drive. You can't believe how I convinced Mom to let me use her VW Beetle and got her to come with me for the test and to buy a car.

I had the money, but I had to take a parent since I was under 21. An hour later, I pulled out \$400 to buy a 1962 white Impala with a red interior and drove off.

There was an apartment/hotel close to my work, and I went to rent a place. The owner laughed and asked, "Hey kid, where's your parents?" I said, "I'm homeless, alone, and living in a tree. I really need a place to live." He let me in, but only for a couple of months. Then, the mother of a friend offered to rent me a room and finally I lived in a house and had a bed.

Even with all the fighting at home, racial riots at school, and all my crazy living conditions - I did it. I graduated, but my heart was heavy and empty. I filled it with a huge party lifestyle, and this cost me - big. On graduation day, I partied with a big group. I was happy to be with friends, thrilled to be out of school and totally plastered. I wasn't paying attention and I ran a red light. The consequences were explosive.

These articles contain an abbreviated version of my stories

The stories will continue next month!!!

Warning...Don't read this book....

HOW TO GET A BOOK:

by the author.

Also, Jim is available to speak to your church or small group of any kind.

These articles are funded by: The Willis Agency, "Strategies for Successful Retirement."

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Small Business of the Year by the Chamber of Commerce

North Tampa Young Life is Inviting Teens to Experience Faith

By Karen McBride



North Tampa Young Life is an outreach program connecting mentors with youth in middle school through college. They reach students in a variety of ways including going to schools, participating in athletic programs, or volunteering in the cafeteria. Their goal is to build friendships. From these friendships, they hope to spread God's word. Many of these young people have never set foot in a church, so this is a way to teach them about the love of Jesus.

Young Life has been in existence across the country (and internationally) for 78 years. It all began when Clara Frasher and a group of her friends began praying for the teenagers at Gainesville High School in Texas. Six years later, Jim Rayburn started the Miracle book club in the same town and worked with Clyde Kennedy, a local pastor. They wanted to spread God's word to the young people who did not attend church. The early group meetings were held at one of the kid's homes and continued to grow from there. The key, they found, was spending time with the youth, "on their own turf." Developing a friendship first opened the doors to teaching them God's word.

Josh Hankins, Area Director, for North Tampa Young Life, has been involved with the organization for 20 years, since he was 13. "I came to my faith through Young Life," said Josh.

His life was so completely changed by the close relationships built there that he began to volunteer when he was in college and, six years ago,

became a full-time staff member. He even met his wife at a Young Life camp where she was volunteering as well.

Volunteers are background checked and trained by Josh through Young Life. Adult mentors require further training through a faith-based partnership with Hillsborough County. Volunteers are a key

essential to the success of the organization. If you are interested in volunteering, go to https://northtampa.younglife.org or call 941-779-5389.

The relationships between the mentors and youth does not happen overnight. It grows with trust and consistency. Mentors will continue to be involved in the youth's life, whether it is attending sports practices and games or are just there to talk and listen to the kids. This helps the youth to trust them and know that their leader believes in them,

and, in turn, that they can believe in themselves.

This is the first step of a lifelong journey. The choices they make today, based upon God's love for them, will impact future decisions...careers chosen, marriages formed, and families raised.

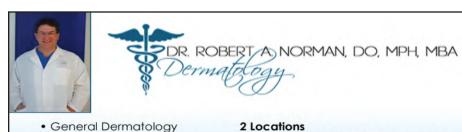
Weekly meetings are held where students and mentors have time to connect. Week-long camps are held at different properties owned by Young Life. The activities include high-energy programs with music, horseback riding, Nascar, and small group bible studies. The youth get the opportunity to hear guest speakers along with the staff's testimony to hear how God has changed their lives. The youth are encouraged to volunteer, along with the staff, at Metropolitan Ministries, soup kitchens, and other local organizations.

"We invite teenagers to experience faith and not just hear about it," said Josh.

There are no dues or membership required. The organization is completely funded by donations. The next fundraising event will be held on April 16, 2020 at Top Golf. Be sure to check the website for more information about the event.







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Dental health is very important for your pets overall health. Without routine care most dogs and cats develop periodontal (dental) disease by 3 years of age. Dental disease is the most common health problem in dogs and cats. Periodontal disease starts when plaque (a bacterial film) coats the teeth. The plaque hardens into tartar, a thick yellow or brown layer on the teeth. Tartar can irritate the gums and creates an environment where bacteria thrive. As dental disease progresses, the gums become tender, red and swollen and recede resulting in exposed tooth roots. Once this happens, your pet is at risk for losing teeth. Bacteria can also enter the bloodstream and can create problems for organs such as the heart, lungs, and kidneys.

Some common signs of dental problems are: Bad breath, yellow or brown deposits on the teeth, sensitivity around the mouth, loss of appetite, bleeding or inflamed gums, pawing at the mouth or face and difficulty chewing. Annual veterinary checkups are essential in helping monitor your pet's dental health.

SPECIAL NOTE: We have extended the dental health month to include all of March. During the month of March Sunshine Animal Hospital will be offering a 15% discount on all dental related services.

For more information or to make an appointment for your pet Please call us at Sunshine Animal Hospital **813-885-7071**







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The Nail Room

By Brittany Cravatta

are either too short or too long? It's time to want their clients to feel at ease and maintain visit one of Carrollwood's finest nail salons, a peace of mind. Their implements are medi-The Nail Room!

The Nail Room provides a peaceful environment for all clients to sit, relax, and relieve some of their everyday work life stresses. While this seems to be the case for any typical nail salon, The Nail Room stands out because of the different services that they offer compared to its competitors. While their primary focus is on nail care, they also offer waxing services and other skincare health treatments.

Tired of having plain and boring nails that sonal hygiene. They assure everyone that they cally sterilized and disinfected after each individual use. Buffers and files are always discarded and pedicure procedures are done with liner protection.

If you are in need of taking a mental break and desire to take some time for self care, The Nail Salon will be happy to cater to any of your personal needs. The Nail Room is located at 14306 North Dale Mabry Hwy., Suite C, Tampa, FL, 33618. For more information about This nail salon prioritizes each client's perpricing and other services, call 813-269-7788.

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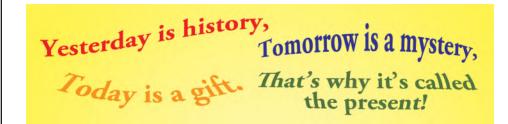
The recent passing of basketball great Kobe Bryant is a jarring reminder of just how fragile life really is. Most of us take for granted that we have a long string of tomorrows ahead of us, but such thinking is arrogance. Consider the words of James:

Look here, you who say, "Today or tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit." How do you know what your life will be like tomorrow? Your life is like the morning fog—it's here a little while, then it's gone. (James 4:13-14, NLT)

The harsh reality is that none of us know which day will be our last, so wisdom dictates that we should prepare for our passing in advance. When Hezekiah, the King of Judah, became gravely ill, the Lord sent the prophet Isaiah to him with a message, saying "Set your affairs in order, for you are going to die." Unfortunately, most of us are not given such a clear warning.

Maybe that's why so many people put off creating an estate plan. In a 2019 study by Caring. com, only 40% of adults have a will, living trust, or other testamentary documents. Predictably, the study found that the percentages increased directly with the age of the respondent. What's surprising, however, is that only 66% of people age 65 and older have a will or a trust – and, in some cases, the consequences of failing to plan can be devastating. Set your affairs in order, for you are going to die.

If you'd like to learn more about creating a will or trust tailored to your family, your property, and your individual circumstances, contact McDannold Law today.





Preventative Medicine is the Key to Maintaining Good Health

By Karen McBride

Preventative medicine is the first step in consult a doctor. maintaining your good health. Eating healthy meals with fresh fruits and vegetables is essential. Daily exercise and fresh air are equally important. Washing your hands frequently and using sanitary wipes on shopping carts can help reduce the spread of germs. And never underestimate the power of a good night's sleep! What else can you do? Consult with your doctor about getting the proper vaccinations for illnesses such as the flu and whooping cough.

Is it too late to get a flu shot?

The Center for Disease Control ("CDC") recommends that "everyone 6 months of age and older should get a flu vaccine every season with rare exception." Generally, it is better get the flu vaccine in September or October before the season begins. However, it can be beneficial throughout the entire flu season as a means to better protect yourself from the illness.

There are different vaccines to choose from. The vaccine can be administered through a shot (ages 6 months and up) or in a nasal spray (for ages 2 to 49 years old). The CDC does not recommend one over the other. It is best to

Whooping cough, or Pertussis, can be a serious disease. Pertussis can cause uncontrollable, violent coughing, which make it hard to breathe. There are two types of vaccines to fight against this disease. DTaP is for children younger than 7 years old, while older children, teens and adults get Tdap. Consult a physician to determine the need for this and other vac-

Dr. Michele Johnson-Towson, at Pediatric Place of Tampa, is a board-certified pediatrician with 30 years of experience in caring for children ages newborn to 21 years old.

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 until 7pm and Saturday 8:00am until noon. Pediatric Place of Tampa is located at 1338 W. Fletcher Avenue, Tampa, FL 33612. For more information, or to schedule an appointment, call 813-264-2288



What Our Readers Say About Their Experiences

"Say You Saw it in a Dunndeal Gazette!"

Christina P. - "Dear Dunndeal, thank you for making everyone a winner.
Your generosity is very grateful. We have enjoyed going
for the past couple of years."

Lindsey P. - "I always love reading about Hope Children's Home and help when I can."

Jeanne L. - "Our dog loves visiting Royal Pets. They have everything to 'spoil' him!!"

Cheryl R. - "I haven't shopped at any of these advertisers recently; however, I thoroughly enjoy reading this publication from cover-to-cover with its Christian insights and encouragement. Please continue this wonderful ministry of getting God's word into print."

Linda H. - "Thank you so very much; but if tickets to the Strawberry Festival aren't available, I won't need the others. I enjoy reading your publication each month."

Connie R. - "Salvation Army! Also I love reading this paper on God!"

Tari H. - "\$1.99 Cleaners! They have excellent dry cleaning!"



Help us to continue to spread God's word through print media!

Visit our website www.dunndealpublications.com to make a donation or send your check or money order to:

Dunndeal Gazettes 218 E. Bearss Ave. #256, Tampa, FL 33613

We appreciate each and every one of our loyal readers! Please consider joining us with your partnership!

Gene M. - " Christian Brothers! Great people!"

Scott H. - "ACE Hardware! They have friendly service. Also Royal Pets always have the dog food that we use at a fair price."

Gloria G. - "Nabruzzi Restaurant! They have a great atmosphere and authentic dishes. They have amazing wine selections and great service.

We visit at least once a month."

LaVonne W. - "\$1.99 Cleaners had all of our Christmas outfits cleaned. Great job! Thank you! We will be back with the kid's clothing after the Strawberry Festival. Thank you!"

Sharon M. - "Salvation Army! I buy clothes for the people at our food pantry.

Thank you for all of your help!"

Betty A. - "No, I live in Hollywood, FL. But I look forward to the Bay Area Renaissance event every year!"

Jessica S. "I live in the Davenport, Haines City area and I also look forward to the BARF event every year. Thanks!"

Ruth J. - "Sunshine Animal Hospital! They are a very loving and caring staff.

The doctors are compassionate and care for my elderly rabbit!"

Bonnie & Jim P. - "We love ACE Hardware! We also frequently visit your operating partners: First Watch, AAA, Ricky's, Pepo's, Honey Baked Ham, Life's Treasures, Walgreens, Beef O Brady's, Jimmy K. Library, Dunkin Donuts, and Subway."

Marta C. - "Sunshine Animal Hospital; Dr. Mark Twilla and the staff truly have a gift from God and St. Francis of a genuine love for animals and everything that they do."

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3. Let your gentleness	
4. I have told you these things,	
5. And the peace of God,	

Share your experience with other readers by sending a note & photo to edit@ddpnews.com.

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Strawberry Festival Winners

Lindsey P., Jeanne L., Cheryl R., Linda H., Clif W., Gene M., Tari H., Scott H., Gloria G., LaVonne W., Sharon M., and Robert B.

Bay Area Renaissance Festival Winners

We had over 70 winners for the Bay Area Renaissance Festival. 425 admission tickets were shared with our winners and partners!



May your troubles be less and your blessings be more And nothing but happiness come through your door

<i>5.</i>	Its time to Spring forward
(5°) Kiss Me I'm Irish	and watch my business great
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The state of the s	ding the Dunndeal Gazettes this month and

What;#@%aaugh... You know I was reading the Dunndeal Gazettes this month and it made me feel that things are starting to get better. There's something about that silly paper that makes me feel good! I think it may have something to do with the tickets I paper that makes me feel good! I think it may have something to do with the tickets I received in the mail the other day for playing their games, anyway, I just came by to see if you would like to go to the Renaissance Festival with me.

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." — Phillipians 4:7



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- * Some minds are like concrete: thoroughly mixed up and have permanently set.
- * God loves everyone but probably prefers "fruits of the Spirit" over nuts!
- * The good Lord didn't create anything without a purpose, but mosquitoes came close.
- * Opportunity may knock once, but temptation bangs on the front door forever.
- * Quit griping about your church! If it was perfect, you couldn't belong.
- * If your church needs a better pastor, it only needs to pray for the one it has.
- * The best mathematical equation is 1 cross + 3 nails = 4 given.
- * God Himself doesn't propose to judge a man until he's dead. So why should you?
- * Don't wait for six strong men to take you to church.
- * We don't change the message, the message changes us.
- * Why advertise your business to keep God's word in print media? He will give you somthing to sing about and something you can dance to.

AVAILABLE NOW!

Strawberry Festival Media Event



The Dunndeal Gazette was honored to be invited to the Florida Strawberry Festival Media event. The celebration was a thank you to those in the media for their support of the Florida Strawberry Festival. The festivities commemorated the 85 years of the Florida Strawberry Festival with a song medley of hits spanning the generations by the entertainment group, Decades Rewind, and included a photo collage from past Florida Strawberry festivals. The night was topped off with a delicious variety of strawberry treats, including, of course, the world-famous strawberry shortcake!

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Just Palms

Chris Tillman

As a longtime advertiser in Dunndeal 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!

JESUS is not our Religion, he is our Savior...

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

In the beginning God created the heavens and the earth. "The Big Bang" Genesis 1:3 "Let there be light...

Thanks to the advertisers, our Operating Partners, we can make a difference in the community. Their support of the Gazettes has brought us to the crossroads in Bible ministries that our forefathers forged into our Constitution, IN GOD WE TRUST. As a Christian publication, we are on a mission to exceed expectations with outstanding hard work by connecting with Christian businesses, and churches. Our uplifting editorials are mainly contributions from local businesses, churches, and events... 1st Corinthians 16:14 Let all that you do be done in love.



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Samantha Taylor Fitness

What Our Longest Advertiser Says

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 their paper. I was new in business in this area and 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!



Join the mission to help keep God's word in print media

What is in the Bible is Christians sharing with others. If you have what it takes to be an operating partner, a great blessing may be just ahead.

Align your business with the POWER of Christian Ministry, and watch it grow.



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