



Moringa, the Tree of Life

See Page 11 for more



Enter to Win! See Page 8

**Get your Smile on!** Think about this: 😊

- \* Many folks want to serve God, but only as an adviser.
- \* Do you think “stop, drop, and roll” will work in Hell?
- \* 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.

Cartoon: A man on a rock labeled 'JOBLESS' says 'YOU GOTTA LOVE HIS ENTHUSIASM.' A sign above him says 'STILL LOOKING FOR WORK.'

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

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August 2020  
Back to school?

## When the Devil Goes to Church



Some people think if you have a Bible the devil is going to run, or when he sees a church he goes in the other direction. No, the devil is not afraid of church. He just wants God’s position, to be the object of worship, causing conflict and confusion among God’s people.

Acts 20:29-30: “I know that after I leave, savage wolves will come in among you and will not spare the flock. Even from your own number, men will arise and distort the truth in order to draw away disciples after them.”

Matthew 7:15: “Beware of false prophets who come to you in sheep’s clothing, but inwardly they are ravenous wolves.”

Jesus said in the last days in Matthew 24:5-6: “For many shall come in my name, saying, I am Christ, and shall deceive many. And ye shall hear of wars and rumors of wars, see that ye be not troubled, for all these things must come to pass, but the end is not yet. For nation shall rise against nation, and kingdom against kingdom, and there shall be famines, and pestilences, and earthquakes, in diverse places.”

Matthew 24:20-21” “But pray ye that your flight is not in the winter, neither on the Sabbath day. For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be.”

*Continued on Page 8*

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## Kid’s Corner: The Bible Bee

Hi, my name is Harley, and today we’re going to talk about the National Bible Bee.

It is a thing where you learn Bible verses. It’s a national competition. It is where you play games and have quizzes and memorize Bible verses and have public orations for children ages 5 to 19. The national competition and the finals and stuff is on Uplift TV. I am doing the Bible Bee because it is very fun and it is very important to hide God’s word in your heart.

In summer 2020, we are doing the TRUST Summer Study. We are learning about the life of Joseph, in Genesis chapters 37-50. Joseph is an average 17-year-old boy living with his dad (Jacob/Israel) and half-brothers (Reuben, Simeon, Levi, Judah, Dan, Naphtali, Gad, Asher, Issachar, Zebulun, and Benjamin). But... let’s get to the story.

Joseph was the second to last kid in Jacob and Rachel’s family. Joseph is Jacob’s favorite son. So Jacob makes Joseph a colorful coat. Then Joseph says he has dreams that say Mom and Dad and brothers will bow down to him. They hate him!

So they go to Shecem to feed Dad’s sheep. Jacob says, “Hey Joseph, I want ya to go to Shecem to check on my sons. And make sure they’re taking care of the sheep. Then come back and tell me what’s up. Okay?”

So Joseph goes to Shecem to make sure everything’s alright. Normal so far, right? Nope.

When Joseph gets to Shecem, the brothers plot to kill him. But they say, “Why kill him? Let’s throw him in this pit and leave him to starve.” But they see a caravan coming towards them. They say, “Come on, let’s sell him to the Ishmaelites and not kill him. After all, he is our brother.”

They all agree. So when the Midianite merchants came by, his brothers pulled Joseph up out of the cistern and sold him for twenty shekels of silver to the Ishmaelites, who take him to Egypt.

In Egypt, Joseph is sold as a slave to Potiphar, the captain of the guard. By the way, did you know the name “Potiphar” means “a fat bull”?

So Joseph scrubs the floor and washes the dishes. Then he becomes overseer of Potiphar’s House. So he gets a promotion. Simple, right? Nope. One day, Potiphar’s wife is like, “Come here.” Joseph says “No!” Then Mrs. Potiphar rips off Joseph’s coat. He runs away. Potiphar comes into the room. Joseph gets thrown in prison. He’s all alone.

Then Pharaoh gets angry with his baker and butler and has them thrown in jail with Joseph. Then the baker and butler have crazy dreams.

The butler dreams there’s a vine with three branches with grapes and he squeezes them and makes some wine for Pharaoh.

The baker dreams he’s carrying three baskets with bread for Pharaoh. Then birds eat the bread. Simple, right?

Nope. They’re all like, “What do these dreams mean?” When Joseph came to them the next morning, he saw that they were confused.

So he asked them, “Why are you so sad today?” They replied, “We both had dreams, but there is no one to interpret them.” Then Joseph said to them, “Do not interpretations belong to God? Tell me your dreams.”

So the butler told him his dream. “In my dream I saw a vine in front of me, and on the vine were three branches.

As soon as it budded, it blossomed, and its clusters ripened into edible grapes. So I made wine and gave it to Pharaoh.”

Joseph said, “This is what it means, the three branches are three days, and in three days you will be released from prison and get your job back. But when you’re okay, get me out of jail. I was forcibly taken away from Dad and Mom and here I’ve done nothing to deserve this rotten pit.”

When the baker saw that Joseph had given a favorable interpretation, he told Joseph his dream. “On my head were three baskets of bread.

In the top basket were all kinds of pastries for Pharaoh, but the birds were eating them.”

“This is what it means,” Joseph said. “The three baskets are three days. Within three days Pharaoh will lift off your head and hang your body on a tree. And the birds will eat your remains”

Now the third day was Pharaoh’s birthday, and he had a party. The butler got his job back, but the baker was killed.

Two years later, Pharaoh had a dream. He was standing by the Nile River when seven fat cows came out of the river and ate the reeds. Then seven

ugly cows came and ate the fat ones. Then Pharaoh woke up. Then he had a second dream. Seven heads of grain good and edible, were growing on a single stalk. After them seven inedible heads sprouted on a single stalk. The bad heads ate the good ones.

In the morning he could not figure out his

dreams, so he asked people to interpret them for him, but no one could interpret them. Then the butler suddenly remembered Joseph and said to Pharaoh, “Today I remember a man I met two years ago in your prison, who interpreted my dream.” So Pharaoh sent for Joseph to interpret his dream.

Pharaoh said to Joseph, “Hmm. I heard you can interpret dreams.” Joseph said, “I can’t, but God can.” So Pharaoh told Joseph his dreams. Joseph said, “Pharaoh had two dreams that mean the same thing. The seven good cows and heads of grain are seven good years. Also, the seven bad cows and heads of grain are seven years of famine. There will be seven years of yummy food and the seven of famine that will follow that will be so severe that all Egypt will starve. So Pharaoh will look for a smart man and put him in charge of the land. And take a fifth of the grain and store it.”

Pharaoh liked this plan. Okay, THIS IS REALLY IMPORTANT: Pharaoh said, “Since God has given you this knowledge, there is no one smarter than you in all Egypt! You shall be in charge, and the people will submit to you. ONLY WITH RESPECT TO THE THRONE WILL I BE GREATER THAN YOU.”

The End.

The story doesn’t end here, although I think you get the moral: God keeps his promises. You can read the rest of Joseph’s story in Genesis 41-50.

Whether we’re in the palace or the pit, God is always faithful.

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.



## The Great Florida Outdoors: Colt Creek State Park

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

I recently spent a few days at Colt Creek State Park exploring part of its more than 5,000 acres of native Central Florida habitat. Before I include a few observations, I will provide a brief historical overview and list of the park’s amenities.

The acquisition of Colt Creek, on May 31, 2006, was a joint purchase between the Southwest Florida Water Management District, the Florida Department of Environmental Protection and Polk County Natural Resources division, with the Florida Park Service taking the role as the lead managing agency. The 5,067 acre parcel of land was purchased from the Overstreet family to become Florida’s 160th state park. Charlie Mack and his brother Stanley Chick Overstreet purchased the land from John Keen in 1940. Eventually Charlie Mack purchased his brother’s interest in the land and continued to operate it as a cattle ranch along with his son Mark.

The Overstreets used the land for beef cattle production, silviculture (growing and harvesting pine trees) and hunting. In the 1990s, the Overstreets engaged in a lime rock mining operation which included the digging of pits over 50 feet deep. The pits are now natural-looking lakes which provide additional habitat for numerous species of birds and aquatic plants and animals.

Why was this purchase so important? This land plays a key role within the floodplain of the Green Swamp region since the water that flows off the property eventually makes its way to four of Florida’s major rivers including the Withlacoochee, Hillsborough, Peace and Ocklawaha. Colt Creek features three tributaries to the Withlacoochee River: Little Gator Creek, Gator Creek and the park’s namesake, Colt Creek.

For bicycling, over 12 miles of trails that are accessible, mostly hard packed and grass covered, and mountain bikes are recommended.

The Lake Region Audubon Society did a year-long survey in 2007 identifying 150 species of birds and the following year the park was designated on the Great Florida Birding Trail.

Colt Creek State Park has 27 full-facility campsites and 6 tent only sites nestled in the pine flatwoods. Each site has 30 and 50 amp hookups. The equestrian campground is a primitive campground that has 10 sites that will accommodate horse trailers. Two primitive camps are also located at different locations along the Flatwoods trail that are only accessible by foot, horseback, or mountain bike.

I explored the creek bed of the dried-up Colt Creek. The resurrection ferns and other epiphytes were crying out for water, but it would be some time before the creek bed would fill up again.

Creek beds have always been a source of adventure for me. As I have written about in the past, I have spent many hours exploring Cowhouse Creek near the Hillsborough River during all times of day and seasons, from the arid to the flooded forests. I enjoy walking down creek beds to see what I can find and to experience a territory that would normally be inaccessible. It’s also a place where you can see the struggle of species to survive, although some hidden roots were buried and waiting for the magic of water and sun and nutrients to come alive.

Right in the middle of the creek was a bright green fern, raised up as if there was no insufficiency, perhaps having tapped into a source of water deeper than the oth-

er plants had access or simply in more fertile soil. The fern, sun-splashed and filled with vitality, was like a proud and boastful child standing up in the middle of a quiet library and providing a gleeful soliloquy of what he was reading, unaware that the status quo was to be silent like the others. The exuberant fern was surround by myriad, diminutive, curled up, and crinkled forms.

I went back to get my parked bike and moved it forward a couple hundred yards. I climbed a small mound of dirt and made my way towards the creek bed again. Just as I approached the top of the mound, I found myself eye to eye with a creature that certainly would appear rather monstrous to the smaller creatures in its realm, an oversized female golden orb spider stretched out in the center of concentric circles. The web was hooked in several places to 100 year old (or more) palmetto plants. Spiders and palmetto may have had these relationships for perhaps tens of thousands of years. As the spider casts a wide net for flying critters and sustenance, what’s in it for the palmettos? How long does the spider web last? The spider’s home is based on food but not much shelter from sun and wind.



I tried to capture the spider with my camera, but as many know who have tried, it slips in and out of view, ghostlike, depending on what the camera wants to focus

on, especially when the object is dangling and surrounded by branches and forest.

I was able to get a couple decent shots. I took a few pictures of the spider with my cell phone, had a conversation with my fellow being, and moved down the mound to avoid damaging this amazing creation. When I looked at the picture on my cell phone later, I noticed there was a smaller spider of the same species buried near him in his web, most likely a male suitor that became a meal.

I found all kinds of wonderful tiny creatures, from jumping spiders to small caterpillars, and one found me. I felt something land on my thigh and looked down. It looked like a piece of lichen that had fallen out of a tree and found a home on my thigh. But then it moved.

I lifted it up and put in on the picnic table where I was taking a biking break. It moved along at a rapid pace over the wood grains and across a heart that had been carved with a pair of initials inside. The love life of humans appeared to be of no concern.



This was a junk bug, also called an aphid lion or lichen bug among other names and is in fact a larval insect known for carrying a load of debris around.

Continued on Page 3



## Women-n-Charge Gives Four \$1,500 Grants to Local Women in Business



*Women-n-Charge Grant Awards given on June 19, 2020. Pictured from left to right: Judy Nicolosi, WNC Treasurer; Darlene Lambert, Creative Wreaths; Danielle Glenn, Esq., Glenn and Phanco; Patti Zapparolli, 4Lyfe, LLC; Christy Maldonado, Social Media Marketing by Christy; and Mary Adele Cluck, WNC President.*

On June 19, 2020, Women-n-Charge, whose mission, in part, is to support and assist professional women in managing their businesses more effectively, awarded four grants. Each spring the organization gives grants to deserving women in business, and this year we were able to award four \$1,500 grants! These grants are made possible by the annual tea fundraiser held each fall. In 2019 our Event Sponsor was The Law Offices of Lucas Magazine.

Thank you to our 2020 WNC Grant Judges (Brenda Cassato of Senior Information Resources, Frieda Moseley of Griswold Home Care Tampa & Pasco County, and Beverly J. White, Esq. of Gibbons | Neuman) for picking such worthy winners!

The first grant was awarded to Christy Maldonado who is the owner of Social Media Marketing by Christy. She provides marketing services and consultation to small- and medium-sized businesses, as well as marketing plans, networking and light website management services. With the grant, Christy would like to add a video component to her business by investing in equipment and classes to improve the suite of services she can offer to her clients. Learn more about Christy's business at [christymaldonado.com](http://christymaldonado.com).

The second grant was awarded to Danielle Glenn, Esq. She is a family law attorney and partner at Glenn and Phanco, P.A. She provides full-service litigation services to clients in Hillsborough, Pasco and Pinellas counties for family law cases ranging from divorce, paternity, child support, adoption, name change, modifications, etc. She would like to use her grant to pay for the certification course to become licensed as a Family Law Mediator. Learn more about Danielle's practice at [glennandphanco.com](http://glennandphanco.com).

The third grant was awarded to Darlene Lambert who is the owner of Creative Wreaths. She of-

fers custom wreaths, centerpieces and other specialty items for every holiday and special occasion (including Christmas, weddings, baby and bridal showers, and for realtors to welcome clients to their new home). Each one is created specifically to the individual's taste and décor. The grant will help Darlene hire a professional to create a marketing and social media plan and develop a new website. To learn more about Darlene's business, please find her contact information at [women-n-charge.com/team/darlene-lambert](http://women-n-charge.com/team/darlene-lambert).

The fourth grant was awarded to Patti Zapparolli who is the owner of 4Lyfe, LLC. As a distributor, she provides specially-formulated CBD tinctures, creams, and liquid softgels to the healthcare and wellness industries. Patti will use the grant to increase her working capital and assist her in obtaining her goals and objectives to grow her business. Learn more about Patti's business at [4lyfe.biz](http://4lyfe.biz).

Learn more about this organization at [women-n-charge.com](http://women-n-charge.com). WNC usually meets the first Friday of the month at Pebble Creek Country Club in Tampa from 11:15am to 1:15pm.

## Prayer for These Times

By Cameron Bellm

May we who are merely inconvenienced  
Remember those whose lives are at stake.  
May we who have no risk factors  
Remember those most vulnerable.  
May we who have the luxury of working from home  
Remember those who must choose between preserving their health or making their rent.  
May we who have the flexibility to care for our children when their schools close  
Remember those who have no options.  
May we who have to cancel our trips  
Remember those that have no safe place to go.  
May we who are losing our margin money in the tumult of the economic market  
Remember those who have no margin at all.  
May we who settle in for a quarantine at home  
Remember those who have no home.  
As fear grips our country,  
let us choose love.  
During this time when we cannot physically wrap our arms around each other,  
Let us yet find ways to be the loving embrace of God to our neighbors.  
Amen.

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Space Available!

"Hell" Forgot About That!

## The Great Florida Outdoors

Continued from Page 2

But on close inspection, the debris is filled with the dead bodies of the junk bug's victims. The junk bug is the larval stage of the green lacewing, delicate, with big eyes and diaphanous wings that float like fairies near the porch lights at night. From cold-blooded killer to angel--what a transformation! Not back-and-forth like Jekyll and Hyde but two distinct parts of one life form!

I spotted a walking stick on a pine tree. The tree formed a perfect backdrop, charcoal colored perhaps as a result of an ecological burn, so that the light brown insect could readily be examined.



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.


**Dr. Norman's new book Reading the Florida Landscape will be published in 2020**


Books and book cases needed for literacy and book donation program. Call my office 813-880-7546 for pick-up or delivery.

As I biked back to my camping area, along the road there were gorgeous passion flowers—purple, green, white, and yellow in magical array.

<https://www.floridastateparks.org/parks-and-trails/colt-creek-state-park>

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## Five (Good) Reasons Why We Should Wear Masks

By Brittany Cravatta



At the start of 2020, no one would’ve guessed that any of us would be in these circumstances. But, God has a strange way of trying to show us how to look out for one another, stop being self-indulgent, and start caring more about the world around us.

Face masks have become a new staple in today’s society to help stop the spread of COVID-19. However, many questions regarding masks have risen by some people.

Will masks really stop the spread of COVID?

What if I have health risk issues such as asthma, and I can’t breathe?

What good will a small piece of cloth do from spreading a virus?

Turns out, wearing masks during this pandemic will do a lot more good than harm to our communities and humanity in general.

Here are five good reasons why we should wear masks:

- 1. Masks protect other people**  
Since we’re so used to going about our everyday lives without masks, it’s very easy to not think about how many germs come out of our mouth by just talking to someone else. Researchers at Florida Atlantic University created a simulation that illustrates just how effective face coverings can be in reducing the number of droplets that are dispersed in the air through our nose and mouth.
- 2. You may not realize that you are contagious.**  
Some people who test positive may never show signs of symptoms. The Centers of Disease Control (CDC) and the World Health Organization (WHO) used to have a mandatory order for only those who tested positive to wear masks. Things changed when evidence showed that not all who test positive experience immediate symptoms. As a matter of fact, over 40% of people with coronavirus infections never develop, which makes it difficult to detect who is infected and who is not.
- 3. Masks can also protect YOU**  
While you can wear a mask to protect others, you will also be able to protect yourself as well. A few studies suggest cloth face masks offer some protection for the wearer, but the protective perks are most obvious when everyone covers the mouth and nose. The Institute for Health Metrics and Evaluation at the University of Washington predicts face masks could save as many as 34,000 lives in the next few months.
- 4. Masks may help the economy recover**  
This entire process has to be thought of like a domino effect. If we all wear our masks, social distance and follow the CDC protocols, it raises the chances of reopening businesses, which in turn reopens the economy and can rebuild Florida’s economic boom and raises our chances of going back to work. Since the start of the pandemic in March, more than 44 million Americans have filed for unemployment. The widespread use of face masks, however, could significantly slow the growth rate of virus cases.
- 5. There are few alternatives.**  
Some businesses now make masks mandatory in order to even get service. Whether people agree or disagree with these rules, it is often for the safety and protection of their own employees.

People have the right to choose not to wear a face covering, however many public and privately owned businesses may deny them entry or deny them service. To save yourself from any future inconvenience such as this, respect the rules and regulations given by a government or a business. All it takes is putting a simple cloth over one’s nose and mouth.

As the people of God, it is our job to take action and care about others around us. Everyone is suffering during this horrible time and as people it is important that we gain trust in each other and work together to fight this virus.

“This is my commandment, that you love one another as I have loved you.” - John 15:12



## Lighthouse for the Visually Impaired & Blind is the August Charity of the Month

Pasco County Tax Collector Mike Fasano’s five offices will be collecting donations in August for the Lighthouse for the Visually Impaired & Blind. The mission of the Lighthouse is to educate, empower, and employ people who are visually impaired and blind.

“The odds of becoming severely visually impaired increases with age,” comments Jonathan Fister, CEO of the Lighthouse. “And, since Americans are living longer, we find ourselves serving more people every year.”



Cash donations can be made at any of the five tax collector locations in Pasco County. Individuals who may wish to switch their current tag for “A State of Vision” specialty tag may do so at any of the same locations.

For more information about the charitable giving program at the Pasco Tax Collector’s office, please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit [www.pas-cotaxes.com](http://www.pas-cotaxes.com). For more information about services provided at the Lighthouse for the Visually Impaired & Blind please call Patricia Porter, Director of Grants, Donations & Media at 813-713-2492. Donations may also be mailed to the tax collector’s office at the following address: Tax Collector Mike Fasano, P.O. Box 276, Dade City, FL 33526. Please note on your check’s memo line “Lighthouse.”

## GFWC Donates to Guiding Star Center



Member Lori Zublena



Member Jeannie Sheets

GFWC Lutz-Land O’Lakes Woman’s Club is keeping up its momentum and continuing to help the community in numerous ways despite being under Corona-19 limitations. Member Lori Zublena has donated 2 SUVs filled to the brim with beautiful infant toys, equipment, clothing, etc. (all of which has been outgrown by her baby granddaughter), to Guiding Star Center in Lutz. Member Jeannie Sheets volunteers with this organization which provides pregnancy and parenting support and well-women resources to the community and has brought their needs to the attention of the Woman’s Club. Ms. Sheets has delivered a good amount of donations to this group and continues to collect items from club members. For more information on this volunteer service club, please visit [www.gfwclutzlandolakeswomansclub.org](http://www.gfwclutzlandolakeswomansclub.org) or its Facebook page.

## Water Safety

The warm and sunny Pasco weather is perfect for days on the water. However, it creates possible dangers for those who do not know how to swim. Fatal drowning rates continue to increase each year. Residential locations, such as a child’s home, a family or friend’s house, or a neighbor’s residence count for 71 percent of fatal drowning incidents. This is expected to increase as more families stay home to combat the spread of COVID-19. The Pasco Sheriff’s Office wants every-one to review the following water safety tips in order to reduce the chances of injury or death around water.

**Stay Alert**

Many drowning fatalities can be prevented by adult supervision. Children shouldn’t be unattend-ed in or near water. Rather than assume someone else is watching a child in a pool area, designate an adult water watcher. This person shouldn’t be distracted in any way and should have a charged phone nearby for emergencies. Although swimming lessons and life preservers are im-portant for water safety, there is no substitute for adult supervision. Additionally, don’t leave objects such as toys near pools, docks, canals, or other bodies of water, which can draw a child’s attention towards water.

**Water Safety Skills**

Learning to swim is crucial for water safety. Between 2015-2017, children younger than 5 years old accounted for 75 percent of child drownings. Ensuring that children know how to swim and know the rules of pool or water safety are vital for reducing water-related incidents. Establishing clear rules with children, such as don’t climb pool fences or stay off of docks while playing can aid in safety as well.

Another way to ensure safety while enjoying water-related activities is knowing CPR and updat-ing these skills regularly. Additionally, keeping rescue equipment and a first aid kit pool-side or easily accessible at all times can help prevent serious injury or death. Starting life-saving proce-dures prior to emergency personnel’s arrival can increase someone’s chances of living.

**Appropriate Equipment**

Proper fences, alarms, and pool covers are crucial for water safety. Check to make sure all drain covers are secure before entering a pool or spa. Use at least four-foot high fence with self-closing and self-latching gates around all pools. Never prop open gates that lead to water or leave furni-ture where a child could use it to climb over the fence. Use covers and install alarms, such as a wave-activated alarm in the pool or an alarm on the door leading from the house to the pool. En-sure all life-saving equipment, such as life rings or reaching poles are in good condition and readily available for use.

To learn more about water safety, visit [poolsafely.gov](http://poolsafely.gov), [apsp.org](http://apsp.org), or [redcross.org](http://redcross.org).





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# How On Earth Did I Get Here?

James H. Willis, III

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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 8: "TO GO OR NOT TO GO" OR "ARE YOU KIDDING ME!?"**

It was 2 ½ years after Stephen "tricked" me to go to the movies. Thank God. I was at another HUGE fork in the road. I felt called to go college. Bible College, that is. This still, small voice got more constant and louder. It was like I had no other choice but to go. For most of you, it would have been no big deal, but for me it was the most improbable thing for me to ever do. You've got to be kidding, right?

I don't like to tell people this, but I was a very poor student. I mean I literally just got rolled out of high school. It was like I was there and I tried so they gave me credit and kept passing me just to roll me through the system. Yes, it is very true!! I could not read. We will find out at college that I tested at a 5th grade level of reading with 50% comprehension.

You all know I could not speak. I bartered a public speaking grade for working with the school wrestling team. I never spoke publicly, and now I was going to study the Bible and be a Bible teacher/preacher. I hadn't even read it yet. No – I can't. You've got the wrong guy. Yet he called me again and again.

- Other than Chapter 5, this chapter is the most important one in my book. You are going to learn:
- "I can't .... But HE can!!"
  - How to overcome fear with faith
  - How to take insecurity and have the greatest security the rest of your life!!
  - And, this new relationship with God as "my Redeemer and Worthy Lamb"
- Awesome, people!

Here we are going to study Holy Spirit. His purpose, powers, and presence in the believer. We are going to look at the "filling" of the believer and how every believer has it. The church and the world needs spirit-filled believers! We are going to show you the conditions to be filled, the result as well as the testing and trials of the Holy Spirit.

Listen, as a Christian, you've got to get this one!! Can you really sing, "I have decided to follow Jesus?"

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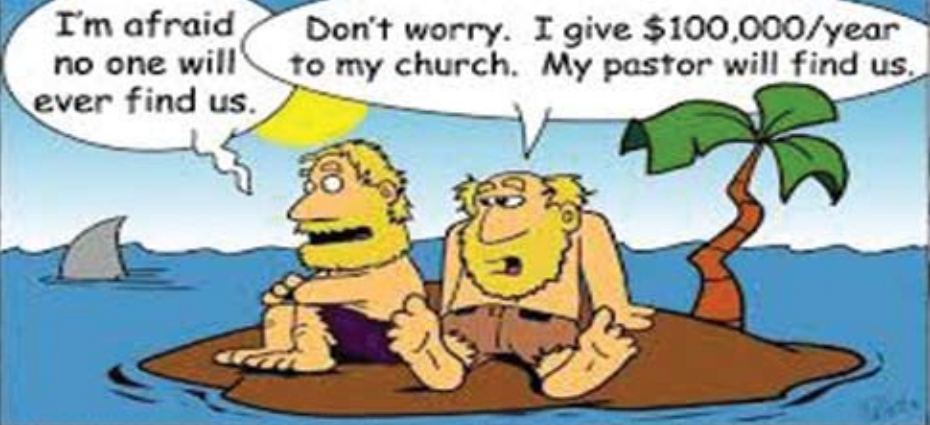
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**Dr. Dianne Coflin**  
Co-Pastor, River of Life Church

It's hard to believe how extremely toxic people in our society have become in just a few short months. In January, everyone was excited about the new year and what that would mean for us and our families, our churches, and our nation! With the many challenges that came with this new year, people have lost hope, dreams were crushed, finances ruined, and some have become depressed not realizing that they may be in a storm, but the storm does not need to be in them.

**What do I mean by toxic people? “Often the person is deeply wounded and for whatever reason, they are not yet able to take responsibility for their wounding, their feelings, their needs, and their subsequent problems in life.” M. Tartakovsky**

I love how the word of God is always relevant and timeless. God knew how toxic people would become who didn't follow his design. Without a relationship with God, they would unknowingly become toxic! You see, God's word has the ability to train us, instruct us, and help us to think like He thinks instead of succumbing to this world's system of doing things.

Hebrews 12:14 (AMP.) tells us to “*Strive to live in peace*” with everybody. In this day and age, that certainly is a concept that has been completely put aside or never learned. The word strive means to seek after, earnestly pursue, and endeavor to acquire. This implies a strong effort. This sounds like God has a major priority in asking us to do this in our relationships.

You might say, “Oh but you don't know what and who I am dealing with?” Did you know that God didn't add any clause on the end of that scripture that would entitle us to be justified or disobey this advice? His requirement for us is STILL that we need to pursue peace with

EVERYONE! I think God knew there would be people that would be hard to get along with. People who are hurtful and have been so hurt by others that their entire lives have become toxic. So WHY the advice? Was God trying to punish us with such strong words or does He know that there is more at stake than our personal challenges with toxic people?

*In Hebrews 12:15, the Bible says... “Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God's grace (His unmerited favor and spiritual blessing), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it!”*

Do you see a connection here, how not striving to live in peace with everyone can result in such toxicity it will contaminate and defile many, many, people? The reason His advice was so serious is revealed right there in that verse. God never wanted us to fail to obtain His grace (His help, His favor, His ability beyond our ability). God's word is timeless and was written to us as a personal letter of instruction because He loved us and wanted us to be blessed! This is why He forewarned us and yes even asked us to be on the watch (look after one another) so that no root of resentment (rancor, bitterness or hatred) would spring up and hurt others.

How can you tell when a root of bitterness has sprung up? If someone carries with them a root of bitterness, it doesn't take long for that offense to show up in their conversation and actions, defiling everyone in their path because their contamination is toxic to everyone they come in contact with.

How can I avoid such pitfalls?  
Here are a few reminders from the book of Ephesians 4:17-31 TLB

*“Let me say this, then, speaking for the Lord: live no longer as the unsaved do, for they are*

## Don't Fail to Obtain!

*blinded and confused. Their closed hearts are full of darkness; they are far away from the life of God because they have shut their minds against him, and they cannot understand his ways. They don't care anymore about right and wrong and have given themselves over to impure ways. They stop at nothing, being driven by their evil minds and reckless lusts.*

*But that isn't the way Christ taught you! If you have really heard his voice and learned from him the truths concerning himself, then throw off your old evil nature—the old you that was a partner in your evil ways—rotten through and through, full of lust and sham.*

*Now your attitudes and thoughts must all be constantly changing for the better. Yes, you must be a new and different person, holy and good. Clothe yourself with this new nature.*

*Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves. If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry—get over it quickly; for when you are angry, you give a mighty foothold to the devil.*

*If anyone is stealing, he must stop it and begin using those hands of his for honest work so he can give to others in need. Don't use bad language. Say only what is good and helpful to those you are talking to, and what will give them a blessing.*

*Don't cause the Holy Spirit sorrow by the way you live or speak. Remember, he is the one who marks you to be present on that day when salvation from sin will be complete.*

*Stop being mean, bad-tempered, and angry. Quarreling, harsh words, and dislike of others*

*should have no place in your lives. Instead, be kind to each other, tenderhearted, forgiving one another, just as God has forgiven you because you belong to Christ”*

God's plan was that we always followed His guidance. He never wanted us to fail to obtain the grace, the ability we receive from Him to live free of strife. Apparently, we can position ourselves to fail and succumb to deep roots of bitterness in our hearts that will bring us into captivity. The thing about roots is that they can grow deep, and if you only remove some of the root, it will come back again and again much stronger than at first.

God's love is always reaching out to us, and His offer to heal our hearts and help us to forgive is always available.

I close with this scripture.  
Matthew 11:28-30 Amplified Bible, Classic Edition (AMPC)

*“Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.] Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls.”*

Dr. Dianne Coflin, Co-Pastor of River of Life Church, Lutz, Florida. Service times 10:30 Sunday morning and 7:00 Wednesday evening. We would love to have you visit us!!

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Psalm 23

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

COMMUNITY PET NEWS

Mark Twilla DVM

Sunshine Animal Hospital

Storm Phobia

Is your pet afraid of thunder storms? Does your pet begin to pace, drool, cling tight to you or hide in the closet before or during a storm? If the answer is yes then you are not alone. It is unknown what the exact triggers are for these panic attacks but many suspect thunder, lightning, wind, barometric pressure changes and static electricity. Can your pet grow out of this condition, and is there anything that can be done? Most of the time pets **do not** grow out of this condition on their own, and many pets will get worse as they get older. Fortunately there is help. Depending on your pet, treatment for this condition can take several forms. There are holistic products such as tight fitting garments like the “Thundershirt”, oral treatments like Rescue Remedy, or Pheromone collars and plug in diffusers that disperse a calming hormone. Prescription anti anxiety medications such as Trazadone, Xanax and Valium can be helpful. Behavior modification is the best way to fix the problem but requires hiring a behaviorist, which can be expensive, and they often incorporate prescription medication with training techniques. We have our best results with a management plan that includes some or all of the techniques described above. You should consult with your veterinarian to come up with a plan that best fits your pets needs.

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## Grain & Berry: New Tampa

By Brittany Cravatta



Have you ever wished to eat something that was healthy but yet satisfied your sweet tooth at the same time? Luckily, you can!

Grain & Berry offers a wide variety of delicious smoothies, fresh juices, and fruit bowls that give our taste buds a sweet savory along with being a healthier option in comparison to frozen yogurt and ice cream. The original store opened in July of 2017 and quickly opened 10 more stores, including the Carrollwood location, which opened in May 2019.

In June of 2020, the company opened its newest location in New Tampa and has garnered a lot of attention and enlightened many taste buds since its new opening. The growing company plans to further open in other locations such as St. Petersburg, Florida, Maitland, Florida and Nashville, Tennessee.

The most popular item is the Grain and Berry Bowl, which was voted the No.1 Best Bowl in Tampa Bay. Along with that, they also offer Lavazza coffees from nitro cold brew to cappuccinos and lattes and a variety of catering options. Each item satisfies with elegant, plant-based products that are appealing to the eye and taste even better. There are also many diverse options for people with dietary restrictions including vegetarian, vegan, paleo, dairy-free, etc.

Grain & Berry New Tampa is located at 8638 Hunters Village Rd. Tampa, Florida. For more information, please call them at (813) 210-7569.


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

## GFWC Donates Shoes



Member & Conservation Chair Sandi Marrow delivering shoes

GFWC Lutz-Land O’Lakes Woman’s Club has collected many gently used shoes to be donated to Soles4Souls. Even during Covid-19, Member Sandi Marrow, Chair of the club Conservation Committee, has collected and delivered wagonloads of cartons to DSW, a local collection point, to be forwarded to the Soles organization, which provides opportunity to those in impoverished countries. The shoes are distributed to the needy, help prevents injury and illness, and add personal dignity as well as keeping these items out of landfills. These simple donations help to save the planet and change lives for people in these countries. For more information on this community service organization, please visit [www.gfwclutzlandolakeswomensclub.org](http://www.gfwclutzlandolakeswomensclub.org) or its Facebook page.



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

## Have You Lost Your Mojo During This Difficult Time in Life?

By Samantha Taylor, Samantha Taylor Fitness

It seems like we find ourselves in this vortex of constant intensity that just doesn't seem to stop! Just when we hope it's going to slow down, it either gets worse or something completely different yet totally intense happens.

This country has never experienced a period of time like this, not only from the pandemic to the economy to the things happening in the cities. Just when one thing takes a breath, the next thing happens. There are times you just shrug your shoulders in disbelief that this much stuff can happen to a nation, to families, and to individuals in such a short amount of time. I know, we all feel it, but what do we do in these times?

The challenge for many during these stressful times has turned into the "quarantine 15" (or more) from emotional eating or too many "quarantinis" with alcohol. The stress from losing jobs, being around family much more than we are used to, let alone the isolation for some that live alone. But what we have to start doing is thinking about how we are going to pull ourselves out of this slump regardless of how things are still happening around us.

If you have been eating too much sugar, eating too much food in general, drinking too much, or not doing much exercise and those pants don't fit anymore, when is it going to slow down? We can't wait on the nation to get better quickly because unfortunately, we can all see that is not happening as fast as we hoped. We have to pick up ourselves from wherever we are and figure out how to make the best of the situation we are all in.

We can no longer let the circumstances dictate if we are going to gain another 15 lbs. during this next 3 months and have even a bigger mess to get ourselves out of. When life does start to normalize to some extent, what you don't want is to have a lot more work to do with your health and fitness then you need to.

Even if you haven't done the best during these last 4 months, perhaps it's time to pick it back up, figure out how to get your mojo back, and start to get back on track?

Start now because if you don't, before you know it, summer is over, then the holidays are here and if we don't start to get serious about our health, all of a sudden what some have gained as the "quarantine 15" quickly turns into 30 lbs. You have to start somewhere, and there is no better day than today, the minute you get inspired or challenged by an article like this.

What can you do right now to make an improvement in your health and fitness? Can you go for a walk? Can you drink a glass of water? Can you take 10 minutes and plan your food for the next day so you have some food to take with you?

Some people find they need someone to help get them get their mojo back, and that is why it can be a great reason to hire a personal trainer. We have private studios for women with 30-minute workouts. During this time, everyone has their own 6' of space to work out in and use the same equipment so you don't move around the room using other equipment others have used. Everything is sanitized before and after the workouts.

And having a trainer can motivate and inspire you to get it together and get back on track. Plus, we even have 3 follow along workouts a week that we record and post for our members just in case you can't come in that week for any reason. If you are ready to pick up and start from where you are now, then give us a call or go to my website. Take action, for if you put it off, you may find yourself reading this article next month and no farther towards your goals. Talk to you soon!

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## When the Devil Goes to Church

Continued from Page 1

Though know one knows the time or day of his coming, the Bible does describe a time of season in the ending times. Note that some of these events have already come upon us. One of the first events was in Matthew 2:1-12 where King Herod sent the three wise men to find Jesus, who followed signs of the star to Bethlehem.



Another sign was when Pastor John Hagee in 2014 said that God again is communicating through a supernatural way of the Four Blood Moons. April 15th2014 - October 28th2015 marked the beginning of the Passover on 4/15/14, Sukkot on 10/08/14, and an eclipse on 3/08/15, the day that the children of Israel were turned loose from Egypt. The last two occurred on the Passover 4/04/15, and Sukkot on the 9/28/15.

The blood moon was a signal to Israel and the sun was a signal to the world, as in the presentation in Joel 2:31 according to the Bible. Here God had set the dates for the Jewish feast. He believed that within the next two years, in 2017, we were going to see a dramatic scene happen in the Middle East in Israel.

Then comes the celebration of Jubilee 2015-2016 with the Day of Atonement, a period of time man's possessions would be returned to him. Then, the return of the Cosmic King on September 23rd, 2017 where the birth of the Son of Man and the 12 stars appeared over the consolation of Virgo, the woman's head.

Again, God is using the heavenly stars to communicate to us another supernatural event. Revelation 12:1-2: "Now a great sign appeared in heaven, a woman clothed with the sun with the moon under her feet and on her head a garland or crown of twelve stars, and being with child, she cried out in labor and in pain to give birth."

And another sign will be appearing in heaven. "A great, fiery red dragon having seven heads and ten horns, and seven diadems on his heads. With his tail, he drew a third of the stars and threw them to earth. The dragon stood before the woman who was ready to give birth, to devour her child as soon as it was born."

Psalm 147:4: "He telleth the number of the stars, and he calleth them all by their names."

Jesus said in Luke 21:25: "And there will be signs in the sun, in the moon, and in the stars, and on the earth distress of nations, with perplexity, the sea and the waves roaring."

<https://www.youtube.com/watch?v=ZSqPiR2EK2s&t=5s>

### Biblical Astronomy vs. Astrology

This is not Astrology, this is the lost Bible of Astronomy. Satan being the author and master of magical illusions and tricks of paranormal methods, he manipulates natural forces and uses supernatural elements as a theme of misdirection. Because he is of the spirit and not of the flesh, the devil causes conflict and confusion to control us. When Satan was cast out of heaven with a third of his angels, he knew better than to try to battle the spiritual power of Jehovah, for He is not of the flesh.

An angel from heaven told Mary, "The Holy Spirit is among you and you will have a child and you will call him Immanuel!"



God used Mary to manifest the spirit into the flesh, who became baby Jesus. Now that the Holy Spirit has manifested into the flesh, the devil Satan knew human weakness through the flesh that he would try tempting the Son of man as he did in the wilderness.

Matthew 4:9: "And he said to Him, 'All these things I will give you if you will fall down and worship me.'"

He hoped that through the weakness he would be successful. Though church is a good place to recharge our spirit bodies, it's also a place where the devil can hack into our spirit bodies through the flesh. A good example of this is when you are driving along singing Hallelujah to the Lord and then "BAM" someone cuts you off! In a flash of a second you lose all control, and your face turns red and you start honking instead of doing what would Jesus do.

You can see how the devil sneaks in through our flesh that brings us doing things we normally wouldn't ever do. We exercise our body to keep fit, but what about exercising our spiritual abilities. We should be training our spiritual bodies as if we were training for the Olympics, rather than relying on the flesh.

Many times you will hear said, "he got a lot of spirit, look at that boy run!" We know that the devil wants to be Lord of Lords, that's exactly why he was kicked out of heaven. Isaiah 14:13: "I will ascend into heaven, I will ascend above the heights of the clouds, and I will be like the Most High."

2 Corinthians 11:13: "For such are false apostles, deceitful workers, transforming themselves into apostles of Christ."

They try to look like apostles and they teach doctrines to get their own following, for they're interested in self worship. Question is, how do you know? Well it's hard to tell when they're wearing sheep's clothing. Satan can be transformed into an angel of light, so how do you know?

Matthew 7:15: "You will know them by their fruit."

You also know them by their teachings in similarities that sound like they're biblical. Apostles also had problems with wolves among the sheep. John talked about some who had turned on him in the letter of 3 John 1:9-10: "I wrote the church, but Diotrephes, who loves to have the preeminence among them, does not receive us. Therefore, if I come, I will call to mind his deeds which he does, preaching against us with malicious words."

Back in those days there was a church leader, the apostle John, who was turning people away from an apostle that's got to be pretty bad. John was a nice guy, he was the apostle of love. You find out that one of the first spiritual miracles Jesus did was the casting out of demons. Luke 4:31-33: "Then He went down to Capernaum, a city of Galilee, and was teaching them on the Sabbath. And they were astonished at His teaching, for His word was with authority."

In the synagogue or gathering place, there was a man with an unclean spirit. Luke 4:33: "And he cried out with a loud voice, saying 'Let us alone! What have we to do with you, Jesus of Nazareth? Did you come to destroy us? I know who you are—the Holy One of God!'"

Keep in mind these fallen angels knew Jesus before creation. Because he occasionally shares some good theology doesn't mean anything, he's still the devil. James 2:19: "You believe there is one God. You do well. Even the devil and his demons believe and tremble! They are not polytheistic, they're monotheistic. They know there is only one God. Mark 4:15: "And these are the ones by the wayside where the word is sown. Where they hear, Satan comes immediately and takes away the word that was sown in their hearts."

The devil goes to church undercover wearing sheep's clothing. He hates for people to hear the word of God, and sometimes the devil goes into church to use you and me.

e devil does not hunt for haunted houses, he hunts people to haunt like you and me, and

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How was your experience? \_\_\_\_\_

Email your entry to [web@ddpnews.com](mailto:web@ddpnews.com).



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

every time the word is being preached, he will try to snatch it away like in the parable in Mark 4:15: "Some people are like seed along the path, where the word is sown."

As soon as they hear it, Satan comes and takes away the word that was sown in their heart. Some seed fell on the wayside and the ravens came along and snatched it away. Mark 5:6-9: "When he saw Jesus from afar, he ran and worshiped Him. And he cried out with a loud voice and said, 'What have I to do with You, Jesus, Son of the Most High God? I implore you by God that you do not torment me.' For He said to him, 'Come out of the man, unclean spirit!' Then He asked him, 'What is your name?'"

By using confusion, the devil does not have much of a problem gaining control using the

art of performing supernatural feats.

**"So it's not that the devil goes to church. He started church."**

A formulation of Dunndead Publications from Amazing Facts

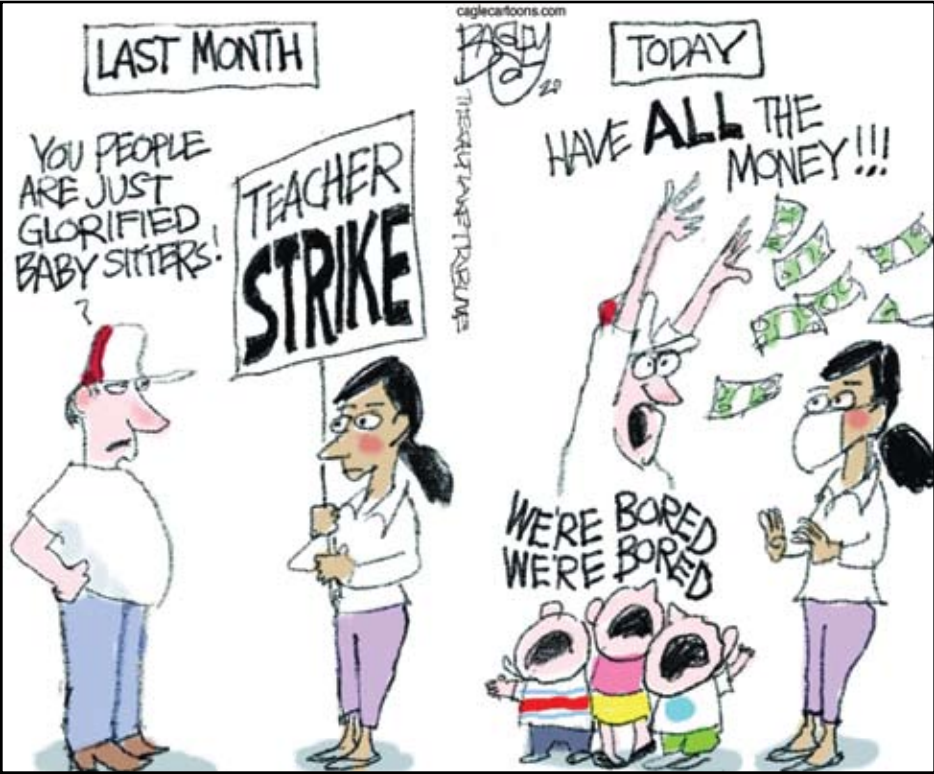
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The Ten Commandments

Exodus 20:3-17

I Thou shalt have no other gods before me.

II Thou shalt not make unto thee any graven image.

III Thou shalt not take the name of the Lord thy God in vain.

IV Remember the sabbath day, to keep it holy.

V Honor thy father and thy mother.

VI Thou shalt not murder.

VII Thou shalt not commit adultery.

VIII Thou shalt not steal.

IX Thou shalt not bear false witness against thy neighbor.

X Thou shalt not covet.

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## A Lesson on Trusting God

Submitted by Jim Whitaker, [arachnebusiness.com](http://arachnebusiness.com)

A while back, I read a story of a visiting pastor who attended a men's breakfast in the middle of a rural farming area of the country. The group had asked an older farmer, decked out in bib overalls, to say grace for the morning breakfast.

"Lord, I hate buttermilk," the farmer began. The visiting pastor opened one eye to glance at the farmer and wonder where this was going.

The farmer loudly proclaimed, "Lord, I hate lard." Now the pastor was growing concerned.

Without missing a beat, the farmer continued, "And Lord, you know I don't much care for raw white flour."

The pastor once again opened an eye to glance around the room and saw that he wasn't the only one to feel uncomfortable.

Then the farmer added, "But Lord, when you mix them all together and bake them, I do love warm fresh biscuits. So Lord, when things come up that we don't like, when life gets hard, when we don't understand what you're saying to us, help us to just relax and wait until you are done mixing. It will probably be even better than biscuits. Amen."

Within that prayer there is great wisdom for all when it comes to complicated situations like we are experiencing in the world today. Stay strong, my friends, because our Lord is mixing several things that we don't really care for, but something even better is going to come when He is done with it. Amen!

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 **Get your Smile on!** Think about this: 

- \* Many folks want to serve God, but only as an adviser.
- \* Do you think "stop, drop, and roll" will work in Hell?
- \* 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 something to sing about and something you can dance to.

**AVAILABLE NOW!**

BACK TO SCHOOL



## Shred 2019 Goodbye!!!

Thrivent Members, guests, and the public are invited to shred your old documents. 2019 is over and it is time to clean those files. Shred any documents that you no longer need and free up space. We are providing a site-secured shredder truck for you to use to dispose of those unnecessary documents. Come, shred, and enjoy refreshments compliments of the Tampa Bay Group of Thrivent Financial and Financial Representatives Keith Harvey, CFP, CDFA, AEP and Jason Carrier, FIC.

When: Saturday, August 15, 9:00am-11:00am  
Where: 1307 W. Fletcher Ave, Tampa  
Cost: Free!!  
Limit: 5 Bankers boxes per vehicle

We will be collecting travel-sized personal hygiene products for the Community Food Pantry's "Bags of Hope." For more information, contact 813-269-1116.





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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!

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Just Palms

Chris Tillman

As a longtime advertiser in Dunndean 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!

This space could be yours!

Call today! (813) 949-4411

## Gulfside Photo Calendar Contest 2021



raise funds for hospice care and other patient programs. Past calendars have featured iconic sights of the county, wildlife, sunsets, and more.

Each photographer may submit up to five photos, but a maximum of two winning entries per person will be used in the final calendar. All photos submitted must be taken in Pasco County and be sizeable for horizontal printing at 12 inches wide by 9 inches high. To view the full list of entry guidelines and submit your photos, visit [gulfside.org/calendar-contest](http://gulfside.org/calendar-contest). The entry deadline for the Annual Photo Contest is at 5pm on Tuesday, Sept. 15.

After the deadline, entries will be reviewed by a committee of Gulfside staff and volunteers, and winners will be notified by Oct. 15. Each winner will receive five printed calendars, plus a gift certificate redeemable at any of Gulfside Hospice Thrift Shoppe. Winning photos also may be featured throughout the year on Gulfside's Facebook and Instagram accounts.

For more information, visit [www.gulfside.org/calendar-contest](http://www.gulfside.org/calendar-contest) or contact Tanika Tucker, Community Outreach & Design Assistant, at 727-845-5707 or email [communityrelations@gulfside.org](mailto:communityrelations@gulfside.org). For more information about Gulfside Healthcare Services, visit [www.Gulfside.org](http://www.Gulfside.org) or call 800-561-4883.



March: "Sophie" by Isaac Jeter in Dade City



November: "Butterfly on Flower" by Debbie Olavarria in Land O' Lakes



September: "Hudson Beach Sunset" by Pat Manfredo in Land O' Lakes

## GFWC & Little Women Roadway Cleanup



Little Women of Lutz members surrounding Woman's Club President Annette Bellinger (rear in green shirt)

GFWC Lutz-Land O'Lakes Woman's Club President Annette Bellinger joined the group of Little Women of Lutz and helped with their recent semi-annual roadway cleanup of their dedicated roadway: Lutz-Lake Fern Road, as part of the "Keep Tampa Bay Beautiful" county-wide project. The Woman's Club often collaborates with and supports its sponsored Juniorette group, Little Women of Lutz, in many projects as well as guiding and mentoring the girls in leadership and community service. For more information on this community service organization or membership opportunities, please visit [www.gfwclutzlandolakeswomensclub.org](http://www.gfwclutzlandolakeswomensclub.org) or its Facebook page.

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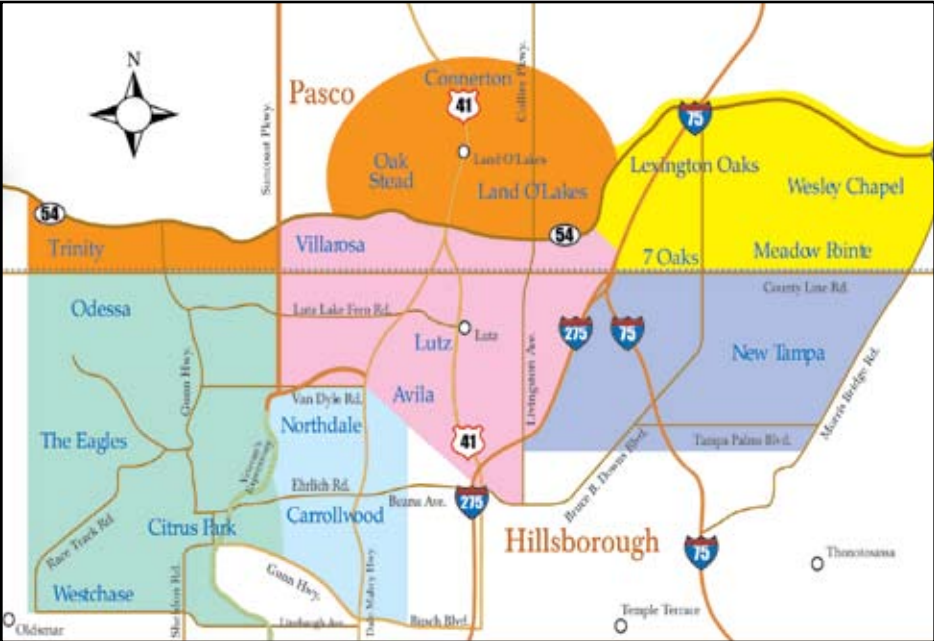
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A Recipe from Kay's Kitchen: Spinach, Kale, Moringa & Goat Cheese Frittata









4. Pour the egg mixture, ground lamb, and the greens into a 12×12 baking pan or iron skillet. Make sure you grease the baking pan

1. Start by sauteing ½ lb. of ground lamb or your meat of choice with chopped garlic.

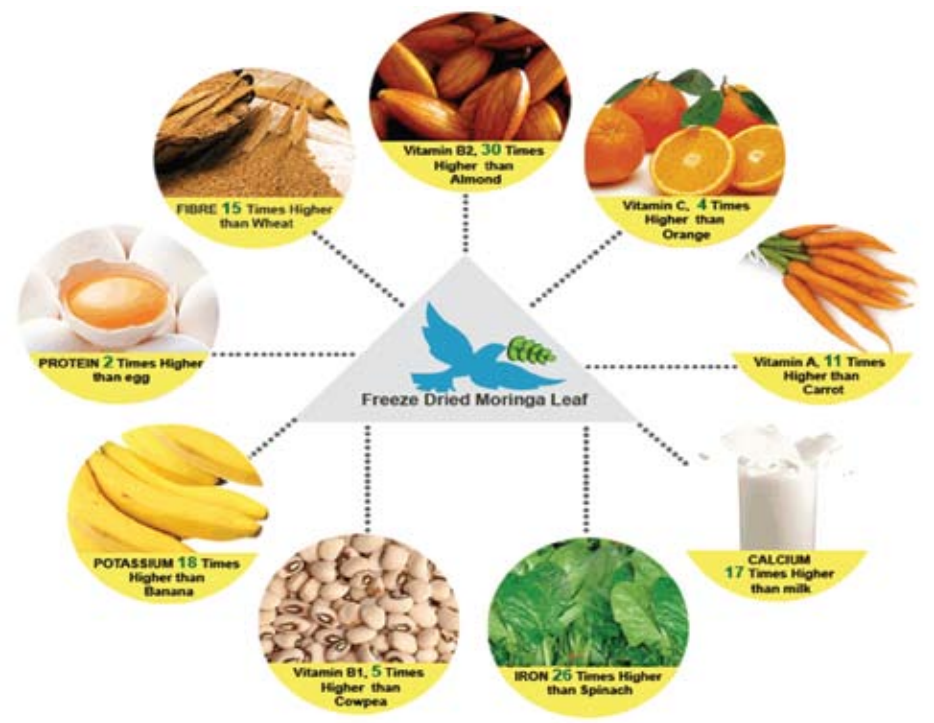
2. Add 2 cups of the spinach, kale, moringa leaves, and ½ teaspoon of dried thyme, then cover pan for 3 minutes on medium.

3. Beat 8 eggs with ¼ teaspoon of Himalayan salt & ¼ tablespoon of red pepper flakes.

with 2-3 tablespoons of olive oil.

5. Top with crumbled goat cheese.

6. Bake at 350° for 25 minutes. Let sit 5 minutes. ENJOY!



Kay's Protein Smoothie


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"I can fulfill God's vision by choosing to live with expectant hope. I will watch the Lord do the impossible in my life and use it to help reach people who need to know him." —Ephesians 1:18



# 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. Genesis 1:3 "Let there be light..."*

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*Let all that you do be done in love. 1st Corinthians 16:14*

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