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Publications



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See Page 12

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January 2015

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**Carrollwood Gazette**.com

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

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### God's Health Care Plan



2015! America's focus is on health care. Now that over a million Americans are covered under the new health care plan, your children can stay on their parents' insurance provider until the age of 26. Finally, both sides have something they can agree on! Everything but "Obama"!

The focus on health care in America seems to be one of the most popular subjects. With insurance and medical costs reaching an all-time high, Americans without insurance are resorting to fitness, miracle drugs, and supplements.

The suits' deep pockets have created a multi-billion dollar business, and in spite of all the miraculous discoveries in modern medicine, it seems like Americans are sicker now than ever before. New hospitals and clinics are springing up everywhere as if they know something that we don't know, as if they have planned it from the movie Field of Dreams. "If you build it, they will come."

Everybody wants to treat their condition, rather than to find the cause. Even with new technology and treatment, more Americans are sicker now than ever before! Let's take a walk back in time and see if the Bible may have some answers. **Matthew 4:23: "And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people."**

He wanted to teach the people by healing all manner of sickness and disease among them for their mental understanding. He knew if he preached the ministries to them about taking care of their health, it would relate to their understanding of their spiritual health. **John 10:10: "I am coming that they might have life and that they might have it more abundantly."**

It's amazing how your brain (a physical organ)

*Continued on Page 8*

### Auto Accident? Slip and Fall?

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**Walk-Ins Welcome**

### Providing for Healthy, Beautiful Skin

*Anne Childers, Staff Writer*



Often in a New Year, we resolve to take better care of ourselves, to become healthier, and/or to preserve and improve our physical appearance.

Fortunately for those of us in the Tampa Bay Area, Seth B. Forman, MD, a diplomate of the American Board of Dermatology, is an award-winning specialist practicing in both fields – health and beauty. He is often featured on nationally syndicated television concerning his revolutionary approach for preventive care and treatment of the largest organ – the skin.

Dr. Forman takes pride in providing groundbreaking services, and he has consistently been voted the Best Dermatologist in North Tampa and Carrollwood by the Carrollwood News and Tribune.

Dr. Forman is a Florida native, so he is well aware of the Florida climate, the down side of excessive and unprotected sun exposure, and the side effects of cold weather occasionally experienced in our area.

Forman encourages routine sunscreen use despite the cooler temperature and overcast days of winter. He stresses that sunburns and sun damage are still possible, so it's important to use sunscreen when spending time outdoors and to use a moisturizer with SPF in it. "By keeping skin healthy and hydrated, regardless of the weather conditions, individuals are less likely to have problems, and their skin will look younger," says Forman.

His state-of-the-art facility provides painless, bloodless, and bladeless treatments for non-melanoma skin cancers, psoriasis, eczema, vitiligo, alopecia areata (inflammatory hair loss) and many other inflammatory skin conditions. In addition to excellent medical care, Dr. Forman has added spa services, skin care treatments, and cosmetic dermatology like Botox, Juvederm, Sculptra, and lasers (for facial veins, age spots, facial rejuvenation, hair removal). Dr. Forman is currently welcoming new patients.

Most insurance and all major credit cards are accepted, as well as the medical credit card, Care Credit. Check the website at [www.Formanderm.com](http://www.Formanderm.com) for additional information on services, and call 813-960- 2400 to schedule an appointment for medical care or spa treatments.






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Thanks for the golf ticket I won. I was going to use the ticket myself but decided to give it to a couple in my church. The couple in my church could use it more then myself right now. The husband is getting over a stroke right now and is doing great. All he talked about is golf, and I think getting out and playing a round of golf with his wife would be great for him. I know I won the tickets, I don't want you to be mad at me, but I just think this would be better for him in his healing if you know what I mean. Thanks! —Steve

Thank you so much for the Honeybaked Ham gift certificate. What a welcome surprise to open the mail and know that my family can have a great dinner. I love finding the Bible verses and love the affirmation that faith can be boldly shared. Thank you. —Lynn Brooks


Jesus was transfigured on the hilltop, but He transforms us in the valley. —J. Charles Stern

Honeybaked Ham makes the best ham spread ever! And really good sandwiches. My gift certificate enabled me to get some great lunches. Thank you so much!

Today, my friend and I golfed at Heritage Isles Golf Club in New Tampa. Thanks to HIGC & DP for being given the opportunity to win the prize. It was a beautiful day, and we had a great time at this wonderful course. I like your website and Gazette, especially the Christian messages. God blesses you. —Al

Just wanted to say thanks to Dunndead Publishing for the great contest that you run in the Lutz Gazette. Keep up the great work!

I was able to take one of our pastors from First Baptist Church of Lutz for a great afternoon of golf, fellowship, and great weather—temperatures in the seventies, no wind, and not a cloud in the sky. God was smiling. Thank you again. —Ron Waters, In God We Trust



## Ierna's Heating & Cooling

### Charlene Ierna

"Ierna's Heating & Cooling has had great results advertising in the Dunndead Publications. These papers target our core areas and create a strong presence within our key communities. Month after month we are consistently positioned for great business opportunities. We receive many calls monthly generated from our Dunndead advertisement."



## HopeChildrensHome.org

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## 2014 in Review

Someone once said that life is like an open book full of blank pages in which you write the story line as you go. In many ways, that is a true statement. For most of us, a New Year seems to automatically flip the page into a new chapter. What makes the new chapter so interesting is that no one knows how it will unfold. Thinking back to the pages written in 2014, I am reminded of the different chapters that were written at Hope. Some were happy, some were sad, some were difficult, and some were exciting.

I know that a new chapter began for the 15 new children that we brought into our care over the course of 2014. Many of the pages of their lives that were written prior to Hope were filled with doubts, dangers, and disappointments. For many of these children, coming to Hope has given them an opportunity to write a brand new chapter with a completely different ending.

On the subject of new chapters, I am reminded of 8 children in our care that started a completely new chapter in their life in 2014 by accepting Christ as their savior! This is why Hope Children's Home exists—to reach the next generation for Christ, one life at a time! Our children also made other decisions to deal with

specific things such as anger, bitterness, and rebellion.

As I think more about the various pages and chapters in 2014, I think of some of the tough things we faced. Typically, you and I do not enjoy the tough times when we are in them, but looking back to those chapters, we often admit that they helped write new and better chapters afterward.

With that, I am reminded of a family of 4 children that we were able to re-unite back with their family in May of 2014. As a single mom, there was no way that this mother could care for her 4 young children when she hit rock bottom a few years ago. She decided to call Hope and place her children with us. The children stayed with us for several years, no

doubt tough years for the mother, but today they are all back together, mom has married a good man, and they are serving in church and doing well. I am sure this mom never imagined the pages she was writing during the tough years away from her children would yield such a wonderful chapter today!

What does 2015 hold in store? What humorous pages will be written? What twists in the plot will unwind? No one knows, however, we must meet each new page with the Lord as the Author and guide.



## Captain Ric's Fish Tales

### Reel Simple Fishing Adventures



Fred Ciapponi with a snook he caught while fishing a canal in Tampa Bay with Capt. Ric Liles. Snook season is now closed.

What a great time it is around the Christmas holidays! I hope and wish everyone a great year's ending and a fantastic start to the new year. I did say Christmas and did not fold to the pressures of being politically correct by changing to "Holiday Season". I don't apologize for it either. If you don't like Christmas, don't celebrate. Those of us that do really could care less. After watching the news lately, it kinda felt good to get that out.

Now the stuff you want to know—what's happening on the water. This time of year, fishing can be a roller coaster with all the weather fronts we get. There can be fantastic days followed by challenging days and vice versa.

This time of year, we do a lot of fishing in the rivers, creeks, and canals because the fish will move into these areas to stay comfortable. Try to keep in mind that it's the drastic changes that really change the pattern of the bite, even in the areas I just mentioned.

For example, a 10-12 degree drop in water temperature will bring the catching to crawl

if it happens in a day or two, but if it takes a week to drop that much, the fish will adapt slowly as it happens and the effects will be less noticeable.

When we have the quick changes in water temperature, there are a few things as anglers we can do to improve our chances.

Deeper water is always a good place to start after a front rolls through. The water will be warmer down in the water column as opposed to surface temperatures. The lee side of any land mass, marina, etc. will also be a good place to try because the winds will be blocked.

This can be a difficult place to fish due to the fact the wind may make casting a difficult challenge as the air comes across the top of whatever wind break you're fishing behind.

Another thing to look for when fishing in these adverse conditions is to find an area that has a darker bottom. A black mud bottom will gather and hold the heat a lot better than a light, sandy bottom.

Lastly, try to find a place that has a little current flow. Fish will not eat as much when the water gets cold, but they still need to eat, and the best place to find their next meal is a place where the water is moving.

If you can find a fishing spot that has all of these variables, you will probably find a honey hole for wintertime fishing in our area. I hope this helps some of you break the code of fishing this time of year.

Until next time, good luck and be safe on the water. Remember: don't let your kid be the one that got away, take them fishing.

For charter fishing information, you can call (813) 601-2900, email [CaptainRic@msn.com](mailto:CaptainRic@msn.com), or visit [www.ReelSimpleFishing.com](http://www.ReelSimpleFishing.com).



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## Overcoming Retirement Fears

you chose the path you are on, and realizing that the path anticipates unexpected or disruptive changes.

One way financial planners help clients is by integrating all areas of their finances, including current and future cash flow, debt management, investments, estate planning, insurance, social security, and taxes, so they are working together both efficiently and harmoniously. This holistic approach allows you to consider the effect of each planning option on other areas of your finances before making a final decision.

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She will help you accomplish your financial goals more quickly, with less anxiety, and with fewer mistakes. You owe it to yourself and to your family to do all you can to provide a stable, secure future. Call today for a free consultation and resolve to have financial peace of mind in this New Year!

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## Human Trafficking In Tampa Bay (Part two of an ongoing series)

*Anne Childers, Staff Writer*



worldwide of human trafficking, and the state of Florida is #3 in the nation as a destination for these victims of modern day slavery. Florida follows California and Texas.

Children ages 2-14, with an average age of 12, are the targeted age group, and most (83%) are American citizens. Once introduced into this harsh reality, the average life expectancy is seven years. Corporal Wilkett outlines the areas of human trafficking recognized by federal statutes as falling into three categories, with overlapping areas of abuse; forced sex trade/prostitution, forced labor, and indentured servitude. A fourth area in this criminal network, identified but not yet recognized under federal statutes, is organ harvesting.

Next month we will address and answer the questions "If this problem is so prevalent, who and where are the victims?" Please check this space next month for additional information and opportunities to make a difference.

If you witness or suspect an incident of human trafficking, call The National Human Trafficking Hotline at 1-888-373-7888, or The U.S. Department of Justice Hotline at 1-888-428-7581, the Florida Abuse Hotline at 1-800-96-ABUSE (22873), or 911. At no time should any citizen try to intervene or rescue anyone on their own.

Pasco FREE ([pascoFREE@gmail.com](mailto:pascoFREE@gmail.com)) is accepting members – send an email for details, and anyone wishing to share information with this publication may send an email to [edit101@ddpnews.com](mailto:edit101@ddpnews.com).

In this space last month, the publishers of Dunndea Publications introduced a series on the horrors of human trafficking with intent to bring awareness to our readership. In 2015, we will use this space monthly to educate our readers on this national epidemic with emphasis on what is happening in our own hometown of Tampa Bay. This month we will address the question, "Why Tampa Bay?"

Corporal Alan T. Wilkett, Pasco Sheriff's Office, presently chairs the Pasco FREE group ([pascoFREE@gmail.com](mailto:pascoFREE@gmail.com)) which is part of a multi-county human trafficking awareness network. His goal is to expose both the criminal enterprise as well as the plight of those who are victims.

He explains Tampa Bay is attractive to those dealing in human lives for all the same reasons most of us have chosen to live here. "There is an international airport, a sea port, good weather, sports, agriculture, and an active tourist trade."

He shares the disturbing news that the United States of America is the #1 consumer



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## Christian Business Connections

Christian Business Connections Central Pasco is inviting the public to their meeting January 8th, 2015 from 7:45am-9:30am.

They will have Laurie Hill of the Christian Chamber of Commerce of Tampa Bay and author of 'I AM in Business' as a special speaker.

The event takes place at Quail Hollow Golf & Country Club, 6225 Old Pasco Road, in Wesley Chapel. Admission is \$9.00

which includes a buffet. Laurie Hill's website is [www.C3TB.org](http://www.C3TB.org). CBC is a non-seat specific networking group that combines church and business. They meet every Thursday morning at the above-mentioned place and time.

CBC's Facebook page is ChristianBusinessConnectionsCentralPasco. For questions, please contact Rene Van Hout at [Rene@LOLmoving.com](mailto:Rene@LOLmoving.com) or 813-300-7511.

## Women-n-Charge

Join the vibrant ladies of Women-n-Charge on Friday, January 9th from 11:30am-1:15pm at Pebble Creek Country Club (10550 Regents Park Dr., Tampa, 33647).

The meeting includes lunch, a feature speaker, 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 (Tuesday before the meeting) and \$18 for all guests (and members paying Wednesday and after). Please register at the website online at [www.women-n-charge.com](http://www.women-n-charge.com).

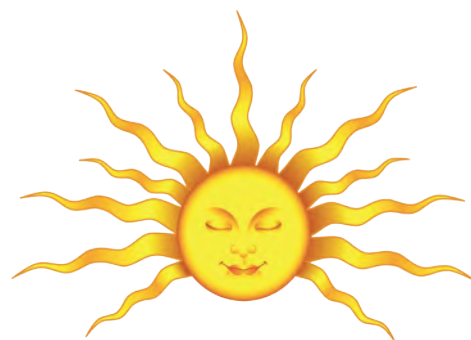
For more information, please contact Judy by phone at 813-600-9848 or by email at [admin@women-n-charge.com](mailto:admin@women-n-charge.com).

## Bonsai Tree Demos & Seminars

Eve's Garden Gifts, 5602 Land O' Lakes Blvd (Hwy 41) in Land O' Lakes will host free Bonsai Tree demonstrations & seminars from 10am to 4pm every Saturday in January. The emphasis will be on making your hobby of Bonsai trees for stress relief. The emphasis will be on learning about containing, trim-

ming, potting, and shaping to keep your tree healthy through the months. You are welcome to bring in your own Bonsai trees for us to demonstrate on and give advice. Enjoy a walk through our beautiful Bonsai Garden. For information, call 813-996-5012 or visit our website at [www.evesgardengifts.com](http://www.evesgardengifts.com).

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## The 2015 Florida Strawberry Festival

"We have a wider variety of entertainment this year than we have ever had before," said Florida Strawberry Festival General Manager Paul Davis. "We have classic country, today's country, Christian, 60s, R&B, rock, pop and even an Academy Award winner."

Over 24 headline entertainment artists perform every year on the Wish Farms Soundstage and comprise one of the most popular attractions at the event, Davis said.

Advance tickets for admission and for headline entertainment shows can be purchased online at [www.flstrawberryfestival.com](http://www.flstrawberryfestival.com), at the Amstot Main Ticket Office located at 2209 W. Oak Avenue in Plant City, and over the phone at 813-754-1996. Free seating for each concert is also available in the Morrow Steel Free Grandstand located at the back of the Wish Farms Soundstage and is available on a first come, first seated basis.

"Our 80th birthday is going to be a big party," said Davis, "and we have a great lineup of entertainers to help us celebrate such a monumental occasion."

The Florida Strawberry Festival is an 11 day community event celebrating the strawberry harvest of Eastern Hillsborough County. Each year, over 500,000 visitors enjoy the Festival's headline entertainment, youth livestock shows, exhibits of commerce and, of course, its world-famous strawberry shortcake.

The 2015 Florida Strawberry Festival, inviting patrons to "Come Join The Party!" will be held Feb. 26 through March 8, 2015 in Plant City, FL.

For more information and a complete list of the entertainers, visit the website online at [www.flstrawberryfestival.com](http://www.flstrawberryfestival.com), Facebook, Instagram, and Twitter (#berryfest15).

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### Boy Scout Flag Placement Service

On Saturday, November 8th, 2014, Boy Scout Troop 707 Land O' Lakes (along with special guests Cub Scouts and parents from Troop Pack 323) performed a flag placement service at Trinity Memorial Gardens Cemetery in Trinity, FL.

Trinity Memorial Gardens is a cemetery, funeral home, and crematory establishment which hosts two flag services a year to honor those who have served in the United States of America's armed forces.

A special "Thank you" to Scoutmaster Doug Gilliland and his assistants for continuing this very special tradition. We look forward to seeing them again for Memorial Day in May 2015.

Happy New Year 2015!  
from Dunndead Publications

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."  
— Ephesians 4:22-24

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Rick Bradshaw  
PGA Professional/GM

I often tell my students to picture themselves as tank when they address the golf ball, with both tracks and gun facing down at the golf ball. Please consider the following helpful analogies to the golf swing.

1. The tank's tracks grab the ground for great stability to fire the gun, the same as our golf shoes during a golf swing.

2. The tank's turret is the top of the tank that rotates the gun in a circular motion as well as up and down, the same as the golfer's upper body, shoulders, and hips in the golf swing.

3. The tank's turret and gun's perimeter is secure and constant during rotation, the same as a golfer's shoulders, arms, and club shaft should remain in front of the chest and swing arc's perimeter constant during the golf swing.

4. Picture yourself sitting in the top of the tank with both arms stretched out fully with both of your hands holding the long gun as the turret rotates back and through an imaginary golf ball. I personally love this image because it helps me maintain a constant wide

Golfers, Swing  
Like A Tank

swing arc and eliminates any unnecessary premature lifting and breaking down of the arms during my swing.

5. The only thing missing in the tank is the relaxed but firm action of the hands and wrists during the swing. The best sense I can convey, without teaching you this feel first hand, is to hold the club firm enough to allow the wrists to hinge a little but not so loose that they flop around.

I love to teach my students the turret drill, imagining themselves as a powerful tank while pivoting back and through as their club head strikes the ball. The result is a constant and wide swing arc with effortless and controlled power.

Tank you very much!

Rick Bradshaw  
Award-Winning PGA Teaching Professional  
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## Magnolia Manor Assisted Living, Inc.

Barbara Keithly, Owner

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**STANDING OVATION!**  
We can't thank you enough for your expertise, patience, and professionalism. We honestly believe this is the best gift we have ever given our daughter. Teagan is more confident, as are we, and she is even teaching us a thing or two! We plan on seeing you again in a few more years for our son! Until then, many thanks and keep up the outstanding service!  
- Mike and Julie Byrnes, Apollo Beach

**THANK YOU**  
My 16 year old son Mikey had a lot of fun and learned a great deal. He is a lot more confident behind the wheel, is more relaxed, and is now using a lot of things you taught him like using the mirrors correctly, changing lanes correctly, car spacing, and braking to a smooth stop. I highly recommend you to anyone that has a teenage driver - these kids all deserve the safety and confidence that you give them through your lessons.  
- Michael Manger, Land O' Lakes

**THANK YOU VERY MUCH**  
After each lesson, Catherine came home feeling more confident and cautious about driving. She felt you understood the potential distractions teenagers face and gave her skills to overcome them. After meeting you and seeing your passion for helping teenage drivers stay safe, along with your background in car racing/training, I knew you were the right person to start my daughter driving with good habits and smart defensive skills.  
- Donna R., Lithia

**WE ARE SO HAPPY**  
We are so happy with what you have accomplished with Casey. Her fear of driving is gone and she asks every day... "Can I drive?" I worked with her today on turns and she is doing so much better! I am committed to continuing what you have started with her to make sure that she is as safe as she can be on the roads.  
- Michele Laurain, Odessa

**PEACE OF MIND**  
We would really like to thank you for taking our daughter out and work on her driving skills, also giving us peace of mind that she was ready to drive on her own. You were extremely nice from the first phone call to the last goodbye. Our daughter felt very comfortable with you and you helped her have more confidence and to be a better defensive driver.  
- Jeff and Faith Weigt

**I AM SO GRATEFUL**  
At the end of the weekend, Mykala was so much more confident behind the wheel of the car than she had been previously with almost 50 hours of driving with me and my husband. I am so grateful for the professionalism and expert driving instruction that she received from George Csanadi and I would highly recommend any parent of a teen to go the extra mile when it comes to the safety of our children.  
- Lynette F. Tampa FL.

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Raymond James Pops  
*New Year's from Vienna to New York*

Welcome the New Year with celebratory sounds from both Vienna and Broadway, including some of Mozart's best-loved works, Johann Strauss, Jr.'s *On the Beautiful Blue Danube*, spirited polkas, marches and waltzes, together with hits from Broadway and the American songbook.

Fri., January 9, 8pm, Straz Center for the  
Performing Arts, Carol Morsani Hall

Sat., January 10, 8pm, Duke Energy Center  
for the Performing Arts, Mahaffey Theater

Sun., January 11, 7:30pm, Ruth Eckerd Hall  
Tampa Bay Times Masterworks

*Tchaikovsky's Violin Concerto*

Armed with flare and panache, Jennifer Koh promises to set afire Tchaikovsky's Violin Concerto, followed by his beloved favorite, Symphony No. 4, overflowing with emotions and lush symphonic sounds. The program opens with Schoenberg's Canto.

Fri., January 16, 8pm, Straz Center for the Performing Arts, Carol Morsani Hall

Sat., January 17, 8pm, Duke Energy Center  
for the Performing Arts, Mahaffey Theater

Sun., January 18, 7:30pm, Ruth Eckerd Hall

Tampa Bay Times Masterworks  
*Romeo and Juliet*

Barber embraces the spirit of the Baroque master with a rich brass church organ sound. Copland captures a truly American musical atmosphere, full of exuberance that is punctuated with blues and jazz. Rimsky-Korsakov sets a Russian mood before Prokofiev's sampling of the lush and passionate themes from the ballet about Shakespeare's star-crossed lovers.

Fri., January 23, 8pm, Straz Center for the  
Performing Arts, Ferguson Hall

Sat., January 24, 8pm, Duke Energy Center  
for the Performing Arts, Mahaffey Theater

Sun., January 25, 7:30pm, Ruth Eckerd Hall  
**Rock Concert**

## Radiohead+Brahms Mash-Up

Hailed as "musical chemistry," it is a free-flowing fusion of Radiohead's indie-rock sounds with the symphonic might of Brahms. Experience a new sound world of Radiohead songs from their landmark OK Computer album—Airbag, Paranoid Android, Karma Police, and more, all combined in a mystical mix with the dramatic and soaring themes of Brahms' Symphony No. 1. Creator and arranger Steve Hackman conducts this program.

Fri., January 30, 8pm, Duke Energy Center  
for the Performing Arts, Mahaffey Theater

## Singing Valentines

One of our residents, Larry Clapp of 26501 Whirlaway Terrace, is a barbershop singer with the Heralds of Harmony barbershop chorus in Tampa. On Valentine's Day, Larry, along with other members of the chorus, will be performing Singing Valentines as a fundraiser for the Heralds, a 501(c)(3) organization.

Here's how it works. A barbershop quartet dressed in tuxedos will show up unannounced at the "sweetheart's" workplace or home (as designated by the purchaser), and sing two songs: "Let Me Call You Sweetheart" and "Heart of My Heart." The sweet-

heart is then presented with a personalized Valentine's Day card and a Valentine coffee mug filled with chocolate kisses.

Larry says this is one of his favorite days to be a barbershop singer, as everyone enjoys the performance, co-workers take photos and videos, and the sweetheart becomes the center of attention.

If you are looking for an unforgettable way to say “I love you” on Valentine’s Day, visit [www.heraldsopharmony.org](http://www.heraldsopharmony.org) to order your Singing Valentine. Sweetheart out of the area? No problem! The Herald’s also deliver Valentines by telephone.

# 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 1:2*

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The logo for DDP (Daily Divine Publications) features the letters 'DDP' in a stylized, blue, serif font. The 'D's are large and connected, with the 'P' slightly smaller and to the right.

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A stack of several local newspapers or gazettes, including titles like 'My New Tampa Gazette', 'My Pasco Gazette', 'My Lutz Gazette', 'My Carrollwood Gazette', 'My Westchase Gazette', and 'My Wesley'. The covers feature various articles, photos, and local news.

A portrait of a woman with dark hair, wearing a black top, looking directly at the camera.

A portrait of a man with grey hair, wearing a suit and tie, smiling at the camera.

A portrait of a woman with red hair and glasses, wearing a blue top, smiling at the camera.

A portrait of a man with dark skin, wearing a blue shirt, smiling at the camera.



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MS Support Group Meeting

You are invited to attend the Lake Magdalene MS Support Group meeting, January 6th at 7pm. Location is 2902 W Fletcher Ave, Tampa, FL 33618. The discussion will be an alternative medical approach—chiropractic therapy—as it relates to MS symptoms and problems, especially pain release. Contact Rita 813-961-5510. Pizza will be served.



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is a way of life.*

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

Why is THIS Year Going to be Different?

Samantha Taylor, Pure Health Studios



Barbara & Samantha celebrating her 143 lbs. lost!

There is an old saying that says, "Talk is cheap", which is so true. We can complain about how much we want our lives to change, but if we keep doing the same thing that got us there, than it makes no sense to expect change. People do change. I am not only proof of that but so are the thousands of women that we have trained.

Specifically, one I am thinking of is Barbara who is 63 and has lost 143 lbs.! She was 340 when she started with me, and now she is in the 190's! Was it easy? No way! Was it worth it? You better believe it! Every time I see her, she gives me a big hug and thanks me for not letting her quit. Sometimes it can be as simple of having someone you know is "in your corner" who is going to be looking out for you and making sure you are doing what you said you were going to do. That is the power of accountability.

She was also fed up with where she was, which was tired, having more aches and pains and feeling hopeless to the point of almost getting gastric bypass before she met me. But instead, she has learned how to eat in a way she loves, has toned her body and has gotten her life back. Instead of possibly

heading for a power scooter and major medical issues in her late 60's, she is feeling young and vibrant. I am SO proud of her!

What do you want to see change in your life? You CAN do it. You need to be fed up with where you are, believe you can change, have a plan of action to get there, have accountability, and monitor your progress. Sounds simple, but I bet if you ask the people who have succeeded in changing their lives, those are key aspects that made a difference to help them do so.

I want to challenge you to do something different this year. Consider becoming a client at my private personal training studio for women where we help you learn how to eat instead of diet. We even have cooking classes, grocery shopping tours, nutrition seminars, and Bible studies (for those that enjoy them). Our goal is to help you really get results, not just wish you could. You don't burn any calories by just thinking about having a different body, you have to do something about it.

The great thing is, we just opened our second location and it's in Wesley Chapel (our first location is in Land O' Lakes). Take that next step, possibly one of the biggest steps towards you seeing change this year, and set up a Body Transformation Analysis with me. No obligation to do anything, just check it out and see if it's right for you. Then you can look back on this last year and say, "Wow, look what I have accomplished!" instead of living in regret wishing you would have done something once again.

God has given us all a free will. We can choose to live differently. So, how about you? Are you ready for THIS to be the year you really see and feel some change? Call me to reserve your time to meet with me at 813-377-3739 or you can go to this webpage: [www.PureHealthStudios.com/consult](http://www.PureHealthStudios.com/consult).



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**Samantha Taylor**

**BODY TRANSFORMATION EXPERT**  
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## God’s Health Care Plan

*Continued from Page 1*

can perform a million functions in your body we are not even aware of. Even brain surgeons will admit that they don’t understand how a thought is stored. Could a thought be a medium which God can communicate to us spiritually through faith?

You can lose any part of your body and still communicate through your thoughts, which makes your brain the holiest part of your body. This may give us a clue as to why God wants us to focus on our health so we will have a clearer mind and be able to recognize his spiritual voice.

On the other hand, the Devil knows by destroying our health, he can confuse and cloud our minds. Just think, a whole generation becoming fuzzier with drugs, slanderous music, and videos. The more unhealthy he can make us, the more we won’t be able to hear the Holy Spirit.

We can identify with that when we see someone who’s had a few drinks. They may seem at ease, even being funny or dancing around. But after a few too many, suddenly they turn into a lunatic, becoming out of their head. You’ve heard the old expression, “The Devil got a hold of them.”

One of the Old Testament teachings is called fasting, because it gives your mind a chance to rest and your blood to get purified from the harmful and different things we are eating. Plus, it teaches us self-control. **Matthew 9:15:** “And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.”



The Bible does not say that you can’t eat meat, but because the human body takes longer to digest it, meat will stay in your system and start to putrefy, causing colon cancer, diverticulitis, and a whole ream of other problems. So meat probably shouldn’t be part of the human diet, but the Bible does say you’re not supposed to eat what God calls abomination, and nowhere does God call something an abomination in one place and clean somewhere else. Once he declares abomination, it’s forever.

He said among the animals in **Leviticus 11:3:** “You may eat any animal that has a divided hoof and that chews the cud.” Not one of those two things, but both. A rabbit chews the cud but has paws. A pig or swine has a cloven hoof but it does not chew the cud. These animals are scavengers and are considered unclean. But neither does it say you have to be a vegetarian.



Among the seafood—**Leviticus 11:9:** “These you shall eat of all that are in the waters: whatsoever has fins and scales. Them you may eat.” It was interesting that the Navy did a number of studies about what sailors eat or don’t eat for survival, and what they came up with was the exact same Bible quote. If it doesn’t have fins and scales, don’t eat it! Lobster, shrimp, and oysters, when you think about it, these are scavengers. Lobsters crawl around the bottom eating dead things. God created these creatures to clean up the environment. Catfish have fins but they do not have scales. They used to say that you catch the biggest catfish by the mouth of the sewer. They’re not clean; they’re on the abomination list.

Among the birds—**Leviticus 11:15-16:** “Every raven after his kind, and the owl, and

the night hawk, cuckow and the hawk after its kind. And the pelican I say that these things were unclean.” Birds that are foraging birds like chicken, turkey, pheasant, and the quail, that peck around for the seeds are typically the clean ones. You probably didn’t know that pigeons are considered to be clean.



Abomination is a reference to animals that God says not to eat, as well as animals that are kept and killed in the inhumane environment. When this is done, it induces high levels of toxins from stress and transfers it to the meat. Example: The difference between free roaming chickens vs. caged chickens. Veal we eat from a caged calf. In fact, even doctors will tell you that stress in our bodies make us sick! The same is true about how we keep our livestock.

**Isaiah 66:15-17:** “For, behold, the Lord will come with fire, and with his chariots like a whirlwind, to render his anger with fury. They that sanctify themselves and purify themselves, eating swine’s flesh, and the abomination, and the mouse, shall be consumed together,’ saith the Lord.” God is putting pork and rats in the same category. “They will be consumed together,’ says the Lord.” God does not want his people eating pork.

The US Department of Agriculture printed pamphlets about pigs, telling us if you are going to eat it, you better cook it very well to kill the trichina larvae. Do not cook your pork in a microwave, because some of the trichina cysts could survive. When the cysts are eaten by humans, they can catch and release thousands of larvae trichina worms in your body.



Sometimes, we hear people quote Timothy about every creature is good. Hmm... let’s see. **1 Timothy 4:4:** “For every creature is good, and nothing to be refused, if it be received with thanksgiving. It’s sanctified by a word of God in prayer.” What Paul is saying is that if these animals are sanctified or endorsed by God then we can receive it with thanksgiving and prayer, similar to saying grace.

Among the grain—**Genesis 1:29:** “And God said, “Behold. I have given you every herb bearing seed, and every tree in which is the fruit of the tree yielding seed; to you it shall be for meat.” The original diet was fruits, grains, nuts, and legumes when man was eating from the tree of life and was intended to flourish through eternity because his body was going to live forever. But after sin when man was evicted from the Garden of Eden, he could no longer eat from the tree of life.

Evidently, there was something that the



tree of life offered, and God was now going to supplement it with a substitute. He told man he could now eat vegetables. **Genesis 3:18:** “Thou shall eat the herb of the field.” The difference between a fruit and a vegetable is the fruit is going to be the product of

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## Have a Joyous New Year 2015!

1. You were taught, \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
2. Though you have not seen him, \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
3. The thief comes \_\_\_\_\_
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the blossom of the plant. If you eat the leaf or stalk or the root, it’s a vegetable. So if it’s not the product of the blossom and you’ve got the seeds which are the same as a nut, it is a vegetarian diet.

A solemn reminder is given to those who ignore God’s rules. **1 Corinthians 3:16-17:** “Ye are the temple of God. If any man defile the temple of God, him shall God destroy. Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. Therefore, glorify God in your body and in your spirit, which are God’s.” **Galatians 6:7:** “Be not deceived, God is not mocked: for whatsoever a man soweth, that shall he also reap.”

**Deuteronomy 6:24:** “And the Lord commanded us to do all these statutes for our good always, that he might preserve us alive. It’s for our good that he gave us these things.” **Exodus 23:25:** “And you shall serve the Lord your God, and he will bless your bread, and your water, and I will take sickness away from the midst of thee.” God told the children of Israel as they were going through the wilderness that if they would serve the Lord, he’d bless their food. And after following the health principles that God gave the children of Israel and going through the wilderness, by the time they enter the promised land, **Psalms 105:37:** “He brought them forth and not one feeble person among their tribes.” After following the health principles that God had given the children of Israel for 40 years in a nation with approximately two and a half million people, not one feeble person was found among their tribes.

We are an overfed nation. The Centers for Disease Control finally confirmed we’re fat, not just because we eat a lot more than we used to, but because a lot of the foods we eat now are genetically altered, such as GMO foods. They may look good, but they have very little nutrients that our body needs to satisfy our hunger.

Manna was the supernatural food God gave to the Israelites during their 40-year wandering in the desert. Not long after the Jewish people had escaped Egypt and crossed the Red Sea, they ran out of the food. They began to grumble, recalling the tasty meals they had enjoyed when they were slaves. God told Moses he would rain down bread from heaven for the people. That evening, quail came and covered the camp. The people killed the birds and ate their meat.

The next morning, when the dew evaporated, a white substance covered the ground. Moses instructed the people to gather enough for each person each day. When some of the people tried to save extra, it became wormy and spoiled. Manna appeared for six days in a row, but on Fridays they were to gather a double portion, because it did not appear on the seventh day, the Sabbath. And yet, the portion they saved for the Sabbath did not spoil. I like to refer to it as monatomic gold or white powder gold.

Have we forgotten how we all got in so much trouble? It started way back in the Garden of Eden, where someone was eating something they weren’t supposed to eat.

So now you have it. God’s Health Care Plan. And you can get started on yours today! It’s up you. The good news is that salvation is never too late for the living. Only after you pass is it a Dunndead. Have you ever heard of anyone that came back to complain?

Healthier and better living is supported by companies like Abby’s Health & Nutrition, Whole Food Market, Nutrition Smart, and all of the organic markets and farmers who have taken on the responsibility to bring us healthier products for healthier lives. But if you love your meat and sweets, [PureHealthStudios.com](http://www.purehealthstudios.com) weight loss may be of help?

Amazing Facts Presents Amazing Facts: The Good News About Hell, Pt. 2 <http://www.sherryshriner.com/sherry/white-gold.htm>

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Anne Childers, Staff Writer

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Why a Safe Driving Course for Seniors is Worth Your Time

Safe driving habits are important for everyone; from first-time teenagers to more seasoned individuals behind the wheel, you can never be too careful on the road. However, senior drivers often have difficulty practicing defensive driving techniques. In fact, according to AAA, drivers approaching age 80 have approximately the same number of per-mile collisions that result in injury as do drivers younger than 25.

For many of these people, the rules of the road have changed markedly since when they first had the pleasure of cruising, and this can obviously cause a number of otherwise unsafe problems!

Thankfully, there are a number of driving courses dedicated solely to helping this cohort get back on track, and ultimately give them the tools they need to drive defensively. Some older adults may not have been behind the wheel of a car for awhile for myriad reasons. These reasons range from illness to a change of location that may not have public transportation as readily available as other locales.

Whatever the reason your older loved one is making a return to sitting in the driver's seat, or however long he or she has been a driver, it could not hurt to brush up on his or her defensive driving skills. This will give them confidence in their abilities to drive safely and put you at greater ease that they are safe.

AARP offers a refresher course in driving for seniors known as the AARP Smart Driver Course. The course is offered to older adults as a result of a \$12.6 million grant by Toyota to AARP to help bolster the driving skills of seniors in key areas. Experts determined that there are certain problem areas that older adults have with driving—including getting around roundabouts, running red lights, and more general safety issues such as using seat belts, turn signals, and slowing down when speeding. Seniors can find a class near them on the AARP website. All classes are taught by volunteers and successful completion helps earn seniors a break on their car insurance.

Read more: <http://www.griswoldhomecare.com/blog/give-me-a-brake-driver-safety-programs-for-seniors/#ixzz3MNCxLGIH>

Volunteers Sought for Senior Health Promotion Initiatives

Senior Connection Center, Inc. is currently seeking volunteer leaders for some of its Health Promotion initiatives. The opportunities include: Lay Leader for "Living Healthy: Chronic Disease Self-Management Program," an empowering program that helps participants manage the issues related to chronic conditions, and Volunteer Coach for "A Matter of Balance: Managing Concerns About Falls," an award-winning program designed to reduce the fear of falling and increase activity levels of older adults who have concerns about falls.

The Chronic Disease Self-Management Lay Leader Training will be held on January 8, 9, 12, and 13, 2015 from 9:00am to 5:00pm at 8928 Brittany Way, Tampa, FL 33619. During the 4-day interactive training workshop, you will become certified to lead this proven Stanford University program. There is also training to become a coach to help provide the "A Matter of Balance" program. This training will take place on February 6th from 9:00am to 5:00pm at 8928 Brittany Way, Tampa, FL 33619. "A Matter of Balance" is a proven program designed to help people manage concerns about falls and increase physical activity. Volunteers are eligible to receive a small stipend and mileage reimbursement per program that is facilitated.

Please contact Irmario Virella, Health and Wellness Coordinator, at (813) 676-5568 or [Irmario.Virella@agingflorida.com](mailto:Irmario.Virella@agingflorida.com) for further information or to register to be certified to provide these programs in the community.

Senior Connection Center Inc., formerly known as West Central Florida Area Agency on Aging is a private non-profit organization working to promote the independence, dignity, health, and well-being of older persons.

Please send all of your ad copy and press releases to us by January 15th for the February 2015 issue.

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Westchase Gazette	Carrollwood Gazette	Lutz Gazette	New Tampa Gazette	Pasco Gazette	Wesley Chapel Gazette						
9202 Anderson Rd. 9212 Anderson Rd. 7925 Gunn Hwy. 8568 Gunn Hwy. 8745 Gunn Hwy. 8538 Gunn Hwy. 17633 Gunn Hwy. 17773 Sheldon Dr. 11203 Sheldon Rd. 12950 W. Linebaugh Ave. 12157 W. Linebaugh Ave. 10706 Countryway Blvd. 11211 Countryway Blvd. 13911 Nine Eagles Dr. 13054 Nine Eagles Dr. 9654 Royce Dr. 12008 Race Track Rd. 12950 Race Track Rd. 13006 Race Track Rd.	<i>Green Gator</i> <i>Vallarta's Mexican Grill*</i> <i>Walgreens</i> <i>Beef "O" Brady's*</i> <i>G. Peppers*</i> <i>Ace Hardware*</i> <i>The UPS Store*</i> <i>Angela's Pizza</i> <i>Shell Gas Station</i> <i>Chase Club &amp; Liquor</i> <i>The UPS Store</i> <i>McDivor's Wings</i> <i>Upper Tampa Bay Reg. Library</i> <i>Walgreens</i> <i>Punch</i> <i>Postal Connections</i> <i>Ellie's Restaurant</i> <i>The Slug</i> <i>Tire Choice*</i>	15602 N. Dale Mabry 15784 W. Dale Mabry 13130 N. Dale Mabry 13014 N. Dale Mabry 12705 N. Dale Mabry 11302 N. Dale Mabry 10802 N. Dale Mabry 14874 N. Dale Mabry 14374 N. Dale Mabry 2902 W. Bearss Ave. 5360 Ehrlich Rd. 4441 Gunn Hwy. 4802 Gunn Hwy. 5709 Gunn Hwy. 6560 Gunn Hwy. 8810 N. Himes Ave. 8870 W. Himes Ave. 8830 W. Himes Ave. 4522 W. Village Dr. 4550 W. Village Dr. 4538 W. Village Dr. 3853 Northdale Blvd.	<i>Walgreens</i> <i>Beef "O" Brady's*</i> <i>Walgreens*</i> <i>The UPS Store*</i> <i>Tire Choice*</i> <i>Radiant Gas</i> <i>Einstein Bros. Bagels</i> <i>Nutrition Smart</i> <i>Abby's</i> <i>Jimmie B. Keel Library</i> <i>Gator Fred's*</i> <i>Natural Market</i> <i>Life's Treasures</i> <i>Walgreens</i> <i>Quick Lane &amp; Auto*</i> <i>Beef "O" Brady's*</i> <i>The UPS Store</i> <i>PannArano Pizzeria</i> <i>Pak Mail</i> <i>Carrollwood Market</i> <i>SliceMaster's Pizza</i> <i>The UPS Store</i>	218 E. Bearss Ave. 801 E. Bearss Ave. 1911 E. Bearss Ave. 1913 E. Bearss Ave. 1913 E. Bearss Ave. 2802 E. Bearss Ave. 410 Chapman Rd. 1927 Brinson Rd. 18801 N. Dale Mabry 18905 N. Dale Mabry 18469 U.S. Hwy 41 18421 U.S. Hwy 41 18511 U.S. Hwy 41 18315 U.S. Hwy 41 Hwy. 41 & Newburger 19002 1st St. SW 101 Flagship Drive 101 Lutz-Lake Fern Rd. 3850 Van Dyke Rd. 3959 Van Dyke Rd. 5524 Van Dyke Rd.	<i>The UPS Store</i> <i>Sparta Crossfit</i> <i>Pita Express</i> <i>Bobalouie's Grill</i> <i>\$1.99 Cleaners</i> <i>Big Papa's Pit</i> <i>River Of Life Church*</i> <i>Royal Lanes*</i> <i>Lutz Mail Depot</i> <i>Al's Lawn Care</i> <i>ACE Hardware*</i> <i>Beef "O" Brady's*</i> <i>Walgreens</i> <i>Bay Cities Bank</i> <i>Friendly Farm</i> <i>Feed Depot</i> <i>Richard's Cafe</i> <i>Lutz Library</i> <i>Walgreens</i> <i>The UPS Store</i> <i>Shell Station</i>	3119 Cove Bend Dr. 14529 Bruce B. Downs 14943 Bruce B. Downs 14919 Bruce B. Downs 17004 Palm Pointe Dr. 16221 Compton Dr. 17022 Palm Pointe Dr. 17511 Bruce B. Downs 17513 Bruce B. Downs 16019 Tampa Palms Blvd. 10001 Cross Creek Blvd. 10359 Cross Creek Blvd. 10853 Cross Creek Blvd. 10861 Cross Creek Blvd. 10960 Cross Creek Blvd. 6431 County Line Rd. 20323 Bruce B. Downs 20331 Bruce B. Downs 20701 Bruce B. Downs 20741 Bruce B. Downs 2653 Bruce B. Downs	<i>Chick-Fil-A*</i> <i>Compass Self-Storage</i> <i>Land &amp; Sea Market</i> <i>J Spot Liquor</i> <i>Ciccio -CALL- Y.M.C.A.</i> <i>Pizzazzone</i> <i>Walgreens</i> <i>Chick-Fil-A</i> <i>Cappy's</i> <i>New Tampa Library</i> <i>Biagio's Pizza</i> <i>Star Cleaners*</i> <i>Post Office</i> <i>Shell Gas Station*</i> <i>Pina Republic</i> <i>Kabab House</i> <i>Firestone Auto Care</i> <i>Central Bank</i> <i>Walgreens</i> <i>Nutrition Smart</i>	21033 St. Rd. 54 & Hwy. 41 2810 Land O' Lakes Blvd. 3036 Land O' Lakes Blvd. 4005 Land O' Lakes Blvd. 4028 Land O' Lakes Blvd. 4204 Land O' Lakes Blvd. 4526 Land O' Lakes Blvd. 4710 Land O' Lakes Blvd. 4805 Land O' Lakes Blvd. 7040 Land O' Lakes Blvd. 7804 Land O' Lakes Blvd. 7827 Land O' Lakes Blvd. 22826 St. Rd. 54 & Collier 2205 Collier Pkwy. 2818 Collier Pkwy. 3032 Collier Pkwy. 23110 State Rd. 54 22829 State Rd. 54 1900 Oak Grove Blvd. 3136 Little Rd., Trinity	<i>TIBBETTS, Lumber</i> <i>CentralPasco Chamber*</i> <i>Holloway's Farm*</i> <i>ABC Pizza*</i> <i>Tax Appraisal*</i> <i>Natural Market</i> <i>Larry's Deli</i> <i>Express Shipping</i> <i>Ukulele Brand's</i> <i>Beef "O" Brady's</i> <i>Eatery 41</i> <i>Walgreens</i> <i>Radiant Gas</i> <i>Greenland Grill</i> <i>Pasco Library</i> <i>LOL Rec. Center*</i> <i>The UPS Store*</i> <i>Walgreens</i> <i>Pepi's Cuban Rest.</i> <i>Christo's Restaurant</i>	1708 Bruce B. Downs 1944 Bruce B. Downs 2022 Bruce B. Downs 2653 Bruce B. Downs 2653 Bruce B. Downs 2653 Bruce B. Downs 28152 Paseo Drive 28230 Paseo Drive 2626 Cypress Ridge Blvd. 2029 Arrowgrass Drive 27221 S.R. 56 26699 S.R. 56 5371 Village Market 5429 Village Market 5450 County Road 581 25195 State Rd. 54 25201 State Rd. 54 24929 State Rd. 54 27616 State Rd. 54 27741 State Rd. 54 28115 State Rd. 54	<i>Don Pan Int'l Bakery</i> <i>Taste of Boston</i> <i>Fifth Third Bank</i> <i>Hungry Greek</i> <i>O.T.B.</i> <i>Latin Twist Cafe</i> <i>Woodfire Pizza</i> <i>Pretzel Twister</i> <i>Strive Athletic Club</i> <i>Sports + Fields</i> <i>Going Postal</i> <i>Gate Gas Station</i> <i>Ace Hardware</i> <i>City Grill</i> <i>The UPS Store</i> <i>Tailgate Station</i> <i>Walgreens</i> <i>On The Run</i> <i>Mobile Gas Station</i> <i>Radiant Gas</i> <i>Walgreens</i>





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