



**Inside News**

What is God Doing? ..... 2

New Solutions..... 3

Taking a Look at 2015 ..... 4

Jammin' for Freedom..... 5

Red Cross..... 6

Automotive Chat..... 7

Enter to Win ..... 8

Classifieds/Golf Coupons ..... 9

Service Directory..... 10

Pick Up A Gazette..... 11

Put Your Best Foot Forward .. 12

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**See Page 11**

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of Osteopathic Physicians

**Magazine Inside**

**New Solutions**  
**See Page 3**

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**New Year Promise: To Be Healthy**



As we dive into 2016 after a couple of months of poor eating, it is important that we consider detoxing our body in order for it to perform the way it was designed. Detoxification is a big part of staying healthy and is growing increasingly popular. The basic premise is that your body accumulates more toxins in the modern world than its natural detoxification system (your liver, kidneys, and lungs) can get rid of. Proponents say that chemicals from pesticides, chlorine, bleach, pharmaceutical drugs, ammonia, and carbon monoxide build up over time and cause disease. People are ideally supposed to have one or two bowel movements a day, but many people go two or three days sometimes a week between eliminations. The normal pathway for toxins to move out of the body is through the liver, which

converts harmful chemicals into water-soluble molecules that can be flushed out in the urine or feces. If there's a delay in elimination, however, those toxins remain in your system longer. Your environment has profound impact on your health. Everything from the quality of the air you breathe to what you put into and onto your body makes a difference. Mercury alone can mimic or cause any illness currently known, or at least contribute to it. Detoxing and cleansing your body of toxins periodically can definitely help counteract some of this onslaught of damage. Having a healthy bowel movement is not the only way to keep your body performing like it should. Below are additional

*Continued on Page 3*

**The Well - A Women's Bible Study & Training Ministry** *By Karen McBride*

In August 2015, the Gazette published an article on The Well, a women's Bible study and training ministry. Susie Walther, president and founder, began the ministry to share her love of Jesus, His Word, and women. The training ministry is for women of all ages and denominations and has helped women grow in their personal walk with God. The Well Bible Study Ministry offers Bible studies throughout the year. There are four Well days: Tuesday evening, Wednesday morning, Thursday morning, and Thursday evening. Each Well day includes three main parts: large group,

prayer groups, and Bible studies. The Spring session begins February 2-4, 2016 and women can choose from nine powerful studies:

- *Good & Evil* by Douglas Connelly—Trusting God while living in a world of good and evil.
- *Having a Mary Heart in a Martha World* by Joanna Weaver—Spending time with Jesus in the midst of your hectic Mary/Martha lives.
- *Be Mature, Growing Up in Christ* by Warren W. Wiersbe—How to put the Word of God into action in your everyday life.

*Continued on Page 6*

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# What God is Doing Around the World



My wife Susan and I just returned from a trip to India and Dubai, where God is doing awesome miracles. We believe that this is a sign of His great end time outpouring.

Life Christian University has 135 campuses in operation throughout the US and eleven foreign countries. Twenty-three of those campuses are currently in the central part of India, with one in Mumbai and one in New Delhi. We just celebrated our 10th anniversary graduation there with 20 campuses gathering to acknowledge the accomplishments of 361 graduates. Life Christian University India is headed up by Dr. John Joseph of Harvest Mission for Christ in India.

Dr. Joseph assumed the leadership of the ministry that his father developed over a period of 50 years. His father planted 55 churches from coast to coast across central India. Dr. John Joseph has expanded the number of churches to 95 in the last 17 years. The addition of the LCU program has helped in the expansion. The graduates told us that they call the school Life Changing University. The miracles that they have experienced are amazing.

One truly amazing story mirrors the story of Peter and the miracle catch of fish. One of the students is a fisherman who goes out into the Arabian Sea for a period of four months each year. They usually catch enough fish each year to fund them for the whole year. This year, they had caught nothing and had only two days left in the season. He called

his pastor, who admonished him concerning the courses on Faith and the Authority of the Believer that he had taken.

They prayed at 2:00am, and at 3:00am the most valuable fish available began filling their nets. The lungs of these fish are used for manufacturing medicine, and they sell for \$1,000 each. By 3:00pm the next day, over \$500,000 worth of fish had been pulled in until the boat was about to sink. This income should support them for five years!

In contrast to the poverty of India, we officiated at the 7th anniversary graduation of our campus in Dubai of the United Arab Emirates. Pastor Sam Tressler, John Joseph's first cousin, is pastor of Amazing Grace Church, which hosts LCU Dubai.

The Dubai campus has a mix of students from India, Indonesia, and many other countries. Only 20% of the population is Emirate, so the majority are workers and business owners from abroad.

Fifty-three students graduated this year, and the campus just enrolled sixty-three new first year students. This is the only Christian Ministry Education program that is known to exist in a fully Arab Muslim country. God is surely on the move and doing wondrous things.

The main campus and headquarters of Life Christian University is right here in Lutz, FL, at 410 East Chapman Rd. Contact us at (813) 909-2271 or click [www.lcus.edu](http://www.lcus.edu).

Dr. Doug Wingate  
President and Founder



Samantha Taylor  
Pure Health & Fitness Studios

# Lost 1,248 Pounds In Only 6 Weeks?!

my life learning how to get and stay healthy, I know how to make it work in a simple way.

The best thing you can do is give 6 weeks a shot. What if it could totally transform your energy, make your body tighter and your clothes fit looser? That is why I do a 6 Week Body Transformation Challenge—to inspire you, to show you what can really happen in such a short amount of time. And a bonus is you can win some serious prizes.

In fact, I am giving away thousands of dollars in prizes to the top 20 results because I want many people to have a chance to win something. Those prizes include a cruise for two, spa pampering, a Fitbit, and so much more. And I give a crystal award to the top 20 results! We have had anywhere from age 27 to age 74 win in the top 20, and the last 6 Week Challenge we did, the participants lost a total of 1,248 lbs.!

To celebrate, we throw a HUGE party with the red carpet rolled out (literally), delicious catered food, ridiculous healthy desserts, and a photo shoot. We have a blast! So if you have been looking for something to motivate you, something to do that is different, and you want to shed some body fat, get into great shape, lose a couple of sizes, like what you see when you look in the mirror, then this is the time to do it because the New Year is here! This 6 Week Challenge starts Jan 18th.

To learn more go to [www.6WeekBTC.com](http://www.6WeekBTC.com). Also, I am giving a free seminar at both of our locations called "How to Lose 9 to 21 lbs. in 6 Weeks" on Jan 8th & 9th. Plus for the first time ever, we are having a couples category. The husband and wife that get the best results ALSO win a cruise! She works out with us while they follow the eating plan together. See more info about this contest and the seminar on the half page ad in this paper. Happy New Year!!!! Make this the year you get results! [www.PureHealthStudios.com](http://www.PureHealthStudios.com)

I am thankful to have seen so many womenHow much can your body change in only 6 weeks? After training over 4,500 women, I've seen some massive changes in a short amount of time. For example, one client was only here 3 weeks, and all she can do is smile. I asked her why and she said, "I just feel so amazing! Even my tight jeans are now loose, and my husband says I'm much happier around the house." Just feeling happier is a great reason to take care of our bodies!

Many of our clients have long term goals to lose 50 to 90 lbs., and of course that is going to take longer than 6 weeks. However, when a woman experiences how much her body and life can be impacted in a short amount of time, that encourages her to keep going and instills hope and belief that she CAN get results. We also had someone in our last 6 week challenge that in only 6 weeks is no longer pre-diabetic!

Many women tell me they have tried everything and nothing has worked. They finally decided to try "one more thing" which was my program, and now they are having success. Why is that? Because we show our clients how to make eating healthy a lifestyle, it's not some fad or something you do to just lose weight. We eat healthy because it's how we take care of our God-given bodies. You will fight off more disease, have tons of energy, and you can wear anything and like how it looks!

I know it sounds cliché, but the only true answer to lasting weight loss is to stop dieting and learn how to eat. That is it. It's simple but it gets overcomplicated with all the diets out there. Since I have invested the last 23 years of



It's back... **6 Week Body Transformation** Starts Jan. 18th

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**Lost 23 lbs.!**

"I feel amazing! This 6 week plan was easier than I thought it would be. I have more energy, sleep better, know how to eat now, a flatter stomach, better posture and I am more confident. This program is awesome... I highly recommend you do it! You will be so glad you did. And I can't believe I won a cruise! That was amazing to go on and celebrate my new toned body!" Rebecca



**Lost 17" & 12 lbs.**

This is for ALL Ages & Sizes. Great for newbies that either have 10 lbs. or 80 lbs to lose. We even have beginner workouts.

"I can't believe I almost didn't do this because I actually won 1st place 7 the cruise!"  
"This was so much fun!"  
"I lost 2 sizes & I have SO much more ENERGY!"

**NEW: Couples Category**

The top results for husband & wife will also win a cruise! The husband follows the same eating plan the wife does while she works out with us.



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**CALL 813 377-3739**

Want results but not interested in the contest? Check out Samantha Taylor's website at: [www.PureHealthStudios.com](http://www.PureHealthStudios.com)

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## New BEGINNINGS

As we enter 2016 and begin to focus on new beginnings, from politics to personal health, let me share something new that I recently discovered.

One of our faithful and thoughtful donors called and wanted to see if I would like to have some trimmings from a Hawaiian Pulmeria tree. They described it as a tree that has beautiful blooms that are used to make the famous Hawaiian Lea from. Of course, I was curious and thankful to be able to have some starts from such a tree. After the trimmings were delivered, I was intrigued because it appeared to be nothing more than some discarded sticks. They didn't appear to be of much value and certainly didn't look like they would amount to much. I was assured by the donor if we would just firmly plant them in good soil and water them, they would immediately bloom and begin to grow. So with some help, I did just that. We took the sticks,



cut some of them into smaller pieces and stuck them into the ground. After a little water and some sun, they began to immediately bloom and grow just as had been promised.

What a wonderful illustration God has provided us through nature of His promise to us. The Bible says in 2 Cor. 5:17, "Therefore if any man be in Christ he is a new creature..." As we receive discarded children into our care, especially those that are a little older, to some, they may not appear to be of much value, but to God, they are of great value and purchased at a great price! I have found that if these children are planted in Christ and watered with His Word, they immediately begin to bloom and to grow into a wonderful "new creature." I pray that 2016 would avail itself to allow us to rescue many more children and to witness with amazement the transformation of a new life in Christ.

## 27 Quick & Easy Fix Ups to Sell Your Home Fast and for Top Dollar

**Tampa Bay Area**—Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist home sellers, a new industry report has just been released called *"27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar."* It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace. Through these 27 tips, you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report, you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold FAST and for the most amount of money.

**To hear a brief recorded message about how to order your FREE copy of this Special Report, Call 1-800-366-0892 and enter ID#1023. Or visit [www.TampaBayHomeGuide.com](http://www.TampaBayHomeGuide.com). Both the free recorded hotline and website are available 24 hours a day, 7 days a week.**

Call **NOW** to find out how you can get the most money for your home.

This report is courtesy of Peter J. Butera P.A. with Future Home Realty, Inc. Not intended to solicit properties currently listed for sale. Copyright of 1998.

## Cheyenne's Country "Thangs" Organic Market

*Where Healthy Isn't Hard!*

Since 2009, locally owned and operated Cheyenne's Country Thangs has furnished our communities with fresh and delicious organic foods.

Cheyenne's operates as a co-op and carries locally grown fruits and produce whenever possible in addition to meats, seafood, milk, and other dairy products like old-fashioned homemade ice cream!

Plan to stop in to shop and compare Cheyenne's selections and prices. The already low pricing is backed by a 100% guarantee.

Sample the homemade breads and cheeses and pick up fresh meats and blended herbs to compliment your selections. **Available now—live Moringa plants, the tree of life! And we sell bunches of Moringa!**

Co-op members get to shop first and more often, Wed.-Sat.—call 813-333-8611 for information on joining. The public is welcome Saturday from 10:00am– 2:00pm.

Cheyenne's Country Thangs is located at 19319 Holly Lane, Lutz, FL.  
[www.cheyennescountrythangsinc.com](http://www.cheyennescountrythangsinc.com).



**Our co-op organic prices are the cheapest! Guaranteed!**



## New Solutions to An Old Problem

By Dr. Maria Belluccio, Lotus Path Wellness Center

Okay, so the holidays are over and it's time to get down to business for the New Year. For some people, it's a time of optimism and excitement, but for others it can be on ongoing effort in dealing with anxiety, PTSD, OCD, and depression.

Whether you're dominated by anxiety or depression, it can be paralyzing in your efforts to set, initiate, and follow through with goals. Anxiety, PTSD, and OCD make up 60-65% of psychiatric disorders which can be coupled with depression

and insomnia.

Okay, so the holidays are over and it's time to get down to business for the New Year. For some people, it's a time of *Continued on Page 6*

## New Year Promise: To Be Healthy

*Continued from Page 1*

ways that need to be a part of your daily detoxification system.

1. Avoiding Electromagnetic Fields (EMF)
2. Clean Water
3. Healthy Food
4. Healthy Movement
5. Emotions & Relationships
6. Organ Support
7. Supplements
8. Detox Tools

As you can see detoxification is an important tool, but it is not at the top of the priority list, especially if you are sick. Unfortunately, a lot of people first consider detoxing when they're not feeling well.

It's important to realize that if you fail to follow an orderly process and begin detoxification processes prematurely, it can deteriorate your health even further, making you very sick.

### Why is Your Diet So Important When it Comes to Detoxing?

In addition to avoiding or limiting your exposure to toxins, you need to focus on eating a healthy diet, preferably based on your nutritional type to reap maximum overall health benefits.

Below are some recommendations:

- Eat foods that are natural, unprocessed, and organic (and contain no sugar except for the occasional bit of honey or ma-

ple syrup).

- Eat foods that grow in your native environment. In other words, eat locally grown, seasonal foods.
- Eat unpasteurized dairy products (such as raw milk) and fermented foods.
- Eat at least one-third of your food raw.
- Make sure you eat enough healthy fats, including those from animal sources like omega-3 fat, and reduce your intake of omega-6 from vegetable oils.

Toxins are naturally eliminated from your body through your liver. It converts many (but not all) of the harmful chemicals you ingest or absorb into water-soluble molecules that are flushed out in your urine or feces.

### Remember, Your Skin Eliminates Toxins Too

One beneficial detox method is using an infra-red sauna, particularly for slow metabolizers. It heats your tissues several inches deep, which can enhance your natural metabolic processes. It also enhances circulation and helps oxygenate your tissues.

Your skin is another major organ of elimination, but many people do not sweat on a regular basis. This may be due to wearing synthetic or tight clothing that does not breathe. Sedentary living and sun damage also inactivate your skin. Repeated use of the sauna slowly restores skin elimination, which can help reduce your toxic load quite significantly. Steam baths, sweat lodges, vigorous

exercise, and hot tubs are other options, but not as effective.

Your results will be best when saunas are part of an integrated program as described above. You may want to add some natural, unprocessed salt to your diet to replace minerals lost through sweating.

Another alternative to detoxify your lymphatic system is a lymphatic skin brush. Used daily in the shower it can really help to move your lymphatic system and exfoliate your skin.

### Cautionary Notes

Please remember that you should avoid starting any detox regimen when you are sick. You need to establish a healthy lifestyle and dietary habits FIRST, so you have a reserve that your body can draw on to allow your liver to do its job properly.

If you fail to do this, you can easily overwhelm your liver's ability to process the toxic substances that are being eliminated and you will become very sick, wishing you had never done the detox in the first place. I have seen this happen many times, so please use caution and evaluate your current state of health before embarking on any kind of detoxification program.

For more information about how to start your detox this year, please visit us at the store, and one of our knowledgeable staff members will be glad to assist you. Also please refer to Abby's Mag Volume 2 Issue 1 "Detoxify Your Body" for more details.

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God's Health Care Plan

January 2015



The Love of America

February 2015



St. Patrick

Whose aleas was know as Maewyn Succat

March 2015



Easter And What It Has To Do With A Bunny

April 2015



Mother - Where Would We Be Without Her?

May 2015



God's Plane for America's Comeback

by Dave Meyer V.P. Joyce Meyer Ministry June 2015



Freedom's Responsibility/ Freedom's Price

July 2015



The Moringa Oleifera - The Tree of Life

Agust 2015



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September 2015



Canines for Christ

October 2015



Developing An Attitude of Gratitude

November 2015



The Origins of Christmas

December 2015



## Praising God for My Miracle

By Kay Dunn, Dunndead Gazettes

In last month's June issue, I shared I had been diagnosed with Melanoma skin cancer eighteen months ago. On June 8th, I was given a report showing NO signs remained. Both reports were the results of biopsies taken from the same area of my shoulder.

God is good! Romans 8:28: "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Oh, I know I had to do my part, and this is my testimony.

Over the last eighteen months, I have met people committed to helping others through natural, holistic therapy as well as nutritional supplements and organically-grown food. They have provided me with "Better Health Through Education"—this is Abby's slogan. I met both Abby Saylor and Victor Karydis when searching for a new place to shop. Everyone in their store has knowledge about the products. I also attended some of Abby's free seminars to gain a better understanding of this new direction I was pursuing.

While attending a customer thank you day, I met Brandi Stewart of ReNew Life Wellness Center, who provides nutritional blood cell analysis. I got to see my own blood cells on a computer screen! She introduced

me to her husband Tom, who helps by detoxing with his infrared sauna. I was also introduced to Dana Clark McGrady and her electrodermal screening. Check them out at [www.renewlifewellness.com](http://www.renewlifewellness.com).

My body held a high level of toxins when I met them, but after nine months of following their directions on living healthy, the toxins were reduced. Changing my diet had a lot to do with it. I did not realize I was eating ingredients not good for my health!!!

That brings me to Lisa, owner of Cheyenne's Organic Farmers Market and Co-op right here in Lutz. My shopping for organic veggies, grass-fed beef and chicken, and my new favorite, lamb, was available.

I joined the co-op program last November. I also have found some of the most interesting fruit and vegetables at the Natural Market since I am now open to trying new healthy food items.

Last, but not least is Maria Belluccio, owner of Lotus Path Wellness. She helped me see what was going on in my body without radiation. Thermography enables her to help a lot of people naturally. I have to close now and finish up preparing for our family visit over the Fourth of July.

Publisher Mark Dunn gets flying a plane off his bucket list!

Pete and wench at the Bay Area Renaissance Festival

## Women-n-Charge Fundraiser Success

Kay Dunn (Dunndead Publications), Rosie Heim (Avon), Mary Ann Whallen (Affordable Home Inspections), Anne Childers (Childers & Associates), Elayne Bassinger, April Saland (A.L. Saland Insurance), Charlene Ierna (Ierna's Heating & Cooling), and Penny Pike (Waterline Construction).

On October 3, 2015, Women-n-Charge, whose mission, in part, is to support and assist professional women in managing their businesses more effectively, held their annual fundraising tea event to raise funds for their grant program.





International Folk Fair Nov. 2015. St. Petersburg Pier has been taken down. It's gone!

## Christian Chamber of Commerce

The 2nd Annual God at Work Forum hosted by the Christian Chamber of Commerce Tampa Bay was an amazing day of Christians in the workplace coming together to hear incredible speakers, an expert panel, networking, praising God, and learning more about biblical principles in the workplace.





## Magnolia Manor Celebrates Another Year

Anne Childers, Staff Writer



The best time to choose an assisted living facility (ALF) for yourself or a loved one is before you need one. Like everything else in life, finding a perfect match for your needs and expectations will require time and due diligence. A homey atmosphere where residents enjoy delicious meals, companionship, and activities is important. So are medication monitoring and a respect for individual dignity along with a staff of trained professionals. Barbara Keithly's lifelong dream was to create just such an assisted living facility in a natural setting with an open airy concept.

She realized that dream in November 2011 when Magnolia Manor Assisted Living opened in the Lutz area. Residents enjoy holiday and birthday parties, a 4th of July parade, a summer Luau for the whole family, a Christmas banquet, and weekly happy hours with live entertainment. Transportation can be provided for appointments and outings, including regularly-scheduled din-

ing out and shopping trips. Seasonal outings are also scheduled so residents can enjoy local activities and events.

Magnolia Manor is pet-friendly, and regular pet visits are scheduled along with visits from community groups and organizations. Recently, a Girl Scout Brownie Troop visited with Magnolia Manor residents and spent an enjoyable time decorating cookies. The Brownie troop then delivered the decorated cookies to a local children's home.

The staff to resident ratio is above state requirements. In fact, everything at this beautiful, upscale ALF meets and exceeds Florida State requirements.

If you are considering a move to an ALF, be sure to visit this outstanding facility. Magnolia Manor is licensed for both adult daycare and full residential care. Call 813-918-0588 to schedule a personal tour. View additional information at [www.magnolia-manoralf.com](http://www.magnolia-manoralf.com).



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## CELEBRATING 4 YEARS

**What's to love about our assisted living facility?**

• Friday Happy Hour with entertainment	• Fabulous, home cooked meals
• In-house medical care	• Excellent personal care
• Great social opportunities	

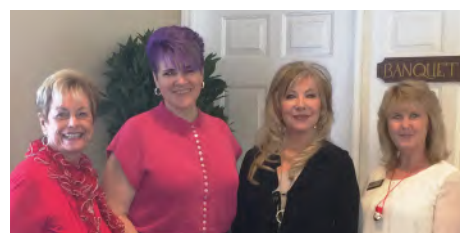
License #AL 12096  
We are off Van Dyke Road, a short distance east of the Veterans Expressway and 2 miles west of Dale Mabry Highway. Turn south on Old Tobacco Road and we are on the right side of the street. Easily accessible.

**813.918.0588 [www.magmanoralf.com](http://www.magmanoralf.com) 17420 Old Tobacco Rd., Lutz, FL 33558**

## Women-n-Charge

Be sure to join the vibrant ladies of Women-n-Charge on Friday, January 8th 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.

Our feature speaker for January is Sandra Miniere of Integrative Wellness, and her presentation is entitled "Success Begins with a Compelling Vision." We also welcome the birth of a son, Carter, to Amanda Wright and her family, our PR & Social Media Chair-



*Judy Nicolosi & Mary Ann Whalen Inducted new members at the Dec. Christmas social: Ginger Rockey-Johnson for new biz G-Rock Promotions and Chrissy Johnson for Professional Lashes & Skin Care.*

woman. Please register at [www.women-n-charge.com](http://www.women-n-charge.com). For more information, please contact Judy at 813-600-9848 or [admin@women-n-charge.com](mailto:admin@women-n-charge.com).

## January is Human Trafficking Awareness Month

Anne Childers, Staff Writer

# JAMMIN' FOR

# Freedom

Since December 2014, Dunndean Publications has donated space to educate our readership on the modern day horror that is human trafficking. The grim facts bear repeating:

- The United States of America is the #1 consumer of trafficked human beings
- Florida is third in the nation as a human trafficking destination
- The Tampa Bay area ranks between second and third place in the state
- 83% of the victims are American citizens,

with an average age of 12

- A human trafficking victim has a typical life expectancy of only 7 years
- Sex, forced labor, and organ harvesting are components of trafficking

Our local law enforcement officers and States Attorney, Pam Bondi, are making progress in identifying the criminals and rescuing the victims of these heinous crimes. Legislation, enforcement, and treatment are all moving forward due to their combined efforts. Bridging Freedom ([www.Bridging-Freedom.org](http://www.Bridging-Freedom.org)) was awarded 1 million dollars from the State to develop land for the building of a new safe/treatment home for girls. Florida Dream Center is actively pursuing a recovery home for boys (one of the first in the nation). Please enlist your school, church, synagogue, or civic organization to attend one or several events this month to gain awareness and education on how you can make a difference.

**FREE Network Kick Off Event** - January 9th, 5-7pm, The Franciscan Center-Sabbath House (donations of full-sized shampoo, conditioner, body wash, and deodorant appreciated)

**4P's Panel Discussion** - January 11, 2:00 to 5:00pm., University of Tampa

The Panel Discussion will bring together law enforcement, service agencies, prevention programs, and others involved in anti-human trafficking to share information and address each of these approaches in dealing with the issue of human trafficking. Prosecution, Protection, Prevention, and Partnership.

**Bridging Freedom** - January 16th, 12 Noon-6:30pm, Cotanchobee Park, Tampa Riverwalk. Family-friendly event including food trucks, music by Kutless, 7th Surrender, Love Collide, and Brian Mark Weller. Candlelight vigil on the Riverwalk.

**Sex Trafficking Workshop** - January 26, 12 Noon - 3:00pm., PHSC. (Porter Campus) Co-sponsored by the Pasco Sheriff's Office and the Pasco Hernando State College.

**The Radiant 5 K-January 30th** - 8:00am,

Pasco Hernando State College/ Porter Campus.

**Light Up The Night Concert** - January 30th, 6-9:00pm., Wiregrass Mall, Macy's Parking Garage, Top Deck. Live stage performance by The Vibe!

For additional information, please watch the WEDU video posted online at <http://www.wedu.org/humantrafficking> or contact either [MyFloridaLegal.com](http://MyFloridaLegal.com) or Pasco FREE at [pascoFREE@gmail.com](mailto:pascoFREE@gmail.com).

Anyone wishing to share or report information with this publication may send an email to [edit101@ddpnews.com](mailto:edit101@ddpnews.com).

Report your suspicions anonymously to either local law enforcement, the National Human Trafficking Hotline at 1-888-373-7888, the U.S. Department of Justice Hotline at 1-888-428-7581, the Florida Abuse Hotline at 1-800-96-ABUSE (22873), or 911. Never try to intervene or rescue anyone personally.



*"Therefore, if anyone is in Christ, he is a new creation: the old has gone, the new has come!" —2 Corinthians 5:17*





## Is Your Swing Manual or Automatic?

I teach thousands of golfers annually and have noticed that many of them segment their swing as if they were driving a stick shift manual transmission in a car. Some unfortunately forget to use the clutch and slam the gears together, grinding them as they proceed through the swing motion. The secret to a smooth and blending together of movements can be compared to a smooth shifting of gears in a car's automatic transmission.

The key ingredients are as follows to install an automatic swing transmission:

1. Do not try to force positions of the club head with independent movements of your hands, arms, and shoulders. This will grind your swing gears worse than ever, resulting in powerless effort.
2. As you prepare to swing at a golf ball, do some practice swings, sensing the weight and momentum of the club head swinging and swooshing through the area of impact. This pulling sensation will stop you from trying to aim and force the club at the golf ball. The key is to allow the club head to swing through the ball and trust that its momentum will swing automatically into and through it with unforced velocity and precision.
3. Once you feel the weight of the club head swinging, please notice that the tension in your fingers and hands gripping the club should lighten. If you were a boxer, you want to play golf like Muhammad Ali throwing light and quick jabs, not George Foreman.
4. The body should blend its rotating movement with the swinging momentum of

the club head. Remember the golf swing is a momentous occasion and memorable experience! This will teach you to allow your shoulders to turn with the swinging club head's momentum and allow them to automatically work in sequence. The placing of a towel under both arms is a drill to teach your arms not to erroneously lift and work correctly with the club head's swinging motion. The drill practically forces your body to pivot or rotate as the towel does not allow your arms to lift.

My golf swing is definitely powered by an automatic swing transmission, and as I set up over the ball, I think and imagine that my arms are webbed together forming a triangle with my upper triceps resting on, relaxed, and somewhat secure on my chest. I then feel my feet, legs, and knees settling into the ground to secure my power source, the ground, so I can pivot and rotate my shoulders, chest, core, and hips back, all the time sensing the outward momentum of the club head swinging.

My right leg loads energy and limits excessive movement of the lower body as my upper body turns and stretches into the right leg and right foot resistance. My club and arms reactively swing up on the back swing, reverse direction, and whip back down automatically into and through the ball with ease as effortless power.

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G/M, Director of Instruction  
Dent/Bradshaw Golf School  
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## The Well - A Woman's Bible Study

Continued from Page 1

- *Parenting: Loving Our Children With God's Love* by Richard Patterson, Jr.—How to set an example of God's love, train your children in God's ways, deal with a "lost" child, and create a spiritual legacy for your children.
- *Protecting Your Family: Stand Strong Against Today's Challenges* by Charles F. Stanley—Recognizing the threats to your family, cultivating a godly home, and so much more.
- *Becoming a Woman of Purpose* by Cynthia Heald—We were created by God in His image, and true fulfillment is found in pursuing His purposes for us.
- *Surrender the Heart God Controls* by Nancy Leigh DeMoss—This study will help you understand the pathway of full surrender that will transform your perspective and lead you to spiritual victory.
- *Victory Over the Darkness* by Neil T. Anderson—When you realize the power

and freedom of your true identity in Christ, you can shed the burdens of your past and stand against evil influences.

- *Wired That Way* by Marita Littauer—A look at the four basic temperaments that will help you maximize your strengths and appreciate the uniqueness of others.

There is no charge for attending the Bible studies other than the cost of purchasing the books pertaining to a particular study. However, The Well is a donation-supported ministry, and the expectation is that women who are benefitting from the ministry would contribute financially, if possible. Childwatch is available during all of the Bible studies (donation supported).

The Well is located at First Baptist Church of Lutz at 18116 N US Highway 41 Lutz, FL 33549. The Well is not part of First Baptist Church of Lutz, but the church serves as their host campus. For more information, go to <http://thewellbiblestudy.org>.

## GriefShare

A special weekly seminar and support group for those who have lost a loved one will meet at Lake Magdalene United Methodist Church, 2902 Fletcher Ave., W, on Tuesdays beginning January 5, 2016 through Tuesday, March 29 at 6:30 in room 310 of the CEC

Building. The cost for the thirteen-week series is \$20 with scholarships available. Participants may begin at any time. Members of the community are welcome. For more information, contact [a.king4104@gmail.com](mailto:a.king4104@gmail.com) or [www.GriefShare.org](http://www.GriefShare.org).



## How Has Red Cross Fire Response Changed Over the Years?

Fire Response from 1881 to Today



Refugees at the Bad Axe Hotel, Michigan forest fires of 1881. Charles Graham/American Red Cross.

If you had to guess, what would you say was the first major response of the American Red Cross?

While the Red Cross, with Clara Barton at its head, was largely devoted to disaster relief for the first 20 years of its existence, the Red Cross flag flew officially for the first time in this country in 1881 for fire relief. Barton issued a public appeal for funds and clothing to aid victims of a devastating forest fire in Michigan. Surprised?

The Red Cross has helped fire victims for over 130 years, and we aren't slowing down yet. Here's a brief history of how we helped victims of the Michigan forest fire and other responses from then until today.

**1881 Michigan Forest Fire**

Small land-clearing fires from the Michigan settlers combined with high winds and dry refuse left by the local timber industry formed a wildfire that burned through more than a million acres in 24 hours in 1881. The fire left thousands of rural survivors homeless and without crops, livestock or jobs.

It became known as the Michigan "Thumb Fire" (named after the shape of the Lower Peninsula); nearly 300 people lost their lives (sources vary on this number) and the disaster

caused \$2.5 million in damages.

Already famous for her Civil War relief work among soldiers, Barton saw this catastrophe as a chance to prove to the public and the government what an active Red Cross society in America could contribute.

Barton never traveled to Michigan herself, instead dispatching two men to oversee the distribution of the relief goods and cash. The reports they sent back from the "burned district" confirmed that newspaper accounts and reports from officials had not exaggerated the scale of the tragedy.

In all, the fire burned 70 townships, destroyed 1,521 houses, and left 14,000 people in desperate need of help. The Red Cross contribution totaled approximately \$80,000 in cash and supplies.

**1960 Bradshaw Family**

When Mrs. A.R. Bradshaw and her family returned to their Chester, Virginia, home on July 30, 1960, they found a smoldering ruin. The Bradshaws spent the weekend in a motel with the charge paid by the American Red Cross. Clothing for the children and for Mr. Bradshaw, who needed a change of clothing to work in, was purchased by a member of the Board.

**1964 Policy Change**

Before 1964, disaster relief wasn't typically provided unless a situation included five or more families, according to the 1981 book *American Red Cross: The First Century* by Patrick Gilbo. As it became apparent a significant need existed in situations with less than a national scope, the 1964 national convention passed a resolution that eliminated the long-established guideline and opened the door to respond to single-family situations like home fires.

**Today**

Today, the Red Cross not only responds

to a home fire every eight minutes across the country, it also helps families prevent and prepare for home fires. A Home Fire Campaign launched in October of 2014 aims to reduce the number of fire-related injuries and deaths by 25 percent over the next five years. To date, nearly 40 lives have been saved nationwide because of this campaign.

Find out how you can help people affected by disasters big and small, or join the campaign as a volunteer by contacting your local Red Cross chapter.

**About the American Red Cross**

The American Red Cross shelters, feeds, and provides emotional support to victims of disasters, supplies about 40 percent of the nation's blood, teaches skills that save lives, provides international humanitarian aid, and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and

the generosity of the American public to perform its mission. For more information, please visit [redcross.org](http://redcross.org) or visit us on Twitter at @RedCross.

Mrs. A.R. Bradshaw stands in front of her smoldering home. A hotel was paid for by the Red Cross, and a change of clothes was purchased by a member of the Board. July 30, 1960, Chester, VA. Richmond News Leader photo by Benjamin Wells.

## Veterans Enjoy the Holidays

Thanks to First Presbyterian Church Brandon, Grace Family Church, Acacia Grove Church, Free Rider Fellowship, AmVets, Moose Lodge & Brandon Elks Lodge, Rolling Thunder and a benevolent couple David and Sharon Chmielewski and many others, the holidays will be much brighter for veterans that might otherwise have been forgotten. The veterans that reside at Liberty Manor received gift certificates from the couple Mr. & Mrs. Chmielewski, who have been involved with Liberty Manor as volunteers. As a result of their benevolence, the veterans will enjoy the holidays knowing that there are many individuals and organizations that appreciate them for their service and truly think about them every day of the year.

For God, country, and veterans.  
Connie Lindsay (813) 900-9422





New Solutions to An Old Problem

Continued from Page 3



optimism and excitement, but for others it can be an ongoing effort in dealing with anxiety, PTSD, OCD, and depression. Whether you're dominated by anxiety or depression, it can be paralyzing in your efforts to set, initiate, and follow through with goals. Anxiety, PTSD, and OCD make up 60-65% of psychiatric disorders which can be coupled with depression and insomnia.

If you have feelings of nervousness, powerless over fears, a sense of impending doom or danger, an increase in heart rate, hyperventilation, sweating, trembling, feel weak or tired, or have trouble concentrating or thinking about anything other than the current worry, then you most likely have an anxiety disorder. PTSD is exemplified by avoidance behavior, difficulty with maintaining close relationships, feeling emotionally numb, hopelessness about the future, lack of positive emotions, and memory issues especially regarding the traumatic event.

Depression affects women more than men with onset more around middle age, 55-60 years old. There are feelings of sadness, apathy, loss of self-esteem, anxiety, agitation, insomnia, fatigue, decreased libido, thoughts of death, and guilt. These feelings are so intense they interfere with functioning and/or decrease interest or pleasure in activities. It usually, but not always, follows a recent loss or event but is out of proportion to that event and lasts beyond the appropriate length of time.

One of the most common sequelae is insomnia. This can lead to the brain's inability to heal itself, and the brain stem cells no longer regenerate. There will be chronic disability the longer it persists. Addictive behavior, whether with food, drugs, or smoking, can also play a role in self-medicating only to create a whole subset of issues which then have to be treated. Breaking the vicious cycle is the one of the treatment goals.

Conventional treatment would center on pharmaceutical treatment, which may bring with it undesirable side effects and feeling numbed out. Though they may have their place in a therapeutic model, there are other actions that can be taken simultaneously or even as an alternative. Neuropuncture, which is a sub-specialty in traditional Chinese medicine, can successfully treat patients with amazing results. It is a unique acupuncture system that incorporates the research of neurophysiological mechanisms of acupuncture, combining the research of electrical acupuncture's effect on specific neural receptors, and the holistic TCM model.

The treatment protocols are evidenced-based and reproducible. Combining this technique with herbal/homeopathic remedies, nutritional counseling, psychotherapy, genetic testing, and neurotransmitter/hormone testing can increase the efficacy of any one modality. A commitment of time and patience is necessary to allow these treatments to be successful. Changes in lifestyle, food choices, exercise, and a spiritual practice are integral to feeling better.

Establishing a practice to pray, meditate, learn a martial art, do volunteer work, laugh more, attend a support group, receive acupuncture, or go ballroom dancing can enhance the healing process to return to a positive and vibrant being. Practicing gratitude by starting your day writing down three things you are grateful for the duration of one year can change your brain patterns from a negative to positive outlook on life.

For help in achieving these health goals, call Dr. Maria Belluccio for an appointment at Lotus Path Wellness Center located in the Carrollwood area at 813-964-0847. Read about her and her practice at [www.lotuspathwellness.com](http://www.lotuspathwellness.com).



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We have referred your services to several friends who have upcoming drivers and will be looking forward to your return as our daughter obtains hers learning permit soon.

~ Sharilyn Hayes



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~ Brad Kalis



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Automotive Chat

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# What Kind of Reader Are You?

Dr. George Siemer



Taking my son to school this past week, I heard the disk jockeys from one station who have challenged listeners to read specific books, discussing a scale used to determine what kind of reader a person is. The scale, based on a calendar year, identified someone who reads 13 books as a light reader, avid readers double that number, committed readers finish 52 books, and obsessed readers double that. Regardless of the kind of reader you are based on this scale, it is the content that will most frequently determine how many books you read.

There are some books that are required for school or for job training, but they are frequently forgotten. Some stimulate your thinking to believe they have a life of their own, and you recommend them to everyone

to read. There are others that impact your emotions and cause you to consider a project that could affect others in some way. Many of these books are limited in their influence due to the language they are written in, the extent of their distribution, or the popularity of their author.

There is one book I read on a fairly regular basis that puts me near the level of obsessed. Not only does it consume my thinking and emotions, but it penetrates my heart to challenge me to make regular life adjustments. What is even more intriguing is that I find it similarly affects others wherever I travel throughout the world.

In light of this book’s effects, governments, including the Supreme Court in 1962, have passed laws to remove it from educational curriculums and others are working today to remove it from public places. Why would anyone want to keep this book from influencing lives?

Since this book provides a consistent guide for every person in every place at every time when everything else changes, certain men want to challenge its influence as one voice once said, “Has indeed God said?” If you have not guessed, the book is the Bible and the voice belongs to all those who want to limit its influence.

To learn more about how the Bible speaks today, you can contact Dr. George Siemer, the dean of Faith Theological Seminary and Christian College in Tampa by calling (813) 886-8492, visit [www.ftsc.org](http://www.ftsc.org) or call Faith Outreach Center today at (813) 887-3354 for more information.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”  
—Romans 15:13

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## Have a Joyous New Year 2016!

1. Therefore, if anyone is in Christ, \_\_\_\_\_
2. The Lord is my Shepherd, \_\_\_\_\_
3. May the God of hope \_\_\_\_\_

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IT’S A DUNNDEAL @ 218 E. BEARSS AVE. #256 TAMPA, FL 33613

I was one of the blessed recipients of two tickets to see Joel Osteen. I wanted you to know how much my grandmother and I enjoyed the show. We have been going through so much, and this was the exact thing we needed. It was a compelling and very inspirational performance which was thoroughly enjoyed not only by us, but seemingly liked by all those near us. Again, thank you so much for allowing us this wonderful opportunity to see Joel in person. It was our first live show, and it did not disappoint. Peace always!

— Gail

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If you or a loved one took the blood thinner Xarelto and had complications due to internal bleeding after January 2012 you MAY be due financial compensation. Call Injuryfone 1-800-815-9140.

LEARNING TO READ can be both fun and educational. Learn more about this wholesome farm book, Richard the Donkey and His LOUD, LOUD Voice at [www.RichardTheDonkey.com](http://www.RichardTheDonkey.com).

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Magnolia Manor Assisted Living Facility, Inc. "Southern Hospitality. Old Fashioned Care" 53 beds; off of Van Dyke Rd. 17420 Old Tobacco Rd., Lutz. Family owned—20 years' experience. (813) 918-0588.

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UNPLANNED PREGNANCY? THINK ADOPTION! Adoption Advocate and Attorney Ellen Kaplan is available for free consultation. Call 24/7 by phone at 1-877-341-1309 (FBN0875228).

Reaching Out to Long-Term Care Residents

Florida's Long-Term Care Ombudsman Program has advocate positions available in the Hillsborough and Manatee areas. Volunteers visit with residents of nursing homes, assisted living facilities, and adult-family care homes to ensure they

are treated with dignity and respect. Training and certification are provided, and volunteers participate in council meetings, administrative assessments, and complaint resolution in facilities. Candidates need to:

- Enjoy working with seniors and the disabled
  - Plan to volunteer 20 hours a month
  - Pass a background check (paid for by the program)
  - Complete certification training
  - Communicate well
  - Attend a monthly meeting
- If you would like to become an ombudsman and make a difference in your community, visit [ombudsman.myflorida.com](http://ombudsman.myflorida.com), search for us on Facebook, or call 1-888-831-0404.

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Anne Childers, Staff Writer

Don't "do" windows? Don't worry! Make a New Year's resolution to call the professionals at Sunshine State Window Washing Service. This local veteran-owned company is licensed, bonded, and insured; they cheerfully handle all the drudgery and leave you with sparkling windows, and a smile!

Owner M. Lewis Briggs ensures expert service with respect for your home and privacy. Sunshine State caters to individuals and business professionals by providing VIP service and guaranteed satisfaction. Extras such as cobweb removal, screen shampooing, window sill, track, and channel cleaning are always included using only environmentally safe products. Additional services such as mirror, chandelier, and coach light cleaning, ceiling fans, light bulb and smoke detector maintenance are available upon request. Multi-level homes and offices are no problem.

Let the competent staff at Sunshine Windows enhance the beauty and value of your home or office. Call Sunshine State Window Washing today at 813-949-1392, mention this article, and schedule a complimentary estimate for all your window cleaning needs. Be sure to ask about regularly scheduled repeat service—you can relax in 2016 and your home will always sparkle.

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Ierna’s Heating & Cooling: “Ierna Your Trust, Ierna Your Business.”



Ierna’s Heating & Cooling began operations in the summer of 2003 as the home-based business of owners Ron & Charlene Ierna. While the business has remained based in Lutz, Florida, growth and expansion over the last twelve years has required moving more than once to a much larger base of operations.

Ierna’s Heating and Cooling has grown to employ over 60 full-time team members and eight

part-time employees, with over 30 vehicles on the road to ensure prompt, professional, and courteous service to customers in Pasco, Hernando, Hillsborough, Polk, and Pinellas counties. The Iernas continue to be a daily driving force within the company, setting high standards for the products they carry, the services they provide, and the customer service delivered by each team member. The Iernas are dedicated community servants and active members in five local Chambers.

A significant component of Ierna’s business is a commitment to Pay-it-Forward, giving back to the communities served. The Ierna’s team continually participates in local non-profit events, parades, school sponsorships, youth sports leagues, and festivals.

Ierna’s employs NATE and EPA certified technicians who are designated Healthy Air Specialists and Indoor Air Quality Experts.

The certified technicians stay up to speed on technology by continually attending factory training and HVAC education courses.

2015 marked the earning of the 5th consecutive Bryant® Medal of Excellence Award. Bryant is a leading provider to the building systems industries worldwide ([www.bryant.com](http://www.bryant.com)). Ierna’s is the first and only A/C company in the state of Florida to earn the coveted Bryant Pinnacle Award.

Ierna’s has also received the esteemed Angie’s List Super Service Award, reflecting an exemplary year of service to members. “Only about 5 percent of the air conditioning & heating companies in the Tampa Bay area have performed consistently well enough to earn our Super Service Award,” said Angie’s List founder Angie Hicks.

Call Ierna’s Heating and Cooling at 813-

948-6355 for maintenance, repairs, or replacements. Emergency and same day service, complimentary estimates, and second opinions are all in a day’s work for this hardworking, award-winning business. Call today and experience Ierna’s superior service for yourself.

Visit Facebook to see all of the fun things IERNA’s is involved in ([Facebook.com/IernaAir](https://www.facebook.com/IernaAir)) or visit [www.IernaAir.com](http://www.IernaAir.com) for additional information on IERNA’s Heating & Cooling.



Just Palms

Chris Tillman

Ierna’s Heating & Cooling

Charlene Ierna

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!

“Ierna’s Heating & Cooling has had great results advertising in the Dunndean 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 Dunndean advertisement.”

Pick Up A Copy of the Gazettes At These Local Churches

Journey Christian Church	7708 Van Dyke Rd, Odessa	813-920-0442	Sun. 10:00
Keystone United Methodist	16301 Race Track Road, Odessa	813-920-5153	Sun. 8:30, 9:45, & 11:00
First United Methodist Church of Lutz	960 W. Lutz Lake Fern Rd.	813-949-1751	Sun. 8:00, 9:45, & 11:30
The Impact Point	102 Lake Hobbs Rd., Lutz	813-949-9001	Sun. 10:00 & 11:15
First Baptist Church Lutz	18116 US Hwy. 41	813-949-7495	Sun. 9:00 & 10:30
River of Life Church,	410 Chapman Rd. E., Lutz	813-949-9931	Sun. 10:30
Holy Trinity Lutheran Church	20735 Leonard Rd., Lutz	813-949-7173	Sun. 8:00 & 10:30
Most Holy Redeemer Catholic Church	10110 N. Central Ave., Tampa	813-389-4580	Sun. 8:00, 10:00, & 12:30 Spanish
Northwest Community Church	14913 Hutchinson Rd., Carrollwood	813-962-4990	Sun. 10:30
Messiah Lutheran Church & Preschool	14920 Hutchinson Rd., Carrollwood	813-961-2182	Sun. 8:30, 9:45, & 11:00
Van Dyke Church	17030 Lakeshore Rd., Lutz	813-968-3983	Sat. 6:00, Sun. 9:30 & 11:15
All Saints Lutheran Church	5315 Van Dyke Rd., Lutz	813-963-0969	Worship 9:45, Sun. School 11:00
St. Timothy’s Catholic Church	17512 Lakeshore Rd., Lutz		Sat. 5:30, Sun. 7:00, 9:00, 11:00 & 5:30
Grace Family Church	5101 Van Dyke Rd., Lutz		Sat. 5:00 & 7:00, Sun.9:30 & 11:30

prayer requests

Our Prayer Request: Bless the businesses that support God’s word in print media and may we connect with others that can help. What is yours?

•S.W.: Help in my finances and Hope Childrens Home

•D.S.:That Jesus would shrink my tumors and rid them from my body without surgery

And all things whatsoever ye shall ask in prayer, believing, ye shall receive Matt. 21: 22

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—Psalms 23:1

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

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


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

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

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