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See Page 3

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**Carrollwood Gazette.com**

January 2017

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

Join in the conversation! [f /DunndeadGazettes](#) Serving the surrounding community.

**God's Health Care Plan**

**A NEW YEAR'S RESOLUTION!**



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**

**Happy New Year!**

*from Dunndead Publications and all of our operating partners*



**Is THIS Year Going To Be Different for YOU?**

**Samantha Taylor, Pure Health & Fitness Studios**

Statistics show that 90% of people who set a resolution for the new year don't stick with it and are right back where they were before or worse off. Let's face it, change is hard. If it were easy then everyone would do it, but it's not.

It takes a great desire to see change in your life, being fed up with where you are, belief that you can do it, a plan of action that is different then you have done before, accountability, and monitoring your progress.

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, then 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 Cathy, who is 64 and has gone from a 16 to a size 6 in 9 months! Was it easy? Easier than you would think! Was it worth it? You better believe it! Every time I see her, she gives me a big hug and thanks me for helping get her life back.

Sometimes it can be as simple as 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, concerned about getting diabetes and just feeling older. But instead, she has learned how to eat in a way she loves, has toned her body and has gotten her life back. She says she feels like she has aged backwards and is 20 years younger. In her 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. 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 third location in Carrollwood (the other two are in Wesley Chapel and 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 meet with me at 813-377-3739 or you can go to this webpage: [www.SamanthaTaylorFitness.com](http://www.SamanthaTaylorFitness.com). Or consider doing our next 6 week challenge—see our ad on the back page of this paper. Happy New Year!



**Pure Health**

**ELITE FITNESS STUDIOS**





HopeChildrensHome.org  
11415 Hope Int'l Drive, Tampa, FL 33625 | 813.961.1214

HAPPY NEW YEAR

We would like to wish all our supporters a Happy New Year! This last year was an eventful year to say the least. I think we would all agree that politics with the Presidential race swallowed up most of 2016. With the new President to take office near the end of this month, it is important to look ahead with anticipation as to what our mighty God will do to keep our country strong. We must trust Him to take us where He wants us to go. That is exactly what we do at Hope Children's Home each and every day. We are trusting God to allow us to continue to rescue the next generation and to continue to have an impact on the ones He sends our way for help. Someone once said, "The future is as bright as the promises of God." Will you help us to have a bright future? Will you trust God to allow you to be a blessing to the children at Hope? We are thankful for the gracious

outpouring of support during the holidays, but please do not forget the children as we enter the New Year. You can always go to our website at **HopeChildrensHome.org**, for ways to volunteer, donate, or to see what items we need for the children's care. May the Lord bless you with a prosperous and healthy year!

**YOU CAN HELP BY GIVING:**

- **A Financial Gift** (online or mail)
- **Gently-Used Items** (see our website for drop-off locations or to schedule a pickup)



## The Well: A Women's Bible Study & Training Ministry

### Classes Starting in February

By Karen McBride



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

The Well Bible Study Ministry offers Bible studies throughout the year. The spring session begins February 7-9, 2017 and women can choose from 7 powerful studies:

**Becoming a Woman Whose God is Enough**  
When we feel unhappy and restless, we need to be reminded that God is enough, and He wants a closer relationship with us.

**John's Letters: Discovering Genuine Christianity**  
We can learn through studying John's letters how to develop beliefs and qualities in ourselves by obeying God's word, loving one another, and focusing our attention on what really matters in life.

**Boundaries**  
We need to set personal boundaries to help protect ourselves from being overtired which will affect our thoughts and emotions and keep us from living a fruitful life.

**Overcoming the Enemy**  
Satan attacks us in all areas of our lives. We need to prepare ourselves for these at-

tacks in order to overcome the enemy.

**Raising Grateful Kids in an Entitled World**  
This study will help us to cultivate a spirit of obedience and gratitude in our children.

**Disunity in Christ**  
This study encourages diversity by dismantling the categories that divide us in order to advance His Kingdom.

**Disciples Are Made, Not Born**  
This study is strongly recommended for women currently in ministry as a mentor, accountability group leader, small group leader, ministry leader, or Bible study teacher.

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. Child watch is available during all of the Bible studies (donation supported).

The Well meets at the First Baptist Church of Lutz, located at 18116 N US Highway 41 Lutz, FL 33549. For more information on The Well, please go to <http://www.thewell-biblestudy.org>.

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Awards | Music | Educational event | Kids Zone | Candlelight vigil  
The Shops at Wiregrass Upper Level Parking Structure

WWW.LIGHTUPTHENIGHTTAMPABAY.COM

BENEFITING:





## Second Annual Light Up The Night Promotes Awareness of Human Trafficking

Anne Childers, Staff Writer

The Pasco County Sheriff's Office, concerned citizens, and businesses leaders are coming together January 14, 2017 to Light Up the Night and focus a spotlight on modern day slavery.

Human trafficking—the exploitation of human beings for commercial sex, forced labor, or involuntary servitude—is the second largest criminal enterprise worldwide, ranking behind illegal drugs and netting billions of dollars annually.

There are over 20 million persons held in slavery in the world today, more than any other time in history. It is estimated between 500,000 and 2 million are trafficked annually worldwide with an estimated 15,000 to 18,000 being trafficked in the United States every year.

Sadly, the #1 consumer of human trafficking is the United States of America. The state of Florida is #3 in the nation as a destination for the innocent victims of these despicable crimes, and the Tampa Bay area ranks between 2nd and 3rd in the state.

Traffickers frequently target children, boys and girls, between the ages of 12-14, and most of these children are American citizens. The average age of survival in this brutal environment is seven years. If and when a child is rescued from the lifestyle, rehabilitation in a safe house is a long term investment financially and emotionally.

Plan to attend Light Up The Night and learn what you personally can do to recog-

nize victims right here in our own communities. Force, fraud, and/or coercion are most often used to control a victim. Possible indications of human trafficking include, but are not limited to:

- Constantly accompanied by a controlling person or boss
- Bruises, depression, fear, overly submissive
- Lack of control over personal schedule, money, identification, or travel documents
- Transported to and from work, lives and works in the same place.
- Debt owed to employer/crew leader, unable to leave job

If you think you have come into contact with a victim of human trafficking, do not become involved personally, but do call one of the professional services trained to recognize and rescue victims. 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), the local Clearwater/Tampa Bay Area Task Force Hotline at (727) 562-4917, or 911.

Pasco FREE, ([pascoFREE@gmail.com](mailto:pascoFREE@gmail.com)) is accepting members—email for details, and anyone wishing to share information with this publication may send an email to [edit101@ddpnews.com](mailto:edit101@ddpnews.com). Watch this space next month for updates and positive ways you, your organization, or place of worship can make a difference in the lives of our most vulnerable citizens.

"So God created man in His own image, in the image and likeness of God He created him; male and female He created them."  
— Genesis 1:27



Women-N-Charge

Join the vibrant ladies of Women-n-Charge on Friday, January 6th from 11:15am-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 and \$18 for all guests. Please register at [women-n-charge.com](http://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). Our feature speaker for January is Stephanie Stevens and her presentation is entitled, "My Silent Partner - Identity Theft Protection."

Local Women's Fitness Center Expands

Samantha Taylor expanded the Samantha Taylor Fitness Studios with the opening of a 3rd location. Specializing in the baby boomer generation with the personal training program and offering beginner boot camp sessions to accommodate women of all exercise levels, Samantha Taylor Fitness Studios in Carrollwood will replicate the success of the Land O' Lakes and Wesley Chapel locations with a combination of fitness challenges, health and nutrition semi-

nars, cooking demonstrations and more to help members maximize results and attain a healthy lifestyle.

**Ribbon Cutting:**  
**January 20, 2017 on Friday at 3pm-5pm at 5020 Gunn Highway #250 in Carrollwood.**

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

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 200% 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—call 813-333-8611 for information on joining. The public is welcome Saturday from 10:00am– 3:00pm. Cheyenne's Country Thangs is located at 19319 Holly Lane, Lutz, FL.

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



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A New Place to Live

The Graceful & Luxurious  
Lodges of Idlewild

As the new year is beginning, it is a time to reflect on all the successes and memories of our lifetime. Bringing in another new year allows us the opportunity to make New Year's resolutions for the upcoming year and for seniors to continue to make resolutions that make their lives happier and healthier. Seniors can benefit from this if resolutions are made to prevent illness and injury.

Making resolutions such as developing a new exercise routine, focusing on cognitive health activities, eating healthier, and scheduling regular checkups are all good resolutions for seniors. Some seniors may be considering a new life path. This path might include the consideration of transitioning into an independent/assisted living community. If you feel this is the course to explore, you may want to consider the newest, most luxurious community in Lutz.

The Lodges of Idlewild is the newest independent and assisted living community within the Angels Senior Living family. With its welcoming atmosphere, our community offers the warmth of a mountain lodge with

the sophistication of a grand hotel. Once entering the Grand Parlor, one can immediately feel the ambiance of this lodge. One of the hallmarks of The Lodges is the fine dining headed by its five-star executive chef and his culinary team.

Residents are steadily active in the Life Enrichment program while they participate in activities designed to increase their flexibility, stimulate their minds, and be diverse for everyone.

Bucks and Does Beauty Bar is a full-service hair and nail salon which offers in-house services performed by a licensed cosmetologist. Relax your mind and immerse yourself in total bliss. Join us in our large screen movie theater and enjoy popcorn and a movie of your choice. After a long day filled with engaging activities, relax on the front porch in a wooden rocker and breathe in the beautiful conservation surroundings with occasional deer sightings.

Tours are available to view the expansive suites with custom options. Schedule a tour today with Betty Weatherman at 813-244-9476.



Angels Senior Living at The Lodges of Idlewild  
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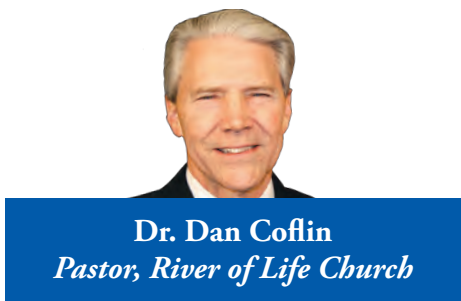
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Dr. Dan Coffin  
Pastor, River of Life Church

Days, weeks, and months—it seems time flies by at an ever-increasing pace. Thanksgiving dinner is barely digested before we need to make room to accommodate schedules for all of the Christmas celebrations and then the New Year comes and goes as we begin again rapidly changing the calendar scenes for each new month. It is true that life is like a vapor that appears for a little time and then vanishes away.

I remember my days as a boy, so excited about Christmas Day. The long-awaited event finally came. The expectations and wonder of the gifts under the tree was over as the empty wrapping paper was collected and deposited in the trash. The thought of having to wait another 365 days before the experience would repeat itself was hard to imagine. A whole year seemed like forever.

These days I am amazed how soon Christmas Day arrives and another year begins. Now my focus is not the brightly colored wrappings or flashing lights of the season, but the more adult things I never considered as a child. The responsibilities of life and demands of time and finances take the place of the awe and excitement enjoyed by children. But, what if we could recapture the excitement of the season we experienced back then. Can we relive the days of innocence and remain awed by the beauty and mystery of Christmas all year long?

I hear people say, "It would be so nice to find a little village tucked away in a beautiful valley where I could live in a "Mayberry" kind of town, like the Hallmark

Christmas movies portray." The truth is we can live above the hectic pressures of a busy life regardless of our address.

This place is called the kingdom of God. It is not a geographical location but a condition, and our living in this marvelous place of wonder and excitement, filled with peace and every good thing is not for sometime in the future but is already here (Lk. 17:20,21). God's kingdom is certainly in heaven, but heaven is not the only place we find it. We are instructed by Jesus to pray, "Thy kingdom come, Thy will be done in earth as it is in Heaven." (Mt. 6:10) Could it be God wants us to live in His glorious kingdom before we ever arrive in Heaven?

Heaven is a marvelous future we can all look forward to if we have the key that grants us access. The Bible shows us that our access to heaven is not obtained by our good works or lack thereof, but by receiving the one who opened the door of heaven for us. Jesus paid the price required for our forgiveness by his death and resurrection.

The Bible also tells us that God has given to us the "keys of the kingdom." (Mt. 16:19) The kingdom is described as "righteousness, peace, and joy." (Rm. 14:17) Jesus is the "key" to enter the door of Heaven, but there are many people who are on their way to Heaven who are missing the kingdom of God here. We can live here consumed by the cares and challenges of life, or we can live here consumed by the wonder and glory of God's kingdom.

Our entrance into Heaven is only through Jesus. Our living in the kingdom now requires us to become like little children, excited about all of the gifts under the tree (the cross) and knowing it is the Father's good pleasure to give us the kingdom (Lk. 12:32).

## Living in the Kingdom of God

Grown-up responsibilities are always with us, but right in the middle of our busy new year we can choose to live in the kingdom of God. As we do, the wonder and excitement of Christmas day will last all year long, and the gifts God has so freely given can be enjoyed every day (Rm. 8:32; 1 Cor. 2:12).

Dr. Dan Coffin and his wife Dianne are co-pastors of River of Life Church in Lutz, FL.

410 Chapman Rd. East, Lutz, FL 33549  
(813) 949-9931 • [www.rltampa.org](http://www.rltampa.org)

We would love to invite you to visit River of Life Church on 410 East Chapman Rd. in Lutz. Our lively worship begins at 10:30 on Sunday morning, and our church is a non-denominational, spirit-filled ministry. So please honor us with your visit. We would love to have you!

prayer requests

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

Accepting Life as it Comes Jeremiah 29:4-7

sometimes we are called upon to face tremendous difficulties as a result of our choosing to follow Jesus. Jeremiah told the exiles of his day to live as normal lives as possible. He also told them to pray for the welfare of the city which had taken them captive, much in the same way as Jesus tells us to pray for our enemies as well as for our government. Regardless whether you voted or not, let us all pray together for God to lead us in 2017.

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

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The Biblical View of Charitable Giving



James H. Willis, III  
Founder and President  
The Willis Agency, Inc  
  
813-948-9109  
[Jim@TheWillisAgency.com](mailto:Jim@TheWillisAgency.com)  
[www.TheWillisAgency.com](http://www.TheWillisAgency.com)  
*1 Peter 5:7*

Giving is one of the five uses of money that we have previously talked about. Research has showed America is by far the most generous nation and people on the Earth. That's wonderful!!!

Yet, Barna Research said 37% of people who go to church regularly give 0% and that only 9% actually give the 10% tithe (2002). That's embarrassing!!

There are four common barriers to giving. The first is a Spiritual Barrier. Many people today just don't have that close relationship with God or a church that would positively motivate them to give.

Second, there are Emotional Barriers. Sometimes it is fear, fear of not giving to the right place, or fear of not having enough to give.

Third is the Practical Barrier. You just don't know how to do it or how to get started, which creates a lack of vision. Or maybe you just need to be asked.

Fourth is a Relational Barrier. Not having that connectivity with a church or not being involved in a charity of your choice can cause this barrier. You might just need to get your heart

involved and then your wallet will follow.

Giving has several benefits to the giver. When we give, it is a simple expression of obedience; we are following God's desire. "Honor the Lord with all thy possessions."

It also gives us a reward. "Give and it will be given back to you." We have all heard, and I believe "You can't outgive God." Giving also recognizes that God is the owner of what we have. it's not yours. Shocking!!

"Everything in Heaven and on earth is yours O Lord." And lastly, when we give, it has not only an earthly benefit, which it does, but it also has a Heavenly benefit. It is like laying up treasures or a firm foundation for the coming age of Heaven.

So as you think what to do at the end of this year, maybe one of the things you can do is give. It's a great feeling to know that you are helping people around you.

Happy, Happy, Happy New Year!  
Jim  
P.S. Do you know about the charitable benefit when using an IRA's RMD, and using it TAX-FREE? Ask me!

*"I will praise You, for I am fearfully and wonderfully made, marvelous are Your works, and that my soul knows very well."*  
— Psalms 139:14

Lose the Fat and Keep It Off!

Anne Childers, Staff Writer



Nutrimost Owner Mitze Richeson

If you are ready for a specific and personalized program designed with you in mind, Mitze Richeson, CCPA of NutriMost Wesley Chapel has the answer to "why can't I lose weight and keep it off?"

Obesity is an ongoing problem in our society, and the only thing more plentiful than unwanted pounds is the diets and supplements touted and advertised to make a difference. Just as one size fits all clothing doesn't, neither do those diet plans designed to help anyone and everyone lose weight.


Mitze will guide you with the proper program to balance your body for optimum health and healing using personalized computer testing to determine your individual resistance to weight loss. With NutriMost it is possible to lose up to 45 pounds in 40 days!

Mitze utilizes her knowledge and experience with holistic and chiropractic health to help find the specific reason your body stores fat, and it may not be what you have been lead to believe. Your weight issue may not


be the number of calories you consume, but rather the toxins and chemicals you're constantly exposed to.

Body fat and fat storage is a defense mechanism our bodies use to isolate and store the toxins we are exposed to in our diets and environment on a daily basis, and what is toxic to you is the question that must be answered. Cellulite is one example of unattractive toxin storage. Even people of ideal weight may have cellulite.

Visit [www.DropItIn40.com](http://www.DropItIn40.com) for additional information, and call 813-241-7098 now to save on a body composition analysis (BCA) to identify your specific weight loss challenges. Decide if NutriMost will be the last weight loss program you will ever need!



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After

"In 40 days, I lost 34 pounds and felt great! After you lose the weight, they spend the next 6 weeks to help you maintain the loss and reestablish your metabolism. I would recommend the program to anyone who is serious about losing weight!"  
—Peter Castellani

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



Magnolia Manor ALF  
Barbara Keithly, Owner

"I had a long, successful history of advertising with Dunndead Publications for a prior business, so when I began plans for opening Magnolia Manor Assisted Living, I immediately called Dunndead to put an advertising campaign in place. As soon as the papers are circulated each month, my phones ring non-stop. It is not unusual to receive forty calls a day. The calls are from prospective clients, prospective employees, and other businesses seeking to network and share resources. Dunndead covers all my advertising needs and makes a tangible difference in my business success!"

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## Garden Connect

By Steve and Jeanne Wolfe from White Dove Farm



Hi, all of you wonderful gardening enthusiasts! Best wishes for the new year! Yes, we will face many challenges. Be faithful, persevere, and encourage one another. Below please find and enjoy an article that we wrote after the second time we visited the island of Puerto Rico a few years ago.

This is another new beginning for us writing about all aspects of gardening. Since Steve's recent retirement, our days are getting fuller and more enjoyable by following our dreams and passions which is gardening. Let us fill you in a little with our backgrounds. I, Jeanne, was born in West Tampa, Florida (Steve's from Virginia) when we all had a garden and bartering was the norm.

I miss seeing the subtropical and tropical fruits like pannapen (breadfruit; binomial name is Artocarpus Altilis), also known as buen pan which means good bread. Breadfruit looks like a green textured bowling ball. The inside flesh is white like a potato and the fruit itself grows on a tree. Many delicious dishes can be made from this potato-looking breadfruit.

We enjoyed watching a dear friend prepare and cook into two main dishes of codfish stew (bacalao) with chunks of breadfruit and mashed breadfruit stuffed with ground beef then fried. Steve and I enjoyed these breadfruit dishes so much while we visited Puerto Rico. More information on breadfruit can be found by googling "University of Florida, Institute of

Food and Agricultural Sciences, Breadfruit." Recommended for USDA zone 10a or in a protected environment.

**Additional Facts about breadfruit (Jan 2017)**  
Breadfruit tree has many similarities to jackfruit in all respects except that their fruits emerge out from the terminal ends of small branches. In the case of the jackfruit, the fruit-buds arise (erupt) directly from the trunk and large branches.

**Nutritional Facts:** Breadfruit has more vitamin C than jackfruit and banana, provides about 29 mg or 48% of RDA. Vitamin C (ascorbic acid) is a strong water-soluble antioxidant. Consumption of fruits rich in vitamin C helps the body develop resistance against infectious agents and scavenges harmful free radicals. Additionally, the fiber found in breadfruit can help those with diabetes to control the disease.



Breadfruit

Like other tropical delicacies, it is rich in many vital B-complex groups of vitamins. The fruit is a moderate source of vitamins, especially thiamin, pyridoxine, and niacin. Fresh fruit is an excellent source of potassium. Potassium is an important component of cell and body fluids that helps regulate heart rate and blood pressure. Its pulp is high in copper, iron, magnesium, and phosphorus.

**Seeds:** Breadfruit seeds contain average levels of protein; 100 g seeds provide 7.4 g or

13% of daily recommended values. However, they are excellent sources of minerals like potassium, iron, calcium, zinc, selenium, manganese, etc. Resources found at [www.nutrition-and-you.com](http://www.nutrition-and-you.com).

Here are some serving tips:

- Raw breadfruit cubes may be added in stews, soups, curry, baking, and stir-fries much like potatoes.
- Its slices can be fried and eaten like potato fries. Thin slices can be made into chips.
- Fresh ripe fruit is eaten much like dessert.

It can be added to make sweet bread, muffins, cakes, puddings, etc.

• In the seed-variety of breadfruit, its seeds are gathered, sun-dried, and used much like other nuts and kernels.

Interested in finding more information? There is a delightful story at <http://tainofarm.com/how-to-plant-bread-fruit-trees>. God Bless you and yours in this new year of 2017! Send us your comments and requests at [whrdove-farm@yahoo.com](mailto:whrdove-farm@yahoo.com). (H) 813-991-9786 or (C) 813-618-0646.

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The Cold and Flu Season is Here!

Anne Childers, Staff Writer

Dr. Michele Johnson-Towson is a board-certified pediatrician with 26 years of experience in caring for children ages newborn to 21 years old. The doctor is encouraging patients to schedule now for flu shots. Vaccines are available and same-week appointments are possible.

Dr. Johnson-Towson and her staff are dedicated to keeping patients both healthy and educated on changes in children's healthcare. The live attenuated nasal flu spray vaccine is not recommended this year due to the Center for Disease Control (CDC) failing to prove it was adequate enough over the last 3 flu seasons to keep patients from contracting the influenza A (H1N1) type virus.

Normally, it is recommended for patients ages 2 to 49 that are healthy without underlying medical problems. The flu shot, which contains coverage against the influenza A&B strains, is available in proper doses for ages 6 months and up.

Tampa Bay students have been back in school for several weeks, sharing germs right along with academics and sports. Be sure to call Pediatric Place of Tampa and schedule checkups and physicals to keep your whole family healthy. It is important for shots to be up-to-date and hearing and vision tests current so students are ready for learning and healthy playing.

Pediatric Place of Tampa accepts all insurances as well as self-pay patients. New patients are always welcome! Pediatric Place of Tampa is conveniently located at 1338 W. Fletcher Avenue in Tampa. The cheerful, kid-friendly office is on the bus line, too. Call today at 813-264-2288 and schedule for protection against the flu season!



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**~ Michelle Vaughan**



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January Schedule for the Florida Orchestra

[www.floridaorchestra.org](http://www.floridaorchestra.org)

**Tampa Bay Times Masterworks**  
Brahms, Mozart & Mendelssohn  
Stuart Malina, conductor  
John Upton, oboe

Principal Oboe John Upton, who joined TFO in 2015, takes the stage as soloist in Mozart's lively Oboe Concerto. Also on the program is Mendelssohn's Symphony No. 4, "Italian," which opens with a jubilant burst of sound – much like a romp through the Italian countryside with blue sky overhead. Brahms composed these lovely Variations on a Theme by Haydn, although it turns out the original works probably were not by Haydn after all. Liszt's Mephisto Waltz No. 1 was inspired by the tales of Faust. TFO Principal Guest Conductor Stuart Malina conducts.

Sat., Jan. 21, 8pm, Mahaffey Theater  
Sun., Jan. 22, 7:30pm, Ruth Eckerd Hall  
Tickets: \$15, \$30 & \$45  
Free Classical Kids & Teens Tickets

Symphony in C  
Vince Lee, conductor  
Bo Fei Wang, piano  
The Florida Orchestra Musicians Association Concerto Competition Winner 2016

Selections of best-loved music, including Mendelssohn's Hebrides Overture, Grieg's Piano Concerto in A Minor and Bizet's Symphony in C, are served up with complimentary coffee and doughnuts and lively insights by Principal Guest Conductor Stuart Malina. Join us for the pre-concert conversations at 10am.

Thurs., Jan. 26, 11am, Mahaffey Theater  
Tickets: \$24, \$29, \$34, & \$42

**Peter and the Wolf in the malls**  
Vince Lee, conductor

The orchestra is adding free Peter and the Wolf youth concerts in January at two Tampa Bay malls, Westfield Countryside in Clearwater and Tyrone Square in St. Petersburg. Kids can listen for the distinct sounds of the cat, duck, and other characters in Prokofiev's delightful classic, which tells the tale of young Peter, his animal friends, and his grandfather -- all performed live by The Florida Orchestra with a narrator. Also on the hour-long program geared for kids is Ravel's Mother Goose Ballet Suite.

Fri., Jan. 27, 3:30pm, Westfield Countryside  
Sat., Jan. 28, 11am, Tyrone Square  
FREE

**Woodson Chamber Concert**  
This season TFO debuts a series of four Sunday afternoon chamber concerts at the Woodson African American Museum, 2240 Ninth Ave S., St. Petersburg. Concerts will be at 3pm on January 22, February 26, March 26 and April 23. Admission is pay what you can at the door.

Sun, Jan 22, 3pm, Woodson African American Museum  
**Coffee Concert**

**Happy New Year!**  
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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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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 Dunndean. Have you ever heard of anyone that came back to complain?

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## The Twelve Sites of Social Security

By Daryl Rosenthal, Social Security Public Affairs Specialist in Tampa, FL

Gathering with family and friends during the holiday season reminds us we're part of a strong community. And sometimes, in the spirit of the season, we break into song. Our take on "The Twelve Days of Christmas" — a holiday favorite since 1780 — highlights the national community we care for all year long. We call it "The Twelve Sites of Social Security."

For the first site of Social Security, we give to you our home page, [www.socialsecurity.gov](http://www.socialsecurity.gov). It's the place to go for all things Social Security. Everything you could want — from online services and benefit screening tools to publications and frequently asked questions — you can find all these and more on this site.

For the second site of Social Security, we give to you our hub for Social Security news and updates at our blog, Social Security Matters at [blog.socialsecurity.gov](http://blog.socialsecurity.gov).

For the third site of Social Security, we give to you an easy way to learn how to replace your Social Security card at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber). And in some states, you can replace it online at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount)!

For the fourth site of Social Security, we give

to you an online application for retirement benefits that you can complete and submit in as little as 15 minutes at [www.socialsecurity.gov/applytoretire](http://www.socialsecurity.gov/applytoretire).

For the fifth site of Social Security, we give to you five estimates of your future Social Security benefits! Or as many estimates as you would like using different scenarios. Get instant, personalized estimates of your future benefits at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

For the sixth site of Social Security, we give to you a convenient way to apply for disability benefits at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability).

For the seventh site of Social Security, we give to you fun and informative videos on our YouTube channel at [www.youtube.com/user/socialsecurityonline](http://www.youtube.com/user/socialsecurityonline).

For the eighth site of Social Security, we give to you Extra Help with Medicare prescription drug plan costs. You can learn more and apply for a subsidy online at [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).

For the ninth site of Social Security, we give to you our convenient publication library with

online booklets and pamphlets on numerous subjects at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

For the tenth site of Social Security, we give to you one of our most popular social media outlets, our Facebook page. This is where we engage thousands of customers and you can join the conversation at [www.facebook.com/socialsecurity](https://www.facebook.com/socialsecurity).

For the eleventh site of Social Security, we give to you answers to your Social Security related questions at our Frequently Asked Questions page at [www.socialsecurity.gov/faq](http://www.socialsecurity.gov/faq).

On the twelfth site of Social Security (and we saved the best for last), open your own personal my Social Security account, which will enable you to verify your earnings, get future benefit estimates, obtain benefit verification letters, update your Social Security information, and more at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

And a partridge in a pear tree! Find all of this and more (except the partridge and pear tree) at [www.socialsecurity.gov](http://www.socialsecurity.gov).

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**— Jeremiah 31:3**





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### Just Palms

Chris Tillman

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

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Anne Childers, Staff Writer

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— Anne Childers, Staff Writer, Dunndead Gazette



I had been a bit anxious thinking of how bad I wanted to take Kendyll to the circus. It was one of those things I was determined to do and I wouldn't let it go. It happened to be that week that we all hate when every bill we have

is due so money was a little tighter than usual and in my mind I was playing the "What bill could I put off until next week?" game.

That morning in the shower before church I was still hung up on wanting to take her and today was the last show. I decided to just let it go and thought, "If we are supposed to be there, then He's got this and I should stop worrying." I picked myself up and headed to church, but I still couldn't shake the fact that I was still determined to somehow get her there.

Halfway through the service, I glanced down at my phone and saw a text from my aunt saying that someone she knows has tickets they would not be able to use and were looking to give to somebody. I couldn't believe it! I immediately got the number from her and after church called to check on the tickets. I soon discovered that this generous woman goes to the exact same church we do and lives right around the corner from me.

I met her at Publix to pick up the tickets she

told me she had put something in the envelope for us to have a little fun. I choked back the tears as I hugged and thanked her and continued to buy my groceries, just enough to get us through the week as I was very tight on funds. As I got into my car I peeked into the envelope to discover two \$20 bills tucked inside along with 4 ticket vouchers.

I drove over to my mother's house to pick her up in just enough time to get to the circus, park and claim our seats. While pulling into the parking lot, I noticed the parking meter. At this point I was very thankful for the little extra cash as it could help to pay for the less than cheap parking, but then again God had other plans. I walked to the meter and stood behind a family of four to only hear the dad say, "Well, I guess I paid for your parking too." He had swiped his card too many times and paid for two parking spaces.

I looked up, said a quick "thank you," and proceeded to thank the family in front of us as

he refused to take my cash to pay him back (I must admit at this point I had a quick thought that the ringmaster could possibly be Prince Charming and I was SUPPOSED to get to the circus somehow today). Hey, a girl can dream can't she?

The story does not end there. As we approached the line to claim our tickets with the vouchers I had been given, a woman next to me was frantically looking around as she was next in line and was shy one ticket! I immediately took the fourth ticket that was about to go unused in ten seconds and handed it to her. Again, it was all part of His plan.

Kendyll was in awe as she took in the sights, laughed at the clowns, and patiently waited for the next delicious treat to come by our section. She still talks about the circus and the great time she had, and I cannot wait to take her this year!

Thank you, Dunndead!  
—Angie



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Even in tough times, I’ve never, nor will I ever, stop advertising in this paper. It’s been a tool that has built my business to be one of the most successful Personal Training Studios around. Thank you, Dunndean Publications! I wouldn’t have done it without you!”

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Grace & Faith Church	12749 W. Hillsborough Ave., Oldsmar	813-855-8491	Sun. 10:30
Faith Outreach Center	7607 Sheldon Rd., Westchase	813-887-3354	Sun. 10:45, Thurs. 7:00, Sat. 6:00
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., Lutz	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, Lutz	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
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
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Northwest Community Church	14913 Hutchinson Rd., Carrollwood	813-962-4990	Sun. 10:30
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Carrollwood Baptist Church	5395 Ehrlich Rd., Carrollwood	813-962-3214	www.carrollwoodbaptistchurch.org

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Get results with private or semi-private personal training sessions with Samantha Taylor at Pure Health Personal Training or boot camp sessions with Fit Body Boot Camp. Fun, efficient 30 minute workouts and delicious meal plan that will improve your life. Over 5,000 women made the call and found success. It's your turn.



*Samantha Taylor*

Health Expert & Former Food Addict

Call Today and Make 2017 the Year of YOUR Transformation.

**Help us celebrate our expansion into Hillsborough County with our 3rd Location!**

**You're Invited to the Carrollwood Studio Ribbon Cutting on Jan. 20th at 3 p.m.**

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## FITNESS

**3 Locations:**

Wesley Chapel: 2653 Bruce B Downs Blvd. #205

Land O Lakes: 2206 Knight Rd.

Carrollwood: 5020 Gunn Highway #250