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My Carrollwood Gazette.com

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

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State of the Union Address 2015

narration of
The Love of America



We are 15 years into this new century after terror touched our shores. A new generation unfolded after fighting two long and costly wars and enduring a vicious recession that spread across our nation and the world. Our unemployment rate is lower now than it was before the financial crisis. Children are graduating more than ever before, our people are more insured than ever before, and we are freer from the grip of foreign oil than we have been in 30 years.

For the first time since 9/11, our combat mission in Afghanistan is over. Six years ago, we had nearly 180,000 American troops serving in Iraq and Afghanistan. Today, fewer than 15,000 remain, and we salute the courage and sacrifice of every man and woman in this 9/11 generation. A price that all America had to endure has passed.

Today the state of the union is stronger, with a growing economy and a shrinking deficit, and currently our energy production has risen from recession and we are free to write our own future more than any other nation on Earth.

Now it's up to us to choose who we want to be over the next 15 years and the decades to come. Will

we accept an economy where only a few of us will do spectacularly well, or will we commit ourselves to an economy that generates a rising income for everyone who makes the effort?

After 9/11, we approached the world fearfully and reacted, which dragged us into costly conflict.

Moving forward, will we lead wisely, using all the elements of our power to defeat new threats to our planet and recapture the sense of common purpose that has always propelled America forward?

In two weeks, I will send this Congress a budget filled with ideals that are practical, not bipartisan. In the months ahead, I will crisscross the country, making a case for those ideals to focus on, a checklist of proposals but more on the values and the choices before us.

Seven years ago, Rebecca and Ben were newlyweds. She waited tables and he worked in construction, and their first child, Jack, was on the way. They were in love in America. If only I had known what Rebecca had written to me. Ben's business dried up as the economic crisis worsened.

Continued on Page 8

**Auto Accident?
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Walk-Ins Welcome

Presbyterian Women's Group Fundraiser

The Presbyterian Women's Group of Village Presbyterian Church is having a fundraiser for missions. It is a luncheon, auction, and fashion show by Dillards of Citrus Park Mall to be held at the Carrollwood Country Club on February 28, 2015. Tickets are \$30.00.

6th Annual Junk in Your Trunk Sale

Junk in Your Trunk



Date: Saturday March 14, 2015

Time: 8:00am-1:00pm

Do you have items in the attic that you haven't touched in years? Do you have to make room in your closets for new holiday gifts? Did you get gifts that you really can't use? Do you wish you could make some money selling those items? Do you have a business where you would like to sell your goods?

Just like any other garage sale, you gather and price your items, manage the sale of your items, and keep all your profits. We provide the space and the advertising.

Reserve your parking lot space now for \$15.00 per space. You may sell as much as you like as

long as it fits in your vehicle. Pre-registration is a must. No day of event registrations will be allowed. Last year, more than 50 vendors participated! You may also donate items to be sold by St. Mary Women's Council.

Please contact Debbie Dolan at 909-1866 or Tylerdal@verizon.net or Debbie Kipp at either 948-3139 or Debkipp@tampabay.rr.com for more information or to reserve your parking space today. Visit www.stmarytampa.org and see Special Events.

Fundraiser benefiting St. Mary Women's Council. St. Mary Catholic Church Parking Lot, 15520 North Blvd., Tampa. Sponsored by St. Mary Women's Council.

Lake Magdalene Multiple Sclerosis Support Group Meeting

The Lake Magdalene Multiple Sclerosis Support Group meeting is March 3rd at 7:00pm. The location is at the Lake Magdalene United Methodist Church "Heritage Hall" located at 2902 W. Fletcher

Ave, Tampa, 33618. Dr. Derrick Robertson, Director of the MS Center and MS Fellowship Program at USF, will be our featured speaker and will discuss MS problems and MS drugs.

Especially exciting is the newest approved medication for MS, Lemtrada, which has broken many barriers. Come learn about the latest in the realm of MS. Knowledge is power.

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You 40 Years Later

fitness a part of my life. Really letting myself experience what it would be like to age without making health and fitness a priority, tears began to stream down my face because I didn't want to experience that when I turned 80.

I wanted to make decisions that I was happy with. I wanted to make choices based on the positive outcome it will bring instead of living in regret. As I wiped those tears, I thanked God that I had a free will, that I had a choice and that I could decide to take care of my body.

I could be one of those people that is fit and healthy until the day I die. Have you ever heard that saying, "They died of old age?" That doesn't happen much anymore because people have so many medical issues since they don't take care of their bodies.

You actually can live a great quality of life being strong, independent, and living in your own home until the day you die instead of being trapped in a nursing home full of medical issues on ten different medications. We have to decide to make health and fitness a priority in our lives. If we don't, we will pay the consequences for that decision.

One my trainers at my new studio in Wesley Chapel who is 55 said, "Have you ever heard this statement? Up to the ages of 30, you have the body of your youth. Anything after that is the body you deserve."

This means that what we do with our lives on a daily basis determines how our body turns out, and we are ultimately the one responsible for this outcome. No one else.

So what kind of body do you want? Do you want to be frustrated with not having results as the years pile on? Or be grateful you took action?

A great place to start is to set up a consultation with me by going to my website at www.PureHealthstudios.com/consult. I can't wait to meet you!

I had something really intense happen the other day. I was in California on a business trip, and as I was driving, I started thinking about myself 40 years from now. And I mean REALLY thinking about it. What I would actually look like at 80? What would my body be like? What would my face be like and my energy and fitness level?

I thought about the thousands of clients we have trained in their 60's and 70's and their fitness level and how much energy they have. How when they get into shape, they move and act like a person who is in their 30's.

As I thought long and hard about it, something really struck my heart that the daily choices I make over these next 40 years are going to determine what I look like and how my fitness level is. Because eating healthy and exercising makes you age slower and fights off disease.

If I make that a part of my life on a daily basis, then when I do turn 80, I will look back on my life full of gratefulness that I did take care of my body instead of living in regret having poor health.

The interesting thing about this intense experience was, for a moment, I let myself think about what it would be like if I DIDN'T make health and fitness a part of my life. How I would have a lower quality of life because I didn't make it a priority.

I tried to imagine deeply the damage that would happen to my body by not taking care of it and when I turned 80, how I would feel deep sorrow that I had not made health and

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

Anne Childers, Staff Writer



In this space last month, we reported on the high volume of human trafficking prevalent in the Tampa Bay area (Florida is third in the nation, Tampa Bay is second-third in the state). The average person may well question these numbers, but Attorney General Pam Bondi is well aware. In January of this year, she issued the following statement: "I am committed to making Florida a zero-tolerance state for human trafficking. I urge all Floridians to engage in the fight to identify and protect potential victims of human trafficking."

Where are the victims of this crime? The answer is many are hidden in plain sight, and there is a strong possibility each of us has encountered one or more of these victims, perhaps more than once. They have been emotionally, physically, and sexually abused to the point they no longer know who to trust or how to ask for help.

As you go about your normal routine, watch for patterns of behavior in those who provide service. Does the young person who manicures your nails refrain from speaking or making eye contact, is he or she closely supervised at all times? How about the young man who brings produce to your car from a roadside field? Does he try to appear invisible? Observe the maid you pass in the hall at a local hotel. Is she withdrawn or overly timid?

Most businesses in our communities are legitimate, but those who deal in human slavery often mix in with legal enterprise and seek to blend into the community. They hide their victims in plain sight and use honest citizens to help exploit their labors. Sometimes young children are introduced into the sex slave industry by the very adults who should be protecting and nurturing them. Learn the signs and know where to report your suspicions.

There are those who believe that prostitution is a victimless crime. However, many young men and women are forced into prostitution, exotic dancing, or strip clubs against their will. Some have been forced to panhandle and into petty crime.

Runaways and those aging out of foster care may become easy prey for an experienced trafficker. Learn ways to safely identify these vulnerable individuals and report the possible abuse. At no time should any citizen try to intervene or rescue anyone on their own.

The National Human Trafficking Hotline, 1-888-373-7888, or The U.S. Department of Justice Hotline, 1-888-428-7581, the Florida Abuse Hotline at 1-800-96-ABUSE (22873) or 911 is equipped to assist these victims. Visit MyFloridaLegal.com today to find useful information on human trafficking, or contact Pasco FREE (pascoFREE@gmail.com). Anyone wishing to share or report information with this publication may send an email to edit101@ddpnews.com.

Please check this space next month for additional information and opportunities to get involved and make a difference.

"Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in brotherly love. Honor one another above yourselves."

— Romans 12:9-10

Women-n-Charge



Left to right: Anne Childers, V.P.; Judy Nicolosi, Treasurer; Kay Dunn, President; Elayne Bassinger, Speaker Director; Rosie Heim, Director at large; Charleen McKee, Secretary; Mary Ann Whalen, Membership; Penny Pike, Membership Director; Amanda Wright, Public Relations Director.

Join the vibrant ladies of Women-n-Charge on Friday, February 6th from

11:30am-1:15pm at Pebble Creek Country Club (10550 Regents Park Dr., Tampa, 33647). The meeting includes lunch, a feature speaker, and time to network. We share our talents, build relationships, and share our resources with other women in business. The cost is \$15 for members (Tuesday before the meeting) and \$18 for all guests (and members paying Wednesday and after). Please register at www.women-n-charge.com.

For more information, please contact Judy by phone at 813-600-9848 or by email at admin@women-n-charge.com. Our feature speakers for February are Rosa Quintela, CPA and Shanita D. Jones, EA and they will both be speaking on "Business & Personal Tax Tips for Filing Your Taxes."

Women-n-Charge Donates to Charities



On January 9, 2015, Women-n-Charge—whose mission, in part, is to support and assist professional women in managing their businesses more effectively—donated \$500 to two local charities aimed at serving children. The first recipient was Special Spaces, which is an organization dedicated to creating dream bedrooms for children with life-threatening medical illnesses. Learn more at specialspaces.org. The second recipient was Hope Children's Home, which is located in northwest Tampa and cares for children under the age of 18 that have been abused, are unwanted, or orphaned. Learn more at hopechildrenshome.org.

Each fall, Women-n-Charge holds a fund-raising tea event, which raises money to fund

their Grant Program for women in business. Then each spring, the organization awards two deserving women in business with \$1,000 grants to further their business goals. Women-n-Charge raised over and above the funds needed for the grant program and these are the funds the organization wished to donate to these worthy organizations serving children in need in Tampa Bay. The choice to donate the funds to Special Spaces and Hope Children's Home was voted on by the organization's members.

To learn more about Women-n-Charge, attend a meeting or visit women-n-charge.com. The organization meets the first Friday of every month at Pebble Creek Country Club in Tampa from 11:30am to 1pm.



Don't Forget About Us!

First of all, let me say thank you to everyone that was so generous during the Christmas season. The monetary gifts, presents, and various donations were all a blessing to our children. As we enter into the New Year of 2015, I would like to remind everyone that we must continue to provide for the daily needs for our children. Food, clothing, toiletries, and cleaning supplies are all daily necessities if we are to adequately care for our children. With that being said, allow me to point out some specific ways you can begin or continue to stay involved with Hope.

HOW YOU CAN HELP

We can always accept monetary donations through our website, the

mail, or just bringing it by our campus. On our website, you can also find our Immediate Needs List and our Giving Catalog. This allows you to pick specific items to purchase with just a click of a button. Of course you can drop off gently-used donations here at Hope as well as either one of our two Hope Thrift Stores.

We appreciate all of you who have helped the children this past year and look forward to your continued support. God Bless!

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Would you let someone else plan your vacation or order your dinner? What if they planned a ski trip when you wanted the sunny beaches of Hawaii or order a shrimp dinner when you're allergic to seafood? I think it's safe to say we all want to plan our own vacations and order our own meals. But what about investing?

Is that something you want to do on your own? How about determining your retirement date, selecting your best Social Security option, determining the amount and type of insurance you need, or creating an estate plan? Are these things you want to do on your own?

Well, let's think about it. Why do you want to plan your own vacation and order your own dinner? I can think of many reasons: it's enjoyable, you're sure to get what you want, you have done the research so you know the best prices, places, and values, you've done it before and you know how to do it, and it's worth the time you spend.

Now, how does this compare to financial planning? Look over the reasons for planning your vacation and see if the same answers ap-

Local Author Launches New Book!

Steve Hopper—local speaker, motivator, and networking sales coach—will launch his new book *From Prison to Purpose* on Friday, February 20th at the Verizon Event Center, 8718 Trouble Creek Road, New Port Richey, Florida.

Dash of Salt & Pepper will cater this not-to-be-missed event starting at 6:30pm. Special guests include MC Pete O'Shea from The Pete O'Shea Show. Entertainment provided by John Jay "The DJ" with performances by Deshun Howard and LA & Antonio! For

tickets, books, and sponsorship information, contact Steve Hopper at 813-918-8609 or www.AbilityToInfluence.com.

Ameriprise Financial & Cornerstone Heating and Air are event sponsors joined by Christian Brothers Automotive, We Love Logos, Rainbow International Restoration, The Willis Agency, Dash of Salt & Pepper Catering, Connecx Multimedia, The Fancy Frock, Light Magazine, We've Got Your Customers, Cypress Creek Chiropractic, and First in Real Estate Services, Inc.



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Dr. Dan Coffin
Pastor, River of Life Church

So Whom Are You Listening To?

was wicked. It was an attempt to deceive the people by aligning this ungodly spirit with the work of the Spirit of God.

We all know "facts" can be distorted and people can choose to only tell some of the story. The facts they give are true, but by withholding the other facts that make up the whole story, they will cause people to come to conclusions that are inaccurate. So what are we to do? Who can we trust?

Jesus declared that he was "the way, the truth and the life" (Jn. 14:6). He also described the word of God as truth (Jn. 17:17) and the Spirit of God is called the Spirit of truth (Jn. 14:17). How can you recognize if something is true?

Looking again at John's first letter, he writes this: "Beloved, let us love one another, for love is of God and every one that loves is born of God and knows God. He that loves not, knows not God for God is love." (1 Jn. 4:7,8). So, truth is found in the love of God.

Let me remind you of how the Bible describes God's love: "Love is so patient and so kind; Love never boils with jealousy; It never boasts, is never puffed with pride; It does not act with rudeness, or insist upon its rights; It never gets provoked, it never harbors evil thoughts; is never glad when wrong is done but always glad when truth prevails; it bears up under anything, it exercises faith in everything, it keeps up hope in everything, it gives us power to endure in anything. Love never fails." (1 Cor. 13:4-8 WT).

We may not have all the facts that correctly shape our opinions and motivate our actions, but we can be certain if we will walk in the love of God, the Spirit of truth will prevail and we will never fail.

Dr. Dan Coffin is Senior Pastor of River of Life Church in Lutz, Florida.
410 Chapman Rd. East, Lutz, FL 33549
(813) 949-9931
[www.roltampa.com](http://www.roltampa.org)

It seems everybody has an opinion about current social troubles and political purposes. Those opinions that are repeated most often and are given the most airtime gather followings, people who take up the cause or have been convinced by the "facts" of the opinions presented.

I heard someone on the radio the other day giving examples of how you can find the "facts" on just about any subject using the different search engines on the internet. The problem was the results of the searches produced different and opposing "facts". So the dilemma we all have becomes "whom do you listen to?"

In the Bible, the Book of Proverbs tells us this: "Cease, my son, to hear the instruction that causes to err from the words of knowledge." (Pr. 19:27). A more modern translation puts it this way: "Stop listening to what you know is not right." The Bible gives us good advice, but how do I know "what is right and what is wrong?"

In John's first epistle, he writes about the "spirit of truth" and the "spirit of error". There is a spirit behind the message when the "facts" are presented. Even true facts can be presented in the wrong spirit and it will lead to deception.

When the Apostle Paul and Silas went to the city of Philippi, they encountered a girl with a "spirit of divination" that followed them around and proclaimed, "These men are the servants of the most high God, which show unto us the way of salvation." (Acts. 16:17). What this girl said was true, but the motive of the spirit behind her declaration

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 Craig Morgan Wed. Mar. 4, 7:30 \$20 & \$25	 Oak Ridge Boys Thur. Mar. 5, 3:30 \$15 & \$20	 Newsboys Thur. Mar. 5, 7:30 \$20	 Loretta Lynn Fri. Mar. 6, 3:30 \$20 & \$25
 Dan + Shay Sat. Mar. 7, 3:30 \$15 & \$20	 John Legend Sat. Mar. 7, 7:30 \$50	 Parmalee Sun. Mar. 8, 3:30 \$15 & \$20	 REBA Sun. Mar. 8, 7:30 \$50

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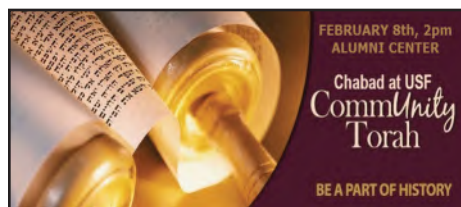
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Christian Business Connection

Christian Business Connection of Central Pasco (CBC) is a non-seat specific networking and fellowship organization. Weekly meetings are every Thursday, 7:45am-9:30am at Quail Hollow Golf and Country Club. A meeting fee of \$9.00 covers a delicious breakfast buffet and an uplifting networking ex-

First Ever Torah Scroll Celebration at USF



For the first time, a new Torah Scroll will be welcomed by the Chabad Jewish Student Center at the University Of South Florida (USF) on Sunday, February 8, 2015 at 2pm.

The Torah scroll, one of the Jewish people's most sacred objects, has roughly 6,000,000 handwritten letters. With a feather and special mix for ink, the scribe writes the five books of Moses on roughly 54 pieces of parchment. The average process takes over a year to produce the beautiful workmanship of a sacred Torah Scroll.

When a scroll is completed, it calls for great celebration by the city greeting it to its new home – the Holy Ark in the Synagogue.

A new Torah Scroll will be completed at

perience with other like-minded Christians. Membership is available, and visitors are always welcome. Business spotlights, business-related education, and prayer is shared at every meeting. For additional information, please call CBC President Michelle Pentifallo, 813-943-3300.

the University of South Florida Gibbons Alumni Center for Chabad at USF, a Jewish outreach, educational, and social service organization for students. Participants of the celebration will help expert scribe Rabbi Yochanan Kline of Florida complete the final letters of this magnificent scroll.

USF Chabad Student Chaplin Rabbi Pinny Backman said “Having our own handwritten Torah is an epic event for the USF community. We are looking forward to having this Torah for many generations to come.”




On Sunday, February 8 at 2pm, students, community leaders, alumni, and rabbis will join this exciting event at the USF Gibbons Alumni Center 4202 East Fowler Avenue in Tampa. All are welcome to attend and join the celebration. There is no charge to attend.

For more information regarding this event or any of Chabad's activities, logon to the website www.USFChabad.com or call the Chabad at USF 813-978-8723. Media interviews welcome.

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“The commandments, ‘Do not commit adultery,’ ‘Do not murder,’ ‘Do not steal,’ and ‘Do not covet’ are summed up in this one rule: ‘Love your neighbor as yourself.’”
— Romans 13:9

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


~ Mike and Julie Byrnes, Apollo Beach



THANK YOU

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


~ Michael Mauger, Land O' Lakes



THANK YOU VERY MUCH

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


~ Donna R., Lithia



WE ARE SO HAPPY

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

~ Michele Laurain, Odessa



I AM SO GRATEFUL

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

~ Lynette F. Tampa FL

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Senior Connection Center Seeks Volunteers

The Senior Connection Center Inc. is looking for volunteers and partners to become certified to provide *A Matter of Balance*, an evidence-based program designed to help older adults decrease their risk of falling. The training will be offered on Friday, February 6, 2015 from 9:00am to 5:00pm at the Senior Connection Center located at 8928 Brittany Way, Tampa, FL 33619. *A Matter of Balance* Coaches will be expected to conduct at least one program per year.

The *A Matter of Balance* program consists of eight weekly two-hour sessions that use group discussion, problem-solving strategies, videos, and light-moderate exercise to help older adults learn positive coping methods to reduce fear of falling and remain active and independent.

To register or gain more information about the training, please contact Irmarie Virella, Health and Wellness Coordinator, by phone at (813) 676-5568 or by email at Irmarie.virella@agingflorida.com.

Facial Paralysis Support Group

A community of patients, family members, friends and health care professionals to provide support and education for those dealing with facial paralysis.

Date: Wednesday, March 4, 2015 from 4:30pm – 5:30pm

Topic: Open Discussion/Plan future meetings

Location: TGMG @ 2106 S. Lois Ave. Tampa, FL 33629

Contact: Ellen Eckelman, MA, PT, DPT at 813-844-7706

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Rick Bradshaw
PGA Professional/GM

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

Is Your Swing Manual or Automatic?

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.

Rick Bradshaw
Award-Winning PGA Teaching Professional
G/M, Director of Instruction
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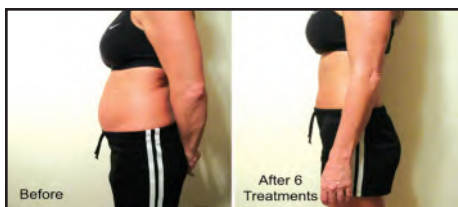
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Achieving Your Best Body at Last!

By Anne Childers, Staff Writer



Do you maintain a healthy weight? Watch your diet? Exercise? Yet still have stubborn areas that do not respond to your best efforts? Love handles, upper arms, lower belly bulges, and saddlebags are areas that typically detract from an otherwise trim physique. Men and women both experience these stubborn areas that diet and exercise cannot seem to conquer.

In the past, liposuction and other invasive procedures have yielded good results, but also involved pain, scarring, downtime, and extended healing. Now a wonderful new and painless process brings real results with no down time, no needles, and no chemicals.

Body contouring can now be accomplished over a long lunch hour using European ultrasound technology and radio frequency waves to tone, tighten, reduce inches, and lift those stubborn areas. Measurable results can be seen after just one treatment!

Locally owned and veteran operated, Sleek Physique Body Contouring is located at 4915 Ehrlich Road in Tampa. Owners Jennifer and Gary Ohrmund have obtained certification and extensive training in the protocols and equipment used to help you achieve your best results.

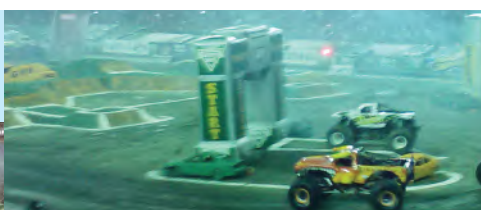
Additionally, they are both satisfied clients themselves, having experienced Sleek Physique methods to achieve their own personal physical goals.

Sleek Physique Body Contouring is open Monday-Saturday from noon-5:00pm. Morning and evening time slots are available by appointment only. Call 813-992-5267 to schedule a complementary and private consultation, and visit the website at www.sleek-physiquenow.com to learn all the wonderful possibilities now available. Packages and gift certificates available!



I had a great time at Monster Jam. I hope to go back next year.

Luis Perez



Thank you so much for the Monster Jam tickets! I gave them to my brother for him and his son. They had an incredible time. Thank you for using your paper to honor Jesus! May many lives be changed because of it!

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The Love of America *Continued from Page 1*

Construction and the housing market had fallen. He had to take any job he could find, and Rebecca took out student loans and enrolled into community college so she could retrain for a new career.

Rebecca got a better job and two raises. As the economy slowly started to improve, Ben went back to construction and bought their first home and had a second son, Henry. They were a strong-knit family in love, and they made sacrifices for each other that slowly paid off. It was amazing what Rebecca had written, and what you can do to bounce back. Ben and Rebecca's story is our story. They represented millions of Americans.

You are the people I was thinking of six years ago in America's darkest months of crisis. When I stood on the steps of the Capitol, I promised we would rebuild our economy on a new foundation. It was your resilience and effort that has made it possible. I believe we can reverse the tide of outsourcing and draw new jobs to our shores that can reduce our dependence on foreign oil.



Over the past five years, our businesses have created more than 11,000,000 new jobs. Today, America is number one in oil and gas and number one in solar and wind power. Every three weeks, we bring online as much solar power as in all of 2008. With lower gas prices and higher skill standards coming, you should save about \$700 at the pump. Our high school graduation rate has hit an all-time high, with more Americans finishing college than ever before. Everyone does their fair share. Everyone plays by the same set of rules. We don't want to just share into American success. We want everyone to contribute to our success. So what does middle class economics mean? It means helping families feel more secure in a world of constant change. It means helping folks afford child care, college, health care, retirement, and homes. My budget will address each of these issues, and lowering your taxes puts dollars back into their pockets each year.

This congress still needs to pass a law to make sure that a woman is paid the same as a man doing the same work. \$2 billion dollars to states who will adopt a 7-day paid family sick leave program and 6 weeks family leave for federal employees.

We still need to make sure that employees get the overtime they earned. And everyone in this Congress that still refuse to raise minimum wage, try working full-time and supporting a family on less than 15,000 dollars a year. Try it! If not, vote to give Americans what's fair.

These ideals will not make anyone rich, and it won't relieve everybody's hardship, for that's not the job of government. Our job is to give working families a fair shot. We need more employers to see beyond their quarter and recognize that investing in their workforce is in their company's long term interest. We need laws that strengthen unions rather than weaken them. American workers need a voice for things like health care, child care, sick leave, and equal pay as well as higher wage and lower mortgage premiums. These ideals will make the difference, and that's a fact.

That's what all of us, Democrat and Republican, are sent here to do, to make sure folks keep on earning higher wages down the road and an opportunity to upgrade their skills. America thrived in the 20th century. We made high school free and sent a generation of GI's to college who became the best workforce in the world.

By the end of this decade, two out of three job openings will require higher education, yet we still live in a country where too many

of our bright, striving Americans are priced out of an education.

It's not fair to them, and it's surely not smart for America's future. I'm sending this Congress a bold new plan to lower the cost of community college to zero. That will make two years of college as free as high school is today. I will work with Congress to make sure students that are already burdened with student loans get the help they need to reduce their monthly payments.

A new generation of veterans will be coming home. We owe them every opportunity to live the American dream, making it easier to transfer their experience and training into civilian jobs as well as making sure the veterans have access to the highest-quality health care. We now have put more people back to work than Europe, Japan and all other advanced economies combined. Our manufacturers have already added 800,000 new jobs. Companies like Google, eBay, and Tesla, companies that did not even exist 20 years ago. No one knows for certain what industry is going to generate the most jobs, but what we do know is we want them here in America.

Building the most competitive economy here will let us be a place where businesses will want to relocate and create even more jobs. Because 21st century businesses need 21st infrastructure like modern ports, bridges, faster trains, and faster Internet.

There was a time that Democrats and Republicans used to agree on this. So let's set our sights higher than a single oil pipeline. Let's pass a bipartisan infrastructure plan that can create more than 30 times as many jobs per year, making this country greater than it ever was.

Through import and export, China wants to write the rules for the fastest growing region. This will put us, our workers, and businesses at a disadvantage. Why would we let that happen? We should be writing the rules and leveling the playing field.

That's why I'm asking both parties to give me the authority to protect American workers with strong new trade deals from Asia to Europe that are just not free but are fair and go after countries that break the rules at our expense. 95% of the world's customers live outside our borders.

We shouldn't close ourselves to all of those opportunities. More than half of the manufacturing executives are looking to bring those manufacturing jobs back from China, so let's give them a reason to get it done.

21st century American businesses will rely on American science, technology, research, and development, giving us all access to information we need to keep us healthier. That's why I intend to protect a free and open internet. Extend its reach into every classroom and every community so the next digital innovators and entrepreneurs can keep on reshaping our world to find new discoveries that will create new jobs, like turning sunlight into liquid fuel. Pushing out in to the solar system not just to visit, but to stay. Last month, we launched a new spacecraft that will send American astronauts to Mars, and in two months, Scott Kelly will began a year-long stay in space.



Where we often run under a rock is how will we pay for these investments? Here is something Congress can do. Change the tax code that has loopholes. Hard-working Americans don't mind paying their fair share of taxes as long as everyone else does, too. For too long, lobbyists have rigged the tax codes with loopholes that let some corporations pay nothing while others pay full

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freight. They rigged it with giveaways that the rich don't need while denying the middle class that do. Stop rewarding companies abroad, and reward those who invest in businesses here in America.

And stop the percentage of the wealthy that don't pay taxes on their accumulated wealth. This year we have an opportunity to change the tax code's loopholes, which will truly help make dreams come true.

My first duty as commander-in-chief is to defend the United States of America. Doing so is not the question. It is not whether we lead in the world, but how. When we make rash decisions and react to headlines and don't use our heads, our first response is to send in our military and risk getting drawn into unnecessary conflict, which is what our enemy wants us to do.

I believe in a smarter kind of American leadership. We lead best when we combine military power with strong diplomacy, and that's exactly what we're doing all around the world today, and it is making a difference for a safer and more prosperous world.

First, we stand united with people around the world who have been targeted by terrorists, from a school in Pakistan to the streets of Paris. We will continue to hunt down terrorists and dismantle their network, and we will reserve the right to react accordingly as I have done since I took office.

Instead of Americans patrolling the valleys over Afghanistan, we train their security forces who now are taking the lead and are now partnering up with nations from South Asia to North Africa, denying safe havens for terrorists.

American leadership is stopping ISIS from advancing, and instead of getting dragged into another ground war in the Middle East, we are leading a coalition including the Arabs. We honored our troops' sacrifice by supporting the first democratic country in its transition instead of sending large ground forces overseas. We are assisting people everywhere to stand up to the bankrupt ideology of violent extremists, as this effort will take time and focus.

I'm calling on Congress to show the world that we are united in this mission by passing a resolution that authorizes us to use force against ISIS. We need that authority to depose this terrorist group.

We are also supporting a moderate opposition in Syria that can help us in this effort, demonstrating the power of American strength and diplomacy. We're holding the principle that bigger nations can't bully the small by opposing Russian aggression and supporting Ukrainian democracy.

Last year, we were doing the hard work,

imposing sanctions along with our allies and reinforcing our presence with the frontline states. Mr. Putin's aggression was suggested as a masterful display of strategy and strength, that's what I heard from some folks. America today is standing strong and united with our allies while Russia is isolated with its economy in tatters. This is how America leads, with consistent and steady results.

In Cuba, we are ending a policy that has long passed its expiration date. When what you're doing hasn't worked for 50 years, it's time to try something new. Our shift in policy has the potential to end a legacy of mistrust in our hemisphere. It removes a phony excuse for restrictions in Cuba and stands up for democratic values and extends a hand of friendship to the Cuban people. This year, Congress should begin work to end the embargo. Diplomacy takes small steps, and when these small steps add up to a new hope and the future for Cuba. After years in prison, we are overjoyed that Alan Gross is back where he belongs. Welcome home, Alan!



In Iran, our diplomacy is at work for the first time in decades. We halted the progress of their nuclear program and reduced its stockpile of nuclear materials. Between now and this spring, we have a chance to negotiate a comprehensible agreement that prevents a nuclear Iran and secures American allies, including Israel, while avoiding another Middle East conflict. There's no guarantee that negotiation will succeed, but I'm keeping all our options on the table to prevent a nuclear Iran. But if a new sanction is passed by this Congress at this moment, in time it will only guarantee diplomacy to fail, alienating America from its allies. These actions will make it hard to maintain sanctions to ensure that Iran doesn't start up its nuclear program again. It doesn't make sense, and that's why I will veto any sanctions that will undo this progress. The American people expect us only to go to war as a last resort.

No foreign nation or hacker should be able to shut down our networks or steal trade secrets, or invade the privacy of American families especially our kids. So to make sure our government intelligence can combat cyber threats just as we have done to combat terrorism. Tonight I am urging this Congress to finally pass the registration to better meet

The Love of America *Continued from Page 8*

the evolving threat of cyberattacks. If we don't act now, this will leave our nation economy vulnerable.

In Africa, our troops, scientists, doctors, nurses, and health care workers are rolling back Ebola and stopping the spread of diseases. We can be proud of them, and I thank this Congress for their bipartisan support of their efforts to prevent the spread of future pandemics. But the job is not yet done.



No challenge poses a greater threat to the future generation than climate change. In the Asian Pacific, we are modernizing alliances while making sure that other nations play by the rules. Climate change poses a greater threat to the future generation than ever before. 2014 was the warmest year on record. One year doesn't make a trend, but this does: 14 of the 15 warmest years on record have all fallen in the first 15 years of this century. I heard some folks tried to dodge the evidence by saying there's not enough studies on this or we don't have enough information to act. Though I'm not a scientist, I do know a lot of good scientists at NASA, at NOAA, and at our major universities.

The best scientists in the world are telling us that our activities are changing our climate, and if we don't act forcibly, we are going to start seeing rising oceans, longer and higher heat waves, dangerous drought, and floods. The Pentagon is saying that climate change poses the most immediate threat to our national security.

That's why over the past six years, we've done more than ever to combat climate change from the way we produce energy and how we use it. That's why we're setting aside more public lands and waters than any administration in history. I will not let this Congress endanger the health of our children by turning back the clock on our efforts.

I am determined to make sure that American leadership tries international action. In Beijing, we made a historical announcement, and the United States will double its practices to cut carbon pollution. China has also committed for the first time to eliminate carbon

emissions. Now that the world's two largest economies have come together, nations are now stepping up and offering hope for this year, and the world will finally reach an agreement to protect the one planet we've got.

As Americans, we respect human rights and dignity even when we're threatened, which is why I have prohibited torture and work to make sure our use of new technology like drones is properly restrained.

That is why we speak out against the deplorable anti-Semitism in certain parts of the world. It is why we continue to reject an offensive stereotype of Muslims while the vast majority of them share our commitment to peace. That's why we defend free speech, advocate for political prisoners, and condemn the persecution of women or religious minorities. People who are lesbian, gay, bisexual, or transgender.

We do these things not only because they are the right things to do, but also because ultimately they'll make a safer America. As Americans, we have a profound commitment to justice. It makes no sense to spend three million dollars to keep a prison open that the world condemns and terrorists use its existence to recruit. Since I've been president, we have cut the population at Gitmo in half, and now it's time to finish the job and I will not relent in my determination to shut it down. It is not who we are. It's time to close Gitmo.

We cherish our civil liberties and we need to uphold that commitment if we want maximum cooperation from other countries and industries in our fight against terrorist networks. While some have moved on from the debates of our surveillance programs, I have not.

As promised, our intelligence agencies have worked hard with the recommendation of privacy advocates to increase transparency and build more safeguards against potential abuse. Next month, we will issue a report on how we are keeping our country safe while strengthening our privacy. Leading the way with examples, looking to the future instead of the past, making sure we match our power with diplomacy, and keeping our values at their highest standards while using force wisely. This is what makes us exceptional.

A decade ago I gave a speech in Boston where I said there is no Liberal America or a Conservative America or a black America or white America but a United States of America. I said this because I've seen it in my own life, a nation that gave someone like me a chance. Over the past six years, the cynics have point-

ed out more than once that my presidency hasn't delivered on this vision.

How ironic, they say our politics are more divided than ever. It's held up as proof, not just in my own flaws but also as proof that division itself is misguided. So the question for us that are here tonight is how can we all better reflect America's hopes? I know a lot of you well, and I know there are a lot of good people here on both sides of the aisle if we just try something different.

Better politics is not where Democrats abandon their agenda or Republicans embrace mine. Better politics is when we appeal to each other on basic decency. Better politics is when we debate without demonizing each other. Better politics is when we talk about issues and values with principles and facts rather than gotcha moments or fake cover up stories that have nothing to do with people's lives. Better politics is when we spend less time throwing dark money at campaign ads that pull us into the gutter. Let's spend more time bringing young people up with a sense of purpose and responsibility. Ask them to join us in this great mission in building America.

We're always going to have arguments, but let's have arguments, and let's let them be worthy of this country. Still, we may not agree on a woman's right to choose, but surely we can agree that it is a good thing that teen pregnancies and abortions are at an all-time low or that every woman should have access to healthcare. Our passions may still fly about immigration, but surely we can all see something in ourselves in a striving young student.

No one benefits when a hard-working young woman is snatched from her child. We may go at it in campaign season, but surely we can agree that the right to vote is sacred and that it has been denied to too many. We may have different takes on Ferguson and New York. But surely we can understand a father's fear when his son cannot walk home without being harassed or a wife who can't sleep until her husband walks through that front door at the end of his shift.

Crime rate and incarceration, for the first time, has come down together because Democrats, Republicans and community leaders with law enforcement are working together to serve all of us. That's better politics and that's how we start rebuilding trust to move this country forward. And that's what the American people want.

I have no more elections to win, I know because I've won both of them. My only agenda for

the next two years is the same one I had when I swore an oath on the steps of the Capitol. To do what's best for America. If you share the vision as I have tonight, I ask you to join me in the work at hand. If you disagree with part of it, I hope you'll work with me where you do agree.

I will commit to everyone here tonight to seek out ideals to make this country stronger because I want this congress and the United States of America to reflect the truth for all.

We may have blind spots and shortcomings, but we are a people with the strength of generosity and spirit that brings our committed effort to help those down the street or across the other side of the world.

I want our actions to tell every child in every neighborhood, "Your life matters and we are as committed to improving your chances as we are committed to our own kids at home." I want the future generation to know that we are people who see our differences as a great gift. A people with values and dignity for every citizen—man and woman, young or old, black, white, Latino, Asian, Immigrant, Native American, gay, straight, Americans with mental illness, or a person with physical disability, everybody matters.

I want them to grow up in a country that shows the world that we know to be true and that we are more than just a collection of red states and blue states because we are the United States of America. I want them to grow up in a country where a young mom can sit down and write a letter to her president with a story that sums up these past years.



It's amazing what we can bounce back from. Rebecca's story is our story. My fellow Americans, we too are a strong, tight-knit family. We too have made it through some hard times and have picked ourselves up, dusted ourselves off, and begun again, remaking America. We have laid a new foundation for a brighter future for us to write. Let's build our future together and start the work right now.

Thank you, God bless you.

President Barack Obama



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Anne Childers, Staff Writer

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Social media is a part of search engine optimization. Use your keywords in your social media strategy. It's not one or the other! It's both at the same time! Everything you do on the Internet is there to stay, so make it work!

Coordinate Your Social Channels

Your success will be limited if you treat each of your business's social media platforms as a standalone effort. All of your networks should work in unison to better your chances of success. Think of your website as your brand's home base.

Push customers to your site by coordinating your social efforts. In this way, you are leading them to a place where they can buy your products or services.

Start sharing information and establishing your brand's voice through your blog. Direct visitors through your sales funnel by interacting with your visitors. Optimizing your website and blog for social media is as simple as adding a few simple key elements to your design.

Make sure you display your social icons prominently in your header or sidebar if you want visitors to follow all your different social profiles. Link the social icons on your website to each

Ask the Spice Girl of Tampa Bay

of your social profiles so that readers and potential customers can follow you right away.

Always integrate sharing buttons to your pages and posts, in order to provide "share friendly" content. People want to share content that they find interesting or valuable with their friends and followers.

By not using sharing buttons, you open up the opportunity for your visitors (aka potential customers) to click away, ultimately reducing your chances of reaching a wider audience. Let's talk about that next month!

Do you have questions? Email them in and I'll answer your question next month!

For more answers, check out my book *Remarkability – Standing Out. You're Not Invisible, Don't Let Your Brand Be, Either* – now available on Amazon.

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