



## Freedom's Responsibility/Freedom's Price



This month, we celebrate Independence Day. There will be fireworks, picnics, outdoor events, parades and good times with friends and family. We celebrate our liberty. We celebrate our freedom. But do we take time to consider the cost of our freedom?

When our forefathers signed the Declaration of Independence on July 4, 1776, Benjamin Franklin said, "We must all hang together, or assuredly we will hang separately."

Those men realized they placed everything they held dear in real danger. Many would lose all their personal property. Some would lose their lives or the lives of family members. All would experience many long months of hardship.

During our country's history, generation after generation has been asked to do "the hard thing" to preserve the freedom and

prosperity of our nation. For freedom's sake, they responded by laying down their own personal freedom. While the Declaration of Independence stated each person has a right to "pursue happiness," our freedom has required many to set aside their pursuit for the sake of others.

This is - and always will be - the price of freedom. There will always be a call for some to give so all may benefit. I am very proud of our military families, policemen, firemen, teachers, civil servants and public volunteers. Daily, they make the decision to set aside the pursuit of their own interests and choose to serve the interests and welfare of their communities and country. They deserve our respect and gratitude.

All of this brings me to a very personal question. Are we willing to pay the price for

our generation and future generations? Are we willing to limit our pursuit of happiness for others?

When we look at our ambitions, priorities, and use of personal resources, do we find a pattern of "thinking of others" or do we simply "think of ourselves"? St. Paul wrote in Philippians 2, "Don't look out only for your own interests, but take an interest in others too."

This July, feel free to celebrate our independence. Enjoy the hotdogs, hamburgers, family, friends and fireworks. It is, after all, a great day to celebrate. But, also take time to reflect on freedom's price.

Find ways to thank those who serve us, our communities, and our country. Ask yourself, "What can I do to help others experience the life, liberty and pursuit of happiness that we celebrate?"

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Royal Pets Market & Spa provides everything a pet owner could ever want and need to keep the family pet well groomed, properly fed, and healthy, and all these excellent services are conveniently located under one roof in Carrollwood!

Pet Product News International has recognized Royal Pets as the 2014-2015 Retailer of the Year for Outstanding Pet Services. One visit to the 18,000 square foot store will convince you as well. The staff of friendly associates are well-

trained and all staff members participate in continuing education.

The on-site veterinary hospital is full service and offers everything from wellness pet check-ups and shots to surgery and boarding. A membership health care plan for cats and dogs offers several enrollment options. After an initial enrollment fee, a monthly fee provides routine veterinary visits and wellness exams, tests, annual vaccines, and blood work.

A full line of foods and nutritional supplements, treats, toys, and products are available seven days a week during regular business hours, 7:00am-7:00pm.

"All pets that enter shall leave as royalty," sums up the philosophy of a business featuring every first-class amenity a furry monarch could wish for, says Liza Mackey, director of marketing for Royal Pets. Luxurious boarding suites, indoor and outdoor day camps, an opulent grooming salon and a spa all stand at the ready to pamper four-legged patrons.

Check Facebook and/or [www.royalpetsmarket.com](#) for a full detailed listing of all products and services, a listing of sale items, and upcoming

classes and events. Call 813-448-6744 for additional information, and be sure to ask about the Royal Rewards Program to receive shopping discounts and other benefits, such as expedited check-in at the resort. Royal Rewards Program adoptive pet owners receive a free bag of food along with a waived enrollment fee in the Wellness Plan at the veterinary center. Watch for the Royal Pets ad in this edition for additional coupons and specials!



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## Praising God for My Miracle

By Kay Dunn, Dunndead Gazettes

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

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

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

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

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

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

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

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

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

## Another Recipe from Kay's Kitchen



### Yucca Pizza Delight

The tuberous root of the yucca plant shown here is 10 inches long!

1. Peel the tough skin off and cut in chunks, then boil until soft (about 10 min).
2. Place soft yucca in a blender and add 1 egg and ¼ cup almond coffee creamer.
3. Chop your favorite veggies (broccoli, onion, and green and jalepeno peppers).



4. Add herbs, basil, parsley, cilantro, curry, garlic, crushed pepper, and Himalayan salt to chopped veggie mix.

5. Spray olive oil into a frying pan, pour the blended yucca mixture into the pan, and cook on low 15 min. with lid on.



6. Place the veggie/herb mixture on top of the yucca pancake, spray with olive oil, flip it over, and cook 5 min.

7. Flip it back and add feta cheese on top of veggies and then put the lid on the pan so the cheese will melt.



This made enough for two yucca pizzas. Mark and I split one and shared the other with our condo neighbors at St. Pete Beach during our holiday in June. Enjoy! It's all good for you!

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## All About Hormones

By Maria E. Belluccio, D.O.M., A. P., R.N.

I've had several requests to write about hormones since it seems to be one of the hottest topics there is in our desire to maintain our health and vigor. So I started thinking of what would be the best way to tackle this immense subject with the enormity of information that we are exposed to on the internet, TV, magazines, and radio. Least I forget Facebook and Twitter.

We have to be discerning of what information we actually determine is true and then ask the question of how best to manage it. The endocrine system is one of the most important systems in the body with its primary job to maintain homeostasis. But if we look at the endocrine system, then we must also evaluate the neuroendocrine system and the immunological status of our body.

So, you see, you can't just treat one without looking at the others. In the world of func-

tional medicine, we look at all of it together. For instance, if we just looked at thyroid hormone levels and didn't order immunological markers that could differentiate between Hashimoto's hypothyroidism from Secondary or Tertiary hypothyroidism, we would be doing our patients a disservice. Why? It is because the treatment regimen for the thyroid pattern is different for each type.

That is why so many patients, predominantly women, still have thyroid symptoms of fatigue, hair loss, depression, weight gain, etc., even on medication. It requires looking into the immune system as well, which is more often than not overlooked in mainstream medicine.

Another example would be looking at a condition called PCOS, which is the main reason for infertility in the U.S. Hormone therapy is not the answer. It's all about con-

trolling the sugar-insulin-hormone dance. I could also bring up our overuse of testosterone in both men and women.

There are biochemical pathways that are interrupted when continually using these hormones. We need to look at the underlying causation of why our hormones may be depleted. Nutritional and salivary or urine testing can give us great information to determine the next step in therapy.

We are living in a fast and furious society which requires us to always be in a "fight or flight" mode. The sequel of this behavior is adrenal burnout or fatigue.

As we age, our adrenal glands—which are the size of a small almond—start to burn out from life stresses and will create chronic fatigue, immune deficiency, cardiovascular disease, symptoms of fibromyalgia and more deteriorating conditions.

There are measures we can take to reverse this process, but it takes patience and perseverance to see results.

It boils down to this: many of the illnesses that we are seeing in today's world are caused by faulty diet, lack of exercise, and negative thinking. The outcome is severe inflammation throughout our body leading to cancer, diabetes, cardiovascular disease, arthritis, dementia, Alzheimer's, autoimmune disease, and emotional disturbances.

So, you see, nothing is simple. In order to optimize our health and stay feeling vibrant, we must look at the whole body system and coordinate treatment regimens that complement each other.

For more information regarding thermography, please call Lotus Path Wellness Center at 813-964-0847 or browse our website at [www.lotuspathwellness.com](http://www.lotuspathwellness.com).

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## MATCH YOUR GIFT!

It is an exciting time at Hope! We have received several new families in recent weeks, which creates the need for more cottages as we currently care for 85 children. For many years, we have had a boys dorm and a girls dorm. A few years ago, we began to receive many younger children, babies, and siblings. Our vision was to build six smaller cottages where the younger children could be better cared for and where we are able to allow brothers and sisters to live under the same roof.

Younger children like Theo and Kevin benefit from our cottages. They are brothers who came to us from a homeless shelter when Theo was only 13 days old. As you can see, they are growing into happy, energetic little boys.

We currently have two cottages built and filled with children, and it has been a huge success and

such a blessing! We are ready to build the third cottage, but we can't do it without your help.

We are so excited that we have been offered a grant that will match dollar for dollar each donation that is given to help build the next cottage up to \$125,000.00. **We will only receive a match for monies given. So, each dollar you give will be doubled!** Please consider giving to help build our next cottage. Donate on our website and choose Fezziwig/Cottage Construction as your gift designation. Thank you for helping us "Rescue the Next Generation."

**To Donate, visit  
HopeChildrensHome.org/donate**




## Which of These Costly Home Sellers' Mistakes Will You Make When You Sell Your Home?

**Tampa Bay Area**—A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their homes, and a 9 Step System that can help you sell your home fast and for the most amount of money. This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of home sellers don't get what they want for their homes and become disillusioned and—**worse**—financially disadvantaged when they put their homes on the market.

As this report uncovers, most home sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a **FREE Special Report** entitled **"The 9 Step System to Get Your Home Sold Fast and For Top Dollar"**. To order your **FREE** copy of this **Special Report**, visit [www.TampaBayHomeGuide.com](http://www.TampaBayHomeGuide.com). The Website is always available 24 hours a day, 7 days a week.

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

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

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Gazette

## "Samantha has found the fountain of youth!"

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"Six years ago today I engaged the services of Samantha Taylor (owner of Pure Health & Fitness Studios) to transform my aging senior body through her strength training and guidance with how to eat. I've been able to achieve the energy & look of many half my age! Thank you Samantha for making this possible at soon to be age 75." Lynn Smith



**Samantha Taylor**

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"It has been my pleasure Lynn...I am really proud of you! You are an inspiration to so many women of what really is possible. Thank YOU!" Samantha

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*-Seminar by Samantha at 12:30pm*

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## It's All About You



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

One of the hardest things about improving our lives is admitting where we are, for that is critical to be able to change. Not only fully accepting where we are but taking responsibility to do something about it.

We have a free will, and we can choose the life we want to live, but the challenge is many of us didn't consciously choose to be overweight and unhealthy.

For many, it feels like it "just happened." For us to see change, there is a moment that we take responsibility and realize we are the one that has to do something about it and that no one else can do it for us.

That can honestly be an empowering place to be because that is when you will do something about it, when we stop blaming others or circumstances for where we are and we look in the mirror and realize the person looking back at us is the one that has to take action.

The great thing is, it's really not that difficult to get healthy. Making the decision to actually do something about it is sometimes the hardest part. Many women have told me that it took years to finally call me or when they did call, they almost cancelled the appointment because of the fear they felt.

This is totally normal because it's the fear of the unknown and wondering if your situation is going to be the one case that we can't help. Like one of my new clients.

She saw her friend lose almost 150 lbs. with us, but she didn't think we could help her. She said she saw my picture and thought I just wouldn't be able to relate to her, but what she found out was that I can because I am actually an ex-food and sugar addict and former emotional eater.

She has had many experiences full of not succeeding, including having a personal trainer and going to a weight loss clinic for three months and losing only 9 lbs. After recently seeing her friend raking leaves in the yard 150 lbs. lighter and seeing such a different person smiling back at her, she realized it was time to take responsibility for her health, not only for her but for her family too.

I am happy to say that in less than a month, she has already lost 17 lbs.! She has been amazed at how much easier it has been than she thought it would be.

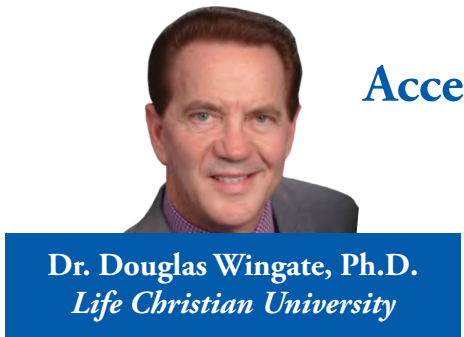
And the greatest part is, she is starting to believe that she will also lose over 100 lbs. because she is learning how to eat and think differently about food instead of being on a temporary diet. And she has had 90% less PMS symptoms, which were very extreme before, especially having PCOS.

True change in our life starts with accepting where we are and taking responsibility for taking action to change it. If you are ready to do that in your own life, I encourage you to call me and at least talk about the options. How do you know if this is for you unless you check it out for yourself? The next step is to call 813-377-3739 or go here: [www.PureHealthStudios.com/consult](http://www.PureHealthStudios.com/consult). I also have a free seminar July 24th and 25th. Go to my website to reserve your seat!

**"Without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him."**

— Hebrews 11:6





## Accepted in the Beloved

I am writing this on Father’s Day. I have been reflecting on a number of things for several days now because of something that our Heavenly Father shared with me, and I will share that with you in a moment.

This morning I had a special Father’s Day breakfast with my Dad at the assisted living facility that he resides in. My father has advanced Alzheimer’s disease, which Ronald Reagan’s son aptly called “The Long Goodbye.” I wanted to honor my 88 year-old father, knowing full well that five minutes after I left he wouldn’t remember that I was there. I thank God for my earthly father. He was a very good man even though he didn’t know the Lord until he was about 55 years old.

I feel very sorry for anyone who had very bad or absentee fathers. Most of the emotional destruction that is caused in people’s lives stems from this one often-fatal flaw in human parenting. But praise God, when someone learns the real truth about our Heavenly Father and develops a deep communion with Him, God is able to re-raise us and make up for all of the nurturing deficits.

I just turned 65 last month, and it has caused me to have an increased awareness of a number of important issues concerning fatherhood. As I said, the Lord just spoke to me about one a few days ago. I have two sons myself. The oldest, Doug Wingate III, who we call D.J., will turn 21 next month. His younger brother Ryan will turn 20 in February. They are so close in age, people often thought that they were twins. They have done nearly everything

together their whole lives.

My wife Susan home-schooled them along with their younger sister for seven years. For the last two years of high school, they attended a Christian school. After D.J. graduated, we determined that Ryan could finish his senior year as a dually-enrolled student in his first year of college. This last year they finished their second year of college and attended Life Christian University at the same time. We really put them through the paces.

I am sharing this for a reason. Six months ago, our one of our most dedicated employees let us know that he was going to have to move to Dallas for his wife to take the dream job that she had worked her whole life for. He was our video and audio producer for our online program and my radio program on Word of Faith Radio. We had Dave train our two sons to take over his duties when he had to leave. We had just had our 20th anniversary graduation, and Dave moved immediately afterward.

So now my two sons work for me, and a new dynamic has started. They will have to work part-time during the school year, and they will still attend LCU and be working, videotaping classes that we need at the same time. But as they have taken on their new duties, I was thinking how proud I am of them the other day when the Lord started a conversation with me.

He asked me if I love them any more now than before. I said, “No Lord, I have always loved them with all of my heart. You know I would give my life for them.” Then he asked me if I find them more acceptable and worthy to be in the family. I said, “No Lord, there is nothing that they have ever needed to do to have my undying devotion and love. I am just happy that I can pay them and bring a greater blessing into their lives.”

Then He said to me, “That is exactly the way I feel about you. There is nothing that you can do to be more accepted and loved by me. I am just delighted when you use your faith in me so that I can bring greater blessing into your life. And I want you to know that I have faith in you, to continue in my plan all of your days, so that I can bring every blessing into your life.”

My mind immediately went to Ephesians 1:5-6 which says, “Having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved.”

You see friends, there is absolutely nothing that you or I can do to get our Father in Heaven to love us any more than He already does. He proved his love and acceptance by sending Jesus, His only begotten Son, to die in our place and to purchase for us the position of becoming His sons and daughters. He so wants to reveal the full measure of this love, which

can only be seen and believed by us when we live in the secret place of the most high God, under the shadow of the Almighty.

I have found that He never planned for this to be difficult. I find that if I pray in tongues in conversation and communion with Him as much as I can throughout the day, I can sense His presence continually. Remember, in the presence of the Lord is fullness of joy, and in the presence of the Lord are miracles.

We should know that our labor unto the Lord and being in the center of His will for our lives is something that delights the heart of God, not for us to be loved or accepted, but it delights Him to be able to bless us exceedingly as His co-laborers.

Dr. Douglas J. Wingate, President and Founder, Life Christian University  
813-909-9720

[president@lcus.edu](mailto:president@lcus.edu) • <http://www.lcus.edu>  
<https://www.facebook.com/pages/Life-Christian-University/141854899215356>

## Women-n-Charge Monthly Meeting

Join the vibrant ladies of Women-n-Charge on Friday, July 10th 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](http://www.women-n-charge.com). For more information, please contact Judy at 813-600-9848 or [admin@women-n-charge.com](mailto:admin@women-n-charge.com). The Crime Prevention Task Force will be the presenters for our July meeting. Topics they will be discussing include: Identity Theft – Fraud and Scams; Purse Snatching – Guns and Alternative Weapons; Home Safety – Carjacking, and much more.

## Christian Business Connections

New location! Come and network with Christian professionals from all over the Tampa Bay area! We meet every Thursday at Heritage Church, 1854 Oak Grove Blvd. Lutz, FL 33559 at 7:45am. Meeting cost is \$5 and includes coffee. Breakfast is available at additional cost. Visit [www.CBCCentralPasco.com](http://www.CBCCentralPasco.com).

### Enjoying Everyday Life On the Way to Where I’m Going!

## Garden Connect

By Steve & Jeanne Wolfe

Did you notice that this year we went from winter to summer in one day? It’s been a very hot spring with temperatures in the 90’s, and officially the first day of summer was Father’s Day, June 21st. Do you look in the Almanac for the planting seasons and the moon phases or the different seasons in your planting areas? Many plants that are sensitive to your climate will have to be protected with a semi-shade overhang or near a warm wall when it becomes cooler.

An expert on orchids shared with us a very good idea—hang your orchids between some poles, and then when the chilly weather approaches, cover the entire area with a small canvas or other covering in order to protect from the elements and to ensure warmth even from a small heater.

We hang our orchids on limbs under a tree—they love it there. When necessary, we transferred the orchid plants to our potting shed and the light through the window ensured its health and blessed us with many, many buds and blooms.

One cannot get enough mulch. In our early days, we had no leaves so we went to the lumber yard for untreated sawdust. Also to our neighborhood for their generous bags of leaves. Some people are nice enough to drop off a

truckload of leaves. I call landscaping companies to drop off their clippings, leaves, etc.

On the downside, I have to remove the thorny sago clippings to the trash can. On the upside, many palms have grown out of the seed pods which were mixed in with the clippings. This has augmented our garden to form rich black gold. Don’t forget to cut up your kitchen scraps (no meat/protein based waste). Over-ripe bananas with peels are good for your roses. The basic benefits of mulching are heat/cold protection of the plant’s root system, helps retain moisture when it is dry weather, and as it decomposes, it provides nutrients. By request, our email is [whtdovefarm@yahoo.com](mailto:whtdovefarm@yahoo.com).

### White Dove Farm Garden Connect

We invite you to Garden Connect. The date is Saturday, July 18th at 3:30pm. Call 813-991-9786 for RSVP and please leave your name and phone number and that you are interested in attending or email us at [whtdovefarm@yahoo.com](mailto:whtdovefarm@yahoo.com). We will call/email you back with information. Bring a cutting, something to share to eat, a smile, and a camera—the garden is extraordinarily beautiful this year! A Master Gardener speaker will be announced when you RSVP.

## Free Open House & Seminar

Samantha Taylor of Pure Health Studios will be holding a free open house and seminar at two different locations. In Wesley Chapel, it will be held on Friday, July 24th from 5:30pm-7pm with the seminar itself at 6pm. In Land O’ Lakes, it will be held on

Saturday, July 25th from 12pm-2pm with the seminar at 12:30pm. Enjoy delicious desserts and gourmet as well! To reserve your set, go to [www.purehealthstudios.com](http://www.purehealthstudios.com). For more information, please see her ad, which is on page 3 of this paper.

## Networking For Your Success

Networking For Your Success meets every Thursday morning at 8:00am in Lexington Oaks Country Club, Wesley Chapel. The address is 2615 Lexington Oaks Blvd. All

are welcome, and a continental breakfast is served for a total of \$5.00. An annual membership is \$79. For more information, call (813) 073-1657.

## Three County Tennis League Now Forming

A three county tennis league is forming in Pasco, Hillsborough, and Pinellas counties for men and women’s divisions of play. Players are now being rated for team play, and matches are played at home and away. Meet new players and grow your game forward.

If you are a team or individual, call Walt Bockmiller, League President, at 813-527-8211 now so you can be included in the Fall and Winter Leagues. A playoff between the northern and southern divisions will determine League Champions.





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## Free Peripheral Neuropathy Meeting

USF is offering free education and support on an individualized basis to people with peripheral neuropathy.

Topics for discussion include: symptom management, coping, use of medications and nutritional supplements, and maximiz-

ing performance and quality of life.

Space is limited. Meetings are held the second Saturday of each month by appointment only. Contact Cindy Toftagen, PhD, ARNP at 813-396-9441 or by email at [ctoftag@health.usf.edu](mailto:ctoftag@health.usf.edu).

## SHARE! Your Heart & Home

Host families—with or without children at home—are needed to SHARE! their heart and home with international high school exchange students for the coming fall semester or school year.

The students hope to arrive this August and are in need of caring families or single adults to provide a home and share with them this unique experience. The host family or parent will provide a bed and meals as well as friendship, understanding, and a genuine desire to share the American way of life with a young-

ster from overseas. Students speak English, are covered by medical insurance, and have spending money for their personal expenses. For more information, please call Yvette Coffman, SHARE! Southwest Regional Director at 800-941-3738.

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— Ephesians 5:1-2



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Craft Vendors Wanted

Craft vendors are currently being sought for the annual Fall Craft Fair at Keystone United Methodist Church, Odessa, set for Saturday, Oct. 10, from 9am to 2pm. Outdoor booth space, which measures 10’ x 12’, is available for a fee of \$40. To request an application form or obtain more information, please email [kumccraftfair@tampabay.rr.com](mailto:kumccraftfair@tampabay.rr.com)

or call the church office at (813) 920-5153. Please include the type of items you would like to sell.  
The craft fair offers a variety of crafts and other items, plants, home-baked goods, and gift baskets. Refreshments will also be available for purchase. KUMC is located at 16301 Race Track Road, Odessa. The Rev. Chris Kirk is pastor.

Care Tampa Bay Free Support Groups

**Cancer Education**—Care Tampa Bay offers free individualized cancer education and support on a monthly basis on the second Saturday of each month by appointment. Topics include symptom management, coping, maximizing your physical function, and medications and nutritional supplements. To make an appointment, contact Cindy Toftagen at 813-396-9441 or email [ctohtag@health.usf.edu](mailto:ctohtag@health.usf.edu).  
**Neuropathy Education**—Care Tampa Bay offers free peripheral neuropathy education and support on a monthly basis on the second Saturday of each month by appointment. Topics include symptom management, coping, maximizing your physical function, and medications and nutritional supplements. To make an appointment, email Cindy Toftagen at 813-396-9441 or email [ctohtag@health.usf.edu](mailto:ctohtag@health.usf.edu).  
**Caregiver Support**—Care Tampa Bay will be holding a support group for caregivers of people with any chronic health condi-

tion on Saturday, July 25th from 10am-12pm at 217 S. Matanzas Ave., Tampa, 33609. For more information, please contact Cindy Toftagen at 813-396-9441 or send an email to [ctohtag@health.usf.edu](mailto:ctohtag@health.usf.edu).  
**Memory Support**—Care Tampa Bay will be holding a workshop for adults who suffer from mild memory problems on Saturday July 25th from 1pm-3pm at 217 S. Matanzas Ave., Tampa, 33609. Participants will learn more about improving or maintaining their memory. To make an appointment, contact Cindy Toftagen at 813-396-9441 or email [ctohtag@health.usf.edu](mailto:ctohtag@health.usf.edu).  
**Neuropathy Support**—Care Tampa Bay holds a monthly support group for people with peripheral neuropathy from 1pm-2pm on the first Wednesday of each month in the USF Morsani Center, room 1013A-B. No appointments are needed. The address is 13330 Laurel Dr., Tampa, FL 33613. For more information, contact Cindy Toftagen at 813-396-9441 or email [ctohtag@health.usf.edu](mailto:ctohtag@health.usf.edu).



**GEORGE CSANADI**  
**TEEN DRIVING COACH**

As parents, we try to protect our children from all the bumps and bruises of life. We make them wear helmets when biking, knee pads and wrist guards for skating and pretty much full body armor for most sports these days. But when it comes to letting them get behind the wheel of an automobile for the first time on their own, we don't seem to spend as much time preparing them or protecting them as we should.

I started thinking about this since my oldest daughter Mykala, turned 15 last May and got her driving permit after passing the online driver's education class. Which meant it was up to us to make sure she received enough hours of driving experience before she was eligible to get her license. As any parent of a 15 or 16 year old would probably agree, this is not always an easy thing to do. So in addition to conducting our own driving lessons with Mykala, we decided to get her some professional driving lessons to better prepare her and also to help ease my anxiety and stress.



We contacted George Csanadi at GCS Driving Academy (813-713-4233) which is one of the best things we have ever done. In addition to his 18+ years as a professional driver and trainer (he even taught Danica Patrick as a teenager) George offers a 'Safe Teen Driving' program at GCS [www.gcsdrivingacademy.com](http://www.gcsdrivingacademy.com).

We began with a 5-hour package which was split into 3 sessions over one weekend. George came to our house to meet us and Mykala before beginning the driving lessons. Once the paperwork was complete and he had answered all our questions, George and Mykala drove off in our car for a two hour lesson.

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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Humana Staff and Liberty Manor



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Temple Terrace Chamber of Commerce Business of the Year Finalist  
WEDU Be More Awards Judges Choice Finalist  
Hillsborough County Sheriff Office Community Volunteer Award  
Tampa Bay Buccaneer Community Quarterback Award

(L) David Lindsay, VP Liberty Manor for Veterans presenting a Certificate of Appreciation to James Rogan, Manager of Humana Health Care. Humana invested a day of community service in an effort to pay homage to the veterans at Liberty Manor for their honorable service to our country.

For God, Country and Veterans,  
Connie Lindsay (813) 900-9422  
Bay News 9 Community Hero Award



Women-N-Charge Gives to Liberty Manor



Connie Lindsay was recognized as a Women-N-Charge 2015. Lindsay has been dedicated to the veterans' initiative since

2006. Though she and her husband, David were involved in a high-profile hit and run motorcycle accident in 2014, the pair have worked earnestly to remain diligent to veterans' needs by providing them with the best housing possible, contributing to a better quality of life. In an effort to assist the struggling organization, Women-N-Charge presented Liberty Manor with a check for \$1,000 to help provide food for over fifty veterans for a month!

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## Captain Ric's Fish Tales

### Reel Simple Fishing Adventures



Army Lieutenant Colonel Doug Rothenbush with an overslot trout that he caught and released while fishing in Tampa Bay recently with Captain Ric Liles.

The past few weeks of fishing have been a roller coaster. I've had back-to-back days of tarpon fishing when we caught nothing one day and seemed to continuously be doing battle the next. The same thing has happened with the inshore bite when fishing for redfish and trout.

One day we put a beat down on them, but that was followed by a day that proved to be difficult. Luckily, even the slow days have yielded enough fish to have a decent fish fry. The two fish that have been pretty dependable have been Spanish mackerel and shark. I anticipate the bite for the next couple months staying like it is now. Not great but not bad. Not what you are used to hearing from a fisherman, but it's the truth.

I had the pleasure of running a few trips this past month where I had some soldiers aboard. It's always a pleasure working for those that provide us with so much security. There was one trip that I had representation from the Army, Navy, and Air Force on the

boat all on the same trip. That particular trip was intriguing because all three guys were down from Washington for some kind of special deal at McDill.

They did not talk shop much, but when they did it was in code. That was the intriguing part. Unfortunately, they were here for one of the trips that was just so-so. Anyway, where I was going with all of that when I started was to just say thank you to any of you that are reading this that are serving or have served in our armed forces.

After a couple months without any email questions, I finally received one this past week. D.D. Pelham asks, "I just moved here from the Midwest late last summer and was wondering why fishermen in this area abort the use of shrimp in the summer?" I can answer that, Mr. D.D., in three words. Results, economics, and pinfish. In more descriptive words, the bait that we usually turn to as the water warms is Spanish sardines. They are on average more productive than shrimp and fairly plentiful, giving the angler better results.

The other upside to sardines is they are free when netted by the fishermen, making the case for economics. Can't wait to see how the government will try to take the free out of the bait game. Lastly is the assault that a pinfish will put on a hooked shrimp. It does not take long and all that is left is the hull of the shrimp. There are species that shrimp will be the go-to bait, but your best all-around bait this time of year is a sardine. Hope that helped.

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

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



Rick Bradshaw  
PGA Professional/GM

I really enjoy hearing the great P.G.A Tour professional, Paul Azinger, refer to Percy Boomer's brilliance during British Open telecasts every year.

In the past, he has quoted Boomer, stating that "the power of golf, the gasoline, is represented by the nails in our shoes," and how the power is applied through the rotating of our hips which Boomer referred to as a clutch in a car, and that "the hands we can compare with spark plugs, if we get them operating too soon or too late in the cycle of operations, your swing backfires!"

Percy Boomer also compared the swing to juggling six balls. Boomer stated that it would be much easier to juggle if we put a string through the balls one by one and then juggled them. He compared this to the feeling of symmetry as the body parts work in sequence rather than segmenting movements into separate stages.

To this day, there is not much information on Percy Boomer. His book *On Learning Golf* is still being published and sold worldwide along with a small amount of memorabilia. First editions are difficult to find, and any of Percy's handwritten notes are very expensive to purchase.

Percy's father, George Boomer, built a golf course on the channel island of Jersey in 1902 called LaMoye Golf Club, and it has remained open to this day.

The restaurant is appropriately called Boomer's Grill. Percy Boomer's fame came as a result of his very advanced and success-

## Percy Boomer, Golf's Most Influential Instructor (Part 3)

ful style of teaching golf compared to other teachers at the same time in history.

Percy was the first instructor to coin the phrase "Connection" which is an ever-popular technique professionals use today on the P.G.A. Tour.

He believed in teaching an individual to feel the flow of forces in the golf swing rather than to analyze swing segments as separate parts. This linking together of body movements and to swing the golf club as one synchronized movement was the secret to striking the golf ball with great length, effortless power, and consistency. P.G.A. Hall of Fame golf professional Mike Hebron is quoted as saying, "if you were allowed to read only one book on how to swing the golf club, choose Percy Boomer's *On Learning Golf*."

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

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

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

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

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Golf Tournament for Gulfside Hospice

Hit the links for a great cause this summer! Wells Fargo Advisors of Trinity is hosting its second annual golf tournament, and all proceeds will benefit Gulfside Hospice.

The four-person scramble tournament takes place on August 29th with a shotgun start at 2pm at the beautiful Cypress Run Golf Club located at 2669 St. Andrews Blvd. in Tarpon Springs. The tournament costs \$125 for individual golfers and \$500 per foursome and includes lunch, dinner, auction, and more. At the golf tournament, there will also be a special hole-in-one prize and contests including longest drive, closest to the pin, and beat the pro.

Day of registration and check-in for the tournament begins at 12:30pm at the course. Pre-registration is available now at [firstgiving.com/gulfsidehospice/golf](http://firstgiving.com/gulfsidehospice/golf) or by calling Gulfside's special event coordinator Erin Labbe at 800-561-4883. Sponsorships are also available for the tournament and start at \$150.

"Wells Fargo Advisors of Trinity knows

that enthusiasm and caring enable ordinary people to do extraordinary things. By hosting this golf tournament to benefit Gulfside Hospice, they are also helping ordinary people receive extraordinary care at the end of their life," said Carla Armstrong, Gulfside's director of philanthropy. "We are deeply grateful to Wells Fargo of Trinity Advisors for their commitment to helping Gulfside care for every patient who needs us regardless of their ability to pay."

All proceeds benefit Gulfside Hospice to help Pasco County patients and families facing life-limiting illnesses.

Gulfside Hospice, established as a nonprofit corporation in Pasco County in 1988 and initially licensed in 1989, serves more than 350 patients daily. Gulfside employs more than 250 professionals and has more than 500 volunteers and is the only hospice that serves Pasco County exclusively. For more information about Gulfside Hospice, call 800-561-4883 or visit [www.GHPPC.org](http://www.GHPPC.org).

New Amplified Phone Available

For residents of Hillsborough County who are among the three million Floridians with hearing loss, help has arrived. Florida Telecommunications Relay, Inc. (FTRI), the non-profit distributor of amplified telephones for people with hearing loss and speech challenges, is offering a new amplified telephone, Clarity's XLC3.4, at no cost.

To get the phone, permanent Florida residents certified as having hearing loss must complete an application at [www.ftri.org](http://www.ftri.org) or call 1-800-222-3448. Phones can be obtained at Deaf and Hard of Hearing Services of Florida at the Self Reliance Center for Independent Living at 8901 N. Armenia Ave. in Tampa (phone: 813- 375-3965).

FPC Task Force Meeting

Have you been a victim of a crime? What does one do to become more vigilant? Come hear some self-improving concepts from the Florida Crime Prevention Task Force on Tuesday, July 7th at 7:00pm.

The location is at the Lake Magdalene United Methodist Church "Heritage Hall" located at 2902 W. Fletcher Ave. Tampa, FL 33618. Contact Rita Schallenberger by phone at 813-961-5510.

Carrollwood Players Theatre



Carrollwood Players Theatre will present the rousing red, white, and blue patriotic revue, AMERICAN SONGBOOK, on Saturday, July 4th at 3pm and Sunday, July 5th at 3pm in the new CWP Black Box Performance Space at Carrollwood Players, 4333 Gunn Highway, Tampa, FL, 33618.

AMERICAN SONGBOOK features a cast of four talented singers performing patriotic music and songs that tell the American story and symbolize the American spirit. Ann Lehman and Nancy Fueyo, the developers of this all new revue, hope audiences will come partake in the classic American pasttime of celebrating our country's heritage and pride with music. The show features an uplifting and moving selection of traditional patriotic songs, Broadway show tunes, and some modern hits that speak to what America is all about.

This is the perfect show for the whole family, either before the fireworks on the 4th or the next day on the 5th. Tickets are only \$10 and can be purchased in advance at <http://carrollwood-players-theatre.ticketleap.com> or at the door if available. For more information, visit <http://www.carrollwoodplayers.org>.



Ierna's Heating & Cooling

Charlene Ierna

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

The Lutz 4th of July Parade

Lutz is gearing up for this year's Independence Day Parade on Saturday, July 4th themed "Lutz Heritage: Proudly We Serve." Please contact Phyllis Hoedt at 949-1937 for more information.

Food items will be available for sale from the Lutz-Land O' Lakes Woman's Club and

Boy Scout Troop 12 as well as a wide variety of vendors.

Parade starts at 10am at Lutz Lake Fern Rd. & Crooked Ln. Trophies will be presented and the new Guv'na will be announced & inaugurated. Parade breakdown will follow immediately after the festivities (volunteers appreciated!).



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The Amazing Moringa Tree, Part Two

Anne Childers, Staff Writer



John Hopkins School of Medicine recently reported on the positive medical evidence for the Moringa’s nutritional, therapeutic, and prophylactic properties.

The report stated in part, “the nutritional properties of Moringa are now so well-known that there seems to be little doubt of the substantial health benefit to be realized by consumption of Moringa leaf powder in situations where starvation is imminent.” While the American diet is generally plentiful, poor nutrition is common. Many of our foods are processed until little nutritional value remains. As a supplement, Moringa is a powerhouse of nutrients (90), antioxidants (46), and vitamins.

It has been used in Asia for centuries and is now available locally in health food stores. Like most supplements, Moringa is not approved by the FDA and anyone adding it to their diet should check with their own private doctor.

It is available gluten and GMO free as well as organically and vegan-certified. Moringa is

available in powder and capsules, as well as tea. Each serving is packed with calcium, iron, potassium, fiber, and protein, so anyone adding it to their diet should evaluate any other supplements they are taking, so as not to consume excessive amounts of vitamins and minerals

The John Hopkins report did not come as news to two local men. Phil Reasons, the Executive Director of Morningstar Fishermen, and Morningstar’s Instructor, Ken Black, are both well aware of this versatile tree and the benefits associated with it.

Morning Star Fishermen is an international aquaponics research and training facility located in Dade City, FL. The Morning Star Fishermen staff and scientists have been pioneering more efficient and productive ways to live sustainably through aquaponics since 1993. Morning Star Fishermen share this knowledge with many third-world countries where hunger and starvation are very real threats.

The organization’s mission statement succinctly sums up their goals of eliminating world hunger. “Give a man a fish and he eats for a day. Teach a man how to raise fish and grow vegetables, and the whole community eats for a lifetime.”

Phil Reasons and Ken Black also strive to educate folks right here at home, and towards that goal, Ken Black teaches a regularly scheduled, free two-hour class on the multi-purpose benefits of the Moringa tree. Upcoming classes are scheduled for July 6th from 7:00pm -9:00pm and October 5th during the same time frame. To reserve your class, email [msfmail@morningstarfishermen.org](mailto:msfmail@morningstarfishermen.org). Check out the website at [www.morningstarfishermen.org](http://www.morningstarfishermen.org) for other educational opportunities or call (352) 523-2722 for additional information.

Be sure to check the August issue of the Gazette for additional information and facts on the amazing Moringa Tree.

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Fourth of July - Bureaucracy of 1776 Started a Free Nation



Most American colonists were still loyal to King George up until the 1770s. But when England subjected her subjects to increased control over colonial affairs, it started a revolution. John Adams from Massachusetts and Thomas Jefferson were appointed two of the five-man committee to draft the Declaration of Independence. At the age of 32, Jefferson was the second youngest delegate at the Continental Congress. Nevertheless, John Adams acknowledged Jefferson’s skills and reputation as a lawyer and writer, therefore Jefferson was appointed for the job. Over the next 17 days,

Jefferson stayed in his rented Philadelphia room continuously writing and revising this document. The two men liked each other immediately, as Jefferson was a valuable friend. The Declaration outlined the colonies’ desire for life, liberty, and the pursuit of happiness. But the real important thing about the document is the stuff we pretend to ignore, which is this long list of things that King George has done to the colonists, and is the actual reason why the revolution happened.

It was an assumption at the time that Americans needed to do something, and put something in writing, an explanation of what we’re doing. The King obstructed the administration of justice, imposing taxes without the colonists’ consent, suspending our own registry and ordering armed troops among us. On Sunday, July 4, the Congress approved the Declaration of Independence.

The first Fourth of July celebration happened on July 8 when the document was publicly read in Philadelphia. The crowd re-

acted with bonfires, gunfire, and fireworks. This custom was borrowed from England, of all places, which is how subjects rang in their King’s birthday; only in the colonies, they were celebrating the King’s symbolic funeral. As King George sat safely on his throne in the summer of 1776, his likeness in crudely fashioned dummies, was burned in the colonies.

In New York City, the equestrian statue of King George was hacked up and reportedly smelted into bullets for the revolution. One year later, citizens of Philadelphia honored Independence Day with fireworks, bonfires, and music.

During the Revolutionary War, troops celebrated the Declaration’s anniversary with double portions of rum. Actual bombs replaced the fireworks. After the colonies won their independence, cities across the U.S. relived the revolution by participating in the July 4 revelries.

Men commemorated the day by gathering in taverns to drink and argue over the new

nation’s leaders; it was purely an American custom to freely criticize the government. On the 50th anniversary, by eerie coincidence, both the Declaration’s author and its editor, Thomas Jefferson and John Adams, died on July 4, 1826. Eventually, Americans looked at Independence Day not so much as a day of rebellion, but as a day to appreciate the rights bestowed on them. In 1870, as America was healing from the Civil War and African-Americans were freed from slavery,

Independence Day became a recognized holiday, but if federal workers wanted to spend the day picnicking, they did it without pay. That changed in 1938 when Congress voted to make Independence Day a legal holiday.

Since then, the holiday has been celebrated in good times and in bad, in war and in peace. American communities rally together, all because of that small act of bureaucracy in 1776 that started a free nation.

<http://www.history.com/videos/fourth-of-july-history#fourth-of-july-history>

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Can We Afford Anything Less?

See page 11

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She stepped out in faith to found Sharpe's Haven, a faith-based recovery organization that provides transitional housing in a drug

and alcohol free environment. Her organization also assists participants in reuniting with their children, since 90% of the residents have also lost custody due to chronic unemployment, homelessness, substance abuse, or mental illness.

The American Institute for Research reports that 93% of mothers facing homelessness have a history of trauma, and approximately half meet the diagnostic criteria for post-traumatic stress disorder (PTSD). "As an organization, we recognize and respond to these needs," says Dawn.

Initially each resident entering the Sharpe's Haven program is screened and interviewed. Each resident must sign an agreement to abide by Sharpe's Haven rules and regulations, and each woman must be willing to work towards recovery and independent living. Sharpe's Ha-

ven provides up to 2 years for each resident to financially prepare for independence. "Part of recovery is the willingness to change and to do so," she states.

If you would like to make a difference in the lives of the women and children served by Sharpe's Haven, contact Dawn Sharpe at 813-319-3710 or send an email [dawnsharpe@sharpehaven.com](mailto:dawnsharpe@sharpehaven.com). The problem has been identified, come and be part of the solution!

Sharpe's Haven Inc. is a 501(c) (3) not-for-profit, faith-based charitable organization. Your contribution can make a difference in the lives of women leaving the prison system, drug treatment facilities, or domestic violence abuse shelters. Donations are used to support our residential program, daily operational needs, and are tax deductible. [www.sharpehaven.com](http://www.sharpehaven.com)





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Anne Childers, Staff Writer

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Anne Childers, Staff Writer

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9202 Anderson Rd. 9206 Anderson Rd. 9212 Anderson Rd. 7925 Gunn Hwy. 8568 Gunn Hwy. 8576 Gunn Hwy. 8745 Gunn Hwy. 8538 Gunn Hwy. 17633 Gunn Hwy. 8848 S. Mobley Rd. 11203 Sheldon Rd. 11625 Sheldon Rd. 9614 W. Linebaugh Ave. 9648 W. Linebaugh Ave. 9654 W. Linebaugh Ave. 9872 W. Linebaugh Ave. 12129 W. Linebaugh Ave. 12157 W. Linebaugh Ave. 10706 Countryway Blvd. 11211 Countryway Blvd. 13911 Nine Eagles Dr. 13054 Nine Eagles Dr. 13234 Nine Eagles Dr. 12008 Race Track Rd. 12950 Race Track Rd. 12950 Race Track Rd. 13001 Race Track Rd. 13006 Race Track Rd. 13048 Race Track Rd.	Green Gator Kuchi Sushi & Habachi Vallarta's Mexican Grill* Walgreens Beef "O" Brady's* Domino's Pizza G. Peppers* Ace Hardware* The UPS Store* Citrus Park Landscape Shell Gas Station Gondolier Restaurant Sun Country Cleaners The Great Spiedini Postal Connections Marco's Pizza Chase Club & Liquor The UPS Store McDivott's Wings Upper Tampa Bay Reg. Library Walgreens Punch The Grill Ellie's Restaurant Hungry Greek Bad Willie's The Village Inn Tire Choice* Westchase Pizza	15602 N. Dale Mabry 15784 W. Dale Mabry 13130 N. Dale Mabry 13014 N. Dale Mabry 12705 N. Dale Mabry 11302 N. Dale Mabry 10802 N. Dale Mabry 14874 N. Dale Mabry 14374 N. Dale Mabry 2902 W.Bearss Ave. 5360 Ehrlich Rd. 4441 Gunn Hwy. 4802 Gunn Hwy. 5709 Gunn Hwy. 6560 Gunn Hwy. 8810 N. Himes Ave. 8870 W. Himes Ave. 8830 W. Himes Ave. 4502 W. Village Dr. 4522 W. Village Dr. 4534 W. Village Dr. 4550 W. Village Dr. 4538 W. Village Dr. 3853 Northdale Blvd. 4029 Northdale Blvd.	Walgreens Beef "O" Brady's* Walgreens* The UPS Store* Tire Choice Radiant Gas Einstein Bros. Bagels Nutrition Smart Abby's Jimmie B. Keel Library Gator Fred's* Natural Market Life's Treasures Walgreens Quick Lane & Auto* Beef "O" Brady's The UPS Store PannArano Pizzeria Rainbow Dry Cleaners Pak Mail NY Bagel Cafe Carrollwood Market SliceMaster's Pizza The UPS Store YMCA	218 E. Bearss Ave. 804 E. Bearss Ave. 1911 E. Bearss Ave. 1913 E. Bearss Ave. 2802 E. Bearss Ave. 14915 N. Nebraska Ave. 410 Chapman Rd. 1927 Brinson Rd. 17693 N. Dale Mabry 18801 N. Dale Mabry 18905 N. Dale Mabry 19239 N. Dale Mabry 18469 U.S. Hwy 41 18421 U.S. Hwy 41 18511 U.S. Hwy 41 18315 U.S. Hwy 41 19017 U.S. Hwy 41 Hwy. 41 & Newburger 19002 1st St. SW 101 Flagship Drive 101 Lutz-Lake Fern Rd. 3850 Van Dyke Rd. 3959 Van Dyke Rd. 5524 Van Dyke Rd.	The UPS Store Wawa Gas Station Pita Express Bobalouie's Grill Big Papa's Pit Sparta Fitness River Of Life Church* Royal Lanes* Mr. Empanada Lutz Mail Depot Al's Lawn Care The UPS Store ACE Hardware* Beef "O"Brady's* Walgreens Bay Cities Bank Int. Supermarket* Friendly Farm Feed Depot Richard's Cafe Lutz Library Walgreens The UPS Store Shell Station	3119 Cove Bend Dr. 1041 Bruce B. Downs 1257 Bruce B. Downs 2653 Bruce B. Downs 14529 Bruce B. Downs 14943 Bruce B. Downs 17511 Bruce B. Downs 20331 Bruce B. Downs 20701 Bruce B. Downs 20741 Bruce B. Downs 17004 Palm Pointe Dr. 16221 Compton Dr. 17022 Palm Pointe Dr. 16019 Tampa Palms Blvd. 10001 Cross Creek Blvd. 10359 Cross Creek Blvd. 10853 Cross Creek Blvd. 10861 Cross Creek Blvd. 10960 Cross Creek Blvd. 6431 County Line Rd.	Chick-Fil-A* Anytime Fitness Jimmy John's Nutrition Smart Compass Self-Storage Land & Sea Market Walgreens Firestone Auto Care Central Bank Walgreens Ciccio -CALI- Y.M.C.A. Pizzazzzone Cody's New Tampa Library Biagio's Pizza Star Cleaners* Post Office Shell Gas Station* Pina Republic	21033 St. Rd. 54 & Hwy. 41 22826 St. Rd. 54 & Collier 2810 Land O' Lakes Blvd. 3036 Land O' Lakes Blvd. 4005 Land O' Lakes Blvd. 4028 Land O' Lakes Blvd. 4204 Land O' Lakes Blvd. 4526 Land O' Lakes Blvd. 4805 Land O' Lakes Blvd. 7040 Land O' Lakes Blvd. 7804 Land O' Lakes Blvd. 7827 Land O' Lakes Blvd. 2205 Collier Pkwy. 2818 Collier Pkwy. 3032 Collier Pkwy. 23110 St. Rd. 54 22829 St. Rd. 54 1900 Oak Grove Blvd. 1904 Oak Grove Blvd. 1246 Seven Springs Blvd. 3136 Little Rd., Trinity 3152 Little Rd., Trinity	TIBBETTS Lumber Radiant Gas CentralPasco Chamber* Holloway's Farm* ABC Pizza* Tax Appraisal* Natural Market Larry's Deli Ukulele Brand's Beef "O" Brady's Eatery 41 Walgreens Greenland Grill Pasco Library LOL Rec. Center* The UPS Store* Walgreens Pepé's Cuban Rest. ME Hobby WOW Express* Christo's Restaurant The UPS Store	1660 Bruce B. Downs 1708 Bruce B. Downs 1715 Bruce B. Downs 1944 Bruce B. Downs 2022 Bruce B. Downs 2653 Bruce B. Downs 2653 Bruce B. Downs 2653 Bruce B. Downs 28152 Paseo Drive 28230 Paseo Drive 2626 Cypress Ridge Blvd. 2029 Arrowgrass Drive 27221 S.R. 56 26699 S.R. 56 5371 Village Market 5429 Village Market 5450 County Road 581 25195 State Rd. 54 25201 State Rd. 54 24929 State Rd. 54 27616 State Rd. 54 27741 State Rd. 54 28115 State Rd. 54 27405 Wesley Chapel Blvd.	Beef "O" Brady's Don Pan Int'l Bakery PNC Bank Taste of Boston Fifth Third Bank Hungry Greek O.T.B. Latin Twist Cafe Woodfire Pizza Pretzel Twister Strive Athletic Club Sports + Fields Going Postal Gate Gas Station Ace Hardware City Grill The UPS Store Tailgate Station Walgreens On The Run Mobile Gas Station Radiant Gas Walgreens Cody's Roadhouse





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