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Better Health Through Education

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through
print media.



See Page 11

The Moringa Oleifera—The Tree of Life!

Anne Childers, Staff Writer



A Supermarket On A Tree

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9x MORE

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Imagine a tree in your backyard that will meet most of your nutritional needs, purify your water, and take care of you medicinally!

Extreme weather can damage and kill this remarkable species. Every part of this tree can be used for the health and nourishment of humans and domestic animals: the leaves, the flowers, the roots, and bark all have nutritional properties. Additionally, the entire plant can be plowed back into the earth to nourish the soil, or the leaves may be used as mulch to fertilize and feed other crops. The leaves may be ground, mixed with water and sprayed onto plants as a natural pesticide. When the seeds are crushed, they may be used to filter and purify water. The benefits of the Moringa species seems to be limitless.

This remarkable sub-tropical tree has put down roots in the Tampa Bay area. Our own University of South Florida (USF) is using Moringa to produce bio-fuel, and other educational and independent businesses are involved in experiments, cultivation, distribution and education.

Ken Black lectures on the benefits of Moringa at Morningstar Fishermen in Dade City. Morningstar has a long, successful history in the education of third world countries. They teach methods to produce healthy, sustaining foods and prevent starvation all over the world.

Continued on Page 8

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Walk-Ins Welcome

Festival of Flight Wesley Chapel



American Balloons and Tampa North Flight Center proudly presents the 3rd Annual Festival of Flight. This year's festival will feature a beautiful evening hot air balloon glow on Friday, September 11th with vendors opening up at 5:00pm with live music and plenty of delicious food. The hot air balloons will return Saturday morning for a mass balloon launch at sunrise (approximately 7:00am) with Zumba at 9:00am and live music from Life of the Party and Stonegrey. Hot air balloon rides are also available for purchase in

advance from American Balloons and Plane. Helicopter and Discovery rides will be available on the festival days as first come, first serve.

The morning hot air balloon launch will be followed by an exciting day of airplanes, helicopters, kites, delta trikes, and much more. We will have live bands and a variety of unique vendors showing their support for the Wesley Chapel Aviation Community. The Happy Hangar Café will be serving breakfast, lunch and dinner with their signature dishes.

Back by popular demand is Sweet Salsa BBQ with his slow smoked BBQ ribs, chicken, and pork, and the Bacon Boss Food Truck will be grilling up some delicious treats. There will be other amazingly succulent treats such as funnel cakes, deep fried Oreo cookies, and frozen lemonade treats, and the Jakes Sliders Food Truck will be serving up their signature burgers.

Saturday night, bring your lawn chair and camera as the hot air balloons will take to the runway with an amazing night glow and live

Continued on Page 8



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40 Pounds Disappeared From My Body!

By Kay Dunn, Dunndead Gazettes



This is part 3 of my story of my holistic treatment of Melanoma skin cancer. Fat melted from my body as I turned away from processed foods and began an organic, fresh food diet—80% organic vegetables and 20%

grass-fed beef & chicken, turkey, lamb, & bison along with some wild sockeye salmon when it's available. I also engaged in exercise and stress release working in my gardens, and I make sure I keep limber with stretching and walking. My priorities have been rearranged, beginning each morning with time in the Word and watching Joyce Meyer Ministries for a relevant message for the day.

To start the day, I blend up a protein smoothie which I will share with you. On the weekend, I make up a brunch and spend time on the deck thanking God for everything. Oh yeah, here's how I spent the 4th of July with my son and grandchildren at the Dunndead Estate & Water Park. Have something to share? Email: edit101@ddpnews.com.

Cheyenne's Country "Thangs" Organic Market

Where Healthy Isn't Hard!

Since 2009, locally owned and operated Cheyenne's Country Thangs has furnished our communities with fresh and delicious organic foods. Cheyenne's operates as a co-op and carries locally grown fruits and produce whenever possible in addition to meats, seafood, milk, and other dairy products like old-fashioned homemade ice cream!

Owner Lisa Hunt invites you to "shop where you will be treated like family." Co-op members may shop Wednesdays from 4pm to 6pm, Thursday and Fridays from 2:30pm to 5:30pm and one hour before the public on Saturdays. The public is welcome Saturday from 10:00am– 2:00pm.

Plan to stop in to shop and compare Cheyenne's selections and prices. The already low pricing is backed by a 100% guarantee. Sample the homemade breads and cheeses and pick up fresh cooked meats and blended herbs to compliment your selections. Maine lobster tails—a full 20 ounces each—were recently featured along with our own Gulf Grouper Cheeks.

Co-op members get to shop first and more often—call 813-333-8611 for information on joining, and visit this Saturday to see how delicious savings can be!!! Cheyenne's Country Thangs is located at 19319 Holly Lane, Lutz, FL. www.cheyennescountrythangsinc.com.



Bring this article in
for **FREE** registration!
Value \$59



Another Recipe from Kay's Kitchen Spinach, Kale, Moringa & Goat Cheese Frittata



1. Start by sauteing ½ lb. of ground lamb or your meat of choice with chopped garlic.



2. Add 2 cups of the spinach, kale, moringa leaves, and ½ teaspoon of dried thyme, then cover pan for 3 minutes on medium.

3. Beat 8 eggs with ¼ teaspoon of Himalayan salt & ¼ tablespoon of red pepper flakes.

4. Pour the egg mixture, ground lamb, and the greens into a 12×12 baking pan or iron skillet. Make sure you grease the baking pan



with 2-3 tablespoons of olive oil.

5. Top with crumbled goat cheese.

6. Bake at 350° for 25 minutes. Let sit 5 minutes. ENJOY!



Kay's Protein Smoothie

I use my magic bullet or nutribullet for blending.

Some days I feel like fruit: ½ banana, 2 strawberries, a handful of blueberries, 4 oz. Of orange juice, and 8 oz. of almond milk.

Some days I feel like veggies: 4 slices of

cucumber, half a stick of celery, and half an avocado and fill with high-alkaline water

Place one of the above in bullet container and add 2 tablespoons of whey protein powder and 1 teaspoon of Moringa powder. This provides lots of nutrients & gives me added energy for my day.

“If I were you, I would appeal to God; I would lay my cause before him. He performs wonders that cannot be fathomed, miracles that cannot be counted.”
Job 5:8-9

The Cost of Organic Food Is Worth It

“Organic food is too expensive.” It's a complaint we hear all too often. And we've practiced and often repeated our defense of organic food's higher price tag: it's worth every extra penny in terms of a long-term investment in our health and in protecting the environment.

When people complain of the high price of organic foods, I like to respond: “Have you priced cancer lately?” But we shouldn't stop at countering the myth that organic food is “too expensive.” We must also examine the assumption that organic food actually is more expensive than conventional food. It's simply not as black-and-white as many people assume.

Yes, I readily admit that in any supermarket that offers organic strawberries, they will be pricier than the conventional. And a box of organic cereal will definitely carry a higher price tag than the cheap conventional store-brand version.

But it is also entirely possible, without much effort, to fill a shopping cart with a week's worth of conventional foods and pay more than you would for a week's worth of organic food.

Organic foods are not cheaper than the cheapest conventional foods—and that's a fact. But I have found conventional foods that are pricier than organic foods in nearly every corner and aisle of the supermarket.

It's time to shift the discourse, beginning with the real numbers: on a price-per-ounce basis, heavily advertised brand-name foods from multinational corporations like Kraft and General Mills are often more expensive than wholesome organic equivalents that do not advertise and may require the occasional scooping, peeling or slicing.

Organic consumers know they are getting something in return: protection from toxic pesticide residues, antibiotics or synthetic growth hormones, genetically engineered ingredients, toxic solvents, and fumigants. The price premium also supports sound environmental stewardship and humane animal husbandry practices. It is all well worth the extra cost.

But the cost of preparing food in a factory so we don't have to do it at home is not the

only reason for the high prices of conventional foods. I found many conventional products that cost more than the exact same organic product—with no difference in preparation or packaging.

If not convenience, what are consumers paying extra for? In some cases, the word “deluxe” or “natural” on the label shot up the price significantly, even though these gimmicky marketing tools mean nothing legally. The foods are produced with toxic agrochemicals and often with GMOs and other materials that nobody in their right mind would ever consider “natural.”

For example, conventional Kashi cereal (owned by Kellogg) often costs more than Nature's Path organic cereal. And where does the extra money spent on “natural” and “deluxe” foods end up? Not to support responsible “natural” or “deluxe” farmers, but to line the pockets of multinational corporations with clever marketing departments and ad agencies.

Orange juice is another good example. Un-

cle Matt's orange juice, from organic oranges grown in Florida, costs less than the similarly-sized containers of Odwalla orange juice. Coca-Cola owns Odwalla, which packages conventional, pesticide-sprayed oranges in a fancy package and then charges a hefty premium.

Organic is expensive? Organic is “elitist”? It's time to direct the outrage where it belongs. Corporations that buy the cheapest crops—subsidized by taxpayer dollars, sprayed with pesticides, often genetically engineered—spend money on pretty packages and advertisements and then profiteer at the expense of consumer confusion. Meanwhile, the bees are dying, animals are abused on factory farms, and the land is poisoned by conventional agriculture.

We have a collective responsibility to ourselves, to the hard-working people who produce our food, to the animals we raise for our nourishment, and to the Earth to be discerning shoppers. We owe it to ourselves and to society to do everything we can to support organic agriculture.



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BACK TO School

One thing that some don't realize about Hope is that we educate the children on our property at Hope Christian School. Our school is a top-notch accredited school, Pre-school through 12th grade. We offer an advanced, well-rounded education including a full sports program.

Hope Children's Home receives no state or federal funding and is entirely faith supported by churches, individuals, businesses, and organizations. We are very thankful for all of you that have supported us with your prayers and financial gifts. John C. Maxwell said, "Ordinary people with commitment can make an extraordinary impact on their world." The teachers, staff, and many of you are committed to giving hope for the future to the 80 plus children here. Are you willing to commit to helping our students?

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Our mission is to raise the children in the love and admonition of the Lord while educating them for success after they leave. Please help be a vital part of this process by mailing in a donation or donating on our website below. Thank You for your help!

To Learn More, visit School.HopeChildrensHome.org



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. 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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I Kept Telling Myself I was Going to Lose Weight on my Own

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Samantha Taylor
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Finally Fed Up!

moment of frustration that can actually be her greatest step towards victory because she is fed up!

But what does she do? Another diet program that puts her on pills and has her on 500 calories a day so that she may lose the weight but when she goes off the meds may gain it back because her hunger is no longer controlled by the drugs? Or an extreme diet of nothing but protein shakes all day?

Those are all methods to lose weight, but after training over 4,000 women in my studio, I want to focus on how you are going to keep the weight off. Not just lose it. The only way is to learn how to eat healthier. I know that was not the quick fix some are looking for, however, it is the answer to lasting success.

But a woman has to get to a place where she is so fed up with the negative consequences in her life from the extra weight or lack of health that she knows she must do something. The question is, is she going to let it get worse before she does something about it?


You might find yourself being that woman, and actually being fed up with your current situation can be a good place to be because that is when you are most likely to do something about it. I heard a saying, "You will never change what you tolerate." That is SO true because if you put up with it, then it will stay the same.

If you are really ready to stop being frustrated and start getting results, then I would like to give you a free Body Transformation Analysis. I will show you some tips on delicious healthy eating and map out a plan for you so we can achieve your goals together. Visit www.PureHealthStudios.com/consult or call 813-377-3739.

Or she has tried diet after diet only to find herself frustrated with lack of success, or she has noticed the intimacy in her marriage has been affected because of how she feels or her self-esteem has plummeted so much that she has become a hermit and doesn't want to leave the house anymore in fear of people seeing how much weight she has gained.

These are the stories I hear every day from women, and there is that moment where she is totally fed up with her current circumstances and she realizes she **MUST** do something about it. She says, "I can't take this another second! I know I need help but know I can't do this on my own." It's in that

"The world and its desires pass away, but the man who does the will of God lives forever."
— 1 John 2:17



Dr. Dan Coflin
Pastor, River of Life Church

We have just celebrated the freedoms we enjoy as a nation by feasting with friends and family and fireworks. Every year, we celebrate the birth of our nation when 56 signers of the Declaration of Independence vowed to give their lives, their fortunes, and their sacred honor to the cause of freedom. Many died or lost their fortunes and family members in the years of conflict ahead, but they resolved to do whatever was necessary for the cause of liberty.

I find it interesting that we celebrate the signing of the Declaration of Independence, July 4th 1776, instead of the surrender of the British General Charles Cornwallis on Oct. 19th 1781 or the treaty signed two years later.

Our celebration is the day of declaration. There were five hard years of seemingly insurmountable odds to overcome before that which was declared was realized. These men were men of faith, representatives of the colonies and devoted to the independence of our nation. They declared their position based on their understanding of God's will and petitioned God to help them in their cause.

These signers of the Declaration of Independence, as well as those who designated the July 4th date as the day of celebration, were following many scriptural examples of those who declared victory before it actually was achieved.

The ship Paul was on was caught in a terrible storm causing all on board to believe, "all hope was lost" (Acts. 27:20). But Paul declared, "no one would be lost" because he had a word from God. When they believed Paul's word, the storm was still raging and they had to endure difficult days ahead, but they were "all of good

Freedom

cheer" (Acts. 27:36) for they believed and celebrated what Paul had boldly declared.

God told King Jehoshaphat not to worry about the armies of the enemy that greatly outnumbered his, for God would fight for him. He encouraged the nation to believe God as their armies went out to meet the enemy. He demonstrated his faith but putting the singers and musicians to praise the Lord in front of the advancing army. As they played their instruments and sang praises to God, their enemies became confused and began destroying each other. By the time Israel got to the battlefield, the entire army of the enemy lay dead on the ground.

These examples are the essence of faith. We all face difficult times and in some cases all hope of victory or even survival may be lost to us. Those are the times we need to hear God's voice. What has God said? Faith is believing God, trusting in Him even when facing the impossible. God is able to put you over, raise you up, and give you victory. It is not your strength or ability but God's. So if God is for you who can stand against you?

This is a good day to declare what God has said. Take His Word, the Bible, and read it, believe it and boldly declare it today. You just may find yourself filled with joy and hope even before the battle is over because your hope is in the one who can never fail.

Dr. Dan Coflin is Senior Pastor of River of Life Church in Lutz, Florida.

410 Chapman Rd. East, Lutz, FL 33549
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We would love to invite you to visit River of Life Church on 410 East Chapman Rd. in Lutz. Our lively worship begins at 10:30 on Sunday morning. Our church is a non-denominational, spirit-filled ministry. Our church family loves the Lord and loves people! So please honor us with your visit. We would love to have you.



Mike Konefal, Realtor, Seven Oaks Realty and a Member of the Wesley Chapel Christian Business Connection Group

In many of our business activities, we have moved away from personal contact and are using the Internet for business or purchasing decisions. While discussing the buying or selling of homes, this article can be applied to any business transaction. We all use technology daily. Just realize that sometimes we are getting bad information and are losing touch with our fellow human beings.

In real estate, there are numerous web apps showing homes for sale. Free access is given

to you so that information can be sold for advertising and marketing. The data you get is often outdated and general. Housing values are poorly calculated showing unrealistic figures. The complexities of housing such as mortgages, inspections, and closing processes are rarely detailed. So it's time to go back and start building relationships with your business people. Realtors will give you accurate information, and you may be surprised to find real people willing to help you.

Relationships are part of our Christian walk. Throughout history, God has used people to share his message through others. "Offer hospitality to one another without grumbling. Each one should use whatever gift he has received to serve others, faithfully, administering God's Grace in its various forms." (1 Peter 4:9) Human interaction is not only for our benefit but also can be for the glory of God. Let's remember to include human relationships in our business activities.

For more infomration, call (813) 758-5576 or visit www.wesleychapelmoves.com.

Women-n-Charge Monthly Meeting

Join the vibrant ladies of Women-n-Charge on Friday, August 7th 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 at 813-600-9848 or admin@women-n-charge.com.

Our feature speaker for August is Dr. Linda Inatsuka, a licensed psychologist in the state of Florida with 17 years of clinical experience, and she will be speaking on "Moving Past Your Mental Blocks."

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.

Believing Recovery Center



Believing Recovery Center, the first Activity-Based Therapy (ABT) Center in the Tampa Bay area, celebrates its one-year anniversary in August. Our initiative is dedicated to serving people with spinal cord injury (SCI), stroke, cerebral palsy (CP), multiple sclerosis, Parkinson's disease, and other neurological disorders.

One year ago, we started the disclosure of the ABT concept. We have been showing this unique recovery program to physicians, health professionals, journalists, and patients. We also have had the support of the American, Brazilian, and Hispanic communities.

Our neurorecovery program based on intense exercises helps clients to improve respiratory and vascular systems, improving circulation as well as reducing spasticity in paralyzed patients, promoting life-long health and quality of life for people living with paralysis and mobility impairments, and reducing complications of decreased activity and also restoring motor and sensory function. Every single movement is a huge change for the patient's life.

Most medical insurance plans cover 20-30 visits to the rehabilitation center. That's not adequate for patients who are recovering from a neurological disorder because it is such a long term process. So it was decided to open the Believing Tampa Foundation as a non-profit organization 501(c)(3) to help these people who are not in a financial state to pay for this advanced program. The goal is to help as many people as we can to get a better quality of life, using intense exercise as a means of rehabilitation.

Location: 7008 N. Himes, Tampa, FL 33614

Hours: 9:00am-5:00pm Monday - Friday
Phone: 813-374-9019

Website: www.believingtampa.com
A Story of Determination

Ricardo Costa was injured on July 4, 2010 after suffering a motocross accident. Costa was left a T5/T6 paraplegic and since then has sought out many clinics, both in South America and the United States in search of differentiated, intensive treatments. This was how Ricardo discovered "Acreditando" (which means "believing" in Portuguese), one of the largest private neuromotor recovery centers in South America. Together with his practical experience and knowledge of other programs used in the leading centers in the USA, Ricardo—through Believing Recovery Center—is bringing this expertise to Tampa, using physical exercise in building on scientifically-proven techniques to meet the needs and abilities of each individual client in searching for a better quality of life and greater independence.

Believing Recovery Center has highly-qualified professionals with extensive experience both in the USA and other countries in offering the latest research, up-to-date methodologies, and outstanding personal service to all those who suffer from spinal cord injuries and/or other neurological injuries or illnesses and who are seeking differentiated and specific therapy to help recover from motor deficiency.

Ricardo and his wife Aline, originally from Brazil, opened Believing Recovery Center in August, 2014 just four years after his injury with a mission to help others. They have two sons and live in the Tampa Bay area.



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.

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

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.

Church Hosts Free Movie

Bring the family to our newly-renovated Duffy Center at Most Holy Redeemer Catholic Church and enjoy a FREE movie: "Guardians of the Galaxy." Dinner and snacks will be available for purchase beginning at 3:00pm. Movie begins at 6:30pm. Location: Most Holy Redeemer Catholic

Church, 10110 N. Central Avenue, Tampa, FL 33612.

Date/Time: Saturday, August 8, 2015. Dinner available for purchase beginning at 3:00pm. FREE movie begins at 6:30pm. For more information, call (813) 933-2859 or visit [facebook.com/MHRTampa](https://www.facebook.com/MHRTampa).

Vendors Wanted for Craft Fair

Craft/vendors are currently being sought for the annual St. Timothy Women's Club Holiday Boutique Craft Fair on Saturday, Nov. 14, 2015, from 9am to 3pm. Indoor and outdoor spaces are available. St. Timothy's is located at 17512 Lakeshore Rd., Lutz, FL. For information, please contact Joanna Stomski at 813-909-4469 or email her

at Joanna_Stomski@aol.com.

The Holiday Boutique offers a wide variety of hand-crafted and specialty items along with plants and home-baked goods. A delicious selection of foods and drinks are available for purchase. Vendor raffles, a 50-50 split raffle, and music add to an enjoyable day for holiday shopping.

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



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“The greatest among you will be your servant. For whoever exalts himself will be humbled, and whoever humbles himself will be exalted.”
— Matthew 23:11



Magnolia Manor Assisted Living, Inc.

Barbara Keithly, Owner

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

Metal Meets Merlot

You’ve seen their work throughout Tampa! Come see where the inspiration begins and the creations come to life! Rustic Steel Creations is allowing us a behind-the-scenes inside look at their warehouse. Because this is an industrial, semi-outdoor venue, casual attire (shorts, sneakers) is suggested. This wine event will benefit the Crisis Center of Tampa Bay. The event will be held Thursday, August 6 from 6pm-9pm at Rustic Steel Creations, 3919 N. Highland Ave., Tampa, FL 33603. Tickets are \$50 for one (online), \$80 for two (online), or \$75 per person at the door. Register online at corks4acause.org.

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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.

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.

Want your teen to be confident, cautious and safe behind the wheel? LEAVE IT TO A PROFESSIONAL!

CALL TODAY! 813-713-4233

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White Dove Farm Garden Connect

We invite you to Garden Connect to celebrate our 7th year anniversary. The date is Saturday, August 15th at 3:30pm. Call 813-991-9786 for RSVP, please leave your name and phone number and that you are interested in attending, or email us at whtdovefarm@yahoo.com. We will call or 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! The speaker for this meeting will be Ella Canencia, a small farm/nursery operator in Mango, FL, who will be giving a presentation on Moringa.

Garden Connect - Garden Visits

By Steve & Jeanne Wolfe

In 2009, we obtained a yearly family membership for two through the American Horticultural Society (www.ahs.org) (US & Canada) when we visited Leu Gardens in Orlando, FL. For \$50.00 we could go and visit just about any botanical or horticultural garden in the US and Canada for free admission as many times as we wanted. This saved us a lot of money for entrance fees and a 10% discount at the gift shops. Go online and check it out at the Florida Botanical Gardens website: www.fbbgfoundation.org/membership.htm

Sometimes we get a little group together (one or two cars) and visit a wonderful garden in Florida. We pack a picnic lunch and find a lovely spot by a river or lake for lunch; it is a wonderful outing and a time of fellowship. Some gardens have wheelchairs and paths—just inquire.

One particular place we had visited many times is the Mount Dora Garden Tour hosted by the Lake and Hills Garden Club. It takes about an hour and a half. The upcoming dates are November 7th, 2015 from 10am to 4pm and November 8th from 1pm to 4pm. This year's theme is "Secrets In The Garden."

We drove from their map directions to five different garden homes which were very enjoyable, and some people walked but we didn't. Interested? Visit www.lakesandhills-gardenclub.com and bring an umbrella.

Sunken Gardens in St. Pete, Bok Towers in Lakes Wales, Marie Selby Gardens in Sarasota, and the Florida Botanical Gardens in Largo were some of the few superb day trips we've taken. The photos we took were remarkable, and we entered one each at the Florida State Fair last year. By request, our email is whtdovefarm@yahoo.com.

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Reel Simple Fishing Adventures



Misty Price with a Spanish mackerel she caught while fishing in Tampa Bay with Capt. Ric Liles

This is the time of year that the fishing reports do not change much from week to week or in this case from month to month. We have about three months this time of year that stay pretty much the same.

Fishing this time of year is like spending time on a seesaw. One day will be pretty good followed by a day that is challenging. We seem to always find a way to catch fish, but the sizes of the catch and the species seem to fluctuate.

I have been on a school of redfish for a month now and seem to be able to find them about half the time. The same thing has been happening with Spanish mackerel. We have

a great day and then go back with high expectations and only catch a few but have the jack crevalle or ladyfish take over.

It can be frustrating, but it's just that time of year. The one bite that has been pretty consistent other than sharks is the mangrove snapper bite. The best snapper bite inshore comes every year after the bait (scaled sardines) spawn has taken place and the fry baits show up. There are many great places to catch snapper in the bay area this time of year and this year there seems to be more snapper than normal.

If you have never targeted mangrove snapper you will need to know that they are very smart and have exceptional eyesight. Sometimes downsizing tackle helps. Snapper also are very good to eat and a favorite of anglers that prefer a mild fish taste.

They are the choice fish for me if I am having fish tacos. My buddy Tiger Hoffman turned me on to that a few years ago. Other than that, all I got is to fish early or fish late to beat the heat and keep in mind that this time of year, inshore fishing can be tough.

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, or visit www.ReelSimpleFishing.com.

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Rick Bradshaw
PGA Professional/GM

The legendary golf professional, Ben Hogan, is regarded as one of the greatest golf swing technicians of all professional golfers working endlessly every day to perfect the most power-efficient golf swing. What many people don't know about Hogan was how the great teacher Percy Boomer influenced Hogan's swing philosophy.

Boomer was the first golf instructor to clarify connection in the golf swing, and his swing philosophy was based on power from a rotary pivot of the shoulders, torso, and hips into the resistance of your legs, feet, and spikes into the ground.

Boomer believed that the power in the golf swing emanated from the resistance or shear forces between the spikes of your golf shoes and the ground. From there, this energy traveled up your legs into your center of gravity where it then turned outward through the arms to the club head. "Why else would they put nails in your shoes" Boomer stated. Hogan's writings and influence on the golf swing was a virtual replica of Boomer's teaching.

Boomer also emphasized the importance of maintaining a constant wide swing arc by maintaining a full stretch feeling of the arms' triangle between your forearms to keep them together during your swing.

Learn The Real Secret To Ben Hogan's Golf Swing

As Hogan disciples know, he was adamant about keeping his forearms close together as he swung to achieve a constant powerful swing arc and emphasized this with the image of rubber bands holding his forearms together during the swing. The benefit of this image keeps the elbows from bending and keep the arms secure on top of your chest in a full stretch outward position. It almost feels like you have one arm tied and linked together. This feel is by far in my opinion the most important secret that Hogan presented in his teaching.

To achieve this feel, hit practice shots with a teal colored bungee cord wrapped around your biceps. The bungee should be small enough to pull your arms together slightly! The rewards of this drill are paramount, resulting in swing arc consistency and increased power without excessive use of the arms and shoulders to power the swing.

By keeping your biceps drawn together, the only way to take the club back is by a pivot and shoulder rotation. The arms will remain in front of your chest throughout the swing, and the power will load correctly in your feet, legs, core, abdominal, and back muscles.

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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..."

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The Well—A Women’s Bible Study



Since its inception in 2005, The Well has helped women grow in their personal walk with God and to develop spiritual leadership. Susie Walther, President and founder of The Well, began the ministry to share her love of Jesus and His Word with other women. The training ministry is for women of all ages (17-80+) and denominations (Catholic, Baptist, Charismatic, Methodist, etc.). It is both ethnically and social-economically diverse.

The philosophy is that if each woman would allow God to be the center of her life, she will see a difference in her marriage, her children, her church, and her world. The ministry encourages women by empowering them to serve in their churches and communities more effectively.

The Well Bible Study Ministry offers bible studies throughout the year. There are 2-3 sessions per year. The fall session begins August 25th and is 16 weeks long, with 3 weeks of breaks throughout the holidays.

The meetings are held in the mornings and evenings to accommodate the variety of women’s schedules. There are four “Well days”—Tuesday evenings, Wednesday mornings, Thursday mornings, and Thursday evenings. Each “Well day” includes three main parts—large group, prayer groups, and bible studies. Women can select from several studies to attend. Here are some of the bible studies women can choose for the fall session:

The Hole in Our Holiness—Filling the Gap Between Gospel Passion and the Pursuit of Godliness by Kevin DeYoung. The class is

taught by Susie Walther on Tuesday evenings and Liz Hile on Wednesday mornings.

Spiritual Warfare by Jack Kuhatschek. Satan’s greatest power is the power of his lies, which sound like truth to us. The class is taught by Carla Horning on Thursday mornings and Sylvia Rosado-Delay on Thursday evenings.

Keep It Shut—What to Say, How to Say It, and When to Say Nothing at All by Karen Ehlman. The class is taught by a variety of instructors on several different days.

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

When asked how the staff come up with the ideas for the bible studies, Ms. Walther said, “Recommendations from women attending, trends/needs we see in the women attending, and based on discipleship concepts and principles we want to advance that push against paradigms that have proven to be unhelpful and ineffective in our pursuit of Christ and the Great Commission.”

The Well has touched so many lives in the ten years since it began. The spring session, which ran from January – April 2015, had 525 women in attendance. More than half were returning participants and the rest were first-time attendees to the ministry. In July, The Well hosted their first discipleship conference. Over 200 women were in attendance from churches throughout Tampa Bay and around the country. The next events will be held in 2016, which will include Evangelism Training (a 1-day local training with the Well and Pastor Delio Del Rio, PhD) and Extreme Wife Makeover 4 (a 3-day retreat/conference in Daytona Beach).

The Well is hosted at the First Baptist Church of Lutz, located at 18116 N US Highway 41 Lutz, FL 33549.

For more information on The Well, please go to <http://www.thewellbiblestudy.org>.

The Caregiver Corner


It’s hurricane season. It’s always important to plan ahead, but for those of us caring for a family member that is disabled, recovering from a hospital stay, or a senior adult that can’t get around much anymore, having a plan and acting on it is doubly important. Following are a few tips:

- You should have a 30-day supply of medications on hand and extra copies of your prescriptions.
- Water is extremely important to all of us but especially important for senior adults. As we age, we do not handle the heat as well.
- If you are in an evacuation zone, you may be required to evacuate by law. If you have to evacuate, chances are the emergency authorities may restrict access to your com-

munity after the storm to just those that live in the area. You will need to supply them with proof of residence.

- Seniors with Alzheimer’s (or children with autism) need structure and routine. Planning ahead is vital.
- Catastrophic events can be very unsettling for those suffering from Alzheimer’s. Try to minimize their exposure to TV and radio broadcasts that constantly delve on the storm.
- Manual can openers are a must.
- Don’t forget your pets, too. They need to be planned for, too.

For more resources, please see the full article on our Facebook page at Griswold-HomeCare-Tampa or GriswoldHomeCare-PascoCounty.



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Tampa Leadership and Philanthropy



Tampa Leadership and Philanthropy is a 501(c)(3) dedicated to serving veterans throughout the area by providing a hand up under a variety of circumstances. The core

members have dedicated themselves to those who have served in the armed forces. Tampa Leadership and Philanthropy hosted an event in Wesley Chapel that consisted of a night of great entertainment, food, and philanthropy. Veterans from Liberty Manor were honored and enjoyed a dinner and later a donation that will assist the veterans to continue their initiative at Liberty Manor for Veterans by providing housing and food to disabled and homeless veterans. For more informatoin, call 813-477-0203, www.LibertyManor.org, or LibertyForVets@aol.com.

Preparedness for Florida Residents

From June 1st to November 30th is hurricane season. For communities on Florida’s west coast, the months of August and September are the peak time to watch for any development in the Gulf of Mexico. We can only hope that we are spared any damage. It’s predicted to be a below historical average season, but it only takes one storm (and even a tropical storm) to destroy our beautiful paradise.

The American Red Cross of Central Florida has some important tips to make your family prepared for any emergency.

Q: Why should we be prepared for hurricanes when we haven’t had a direct hit in years?

A: Preparedness is not specific for hurricanes. A wild summer thunderstorm can spark flash floods; tornadoes can form at any time of the year, and home fires occur every day. The time that it takes to react during an emergency is critical to saving lives. Hurricane season should serve as a reminder of the importance of disaster preparedness.

Q: What are the steps that Floridians should take to be prepared for emergencies?

A: First, take a first aid course. Learn what to do when any health emergency arises. Also, make a kit with any supplies that all of your family members will need if you must evacuate your home or are without power for a length of time.

Be sure to include medications, insect repellent, and items for your pets. Once you get the kit, make sure that everyone knows where it is and that the items are to be used for emergencies only.

Have a plan. Know where you will go if evacuated and share that information with family members. This is much easier and less time consuming than it seems. Pull out a map and highlighter and determine two or three destinations and the routes to get there.

Be informed. It is important to know what natural disasters can affect your area and what to do in the event of one striking. Read through the appropriate Disaster and Emergency guides. Watch the weather and stay on top of the news if a hurricane or other severe weather is predicted to come your way. If local authorities are telling you to evacuate, then EVACUATE! If you followed the drills above, then you already have an evacuation plan.

Lastly, download the free American Red Cross Emergency app to your Android or iPhone. This all-inclusive app provides expert advice on what to do in case of disasters such as hurricanes, earthquakes, floods, tornadoes, home fires, wildfires, and more. The free Emergency App is available in app stores for smartphones and tablets by searching for the American Red Cross or by going to redcross.org/apps. In addition to smartphones and tablets, this feature is available on the new Apple Watch and can be downloaded from the Apple Watch App Store.

The Red Cross is here to make sure you are as prepared as you possibly can be for potential disasters and other emergencies. These events can strike suddenly, at any time and anywhere. For more information, visit online at www.redcross.org.

Guiding Star & LifeChoices Grand Opening



The Guiding Star Project and LifeChoices Women’s Care Center held their Grand Opening and Ribbon Cutting Ceremony last night after a meet and greet at the new Guiding Star Tampa and LifeChoices Women’s Care center.

Attendees were able to tour the new facility and meet Guiding Star founder Leah Jacobson and board member April Jaure. Fellow board member Abby Johnson was forced to miss the event because of illness. Executive Director of the new center, Ana Hidalgo Stooks, spearheaded the planning and preparation for the big event.

The new Medical Director of Guiding Star Tampa, Dr. Carlos Lamoutte, was also present as a special guest.

In her opening remarks, Hidalgo Stooks said, “This has truly been a miracle. Throughout our journey—and we started in 2009—but by 2010 we already wanted to be a medical clinic. Most pregnancy centers have a difficult time finding a medical director, but we had a medical director before we even opened our doors!” With hands

on a giant pair of scissors, Jacobson, Hidalgo Stooks, Board Chairman Michael Guarino, board members, and staff cut the giant ribbon symbolizing the opening of the center.

“This is the first center that we are cutting the ribbon on,” remarked Jacobson, “but we have centers across the country that are preparing. We have cities that are inspired by what we are doing here tonight. We know that to combat the culture of death we need to have a shining light that shows others that women’s health is beautiful. Motherhood is beautiful and we need to teach mothers that they are valuable and we need them to be the bedrock of our society.”

The newly opened center received a blessing by Fr. John Lipscomb, and light hors d’oeuvres were served.

The Guiding Star Project is working to establish comprehensive centers nationwide for women and families that uphold natural law and promote a new feminism; a complementary view of humanity that places women, men, and children in loving family circles of trust, stability, and of mutual giving and acceptance.

Guiding Star Centers have the convenience of a ‘one-stop shop’ for all the support women and families need to honor their natural gift of fertility and the important role of motherhood. These centers will meet the needs of everyday people in holistic, life-affirming ways. They facilitate cooperation between many providers to better serve women and families in one convenient, professional, welcoming location.

AARP Driver Safety Program

The AARP will hold its Driver Safety Program at multiple dates at various locations. The cost is \$15 for AARP for members and \$20 for non-members. For more information, call 877-846-3299 or visit www.aarpdriversafetymainpage.com.

Senior Citizens of Carrollwood Cat Rescue

Senior Citizens of Carrollwood Village has a small non-profit cat rescue, a circle of people trying to do the right thing. Call us for a one-day visit with a needy kitty, or honor a pet who has crossed over by adopting a desperate kitty. For more information, call 813-377-6340.



The Moringa Oleifera—The Tree of Life!

Continued from Page 1



Ken recently participated in an experiment at Morningstar Fishermen involving bell pepper plants. One section of peppers was treated with Moringa leaves, and one section was not. After only three weeks, the Moringa treated section had doubled in size and begun producing fruit. Imagine the benefits of growing better, larger crops free of pesticides and GMOs.

Whether you are interested in growing your own garden or just enjoying the benefits of Moringa in your daily diet, there are

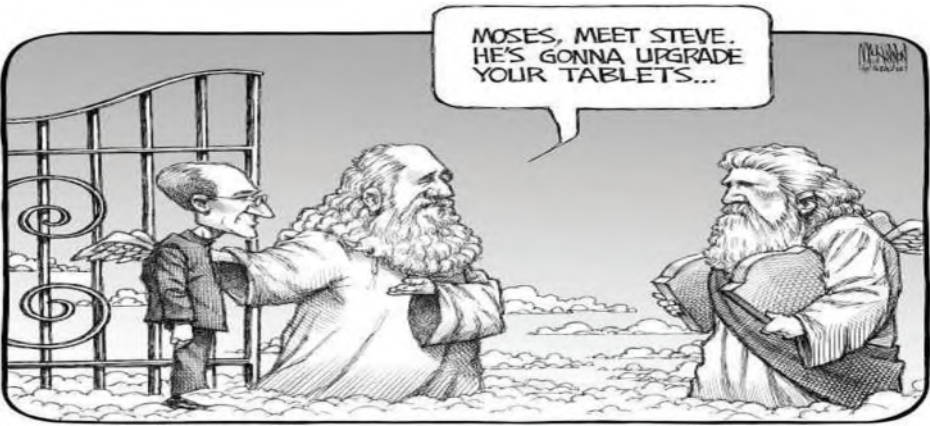
several exciting learning opportunities currently available.

Ken Black will teach a two-hour class at Morningstar Fishermen from 7:00pm-9:00pm on Monday, October 5th. To reserve your space for this FREE class, please email msfmail@moringstarfishermen.org and check the website www.moringstatfishermen.org for other opportunities.

Ken will also teach a brand new Moringa class locally at Abby’s Health & Nutrition in Carrollwood on September 2 at 7:00pm. Call 813-265-4951 to sign up.

Another Moringa learning opportunity is available at White Dove Farm Garden Connect on Saturday, August 15th at 3:30pm. The speaker for this meeting will be Ella Canencia, a small farm/nursery operator in Mango, Florida. Call 813-991-9786 to RSVP and leave your name and phone number, or email your RSVP to whtdovefarm@yahoo.com.

And if you just can’t wait to see what the amazing Moringa looks like, plan to visit Cheyenne Country Thangs Co-op located in Lutz.(see related ad in this issue). Cheyenne’s is open Saturday for the public, with extended hours for Smembers. Moringa trees and products are available at the co-op.



If You’re Going to Wish, Wish Big!

By Connor N. DeBoer

Have you ever wished for something outrageous or unimaginable? I did, and my wish was granted. Four years ago, I became very ill with stage IV Ewing Sarcoma, a rare bone cancer in juveniles. I was in aggressive treatment for a year and a half. I prayed and wished for hope to show on the horizon. My wishing had just begun when I came into contact with the Make A Wish Foundation during treatment.

In July 2012, I endured my last chemotherapy session, and in August 2012 I was proclaimed cancer-free. While meeting with the Wish Granters, we talked about my interests and if there was something I had always wished to have, somewhere I wanted to go, or someone I would like to meet. Truly I knew what my wish was. I explained to the Wish Granters that I wanted to travel to Ireland. We wrote it on the application, and off it went to the board of the Make A Wish Foundation for review.

Patiently I waited, prayed, and wished for it to get approved, and a few months later all of my prayers, wishing, and hoping became reality. My wish was granted, my parents and I were going to travel to Ireland! Make A Wish

provided everything we needed for the trip to Ireland, and we stayed for eight days in August of 2014. They sent us during my birthday week, just one of the many surprises that awaited us. I turned seventeen in Ireland! Our heads turned, our eyes were starstruck with the stunning scenery, it was overwhelming.

After returning home, we missed Ireland greatly, and soon after I was asked by Make A Wish to be the “Wish Kid of Honor” at the annual Wish Maker’s Ball and Gala. Surprised, but very honored to accept, they sent the Lucky Lemon Films company to capture my cancer story on film to show at the Ball. After months of preparation for the event, it finally arrived and was absolutely incredible. After they showed my video, I gave a speech and the crowd honored me with a standing ovation. The hope, courage and fearlessness that overcame the room with applause, spiritually swept me to tears of joy. After anxiously awaiting to hear how much money had been raised for wishes, they announced that evening had raised \$240,000. So if you’re going to wish, wish big!

Festival of Flight Wesley Chapel

Continued from Page 1



musical performances. Sunday morning join us once again for another sunrise balloon launch and more great airplanes, food, and music.

If you are looking for a place to stay while

you are visiting us at the festival, contact our sponsor hotel, the Hampton Inn & Suites in Wesley Chapel or the Best Western Wesley Chapel and tell them you are here for the festival to receive your special event rates.

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1715 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

Fifth Third Bank

Hungry Greek

O.T.B.

Latin Twist Cafe

Woodfire Pizza

Pretzel Twister

Strive Athletic Club

Sports + Fields

Going Postal

Ace Hardware

City Grill

The UPS Store

Walgreens

On The Run

Mobile Gas Station

Radiant Gas

Walgreens

Cody's Roadhouse

(This is another boring medical advertisement.)

The picture is from ten years ago.

I have less hair. I'm probably shorter. Definitely chubbier.
I embarrass my teenage daughter daily (like this).

I've learned a lot since then.

I stay up to date. I read. I ask questions.

I bring that new knowledge to you.

I still care.

(The picture stays.)

New Patients Welcome
Most Insurance Accepted



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Seth B. Forman, MD

Skin Cancer. Psoriasis. Eczema.
Acne. Rosacea. Rashes.
And everything else for your skin.



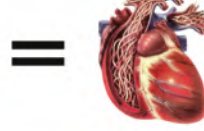
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Diplomate, The American Board of Dermatology
Featured on "The Doctors," MSNBC, WFLA-8 and WFTS-28



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IT ONLY TAKES
1 BITE!



VETERINARY SPECIAL!

**Free Exam PLUS Heartworm
Test with purchase of 12 months
of heartworm preventatives!**

(\$79 VALUE!) *FIRSTTIME PATIENTS ONLY

*MUST PURCHASE 12 MONTHS OF PREVENTATIVES

*By Appointment Only, Restrictions May Apply

*Limit one coupon per patient

CODE:061120150001

EXP: 8/31/15

Dog Days of Summer

Check out our new
Insect Shield® gear,
a bug repelling
product line!

PREMIUM BATH PACKAGE

Royal Flea Therapy

**Got Fleas? Let Us Help With Our All-Natural and Organic
Flea & Tick Solution!**

We can help soothe your pet's itchy skin by
treating your pet with a Flea & Tick Shampoo
along with an all-natural Conditioner.

Includes the following:

- PREMIUM BATH
- ORGANIC FLEA & TICK SHAMPOO
- CONDITIONER WITH ALOE & COCONUT

Special Summer Pricing Until Aug. 31st Only!

SMALL \$39.00
(25 lbs. or less)

MEDIUM \$59.00
(50 lbs. or less)

LARGE \$69.00
(51 lbs. or more)

\$5.00 OFF

YOUR NEXT PURCHASE OF \$50 OR MORE

*Cannot be combined with other offers
*Limit one coupon per customer, per transaction

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