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

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The Ark of the Covenant

Most Christians understand very little of its meaning, purpose, and the true importance of the Ark. Many have only heard of it through Bible storybooks. And yet it is so much more than a story. Therefore, we will examine the many facets dealing with the characteristics of the Ark of the Covenant, which is a rather intriguing and mysterious artifact because it point to the image and likeness of Jesus Christ.

The Ark of His Covenant is the focal point that God had established for the Israelites under the Old Covenant of the Law. When Moses returned to Mount Sinai, it was the Ark that was spoken of first, and then the entire instruction for the Tabernacle after which the last the two tablets was then handed to Moses to be placed in the Ark/Coffin/Throne.

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Time for Back to School and Sports Physicals

Anne Childers, Staff Writer



Tampa Bay students will soon head back to school for a new year of academics and sports. Be sure to call Pediatric Place of Tampa and schedule school and sports physicals before the kids head off to school. It is important for shots to be up to date and hearing and vision tested so students are ready for a new year of learning and healthy playing.

The Amazing Moringa Tree Anne Childers, Staff Writer

In addition to a selection of quality organic meats, seafood, fruits, vegetables, and dairy products, Cheyenne's is proud to provide Moringa trees for sale. The Moringa tree—also called The Tree of Life—grows naturally in subtropical regions of the world but can be cultivated here in the Tampa Bay area.

Same-week appointments are available for school physicals at Pediatric Place of Tampa, and the practice accepts all insurances as well as self-pay patients. New patients are always welcome!

Dr. Michele Johnson-Towson is a board-certified pediatrician with 26 years of experience in caring for children ages newborn to 21 years old. Dr. Johnson-Towson and her staff are dedicated to keeping patients both healthy and educated on changes in children's health care.

The doctor is encouraging patients to get on the schedule now for flu shots. Vaccines will be available beginning in September. Think fall flu.

The live attenuated nasal flu spray vaccine is not recommended this year due to the Center

for Disease Control (CDC) failing to prove it was adequate enough over the last three flu seasons to keep patients from contracting the influenza A (H1N1) type virus.

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

Pediatric Place of Tampa is conveniently located at 1338 W. Fletcher Avenue in Tampa. The cheerful, kid friendly office is on the bus line too. Call today at 813-264-2288 and schedule for back to school and the flu season!



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The Care Center was established first as a healing center for individuals seeking a safe and encouraging place where they can be restored and comforted from life's hurts. The Care Center is a solid, balanced, inter-denominational ministry that is recommended by both Christian ministries and alternative faith-based health and healing organizations. Faith & Hope Care Center offers anonymity and confidentiality in a secure, faith-based environment. Our fees are on a sliding scale based on income. CALL US TODAY AT 813-415-6756 TO SCHEDULE AN APPOINTMENT.



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A View of the Mangroves



land and soil in place, but also create a cushion to reduce some of the wave and storm energy striking the shoreline. That is something even a seawall can't do," says Langford.

Mangroves also act as natural filters. They protect the area's water quality by removing nutrients and pollutants from stormwater runoff before it reaches seagrass habitats and coral reefs. Mangroves also provide a home for filter feeding organisms such as oysters and barnacles, which also improves the water quality.

Homeowners with a shoreline of 150 feet or less may trim mangroves located on their property within a fringe that is 50 feet wide or less and that are between 6 and 10 feet in height above the ground.

These mangroves cannot be trimmed lower than 6 feet in height. Owners of property with a shoreline of more than 150 feet cannot trim more than 65 percent of the mangroves along their shoreline.

"Mangrove trimming beyond what is allowed in this exemption will require the services of a professional mangrove trimmer and may require a permit," said Langford.

For more information or to ask questions about mangroves on your property, contact the Environmental Protection Commission of Hillsborough County's mangrove trimming program at 813-627-2600 or the Florida Department of Environmental Protection at 813-470-5700 or dep.state.fl.us.



A View of the Mangroves

As the sun rises on the mangrove forest, egrets rustle from their roosts to take flight while the caws of blue herons break the morning silence. The area teems with life above and below the water largely due to the cluster of mangroves lining the shore.

Mangroves provide shelter to a wide variety of animals, in addition to many other benefits that aren't quite as well known. Mangrove trees and shrubs are Florida native species that grow in coastal intertidal zones consisting of a mixture of fresh and saltwater. They protect and stabilize the coastline and provide a habitat that supports a wide variety of fish and other wildlife. Mangroves are protected in Florida because of the important roles they play in protecting the environment and contributing to economic development.

"Many people may not realize that billions of dollars of Florida's annual economy are indirectly generated by mangroves," said Mark Langford, environmental consultant for the Florida Department of Environmental Protection. "Mangroves help protect species of fish and shellfish that are the foundation of Florida's seafood industry – an industry that employs more than 100,000 people."

In addition to wildlife protection, mangrove forests also help prevent or significantly reduce erosion caused by storm surges, currents, waves, and tides.

"Their dense growth pattern and intertwining branches, roots, and trunks not only hold

Red Cross Tips To Stay Safe in Summer



If someone is experiencing heat cramps in the legs or abdomen, get them to a cooler place, have them rest, lightly stretch the affected muscle, and replenish their fluids with a half a glass (about 4 ounces) of cool water every 15 minutes.

If someone is exhibiting signs of heat exhaustion (cool, moist, pale or flushed skin, heavy sweating, headache, nausea, dizziness, weakness exhaustion), move them to a cooler place, remove or loosen tight clothing, and spray the person with water or apply cool, wet cloths or towels to the skin. Fan the person. If they are conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition. If the person refuses water, vomits, or begins to lose consciousness, call 9-1-1 or the local emergency number.

Heat stroke is life-threatening!

Signs include hot, red skin which may be dry or moist, changes in consciousness, vomiting, and high body temperature. Call 9-1-1 or the local emergency number immediately if someone shows signs of heat stroke. Move the person to a cooler place.

Quickly cool the person's body by immersing them up to their neck in cold water if possible. Otherwise, douse or spray the person with cold water or cover the person with cold, wet towels or bags of ice.

For more information on what to do when temperatures rise, people can visit redcross.org, download the Red Cross Heat Wave Safety Checklist, or download the free Red Cross First Aid app. The app is available for iPhone and Android smart phone and tablet users in the Apple App Store and the Google Play Store for Android by searching for American Red Cross. People can learn how to treat heat-related and other emergencies by taking First Aid and CPR/AED training online or in person. Go to redcross.org/takeaclass for information and to register.

Red Cross Tips To Stay Safe in Summer

Summer is here, bringing with it dangerous excessive heat. The American Red Cross has steps people can follow to stay safe as the temperatures soar.

NEVER LEAVE CHILDREN, PETS IN THE CAR. The inside temperature of the car can quickly reach 120 degrees. Other heat safety steps include:

- Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
- Check on family, friends, and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water.
- If someone doesn't have air conditioning, they should choose places to go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).

Heat Exhaustion

Excessive heat can lead to sunburn, heat cramps, heat exhaustion, and heat stroke.

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She has managed her own Rheumatoid Arthritis (RA) through training and proper nutrition for 25 years, and Terrie is passionate about helping her clients overcome their own personal challenges.

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Terrie specializes in one on one and small groups with a focus on strength, core, and stability training. She can customize a workout and meal planning guide for your optimum results.

Terrie runs an Outdoor Boot Camp on Saturday mornings at 8:30am at Northdale Park on Spring Pine Drive in Carrollwood. Bring a towel, a mat, water and \$10.00 to experience an expert at work.

To schedule a full one (1) hour consultation to plan a customized diet and exercise program for your personal goals, call Terrie at 813-403-8062.

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Standing ovation!!! We can't thank you enough for your expertise, patience, and professionalism. We honestly believe this is the best gift we have ever given our daughter. Teagan is more confident, as are we, and she is even teaching us a thing or two! We would highly recommend your teen driver training to any parent of a new driver. The exposure to driving on all of the major highways and interstates is priceless. (This is a task that can be daunting for experienced drivers!) Your support and confidence has provided the awareness and skills necessary for Teagan to continue be a safe driver. You have also provided peace of mind for Mike and me as we watch her pull out of the driveway on her own. Thank you so much for what you do! We plan on seeing you again in a few more years for our son! Until then, many thanks and keep up the outstanding service!

~ Mike and Julie Byrnes, Apollo Beach

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I cannot say enough about my recent experience with George at Daytona International Speedway. His patience in working with a novice driver such as me should be commended. The way he was able to talk me through the ins and outs of racing / driving was amazing. Although I was quite nervous my first few laps around the track, it quickly became apparent why George came so highly recommended. He guided me through each part of the process. His expertise made me feel privileged just to sit in the same car with him, let alone coach me through a track exceeding speeds of 160 mph. The other amazing part was his service and disposition. George was down to earth, very sincere and I walked away feeling like I had just received 5 star service for 2 star pricing.

~ Todd Wahl — St. Petersburg, Florida

For more information Contact George today!

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Hope is on the Horizon!!

Hope Effect Day School is only weeks away from opening its doors! Our staff is already praying for each child God wants to send our way. Could your preschooler be one of them? We will be offering a five day full-time program for children age 1-4 years. For more information about touring our facility and registering your children, please contact Desirae Hamrick by email at dhamrick@hopeeffectdayschool.org.

Breastfeeding Support Group

A free Breastfeeding Support Group is offered every 4th Saturday from 11:00 to 1:00 at Grace Lutheran Church at Carrollwood. All breastfeeding mothers and their babies in the community are invited to participate. Come out and meet other mothers, have your questions answered, and receive the breastfeeding support you need. Free infant weight checks offered.

The Breastfeeding Support Group is presented by Created to Breastfeed Lactation Services and will be facilitated by Darlene Admire RN, IBCLC and Cheryl Michalski RN, CLC. Grace Lutheran Church at Carrollwood is located at 3714 West Linebaugh Avenue (corner of North Dale Mabry and Linebaugh Avenue). Contact Darlene Admire at 813-215-3097 if you have questions.

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