




History of Flag Day
Page 4



The Ten Commandments
Exodus 20:3-17

- I Thou shalt have no other gods before me.
- II Thou shalt not make unto thee any graven image.
- III Thou shalt not take the name of the Lord thy God in vain.
- IV Remember the sabbath day, to keep it holy.
- V Honor thy father and thy mother.
- VI Thou shalt not murder.
- VII Thou shalt not commit adultery.
- VIII Thou shalt not steal.
- IX Thou shalt not bear false witness against thy neighbor.
- X Thou shalt not covet.

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Win A Round of Golf for Dad! See Page 8

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See Page 11

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

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WHO'S YOUR DADDY?



One summer evening during a violent thunderstorm, a mother was tucking her small son into bed. She was just about to turn off the light when he asked in a trembling voice, "Mommy, will you sleep with me tonight?" His mother smiled and gave him a reassuring hug. "I can't, dear," she said, "I have to sleep with your daddy." After a long silence, he said, "The big sissy." There are certain sayings we associate with our fathers. Here are some typical Dad quotes:

"Don't ask me, ask your mother."; "Don't worry—it's only blood."; "Get your elbows off the table";

"A little dirt never hurt anyone—just wipe it off!"; "Don't make me stop this car!"; "This will hurt me a lot more than it will hurt you."; "Do I look like I'm made of money?"; "Two wrongs don't make a right."; "No, we're not there yet!"; "When I was your age..."

I looked in my Bible for a quote from another prominent father, Joseph, and to my surprise, I couldn't find one. I never thought about this before, but Joseph doesn't say a single word in the Bible. He listens and obeys.

Continued on Page 8

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Ernest Walker State Farm Insurance Agency, Your Local Neighborhood Agent *By Karen McBride*

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Ernest likes the personal aspect of owning his

own business and wants to be your local neighborhood insurance resource. When you visit his office, you are meeting face to face with real licensed professional and not just the other side of an 800 number. People like to know they are talking to a real human being, someone who cares about their circumstances, and will take the time to answer all their questions.

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His team of licensed professionals provides services including Auto, Home, Condo, Life, and Health insurance. In addition to providing services

to homeowners, Ernest Walker Insurance Agency provides liability insurance to small business owners as a way further support the community.

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The office is conveniently located at 5111 Ehrlich Rd Suite 110 Tampa, FL 33624-2075 directly across the street from the Ben Hill Middle School. For information, call 813-968-4043 or visit the website at <https://www.ernestwalkerinsurance.com>. The office hours are Mon-Fri 9:00am to 5:00pm and appointments are welcome anytime to meet your needs.

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How to Transform Your Mind to Change Behavior

Samantha Taylor, Samantha Taylor Fitness

Have you ever wondered why you do the same thing over and over again when it causes you pain or frustration? I have asked this question for years because I used to struggle eating foods that I would regret, but then do it again.

I had all the “knowledge” about food and nutrition, but I still couldn’t stop eating unhealthy food. Many years ago, I started to search in the Bible for answers to this and I found scriptures that talk about being transformed by the renewing of your mind. That word transformed means metamorphosis, like when a caterpillar goes into a cocoon and comes out a butterfly. There is a transformation that takes place to cause it to change.

In order for our minds to be renewed and to think differently so we transform, it tells us to renew our minds. That word renew means renovation, like renovating a kitchen. You have to write up plans for the new design, gut out the old design, and install the new kitchen. So, when it comes to our mind, we have to recognize our old ways of thinking, come up with a new plan, and put in the new ways of thinking.

That word, *renew*, also means with repetition, intensity, and reversal, which makes sense because our behavior is not just changed when we think about it once. We have to work on it with repetition and intensity and have to reverse our old ways of thinking.

For example, if your old ways of thinking have told you it doesn't matter if you go to a restaurant and eat fried food loaded with excess carbs, fat, and calories, and when you eat it, you feel gross and bloated. And you realize you just consumed over 2,500 calories in 10 minutes, of course that is going to affect your weight loss goals and your health. So how do you change that behavior?

You renew your mind with new ways of thinking and realize, yes it does matter if I do that. I had to admit to myself that I always felt gross and regretted it when I was done eating unhealthy foods, so why would I continue to do that to my body!? I had to come up with a new plan for food in those situations. So, I would think about in advance of what I was going to order instead and have a new plan.

It took practice and no, it wasn't easy at first, but with repetition, intensity, and reversing those old thoughts, I was able to totally change my thinking and transform my relationship with food. And instead of food pushing me around and feeling like I had to eat what was tempting me, I became in control of my food choices.

You can do this too! If you want to learn more, I have a study on three scriptures about this on how to renew your mind and help you to overcome food cravings. You can go here to get the free download. www.SamanthaTaylorFitness.com/overcomecravings. And if you want to get help in person, we have four personal training studios for women with a dietitian. Go here for more details: www.SamanthaTaylorFitness.com.

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Live Oak Theatre Summer Programs

Live Oak Theatre asks the public to “save these dates.” A variety of limited enrollment summer camps will be held throughout the summer. Save the following dates:

Improv Camp June 21st-25th from 5pm-8pm. For ages 8+ (No age limit), an acting camp focused on the skill of improvisation. Tuition is \$75 per student.

Live Oak Theatre Camp June 28th-July 2nd from 10am-4pm, for boys and girls ages 7 through 18. Tuition is \$150 per student. Topics may include:

- Vocal technique & Song interpretation
- Costume & Set Design
- Movement to music
- Auditioning skills
- Acting skills such as:
 - o Characterization
 - o Improv technique
 - o And much more

Dance Camp July 19th-22nd from 10am-2pm. Tuition is \$75 per student.

Tech & Stage Design Camp July 19th-22nd from 10am-4pm Students will be taught by Chris Rees and Josh Saliba. Please note: this camp will require a minimum number of students to operate. More details to come!

TWO WEEK Shrek Jr. Production Camp August 2nd-6th & 9th-13th with performances August 12-15th. Auditions may be held beforehand. Ages 8-18 may participate. Tuition is \$300 per student and includes 2 performance tickets. More details on times to follow.

For more details and to register, go to <https://www.liveoaktheatre.org/summer-camp>.

For more information, email the box office at liveoakboxoffice@gmail.com or call 352-593-0027.

Live Oak Theatre Company (LOT) is a not-for-profit 501 (C) (3) repertory company of local artists, located at 21030 Cortez Boulevard, Brooksville, FL 34601. The Live Oak Theatre Company exists to enrich families, individuals and the community by providing positive artistic experiences in the Performing Arts - including excellent, affordable, and edifying family friendly entertainment, performance, and educational opportunities for Theatre patrons and participants of all ages.

“Our Father in heaven, hallowed be your name, your kingdom come, your will be done on Earth as it is in heaven.”

— Matthew 6:9-10

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A Little Boy’s Explanation of God



It was written by an 8-year-old named Danny Dutton, who lives in Chula Vista, CA. He wrote it for his third grade homework assignment to explain God.

EXPLANATION OF GOD:

“One of God’s main jobs is making people. He makes them to replace the ones that die, so there will be enough people to take care of things on Earth. He doesn’t make grownups, just babies, I think because they are smaller and easier to make. That way he doesn’t have to take up his valuable time teaching them to talk and walk. He can just leave that to mothers and fathers.

God’s second most important job is listening to prayers. An awful lot of this goes on, since some people, like preachers and things, pray at times beside bedtime. God doesn’t have time to listen to the radio or TV because of this. Because he hears everything, there must be a terrible lot of noise in his ears, unless he has thought of a way to turn it off.

God sees everything and hears everything and is everywhere which keeps Him pretty busy. So you shouldn’t go wasting his time by going over your mom and dad’s head asking for something they said you couldn’t have.

Atheists are people who don’t believe in God. I don’t think there are any in Chula Vista. At least there aren’t any who come to our church. Jesus is God’s Son. He used to do all the hard work, like walking on water and performing miracles and trying to teach the people who didn’t want to learn about God. They finally got tired of him preaching to them and they crucified him.

But he was good and kind, like his father, and he told his father that they didn’t know what they were doing and to forgive them and God said okay.

His dad (God) appreciated everything that he had done and all his hard work on earth so he told him he didn’t have to go out on the road anymore. He could stay in heaven. So he did. And now he helps his dad out by listening to prayers and seeing things which are important for God to take care of and which ones he can take care of himself without having to bother God. Like a secretary, only more important.

You can pray anytime you want and they are sure to help you because they got it worked out so one of them is on duty all the time. You should always go to church on Sunday because it makes God happy, and if there’s anybody you want to make happy, it’s God! Don’t skip church to do something you think will be more fun like going to the beach. This is wrong. And besides, the sun doesn’t come out at the beach until noon, anyway.

If you don’t believe in God, besides being an atheist, you will be very lonely, because your parents can’t go everywhere with you, like to camp, but God can. It is good to know He’s around you when you’re scared, in the dark or when you can’t swim and you get thrown into real deep water by big kids.

But you shouldn’t just always think of what God can do for you. I figure God put me here and he can take me back any time he pleases. And that’s why I believe in God.”

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LVIB Prom is a Bright Spot for Visually Impaired Teens



Jeovanny Diaz and Sierra Poth were crowned 2021 Prom King & Queen by the 2019 Chasco Coronation Ball King Pithla & Queen Chasco, Paul Friedlander & Lisa Shippy-Gonzalez.

On Saturday, May 15, the Lighthouse for the Visually Impaired and Blind held its 2021 Prom. Each year, the Lighthouse hosts a prom for teens with visual impairment or blindness, however Saturday’s event was extra special since the prom was cancelled in 2020 because of the pandemic. Stefanie Pontlitz, Lighthouse CEO said: “It was such a joy to watch our youth at the 2021 Prom. They are just normal teens who love music, dancing and friends. To see them in an environment where they feel confident and safe and can enjoy Prom the way it was meant to be enjoyed, you can’t help but leave with a huge smile on your face.”

The teens gathered at the New Port Richey Lighthouse before the prom to prepare—volunteers from local businesses and the community helped them with hair, nails, and attire. Then the teens rode in a party bus as a way to kick off the festivities which also included a lot of dancing, reconnecting, and the coronation of our 2021 Prom King and Queen presented by King Pithla Paul Friedlander and Queen Chasco Lisa Shippy-Gonzalez.

There were several touching moments during the night which included the group being cheered onto the party bus, teens dancing with joy, and a new teen becoming “one of us” as he was led to the dance floor by his new group of peers.

Lighthouse holds an annual prom for teens who are visually impaired or blind so they can experience an event tailored to their needs with all their Lighthouse friends. Lighthouse offers year-round programs for teens that are focused on the development of skills needed for a successful transition to higher education, employment, and living independently. At the start of the pandemic, Lighthouse served the teens through Zoom video chats, conference calls, and supplemented training by dropping off educational materials. Then we added in-person services. Each summer teens are provided an in-person summer camp where they learn various work skills in the community and are taught the skills they need to gain competitive employment.

The Lighthouse Prom was sponsored in full by Kelly Pest Control. Additional highlights were provided by Kelly McKnight of ABCO Printing and Captain Wendy Longman of Wind-song Charters. Special thank you to the LVIB Prom Committee, Kohl’s at Ridge Road & Delta Gamma Sorority Alumnae - Tampa Chapter volunteers, our reigning 2021 Chasco Coronation Ball King Pithla and Queen Chasco, Hits 106, J. David Wright, and many more. For more information about the Lighthouse and the teen program, visit www.lvib.org. Photos of the event can be viewed at <https://photos.app.goo.gl/ydVs458W5n6mWaom7>.

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

Preventing and Treating COVID-19 in Children and Teens

By Karen McBride

We are well aware that adults can contract COVID-19, but, unfortunately, children and teens are also susceptible. However, there are certain precautions we can take to reduce the chance of becoming ill with COVID-19 or the flu.

Wash your hands often, avoid touching your face, limit exposure to people outside the home, and wear masks.

Hand washing should last for 20 seconds. Try to make it fun with your child by singing his or her favorite song while hand washing.

Encourage your child or teen to practice social distancing. Limit the people they are exposed to whenever possible. If you can leave them at home with a family member while you go to the store, then do so. If they must go out in public, they should wear a cloth mask and use hand sanitizer often.

Clean and disinfect your home, especially toys, doorknobs, tables, light switches, television remote controls, and, of course, bathrooms.

As in flu prevention, eating a healthy, well-balanced meal, getting enough sleep as well as plenty of outdoor exercise in the fresh air and sunshine, can help to build your immune system to fight off the illnesses.

If you suspect your child has been exposed to COVID-19, the symptoms can include fever, cough, nasal congestion or runny nose, sore throat, shortness of breath, fatigue, headache, muscle aches, nausea or vomiting, diarrhea, poor appetite, new loss of taste or smell, or belly pain.

If your child is exhibiting any of these symptoms, call to schedule an appointment with Dr. Michele Johnson-Towson of Pediatric Place of Tampa, a board-certified pediatrician with over 30 years of experience in caring for children ages newborn to 21 years old.

Pediatric Place of Tampa is located at 1338 W. Fletcher Avenue, Tampa, FL 33612. For more information or to schedule an appointment, call 813-264-2288.

Same-day appointments and after-hours care are available (Monday, Tuesday, Thursday 8:00am-7:00pm; Wednesday 8:00am-6:00pm; Friday 8:00am-5:00pm and Saturday 8:00am-12:00pm).

New patients are welcome, and the practice accepts all insurance.

The History of Flag Day

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'.

In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as 'Flag Birthday', or 'Flag Day'.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America on April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on June 14th.

Leach went on to recommend that thereafter the day be known as 'Flag Day', and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.

In 1894, the governor of New York directed that on June 14 the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association, was organized for the purpose of promoting the holding of Flag Day exercises.

On June 14th, 1894, under the auspices of this association, the first general public school

children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.

Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on May 30th, 1916.

While Flag Day was celebrated in various



communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating June 14th of each year as National Flag Day.

<http://www.usflag.org/history/flagday.html>.

How to Observe Flag Day

The week of June 14 is designated as "National Flag Week." During National Flag Week, the president will issue a proclamation urging U.S. citizens to fly the American flag for the duration of that week. The flag should also be displayed on all Government buildings. Some organizations hold parades and events in celebration of our national flag and everything it represents. It's also a time to remember and honor military men and women who defend our flag and our country.

United We Stand Divided We Fall

Patrick Henry used the phrase in his last public speech, given in March 1799, in which he denounced The Kentucky and Virginia Resolutions. Clasp his hands and swaying unsteadily, Henry declaimed, "Let us trust God, and our better judgment to set us right hereafter. United we stand, divided we fall. Let us not split into factions which must destroy that union upon which our existence hangs." At the end of his oration, Henry fell into the arms of bystanders and was carried almost lifeless into a nearby tavern. Two months afterward, he had died.

The phrase also appears in the New Testament, albeit in slightly different language. Mark 3:25, "A house divided against itself cannot stand"

http://en.wikipedia.org/wiki/United_we_stand,_divided_we_fall

Mark 3:23-29

Jesus spoke to the crowd in parables:

'How can Satan drive out Satan? If a kingdom is divided against itself, that kingdom cannot stand. If Satan opposes himself and is divided, he cannot stand; his end has come. In fact, no one can enter a strong man's house and carry off his possessions unless he first ties up the strong man. Then he can rob his house. I tell you the truth, all the sins and blasphemies of men will be forgiven them. But whoever blasphemes against the Holy Spirit will never be forgiven; he is guilty of an eternal sin.'



Pasco Tax Collector's Offices Collecting Suitcases for "Luggage of Love"



Pasco County Tax Collector Mike Fasano and staff collect donations of "gently-used" luggage, suitcases, and other travel-related bags throughout the year. The items are used to equip displaced children and families with new and/ or "gently-used" suitcases. The kids and families in need are identified by the Luggage of Love program, which is coordinated in Pasco County by the University of Florida's Pasco Extension Office. The children, who often must travel with caseworkers into foster care, or are otherwise removed from their homes due to emergency situations, historically have only had plastic garbage bags

in which to carry their clothing and personal belongings. The luggage adds a level of dignity to a child who is most likely experiencing one of the most traumatic events in their young life (i.e. being removed from their home). In other cases single mothers, often escaping domestic violence, are the recipients of the luggage for themselves and their children.

The staff of the Pasco County Tax Collector's Office continue to respond to the call for help. Staff and members of the public periodically drop off suitcases and other bags which are subsequently delivered to the Luggage of Love program. Right now, the supply of suitable cases is low, and the demand continues to grow.

"Thank you so very much for the donations we have received in the past," comments Elizabeth Urquiola, Program Coordinator for the UF Pasco Extension Office & the Luggage of Love program. "We can't thank our community enough for the amazing generosity. We need to keep our closets full because children and mothers may be in need at any time. Please help spread the love to our displaced children in Pasco County through our Luggage of Love program. Your donations will always be put to good use."

If you would like to donate luggage or would like to learn more about the program please contact our point person for the program Assistant Tax Collector Greg Giordano at 727-847-8179 or the "Luggage of Love" Program Coordinator Elizabeth Urquiola at 352-521-1254, x5325. Donations of luggage may be dropped off at any of the five tax collector offices in the county. Please visit www.pascotaxes.com for tax office locations and hours of operation.

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"For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast." — Ephesians 2:8-9

Pasco Tax Collector's Offices Feature "Cindy's Pets" in June Giving Campaign

Tax Collector Mike Fasano's five offices will feature Cindy's Pets: Helping Seniors & Their Pets as the charitable organization for the month of June, 2021. Cindy's Pets works with Pasco County's Senior Services Program to provide food for the pets of those seniors in need, especially recipients of the Meals on Wheels program.

"The goal of Cindy's Pets is to provide good nutritional food for animals, thereby enabling the elderly to enjoy their own meals with the knowledge that their pets are also well-fed," comments Dr. Missy Nurrenbrock, Founder of Cindy's Pets. "Your donation will go towards purchasing, packing, and delivering over 2,000 pounds of pet food each month. This food will feed over 300 pets of seniors who live in Pasco County."

"Cindy's Pets fills in a gap that is not filled by other senior programs," states Tax Collector Mike Fasano. "Recipients of the Meals on Wheels program are need of help due to their limited income. So many participants share their own food with their pets, leaving precious little for themselves. Cindy's Pets ensures that both owner and pet have plenty of food to eat. Our office is looking forward to supporting this local charity that helps many people but receives little fanfare. Please consider donating to this important program to help the seniors in our community!"

For more information about Cindy's Pets please contact Dr. Missy Nurrenbrock at 727-372-9333 or visit the website www.cindypets.org. For more information about the promotional and charitable giving programs at the tax collector's office, please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit www.pascotaxes.com. Donations may also be mailed to: Pasco County Tax Collector's Office, P.O. Box 276, Dade City FL 33526-0276.



Tampa Bay Dance Club

June 2021 Schedule

The club will be requiring the participants to the dances to wear masks and practice CBC guidelines after admittance.

6/4 DJ & Singer Artie A.
6/11 DJ Mike Unwin
6/18 DJ Mike Unwin
6/25 DJ Mike Unwin

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Doors open at 6:30, dance runs from 7:30 to 10:30. Location is 8401 W. Hillsborough Avenue, Tampa Florida 33615, Luther Hall located at the Lutheran Church of Our Savior. Music to the 50's and up, Latin, & Country. BYOB-type club. Snacks and set up available. Dress code is casual and admission is \$12. Contact Roger Verszyla at 813-390-7160.

Facebook: Tampa Bay Dance Club, Tampa Bay Dancing

Email: Tbdanceclub@aol.com

Website: Tampabaydanceclub.com



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Kidz Corner: Summertime



Hi! My name is Harley, and today I am going to talk about summertime. So the origin of summertime is really cool and I really like it. It originated a long time ago. So kids used to go to school all year round but then the wealthy people who had a lot of money they used to not go to school in the summertime because it was too hot and then they would go to the cool countryside. Then they came back in the fall so eventually no one really came to the school in the summer. They didn't want to have to run it when nobody came. That just would be ridiculous.

I have a lot of things that I'm going to do for the summer. I have a horse camp and I am going to an all farm animal camp. And programs called VBS and Summer Sing and an art camp so I kind of have my summer packed but I'm going to play and eat and visit my grandparents and go to Cape Canaveral and celebrate my birthday and that's gonna be really awesome. But summer can't be all about fun. Like if you don't

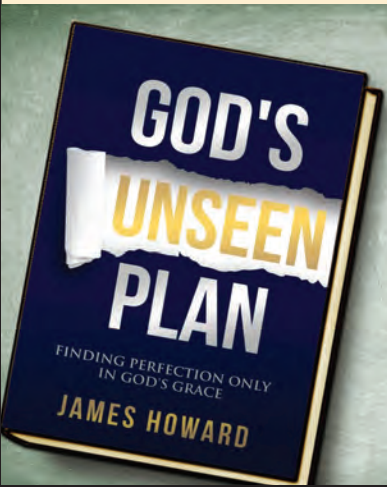
do your schoolwork during the summer you're going to go back to school and you're gonna forget everything and then do really bad in school. We don't want that to happen, so during the summer I am going to do typing and handwriting and math and journaling and other schoolwork thingies. I like to read, so I'm gonna read - my mom's not gonna have to make me read. You wanna have a good balance. You wanna have fun but you don't want to totally forget everything, and we are all blessed that God has given an awesome summer for us. I'm really glad that people fled to cool places.


God wants us to be good stewards of our summers, so we need to have a good balance. Kind of like you want to have healthy food and you also want to have occasional junk thing to keep you happy. You could eat your meals healthy and then have desserts or you could do like half of your meals healthy and half your meals junk and have no dessert. It would be kind of weird to eat broccoli and donut at the same time - that would be kind of bad. So you can't have everything at the same time but you need to have a good balance. We need Jesus to help us with keeping our balance, and He will always be with us. Bye!

Harley Isabel Smith is a 2nd grader who has been featured on TV as a philanthropist, has a heart for evangelism, and writes monthly for the Gazette's Kid's Corner. Visit <https://harley-isabelsmith.com> where she is constantly adding written and video content to entertain and educate children.

Matthew 19:14 Jesus said, "Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these."

**One father is dead,
another father in prison.**





I was almost sixteen and having the time of my life. I played football on Thursday nights and marched in the band on Saturdays. Soon I would get my driver's license. I was living the dream.

But in the span of three days, my whole life had changed. Now we were running from Texas to Pensacola, Florida and living the stuff of nightmares.

Each of us struggle with unplanned problems. Bad things happen to good people. Through this moving story, may you find hope, help, and comfort only found in Jesus Christ.



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An Act of Kindness: The Good Samaritan




Jesus answered, "A certain man was going down from Jerusalem to Jericho, and he fell among robbers, who both stripped him and beat him, and departed, leaving him half dead. By chance a certain priest was going down that way. When he saw him, he passed by on the other side. In the same way a Levite also, when he came to the place, and saw him, passed by on the other side. But a certain Samaritan, as he travelled, came where he was. When he saw him, he was moved with compassion, came to him, and bound up his wounds, pouring on oil and wine. He set him on his own animal, and brought him to an inn, and took care of him. On the next day, when he departed, he took out two denarii, and gave them to the host, and said to him, 'Take care of him. Whatever you spend beyond that, I will repay you when I return.' Now which of these three do you think seemed to be a neighbor to him who fell among the robbers?"

He said, "He who showed mercy on him."

Then Jesus said to him, "Go and do likewise."

— Luke 10:30–37, World English Bible



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GFWC Continues To Support and Donate



(L-R) Lions Club President Jackie Cameron, club member Elaine Pittman & Lions member Claudette Henry

GFWC Lutz-Land O'Lakes Woman's Club members, always generous, have outdone themselves during this difficult pandemic year and continued with their donations to a myriad of local organizations. Member Elaine Pittman has kept busy delivering goods to various agencies such as 91 pairs of eyewear to the Lutz Land O'Lakes Lions Club for their mission in third world countries. Ms. Pittman also delivered a full van load of dog and kitty food, soft blankets and pet beds to the Pasco County Animal Shelter in Land O'Lakes.



Club member Elaine Pittman delivering pet food, beds and supplies to Pasco Animal Shelter



GFWC Scholarship Awards



(L-R): Chair Lucy Albury, Clayton Topdemir, Kaitlyn Sheppard, Alexis Fernandez, Jadon Ferrance, Alissa Vani, Marian Suliman, Shannon Gordy, President Annette Bellinger & Jay Muffly (Lutz Fireman's Endowment FUND)

GFWC Lutz-Land O'Lakes Woman's Club proudly announces a total of \$23,950 in Scholarship awards for 2021. For more than a decade, the club has had the privilege of administering the Lutz Fireman's Endowment Fund on behalf of the former Lutz Volunteer Fire Department. Each year two scholarships have been awarded to students who are Lutz residents, however the former Fireman's Fund Directors generously recommended that, in this challenging pandemic year, the Woman's Club double the awards to FOUR \$5,000 scholarships due to exceptional need in the community.

The four recipients of the 2021 Fireman's Fund Awards are:
Shannon Gordy - \$5,000 (Sunlake H.S.), Clayton Topdemir - \$5,000 (Cypress Creek H.S.), Zachary Maddox - \$5,000, not pictured, (Freedom H.S.) and Kaitlyn Sheppard - \$5,000 (Gaither H.S.).
GFWC Lutz-Land O'Lakes Woman's Club Scholarship Recipients are:
Alexis Fernandez - \$1,100 (Land O'Lakes H.S.), Jadon Ferrance - \$1,100 (Steinbrenner H.S.), Alissa Vani - \$1,000 (Steinbrenner)
AND the Lynn LaFleur Memorial Scholarship was awarded to Marian Suliman - \$750 (Steinbrenner H.S.).

This exceptional group of graduates will soon begin their exciting university studies at: Florida State, USE, Hillsborough C.C., George Washington U., UF, Florida A & M, UNF and UCF. The Woman's Club heartily congratulates the 2021 Scholarship winners and wishes them every success in pursuing their educational paths and future careers.
WELL DONE ALL!!



(L-R): Club Scholarship Chair Lucy Albury, Alexis Fernandez, Jadon Ferrance, Alissa Vani, Marian Suliman and Club President Annette Bellinger



(L-R) Club President Annette Bellinger, Kaitlyn Sheppard, Clayton Topdemir, Shannon Gordy, Zachary Maddox (not pictured) & Jay Muffly (Lutz Fireman's Endowment Fund)

GFWC Performs at State Convention



The Pink Ladies (clockwise L-R): members Dee Knerr, Elayne Bassinger, President Annette Bellinger & Kay Taylor



Sister Act (L-R): Sister Dolores (Dee Knerr), Sister Elayne of the Holy Rosary, Mother Superior Annette and Sister St. Catherine (Kay)

GFWC Lutz-Land O'Lakes Woman's Club had a large member contingent attend the semi-annual GFWC Florida State Convention in Orlando. Once the business side of the meetings concluded, the gals swung into action. Members Dee Knerr, Elayne Bassinger, Annette Bellinger and Kay Taylor first performed as a great team of "Pink Ladies" cheerleaders as part of the convention's "Fifties" theme. Later, this talented troupe donned their nuns' habits and swung into a great routine borrowed from the "Sister Act" film and lip-synched "I Will Follow Him" to great applause. This hard-working volunteer organization not only serves the community but manages to have great fun as well!

GFWC Sponsored Writing Contest



2nd Grade essay contest winner with his prize



Edu chair/Member Faith Sincich & Club President Annette Bellinger delivering scooter prize

GFWC Lutz-Land O'Lakes Woman's Club sponsored an essay contest for second-graders at Lutz Elementary School on the topic: "Would you rather play indoors or outdoors?" Essays were submitted by 59 students and retired elementary school teacher/club member, Pat Wagner, and her granddaughter judged the submissions.

The winner was presented with a bright blue scooter donated by club Edu. chair and club member Faith Sincich. Each of the students received a blue participation ribbon. Club President Annette Bellinger announced the contest winner on the school morning show on April 30th.

GFWC Brings Awareness to Child Abuse



Member Joan DeCapua "planted" pinwheels at Old Lutz School



Old Lutz School display of pinwheels

GFWC Lutz-Land O'Lakes Woman's Club members Nancy Swanton and Joan DeCapua "planted" a garden of bright blue pinwheels at the historic Old Lutz School in order to bring attention to the universal problem of child abuse, particularly during this difficult pandemic year. Members also purchased pinwheels to display at their own homes in support of bringing awareness to this serious issue. These pinwheels are also on display at local firehouses and libraries. For membership information, please visit gfwclutzlandolakeswomensclub.org or its Facebook page.

GFWC President Installs New Little Women of Lutz Officers

GFWC Lutz-Land O'Lakes Woman's Club President Annette Bellinger conducted the installation of newly elected officers of the Little Women of Lutz, a teen service club, affiliated with, sponsored and mentored by the Woman's Club. The girls volunteer for many community service projects, learn leadership and organizational skills, work closely with the Woman's Club, and accumulate the important service hours required by their schools.



(L-R) President Annette Bellinger with new officers: Jasmin Doering, recording secretary, Kate Frederick, president, Ava Frederick, treasurer, Ashlyn Turnage, 1st vice president, and outgoing president Rachel Lightner.

The Great Florida Outdoors: The Florida Cactus

Dr. Robert Norman, Clinical Professor, Dermatology, Nova Southeastern University

When I found a good spot for an office next to Sickles High School, the owner had several rather old cacti on the property. I really did not want to get rid of them, but the owner’s house needed to be knocked down and the office building would take up much of the property. I always have a fond memory of those old creatures, and I enjoy finding them when I am out exploring. Recently I was biking on the path between Alonso High School and the bypass canal when I spotted this magnificent specimen:



According to the UF/IFAS website, the Prickly Pear Cactus (*Opuntia humifusa*) is native to the U.S., Mexico, and South America, and grows well in many parts of the world. This plant is a member of the genus *Opuntia* which includes a number of species. The pads are rapidly-growing flattened stems that are elliptical or oblong shaped and range in size (generally between 4 and 18 inches long) depending on the species. The plant has smooth skin that can be bright green to blue-gray in color and some species have spines. Depending on

the species and variety, *Opuntia* spp. flowers come in a range of warm-hued colors like orange, yellow, red, and pink.

The prickly pear is drought and salt tolerant and has few pest or disease problems. It can grow in the sandiest, well-drained soils and thrives in full sun.

The plants are a diversified food source. Both the pads (cladode, nopales) and the fruits (sometimes called tunas) are edible. Parts of the cactus can be used for everything from main dishes, vegetable sides, breads and desserts, beverages, cocktails, candies, and more. Pads are best eaten when they are young and tender and are said to taste a bit like green beans. The fruit flavor depends on the particular variety and has been compared to strawberries, watermelons, honeydew melons, figs, bananas, or citrus. Prickly pear fruits can be eaten raw or prepared for jams or preserves, jellies, and candies and are delicious at room temperature or chilled.

Six to nine prickly pear species are native to Florida. One prickly pear species is the devil’s tongue. It grows 18-36 inches tall and looks like a collection of teardrop-shaped flat pads stacked vertically. The green, sometimes-purple, spiny pads produce yellow flowers and red or pink berries on their edges. This cactus spreads outwardly over the beach or the ground (source OGM newsletter).

The *Opuntia ficus-indica* species is a Florida cactus that can grow up to 16 feet tall. The *Opuntia stricta* species is only found in Florida and the tropics.

Another Florida native is the dildo cactus (yes, that’s the actual name). Its shape is like a long,

narrow column. According to the National Park Service, this cactus can grow over 20 feet tall. It produces white flowers that are only open at night as well as shiny, red fruit.



Two species of endangered cactus grow in south Florida. The first, called Simpson’s apple cactus, produces fragrant, night-blooming flowers pollinated by bats, moths, and other insects that are active at night. This cactus is also called “Queen of the Night.” The second endangered cactus is the mistletoe cactus. The last known mistletoe cactus grew in the Everglades but was destroyed by a hurricane in 2005, according to the National Park Service.

How do you tell the age of a cactus? A myth is that you can tell the age of a cactus by the number of its arms. Most articles I read noted that to get an estimate of its age, you should always measure the main body of the cactus plant from its tallest point. It may take up to 10 years for a cactus to grow just 1 inch.

Why do saguaro cacti grow arms? Because saguaros grow so slowly, it might take 50 to 75 years for them to grow their first arms. Arms are important to them because they store extra water. After 100 years, they usually have several arms and after 200 years they have many arms. The iconic saguaro cactus that is typically seen in the Sonoran Desert of the American West can grow to be quite tall. In fact, the tallest of this type of cactus grew to be 78 feet tall. The cactus in the picture may have been alive long before Alonso High School or Westchase or Town n’ Country were created.

Where can you find these wonders of nature like the Florida cacti?

Get out and enjoy the Great Florida Outdoors!

Dr. Norman is an advanced master naturalist graduate of the FMNP program from UF and a board-certified dermatologist based in Tampa and Riverview. He can be reached at 813-880-7546.





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COMMUNITY PET NEWS

Mark Twilla DVM
Sunshine Animal Hospital



Storm Phobia

Is your pet afraid of thunder storms? Does your pet begin to pace, drool, cling tight to you or hide in the closet before or during a storm? If the answer is yes then you are not alone. It is unknown what the exact triggers are for these panic attacks but many suspect thunder, lightning, wind, barometric pressure changes and static electricity. Can your pet grow out of this condition, and is there anything that can be done? Most of the time pets **do not** grow out of this condition on their own, and many pets will get worse as they get older. Fortunately there is help. Depending on your pet, treatment for this condition can take several forms. There are holistic products such as tight fitting garments like the “Thundershirt”, oral treatments like Rescue Remedy, or Pheromone collars and plug in diffusers that disperse a calming hormone. Prescription anti anxiety medications such as Trazadone, Xanax and Valium can be helpful. Behavior modification is the best way to fix the problem but requires hiring a behaviorist, which can be expensive, and they often incorporate prescription medication with training techniques. We have our best results with a management plan that includes some or all of the techniques described above. You should consult with your veterinarian to come up with a plan that best fits your pets needs.

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The Origins of Father’s Day & the Fair-

mont Mining Disaster at Darr Mine



The campaign to celebrate the nation’s fathers did not meet with the same enthusiasm—perhaps because, as one florist explained, “fathers haven’t the same sentimental appeal that mothers have.” On July 5, 1908, a West Virginia church sponsored the nation’s first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December’s explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday. The next year, a Spokane, Washington woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother’s Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation’s first statewide Father’s Day on July 19, 1910.



Miners that were members of one of the rescue teams prepare to enter the slope entry to the Darr Mine, Van Meter, AP, following the mine gas explosion on Dec. 19, 1907. The crew entered and remained inside the mine for just two hours before being relieved by another team.

Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father’s Day. However, many men continued to disdain the day. As one historian writes, they “scoffed at the holiday’s sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products--often paid for by the father himself.” During the 1920s and 1930s, a movement arose to scrap Mother’s Day and Father’s Day altogether in favor of a single holiday, Parents’ Day. Every year on Mother’s Day, pro-Parents’ Day groups rallied in New York City’s Central Park--a public reminder, said Parents’ Day activist and radio performer Robert Spere, “that both parents should be loved and respected together.” Paradoxically, however, the Depression derailed this effort to combine and de-commercialize the holidays. Struggling retailers and advertisers redoubled their efforts to make Father’s Day a “second Christmas” for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards. When World War II began, advertisers began to argue that celebrating Father’s Day was a way to honor American troops and support the war effort. By the end of the war, Father’s Day may not have been a federal holiday, but it was a national institution. In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father’s Day a federal holiday at last. Today, economists estimate that Americans spend more than \$1

Who’s Your Daddy?

Continued from Page 1

We might assume his words are recorded because we can imagine the conversations he had with Mary, and the Angel Gabriel. We can “hear” him talking to the innkeeper. We can visualize him teaching Jesus about carpentry, but then he fades from the scene. It is widely thought that Joseph was much older than Mary and when Jesus began His ministry, Mary is alone. Joseph probably thought his life was pretty well planned. His marriage and his vocation were all arranged neatly for him. Then his world came crashing down. He discovered that his bride-to-be was pregnant. We know that Joseph was a man of integrity. He wanted to do the right thing in the right way. He considered divorcing Mary when he learned of her pregnancy, but wanted to do so without calling attention to the reason. Instead, he risks being questioned about Mary’s pregnancy and they marry. In those days, a marriage contract was worked out between families, and the engaged couple continued to live with their parents until their wedding. Joseph protected their reputation by moving up the wedding date. The Roman census took them far away from the town’s questioning eyes. Although Joseph came from the royal lineage of King David, he was a humble man. The brief portrait of him in Scripture suggests he was a quiet, unobtrusive man, available when needed, willing to endure hardship and disappointment. Looking forward to fathering his own child, Joseph was faced with being a stepfather. He trusted God’s care every step of the way. He didn’t have any parenting books, any training on how to be a father to the Son of God, but he possessed faith and compassion. Bible scholars portray Joseph as an effective provider and protector of the family. Joseph had the important role of caring for the needs

of others. People will remember what we did more than what we said. The late Erma Bombeck wrote these words about her father: “One morning, my father didn’t get up and go to work. He went to the hospital and died the next day. I hadn’t thought that much about him before. He was just someone who left and came home and seemed glad to see everyone at night. He opened the jar of pickles when no one else could. He was the only one in the house who wasn’t afraid to go to the basement by himself. He cut himself shaving, but no one kissed it or got excited about it. It was understood when it rained, he got the car and brought it around to the door where we waited. When anyone got sick, he went out to get the prescription filled. He took lots of pictures, but he was never in them. Whenever I played house, the mother doll had a lot to do. I never knew what to do with the daddy doll, so I had him say, “I’m going to work now,” and threw him under the bed. The funeral was in our living room and a lot of people came and brought all kinds of good food and cakes. We had never had so much company before. I went under my bed to feel for the daddy doll. When I found him, I dusted him off and put him on my bed. He never did anything that I remember. I didn’t know his leaving would hurt so much.” Dads, we can either be absent or present. Choose to be present because time goes by so quickly. We can’t relive those precious moments with our families.

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billion each year on Father’s Day gifts. <http://www.history.com/topics/fathers-day> <http://patheoldminer.rootsweb.ancestry.com/darr2.html> At 10:20 a.m., December 6, 1907, explosions occurred at the No. 6 and No. 8 mines at Monongah, West Virginia. The explosions ripped through the mines at 10:28 a.m., causing the earth to shake as far as eight miles away, shattering buildings and pavement, hurling people and horses violently to the ground, and knocking streetcars off their rails. Three-hundred and sixty-two men and boys died. It remains the worst mine disaster in the history of the United States.



Our Father

This month, we honor fathers. I am fortunate. I have a father who loves me and is a living example of how to be a father. I looked up to him as a child, and I look up to him today as an adult. But not everyone can say the same, which can sometimes make this holiday difficult. Jesus looked up to his father. He was always talking about “My Father.” He would watch his father and do what he did. He would listen to his father and say what he said. The whole purpose of his life was to live the way his father wanted. Jesus had a very personal and intimate relationship with him. Like Jesus, we usually refer to our fathers as “my dad,” especially when we have a good relationship with him and are proud of him. But Jesus did something amazing. When asked by his disciples how they should pray, he didn’t tell them to pray to “my father,” he said “our father.” Wow! Jesus’ desire was to share his relationship with others. He was saying that God was not just his father, but God could be our father also. With those two words, Jesus in-

vited his disciples into the same personal, intimate relationship he experienced. In those same two words, God invites us to know Him and to be known by Him. We don’t all have fathers that love us or treat us right. But we all can have a heavenly father who will love us and treat us right. If you are one of the lucky ones, take the time to thank your Father in Heaven for your father here on earth. If not, there is a Father in Heaven who longs to help fill that relationship in your life. One last point: Jesus said God is “our father.” He is not “my father” in a way that excludes others from the same relationship. Anyone willing to share his or her life with Jesus has the right to call him “Daddy.” Some people seem to imply, by the way they treat others, that they have an exclusive on the “father” relationship. It’s not so. Christianity would be a better representation of God’s love and Jesus’ life if we remembered this.

Happy Father’s Day!
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Get your Smile on! Think about this:

- * Many folks want to serve God, but only as an adviser.
- * Do you think "stop, drop, and roll" will work in Hell?
- * Some minds are like concrete: thoroughly mixed up and have permanently set.
- * God loves everyone but probably prefers "fruits of the Spirit" over nuts!
- * The good Lord didn't create anything without a purpose, but mosquitoes came close.
- * Opportunity may knock once, but temptation bangs on the front door forever.
- * Quit griping about your church! If it was perfect, you couldn't belong.
- * If your church needs a better pastor, it only needs to pray for the one it has.
- * The best mathematical equation is 1 cross + 3 nails = 4 given.
- * God Himself doesn't propose to judge a man until he's dead. So why should you?
- * Don't wait for six strong men to take you to church.
- * We don't change the message, the message changes us.
- * Why advertise your business to keep God's word in print media? He will give you something to sing about and something you can dance to.

AVAILABLE NOW!

CDC reporting all vaccinated people may SMILE and be seen again!!!! If you have not had the Covid vaccine, you may be at risk. Over 580,000 American lives have been taken by the Covid pandemic. Get vaccinated! ☺

The Moringa Oleifera—The Tree of Life!



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.

A Supermarket On A Tree

- Prevents 300 diseases!
- 9x MORE iron than spinach!
- 14x MORE calcium than in milk!
- 4x MORE potassium than in bananas!
- 4x MORE fiber than oats!
- 2x MORE protein than in eggs!

A 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!



I am blessed with Moringa trees and the harvest is plentiful!

I have leaves. If you're ready to try this tree of life, call or text Kay: (813) 841-5932

"I can fulfill God's vision by choosing to live with expectant hope. I will watch the Lord do the impossible in my life and use it to help reach people who need to know him." —Ephesians 1:18



Stick a fork in this offer before it's Dunn!

OUR MISSION

Is to effectively connect consumers with Christian product and service providers who strive to operate their business organization according to Biblical principles.



Christian Business Partners

Business	Contact	Phone
Bella Tires Wheels & Service	Richard Nicholoff	(813) 995-0777
Carrollwood Handyman	Bobby Crowe	(530) 913-9837
Christian Bros. Automotive Land O' Lakes	Larry Giannone	(813) 949-0100
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Ernest Walker Agency Insurance	Ernest Walker	(813) 968-4043
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Holmann Health Insurance	Rob Holmann	(813) 943-9683
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Shell's Feed	www.shellsfeed.com	(813) 932-9775
Trinity Insurance Consultants-Medicare	Rich Rieger	(727) 207-3222
We've Got Your Customers	Scott L. Smith	(813) 400-1105

The Lord's Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

Matthew 6:9-13

Call Kay at (813) 841-5932
Email: office@ddpnews.com

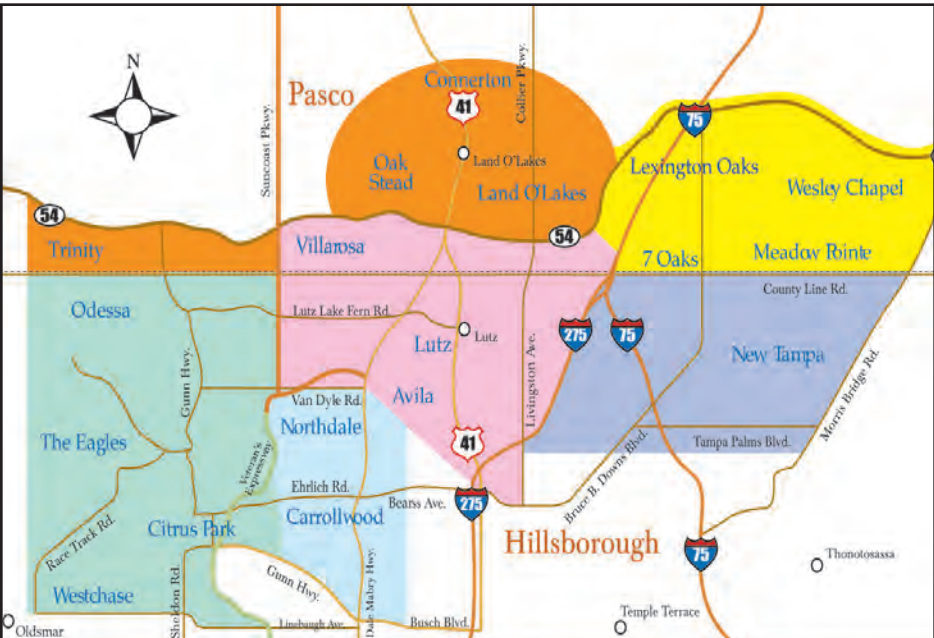
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Faith is being sure of what we hope for and certain of what we do not see. Hebrews 11:1

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

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June Garden Tips

from **Shell's Feed & Garden Supply, Inc.**

Your Monthly Garden To-Dos from your friends at Shell's Feed & Garden!

What to Plant

- The planting list is short! Okra and Southern Peas from seed. Cherry Tomatoes, Eggplant, & Peppers (from starter plants)
- Seeding for Summer Cover Crops, if you're not growing any of the above, is a great idea this month, those include southern peas mentioned above, Sunn Hemp, Marigolds, Buckwheat, fava beans, and more. Build Your Soil!
- Our selection of vegetable plants is pretty bare at Shell's - we are getting the occasional annual & perennial flower shipment though! See our Social Media for more details on when those shipments come in (hint, check Fridays!).

What Needs Done

Edibles/Veggies: Fertilize existing veggie plants with a side dressing of fertilizer like Shell's 3-3-3 Organic for great bio-availability & soil enrichment. Add Dolomitic Lime/Ag Lime to your nightshades (tomatoes, peppers, etc) to keep blossom end rot at bay if you didn't last month. Fungus is a problem in Florida! Spray Garden Friendly Fungicide on cucumbers, squash, & melons for fungal diseases & keep the surroundings safe - spray tops & undersides of leaves as directed (see our staff for helpful tips!). Got bugs? Try Triple Action Neem Oil, Conserve Naturalyte, or Natural Pyrethrins, depending on what bugs you've got.

Lawn & Landscape: **ATTENTION! THERE IS A FERTILIZER BAN THAT STARTS JUNE 1 FOR USES THAT ARE NOT RELATED TO FOOD PRODUCTION IN CITY OF TAMPA. CHECK YOUR MUNICIPALITY FOR ANY RESTRICTIONS TO PROTECT OUR BAY AND INLAND WATERS!**

Treat lawns for insects such as Chinch bugs, mole crickets & fleas with products containing Permethrin or Bifenthrin, OR Cedar Granules & Natural Guard for non-chemical treatment. Re-seed or fill in bare patches in your Bahia lawn by broadcasting Argentine Bahia seed at 1lb/100sqft. Rake it in and/or cover with soil. Water daily - make sure to follow the rules in your municipality! Use Hydretain in all your watering to reduce the amount of water you use by 50%!

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And since all this loveliness can not be Heaven, I know in my heart it is June.
-Abba Woolson

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