



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.

Winner, Best Mexican Restaurant in Tampa Bay
Dine in • Take-out • Curbside Pick up
Delivery Available

Don Julio's
AUTHENTIC MEXICAN CUISINE

2808 E. Bearss Ave. Quesabirria Tacos
www.donjuliosmexican.com
813-898-2860

Natural Market

Now Serving Sushi!
Carry Out • Order Your Party Trays

Mon.-Sat. 9am-7pm
4441 Gunn Highway, Tampa
813-265-0923
See story on Page 2

Enter to Win!
See Page 8

Large Format Posters Banners Magnets Signs
Business cards VHS/DVDs Vinyl Prints Micro-print Pamphlets
Letterhead Envelopes T-Shirts Hats

(813) 950-5500
email: store3318@theupsstore.com

An Act of Kindness is a New Beginning
Where your advertisement can make a difference!
From Dunndead Publications

Dunndead Gazettes

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

f /DunndeadGazettes

Serving the Tampa Bay area

FREE!
August 2021

Peace in the Midst of the Storm

I wanted to share something I felt the Lord said to me recently. He spoke to me. "This time of setback will become a great comeback!" You know the Lord is never caught by surprise! A storm never upset Him. Even when one came suddenly, his response was, "Peace! Be still!"

You may have experienced a great storm that has affected you in your health, finances, your jobs, your mind, relationships, and everyday life. You may have felt like you have experienced a great setback.

A setback is defined as a reversal, a hindrance, and an interruption in progress. Have you felt like that? Suddenly, life changed! The disciples were rowing in a boat one night, and suddenly a furious storm of wind of hurricane proportions arose. The waves kept beating into the boat so much they thought they were going to die! Jesus was with them in the boat, sleeping. When the disciples woke him up, their first fearful remark was, "Don't you care that we are perishing?" Mark 4:38. They were experiencing a major setback! Isn't it interesting that many times when people experience trouble, including Christians, they somehow want to blame God and embrace the thought that He doesn't care?

Continued on Page 8

Auto Accident?

Slip and Fall?

FREE CONSULTATION
No Fees Or Costs Unless You Win

HOLLIDAY KARATINOS
LAW FIRM, PLLC

HelpingInjuredPeople.com

Call Attorney **JIM HOLLIDAY**
813-868-1887

"I Will Aggressively Fight To Protect Your Legal Rights"

18920 N. Dale Mabry Hwy Ste 101
Lutz, FL
(Corner of Sunlake & Dale Mabry)

Walk-Ins Welcome

Ernest Walker, Agent
5111 Ehrlich Road Suite 110
Tampa, FL 33624
Bus: 813-968-4043
www.ernestwalkerinsurance.com
Hablamos Español

State Farm

State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Dallas, TX

1301394

As a small business owner, I understand the importance of tailoring small business coverage to meet your unique needs. Choose small business insurance that's right for you.
Get to a better State®.
Get State Farm.
CALL ME TODAY.

Customized business coverage.

Royal Pets Market & Resort – Keeping Your Pet Healthy

By Karen McBride

Pets give us such unconditional love and happiness. We can repay their love and kindness by doing all that we can to keep them healthy. It starts with good nutrition. Royal Pets Market & Resort offers a variety of brand name, high-quality, healthy meal, and snack options for your pet.

Check the latest edition of the Gazette for a coupon for frozen raw foods. The pure, pristine, and economical raw nutrition is premade and frozen for maximum freshness. It is made with organic fruits and vegetables and fortified with added vitamins and minerals. The meals are more filling so your pet will not need as much. He/she will get the nutrients without the additives and fillers.

In addition to good nutrition, regular trips to the veterinarian are important to maintain your pet's health. The resort offers a complete plan, including dental cleanings and vaccinations. Your pet will receive exceptional care by the highly trained staff.

The resort understands that vaccinations and medicine for your pet can be a strain on your budget. To make those visits even more affordable, the resort offers monthly plans starting at \$29.95 for cats and \$39.95 for dogs. As a plan member, you will have peace of mind knowing that your pet has access to the professional veterinarians at an affordable price.

Some of the key features of the Royal Wellness Plans are:

- \$10 unlimited vet visits
- All annual core vaccines
- Annual blood work and wellness tests
- Free visits to the hotel and salon

Regular grooming will not only keep your pet looking and feeling good, it will also improve its quality of life. Pets with sensitive skin or skin allergies will benefit from medicated baths, and regular ear cleaning can help to prevent ear infections.

Additional Royal Spa Services include:

- Bath and hair styling
- Blueberry facial scrub
- Crème rinse conditioner
- Nails trimmed
- Moisture Therapy Wrap

Mark your calendar for August 21, from 11am – 4pm, Royal Pets is celebrating their 10-year anniversary at all locations. Get a caricature of you and your pet, play games for the chance to win prizes, and top it off with delicious cupcakes to celebrate serving the community for 10 years.

The resort has three convenient locations: Carrollwood, St. Petersburg, and Palm Harbor. A fourth location is scheduled to open in November in Midtown. For more information about additional services offered at the resort, including doggie day care, go to www.royalpetsmarket.com.



TAMPA
813-756-0091
8501 N FLORIDA AVE, TAMPA, FL 33604

GET YOUR MEDICAL MARIJUANA CARD TODAY
EDIBLES NOW AVAILABLE!
CALL NOW FOR A FREE EVALUATION OR VISIT US AT **CMMDR.com**

LARGO
727-351-0091
7850 ULMERTON RD #1A, LARGO, FL 33771

0000155932-01

Fresh Made Sushi Now at Natural Market

By Karen McBride

The Kim family came from Korea to America in 1984. The three brothers, two sisters, and their mother brought with them their talent for making delicious Korean cuisine. They opened the first Korean restaurant in Tampa just a few years later. As time passed, John Kim felt a calling on his life to spread God's word and attended seminary. He is now the Pastor at Keystone Korean Baptist Church. Keystone Korean Baptist Church is located at 7029 Van Dyke Road, Odessa. Services are held on Sundays beginning at 10:45.

To continue the family legacy of offering delicious food, his brother, Jeff Kim, opened Natural Market located at 4441 Gunn Highway, Tampa. He takes the time each morning to select the fresh fruit and vegetables from local farmers to sell at Natural Market.

A variety of organic fruits and vegetables are offered, as well as an assortment of colorful flowers. Be sure to stop in to purchase flowers for that unique birthday gift, Mother's Day bouquet, or for another special occasion. Fresh cut roses, sunflowers, and delicate orchids can brighten anyone's day!

In addition to fruits, vegetables, and flowers, Natural Market is now offering freshly made sushi. Ho Kim is using his more than 20 years in the restaurant industry to create delectable fresh sushi daily. Choose from Mexican Rolls with tempura shrimp, avocado, and smelt roe; Tampa Rolls with fried tilapia, and onion; California Rolls with Crab stick, cucumber, avocado, and smelt roe, and more. Vegetarian options include Wakame Roll, with seaweed salad with cucumber; Avocado and Cucumber Roll; and Asparagus and Cucumber Roll. Additional options are available daily. In addition to the sushi bar, Natural Market offers party trays with advanced notice. Please call (813) 265-0923 to place an order.

Natural Market also has a water filtration machine for customers to get fresh filtered water and is open daily from 9am – 7pm.



Pastor John Kim



Jeff Kim



Ho Kim

“A time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks.”
- John 4:23

GFWC Crockpot Cookoff

GFWC Lutz-Land O'Lakes Woman's Club is preparing for its famous "Crockpot Cookoff" Luncheon & Contest to determine the best of the best club cookery. The public is welcome to join in the FUN of this very tasty FUN-RAISER to support club projects and taste all these wonderful dishes.

When: August 18, 2021

Time: Noon to 2pm

Where: The Groves Golf & Country Club, 7924 Melogold Dr., Land O'Lakes 34637

Donation: \$12 per person

Sample a great variety of unique crockpot dishes, desserts and beverages and help determine the Blue Ribbon 1st Place Winner & Club Chef Extraordinaire! Reservations are required. Contact Peggy at: 201-715-7638 to reserve.



Live Oak Theatre Presents “Shrek Jr.”

Live Oak Theatre is pleased to announce that tickets are now on sale for its Acorn Theatre production of “Shrek Jr.” sponsored by Jonathan McDonald of Sinkhole Titan. “Shrek Jr.” will be performed from August 13 to August 15 at the Carol and Frank Morsani Center for the Arts, 21030 Cortez Boulevard, Brooksville, Florida 34601. Seats are \$15 for adults and \$8 for children ages 13 and under, when accompanied by an adult. Friday, and Saturday evening shows are at 7:30pm; Saturday and Sunday matinees are at 2:30pm.

“Shrek Jr.” is performed through the generosity of Jonathan McDonald and Sinkhole Titan Company.

To purchase tickets, go to <https://liveoaktheatre.square.site> or email liveoakboxoffice@gmail.com or call 352-593-0027.

Please Note: If you purchase tickets under different names and wish to be seated together, you must email the box office at liveoakboxoffice@gmail.com or call 352-593-0027.

About Shrek Jr. The Musical

Beauty is in the eye of the ogre in Shrek Jr. The Musical, based on the Oscar-winning Dream-Works Animation film and fantastic Broadway musical. It's a “big bright beautiful world” as everyone's favorite ogre, Shrek, leads a cast of fairytale misfits on an adventure to rescue a princess and find true acceptance. Part romance and part twisted fairy tale, Shrek Jr. is an irreverently fun show with a powerful message for the whole family.

AVAILABLE NOW!

✝ God's Long-Term Health Care Plan ✝

Space Available! “Hell” Forgot About That!

Vendor Spots Open for Paulie Palooza



Crowds sit in front of the stage on Main Street Zephyrhills at the last in-person Paulie Palooza Music Festival. The next event is planned for Oct. 16 to benefit Gulfside Hospice featuring local bands, vendors, food trucks and more.

The Paulie Palooza Music Festival – Live Headliner Event is ready to hit the stage on Saturday, Oct. 16 on Main Street Zephyrhills with music from local bands, vendors, food trucks, silent auction, and more. “We are happy to be moving back to our signature event schedule, and looking forward to seeing everyone in person this October on Main Street Zephyrhills,” said Leesa Fryer, Fundraising & Event Planning Specialist for Gulfside Hospice. “

Limited spots for vendors, food trucks, and sponsors are now available. Vendor fee is \$50 when registered by Sept. 15; price increases to \$75 on Sept. 16. Sponsorships are available starting at \$200 and include a vendor spot along with additional benefits.

Proceeds from the event benefits Gulfside Hospice to help provide patient care and bereavement services to more than 650 patients and families every day. More information is available online at www.PauliePalooza.org or by contacting Fryer at 727-845-5707 or leesa.fryer@gulfside.org.

Current event sponsors include Rockstar Sponsors O2 Solutions and Michels & Lundquist Funeral Home; Crooner Sponsor Norm & Sons Tire & Auto Repair; Roadie Sponsors Deliver-CareRX, Medfleet and Right at Home; Groupie Sponsors ABC Supply Company, Inc. and Ryman Construction of Florida, Inc.; and Super Fan Sponsors Bahrs Aluminum & Construction, Bahr's Propane Gas & AC, Inc, Heister Automotive Performance and SouthState Bank

About Gulfside Healthcare Services

Gulfside Healthcare Services is a non-profit organization serving the community for more than 30 years. Its three lines of business include Gulfside Hospice, offering care for patients at end of life, Gulfside Palliative Care, providing treatment options for those with chronic illness, and Gulfside Home Health, helping patients stay independent through skilled nursing and rehab at home. For more information about Gulfside Healthcare Services, visit www.Gulfside.org or call 800-561-4883.

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

Tampa's Top Faith Based Networking Group!



Thursdays @ 7:15am

Network with
Christian
Professionals from
All Over the Tampa
Bay Area!

Idlewild Baptist Church
18333 Exciting Idlewild Blvd.
Lutz, Fl. 33548

ROOM
E104

“Even in My Pain, I Trust You”

Samantha Taylor Samantha Taylor Fitness

Many times it's tragedies in life that test what we truly believe. I know this more than ever because it's been over a month since my husband went to heaven. He was only 51 and in absolutely incredible physical shape, investing most of his life in health and fitness, so this is quite a shock. Honestly, I thought that with the level of care we took with our health that a physical illness wouldn't be something that either of us would have to worry about at a young age.

But I have painfully and humbly learned that is not always the case. It's certainly important to take care of our health and fitness to have a good quality of life, but nobody knows the day of our last breath but God. I can tell you that in the midst of the one of the most difficult things that any person can walk through, losing a spouse that you have been with for 29 years and madly in love with, the one thing that astounds me is the level of peace that God has surrounded me with during this time.

I had been studying Bible for many years in how to walk in God's peace and have truly been tested with the most heartbreaking thing a spouse can experience. But what I have seen is that the peace of God is real. A relationship with God is real. Even in pain, disappointment, grief, and despair, you can still trust Him, even in difficult, life-altering times.

I know we can read scriptures about God's peace sustaining us past our understanding, but when the level of tragedy like this happens, we truly see how much of that we actually experience. Where you actually see that word alive in your life, affecting your experience.

I have been so grateful to see how real the peace of God is while it's been sustaining me in this terrible loss, for it has been saturating me! Thank you to the 140 people who were at his memorial, many from the community and our team. Many said it was very powerful and impacted them greatly, including the poem that was written in the midst of my grieving and trying to process why this has happened.

Although we will not always have the answer to that question, the key is to still trust God's plan, even if we don't have the answer. If you would like to see the poem, "Even in My Pain, I Trust You," it's in a five-minute video, you can check it out here: SamanthaTaylorFitness.com/Drew

You can also see my husband's Celebration of Life memorial, as I tell his story and our love story, for it's a powerful one. He was my personal trainer when I was age 17, and he is the reason why we even started Samantha Taylor Fitness as well as he helped build it. Because of my husband motivating me to become a personal trainer, we have trained over 7500 women since.

I have seen now more than ever that the peace of God is very real, even in tragedy. And that is what I have hope in, not only from God's sustaining peace for me but also the wonderful thought that my husband is in heaven right now experiencing absolute glory, where the Bible says the angels shout day and night, "Holy, holy, holy is the Lord!!!!"

Samantha Taylor
www.SamanthaTaylorFitness.com



Louise M. Richardson
Certified Reflexologist & Reiki Master

(813) 965-1697
Reflexology.Louise@gmail.com
By Appointment Only

Relieves Stress,
Improves Circulation
Normalizes • Balances

Reflexology...
for the HEALTH of it!

www.Reflexology4You.com
Reflexology For The Health Of It

Location:
Health & Wellness of Central Florida
(in Ballantrae Professional Offices)
2540 Green Forest Lane, Suite 102 • Lutz, FL 33558



JR WORLD TRAVEL
BOOK YOUR NEXT VACATION EXPERIENCE WITH US.
SIT BACK, RELAX, LET US HANDLE EVERYTHING!

**WE PROMISE YOU CONCIERGE SERVICE.
FROM YOUR HOME TO AROUND THE WORLD,**
WWW.JRWORLDTRAVEL.COM
JRWorldTravel@hotmail.com 844-249-0190



We are a worldwide travel consultancy. Making your dreams a reality is what we do within your budget. Cruising, resorts, land, trains, cars, rivers, and so much more. Book early so pricing and availability is there. We deal with disability. Educating you on travel: Why do you need a passport, insurance, visa, etc. We can come and talk to your group or organization.

Specializing in Viking Cruises, Sandals Resorts, MSC Cruises, and large groups for weddings, business, parties, real estate education, no matter what, we can do it. We also take clients to NZ and Australia for 6 weeks.

Doing it on your own is not always the best. We get better pricing and amenities for our clients. We educate you on travel on JR World TV and on-demand TV on Roku, Amazon Fire TV, and Apple TV.

Call 844-249-0190 / 727-277-6110
jrworldtravel.com • jrworldtravel@hotmail.com
FB: jrworldtravel llc. • JR World Travel TV

“That if you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised Him from the dead, you will be saved.”
- Romans 10:9



Christian Brothers
AUTOMOTIVE

Complete Automotive Repair
Oil Changes • Brake Service • Alignments
Routine Maintenance • Engine Diagnostics

Authorized service center in
Land O' Lakes, Lutz, and Wesley Chapel

**HONEST
& RELIABLE
CAR REPAIR**

LAND O' LAKES
(813) 949-0100 • CBAC.com/Land-O-Lakes
23650 Venezia Dr. • Land O' Lakes, FL 4639
Mon - Fri: 7am - 6pm


\$25 OFF
Brake Service

Valid at the Land O' Lakes location only. Not valid with any other offers or promotions.
Bring in coupon. Good through 8/31/21

\$29.99
Conventional Oil Change
+ FREE Tire Rotation

Valid at the Land O' Lakes location only. Up to 5qts. Semi-synthetic oil & filter. Oversized tires and wheels not included. Not valid with any other offers or promotions.
Bring in coupon. Good through 8/31/21

In adoring, loving memory
of my wonderful husband,
Drew Taylor.



He loved to inspire people. He was my personal trainer
29 years ago and helped start Samantha Taylor Fitness.

If you would like to hear his story and our love story, go to the link below.

You shall
Love
YOUR
NEIGHBOR
AS
YOURSELF

MARK 12:31

LOVE

SamanthaTaylorFitness.com/Drew

Thank you, to this community that has done this for my family in this unexplainable difficult time. Please see this page to see how and hear the story of my love, Drew.



HOPE
CHILDREN'S HOME



**A LITTLE BIT
ABOUT OUR
FAMILY**

- For more than 50 years, Hope has cared for children that through no fault of their own have needed rescue.
- We feed over 300 meals per day.

Make a difference in a child
at Hope Children's Home in
Tampa!

Since 1968, Hope has rescued nearly 5,000 children and helped them believe again by showing them their true worth in Christ!

To learn more about Hope and how you can help meet some of their everyday needs, visit the website below or scan the QR Code with your smart phone.



scan here

HopeChildrensHome.org/Dunndean | 11415 Hope Int'l Dr. Tampa, FL 33625 | 813.961.1214



The Prodigal Son

Dr. Dan Coflin
Pastor, River of Life Church

Have you ever heard the story of the prodigal son? You can read it in the fifteenth chapter of the Gospel of Luke. Jesus was compelled to tell this story in response to the disdain of the Pharisees and scribes for their criticism of him because he “received” sinners. In other words, Jesus was following his mission to seek the wounded, rejected, and broken people whose lives had been devastated by sin and restore them to a right relationship with God.

In this story, God is represented by the father who had two sons. The youngest son came to him and demanded his inheritance to be given to him immediately. The father then gave both his sons their inheritances. Shortly after, the youngest son left home with his newly acquired wealth and went into a foreign land where he soon partied away all that he had. When his money ran out, so did his pseudo friends, and the young man was alone with no means of support. When a severe famine came upon that land, the young man became hungry and desperate, but no one would help him.

Longing for the provision his father’s hired servants enjoyed, he decided to return to his father and humbly ask him just to hire him as one of his laborers. With his prepared speech in-hand, he returned to his father, but before he could approach the house, his father saw him coming down the road and ran to meet him. Clutching his son in his arms and kissing his neck, the father embraced his son, rejoicing to see him.

The young man attempted to give his rehearsed speech of unworthiness but was interrupted by his father’s command to his servants to bring the best robe to clothe his son and to put a gold ring of authority upon his finger. “For this my son was dead, and is alive again; he was lost, and is found...” (Luke 15:24). This joyful reunion was accompanied with a bar-b-que and dance in celebration of his son’s safe return home.

Later that afternoon, the eldest son came home after working in the fields all day. Hearing the music, he inquired of one of the servants who told him his brother had returned home and his father was celebrating. Angry and indignant he refused to join the party. When his father heard about it, he went out to encourage his son to come inside, but he refused.

What was the reason for the eldest son’s anger? He complained to his father that he had always kept his commandments, but his brother had spent all his money on harlots and wild living. He had worked in the fields to serve his father, but his brother had left his family and was irresponsible. He continued his complaint saying that his father had never given him anything and his favor toward his brother was unfair.

We can read this story and quickly see that this eldest son was blinded to the truth and his offence made his perceptions all wrong. His father had given the inheritance to both of his sons, and everything the father had belonged to him. The eldest son had constant fellowship with his father and enjoyed the food and comfort of the family’s wealth while the younger son’s life had been ruined by his sin.

His attitude of superiority, his victim mentality, and his loveless unconcern for his brother were the same attitudes the Pharisees and scribes took against Jesus when he welcomed sinners and showed them the love of God. It seems the self-righteous religious always get in the way of

God’s work to restore and not condemn.

Sin must never be condoned, but the sinner must always know the door to the Father’s house is always open. The eldest son already had all the things he saw his father give to his younger brother. The robe, the ring, and the joy of his relationship with his father were his all along, but he could not enjoy the blessings of those things with hatred in his heart. Like his father, his greatest joy should have been seeing the restoration of his younger sibling.

Jesus told this story with the purpose of showing the religious leaders the hatred they carried in their hearts for the very people God loved and longed to see restored and to show the prodigals God’s heart to receive them, forgive them, and restore them. God’s love never changes. He is still the same today as he was back then watching for the return of all who would come to Him.

Dr. Dan Coflin and his wife Dianne co-pastor River of Life Church at 410 E. Chapman Rd. in Lutz, FL. 33549, (813) 949-9931, www.roltampa.org.

We would love to invite you to visit River of Life Church. Our lively worship begins at 10:30am on Sunday. We are a non-denominational, spirit-filled ministry. Please honor us with your visit. We would love to have you!

The Boys & Girls Club August’s Featured Charity at Pasco Tax Collector’s Office

During the month of August 2021, the Boys & Girls Club of Pasco County will be the featured charitable organization at all five tax collector locations in Pasco. The goal of the Boys & Girls Club of Pasco County is to help young people reach their full potential as productive, responsible, and caring members of their community.

A vast majority of participants come from single-parent homes and live at or below the poverty level. The Club provides not only a safe environment for youth to socialize, even more importantly it assists in mentoring students who need academic assistance to succeed in school and ultimately in life.

“The Boys & Girls Clubs of Pasco County provide a service that is needed and appreciated by thousands of students in our local communities,” comments Tax Collector Mike Fasano. “It is an honor to feature The Clubs as our Charity-of-the-Month in August. It is our hope that our very generous community will once again dig deep and donate whenever they complete a transaction at any of our five locations.”

For more information about the charitable giving programs at the Pasco Tax Collector’s Office, please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit www.pascotaxes.com. If you would like to make a donation to this or any other featured charity, please feel free to mail your donation to the tax collector’s office at the following address: Tax Collector Mike Fasano, P.O. Box 276, Dade City, FL 33526. Please note on your check’s memo line “Boys & Girls Club” to indicate that you are supporting this charitable giving drive.



“Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”
- 1 Thessalonians 5:16-18

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.

kidz wanted

Pediatric Place Of Tampa & PM Pediatrics Of Tampa

(813) 264-2288

Board Certified Pediatrician
Dr. Michele Johnson-Towson
MD, FAAP, PA

- ★ We accept **ALL** insurances
- ★ Solo practice for 25 years
- ★ **School/sports physicals**
- ★ Same day appointments
- ★ Ages newborn to 21 yrs.
- ★ **Urgent care Urgent Care After Hours**
- ★ Travel vaccines
- ★ **Flu shots and Flu mist available**
- ★ **Se Habla Español**

GRAND OAK PARK
1338 W. Fletcher Ave.
Tampa, FL 33612

Mon.-Fri. 8am-3:30pm • By Appointment
Urgent Care: Mon.-Thur. 3:30pm-7pm • Fri. 3pm-5pm • Sat. 8am-12pm

HERITAGE HARBOR

golf & country club

949-4886

Go to our website for our specials!

www.heritagehARBORGOLF.com

Free Golf - Outside Positions Available

Round of Golf

\$25 +tax Includes Cart

Anytime Monday-Friday
After 11am Saturday & Sunday

Expires 8/31/21

Kidz Corner: SummerSing



Thursday we did a pedicure. We washed each other’s feet and painted each other’s nails. And we did lotion. It was awesome.

Be Our Guest was a class about etiquette. On Monday we learned how to introduce ourselves to other people. On Tuesday we learned how to start conversations. On Wednesday we learned how to fold napkins, introduce other people to other people, and make very pretty centerpieces. On Thursday we had a feast. It was very awesome.

In SummerSing, you have different teams. I was on the Key Lime Pies. Each team has to try to get more points than the other teams. The other teams were the Gold Doubloons, the White Wolves, the Silver Storms, the Blue Bolts, the Purple Penguins, the Green Glow sticks, the Navy Seals, the Red Rock Climbers, the Orange Slices, the Pink Piñatas, and the Black Barracudas.

You get points by memorizing Bible verses, doing devotions, behaving, earning stickers in classes, bringing in donations, and participating in rehearsals. The Key Lime Pies brought in the most donations, but the Pink Piñatas got the most points. My team came in fifth. Anyways, because we won the donations, the team captains in second and third place got to slime my Captain Hannah. Why do people slime the winners? Isn’t sliming a punishment? 🤖 ♀

Well, if you want to sign up your completed 2nd – 5th grader for SummerSing (and I think you should), go to Idlewild.org/childrensmusic next early June. SummerSing is a very good thing. This week was a good reminder that Jesus came to earth to serve, not to be served. He is preparing a feast for us in heaven.

Bye for now! Isaiah 25:6
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.

Hi! My name is Harley, and this month’s topic is SummerSing. What’s SummerSing? SummerSing is a worship arts camp that kids go to to have fun and learn about Jesus. There are different classes about a lot of things. There’s Incredible Edibles, where you make pretty things that you can eat, as in drawing on bread and creating slime you can eat . There’s Origami (which my mom taught) and Outdoor Survival which is awesome, but I didn’t get to do it 😊. So you pick five classes you want to do and you get two of those five. The classes I got were Pampered Hearts for Jesus and Be Our Guest. Pampered Hearts is an all-girls class where you basically pamper yourself and the other girls in the class. It’s super fun! On Monday we talked about being modest and we made sugar scrubs.

On Tuesday we painted picture frames. On Wednesday we made rag flip-flops. On

Visit <https://harleyisabelsmith.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.”
Photograph by Kem Arfaras
<http://Focusedbykem.com>

Teaching Young Children to Express Themselves through Journaling

With the new school year beginning soon, it’s important to include journaling to the agenda. Each day, the children can draw something meaningful to them, something new that they learned, or allow them to choose a topic of their choice that they want to illustrate. This allows each child to express themselves through their drawings. The children can also share their journals with their classmates, teachers, and parents.

This will allow each child to explain the importance of their drawings and enhance their communication skills in the process. Including the use of journals can also help in a child’s development, which can be seen through the advancement of the child’s drawings and explanations throughout the year.

Another step that can be added to journaling would be to have them add letters, strings of letters, stickers, words or sentences to each page that represents their artwork. This helps the child learn to write, and better help them express the meaning of their drawings. By drawing, writing, and sharing their journals, children can significantly improve developmentally and can be as creative as they want in the process. Happy journaling and enjoy the upcoming school year!

— Rozita Zani





We Support CHRISTIAN EDUCATION...

Teaching our children that the Word of God is a way of life.

Can we afford anything less?

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

Tax Collector Donates \$6000 to CARES



Tax Collector Mike Fasano and Assistant Tax Collector Greg Giordano present both a ceremonial and a “real” check to CARES President & CEO Jemith Rosa and members of her staff and board at the CARES main office in Hudson, Florida.

Tax Collector Mike Fasano announces that \$6,000 was raised to benefit CARES, the featured charity of the month in May. CARES (Community Aging & Retirement Services) is a Pasco County-based organization that provides services to seniors so they can stay in their homes and be as independent as possible. The funds were raised through the hard work of the tax collector staff in the five offices located throughout the county. The CARES “Pet Project” was created to help feed and support the animals who so often are the only companion older members of our community may have.

“A pet is a true companion that gives unconditional love and friendship,” states Jemith Rosa, President & CEO of CARES. “Thank you, Mike Fasano, for helping CARES provide this support to our vulnerable seniors in Pasco County.”

For more information about CARES and the “Pet Project” please contact President & CEO Jemith Rosa at 727-863-6868 or visit the website www.CARESFL.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.

“Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.”
- Romans 12:16

I heard about this kindergarten teacher. She was trying to explain to her students about self-esteem. She said to her class, “Anyone who feels like you’re dumb, please stand up.” She didn’t think anyone would stand up and she would make her point how no one is dumb. About that time, little Johnny stood up. “Oh no,” she thought and said. “Now, Johnny, do you feel like you’re dumb?” He said, “No, ma’am. I just hate to see you standing there all by yourself.”

Say it like you mean it. Joel Osteen

Pasco Tax Collector Donates to Special Olympics



Tax Collector Mike Fasano, Special Olympics of Pasco Manager Haley Robbins, athletes, family members and tax collector staff were all on hand to deliver the check to the Special Olympics

Special Olympics of Pasco was a featured charitable giving organization at the Pasco County Tax Collector’s office this spring. Special Olympics of Pasco is a sports and training program for people with intellectual disabilities. In Pasco, training in almost two dozen different sports are provided free of charge to participants. Next year, 2022, will see Florida host the National Special Olympics USA Games in Orlando. Many of the athletes featured in this drive will be participants in next year’s competition, for some a once-in-a-lifetime opportunity! A total of \$6,600 was raised to benefit Special Olympics of Pasco.

“On behalf of myself and the 1500+ athletes that are a part of Special Olympics here in Pasco County, we would like to say thank you to Mike Fasano, all of the employees at our tax collectors offices, and especially our community members for their generous and unwavering support of our athletes and organization,” comments Joeyn Dearsman, Special Olympics Senior Manager. “This campaign comes at a crucial time as we are sending multiple Olympians to the USA Games in the Summer of 2022. This donation will help cover the costs that go with that and ensure they have a great time! Thank you again!”

For more information about Special Olympics of Pasco, please contact Joeyn Dearsman, Senior Manager at 727-774-3062 or visit <https://www.specialolympicsflorida.org/contact>.

Thank God For This Paper

Samantha Taylor, Samantha Taylor Fitness

When I started my Personal Training business for women 21 years ago in this area, I was looking for a way to get my name out there. I was working out of a large gym at the time, and I wanted to inspire women to train with me so they could get the results they were looking for. I honestly remember having the conversation with my husband and wondering if we should spend the money because at that time, I was just starting so I didn't have many resources. I knew something within me was telling me to go for it and that I needed to test it out.

I was new to marketing 21 years ago, but I can say it's one of the FIRST places I ever marketed my weight loss and fitness business, and I still look back today and am amazed at what this paper has done for my life and my business. People started calling and little by little it started to increase. With time, I became a mini-celebrity in our area from being in the local paper so much and people started to see me as the authority on women's health and fitness. So much business came in from this paper that after three years I was able to leave the large corporate gym and rented space from another small studio.

It was scary, but I knew that God was inspiring me to do it and I knew that with the response I was getting from this paper that I could make the transition. Ironically, my first month on my own I had one of the biggest months I ever had up to that time, and I am so grateful Dunndead was a partner with me in making that happen.

Things were going well, but I did want a place of my own, a place that women could feel comfortable being in a private environment and with women around their same age. So after a year, I was able to move into my own place, and I knew because of the response I was getting from Dunndead that I could do it. So, 12 years ago I opened my own studio on Florida Avenue and was there for three years. This paper was always my #1 place that was getting me the most calls. I think it's also because people like to hear about what is going on in the community and they like to read about positive stories. I had no idea community papers were such an impact on people, but they obviously are.

Then, because of how many women I was helping, nine years ago I was able to step out in faith again and get into my next studio that was almost twice the size, on SR 54 in Lutz. I know without the constant phone calls coming in from Dunndead I would not be where I am today. And because of their great reach, we were able to open multiple locations in 3 counties! It's rather momentous for me because this paper was truly the beginning of an amazing career where I get the honor to help so many women lose weight and get healthy—to the tune of over 12 tons of fat that we have helped women lose.

I thank God for this paper, for I know He used it to catapult my business, to get my message out there and to be able to help over 7,500 women lose weight! And even in the tough times over the last twenty years, I knew I couldn't stop advertising, I knew I had to be consistent. And by being faithful, we have been so busy we were able to just fully renovate the studio including putting down rubber flooring in the whole place.

I am so grateful that Dunndead called me twenty years ago to ask if I wanted to be a part of what they were doing. At the time, I had no idea when I said yes that I was not spending money, I was investing money in not only my future but all of the people's lives that my business improves.

It really is amazing, and if you want to get known in the community, this paper is the way to do it. Thank you, Dunndead, and thank you, Kay and Mark, for being such nice people to work with and for helping improve our community together. You two truly care about our communities. God bless you!

www.SamanthaTaylorFitness.com

Maria Scunziano-Singh, MD, NMD, Now Accepting New Holistic Wellness Patients



Maria Scunziano-Singh, MD, NMD, is proud to announce the establishment of a new practice entitled Integrative Healing at OM, LLC, located on the campus of the WellCome OM Integral Healing & Education Center, LLC, at 4248 Lake in the Woods Drive, Spring Hill, Florida 34607. New holistic wellness patients are now welcome. Call 352-254-8090 to schedule an appointment or email info@integrativehealingatom.com. Dr. Maria practices at Integrative Healing at OM, LLC, Monday through Thursday. Dr. Maria continues to see patients at her Access location on Fridays.

Integrative Healing at OM, LLC, is a naturopathic medical practice in Hernando County founded by Maria Scunziano-Singh, MD, NMD. “Dr. Maria” focuses on holistic, proactive prevention and comprehensive diagnosis and treatment. Dr. Maria draws from traditional healing methods, principles, and practices. She is a naturopathic medical physician in Hernando County. For more information, visit www.integrativehealingatom.com.

WellCome Center Presents “Reawakening The Child In You”

WellCome OM Integral Healing & Education Center will present “Reawakening the Child In You” with Dr. Maria Scunziano-Singh on Thursday, August 5, 2021, from 5:30pm to 7pm at the AuratoriOM at 4242 Lake in the Woods Drive, Spring Hill, Florida 34607. This complimentary wellness lecture will discuss how to reawaken the child in you painlessly and happily. For more information and to register for lectures, go to www.WellComeOMCenter.com or call 352-600-4242.



Tampa Bay Dance Club

August 2021 Schedule

8/6 DJ & Singer Art
8/13 DJ Mike Unwin
8/20 DJ Mike Unwin
8/27 DJ Mike Unwin

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

Bishop McLaughlin New Athletic Director Jay Bowen

Bishop McLaughlin Catholic High School is pleased to introduce Mr. Jay Bowen as the school's new Director of Athletics. Mr. Bowen is a seasoned administrator, teacher, and coach. He has previously served as the Athletics Director at Magnolia Heights School and at Cambridge Christian School, and he has also been the Director of Basketball Operations for the University of Mississippi.

In addition to his athletic administrative positions, Mr. Bowen also has decades of coaching experience. He has coached at the high school, junior college, and college levels, including NCAA Division I, II, and III, where several of his student-athletes have gone on to become professional athletes.

On the high school and junior college levels, Mr. Bowen has coached men's and women's basketball at Lafayette High School, Cambridge Christian School (winning 2 State Championships), Magnolia Heights School (winning 5 State Championships), Jackson Academy and East Central Community College. While at Jackson Academy, the men's basketball team won the Mississippi State Championship and Mr. Bowen was voted Mississippi Coach of the Year. While at East Central Community College, Mr. Bowen was voted the Mississippi Junior College Coach of the Year, winning the most games in school history at the time. Mr. Bowen has also coached golf and tennis.

On the college level, Mr. Bowen has coached men's and women's basketball at the University of Memphis, Georgia State University, the University of Mississippi, Austin Peay State University, Delta State University, East Texas Baptist University, Armstrong State College, Christian Brothers University, the University of Tennessee Chattanooga and the University of Tennessee Martin. While at Austin Peay and at UTM, the men's basketball team won the Ohio Valley Conference Championship. At UTC, his team was Southern Conference Champions.

Mr. Bowen received his Bachelor of Arts degree in Marketing, Management, and Secondary Education from Christian Brothers University, and his Master of Education degree in Curriculum and Instruction from Memphis State University. Mr. Bowen has been married to his wife, Cristy, for 35 years, and has two daughters, Ashleigh and Katelyn.

Please join us in welcoming Mr. Bowen to the Bishop Family, as we look forward to a vibrant and prosperous athletics program during the 2021-2022 school year and beyond.



I heard about this lady. She surprised a burglar in our house late one night, she was home alone and didn't have a weapon. She didn't know what to do. Finally, she thought, “I'll quote a scripture verse.” She shouted out, “Acts 2:38!” The burglar suddenly froze in his tracks and did not move. Soon the police arrived, and they were amazed at how a woman with no weapon could do this. They asked the burglar, “What was it about that scripture that had such an effect on you?” He said, “Scripture? What scripture? I thought she said she had an axe and two 38's.”

Say it like you mean it. Joel Osteen

Target Donates to Liberty Manor



Target staff on left: Store Director Jane Greer and Cory Conrad; on right Liberty Manor for Veterans CEO Connie Lindsay and VP David Lindsay

Liberty Manor for Veterans was presented a donation from Target Corporate on July 17, 2021. Target and its team members support community programs and partnerships that benefit service members, veterans, and their friends and families before, during, and after service. These programs include USO, Operation Gratitude, Military Business Council where they value the perspectives and ideas that team members from all backgrounds and experience levels bring to Target. Target's Military Business Council is made up of team members at the Minneapolis headquarters,

supports our inclusive culture by providing resources and support to team members with a connection to our nation's military, and helps us identify opportunities to better serve job candidates, team members, and guests with military connections.

The Target Corporation is also a member of the Veteran Jobs Mission where they work with other top companies toward a doubled goal of hiring 1 million veterans and their spouses by 2020. In 2012, Target became one of the first Yellow Ribbon companies as part of the Minnesota National Guard's Beyond the Yellow Ribbon program.

Target is recognized by partner organizations for their military and veteran support and acknowledged for the following awards:

- Orion International Top 20 Military Friendly Companies (2011)
- Navy Reserve Top Employer (2011)
- U.S. Navy Certificate of Appreciation (2010)
- Minnesota Chapter of the Employer Support of Guard and Reserve Pro Patria Award (2010)

Target is also known to work with partners like Hiring America and Clear Channel to support military veterans as they transition into the workforce. Four of their team member veterans shared their success stories for iHeartRadio's Show Your Stripes initiative, and Target was among the first companies featured in the Hiring America TV series dedicated to helping veterans find jobs.

Liberty Manor for Veterans is proud to partner with a corporation such as Target who appreciates our veterans for their meritorious military service. The mission of Liberty Manor for Veterans; Inc. is to promote the developmental and social needs of disabled and honorably discharged veterans who have fallen victim to homelessness, providing transitional supported housing and establishing objectives designed to attribute to self-sufficiency. Anyone interested in assisting this meritorious initiative, please contact Connie Lindsay (813) 900-9422 or Liberty Manor for Veterans (a 501c3 nonprofit organization) website <http://www.libertymanor.org>, 10015 N 9th Street Tampa, FL 33612; or the mailing address P.O. Box 274081 Tampa, FL 33688-4081. Our veterans are certainly worthy of our help. EIN #02-0775720.

Thank you to all our readers and partners!

The Great Florida Outdoors: Florida Coonties and Atala Butterflies

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

According to Daniel F. Culbert in a report for ifas.ufl.edu, “Sunshine State gardeners have rediscovered the Florida coontie as a native plant well adapted to Florida yards. Its increased use in landscapes has encouraged the presence of the rare atala butterfly, which uses coontie as a larval host plant.”

Coontie’s high drought and moderate salt tolerance make it an excellent choice as a low-maintenance landscape plant for coastal Florida. The coontie can be planted in a variety of light conditions, from deep shade to full sun.

I first encountered the wonderful interaction between the coontie and the atala butterfly while exploring the Hugh Taylor Birch State Park in Ft. Lauderdale with my daughter Fionna. The 180-acre park is called “an urban oasis nestled between the Atlantic Ocean and Intercoastal Waterway” and offers hiking, kayaking, canoeing, picnicking, fishing, dog walking, camping, swimming, photographic vistas, and a chance to tour the house of the generous man who donated his lovely estate to Florida. You can observe gopher tortoise habitat and the eclectic assortment of exotic plants including almond, rubber and more that Mr. Birch had planted.



Coontie Cycad <https://gardeningsolutions.ifas.ufl.edu>

and produce male or female cones. The sex of young plants cannot be determined until the cones form on the mature plants. Slender male cones are 3–7 in. tall and produce pollen. Upright brown female cones are about 6 in. tall and are covered with velvety fuzz.

Spanish writings from the sixteenth century report that the original native Timucuan and Calusa people removed the toxic chemical, cycasin, from the coontie stem by maceration and washing. They then used the starchy residue to produce a bread. This was an important food source that sustained them throughout most of the year.

The Seminole Indians learned this process from the Timucuan and Calusa natives they displaced. The common name, “coontie,” is derived from the Seminole phrase “conti hateka,” which means white root or white bread. Another name for the coontie is “Seminole bread.” The Seminoles also used the starchy stem

The coontie, an unusual Florida native, is a cycad—a “living fossil.” These primitive plants were a dominant form of plant life during the dinosaur age. This herbaceous plant looks like a small fern or palm and is typically 1–3 ft. high, although forms in the Ocala National Forest can be as much as 4–5 ft. tall.

This primitive plant is dioecious; thus, plants are either male or female



Male cones (strobili) of coontie are thinner and shorter than female cones.

to make another dish called “sofkee stew.”

Early Florida settlers learned the Seminole’s technique of removing the toxin cycasin from the coontie to produce starch and by the 1880s several mills were in business. The starch became known as “Florida Arrowroot” in the early 1900’s. During WWI, one mill was reported to be processing as much as 18 tons of coontie per day for military purchase. The starch content was reported to range from 20% in winter to a low of 8% in summer.



Adult atala butterflies. Credit: Dan Culbert, UF/IFAS

also have been found to be deposited on the female coontie cones. The eggs are deposited singly or in clusters of 5–15 eggs. Eggs of the atala typically hatch in four to five days. Atala caterpillars, or larvae, are orange red with seven pairs of yellow spots running along the back (dorsal side). Caterpillars prefer to eat the young shoots of the coontie.

These larvae will reach up to 1.25 in. long at maturity. The resulting orange and brown pupae (chrysalises) are approximately 1 in. long and hang from a silken girdle under coontie leaflets.

Other cycads have been shown to support the dietary needs of the atala, such as the newly emerging fronds from cardboard plant, queen sago, and other exotic Zamia species. Fionna recently told me she has been volunteering during her study breaks at the Hugh Taylor Birch State Park. I think it’s a great place to learn and teach and explore.

Hugh Taylor Birch State Park
3109 E. Sunrise Blvd., Fort Lauderdale FL 33304 • 954-564-4521
What are you waiting for? What do you have to do next?



Larva (caterpillar) of atala butterfly. Credit: Jerry Butler, UF/IFAS

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.

PHYSICALS & WELLNESS EXAMS

ON-SITE LAB & DIAGNOSTIC SERVICES

DIGITAL RADIOLOGY

VACCINATIONS

WELLNESS PLANS

SURGERY & DENTISTRY

FLEA & HEARTWORM PREVENTION

BOARDING & DAY CARE

MICROCHIPPING

NUTRITIONAL COUNSELING

ONLINE PHARMACY/HOME DELIVERY

EMERGENCY SERVICES

ACUPUNCTURE & CHIROPRACTIC

IN HOME (HOUSE CALL) SERVICES

EARLY DISEASE DETECTION

PET PERKS LOYALTY PROGRAM

PRIVATELY OWNED & OPERATED

Se Habla Español

8008 West Waters Ave.

Tampa, FL 33615

813-885-7071

EXPANDED HOURS

MON.–FRI. 7:00 AM TO 6:00 PM

SATURDAY 8:00 AM TO 5:00 PM

SUNDAY 10:00 AM TO 2:00 PM

4.85 / 5.0 FACEBOOK RATING

VOTED NEXTDOOR NEIGHBORHOOD FAVORITE-4 YEARS IN A ROW!

4.95 / 5.0 STAR RATING

MARK TWILLA DVM

MICHELLE TWILLA DVM

ALLISON BODNAR DVM

GET THE SUNSHINE APP

www.sunshineanimalhospital.com

- General Dermatology
- Aesthetic Services & Products
- Aging Skin
- Dry Skin & More

2 Locations

Medicare/Medicaid & Commercial Insurances Accepted

www.drrobertnorman.com

8002 Gunn Hwy. Tampa, FL 33626

Call Today! (813) 880-SKIN (7546)

10422 US Hwy. 301 S. Riverview, FL 33578

Serving Tampa Bay since 1994 with a commitment to expert and comprehensive dermatology care

COMMUNITY PET NEWS

Mark Twilla DVM

Sunshine Animal Hospital

Canine Influenza

Canine Influenza virus (CIV) is a highly contagious disease that spreads easily from dog to dog. Unlike the human flu, canine flu can occur at any time of the year. There are two strains of the flu. It is believed that the first strain of canine influenza came to the United States from Asia. The first recognized outbreak of canine flu (H3N8) in Florida occurred in 2004 at a greyhound track. Today, cases of canine influenza have been reported in South Florida and Atlanta, Ga. We remain watchful for cases in the Tampa Bay area.

Symptoms: Common CIV symptoms include cough, fever, rapid breathing, lethargy and lack of appetite.

Dogs that are at high risk: All dogs are at risk but especially ones that visit dog parks, boarding facilities, kennels, day care centers, groomers, pet shows and sporting events.

How is it spread? Canine Influenza is an air born virus spread from respiratory secretions via coughing, barking and sneezing. It can also be transmitted indirectly through bowls, toys, clothes, or hands of a human.

What is the treatment? Veterinary expertise is required to establish the best course of treatment. Secondary treatment options will largely depend on the life style of your dog. In November of 2015 Merck Animal Health received approval for its Canine Influenza vaccine. Sunshine Animal Hospital has been working with Merck Animal Health and is a provider for the Canine Influenza vaccine.

For more information or to make an appointment for your pet

Please call us at Sunshine Animal Hospital 813-885-7071

Peace in the Storm

Continued from Page 1

This response is a reflection of a heart that has not become fully aware of His love! God does not devise evil against man. In the book of James, it clearly states that God cannot and will not tempt or test any man with evil. In fact, it says never let that be uttered from your mouth. He's the one that cared so much He gave His only begotten Son to die, be buried, and be raised again so that we could be given eternal life. This is just the opposite of a picture of an evil God trying to hurt us.

The disciples watched how much Jesus cared for them in the midst of their setback when they saw his response. He stilled the storm! "Peace! Be still!"

Did you know we can have peace in the midst of a storm? Yes, and even one of hurricane proportions. Your mind can be experiencing all kinds of tempting thoughts to be fearful and hopeless, but you don't have to seize those thoughts! You can be the gatekeeper of your mind and cast off those thoughts and imaginations.

Jesus can be your peace in the midst of the storm. In fact, in Matthew 11:28-29 AMP, it says, *"Come to me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.] Take my yoke upon you and learn of me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief, ease, refreshment, recreation, and blessed quiet) for your souls."*

How awesome is that? Here's an offer of rest, eased burden, and refreshment for your soul. You'll notice he didn't say, "I will come to you." He said, "Come to me," and then he puts out a plea of asking the ones who come to learn of Him. This tells me that we need to

be taught.

He has some things about His character to reveal to us. He wants to teach us about the way He does things. He wants to reveal His Father's love to us and teach us the role of the Holy Spirit within us. As we learn, something supernatural begins to take place. A new peace and refreshment comes to abide within us that he so wants to give!

Doesn't that sound like a God who cares for us in the midst of the storm? Now that also sounds like a comeback to me, from a place of discouragement to a place of hope once again.

A comeback is defined as a return to a former position or condition. This could relate to your health, success, relationships, finances, your peace of mind, and so many other places in life! When you experience a comeback, the storm no longer dictates to you a distressed heart. You come to the place that even in the midst of your storm, your heart has found a place of peace.

You have come to know your heavenly Father, who is the burden-bearer, and He will take care of you, revealing His love and provision in the most difficult of circumstances.

Food for thought!

Dr. Dianne Coflin,
Co-pastor of
River of Life Church
Lutz, FL 410 E. Chapman Rd.

We would love to invite you to come. Our services are 10:30am on Sundays and 7:00pm on Wednesdays. However, until the "Stay at Home Order" has been lifted, you can view our live streaming at www.roltampa.org.



Enjoying everyday life on the way to where I'm going!

False Evidence Appearing Real

Jesus had been teaching the crowds and was weary. Just a day like every other day. In order to self-isolate, He and His disciples boarded a boat and headed toward the other side of the lake. He was resting in the stern when suddenly something unexpected happened: a violent storm erupted around them, swamping the boat.

Isn't that exactly what is happening to us today. Our storm is a pandemic, but the resulting emotions and fears are the same.

They feared almost immediate death, while we fear major illness, possible death, a collapse of our economy, a loss of income, etc. So, where did they turn?

Well, Jesus was in the boat with them, wasn't He? They turned to Him! He calmed the wind and waves and restored peace. Yet these very actions caused even greater fear among the disciples! What power He demonstrated! Even nature obeyed Him!

As we walk through today's crisis, we can empathize with the disciples who were so fearful. In our current crisis, this time of total abnormality in our society, we can look at the Scripture and say, "Jesus saved them from the storm, and He will do the same for us 2000 years later because He is the same yesterday, today, and forever!" The great lesson here is dependent upon how we respond to fear. When the disciples were helpless on their own – they knew where to turn for help.

So what is the way forward for us? Not fear. As followers of Jesus, we have the Holy Spirit within us, who gives us the ability to respond differently.

We are not going to be in fear, but be led by the Spirit. Have you ever wished you could have been part of the crowds of thousands that sat at Jesus' feet and listened to Him speak directly to you?

Well, we have a much greater, more intimate experience with Him today because He lives inside of each of us through His Holy Spirit. His heart beats in tandem with ours.

Paul writes to Timothy during times in the early church when new Christians were in fear of losing their jobs, finances, homes, families, and even their lives. He encouraged them to not be timid, but to follow the Holy Spirit who gives them **power, love, and self-discipline**.

1) **Power:** This same power that raised Jesus from the dead is in us. God has given us all we need to make it through this storm. When our behavior looks to others like the fruit of the Spirit – love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control -- Jesus wins.

2) **Love:** The early church did everything needed to reach out in love to each other. They didn't hoard or forget the needs of others, but forged ahead together to do what love required of them. This is required of us today.

• **What does love require of you today?**

3) **Self-discipline:** This means to have soundness of mind and "control of oneself in the face of panic or of passion."

These are unprecedented times, but we are in this together.

We can spend time in prayer and worship and the Word of God. We can grow in our relationship with our spouses and children.

We can think outside of the box and create a whole new life with family and friends.



1. A time is coming _____
2. That if you confess with your mouth, _____
3. Be joyful always; _____
4. Live in harmony with one another. _____

Winners of the July Reflexology with Louise (value \$70)

Janet C., Denise C., Judy S., Kathy F., Bruce B.

Email your entry to web@ddpnews.com or mail the entry to the address below:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

IT'S A DUNNDEAL @ 218 E. BEARSS AVE. #256 TAMPA, FL 33613

God has promised not to abandon us – we move forward, not in fear, but in power, love and self-discipline always trusting God with the outcomes.

Psalm 46:10
Be still and know that I am God.

Until next month,
Keith Chandler, Pastor
Journey Christian Church

7708 Van Dyke Rd, Odessa
813-920-0442
Services Sunday at 10:00
www.tampajourney.com
facebook.com/tampajourney



MENTAL HEALTH RESOURCES

THE ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

1-240-485-1001

THE NATIONAL ALLIANCE ON MENTAL ILLNESS

1-800-950-NAMI (6264)

THE SUICIDE PREVENTION LIFELINE

1-800-273-8255

THE ASSOCIATION OF BLACK PSYCHOLOGISTS

1-301-449-3082

Help us to continue to spread
God's word through print media!

Visit our website www.dunndeadpublications.com
to make a donation or send your check
or money order to:

Dunndead Gazettes
218 E. Bearss Ave. #256, Tampa, FL 33613

We appreciate each and every one
of our loyal readers! Please consider
joining us with your partnership!



DUNNDEAL CLASSIFIEDS

CALL: (813) 949-4411 • FAX: (813) 949-0891 • Class@DDPNEWS.COM

1 MONTH: \$44.85
3 MONTHS: \$119.95
(For Standard 4 Line Advertisement with an average of 21 words in total. It will appear in all 6 Gazette newspapers.)



Book Lovers Bookstore

Oldsmar Flea Market
180 Racetrack Road
Building J East
Oldsmar, FL 34677
info@bookloversbestbookdeals.com

"A Book for Every Book Lover"

9 am - 4 pm
Saturday and Sunday
For Ordering:
www.bookloversbestdeals.com

AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled – it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call us at 1-833-238-0340.

DONATE YOUR CAR FOR BREAST CANCER! Help United Breast Foundation education, prevention, & support programs. FAST FREE PICKUP - 24 HR RESPONSE - TAX DEDUCTION. Call 1-855-758-6966.

EMPLOYMENT

Help grow the Dunndeal Gazette community newspapers!

Must be strong in God's Word while communicating to Christian businesses.

Join the mission to help keep God's Word in print media!

Commission for new business accounts and lots of perks!

Call **813-949-4411** or email office@ddpnews.com

FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-877-316-7129.

FOR SALE

MATTRESS & FURNITURE SUPERCENTER. Huge showroom, name brands, 75% OFF. Ashley Furniture, Serta and more. No credit check, No money down. Call 813-242-9500. Next to Ikea. See our website online at mattressfurnituresupercenter.com.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices! No payments for 18 months! Lifetime

warranty & professional installs. Senior & Military Discounts available. Call 833-957-0862.

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages, and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-855-706-0484.

HEALTH

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall, or wants to regain access to their entire home. Call AmeriGlide today! 1-844-994-1745.

Portable oxygen concentrator may be covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-397-7056.

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance. NOT just a discount plan. Don't wait! Call now! Get your FREE Dental Information Kit with all the details! 1-833-424-604 or www.dental50plus.com/cpf#6258.

MISCELLANEOUS

Public auction of Demetris Thomas abandoned furniture/kitchen supplies from home in The Enclave in Westchase will take place at 8927 Promise Dr. in Westchase 33626 on 08/12/21 at 10am. Rallys237@gmail.com for detailed descriptions.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off

Entire Purchase. 10% Senior & Military Discounts. Call 1-866-287-4769 today for more information.

FIBERGLASS POOLS. Do it yourself kits. Factory Direct. Save \$1000's \$\$\$ Pool and Equipment kits Starting @ \$9,995.00. Call 727-202-5777.

LAND FOR SALE

BEAUTIFUL TREE-FILLED LOT IN LAKE TANSI, TENN.
Resort community near Crossville south of Hwy. 40 between Nashville & Knoxville. Asking for \$6,000 or best offer. Call Kay at (813) 841-5932.



SERVICES


COMPUTER ISSUES? GEEKS ON SITE provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID-19. No home visit necessary. \$40 OFF with coupon 86407! Restrictions apply. 1-855-993-4172.

Bookkeeping-Payroll-QuickBooks


We specialize in small business bookkeeping! Bank recs, monthly reporting, and MUCH more! Affordable, reliable, and professional certified bookkeeper. Call Margie at 847-274-6360.

4G LTE Home Internet Now Available! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! Call 1-888-708-1498.

High-Speed Internet. We instantly compare speed, pricing, availability to find the best service for your needs. Starting at \$39.99/month! Quickly compare offers from top providers. Please call 1-855-956-3567.



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!

Hillsborough County Anti-Drug Alliance Joins ACTS Agency



Cindy Grant, "and very grateful to ACTS not only for the space but also for our many years of partnership in substance abuse education and prevention."

HCADA reaches 3,000+ students during the school year through Students Working Against Tobacco (SWAT) and Youth Making a Difference (YMAD!) clubs as well as other community-based activities with middle and high school youth. Their work through HCADA Task Forces includes addressing alcohol issues on college campuses; supporting passage of Prescription Drug Monitoring Program legislation; preventing underage drinking and impaired driving; supporting responsible vendor training regarding alcohol and "safe rides" programs; working in the areas of smoking prevention, cessation, second-hand smoke, smoking effects on pets, smoking in multi-unit housing, and retail sales to minors as well as educating legislators on best practices around medical marijuana and legalization policy.

For more than 18 years, HCADA has also supported local law enforcement agencies, including the Tampa Police Department, Hillsborough County Sheriff's Office, and the DEA, providing volunteer support with efforts ranging from DUI checkpoints to the twice-yearly Prescription Drug Takeback Day. For more information about HCADA, visit drugfreehillsborough.org.

Yesterday is history,
Tomorrow is a mystery,
Today is a gift. That's why it's called the present!

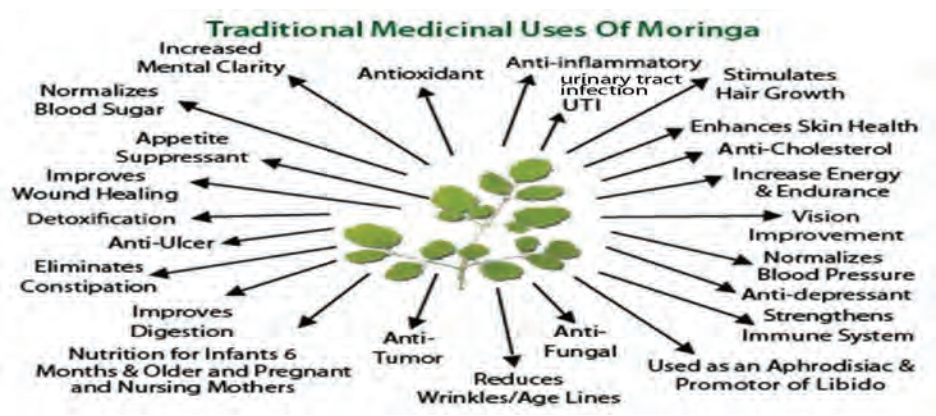
The Moringa Oleifera—The Tree of Life!



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!



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

PET SITTING

**KIM'S PET SITTING
& DOG WALKING**

I treat ur pets like they're my own!
My home or urs

Kim, Loving Owner
813-888-9385
813-520-5346
arieskim54@gmail.com

LANDSCAPING

Landscape Supplies
Tractor Work

Trucking
Loader Work

Rogers' Landscape Supply Inc.
D.B.A. Rogers Dirt Works, Inc.
P.O. Box 885
21411 W. County Line Road
Lutz, FL 33549

8:00 a.m. - 5:00 p.m. M-F
8:00 a.m. - 2:00 p.m. Sat.

Jason Markison
813-949-8339
Fax 813-948-7784

(L-R) Membership Chair Beth Nevel-Rader, Shirley Simmons, Phyllis Hoedt & President Annette Bellingar

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
Financial Planner	Andy Whitten	(813) 286-7776
Bella Tires Wheels & Service	Richard Nicholoff	(813) 995-0777
Certified Associates	Medical Marijuana Drs.	(813) 756-0091
Christian Bros. Automotive Land O' Lakes	Larry Giannone	(813) 949-0100
Don Julio's	Julio Rodriguez	(813) 898-2860
Dr. Norman Dermatology	Dr. Robert Norman	(813) 880-7546
Ernest Walker Agency Insurance	Ernest Walker	(813) 968-4043
Hope Children's Home	hopechildrenshome.org/Dunndeal	(813) 961-1214
JR World Travel	Jackie Skelton	(727) 277-6110
Kidz Korner	http://harley-isabelsmith.com	(813) 888-9385
Kim's Petting Sitting & Dog Walking	www.tampajourney.com	(813) 920-0442
Journey Christian Church	Dr. Michele Towson	(813) 264-2288
Pediatric Place	Louise Richardson	(813) 965-1697
Reflexology Therapy	www.roltampa.org	(813) 949-9931
River of Life Church	www.royalpetsmarket.com	(813) 448-6744
Royal Pets Market & Resort	Jason Markison	(813) 949-8339
Roger's Landscape Supply	www.samanthataylorfitness.com	(813) 377-3739
Samantha Taylor Fitness	www.shellsfeed.com	(813) 932-9775
Shell's Feed		(813) 885-7071
Sunshine Animal Hospital		

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

Dunndeal Publications

Mailing Address:

218 E. Bearss Ave. #256

Tampa, FL 33613

Publishers of the Dunndeal Gazettes

MY Dunndeal Publications

175 local businesses proudly display the Gazettes for pick up!

Want to receive the Gazettes? Subscribe!

12 issues for only \$39.95! **Call (813) 949-4411**

JESUS is not our Religion, He is our Savior...

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

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

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

NOW is the time to support this Christian paper!

Put Your Best foot forward and Help support God's word through print media. Get exposure for your business!

Teaching our children that the Word of God is a way of life. *Mark 16:15-20 go into the world and preach the good news to all.* Sharing what's in the Bible to others, align yourself as an Operating Partner and the power of Christian Ministry serving God according to Biblical Principles. If you have what it takes to serve we invite you to serve with us in our mission to introduce God's word through Print Media.


Can We Afford Anything Less?

Thank you Jesus! For Our Operating Partners and Readers!

JOIN US NOW!

ddpnews.com (813) 949-4411

218 E. Bearss Ave. #256-Tampa, FL. 33613



August 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

August is the start of Fall Garden Planting! Use this time to **grow plants from seed** that you want in your Fall garden, especially for varieties that you can usually only find in seed form (heirlooms & special hybrids). For vegetables, we suggest Tomatoes, Beans, Carrots, Eggplant, Endive, Peppers, Okra, Onions (greens and shallots), Southern Peas, Summer & Winter Squash!

It's also a great time to stock up on EarthBOX and your favorite garden soils!

What Needs Done


Edibles/Veggies: Get prepped for your Fall Garden! Pull weeds, till the soil, work in your soil amendments, repair garden structures or install them like trellises, hoops, gates, fences, raised beds, etc. Tools rusted out or just not working? Time to refresh them, stop in to check out our new quality AMLeonard tools at reasonable prices. You can direct sow several vegetable crops now including beans, okra, southern peas, carrots, & squash. Consider using interplanting techniques, as well as succession planting & crop rotation. Don't know what that is? Check out the Blog at ShellsFeed.com and you'll find lots of gardening articles to help you out. You can also subscribe to our newsletter for timely advice & other fun content.

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! RED TIDE IS SERIOUS!** 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%!

9513 N. Nebraska Avenue, Tampa, FL 33612
shellsfeed.com | (813) 932-9775

When people try to bury you, remind yourself you are a seed.

—Matshona Dhliwayo



Stock Up Now for Fall Garden Season!



Gardening, Pet Supplies, & Backyard Farming

We've got what you need!



Shell's Feed & Garden Supply, Inc.

Family Owned & Operated Since 1961

shellsfeed.com

Celebrating a Decade of Royalty.



\$1.00 OFF/LB

All frozen raw diets!

* Applicable to in stock, frozen raw diet products only. Sample/intro bags excluded. Discount determined by whole number weight value listed on bag, no rounding. Discount applied at register.

CODE: GZ080121 EXP: 8/31/21

RAWGUST: Learn about the benefits of raw, fresh diets and SAVE!

- **FREE Curbside Pickup**
- **SAVE & Protect with Bravecto & Heartgard rebates**



NEW! 20-Day Playtime Package

SAVE 25% compared to full day price!

60% LESS SHEDDING

Add a FURminator® Package to your next bath or groom!

*Must add package to service at time of check in.

VALID THROUGH: 10/31/21

WWW.ROYALPETSMARKET.COM • FOLLOW THE ROYAL FAMILY

 like us on facebook 

#TREATEDLIKEROYALTY