


Blessings in 2022

from Dunndead Publications



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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Hope = A positive expectation that something good is about to happen!

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Dunndead Gazettes

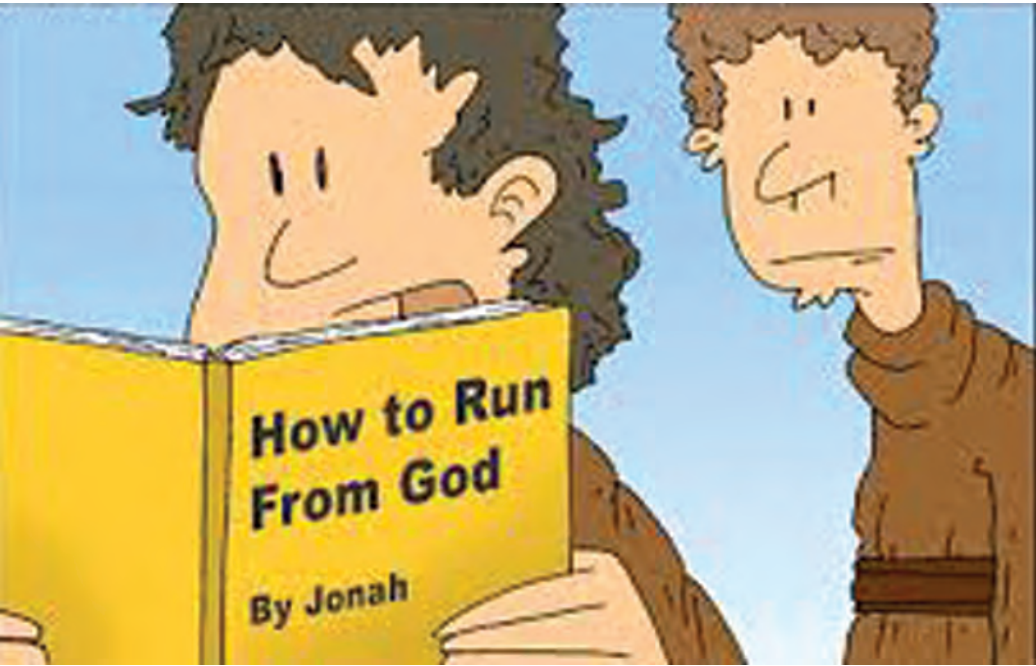
He said to them, "Go into all the world and preach the gospel to all creation." - Mark 16:15

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Jonah was a wise old man who lived in Israel long, long ago. He was loved and respected by the people. Everybody came to him to solve their problems, and he gave them wise advice. God loved him because he was a good man, and he helped his fellow beings. Jonah loved God. He followed his teachings and prayed to God all the time.

Nineveh was a neighboring country of Israel. The people in this country were known to be very evil. They did not follow God. They did bad things. They were cruel, greedy, and were always fighting with other people. Because of this, God was angry with the people of Nineveh. One day, God spoke to Jonah and called for his service.

"Jonah, I have something to tell you."

"My Lord, I am lucky to be of your service. Tell me, I am listening to you, God."

Continued on Page 8



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Reflections for the New Year

Samantha Taylor, Samantha Taylor Fitness

The turning over to a new year opens up the door to reflect on what we would like different in our lives in 2022, whether one believes in setting resolutions or not. If we don't take the time to think about how to improve in our lives, one year can quickly turn into a decade later and we wonder why we are still stuck in certain areas.

The one thing I've been thinking about for this coming year is asking the question, "What does God want for my life? Where does He want me investing my time?" For He is the one who created us to be living during this period of time. That is why it's so important to not only plan for our future but make sure we pray about and ask the one who created us what that entails.

I know things have been difficult beyond measure, but there is a thread that has run through the fabric of life that when I experience this, it creates a more beautiful tapestry. And that is to trust that God has a plan for all things and just like the Bible says in **Genesis 50:20**, when Joseph was betrayed by his brothers that the betrayal that was meant for harm, God used for good.

Part of improving in the next year of our life is to learn from the difficulties of the past but not take the pain into the future with us.

Just like nobody could have predicted where the last year would have gone, nor do we know what this world will be like this next year. What we can focus on is that getting stronger mentally, physically, and spiritually can help us have a better chance of taking our lives to the next level, regardless of what happens around us.

To improve in any area, consider asking yourself some more deep questions like, "What can I learn from last year that I can improve upon this year?" And if you want to improve on something specific ask, "Who has already accomplished it?" Jesus!

"I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord." —Philippians 3:8
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Happy New Year!

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New Studio, New Year, New Hope

"You'll have everything you need, if you just believe."
(from title song of "Polar Express" movie)

This line can have several different meanings; each of us interpret it in each our own way. For me, hope is the word that is most prominent in my mind. We have just experienced yet one more Christmas holiday. That day signifies hope within the Christian heart, a feeling that has repeats itself year after year, for so many generations. But what comes next?

Next is January 1st, New Year's Day, a new year filled with all the best intentions. Let's not waste those ambitions, and look to Christ, our Savior, to guide us along the path toward achieving our goals. As Christians, we believe those answers will be revealed to us, and in our quiet times we receive the messages from Jesus when we allow it.

One example of this happened to me recently. I have been led to an opportunity to open my new Reflexology studio in the Copperstone Building on Land O'Lakes Blvd. in Land O'Lakes. I will be officially open from January 1st, helping brothers and sisters in Christ to achieve better health through the holistic practice of reflexology.

My new location is in the Copperstone Executive Suites at 3632 Land O'Lakes Blvd., Suite 106-23, Land O'Lakes, FL 34639. Louise Richardson—reflexology, for the health of it! (813) 965-1697. www.Reflexology4You.com.

Remember, keep that Christmas hope in your heart always. Then talk to God about your hope and ask for His signs to help you find the way to achieving that which you hope for. Keep your faith in knowing that He will lead the way. Just believe.

Yours in Christ, Louise Richardson

Psalm 23

My Life
Is To
Glorify
God!


The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

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Life Connections Counseling Center
Helping People Throughout Life

By Karen McBride

There are times when circumstances in life can become challenging. You may be experiencing anxiety or depression over a recent loss. An event may have occurred in early development that is now affecting your well-being.

We are not meant to go through life alone. Throughout the Bible, we are encouraged to walk through life with fellow Christians. *"For where two or three gather in my name, there am I with them."* Matthew 18:20 NIV



If you are working through anxiety, depression, grief and trauma, Life Connections Counseling Center can help you navigate through these difficult times. The Christian counseling professionals have been serving the community since 1993, and work with children ages 3 and up, adolescents, teens, and adults.

Experienced Clinicians

Katherine McKinney, PhD, specializes in adult therapy for individuals and groups. She helps clients dealing with anxiety, depression, post-partum depression, and grief. She also counsels her clients in finding a work/family balance, to improve their relationship issues, and increase their overall health and wellness.

Sheryl Henry, LMHC, has extensive clinical training in anxiety, depression, grief, and trauma. She specializes in the treatment of children and adolescents (age 3 to 18) and adult women.



Ross Cannon, LMHC has vast experience with clients dealing with depression, anxiety, health issues, and addictive behaviors. He provides counseling to children (age 7 and up), teens, adults, and elders, working with individuals, couples, and families. He is a certified instructor for Systematic Training for Effective Parenting, has been on radio programs, and has provided local parenting workshops.

The experienced team of licensed mental health professionals provides counseling sessions in person or via telephone or Zoom.

Psychological Testing



Psychological testing for children is available to determine if a child is showing signs of Attention Deficit/Hyper-Activity Disorder ("ADHD") or a learning disorder. The in-depth evaluation includes determining cognitive ability, academic achievement, and executive function. It will help to determine why your child may be struggling in school and provide recommendations for the best options to support the child academically.

Anxiety and mood disorders manifest themselves in persistent patterns of anxiety, fears, panic attacks, obsessive thoughts, and behaviors. Bipolar disorders involve a pattern of high and low mood swings. Psychological testing and assessment can help to diagnose the problem and the skilled clinicians can help to explain the diagnosis and discuss effective treatment options. If you or a loved one are experiencing any of these conditions, please contact a qualified, licensed mental health professional.

Location and Contact Information

Life Connections is a nonprofit Christian, 501(c)3 organization. In addition to counseling and psychological testing, the clinicians provide free educational workshops to the community at local churches and schools (ie. positive parenting, marriage communication, coping skills for teens, suicide prevention). The staff does not impose their beliefs on others.

The counseling center is a member of the Christian Chamber of Commerce of Tampa Bay. It has given \$3M worth of professional services to the community since 1993 with under market rates, co-pay/scholarship Barnabas Program, and outreach workshops.

LCCC is located in Bridgewater Professional Park, 4903 Van Dyke Road, Lutz, F 33558. For an appointment, call 813.265.3859 or visit their website <https://www.lifeconnectionsonline.org> for more information about their services.

"Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers." Galatians 6:10 NIV

10th Annual Motorcycle Poker Run
Fundraiser Set for Feb. 2022



Save the date for the 10th annual Hittin' the Road for Hospice, a motorcycle poker run to raise money for Gulfside Hospice, on Saturday, Feb. 19, 2022.

Registration is open now for groups and single riders. Several motorcycle clubs are already gearing up to raise funds and compete for the "Wings &

Wheels Award" given to the top fundraising team at the event. I have attached a photo of last year's award being received by the winning club.

- WHAT: 10th annual Hittin' the Road for Hospice, a motorcycle poker run fundraiser
- WHEN: Saturday, Feb. 19, 2022
- WHERE: starting at Harley-Davidson New Port Richey and ending at the Moose Lodge in Zephyrhills
- WHY: All event proceeds will benefit Gulfside Hospice and provide hospice care and resources for patients and families in Pasco County
- HOW: Registration and event info is at www.HittinTheRoadForHospice.org

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."
— Proverbs 2:5-6

Owl's Nest Sanctuary Saving Our Local Wildlife

By Karen McBride



The idea for Owl's Nest Sanctuary began in 2015 when a fellow zookeeper planted the idea in Kris Porter's heart to use her love of animals and gift of healing to become a rescue and rehab specialist. The retired zoologist left Busch Gardens to spend more time with her girls and ended up with a wildlife rescue sanctuary to run in addition to the hard work involved in raising children.

The sanctuary began at her home with fostering orphaned baby squirrels and rabbits. The need for rescuing wildlife became so great that more space was required. Kris, the director, began a search for the expansion and found a 5 ½ acre site in the Odessa area. The newly acquired space has a separate room for animals, a hospital room, and an education room. The outdoor space is fenced for the white tail fawns that are brought to the sanctuary. A large bird cage has been built for rehabilitation when birds are re-learning how to fly.

The calls for help for injured wildlife include a variety of species, such as blue herons, egrets, owls, and other birds, as well as deer, otters, possums, and even a grey fox. The injuries can be from roadways, predators, or even domestic animal attacks.

Owl's Nest supports nine counties across Florida. Recently, the facility rescued a baby beaver that came from the panhandle. Emerald Coast contacted Owl's Nest and they went to get her. Another interesting rescued involved a masked booby. The unique bird is generally found in the Dry Tortugas, but it became disoriented in a hurricane. After rehabilitation, the bird was released in the Florida Keys.

Owl's Nest Sanctuary is run by 200 volunteers, who do everything including clerical, construction, yard maintenance, education, attend public speaking events, fundraising, rescue, and care for the injured wildlife. Volunteers are placed in areas that coincide with their talents.


Online training and books are provided to volunteers geared for each species (reptiles, birds, etc.). Each volunteer interested in animal rescue is assigned a mentor who will go on rescues with him/her.

"Since each animal rescue is unique, it is important to have someone experienced with you when you are out in the field," said Kris. "You can't just say 'this is how you catch an injured bird.'"

The sanctuary is a critical care facility and therefore, not open to the public. But it takes the time to educate the community on wildlife safety through online guides. Well-meaning people will think a fawn has been abandoned, when, in fact, the mother deer leaves her fawn to rest while she gets food.

You can help the sanctuary by becoming a partner. Your donations will cover medical supplies, food for the animals, and maintenance of the facility. If you find an injured animal, please call (813) 598-5926. For more information, visit online at <https://www.owl-nestsan200ctuaryforwildlife.com>.






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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).

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2022 - A Year of Hope

Dr. Dianne Coflin
Co-pastor, River of Life Church

Wow, 2022 is here! I remember thinking as a little girl that even the year 2000 would be like the Jetsons space age cartoon. I know I am dating myself here, but wow 2022 has arrived!

I think you would agree that the last couple of years have been hard for many. I was so excited for Christmas to come this year that I started decorating a couple of weeks before Thanksgiving. Do you know why? Not only is it my favorite time of year, but the Christmas season for me is the celebration of Christ's birth and all that it represents for mankind. God's remedy for sin that separated us from Him was His Son's death, burial, and resurrection that re-united us with Him. We need to celebrate, for God so loved the world. As we now enter a new year, God's love hasn't changed. He is mindful of and truly touched with all that we have been through individually and as a nation. Still, I find myself looking to the hope of all the ages the, Lord Jesus.

He is the one that can encourage, help, and love us in this journey of life. I find this word encouraging me for this year. In **Romans 12:12** he says we are to **"rejoice in hope, be patient in tribulation, and be constant in prayer."** Why would this be a good word for 2022? He is inspiring us to rejoice, yes rejoice, even when we may not feel like it. This word means to be glad exceedingly, and his word said to rejoice in hope, to anticipate with pleasure and expectation with joyful confidence. You see God has much in store for the man or woman of God that will keep their eyes on him and trust him.

I love the contrast of the two individuals given in **Jeremiah 17:5-8**. It states **"thus says the Lord, cursed with great evil is the strong man who trust in and relies on frail man, making weak human flesh his arm and whose mind and heart turn aside from the Lord. For he shall be like a shrub or a person naked and destitute in the desert; and he shall not see when any good comes but shall dwell in the parched places in the wilderness in an uninhabited salt land. But most blessed is the man who believes in, trusts in, and relies on the Lord and whose hope and confidence the Lord is, for he shall be like a tree planted by the waters that spreads out its roots by the river; and it shall not see and fear when the heat comes; but its leaf shall be green. it shall not be anxious and full of care in the year of drought, nor shall it cease yielding fruit."**

My, what a comparison. The one whose heart was trusting in the Lord and who placed his hope in Him experienced the same contrary circumstances but was blessed. In fact, he continued to prosper and didn't even see when trouble came. Unfortunately, the other one who did not look to the Lord for hope, became filled with anxiety, naked, destitute, lonely, and couldn't even see when the good came.

Imagine being so separated from hope that your heart is blinded and you can't even perceive good. No wonder the Lord says to rejoice in hope. When your trust is in the Lord, your hope remains alive.

The apostle Paul said in Romans to be patient in tribulation. The Lord warned us that in this world we would experience tribulation, not caused by him, but in those times, we are to rejoice and be patient. This word tribulation is described as anguish, times of feeling burdened, troubled, being pressed upon and distressed. I am sure all of us can attest to have experienced

tribulations especially in the past couple of years. However, though God is much aware of what we go through, he admonishes us to receive his strength and allow his patience within us to help us undergo without yielding to discouragement and hopelessness or giving up.

Did you know there are many who feel that there is no hope? God will infuse us with strength and patient ability to overcome if we look to him. One of the ways he does that is through prayer, which is the final encouragement in **Romans 12:12**, **"be constant in prayer."** Did you know that supernatural strength comes to us when we look to him and pray? In **Luke 18:1** it says, **"men ought always to pray and not faint."** This implies to me that prayer is powerful and will keep you from giving up and becoming full of anxiety and despair. We can be rejoicing in hope, patient in tribulation, and constant in prayer. 2022 can be a great year if we look to Jesus, and keep our hearts stayed on him, for he will command a blessing on those who will.

Dr. Dianne Coflin – Co-Pastor River of Life Church, Lutz, Florida. Our service times are Sunday at 10:30 and Wednesday at 7:00. Child care provided! We would love to have you visit!!
410 E. Chapman Rd. in Lutz, FL. 33549 • (813) 949-9931 • www.rltampa.org.

We Heard About It in the Gazettes! River of Life Church's Jesus' BBQ Bash

By Karen McBride



Families and friends had a wonderful time at River of Life Church's Jesus' BBQ Bash! There was something for everyone, both young and old, single, and married. Folks enjoyed a good old fashioned square dance, with Pastor Dan Coflin calling out the moves. A friendly corn-hole tournament was the perfect entertainment for both spectator and participant to enjoy the beautiful weather. Arts and crafts booths were setup for those who wanted to do more Christmas shopping.

Delicious food was served. Freshly grilled burgers and pulled pork sandwiches with a selection of barbecue sauces satisfied even the biggest of appetites. And of course, the chili cookoff! Taste testers enjoyed the variety of recipes in each participant's crock pots. From mild to sweet and spicy, as well as unique ingredients including buffalo sauce, there was something for everyone to enjoy. This year's winners of the chili cookoff were Kaeli Peterson and Kaci Stites. The day finished with a \$500 gift card drawing for one lucky winner!





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Kidz Corner: Perseverance



Hi, my name is Harley, and this month our topic will be perseverance.

It is sometimes annoying to do things you don't want to do. As in decorating for Christmas and any type of holiday, preparing for parties, putting up with people, rehearsals for Christmas plays (in my case, more on that later), and everything like that. It takes a lot of work to do things, but we must persevere if we want a good end result.

So, about the Christmas plays, I danced in a play at my church called Delivering Christmas. I danced in Feliz Navidad choreography, and later in the play, was a "wise woman" in a caravan that came to worship baby Jesus. It was stressful. But the presentation was so delightful! You don't get anything if you don't work hard.

When you persevere, you have a prosperous life, but we should also bless others with our time and resources. Don't do things for selfish gain. Wouldn't it be silly if Jesus died on the cross for himself? Don't you think it would be silly to be rich and not give to the poor? Be kind and persevering. I hope you had a very merry Christmas and a happy New Year!

Harley Isabel Smith is a 4th 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://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."

Tampa Bay Dance Club

January 2022 Schedule

1/7	DJ & Singer Jorge Perez	Latin Night
1/14	DJ Mike Unwin	Free admission to first-timers
1/21	TBD	
1/28	DJ & Singer John Ricky	Gasparilla Celebration - bring finger food to share

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: bdanceclub@aol.com

Happy New Year 2022

Free Goal Setting Workshop by Samantha

- Get your mind re-set and focused
- Get motivated to start fresh
- Have the tools to know exactly how

Go here to RSVP and for some more free New Year resources.

SamanthaTaylorFitness.com/new2022

Our members that worked out during this tough time, say that it helped them tremendously with the stress. And they were much stronger mentally and emotionally because they were taking care of their health and fitness. They also feel empowered because they are in a community of women to support them and help them get to the next level.

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Small Business of the Year Award by the Chamber of Commerce



Age 63
Lost 31 lbs.



Age 67
Lost 4 Sizes



Age 67
Lost 63 lbs.

Tax Collector & Staff Raise \$10,000 for Florida Breast Cancer Foundation



During the month of October Pasco County Tax Collector Mike Fasano’s five offices partnered with the Florida Breast Cancer Foundation to help raise funds and awareness of breast cancer, its symptoms and treatments. October, which was national Breast Cancer Awareness Month, was the perfect time to feature the sale of the Foundation’s “End Breast Cancer” specialty tag. Breast cancer is the most commonly diagnosed cancer among women in Florida (excluding skin cancer). It is estimated that about 12,000 new cases are diagnosed each year.

23 plates were sold in October. Combined with cash donations, a total of \$10,000 was raised to help “End the Suffering Caused by Breast Cancer.”

For more details regarding charitable promotions or services provided by the Pasco County Tax Collector’s Office please contact Greg Giordano, Assistant Tax Collector for Communications & Special Projects at 727-847-8179 or visit www.pascotaxes.com. For more information about the Florida Breast Cancer Foundation and how you can support its efforts please contact Cathy Cruz, Marketing Communications Manager at 305-631-2134 or visit www.FloridaBreastCancer.org.



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My Social Security’s Four Super Powers

By Javier Morales, Social Security Public Affairs in South Florida



Did you know having a personal **my Social Security** account is almost like having super powers? Think about it. It protects you, and you can even look into your financial future. Check out these four features that can empower all working Americans who pay into Social Security.

Saves You Time

You may think you need to speak with a Social Security representative to check your application status, set up or change direct deposit, or request a replacement Social Security card. But you don’t! All you have to do is log in or create your personal **my Social Security** account at www.ssa.gov/my-account. Take care of your Social Security business from home or away when it’s convenient for you.

Security Protection

Your personal information is very important to us. When you create an account, it prevents someone else from possibly creating an account in your name. We use two-step authentication to verify you are the one logging in to your account. Our security measures allows you to access your personal information safely and securely using **my Social Security**.

Reassurance

Did you know you can see your entire earnings history with your personal my Social Security account? Do you know why it’s important to check it and make sure it’s accurate? Your future benefits are based on your earnings history. You won’t receive all the benefits you should if our records understate your real earnings. Use your account to check your Social Security Statement online and verify if your employers reported your earnings to us correctly. We tell you how to correct an error if you find one.

Plan for your Future

Retirement planning is essential for a secure future. And your personal **my Social Security** account makes it easy. You can view your retirement estimates when you enter the age or date when you expect to begin receiving benefits and your estimated future salary amount. You can also view your estimated disability benefit on the Estimate Benefits page.

Pasco Sheriff’s Office News Website

Pasco Sheriff’s Office is thrilled to announce the launch of a new official news website. The site is a way for citizens to access news from the Pasco Sheriff’s Office, all in one convenient place. In addition to PSO’s social media platforms, PSO will share breaking news on the website, found at News.PascoSheriff.com. The website will feature community alerts, investigations, missing people and an upcoming event calendar.

PSO’s News website was developed to serve our citizens as an official news source in addition to PSO’s social media presence. While our social media platforms will continue to have all the same information, crime prevention tips and more, the News website will give citizens a place to find the latest updates in breaking news, missing persons and more. Website visitors can sign up for news updates sent directly to their email. Periodically Pasco Sheriff’s News will send email newsletters highlighting recent features. When urgent community alerts arise, breaking news notification emails be sent by email immediately.

“We Fight As One” is much more than a motto for our community. It is a commitment to work together with you, our community, to keep Pasco a safe place to live, work and play. Our community is the “We” standing side-by-side with the members of the Pasco Sheriff’s Office as a team. Tips generated through social media and public information outreach such as this new website, will result in solved cases.

Highlights on the website will include information on missing people, opportunities to help solve a crime and information on upcoming PSO events. Posts categories such as “Help Identify” are opportunities for our citizens to work with us by providing tips, through proper channels, such as our Crime Tips Line. For example, citizens often recognize someone they may have passed in a store or neighborhood. That information can be vital when solving a crime in our community and bringing justice to victims.

Relevant information for identification or potential sightings can expedite investigations and bring closure sooner. When someone is reported missing, any information regarding sightings or possible locations can help bring them home.

Missing people posts will include a brief description of the missing person, where they were last seen, their physical features and a clothing description. If readers have seen these people or know where they might be, reporting information to the Pasco Sheriff’s non-emergency line is of great assistance.

To help localize news for specific communities of Pasco, our website has individual pages for each of PSO’s districts. In addition, we have included an interactive map to help citizens identify in which district they live. Simply click on where you live on the interactive map to see the latest news in your area. Upcoming PSO events, such as community food distributions or our Coffee With a Cop events are showcased in the events calendar. Each event will include a date, time and location.

All posts are available to share through email, as well as social media, if visitors wish to share articles with their family or friends. PSO would like to thank the community for their ongoing support. We’re proud to provide this additional resource to our community, so you will always be in the know about your Sheriff’s Office.



GET PSO NEWS HERE:

NEWS.PASCOSHERIFF.COM

New Year’s Resolution: “Who Do You Say I Am?” Luke 9:18-20



David wrote in Psalm 27:4, “One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life.” When David expressed the desire to dwell in the house of the Lord all the days of his life, he didn’t mean that he wanted to live in a church all the time. What he really wanted was to sense God’s presence in his life all the time. His one thing was his relationship with God.

Paul wrote in **Philippians 3:8**, “...everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord.” Once again, we see Paul had one thing more important than anything else in his life. His one thing was his relationship with Jesus.

All of us have busy lives. Much of our time is consumed by activities we have to do. We have to work to support ourselves and those we love. We have to make meals, clean clothes, fix things around our homes, and the list goes on. How we live in God’s presence while doing the things we have to do is a discussion for another time.

My question for today is, “What do we do with our discretionary time?” What do we do with our free time that we get to choose how to spend it? Whether a small amount of time or a large amount of time, how we choose to spend it defines the priorities of our heart.

So many things can appear to be absolutely necessary: time for us, time to decompress, time to have fun, time to rest, and many others.

However, David and Paul would tell us there is one thing more important than all those things that appear to be so necessary – our relationship with God.

We don’t get to choose how we spend all of our time, but we do get to choose how we spend some of our time. I encourage you to make your relationship with God the one thing more important than everything else.

In doing that one thing, having an intimate relationship with God, you will find everything you really need and truly desire. Listen to your heart. What is your one thing for 2018? Who do you say I am?

The Great Florida Outdoors: Ferns in Florida

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



Golden Polypody fern (*Phlebodium aureum*)

Ferns are among the most amazing species on the planet. During a recent walk at Brooker Creek Preserve, I spotted multiple species. With the help of my Seek app (iNaturalist), I added to my growing knowledge of the world of ferns. I know some people may like the world of beer, but I would rather be in the world of ferns any day of the week. With 124 known native ferns, Florida has more species than anywhere else in the U.S. outside Hawaii or Puerto Rico.

Ferns are one of the oldest groups of plants on Earth, with a fossil record dating back to the middle Devonian (383-393 million years ago) (Taylor, Taylor, and Krings, 2009). Recent divergence time estimates suggest they may be even older, possibly having first evolved as far back as 430 mya (Testo and Sundue, 2016). According to Jerald Pinson, “Despite the venerable age of the group as a whole, most of the earliest ferns have since gone extinct. Groups like the Rha-cophytales, which were possibly some of the earliest progenitors of ferns, the ancient tree ferns Pseudosporochnales and Tempskya, and the small, bush-like Stauropterids have all long ago disappeared. The diversity of ferns we see today evolved relatively recently in geologic time, many of them in only the last 70 million years.”

Oliver Sacks, one of my mentors, is best known as an explorer of the human mind, a neurologist with a gift for the complex, insightful portrayals of people and their conditions that fuel the phenomenal success of his books. He was also a card-carrying member of the American Fern Society and since childhood had been fascinated by these primitive plants and their ability to survive and adapt. The best-selling author of Awakenings and The Man Who Mistook His Wife for a Hat carried his ceaseless curiosity and eye for the wondrous to the province of Oaxaca, Mexico to explore ferns and detailed it in his book Oaxaca Journal (OliverSacks.com). Having read his journal many years ago, it appears to have gained purchase in my mind. I now seek to learn

more about fern morphology, phylogenetic relationships, the fern lifecycle, and the important role gametophytes play in the biology of ferns.

Today, ferns are the second-most diverse group of vascular plants on Earth, outnumbered only by flowering plants. “With around 10,500 living species, ferns outnumber the remaining non-flowering vascular plants (the lycophytes and gymnosperms) by a factor of 4 to 1. How did ferns become so diverse, and what are the secrets to their success?” Pinson writes. “What traits do they share in common, and how are they different from other groups of plants?”

I have included here a few samples from Brooker Creek and other locations.

Thanks to Jerald Pinson from the American Fern Society

Where can see the amazing ferns of Florida?

Get out into 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.



Tuber Ladder fern (*Nephrolepis cordifolia*)

“Blessed is the man who finds wisdom, the man who gains understanding, for she is more profitable than silver and yields better returns than gold.”
— Proverbs 2:13-14



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COMMUNITY PET NEWS
Mark Twilla DVM
Sunshine Animal Hospital

Should you spay or neuter your pet?

The decision to spay or neuter your pet is an important one for pet owners. According to veterinary statistics pets that have been spayed or neutered live longer, healthier lives. Neutered male dogs live 18% longer than un-neutered male dogs and spayed female dogs live 23% longer than un-spayed female dogs. One of the contributing factors to this longevity involves the reduced risk of certain types of cancer. Spaying also prevents a life threatening type of uterine infection called **pyometra**. Some other benefits of spaying and neutering are: Males are less likely to mark their territory, in fact neutering solves 90% of all marking issues. Neutering helps with certain types of aggression, wandering and unintended breeding. Spaying stops your female cat or dog from going into heat, avoiding unwanted bleeding and behavioral issues. We typically recommend spaying and neutering around the age of 6 months, although each case can vary. Pets can be altered at any age, health permitting, but older pets can experience more pain and a higher complication rate. I commonly get asked if spaying or neutering alters a pet's personality. The answer is **no**. They can gain weight but personality traits do not change.

If you have any questions or we can help
Please call us at Sunshine Animal Hospital
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2020 SMALL BUSINESS OF THE YEAR FINALIST



How to Run from God

Continued from Page 1

“There is a place called Nineveh not very far from here. The people living in this place are evil. They steal from each other, kill their own brothers, and do a lot of other evil things. Their king is lazy and selfish, he eats drinks and enjoys himself while his people are starving. He does not care about his people. Their actions anger Me, and I have decided to destroy them.”

“I understand, my God. I am well aware of their actions. They are a wretched group of people. They are also our sworn enemies.”

“In 40 days, I will destroy the land of Nineveh and everyone living there. This is my decision.”

“So be it, my Lord. You have told me all of this. But I still do not understand how I can be of service to you. Tell me my Lord, what should I do to make your wish come true?”

“You are a good righteous man, Jonah. You have always obeyed me and followed my teaching. I trust you and your abilities. Therefore, you must go to Nineveh immediately and talk to the people about me. They do not know me. You must speak about my love. You must tell them to change their ways and become good people. Only you can do this.”

“But God? How will I do this? They are evil. They will not listen to me. Also, they are our sworn enemies. The people of Nineveh are constantly attacking us, and waging war against us. They try to steal from us and harm our women.”

“That is all true. But still, you must go and talk to them. They will have a second chance through you. If they fail, they will be destroyed. You are their only hope for survival now. Only you can convince them to change their ways, and turn to me, the one and only living God. I have complete faith in you.”

“God, you have decided to destroy them anyway after 40 days. Then why should I go there and risk my life? My countrymen will be more than happy to hear that Nineveh is going to be destroyed. They will abandon me if they hear that I tried to stop that from happening!”

“This is my will. You must do this, Jonah. You must leave for Nineveh immediately!”

“Very well, my Lord. As you wish.”

Jonah was very troubled by what God had asked of him. He was happy that God had decided to destroy the people of Nineveh. They were the enemies of Israel. He did not believe that he could change their ways. But then, how could he disobey God? Jonah finally decided he would not go to Nineveh. He got scared and decided to escape from Nineveh and hide from God. Jonah traveled far from Nineveh over the deserts and barren lands.

Finally, he reached the seashore where he saw a ship heading to another city across the sea. He asked the captain whether he could get on the ship. The captain was not happy at first but finally agreed. The sailors did not know about the one true God that Jonah served and believed



in. They worshipped stone and wood and idols. They had a god for the sun, another god for the moon, another for the ocean, and so on. Jonah saw this but he did not speak anything. He went and slept in the lower part of the ship. Jonah was fast asleep in the lower part of the ship. Once the ship had tracked a short distance, the ship

got caught in a great storm! They were tossed around in the water like a paper boat. Everybody on the ship was very scared and began to cry out loud to their gods. The men on the ship were surprised to see Jonah sleeping peacefully while a great storm was raging outside.

“Hey Jonah, wake up... Wake up! How can you sleep like this?”

“There is a storm outside, and the ship is going to be torn apart! Wake up and preach your God!! We have been praying to our gods for some time now, but the storm is continuing to rock the boat.”

“No, this is the work of my God, the one and only true God who made the whole world.”

“Did you do anything to make him angry? How could we stop this storm?”

“I tried to hide away from him. He gave me a task, but I refused to do it. That is why he’s angry at me.”

“Now what should we do?”

“There is nothing else to do. You have no other option but to throw me off the ship. And then the storm will go away. My God will leave you alone.”

“No, we cannot do that. You are a good man. We don’t want to harm you. Let us try to throw some of the cargo out and see if we can keep the ship afloat.”

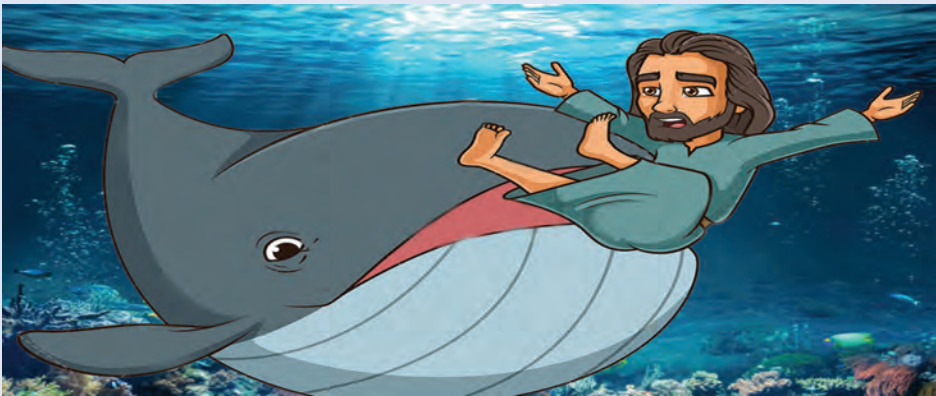
The sailors started throwing out the packages loaded on the ship, one by one, but the storm did not go away. There was no use in doing this.

“Throw me into the water! Save yourself! I hope your God keeps you safe.”

When the sailors realized that they had no other option, they threw Jonah off the ship into the sea, and like a miracle the storm subsided. The sea became calm, and all of a sudden at that moment a big whale came up and swallowed Jonah.

Jonah was scared like never before. He was in the dark, and cold. There was a horrible smell around him. Also, it was slimy, and all kinds of things were floating around him. It was then that he realized that he was inside a whale!! Jonah could not believe this was happening to him but realized that God was doing all of this.

Continued on Page 11



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Florida Strawberry Festival Announces 2022 Theme

“Our festival and the city of Plant City hold the strawberry in high regard,” said President Paul Davis. “We’re #1 for wholesome family fun and excitement!”

A new theme is created for each year’s festival to offer patrons a glimpse of the experience they will have at the 11-day event. It also unifies vendors, FFA chapters, organizations, corporate partners, and exhibitors who create parade floats and displays throughout the event, said Davis.

The festival’s strawberry character featured in each year’s theme artwork is an iconic part of the event’s branding and advertising efforts. In this theme’s artwork, he wears a festival cap, waves a foam finger, and holds a plate of strawberries.

“We feel like this is a theme other fairs and festivals, in our profession, can relate to,” said Davis. “Like most fairs and festivals, the Florida

Strawberry Festival represents a piece of Americana, a time in American history when events like ours brought communities together to celebrate the harvest, and that’s #1 in our book!”

The 2022 Florida Strawberry Festival takes place March 3-13 in Plant City, FL and will be “#1 for FUN!” For more information, visit www.flstrawberryfestival.com, Facebook, Instagram and Twitter (#berryfest22).



“Blessed are those who hunger and thirst for righteousness, for they will be filled.”
— Matthew 5:6

Enter to Win!

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Florida Strawberry Festival March 3-13, 2022

Find the Bible verses in the paper and complete the entry!

Trust in the Lord _____

Blessed are those _____

Great is our Lord _____

Blessed is the man who finds wisdom, _____

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I heard about this man, he was on an overnight train. He said to the conductor, “I’m a very sound sleeper, please wake me up in Philadelphia and make sure I get off. I may be groggy and may tell you no but I have to get off.” The conductor said, “You have my word, I’ll make it happen.” The man woke up the next morning in New York City and had missed his stop. He was so upset he let the conductor have it. A lady watching said, “Wow! That man was so angry at you!” The conductor said, “If you think he was angry, you should have seen the man we put off in Philadelphia.”
Say it like you mean it. Joel Osteen



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"Great is our Lord and mighty in power; his understanding has no limit."
— Psalm 147:5



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!

Happy New Year!

from Dunndean Publications and all of our operating partners

Obtaining a Medical Cannabis Card By Karen McBride

The negative side effects of pharmaceuticals have caused patients to search for more natural forms of treatment. According to the National Center for Complimentary and Integrative Health, people have used cannabis, also called marijuana, for a variety of health conditions for at least 3,000 years.

Clinical studies on the use of medical cannabis or medical marijuana began over 20 years ago. More recently, medical marijuana has gained national attention as a growing number of states and territories have enacted laws to legalize it.

Medical marijuana has been effective in reducing the symptoms of such diseases as fibromyalgia, neuropathic pain, Alzheimer's disease, and even helps protect against spontaneous seizures for patients suffering from epilepsy. Other conditions that benefit from the use of medical marijuana include:

- Cancer - medical marijuana is proven to be effective at treating cancer-related symptoms and treatment-related side effects, including nausea, appetite, sleep, and pain issues.
- Arthritis - arthritis sufferers have found relief from inflammation, pain, and stiffness when using medical marijuana.

• Glaucoma – glaucoma increases pressure in the eyeball, damaging the optic nerve and causing loss of vision. Marijuana decreases the pressure inside the eye.

• Post-Traumatic Stress Disorder ("PTSD") - One of the qualifying conditions in Florida is PTSD, which is an anxiety disorder. Our bodies contain an endocannabinoid system, which brings balance to the other systems in our body. The natural alternative to pharmaceuticals is successful in treating such a variety of conditions because it is also contains cannabinoids similar to those all mammals produce, and, therefore, similar to a supplement.

The supplement comes in many forms. In addition to being inhaled, it is available in a topical cream, patch, drops, nasal mist, and more to fit the patient's needs and comfort level.

The first step in purchasing medical marijuana is to become certified by a licensed and certified medical marijuana doctor. You do not need to see your primary care physician first. Once you have been approved by the doctor, the request is processed by the state. When completed, you will receive an email and then be able to purchase medical marijuana from several locations

throughout the Tampa Bay area. The supplement can be delivered directly to your house.

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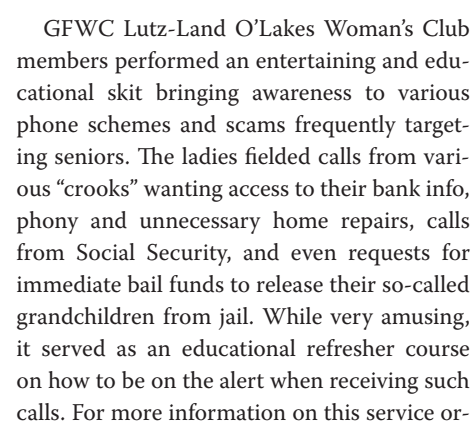
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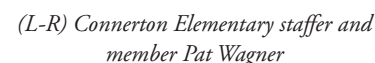
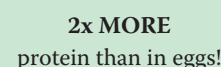


(L-R) Darlene Choe, Mary Jane Carrino, Donna Losch, Debbie Cardona, Jan King, Dolores Tarafa & Dee Knerr

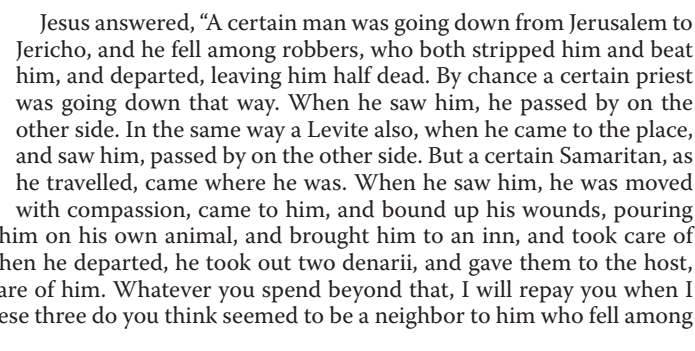


*President Elayne Bassinger (front center) with
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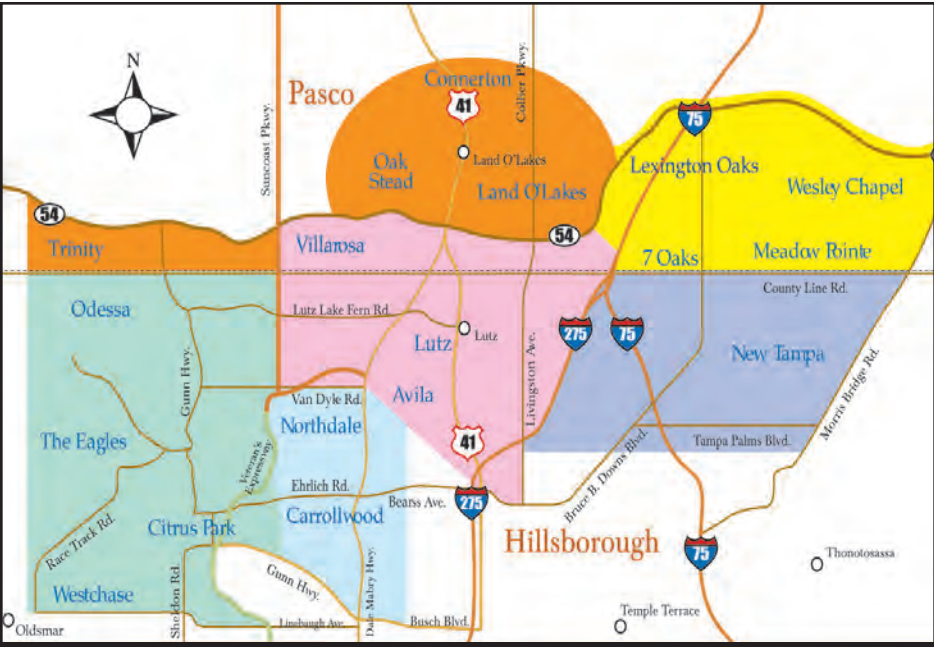
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How to Run from God

Continued from Page 8

Jonah spent three days and three nights in the belly of the whale. He prayed the whole time to God. He was asking for forgiveness and promised that he would never try to hide away from God. Jonah would lose hope from time to time and thought he would never see daylight again. He thought about the foolish things he had done. How could he believe that he could disobey God and hide from him! This was so stupid of him! Alone in the cold dark insides of the whale, Jonah became very sad, but he called out to God, and it gave him strength. He believed that God would keep him safe.

On the fourth day, the whale opened its mouth and spit Jonah onto the beach. Jonah was relieved to see the light of day. He had been inside the dark belly of a whale for three days! Then God spoke to him.

“Jonah, you cannot hide from me. Whatever you do, I’m with you all the time.”

“I am so sorry, my Lord. I realize now how foolish I have been. Tell me what I can do to make up for this?”

“Do as I tell you. You must go to Nineveh and complete the task I gave you. They are evil because they do not know me. They have not heard of my teachings. They deserve a chance to change their ways and become good.”

“I will do whatever you ask of me my Lord. I shall go and speak to the people of Nineveh about your undying love!”

This time, Jonah went to Nineveh as promised. He talked to the people about God and his kingdom. He talked about what had happened to him and how God had rescued him from the raging storm by sending a whale. He showed them why it was important to do good things and be kind to people.



He taught them God’s teachings and how God was protecting them and taking care of them at all times. He also warned them about God’s punishment. To his surprise, the people of Nineveh listened to him! The king heard of Jonah and called him to the palace. Jonah talked to the king about how God was merciful, but that if he didn’t change himself then the city of Nineveh would be destroyed in 40 days.

The king asked for forgiveness for all the bad and horrible things he had done and promised that he would pray to the one and only true God from now on. He also announced throughout the land that everybody should pray to the almighty God that Jonah served. Jonah spent many days with the people of Nineveh. God saw that indeed the people of Nineveh had changed. So, God decided not to punish the city of Nineveh. Later, Jonah realized his work was finished and he started on his journey back to Israel.

However, he was still hoping that Nineveh would be destroyed as he did not completely believe that their people could actually become good. So, when God decided not to destroy the city, Jonah was not happy. God realized what he was thinking and spoke to Jonah.

“Jonah, why are you unhappy?”

“You had said that you would destroy the land of Nineveh. These people are enemies of Israel! Why didn’t you destroy them?”

“Jonah, you don’t understand the good you have done. These people are no longer your enemies. They believe in the one true God, just like you do. I believe that everybody needs a second chance to correct their mistakes. I do not want to punish my people. I love them, I created them! So, if they make use of the opportunity to become good, then why should I destroy them? All of this has been possible through your work Jonah! Go home now, return in peace. You have completed God’s work!

“Very well, my God. I understand now. Thank you for this chance to serve you, my Lord! Thank you for saving me so many times.”

Jonah then made the journey back to Israel and continued to speak about God and the love for his people. He told everybody the story of how he was trapped inside a whale for three days and how God saved him. The people loved and respected Him, and the old prophet lived for a very long time.

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

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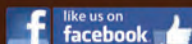
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