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

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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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Little Faith=Hope God will do what He says He will do

Strong Faith=You know God will do what He says He will do

Great Faith=Believes God has done it already!

Prayer does not move God, prayer prepares me for what God intends me to do!

Not all is lost...

5¢ Kiss Me I'm Irish

Just for the Irish in Me...

Its time to Spring forward and watch my business grow! Finally there is Irish LOVE in the air, Kiss me Charlie Brown.

You know, I was reading the Dunndead Gazettes this month and it made me feel that things are starting to get better. There's something about that silly paper that makes me feel good! I think it may have something to do with the tickets I received in the mail the other day for playing their games, anyway, I just came by to see if you would like to go to the festival with me.

The History of St. Patrick's Day

Every March 17th, millions of people all over the world put on their best green attire to celebrate in honor of St. Patrick's Day. But who was St. Patrick? To start with, St. Patrick wasn't even Irish, and his real name given at birth was Maewyn Succat, throughout his childhood up until the time he was ordained as a priest. The beloved apostle was not born on the Emerald Isle, but that's about all we know for sure. St. Patrick was born around the end of the 4th century in England, a part of the Britain-Roman Empire.

His story, "The Leaves of the Clover", states that he was born in Bannavem Taberniae 386 AD, but you won't find that city anywhere on a Britain map today. Even though experts disagree about where he was born, it may have been in England, Scotland, or Wales.

But what is clear in the Declaration, which was

allegedly written by Patrick himself, is that it is believed that he was born in Roman-Britain into a wealthy Roman-British family. His father, Calphurnius, was a deacon from a Roman family of high social standing. His mother, Conchessa, was a close relative of the great patron St. Martin of Tours. St. Patrick's grandfather, Pontius, was also a member of the clergy.

Surprisingly, St. Patrick himself was not raised with a strong emphasis on religion. Education was not particularly stressed during his childhood, either. Even though the boy showed little or no interest in religion, soon all of that would change. Later in life, this would become a source of embarrassment for St. Patrick, who in the early 440's would write in his book "The Confessio," "I blush and fear exceedingly to reveal my lack of education."

When Britain withdrew its allegiance from Rome

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because of the fall of the west, a group of Irish pirate raiders began to raid Britain. Maewyn at the age of 16 was captured by Irish pirates who brought him to Ireland, where he was sold into slavery in Dalriada. His job there was to tend sheep.

As he mastered Milchu, he became a high priest of Druidism, a Pagan sect that ruled religious influence over Ireland. In viewing his enslavement as God's test of his faith during his six years of captivity, he became deeply devoted to Christianity through constant prayer. In a vision, he saw the children of Pagan Ireland reaching out their hands to him he grew increasingly determined to free the Irish from Druidism by converting them to Christianity.

The idea of escaping enslavement came to St. Patrick in a dream. A voice he believed to be God told him it was time to leave Ireland and that he would find passage on a ship where he could sail back home to England. Eager to see the dream materialize, St. Patrick convinced some sailors to let him board their ship to France. Lost for 28 days and covering about 200 miles of territory in the process, Maewyn at last was reunited with his family.

Now a free man, Maewyn never lost sight of his vision and could not forget the Ireland children reaching out to him. In another dream, an angel told him he must return to Ireland and help the people as a missionary. Maewyn then went to Auxerre, France, where he studied and entered the priesthood under the guidance of the missionary St. Germain.

As time passed, Pope St. Celestine I consecrated Maewyn as St. Patrick, Bishop of the Irish, so Maewyn adopted the name St. Patrick as an ordained priest and headed back to Ireland through Pope St. Celestine.

Continued on Page 8

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Are You Looking For Headache Or Migraine Relief?

In looking for ways to get relief from headaches and migraines, we first need to understand what's going on. There are over 150 types of headaches! Here we have narrowed that down to the two most common types:

1. Tension headaches are the most common, and as the name implies, are caused by tension in the head and neck, stress, and fatigue.

2. While we don't yet know the exact cause of migraines, it is believed to be connected to abnormal activity in nerves, chemicals, and blood vessels in the brain. There also seems to be a genetic component in getting them.

There are known triggers that can lead to migraines such as:

- Stress and other emotions (shock, depression, anxiety, etc.)
- Menstruation for women and other hormonal changes in the body
- Fatigue and other physical causes (neck tension, low blood sugar, overexertion, etc.)
- Alcohol, caffeine, and other food and drinks

Coming at this problem from a reflexologist's perspective, there are immediately a few things that stand out. Reflexology has been shown to:

- Reduce stress and tension
- Relax the body and improve sleep
- Reduce pain
- Return the body to its healing state
- Improve circulation helping the blood carry oxygen and nutrients to the brain and body
- Stimulates over 7,000 nerves in each foot

While there have been lots of studies about headaches and reflexology, each person is unique; so, the only way to know if reflexology can help you is to book a few sessions and see for yourself. The good news is whether it helps with migraines/headaches or not, reflexology is likely to leave you overall feeling more relaxed. You might also find it helps with other areas of your health, too.

With God's healing energy working through my hands, why not give reflexology a try? Contact Louise Richardson, Certified Reflexologist, at (813) 965-1697. Here's to your good health!

"He who dwells in the shelter of the Most High will rest
in the shadow of the Almighty."
— Psalms 91:1

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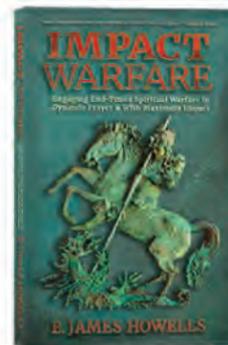
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GFWC Big Flea Market is Back!

GFWC Lutz-Land O' Lakes Woman's Club is delighted that its very popular Annual Big Flea Market will be back, HOWEVER, not at its traditional venue, but just up the road at the Lutz Civic Center and Train Depot Park (near the Lutz Library) on US-41. Unfortunately the Flea had to be moved there due to still-stringent Hillsborough County Covid regulations.

The Flea Market will take place on **Friday & Saturday, March 4 & March 5, 2022 from 8am to 2pm** outdoors under big tents at Lutz Civic Center & Train Depot Park. The club women will accept donations of household items and clothing from the community on Thurs., March 3rd from 10am to 2pm. We cannot accept any large furniture nor appliances this year due to the changed circumstances. Please donate and come out to support the "Green Shirt Ladies" who work so hard on behalf of our community, its organizations, and not-for-profits.

Stop by to shop for the best bargains anywhere and find your treasures among the clothing, shoes, books, kitchen wares, small appliances, linens, home décor, jewelry, crafts, artwork, seasonal décor, garden and tools, sports equipment, great stuff for the kiddos, and so much more. For info or questions, please contact Chairperson Kay at 813-833-3962.

GFWC Serves Vets and Homeless



(L-R) The Rope/Core Center staffer with club members Elayne Bassinger, Dee Knerr & Nancy Taylor

GFWC Lutz-Land O' Lakes Woman's Club members filled 25 backpacks (donated by Architectural Signage in Land O'Lakes) with member-donated cold weather wear such as hats, gloves, sweaters, sweatshirts and scarves for those in need. Club president Elayne Bassinger and members Dee Knerr and Nancy Taylor delivered the backpacks for distribution by The Rope/Core Center in Hudson, which serves housing-insecure veterans and the homeless population. This was one of many acts of kindness and generosity by this volunteer organization during the month of February in keeping with "GFWC Florida Days of Service". For more information on this community service organization or membership opportunities, please visit gfwcclutzlandolakeswomensclub.org or its Facebook page.

I heard about these four Catholic ladies who were bragging on their sons. The first one said, "My son is a priest. When he walks in the room, everyone calls him Father." The second one said, "My son is a bishop. When he walks in the room, everyone calls him Your Grace. The third said, "My son is a cardinal. When he walks in, everyone calls him Your Eminence." The fourth one said, "My son is 6 foot three, has broad shoulders, and is incredibly handsome, and when he walks in, all the ladies say, Oh my God!"

Say it like you mean it. Joel Osteen

Are You Really Hungry?

Samantha Taylor, Samantha Taylor Fitness

It can be a valuable habit of asking yourself before you eat, "Are you really hungry or do you just want to eat?" Many times, our hunger "cues" are triggered by other things than actually needing to eat calories for nutrition. Our hunger can be triggered by emotional situations or even by previous food that we ate that spiked our blood sugar, causing more hunger when the blood sugar drops.

We do eat food to give our body the nutrients that it needs to function every day and they say that our brain uses over 20% of our calories that we consume daily. Yes, our body needs food to survive and function optimally. But in a society full of food triggers everywhere we look, it can sometimes trigger false cues for hunger just by seeing or smelling food, even if we're not hungry.

It's more of an issue of course, if you are trying to lose weight. The amount of calories you eat compared to how much your body can use can be a key factor to be able to lose weight. The challenge is, if you find yourself snacking with mindless eating or eating when you're not even hungry but your brain wants to eat.

Do you know what that's like? Where your stomach's not hungry but your brain wants to eat and is thinking about food? That's when it's good to start challenging our mind when we have the thought that we need to eat. Learn the skill of stopping and asking yourself, "Do I really NEED to eat that or do I just WANT to eat it?"

Sure, we need to feed our body, but those that want to lose weight might be overfeeding their body more than their body can use, and those excess calories get stored as fat.

Even just eating sweet-tasting things can sometimes trigger false hunger and cause us to think about food more often. When I do eat sweet-tasting foods even when they have no sugar in them, that can trigger me to think about food more throughout the day. That is frustrating because it's very distracting and a waste of valuable brain power!

I can also say that when I eat carbohydrates and especially refined carbs, I get hungry way more often. And not just hungry but I'm talking about that "starving hunger" that I feel like I'm about to pass out if I don't eat right now!

Practice working on being more aware of when you think about eating and think about this, "Is it time to eat or am I experiencing false hunger cues?" Or if you're not actually physically hungry but your brain keeps thinking about food, then start to analyze the food you ate in a previous meal that could be causing that. Or do you have something stressing you out that could be contributing to wanting to emotionally eat?

Starting to analyze your behavior can impact your relationship with food so you learn not to just react on impulse whenever you see or smell food. I used to live my life by my food cravings and I literally had no self-control. When I would read Galatians 5:22 where it talks about a fruit of the Spirit is self-control, I really thought that I somehow missed out on that one!

The Bible says when we walk in the ways of the Spirit, we will want those ways. I then realized I had to develop over time the fruit of the Spirit. And not just reading that scripture but also actually applying it when situations would arise. So, I encourage you to stop and think about your hunger cues to see if you actually are hungry.

I have seen this learned skill help me many times in my life and in helping the thousands of people that we've worked with. We've discovered that the type of food that you eat can definitely affect feeling hungry more often and more intensely. And leave you craving and wanting food when you're not even physically hungry.

By starting to apply this learned skill in your own life, you will find that you're not led around by false hunger cues to want to eat when you don't even need to. If you would like our help with these skills, check out my ad in this paper. Hope to see you soon.

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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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Center for Total Transformation is Transforming Lives

By Karen McBride



Joy Chidavaenzi grew up with parents who welcomed visitors from all walks of life into their home. Her parents would feed and clothe them. She recalls many visitors through the years, and the lack of privacy could be a challenge at times.

“Little did I know that God was preparing me for my lifetime calling of ministering to the most vulnerable members of our society,” said Joy.

Her ministry began after graduating with a degree in Community Economic Development. She opened the Center for Total Transformation (“CTT”) in Zimbabwe in 1998.

“I started CTT to cater to the spiritual, social, and economic needs of the widows, orphans, elderly, and any vulnerable people,” said Joy.

With donations from many well-wishers, they were able to open a center where adults and children could gather for fellowship to learn God’s Word and start on a path to improve their lives. Visitors receive food, clothing, health care, and more.



Another important factor to changing one’s path in life is education. CTT offers training in carpentry, art, and sewing. Acquiring these tools can broaden a person’s opportunities.

CTT places a high emphasis on teaching agricultural skills to help individuals to overcome food insecurities. The goal of sustainable agriculture is to decrease environmental degradation due to farming while increasing crop output. This will not only meet the communities’ im-

mediate needs but will also provide for future generations.

CTT currently hosts 600 children every day providing them with an education, hot meals, and recreational opportunities. Children ages 2 to 18 who have not been attending school regularly due to hardships come to CTT. Some walk for several miles to the campus to further their education and prepare for a better life. With the support from Joyce Meyer Ministries, the children have access to two meals every weekday. The nutritious meals improve the children not only physically but mentally. With a full stomach, their minds can focus on learning at school.

Young adults (age 18 to 30) also receive additional classroom skills such as reading and writing. Vocational training is provided including sewing, carpentry, sports, and other literacy programs. The organization is in the process of building a church for the community and a primary school for the children. To make a donation or to find out more information go to <https://cttzim.org>.



BBBS Annual Bigs of the Year



Two Pinellas County volunteer mentors, who both stepped up more than four years ago to provide support and guidance to a child in our community, have been named the Big Brother and the Big Sister of the Year for 2022 by the Tampa Bay mentoring organization.

Big Sister Shandra & Little Sister Asharia have shared a friendship since October 2017. Before they were matched, Asharia and her mother struggled to manage Asharia’s diabetes, resulting in hospitalizations, and leading to Asharia being placed in medical foster care. After returning to her mom, Asharia’s mother knew she needed a friend and role model to help her through the difficulties she faced growing up with diabetes. Shandra has stuck with Asharia ever since and made managing Asharia’s diabetes a top priority.

Due to issues with Asharia’s health, she has switched from in-person school to virtual school multiple times, even before COVID. Switching schools and learning new platforms is difficult for any child, especially when it happens often. Shandra was able to help Asharia through these transitions and is a source of consistent support. Shandra and Asharia talk about new ways to study and manage the new school year in whatever learning platform was occurring, focusing on Asharia doing her best. Thanks to study sessions with her Big Sister, Asharia has made the honor roll numerous times.

Shandra has been a constant in Asharia’s life through all the changes. Asharia felt safe talking to her Big about how she was feeling due to COVID and her health while processing through life’s changes and resolving any challenges together.

Big Brother Bill and Little Brother Jaheem have been matched since March 2017. Jaheem is one of seven children in his family, so his mom thought he could use a positive role model and one-to-one time with someone he could trust. That’s how Jaheem met his Big Brother Bill when he was 11 years old.

Jaheem always lights up when talking about his relationship with his Big. “My Big Brother is an amazing person, and he’s unique, and we get along well, and he’s like family to us.” Jaheem knows that he can share anything with Bill. This trust made Jaheem feel safe in coming out to his Big Brother. Jaheem felt it was important to be himself around his Big, saying, “You gotta be yourself and don’t change for anybody.” Bill told Jaheem that he appreciates him sharing his personal feelings and that it’s healthy to be genuine and honest. To show his support, Bill took Jaheem, with the permission of Jaheem’s mother, to a few pride events so that Jaheem could feel the camaraderie of being with other people in the LGBTQ+ community. Jaheem says he always has fun with his Big Brother, and Bill feels the same about Jaheem.

Bill got married last year and asked Jaheem to be a part of the wedding. Jaheem had the honor of walking the ring down the aisle with Bill’s canine pet, Ringeaux. Jaheem had the time of his life at the wedding, dancing and enjoying the celebration of this new chapter in his Big’s life. Big Brothers Big Sisters of Tampa Bay currently has over 900 children waiting and ready to be matched. To find out how you can become a volunteer mentor, go to bbbstampabay.org/be-a-big.

35th Annual Chasco Coronation Ball



The 35th Annual Chasco Coronation Ball is being held on Friday, March 25, 2022 at the Spartan Manor in New Port Richey. The Chasco Ball recognizes local philanthropists and volunteers with a celebration of nominees and a Royal Coronation of the next King Pitlha and Queen Chasco. The Chasco Fiesta™ is celebrating 100 years in 2022 so the 35th Annual Chasco Coronation Ball is going to very glamorous with a Roaring 20’s theme. The 2022 presenting sponsor for the Chasco Ball is the Musunuru Family.

The Chasco Ball is a fundraiser for Lighthouse for the Visually Impaired and Blind. Proceeds from the Chasco Ball benefit Lighthouse programs for people who are visually impaired and blind. Learn about the Lighthouse and the Chasco Ball at www.lvib.org.

Nominations for this year’s King Pitlha and Queen Chasco are being accepted until March 4, 2022. We encourage service clubs and organizations to submit the names of deserving community members as this is a rare opportunity to acknowledge those who have made our community a better place to live. Nomination forms can be downloaded from the website.

Tickets and sponsorships are also available. Text “Chascoball” to 41444, visit www.lvib.org, or call 727-815-050. The cost to attend is \$125 per person. The deadline for tickets and sponsorships is March 20, 2022.

About the Lighthouse

Lighthouse for the Visually Impaired and Blind, Inc. is a 501(c)3 nonprofit that provides no-cost rehabilitation to residents of Pasco, Hernando, and Citrus. Programs and services include independent living skills, assistive technology, Braille, safe travel, and support groups. We also offer Little Lighthouse for babies, year-round programs for children, transition to adulthood for teens, job readiness for adults, and drop-ins for seniors. Our employment initiative provides training and when possible, paid employment to people who are visually impaired and blind.

#ChascoCoronationBall

“For whoever wants to save their life will lose it, but whoever loses their life for me will find it.”
— Matthew 16:25

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Influencers

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

Today we have the term “influencers” used to describe people that gain popularity on social media because of their status in life, possibly an actor, singer, or politician. They believe their message should be heard. Oftentimes, these influencers have a tremendous following because people are intrigued with their ideas, stunts, or philosophy. Many times, their methods and messages are not fact checked, and they amass a following simply because they are popular.

We need to remind ourselves that just because someone is popular doesn't mean their message is right, or wholesome, or one to be followed. Their popularity often captivates the heart of people and creates a platform for their opinions about many things that affect the character development or behavior of those that hear them. Thus, that is the definition of being influenced.

You may need to ask yourself, how is my life influenced? Do I follow people's opinions because of popularity trends, simply because someone else does? Do I have a basic belief system, morally, backed with the word of God in my life that serves as a plumbline to filter whether an influencer is changing my heart for the good or for evil? These would be good questions to think about, and you may be surprised at your answers.

I am reminded of one of the greatest kings who ever lived. God had given him incredible wisdom and riches that were astounding, and he had been greatly blessed because of God's love for him. His name was Solomon. Because God loved him, he was instructed to never mingle with the foreign women of the day, the Moabites, the Ammonites, the Edomites, Sidonians and Hittites. Why, might you ask? Because God told him they would turn away his heart to serve their gods.

In other words, they would influence Solomon so deeply that he would turn from serving and loving the one true God that loved him and blessed him. Eventually Solomon did marry many women of these nations and soon after he began to serve the gods of his foreign wives. The word of God that had originally influenced his entire life and established his belief system was now compromised by their influence.

He served pagan gods who were temperamental, and unpredictable, to be appeased and not loved. The result of Solomon's evil practices was the loss of his kingdom rule to an adversary. You would have thought that this man could not have been influenced wrongly, after all he had been given wisdom beyond his years as we read in I Kings. Nevertheless, he was.

How do you think he went astray? Certainly, it would behoove us to ask! We can simply go back to the plumbline of the word of God and see and understand what happened to him. In Mark 4:23-24 NLT Jesus was speaking:

“Then he added, Pay close attention to what you hear. The closer you listen, the more understanding you will be given —and you will receive even more. To those who listen to my teaching, more understanding will be given. But for those who are not listening, even what little understanding they have will be taken away from them.”

Jesus's warning was simply put, be careful what you listen to. The closer and more often you listen to something, the more you will be influenced. This principle works for good or evil. If

you are listening to someone who is contrary to the word of God, and you keep on listening, you will be influenced to move off your belief system and you will eventually change your thinking and your behavior will follow. Wow, the wisest king in all the earth had his heart turned from serving the one true God who loved him so much to other foreign gods that he worshipped instead all because of a wrong influence.

I wonder how far we, as a nation, have moved away from our core value system? We are so easily influenced by popular people who serve to take our eyes off the Lord to value their opinions and beliefs that are so contrary to what we were originally taught. We certainly see the consequences in Solomon's life. Our nation is full of compromise and adversaries surrounding us. I wonder if trying to be so woke and politically correct, we have tried to accept popular opinions of influencers that we now serve their opinions as our god instead of the One true and Living God that our nation was founded upon? The one who gave His only begotten Son, Jesus, that whosoever believed in Him would never perish but would have eternal life. I want to ask you, who is influencing your life? Food for thought!

Dr. Dianne Coffin, Co-Pastor of River of Life Church, 410 East Chapman Rd., Lutz, Florida.

Our services begin at 10:30 Sunday morning and 7:00 Wednesday night. Childcare provided. We would love to meet you! (813) 949-9931 • www.roltampa.org.

Kidz Corner: Daddy/Daughter Dates

Hi! My name is Harley, and this month's topic is daddy/daughter dates.

1) Importance of daddy-daughter relationships:

It is important to build relationships with other people, especially your father or daughter. It is important because God wants us to love one another. Also, it would stink to live in the same house with someone you don't like. (Scratch that.)

2) Different daddy-daughter date ideas/experiences:

One of my most commonly requested daddy-daughter date locations is McDonald's. My daddy has also taken me to birthday parties and other numerous fun events. Sometimes we go for a walk through Wiregrass Mall, sometimes we go to Busch Gardens. So far, I don't have a favorite. I just like to spend time with my dad. The picture is when we once went to Whole Foods Market before we almost broke our butts ice skating.

3) Earthly Father vs. Heavenly Father

Don't worry if you don't have an earthly father to spend time with. Your heavenly Father is a million times better. No, a billion times. No, what is wrong with me!? A trillion times! The point is, you don't need an earthly father. All you need is the unconditional love that the Father offers to all. Bye guys! See you next month with a new topic!

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://harley-isabelsmith.com> where she is constantly adding written and video content to entertain and educate children. **Matthew 19:14 Jesus said, “Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these.”**



An Act of Kindness: The Good Samaritan



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

He said, “He who showed mercy on him.”

Then Jesus said to him, “Go and do likewise.”

— Luke 10:30–37, World English Bible

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COMMUNITY PET NEWS

Mark Twilla DVM

Sunshine Animal Hospital

The Importance of Microchip Identification

Did you know??? Getting lost is the **number one** cause of death for family pets. One in three pets will go missing in its lifetime and without identification **90% of lost pets never return home.**

Fortunately, these sad statistics can be changed. Microchip identification is a relatively painless procedure that does not require surgery. It is a simple, one-time insertion of a small chip under the skin between the shoulders of cats and dogs. Once a microchip is implanted it is permanent. The microchip number is then registered in a database and owner's contact information is associated with the pet's microchip number. Should a lost pet be recovered by a rescue group, veterinary hospital or animal shelter, the pet will be scanned, and the chip number can be matched to the database. Then, the owner can be notified that their pet has been found! The HomeAgain Pet Recovery Program which we use at Sunshine Animal Hospital helps recover 10,000 lost pets **each month!**

A HomeAgain® Microchip can be the most important gift you give your pet. It will give you peace of mind to know what you have given your pet is its best chance to return home safely. **During the month of March Sunshine Animal Hospital will offer a 25% discount off the HomeAgain Microchip (includes a free engraved pet tag).**

For more information or to make an appointment for your pet Please call us at Sunshine Animal Hospital **813-885-7071**

Local Fishing Group Donates To Gulfside Hospice



The Bay Area Bassmasters, a local fishing group, has made their annual donation to Gulfside Hospice for \$10,281.67, making their total more than \$61,500 donated since 2010 from the Ina Mahoney Hospice Challenge. Pictured from left to right: Tom Craighthead, Carla Armstrong, Tom Mahoney, and Pam Hardy.

The Bay Area Bassmasters made their annual donation to Gulfside Hospice raised through the Ina Mahoney Hospice Challenge, totaling more than \$10,000 to support hospice patients and their families.

Since the challenge began in 2009, the group has donated more than \$61,500 to Gulfside Hospice, with this year's donation setting the record at \$10,281.67 raised during the group's 2021 fishing season. This annual tradition began when Ina Mahoney passed away on Gulfside's service in October 2009. Shortly afterward, the fishing club members rallied around Tom, Ina's husband and president of the Bay Area Bassmasters and started the annual challenge to raise money for Gulfside as a way to say thank you for the care provided to Ina and her family.

"The extraordinary generosity of the Bay Area Bassmasters is truly inspiring," said Carla Armstrong, Director of Philanthropy at Gulfside Hospice. "Each year, their members give above and beyond to raise much-needed funds to help hospice patients."

The Bay Area Bassmasters is the world's largest B.A.S.S Nation "Buddy" Team Tournament Trail Bass Fishing Club. During the Bay Area Bassmasters season, each angler donates a \$1 per pound for each fish that is caught. The club also hosts an annual fundraiser at their club meeting each year in November, raising additional funds through prize drawings. That money is pooled together, and donated to Gulfside after each fishing season.

For information about donating to Gulfside Hospice, contact Carla Armstrong, Director of Philanthropy, at 727-845-5707. Gulfside Hospice is a division of Gulfside Healthcare Services, and provides hospice care to those facing end-of-life illnesses in Pasco County.

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.

Pasco Tax Collector Offices Donating to Fostering Change Foster Closet in March

During the month of March, the five Pasco County Tax Collector's Offices will be accepting donations on behalf of Fostering Change Foster Closet, a non-profit program created to provide children who are quickly removed from their homes and put into foster care to pick up needed clothing, personal care supplies and even food.

Based in Pasco County, Fostering Change Foster Closet offers help to any child who has entered foster care and were unable to bring even the most basic of personal care needs from their home at the time of removal. Their foster parents accompany them to the Fostering Change Foster Closet and assist in picking out items of need.

"Fostering Change Foster Closet is proud to be the first, and only at the time of this release, 24/7 children's foster closet," comments founder George Agovino. "We want to minimize the time it takes for a foster child to be placed with a loving foster family."

However, if that family doesn't have all the items needed to care for that child, like a crib or other such items, that child can't be placed with a family until they have all these items. Child Protective Services has 24-hour access to our facility, and we are also available just about any time to meet with foster families at our closet."

It is estimated that in the Suncoast Region over 3,900 children are removed for their homes each year and placed into foster care. This is a large portion of the over 6,000 children who enter foster care in the West Central Florida region. Most children stay in foster care for about 13 months until they are reunited with their families or put into permanent placement with a new family. The Fostering Change Foster Closet helps bridge the gap in clothing and supplies for the children during their stay in foster care.

"I have long supported funding services for organizations that provide foster care for the most vulnerable children in our community," comments Tax Collector Mike Fasano. "Through no fault of their own these children are removed from their family and placed into foster care settings that are unknown to them and with people they have never met. The caring staff of the Fostering Change Foster Closet does its best to make this transition as normal as possible for these children who have gone through traumatic events, often since their earliest years. We are more than pleased to support Fostering Change Foster Closet during the month of March. Please stop by one of our five offices in Pasco and donate to this important cause."

For more details regarding this charitable promotion, or services provided by the Pasco County Tax Collector's Office, please contact Greg Giordano, Assistant Tax Collector at 727-847-8179 or visit www.pascotaxes.com. For more information about Fostering Care Foster Closet please visit <https://fosteringchangefoster.com> or contact George Agovino, Founder & Director at (813) 421-1958.



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GFWC Sensory Garden Project Progresses

GFWC Lutz-Land O' Lakes Woman's Club members' work on its Sensory Garden has progressed and taken shape with a very colorful look with planter containers brightly painted and fashioned into floral petal shapes from recycled tires and newly planted with perennials which promise to attract butterflies and bees. This garden has been established "from scratch" by the Woman's Club to serve as a fun, colorful, and quiet place of enjoyment for autistic and special needs children on the grounds of Camp Idlewild in Land O'Lakes. For more information on this community service organization, please visit gfwlutzlandolakeswomansclub.org or its Facebook page.



Member Deb Cardona painting planters



Member Dee Knerr watering fresh plantings

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

I heard about a minister that died. He was standing in line at the pearly gates. The man in front of him was dressed in a loud T-shirt, sunglasses, and blue jeans. Saint Peter ask him his name. He said, "I'm Joe Cohen, taxi cab driver, NYC." Peter checked his list, handed him a gold staff and silk robe and said, "Welcome to heaven." The minister stepped up and said, "I'm Reverend Joseph Snow, pastor of Saint Mary's cathedral." Peter check the list and handed him a wooden staff and cotton robe. He said, "Wait, that couldn't be right. The taxi cab driver got a gold staff." Peter said, "Sir, up here, we work by results. When you preached, people left, but when he drove, people prayed."

Say it like you mean it. Joel Osteen

GFWC Delivers Handsewn Medical Aids

GFWC Lutz-Land O' Lakes Woman's Club sewing team members have produced 40 comfort pillows, 10 baby blankets, numerous port protectors, hats, and turbans which were delivered by Chairperson Pam Blumenthal to Moffitt Cancer Center and Advent Health Hospital. These items are regularly handcrafted and delivered to local hospitals where they are most enthusiastically received by the staff and requests are always made for more because the need is so great. For more information or membership opportunities, please visit gfwlutzlandolakeswomansclub.org or its Facebook page.



(L-R) Moffitt Staff Member with Club Member Pam Blumenthal receiving goods



(L-R) Club Member Pam Blumenthal delivering goods to Advent Health Hospital staff

Wrigley Wranch Offers Family Fun and Foster Care for Animals

By Karen McBride



Elizabeth and David Wrigley began Wrigley Wranch ten years ago. Their love and compassion for animals was the inspiration behind the idea of starting the ranch, an ambitious and sometimes exhausting path, but worth every minute. They would hear of animals that needed rehoming and began a foster care program for creatures big and small. The Christian homeschool family offers a safe, loving environment for the animals until a forever home can be found.

Their ranch is home to horses, donkeys, chickens, a turkey, a pot belly pig, and many more loveable creatures. God put it on their heart to share their beautiful farm with people in the community. Visitors are first greeted by donkeys welcoming you to their home. They enjoy chomping on carrots that guests feed to them.

If you are looking for something fun to do as a family or for your kids to do this summer, they offer a variety of activities, including a petting farm, educational classes, and camps. Unit studies are provided to scouts earning merit badges and to homeschoolers. Private horseback riding lessons are available as well.

Wrigley Wranch is the perfect location for your child's next birthday party. With the COVID-19 pandemic still among us, what better way to celebrate your child's special day than with an outdoor party in the sunshine and fresh air?

If you need a pet sitter while on your vacation, contact Wrigley Wranch and ask for Paige's Pet Sitting services. You will rest assured and be able to enjoy your vacation knowing your pet is being well cared for and in good hands.

Here is what some of their customers had to say:

"Paige and Elizabeth are fantastic pet sitters. They take meticulous care of my horses. Their attention to detail is refreshing. I am thankful to have them watching over my boys when I go out of town." – L. Griffith

"I loved seeing my son, Aiden, who's 2, interacting with the different farm animals. We will be planning another trip back soon!"

– A. Holcomb

Wrigley Wranch is located at 28502 Sonny Drive, Wesley Chapel, Florida. The activities are by appointment only. To schedule your visit, call (813) 727-7519. For more information on the ranch, visit their Facebook page at <https://www.facebook.com/wrigleywranch>.



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The Great Florida Outdoors: Who Has Antennae?

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

On a clear January day, I was on an exploration with my co-naturalist friend Ed when I spotted a monarch caterpillar on a wooden banister of a small bridge over a creek. I watched as the caterpillar used its antennae, one side at a time, to judge its location and keep moving forward. Watching a creature in the wild like this can be spectacular.

And it brings up many questions.

Do all insects have antennae? How can they feel through the antennae? What are the parts of an antenna? Do antennae allow getting Netflix or Amazon Prime or perhaps the Nature Channel for free?

How do we humans traverse our environment without these appendages on our heads?

Antennae are paired sensorial appendages located in the anterior parts of an insect's body. Except for chelicerates (spiders, scorpions...) and proturans (non-insect hexapods), all arthropods—either crustaceans, hexapods (diplurans, springtails -Collembola- and insects), myriapods, (centipedes and millipedes), and the extinct trilobites—have antennae when adults.

Antennae are microscopically covered with hair-like sensilla. The sensilla are not related to the hairs found in vertebrates. Instead of keratin, they are made of chitin, as is the rest of insect's cuticle.

Two major different types of sensilla exist. Chemoreceptorial sensilla have an inner channel through which suspended molecules such as pheromones enter. Mechanoreceptorial sensilla are retractable. Able to move at the slightest pressure or positional change to the ground or surface, they are also called proprioceptor sensilla.

Inside and in the base of sensilla live sensorial neurons connected to the insect's brain. The specific brain region is known as the deutocerebrum. In chemoreceptorial sensilla, molecules bind with specific receptors that send nervous signals to the antennal lobe via the sensorial neurons. This antennal lobe acts similar to the olfactory bulb found in vertebrates.

The three basic segments of insects' flagellate antennae are the scape, the pedicel, and the flagellum. The scape is the basal segment and articulates with the insect's head. It is the only one that has its own set of muscles and is mounted in a socket called the torulus.



The pedicel follows the scape and contains the Johnston's organ, a collection of sensory cells. The flagellum is the remainder of the antennal segments. Individually known as flagellomeres, each is connected by thin membranes that allow them to move as a whole despite not having muscles.



Insects taste, smell, touch and communicate in part through antennae to gather information about food sources, potential mates (pheromones), enemies, dangerous substances (e. g. a poisonous plant) and nesting places. Antennae aid in migratory routes, as in the case of the monarch butterfly. Other parts of the insects, such as legs, palpi, and even the ovipositor (organ for laying eggs) may have sensorial cells.

Monarchs have what appears to be black antennae on

both ends of their body. The ones in the front are antennae and the ones in back are to confuse predators.

As far as humans and touch, I am currently writing about that subject in one of my new books, and I will use comparisons and examples from the animal world.

How can you see the wonders of antennae in the wild?

The sure-fire answer is to get off the computer and phone, turn off the TV, and get out in The Great Florida Outdoors.

Reference: <https://allyouneedisbiology.wordpress.com>

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

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Celebrating The 21st Anniversary of Spreading God's Word Through Print Media

March 2022 marks the 21st Anniversary of the Dunndean Gazette. This publication has supported communities with Christian education, placing God's word in print media for 21 years!

The paper was officially started in 2001 around the time of 9/11 when everyone was full of fear and sorrow. People needed to hear something uplifting and positive in the news.

It was extremely difficult for people to even keep their faith. Many people wanted to show their support for Christian education and God's Word. The paper was a way to spread joy to those who were going through hardships. Of course, gaining this achievement was far from easy.

The paper went through many setbacks starting from the 2008 recession, which put many people out of jobs much like what we all have gone through since the coronavirus arrived in 2020. However, the paper was created for one purpose and that was to help spread the word of Jesus Christ. This is the 21st year that the Dunndean Gazette has published the heartfelt stories that educate others about the love of Jesus Christ. It is one of the longest-running local print media papers in the city with 21 years in print and 16 years online.

Here's a little about the publishers who work for Jesus since they have their 23rd wedding anniversary this month too!!!! In 2014, Kay was diagnosed with Melanoma cancer. Mark became her caregiver with Jesus as the Great Physician.

The bad cancer cells were chased away in 12 months with numerous treatments Mark investigated. Her diet and lifestyle was greatly changed! Here is a recipe to increase the alkaline in the water you drink, which is so important in keeping healthy blood cells:

2 gallon jug filled with clean water

1 quart of aloe vera

1 lemon sliced, ½ cucumber sliced

Some mint leaves

Drink ½ your weight of this water daily!

1 piece of ginger root

1 piece of tumeric root sliced

1 teaspoon of baking soda



Mark & Kay Dunn

Mark and Kay have an organic vegetable garden, here's a photo of the last picking of the winter crop. Moringa has been part of the diet also.

Every year we travel with our publication to spread God's Word. This year, we went to the romantic Casablanca Inn in St. Augustine. We suggest you give it a try!

SO WE THANK YOU, JESUS, AND ALL OF YOUR OPERATING PARTNERS AND LOYAL READERS!

All About St. Patrick

Continued from Page 1

Spreading "The Good News," the Christian Gospel, to the pagans, where he was known as a prisoner, he wanted to convert a pagan Celtic culture from sun worship to Christianity. For those who worship the sun will get misfortune and will be punished for doing so. But for those who worship Christ, the true Son will be awarded.

Upon his arrival, Patrick was initially met with hostile resistance. The king and his warriors raced their chariots up to confront Patrick, and so begin a piece of magic worthy of Maewyn/St. Patrick. The Druid challenged St. Patrick, who called on God, flinging the Druid into the air to come smashing down on to the rocks. Then afterward, the King and warriors fled.

Patrick then appeared through a bolted door into the great hall of Tara. The Druid offers him a poison drink, but the drink was frozen, and he poured the drink out. Patrick was then challenged to a dual of miracles. The Druid made it snow, and Patrick made it go away, saying that the Druid can only do evil but not good. The Druid put his coat around his young follower and Patrick put his coat around him and went inside a twig hut and set it afire. The boy survived, but the Druid's coat burned up. The king declared it's better to believe and instantly converted.

Afterwards, St. Patrick quickly managed to spread Christian teachings far and wide, preaching, writing, performing countless baptisms, and convincing Pagan Druids that they were worshiping idols under a belief system that kept them enslaved.

By accepting Christianity, he told them, they would be elevated to "the people of the Lord and the sons of God." In his autobiography, "The Confession", he wrote about converting the Irish to Christianity. While building schools and monasteries along the north and west coast, he was determined to convert Ireland to Christianity.

One famous myth is how St. Patrick drove all the snakes from Ireland. The story symbolizes a metaphor of Patrick cleansing the Island of Paganism. Though there's just one problem. Ireland never had any snakes to begin with. The Emerald Isle is surrounded by water that was too frigid for snakes to migrate there, either from Britain or anywhere else.

According to another famous story, Patrick used the three leaves of the huge shamrock to explain the Holy Trinity of the Father, Son, and Spirit, so the Irish started wearing shamrocks on their clothing to signify their Irish Christian pride. That tradition later grew. Wearing green clothing is a popular St. Patrick's Day custom today.

Although shamrocks don't really exist, we know them as several three leaf plants such as wood sorrel, white clover, and yellow clover. This tradition of wearing green has become a popular Irish custom. This legend is possible, but Patrick never wrote about it.

For the next 40 years, he would travel far and wide to spread the Christian faith among the Celtic Pagan population, working miracles until his retirement to his first church.

The story of his death is an ultimate tale. Patrick requested to be taken to his beloved Armagh. Along the route, an angel appeared as in a burning bush, and a second angel requested that he return to Saul to receive his last request. As Patrick lay dying at the age of 121, the angel that visited him as a slave told him to have two untamed oxen carry his body on a cart, and where they stopped, he would be buried. Two towns claim his place of burial, but no one knows for sure but the two oxen.

You probably didn't know that St. Patrick's blue is still found in symbols of the state and is the color of the ribbon worn on the robes of the Knights of St. Patrick. However, the formal use of blue was first seen when Ireland was turned into a kingdom in 1542 under the

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May your troubles be less and your blessings be more and nothing but happiness come through your door

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2. For whoever wants to save _____

3. Set your minds on things above, _____

4. And he died for all, _____

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reign of King Henry VIII.

Before that, Ireland was widely seen as being under the control of the Pope, who was happy to hand power to a Catholic monarch who agreed to uphold Catholic rule.

This came to an end when Henry, who was the Lord of Ireland at the time, split from Catholicism and set up his own Church of England, bringing Ireland with him and declaring it a separate kingdom.

The formal creation of a new kingdom meant Ireland was granted its own coat of arms, a golden harp placed on a blue background. England already used a dark blue, so a lighter blue was used for the Order of St. Patrick. Thanks to a mixture of truth and myth passed down through the centuries, he became the superhero in the Christian church of Irish pride. After St. Patrick died on March 17th, he was largely forgotten until mythology and legends grew. A century later, he was honored the patron saint of Ireland and the mythology surrounding his life has become ingrained in the Irish culture.

People in Ireland, since around the ninth or tenth century, have been observing the Roman Catholic feast day of St. Patrick. So why does the holiday fall on March 17th? Supposedly, it's the day St. Patrick died. Since then, Irish Christians have marked the day as holy. Irish Catholics would close shops to honor the feast of St. Patrick, a time for celebrations.

Since St. Patrick's Day falls within Lent, which comes before Easter, the Catholics give up their vices as penitence. The feast of St. Patrick was the one-day reprieve when Irish

men could down a pint or two of ale. Generally it would involve public parades and festivals wearing green attire and shamrocks as well as attending church services. The Lenten restrictions on eating and drinking alcohol are lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.

But you probably didn't know that the first St. Patrick Day parade actually started in America. The parade tradition really took off after the Potato Famine hit Ireland in the 1840's, sending hundreds and thousands of Irish immigrants pouring into New York, Boston, and other American cities.



The first recorded St. Patrick Day Parade was in New York, 1762, when a group of Irish soldiers marched a few blocks to a tavern in lower Manhattan. Today, it's the largest and longest, with 200,000 participants and 3,000,000 spectators each year. So this March 17th, you may find yourself wearing green and toasting to some St. Patrick history we bet you didn't know!

<http://www.biography.com/people/st-patrick-9434729#synopsis>





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For those who qualify. One coupon per household. No obligation estimate valid for 1 year. *Offer valid at time of estimate only. †The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. ‡Manufactured in Plainwell, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 WA#UB#693 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFNW822JZ License# WV056912 License# WC29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC 0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H License# 2705169445 License# 26200022 License# 262000403 License# 0086990 Registration# H-19114

Happy St. Patrick's Day!

from Dunndead Publications

The Moringa Oleifera: The Tree of Life!

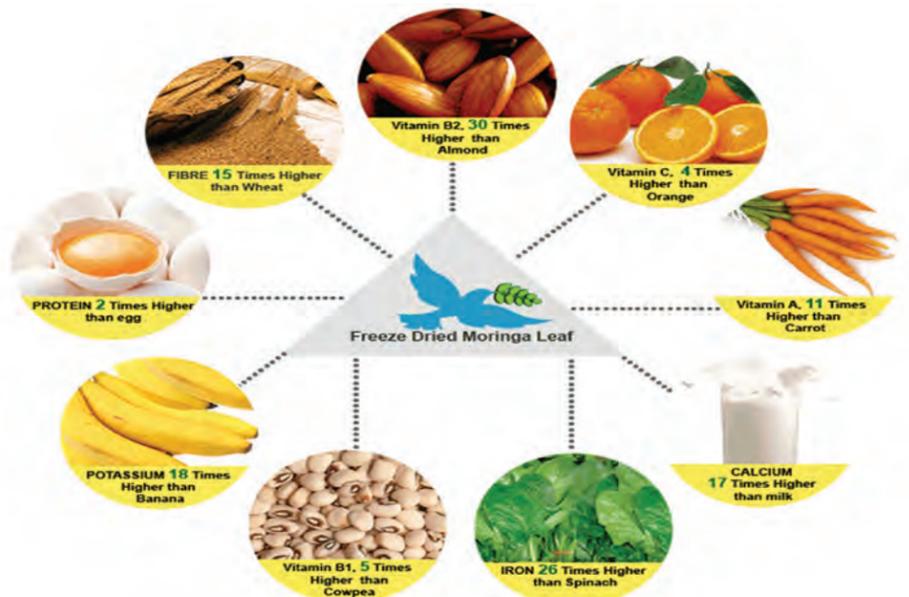
Imagine a tree in your backyard that will meet most of your nutritional needs, purify your water, and take care of you medicinally!



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!

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



“Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.” — Colossians 3:2-3

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

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Humana Agent Fabio Gomez Is Helping Seniors

By Karen McBride



Fabio Gomez is a licensed Humana agent and has been working for the company for over 16 years. He is bilingual and specializes in Medicare Advantage, Medicare Supplement, Prescription Drug Plans, Dental and Vision Plans. He takes the time to educate seniors on the different plans available that will best suit their needs.

For example, if a person has been on disability for 2 years, he/she will be then become eligible for Medicare. Many people are not aware of these options and may miss benefits they are entitled to that will help cover high medical costs.

"I try to guide people with respect and honesty, and they trust me. It feels good to help people and make a difference in their lives," said Fabio.

He works closely with retirement groups for teachers, sheriff's departments, and other organizations. As a guest speaker at a recent Hillsborough County School Board meeting, he was able to share his knowledge with the members to assist them with the variety of options available to them.

In addition to Medicare plans, Fabio educates his clients regarding fully integrated long term care plans that include assistance with bathing, dressing, and preparing meals in their own home.

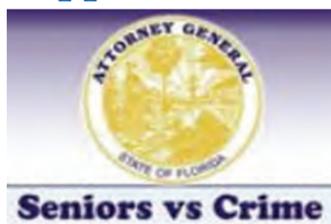
"It helps the recipients while maintaining their independence," said Fabio.

Along with his fellow Humana agents, Fabio volunteers at local food banks, Metropolitan Ministries, and other organizations. He feels it is important to support the community in any way that he can. He and his wife of 16 years look forward to volunteering as a family when his children are a little older.

For more information or to schedule an appointment, call (813) 546-9297. His office is located at 10037 N Dale Mabry Highway, Tampa, FL 33618. Visit his website at <https://medicareagent.humana.com/fl/tampa/fabio-a-gomez-humana-agent>



Support & Protect Seniors In Our Community



The Seniors vs Crime program is looking for volunteers in West Hillsborough and Pasco counties, where we are collocated with the Sheriff's offices of those counties. The Seniors vs Crime program is a special project of the Florida Attorney General. The program has been in Florida since 1989. The original purpose of the program was to educate seniors in how to prevent them from becoming victims of deceptive trade practices, scams, and fraud.

The program uses retired seniors who assist law enforcement by working civil cases and disputes that local law enforcement does not traditionally work.

The Covid pandemic has caused Seniors vs Crime to lose many volunteers, but the workload has remained steady. Seniors vs Crime has successfully assisted seniors through recoveries of monetary losses and the successful completion of promised work that seniors have paid for.

Volunteers are encouraged to apply, regardless of their previous careers and experience. Seniors vs Crime is seeking enthusiastic seniors who have a sincere willingness to help their neighbors. Training is provided. For program information, consumer inquiries, consumer complaints, or to schedule a consumer presentation, call 1-800-203-3099 or visit the SVC website at www.seniorsvscrime.com.

"And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again."
— 1 Corinthians 5:15

Red Flags to Recognize a Scam

PROTECT YOURSELF FROM SCAMS

4 SIGNS THAT IT'S A SCAM:

- SCAMMERS PRETEND TO BE FROM AN ORGANIZATION YOU KNOW
- SCAMMERS SAY THERE'S A PROBLEM OR PRIZE
- SCAMMERS PESSURE YOU TO ACT IMMEDIATELY
- SCAMMERS TELL YOU TO PAY IN A SPECIFIC WAY

TIPS TO HELP AVOID A SCAM:

- BLOCK UNWANTED CALLS AND TEXT MESSAGES
- DON'T GIVE YOUR PERSONAL OR FINANCIAL INFORMATION IN RESPONSE TO A REQUEST YOU DIDN'T EXPECT
- NEVER PAY SOMEONE WHO INSISTS YOU PAY WITH A GIFT CARD OR USE A MONEY TRANSFER SERVICE

IF YOU BELIEVE YOU'RE THE VICTIM OF A SCAM OR FRAUD, CONTACT LAW ENFORCEMENT IMMEDIATELY.

As the internet evolves, criminals are presented with new opportunities and methods to commit cybercrime and scams. These crimes continue to develop in complexity, however, recognizing a scam is the first step in preventing yourself from becoming a victim. Pasco Sheriff's Office is sharing tips and information to prevent you from becoming a target of these types of scams. Criminals often apply similar practices to various scams. Being aware of the red flags can help you identify a scam before becoming a victim. Common red flags to identify a scam include:

- Scammers pretending to be from an official organization. Scammers commonly use the name of a legitimate organization such as the IRS, Medicare, a utility company, charity or even PSO. If you receive a phone call you think may be a scam, hang up and call the number listed online for that business instead. This ensures you're speaking with the actual organization, not a scammer.
- Scams commonly acknowledge a problem or a price. Scammers may say you owe money, someone you know is in trouble and they are contacting you on their behalf, there's a virus on your computer, there's a problem with your account, or you won something but need to pay a fee to receive your prize. If it's a phone call, end it immediately. You can always call the publicly listed number for the organization to verify the information is true before engaging in the scam.
- Scammers will stress pressure to act immediately in a scam. Legitimate businesses and organizations will never pressure you to decide or provide personal information. Earnest collection attempts are traditionally sent in writing with a due date, along with a valid account number you can match from prior records or invoices.
- Specific payment methods are demanded in scams. Usually, scammers will demand gift card payments or a money transfer to avoid tracing transactions. Unlike genuine bills or invoices, companies collecting a fair balance will share multiple payment methods for funds as well as methods tendering payment.

Scammers have honed their techniques through the years to try to catch as many victims as possible. Fortunately, these simple steps may save you from becoming a scammer's next victim. Discuss these scam red flags with your friends and family to help protect each other, especially seniors, who are a scammer's most common target. If you believe you're a victim of a scam, report it to local law enforcement immediately.

Pasco Sheriff's Office
727-844-7705

"A good character is the best tombstone. Those who loved you and were helped by you will remember you when forget-me-nots have withered. Carve your name on hearts, not on marble."
— Charles Spurgeon

Florida SHINE Program Meetings

Volunteers with the Florida Department of Elder Affairs' SHINE (Serving Health Insurance Needs of Elders) Program want Medicare beneficiaries to know that they are available to help with Medicare and health plan questions. SHINE services are free, unbiased, and confidential. Stop by one of the libraries below to listen to SHINE and be prepared! Being uninformed of your Medicare benefits and options can result in delays in your coverage, financial penalties, and higher healthcare costs. To learn more, speak with a local Medicare counselor provided to you by SHINE, Contact Shine at 1-727-217-8111 or contact the Florida Elder Helpline at 1-800-963-5337 or visit www.floridashine.org.

Medicare Basics, March 12, 2022

Starkey Ranch Library TLC (2500 Heart Pine Ave, Odessa, FL 33556) For GPS, use Starkey Ranch District. 10-11am. 2nd Sat. of each month at 10:00am

Medicare Basics, March 17, 2022

New River Library Zephyrhills 34043 State Road 54, Wesley Chapel, FL 33543 10:30am



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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
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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
Customized Insurance	Toni Johnson	(813) 220-9932
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
Financial Planner	Andy Whitten	(813) 286-7776
Hope Children's Home	hopechildrenshome.org/Dunndea	(813) 961-1214
Humana	Fabio Gomez	(813) 546-9297
Kidz Korner	http://harley-isabelsmith.com	
Journey Christian Church	www.tampajourney.com	(813) 920-0442
Life Connections Counseling	www.lifeconnectionsline.org	(813) 265-3859
Pediatric Place	Dr. Michele Towson	(813) 264-2288
Reflexology Therapy	Louise Richardson	(813) 965-1697
River of Life Church	www.roltampa.org	(813) 949-9931
Royal Pets Market & Resort	www.royalpetsmarket.com	(813) 448-6744
Roger's Landscape Supply	Jason Markison	(813) 949-8339
Samantha Taylor Fitness	www.samanthataylorfitness.com	(813) 377-3739
Sunshine Animal Hospital		(813) 885-7071
Watchfire Ministries	www.watchfire.tv/events	



185 local businesses proudly display the Gazettes for pick up!

Vendor Spots Open For Arts Festival

Vendor spots are now open for the 2nd annual Charity Festival of Arts benefitting Gulfside Hospice on Saturday, April 23 at the Land O' Lakes Heritage Park. Vendors are invited to share their business with the community at this family-friendly event. Vendor spots are \$50 until March 31, and increase to \$75 on April 1. Spots can be reserved at www.CharityFestivalOfArts.org.

- **WHAT:** Charity Festival of Arts
- **WHERE:** Land O' Lakes Heritage Park (on US 41)
- **WHEN:** Saturday, April 23
- **HOW:** Vendor spots can be reserved at www.CharityFestivalOfArts.org. Prices are \$50 until March 31, and increase to \$75 on April 1.
- **WHY:** Proceeds benefit Gulfside Hospice patient care and bereavement services for the community

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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!

Tampa Bay Dance Club

March 2022 Schedule

- | | |
|--------------------------------|--|
| 3/4 DJ & Singer Jorge Perez | Hot Dog Sales |
| 3/11 DJ & Singer Ralph Allocco | Free Admission For First Timers |
| 3/18 DJ & Singer John Ricky | Celebrate St. Patrick's Day, Bring Finger Food |
| 3/25 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: bdanceclub@aol.com

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

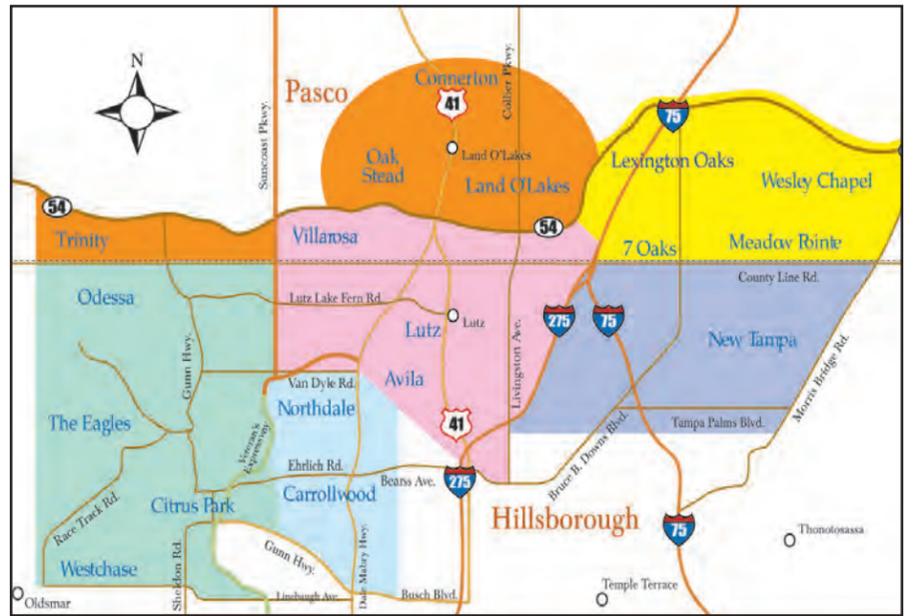
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Samantha Taylor Fitness

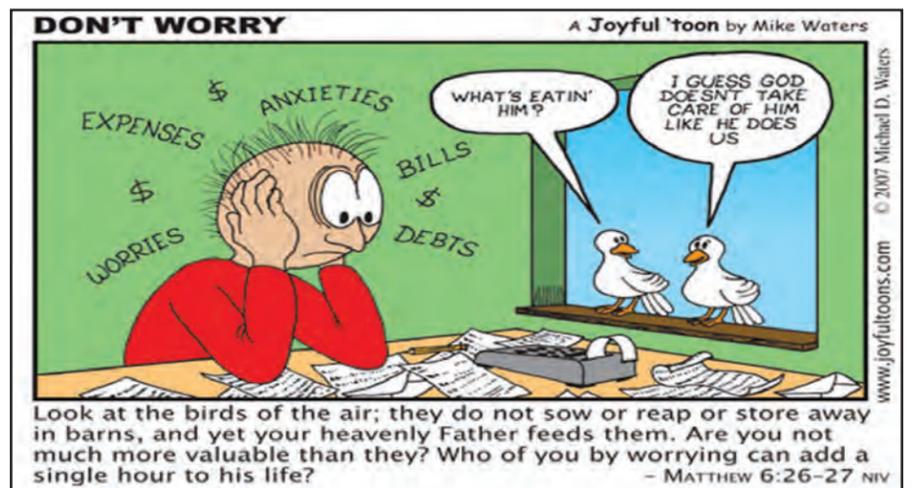
What Our Longest Advertiser Says

When my personal training career started in this area over 20 years ago, Mark Dunn called me and asked if I wanted to be a part of their paper. I was new in business in this area and knew I had to get my name out there, so this was the first media outlet I had ever advertised in. As people started to hear about what I offered, through THIS paper, my name started to get out in the community, and in a few years I became the #1 producing personal trainer in the large gym I was in, out of 2,000 trainers!

When it was time to go out on my own, God used THIS paper to give me the confidence that I could find clients outside of that gym. I knew I must, because I wanted to create an environment for women that didn't want to be in a gym. That wanted a safe place they could work out and not feel judged. I also enjoy catering to Christian women who liked that our studio cared about that.

Now we have trained over 6,000 people, have 17 trainers, won the Small Business of the Year Award by the Chamber, give free seminars to the community, and started a meal prep service delivered to your home. We opened our 5th location in Palm Harbor, and we just moved our Wesley Chapel location into a new building that we own. We also have Land O Lakes, Carrollwood, Westchase, and more to come!

I thank God for bringing this paper into my life, and I am SO grateful, for they helped give me the original confidence that I could build this business, and look what it's turned into and the amount of people we serve! The owners, Mark and Kay, are some of the nicest, most genuine people you'll ever meet and I appreciate how they honor Jesus Christ in this paper. It's such a blessing to partner with them, and I'm happy to know that I am the longest partner in the last 20 years!



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