

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

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When You Jump, God Will Catch You



When my children were young, we'd go to the pool and play that game where Dad stands a few feet from the side in chest-deep water, and tries to convince the kids to jump to him. From the father's perspective, there's zero risk to this game, but you wouldn't know it by watching the kids quiver on the deck.

"Jump!" I would say.

"Daddy? Will you catch me?"

"Yes! Trust me! Just jump."

"When you jump, then I'll catch you. But I can't prove that I'll catch you until you jump!"

As grown-ups who can stand in a few feet of water; we laugh at the little kids cowering on the pool deck. But let's be honest: jumping can be a scary business.

Especially when we're not entirely certain Daddy's going to catch us.

Continued on Page 8

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Giving Easter a Second Look



Have you ever gone for a walk way off the beaten path into some winding woods? Have you ever done it with a genuine ornithologist (i.e., bird watcher)? That experience would probably make most of us feel our eyesight would be something comparable to Stevie Wonder's during a solar eclipse.

Because while our gaze would likely mainly be focused fearfully on the earth below (to avoid a repeat of the near face plant of a half mile back), our bird watcher friend would be joyously peering around 180 degrees with the piercing gaze of an American bald eagle.

Imagine as he enthusiastically points to a 90' Grevillea Robusta tree (silver oak, stay with me now) and says, "Wow! Did you see that? A striated pardalote! Beautiful specimen! Look! Quick! Look!"

And as you risk your life and lift your eyes off the path to peer at the focus of his excitement, frustration floods in quickly, because all you see is leaves and branches. Lots of leaves. Lots of branches.

For many, the wonder of the resurrection is like that. The marvel of the matter is missed because the look is just a glancing one. No intent to peer in. No careful observation. And that's exactly how it started for one of Jesus' closest disciples.

"Now on the first day of the week, Mary Magdalene went to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. Then she ran and came to Simon Peter and to the other disciple, whom Jesus loved, and said to them, 'They have taken away the Lord out of the tomb, and we do not know where they have laid Him.'

Peter therefore went out, and the other disciple, and were going to the tomb. So they both ran together, and the other disciple outran Peter and came to the tomb first. And he, stooping down and looking in, saw the linen cloths lying there; yet he did not go in. Then Simon Peter came, following him, and went into the tomb, and he saw the linen cloths lying there, and the handkerchief that had been around His head, not lying with the linen cloths but folded together in a place by itself. Then the other disciple, who came to the tomb first, went in also, and he saw and believed." —John 20:1-8

Three Kinds of "Looks" Into the Empty Tomb
The Easter Glance

John was younger and faster than Peter. He let us know he could outrun Peter in a foot race. But

though he got to the tomb first, John didn't actually enter. He only bent down and "looked" (Greek, *blepo*) in. This word implies a glance. A quick look. By giving the empty tomb only a *blepo* look, John missed a lot. By not being more observant, he thought no further than what the women had said. Somebody's taken him!

The Easter Examination

But when Peter arrived (panting like happens when you're not in your 20's anymore!) he did not stop at the opening, but went right in. When he did, he gave the area a kind of look that required a different word to be used (Greek, *theoreo*). His look is the look of careful observation and scrutiny, the look of the ornithologist to the trees in search of birds. The look of the biologist through a microscope to see his tissue samples. The look of the astronomer through his telescope to peer at the moons of Venus.

Here's what Peter saw that John didn't. The garments were lying just as if he were still in them. His head cloth was rolled up in a manner that was like unto how it would have been on him, and separated from his body. Huh?! Who robs graves and leaves the clothes! And if, for some weird reason, they did, who would take the time to lay them out much as they were when wrapped about the deceased?

Giving Easter a Second Look

As John was outside waiting for Peter, something hit him. "Wait. Did I see...?" So he went in with Peter. This time, his look was far more intense, and a third Greek word for "see" is used—*horao*. It means "to take heed, to perceive." When he did this, he believed!

Continued on Page 8



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Why Is Blood Circulation Important?

Blood circulation isn't something we often talk about, but it's actually one of the most vital functions in the body.

Some signs of poor circulation can include, but not limited to:

- Tingling in the hands and feet
- Cold hands and feet
- Fatigue
- Joint and muscle cramps
- Swelling in the feet, ankles, and legs

The best treatment for poor circulation depends on the cause, and problems in the arteries or veins are often responsible. You should always consult a doctor to rule out underlying medical conditions related to these symptoms.

Some benefits of good circulation:


- Helps cells to get the level of oxygen and nutrients they need
- Helps your immune system to quickly and efficiently fight off and prevent sickness and diseases
- Your organs work better with good circulation
- Efficiently removes waste from the body
- More energy and better focus
- Good circulation helps with exercise performance and recovery

Tips for good circulation:

- Drink enough water (blood is about half water and gets sluggish if you are dehydrated)
- Stand and move more (sitting for hours slows blood flow in the legs)
- Aerobic exercise lowers blood pressure, makes the heart stronger, and get the blood pumping throughout the body
- Yoga, deep breathing
- Eat more omega 3s as part of a healthy diet (talk to a nutrition expert for more info on this)
- Better stress management
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— Louise Richardson, Certified Reflexologist


"He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed." — 1 Peter 2:24




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Luke 10:19

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Virtual Pet Pageant to Raise Funds for Pets of Hospice Patients



Last year's pet pageant winner Presley Fryer was crowned Best Pet Pal of Pasco 2021 in the "Most Popular" category. This year's winner of the Virtual Pet Pageant benefitting Gulfside Hospice's pet program will be announced on National Pet Day, April 11.

Pets hold a special place in the hearts of their owners and provide companionship that goes beyond measure. This is especially true for hospice patients with pets that bring them comfort during their final days. Gulfside Hospice is holding a virtual Pet Pageant to raise funds for its Pet Peace of Mind® program, which supports hospice patients and their pets during the end-of-life journey. This extra support helps to relieve stress and anxiety of hospice patients and improve their overall quality of life. This program relies entirely on donations to make this support possible.

The community is invited to enter their pet for the chance to be named "Best Pet Pal of Pasco 2022" while also helping bring comfort, care and companionship to hospice patients and their pets. Furry, feathered, finned, or fanged pets can be entered in the pageant online for a \$10 donation at GulfsidePets.org. Each contestant can submit a photo of their pet with a 100-word description and will get their own pet contestant page online to share with friends and family to ask for votes.

Winners will be announced on National Pet Day, April 11. Categories will include Most Photogenic, determined by a volunteer committee, and Most Popular, voted for by the community through donations. Winners will receive a prize basket donated by community sponsors.

For more information about entering or sponsoring the Virtual Pet Pageant, contact Karen LeRette, Annual Gift Assistant, at 727-845-5707 or karen.lerette@gulfside.org, or go to GulfsidePets.org.

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.

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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.

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Your Body, The Temple of God

Samantha Taylor, Samantha Taylor Fitness

People always ask me what finally made my life turn around with my food issues, when I started having victory. Actually, it started after I was bingeing at a pizza place and the server recognized who I was as the health expert in this paper, over 21 years ago!

I was so frustrated because I had food addictions and emotional eating issues that I didn't know how to stop. God started to remind me in prayer about the scripture that refers to our body as the temple of God. I felt convicted that I was struggling so much with food. Even though I was the #1 trainer in the company out of 2,000 trainers, I still couldn't get myself to stop eating in an unhealthy way.

Although I had heard that scripture many times, this time was different, it hit me at the core of my spirit and I realized that food had become an idol in my life and that I needed help!

I started looking at the scriptures that talk about how when Jesus was crucified, He paid a price for us and that we don't own our bodies anymore (of course this applies only to believers and those that believe in what the Bible teaches about this). It says when He was crucified and rose from the dead that it gave the ability for our bodies to be the temple of God.

This was huge for me to really see this at a different level and with my food issues, I realized that I was not taking care of the temple He had given me. I saw in the Bible that I didn't have a right to abuse it or do whatever I wanted with it but I needed to ask God for help on this through prayer and studying the Bible. Little by little, I started to overcome the dysfunctional relationship I had with food and I no longer binged and I overcame compulsive eating and my sugar addiction.

After 30 years of struggling with food and sugar, I realized it was time to make a change. So, how about you? How have you been honoring the body that God gave you? Have you been a good “manager or steward” over it? With this month being the celebration of Resurrection Day (AKA Easter), perhaps use this time to reflect on this and ask God to give you an understanding of what this means in your life and how He wants you to implement it.

Taking care of our health is not only for us and our family but it's also honoring to God. He said to glorify God in our bodies, that it is worship to Him. Eating foods that are addictive and unhealthy and are linked to disease is not glorifying God in our bodies. It's not about a certain size or weight, it's about a heart attitude of honoring your body as God's temple and making sure you don't have any idolatry in your life with food. If you need some help taking care of the body God gave you, I have four personal training studios for women and that is what we do.

Have a wonderful time celebrating Resurrection weekend! It's also the anniversary day of 27 years of when my husband and I went to church and responded to God and dedicated our lives to Christ. Someone invited us, so we went that day. Think of someone you can invite to church, you never know whose life you will impact. And make sure you go too, even if online. :) *1 Corinthians 6:19-20

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“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”
— John 3:16

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Please come purchase your Mother's Day roses from the Tampa Rose Show. Fresh-cut roses and arrangements will be available to the public for a donation to the Tampa Rose Society. A Rose Education and Information Display will be staffed by Consulting Rosarians certified by the American Rose Society. These expert gardeners, all members of the Tampa Rose Society, will provide advice about how to grow roses successfully in the bay area.

For information about membership in the Tampa Rose Society, contact Mary Lou Hardin at mlhard@verizon.net.

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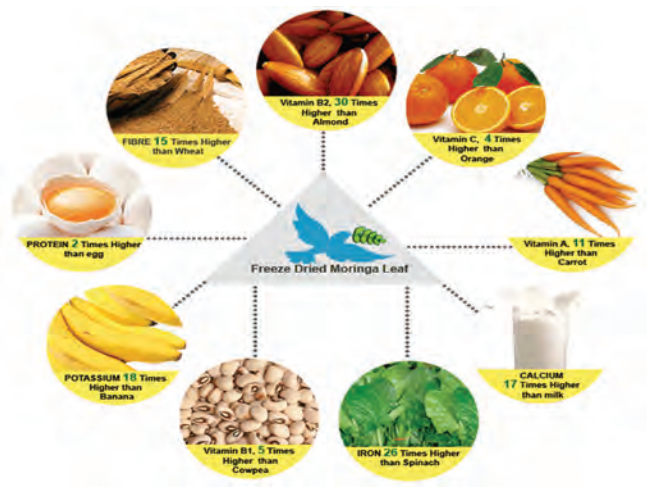
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Prepare for Your Best Season Yet

Amy Peterson
Office Manager, River of Life Church

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” Isa. 43:18-19

While opening my emails, that was the title of an advertisement. As I read it, something went off inside me. I believe that we are to get prepared for this next season that God is taking us through. Just as there are natural seasons—spring, summer, fall, and winter—there are spiritual seasons. At the end of last year, I felt the Lord say that 2022 is a year of new beginnings. As the Lord brings us into our best season yet of new beginnings, He wants us to get prepared. But how do you prepare for something you don't know is coming or what is happening?

Short answer... prayer and obedience!

The Bible tells us that a man's heart plans his way, but the Lord directs his steps (Proverbs 16:9). In Proverbs 3:5-6 it says, “Trust in the Lord with all your heart. Lean not unto your own understanding but in all your ways acknowledge Him and He will direct your paths.”

As we pray to discover what the Lord wants us to do, we need to be obedient to what He tells us. It may look different for each of us because we are all on different paths. He has a special call and destiny for each one of us. No task is too small to be obedient to do and He promises to be there with us as we step out.

What would the best season of your life, your marriage, maybe your business or job look like? As you dream about how that may look, ask the Lord what steps He wants you to take to get prepared. He promises to direct our steps and paths as we acknowledge Him.

The last couple years have been quite difficult for most everyone. We could all tell stories of what we have been through, but I believe the Lord is saying, “It's time to dream again and get excited for new things that are coming. Your best season yet is just around the corner. Get ready!! Get ready, for I am doing a new thing.”

We would love to meet you personally. Please join us at 10:30am on Sunday mornings or 7:00pm on Wednesday evenings at River of Life Church located at 410 E. Chapman Rd., Lutz. For more information, please visit www.roltampa.org.



Andy Whitten

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“My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends.”
— John 15:12-13

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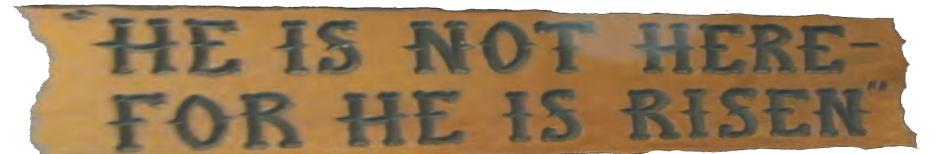
Kidz Corner: Creation

Hello! I'm Harley. Every month I write on a different topic, and this month's topic is creating/creation. Recently, I crocheted a hat for my trip to Louisville, Kentucky. When you crochet, you must gather a crochet hook and yarn. You also must acquire knowledge and skill, as with any other craft. You will encounter trial and error. Then, create! The benefit of a hat is head warmth/keeping 80% of your body heat.

To contrast this, when God creates, He simply speaks things into existence. He created humans with our c. 30 trillion cells, brain and personality, and everything! His benefit? A relationship with humans.

You know, it would get lonely being God. Bachelor parties with the Trinity probably would get old over time. He created us to be good companions, but we crushed our friendship, directly disobeying Him. But God is the God of forgiveness. He still wants us as friends. If you want to be His friend, you can pray for God to come into your life, be with you, guide you, and be your best BFF. (Hint: next month's article might be about Louisville, Kentucky, and the Creation and Ark Museums! :D)

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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MARK TWILLA
DVM

MICHELLE TWILLA
DVM

ALLISON BODNAR
DVM

COMMUNITY PET NEWS

Mark Twilla DVM
Sunshine Animal Hospital

Fleas and Ticks

What is the difference between fleas and ticks? There is actually a big difference. A flea is a wingless insect that can jump really far. Ticks are arachnids, closely related to spiders. Fleas can live for more than 100 days, while ticks can live from a few weeks to up to 3 years. Ticks can transmit dangerous diseases like Lyme disease and Rocky Mountain spotted fever. Ticks live on bushes and grass. When your pet walks by and brushes up against the grass or shrub the tick climbs up on the host. Once on the new host the tick will eventually find a place to attach and feed. Fleas are very common, in fact there are over 2,000 different species of fleas. Fleas can cause extreme discomfort in your pet and can cause a severe allergic reaction to flea bites. There are many products that help control fleas and ticks. We recommend 2 products. The first product is **Bravecto**. For dogs, it is an oral dosage that lasts about 3 months and for cats it is a topical application that lasts about 3 months. The second product is for dogs only, that is **Simparica Trio**. **Simparica Trio** is a monthly treatment and takes care of fleas, ticks, heartworms and intestinal parasites. In Florida your pet needs year round protection from fleas and ticks. These products are only available from licensed veterinarians.

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

Toni Johnson, Insurance Advocate, Has A Passion for Helping Others

By Karen McBride

Independent Insurance Agent

Toni Johnson has been an independent insurance agent for six years. Her prior experience as a nurse led her to this career path. As a home health care provider, she would see the impact of having little or no insurance to cover the patient’s care had on families. She made it her mission to help people navigate the complexities of finding the right insurance plan.

The Florida native and mother of three has worn many hats over the years. She and her husband of 48 years owned their own landscaping business. Finding the right healthcare plan for their employees was a time-consuming task, weighing the pros and cons of each plan to ensure they chose the best protection. She quickly learned the importance of working with a professional insurance agent and wanted to help others with the process.

Finding Affordable Healthcare

Toni helps clients both young and old find affordable health care. Regardless of your age, it is important to review plans and find one that meets your needs and lifestyle. Toni teaches her clients the options that are available in the vast amount of healthcare plans.

“Even if they think they know it, they really need an advocate battling for them,” said Toni. “Insurance is a serious investment and should not be purchased on the spot in an emergency situation.”

She works with multiple carriers and is always looking for the best interest of her customers. Some may call her a workaholic, but it is her passion to help people navigate the multiple plans available. For information, call Toni at 813-220-9932 or via email at tjohns.insurance@gmail.com.



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Will You Pray For Our Nation?

In the face of widespread insecurity, fear, and hopelessness, our nation desperately needs your prayers.

Today we are surrounded by the effects of forgetting—even forsaking—God, both as a nation and as individuals. The problem is too big for human effort. Our nation has a heart problem, and only God can fix it. Will you join us in prayer as we ask God to heal our land?

We have a promise from the Lord: **“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”** (2 Chronicles 7:14, NIV)

Pasco Tax Collector Mike Fasano Announces Essay Contest for High School Students

Pasco County Tax Collector Mike Fasano announces that his office is accepting entries in his annual essay contest for high school students. Entries will be accepted March 28 through April 22. Students enrolled in Pasco’s public/ charter, private, parochial, non-public, and home school programs are all welcome to participate.

In 500 words or less students will answer the question: “Since the 1980’s, Pasco County has seen a steady growth in population that now has us nearing 600,000 residents. To accommodate this growth, we have seen many additions made to our county’s general infrastructure (expanded roads, public transportation, additional shopping venues, etc.). What is one addition that has been made that was most beneficial to Pasco County, OR what is one addition that you believe should be made to further accommodate our county’s growth?”

“We have had a fantastic response to our annual essay contest in previous school years,” remarks Tax Collector Mike Fasano. “I have no doubt that we will receive some excellent essays again this year. Pasco County has some of the state’s best and brightest students. The entrant who writes the winning essay will receive a \$500 gift card. I am looking forward to that day in the not-too-distant future when I am able to hand this prize to the student who prepares the best essay.”

Students in public/ charter schools are asked to submit their essays to their principal, who will forward all essays to the tax collector’s office. Students in private, parochial, non-public, or home school programs may send their essays directly to Assistant Tax Collector Greg Giordano, c/o Pasco County Tax Collector’s Office, P.O. Box 276, Dade City, FL 33526. Each entry should include the student’s name., school, grade and contact information. Entries may also be hand-delivered to the tax collector’s office in New Port Richey at 4720 U.S. Highway 19, New Port Richey 34652. If there are any questions about the contest, please contact Communications Specialist Jose Rodriguez Sierra at 727-847-8165 x3826. No essays will be accepted after 5:00pm on April 22, 2022. Tax Collector Mike Fasano encourages family members, neighbors, and friends to tell eligible Pasco County students about the contest. The winner of the essay contest will be notified by telephone no later than May 13, 2022. The winning entrant will also be announced via a media release.

Tax Collector Offices Will Be Collecting Donations for April’s Charity of the Month: Special Olympics of Pasco



Pasco County Tax Collector Mike Fasano’s five offices will be collecting donations in April for the Special Olympics of Pasco County. Special Olympics is a sports and training program for people with intellectual disabilities. Year-round training and competition are provided in 17 different sports. Participation is at no cost for athletes. The slogan “Where Champions are Made,” sums up the purpose of this wonderful program!

“We are very excited to once again be selected as the Charity of the Month for April!” comments Joelyn Dearsman, Senior Manager/ Pasco. “Mike Fasano and his team have been big supporters of Special Olympics of Pasco for many years and we are grateful for everything they do for our athletes. With the help from our community during this campaign, we will be able to provide athletic training, equipment and uniforms for our athletes. We work with dedicated volunteers to ensure our athletes have everything they need to continue to be successful on and off the field.”

“Special Olympics of Pasco County provides incredible opportunities for individuals with a wide-range of disabilities to be a part of athletics that may not otherwise be available to them,” comments Tax Collector Mike Fasano. “The Pasco County branch of this excellent program has a long history of success in not only the state of Florida but at the national level as well. The opportunities provided to people with intellectual challenges have proven to help enrich the lives of the athletes in a great way. I encourage anyone in our community who would like to support the Special Olympics of Pasco to stop by one of our offices and make a donation!”

Cash donations can be made at any of the five tax collector locations in Pasco County. For more information about the charitable giving program at the Pasco Tax Collector’s office please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit www.pascotaxes.com or more information about services provided by Special Olympics of Pasco please call Joelyn Dearsman, Senior Manager/Pasco at 727-992-8850 or visit <https://www.specialolympicsflorida.org>.

Donations may also be mailed to the tax collector’s office at the following address: Tax Collector Mike Fasano, P.O. Box 276, Dade City, FL 33526. Please note on your check’s memo line “Special Olympics.”



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Thank God For This Paper

Samantha Taylor, Samantha Taylor Fitness

When I started my Personal Training business for women 22 years ago in this area, I was looking for a way to get my name out there. I was working out of a large gym at the time, and I wanted to inspire women to train with me so they could get the results they were looking for. I honestly remember having the conversation with my husband and wondering if we should spend the money because at that time, I was just starting so I didn't have many resources. I knew something within me was telling me to go for it and that I needed to test it out.

I was new to marketing 19 years ago, but I can say it's one of the FIRST places I ever marketed my weight loss and fitness business, and I still look back today and am amazed at what this paper has done for my life and my business. People started calling and little by little it started to increase. With time, I became a mini-celebrity in our area from being in the local paper so much and people started to see me as the authority on women's health and fitness. So much business came in from this paper that after three years I was able to leave the large corporate gym and rented space from another small studio.

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

Things were going well, but I did want a place of my own, a place that women could feel comfortable being in a private environment and with women around their same age. So after a year, I was able to move into my own place, and I knew because of the response I was getting from Dunndean that I could do it. So, 16 years ago I opened my own studio on Florida Avenue and was there for three years.

This paper was always my #1 place that was getting me the most calls. I think it's also because people like to hear about what is going on in the community and they like to read about positive stories. I had no idea community papers were such an impact on people, but they obviously are.

Then, because of how many women I was helping, 13 years ago I was able to step out in faith again and get into my next studio that was almost twice the size, on SR 54 in Lutz. I know without the constant phone calls coming in from Dunndean I would not be where I am today. And because of their great reach, we were able to open multiple locations in 3 counties! It's rather momentous for me because this paper was truly the beginning of an amazing career where I get the honor to help so many women lose weight and get healthy—to the tune of over 12 tons of fat that we have helped women lose.

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

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

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

God bless you! www.SamanthaTaylorFitness.com

The Great Florida Outdoors: Why Do Vines Curl?

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

If you walk out in nature, it may not take much time for you to observe vines that curl and wrap around tree trunks and branches. Why? And in what direction?

Vines use the other plants or trees as support for rootlets or tendrils that grow from the vines. I hypothesized that the winding or curling action may provide a more stable foundation in many cases instead of a single linear upward movement.

I researched some theories online and in reference articles. Certain plants and vines spiral clockwise as they grow (right direction) and some spiral counterclockwise (left direction). Is it determined by which hemisphere you are in and influenced by the Coriolis Effect? It could be tested by finding spirals in both northern and southern hemispheres and comparing their directions. However, many vines spiral in both directions. Given that the Earth does not arbitrarily change its rotational direction, this behavior must be explained by some other explanation.

Among the theories are that the spiral will try different directions to maximize its contact and support and/or the spiral is influenced by the night-day cycles.

I found a theory called a "genetic spiral" that suggests the direction of helicity in various helical-patterns in living plants and animals usually solely depends upon genetic make-up.

Next I found a fascinating article that described how samples of fire moss that travelled onboard the space shuttle Columbia did something odd: they spiral. Scientists say it's a clue to the fundamental inner workings of plant cells. "Moss from space shuttle Columbia (STS-87) shows spiral growth patterns that emerged in low-gravity." Biologist Fred Sack carefully lifted a petri dish from the tray. Inside were precious samples of moss just back from a two-week voyage aboard space shuttle Columbia. He glanced at the growing clumps, blinked, then looked closer. It was not what I expected to see," recalls Sack. His moss was growing in a spiral.

On Earth, moss spores that take root send out hundreds of tiny filaments known as protonemata. These filaments normally grow in an unruly fashion and make a messy-looking tangle. But the moss onboard Columbia behaved differently. "As if choreographed, the protonemata swirled together in the same direction. They formed a distinctive clockwise spiral like no moss on Earth."

Much more needs to be learned about the mechanism of spiraling. Gravity apparently has nothing to do with plant's chirality (or "handedness") or spiraling. Darwin proposed that it was "autonomously induced," which came to be known as the internal oscillator theory. In the 1960's the gravitropic overshoot theory explained mathematically how circumnutation could spontaneously occur as a result of forces related to gravity and growth. As noted, recent experiments on the space shuttle have demonstrated that gravity is not necessary for circumnutation.



Climbing plants exhibit a predominance of right-handed helical growth, but it cannot be explained by a hypothesis attempting to link plant growth behavior and global location. An alternative hypothesis for the findings is that the widespread phenomenon of anticlockwise twining arises as a function of microtubule orientation operating at a subcellular level. Actin filaments as well as microtubules are all chiral polymers, meaning they form spiral structures with defined orientation.

One article included, "The mechanical or physiological basis for dextral versus sinistral orientation of circumnutation among apically twining plants has not been determined." I found an article in Science that stated "tendrils coiling occurs via asymmetric contraction of an internal fiber ribbon of specialized cells. Under tension, both extracted fiber ribbons and old tendrils exhibit twistless overwinding rather than unwinding, with an initially soft response followed by strong strain-stiffening at large extensions." Wow.

Here I have described many scientific hypotheses that may account for plant curling. But to leave out a major consideration—plant intelligence—would be wrong. I have seen countless examples of plants connecting to other plants in seemingly random patterns, their twining wrapping around each other, some even from a distance away. As noted in one article, "We now have dozens of research papers, hundreds of articles, and hours of video prepared and published by plant biologists and neurobiologists discussing the many facets of plant intelligence. Through rigorous research and experimentation, the following behavioral characteristics have now been established and can be attributed to plants: communication, learning, problem solving, and memory & memory recall."

Plants have the ability to communicate with one another and the ability to share information and resources between organisms. The communication occurs through underground Mycorrhizal networks, or cobweb-like networks of mycelial growth that grows around the root structures of trees and plants. These Mycorrhizal networks have affectionately been dubbed the "Wood Wide Web," that can be used for anything from nutrient transportation to signaling a potential threat. By creating an internet-like communication network, it may even allow an entire forest to communicate. Given that plants are stationary and cannot flee from predators, communication has been a very important adaptation to combat their mobility limitations. Curling and twining may be a form of communication yet to be discovered.

How can you observe these mysteries of nature?

Get out and enjoy The Great Florida Outdoors!

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



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When You Jump, God Will Catch You

Continued from Page 1

Let's talk about our heavenly father.

What things do we fear when it comes to trusting Him? Maybe we're afraid because we're convinced God's angry with us and wants to punish us. Maybe he wants to teach us a lesson by letting us hit the water and go under. Maybe our fears are simply based on our desire for pleasure and comfort.

What will God call us to do if we decide to take that leap? Or maybe our fear is exactly the same as the one perched on the side of the pool: we're afraid Daddy isn't gonna catch us. But the Bible says perfect love drives out fear.

So how do we get past it? When you seem far away it's harder to jump. As a father, I gradually moved toward them. That's the same approach God has taken with us through the ages. After the fall, God began to draw closer to us again.

At first, he was a voice beyond the clouds, then a visible pillar of fire and a massive cloud leading them through the wilderness. Next, he came to the people in the Tabernacle and later the Temple.

When they still didn't get it, he came so close that he was human—Jesus! But then he said, “I'll get even closer. I'll unleash the transformative power of my Spirit to change you from the inside out.”

With every step closer, God proved his love for us. God deserves our trust but we still have to step off the edge. God stands ever so close and says, “When you jump, then I'll catch you. But I can't prove it until you jump.”

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Giving Easter a Second Look

Continued from Page 1

How carefully have you looked at this matter? Have you, like former atheist and investigative journalist for the Chicago Tribune Lee Strobel, done your homework? When he only gave a glance at the story of Easter, he couldn't see the truth. But he went past blepo looks to theoreo and horao looks and believed! There's an old adage—you see what you look at. Don't see evidence for a risen Christ? One thing's for sure, you aren't looking closely enough! **If you need a closer look, watch The Case for Christ by Lee Strobel at a theater near you this Easter season! Might not it be time in your life to give Easter a second look?**

By Mike Holm, Pastor of Calvary Chapel
17538 Livingston Ave., Lutz.
You are invited to our services every Sunday at 10:15. Hope to see you soon!
www.cctampa.org

Easter And What It Has To Do With A Bunny



Easter, a celebration of Jesus Christ's resurrection from the dead, is the holiest day of the Christian calendar. According to the gospels of the New Testament, Jesus Christ and his apostles entered Jerusalem to observe Passover, the Jewish holy season that celebrates the Hebrews' release from slavery.

After the Passover supper, Jesus was arrested, and on what is now called Good Friday, he was crucified. Two days later, he rose from the dead. Those of Jewish origin were the first to celebrate the resurrection, likely as a new facet of the Passover festival. In fact, the Easter celebration was called "PASCHA." It's derived from the word

"PESACH" (the Jewish translation for Passover).

Originally, Easter was celebrated two days after Passover, so it fell on any day of the week, but Easter Wednesday just didn't feel right. In 325 AD, Roman Emperor Constantine and the Council of Nicaea ruled that Easter must fall only on a Sunday, the day when Christ rose from the dead. Easter Sunday would be the first Sunday following the full moon after the spring equinox; it could occur anywhere between March 22nd and April 25th.

Around the same time, Christians began one of the first recorded rituals of the modern Easter celebration—the lighting of the Paschal candle. Its flame is a reminder of Christ's resurrection—light out of darkness. As Christianity spread throughout Europe, different pagan customs blended into the holidays. In fact, the actual word "Easter" may have come from "Ēostre," the Goddess of spring and fertility, which brings us to the Easter egg.

Eggs have been a mythological symbol of birth for thousands of years. Christians adopted the egg as an Easter custom sometime around the 13th century. The yolk inside a shell represented Christ emerging from the tomb. Eggs were painted red, representing the blood Christ shed from the cross.

The colorful Easter egg soon hatched its own traditions. A popular one was egg rolling. In 1876, Congress prohibited kids from playing on the Capitol grounds, so President Rutherford B. Hayes opened the White House lawn to the little rollers. Thereafter, the White House Easter Egg Roll became a tradition. So when did that Easter Bunny hop onto the scene? The fertile rabbit has long been a symbol of new life in European pagan celebrations.

Beginning around the 16th century, parents told children that if they behaved, on the eve of Easter, the Osterhase (the name given in Germany to the Easter Bunny) would come and lay colorful eggs, so the children built nests in their homes to entice the rabbit to visit.

Thus began the custom of the Easter egg hunt and the Easter basket. To help fill out those baskets, 19th century European chocolatiers began making egg-shaped chocolates, and the sweet trend spread throughout the world. Today, billions of dollars are spent each year on Easter candy. Easter is a joyful day when Christians celebrate Jesus Christ's resurrection. It witnesses the immense power of God Himself and the belief that God exists. Only He who created life can resurrect it after death.

1st Corinthians 15:55 "He can remove the sting that is death and the victory that is the grave." In Jesus resurrecting from the grave, God reminds us of His absolute sovereignty over life and death. Jesus is the testimony to the resurrection of human beings, which is the principle on which the Christian faith is based.

Unlike all other religions, Christianity alone possesses a founder who transcends death and who promises that His followers will do the same. All the other religions were founded by men and prophets whose end was the grave. As Christians, we take comfort in the fact that our God became a man who died for our sins and was resurrected on the third day from a grave that could not hold him. Today, He lives and sits at the right hand of God.

For 2000 years, new customs have been added, some spiritual and some fun. But Easter is also the time for families to gather and to welcome spring, when new life emerges after the dead of winter. For additional information, please visit online at <http://www.history.com/topics/history-of-easter/videos#history-of-the-holidays-easter-video>.



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

Not My Will

Then Jesus came with the disciples to a place called Gethsemane and said to them, “Sit down here while I go over there and pray.” Then he took with him Peter and the two sons of Zebedee and began to be in terrible distress and misery. “My heart is nearly breaking,” he told them. “Stay here and keep watch with me.” Then he walked on a little way and fell on his face and prayed, “**My Father, if it is possible, let this cup pass from me—yet it must not be what I want, but what you want.**” Mt. 26:39, Phillips Translation.

This was Jesus' prayer in the garden as he struggled personally with what he was facing. In a few hours, He was going to the cross to bear the sin of all mankind. I often wondered what would have happened if He had chosen His own will instead of the Father's. He had that choice, and humanly he struggled. He needed at that moment from God the resolve to fulfill the plan. His will was interfering with His Father's. Nevertheless, “Not my will, but what you want,” He cried.

How many of us struggle every day to want to do our own will instead of our Heavenly Father's? We can get faced with countless temptations throughout the day. It could be a struggle to forgive someone, or to be kind instead of hateful, to be obedient when we

would rather not and indulge the flesh. It may be something more serious when you realize God is changing your destiny and has asked that you cooperate with His plan. Maybe it's to move or change a job or go full-time into the ministry. Whatever the reason, often the spirit is willing but the flesh is weak.

God will not override our will. However, if he has required of us something that we don't want to do, He will supply the strength and internal resolve to follow through. He simply asks us to pray and humble ourselves before Him.

In Philippians 2:13, the New Living Translation (NLT) says, “**For God is working in you, giving you the desire and the power to do what pleases him.**” He will give you the desire and power to do what pleases Him as you pray. You may still feel the internal struggle to go your own way, even as the Lord did when he prayed in the Garden. In fact, He prayed three times before He had the victory. Jesus received this victory personally before He ever went to the cross.

We are told in Hebrews 12:1-2 NLT, “**Let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now He is seated in the place of honor beside God's throne.**”

Dr. Dianne Coflin, Co-Pastor of River of Life Church, Lutz, Florida. Our services begin 10:30am on Sundays. We would love to have you come!

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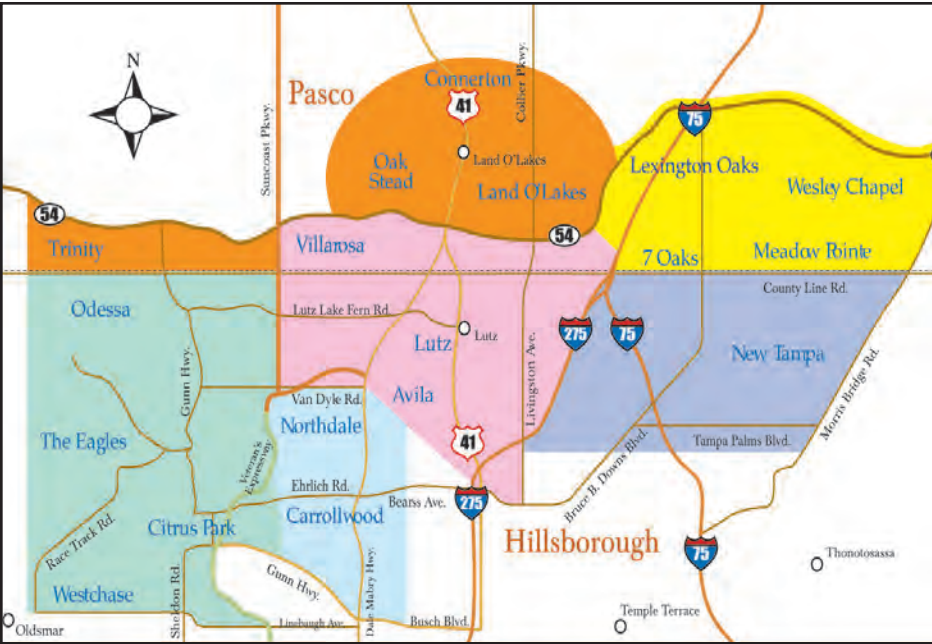
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A Healthy Delicious Assortment at Living Food Bakery

By Karen McBride

Unique Tasty Recipes

When Vicky Lin first considered opening a bakery, she knew it had to be something unusual. Her husband, a pastry chef, had many years of experience in the restaurant industry, so they worked together experimenting on delicious one-of-a-kind recipes. Living Food Bakery opened its doors in 2017 with unique ingredients in its tasty menu.

One of the most popular items on the menu is herbal bread made with Moringa. Her idea of using natural, plant-based elements in baked goods started when she had heard about the Moringa tree with its high nutritional value. The powerful anti-inflammatory, antioxidant and tissue-protective properties helps to treat and prevent diseases such as diabetes, heart disease, as well as skin and digestive disorders.

In order to obtain the freshest ingredients and to maintain the high quality of the plants used, they purchased a plot of land and began growing the Moringa trees themselves. The other fresh items used in their menu are from local farmers' markets.

A Healthy Delicious Assortment

The menu includes breakfast and lunch items. You may choose to start your day with a delicious meal of egg and cheese with Moringa bread or on a freshly baked croissant. For lunch, a variety of seafood (including salmon or shrimp with coconut rice, drizzled with passion fruity-honey sauce), subs or seaweed wraps (with BBQ Pork, chicken, fish, shrimp, Tofu, Garden veggie or vegan), and soups (roast pork, chicken, fish, shrimp, garden veggie or vegan). Moringa noodles can be coupled with sauteed chicken or shrimp for a filling and healthy lunch.

A new item introduced into the recipes was purple sweet potatoes. The menu now includes purple sweet potato bread, cake, turkey dumpling soup, and vegan dumplings. Purple sweet potatoes are high in vitamin C and potassium and can help manage blood sugar and blood pressure.

Herbal Teas

Pair your breakfast or lunch with a selection of herbal teas. The practice of making herbal teas dates back to ancient Egypt and China. The teas, which are full of antioxidants, minerals, and vitamins, are made by steeping flowers, roots, or herbs. There are many benefits from drinking tea, including treating stomach issues, relieving stress, shortening the duration of colds, as an anti-inflammatory, and even anti-aging effects.

Gluten-Free Desserts

For a sweet treat to finish the meal, options include gluten free lemon cupcakes or banana Moringa bites (gluten free, dairy free, and egg free). For your next special occasion, you can place your order for a gluten free and dairy free cake.

Living Food Bakery is located at 38201 10th Avenue, Zephyrhills, Florida 33542.

They are open from 8:00am-3:00pm Monday – Thursday.

For more information or to place an order, call (813) 715-0622 or visit <https://livingfoodbakery.com>.

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

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

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

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