



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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813-898-2860 Article on Page 4

Quesabirria Tacos

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he's our savior...

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we do not see. Hebrews 11:1

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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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May 2022

Labels, Titles, and Tags

"How can they believe such nonsense?" Has that every been your comment after hearing someone give their "expert" opinion about whatever subject is being discussed? We tend to hear what someone says and then immediately label them as good or bad, wise, or foolish, one of us or one of them, and the "one of us" titles seem to be growing smaller and smaller. It is true, we do live in a strange time.

There are ever growing groups who identify as right or left, liberal or conservative, woke or unwoke, gender this or gender that, and we either agree with them because they agree with us, or they are "evil and must be destroyed."

Someone said, "diversity is divine, but division is diabolical." The devil loves division because it produces strife, finger pointing, and accusation. **"For where envying and strife is, there is confusion and every evil work"** (James 3:16).

Continued on Page 8

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Air-O Force 1 Keeping Floridians Cool

By Karen McBride

Longtime service to the community
Air-O Force 1 has been serving the community for over 30 years. The family-oriented company provides residential and commercial air conditioning repair and replacement services to Hillsborough, Hernando, Pasco, Polk, and Pinellas counties.

Air conditioning maintenance and repair
Regular maintenance is important to keep your air conditioning unit running efficiently and to reduce the chance of problems during the hottest times of the year. Air-O Force 1 offers tune up services starting at \$49.95 and services all makes and models, including Rheem, Goodman, American Standard, Trane, Ruud, Daiken, Amana and more. Preventative maintenance contracts are available, and service includes a full inspection and thorough cleaning of your HVAC system.

Relief for allergy sufferers
Allergy season is almost year-round in Florida. Media air filters and annual duct cleaning will reduce pet dander, dust, and pollen from recirculating throughout your home. The air quality in your home is an important factor in alleviating some of the allergens in your home.

Air duct cleaning and indoor air quality
When moving into a home or if you have been in your home for several years, it is time for duct cleaning. If you have noticed your allergy symptoms have become worse, cleaning the air ducts will remove dust from recent renovations, animals or insects in the system and pet dander. Air-O Force 1 utilizes the Brush Beast air duct cleaning machine, which is the most powerful tool in the industry. A dryer vent cleaning is complimentary with the purchase of a duct cleaning.

Sanitizing the vents will eliminate odors at their source and eliminates the organisms at the origin. These organisms can include mold, mildew, and bacterial growth in your system. The Environmental Protection Agency ("EPA") states that indoor levels of pollutants can be 2-5 times worse than outdoor levels.

Air-O Force 1 also offers UV Germicidal Light Installations which will remove unwanted germs from your air supply as it passes through the ductwork significantly reducing the impact on such germs on the health of those with allergies or asthma symptoms.

Upgrading or replacing an air conditioning unit
If you need a new unit, Air-O Force 1 will provide you with a free estimate on their state-of-the-art equipment. The cost of a new air conditioning unit can be daunting, but an energy efficient unit will cool your house faster and actually save you money on your monthly electric bill. Financing is available.

Hours of service and contact information
In Florida, you cannot have a malfunctioning air conditioning unit for long periods of time. As longtime residents, Air-O Force 1 knows this all too well and offers 24-hour emergency service. Their standard hours of operation are Monday – Friday 8am – 7pm with Saturday – Sunday hours available by appointment only. To schedule an appointment, call 813.972.9449. Air-O Force 1 is licensed and insured. For more information, go to <https://airoforce1.com>.

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Continued on back page



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Ready to Get Back to Your Natural Rhythms and Habits?

How have you been handling your health and healthy habits & routines in the last few months, or even in the last couple of years? I know that for some folks it's been easier to incorporate, and for others, it's been harder. Regardless of which it was for you, the world seems to be shifting back to seeing more businesses open, and either returning to what was a normal lifestyle or finding a new normal. Here are a few tips to consider to either get back to, or start up some newfound healthy practices:

- **Schedule it**—block off time on your calendar, set reminders, or whatever you need to ensure you have time for exercise, meditation, planning and cooking healthy meals, drinking more water, getting more sleep, or whatever habits are your top priority.
- **Don't make it a choice, make it a habit**—it's easier to create a habit when you don't have to make a conscious decision to do it, but instead just know that you always do _____ at a certain time.
- **Pair it up with another habit**—along the lines of not making it a choice, you can tack the new habit onto something else that is already a regular part of your routine.
- **Make it a priority**—if something is getting in the way, ask yourself why, which is the higher priority... Knowing you should do something vs actually valuing it enough to commit to it are two very different things and can determine whether you're successful with your health goals.
- **Accountability**—for many it's easier to ask a friend or family member to help hold you accountable to your goals than to do it alone, and then you can cheer each other on.
- **Reflexology**—Reflexology can be part of your new normal; it will help your body get back into balance, boost your immune system, relieve stress, manage pain, and stimulate your body's natural healing ability

So, think about which things used to be a regular part of your schedule and get it worked back in, including getting your Reflexology sessions booked. Book your Reflexology session by calling me today at (813) 965-1697. My studio is in the Copperstone Executive Suites, 3632 Land O'Lakes Blvd., Suite 106, Room 23, Land O'Lakes, FL 34639.

Reflexology... For the Health of it!

Here's to your health!

— Louise

"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ." — 1 Thessalonians 5:23

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GFWC Celebrates Earth Day With Kids

GFWC Lutz-Land O'Lakes Woman's Club members brought a load of learning materials and supplies and set up shop at the 2022 Earth Day Celebration at Crews Lake Wilderness Park in Spring Hill. The clubwomen, many of whom are retired teachers, helped the youngsters (and some parents) with fun crafts and in the process the kids learned



Children enjoying hands-on crafts with parents & clubwomen



Team of club members who worked with kids' crafting projects

much about saving the environment in small and large ways. They were delighted to take home their craft work and were given packets of materials and art supplies with lots of important "Save the Earth" information. For more information on this community service organization or membership opportunities, please visit gfwclutzlandolakeswomensclub.org or its Facebook page.

GFWC Donates to Oasis



(L-R) Members Pam Blumenthal, Dave Dorsey - Develop. Director, Linda Mitchell & Joyce Humphrey
information on this community service volunteer organization and membership opportunities, please visit gfwclutzlandolakeswomensclub.org or its Facebook page.

Hero To A Child Hosts Their First Annual Unsung Heroes Brunch

Christine Arians will be honored at the First Annual Unsung Heroes Event and fundraiser hosted by Hero To A Child on May 20, 2022, at Seven Springs Golf and Country Club in Trinity, Florida. Christine is an advocate for abused & neglected children and the Guardians ad Litem who are their voice in court. She serves as the Director of the Arians Family Foundation (AFF). The Arians Family Foundation supports six CASA/GAL programs in five states. Christine is passionate about the mission of Hero To A Child because she "has seen firsthand the difference a Guardian ad Litem can make in a child's life, and sometimes, in the parent's life." To learn more about their support please view this message from Bruce Arians: https://www.dropbox.com/s/mxf69o6wgoql567/220315_Arians_GAL%20Read_V2.mp4?dl=0.

The Unsung Heroes Brunch was created to honor those unsung heroes among us who tirelessly advocate for the rising number of abused & neglected children in the dependency system. Hero To A Child's mission is to advocate for and support children, young adults, and families impacted by abuse and neglect in Pinellas and Pasco Counties by collaborating with community partners and the Guardian ad Litem staff and volunteers who support the children we serve. In 2021, they responded to more than 4,806 individual needs requests for children right here in our community. You can learn more about their programs and services at www.HeroToAChild.org. The number of children in care in the Circuit they serve has surged with an over 41% increase over the past 6 years making it the highest in the entire state of Florida for children in the dependency system.

Erin Authier, Executive Director of Hero To A Child, stated, "The role of the GAL is vital in the life of children in the dependency system. A child with a GAL is more likely to find permanency and less likely to re-enter the foster system. We are currently serving more than 70% of children in care here in Circuit 6 but it is our goal to reach 100% one day and we need the help of the community to raise the funds and awareness necessary to do that."

Hero To A child hopes to raise \$50,000 with this fundraising event to help meet the needs of each child in care and to recruit more GAL volunteers to be the voice of the child in court. A GAL is often the only form of consistency for children in the system and often the only voice solely vested in what is best for that individual child. To purchase a ticket, sponsor, or donate to the event: <https://herotoachild.org/getinvolved>.

About Hero To A Child

Hero To A Child was founded to ensure that the basic rights and needs of every child in the GAL program are met. They advocate for and support children, young adults, and families impacted by abuse and neglect by collaborating with community partners and the GAL staff and volunteers who support the children they serve. Hero To A Child envisions a community where every child and young adult is safe, secure, and thriving. They believe every child deserves to have a permanent family and be well prepared for their future beyond foster care. Hero To A Child works closely with the Guardian ad Litem Program and raises all funds through private individuals, corporations, civic organizations, faith communities, and fundraising events. They do not receive any government assistance.





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Kidz Corner: Louisville Creation Museum

Hi! This is Harley Smith. I recently traveled to the city of Louisville, Kentucky, U.S.A, North America... You get the idea. The Creation Museum and the Ark Encounter are there. In this article, I'll be talking about the 4.5 star-rated Creation Museum. First, you walk through the front doors, go to the check-in, and you are in the lobby. To your left is the Stargazing Planetarium, straight ahead is a dinosaur skeleton, and in the corner is a small Eden diorama. There is a special effects studio, plenty of concessions, and tons of information. If you walk down one pathway, you will find an interactive experience depicting the seven C's of history: Creation, Corruption, Catastrophe, Confusion, Christ, Cross, and Consummation. There are also posters and reasons and other items depicting Creation vs. Evolution. Here is the history of Answers in Genesis, a non-profit organization devoted to teaching the world about creation and God, which created and built the Creation Museum and a life-size replica of Noah's ark:

<https://answersingenesis.org/about/history>

To learn more about the Creation Museum or to book a trip to this wonderful, information-full, Christian museum:

<https://creationmuseum.org>

To find answers about God, popular evolution-creation arguments, and much, much more:

<https://answersingenesis.org>

The Creation Museum is well worth your time, and you will enjoy it. The museum and organization are not meant to push you into Christianity, but to share God's love and creation with everyone. I highly recommend it, and please check the website out! I'll 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.”**



Don Julio's Mexican Restaurant Has Opened a Second Location

By Karen McBride



A Second Location to Better Serve their Customers

Don Julio's, the award-winning Mexican restaurant, has opened its second location. It is conveniently located at 16023 Tampa Palms Boulevard, Tampa, to enable patrons across the Tampa Bay area to enjoy the fresh ingredients and authentic Mexican cuisine.

The significant support from the community not only allowed the award-winning restaurant to double its staff at the first location, but also to open the second restaurant.

Don Julio's has won the Best Mexican Restaurant and Best Taco in Tampa Bay award presented by 92.5 Maxima for the past two years.

Traditional Mexican Menu

The additional location will continue to serve a delicious variety of menu items inspired by Julio Rodriguez's mother, Dona Esther, who loves cooking for her family.

Taco lovers can choose from a variety of the award-winning delights, including Pollo Taco (grilled chicken), Carne Asada (grilled steak), and more. Vegetarians can enjoy the authentic Mexican flavor, too, as veggie tacos are also available. Party platters in quantities of 10 or more may be ordered in advance for family or business gatherings.

Burritos, traditional Mexican rice, and Molcajete (sizzling grilled steak, chicken, and shrimp cooked with onions and red and green peppers) are just a few of the specialties of the family friendly restaurant.

Two Convenient Locations

Tampa location: 2808 E Bearss Avenue, Tampa, FL 33613

Tampa Palms location: 16023 Tampa Palms Boulevard, Tampa, FL 33647

The restaurants are open Sunday through Thursday 11am – 9pm and Friday and Saturday 11am – 10pm. It is closed on Sundays. For more information, call 813-898-2860 or visit <http://www.donjuliosmexican.com>. Reservations can be made for dine-in, and curbside pickup, take-out, and delivery service are also available.




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“Behold, I give you authority to tread on serpents and scorpions, and over all the power of the enemy”
Luke 10:19


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But on one weekend a year, we stop what we are doing, observe moments of silence, and remember. Remember a mother crying when she heard the news, a wife screaming when told of her husband’s sacrifice, a child looking, with tears in their eyes and puzzlement on their face, wondering why daddy will never come home. Men and women have, throughout our history, paid the ultimate price for love of country, family, and freedom.

Most of us will never be asked to serve in harm’s way, but we can show our love and appreciation to those who have. There is a patriotic song which says, “All gave some and some gave all.” Perhaps you know of someone who had a loved one that “gave all.” Or maybe you know someone who recently “gave some” by serving overseas for our country.

If so, then you can “lay down” your life in a small way by going out of your way to serve them and let them know they are remembered and very much appreciated.

You can make a dessert, buy a meal, send a card, make a phone call, or even stop what you are doing and make a visit. It may not seem like much considering what they have given. But the sacrifice of time, effort, and money on your part demonstrates a love and appreciation often lost in the celebrations and activities of the holiday. And it will mean so much to those who have served or lost loved ones in service.

In a world where love is defined by “What can you do for me?” we can restore Christ’s definition and make it more about “What can I do for you?” We can remember that there is “no greater love,” and express our heartfelt response. Have a great (and meaningful) Memorial Day.

— Previously submitted by another contributor

Remember, there are only two defining forces that have ever offered to die for you— Jesus Christ and the American soldier. One died for your SOUL, the other died for your FREEDOM.

Jesus said in John 15:13, “There is no greater love than to lay down one’s life for one’s friends.” This month, we remember those who have laid down their lives for their fellow comrades in arms, their country, and their loved ones back home.

We can become so accustomed to a truth that it loses its depth of meaning. The news about casualties and conflicts in our world becomes so routine that it stops being about people. It becomes just another piece of information, another “sound byte,” in a world full of sounds and massive amounts of information.

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An Act of Kindness: The Good Samaritan



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

He said, “He who showed mercy on him.”
Then Jesus said to him, “Go and do likewise.”

— Luke 10:30–37, World English Bible

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Social Security Honors Our Military Heroes

By Javier Morales, Social Security Public Affairs in South Florida



On Memorial Day, our nation honors military service members who have given their lives to preserve our freedoms. Families, friends, and communities come together to remember the great sacrifices of military members and ensure their legacies live on.

The benefits we provide can help the families of deceased military service members. For example, widows, widowers, and dependent children may be eligible for Social Security survivors benefits. You can learn more about those benefits at www.ssa.gov/survivors.

We also offer support to wounded warriors. Social Security benefits protect veterans when injuries prevent them from returning to active duty or performing other work. Both the Department of Veteran Affairs and Social Security have disability programs. You may qualify for disability benefits through one or both programs. Read our new fact sheet, “Social Security Disability and Veterans Affairs Disability — How Do They Compare?” at www.ssa.gov/pubs/EN-64-125.pdf. Depending on your situation, some members of your family, including your dependent children or spouse, may be eligible to receive Social Security benefits.

Wounded military service members can receive quicker processing of their Social Security disability claims. If you are a veteran with a 100% Permanent & Total compensation rating from the Department of Veterans Affairs, we’ll expedite your disability claim.

Want more information about how we can help? Visit www.ssa.gov/woundedwarriors for answers to frequently asked questions or to find information about the application process.

Thinking about retirement or know a veteran who is? Military service members can receive Social Security benefits in addition to their military retirement benefits. For details, visit our webpage for veterans, available at www.ssa.gov/people/veterans. Please share this information with the military families you know. We honor and thank the veterans who bravely served and died for our country and the military service members who serve today.

Remember Our Veterans

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Tax Collector Mike Fasano’s Five Offices Features CARES as Charitable Organization of the Month in May



Tax Collector Mike Fasano’s five offices will feature CARES (Community Aging & Retirement Services) as the charitable organization for the month of May. All proceeds from the promotional effort will benefit the CARES “We Help” campaign! CARES provides services to vulnerable seniors who need meals, home health care, home maintenance and help with pet care. Without the help provided by CARES many seniors would be unnecessarily placed in nursing homes or possibly even perish alone.

“Your kindness will help families in Pasco County who need in-home health services, adult day care and assistance for family members who need a break from the stressful demands of caregiving,” states Jemith Rosa, CARES President & CEO. “Your generosity will help frail elderly people in Pasco County, who are facing illness, hunger, and isolation. Additionally, the family members and caregivers need help as well.”

Donations can be made at any of the five tax collector locations in Pasco County. For more information about CARES and the various services available to seniors and their loved ones, please contact Jemith Rosa at 727-863-6868 or visit the website www.CARESFL.org.

For more information about the promotional and charitable giving programs at the tax collector’s office, please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit www.pascotaxes.com.

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!

GFWC Supports Lighthouse For The Blind

GFWC Lutz-Land O’Lakes Woman’s Club recently invited Sheryl Brown, President of Lighthouse for the Blind & Low Vision, to speak to its members on the services provided to the blind and vision-impaired by guiding them through training to independence through at-home living and navigating the present-day workplace. Club member Marsha



(L-R) Sheryl Brown, President of Lighthouse with member Marsha Gibson



(L-R) President Elayne Bassinger and member Marsha Gibson

Gibson, who is legally blind, has long advocated for this organization and is its informal liaison within the Woman’s Club, which supports Lighthouse. Ms. Gibson demonstrated some of the new special aids and electronic devices now available and very specific to the needs of the blind and low vision population. Ms. Gibson was honored by the club president for her participation in many club activities and particularly her outreach on behalf of the blind over many years.

GFWC Visits Washington, DC



(L-R) Members Kay Taylor, Dee Knerr, President Elayne Bassinger & Annette Bellinger visiting GFWC headquarters in Washington, DC



All aboard the Washington train (L-r) Members Annette Bellinger, President Elayne Bassinger & Dee Knerr

GFWC Lutz-Land O’Lakes Woman’s Club members were part of a recent statewide train trip to tour the Washington, D.C. monuments, view the beautiful cherry trees in full bloom and visit their GFWC Headquarters. The ladies enjoyed a very special visit with Marion St. Clair, International President of GFWC, at its stunning headquarters in Georgetown. For more information on this community service organization, please visit gfwclutzlandolakeswomensclub.org or its Facebook page.

Pasco Tax Collector Offices Collect Over \$13,000 for Fostering Change Foster Closet



Tax Collector Mike Fasano, Deputy Chief Tax Collector Tim Couet, Assistant Tax Collector Greg Giordano, and other tax collector staff members join George Agovino for the presentation of the ceremonial check.

During the month of March, the Pasco County Tax Collector’s Offices accepted donations totaling \$13,179 on behalf of Fostering Change Foster Closet, a non-profit program. Fostering Change Foster Closet was created to provide children who are 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.

“Thank you to Mike Fasano, Greg Giordano, Pasco County Tax Collector Office’s amazing staff and to this incredible community,” comments George Agovino, Founder & Director of Fostering Change Foster Closet. “This donation goes directly to helping children in foster care and children and families in need. We could never do any of this without you. Thank you from the bottom of my heart. Our community gives hope to children/families when they feel there was none.”

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.

“It was a great honor for our office to feature Fostering Change Foster Closet as our Charity-of-the-Month in March,” remarks Tax Collector Mike Fasano. “George Agovino and his team have made an impact on the families in the foster care system that can’t be measured. Due to a very generous community and staff of the tax collector’s office, it was truly a pleasure to play a small part in the success of this fine organization. Thank you to all who donated during this charitable giving drive.”

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://fosteringchangefosterclinet.com> or contact George Agovino, Founder & Director at (813) 421-1958.



Hail to the 2022 Chasco Ball King & Queen



Lighthouse for the Visually Impaired and Blind is pleased to introduce King Pithla Mike Wells & Queen Chasco Shelita Stuart who were crowned on March 25th at the 2022 Chasco Coronation Ball. The Ball celebrates the outstanding contributions made by many in our community with nominations from not-for-profit organizations, and it recognizes two of the nominees with a Coronation of King Pithla and Queen Chasco. This year, competition for the crown was steep with over 28 very deserving nominees.

Mr. Mike Wells, nominated by the United Way of Pasco County, is an active Board member for the United Way of Pasco County, James P. Gills Family YMCA, and Feeding Pasco’s Elderly. He has served on Boards that include Area Agency on Aging, Rotary Club of New Port Richey, Ducks Unlimited, and Empowering Pasco’s Veterans. Mike is a graduate, Program Chair and Presenter at Leadership Pasco. He volunteered and worked with organizations that include Youth and Family Alternatives, Good Samaritan Health Clinic, CARES, PACE, Metropolitan Ministries, Sunrise Domestic Violence Center, Marchman Technical College, and Toys for Tots.

Mrs. Shelita Stuart was nominated by the Rotary Club of New Port Richey where she has held several positions that include Vocational Services, Finance Committee, Interact at River Ridge, and Marchman Technical College Student of the Month Liaison. She has served as President of the Boys & Girls Club of Pasco, Salvation Army Domestic Violence Committee, Boy Scouts of America, Pasco Pediatric Foundation and the MS Foundation. In addition to volunteering, she was an intricate part of a 29-year fundraiser for South East Guide Dogs. Shelita is active in NAIFA- Florida and served in many leadership positions.

The Chasco Ball is a fundraiser for Lighthouse for the Visually Impaired and Blind. This year’s Ball was attended by almost 300 people who dressed for the Roaring Twenties. The attendees were delighted to be together in-person and to take part in the Royal festivities. They were also delighted to hear from Miss Lily James who has been a Lighthouse client since she was a baby. Miss Lily, visually impaired from birth and now almost a teen, explained that the support of the Lighthouse has helped her with having confidence for school and many of her activities, which include being on a swim team. The Lighthouse is so grateful for the wonderful turnout and all the funds raised for Lighthouse programs and services. Our heart-felt thanks go to our finalists, the nominees, and all who made the 2022 Chasco Ball a success. To learn more about the Ball, the Lighthouse and to view a list of nominees, visit lvib.org.

#ChascoCoronationBall



The Great Florida Outdoors: Liverworts

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

What's in a name?

The English word “wort” means “small plant,” expressed in names such as Pennywort and Bladderwort. The term liverwort originated from the fact that the early herbalists thought that one of the liverworts had some resemblance to a liver and was therefore might be useful as a medicine for liver ailments. Liverwort derives from a “liver-like small plant”.

Liverworts represent a branch of non-vascular plants, most of which are terrestrial.

Liverwort Life Cycle

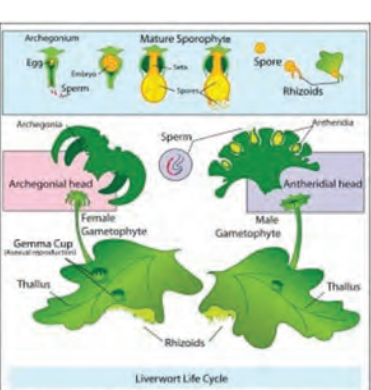
Liverworts, like most plants, display an alternation of generations between a haploid organism and a diploid organism.

In alternation of generations, a single species displays multiple forms. There is the sporophyte, which is capable of producing haploid spores. These spores cannot fuse together like gametes, and instead they grow into a new organism, the gametophyte. The gametophyte is still haploid, but grows into a multicellular organism. The gametophyte can produce gametes, which are similar to spores except they will not grow into a new organism directly. Instead, gametes undergo fusion or fertilization, and form a new cell, the zygote.

The zygote, now a diploid organism, grows to be multicellular. It develops special organs capable of meiosis, a type of cell division which reduces the amount of DNA. Through this process, the spores produced are haploid, again. This means that they carry only 1 copy of DNA.

They are released into the environment, and the process can start over. Sporophytes and gametophytes typically look and form differently, although this is not always the case. In the case of liverworts, the sporophyte and gametophyte versions are very different. Look at the image below.

In liverworts, the gametophyte is the dominant life cycle. This means that liverworts are typically haploid organisms. In the image above, you will see two gametophytes. Liverworts are also dioicous, meaning they have haploid gametophytes with separate sexes. The male plants produce



an antheridial head, capable of producing sperm. The female archegonial head produces an egg. The sperm are dispersed from the male gametophytes and are carried by wind or water to the egg found on another plant.

When the sperm fertilizes the egg, an embryo is formed. This is the sporophyte, and in liverworts it will not get very big. The liverwort sporophyte develops into the microscopic seta. The seta, or mature sporophyte, is completely dependent on the gametophyte for food and survival, and lives within the archegonium its entire life. The seta is responsible for conducting meiosis, and creating the haploid spores. The spores will be released into the environment, and will grow into adult gametophytes. The image shows

the development of the first rhizoids on the spore, which will become a rudimentary root system for the grown gametophyte.

However, this is not the only way liverworts can reproduce. Take a look at the image again. You will notice that the gametophytes both have small cups, called gemma cups. These cups contain small clusters of cells known as gemmae. When rain or water splashes into the cup, the gemmae are dispersed from the plant, and are capable of growing into full gametophytes in the right conditions. While liverworts have the ability to reproduce through the above mentioned process of alternation of generations, this much simpler process of asexual reproduction probably accounts for a large percentage of the plant's reproduction and dispersal.



Thallose Liverworts

In broad terms, a liverwort gametophyte will show one of two forms, depending on the genus. In a leafy liverwort the gametophyte consists of leaves on stems. In a thallose liverwort you'll see a flattish, green sheet - possibly wrinkled or lobed. Such a sheet is called a thallus and, in many cases, that's all there is to the gametophyte.

Evolutionary History of Liverworts

The atmosphere was composed heavily of carbon dioxide and contained little oxygen. As plants like ancient liverworts began to emerge, they consumed the carbon dioxide and released oxygen. This drastic changing of global chemistry would later lead to climate change and massive extinction events. Unlike liverwort, vascular plants had a distinct advantage in transporting and holding water. However, in the 485 million years since the emergence of land plants, both types have colonized nearly every terrestrial space. Liverworts and other non-vascular plants can be found in deserts, and in cold northern latitudes as well.

Think about the role of liverworts in climate change! Many researchers and citizen scientists have been called upon to study liverworts and help quantify climate change. These plants could become our climate “canary in the coal mine.”


Liverworts, once thought to be firmly related to the ferns, have more recently been given their own subdivision. The ferns show an opposing alternation of generations. Unlike liverworts, they show a dominate sporophyte. It is now thought that ferns are more closely related to gymnosperms (conifers) and flowering plants. Liverworts, therefore, represent an ancient and mostly unchanged division of some of the first terrestrial organisms to ever come out of the water. The argument of whether to include the liverworts within the Bryophyte (moss) grouping is an ongoing debate, but recent classifications have kept them in their own division.

Thank you to [BiologyDictionary.net](https://biologydictionary.net)

Where do you find liverworts and other fine creations?


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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
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
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
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Sunshine Animal Hospital






Storm Phobia



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

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Labels, Titles, and Tags

Continued from Page 1

Dr. Dan Coffin • Pastor, River of Life Church

So, strife opens the door for “every evil work” to enter a person’s life, family, workplace, church, community, or nation. We all should know that division makes us weaker, but how can we come into agreement with those you do not agree with?

Even with a seemingly never-ending grouping of people on the planet, there truly are only two groups of people. There are those who are in the “kingdom of darkness” and those who are in the “kingdom of God”, and it is not always easy to tell the difference. It should be, but it is not always. Let me explain. All of humanity is separated from God because of sin, but God has a solution to our sin problem.

We could not eliminate our sin problem by purchasing forgiveness as a ransom by giving some financial amount for a good cause, or through chronic suffering or self-sacrificing. We will just end up as the same person but broke, sick, and sad. We needed someone else to do for us what we could not do for ourselves.

That is why God sent His Son Jesus to live a holy, sinless life for us and then die on a cross and receive the judgment our sin required so that we can be forgiven. Our sins, all of them, were paid for by the blood of Jesus so when we come to Jesus, he has the authority to forgive us, cleanse us, and give us His righteousness (being right).

The Bible says that God “...has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son.” (Colossians 1:13) God did that by His grace not based on our goodness or eligibility. Our “salvation” (forgiveness and being transferred from one kingdom to another) is not based on what we did or did not do but is wholly based on what Jesus did for us.

When we come to Jesus to humbly confess Him as Lord of all and surrender our broken lives for His abundant life, something happens on the inside of us. The Holy Spirit does a work that only He can do. We are forgiven and not just forgiven we are made into something new we were not before. We were not put on “probation” to see if we will do good enough to be accepted, we were given His salvation that took us out of one kingdom and brought into another.

That work of God in us took place in our spirit. The Bible shows us that a person consists of three parts—spirit, soul, and body (1 Thessalonians 5:23). The body is just the house our spirit and soul live in. Our spirit is who we are, a spiritual being that was made in God’s image by the work of the Holy Spirit in us. The soul of man is the mind, will, and emotional part of our being. When anyone comes to Jesus and is born again of the Spirit of God, their spirit is changed and relates to God. The body hasn’t changed, and the mind has some new information but still tends to come to conclusions and form opinions based on their world view and social history just like they have always done.

People who come to the Lord have a new spiritual life in them, but unless they renew their minds to the truth of God’s word, they can still live like those who have never known the Lord. The Bible calls them spiritual babies (1 Corinthians 3:1-3). There are some that believe but live in division and strife just like unbelievers and there are some who don’t believe but they have learned to be kind, gentle, and agreeable. God never intended for us to be governed by our soul,

Mother—Where Would We Be Without Her?

Every year on Mother’s Day, moms all over the world receive cards, flowers, phone calls, and macaroni jewelry boxes, all of them with the same sentiment. Thanks, mom! But dear old mom’s sweet day of gratitude left its creator quite bitter.

The ancient Greeks were among the first to pay tribute to moms. Their spring festival honored Rhea, the mother of all Greek gods; that holiday didn’t pan out. In mid-evil Britain, servants were given the fourth Sunday of Lent to go home to spend a day with their moms.

This custom was called Mothering Sunday. But the modern era Mother’s Day was created by Anna Marie Jarvis. Anna admired her mother, who attended to the wounded during the Civil War and later became a community activist.

When young Anna was 12, it was believed that she heard her mother pray that one day, there might be a memorial day for mothers, for all the good they do. Young Anna never forgot the prayer, and when her mom died in May of 1905, a plan for Mother’s Day was born.

On the second anniversary of her mom’s death, Anna held a church memorial dedicated to her mother’s good deeds. In May of 1908, Anna held another memorial and handed out white carnations, her mom’s favorite flower.

She contacted Philadelphia philanthropist John Wanamaker, who joined a Mother’s Day committee in hopes of honoring all mothers all across the nation. In 1910, West Virginia became the first state to observe the second Sunday in May as Mother’s Day. After a fierce letter-writing campaign, Anna got Congress to federally recognize the holiday.

In 1914, President Wilson signed a bill that officially made the second Sunday in May, Mother’s Day. The holiday was meant to be spent in church. Afterwards, sons and daughters would write loving letters to their mothers. Carnations were worn that day—pink or red carnations honored living mothers and white carnations honored mothers that passed.

With each year, more and more Mother’s Day carnations were sold and by 1920, greeting card companies got into the Mother’s Day business.

Anna was enraged by what she considered a lazy excuse for letters that should be handwritten. By 1924, the holiday creator was so appalled with the commercialization of Mother’s Day that she petitioned to abolish it.

In 1930, Anna was arrested for disturbing the peace at a Mother’s Day carnation sale. Sadly, Anna spent the rest of her life and family inheritance fighting the holiday. She died in 1948, leaving no children to remember her.

Since then, Mother’s Day has become one of the most profitable holidays for florists and the phone companies’ highest volume day of the year.

This probably wouldn’t please Anna, but deep down, she would have to be satisfied that on her Mother’s Day, millions of moms around the world receive extra attention and well-deserved hugs. All on Mother’s Day.

<http://www.history.com/videos/history-of-mothers-day#history-of-mothers-day>



but by our spirit. The book of Romans shows us God’s way for us to live an abundant life.

“...present your bodies as a living sacrifice...”

“...be transformed by renewing your mind...” (Romans 12:1-2)

Our spirits are in perfect agreement with God, but what we do with our bodies is to be what pleases God and our old way of thinking needs to be changed to the way God thinks. We can know how God thinks about things because He tells us in His Word, the Bible. It must be the final authority in our lives, not how we feel about something. Our own reasonings and opinions need to be formed by what God says and not what others think.

Which kingdom are you in? Which kingdom is in you? God wants every one of us to live in His abundant life (John 10:10). Are you willing to come to Jesus to receive forgiveness? Are you then willing to lay down your life (your will, opinions, and ways) and walk in God’s? His is far better.

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

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

I heard about this burglar that broke into a house. One night just as he was stealing the stereo, he heard a voice saying, “Jesus is watching you.” He froze in his tracks, shone his flashlight in the corner, and saw a parrot. He said, “Did you say that to me?” The parrot said, “Yes. I’m just trying to warn you.” The burglars said, “Warn me? What are you talking about? Who are you?” The parrot said, “My name is Moses.” The burglar said, “What kind of crazy people would name a parrot Moses?” The parrot said, “The same kind of people that would name a 150 pound rottweiler Jesus.”

Say it like you mean it. Joel Osteen

“The thief comes only to steal and kill and destroy. I have come that they may have life and have it to the full.”

— John 10:10



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Pasco County Tax Collector Mike Fasano & Staff Collect \$11,000 for the Humane Society of Pasco County



During the month of February, the Humane Society of Pasco County was the featured charitable giving organization at the Pasco County Tax Collector's Office. The Humane Society of Pasco County is a 100% no-kill shelter which is run solely by volunteers and community donations.

"The Humane Society of Pasco County would like to thank Tax Collector Mike Fasano, and Assistant Tax Collector Greg Giordano for making us the monthly organization that they help in Pasco County," comments Suellen Szesyski, President of the Society's Board of Directors. "We would also like to thank the generous citizens of Pasco County for making all the donations that made February such a really great success for us. The people of Pasco County donated \$11,000 to the Humane Society. You have all helped to save the unwanted and abused animals of Pasco. They thank you and we thank you so much."

"The Humane Society of Pasco County provides a needed service to countless animals who are left homeless, hurt and without care," comments Tax Collector Mike Fasano. "It was an honor to help raise funds for a charity with a mission to help lost and hurting animals no matter the cost. Thank you to a very generous community for taking the Humane Society to heart and donating so much to help the animals live a better life and hopefully find a home that will forever be theirs."

For more information about the charitable giving programs and other services at the Pasco Tax Collector's Office please visit www.pascotaxes.com or call Greg Giordano, Assistant Tax Collector at 727-847-8179. For more information regarding The Humane Society of Pasco County, please visit www.humanesocietyofpasco.org or contact Board President Suellen Szesyski at 727-856-6762.



Tax Collector Mike Fasano & Staff are joined by Susan Victor, Suellen Szesyski and Pumpkin of The Humane Society of Pasco County

GFWC Supports Humane Society of Tampa Bay

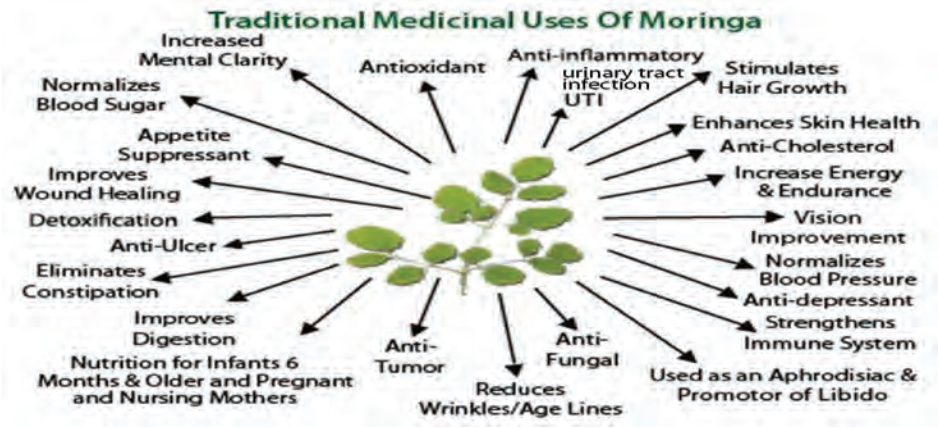
GFWC Lutz-Land O'Lakes Woman's Club members have long supported the Humane Society of Tampa Bay with many donations over the years. This year, club member Elaine Pittman, who is aka The Plant Lady and aka The Quilt Master in the Lutz community, has devoted countless hours handcrafting this beautiful quilt with an adopt/rescue a pet theme, which she has presented to Ms. Varchi of the Humane Society to be used as an auction item in its annual "Island Paws Party" fundraiser to benefit the shelter. Donations of pet food and comfort items for the animals were also delivered on behalf of the Woman's Club. For more information on this community service organization or membership opportunities, please visit gfwcclutzlandolakeswomansclub.org or its Facebook page. Thank you for your consideration.



(L-R) Ornella Varchi, Humane Society Chief Development Officer and quilter/club member Elaine Pittman

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Firefighting foam, commonly used to fight jet fuel fires, has been widely used by the military and fire departments since the mid 1950s. However **firefighting foam contains chemicals known as PFAS**, which have been linked to illnesses like cancer.

Sokolove Law is currently investigating cases nationwide involving **pancreatic, kidney, testicular, thyroid, bladder, breast, liver, colon/colorectal and prostate cancer, as well as leukemia and lymphoma** after occupational exposure to firefighting foam.

If you or a loved one were diagnosed with cancer after exposure to firefighting foam, you may be entitled to receive **compensation**.

Call 833-951-3009 now for a FREE legal consultation.



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Royal Pets Market & Resort	www.royalpetsmarket.com	(813) 448-6744
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Water Safety

The warm and sunny weather is perfect for days on the water. However, it creates possible dangers for those who do not know how to swim. Fatal drowning rates continue to increase each year. Residential locations, such as a child's home, a family or friend's house or a neighbor's residence count for 71 percent of fatal drowning incidents. The Pasco Sheriff's Office wants everyone to review the following water safety tips in order to reduce the chances of injury or death around water.

Stay Alert

Many drowning fatalities can be prevented by adult supervision. Children shouldn't be unattended in or near water. Rather than assume someone else is watching a child in a pool area, designate an adult water watcher. This person shouldn't be distracted in any way and should have a charged phone nearby for emergencies. Although swimming lessons and life preservers are important for water safety, there is no substitute for adult supervision. Additionally, don't to leave objects such as toys near pools, docks, canals or other bodies of water, which can draw a child's attention towards water.

Water Safety Skills

Learning to swim is crucial for water safety. Between 2015-2017, children younger than 5 years old account for 75 percent of child drownings. Ensuring that children know how to swim and know the rules of pool or water safety are vital for reducing water-related incidents. Establishing clear rules with children, such as don't climb pool fences or stay off of docks while playing can aid in safety as well.

Another way to ensure safety while enjoying water-related activities is knowing CPR and updating these skills regularly. Additionally, keeping rescue equipment and a first aid kit pool-side or easily accessible at all times can help prevent serious injury or death. Starting life-saving procedures prior to emergency personnel's arrival can increase someone's chances of living.

Appropriate Equipment

Proper fences, alarms and pool covers are crucial for water safety. Check to make sure all drain covers are secure before entering a pool or spa. Use at least four-foot high fence with self-closing and self-latching gates around all pools. Never prop open gates that lead to water or leave furniture where a child could use it to climb over the fence. Use covers and install alarms, such as a wave-activated alarm in the pool or an alarm on the door leading from the house to the pool. Ensure all life-saving equipment, such as life rings or reaching poles are in good condition and readily available for use.

To learn more about water safety, visit poolsafely.gov, apsp.org, or redcross.org.
Pasco Sheriff's Office
"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

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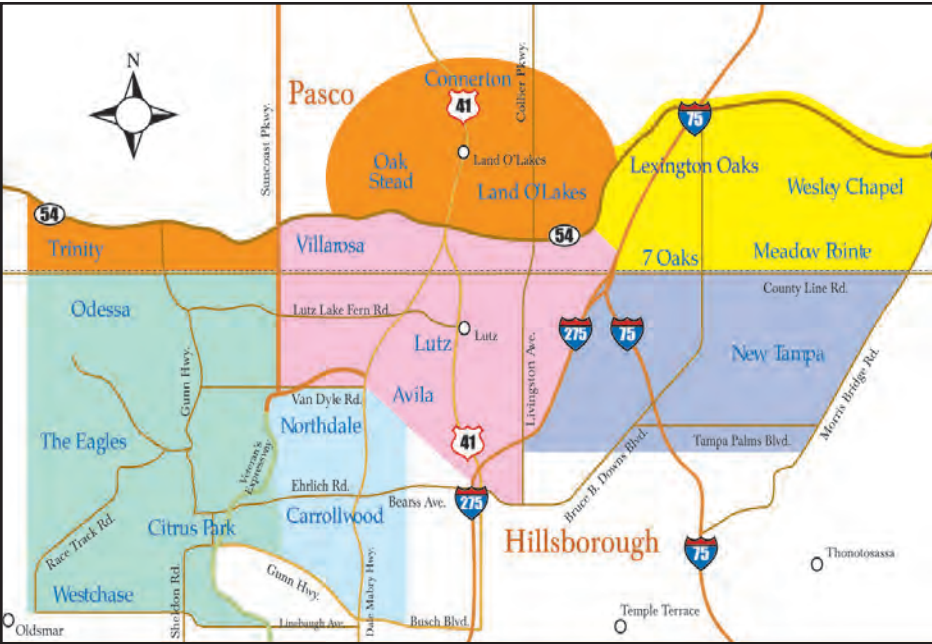
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I heard about this woman Kathy who had a heartbreaking, horrible divorce. Many years had passed and one day in her old age, she passed away and found herself standing at the pearly gates. The Lord said, "Welcome Kathy, you're just in time. But before I can open the gate to let you in, you must spell a word." So she asked, "What word is it?" He said, "The word is love." "Oh, that's an easy one. L-O-V-E." And the pearly gates opened. He said, "I have some work to do in the back, so if you don't mind, can you guard the gate? And when someone walks up new just have them spell that word." As she was waiting, off in the distance she could see walking up to the pearly gates was her ex-husband. He said to Kathy, "How did you get in?" She said, "I only had to spell a word." He said, "What is the word?" She said, "Czechoslovakia." *Say it like you mean it. Joel Osteen*

Registration Open for 2022 Battle of the Bass Tournament at Guy Harvey's Camp Mack Resort in Lake Wales



Registration is open for the annual Battle of the Bass fishing tournament, to be held Saturday, May 21, 2022 at the Guy Harvey Camp Mack Resort in Lake Wales

Proceeds from the event, hosted by MLF Tour professional Darrell Davis, benefit Big Brothers Big Sisters of Tampa Bay's youth mentoring programs. Since partnering together in 2017, Darrell Davis Fishing has helped raised close to \$65,000 for charity to help empower kids in Polk County to reach their full potential.

The entry fee for the catch-and-release tournament is \$200 per 2-person boat and guaranteed First Place prize is \$5000. With 100 boats, First Place will earn \$10,000 and cash prizes paid through 5th place. There is also an optional Largest Bass competition (cost: \$20 per boat) which pays 100% for the largest bass caught. Tournament waters include all lakes and rivers connected on the Kissimmee Chain of Lakes.

A fishing clinic for the kids and their mentors will be held on the dock during the tournament and is hosted by Darrell Davis and facilitated with support from Florida Fish & Wildlife Conservation Commission. This is always a highlight for the day as the Big/ Little "Matches" experience the fun of bass fishing and beautiful Polk County.

The event also includes a special drawing for a Power-Pole Pro 2 8' (a \$1,699 value) and other prizes. Winners must be 18 or older to enter and need not be present.

To register, go to give.bbbstampabay.org/ge/bass2022 or contact Amy Hollington at AmyH@bbbstampabay.org or (813) 769-3636. For sponsorship opportunities, contact Tammy Davis at TDavis@stevendouglas.com.

There are currently approximately 1000 children on the agency's waiting list, hoping to be matched with a volunteer mentor. For details about attending a virtual orientation, visit www.bbbstampabay.org/be-a-big.



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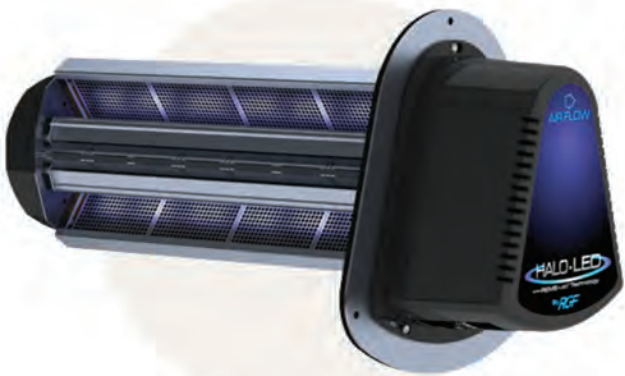


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