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Dunndead Gazettes

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August 2022

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

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The Ten Commandments

Exodus 20:3-17

- I Thou shalt have no other gods before me.
- II Thou shalt not make unto thee any graven image.
- III Thou shalt not take the name of the Lord thy God in vain.
- IV Remember the sabbath day, to keep it holy.
- V Honor thy father and thy mother.
- VI Thou shalt not murder.
- VII Thou shalt not commit adultery.
- VIII Thou shalt not steal.
- IX Thou shalt not bear false witness against thy neighbor.
- X Thou shalt not covet.



The ANGRY Christian

Anger is a very serious issue, as you can see when you read the book of Genesis 1:14-16 about the two sons of Adam, Cain and Abel. Cain was a farmer and Abel was a shepherd, and each made an offering of their own produce to God. But when God favored Abel's offering over Cain's, Cain became angry.

God asked Cain, "Why you are angry?" and Cain's heart became darker, which led him to murder his brother and to lie to God. Then God placed a curse upon him.

Jesus tells us in Mathew 5:22 "But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment!" Meaning obviously there may be a time when anger is appropriate.

1 John 3:12: "Do not be like Cain, who belonged to the evil one and murdered his brother.

And why did he murder him? Because his own actions were evil and his brother's were righteous."

Who's wrong and who's right is all that people need sometimes to become angry. If anger and sin is at your door this would be a good time to deal with it. Cain's feeling unappreciated by God was not a sin. But allowing his anger to boil out of control and murdering his brother and lying to God was.

Sometimes people can become unrecognizable to others and yourself if we are not able to circumcise our flesh from the spirit.

This can be an impossible task if you're angry at God, too. At this point you may have intervention like when Jesus healed a demon-possessed man in Mark 5:1-20.

Continued on Page 8

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Disclaimer: What you read in the Gazettes may be good for your soul!

Jesus is not our religion,
he's our savior...

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

Prayer does not move God.
Prayer prepares me for what God
intends for me to do.

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Not all is lost...



Getting Ready for School

"Get ready for school!" It has been many years since my mom had to wake me up and tell me to get ready for school. I still remember her voice, as if it was yesterday, yelling those words. It was usually because I was still in bed, playing with some toys, or doing almost anything else but getting ready for school.

This month, families begin preparing their children to go back to school. This includes clothes to buy, shoes to replace, backpacks and lunch boxes to be purchased, and school supplies to replenish. But most important of all (especially in my house) is getting back on a sleep schedule that adjusts the kids to the newer (and usually earlier) wake-up time.

There is a lot to be done and never enough time

and money. In spite of this, may I add one more item to your To-Do list? Remember to pray for your children, their friends, teachers and administrators.

Pray your children will be safe, that they will adjust easily to new classes and situations. Pray that the friends they make will help encourage them to be their best and not influence them to do their worst. Pray they will learn and grow in maturity.

Pray for their teachers. Ask God to provide them with creativity, wisdom, patience and strength needed to meet the challenges of teaching in this day and age. Pray the classrooms will be warm and inviting, a good place for teachers to teach and children to learn. Pray for the administrators to have the leadership, wisdom and resources need-

ed to promote a safe learning environment that we all desire for our kids.

The Bible says, "The earnest prayer of a righteous person has great power and produces wonderful results." (James 5:16) You don't have to be perfect to be considered "righteous." Paul writes in Romans 4:5, "But people are counted as righteous, not because of their work, but because of their faith in God who forgives sinners." Our prayers matter. They can make a difference.

This month, along with all the purchases, preparations and changes in schedules, take the time to pray. I'm sure our children, teachers and school systems will appreciate our prayers, and they will benefit from them as well.

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Continued on back page



Kidz Corner: Avalon Stables

Hi! My name is Harley, Kidz Corner column writer for this exceptional newspaper every month. This article's topic is Avalon Stables' exciting summer camp.

Avalon Stables is a high-quality horseback riding stable in Lutz with huge amenities and happy horses. It's tucked away in a little neighborhood called Reflections. It's amazing how you can play in their pool with horses trotting down a trail right next to you! The horses are so calm and adorable, and that's good because there are a lot of them! They offer many day camps during the summer. I attended one of them and it was so enjoyable! Grooming the horses and riding them was spectacular, and we rode on trails and played so many games! The counselors made sure we had a blast.

There is a tadpole pond near the stable, and watching the tadpoles swim was so fun. The kids switched their water once, and it took a while. First, we had to scoop the murky water into buckets, then catch the tadpoles, and put them into one bucket. Then we filled up the pool with clean water, and finally, let the tadpoles back in.

We played manhunt one day. It was so awesome, especially with so many places to hide. I was laughing so much. We also played Musical Buckets, which is Musical Chairs, but instead of walking around chairs, we rode horses around buckets. I would totally go back next year.

Some of the main reasons to go back are the personalities of all the horses. Here's a breakdown of many of them:

- One of my favorite horses from the lesson barn was Larry. He's the miniature horse in the picture with me. He's getting old, sadly. Larry doesn't like to be ridden, so he vibes in the pasture, hangs with Domino, the other mini (who doesn't enjoy having his hooves cleaned), or sits in the barn being brushed by adoring girls. He's the smallest horse and mostly agreeable. He won't go anywhere without Domino.
 - Domino, on the other hand, is independent and will not be groomed without a small argument.
 - On the other end of the spectrum, Stella, a dark bay mare standing at six foot three, is the largest horse at Avalon and she knows it. She's nice, but a bit awkward to take on trails because her legs are so long. One of the counselors always has to help groom Stella because none of the kids can reach her back.
 - Noodle is a beautiful chestnut horse with a white star on its forehead and an enormous appetite. Noodle's parents were a big deal in the racing community.
 - Ametza is a white flea-bitten (which refers to the markings, not actual flea bites) mare. She enjoys attention from the kids and has a love life with George, a dark brown gelding from the next stall over. While in her stall, she stares out the window and watches the commotion in the barn.
 - Hiccup is a small white and chestnut stallion with a lot of poof and feathers on his hooves. He walks very slowly, but that's mostly his personality.
 - Tinker Bell is an adorable white pony mare with a cheerful attitude and beautiful hair.
 - Midnight is a stubborn gelding that hates being groomed. He used to be black, like Percy, a kind, dark stallion but has faded to a coffee brown.
 - Taz is a light brown horse with a missing eye.
 - Dante is white with brown speckles and very large.
 - Falyn is a light brown horse, who once got a nail in the wrong spot of her hoof.
 - Lieutenant Dan is a small, brown, adorable gelding. He competes in shows.
 - Misty is a nicely filled-out yellowish-white mare. She's a joy to groom.
- But Larry's still my favorite horse.

Even as majestic and beautiful as horses are, they aren't made in God's image. We are all made in God's image. God created us to be like Him. Sometimes it seems like we can't really know God, but we just have to look at ourselves. Some humans are horse lovers, and God created horses. He must love them. God is creative, loving, and many of His good qualities can be found in people. But He is so much more. He is all-powerful, all-knowing, just, and perfect. We can look at it like this: dolls are made like humans. They're cute, have eyes, and all that, but they're not alive, smart, or anything else. For more on God and humans, go to [GotQuestions.org](https://gotquestions.org).

Goodbye for now! Looking forward to conversing with you again next month!

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."**

GFWC Honored by Pasco County Commission



(L-R) Commissioners Ron Oakley, & Mike Moore, Club members Annette Bellinger, Club President Elayne Bassinger & Nancy Taylor, Pasco County Commissioners Kathryn Starkey (chairwoman), Christina Fitzpatrick & Jack Mariano.

better than it was."

During the club year 2021 alone, in the midst of the pandemic, the Clubwomen completed 421 projects benefitting the community, volunteered 29,675 hours, and raised \$109,459 to support all of its work, the largest being scholarship awards to local students.

For more information on this community service organization, please visit gfwlutzlandola-keswomansclub.org or its Facebook page.

GFWC Lutz-Land O'Lakes Women's Club was recently honored by the Pasco County Commission for serving the community for over 62 years. The club members were very pleased with this honor, as the County Resolution was read into its Minutes for the record.

The Pasco County Clerk Nikki Alvarez-Sowles presented the Club members with copies of the congratulatory resolution and told the women that "You (the club) do so much for the community which is so greatly appreciated... and you've (the club) made the whole Tampa Bay region so much

Register Now for Operation Train Up a Woman!

By Karen McBride

The Well is a women's training and discipleship ministry. Women from all denominations learn and grow in their personal walk with God with opportunities to develop leadership skills through Bible study and mentoring.

Susie Walther, president and founder of The Well, began the ministry with the goal of "helping women become disciples of Jesus Christ who can contribute to making disciples within their churches and communities," said Susie.

The Well has plans for a centralized facility and has purchased land for its new home. The site has two buildings and almost 2 acres of land. The structures are in the renovation process. The training building will be a 6,000 square foot training campus that will accommodate a group meeting space and smaller rooms for Bible studies and prayer groups. The smaller 1,500 square foot structure will be their child watch building, where children are supervised by trained staff and can safely play while moms, grandmothers, and caregivers learn more about the gospel, kingdom of God, and discipleship.

Special leadership training sessions are held throughout the year at various locations and online until the new facilities are ready. Their discipleship conference, Operation Train Up a Woman, will be held September 16-17, 2022 at the Tampa Airport Marriott, 4200 George J. Bean Parkway, Tampa, FL 33607.

Operation Train Up a Woman is a "spiritual boot camp designed to equip and recalibrate women towards the biblical model of discipleship." Participants will learn strategies on how to cultivate discipleship one-to-one or through a group platform. Practical techniques are taught that can encourage women in their walk with God and how to impact other women for Christ.

To register for Operation Train Up a Woman, go to <http://trainupawoman.org>. To see the Well calendar and current groups, or to make a donation to support the ministry go to

<http://thewelltraining.org>.



The Friendship Singers

The Friendship Singers would like to invite anyone interested in singing with us in our new concert season. This group of volunteers performs for our friends in the local nursing homes, assisted living facilities, and senior centers in Pasco and Hillsborough Counties. We have two practices and two concerts each month. Our members find it a very enjoyable and rewarding experience. We are currently looking for new members, both Florida residents as well as seasonal guests. Anyone who enjoys singing is welcome. There are no auditions, and no prior singing experience is necessary. Men and women from ages 15-90 are welcome to join. Come prepared to enjoy yourself and meet new friends! For information, please contact Diane Chancellor at 813-220-7250 or Mary Lou Fournier at 813-898-4071.

New Tampa Women's Prayer Connection

Passionate about prayer? Join us on Tuesday, August 9th at 2pm on Zoom. ID# 436 688 8703, Password: stonemicroft.

Please join the New Tampa Women's Connection, Tuesday, August 16th for our in-person luncheon, 11am-1pm, at Tampa Palms Golf and Country Club, 5811 Tampa Palms Blvd. Tampa FL 33647. Our theme is "Summing Up Summer", our speaker, Kay Newsom, will share her story and music will be provided by James Edwards—A Moment with the Classics. Wear your summer themed outfit and invite a friend and join us for fabulous food, fellowship, and fun. Make a reservation early by calling 813-610-4801 or email Elaine at ewright100@gmail.com by August 9th.

Tampa Bay Dance Club

August 2022 Schedule

08/04 Board meeting

08/05 Jorge Perez

08/12 Mike Unwin

08/19 John Ricky

08/26 Dbl. Density Band

Hot Sausage Sandwich, Luau Evening

Free admission to first timers

Dances every Friday night! Everyone is welcome. Doors open at 6:30-pm, goes from 7:30pm-10:30pm. Non-member admission \$12. Dress code is casual. 8401 W. Hillsborough Ave. at the Lutheran Church of our Savior. Weekly broadcast on Facebook: Tampa Bay Dance Club or Tampa Bay Dancing. Email: bdanceclub@aol.com

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Someday?

Samantha Taylor, Samantha Taylor Fitness

Many people say, "I'll get serious about my health and fitness someday." What does that really mean? Unfortunately, for most people it turns into another week, into another month, into years and they find themselves in the same situation or usually much worse off than they were when they first started making those statements.

Life is very busy. We will always have stressful things going on that seems like it pulls our focus from doing what we really know we need to be doing. But there are some things in life that we cannot compromise always putting them off because if we do, we will quickly find that we highly regret doing so.

Taking care of our health and fitness is one of the most important investments we can ever make in our life. We can either reap the benefits of the investment of taking the time and getting serious and realizing that our health and fitness is one thing we cannot compromise in our lives, or we can suffer the negative consequences of not investing in our health and fitness. For if we continue to put it off, we will quickly reap the dividends of that poor choice. If we don't make a choice to take action on improving in these areas then by default we have chosen not to. Because as you know, its not going to just happen on its own.

When someone says, "I don't have time," what they're really saying is, "It's not a priority." Because if it's important to us, we make time for it. We all have 24 hours in a day and we choose where to invest that time, even though we are all very busy.

When people are at the doctor's office and facing massive medical problems or in a hospital facing even more serious issues, most people say they reflect back on those times that they kept telling themselves they were going to get serious about their health and are frustrated they didn't.

Don't let another day go by that you keep telling yourself someday you are going to do it, or tomorrow you're going to get serious. Today is the only day that any of us have. And when you realize something needs to change and you want to accomplish something, it's important to take some type of immediate action towards that goal. I encourage you to take that first action to call us now or go on my website and book that free consultation to see which program of ours can help you turn that someday, into taking action and getting results now.

So, when 2023 gets here in 5 months, you are already completely ahead of the game and have already started to have a massive improvement in your health and fitness. Making our health a priority is a choice and it's a choice well invested that has SO many benefits. I encourage you to make that investment in yourself, for you and your family. You will experience the amazing benefits now in your current health and fitness as well as in your future.

www.SamanthaTaylorFitness.com (813) 377-3739

I heard about this minister, he was driving down the road when he got pulled over by a policeman. The officer came to his window and smelled alcohol. He saw a thermos and said. "Sir, what are you drinking?" The minister, said "Just water, officer." He asked to see the thermos, then he took a sip and said, "This tastes like wine to me." The minister said, "What do you know, Jesus did it again!"

Say it like you mean it. Joel Osteen

It is Time to Make Appointments for Sports Physicals and Back to School Physicals!

By Karen McBride

Summer break is quickly coming to a close. It is important to schedule your child's appointment to ensure his/her immunizations are up to date. COVID immunizations are now available for ages 5 and older. The shots for 6 months to 5 years will be coming soon. Contact Dr. Michele Johnson-Towson, at Pediatric Place of Tampa, a board-certified pediatrician with over 30 years of experience in caring for children ages newborn to 21 years old.

If your son or daughter is involved in sports, it is time to schedule his/her sports physical. Same-week appointments are available for school physicals at Pediatric Place of Tampa, and the practice accepts all insurances as well as self-pay patients. New patients are always welcome!

When visiting Pediatric Place of Tampa for the first time, new patients should bring:

- Your child's insurance card
- A release of medical records
- Copies of preexisting medical problems
- Immunization records

Dr. Johnson-Towson and her staff are dedicated to keeping patients both healthy and educated on changes in children's health care and take the time to answer any question parents may have. They treat your child's overall health, including allergies, asthma, and ADHD (Attention-Deficit/ Hyperactivity Disorder).

Pediatric Place of Tampa offers Urgent Care hours to accommodate sick children after work, school, and/or daycare. Urgent Care hours are available Monday – Friday until 7pm and Saturday 8am until noon.

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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Destiny: Four Colossal Mistakes We Make Pursuing Success - Robert Leatherwood, GWG Ministries

August 17, 2022

11:30 a.m. Networking

Noon Program/Lunch

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Frustration

Dr. Dan Coffin • Pastor, River of Life Church

I am sitting at a car dealership waiting for my car to be serviced. Since I have a couple of hours to wait, I begin answering a few emails and make some phone calls. All is going well until I get a call from the engineering firm our church has hired to build a storage building on our property to store tables and chairs and other supplies. It seems the building permit has been held up again because of new regulations. We are required to build a sidewalk to nowhere and do several environmental surveys that have absolutely nothing to do with the simple, small storage room location. These new regulations will add another \$10,000 to a project that has already doubled in cost since we began over two years ago. Yes, I am frustrated, but the most important thing I need to ask myself is, "What should I do with my frustration?" Getting angry with the building department will not help my cause. Screaming, throwing things, or pouting will not change a thing. So what should my response look like?

Jesus said, "...come unto me all you who are burdened and heavy laden and I will give you rest (ease, repose, refreshing or patient expectation) Matthew 11:28.

The first thing I need to do is to take my frustration to Jesus. I know some will ask, "So is Jesus going to get you the building permit?"

Well, what I really need right now is more important than a permit, and it is what I really need that Jesus is faithful to supply. The scriptures also say, "Cast all your cares [all your anxieties, all your worries, and all your concerns once and for all] on him..." 1 Peter 5:7.

You see, Jesus has what we need and what we need is found in his grace. Grace covers a wide spectrum of need. "By grace are you saved" Ephesians 2:8.

That little Greek word we translate saved is "sozo" and it means to be rescued, delivered, set free, made whole, made to do well. Jesus wants us to be whole, well, and set free from the worries, fears, and cares we so often encounter. Yes, it is faith in the grace God has provided us because of the redemptive work Jesus accomplished by taking our sin and judgment to the cross, dying, and rising again, but just as we take our sin and failures to Jesus to receive forgiveness, we can also run to him with our frustrations and fears. His grace is big enough to comfort us in our distresses and his wisdom and favor is great enough to supply our every need. Yes, even a solution for a seemingly elusive building permit.

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 call 813-949-9931 or visit www.rcltampa.org.

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Zoey Cropper, Fleur Van Buuren, Lyndsey Turnage, Lauren Gualtieri, Linda Mitchell-Advisor, Dee Knerr-Advisor and Kiara Palmer, Ronald MacDonald House.

The Ronald McDonald House Tampa has finally opened for visitors! The Little Women of Lutz presented the home away from home a rolling library filled with over 200 books for all ages. It is the mission of this community service organization to keep the library full for the reading pleasure of the residents now and in the future. For information on the Little Women of Lutz (ages 12-18), contact gflittlewomenoflutz@gmail.com

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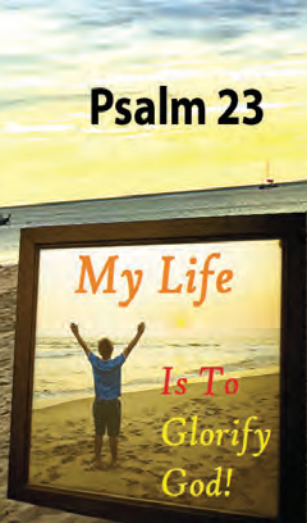
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Psalm 23

My Life
Is To
Glorify
God!

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



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Is Stress Affecting Your Sleep? Did You Know That Sleep Impacts Much of Our Health?

When we're stressed, it can lead to not sleeping well... which can in turn cause more stress. Did you know that...

- While we are sleeping, our bodies are not just resting but going through different sleep cycles where the body releases hormones to repair and regenerate tissues, bones, and muscles. It also restores energy and helps you fight off or recover from illness. Additionally, it decreases other hormones such as cortisol, and it balances the hormones that affect our feelings of hunger and fullness, etc.
- We need to enter the deeper stages of sleep for most of these healing and restoring processes to take place. That means when we're not sleeping well it not only keeps us from feeling rested but affects our overall health in numerous ways.
- When we're in fight-or-flight mode, the body tightens our muscles and sends more oxygen to the brain, which can make it harder to fall asleep or stay asleep.
- In response to stress, our levels of many hormones change as our body reacts. It will increase production of the ones deemed more critical to the stressful situation (such as adrenaline and cortisol), while decreasing production of what are deemed to be non-critical hormones in dealing with the stress (such as those controlling the immune, digestive, reproductive, growth systems, and even our sleep).
- The body is complex with many systems working in a holistic manner to keep the whole operation functioning properly. This means that when one aspect is out of balance, it can cause a chain reaction of events leading to poor sleep quality.

Restoring balance to the body and helping it achieve a deep state of relaxation are two of the main ways that Reflexology can improve your sleep quality.

Need some help reducing your stress levels? Do you need help with improving your quality of sleep? Then call Louise Richardson, Reflexologist TODAY at (813) 965-1697 to grab one of the openings, but hurry! Space is filling up fast!



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While renovations are underway, our Wesley Chapel Office will be open in a temporary location. We will be located in suite 109 in the building next door through October 31st.

During this time we will be offering most of our current services and temporarily suspending the following services; Concealed weapons permits and all written testing. These services will be offered at our other offices for your convenience.

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Maneuvering Needles Highway is a Challenge But a Must See on the Way To Custer State Park

By Karen McBride



One of the greatest blessings we have is to be able to travel across our country and see all that God has created. The mountains, valleys, grasslands, rivers, and lakes are all reminders of God’s prominence in our lives.

We were blessed to take a trip to South Dakota recently. Our adventure included many sites to see, including Mount Rushmore, the Crazy Horse Memorial, the underground caverns, the desert badlands, Devil’s Tower, and more. One of the most memorable rides was through Needles Highway, with an opportunity to see the crystal-clear water of Sylvan Lake, on our way to Custer State Park.

Needles Highway is Full of Hairpin Turns and Majestic Views

Needles Highway is best known for its iconic mountain views and nerve-wracking hairpin turns. The challenges are not limited to the turns. In order to enjoy the scenic trip, you must maneuver through small rock “tunnels.” The first is Hood Tunnel, which is 10’ 6” wide x 9’ 10” tall. Next is Needles Eye, which is the narrowest at only 8.4’ wide and 11.3’ tall. The third is Iron Creek Tunnel, which is 9’ wide x 11.4’ tall. I found myself holding my breath as we drove through the narrow openings and wondering how a tour bus can actually fit through these granite tunnels.

The 14-mile road is well worth the challenges, as it overlooks the beautiful mountains with pine and spruce forests. The highway was designed by former South Dakota Governor Peter Norbeck, who marked the entire course on foot and by horseback. Construction was completed in 1922.

Sylvan Lake has Crystal Clear Water Surrounded by Beautiful Rock Formations

Sylvan Lake was created in 1881 when Theodore Rader dammed Sunday Gulch. Visitors can enjoy swimming, canoeing, kayaking, and fishing. A one-mile trail around the lake gives you an opportunity to see the beautiful forest surrounding the lake. If you are the adventurous type, you can climb the numerous large rocks surrounding the lake.

The beautiful lake is the perfect backdrop for weddings and family gatherings. Canoes and kayaks can be rented, but motorized boats are not allowed.

There is a lodge at the lake for overnight visitors. The current Sylvan Lake Lodge was built in 1937, with rooms added in 1991. There are 31 cabins including sleeping cabins, a honeymoon cabin, and housekeeping cabins. The Senator’s Cabin would be great for families as it has five rooms, a full kitchen, and sleeps ten; and the largest cabin is the Cathedral Spires Group Cabin.

Drive Through Custer State Park to see the Amazing Wildlife

Custer State Park is located in the Black Hills of South Dakota. The 71,000-acre park is home to bison (Tatanka), antelope, prairie dogs, elk, and other wildlife.

It was interesting to learn from a park ranger that many times, people will refer to a bison as a buffalo, but there are differences. Bison have a large hump and a beard. Their horns are shorter and sharper than buffalo. They are remarkable creatures, but visitors need to remember they are wild animals, and you must keep your distance. Recently, visitors at Yellowstone have been attacked by bison on three separate occasions because they were too close, and the animals felt threatened.

Custer State Park is located at 13329 US Highway 16A, Custer, SD. To find out more information about the park and surrounding areas, go to <https://gfp.sd.gov/parks/detail/custer-state-park>



Air-O Force 1 Keeping Floridians Cool

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 ap-

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The Great Florida Outdoors: The Sensitive Plants

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



While biking recently on the Courtney Campbell Causeway, I stopped for a rest before heading back over the bridge and to my car at Skyway Park. As I looked down, I noticed a group of sensitive plants, (*Mimosa strigillosa*). The plants are also called Sunshine Mimosa, Powderpuff, or Humble Plant.

I have been working hard on a book about the natural and cultural history of touch and how touch has helped form our world. What about sensitivity in plants?

Mimosa, (genus *Mimosa*), is a large genus of plants in the pea family (*Fabaceae*), native to tropical and subtropical areas throughout both hemispheres. They are so named from the movements of the leaves in certain species that “mimic” animal sensibility.

Most *Mimosa* species are herbs or undershrubs, some are woody climbers, and a few are trees. The leaves of most are bipinnate (i.e., the leaflets of the feather-formed leaves, in turn, bear leaflets). The plants are characterized by small regular flowers and produce legume fruits. In addition to its response to physical stimuli, the leaves also droop in response to darkness and reopen with daylight, a phenomenon known as nyctinastic movement. This movement during the night and when it is exposed to abiotic factors such as excessive heat and rain protects the plant from physical damage or desiccation.

The leaves of *Mimosa* have the capability to display thigmonasty (touch-induced movement). In the sensitive plant, the leaves respond to being touched, shaken, heated, or rapidly cooled. The speed of the response depends on the magnitude of the stimulus. Hitting the leaf hard with the flick of a finger will cause the leaf to close in the blink of an eye whereas a gentle touch or modest heat source applied to leaflets at the tip of a leaf will result in a slower response and the propagation of the stimulus along the leaf can be observed.

In *Mimosa*, the mechanical or heat stimulus induces an electrical signal, similar to the electrical potentials in nerve cells, that can move from cell to cell at a high rate. When the electrical potential reaches specialized “motor cells” in pulvini at the base of each leaflet, the folding is caused by a rapid efflux of potassium followed by rapid water transport out of the motor cells. The pulvinus is the “hinge-like” area of the plant where the leaflet connects to the midrib, and the midrib connects to the stem. If the applied stimulus is great enough, the signal produced is strong enough that it can propagate further and faster and cause the rest of the leaf to fold in several places.

The plant’s unusually quick response to touch is due to rapid water release from specialized cells located at the bases of leaflet and leaf stalks. The leaves reopen in several minutes, and it is thought that this adaptation is a defense against browsing herbivores who may be startled by the movement. “The rapid folding of *Mimosa* leaflets is triggered by a mechanical stimulus and has been hypothesized to deter herbivore attack for several reasons: it exposes the spines located below the leaf raquis; the leaf moves when insects land on it causing them to move away; and it could decrease the visibility of the leaves or make them look smaller.” (Amador-Vargas 2014: 1446). It is hypothesized that this rapid folding deters herbivores and insects from eating the plant by making the plant appear smaller, while simultaneously exposing the sharp spines on the plant stems.

Here is a truly fascinating observation. The folding process takes between 4-5 seconds. After folding is complete, the unfolding of the leaflets can take anywhere from tens of seconds to up to 10 minutes. It is believed that the unfolding time is a result of behavioral adjustments that the plant makes over time in response to different kinds of stimuli. Herbivores prefer younger,

tenderer leaves of plants. When younger leaves of the sensitive plant were repeatedly exposed to non-damaging stimuli, the younger leaves consistently folded completely, but over time, they decreased the time it took for them to unfold. Conversely, older leaves folded only partially while maintaining similar reopening times. This shows that the plant is able to modulate its behaviour to optimize protection, energy production (photosynthesis), and energy expenditure (folding and unfolding). In many ways it reminds me of the economy of movement and energy in our elders.

We must always keep in mind how we are part of the natural environment. Looking closely at sensitive plants, we can see the power of touch. Think about this—plants and people are always sensitive to touch. Of all our senses, the sense of touch is the only one that we cannot temporarily “switch off” or deliberately suppress, so we are particularly sensitive to tactile sensations—just like plants.

Some plants react quickly to stimuli, such as the Venus flytrap (*Dionea muscipula*). An insect landing on the inside of its red hinged leaves will touch sensory hairs that trigger electrical signals causing the leaf to close. With the mimosa (*Mimosa pudica*), even the slightest brush of the outer edge of its leaflets starts a chain reaction that results in the entire leaf folding inwards. The plant is also called “touch-me-not” and in German, “mimosa” is used to describe someone who is very sensitive.

“Plants don’t feel regret; they don’t get a feel for a new job. They do not have an intuitive awareness of a mental or emotional state. But plants perceive tactile sensation, and some of them actually ‘feel’ better than we do. Plants like the burr cucumber (*Sicyos angulatus*) are up to ten times more sensitive than we are when it comes to touch,” writes the biologist Daniel Chamovitz in *What a Plant Knows: A Field Guide to the Senses* (2012), his book which explores the world of plant perception.

If a plant survives gusts and storms, it can be a particularly intensive form of touch for plants and trees. The touch triggers growth stimuli, causing the plant to become stronger and more robust. In similar fashion, sensation of touch can help people to be healthier. Physical therapies such as baths, cold and warm packs, and massages trigger our natural reactions to external stimuli in order to strengthen the body and promote recovery.

Thank you to Weleda, Britannica, <https://plantsinmotion.bio.indiana.edu/> and asknature.org

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How can you observe these sensitivities of nature?

Get out into The Great Florida Outdoors!

Dr. Robert Norman, Clinical Professor of Dermatology
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The Angry Christian

Continued from Page 1



Jesus commands us to watch in 1 Corinthians 16 and Matthew 24. But all that people are watching is the news and the fake news trading punches. Was there any Russian involvement in our election or any collusion at all? Was Stormy Daniels paid \$130,000 dollars for her story? And why did we punish 2,000 children by ripping them away from their parents? In Mathew 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."

It's interesting how we will pledge allegiance to our flag as our nation then fall short of what Jesus did for us. If he is our Father and we are His children, we need to think about our anger when we offer up punishment to our children when they become disobedient.

Such as time out, go to your room, no supper for you to night, or some may just kick them out of the Garden of Eden all together saying "You're not going to act like the devil in my house, so get out until I come for you." You do this because you want them to think about what they had done.



My father, who I love and who recently passed, was a bull-necked belligerent man in his day! But, if you were to ask any one who knew him, they would say he was the sweetest man they knew as "Sam the telephone man." But if you were to cut him off in traffic, he definitely would give you a mouthful. Sometimes we will say, "The devil made me do it."

Either way, God allows us to repent from our anger that brought us to sin and gives us a mulligan and says, "Get up and try again so that you may be ready when I come."

When you're being challenged, try saying "I work for Him." Because until that day there are always going to be people talking rhetoric just to hear there own voice. Some think they are going to shoot their way into heaven like they're in the Wild, Wild, West.

But as for Cain and Abel, it was about who was wrong and who was right. We feel it the most when it involves someone we love. Kay and I often cross those bridges and we learned that our opinion does not matter, because Jesus is always right!

John 3:15: "Whoever hates his brother is a murderer and you know that no murderer has eternal life abiding in him."

What is anger? It's a strong feeling of displeasure, belligerence, hostility, or wrath aroused by some real or perceived wrong.

Romans 1:18: "For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness."

The question here is does God ever get an-



gry? You might be surprised that there is good anger, because we are made in the image of God, of the passion of righteous indignation with an appropriate amount of emotion and anger towards just purposes.

Exodus 32:19: "When Moses approached the camp and saw the calf and the dancing, his anger burned and he threw the tablets out of his hands, breaking them to pieces at the foot of the mountain."

When he saw this, his anger waxed hot and he was outraged after they had just made a covenant with God and Moses had the Ten Commandments, God's writings, still radiating in his hands.

He goes to the people and finds them breaking all Ten Commandments. Then, you have to ask yourself, was this the right kind of anger? The early church father, Chris Adam, said "He who is not angry when he has cause, sins for unreasonable patience and



is in the hotbed of many vices."

Mark 11:15: "So they came to Jerusalem. Then Jesus went into the temple and began to drive out those who bought and sold in the temple, and overturned the tables of the money changers and the seats of those who sold doves."

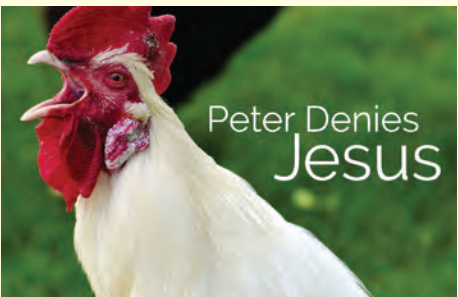
He would not allow anyone to carry wares through the temple and said, "You've made my Father's house a den of thieves!" Hopefully the pastors will not ever have to go as far as in Nehemiah 13:25: "So I contended with them and cursed them, struck some of them and pulled out their hair, and made them swear by God, saying 'You shall not give your daughters as wives to their sons of the pagans, nor take their daughters for your sons or yourselves.'"

Nehemiah was saying, "This is how we got carried away off to Babylon in the first place and you're starting to do it again!" and he flew off the handle.

John Wesley said, "He that would be angry and sin must not be angry with anything but sin." Meaning the righteous anger is the anger against sin. Martin Luther became angry at the church's abuse of power, saying "When I'm angry, I can write, I can pray, I can preach well, for my whole temperament is quickened and understanding is sharpened," and you could feel and see Luther's animated nature.

Aristotle put it this way: "Anybody can become angry, that's easy, but to be angry with the right person to the right degree at the right time for the right purpose, in the right way, that is not within everybody's power and it is not easy."

A lot of the time we think that our anger is the righteous anger, but it's not. More often we get angry when we are challenged about who's wrong and who's right, just as when Peter challenged Jesus, saying "I'll die for you."



Matthew 26:34: "Jesus said to him, 'Truly, I tell you, this very night, before the rooster crows, you will deny me three times.'"

Potiphar's wife became angry. When Joseph would not accept her advances she was willing to send him to jail. Some anger doesn't happen all at once because we have this mini stor-



age department in our mind of these little offenses, saying it's no big deal. Then later when something else happens, they pop up like frequent flyer miles sending you on a free trip to anger land. You may know someone like that.

1 Timothy 6:4: "He is proud, knowing nothing, but is obsessed with disputes and arguments over works, from which come envy, strife, and reviling, evil suspicions."

Anger destroys communication, generates fear, scars relationships, and creates bad health. Oh, and let's not forget those who are still angry with people that are dead. They feel if they let go who is going to stay angry with them, not knowing they are destroying themselves with their anger.

Tyson got so angry that he bit off a piece of his opponent's ear and lost millions. Showing anger can be expensive, and people who lose their temper seem to always have to have something or someone to blame. But most of the time there is no good excuse.

Though an appropriate amount of emotion and anger towards just purposes may be necessary, one needs to stay on alert because your anger is basically giving yourself over to the devil and later you may regret it.

Proverbs 25:28: "Whoever has rule over his own spirit is like a city broken down, without walls." This means you're allowing the devil access to your life.

Ecclesiastes 7:9: "Do not hasten in your spirit to be angry, for anger rests in the bosom of fools."

Notice how Solomon said, "do not hasten in your spirit. He doesn't say you should never be angry but do not be hasten to be

angry, for anger rests in the bosom of fools. Thomas Kemp said, "When anger enters the mind, wisdom departs. I say an angry man is seldom reasonable, and a reasonable man is seldom angry."

People who are always giving someone a piece of their mind should be careful, because if you giving away enough pieces, it may affect your IQ. So for the Angry Christians if you making a stand on humanity like Jesus did, remember you may also be leaving yourself open to the devil and you to may find yourself saying, "The devil made me do it."

But nevertheless, you and your anger are still in good company because I heard an angry man who once said "You've made my Father's house a den of thieves," and He was Jesus Christ.

Matthew 22:21: "Jesus said 'Render to Caesar the things that are Caesar's, and to God the things that are God's. For there is no authority except from God and those which exist are established by God.'"

Matthew 16:24-26: "So take up your cross." Then Jesus told his disciples, 'If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?'"

So if you are going to get angry, let them know by your vote!

"What Would Jesus Do?"
A formulation of Dunndead Publications from Amazing Facts
<https://www.youtube.com/watch?v=gRya0LlrD1U&t=277s>



What was your summer like?

Tell us in 100 words and a photo about something interesting you did this summer! Entries need to be received by August 18th either by mail at the below address or by email at office@ddpnews.com.

Your entry may be in the next issue!

Winners of July trivia: Enoch D. • Brenda M. • Laura G. • James C.

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GFWC Sponsored 4th of July Celebration



GFWC Lutz-Land O’lakes Woman’s Club sponsored a big 4th of July Parade and Celebration in Lutz for the first time since the pandemic. It chose as its theme “We’re Back!!”. This event is well-known in the area, attracting thousands of spectators enjoying an old fashioned, small town family friendly celebration of Independence Day.



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

PSO Prepares For Back To School

Like Pasco County’s students, Pasco Sheriff’s Office’s school-based members, such as School Resource Officers and Crossing Guards, are preparing for the return to school. While PSO’s members train and prepare for a safe school year, safety is our community’s job as well.

With school back in session soon, communities will see more school buses, bike riders, and pedestrians with students. Eliminate distractions, such as electronics, especially in school zones. Take time to learn your state’s school bus stop laws.

Like drivers, pedestrians and bike riders must follow the rules of the road and obey safety signals. Pedestrians and bike riders should wear bright colors and something reflective to increase visibility in busy areas. Before riding a bicycle, ensure your helmet fits properly. Cross at the crosswalk where drivers expect pedestrians to cross, until the Crossing Guard or signal indicates you may pass.

Bicyclists should dismount their bicycles and walk them within crosswalks. Discuss and go through how your student will travel to and from school to build safe habits and confidence before the first day.

PSO is dedicated to keeping students, schools and faculty safe to promote a positive and supportive learning environment. PSO investigates all threats we’re made aware of. Threats have consequences, even if they are fake. PSO urges parents and guardians to reiterate to students to make sound decisions and to report anything suspicious to a responsible adult. If you see a social media post that appears to be a threat to a school or an individual, do not share, but report threats or tips to the Pasco County Noon-Emergency Line at 727-847-8102, option 7.

PSO recommends parents and guardians talk with students about safe and appropriate on-line behavior, and stay aware of what apps students are using. PSO’s School Resource Officers have compiled apps parents and guardians should know about. It is important that kids are careful with who they trust, as it’s easy for predators to lie online. Having an open conversation about online dangers and prepare kids with the valuable information they need to protect themselves are important ways to prevent children from becoming victims.

School-based Pasco Sheriff’s Office members hold important roles to keep our schools and community safe. School Resource Officers (SROs) provide a safe and secure environment for students and faculty. SROs support our students and the communities we serve, as well as promote community outreach within their school campus community.

School Crossing Guards help students and their families cross busy streets as they travel to and from school. Traffic Control Officers (TCOs) ensure drivers are cautious in school zones while managing increased traffic from commuters. Are you ready to make a difference in your community? PSO’s School Crossing Guards are part-time positions available at several locations throughout Pasco County.

For more information, visit JoinPSO.com today. Making sure our students are safe is our priority, and a true community effort!

New school years always bring excitement. You can help make our community a safer place for everyone. Safe habits can help keep our students safe throughout the school year. Stay alert, and have a great school year Pasco!

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

GFWC District 8 Bingo



Club Members together with other clubwomen in GFWC FL District 8

GFWC Lutz-Land O’Lakes Woman’s Club members recently enjoyed an afternoon of Bingo and fabulous prizes at the Temple Terrace Woman’s Club. The clubwomen gathered with their sister clubs in the GFWC FL District 8 to raise funds, enjoy the camaraderie, renew friendships and share community service ideas and projects. For more information on this volunteer organization serving its community, please visit gfwlutzlandolakeswomansclub.org or its Facebook page.

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GFWC Partnered With the Little Women of Lutz on Road Cleanup Project



(L-R) Advisor Dee Knerr, Little Women Jasmine Doering & Lindsey Turnage & Advisor Pam Blumenthal

GFWC Lutz-Land O’Lakes Woman’s Club members who also serve as advisors and mentors to Little Women of Lutz, their GFWC-affiliated teen group, recently partnered in the girls’ dedicated highway project of keeping Lutz-Lake Fern Road clear of litter and debris. Despite the extreme heat, these ladies managed to fill bags and wagons full of debris to keep this trash out of the environment and landfills. The Woman’s Club is very committed to mentoring its teen club and teaching the young ladies leadership skills and the value and rewards of volunteerism from a young age.

Social Security Services for the Hispanic Community

By Javier Morales, Social Security Public Affairs in South Florida

For nearly 90 years, Social Security has provided financial protection to communities throughout the United States, including the Hispanic community.

Today, our retirement, disability, and survivors benefits are an important source of income for Hispanics. Our Spanish-language website, www.ssa.gov/espanol, provides information for those whose primary language is Spanish. There, people can learn how to get a Social Security card, plan for retirement, apply for benefits, manage their benefits, and much more.

We also provide many publications in Spanish at www.ssa.gov/espanol/publicaciones. Popular topics include:

- Retirement, Disability, and Survivors benefits.
- Medicare.
- Supplemental Security Income (SSI).
- Social Security cards.
- Fraud and scams.
- Appeals.
- Benefits for children.
- Payments outside the U.S.

Customers who prefer to conduct business in Spanish can reach a Spanish-speaking representative at 1-800-772-1213. Please share these resources with friends and family who may need them.



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JOHN 14:3 "and if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am."

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Tax Collector Mike Fasano's Offices to Host Pasco Fire Rescue's Annual "Boot Drive" for the Muscular Dystrophy Association During August

Tax Collector Mike Fasano's five offices will feature Pasco Fire Rescue's Annual "Boot Drive" as the charitable organization for the month of August. All proceeds from this promotional effort will benefit the Muscular Dystrophy Association (MDA), which is a key organization supported by Pasco Fire Rescue/ Pasco Firefighters Charities.

"It is an honor to assist Pasco Fire Rescue once again with the annual MDA Boot Drive," comments Tax Collector Mike Fasano. "In the past our staff and a very generous community have come together to support this important organization. I fondly recall the late Jerry Lewis' efforts on behalf of the MDA, as well as his annual Labor Day telethon that was a staple of so many people's holiday weekend. It is truly a joy that we can devote an entire month to helping raise funds to assist in research and treatment for individuals afflicted with this dreaded disease."

Donations (filling the boot) can be made at any of the five tax collector locations in Pasco County. For more information about Pasco Fire Rescue/ Pasco Firefighters Charities please contact Firefighter & Vice President of Pasco Firefighters Charities Sean Messer at (813)-929-2750. 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

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Moringa Expiration & Storage

When stored properly, the powder can last for two or more years. Most commercial packets of powder you find will have a two-year expiration range, but they can last longer; that's simply the time when the powder starts losing potency. Always double-check your powder for signs of mold or mildew before using it.

Amounts and Dosage—Consuming moringa powder is proven to be safe, even at higher levels. Daily dosage should be limited to 70 grams (1 teaspoon sprinkled over food)

Question: Good morning family. I need help. My mother has arthritis which has affected her blood levels (she is anemic) due to the degeneration of bones. Because of this, she gets a blood transfusion every 8 months. Can taking moringa help?

Answer: Yes, moringa can prove to be very useful in arthritis owing to the strong anti-inflammatory, antioxidant, and analgesic properties of its bioactive components. These properties can tackle some of the key biological processes involved in the arthritis development.

Inflammation plays a key role in the development and manifestation of the symptoms of most of the arthritis types such as rheumatoid arthritis, osteoarthritis, etc. The inflammatory conditions are brought about by various risk factors for the disease such as physical inactivity, old age, obesity, and others.

The leaf extract of moringa has been found to markedly suppress the pro-inflammatory molecules such as TNF- α , interleukins (IL-10, IL-1 β), cyclooxygenase-2, prostaglandin-2, etc. and the inflammatory pathway, NF-kappa B.

The risk of heart disease is prevalent in many types of arthritis, especially in the ones where inflammation has a crucial role in the disease development.

The inflammation promotes the process of atherosclerosis (deposition of plaque in the arteries) and harms the endothelium (inner lining of the blood vessels), which eventually impedes the cardiovascular function.

It further increases the risk of heart diseases such as hypertension, strokes, heart attack, etc. <http://www.getgreen.co.in>

It's absolutely possible to eat too much of any vitamin or minerals. That's the reason we have Tolerable Upper Intake Levels; to tell us how much calcium, vitamin A, and potassium is too much. But luckily for us, "too much moringa" is a large amount; far more than we typically eat.

Moringa encourages the removal of toxins through its support of liver and kidney function. When used environmentally, even the moringa seeds do an amazing job of removing contaminants from water.

Research shows that taking moringa powder every day, even 50 mg/kg of body weight, successfully reduces oxidative stress in the body—that's the equivalent of approximately 1.5 teaspoons for someone weighing 150 pounds on the other end of the spectrum.

Animal studies using Moringa oleifera extract revealed delayed tumor growth and increased life span at a dosage of 500 mg/kg of body weight. Taking 1 tablespoon of moringa powder is the equivalent of eating 1 cup of leafy greens, but if a person is new to increasing their greens, the body needs time to adjust, and every individual has unique body chemistry. It's best to start slow by taking 1 teaspoon if adding to a personal smoothie or single-serving meal, or use 1 tablespoon for a family dish.

Moringa has strong effects that improve blood sugar control and reduce lipids in diabetic patients, so it can be used for prevention as well as management of blood sugar disorders. In a study using Moringa oleifera, Murraya koeingii and Curcuma longa (Ratio 6:3:1), obese patients on the herbal formula showed a 17% reduction in serum glucose, 16.43% reduction in triglycerides and 12.6% improvement in LDL/HDL ratios. Whatever amount you decide is right for you, the best results are achieved by using moringa regularly.

Nutrient	Comparison
FIBRE	15 Times Higher than Wheat
Vitamin B2	30 Times Higher than Almond
Vitamin C	4 Times Higher than Orange
Vitamin A	11 Times Higher than Carrot
CALCIUM	17 Times Higher than milk
IRON	26 Times Higher than Spinach
Vitamin B1	5 Times Higher than Cowpea
POTASSIUM	18 Times Higher than Banana
PROTEIN	2 Times Higher than egg

Traditional Medicinal Uses Of Moringa

- Increased Mental Clarity
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- Used as an Aphrodisiac & Promotor of Libido
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- Reduces Wrinkles/Age Lines
- Anti-Tumor
- Improves Digestion
- Nutrition for Infants 6 Months & Older and Pregnant and Nursing Mothers
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- Normalizes Blood Sugar

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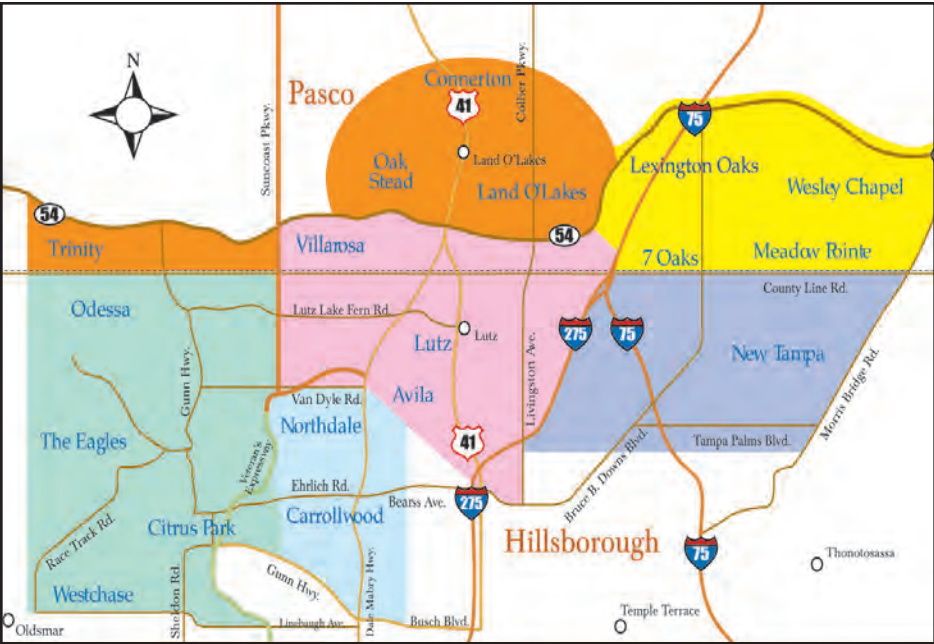
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In the beginning God created the heavens and the earth. "The Big Bang" Genesis 1:3 "Let there be light..."

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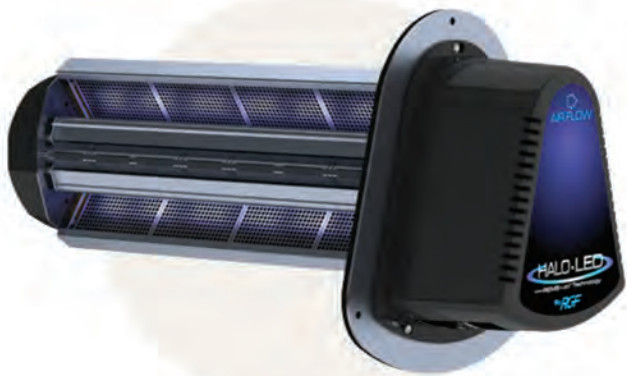


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