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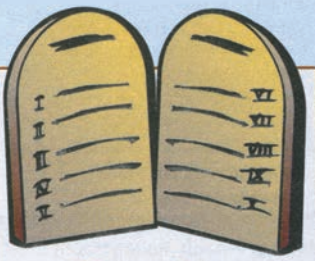
# Dunndead Gazettes

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September 2022

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

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Serving the Tampa Bay area



## 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.



## ROME, THE FIRST MEGA CITY

We seek power, we built empires, and we connect to one man's life and death that will touch the lives of millions and transform the destiny of an empire, which will change the story of all of us forever. In the midst of the chaos of an unforgiving planet, most species will fail but for one. All the pieces will fall into place and present the keys that will unlock the path for mankind to triumph. This is our story, the story of all of us.

In Jerusalem 33 A.D., a provincial city occupied for a hundred years under Roman rule, is a man that has been sentenced to death. Today he will be executed, but his death will launch a global religion, for today one third of mankind worships in his name, Jesus Christ of Nazareth.

Jerusalem is on the eastern edge of the Roman Empire and connects to a vast network of roads that lead to trade routes. One of the keys of man's

progress is mass communication. In the Middle East, an idea was born, spreading around the Roman world to a half million people. A Jewish festival called Passover was held in Jerusalem, and among their followers is Jesus, who they believe to be the Messiah, but his teaching threatens the order of the Roman Empire, and for that he must be crucified.

Rome has its special punishment for pirates, slaves, and enemies of the state, which is crucifixion. Thousands of people died this way, but we only remember one man, and only one man. Because of this one man's death, it changed every part of every portion in every corner of the earth.

Matthew 27:32-37: Cyrene, named Simon, and they forced him to carry the cross." In the crowd is a bystander named Simon Cyrene from a colony in North Africa.. Simon Cyrene just happened to be

Continued on Page 8

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## Opposing Kingdoms

Dr. Dan Coflin • Pastor, River of Life Church

There is no need to try and convince people we live in a very dangerous world. Conflicts among nations, tribes, and governments, shootings, civil conflict, genocide, and on and on it goes.

Twenty-four hours a day, we can hear news in real time. We can watch the battles as they happen and see the gory aftermath of mankind's rage. The death and destruction inflicted on one group by another brings no satisfaction or solution to the rage that started the conflict in the first place.

Why is the world so crazy? The answer is pretty simple. It begins with the origin of a kingdom. In the tenth and eleventh chapters of the Book of Genesis, a man named Nimrod founded the first kingdom mentioned in Scripture.

Babylon was identified as a tower built by people in opposition to God. Their purpose was thwarted when God confused their language and they could no longer communicate with one another.

Though their efforts were temporarily stopped, the rebellion in their hearts drove them to build kingdoms of their own. For centuries the term Babylonian system refers to man's efforts to build a kingdom for his own purpose and one that only includes gods of his own making.

Beginning in Luke 1:32 is a description of Jesus as the Son of the Highest whose kingdom is eternal. When Jesus went to Galilee it is said, "he preached the gospel (good news) of the kingdom of God" (Mk. 1:14).

Continued on Page 8

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See Page 8



## Kidz Corner: God’s Omnipresence

Hi! My name is Harley, monthly Kidz Corner column writer for this amazing newspaper. This article’s topic is God’s omnipresence. But first, check out this story.

In July, some friends and I traveled to Blue Ridge, Georgia. Near Blue Ridge is a town called McCaysville, which is located at the north border of Georgia, right at Tennessee. It has lots of shops and hilarious flocks of ducks and geese! That is also where the properly named Blue Ridge Mountains reside and where the Appalachian Trail starts and winds all the way to Maine! You can walk it in about three months if you walk really fast. In McCaysville, you can walk between Georgia and Tennessee on the state line at an intersection. Two states at once! It’s really cool, but nothing compared to what God can do. Maybe technically, legally, or whatever you like to say, rarely humans can be in two places at once, but God can be everywhere at once. Isn’t that amazing! State and country lines are just a reminder of how powerful God is. And He loves us! The omnipresent Creator of the universe loves us. Wow!w

Hope you have a great September!

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.”**

## God is With Us and Fighting Our Battles!

The Well Training and Discipleship Ministry experienced God’s greatness recently. A thief broke into a building at the new location of the ministry. He broke windows, stole tools, and damaged a trailer.

Professionals and volunteers have worked for months to prepare the new facility. It was so close to completion and ready to welcome the women of the Tampa Bay area. A setback such as this can be so discouraging.

But God uses these times to show he is fighting our battles. The thief used a website to try to sell the tools and through some clever detective work, he was apprehended! The blessings continued and the majority of the tools have been retrieved.

<http://thewelltraining.org>.



## Where Do You Go for Advice?

Each day we let either the world or God’s word shape our thoughts. Although most of us are quick to say we believe the Bible, at times our actions indicate we’re influenced by something else. Where do you go when you want advice about a big decision or lifestyle choice? Websites, blogs, and the media offer a wealth of information that can be either beneficial or harmful. Coworkers, family, and friends also provide counsel, but do they rely on worldly reasoning or godly wisdom? The best resource for true guidance is Scripture, but we often rely on human intelligence and personal preferences instead.

Hebrews 4:12 says “For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” Those who are reluctant to surrender to its penetrating work essentially reject the Lord by their refusal to listen and obey. But those willing to accept Scripture’s reproof, correction, and wise “nourishment” will discover the riches of a life of faith.

Letting the Word be your guide requires costly changes in thought, attitude, and behavior. Yet any adjustments or disciplines that produce godliness also result in eternal profit. And it all starts with going to Scripture for direction.

In Touch Ministries, *Sharing A Daily Reading For Devoted Living* [intouch.org](http://intouch.org)

I heard about this lady. She surprised a burglar in our house late one night, she was home alone and didn’t have a weapon. She didn’t know what to do. Finally, she thought, “I’ll quote a scripture verse.” She shouted out, “Acts 2:38!” The burglar suddenly froze in his tracks and did not move. Soon the police arrived, and they were amazed at how a woman with no weapon could do this. They asked the burglar, “What was it about that scripture that had such an effect on you?” He said, “Scripture? What scripture? I thought she said she had an axe and two 38’s.”

*Say it like you mean it. Joel Osteen*



## Our Partner, Air O Force 1 Came To Our Rescue!

By Karen McBride

Arriving home on a Friday night, “I knew something was wrong when I walked in the house and it was 85 degrees,” Kay said. It was already after 5pm but she knew to call Air O Force 1. “I thought I could leave a message, and someone would call me back.”



Surprisingly, the owner’s daughter, Brittany, answered and told her they would have a technician onsite as soon as possible. Within the hour, two technicians showed up and diagnosed the issue. It was going to take time for the unit to defrost and Kay thought it would be the next morning before it would be fixed. But then a third technician arrived.

“He had a moving warehouse of parts!” Kay said. “The communication within the company was awesome.”

He had the exact blower motor they needed to repair the issue. The knowledgeable technician also took the time to explain to Kay and Mark the proper maintenance of their unit. Pet owners should replace their air filters more often due to pet dander getting in and clogging up the system. He further explained that when the external water drip stops dripping, that is a sign of a problem with the unit. Adding bleach to the pipe can keep it flowing.

The following day a technician arrived to check their attic for leaks to make sure the unit was functioning at its best. “The special attention made us feel like family.”

To schedule an appointment with the family owned, Christian business, call 813.972.9449. Air O Force 1 is licensed and insured. For more information, go to <https://airoforce1.com>.

## Getting Ready for an Arts & Crafts Show!



(L-R) Members Aniko Solomonson, Debbie Cardona, Shirley Willhite (prospective member) & Margee Carpenter

GFWC Lutz-Land O’Lakes Woman’s Club members are wasting no time in preparing for their BIG annual Arts & Crafts Show in December. They are already busily crafting many items to be sold in the club booth such as the adorable angel ornaments (pictured) made by recycling men’s ties.... the more colorful, the better. These clubwomen are very savvy recyclers and extremely eco-conscious of up-cycling rather than tossing away usable items in area landfills. The ladies enjoy the camaraderie and socializing

while they work with their sister members and guests on craft days. For more information on this community service organization, please visit [gfwclutzlandolakeswomensclub.org](http://gfwclutzlandolakeswomensclub.org) or its Facebook page.

## Vendors Wanted

Vendors/crafters wanted • Village Presbyterian Church Craft Fair, Saturday, Nov.12, 2022, 9am-2pm. • Email [gfeicke1@verizon.net](mailto:gfeicke1@verizon.net)

## 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.

## Tampa Bay Dance Club

### September 2022 Schedule

09/02 Jorge Perez  
09/09 DJ Mike Unwin  
09/16 Singer John Ricky  
09/23 No Dance  
09 30 TBD Surprise

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](mailto:bdanceclub@aol.com)

“Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”  
— 1 Timothy 4:8

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How To Not Let Disappointment Derail You

Samantha Taylor, Samantha Taylor Fitness

A very valuable lesson I had to learn is how to not let disappointment totally derail you or destroy your life. The last few years, many of us have gone through insurmountable times that have felt so overwhelming because they just kept piling up, one after the next.

I understand what it's like to feel like everything is crashing down on you and it's taking everything within you to hold it together. But I do know that having a connection with God and being able to lean on that foundation has been a cornerstone of not allowing utter disappointment to destroy me or my life.

Covid started happening to all of us more than a couple of years ago and oddly has still continued. It impacted my fitness company intensely and what I discovered was that we weren't alone in that. Over 25% of all fitness studios in the nation closed due to the impact of Covid, which is over 9,000 studios and gyms!

People all over the world have been trying to figure out how to rebound and some of us have had to completely restart our lives over again. Sometimes you have to pick up the pieces from what you have left and put it all back together, even though it will never be the same again. The most critical part is to START putting it back together.

One of the hardest things about trauma or extreme disappointment with things happening in our lives is losing the inspiration or drive to keep pressing forward to what God has put you here for on this earth. I know life can be difficult...it can be absolutely brutal sometimes. But I can tell you that when you have God in your life, that level of comfort, strength and wisdom to guide you and help navigate you through those difficult waters, is life changing.

Had I not had that foundation when my entire life started to unravel starting with my fitness business that I invested 25 years into, being greatly impacted, to then suddenly losing my husband of 29 years, him dying and going to heaven over a year ago! That experience, if not handled delicately, can easily derail you. But what I had to realize was if I stayed in the pit of focusing on my disappointment of that happening, I knew I was not going to be able to move forward victoriously and was risking staying stuck for many, many years.

These difficult things are nothing any of us would've ever asked for or expected in life but what we are called to do is pick up the pieces and start to put them back together with God's help. And figure out how to live the new normal even though its nothing you've ever known before but it's the only way to keep moving forward.

If we stay stuck in frustration and disappointment, it can pull you off from what you're supposed to be doing in this life. I understand disappointment and sorrow in depths that I never even fathomed I would have to walk down. But I also know the comfort of God and the grace, mercy, and peace that can also sustain you during those times. I did have to surrender though. I had to surrender to God and put out my hands with the broken pieces in them and give it over to Him, even though they were soaked in the tears that I cried.

So I encourage you to muster up the courage to pick up those broken pieces and turn them over to God. Ask Him to help you rebound, rebuild and heal your broken heart and not allow disappointment to derail or destroy your life. You can do this with God's help. I am living proof of this. Praise be to God!

I am thinking of doing a free webinar on this very topic, to go much deeper in how you walk this out victoriously because so many people have reached out to me saying they need help with this. Go here for details: [www.SamanthaTaylorFitness.com/rebuild](http://www.SamanthaTaylorFitness.com/rebuild)

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.



September 21, 2022  
11:30 a.m. Networking  
Noon Program/Lunch  
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## The More of God...

Amy Peterson Office Manager, River of Life Church

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

The more of God is found in our obedience. God may ask us to do something we are unable to do. As we say, yes Lord, He shows up on the scene to do whatever He has asked us to do through us. As we surrender everything to Him, as we stop trying to control every scenario, God is then able to show Himself mightily on our behalf. It's in the dying to self that resurrection power is then available to us by faith.

Romans 8:4 in the Passion Translation states, "So now every righteous requirement of the law can be fulfilled through the Anointed One living His life in us. And we are free to live, not according to our flesh, but by the dynamic power of the Holy Spirit!"

As we lay our flesh down and are obedient to God, the dynamic power of the Holy Spirit becomes available to us. For example, you may be at the grocery store and feel the Lord say, "I want you to go lay hands on the person and pray for them so they may be healed." Your flesh may not want to do that. You may be fearful to talk to a complete stranger not knowing how they may react to you.

As we are obedient, regardless of how we feel, as we lay our lives down and die to the flesh and decide to be obedient to what we feel the Lord is saying, the dynamic power of the Holy Spirit is released to move. We are stepping out of what we can accomplish in our own power and relying totally on what only God can do through us. That is where the more of God is found. As you make yourself totally dependent on the Lord, He can show Himself mighty on your behalf.

If you want to walk in the more of God daily, I encourage you to step out in faith believing that what God said He will do, He will do. He is a good Father who loves you. He wants to co-labor with you as we lay our lives down to what we want and do what He wants.

We would love for you to join us Sunday mornings at 10:30am and on Wednesdays at 7pm at River of Life Church, located at 410 E. Chapman Rd, Lutz, FL 33549.

[www.routampa.org](http://www.routampa.org)



## Labor Day - The Industrial Revolution



The Industrial Revolution modernized the United States and Canada during the 19th century. As people enjoyed steady employment, they compromised their rights in the workplace. Longer work hours and pay cuts were imposed; U.S. labor groups began protecting themselves by unionizing. In Canada, unions were illegal until 1872, when thousands of Ottawa laborers marched to Prime Minister John MacDonald's home.

That year, Canada wiped the anti-union law from its books and the march became an annual Canadian tradition. In 1882, Toronto labor officials invited an American union leader, Peter J. McGuire, to Toronto's labor celebrations. McGuire was so impressed that he suggested a workers' parade to New York City Central Labor Union. He chose September 5th as the date because it filled

the long void between July 4th and Thanksgiving.

Coincidentally, that same year a machinist from Patterson, New Jersey, Matthew McGuire, also proposed a laborers' celebration. On Tuesday, September 5th, 1882, thousands of New York City laborers marched from City Hall to Union Square. They gathered in Reservoir Park for an afternoon of picnics, concerts and speeches, rallying for an eight-hour workday.

Two years later, the Central Labor Union moved the parade to the first Monday in September. They also encouraged all U.S. cities to follow New York's lead and march for the workingman's holiday. For many, the choice was to either spend the day at work or march without pay. That began to change when Oregon became the first state to legalize the Labor Day holiday in 1887. Other states, including New York, soon followed.

It took a political disaster to put Labor Day on the national calendar. In 1894, railway workers in Pullman, Illinois, went on strike to protest wage cuts. President Grover Cleveland faced pressure to end the demonstrations and sent 12,000 federal troops to break the strike and violence erupted.

Two strikers were killed, and Cleveland's harsh methods made headlines. In an attempt to appease the nation's workers, he signed a bill to make Labor Day a federal holiday. Cleveland still lost that year's election.

America's workers continued to gain power through the 1950's when over a third of all labor forces were unionized. Labor Day had become a time to rally workers for safer conditions, fair pay, and benefits. But in the second half of the 20th century, the U.S. labor force diminished, many factories closed, jobs were outsourced to other countries.

Today, workers still parade through blue-collar neighborhoods on Labor Day and speeches unite the ever-dwindling labor force, but the day's true call has quieted. For now, most Americans leisurely enjoy the holiday as summer's last bow.

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



### A TASTY WAY TO HELP THE CHILDREN...

- During September, The Columbia Restaurant and – expanded this year – all of their restaurant family, including *Cha Cha Coconuts*, *Ulele*, *Goody Goody* and *Casa Santo Stefano* will donate 5% of your total bill to Hope Children's Home in the form of gift certificates!
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### How Is Your Quality Of Sleep?

*Sleep, Part 2 cont. from last month*

For those of you who struggle with restless sleep, trouble falling asleep, or if you just aren't waking up feeling well rested, here are a few things to keep in mind:

1. Neurotransmitters released in the brain play a role in controlling if we are awake or asleep. This includes histamine, dopamine, serotonin, glutamate, and acetylcholine. Reflexology improves the functioning of the nervous system enabling these neurotransmitters function properly to help improve our sleep.
2. Reflexology can help to reduce pain that is interfering with sleep.
3. Stress and tension can keep our bodies in fight-or-flight mode, making it too alert for restful and restorative sleep. Reflexology enables a deep relaxation that helps the body transition out of that flight-or-flight mode.
4. Using our circadian rhythm, our bodies start to produce an increasing amount of melatonin, a hormone that makes us sleepy, in the mid-to-late evening. The levels stay elevated until the early morning as the sun comes up. Stress interferes with this process, but when you get the body back into a relaxed state, the natural circadian rhythms can resume.

These are just a few examples of the complex systems of the body, which helps us to get optimal sleep. This is what happens when one area is out of sync; the chain reaction can keep spiraling. It's important to help the body get back to its normal healing mode to help you sleep better.

**"When you lie down, you will not be afraid; when you lie down, your sleep will be sweet." (Proverbs 3:24)**

There are a lot of reasons why we can have trouble sleeping; let's see if we can help to find the root of yours. Don't lose sleep over it, just call (813) 965-1697 to schedule a session now. Ask about the Membership Program to get your best value!

Blessings to you and your health,  
Louise



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**God's Long-Term Health Care Plan**

Space Available! "Hell" Forgot About That!



### Tax Collector Mike Fasano's Offices Collected Donations for Habitat for Humanity

Please support our  
Charity of the Month



**Habitat for Humanity**  
of Pinellas & West Pasco Counties



**Habitat for Humanity**  
of East and Central Pasco County

**Building Community One Family at a Time!**



Tax Collector Mike Fasano's five offices featured Habitat for Humanity as the charitable organization for the month of June (National Homeownership Month). All proceeds (\$4,379.85) from the promotional effort benefit Habitat's homebuilding and homeownership programs to help those without a home own one of their own. Currently 70 approved families are awaiting their opportunity to build a home through Habitat for Humanity.

"Homeownership has the power to transform lives," comments Tax Collector Mike Fasano. "It was an honor for our office to support Habitat as they build affordable, safe and stable homes for hard-working families in our community."

"The employees of the Pasco County Tax Collector's Office encouraged everyone to give through this campaign and we couldn't be more pleased with the results," comments Crystal Lazar, President/ CEO of Habitat for East and Central Pasco. "Thank you all for your generosity."

"As the cost of homes continues to rise, Habitat for Humanity is grateful for the support of the Pasco County Tax Collector's Office to help us close the gap," remarks Mark Sutton, President & CEO of Habitat for Humanity West Pasco. "We thank all those who participated in the National Homeownership Month campaign for the 'hand up' they provided to local, deserving families on their journey to affordable homeownership."

Thank you to a very generous community for making this charitable-giving effort such a success! Staff members of the Pasco Tax Collector's Office Land O' Lakes branch represented the agency at the check presentation.

For more information about Habitat for Humanity and how you can receive services or help with Habitat's mission, please contact Devin West of the West Pasco Affiliate (727)-536-4755, Ext. 222 or Melissa Parks of the Central & East Pasco Affiliate at (352) 567-1444. 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](http://www.pascotaxes.com).



### REMINDER: Tax Collector's Wesley Chapel Office Temporarily Moved

The Wesley Chapel office of the Pasco County Tax Collector's Office has moved one building down to 4614 Pet Lane, Suite 109, Lutz FL 33559 due to remodeling. Renovations are underway which will update the office so that we can better serve our community. Additional service windows and more seating in the lobby area will make the office more comfortable for our customers.

"We are excited to be able to undertake these changes to our Wesley Chapel office," comments Tax Collector Mike Fasano. "Our goal as an organization is to make a visit to our office as easy and as simple as possible. With the changes we are making that goal will be possible each time our customers enter our office. Our temporary location is literally in the building next door to our usual location. We apologize in advance for any inconvenience this may cause."

The remodeling is expected to be completed by October 31, 2022. During this time, we will offer most services that we currently offer except for concealed weapons permits and all written testing. Our other locations in Pasco County will be able to assist customers who may need those services.

For more information please do not hesitate to contact our centralized call center at (352) 521-4338, (727) 847-8032 or (813) 235-6076.

I heard about this teenager that just got his driver's license, and he asked his father about borrowing the car. His father said, "Son, I'll make a deal with you. If you bring your grades up, read your Bible every day, and cut your hair, I'll let you borrow the car." He came back a few weeks later and asked about it again. The father said, "Son, you brought your grades up, you've been reading your Bible, but you still haven't cut your hair." The son said, "Dad, I've been thinking. Moses had long hair, Samson had long hair, and even Jesus had long hair." His father said, "Yes, son, and they walked if they went anywhere."

*Say it like you mean it. Joel Osteen*



**We Support CHRISTIAN EDUCATION...**

*Teaching our children that the Word of God is a way of life.*

**Can we afford anything less?**

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



## Amazing Rock Forms at Arches National Park

By Karen McBride



### What Can You See at Arches National Park?

Arches National Park is located five miles north of Moab, UT. You can spend the day driving along the 36-mile road, stopping throughout your journey to see the incredible rock formations and take photos. The park spans 76,519 acres or 119 square miles. Just imagine looking across the vast land with over 2,000 natural stone arches.

Hikers can enjoy many trails leading to the colorful arches. Red sandstones in the park contain iron oxide. The green rocks contain non-oxidized iron. You may see rocks with black, orange, grey or even purple layers. It is amazing to look out over the land and see the rainbow of colors that God has created in the earth.

### How Were the Rocks Formed?

Over thousands of years, the earth shifted, and ground levels raised and fell. This process turns fractured rock layers into fins, and fins into arches. Arches are created when potholes near cliff edges grow deeper and wear through the cliff wall. Arches and small honeycomb formations called tafone are formed.

In addition to fracturing, the unique rock formations were created through wind, rain, and snow. Heavy rains erode the rock and carry sediment into the ca xanyons. In the winter, snow melts into cracks within the rocks. The freezing and melting splinters the rock and changes the formations.

### What are the Names of the Most Famous Arches?

**Double Arch.** This arch is the tallest arch at 112 feet. It is known as a pothole arch, formed by water from above.

**Balanced Rock.** The 128-foot, 3,577-ton boulder sits atop a 55-foot pedestal.

**The Spectacles.** The arches are side by side and resemble a pair of glasses.

**The Delicate Arch.** The most recognized arch in the park stands 52-feet tall.

The landscape of Arches National Park is continuing to change. In 2008, the Wall Arch, a popular tourist attraction, fell during the night.

### Where Can I Find Additional Park Information?

It is best to visit the arches in the early morning when the air is still cool, as it can get very hot during the afternoon hours.

Reservations are required to enter the park from 4/3/22-10/3/22. Guided tours are available. For more information and to plan your visit, go to <https://www.nps.gov/arch/planyourvisit/index.htm>



## Free In-Person Medicare Events by SHINE Pasco County in September

SHINE (Serving Health Insurance Needs of Elders) is a Free program offered by the Florida Department of Elder Affairs and the Area Agency on Aging of Pasco & Pinellas. Specially trained volunteers can assist you with your Medicare, Medicaid, and Health insurance questions by providing one-on-one counseling and information. Visit a SHINE counselor at one of the events below. SHINE services are free, unbiased, and confidential. SHINE Counselors can be reached by calling 1-800-963-5337 or 727-217-8111.

### Medicare Basics

Date & Time: Saturday, September 10th, 2022 at 10am

Location: Starkey Ranch Library 12118 Lake Blanche Dr. Odessa, FL 33556

### Medicare Basics

Date & Time: Tuesday, September 13, 2022 at 10am

Location: Regency Park Branch Library 9701 Little Rd. New Port Richey, FL 34654

### Medicare Basics

Date & Time: Thursday, September 15, 2022 at 10:30am

Location: Pasco County Library New River Branch 34043 State Rd. 54 Wesley Chapel, FL 33543

### Medicare Expo

Date & Time: Tuesday, September 27, 2022 at 10am

Location: Centennial Park Branch Library 5740 Moog Rd. Holiday, FL 34690



### 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 its turned into and the amount of people we serve! The owners, Mark and Kay, are some 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!

## A New—And Faster—Way To Request A Social Security Card

By Javier Morales, Social Security Public Affairs in South Florida

Do you need an original or replacement Social Security Number card? We now have a new – and faster – way for you to start online.

When you go to our Social Security Number and Card webpage at [www.ssa.gov/ss-number](http://www.ssa.gov/ss-number), we now ask you a series of questions to determine whether you can:

- Complete the application process online.
- Start the application process online, then bring any required documents to your local office to complete the application, typically in less time.

Once you complete your application (online or in-person), we will mail the card after we process the application. Please understand that we don't issue cards at our offices.

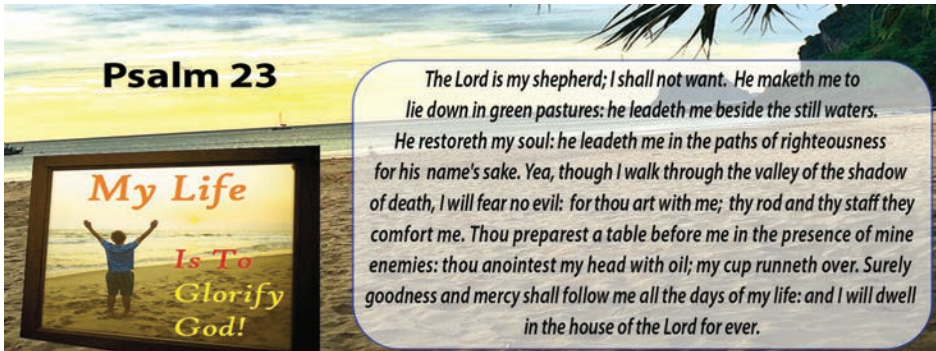
Finish your application in the office

If you need to visit an office, please follow these steps to complete the application:

1. Learn what types of documents you need to bring to your local office.
2. Print and save the online control number shown once you complete the online application.
3. Bring the online control number – along with the documents – to your local office within 45 days to finish your application. Find your local office using our Office Locator at [www.ssa.gov/locator](http://www.ssa.gov/locator)
4. Check in at the kiosk when you arrive.
5. Meet with one of our employees to verify the information that you completed online and review documentation.

That's it! You'll receive the card in the mail, usually within 7 – 10 business days.

We're continuously expanding our services to put you in control and help you secure today and tomorrow for you and your family. Please share this information with your friends and family – and post it on social media.





## The Great Florida Outdoors: Vista Gardens

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



The garden surrounding the pavilion is VISTA's Native Plant Landscape, designed in 2020 by Bruce Turley, to model a landscape suitable for moist conditions (in this case, adjacent to our wetland) and still tolerant of dry periods.

During an HRS planning meeting, we identified six species (Monarch, Gulf fritillary, gorgeous Zebra longwing, Sulfur, Swallowtail, etc.) of butterflies nectaring and countless bees and many bumblebees at work. Vicki will point out the Teabush, which usually has an amazing swarm of bees - a present favorite of VISTA's honeybees.

In our effort to "rewild" lawns, reduce fertilizer use, and conserve water, we model two groundcovers in this Native Plant Landscape, including Hammock twinflower and Creeping sage.

The garden near the Laurel Oak tree is the VISTA's Monarch Waystation Garden. I consider Vicki Kuse, VISTA's Master Gardener, the designer of this garden of water-loving plants. This garden models the Frogfruit aka Matchweed groundcover.

Our Florida Landscape Demonstration Garden, funded by the Florida Wildflower Foundation, is VISTA's Wildflower Garden, also a model native plant landscape designed by Bruce Turley, former president of the Florida Native Plant Society. We are inspiring our neighbors and sparking the beginning of a pollinator corridor in Carrollwood Village with this garden. This garden models Sunshine Mimosa, Frogfruit, and Oblongleaf twinflower groundcovers.

VISTA's Pollinator Garden at the Pond is designed by Janet Stanko and Barbara Kane to attract and support pollinators, including birds. Be sure to walk visitors around the back (east side) so that they see the "stand" of Tropical sage flowering in all three colors - red, white, and pink. Tropical sage is a close/ second favorite of VISTA's honey bees. The garden models Hammock twinflower groundcover.

VISTA has native plant gardens north, south, east and west of our raised vegetable gardens in which our members grow organic food and edible flowers!

*"We are so proud of this element; true to the sustainability commitment in our mission statement. Native plants attract pollinators that support successful fruiting and provide beneficial insects to prey on/control non-beneficial pests and reduce the need for applying biological insecticides. For example, parasitoid wasps (that do not sting humans) devour tobacco hornworms and leafroller caterpillars and prevent them from devouring our tomato plants and bean plants respectively."*

From Jennifer G.

VISTA Gardens is a truly sustainable community garden. We use no electricity or public water; we are totally off the grid. Solar panels power the garden's deep-well pump, and repurposed

storage tanks supply the garden's gravity-fed water spigots. Donated mulch is applied around the base of plants in the landscape to reduce the growth of weeds and retain water, reducing our water usage.

In large part because of VISTA's collaboration with the Village Food Pantry, annually we compost over 16 tons of inedible fruits, vegetables, and kitchen scraps, saving "waste" from the Hillsborough County waste disposal facilities, and saving the food pantry hundreds of dollars in waste collection fees. The compost, aka Black Gold, we produce is used to amend our 65 raised bed plots, making composting one of VISTA's most successful sustainability efforts.

Our vision is for VISTA Gardens to be the Native Plants Ambassador to our members, neighbors, and the general public by providing quality information about native plants and their importance to wildlife including butterflies, native bees, and other pollinators, hummingbirds and other birds, and other wildlife.

To schedule an individual or group visit, visit VISTA's website at <https://www.vistagarden-tampa.org/request-a-visit>

VISTA is located at 13572 South Village Drive, Tampa 33618, in the heart of northwestern Hillsborough County, in Carrollwood Village.

### Get out into The Great Florida Outdoors!

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## We Are So Thankful for Our Partners!

We are so blessed to be serving God in our community, but we cannot do it without your support. Our support comes from individuals and businesses, and we want to thank you for your contributions to the Dunndeal Gazettes.

• We want to personally thank Bruce Bland who works at Ukulele Brands in Land O’ Lakes. He enjoys reading the articles and entering our monthly contests (see page 8 for details). Bruce wanted to show his support for the Dunndeal Gazettes ministry with a recent donation.

• We want to take this opportunity to thank The Well, a woman’s training and discipleship ministry, for their very generous donation as we work together to share the work of The Well and what they do for our community.

• We also want to thank Wes Homer, a representative for Island Spa/Vita Spa for the donation for a “Jesus is My Boss” cap. We met Wes when we made a day trip to Orange Park and Amelia Island. Wes can get all the parts for a Vita Spa.



Mark Dunn/Publisher    Wes Homer/Vita Spa

## Opposing Kingdoms

*Continued from Page 1*

When Jesus ministered to people in need, he oftentimes mentioned that the kingdom of God had come to them.

Paul, writing to the Colossian church, showed those in Christ had been delivered out of the kingdom of darkness and ushered into the kingdom of God.

Paul also describes the kingdom of God as righteousness, peace, and joy in the Holy Spirit (Romans 14:17).

The kingdom of God is contrasted throughout the Bible as light instead of darkness, love instead of hatred, joy instead of sorrow, blessing instead of cursing and good instead of evil. We should never be confused which kingdom is at work.

The Apostle John writes, “God is light and in him there is no darkness.” John also encourages us to “love one another, for love is of God and everyone that loves is born of God and knows God. He that does not love does not know God, for God is love.”

God promises us that there will come a day when all the kingdoms of this world, this old Babylonian system, will fail and the Lord Jesus will rule forever and ever as King of an everlasting kingdom.

The hatred and jealousy fueled by man’s rebellion will be no more, and God’s kingdom will come and His will will be done in earth as it is in heaven (Mt. 6:10). Which kingdom are you living in?

Dr. Dan Coflin and his wife Dianne are Senior Pastors of River of Life Church in Lutz.

Sunday service at 10:30. • 410 E. Chapman Rd., Lutz

[www.roltampa.org](http://www.roltampa.org) • (813) 909-9720

## ROME, THE FIRST MEGA CITY

*Continued from Page 1*

a guy in Jerusalem as a procession was going by and found himself surrounded by Roman soldiers. One of them pointed and said, “You there, help him carry his cross.” Now we got a common guy on the street that is now involved in the most pitiful moment in history.



It can take three days to die on the cross from blood loss, shock, dehydration, and suffocation. Crucifixions were so common back then that the Romans barely even registered Jesus’ death.

Luke 23:32-34: *They crucified him there, along with the criminals.* Except for his friends and family. They turned out to have the power to transform the entire Roman Empire and change the course of human history.

Profoundly more than any other event over the past 2,000 years, the followers of Jesus will retell his story and spread his message over 1,400 miles from Jerusalem to the imperial capital of Rome. It is one of the largest cities on earth, population 1 million.

It was two and a half times more densely populated than modern Manhattan, but 18 years after the crucifixion, a series of droughts created a food shortage. Over 200,000 tons of grain are needed each year or the Roman people will starve, and one out of five is already on welfare.

Rome’s ruler was Emperor Claudius. Disabled and insecure, he was the most powerful man in the Western world. All Emperors had to please the populace by bringing home

the bacon, in a manner of speaking.

But Claudius had to try harder than other rulers to legitimize his rule. Emperor Claudius was regarded as a god, but he still needed the support of his people to stay in power, so he ordered handouts for the poor. However, there was not enough bread to go around.

John 6:35 / Mark 8:1-8 / Matthew 14:13-21: *Verses about enough bread to go around.*

Riots were part of life in Rome, and it was a way for people to get their message across to their Emperor. The previous Emperor, Caligula, ignored their plea and was subsequently assassinated.

Worried that riots would break out, especially after the crucifixion of Jesus, Claudius knew he could be next. So the best way for him to win over the public was to build.

Eight miles from the city, Claudius started one of the largest engineering projects in the Roman Empire. This mighty Aqueduct carried water to the city of Rome. Carved through 45 miles of countryside, they tunneled through mountains and built bridges of vast structure across the huge amounts of space without dynamite or any kind of modern tools. And yet they were so well-built that 1,500 years later after the end of their civilization, those structures are still standing today.

The Aqueduct was powered by gravity and it needed to drop 1 foot for every 300 feet. If it was too steep, the water would over



flow, and if it was too shallow, it would run dry. Precision engineering was the secret to Roman construction.

A revolution of new building material was needed to mold into hard rock: concrete! Ever since the Romans, we’ve been living in a concrete age, and the key ingredient to Romans’ concrete was volcanic ash. Rome is surrounded by 50 volcanoes and today, two thirds of mankind now lives in buildings made of concrete. The Aqueduct cost equivalently eighty-three billion dollars, ten times more than the Hoover dam.



Imagine the people coming to the Roman Empire for their first time and seeing the massive engineering project. It was advertising Roman power, and it was a Dunndeal. To let everyone know who built this giant monument, the Emperor named it after himself: “Aqua Claudia,” the water from Claudius.

It would take 14 years to build and over 400,000 blocks of stone as well as 6,000,000 sq ft. of concrete. Its Aqueducts would deliver 250,000,000 gallons of water a day, enough for 1,300 fountains, 900 basins, and 144 public toilets, which made Rome one of the most advanced cities in the world.

There were six-story high apartment buildings, each with up to 380 residents. Under the roads were sewage systems that swept away 500 tons of waste a day. Rome maintained a police force, a fire brigade, postal service, 30 libraries, 3 theaters, and 80

temples. Rome, the world’s first mega city.

Today, for the first time in history, over half of us live in cities. Across the world, there are 21 cities with a population above 10 million, based on the blueprint pioneered by Rome 2,000 years ago. However, Rome was more than just a city, it was an empire that spread its civilization across Europe and beyond.

Luke 20:27-33: *“Truly I tell you, this generation will certainly not pass away until all these things have happened. Heaven and earth will pass away, but my words will never pass away.”*

### 10 Awesome Biblical Miracles

“Let There Be Light” *Genesis 1:3*

“The Resurrection” *John 11:25*

“Joshua Stops the Sun” *Joshua 10:13-14*

“Jesus Raises Lazarus from the Dead”

*John 11:38-44*

“Jesus Feeds the Five Thousand” *Matthew 14:13-21*

“Crossing of the Red Sea” *Exodus 41:21*

“Balaam and his Talking Donkey” *Numbers 22:21*

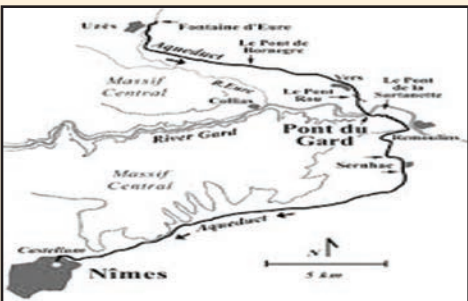
“Jesus Walks on Water” *Matthew 14:27-29*

“Ten Plagues of Egypt” *Exodus 7:14-18*

“Jesus Exorcises Legion” *Mark 6:2-13*

See the full version on the History Channel—Mankind, The Story of All of Us - Episode 3/12: Empires:

<http://www.history.com/shows/mankind-the-story-of-all-of-us/videos/mankind-the-story-of-all-of-us-empires?m=5189717d404fa&s=All&f=1&free=false>



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2. Physical training is of some value, \_\_\_\_\_

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## Liberty Manor Community Service Day



Liberty Manor for Veterans enjoyed the rewards of a Community Service Day by the TECO People Gas, headed up by Roosevelt Wiggins. It is always appreciated when other nonprofits step up to assist some of the needs of our veterans.

The mission of Liberty Manor for Veterans; Inc. is to promote the developmental and social needs of disabled and honorably discharged veterans who have fallen victim to homelessness, providing transitional supported housing and establishing objectives designed to attribute to self-sufficiency. Anyone interested in assisting this meritorious initiative, please contact Connie Lindsay (813) 900-9422, or Liberty Manor for Veterans (a 501c3 non-profit organization), website <http://www.libertymanor.org>, 10015 N 9th Street Tampa, FL 33612, or the mailing address P.O. Box 274081 Tampa, FL 33688-4081. Veterans are certainly worthy of our help. EIN #02-0775720.

## 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

## #9PMRoutine

One of the most common calls for service that the Pasco Sheriff’s Office receives is to investigate a car theft or burglary. These are often crimes of opportunity. By eliminating opportunities of car- related crimes, there is less potential to become a victim. PSO encourages a daily habit of removing personal belongings from your car, and locking car and home doors at 9 p.m., known as the #9PMRoutine! Over the past several years, the #9PMRoutine as expanded across the globe, with check-ins coming from all 50 states and countries such as Brazil, Australia and the UK. Other law enforcement agencies have also spread the word of the #9PMRoutine in an effort to lower opportunities for crime in their communities.

When potential criminals cannot quickly enter a car, they’ll often keep moving. PSO encourages citizens to always to lock car doors, fully close car windows and secure their keys when parking cars. Easy access to car keys is the simplest way a criminal can steal a car. Never leave keys inside a car, even for a minute or two.. Push-to-start cars don’t require suspects to know where the key is, if its tucked away inside a car, such as a glove box or center console.

Leaving your car unlocked with a garage door opener inside can also give potential criminals access to your home, including your car keys and other valuables. Stolen items from unlocked cars are commonly used in other crimes, which is why its imperative to remove personal belongings and valuables every time you park your car.

Citizens can do quite a bit to minimize the risk of car burglaries and thefts. When parking, park leave your car in a locked garage or a lit driveway if possible. Avoid parking in isolated and poorly-lit areas with shadows and cover from larger vehicles, fences or plants. Take a moment to do a quick check of nearby surroundings.

If you see something, say something! Report suspicious activity in your neighborhood to law enforcement immediately. Provide the address, block number or location in a parking lot. Provide as much information as possible to identify the suspect, such as the suspect’s approximate age, height, weight, hair color and clothing description. If possible, note how the suspect left and in what direction. Additional details that describe the color, make, model, and license plate number are also helpful.

Citizens can help reduce the risk of becoming a victim of car thefts, burglaries or other crimes by completing the simple steps of the #9pmRoutine every night. Encourage those in your neighborhood or home to build good safety habits by locking up and securing their valuables. These simple tasks can have a big impact on crime.

Pasco Sheriff’s Office  
727-844-7705

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

I heard about this kindergarten teacher. She was trying to explain to her students about self-esteem. She said to her class, “Anyone who feels like you’re dumb, please stand up.” She didn’t think anyone would stand up and she would make her point how no one is dumb. About that time, little Johnny stood up. “Oh no,” she thought and said. “Now, Johnny, do you feel like you’re dumb?” He said, “No, ma’am. I just hate to see you standing there all by yourself. *Say it like you mean it. Joel Osteen*

# COMING HOME FOUNDATION

Liberty Manor for Veterans sustained a horrific setback a few weeks ago when someone stole the cargo trailer used to pick up food for the veterans. This was indeed a tragedy that Liberty Manor could not recoup financially, at least anytime in the near future, it took one phone call to our friends at the “Coming Home Foundation” to respond by replacing our cargo trailer with a NEW 2022 black cargo trailer! This makes it possible for us to deliver food to our veterans again. The Coming Home Foundation is responsible for providing many resources that our veterans were previously lacking such as food, clothing and transportation.



Coming Home Foundation believes that everyone needs a day of happiness to remember, especially the American heroes that fought for our country and that are now lonely and stuck in medical centers. Their mission is to supply therapeutic arts and craft kits to veterans in medical centers. The arts and craft kits they distribute are physically therapeutic for hand to eye coordination, but more importantly, working on the kits lifts the spirits of our American heroes.

It gives them something to look forward to as well as a sense of accomplishment for completing a task. Perhaps most importantly, receiving a gift lifts their spirits and reminds them that they are not forgotten, especially for those that have outlived their friends and families. By giving them arts and craft kits, we will not be helping them to pass time, but we will be helping them make time live. The team consists of Russell Mason, Russ Mason, Jr, and Robert Singer – all perform amazing philanthropy for our United States veterans.



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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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## Christian Business Bella Tires Is Committed To Their Customers

By Karen McBride

When tires or auto parts are difficult to get, other auto repair shops may tell you “that’s just the way it is now” but Bella Tires is committed to giving their customers 100%.

Kay and Mark found out firsthand when they recently had a slow leaking tire. They were out distributing papers when they noticed the tire was deflated. Although it is farther than other tire centers, they knew that the Christian business was the place to go.

Big Rich, as he likes to be called, helped them to find the right tires for their driving needs. While in the shop, they had their brakes checked and then repaired. Due to the fact that he doesn’t have all of the overhead that the larger shops have, Bella Tires was able to replace the tires and do the repair work for less than other auto repair shops would charge.

“Big Rich is 100% of who he says he is. An honest Christian man always looking to serve his customers the best he can,” said Kay.

Bella Tires is open Monday through Friday, from 7am – 8pm, and Saturday from 7am – 1pm. It is located at 19245 State Road 52, Land O Lakes, Florida 34637.

For more information visit online at <https://bellatires.com/> or to schedule an appointment, please call (813) 995-0777.

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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- $\alpha$ , interleukins (IL-10, IL-1 $\beta$ ), 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. <https://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.



### OUR MISSION

Is to effectively connect consumers with Christian product and service providers who strive to operate their business organization according to Biblical principles.





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Bella Tires Wheels & Service	Richard Nicholoff	(813) 995-0777
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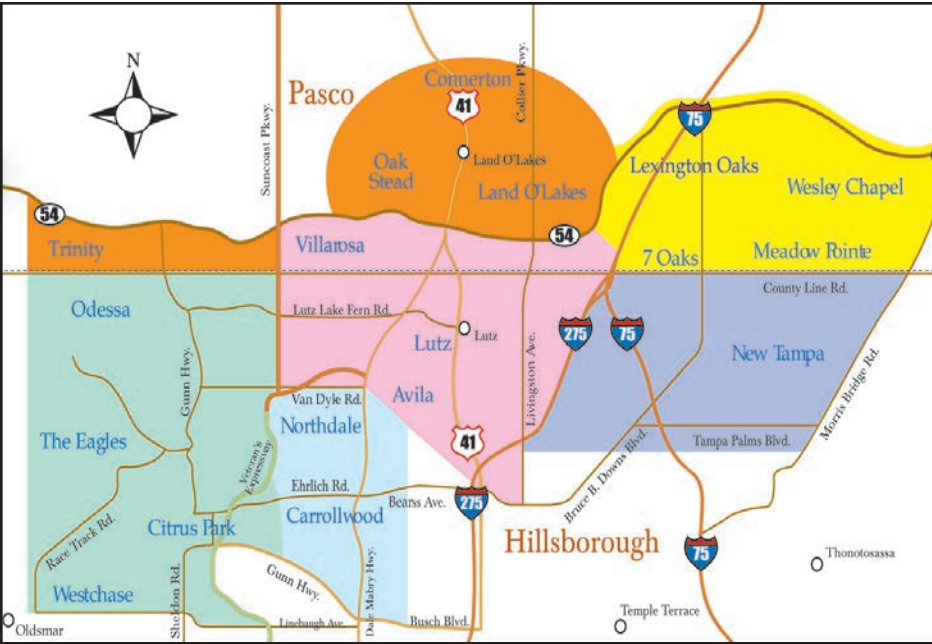
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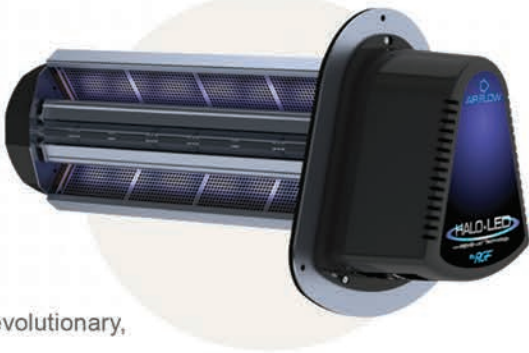
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