

First Day of Spring

March 20

Daylight Savings Time

March 12

Celebrating Our Independence

A Non-denominational Publication

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Dunndead Gazettes

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

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March 2023

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.

Celebrating in Honor of St. Patrick's Day

17

MARCH

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

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

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

Continued on Page 8

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Giving Human Trafficking Victims Hope Through Bridging Freedom

By Karen McBride

While completing her master’s degree, Laura Hamilton joined a U.S. Department of Justice funded task force for Tampa Bay on human trafficking. It was then that God placed on her heart to start Bridging Freedom for victims of human trafficking to give young girls recovered from child-sex trafficking a place to live and to help them along the path to healing.

There are currently two homes on over 100 acres in an undisclosed location. The two homes can provide shelter for 12 girls, ages 13-17. In an effort to provide a home for more girls, Bridging Freedom is partnering with Rotary Clubs and other donors to build a third house.

The girls may be runaways, fleeing from a dysfunctional home and end up as victims. The experienced staff will help the girls to understand what situations define human trafficking. Some are not even aware that they are a victim of it. Girls may remain in this safe haven for a year or more where they focus on healing from the physical, mental, and emotional trauma, and are filled with hope for a better life.

“It’s a beautiful thing when you see that hope come to them,” said Laura.

With a high staff to child ratio, they are able to meet the needs of the girls. It can take 3 to 4 months just to stabilize a victim of human trafficking to begin their long road of recovery. The professional team includes therapists, nurse, educator, case manager, and residential caretakers that help her to begin to process all that she has been through.

In addition to health care, girls receive educational training, therapeutic interventions, such as equine, music, art , gardening therapies, survivor mentorship, life skills including balancing a budget and taking care of a car, career development, and transitional mentorship for the time when the girls are ready to leave the facility and start on their own.

The organization’s tagline is “restoring stolen childhoods” and the staff accomplish this through counseling and helping the girls to feel special and loved with birthday parties, Christmas celebrations, and many recreational outings.

In addition to helping the victims, Bridging Freedom works with the community, focusing on awareness and prevention. The organization participates in events throughout the year, including Light Up the Night, where funds are raised for agencies that fight human trafficking, and support survivors.

If you would like to support Bridging Freedom, gift card donations are needed to enable the girls to go on various adventures, fun outings and shopping. Grocery store cards are welcome too. Health and nutrition are an important part of the recovery process on the road to living independent, healthy lives. The girls are taught nutrition and how to prepare well-balanced meals. For more information about this organization, go to <https://www.bridgingfreedom.org>.





Please Join our 1.5K 2023

Freedom Walk

Join friends and neighbors to help reduce human sex trafficking in our community!

Become a fundraiser by sharing this event with your friends!

Plenty of kid-friendly activities so bring the whole family!

When: Saturday, Mar 25, 2023
Check-in at 9:00am/"shotgun" start at 9:30 am

Where: Tampa Bay Baptist Conference Center
15601 Lake Magdalene Blvd.
Tampa, FL 33613

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Know More to Help Stop Human Trafficking

January is National Human Trafficking Prevention Month. Knowing the signs of human trafficking can help get victims out of these situations and into help sooner. Pasco Sheriff’s Office partners with the Pasco County Commission on Human Trafficking to prevent and respond to human trafficking cases. Everyone can play a vital role by recognizing common warning signs and reporting potential human trafficking activity.

The Florida Coalition Against Human Trafficking states that human trafficking involves the commercial exchange and exploitation of humans, including forced sexual acts, involuntary labor, servitude and debt bondage. A consistent aspect of human trafficking, regardless of form, is vulnerable victims. Victims also commonly have trafficking forced upon them. Sadly, victims may also stay in these situations out of fear or because they are under the control of someone else or don’t have the resources needed to leave. Though victims can be men, women and children from any race, socioeconomic group or nationality, children are more likely to be trafficked by someone they know, rather than a stranger. Additionally, most traffickers groom for exploitation over time instead of kidnapping them.

It’s important to understand and recognize common indicators of trafficking. Physical signs of trafficking can include evidence of violence or untreated wounds, exhaustion and malnourishment, addictions or even branding. Social and interpersonal signs can include being accompanied by a controlling individual, isolation from friends or family, little to no possessions, being severely underpaid or paid nothing at all for their work and not being in control of their money or personal documents, such as their driver’s license. There can also be mental and emotional signs, such as low self-esteem, anxiety, depression, fearful behavior and not identifying as a victim of trafficking. Behavioral signs include individuals being submissive and nervous, avoiding eye contact with others, being afraid of law enforcement personnel and not being permitted to speak for themselves.

Rapid reporting of potential trafficking activity can help end human trafficking. The National Human Trafficking Hotline is a national, toll-free hotline, available 24 hours a day, 7 days a week and in over 200 languages. It’s accessible by calling 1-888-373-7888. The Hotline is a safe space to report tips, seek services and ask for help. Discrete text message or online chat communication with the National Human Trafficking Hotline is available by texting “BEFREE” (233733) or by visiting www.humantraffickinghotline.org online. Call the hotline to report tips, locate services, get help and learn about options available. All information provided is confidential and reporters can remain anonymous. To best protect victims and yourself never get directly involved in suspected trafficking activity; report it immediately instead.

Together, we can increase identification of warning signs to help reduce human trafficking and get services to survivors quicker. If you suspect human trafficking, report it to the National Human Trafficking Hotline or local law enforcement immediately.

“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 have learned the secret of being content in any situation, whether living in plenty or want. I can do everything through him who gives me strength.

— Philippians 4:12-13

Do You Need a Coach?

Samantha Taylor, Samantha Taylor Fitness

Why do people hire coaches? The best athletes in the world have them, to help them get to the next level or to perfect their skill but to also keep them accountable. But what about non-professional athletes, why would someone hire a coach? For the same exact reasons.

I have had many coaches in my life that helped me get to levels I would have never gotten to without them. A coach can help you get to the root of something faster that you are struggling with. They can help you see blind spots or pitfalls that maybe you aren't seeing.

They can help guide you in a direction to get better results. Many times when people hire a coach they are investing in speed because of what the coach knows. They can help you get to where you want go faster or easier than you would on your own.

You are investing in their knowledge and how it can help you in life. Hiring the right coach can save you years of frustration of trying to figure it out on your own. Most of the time, the best coach is going to be someone who has been where you are and has experience getting you out of there to where you want to go.

Whether it's in business or getting guidance in your personal life, coaches can be hired for many different reasons. If someone struggles with being overweight, one thing you may have not thought about is being coached on how to transform habits and behaviors with food.

When we struggle with weight loss, there are very specific thought patterns and relationships we have developed around our relationship with food that has contributed to the weight gain, for most people. That is actually one thing I have really been focusing on helping people with because that is the very thing that helped me transform my relationship with food and maintaining a healthy weight for over 20 years.

I started studying the Bible and finding scriptures that could help me think differently and learning how my spiritual life could actually be connected to the foods I was choosing to eat. And that learning how to honor the body as the gift God gave us to take care of can make a difference in our motivation to do so.

If you would like to explore what it would look like to work with me to help you get to the next level in your weight loss journey, through transforming your relationship with food by how you think, then go here to set up a phone consultation to go over the options: www.SamanthaTaylor.com/nextstep Or if you would like to work with one of the amazing coaches in the local studios, check out the new announcement on the ad.



Same Locations & Amazing Programs with a New Name & Owner

The fitness studios in Land O' Lakes and Wesley Chapel have a new name and new owner! Congratulations to Sonia who was our Director of Operations and amazing trainer....she has started her personal training business in the same great locations and services called:



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Start 2023 Off Right by Maintaining Your Child's Good Health

By Karen McBride

As we begin a new year, start it off the right way by maintaining the health of your child. Dr. Michele Johnson-Towson and her staff at Pediatric Place of Tampa are dedicated to keeping patients both healthy and educated on changes in children's health care. They take the time to answer any questions parents may have. They treat your child's overall health, including immunizations, allergies, asthma, and ADHD (Attention-Deficit/ Hyperactivity Disorder).

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 6 months and older. Contact Dr. Johnson-Towson, a board-certified pediatrician with over 30 years of experience in caring for children ages newborn to 21 years old, to schedule your child's appointment.

Same-week appointments are available 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

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 8:00am 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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Tampa Bay Dance Club

March 2023 Schedule

3/03 Jorge Perez
3/10 Mike Unwin
3/17 Albie
3/24 John Ricky
3/31 Jorge Perez

First timers free admission
St. Patrick's Day - Cuban sandwiches for sale
Celebrate the first day of spring

Dances every Friday night! Everyone is welcome. Doors open at 7:00pm, goes from 7:30pm-10:30pm. Admission \$12. Dress code is casual. 8401 W. Hillsborough Ave. at the Lutheran Church of our Savior, 8401 W. Hillsborough Ave. BYOB-type club. Music to the 50's & up, Latin, country. Weekly broadcast on Facebook: Tampa Bay Dance Club or Tampa Bay Dancing.
Contact Roger Verszyla at r.verszyla@aol.com



Happy St. Patrick's Day!

from Dunndead Publications



A LITTLE BIT ABOUT OUR FAMILY

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Aiden Holcomb celebrated his fifth birthday with a superhero themed party at Crews Lake Wilderness Park. The children enjoyed "flying" in the bounce house and saving the park from the "villains" by capturing them in crepe paper!

Also pictured are his grandmother Shelby and his father, Austin, the villain!

Aiden is the grandson to Karen McBride, staff writer and web administrator for the Dunndead Gazettes.



Tampa Job Fair & Career Expo Is Back

Employers in the Tampa region and job seekers come together for a five-hour career expo featuring some of the top names in business and some of the top talent in the area.

OSB Job Fair & Career Expo will be held Thursday, March 23rd 2023 at the Tampa Bay Buccaneers Stadium.

This event will feature companies from the greater Tampa area and can welcome over 1000 job seekers, from new college graduates to experienced industry professionals.

- **EVENT:** OSB Job Fair And Career Expo
- **WHEN:** Thursday, March 23rd, 2023
- **TIME:** 10:00 AM To 3:00pm
- **WHERE:** Tampa Bay Buccaneers Stadium

Tampa Rose Society

Learn how to take beautiful pictures of roses, gardens, and other flowers. Experts will discuss how to utilize cell phones and digital cameras to create lasting memories of gorgeous flowers. Come and learn how to improve the quality of your photos. There will be a photography section at our Rose Show on Saturday, May 13 at Westshore Plaza in Tampa from 1:00 - 5:00pm.

We meet the 3rd Tuesday of each month at Seminole Garden Center at 5800 Central Avenue in Tampa at 7pm. There is no charge to attend. Snacks will be provided and we end each meeting with a fun raffle. Come check us out and bring a gardening buddy with you! Please call 813-503-1680 for additional information.

"Lord, how many times shall I forgive my brother when he sins against me? Up to 7 times?" Jesus answered, "I tell you, not seven, but seventy times."

— Matthew 18:21-22

Volunteers are Needed to Help Keep Tampa Bay Beautiful

Upcoming Community Cleanup Events


Additional upcoming events include:

- March 25, 2023 - Great American Cleanup kickoff
- April 21, 2023 - Great Port Cleanup which includes locations along the port, Davis Island and McKay Bay. Last year over 400 volunteers participated in the event.
- September 16, 2023 - Hillsborough River and Coastal Cleanup

Fundraiser and Awards Breakfast

"Tropical Nights" is a fundraiser held in July to support Keep Tampa Bay Beautiful. Last year over \$100,000 was raised. Check the website for more information about the worthwhile event. <https://www.keeptampabaybeautiful.org>.

An Act of Kindness: The Good Samaritan



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

He said, "He who showed mercy on him."

Then Jesus said to him, "Go and do likewise."

— Luke 10:30–37, World English Bible

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Quasimodo, who rang the cathedral bells, slipped and fell to his death, his head loudly ringing the bells on the way down. The people below gathered around his dead body. No one knew his name but one witness said that his face sure rings a bell. Quasimodo’s brother took over his job ringing bells and the same fate befell him. Again the crowd gathered, and knew only that he was Quasimodo’s brother. Said one witness, “I don’t know his name, but he’s a dead ringer for his brother.”





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

Kidz Corner: Math and Pi



Hi! My name is Harley, writer of the monthly Kidz Korner newspaper column. Last month, the American Heritage Girls troop FL0529, which I’m a member of, camped out for the weekend at Hillsborough River State Park. The worst part of the trip was the setup and breakdown because there were so many things to do and complicated things to figure out.

We had to calculate how much each person should raise their pole of the tent. At the pop-up tent over the future food station, we had to figure out how many holes appeared on the bottom of one person’s pole, which was four. If the others had three, they had to raise their pole to make it even. That night, when we had hotdogs for dinner, the leaders had to divide the hotdogs among nineteen girls, and the night after, tacos were precisely rationed.

If the world didn’t have math, we would likely all be dead. Buildings would collapse, planes would crash, prices would go berserk, and people wouldn’t be able to buy or sell or even calculate how to grow their food! Even computer code, called binary, is made up of 1s and 0s. Even the snake I held at Nature’s Classroom has math. Everything has math!

My favorite number is pi. It represents the circumference of a circle divided by its diameter; the symbol is π , the sixteenth letter of the Greek alphabet. The number starts at 3.14159 and goes on infinitely. I’ve tried memorizing some digits of the number and have achieved eighteen. March fourteenth is Pi Day, because it is the fourteenth day of the third month.

I plan to host a numerical celebration around that time. Many trillions of digits of it have been discovered, and it’s infinitely useful. God is infinite, too, and He’s better and more important than just a number. If you believe in Him with your heart and confess with your mouth that Jesus is Lord, you’ll have eternal life in heaven one day, where everything is perfect, including perfect circles. Bye! I’ll see you next month!

For more information on AHG, please visit <https://americanheritagegirls.org> or to find a troop near you, visit <https://americanheritagegirls.org/find-a-troop>. See you next month!

Harley Isabel Smith is a 5th 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 online at <https://harleyisabelsmith.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.”**

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
— John 14:27

Does Your Foot Supinate?

Supination is when your weight rolls onto the outer edge of the foot.

If you’re wondering how to know if your foot supinates, look at the pair of shoes that you wear the most or the shoes that you walk in. Is there excessive wear on the outer edge of the shoe? Or step onto a surface with wet feet so you can see your footprint. If you have no arch or only a small part of your arch showing, then your feet are supinating.

When you supinate, excessive stress is placed on the ankle and may cause it to roll outward. In addition to pain in the foot, supination can cause pain in the knees, hips, back, and even structural issues. People who supinate too much are at greater risk of developing certain conditions and symptoms, including:

- Ankle pain, ankle sprains
- Plantar fasciitis
- Calluses or bunions on the outer edge of the foot
- Hammertoes or clawed toes
- Iliotibial band pain syndrome
- Pain in the ball of the foot
- Shin splints
- Swelling of the ankle or foot
- Weakness in the foot or ankle that gets worse when running, walking, or standing for long periods

If supination is an issue for you, a gait analysis might be beneficial. Lightweight, flexible running shoes with a wide boxy toe can also offer support. Exercises that strengthen the inner calf muscles are also recommended. Physical therapy can help with this. And of course, add reflexology to the list of things to do to help overcome supination. Reflexology can help stretch the muscles, and address issues related to foot pain. Let me know if you have concerns about supination and we can discuss other tips and ideas for proper gait.

Here is a calf exercise that can help:

- Place hands on the wall
- Move one leg back, a few feet behind the other leg
- Keep both feet firmly on the ground
- Keeping the back leg straight, press that heel down, bend forward at the front knee
- There should be a stretch in the calf muscle and ankle of the back leg
- Hold for 30 seconds
- Repeat 3 times with each leg

Remember, when your feet hurt, everything hurts. Call today (813-965-1697) to set up your Reflexology appointment and get on the path to better foot health!

Here’s to your Health and Happy Feet!
— Louise Richardson, Certified Reflexologist, Reiki Master



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GFWC Donates to Veterans’ Nursing Home



Members presenting donation check for veteran residents

GFWC Lutz-Land O’Lakes Woman’s Club members proudly presented a check to an officer/representative (in red shirt) of the “Operation Patriots” organization, which group supports many fun activities, special outings and treats for the veteran residents of Baldomero Lopez Nursing Home in Land O’Lakes.

The Woman’s Club has supported the residents of Lopez Nursing Home for many years through socialization, Bingo games and generous donations. This year the club has raised \$1500 for the veterans through its popular Tombola game at their Arts & Crafts show, which was a record breaker.

A great deal of credit for this success goes to member, April Saland, who chaired the event and spent many hours collecting bottles as prizes besides physically working the booth at the Craft Show. Ms. Saland is pictured holding the left corner of the presentation check and club President Elayne Bassinger is holding the right corner.



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Corsos for Heroes – Helping Veterans and First Responders Heal from Trauma

By Karen McBride



Ten years ago, Harry Toro purchased two Cane Corsos, an Italian breed of mastiff. The pair were descendants from a long line of champion dogs. He enjoyed the dogs so much that he purchased two more from a breeder in Florida. Little did he know that his love for these beautiful companions would lead him down a path to helping veterans and first responders to heal from the trauma experienced in the line of duty.

Harry, a former professional fighter, suffers from a traumatic brain injury brought on by years of fighting. He experienced firsthand how the dogs helped him cope with some of the challenges he goes through by keeping him calm and focused on the dogs.

"They are so comforting," said Harry.

A family member had been in the service for 20 years. After 10 years in retirement, he began experiencing Post Traumatic Stress Disorder ("PTSD"). God placed it on his heart for Harry to give him one of the puppies from the litter. Only a few months later, he got a call from the family member's wife saying he was doing so much better. It was amazing how quickly he began to heal from the trauma thanks to the Corso.

"These dogs save lives. They need you. They follow you all around and that is why they make great service dogs," said Harry.

You may see Harry, together with teammates Doreen and RL, in a 30-foot refurbished school bus they use to transport the dogs to events. The eye-catching bus is wrapped on one side with the six branches of the military and the other side is first responders.

The crew of Corsos for Heroes participates in events throughout the year. The most recent one was held on February 18, 2023 in Sanford Florida. Corsos for Heroes gave a presentation of the dogs to bring awareness to their ministry and donated their 30th dog to an individual. The event was sponsored by Seminole Harley, Veteran Enforcers Motorcycle Association (VEMA USA) and food was provided by Bikers Against Trafficking.

Once a puppy has been donated, Harry takes his ministry a step further by looking for non-profits in the owner's area to get the dog certified as a service dog. One such organization is in Brooksville, named K9 Partners for Patriots. Their services are free and Harry has trained seven dogs for the new owners.

At this time, Harry is the sole supporter and needs funding for the ministry. For more information about Corsos for Heroes and to find out how you can become a sponsor to support the ministry, visit <https://corsosforheroes.com>, find them on Facebook at <https://www.facebook.com/Corsos4Heroes> or call 805-453-9351.



GFWC Performs A Day Of Service To Honor MLK



Club President Elayne Bassinger displays donated handbags and backpacks

GFWC Lutz-Land O'Lakes Woman's Club members donated an SUV filled with handbags and backpacks which were stuffed full of needed hygiene and practical items for unhoused women. The donations will be delivered to Pasco County Women's Shelter in New Port Richey for distribution to the residents of these must-have necessities. The club joined their GFWC sisters statewide in this special day of community service. For membership opportunities or information, visit gfwlutz-landolakeswomansclub.org or its Facebook page.

GFWC Awards Pam Blumenthal Historic Honors

GFWC Lutz-Land O'Lakes Woman's Club has recently honored member Pam Blumenthal with THREE of its most esteemed titles, which is an historic feat in the club's 63 years of community service. Ms. Blumenthal has distinguished herself with fellow members choosing her as their "Clubwoman of the Year", "L.E.A.D.S. Candidate AND "Volunteer of the Year". Ms. Blumenthal has won the Trifecta, the Hat Trick and the Grand Slam of its club awards by her exemplary leadership style, amazing enthusiasm and hands-on club work in many areas of involvement, including acting as a mentor/advisor of the GFWC Little Women of Lutz. The Woman's Club extends its heartiest congratulations to Pam, our 'Ms. Everything' member.



Honored Member Pam Blumenthal

GFWC Delivers Valentine Treats

GFWC Lutz-Land O'Lakes Woman's Club members delivered sweet chocolate treats on Valentine's Day to both the Lutz and Land O'Lakes branch library staffs. The club women wished to show their appreciation to the librarians for their important contributions in the community and their special efforts to promote reading among very young children.

(L-R) LOL Library staffer with club member Lucy Albury



Pasco County Tax Collector Mike Fasano Sponsors Pasco Friends of Animal Services in March



During the month of March, Pasco Friends of Animal Services will be the featured charitable giving organization at the Pasco County Tax Collector's Office. Pasco Friends of Animal Services is dedicated to enriching the lives of pets at the Pasco County Animal Shelter and improving the likelihood of adoption into loving homes. The primary focus of this campaign is to build up the medical fund which will help enhance the health, welfare, and environment of sheltered animals.

"Without question, our medical fund improves the quality and length of those sick and injured animals' lives and helps them get into their fur-ever homes sooner," comments Abbey Cox, President of Friends of Animal Services. "For many of the animals, the medical fund makes the difference between living a happy life and not. On behalf of our board of directors we thank every donor and dedicated employee of the Pasco Tax Collectors Office for helping to change an animal's life."

"It is always an honor to partner with Pasco County to help expand services via donations from a very generous public," Tax Collector Mike Fasano comments. "We are looking forward to featuring Pasco Friends of Animal Services and bringing greater attention to the needs of the animals in shelter, all waiting for adoption."

For more information about the charitable giving programs and other services at the Pasco Tax Collector's Office please visit www.pascotax-es.com or call Greg Giordano, Assistant Tax Collector/ Communications & Special Projects at 727-847-8179.

For more information regarding Pasco Friends of Animal Services please visit www.https://www.fpcas.org or contact Bridget Mire 813-929-1212, ext. 1418.



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You Are Important

Dr. Dan Coflin • Pastor, River of Life Church

“Oh, I’m not important, no, I am just a” You can fill in the blank with almost any position people deem to be insignificant, ordinary, or disposable by those who make such statements. We have all heard people say such things. Their self-worth is directly related to what they do, their job title, or their daily activities. But God has a very different opinion about those who lack confidence about themselves.

“You made my whole being; you formed me in my mother’s body. I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well. You saw my bones being formed as I took shape in my mother’s body. When I was put together there, you saw my body as it was formed. All the days planned for me were written in your book before I was one day old. God, your thoughts are precious to me. They are so many! If I could count them, they would be more than all the grains of sand. When I wake up, I am still with you.” (Psalms 139:13-18 NCV)

Not only did God know you before you were born, but He also had a wonderful plan for your entire life, “...all the days ordained for me were written in your book...” God has a dream for your life, and it is a good dream, not a nightmare. “Every good a perfect gift comes down from above from the Father of lights in whom there is no variableness neither shadow of turning” (James 1:17). God is not the author of sickness, sin, stress, or trouble.

Contrary to popular opinion, God is not this total sovereign who governs everything that comes into your life. A matter of fact, it says in the Book of James, “Let no one say when he is tempted, I am tempted of God; for God cannot be tempted with evil, neither does he tempt anyone.” (James 1:13) The word “tempted” means to scrutinize, test, try, or discipline. In this world, there are plenty of troubles, tests, and trials but none of those evil works are of God.

Instead, God’s plan for you is only good. He delights in you. He delights in your blessing, peace, prosperity, and success just like any parent would for their child. Can you imagine how often God thinks about you? And His thoughts toward you are not disgust or disapproval but of hope and expectation, for God is the God of hope (Romans 15:13).

God does not ignore your sin, but He has already transferred the judgment for your sin to the cross of Jesus. So, God does not look at you with scorn and judgment but with delight and anticipation that you will follow His plan for your life. Your purpose is not insignificant or valueless. You are not just a _____ whatever. Your importance and value go way beyond your job title. Your very life touches many more people than you can ever imagine.

God has not left you without help in this divine assignment. The Word of God, the Spirit of God, the angels of God, and the people of God are all available for the discovery and fulfillment of your purpose God ordained even before you took your first breath.

So, what stands in your way? You do. You see, your own agenda may circumvent God’s design because you can’t see yourself beyond the limitations of your own making. It is true that without God you can do nothing, but with God all things are possible. Today would be a good day to call upon God and seek His purpose for your future. God said, “For I know what I have planned for you...I have plans to prosper you, not to harm you. I have plans to give you a future filled with hope” (Jeremiah 29:11).

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

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

Efficient Air Conditioning Units Can Save On Electric Bills

By Karen McBride

Proper maintenance of air conditioning units can save you money

The temperatures have been changing drastically and you may find yourself switching your thermostat from air conditioning to heat and back to air conditioning again within a few days.

It is important to keep your air conditioning unit working efficiently so that it does not increase your electric bill. Malfunctioning units can struggle to cool or heat your home, and therefore, cause your electric bill to rise. Air-O Force 1 has been serving the community for over 30 years. The company provides residential and commercial air conditioning repair and replacement services to Hillsborough, Hernando, Pasco, Polk, and Pinellas counties.



Regular maintenance is needed for efficiency

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 is an important factor in alleviating some of the allergens in your home.

Replacing a malfunctioning unit can reduce your electric bill

Replacing a malfunctioning air conditioning unit can actually save you money in the long run. 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 around the clock emergency service. Their standard hours of operation are Monday – Friday 8am – 7pm with Saturday – Sunday hours available for emergency service only. To schedule an appointment, call 813.972.9449. Air O Force 1 is licensed and insured. For more information, go to <https://airoforce1.com>.

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The Great Florida Outdoors: Nature and Writing, Part 1

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



“Nature never deceives us; it is always we who deceive ourselves.” Jean Jacques Rousseau

Let us examine writing from a biological view. We are linked at times to external reality, often only by thin emotional umbilical cords weaved by uncertain societal standards of right and wrong. Perhaps the “rules of society” were taught at home, or at school by well-meaning teachers. But the laws of nature are true in and of themselves.

The writer presents a story from a different perspective than anyone ever before. At that point the writer is most fully human. No one can duplicate this unique perception of life. The writer needs to reach a certain maturity to inform his or her writing.

A perspective of life is examined not by duplicating what has been done and said before but by looking for something new or examining the “every day” with original detail. The ability of the writer to describe a scene or event in a different and revealing way is the key to the “Aha!” experience of the reader, which is what the reader hopes for while turning every page.

The reader finds a revelation in the writing, perhaps the feeling that has been experienced before, but the new description makes it come even more alive. The writer allows the reader to enter a world with a whole new set of insights and feelings and awakened senses. The reader may have been in that very same circumstance as the writer but the writer somehow peels back the layers to reveal rich truths and insights. With his newfound gifts, the next time the reader encounters a similar experience, he or she may now be able to filter it through increasingly observant eyes.

Picture yourself as a writer sitting beside a beautiful, serene lake in the mountains with clouds shifting overhead on a wonderful day. You are the only one viewing the scene, and you have no chance of being interrupted. Most of all, your mind is clear. Thoughts enter from many sources, rainbow reflections that flow smoothly into your head. The thoughts are like streams that nourish the enchanting water in front of you.

The lake requires a constant flow of water or the underbelly becomes still. Imagine this. Opportunistic plants arise to seize the nutrients of the decaying system in the lake as it turns into a swampy infested shadow.

Now look back at the lake with its crystal-clear water, free of destructive chemicals and impurities. You can hear

the flow of water rushing in from the small tributaries that fall from the mountains, tumbling into ever moving currents on the wind rippled lake. The constantly moving body of water draws you into a sense of peacefulness that is unmatched by any illusion of society.

You feel the water rush through you, purify your mind, and cleanse your soul. Thoughts enter again slowly, a jubilant celebration, luxurious cool rushes of pure human feelings and desires. The mysteries of nature, the bliss of full understanding of the moment captures your imagination. You are sitting peacefully, not thinking about anything else, just being in the moment.

You are always inextricably linked to the laws of nature, although, at these moments, they confront you more directly. You see nature face-to-face.

The reader’s mind must be fertilized by the writer and the feedback helps the writer keep going. The hungry mind of the reader must be fertilized by the writer.

The novel, the short story, the essay, and the poem all learn from the lake. New and creative sources must flow into these seas of the soul and the high waters of the imagination.



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Celebrating in Honor of St. Patrick’s Day

Continued from Page 1



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

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

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

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



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

As time passed, Pope St. Celestine I consecrated Maewyn as St. Patrick, Bishop of the Irish, so Maewyn adopted the name St. Patrick as an ordained priest and headed back to Ireland through Pope St. Celestine. Spreading “The Good News,” the Christian Gospel, to the pagans, where he was known as a prisoner, he wanted to convert a pagan Celtic culture from sun worship to Christianity. For those who worship the sun will get misfortune and will be punished for doing so. But for those who worship Christ, the true Son will be awarded.

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

Patrick then appeared through a bolted door into the great hall of Tara. The Druid



offers him a poison drink, but the drink was frozen, and he poured the drink out. Patrick was then challenged to a dual of miracles. The Druid made it snow, and Patrick made it go away, saying that the Druid can only do evil but not good.

The Druid put his coat around his young follower and Patrick put his coat around him and went inside a twig hut and set it afire. The boy survived, but the Druid’s coat burned up. The king declared it’s better to believe and instantly converted.

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

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

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

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

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

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

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

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

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

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

The formal creation of a new kingdom meant Ireland was granted its own coat of arms, a golden harp placed on a blue background.

England already used a dark blue, so a

lighter blue was used for the Order of St Patrick. Thanks to a mixture of truth and myth passed down through the centuries, he became the superhero in the Christian church of Irish pride.

After St. Patrick died on March 17th, he was largely forgotten until mythology and legends grew. A century later, he was honored the patron saint of Ireland and the mythology surrounding his life has become ingrained in the Irish culture.

People in Ireland, since around the ninth or tenth century, have been observing the Roman Catholic feast day of St. Patrick.

So why does the holiday fall on March 17th? Supposedly, it’s the day St. Patrick died. Since then, Irish Christians have marked the day as holy. Irish Catholics would close shops to honor the feast of St. Patrick, a time for celebrations.

Since St. Patrick’s Day falls within Lent, which comes before Easter, the Catholics give up their vices as penitence. The feast of St. Patrick was the one-day reprieve when Irish men could down a pint or two of ale. Generally it would involve public parades and festivals wearing green attire and shamrocks as well as attending church services. The Lenten restrictions on eating and drinking alcohol are lifted for the day, which has encouraged and propagated the holiday’s tradition of alcohol consumption.



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

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

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

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Admission Tickets to the Bay Area Renaissance Festival

See ad on page 9! 10 entries will be picked.

Find the verses in this paper!

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3. I have learned the secret of being content _____

24 winners received admission tickets for their entries in in the Feb. issue!

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and your blessings be more
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What;#@%aaugh... You know I was reading the Dunndead Gazettes this month and it made me feel that things are starting to get better. There’s something about that silly paper that makes me feel good! I think it may have something to do with the tickets I received in the mail the other day for playing their games, anyway, I just came by to see if you would like to go to the Renaissance Festival with me.



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Specialty Units

Pasco Sheriff's Office's mission is to help those in need, no matter the call. Florida's diverse landscapes and coastlines bring unique challenges for law enforcement and rescue missions. Additionally, PSO travels upstream with crime prevention to best serve our citizens. To respond to calls for service, PSO specialty units help keep the community safe with diverse training, skills and tools. PSO is committed to serving our citizens in innovative ways, and always being prepared for anything our community may encounter.

With the primary goal of keeping those on Pasco's waterways safe, the Maritime Operations unit responds to emergencies and enforces important regulations. Emergency response operations include boats taking on water, vessel fires, missing boaters and medical emergencies on the water. Maritime Operations unit members keep boaters safe by checking for necessary safety equipment such as permits, lifejackets and fire extinguishers, and providing those enjoying Pasco's waterways with important safety information. Maritime Operations also includes PSO's Swift Water & Dive Recovery teams, which often assist in emergency situations and investigations, extending PSO's response below the water.

PSO has one of the largest K-9 units in Florida, and these hard-working K-9s offer a diverse skillset to best serve the citizens of Pasco County. The K-9 unit is comprised of handler and K-9 teams that work to track missing people, find drugs, explosives or accelerants, locate human remains and provide comfort to those in crisis. PSO K-9s train weekly throughout their careers to ensure their skills stay sharp and they're ready to work in any environment they may face. K-9s are vital to PSO and the citizens they serve, as they can perform tasks that humans cannot or that would take significant manpower and time to achieve a similar result. All money to purchase, equip and train every one of PSO's K-9s comes from community donations, and PSO is deeply grateful for the community's generosity.

PSO's Aviation Unit provides access to areas that would otherwise be difficult to reach from the ground. With Pasco County's diverse terrain, the Aviation unit is an essential part of PSO's operations. While the Aviation unit typically uses helicopters to patrol the county the same as deputy in a car does, they also assist with a variety of calls such as searches for those who are missing, locating suspects that have run from a crime scene and more. Additionally, PSO also has the ability to assist with large or remote brush fires from the air.

When faced with natural disasters, PSO is prepared to respond with the Deployable Emergency Response Team (DERT). DERT consists of specialty vehicles like high water rescue vehicles, a mobile kitchen, all-terrain vehicles and more to be able to serve communities affected by disasters or in areas left inaccessible by normal means. The team is also self-sustaining to not increase the burden on those they're serving. In addition to assisting Pasco County in times of need, DERT has also responded to other areas of Florida, most recently to Lee County in the wake of Hurricane Ian in 2022.

Members of PSO's specialty units are prepared for a variety of calls at any time of the day. These diverse units allow PSO to provide prompt response to keep Pasco County safe. PSO's specialty units expand PSO's capabilities to serve and expedite PSO's response to keep Pasco safe.

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John Hopkins School of Medicine has reported on the positive medical evidence for the Moringa's nutritional, therapeutic, and prophylactic properties. The report stated in part "the nutritional properties of Moringa are now so well known that there seems to be little doubt of the substantial health benefit to be realized by consumption of Moringa leaf powder in situations where starvation is imminent."

When taken as a supplement, Moringa is a powerhouse of nutrients (90), antioxidants (46), and vitamins. It has been used in Asia for centuries and is now available locally in health food stores and through private distributors. Like most supplements, Moringa is not approved by the FDA, and anyone adding it to their diet should check with their own private doctor.

While the American diet is generally plentiful, poor nutrition is common. Many of our foods are processed until little nutritional value remains. Moringa is gluten and GMO free as well as organically and vegan certified and is available in powder and capsules as well as tea.

Each serving is packed with calcium, iron, potassium, fiber, and protein so anyone adding it to their diet should evaluate any other supplements they are taking so as not to consume excessive amounts of vitamins and minerals.

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. <https://www.getgreen.com>

Moringa encourages the removal of toxins through its support of liver and kidney function. 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.

If you have questions about moringa, call Kay at (813) 949-4411

Social Security Celebrates Women's History Month

By Javier Morales, Social Security Public Affairs in South Florida

March is Women's History Month. It is an opportunity to recognize and celebrate the achievements of women. Social Security provides vital benefits and financial protection for women.

Nearly 55% of the people receiving Social Security benefits are women. Today, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history.

Women also have longer average life expectancies than men and tend to live more years in retirement. This means women have a greater chance of exhausting other sources of income. It's important for women to plan early and wisely for retirement.

Our online booklet, Social Security: What Every Woman Should Know, found at www.ssa.gov/pubs/EN-05-10127.pdf, provides detailed information about how life events can affect a woman's Social Security retirement benefits. These events may include marriage, death of a spouse, divorce, self-employment, and other life or career changes.

Your earnings history will determine future benefits, so we encourage you to verify that the information in your record is correct. You can create a personal my Social Security account at www.ssa.gov/myaccount to review your full earnings history. You can also view your Social Security Statement using your personal my Social Security account, to get estimates of future benefits and other important planning information.

If you find an error in your earnings record, it is important to get it corrected so you receive the benefits you earned when you retire. Our publication, How to Correct Your Social Security Earnings Record at www.ssa.gov/pubs/EN-05-10081.pdf, provides you with details on how to make a correction.

Learn about how Social Security benefits women at www.ssa.gov/people/women. Please share this information with your loved ones.

Free Medicare Education

You are able to change your Medicare Advantage Plan until March 31st. Learn about plans at your local library. 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. SHINE services are free, unbiased, and confidential and SHINE counselors do not sell anything. Shine Counselors can be reached by calling 1-800-963-5337 or 727-217-8111.

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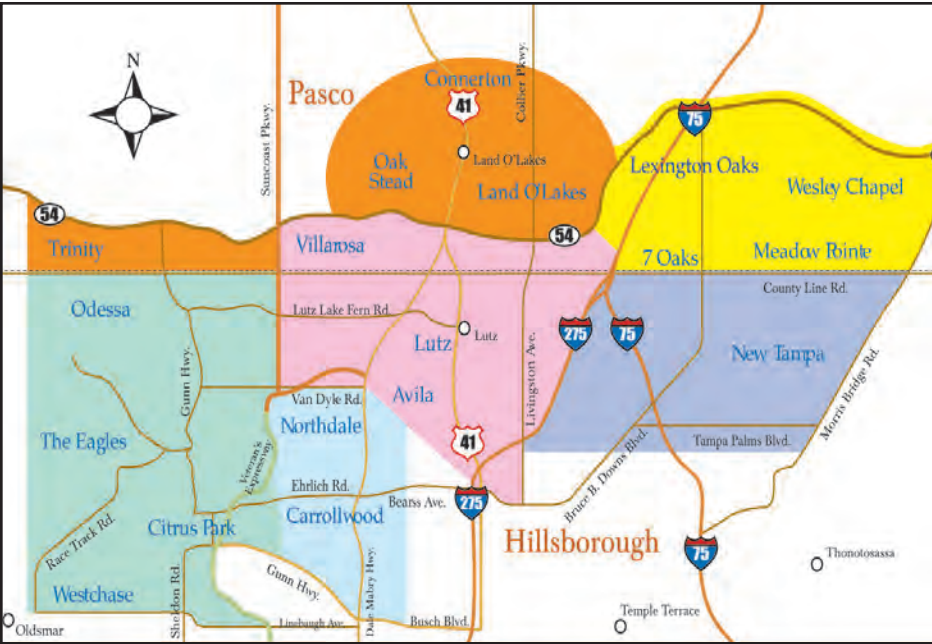
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In the beginning God created the heavens and the earth. "The Big Bang" Genesis 1:3 "Let there be light..."

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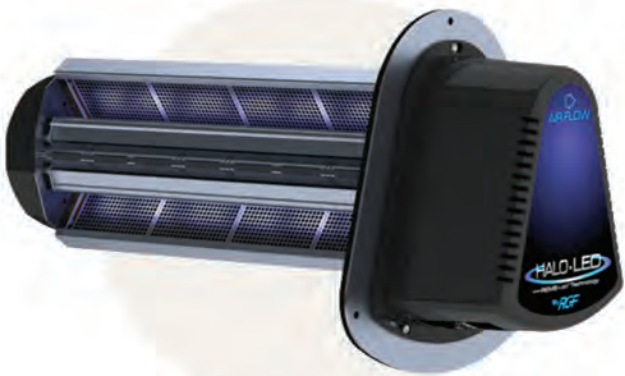


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