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

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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.

Mother: Where Would We Be Without Her?

By Karen McBride



As we celebrate our mothers this Mother's Day, let's take a moment to remember the most famous mothers of all time, Mary, the mother of Jesus Christ. We read of Mary throughout the Bible in Luke, Mark, Matthew, John and Acts.

The first story of Mary is the most well-known. As a young girl, an angel appeared to her and said she would become pregnant through the Holy Spirit. Her faith and trust in the Lord were truly amazing as she answered "I am the Lord's servant. Let everything you've said happen to me." Luke 1:38.

We don't know much about Jesus' childhood except for one event that is told in the Bible. Every year, Mary and Joseph went to Jerusalem for the Feast of Passover. In Luke 2:41-45, we learn when Jesus was 12 years old, they were returning home with a large caravan of people, thinking he was with them. After a day's travel, they were looking for him, assuming he was walking with family members only to discover he was not.

Continued on Page 8

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Gertrude Cofer Paved the Way for Future Generations of Females in the Workforce

By Karen McBride



It was 1942. The country was in turmoil. Young men were going off to war to defend our country. Positions once only held by men were being filled by the women left behind.

Gertrude (Popovich) Cofer was only 18 at the time when she applied to the Long Island Railroad. There were maintenance jobs available, including painting, cleaning, and maintaining the boilers. But her father had encouraged her to apply for the train conductor position. Train conductors were generally young men of military age and were called away to fight the war. So this was her opportunity.

"During World War II, I wanted to do something for my country," said Gertrude. "I heard they were hiring a few girls as conductorettes. There were twelve of us. We were hired for the duration of the war plus six months, but I remained for about a year until my family moved."

Gertrude, now 98, shared many stories of her time as a train conductor. One of her favorite experiences was when a train arrived with over 200 servicemen aboard, excited to go on leave. Gertrude was given the responsibility of counting all the servicemen.

"I had to be escorted through the group of young men because these boys hadn't seen a girl in 18 months!" she said with a laugh, but she was quick to mention that they all were gentlemen and very respectful to her.

Another story she remembers fondly is when beautiful racehorses were transported on the trains from the farms in Long Island. She would joke how the prize-winning horses were treated better than the passengers on the train. They were very expensive and well-pampered guests on the train.



Continued on Page 2

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No Greater Love



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

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

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

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

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

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

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

Exciting Times for The Well Training Ministry!

Continued from Page 1



trainings, and community building. Then COVID hit and plans were stalled.

“We believed God through all the COVID shutdowns and continued to believe God when the world was in chaos.” It was a discouraging time. “And when we couldn’t believe, we borrowed each other’s belief,” said Susie Walther, President of The Well Training Ministry.

Three years from the day that the closing documents were signed, The Well property is officially open! The property provides conference rooms for women to hold bible studies, prayer groups, and small training sessions. A welcoming child watch area is equipped with toys and books ready for children ages 6 months to 12 years.

In-person events are held throughout the year. Recently, a “pop-up” was held at North Pointe Church. Roughly 200 women attended, shared their testimonies of God’s great love, and how He carried them through difficult times.

Lots of hugs and smiles were shared as the Christian women connected and when it was over, had such a warm feeling of sisterhood knowing we are all in this together. After all, we are daughters of the King!

The next main event this year is Renovated, which is a women’s conference coming in September via simulcast. Renovated digs into the theology and psychology of what it means to be a godly wife. The conference is beneficial to married women and single women who are engaged or marriage minded.

This one-day event will simulcast on September 16, 2023, and anyone can host in their home or churches can register to host the simulcast for their women. Go to <https://www.renovated.live> for more information.

The Well has home and community groups that meet during the day, evenings and weekends, fitting a variety of schedules. To find a group, visit <https://thewelltraining.org>.

Watch this video on the 3-year journey of The Well’s new property: <https://youtu.be/6LA0kEFn5zc>

Gertrude Cofer Paved the Way

Continued from Page 1

She learned how to be a conductor from a man named Eddie, considered too old to be enlisted. Her son Richard said one of his favorite photographs was one of Eddie, drinking a beer, and his mother drinking a coke because she was too young to drink.

She laughed as she recalled her training, “I learned how to throw a switch and hold my skirt at the same time so that it wouldn’t fly up!”

Gertrude was born in Brooklyn and raised in Queens. At night, when the train would go through Queens, they would blow the whistle so her parents knew she was okay.

As the war progressed and more women entered the workforce, it became more of the norm. Women were proving that they could work outside the home and be successful at it.

She would have more happy memories on the train as, eventually, she would meet her future husband, Jimmy, a U.S. Navy Gunner, on a train to Coney Island.

They were married for 61 years. “I thank God for every day He gives me, and I could not have asked for a better husband.” The pair had three children, Suzette, James “Bo”, and Richard.

Women like Gertrude Cofer paved the way for future generations of females in the workforce. Without people like her stepping out of their comfort zone, with encouragement from family members, we may not have the privilege today that we have from watching female fighter pilots soaring over the 2023 Super Bowl.

A new exhibit at the Union Pacific museum tracks the contribution women have made to the railroad industry over the past 150 years calling all specific women and their role.



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

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” — Matthew 11:28-30

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Celebrating a Great Man of God

Samantha Taylor



There are times in life when God puts someone here that has a huge impact on the entire world and that man is Dr. Charles Stanley. After serving in ministry for half a century, on April 18th he peacefully died in his sleep at age 90. I can only imagine when he “woke up” in heaven and was experiencing what he taught about does happen after your spirit leaves this earth!

I had the absolute honor of attending Dr. Charles Stanley’s memorial celebration this weekend in Atlanta, GA. I went because he has been a huge part of my life for the last 25 years and I was very impacted by his ministry. I actually got to meet him a few times, one of them was 15 years ago when we were at the same radio station and this photo sits in my living room!

He was an amazing preacher, teacher, and man of God. He was such an example of a man who dedicated his life to serving God and taught the truth of the Word without a bunch of fluff. You could always trust the messages that he preached. He was the pastor of First Baptist Atlanta for over 51 years, but even more impactful was his reach around the entire world, it is truly astounding.

His messages are being translated into 120 languages sent out all over the world and his television ministry is in 115 million homes a week! To the advantage of technology, it sure seems like he has reached more nations and people around then any preacher has to date and because of technology, will continue to do so.

When I arrived at the church where people were giving their respects, there was a line with people that was about a half mile long. I heard they counted over 10,000 people that had visited that day. Everyone was talking about how much impact this man had on their life and how powerful his messages were.

It was my experience, as well as many others, that when you would listen to his message on the radio or online, it was like the message was the exact thing you needed to hear. It was quite amazing how that worked! I know that I would not have had the same growth in God if I had not listened to this man guiding me through the Word for the last quarter of a century!

Sunday morning I got to hear the new pastor speak, Dr. Anthony George, and it was clearly evident why he was the chosen man to take up the leadership of that church. When it came to the celebration service Sunday night, WOW! I have never been to such an experience; it was absolutely outstanding!

With only a 4 day notice, this amazing church orchestrated such a huge event including having gospel singer Cece Winans as well as other amazing gospel groups. There was so much respect for the impact this man had that multiple people rearranged their schedules to be there to speak and pay their respects including Franklin Graham, Dr. David Jeremiah, and Pastor Robert Morris.

Many tears were shed that included tears of joy for we truly were celebrating the fact that man was in heaven and experiencing the fruit of his life on this earth in ways that we can’t even imagine. In the end they sang a hymn, “I’ll Fly Away” and even had a clip of Dr. Stanley singing that song, it was all so surreal.

Here one moment and gone another, that is how fast it seems sometimes. What was also surreal was I looked upon the stage where he preached to hundreds of millions of people all over the world, then only steps down was where his casket laid the day before.

It really makes you realize that our life is but a vapor. And the life we live certainly impacts others around us but also our eternity, for we will all die one day. It makes you think about questions like, “How do you want to be remembered? Where are you going when you die? What kind of legacy and impact do you want to leave?”

I am so inspired and impressed by the impact this man had from following God and having such a committed relationship to Christ and following His Word. I encourage you to check out the service that was streamed, it should be on their website at www.fba.org and I also encourage you to search on YouTube “Charles Stanley sermons” and listen to them, you will find great encouragement and wisdom.

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.

Honoring Mom

Samantha Taylor

Moms dedicate so much of their lives to raise their children, investing their time to be there for whatever their kids need. And in the midst of caring for everyone else, Mom often doesn’t take care of her own health. She carefully packs everyone’s lunch but her own. She makes sure everyone gets to their sports and activities but not her own. What Mom doesn’t realize sometimes is that by not taking care of herself, she cannot give as much as she can to those kids because many times, she is just tired.

Of course, that is not the case for all moms, but the thousands of moms I have helped lose weight say, “I just want more energy, to feel better, and to be more active with my kids.” One client who lost four sizes and helped her children come off sugar, too, said, “I am so much happier as a mother. I didn’t realize how irritable I had become with these three boys. It really is so different raising kids when you are healthy, fit, and feel amazing!”

Many moms tell me they regret sitting on the sidelines instead of being engaged with their kids. And numerous moms have admitted to me that that they don’t feel as confident about their body compared to the other moms, so they feel embarrassed showing up at events and interacting with other people.

And they tell me that they are not as happy as they used to be and that makes them grouchier and snappier with their kids. And by the time the evening rolls around, they have given so much of themselves that when it comes time to spend time with her husband, they sometimes feel too tired and want to go to bed!

Then I hear the other side of moms who do take action and invest time in themselves as well as take care of their family. They learn that it’s not selfish and it’s actually for the family, too, because when mom is happy and feeling good, that affects the whole family.

It’s so important that mothers take care of themselves, too. When you do this, the body is strong and you have lots of energy and stamina to be the wonder woman you are! Women are amazing, and being a mother is a whole other level. Give yourself the gift of taking care of you too! You are not only doing it for yourself but you are also doing it for your family.

I recently spent Christmas with my niece and nephew and their three children, ages 5, 3 and 1 and wow, I was astonished at how much energy and focus it took to care for those adorable children and it was 24/7. I was never able to have children and I am amazed at what you mothers do for your children. And I know that being healthier mentally, emotionally, physically, and spiritually makes a difference in handling the level of stress that can come with being a mother.

You want to be able to play with those children on the ground and easily get back up, to be able to watch them graduate and enjoy those grandchildren without being bogged down with a bunch of medical issues. Most people that deal with medical issues wish they would have taken care of their body. I know some medical issues are not avoidable, but doing something to prevent the ones that are is the key. God gave you your body as a gift so take care of it. It’s important. If you want to check out what I am up to now, check out <https://www.findinghealthinword.com>

Happy Mother’s Day!





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Healing Together: The Power of Group Therapy



"They cried to the Lord in their trouble, and he saved them from their distress. He sent out his word and healed them." Psalm 107:19-20

Oftentimes when we think about healing, we focus on the individual and what they need to do to overcome their own ailment or challenge. However, Psalm 107 serves as a beautiful reminder that sometimes healing is a collective work.

Depending on the type of issue you are facing, group therapy can be a wonderful choice

for healing work and positive change to take place in your life. It can provide a wide range of tools and strategies for dealing with various challenges, such as addiction, anxiety, trauma, social skills, and more.

Additionally, group therapy offers many more benefits. Consider the ones listed here to learn more about group therapy to see if this approach could be beneficial to you.

#1. Group therapy costs less than individual therapy.

Access to mental health care can be expensive—even more so than physical health costs. An hour-long traditional therapy session can range from \$65-\$250 or more, with most people paying approximately \$100-\$200 per session according to goodtherapy.org. On the flipside, group therapy costs significantly less ranging from \$40-\$80 per session (though prices vary depending on the program). If cost has been a factor in seeking help, then looking to group therapy may be helpful.

#2. Group therapy can help build a community of support.

Though it may be uncomfortable to think about sharing your struggles with others, regularly talking to and listening to others, helps you put your own challenges into perspective. It can also provide an additional sense of support and comfort to hear how others are handling and overcoming challenges similar to your own. This process can provide you with the positive support and healthy feedback necessary to help you make improvements in your life.


#3. Group therapy offers a professional perspective.

Group therapy sessions are led by professionally trained mental health therapists or psychologists, who use proven strategies and techniques for managing specific presenting problems. This gives group therapy an added benefit over informal self-help groups, and support groups.

If you are interested in participating in group therapy, visit the Life Connections website to see our available offerings.

Additionally, checking with your own therapist, physician, local hospitals, and church may provide some options for finding group therapy.





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Corinthians 4:2 states "Moreover it is required in stewards, that a man prove faithful."

At first glance this short verse appears to simply state that man should be faithful to God. I think with a little more inspection there is much more here.

When we experience success in our business or a happy new birth in our family, we are often quick to take credit for those wonderful things. We are also quick to look to God when the road gets rough. We ask for guidance and grace in these tough times that HE has tasked us with. We think that WE earned our success through hard work and the failures are tests from him.

In truth we are "stewards" of both our successes and our shortcomings. God provides for those that are faithful. His blessing is not free of hard work or some sacrifice on our part, but often we like to take the credit and not the responsibility.

We all need to take on everyday with excitement and glorify him in our work. This is how each of us will enjoy the longer road of success with fewer potholes. We are all given blessings. Whether it be success at work, a happy family, living in a great neighborhood or just being able to go to a baseball game on a nice spring day (sorry, that one is one of my blessings), God provides all to those who prove faithful.

So the next time we turn to God to ask why something has befallen us, we should first look to our work and decide if we worked hard and glorified God or simply waited for success and his glory to find us out because we are faithful...

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I heard about this 85 year old man. He was out fishing one morning and he heard a voice saying, “Pick me up.” He looked all around and didn’t see anybody around and he thought he was dreaming. Then he heard it again. “Pick me up, pick me up.” He looked down and saw a frog and said, “This is amazing! You are a talking frog.” The frog said, “Yes, pick me up and kiss me, and I’ll turn into a beautiful bride.” The man quickly picked him up and put him in his front pocket. The frog said, “Wait, wait a minute! I said kiss me, and I’ll turn into a beautiful bride.” The man said, “No thanks. At my age, I’d rather have a talking frog!”

“Say it like you mean it.” Joel Osteen



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Are You Suffering From Emotional Exhaustion?

There’s a lot going on in the world right now and emotional exhaustion is just one more problem many are facing. Here are a few tips to help you replenish yourself:

First, Prayer—by putting God first, the rest will come easier. Ask His angels to help guide you down the path that is best for you.

Find balance – how much time are spending thinking or worrying or even trying to solve the problems and stresses? Try to make sure you’re spending time doing things that bring you joy and laughter and peace right now too.

Get creative – tapping into your creativity can be a great way to reduce anxiety and stress and focus on something you enjoy.

Get enough sleep – taking steps to improve your sleep will help your body and mind restore and repair itself (and if you need a little extra help, reflexology has been shown to improve sleep quality).

Take a break – if it’s the news, social media, or even someone you’re talking to regularly that’s adding to the stress and worry, take some time to disconnect from this source.

Exercise – it can feel hard to make it a priority but start small and slow and build up as you can, even just a short stroll around the neighborhood can help you move some of that stress out of your body.

Relaxation and self-care – meditating, yoga, reflexology, deep breathing, etc. adding more time for relaxation and self-care will help reset your stress levels and help you cope better with stress going forward.

Remember, we must take some time in a quiet space, otherwise we cannot hear the messages sent from God. Receive those messages with an open heart and allow the joy to enter as we tackle the tasks toward solutions.

And don’t forget about Mother’s Day! Reflexology gift cards are available for purchase to give to that special mom! Call (813) 965-1697 for details.

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Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.
— Colossians 3:17

Kidz Corner: 50th Article!

Hi! I’m Harley, writer of the monthly Kidz Korner column. This article is the fiftieth Kidz Korner article in this newspaper. That means that for four years and two months, an experience has been formed, crafted into words, and shaped into an article. Sometimes, the task of writing seems daunting, frustrating, or like impending doom. However, the end result is always great and rewarding. A little work goes a long way!

Also, when the humongous envelope arrives in the mail, it brings me and others joy to read it. Every month is about a different topic, with as much information, clarity, and humor as can fit into 300 words. It takes determination, perseverance, and God’s help to help bring Jesus to people.

Writing these articles combined with experiences in American Heritage Girls (A faith-based scouting program for girls ages 5-18) has three young girls and me to begin a monthly newsletter for our Troop. We’ve completed three editions so far, and each edition consists of roughly ten pages, including multiple articles, pictures, a comic strip, interviews, and more.

It’s called the AHGazette, to combine AHG (American Heritage Girls) and the word gazette, a fancy term for a newspaper. We had the idea at a camping trip in February, and to commemorate our third edition in April, we all carpoled and celebrated at Chick-fil-A before our Troop meeting on Monday evening. It was enjoyable to munch our food and discuss topics such as siblings, but the best part was the playground. I haven’t played on a Chick-fil-A playground in years, so it was claustrophobic, and it’s my fault that I bruised my thumb badly.

I hope that at least 50 more Kidz Korner articles will be written! With summer coming up, there will be lots of time to write articles, enjoy activities, and explore this great earth. I’m attending multiple camps, including my church’s middle school retreat, a week-long American Heritage Girls overnight summer camp with opportunities to earn badges, and a popular Christian camp in New York called Mapleridge Ranch.

Mapleridge Ranch has multiple weeks to choose from, with activities like horseback riding, paintball, and climbing a 50 foot-tall tower! Check out their website at mapleridgeranch.com, and be sure to check out my published articles and additional unpublished works at harleyisabel-smith.com. Goodbye! I hope we’ll see you again next month for entertainment and education!

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.”**

Seagram’s Escapes Invests \$15,000 to Keep Pinellas Beautiful

 *Keep Pinellas Beautiful Expected to Mobilize Thousands of Local Volunteers for More than 100 Community Cleanups and Beautification Initiatives*

Keep Pinellas Beautiful (KPB), a Keep America Beautiful (KAB) affiliate, today announced that Seagram’s Escapes has invested \$15,000 to support local clean up and green up initiatives during the 2023 Keep America Beautiful Great American Cleanup.

According to the EPA, over 80% of litter ends up in our waterways. The Seagram’s Escapes investment will support KPB’s efforts to lead beach cleanups, invasive plant removals, native plant, tree and shrub plantings and beach nourishment projects. The 2023 Great American Cleanup will take place at multiple locations throughout Pinellas County and run through June 30, 2023. Visit <https://www.kpbcares.org/upcoming-events> to become involved with this multi-location initiative. Seagram’s Escapes recognizes the importance of environmental health in coastal communities.

“Seagram’s Escapes is committed to keeping Florida beaches beautiful for people who live, work and visit the area,” said Chuck Buckingham, Seagram’s Escapes brand director. “By investing in these coastal cleanups, we look forward to positively impacting the quality of beaches and waterways for all to enjoy across the state.”

Keep Pinellas Beautiful values bringing people together to transform their public spaces into beautiful places. Through our education, engagement, and empowerment efforts, our vision is to create a culture of environmentally responsible citizens within our Pinellas County community.

“The sense of community pride and the feelings of ownership created through our initiatives are difficult to individually measure but can be noted by the results of the collective actions of our volunteers,” said KPB Executive Director. “With the support of Seagram’s Escapes, the Great American Cleanup will have a larger reach and greater impact. Seagram’s Escapes investment will go beyond the monetary donation, it will leave a legacy of stewardship and beauty in Pinellas County, FL.”

About Keep Pinellas Beautiful

Keep Pinellas Beautiful (KPB), Inc., a 501c3 nonprofit organization and an affiliate of Keep America Beautiful has the mission to conserve and beautify our natural environment by means of community engagement and education. Keep Pinellas Beautiful engages volunteers to foster unity and strengthen community bonds through community improvement and beautification efforts across Pinellas County. Our goal is to develop community ownership and pride to ensure the ongoing health and beauty of our home – where we all live, work, and play. For more information on how to help clean up and green up your community visit <https://www.kpbcares.org>.

About Seagram’s Escapes

Seagram’s Escapes is a fun, fruit-forward, malt-based beverage brand based out of Rochester, New York. Seagram’s Escapes is currently the #4 traditional flavored malt beverage brand in the United States. Seagram’s Escapes has since expanded its line to include a high ABV option, Seagram’s Escapes Spiked and a standard ABV option, Seagram’s Escapes Cocktails. For more information, visit www.seagramsescapes.com. Stay connected with Seagram’s Escapes on Instagram, Twitter and Facebook: @SeagramsEscapes. **Always enjoy responsibly.**

Pasco Tax Collector’s Office Raises Over \$7200 for Special Olympics of Pasco



Tax Collector Mike Fasano, Amy Selvey – Director of Special Olympics – Pasco County Schools, volunteers and student athletes and staff of the Pasco County Tax Collector’s Office were all on hand for the check delivery.

Special Olympics of Pasco was the featured charitable giving organization at the Pasco County Tax Collector’s office this past February. Special Olympics of Pasco is a sports and training program for people with intellectual disabilities. In Pasco, 1500 students participate in Special Olympics. Training in almost two dozen different sports is provided free of charge to participants.

The Pasco Tax Collector’s Office spotlights a charity-of-the-month in the five offices across the county. Whenever Special Olympics of Pasco is featured, the funds raised are used to support the Pasco team’s attendance at the National Special Olympics USA Games. A total of \$7,225 was raised to benefit Special Olympics of Pasco during this recent charitable giving drive.

“Special Olympics of Pasco has long held a special place in my heart,” states Tax Collector Mike Fasano. “I am proud that our staff and our community support this fine organization that helps bring purpose to so many lives. The athletes and the volunteers who work with them are some of the kindest, most positive people I have ever met. Special Olympics of Pasco provides a respite from the difficulties many athletes deal with daily. It also provides a place to be with others who aspire to do their very best.”

For more details regarding the charitable giving program, or services provided by the Pasco County Tax Collector’s Office, please contact Greg Giordano, Assistant Tax Collector at 727-847-8179 or visit www.pascotaxes.com. For more information about Special Olympics of Pasco please contact Amy Selvey, Director of Special Olympics – Pasco County Schools at amyselvey@sofl.org or visit www.specialolympicsflorida.org



GFWC Brings Awareness To Child Abuse Prevention



(L-R) Members Gail Howard and Roseann Lange “planting” pinwheels



GFWC Lutz-Land O’Lakes Woman’s Club has been promoting awareness during April, being designated Child Abuse Prevention Month, by selling distinctive blue pinwheels at all club meetings during the month, which funds will be donated to various social services working with child victims of abuse. Members Gail Howard and Roseann Lange planted a large garden of pinwheels at the Historic Old Lutz School to draw community attention to this important issue and the club women will display them in their gardens and yards.

For more information on this long-serving community service organization, please visit gfwclutz-landolakeswomansclub.org or its Facebook page.

GFWC Donates To Boy Scout Troop 12



(L-R) Boy Scouts with President Elayne Bassinger and member Linda Mitchell & Troop leader

GFWC Lutz-Land O’Lakes Woman’s Club President Elayne Bassinger and member Linda Mitchell recently presented, on behalf of the Club, a donation check of \$2,000 to Boy Scout Troop 12 in Lutz. The Woman’s Club has long supported this Troop and has enjoyed a collaborative working relationship in many joint efforts and community projects locally. The club appreciates the boys’ community service and volunteerism and wishes to encourage them in all their worthy endeavors. For more information on this service organization, please visit gfwclutz-landolakeswomansclub.org or its Facebook page.



Water Safety

While the warm weather tempts citizens to take a swim this summer, it’s imperative to do so safely. Drownings can occur within seconds, especially when it comes to children. Pasco Sheriff’s Office is sharing water safety tips to stay safe near water when enjoying water activities such as going out on a boat or visiting the beach or pool.

Take steps to ensure children are safe near water. Never leave children unattended or assume someone else is watching children when near water. Do not leave objects out, such as toys or floats, that may attract a child to the pool area. Teach children to swim, and to only get in or near the water when a responsible adult is present. Learn to perform CPR, and keep a phone and first aid kit nearby for emergencies. In the event of an emergency, call 911, and start life-saving procedures, such as CPR.

Keep pools secure to prevent a drowning. Check that drain covers and gates are secure. Use at least a four-foot high fence with self-closing and self-latching gates around all pools. Never leave something a child could use to climb over a fence or gate nearby. Use pool covers and install alarms, such as a wave-activated alarm in the pool or an alarm on the door leading from the house to the pool. Ensure life-saving equipment, such as life rings or reaching poles are in good condition and readily available.

When boating, check the weather forecast before heading out. Be prepared for high winds, sun and other elements, and be prepared to these conditions to change rapidly. Without proper knowledge of potential weather hazards, boating can put your vessel and passengers at risk. Don’t forget to stay hydrated and to bring plenty of drinkable water. Always designate a sober captain as well. Boating while intoxicated is not only illegal, but alcohol impairment affects the body differently while on the water and you may feel the effects sooner than drinking on land.

Before heading out on the boat, always check your equipment. Make sure your equipment is up-to-date and in good working condition. This includes making sure you have the proper permits, a fire extinguisher and easily accessible life jackets.

Complete a float plan before you leave by letting someone who is staying shoreside know where you are going and launching from, how you plan to get there and approximately when you are leaving and plan to return. Float plans are critical in the event of an emergency and will give search and rescue crews a huge advantage in where to begin. Always complete safety checks before you launch.

Just how drivers share the road, boaters must remember to share the water and its resources. Be patient while at boat ramps and launch sites and follow all posted signs. Be cautious and reduce speeds near other vessels while on the water. Keep an eye out for other citizens on the water such as kayakers, paddle boarders and swimmers. Always look for dive flags to help keep snorkelers and divers safe when below the surface too. Be vigilant of wildlife, and give animals plenty of space.

No matter how you make a splash in the water, be sure to do so safely! To learn more about water safety, visit poolsafely.gov, apsp.org, or redcross.org.

+

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God’s Long-Term Health Care Plan

Space Available! “Hell” Forgot About That!

+

GFWC Donates To Pasco Sunrise Thrift Shop



(L-R) Member Gail Howard and club Booster Marie Rook

GFWC Lutz-Land O’Lakes Woman’s Club member Gail Howard and Booster Marie Rook delivered a literal truckload filled with very useful household items and clothing left unsold after the club’s recent flea market.

These items will be sold at The Solutions Thrift Store in Dade City, which is a part of Sunrise of Pasco County, with 100% of the proceeds to be used in support of services for adult and child victims of domestic and sexual violence.

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



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God We Trust specialty license plate revenue flows into the faith-based nonprofit God We Trust Foundation, Inc. that uses those charitable donations toward the above missions.

GET GOD'S PLATE

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Hyde Park Methodist Church is Helping the Homeless Community

By Karen McBride



Hyde Park Methodist Church partners with Metropolitan Ministries to provide food to the homeless and food insecure community members. It started over 30 years ago with a coffee pot and cups on a table in their courtyard. People experiencing homelessness would wander up for a warm cup of coffee in the morning. A member of the church had noticed it and began making peanut butter and jelly sandwiches to leave alongside the coffee. From there it grew to soup, meats, vegetables and more.

Now on Sunday mornings, from 11-12:30, the church partners with Metropolitan Ministries Outreach Brigade to provide the food. Restaurants throughout the area, such as Hula Bay and Forbici Modern Italian, donate delicious meals to feed the food insecure in our area each week.

The Metropolitan Ministries Outreach Brigade also works with people experiencing homelessness if they need an ID or a copy of their birth certificate in order to get a job. The outreach can help individuals to sign up for services or get on a wait list for an apartment. They provide a list of additional resources available to the person to help him/her get back on his/her feet again.

“We want to meet their physical, emotional, and spiritual needs,” said Reverend Vicki Walker. “It’s beautiful to hear the insights from the guests on the streets. We can get comfortable in our own lives and not realize how much we need God. But when you are living on the streets, your faith, your hope, your trust is in God.”

Reverend Walker had talked to a person experiencing homelessness recently that had graduated with a degree in psychology in 1994 and is now homeless. Somewhere his life took a turn. A job loss or health diagnosis may have been what caused his world to spiral downward.

Hyde Park Methodist continues to look for ways to provide help to the homeless community. Other church members assist those looking for jobs and once they find one, will even help them with boots or clothes needed for their first day. The youth group at the church supports the “Manna bag ministry”. Plastic bags are filled with water bottles, crackers, protein bars, a prayer sheet, and a list of resources for them. The bags are distributed throughout the area to people in need.

The first gas station in Hyde Park is now the site of a bicycle repair shop for the community. It is equipped with self-serve air and repair tools. Church members volunteer to help fix bikes on Sunday mornings from 7 – 12. They even helped a gentleman with his wheelchair when he got a flat tire. If you have any supplies for a bike, including inner tubes, tires, locks, or lights, please contact the church.

Another ministry the church partners with is a mobile dental clinic. Much needed dental care is provided free of charge. In April, two dentists and six hygienists volunteered their time and were able to help 40 patients.

Hyde Park United Methodist Church has two locations: The Hyde Park Location is at 500 W Platt Street and The Portico Location is at 1001 N. Florida Avenue, Tampa. For more information about the church and to find out how you can support their ministries, go to <https://hydeparkumc.org>.



Will You Pray For Our Nation?

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

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

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

Liberty Manor Poker Run



For God, Veterans, and Country, Liberty Manor for Veterans, Inc.

Paul Clements organized a very successful Poker Run on April 2 to benefit Veterans at Liberty Manor. The many stops included Big Foot on the River, Roosters Bruton's Finish Line, Fisherman's Steel Horse, Eastside Cigar Saloon, and Pub Tavern.

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.

The Great Florida Outdoors: Nature Journal

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

Upper Tampa Bay Conservation Park 3-5-23
8001 Double Branch Rd, Tampa, FL 33635
Participants Ed Shindle and Dr. Rob Norman
Time 10am to 1pm
“The Upper Tampa Bay Park is a Hillsborough County park located on the Double Branch Peninsula, approximately three miles southeast of Oldsmar, which is west of Tampa. The park has been only minimally developed because the environment is so fragile and sensitive.”
The Nature Journal allows us to see the enormous variety of species in one area!



for a range of illnesses, including various nervous disorders. St. John's wort also has antibacterial, antioxidant, and antiviral properties. Because of its anti-inflammatory properties, it has been applied to the skin to help heal wounds and burns. St. John's wort is one of the most commonly purchased herbal products in the United States.

In recent years, St. John's wort has been studied extensively as a treatment for depression. Most studies show that St. John's wort may help treat mild-to-moderate depression, and has fewer side effects than

Saw Palmetto

The Saw palmetto palm tree is indigenous to the eastern provinces of the United States. The Seminole tribal folk of Florida used its fruit in the medical field. Besides, it has traditional usage as a remedy for symptoms of urinary problems related to the enlargement of the prostate gland, (this is also known as benign prostatic hyperplasia or otherwise BPH); in addition saw palmetto is used to alleviate unceasing pelvic pain, reduction in the urge for sex, disorders related to bladder, loss of hair, prostate cancer and imbalance of the hormones.

St. John's Wort (Hypericum perforatum)

St. John's wort has a history of use as a medicine dating back to ancient Greece, where it was used



most other prescription antidepressants. But it interacts with a number of medications, so it should be taken only under the guidance of a health care provider.

Paw Paw

Netted pawpaw (Asimina reticulata) is a deciduous flowering shrub found in pine and scrubby flatwoods, sandhills and coastal scrub habitats throughout peninsular Florida. It blooms late winter through spring, producing many flowers that attract a wide variety of butterflies. The plant is a larval host for the Zebra swallowtail and Pawpaw sphinx moth. The fruits, which appear in spring and summer, are a favorite of birds and small mammals.

Two Plant Identification Apps used for this article -- Seek and Picture This

Where can you find all of these wonderful beauties of nature?

Get out and enjoy The Great Florida Outdoors!

Dr. Robert Norman, Clinical Professor of Dermatology
Director, Center for Geriatric Dermatology, Integrative Dermatology and Neuro-Dermatology
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With each year, more and more Mother's Day carnations were sold and by 1920, greeting card companies got into the Mother's Day business. Anna was enraged by what she considered a lazy excuse for letters that should be handwritten. By 1924, the holiday creator was so

How different our world would be if we followed obediently when God spoke to us, and answered, **“I am the Lord’s servant. Let everything you’ve said happen to me.”**

Because of our advertising partners and readers.
 They are making it possible keeping our Lord Jesus Christ
 in print media. And for you and your family
 to have fun playing along **ENTER TO WIN!**
 So hop on board! We're just getting started!
 Come along and play with us!



OUR READERS ARE WINNING BIG

MOTHER

where would we be
without her...



Down:

- 1 - Deep down Anna would have to be satisfied that on her Mother's Day, moms around the world received extra attention and well - deserve ?
- 2 - In mid-evil Britain, servers were given the fourth Sunday of ?
- 3 - 1908 Anna held another memorial, and handed out white (...?...) her mom's favorite flower.
- 5 - Rhea, the mother of all Greek ?
- 6 - Who were some of the first to pay tribute to mom's ?
- 8 - Anna Marie Jarvis was enraged and appalled with the commercialized situation and was arrested for disturbing the ?
- 11 - When Anna was 12, it was believed that she heard her mother (...?...) that someday there might be a memorial day for mothers.

Across:

- 4 - This custom was called Mothering ?
- 7 - Pink and red carnations were worn honoring living ?
- 9 - The modern era Mother's Day was created by Anna Marie ?
- 10 - Anna admired her mother, who tended to the wounded during the Civil War, and later became a community ?
- 12 - The first state to observe the second Sunday in May as Mother's Day ?

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2. God said, "Let light shine _____

3. Whatever you do, _____

Email your entry to web@ddpnews.com or mail the entry to the address below.

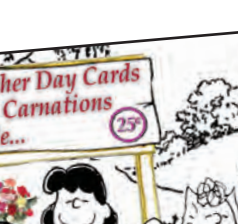
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IT'S A DUNNDEAL @ 218 E. BEARSS AVE. #256 TAMPA, FL 33613



I was reading in the Dunndead Gazettes that Mother's Day was created by Anna Marie Jarvis. In May of 1908, Anna held a memorial and handed out white carnations, her mom's favorite flower. Pink or red carnations honored living mothers and white carnations honored mothers that passed. She later contacted Philadelphia philanthropist John Wanamaker, who joined a Mother's Day committee in hopes of honoring all mothers all across the nation.



A Spiritual Diet

Dr. Dan Coflin • Pastor, River of Life Church

Do you diet? How many pounds have you lost? How many times? Seems there are diets for almost everything. Diets for weight loss, diets for diabetics, carb free diets, fat free diets, diets for people with allergies, diets to gain muscle mass, diets to get rid of brain fog, what to eat, what not to eat, when to eat, how much to eat, and the lists go on and on and it can be very confusing.

While it is important to eat healthy foods for your physical health, I would like to share with you a different kind of diet for your spiritual health.

Jesus said, "It's not what kind of food goes into a person's mouth that defiles them but what comes out of their heart." (Mt. 15).

You might ask, "How do I know what is in my heart?" Jesus tells us, "...out of the abundance of the heart the mouth speaks." (Mt. 12:34) I can know what my heart (thoughts, ideas, plans, intensions) is filled with by just listening to what I talk about. Jesus calls those things the "treasure of the heart."

There are good treasures and evil treasures. Obviously, good treasures produce good things for you and others. Those treasures are expressed by words that encourage, strengthen, edify, give confidence, assistance, and help to those who hear you. Evil treasures that come from the heart are words that are hurtful, wounding, judgmental, condemning, belittling, demeaning, mocking, and critical.

So, how do those kinds of treasures get into our hearts? You know the old saying, "garbage in, garbage out." Whatever you fill yourself (heart) with is really what you treasure. We fill our hearts with the things that we see, hear, read, watch, and listen to. What are those things? They are things which like seeds get planted in our hearts. Those seeds have the potential of producing a crop that will fill your heart and define your life.

Some people are filled with hurts and wounds that they have experienced by what others have said or done to them. Their thoughts ruminate about those terrible words or experiences which in turn plant seeds of hate or vengeance. Unworthiness and fear fill their hearts and their mouths seldom speak of anything else. What is your heart filled with?

God has a way of cleansing your heart and replacing the hardened dirt with soil that is ready to receive good seeds and bring forth a harvest to bless you and everyone else.

A diet for a healthy heart:

- Forgive: People who have hurt you have no ability to remove the pain they inflicted. Only you can forgive them and not let their sin determine your future.
- Eat the Word of God (the Bible): "Your words were found, and I did eat them, and they became unto me the joy and rejoicing of my heart..." (Jer. 15:16)
- Guard your heart (Pro. 4:23). What goes in is what comes out.
- Listen to yourself. Is what you are saying what you really want for your life?

These steps may be simple to some and difficult for others, but God's grace is more than enough to empower you to eat a spiritually healthy diet when you call upon Him for help.

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.rolutampa.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.

Royal Pets Urgent Care Opens In Midtown, Tampa

May 10th Ribbon Cutting to Celebrate Immediate Access to Critical Pet Care

An increase in "furry kid" adoptions during COVID and a shortage of veterinarians has left many pet owners waiting weeks if not months for an appointment. While that might not be a problem for routine checkups, it could be a matter of life or death when immediate medical attention is required.

To address this concern, Royal Pets Market & Resort has opened the Royal Pets Urgent Care Center at its Midtown Tampa location. "If you feel your pet may be experiencing an urgent medical concern, our compassionate Royal Pets Team can provide same day medical service to meet your pet's urgent care needs and have them feeling better quickly," said Denise Wolin, CEO & President.

Royal Pets will celebrate its Urgent Care Center on Wednesday, May 10th with a ribbon-cutting ceremony at 4:00 pm followed by light refreshments and an opportunity to tour the Center. Royal Reward discounts will be provided and free "barkery treats" given to four-legged guests. Royal Pets Urgent Care Center is located at 1102 North Himes Avenue, Tampa.

Royal Pets Market & Resort caters exclusively to dogs and cats and has locations in Carrollwood, Palm Harbor, St. Petersburg, and Midtown Tampa. For more information, visit www.royalpetsmarket.com.

Tax Collector Will Feature CARES' "Pet Project" as May's Charity of the Month

Tax Collector Mike Fasano's offices will feature CARES (Community Aging & Retirement Services) as the charitable organization for the month of May. As CARES celebrates its 50th Anniversary serving seniors in Pasco County, all proceeds from the promotional effort will benefit programs run by CARES, and specifically the Pet Project, a program to help the elderly take care of their pets.

"CARES is very appreciative of this effort by the tax collector's office," states Jemith Rosa, CARES President & CEO. "For many elderly people, having a pet means they feel less lonely and socially isolated. A pet is a true companion that gives unconditional love and friendship."

"It is my belief that a public servant has a responsibility to do whatever he or she can to assist those who are less fortunate," states Tax Collector Mike Fasano. "It is my honor to congratulate CARES for 50 years of service to our community! The CARES Pet Project is an exciting program that has demonstrated its value to our vulnerable seniors."

With this support they no longer must choose between buying medications for themselves or food for their pet. I am excited that we will once again be able to support the neediest seniors in our community."

For more information about CARES and the Pet Project please contact Jemith Rosa at 727-863-6868 or visit the website www.CARESFL.org.

For more information about the promotional and charitable giving programs at the tax collector's office, please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit www.pascotaxes.com. Donations may be mailed to: Pasco County Tax Collector's Office, P.O. Box 276, Dade City FL 33526-0276.

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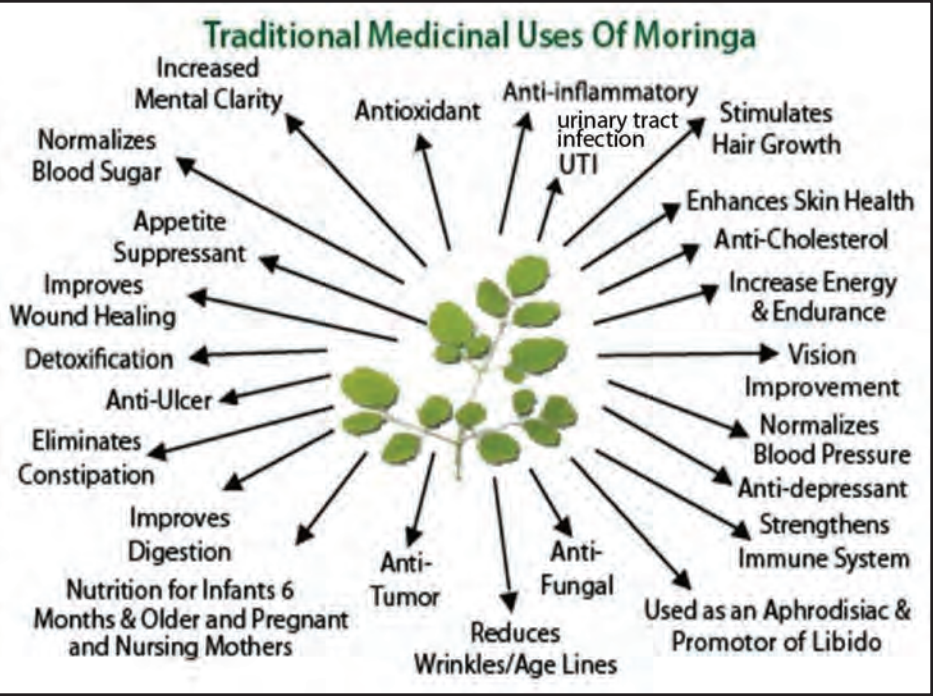
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How To Alkaline Your Water

This will fill a 2 gallon container:

Add 1 sliced lemon, 1 cucumber sliced, ginger & turmeric root sliced, mint leaves, 1 teas. baking soda, 2 cups aloe vera juice, 1 sliced small eggplant. Fill with water.

On The Go? You Can Still Use Social Security Online When Traveling

By Javier Morales, Social Security Public Affairs in South Florida

Social Security is here for you when you travel, whether you're in the United States or in another country. Our online services page at www.ssa.gov/onlineservices provides you with a wide variety of self-service options you can use on your mobile phone, tablet, or computer.

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God said, "Let light shine out of darkness," He made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ. — 1 Corinthians 4:6

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Get your Smile on!

Think about this:

* Many folks want to serve God, but only as an adviser.

* Do you think "stop, drop, and roll" will work in Hell?

* Some minds are like concrete: thoroughly mixed up and have permanently set.

* God loves everyone but probably prefers "fruits of the Spirit" over nuts!

* The good Lord didn't create anything without a purpose, but mosquitoes came close.

* Opportunity may knock once, but temptation bangs on the front door forever.

* Quit griping about your church! If it was perfect, you couldn't belong.

* If your church needs a better pastor, it only needs to pray for the one it has.

* The best mathematical equation is 1 cross + 3 nails = 4 given.

* God Himself doesn't propose to judge a man until he's dead. So why should you?

* Don't wait for six strong men to take you to church.

* We don't change the message, the message changes us.

* Why advertise your business to keep God's word in print media? He will give you something to sing about and something you can dance to.

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Tampa Bay Dance Club

May 2023 Schedule

5/04 Board Meeting

5/05 Mike Unwin

5/12 Albie

5/19 John Ricky

5/26 Jorge Perez

Celebrate Mother's Day

Cuban Sandwiches Sale

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

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Tampa Rose Society Rose Show

Tampa Rose Society will hold the Tampa Rose Society Rose Show "Run For The Roses!" on Saturday, May 13. This is the day before Mother's Day. The show will be held at Westshore Plaza in Tampa from 12 noon - 5pm. Forty-seven classes of roses will be judged as well as arrangements and rose photography. Exhibitors from across Florida will bring hundreds of blooms to the show, competing for awards. Classes include hybrid teas, climbers, miniatures, and old garden varieties. All will be judged by American Rose Society Judges.

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If you would like additional information, please call 813-503-1680.

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Volunteer Opportunity

Florida's senior citizens have earned dignity, love and support. Unfortunately, some seniors who live in long-term care facilities experience inadequate care that jeopardizes their health and quality of life. Often afraid or unable to advocate for themselves, these seniors need an advocate—someone to be a voice for the voiceless. That is where the Florida Long-Term Care Ombudsman Program step in. We are a collection of volunteers from diverse backgrounds united by compassion, tenacity, and the desire to make a difference. We advocate on the resident's behalf for their residents' rights and attempt to resolve the complaint or concern. We adhere to strict confidentiality policies and our services are free of charge. Our volunteers are our heart, and we are always looking for more. So, if you enjoy volunteering are willing to invest time and enjoy the reward of getting high-impact results please reach out to us at 888-831-0404 or our website www.ombudsman.elderaffairs.org.

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Hope Children's Home	hopechildrenshome.org/Dunndea	(813) 961-1214
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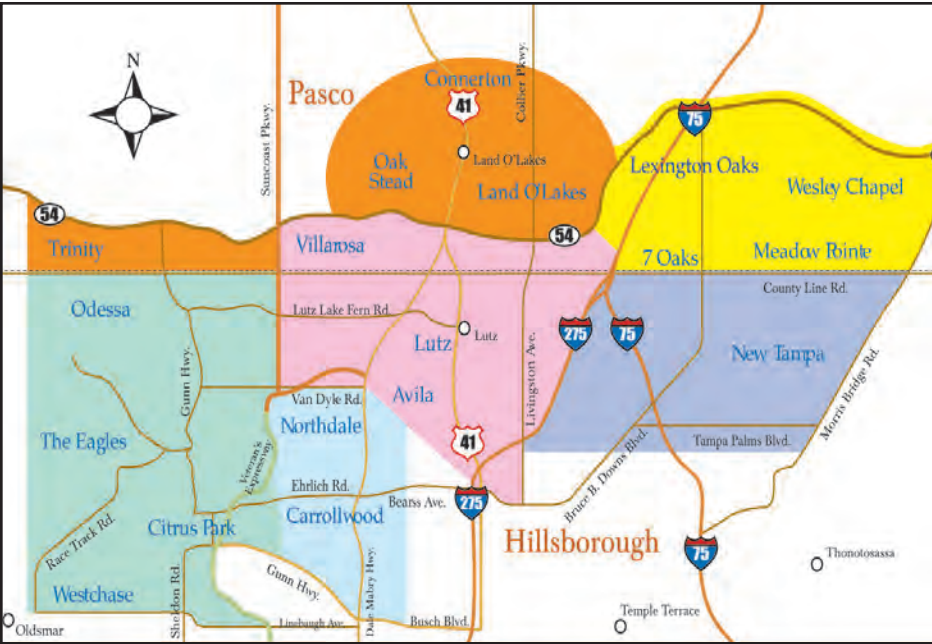
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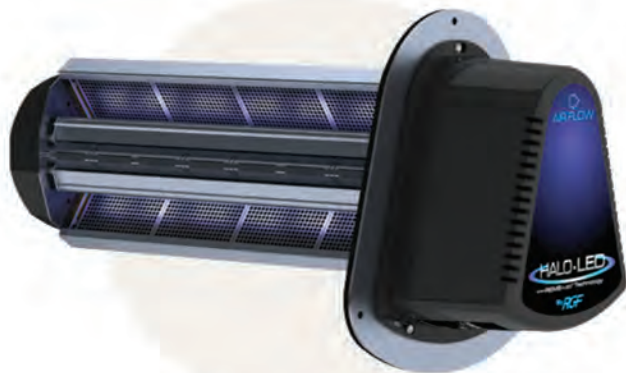


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