



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.

GOD'S PLAN FOR AMERICA'S COMEBACK

Does Your Voice Really Matter?

Although many people are unaware of it, Satan has a plan for America. He wants us to forget our godly heritage and slowly erase our rich, biblical foundation.

We see the signs everywhere, God and prayer have been removed from schools and history books. God has been removed from our government except during times of emergency like September 11. Our Constitution has also been reinterpreted and re-written to change our Founders' original intent. To take our moral temperature, all you have to do is turn on the television. Our society celebrates doing whatever they think is right, and sin is no longer called sin.

The good news is God also has a plan—and His plan is always greater. What is it?

God's Four-Step Recovery Plan

In 2 Chronicles 7:14, the Lord says, "If my people, who are called by my name, shall humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven, forgive their sin, and heal their land."

God gives us four specific things to do: humble, pray, seek, and turn. This is our part of the process. As we do these things, then God will do His part to hear, forgive, and heal.

But until we do our part, God will not do His part. The key word in this entire verse is "then." It makes it clear that our part must be fulfilled before God's part can be initiated.

Continued on Page 8

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

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

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

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

Our mission is to effectively connect consumers with organizations who strive to operate according to biblical principles.

The businesses and individuals you see in the Gazettes are the members/partners supporting Jesus/God's word in print media.

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SEE BACK COVER FOR INVENTORY CLEARANCE SALE!

RTS Missions – Growing God's Kingdom *By Karen McBride*



Photo submitted by Judy Dedmon

Greg and Maria Shepherd were called into full time ministry in March 2005 when they left their full-time jobs to help plant a new church. In June 2006, they took their first mission trip to Haiti and were radically changed by that trip. Shortly afterward, they founded RTS Missions.

Serving in Haiti

Once the Shepherds knew God had called them to Haiti, they began leading teams from around the country into Haiti for short-term mission trips in 2007. In January 2013, they sold everything they owned and began raising funds to move to Haiti as full-time missionaries. Greg, Maria, and with their son, Caleb, moved to Haiti in 2014. "God just broke my heart for those people," said Greg.

During their time in Haiti, they were part of a team that started two schools educating almost 800 children and began six churches in the area. In the five years they lived in Haiti, Greg and Maria employed 80 national employees,

and led 120 teams of volunteers who helped the food insecure, taught children the gospel, and ministered to people who may not have the chance to attend church.

Feeding the Food Insecure

RTS Missions partnered with the international food distribution organization, Feed My Starving Children, to provide over 40,000 meals a month to children and families in need. The mission's teams travel along the border of Haiti and Dominican Republic to provide food to families that may not know where their next meal is coming from. Your donations can make such an impact on a food insecure family. For as little as \$25 per month, a family of six can eat nutritious meals including rice, beans, and other vitamin-enriched foods.

Moving the Ministry to Dominican Republic

Greg and his family moved back to Tampa Bay in 2019 to take care of some family and health priorities. The goal was to return to Haiti every few months, but then COVID hit and travel to the country was limited. They didn't realize at the time, but this was all part of God's plan. Within a few short months, riots broke out and the unrest in Haiti grew.

The family knew it was time to leave Haiti and expand the ministry. Their plans were to find a location that would have room for education, spiritual development, and to care for physical needs with a medical clinic. The family prayed about it every night.

One day, through a church member, they heard about property in the Dominican Republic. The 25-acre property has 18 classrooms, an open-air chapel, a guest house that sleeps over 50 people, a two-story building that was originally an orphanage and is now used for training and has rooms for medical staff and a hospital with surgical rooms.

Greg couldn't believe that God had opened this door for the mission. The land and buildings were free, but there was still the \$7,000 monthly upkeep for maintenance and staff that seemed imposing. He faithfully went to his board, but they didn't think it was possible. After many nights praying, God opened that door and the ministry moved to the Dominican Republic.

Matthew 19:26: "With man this is impossible, but with God all things are possible."

RTS Missions employs Dominican nationals to operate the facility, and child advocates lead over 100 children weekly in spiritual discipleship, games, and tutoring in their His Kids program. Greg travels back and forth between Tampa and the Dominican Republic each month leading missions and serving the local community.

His Kids

We are called to reach the next generation and impact our world with the gospel. His Kids reaches out to the children of the community and teaches them God's word and how to apply it to everyday life. There are hundreds of kids waiting to get into the programs, but RTS Missions needs the resources for the children. The cost is \$25 to disciple a child for a month. The money goes to the curriculum, child advocate leaders, and supplies.

On a Recent Missions Trip

Judy Dedmon served on a recent missions trip to Jimani. She was really touched by the people in the community and how they welcomed the missionaries. The people live in abject poverty, some not knowing where their next meal was coming from, yet they didn't complain. They yearned to hear about Jesus.

In 2004, a huge flood devastated the community and hundreds of lives were lost. The river had been dry for years but heavy rains in the mountains caused it to breach and flood Jimani. They spoke to a woman who had lost her four children and another woman who was staying with her extended family the night before and by morning they were all gone. And yet, these were the people that shared that the local church came and prayed with them. They found peace through the love of Jesus.

"I've been on many mission trips before, but I have never seen the Holy Spirit work in the way He did in the hearts of the people we met and in the hearts of our team. It has impacted me more than any other trip I've been on," said Judy.

How You Can Serve

Contribute to His Food

<https://www.rtsmissions.com/his-food-distribution>

Go on a missions (impact) trip

<https://www.rtsmissions.com/impact-trips>

"It is amazing to see how the impact trips have grown in a few short years. Sixteen teams have gone or are scheduled to go this year and 6 teams are registered for 2024," said Greg.

RTS International Internship: Reaching, Teaching, and Sending

Are you interested in becoming a missionary? RTS Missions Interns serve for 3-9 months at the campus in Jimani, Dominican Republic.

There are a variety of jobs to choose from, but you will get the opportunity to learn basic Spanish, experience a new culture, be deeply involved in ministry, and form relationships that will last a lifetime. Interns are mentored by an experienced team and are trained in ministry, leadership, intercultural skills, and community development.

To qualify for an internship, you must:

- Have a personal relationship with Jesus Christ as Lord and Savior
- Have a consistent walk with the Lord for at least the last two years
- Be at least eighteen years (18) of age
- Be a member in good standing at a local church
- Have conversational fluency in Spanish is a benefit but not mandatory
- Preferably have experience in the area for which you are applying

Think about the impact you could have on a person's life. Whether you can go to the Dominican Republic or sponsor one of the programs RTS Missions provides.

"The reason RTS Missions is here is because of a life transformed from a short-term mission trip," said Greg.

For more information, contact RTS Missions at 813.807.7010 or via email at info@rtsmissions.com. Visit their website at <https://www.rtsmissions.com>.



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The "Garden" of Your Health

Samantha Taylor, Health & Fitness Expert

Eating healthy is a choice every day and actually every meal, it's not something that is "won and done". It is something we will focus on the rest of our lives, if you want to reap the amazing benefits from it. The key is to set up healthy habits that help you make that happen easier so you don't have to think about it too much.



We can actually create healthy, positive habits that serve us and help us be automatically healthier. It's also important to understand what your triggers are and where your weak spots are so you aren't caught off guard by them and you can be prepared with a plan of what to do when they happen.

Knowing where you falter, where you find yourself not taking care of your health... is the key to consistent transformation by analyzing where you struggle and checking in with how you are doing with your healthy choices on a consistent basis.

For me, I know I am triggered to overeat in emotional events, free food or all you can eat type situations (which I know I really have to keep my guard up and pay attention). The other day I was at the airport to go see my great nephew for his birthday party. I had eaten some food and it was healthy, but I knew I had enough. The challenge was that my mind wanted more, so I had to force myself to stop and tell myself, "I have had enough."

So that is what I mean. is it's not like it's all fixed one day. Its something you keep working at, especially in situations where you are triggered. When I had my 5 studios, TV and radio shows, we helped women lose over 90 TONS of fat! The key to keeping that off is making consistent healthy choices with your meals, not random healthy ones. If you can make sure the not so healthy meals are random, instead of consistent, that can have a huge impact.

When you transform, you do still need to maintain that transformation. Just like if you pulled weeds, planted seeds and grew an amazing garden, you must still take care of that garden daily. Watering it, giving it nutrients, having God's sunshine on it, removing the weeds that show up and also removing any pests that may be trying to destroy what is in your garden.

You want to cultivate and take care of the "garden" of your health so that you can enjoy the beautiful benefits of it, standing back and looking at what a great job you have done with it.



Instead of looking at a garden that is overgrown, unhealthy, not maintained and you wonder if anyone even lives there because it doesn't look like anyone cares about it.

Just something I was thinking about and wanted to share with you. Even though my studios closed due to the irreversible impacts of the pandemic, I am still called to help people get healthy, so now I am doing this all over the nation now online so connect with me here:

www.SamanthaTaylor.com

Are Your Child's Immunizations Up to Date for School?

By Karen McBride

The aisles of our local stores are filled with notebooks, pens, crayons, and more reminding us that school is starting soon! In addition to shopping for school supplies, it is important to schedule your child's appointment to ensure his/her immunizations are up to date. COVID immunizations are available for ages 6 months and older.

Contact Dr. Michele Johnson-Towson, at Pediatric Place of Tampa, a board-certified pediatrician with over 30 years of experience in caring for children ages newborn to 21 years old. Dr. Johnson-Towson and her staff are dedicated to keeping patients both healthy and educated on changes in children's health care and take the time to answer any question parents may have. They treat your child's overall health, including allergies, asthma, and ADHD (Attention-Deficit/ Hyperactivity Disorder).

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

New patients are always welcome! When visiting Pediatric Place of Tampa for the first time, new patients should bring:

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

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

Pediatric Place of Tampa is located at 1338 W. Fletcher Avenue, Tampa, FL 33612. For more information, or to schedule an appointment, call 813-264-2288.

"He who dwells in the shelter of the Most High will rest in the shadow of the Almighty."

— Psalm 91:1

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"I don't believe in praying to win." – John Wooden

If you don't know who John Wooden is, then I am sure you are wondering why I chose a quote from him that seems to contradict everything that you believe in. Anyone who knows me knows that Wooden is not only my favorite coach of all time but one of my favorite authors. I even have one of the books he wrote that he signed for me. For those of you not familiar, here is a quick background:

John Wooden was the coach for the UCLA Bruins from 1949-1975. During that time Wooden amassed a gaudy 620 wins to 147 losses (81%-win percentage) and 10 national championships. 7 in a row from 1967-1975. Wooden is considered by most, if not all, avid fans as the greatest college basketball coach of all time.

Now if you are not familiar with "The Coach", as he is referred to, you probably have not read any of his books or heard any quotes that you attribute to him.

The coach believed that the student athletes in his care had a responsibility. First was to their families, then to God, then to their studies, and last to basketball. Strange that the winningest coach in NCAA history has God, family, and an education as more important than the game he is paid to coach. Even more strange now, is the quote that he doesn't believe in praying to win.

Well let me unravel the quote for you. Wooden doesn't believe that prayer wins basketball games. That's not to say that you shouldn't pray before basketball games, because he did. He led the team in prayer before each game. Wooden believed that winning or losing was not the product of prayer. He believed that practice and a supreme effort was. He believed that if his men worked hard at their craft, gave their very best effort, and prepared for the game, then prayer was the team asking for God to bless their effort. Wooden did not concern himself with the score. He would routinely say that his team did not win or lose by the score but at practice all week. If they had practiced well and given their best effort, then they would win. If they hadn't, then they would not.

We should all conduct our own lives the same way Wooden conducted his team. Practice each day to be the best version of ourselves. Wake up and praise God for our blessings. Understand that the scoreboard isn't here on Earth and therefore the "win" isn't at the end of the day. We will be judged at our life's end, and he will tell us the score. Practice hard and give it your all. Don't just pray for a win at the end of the day. John Wooden wouldn't have.

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Award-Winning Don Julio's Mexican Restaurant Now Serving Brunch!

By Karen McBride



Enjoy a Variety of Selections from the Brunch Menu

Don Julio's is now serving brunch at its authentic Mexican-style restaurants from 10-3 daily. Guests can choose from Chilaquiles, Eggs and Chorizo Tacos, Huevos Rancheros, Guacamole toast meal served with eggs and cooked to customers liking, Huevos a La Mexicana, or Breakfast Burrito. Chilaquiles are tortillas filled with eggs, beans, and topped with cheese. Eggs and Chorizo takes the traditional taco and puts a breakfast spin on it with eggs and Mexican sausage for a delicious meal. Huevos Rancheros is a popular Mexican dish consisting of two sunny side up eggs with Don Julio's homemade rancho sauce. Huevos a La Mexicana is

prepared with tomato, onions, and serrano peppers. The breakfast burrito is filled with your favorite ingredients for a hearty meal.

“Our customers have loved the authentic Mexican brunch items that are very hard to find elsewhere,” said Julio Rodriquez, owner of Don Julio's.

Award-Winning Mexican Restaurant

Don Julio's has won the Best Mexican Restaurant and Best Taco in Tampa Bay award presented by 92.5 Maxima for three years in a row! Each year the Latin radio station honors a fan favorite restaurant for their quality food, atmosphere, and family-friendly service.

The family-owned restaurant has been serving the community since 2018. The community has been so supportive that it not only allowed the restaurant to double its staff at the first location, but also to open a second location in 2022.

The family-friendly atmosphere drew patrons in, while the fresh ingredients and authentic Mexican cuisine keep them coming back for more!

Variety of Fresh Menu Items

The restaurant serves a delectable variety of menu items inspired by Julio's mother, Dona Esther, who loves cooking for her family.

Specialties like Pollo a la Plancha (grilled chicken cooked with onions and peppers) and Bistec Ranchero (sauteed steak cooked with tomatoes, onions, and serrano peppers) melt in your mouth. Pork is seasoned and cooked slowly for the Carnitas Don Julio.

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

Two Convenient Locations

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

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

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



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Currently, if a woman is in a crisis situation, she has three basic choices: keep the child, have an abortion or make an adoption plan. If a woman is unable to keep the child and turns to abortion, research shows that up to 79% of those women would not choose abortion if they felt they had a viable alternative. That's why we want to offer women a fourth choice!

Learn more by scanning the QR code and see how you can get involved!

BundlesofHope.org | 11415 Hope Int'l Dr. Tampa, FL 33625 | 813.961.1214

Take a Breath

We all know we need oxygen to survive, but most of us probably don't think about it much beyond that. We breathe and our body does it automatically whether we think about it or not... so we tend to not give it much thought. But today we're going to start by considering a few things about how the body works regarding our breath and oxygen intake.

Every – Single – Cell in the body needs oxygen.

25% of your oxygen intake goes to the brain – without enough oxygen, people may have decreased cognition, judgment, and coordination, or in more extreme cases, can even become unresponsive. All parts of our bodies are impacted when we don't have enough oxygen in the blood getting to all of our cells.

Stress affects how we breathe. When you move into fight-or-flight mode (the stress response) you take more shallow breaths, allowing your heart to pump faster, and your breathing will speed up to distribute more oxygen-rich blood to the specific areas needed to take action, such as the muscles. While the change in breathing due to the stress responses is helpful in those fight or flight moments, it diverts oxygen from other cells and functions not deemed critical in that moment. What's worse is that with chronic stress, it creates a cycle of shallow breathing that's hard to break. Shallow breathing is not just part of the body's response to stress, but it actually creates a stress response, keeping us stuck in a stress cycle.

Relaxation and deep breathing techniques can help to break the cycle and restore our breath to its natural, healing state. In fact, several studies have shown improvements in breathing quality among test subjects receiving regular reflexology treatments.

Research also shows that reflexology can increase oxygen saturation in the body and lower the respiratory rate. I always take my clients through a deep breathing exercise, which allows the body to relax and heal.

So, take a moment to notice how you are breathing right now. Is it a shallow breath where the chest or shoulders rise and lower with each breath, or is it a fuller breath where your core expands as you breathe in because your diaphragm is filling with air and expanding your body? One easy way to tell is to place a hand on your chest and the other hand on your stomach. Which one moves when you take a breath? Let me know what you've discovered about your breathing. I always tell my clients that deep diaphragm breathing allows you to give yourself a massage on the inside!

If you would like to explore this further, contact me. My schedule is filling up, and your good health is important. I can be reached at (813) 965-1697.

Always praying for your good health,

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August 2023 Schedule

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8/11 Albi, keyboard player & singer

8/18 John Ricky, keyboard player & singer

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8/25 TBD

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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Can we afford anything less?

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

Kidz Korner: Mapleridge Ranch

Hi! My name is Harley, writer of the monthly Kidz Korner articles.

In July, my family and I took a road trip to Owego, New York. My best friend hailed from that state when she was small and was delighted that I was on her "homeland soil," but she lived far away from my destination, Mapleridge Ranch.

Mapleridge Ranch was established in 1955 and is a summer camp for kids ages 7 through 17. Although the hilly scenery was thrilling and the weather glorious despite the mud, which I wasn't used to as a Florida resident, my favorite part was the people around me. The name of our cabin was Nebraska, and there were many campers in my enthusiastic team and intriguing counselors everywhere.

On day one, Sunday, the kids arrived in the evening decked out in their team colors. I wore my green tutu, gloves, and shirt. After checking in, we met our counselors (mine were Rachel, Emily, and Harley) and ate a tasty pizza dinner. Then, we did a scavenger hunt with people (i.e., bring me this or that) to win points for our team. Following chapel was Cabin Pow Wow, then Lights Out at 11:15, which was a special late night.

The next day, we chose three skills to do during the day. I selected Crafts, Horsemanship, and Karaoke. They were all great, and during Flex Time, I loved playing GaGa Ball, purchasing snacks, candy, and Root Beer from the Hitching Post, and sitting on the chapel porch to finish a keychain or work on the songs in the Green Team cheer with Rachel.

Before chapel on Monday night, the Camp Director, whom we called Chief, aka Mr. Duane Bladell, had a surprise activity. And if you go next summer, you'll find out how to earn big points for your team and get fun out of it too.

Every day we did our skills, but Wednesday was a break in routine. During Flex Time, we packed our bags and hiked through the woods to the shelters where we would cook out and camp out that night. After gathering firewood, my cabin discovered a stage on the campsite. We scraped the leaves off with branches and created a skit, pretending to be counselors by playing games during morning chapel. We showed it to Rachel, Emily, and Harley, and they insisted that we perform it for all the lady counselors at the lake that night!

After the walk to Lake Patrick, all the camp girls watched our skit and loved it. When it was over, we played games and made flower crowns until it was time to return to the campsites. I hung up my hammock with some difficulty and enjoyed the night.

On Thursday, we ate breakfast at the campsites and sang as we walked back to the cabins. I enjoyed taking a shower and not having dirt on me anymore. On Friday night, the competition blew up as the teams played games against each other and dumped their colors on other people. After Chief crowned the Champs of Camp, the campers, baptized in paint and water, marched to the cabins to take showers and manage their newly tie-dyed clothes.

Then, the campers, taking a brief oath of silence, walked to the campfire for Solidarity. We performed productions of our cabin creeds (mine was compassion, which I struggle with) and listened to two Mapleridge testimonials. Then, counselors bestowed upon Honor Campers their cabin flags, and awards granted, including Future Craft Queen, the Happy Camper prize, and Enthusiastic Bunny recognition, to name a few. I even earned the title of Future Chief.

As the sky darkened, adults lit the campfire, and we sang songs. Finally, we had the opportunity to shout out to other people. I declared that my counselor Emily was exciting, which was true. I made the most of my time on Saturday morning and spent my remaining Hitching Post money. My mother was dismayed. After a closing celebration, I took pictures with my counselors and with Chief, promised to teach more songs next summer, said my goodbyes, and cast a final wistful glance at the Ranch. Next summer will be even better!

Although the themed dinners, skit, and other activities were fun, the entire point of Mapleridge Ranch is to teach campers the Gospel. Our speaker did a fantastic job of spanning the message to make sense to all the children, from younger than preteens to almost adults. The sermons were short and to the point, and we had Quiet Time every morning, doing devotionals from the book of James. We also memorized Bible verses from James to help our teams win. I learned about being a good Christian that week (including learning about managing relationships and trusting God) and am still doing devotionals today. I loved life at the Ranch!

For more info or to sign up for any number of 7 camp sessions next summer, visit mapleridge-ranch.org. Thanks for reading and check out more articles like this at harleyisabelsmith.com! See you next month!

Harley Isabel Smith is a homeschooled 6th 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."**




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in:ciite EVENTS

Tax Collector Offices to Host Pasco Fire Rescue's Annual "Boot Drive" for the MDA



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

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

Donations (filling the boot) can be made at any of the five tax collector locations in Pasco County. For more information about Pasco Fire Rescue/ Pasco Firefighters Charities please contact Lisa Brekke at (813) 244-8619. 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



GFWC Celebrates Lutz Senior Center National Accreditation



Lutz Guv'na Atlas Cortecero entertaining the seniors and guests

GFWC Lutz-Land O'Lakes Women's Club members celebrated with the Lutz Senior Center clients and guests as the facility was awarded its formal National Accreditation of Senior Service, which is determined by adherence to a strict and comprehensive Standards of Service mandate for the Lutz Senior Center. Among the guest attendees were County Aging Services Department and Nutrition & Wellness staff representatives, Lutz librarian supervisor Marci LaTorella, American Legion chaplain Don Hinst and our own Lutz Guv'na

Atlas Cortecero. The very popular and talented Guv'na Atlas delighted the audience with several well-loved songs such as "Sweet Caroline".

The woman's club members provided and served a lovely brunch to the seniors and other guests to mark this very special occasion and make a point to visit and socialize with the seniors about once each month to bring treats and levity. For more information on this community service organization, please visit gfwlutzlandolakeswomensclub.org or its Facebook page.



"Shame Off You"

Dr. Dan Coflin • Pastor, River of Life Church

I have a friend who likes to use this phrase. It is interesting to watch people's responses. Their faces reveal how strange it sounds to them. We have often heard people judging and ridiculing others with the phrase "shame on you" because of something they said or did. Parents chastising their children or neighbors at odds with one another, political opponents may sometimes use this phrase. Kids in school may try to shame another with a dare or a threat to get whatever reaction they desire. But what is shame? Is it guilt? A feeling of regret? "Shame on you" is obviously an attempt to bring pain into someone's life to make them feel bad or sad or inferior.

One of the best definitions I have heard that explains the difference between guilt and shame is this. Guilt is pain for what you have done but shame is pain for who you are.

We have all done or said things that cause us to feel guilt, regret, or remorse. "If I just hadn't said it that way" or "I wish I hadn't done what I did."

Once we have opened our mouths or done the deed there is no "taking it back," the damage is done. We can either humble ourselves and apologize or we can take a defensive position to try and justify our actions or words by putting the blame on someone else but on the inside, we know we are wrong. Our words and works are our own and we cannot blame someone else for them. True, our childhood abuses or societal injustices can play a part for how we might react to others, but our committing a wrong is on us. We must own it. We are guilty but we don't have to live in shame.

Jesus encountered many people who were hurt, broken, wounded, guilty, and full of shame and while he could not undo what they had done, he offered to take the judgment for their wrongs. Jesus accepted the guilt for others and carried the judgment for that wrong all the way to the cross. The price was paid, forgiveness for every sin was achieved, and when we go to Jesus, He not only forgives us, but He also creates in us someone we have never been before. Someone who has no reason for shame. Oh, we may look the same on the outside and still speak with that Southern twang or Bronx brogue, but we are not who we use to be. We never need to be ashamed for who we are.

Yes, we still are guilty when we say or do the wrong thing, but that is not the person we are. Forgiveness is available to receive every time we humble ourselves before others and look to the LORD who always stands ready to remove our guilt with his blood and who reminds us that is no longer who we are. So, "Shame off you." If you sin, be quick to admit it and make it right for that is how the new you is, free of shame.

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.

"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." — John 15:5

Pasco Tax Collector's Staff Raises \$12,780 for Cindy's Pets



Tax Collector Mike Fasano and employees of the Pasco County Tax Collector's Office present both a ceremonial and a "real" check to Cindy's Pets Founders Dr. Missy & Mike Nurrenbrock and many of their volunteers at the Land O' Lakes Tax Collector's Office.

Tax Collector Mike Fasano announces that \$12,780.33 was raised during the month of June 2023 to benefit Cindy's Pets, one of the featured charities of the month at the Pasco County Tax Collector's Office. Cindy's Pets was created to "help seniors and their pets," particularly those seniors who are part of Pasco County's Senior Services Program and are recipients of Meals on Wheels.

"When we found out that seniors in the Meals on Wheels program were feeding their pets some of their delivered food because they could not afford to buy pet food, we started Cindy's Pets to provide food for the pets," comments founder Dr. Missy Nurrenbrock. "With the generous help of Mike Fasano, Tax Collector, and the Tax Collector's Office, Cindy's Pets has been able to feed over 300 pets of seniors on the Meals on Wheels program in Pasco County for the past 12 years. Thank you, Mike Fasano, and your staff, for your generous donations which have allowed the seniors' pets to be well-fed each month!"

"Pasco County is home to some of the best charitable organizations in the state," comments Tax Collector Mike Fasano. "We support many that are well-known, but we also take great pleasure in turning the spotlight on smaller charities that may not receive the attention they deserve. Cindy's Pets is an organization founded and run by loving and compassionate individuals who truly care about the people and animals they serve. I applaud Dr. Missy and Mike Nurrenbrock, and their contingent of volunteers, who make sure that pets of the elderly receive good quality food each month."

For more information about Cindy's Pets please contact (727) 372-9333 or visit the website www.cindypets.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



Cindy's Pets
Helping Seniors
& Their Pets.

Make Dental Health a Priority for Your Pet

As humans, we've been taught the importance of daily brushing and flossing. You can't fool your dentist, and those semi-annual checkups will quickly reveal the "tooth truth."

Likewise, taking care of your pet's teeth and gums helps to prevent dental disease and can also improve their overall health. Here are some tips on how to keep your furry kid's smile bright and healthy.

Brushing your pet's teeth is the best way to reduce plaque and tartar buildup, prevent gum disease, and maintain fresh breath.

Dental chews or treats can reduce plaque buildup between professional cleanings while providing your pet with something enjoyable they look forward to.

Oral rinses and sprays help get rid of bad breath in pets without scrubbing the teeth whatsoever – perfect for those pups and kitties who won't let you brush their teeth!

Professional cleanings twice a year should be part of your routine pet care plan and will identify early on any oral problems. Visit your nearest Royal Pets Market for a broad selection of dental health products, and take advantage of their offer for a free teeth brushing with any bath or groom service (expires 8/31/23).



GFWC Donates to Quantum Leap Farm



(L-R) Club member Jan King, Emily, a Quantum staffer and Club President Elayne Bassinger

GFWC Lutz-Land O'Lakes Women's Club members have toured the Quantum Leap Farm facility in nearby Odessa several times in the past and were very impressed by its mission. The facility welcomes veterans, EMTs, active duty military, children in the autistic spectrum, and others with disabilities. The clubwomen invited a staff member to speak to the members at a recent meeting to explain the special mission and service of this organization.

As a token of appreciation, chairwoman Jan King and club president Elayne Bassinger presented a donation check to this very worthy organization to help toward costs involving shelter and care of the horses and other support animals on the farm property. For more information on this very busy community volunteer organization, please visit gfwlutzlandolakeswomanclub.org or its Facebook page.

GFWC Sponsored 4th of July Celebration In Lutz



Club members + a daughter surrounding club-sponsored Guv'na Jerome Smalls



Members on parade float with Little Women of Lutz (blue shirts) marching

GFWC Lutz-Land O'Lakes Women's Club sponsored another fabulous small-town parade and celebration in Lutz. The patriotic theme was "Red, White & Lutz". Many floats participated in the parade followed by the "inauguration" of Guv'na of Lutz, an annual fun campaign to raise funds for community service organizations. The winner raising the most funds was the Club's supported candidate, Jerome Smalls, proudly wearing his sash in photo above. CONGRATULATIONS TO GUV'NA JEROME! The celebration also included a foot race, cake bake contest & auction, children's games and activities and good old-fashioned fun for all, despite the sweltering temperatures.



Club float in long parade



Club float in long parade

"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."
— Joshua 1:9

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God's Plan for America's Comeback

Continued from Page 1



Our part involves true humility and repentance. We can pray for restoration. However, restoration can't come until there is revival. Revival can't come until there is responsibility, responsibility can't come until there is repentance, and repentance can't come until we remember.

We must remember who we are, where we come from, and why it's important to be accountable for what God's given us through our Founding Fathers. We must discover things like:

- How was our government formed?
- What price was paid for our liberty, and who paid it?
- What role did God play in the lives of our Founding Fathers?
- What responsibilities did our Founders give us?

The Bible says wisdom comes from two sources: the Word of God and life's experiences (history).

If we choose to forget the past, then we lose the wisdom of the past—wisdom that came at a great price. If we forget, then history will inevitably repeat itself, and we'll once again pay a tremendous price.

God wants to use our nation as a beacon of light to shine brightly for Jesus Christ all around the world.

Revival or Rescue?

On May 7, millions in America observed the 68th Annual National Day of Prayer. It's an incredible opportunity to come together and focus our eyes on the true Source of our help. However, as we pray, we have to be willing to do what God shows us.

I believe a lot of people simply want God to rescue this nation—to solve our problems without requiring any action on our part. However, revival for America includes taking responsibility to do what God shows us to help preserve what our forefathers obtained.

In 1787, as Benjamin Franklin exited the Constitutional Convention, a woman shouted from the crowd, "Sir, what have you given us?" Franklin famously responded, "A republic, ma'am, if you can keep it."

What did he mean? A republic means "rule of law" (our Constitution). This form of government offers the very greatest liberties and

freedom—but it also requires the most responsibility, moral virtue, and maintenance to keep it intact.

America has gone from a strong, godly nation, ready to fight for our liberties and moral principles to one that's complacent, allowing ungodliness to creep in little by little.

Evil doesn't just happen overnight, it happens slowly over time as we fail to fulfill our responsibilities. Not doing what needs to be done in the face of evil encourages its existence and growth. Evil is only denied existence by wise action, and wise action is our responsibility!

As Christians, the choice is up to us. We can either stand up and fight or lay down entirely. But we can't stay the same and expect the direction of our country to change.

Worth Fighting For

God is waiting for the body of Christ in America to become a courageous body—a group who will stand up and do what He is asking us to do. This is the true meaning of a "patriot." It involves becoming educated about our past, then taking action for our future.

The Lord wants to use our nation, our resources, and our people to once again become a beacon of light to shine brightly for Jesus Christ all around the world.

On May 29, Memorial Day, we celebrated those who have allowed our light to shine in years past, an honor all of the servicemen and women who fought for this nation and made the ultimate sacrifice.

Today, we continue the fight. However, it's a battle against misinformation, passivity, and what I refer to as "historical amnesia."

These battles are just as important as any we've ever fought. Our generation has the responsibility to protect the precious liberties that brave men and women have sacrificed to protect.

Friends, with your help, we can protect them—God has given us the plan. One by one, we can do our part to take a stand for America. As we are faithful to do what we can do, the Lord will be faithful to do what we can't, and bring healing to our land.

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The Future of America - Dave Meyer

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Learning to Love Like Jesus

By Joyce Meyer

Imagine for a moment what the world would be like if everyone who calls themselves a Christian would really love others the way Jesus does.

There would be no gossip, no judgment or criticism, no exclusive attitudes that make others feel rejected, and people's needs would be met much more than they are.

While that picture might seem far from the way things really are, Jesus gave us very real, practical examples of how we can love the way God loves us. And when we know and experience God's love for ourselves, we can't help but share it with others.

John 13:1 says Jesus loved them to the last and to the highest degree (AMPC). And in the verses that follow the scripture, He demonstrates what it means to love others in that way.

In those days, there were servants who washed people's feet when they came to visit. It's likely they were considered the lowliest servants in the household. Now Jesus, the Son of God Himself, got up from the supper, took

the servant's towel, and proceeded to wash the disciples' feet. His message to them was to love one another by being a servant. Because God wants his love to flow through us and touch other people's lives.

I want to encourage you to read John 13 and pay close attention to what Jesus did and what he said. Spend some time studying scriptures about God's love and pray for Him to show you ways you can serve the people in your life. See how many creative ways God puts in your heart to "wash feet." You'll probably find it's easier than you thought it would be to help make someone's life better.

God wants us to have success and enjoy our lives. But He wants us to die to self, get over being the center of our world, and begin to focus on looking for someone who needs our help every day.

When you do this, you'll discover you're actually more satisfied, content, peaceful, and happy than you've ever been in your life!

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12 Skin Cancer Myths and What You Need to Know, Part 1

By Dr. Robert Norman

Is skin cancer contagious? Is a SPF 100 double the protection of a SPF 50 in preventing skin cancer? Can having a biopsy spread skin cancer?

Have you ever been told some stories about skin cancer, but you are not sure if the stories are true or false? Here's a guide to separate fallacy from reality and help you choose the right course of action. Let's explore some of the common facts and myths about skin cancer and include some tips to reduce your risk.

Skin cancer is the most common cancer in the United States; more than 2 million Americans will be diagnosed with skin cancer this year. It's also one of the most preventable. UV damage accumulates over your lifetime, and using sunscreen can reduce the accumulation of chronic UV damage that is linked to non-melanoma skin cancer and aging.

Most skin cancers, including basal cell and squamous cell carcinomas, are highly curable if detected early. Malignant melanoma, one of the most severe skin cancers, can be much more serious and requires special attention. In order to reduce your risk of skin cancer, you need to understand your risks, protect yourself, and learn the facts behind some of these skin cancer myths.

Myth 1: The only reason you get skin cancer is sun exposure.

Skin cancer generally occurs from too much sun over many years. Although sun exposure is the primary cause of skin cancer, there are other causes, including:

- Family history of skin cancer and other genetic factors
- A weakened immune system
- Ultraviolet (UV) radiation exposure from tanning beds and occupational equipment

Skin type—people with fair skin and freckles, and multiple or unusual moles have a higher skin cancer risk. Be extra cautious with your blue-eyed, red-haired children. Dermatologists keep all these factors in mind when they are choosing treatments for their patients. For example, an older patient with a weakened immune system may require a more aggressive type of surgery or chemotherapy to stop a cancer from spreading. And please note—skin cancer is not contagious.

Myth 2: Dark-skinned people don't get skin cancer.

Over the course of my four decades in practice, I have seen people with every type of skin color, including African American, Hispanic, and Asian, develop skin cancer. Although skin cancer occurs more frequently in lighter-skinned people, the death rates are higher in darker-skinned people. Dark skin doesn't prevent you from getting skin cancer. You can still get any type of skin cancer, including melanoma. Keep that in mind so you do not delay in getting an examination. Get rid of the skin cancer before it grows. And long-term, excessive sun exposure often plays a significant role in bothersome pigmentary disorders frequently seen in skin of color.

Myth 3: The only way to get vitamin D is with sun exposure.

Vitamin D is a fat-soluble vitamin that has long been known to help the body absorb and retain calcium and phosphorus, critical for building bone. Laboratory studies show that vitamin D can reduce cancer cell growth, help control infections, and reduce inflammation.

In order to get the vitamin D, you need to stay healthy, you do not need an overabundance of sun. The best food sources of vitamin D are oily fish, including salmon, mackerel, and sardines. Other sources include egg yolks, red meat, and liver. Vitamin D is added to some foods too, including breakfast cereals, plant milks, and fat spreads.

Oranges are one of the fruits rich in Vitamin D as their juice is often fortified with calcium &

vitamin D. This is one of the best sources of vitamin D for people who are lactose intolerant and cannot include milk and dairy products in their diet.

Daily exposure to the sun and food rich in Vitamin D will allow you to get enough of this valuable nutrient. Over the counter and prescription Vitamin D can be used to maintain healthy levels. Limiting excessive sun exposure will decrease your chance of getting skin cancer and other sun-related skin problems.

Myth 4: A higher SPF in a sunscreen is much better.

Not true. Keep in mind that SPF protection doesn't increase proportionately with the designated SPF number. If you use a SPF 30 before you go out in the sun, it will absorb 97% of the sun's burning UV rays. A SPF 50 absorbs 98% and SPF 100 absorbs 99%. The best idea is to choose a sunscreen with at least a SPF 30, and it might save money. Moisturizers with sunscreens included and SPF 15 sunscreens are better than no sunscreen at all.

The best protection is to avoid too much sun, particularly during the peak hours of 10am and 4pm, and wear protective clothing, sunglasses, and a hat when you are in the sun. The SPF rating only refers to UVB rays. Both UVA and UVB cause sunburn and damage skin, possibly leading to skin cancer, so look for a "broad-spectrum" sunscreen that provides protection from both.

SPF is a relative measure of the amount of sunburn protection provided by sunscreens. It allows consumers to compare the level of sunburn protection provided by different sunscreens.

Let's say your skin would normally burn after 10 minutes in the sun. Applying an SPF 15 sunscreen may allow you to stay in the sun without burning for approximately 150 minutes (a factor of 15 times longer). Remember—this is a rough estimate that depends on your skin type, intensity of the sunlight, and amount of sunscreen used. SPF is actually a measure of protection from the amount of potential UVB exposure and it is not meant to help you determine duration of exposure.

Myth 5: You don't need to wear sunscreen on a cloudy day.

False. It is a common myth that you can't get sunburned on a cloudy day; this is simply not the case. Even under cloud cover, it is possible for the sun to harm your skin and eyes and cause long-term damage. Over 90% of the sun's rays can pass through clouds, potentially causing sunburn. They may also reflect off other surfaces, like water, glass, and sand. It is important that you protect yourself with sunscreen, even in cloudy weather.

Myth 6: If you have a skin cancer biopsied, it might spread the cancer throughout your system.

Biopsies are the most common way to diagnose skin cancer. During a biopsy, a dermatologist or trained professional takes a small piece of tissue, called a sample, from a suspected tumor or area of concern. Next, a pathologist, a doctor who specializes in interpreting laboratory tests and evaluating cells, tissues, and organs, including cancer, looks at the sample under a microscope to make a diagnosis.

Manipulating a lesion with a biopsy will not spread it through the system. A biopsy cannot spread skin cancer regardless of whether the whole lesion is removed or not.

Although every medical procedure carries risks, biopsies carry a very small risk of bleeding and infection. The benefits of a skin biopsy, a minor procedure, far outweigh the risks.

Check back next month for skin cancer myths 7 – 12.

Dr. Norman is an advanced master naturalist graduate of the FMNP program from UF and a board-certified dermatologist based in Tampa and Riverview. He can be reached at 813-880-7546.

Keep Students Safe Throughout the School Year

Pasco County schools are back in session soon and Pasco Sheriff's Office reminds our community that student safety is everyone's responsibility. With the new school year, our community will see more traffic, school buses, bike riders and pedestrians commuting to and from school. As such, PSO reminds citizens of ways in which they can help protect our students and community throughout the school year.

No matter how you travel, reduce distractions to prioritize everyone's safety. Eliminate disturbances, such as phones, while traveling, especially in school zones. Follow posted speed limits, which are reduced in school zones, and obey traffic laws and directions. Pedestrians should always cross at crosswalks, where drivers expect pedestrians to cross. Wait for the Crossing Guard or signal to indicate it's safe to cross. When it comes to school buses, take time to review Florida's school bus laws. Passing a stopped school bus can result in tragedy, so it's imperative for drivers to obey a bus's lights and signals.

Recognizing and reporting suspicious activity can help keep schools safe for everyone. PSO investigates all threats we are made aware of, and threats have consequences, even if they are fake. Don't spread or share online content that appears to be a threat. To report a threat or suspicious incident, call the Pasco County Non-Emergency Line at 727-847-8102, option 7. If you are in danger or witness an emergency, call 911 immediately. Early reporting can stop or solve a crime and even the smallest tips can greatly aid an investigation.

The start of a new school year is also a great time for parents and guardians to have open discussions with students about safe and appropriate online behavior. Learn what websites and mobile apps students are using, and consider downloading and becoming familiar with them. Also consider implementing parental controls when they're available. Ask questions about who students are talking to online, and discuss with students the lasting impact that sharing personal information online can have. Set all accounts to private, disable location sharing settings and never accept message or friend requests from those you don't personally know.

PSO's school-based members, such as School Resource Officer, Crossing Guards and Traffic Control Officers, work hard to keep schools secure year-round, including summer training to hone skills to keep students and faculty safe. SROs ensure schools are secure and supportive of a healthy learning environment. SROs also provide guidance and mentorship for students by serving as coaches, club leaders and more. School Crossing Guards and Traffic Control Officers ensure students and families get to and from schools safely when crossing busy streets.

PSO is dedicated to promoting a positive learning environment that is safe for all. Keeping students, families and schools protected is everyone's responsibility, and following these important school safety tips can keep our community safe. Have a safe school year Pasco!

"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

"For the word of God is living and active. Sharper than any double edged sword, it penetrates even to dividing soul & spirit, joints and marrow, it judges the thoughts and attitudes of the heart."

— Hebrews 4:12

DR. ROBERT A. NORMAN, DO, MPH, MBA
Dermatology

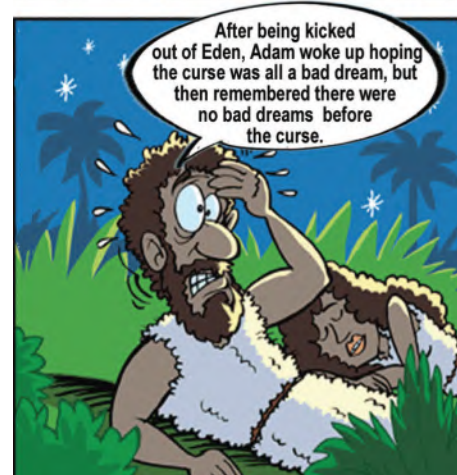
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Rogers' Landscape Supply
By Karen McBride

For over 30 years, Rogers' Landscape Supply Inc. has been helping families beautify the outdoor spaces of their homes. The family-owned business offers a variety of river rock, mulch, pine bark, beach sand, and more to meet all of your landscaping needs. Most of the materials are mined from local resources, including central and northern Florida. Glenn and Cathy, Glenn's wife, are the owners, along with her nephew, Jason Markison. Jason began working at the company while he still was in high school and is now their right-hand man.

"Whether you need a shovel full or large quantity, we are able to offer such great pricing because we buy in bulk, so it is fresh from the sawmills. It doesn't sit around in bags," said Cathy.

If your driveway is looking a little ragged, the landscaping supply company can provide the asphalt needed to repave your driveway. Improper drainage could be the cause of some of the damage and a culvert may be needed under the driveway. The metal tube will help eliminate water pooling in your yard.

Throughout the year, families enjoy spending time on area

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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Fanatics Global Day for Liberty Manor



Fanatics Global Impact Day could not have produced better results, a great day of many volunteers from the Fanatics Corporation donated their time to help Liberty Manor for Veterans with window solar filming, chalking, cleaning and many other maintenance work.

The veterans especially enjoyed the day because it resonated that members of our community remember veterans even after many years after their service.

CEO, Michael Rubin established the Fanatics Charitable Foundation, a 501(c)(3) organization, with the mission to create positive and lasting change across the global communities in which we live, work, and play through a commitment of time and strategic philanthropic engagements. Rubin stated, "the Fanatics Charitable Foundation will serve as the company's philanthropic arm, supporting public charities that we believe promote diversity, equity, inclusion, and social

justice, improve or develop skills and capabilities within underserved communities, promote wellness and enhance culture, and promote environmental sustainability."

Fanatics Commerce has a broad range of online, sports venue, and vertical apparel partnerships worldwide, including comprehensive partnerships with leading leagues, teams, colleges, and sports organizations across the world—including the NFL, NBA, MLB, NHL, MLS, Formula 1, and Australian Football League (AFL); the Dallas Cowboys, Golden State Warriors, Paris Saint-Germain, Manchester United, Chelsea FC, and Tokyo Giants; the University of Notre Dame, University of Alabama, and University of Texas; the International Olympic Committee (IOC), England Rugby, and the Union of European Football Associations (UEFA). Fanatics Commerce also has partners for whom it manufactures apparel under license.

For example, Fanatics Commerce manufactures and distributes all Nike MLB and NFL fan apparel sold at retail, including all jersey categories, women's merchandise, and outerwear, and launching in 2024, Nike NCAA retail fanwear, sideline apparel, and headwear.

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.

For God, Veterans and Country
Liberty Manor for Veterans, Inc.
Connie Lindsay, Chief Executive Officer
(813) 900-9422



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OUR MISSION

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

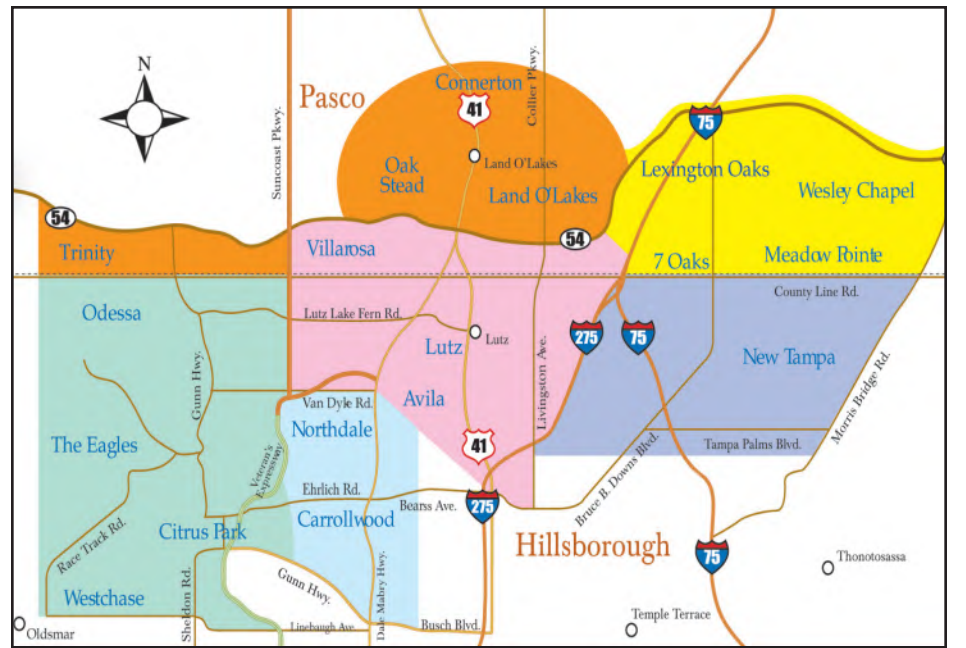
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Christian Bros. Automotive Land O' Lakes	Larry Giannone	(813) 949-0100
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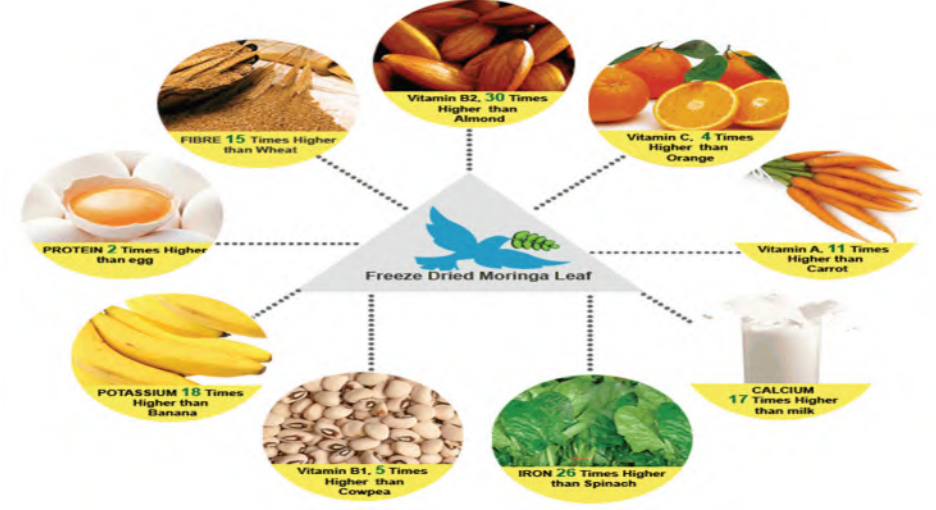


A Supermarket On A Tree

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A Recipe from Kay's Kitchen: Spinach, Kale, Moringa & Goat Cheese Frittata



4. Pour the egg mixture, ground lamb, and the greens into a 12x12 baking pan or iron skillet. Make sure you grease the baking pan



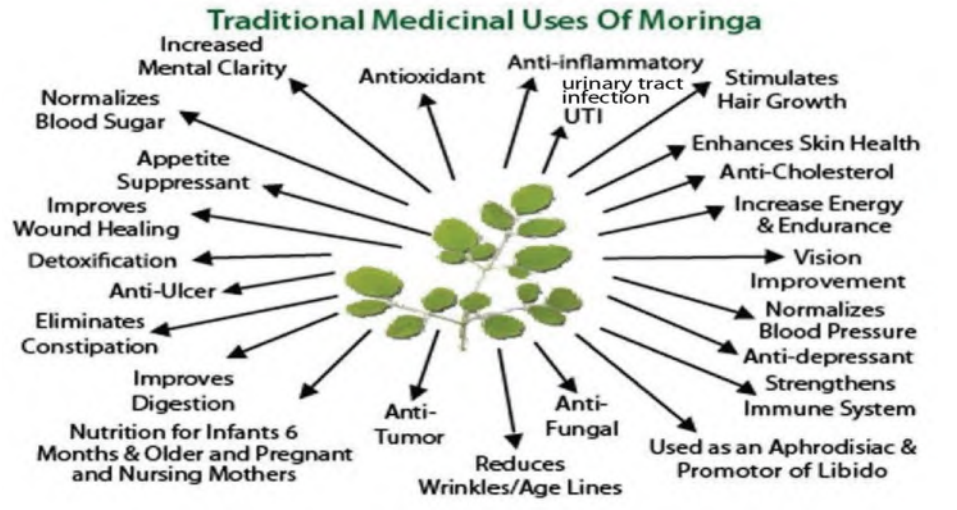
1. Start by sauteing 1/2 lb. of ground lamb or your meat of choice with chopped garlic.



with 2-3 tablespoons of olive oil.
 5. Top with crumbled goat cheese.
 6. Bake at 350° for 25 minutes. Let sit 5 minutes. ENJOY!

2. Add 2 cups of the spinach, kale, moringa leaves, and 1/2 teaspoon of dried thyme, then cover pan for 3 minutes on medium.

3. Beat 8 eggs with 1/4 teaspoon of Himalayan salt & 1/4 tablespoon of red pepper flakes.





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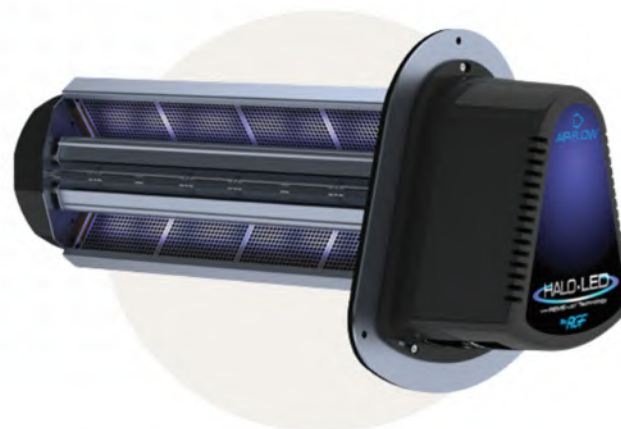


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