

THE GOLDEN YEARS NEWSLETTER

Volume 5, issue 3

March 2011

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Who is the Holy Spirit?

By David and Candice Doyle

Note from Shirley: Because we have been studying the many facets of the Holy Spirit in our Life Group, I thought I would share this interesting and enlightening article. I hope you enjoy it.

The Holy Spirit is the bridge to God within you. It is the part of your mind—the part of your Spirit—that is joined with the Mind of God. The Holy Spirit is the Voice for God and acts as a reminder to all of God's children of the unconditional love that God has for them.

God loves His children so much that He

wanted His children to always know that they are safe, they are loved, and they are whole. God extended the Holy Spirit as a way to ensure that God's children would always know these things. God gave this Voice to His children, and this Voice is now a part of them. It is the eternal perspective of Truth, Love, and Reality that cannot be taken from God's children. It is the Voice of God instilled within and the ever-present reminder to God's children of the Truth of Who and What they are and the Love their Father has for them.

By extending the Holy Spirit, God provided a

way to bring His Voice into each of His children as they went out into the world so that they could always remember the Truth of Who and What they are. The Holy Spirit's function and purpose is to bring God's Voice to each of God's children, guiding them, directing them, loving them, and restoring their thinking to God's.

Little by little, as you hear, recognize, understand, and become aware of the Holy Spirit in different ways—through your thinking, correcting a thought with this Voice, recognizing this Voice in another, sharing this Voice

(Continued on page 15)

PRAYER CHAIN QUARTERLY MEETING

SUNDAY 3/27/2010

DOLPHIN VIEW RESTAURANT

IMMEDIATELY FOLLOWING 2ND SERVICE

COMPASSION FOR VETS

Orlando Sentinel, Jan. 14, 2011.

The editorial states: "Often the most challenging battle veterans face is re-acclimating to civilian life. Heightened vigilance that keeps GIs alive in war zones

can translate into aggressive driving on freeways. A backfiring car can transport vets with post-traumatic stress to cratered roads in Baghdad. Haunted by

combat, many veterans exorcise war's ghosts with drugs and drink. All of which can lead to brushes with the law. Local officials and courts around the

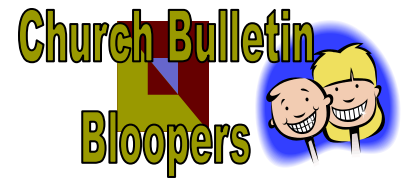
(Continued on page 15)

CASE INVOLVING ALLEGED FORECLOSURE FRAUD HEADED TO FLORIDA SUPREME

Sun-Sentinel, <http://www.sun-sentinel.com>, Feb. 3, 2011.

A South Florida homeowner who is fighting a mortgage foreclosure could end up reshaping state law. An appeals court on Wednesday [Feb. 2] asked the Florida Supreme Court to consider Roman Pino's case as a matter of "great public importance," a move legal experts say could result in reforms in foreclosure cases where there is evidence of fraud in the way documents were handled by lenders, mortgage servicers and law firms. The decision by the 4th

District Court of Appeal in West Palm Beach to send the case to the state Supreme Court was unusual, because neither the homeowner nor the bank seeking to foreclose on Pino's home had asked for such a review. If the case is taken up by the Supreme Court and results in a decision in favor of the homeowner, legal experts who specialize in foreclosure law say the case has the potential to affect thousands of foreclosures across the state where there are allegations of document fraud.



Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B. S. is done.

FLORIDA WORKERS SUE STATE AGENCY OVER MINIMUM WAGE

Miami Herald, <http://www.miamiherald.com>, Jan. 8, 2011.]

Two legal groups sued Florida's labor agency Monday, claiming the state failed to raise the state's minimum wage by six cents per hour this year to keep up with inflation.

The lawsuit claimed the Agency for Workforce Innovation violated the Florida Constitution by keeping it at the \$7.25 federal rate, where it was last year, instead of raising it to \$7.31 on Jan. 1. Jose Javier Rodriguez of Florida Legal Services said Gov. Rick

Scott should correct the agency's refusal to follow the constitution as part of his freeze of rule-making and review of existing regulations. Scott ordered the freeze and review last week. He wants to weed out regulations that hamper businesses.

LOCAL FORECLOSURE CASE BACKLOG DOWN 21 PERCENT

The Bradenton Herald, Feb. 2, 2011].

More and more foreclosure cases are being dismissed in court as lenders scurry to deal with a morass of inaccurate and improperly filed documents, according to a report released Tuesday [Feb. 1] by Florida's Office of the State Courts Administrators. South Florida's backlog of foreclosure

cases dropped 8.9 percent to 99,759 in the last three months of 2010, but the majority of the cases were dismissed, rather than settled by the more concrete summary judgment. That means the cases will probably end up back in court again down the road. In the 12th Circuit- DeSoto, Manatee and Sarasota counties - court officials have cut their

foreclosure backlog by more than 4,500 cases, according to data released Tuesday. The 4,507 cases that have been cleared from the 12th Judicial Circuit's court dockets represent a 21 percent reduction, according to a quarterly report issued by the Office of State Courts Administration. The statewide average was 24 percent.

Potato Latkes Recipe

Ingredients

- 1 large egg
- 3 tablespoon(s) chopped chives
- 2 tablespoon(s) matzo meal or all-purpose flour
- 2 tablespoon(s) grated onion
- 1 tablespoon(s) fresh lemon juice
- 3/4 teaspoon(s) salt
- 1/4 teaspoon(s) coarsely ground black pepper
- 2 1/2 pound(s) baking potatoes, peeled
- 1/2 cup(s) vegetable oil, for frying
- Applesauce and sour cream



Directions

1. Preheat oven to 250 degrees F. Line cookie sheet with paper towels.
2. In bowl, with fork, lightly beat egg. Stir in chives, matzo meal, onion, lemon juice, salt, and pepper. In food processor with shredding disk, shred potatoes. Place potatoes in colander in sink; squeeze out liquid. Stir potatoes into egg mixture.
3. In nonstick 12-inch skillet, heat 3 tablespoons oil over medium-high heat until very hot. Drop potato mixture by scant 1/4 cups into oil to make 6 latkes. Flatten each latke into 3-inch round.
4. Cook latkes 8 to 10 minutes or until both sides are browned and crisp, turning over once. With slotted spatula, transfer to lined cookie sheet. Keep warm.
5. Repeat, stirring mixture each time before frying and adding more oil for each batch. Serve with applesauce and

Do not ask the Lord to guide your footsteps if you are not willing to move your feet.

Something to ponder

If a man is in the forest, and there isn't a woman around, is he still wrong?



Health Note:

Did You Know That?

pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
wheat germ	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion

Chicken Quesadillas
Cooking Spray

4 oz chicken breast

1 (8 in) tortilla

2 oz low-fat cheddar
cheese, shredded

1/8 medium onion, thinly sliced rings

1/4 medium bell pepper cur into strips



Cut chicken into thin strips. Coat a frying pan with cooking spray. Sauté chicken until thoroughly cooked. Add pepper and onion; cook until soft. Set aside. Place a tortilla in the frying pan; top one-half of the with the chicken mixture and the shredded cheese. Fold the tortilla and press down slightly. Brown on each side cut into wedges and serve immediately.

Makes 2 (1/2 Quesadilla) adult serving. Each serving provides 168 calories, 22 grams protein, 10 grams carbohydrates, 4 grams fat, 257 milligrams sodium, 3 grams fiber.

BANKS DROP FORECLOSURES IN SOUTHWEST FLORIDA - HUNDREDS OF LAWSUITS DISMISSED

The News-Press, <http://www.news-press.com>,
Jan. 19, 2011.

WE PRAY GOD BLESSES!!! Banks in recent weeks have been dropping hundreds of their Southwest Florida foreclosure lawsuits instead of facing defendants at trial, according to local attorneys and court records. Opinions varied sharply on whether that means banks are just taking a breather before refiling with stronger evidence - or giving up for good on hopelessly flawed cases. Some foreclosures at large law firms were never actually read by the attorneys who filed them here and elsewhere, and some of the mortgages that ended up in mortgage-backed securities sold to investors were never legally transferred by the banks, defense attorneys have alleged.



Something to Think About

To realize the value of a sister/brother
Ask someone who doesn't have one.

To realize the value of ten years:
Ask a newly divorced couple.

To realize the value of four years:
Ask a graduate.

To realize the value of one year:
Ask a student who has failed a final exam.

To realize the value of nine months:
Ask a mother who gave birth to a stillborn.

To realize the value of one month:
Ask a mother who has given birth to a premature baby.

To realize the value of one minute:
Ask a person who has missed the train, bus or plane.

To realize the value of one-second:
Ask a person who has survived an accident.

To realize the value of a friend or family member: LOSE ONE.

Time waits for no one.
Treasure every moment you have.
You will treasure it even more when
You can share it with someone special.

The origin of this letter is unknown,
but it reminds us to hold on tight to
what we love!

MARCH 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12 SLG 6 PM MAIN DISH: VICKI
13	14	15	16	17	18	19
20	21	22 Happy Birthday Betty Neal	23	24	25	26 SLG 6 PM MAIN DISH: SHIRLEY
27 PRAYER CHAIN MTG. DOPHIN VIEW AFTER 2ND SERVICE	28	29	30	31		

Wisdom from Oswald Chambers

We are not fundamentally free; external circumstances are not in our hands, they are in God's hands, the one thing in which we are free is in our personal relationship to God. We are not responsible for the circumstances we are in, but we are responsible for the way we allow those circumstances to affect us; we can either allow them to get on top of us, or we can allow them to transform us into what God wants us to be.

DID YOU KNOW?

Paper checks retired. Retirees who apply for Social Security benefits on or after May 1, 2011, will no longer have the option of receiving a paper check in the mail. Seniors can have their entitlement payments directly deposited into a bank or credit union account or loaded onto a prepaid Direct Express Debit MasterCard. "This important change will provide significant savings to American taxpayers who will no longer incur the annual \$120 million price tag associated with paper checks and will save Social Security \$1 billion over the next 10 years," says Richard Gregg, Treasury Fiscal Assistant Secretary. Retirees already receiving paper checks will need to switch to direct deposit or the prepaid debit card by March 1, 2013.



If you are looking for something special, please consider visiting the website www.heavenessentials.com My son, Robert Green and his wife, Karla opened this Christian-based web store. The success of Christians endeavors, be it movies, e-stores or whatever the ventures, depends on Christians supporting other Christians.



GOD'S REMARKABLE WORD

From Our Daily Bread
by [David C. McCasland](#)

The discovery of the Dead Sea Scrolls in 1947 has been called the greatest archaeological find of the 20th century. The ancient manuscripts hidden in the caves near Qumran are the oldest known copies of key Old Testament books. In 2007, the San Diego Natural History Museum hosted an exhibition featuring 24 of these scrolls. One often-repeated theme in the exhibit was that during the past 2,000 years the text of the Hebrew Bible (the Christian Old Testament) has remained virtually

unchanged.

Followers of Christ who believe that the Bible is the eternal, unchanging Word of God find more than coincidence in this remarkable preservation. The psalmist wrote: "Forever, O Lord, Your Word is settled in heaven. Your faithfulness endures to all generations" (119:89-90). Jesus said: "My words will by no means pass away" ([Matt. 24:35](#)).

The Bible is more than a historical relic. It is the living, powerful Word of God ([Heb. 4:12](#)), in which we encounter the Lord and

discover how to live for Him and honor Him. "I will never forget Your precepts," the psalmist concluded, "for by them You have given me life" (119:93).

What a privilege we have each day to seek God in His remarkable Word! We have a companion, a wonderful guide, a solace and comfort whatever betide; A friend never-failing when others pass by, Oh, blessed communion, my Bible and I. —Knobloch

To know Christ, the Living Word, is to love the Bible, the written Word.

IRS audits jump by 11 percent; wealthiest targeted


Associated Press Wed Dec 15, 2010

The [Internal Revenue Service](#) is making it a bit riskier to cheat on your taxes. The tax agency increased the number of returns it audited by nearly 11 percent this year, statistics released Wednesday show. Wealthy taxpayers and big businesses were most likely to be

targeted.

The [IRS](#) also stepped up audits of charities and other tax-exempt organizations. In all, the IRS examined more than 1.58 million individual returns in the budget year that ended in September, up from 1.43 million the year before.

"We saw individual audits increase, reaching the highest rate in the past decade," said Steve Miller, IRS deputy commissioner for services and enforcement. "The bottom line shows enforcement revenue topped \$57 billion, up almost 18 percent from last year."



Thank you to all the people that have contributed and continue to contribute to the contents of this Newsletter. Your assistance helps to make this publication possible and timely. This month Vicki, Marlene, Judi, Anna, Charlotte and Jim Payette contributed.

A

little boy was kneeling beside his bed with his mother and grandmother and softly saying his prayers, "Dear God, please bless Mummy and Daddy and all the family and please give me a good night's sleep." Suddenly he looked up and shouted, "And don't forget to give me a bicycle for my birthday!!" "There is no need to shout like that," said his mother. "God isn't deaf." "No," said the little boy, "but Grandma is."



MATCH THESE VERSES TO THE SCRIPTURAL TEXT BELOW

Galatians 1: 1-4; 2 Thessalonians 3:1-3; Hebrew 2: 1-3; Psalms 148: 1-6; 1 Peter 2: 1-3;
Jude 1: 3,4 ; Revelation 1:3; Psalms 13: 1-5; Psalms 78: 1-6

All verses NIV unless otherwise indicated

1. Praise the LORD. Praise the LORD from the heavens, praise him in the heights above. Praise him, all his angels, praise him, all his heavenly hosts. Praise him, sun and moon, praise him, all you shining stars. Praise him, you highest heavens and you waters above the skies. Let them praise the name of the LORD, for he commanded and they were created. He set them in place for ever and ever; he gave a decree that will never pass away.

Answer: _____

2. How long, O LORD ? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, O LORD my God. Give light to my eyes, or I will sleep in death; my enemy will say, "I have overcome him," and my foes will rejoice when I fall. But I trust in your unfailing love; my heart rejoices in your salvation.

Answer: _____

3. Blessed is the one who reads the words of this prophecy, and blessed are those who hear it and take to heart what is written in it, because the time is near.

Answer: _____

4. Dear friends, although I was very eager to write to you about the salvation we share, I felt I had to write and urge you to contend for the faith that was once for all entrusted to the saints. For certain men

whose condemnation was written about long ago have secretly slipped in among you. They are godless men, who change the grace of our God into a license for immorality and deny Jesus Christ our only Sovereign and Lord.

Answer: _____

5. O my people, hear my teaching; listen to the words of my mouth. I will open my mouth in parables, I will utter hidden things, things from of old- what we have heard and known, what our fathers have told us. We will not hide them from their children; we will tell the next generation the praise worthy deeds of the LORD, his power, and the wonders he has done. He decreed statutes for Jacob and established the law in Israel, which he commanded our forefathers to teach their children, so the next generation would know them, even the children yet to be born, and they in turn would tell their children.

Answer: _____

6. Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good.

Answer: _____

7. We must pay more careful attention, therefore, to what we have heard, so that we do not drift away. For if the message spoken by angels was binding, and every violation and disobedience received its just punishment, how shall we escape if we ignore such a great salvation? This salvation,

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(Continued from page 7)

which was first announced by the Lord, was confirmed to us by those who heard him.

Answer: _____

8. Finally, brothers, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you. And pray that we may be delivered from wicked and evil men, for not everyone has faith. But the Lord is faithful, and he will strengthen and protect you from the evil one

Answer: _____

9. Paul, an apostle—sent not from men nor by man, but by Jesus Christ and God the Father, who raised him from the dead—and all the brothers with me, o the churches in Galatia: Grace and peace to you from God our Father and the Lord Jesus Christ, who gave himself for our sins to rescue us from the present evil age, according to the will of our God and Father,

Answer: _____

Solution on Page 13



Notes From God

- 1) Let's Meet At My House Sunday Before the Game - God
- 2) C'mon Over And Bring The Kids - God
- 3) What Part of "Thou Shalt Not..." Didn't You Understand? - God
- 4) We Need To Talk - God
- 5) Keep Using My Name in Vain And I'll Make Rush Hour Longer! - God
- 6) Loved The Wedding, Invite Me To The Marriage - God
- 7) That "Love Thy Neighbour" Thing, I Meant It. - God
- 8) I Love You...I Love You...I Love You... - God
- 9) Will The Road You're On Get You To My Place? - God
- 10) Follow Me. - God
- 11) Big Bang Theory? You've Got To Be Kidding. - God
- 12) My Way Is The Highway. - God
- 13) Need Directions? - God
- 14) You Think It's Hot Here? - God
- 15) Tell The Kids I Love Them. - God
- 16) Need a Marriage Counselor? I'm Available. - God
- 17) Have You Read My #1 Best Seller? There Will Be A Test! - God



IRS Agents In Heaven

Two income tax collectors died and arrived at the pearly gates. Just ahead of them were two clergy, but St. Peter motioned them aside and took the internal revenue into heaven at once. **"Why them ahead of us?"** the surprised religious leaders asked. **"Haven't we done everything possible to spread the good word?"** "Yes," said St. Peter, **"but those two IRS agents made more people repent than you ever did!"**

TAMPA AREA HIT BY 'ADVERSE POSSESSION' CLAIMS

Tampa Bay Online Feb. 16, 2011

The article is by Steve Andrews of WFLA-TV.

(Note: Adverse possession is another word for taking possession of something that does not belong to you.)

Tamra Wondrow remembers getting a call from her real-estate agent in August. Was Wondrow renting out the Riverview house she was trying

to sell? "No, I am not renting it," Wondrow told her. The realtor told Wondrow that there were sheets up in the windows, the lock box was gone, and that the door lock had been changed. Wondrow called the Hillsborough County Sheriff's Office to report trespassers on her property. When a deputy showed up, he told Wondrow the woman in the house had some sort of lease papers from

a company called Homes for Americans. Wondrow had become an unwilling player in the latest unsettling trend to come out of the housing meltdown: Companies that find empty houses, file paperwork to take possession of the property – usually without the owners' knowledge – and charge people to live there. So if you are looking to rent, be careful.

Avoid An Audit: 6 "Red Flags" You Should Know

by Glenn Curtis

Red Flag #1: Overestimating Donated Amounts The IRS encourages individuals to donate things like clothes, food and even old automobiles to charities. It does this by offering a deduction in return for a donation. However, the problem with this system is that it is up to the taxpayer to determine the value of goods that are donated. As a general rule, the IRS likes to see individuals value the items they donate at anywhere between 1% and 30% of the original purchase price. Unfortunately many, if not most, taxpayers either aren't aware of this fact. Another benchmark the IRS uses that could come in handy is the willing-buyer-willing-seller test. This means that taxpayers should value their goods at a point or price where a willing seller would be able to sell his property to a willing buyer. Using such a benchmark will keep you out of trouble and prevent you from placing an excessive value on your dad's old Frank Sinatra albums.)

Red Flag #2: Math Errors While this may sound simple, many returns are selected for audit due to basic math errors. So when filling out your tax return make sure that the columns add up. Also make sure that the total dollar value of capital gains and/or losses are properly calculated.

Even a small error can raise eyebrows.

- **Red Flag #3: Failure to Sign the Return** A large percentage of folks simply forget to sign their tax returns. Don't be a part of that number! Failure to sign the return will almost guarantee that it will receive additional scrutiny. The IRS will wonder what else you might have forgotten to include in the return.

- **Red Flag #4: Under-Reporting Income** Tempting as it might be to exclude income from your tax return, it is vital that you report all money that you received throughout the year from work and/or from the sale of an asset (such as a home) to the IRS. If you fail to report income and you are caught, you will be forced to pay back-taxes plus penalties and interest.

- **Red Flag #5: Home Office Deductions** Be careful with home office deductions. Excessive or unwarranted deductions can raise red flags. In addition, large deductions in proportion to your income can raise the ire of the IRS as well. For example, if you earned \$50,000 as an accountant

(operating from home), home-office related deductions totaling \$30,000 will raise more than a few eyebrows.

- **Red Flag #6: Income Thresholds** There is nothing the individual taxpayer can do about this one, but if you earn more than \$100,000 each year, your odds of being audited increase exponentially. In fact, some accountants put the odds of being audited at one in 72, compared to the one in 154 odds for people with lower incomes.

Other Sensitive Tax Areas

- ◆ **Partnership/Trust/Tax Shelter Risk** If you own shares in a limited partnership, control a trust or partake in any other tax shelter investments, you are more apt to be audited.
- ◆ **Small Business Ownership** Small business owners are an easy target particularly those with cash businesses.
- ◆ Putting family members on the payroll and over-estimating expenses
- ◆ In short, business owners must know that they can't "push the envelope". If they want to stay in business and avoid the scrutiny of an audit, it's best to remain on the straight and narrow.

STATE DETAILS FORECLOSURE CHAOS

The Palm Beach Post, Jan. 5, 2011.

Sweeping evidence of the case the state attorney general's office has built in its pursuit of foreclosure justice for Florida homeowners is outlined in a 98-page presentation complete with copies of allegedly forged signatures, false notarizations, bogus witnesses and improper

mortgage assignments. The presentation, titled "Unfair, Deceptive and Unconscionable Acts in Foreclosure Cases," was given during an early December conference of the Florida Association of Court Clerks and Comptrollers by the attorney general's economic crimes

division. Four of Florida's large foreclosure law firms that represent banks are under investigation by the state, as well as two companies that serve court summonses on homeowners, and a Jacksonville-based servicing company that the presentation said produced 2,000 mortgage assignments per day.

The Person Of The Bible

September 1, 2010, Our Daily Bread —
by [David C. McCasland](#)

Read: [John 5:31-40](#)

During a church leaders' conference at Seattle Pacific University, noted pastor Earl Palmer recalled an experience that shaped his teaching and preaching for half a century.

As a seminary student, he led a Bible study where he encouraged the participants to consider the words of Scripture. "I became convinced," Palmer said, "that if I could get someone to look at the text, sooner or later the text would win their respect, and it would always

point them to its living center: Jesus Christ. And when Jesus Christ has your respect, that's not very many inches away from faith."

Jesus told a group of religious leaders, who were well acquainted with the Old Testament but violently opposed to Him, **"You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me. But you**

are not willing to come to Me that you may have life" (John 5:39-40).

God's Word is like refreshing rain
That waters crops and seed;
It brings new life to open hearts, And meets us in our need. —Sper

It requires an open heart as well as an inquiring mind to study the Bible. When we discover Jesus as the Person to whom the entire Bible points, we must then decide how to respond to Him.

There is great joy for all who will open their hearts to Christ and find life in Him.

Forced Blood Draws Urged

BY ADAM LINHARDT Citizen Staff
alinhardt@keysnews.com

A looming legal battle over whether law enforcement can forcibly draw a driver's blood during drunk driving investigations is heating up nationwide, as well as in Monroe County.

For more than a year, State Attorney Dennis Ward and his prosecutors have been researching how to implement so-called "forced blood draws" during DUI investigations, with a judge's warrant. Local defense attorneys have promised a legal fight should the program be implemented.

When the U.S. Department of Transportation (DOT) this month announced its annual holiday crackdown on drunken driving from Dec. 15 to Jan. 3, it urged communities to push a "no

refusal" strategy, allowing cops to obtain judge's warrants to take blood samples from suspected drunk drivers who refuse to perform field sobriety tests or take a breath test.

Blood work is the most accurate measure of a person's sobriety, according to attorneys on both sides of the debate. U.S. Transportation Secretary Ray LaHood urged states to "adopt this approach to make sure that drunk drivers can't skirt the law and are held accountable." He "applauded" efforts by prosecutors such as Ward to implement forced blood draws, he stated in a press release. According to the federal government, Florida has one of the highest rates of alcohol-breath-sensing refusals among motorists stopped on suspicion of drunken driving, at 40 percent. The highest

is New Hampshire at 81 percent. Prosecutors argue that as Americans have become more savvy, legally speaking, they are refusing to take the "voluntary" breath and field sobriety tests, making DUI cases much harder to prosecute. That, in turn, leads to more dangerous roadways, they say. Ward has secured agreements from medical personnel in the Upper and Middle keys to perform the blood draws, and now is seeking willing participants in the Lower Keys. The plan would affect only those drivers who have previous DUI convictions. As is stands now, blood typically is drawn from DUI suspects only if they are involved in a crash that seriously hurts or kills someone, or if they are injured, making

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(Continued from page 10)

field sobriety tests or a breath test impractical.

The process would begin when an officer calls a prosecutor to explain the case, and then faxes an arrest affidavit. The prosecutor then would OK the case and ask the officer to fax a warrant to a judge. If the judge deems the warrant legal, he or she would sign it and fax it back to the officer in the DUI room at the jail.

Blood then could be drawn from the defendant and analyzed by a lab for its alcohol content. "Looking at case law, there's nothing that says you can't draw blood so long as you have a warrant," Ward said. "The substance in the blood is evidence, same as any other evidence. I think defense attorneys in Arizona are telling their clients to go ahead and take a breath test, because it's easier to beat than blood evidence."

Ward is floating the idea of hiring experts to perform the blood draws and then making the defendant pay the state for the cost if they are convicted, instead of having paramedics, firefighters, medical personnel or the officers themselves do it. "I still need to sit down with police and firefighter groups and discuss how we should move forward," Ward said.

Key West defense attorneys Hal Schuhmacher and Sam Kaufman say the state Legislature has made it clear that blood draws should be done only

when there is a fatality or serious injury, or when breath and/or field tests are impractical because the defendant is injured. "Are they [DOT and Ward] saying they can't prove a DUI without chemical testing?" Schuhmacher said. "That's simply not the case. My problem with this is that they seem to be saying that defendants are skirting the law by refusing to take the breath test. In Florida, you have a legal right to refuse. So no one is skirting the law."

Schuhmacher said if federal and local authorities

don't like the voluntary nature of such tests, they should urge lawmakers to change the law or spend more money on officer training. "There are so many other ways they can prove DUI cases, including video footage," Schuhmacher said. "How far are we going to go with this?"

As far as prosecutors need to go to make streets safe, Ward said. "We're talking about third-, fourth- and fifth-time offenders. We're talking about keeping serious re-offenders off the streets."

Weight Loss After 40: Why It's So Hard and What Works

By Melanie Haiken, Caring.com
Tue, Jan 04, 2011

Every year, it seems, the needle on the scale is a little harder to budge. You cut back on portion size; you say, "No, thank you," to dessert; you sign up for an [aerobics](#) class -- and yet your jeans size goes up and your energy level goes down. What's going on?

Starting in our early 40s, our bodies go through a series of changes that affect the very core of our being. Thanks to hormonal and other changes, the very growth rate of our cells slows down. Some of these changes are the result of the natural aging process. It's just something we have to learn to work around.

Sometimes, though, something's gotten off track, metabolically speaking, and there's

an underlying medical issue that needs to be dealt with before the usual weight-loss measures will have any effect. Here's a ten-step plan for understanding the challenges that prevent weight loss over 40, and for learning how to overcome them.

Seven Foods That Help You Lose Weight

1. Get to know your body's new biological rhythms -- and adjust to them. But today, those of us over 40 face a twofold challenge: We're living longer, and we're no longer out there pitching hay to the cows at 5 a.m.

When it comes to burning calories, it's a fairly simple equation. Look back over

(Continued on page 15)

March 2011

Read the Bible In A Year Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Dan 3:2 2 Peter 1	2 Dan 4 2 Peter 2	3 Dan 5-6 2 Peter 3	4 Dan 7-8 1 John 1	5 Dan 9 1 John 2
6 Dan 10-12 1 John 3	7 Hosea 1-3 1 John 4	8 Hosea 4-6 1 John 5	9 Hosea 7-8 2 John	10 Hosea 9-10 3 John	11 Hosea 11-12 Jude	12 Hosea 13-14 Revelation 1
13 Joel 1-3 Revelation 1	14 Amos 1-2 Revelation 2	15 Amos 3-4 Revelation 3	16 Amos 3-4 Revelation 4	17 Amos 5-7 Revelation 5	18 Amos 8-9 Revelation 6	19 Obadiah Revelation 7
20 Jonah Revelation 8	21 Micah 1-2 Revelation 9	22 Micah 3-4 Revelation 10	23 Micah 5-7 Revelation 11	24 Nahum Revelation 12	25 Habakkuk Revelation 13	26 Zephaniah Revelation 14
27 Haggai Revelation 15	28 Zechariah 1-3 Revelation 16	29 Zechariah 4-5 Revelation 17	30 Zechariah 6-8 Revelation 18	31 Zechariah 9-11 Revelation 19		

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. So he put a note under the windshield wiper that read: **"I have circled the block 10 times.** If I don't park here, I'll miss my appointment. **FORGIVE US OUR TRESPASSES."**

When he returned, he found a citation from a police officer along with this note. **"I've circled this block for 10 years.** If I don't give you a ticket, I'll lose my job. **LEAD US NOT INTO TEMPTATION."**



Prayers

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for Bible class. As she ran she prayed, **"Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!"**

As she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again.

As she ran she once again began to pray, **"Dear Lord, please don't let me be late!...But don't shove me either."**



Jesus saw a crowd chasing down a woman to stone her and approached them.

"What's going on here, anyway?" he asked.

"This woman was found committing adultery and the law says we should stone her!" one of the crowd responded. **"Wait,"** yelled Jesus, **"Let he who is without sin cast the first stone."**

Suddenly, a stone was thrown out from the sky, and knocked the woman on the side of her head.

"Aw, c'mon, God ... " Jesus cried, **"I'm trying to make a point here!"**



Answer to missing verse

1. Psalms 148:1-6
2. 2. Psalms 13:1-5
3. Revelations 1:3
4. Jude 1:3-4
5. Psalms 78:1-6
6. 1 Peter 2:1-3
7. Hebrews 2:1-3
8. 2 Thessalonians 3:103
9. Galatians 1:1-4

Hebrews 2

Warning to Pay Attention

¹ We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away. ² For since the message spoken through angels was binding, and every violation and disobedience received its just punishment, ³ how shall we escape if we ignore so great a salvation? This salvation, which was first announced by the Lord, was confirmed to us by those who heard him.

The Recession hits everybody.....

- ◆ I got a pre-declined credit card in the mail.
- ◆ I saw a Mormon polygamist with only one wife.
- ◆ McDonald's is selling the 1/4 ounce.
- ◆ Angelina Jolie adopted a child from America.
- ◆ Parents in Beverly Hills fired their nannies and learned their children's names.
- ◆ A picture is now only worth 200 words.
- ◆ When Bill and Hillary travel together, they now have to share a room.
- ◆ And, finally, I was so depressed last night thinking about the economy, wars, jobs, my savings, Social Security, retirement funds, etc., I called the Suicide Hotline. I got a call center in Pakistan and when I told them I was suicidal, they got all excited, and asked if I could drive a truck.

Witty and Funny Church Signs

*Notice in a church parking lot. Trespassers will be baptized.

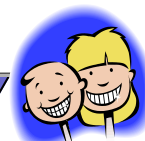
*Do not wait for the hearse to take you to church.

*Free Trip to heaven. Details Inside!

*If you can't sleep, don't count sheep. Talk to the Shepherd.

*When the restaurant next to a chapel put out a big sign with red letters that said, "Open Sundays," the chapel reciprocated with its own message: "We are open on Sundays, too."

*Come work for the Lord. The work is hard, the hours are long and the pay is low. But the retirement benefits are out of this world.



Adam's Rib

At Sunday School they were teaching how God created everything, including human beings. Little Johnny seemed especially intent when they told him how Eve was created out of one of Adam's ribs.

Later in the week his mother noticed him lying down as though he were ill, and said, "**Johnny what is the matter?**" Little Johnny responded, "**I have a pain in my side. I think I'm going to have a wife.**"

Miracle?

Father O'Malley was driving down to Boston when got stopped for speeding in Medford.

The highway patrol officer smelled alcohol on the priest's breath and then saw an empty wine bottle on the floor of the car.

He said, 'Father, have you been drinking?'

'Only water', replied Father O'Malley.

The policeman asked, 'Then how come I can smell wine?'

The priest looked at the bottle and said, 'Good Lord! He's done it again.'

14 Ways to Save Money on Groceries

Save money and trips to the market with these tips and tricks from Rebecca DiLiberto's [Penny Saving Household Helper](#). You'll be surprised how simple it is to keep food at its best.



1. Line the bottom of your refrigerator's crisper drawer with paper towels. They'll absorb the excess moisture that causes vegetables to rot.
2. To keep herbs tasting fresh for up to a month, store whole bunches, washed and sealed in plastic bags, in the freezer. They'll defrost the minute they hit a hot pan.
3. A bay leaf slipped into a container of flour, pasta, or rice will help repel bugs.
4. Stop cheese from drying out by spreading butter or margarine on the cut sides to seal in moisture.
5. When radishes, celery, or carrots have lost their crunch, simply pop them in a bowl of iced water along with a slice of raw potato and watch the limp vegetables freshen up right before your eyes.
6. Avoid separating bananas until you plan to eat them – they spoil less quickly in a bunch.
7. Put rice in your saltshaker to stop the salt from hardening. The rice absorbs condensation that can cause clumps.
8. Stock up on butter when it's on sale – you can store it in the freezer for up to six months. Pack the butter in an airtight container, so it doesn't take on the flavor of whatever else you're freezing.
9. In order to make cottage cheese or sour cream last longer, place the container upside down in the fridge. Inverting the tub creates a vacuum that inhibits the growth of bacteria that causes food to spoil.
10. Believe it or not, honey is the only nonperishable food substance, so don't get rid of the stuff if it crystallizes or becomes cloudy. Microwave on medium heat, in 30-second increments, to make honey clear again.
11. Prevent extra cooked pasta from hardening by stashing it in a sealed plastic bag and refrigerating. When you're ready to serve, throw the pasta in boiling water for a few seconds to heat and restore moisture.
12. Keeping brown sugar in the freezer will stop it from hardening. But if you already have hardened sugar on your shelf, soften it by sealing in a bag with a slice of bread – or by microwaving on high for 30 seconds.
13. If you only need a few drops of lemon juice, avoid cutting the lemon in half – it will dry out quickly. Instead, puncture the fruit with a metal skewer and squeeze out exactly what you require.
14. If you're unsure of an egg's freshness, see how it behaves in a cup of water: Fresh eggs sink; bad ones float.

(Holy Spirit Continued from page 1)

with a friend, and so on— the Holy Spirit is brought into the world and given to each of God's children. This Voice is recognized in each of God's children and used as a reminder for God's children of the Truth so that they can overcome the world.

The Holy Spirit is within each of God's children and cannot be extracted (but can be rejected). It is there as a constant Resource, Companion, and speaker of Truth no matter what you think you have done, what you think you are doing, or what you think you might do. This Voice for Love within you reminds you that God is willing to forgive if you repent. The Holy Spirit is that Voice that tells you when you are straying away from the straight and narrow.

God's Voice is within your mind and is ever available to you to restore your thinking to Truth. In any moment you decide that you do not want to participate in the belief of separation—if you decide you want peace, if you decide you want to remember Who you are and What you are— the Holy Spirit is there within you waiting to join with you in Truth. It has been within you since your first step into the world and offers you an alternative to pain and suffering, to fear and loathing, to vengeance and death. This Voice for Love within you offers you Peace, Oneness, Truth, and

COMPASSION FOR VETS CONT FROM
FRONT PAGE

country — including in at least two Florida counties — increasingly are channeling veterans into treatment-focused alternatives. But Florida can — and must — do more. . . . An obvious step would be for the Legislature to take up a sensible bill advanced by Rep. Bryan Nelson [R-Apopka] and Sen. Mike Bennett [R-Bradenton], which would create statewide veterans-only court dockets."

(Continued from page 11)

the past year, and think about when your weight seemed to be holding steady and when it seemed to be trending slowly upward. What were you doing during the good weeks? What sabotaged you the other times? Make a list of what works for you, and what throws you off. Your own healthy habits in the past are the ones most likely to work for you now.

2. Eliminate underlying metabolic conditions.

Would it surprise you to know that thyroid problems strike as many as one out of five adults over age 40? The most common of these is [hypothyroidism](#) -- an underactive thyroid -- and hypothyroidism is one of the primary reasons many people over 40 can't lose weight. The thyroid is a tiny gland that produces hormones that regulate metabolism, and when it's underactive, so is everything else. Think of low thyroid as having your internal thermostat set too low. Symptoms include feeling cold all the time, poor circulation in the hands and feet, clammy hands, tiredness and lethargy, [hair loss](#) (including eyebrows and eyelashes), and weight gain -- despite real attempts to exercise and eat well.

If you suspect an underactive thyroid may be undermining your metabolism, the first step is to call the doctor and ask for a thyroid test. But beware: The first-line thyroid blood test, known as the TSH, is notoriously unreliable. And doctors are busy arguing about what's "normal" anyway. As of 2003, the American Association of Clinical Endocrinologists began recommending that the cutoff for normal TSH should be 3.0 versus the older standard of 5.5, but this news hasn't reached many labs or doctors. And lots of endocrinologists think having a TSH between 1 and 2 is ideal for maintaining normal body weight and function.

If your TSH result is above 3.0, make sure your doctor knows about the new recommendation. And ask for further testing; there are a number of additional tests that many experts believe give more accurate readings of [thyroid function](#).

3. Adjust your eating habits for maximum energy.

Your goal at this stage in your life is to keep yourself feeling full without succumbing to the temptation to eat like you could at age 20. One strategy recommended by internist Julie Taw, MD, of Englewood, New Jersey, is to eat more frequently but to consume less at each sitting. Try eating five to six small meals a day, and don't go more than three or four hours without eating. you want to trick your body into feeling satisfied and well-fed at all times, though the total amount you're eating is less.

4. Time your eating to take advantage of your body's natural rhythms. Don't like to eat breakfast? Sorry, but there's no way

(Continued on page 18)

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Bible Wordsearch

Wordsearch 186

Hebrews 12:18-24

The Two Mountains

P N E T T I R W T E G D U J H
 E I N E K O P S N A M E S S J
 R A A P G E U R T P R N U I E
 F T N M O G M N O T H O S T R
 E N G U D R A Y R T E T E H U
 C U E R O N T E L T A S J E S
 T O L T E O M D H B G I I A A
 M M S V U B N G A N M J D V L
 O H O C L G I E I R O E N E E
 S C H I A R N N S Y K O S N M
 E E N T E R R I F Y I N G S R
 S G T P R U G U V Z A I E S A
 D O O L B H L S P I R I T S E
 N R O B T S R I F G L O O M S
 B E G G E D H I C H U R C H M

- ANGELS
- BEGGED
- BLOOD
- BURNING
- CHURCH
- GLOOM
- GOD
- HEAVEN
- JESUS
- JOYFUL
- JUDGE
- LIVING
- MOSES
- NAMES
- PERFECT
- SIGHT
- SPIRITS
- SPOKEN
- STONED
- STORM
- TOUCHES
- TRUMPET
- WRITTEN
- ZION
- ASSEMBLY
- TERRIFYING
- TREMBLING
- RIGHTEOUS
- MOUNTAIN
- MEDIATOR
- JERUSALEM
- COVENANT
- DARKNESS
- FIRSTBORN

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right

MORE PUZZLES AT:
<http://biblewordgames.com>

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Solutions on Back Cover

BIBLE-CRYPTOVERSE (Scripture verse in code) No.14

A B O R P X R Q V L U R U F A B T L U L G
 []
 F Y Z Y U F L U E L F ; T Y V O A B A V E T Q B
 []
 G L J W , A B G Y H K E Y . Q G K O Q V U
 []
 T V A R Q R P P Q V A Y O , L Z Y L Z P Y
 []

Psalm 63:7-8 N.I.V.

Letter used:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z		
M	Y				G	D	R	T			C	U	O			S	L	T	A		H	N	I	K	V	E	P

SOME THINGS YOU SHOULD KNOW TO BE A GOOD PET OWNER

Animals can create fall hazards both indoors and outdoors. To prevent these accidents you should:

- **Know what triggers your pet's behaviors.** Some dogs are aggressive towards others and could easily knock you over if they lunge towards other dogs. If this is your dog, walk him/her in an area where you are less likely to encounter other animals
- **Walk with your pet in a familiar area,** with level terrain. Depending on your



dog's behavior, it could be best to walk in areas away from other dogs.

- **Keep Control of your dog.** When your dog barks or startles a person whose balance is impaired, he/she may be more at risk of falling. If your pet is rambunctious maybe a muzzle is appropriate when walking in heavily populated areas.
- **Place a bell on a small cat or dog for their safety.** Small

cats and dogs can easily get under your feet without your knowledge. To prevent harm to your pet or others (including yourself) a bell may indicate the pets location and prevent them from being literally underfoot.

- **Beware of dogs when you enter someone else's home.** There is a possibility that they are also animal lovers and they may have dogs that are eager to greet you when you arrive. Brace yourself.

This article is based on information taken from Council on Aging Newsletter 4th quarter 2010

FASANO: DOMESTIC VIOLENCE LAW SHOULD INCLUDE PET ABUSE

The Suncoast News, <http://www.tbo.com>, Jan. 26, 2011. Little Horatio still wears the evidence of the abuse he suffered at the hands of his former owner's son five years ago. The Catahoula leopard dog took so many beatings to the head prior to his rescue that he must now sport goggles to avoid sunlight. His abuser

bludgeoned the dog as a means of manipulating his own mother. Little Horatio has inspired new legislation proposed to expand the charge of domestic violence to include torment of a family member through the abuse of a pet. Sen. Mike Fasano, R-New Port Richey, said he filed the proposal last Friday [Jan.

21]. Under the proposal, acts of domestic violence would include physically tormenting, or threatening to harm or kill the pet of a family or household member. Sixty-eight percent of battered women report violence toward their pets, and up to 40 percent say they feel they cannot flee their abuser out of fear for the safety of their animals.

DEFENSE LAWYERS VS. PROSECUTION

Highlands Today Feb. 6, 2011.

What is it that gives defendants pause when they are in the courtroom? If you ask defense attorneys, it's seeing them and members of the prosecution share a

laugh together before court comes to order. Sebring defense attorney Justin Gaines said clients see that as proof that attorneys on both sides are in "cahoots together" against them. What Gaines

thinks these defendants don't understand is that having a good, working relationship with the prosecution can bring cases to a quicker resolution and perhaps reduce sentences.

Saturday, March 12, 2011- Lesson 9

Title: The Holy Spirit and Jesus

Bible Verses: Luke 3:21-22; 4:1 13-21; John 3:27-28,34-35; John 14:26; 15:26-27; Acts 1:8; Luke 12:11-12; John 16:12-14; John 14:15-17; Luke 24:49-51; Acts 1:4-5; 11:15-16;

Daily Reading: Isaiah 11:1-5; Isaiah 42:1-7; Isaiah 61:1-3; Matthew 4:23-25; Luke 4:31-37; John 1:29-34

Saturday, March 26, 2011- Lesson 10

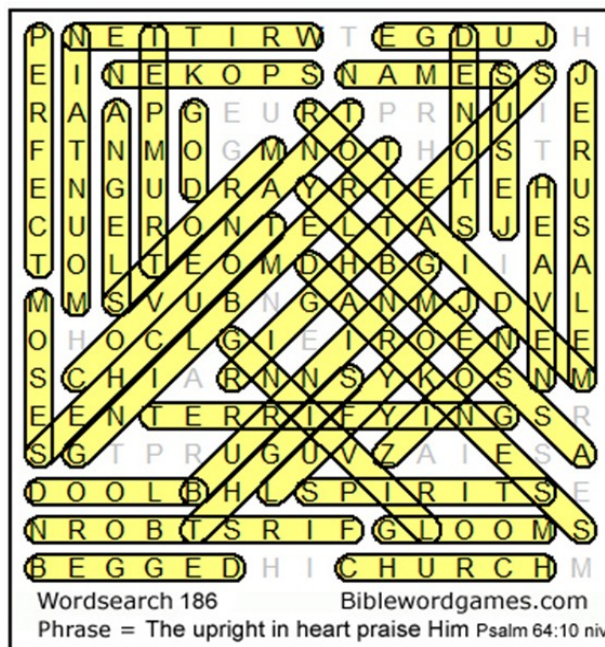
Title: Salvation and the Holy Spirit

Bible Verses: Psalm 139:7, 23-24; John 16:7-11; Acts 2:37-38; John 3:3-8; Romans 8:14-16; Titus 3:5-7; Romans 15:15-16; 1 Corinthians 6:9-11; 2 Thessalonians 2:13; 1 Peter 1:2

Daily Readings: Genesis 6:1-8; Isaiah 63:7-10; Ezekiel 36:25-29; Acts 6:3-10; Galatians 5:16-26; Ephesians 1:3-14

Solution to Bible-Crypto-Verse

My salvation and my honor depend on God; He is my mighty Rock, my refuge. Trust in Him at all times, O people
Psalm 63:7-8 N.I.V.



(Continued from page 15)

around this one; eating a good breakfast is one of the key habits experts have identified that keeps thin people thin.

5. Trick your metabolism with fat-fighting foods. There are plenty of healthy foods you can eat all you want of -- make a few simple tweaks to your diet, incorporating foods that actually fight fat instead of those that trigger it.

6. Make muscles an ally in your weight-loss campaign. A natural tendency of aging is to lose muscle, gradually replacing it with fat. So in order to enlist the calorie-burning abilities of muscle, we do have to work at it. What you really need to focus on for long-term benefit is basic

strength training. Buy some hand weights, a bar, and some stretch bands, and channel your high school gym teacher

7. Get more sleep to burn more calories. Getting a good night's sleep is one of the keys to losing weight, says **neurologist** David Simon of the Chopra Center in Carlsbad, California. In recent years, significant research has shown that lack of sleep is directly connected to weight gain because of the actions of two hormones, leptin and ghrelin, that control hunger and satiety, or feeling full. Take steps to **combat sleep problems** and your waistline will benefit, too.

8. Strike up a healthy relationship with your sweet tooth. If you're dying for a sweet

treat, give it to yourself, savoring it slowly so it registers fully with your brain's pleasure sensors. A trick that many experts recommend: Cut the treat in half before you start eating, carefully wrapping the second half up to "save for later." You may or may not want it -- sometimes if you eat the first half slowly and consciously enough, you'll feel satisfied. But knowing it's there if you do plays a nice trick on your brain, which tends to crave things it perceives as being in short supply.

Your primary goal should be making small, gradual lifestyle changes that you can incorporate into your daily routine and stick with over time. That's the ultimate secret to combating over-40 weight gain.