



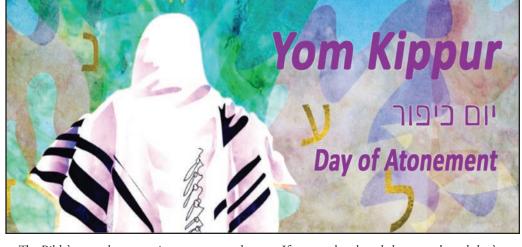
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The Bible's central message is atonement—that is, that God has provided a way for humankind to come back into harmonious relation with Him. This is everywhere apparent in Scripture.

The Revelation 12 sign: A lot of us were waiting for something to manifest into a physical realm on September 23rd with the constellation of the virgin woman Virgo. A 2000 year old prophecy was literally fulfilled before our eyes. Rev 12:1-2.

Psalm 19: 1-4 "The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge. They have no speech, they use no words; no sound is heard from them, yet their voices go out into all the earth, their words to the ends of the world. In the heavens, God has pitched a tent for the sun. It is like a bridegroom coming out of his chamber, like a champion rejoicing to run his course. It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its heat."

If you read or heard these words and don't understand that God does put signs in the heavens then one needs to get back into the Bible.

As in Genesis 1:14-15: "God said, 'Let there be light in the expanse of the heavens to separate the day from the night, and let them serve as signs to mark seasons, and for days, and years, and let them be lights in the firmament of the heaven to give light upon the Earth.' And it was so.

For some of us we literally just witnessed his great sign. Though many of us were hoping that the sign and the event would happen in the same day, but as we found out, this did not happen. Nevertheless, the Bible is our guide.

Look at all that converged in 2017. It was the 120th anniversary of the first Zionist Congressional movement. It formulated a Zionist platform, known as the Basel Program, in 1897. 1897 + 120th anniversary = 2017. Judgment.

Continued on Page 8

Auto Accident?

Slip and Fall?

No Fees Or Costs Unless You Win

HOLLIDAY KARATINOS LAW FIRM, PLLC



HelpingInjuredPeople.com



18920 N. Dale Mabry Hwy Ste 101 Lutz, FL (Corner of Sunlake & Dale Mabry)

Walk-Ins Welcome

GFWC Sews Pillows for Hospitals



Club women crafting pillows directed by Chair Margee Carpenter (standing center)

GFWC Lutz-Land O'Lakes Woman's Club members, under the direction of Chair Margee Carpenter, have been working hard stuffing and sewing handmade "comfort" pillows for area hospital patients who are recuperating from surgery. Ms. Carpenter has recently delivered more than 180 pillows to Florida Hospital Tampa for distribution to various local hospitals wherever needed. For more information on this community service organization, please visit www.gfw-clutzlandolakeswomansclub.org.



Club members prepping pillows

Florida Native Plant Society



The Nature Coast Chapter of the Florida Native Plant Society meets the second Tuesday of every month at 7:00pm at the Land O' Lakes Community Center, 5401 Land O' Lakes Blvd./US 41, Land O' Lakes, 34639, between SR 52 and SR 54.

The subject of the Tuesday, October 10, 2017 meeting is "Native Plants 101", presented by Mary Ellen Gotto, Nature Coast Chapter of the Florida Native Plant Society member and Pasco County Master Gardener.

Mary Ellen will define what a native plant is, and why we should use native plants, which will include conserving natural resources (water, soil) and the importance of native plants to wildlife.

She will talk about purchasing and planting native plants, and container gardening for those who are unable to "get down" and dig in the soil. There will be photos of her plants and handouts.

Mary Ellen moved to Florida in 2009 and never having heard of native plants, became very

frustrated with not being able to grow what she wanted. Sandy Vanno, a friend in her community, brought Mary Ellen to a Nature Coast Chapter meeting, and after a few meetings, Mary Ellen was completely hooked! Even though she lives in a deed-restricted community, she has probably close to 100 species of native plants on a quarter acre lot. In 2015, her yard received a Florida Native Plant Society (FNPS) Native Landscape Award at the FNPS Conference!

Meetings of the Chapter are free, and all interested parties are invited to attend, to bring questions about their yard, and participate in light refreshments and the native plant drawing. Telephone inquiries are taken by Sandy at (727) 207-1853.

Chapter website:

http://www.pasconativeplants.org

Native Plant Sale!!!!!!!! Saturday, October 21, 2017

The Nature Coast Chapter of the Florida Native Plant Society is having a Native Plant Sale on Saturday, October 21, 2017 from 10am to 2pm at the Land O' Lakes Community Center, 5401 Land O' Lakes Blvd./US 41, Land O' Lakes, FL 34639.

There will be:

- A large selection of quality nursery-grown
- native plants suitable for your Florida landscapeA plant profile for each plant purchased to
- help buyers put the plants in the right place
 - Free literature and nursery information
- Native plant books for sale
- Carts available for plant transportation
- A Master Gardener information table to help with your gardening questions

Visit our website online today at <u>www.pas-conativeplants.org</u>

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any of you have been affected by the devastation of Hurricane Irma. Our entire state was impacted in one way or another; whether by flooding, strong winds, or both. I want you to know that we have been and continue to pray for all of you who have been touched by Hurricane Irma. Praise the Lord that all of our children were kept safe and sound! We evacuated our children and most of our staff to a safe location out of state while a few of us stayed behind to keep watch over our 55 acre home. Hope Children's Home experienced some strong winds, but we are thankful that we only obtained

minor damage. Our entire property

was pretty well trashed including

losing several large trees. As you

can imagine, there was a massive

of our property after the storm. It took the few staff that were left back four long days to get the bulk of the branches and debris cleaned up. Several volunteers from the area came to help as well! What a blessing!

HOW YOU CAN HELP

Some have asked how they can help now that the hurricane is over. Our greatest loss was the unbudgeted expenses we had transporting three buses of children and staff to and from TN. Each time we stopped for a cheap meal, it was at least \$500 to feed everyone not counting the fuel cost. If you would like to help cover some of our expenses, you can give through the mail or at HopeChildrensHome.org/Donate. Thank you so much for your help!



clean-up effort





Energize a Whole New You

By Karen McBride



DAY SPA & SALON

Lisa Huston, owner of belle âme Day Spa & Salon, is teaming up with Sara Im, owner of Smart Healthy Living for a special one day event. "Energize a Whole New You" will inspire you to live a healthy, happy life by finding natural ways to manage stress, deal with nutrition and digestive health issues, and promote healing through the use of essential oils.

Guest speakers include Sara Im, author, speaker, Killing Fields survivor, wellness consultant; Dr. Pamela Paul, psychotherapist, wellness coach; Kim Jansen, holistic health practitioner; Debbie Hutchinson, functional medicine practitioner & nutritionist; Arielle Giordano, author, certified essentrics instructor; and Sue

Heath, essential oils teacher & advocate.

The information-packed event will be held on Saturday, October 7, from 9:30am - 4:00pm at the Hilton Garden Inn Tampa Suncoast Parkway, 2155 Northpointe Parkway, Lutz, Florida 33558. The cost is \$27. For more information, please go to www.EnergizeaWholeNewYou.com.

In an effort to continue to promote a holistic approach to wellness of the mind, body, and spirit, belle âme Day Spa & Salon offers special programs including "Girls Night Out". The next event will be held on October 21 from 4-9pm. Wine and hors d'oeuvre will be served, and spa services will be offered at a reduced rate. It will be a fun and relaxing night of pampering.

belle âme Day Spa & Salon is located 21758 State Road 54, Lutz, FL 33549. For more information about the spa or to make an appointment, go to http://www.belleamedayspa.com or call 813-949-8400. It is open from 9am - 9pm Monday through Saturday and 10am – 6pm on Sunday.



Fall Festival • Trunk or Treat October 31st, 5:30-7:30 pm

Free Food, Pony Rides, Games and Bounce House,

Trunk or Treat 7-7:30 pm

Lake Carroll Baptist Church 12012 N. Rome Avenue Tampa, 33612 www.lakecarrollbbaptist.org Sundays: Bible study 9 am, Worship 10 am

Think Better, Feel Better joelosteen.com

It's Grillin' Time at Kay's Kitchen

By Kay Dunn, Dunndeal Gazettes



The fall weather makes me want to grill everything! It's an easy, fast, fun meal, 20 minutes on a medium high temperature/ Grass-fed hamburger and bison burger mixture (5-6 min. per side flattened 1/4 pounders) and grass-fed hot dogs. Organic 2" pieces sweet bell peppers, sliced 1/3" thick sweet potatoes, zucchini, gold yukon potatoes and broccoli spears. Cover the veggies with lots of spices, sprinkle with parsley, basil, cayenne pepper, himalayan salt, garlic powder, and onion powder. Get a plate and enjoy your family time!

Travel the World in a Day

From October 26 to 29, St. Petersburg International Folk Fair Society, Inc. (SPIFFS) the entertainment schedule includes Urban and its ethnic member groups present the 43rd Annual International Folk Fair at Vinoy Park on St. Petersburg's beautiful waterfront, transforming it into a microcosm of the world.

In addition to ethnic foods and cultural displays, the Folk Fair offers a multitude of special entertainment in the form of dancing, singing, and drumming by more than thirty ethnic groups. On the two school days (October 26 and 27), Giving Tree Music will engage groups of students in drum circles, and various student groups will be performing on the main stage. On Saturday, October 28, the general public will enjoy cooking demonstrations, breathtaking music from Mongolia featuring a beautiful instrument called Horse Head Violin (Morin Khuur), Polynesian dancers plus folk music and dancing from around the world. Be sure not to miss the Grand Parade of Nations at 2:00pm, when members of the many SPIFFS ethnic groups will parade around the park, led by colorful bands, pipers, and drummers. The parade will be followed by a swearing-in ceremony of new citizens.

In addition to SPIFFS member groups, Gypsies, New Horizon Band of Gulfport, The Porch Dogs, The Islanders Greek Band, and more, who will be performing in the SPIFFS Beer Garden.

Folk dancing and music will be performed throughout the festival on two stages. From one end of the globe to the other, you will find outstanding performances and demonstrations from North America, Asia, Europe, and Africa, not to mention food, cultural arts and crafts, art displays and more.

SPIFFS is Tampa Bay's own United Nations and is the only independent non-profit, multi-cultural folk fair organization in the entire country.

Folk Fair is your chance to travel the world in a day without leaving the country. Don't miss this once-a-year opportunity to take part in the magic of song, dance, and foods from around the world.

October 26 & 27 9am-3pm (schools only) Saturday, October 28 10am-8pm (general public) Sunday, October 29 10am-6pm

Admission: Adults: \$10.00 Students: \$6.00 Children under 6 with an adult: FREE

Voices of Cuba Event

In concert with its upcoming Under the FMoPA's Under the Cuban Sun Exhibition Cuban Sun exhibition, the Florida Museum before the event begins. of Photographic Arts (FMoPA) will explore the nuanced history and culture of Cuba with an open-mic night on Nov. 3.

Cuba, is open to the public. Anyone with an the exhibition will be on view in the secondauthentic testimony about Cuba or Cuban culture is invited to share. Presenters from all cultures and backgrounds are invited to participate. All forms of storytelling are welcome. Poetry, songs, anecdotes, personal mementos, letters, recipes, objects, and of course, photographs are a few examples encouraged to arrive early so they can visit 221-2222.

Under the Cuban Sun is a black-and-white photographic exploration of Cuba from the 1930s to today. Generously sponsored by The open-mic night, titled Voices of Susie and Mitchell Rice and Stanton Storer, floor galleries from Sept. 22-Dec. 21.

Voices of Cuba will be held at the museum from 5-7pm on Nov. 3. The event is free for members. A regular admission price of \$10 will apply for not-yet members.

If you are interested in presenting or would like more information, please email of things that guests can share. Guests are info@fmopa.org or call the museum at (813)

"Not everyone who says to me, "Lord, Lord," will enter the Kingdom of Heaven, but only he who does the will of my Father who is in heaven." — Matthew 7:21

Annual Holiday Craft Fair - at Keystone United Methodist Church -Saturday, Oct. 14

9 a.m - 2 p.m.

Holiday Crafts - Gift Baskets - Home Decor Plants - Home-Baked Goods Crafter & Vendor Booths

Admission & Events FREE - Small charge for food.



Keystone United Methodist Church 16301 Race Track Road, Odessa, FL (813) 920-5153

www.keystoneunitedmethodistchurch.com find us on facebook @CraftFairKUMC

Women-n-Charge September Meeting

on Friday, October 6th from 11:15am-1-:15pm at Pebble Creek Country Club (10550 Regents Park Dr., Tampa, 33647). The meeting includes lunch, a presentation, and time to network. We share our talents, build relationships, and share our resources with other women in business.

Join the vibrant ladies of Women-n-Charge Tuesday before) and \$18 for all guests. Please register at women-n-charge.com. For more information, please contact Judy at 813-600-9848 or info@women-n-charge.com.

In October, our guest speaker is Coach Laura White, and she will share some basic tools and pointers to enhance positive communication, connection, and relationship-The cost is \$15 for members (who RSVP by building with present and future customers.

Circle of Life Fall Festival

Join Circle of Life Animal Hospital for Costume Contest to win great prizes!!! their Fall Festival on October 15th from 11am-3pm.

throwing a huge fall festival! Bring your families, friends, and furry kids to the festival. The more the merrier!

We will be having games for all ages, awesome prizes for you and your pets, raffles to Hospital, we hope you bring in the auwin gift baskets, pet vendors, a pet emer- tumn season with us!

Circle of Life Animal Hospital in Tam- gency ambulance that children are allowed pa dedicates themselves to personalized to tour, photo areas for you and your pet, pet veterinary care, forward thinking, client training demos, and more! And bring your education, and amazing customer service! pets in their best costume to enter our Pet

We will be hosting the event in the front parking lot of our hospital (with lots of park-We can't wait for the holidays! We are ing and shade) at 14919 North Florida Avenue in Tampa. Pets must be leashed at all times, pet friendly, and current on their rabies vaccine.

From all of us at Circle of Life Animal

"Your attitude should be the same as that of Christ Jesus, who being in his very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness." — Philippians 2:5-7



Mike King is showing his paintings at the Bamboozle Tea Lounge, 109 N. 12th St., Tampa, through Oct. 12. Exhibit hours are Mon-Sat 11:30am-9pm and Sun 11am-3pm. His paintings are an eclectic mix of watercolors and acrylics in photorealistic and abstract expressionist style. Contact info: 813-638-1280 or www.7-Mike-King.pixels.com.



Florida Church Safety Conference

Best safety practices and liabilities for your houses of worship

nounce their Inaugural Church Safety & Liability Conference to be held October 14, 2017 at Generations Christian Church in Trinity, FL. This training is designed for interested in the safety of their church.

Experts in church safety will bring relevant insight to better prepare your church in the Trinity Security Allies is pleased to an- event of an incident and educate your church on avoiding foreseeable lawsuits against your organization. For more information about the Church Safety & Liability Conference, Trinity Security Allies, or the latest news, pastors, staff, volunteers, and those that are photos, videos, and much more, go to http:// www.trinitysecurityallies.com.

Trunk'n Treat at Grace Lutheran



Trunk'n Treat is a free community event Carrollwood on Saturday, October 28 from 5:00 to 7:00pm. All children are encouraged to dress in their Halloween costumes and go from decorated car trunk to car trunk collect-

ing Halloween treats. The youth group will have a haunted shack as part of the event.

Food will be sold to benefit the youth group going to the ELCA National Youth Convention in Houston, TX next summer. Get in the spirit and come join in the fun with your children and even dress up yourself for a fun evening of family togetherness at this exciting 4th annual event.

Grace Lutheran Church at Carrollwood being held at Grace Lutheran Church at is located at 3714 West Linebaugh at the corner of Dale Mabry and West Linebaugh. Contact the church office at 813-961-8747 for more information or visit our website at www.gracetampa.org.



18th Annual Holiday Bazaar

repurposed furniture, the event will be held at Forest Hills Presbyterian Church located at 709 W. Linebaugh Ave. Tampa, 33612 on October 21 from 8am-2pm.

There will also be a pancake breakfast and a barbeque lunch! Homemade baked goods,

Featuring over 100 pieces of restored and pickles and jams, jewelry, books, games, puzzles, antiques and collectibles, vintage linens, artwork, and more will be available as well. All proceeds from this event go to help those in need in the Tampa Bay area and those in the Tampa Bay area who help those in need throughout the world.



Fax: 813-949-0891

Light Up the Night

This 3rd annual event in partnership with the Pasco Sheriff's Department provides a fun, educational opportunity to aid the victims of human trafficking. A 5 K run, a 1K walk, and a concert make this event enjoyable for all. Save the date—January 20 at the Shops at Wiregrass—and watch this publication next month for additional information.



Fall Festival and Classes Beginning Tuesday, October 17

Come visit our pumpkin patch, garden class, cooking class, learn Latin dance, and learn country line dancing! And there are also so many other fun things going on at Cheyenne's Country Thangs. Rent one of our vendor tents and sell your items or rent our party tent for some fun!

We have been in business since 2009 with over 450 registered members who get FREE organic food every week that YOU choose!! Yes, FREE every week. Check out our reviews, we treasure them!! A family of 2 or 3 can eat for \$60 a week for 10 months when you take one of our sign-up specials. Come see us, ya hear?! We guarantee we will make ya happy!

Call 813-333-8611 to join our organic co-op and save a lot of money! \$\$\$

Located on the corner of Hwy. 41 & Country Line Road in Lutz ● 21405 County Line Road cheyennesworld@verizon.com · cheyennescountrythangs.com



October is Pastor Appreciation Month

Express appreciation for the time, service, and prayers your pastor(s) and their families give for your church and really show appreciation to your pastor(s) and their leadership. God has entrusted them to one of the most important assignments—the care of His flock.

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.' — Romans 12:1

St. Timothy Women's Club 30th Annual Holiday Boutique

Date: Saturday, November 11, 2017 Time: 9:00am to 3:00pm

17512 Lakeshore Rd., Lutz, FL 33558

Details: This 30th annual event will feature over 100 vendors of beautiful handcrafted and fine quality items.

We will also have our popular Bake Sale, Plant Sale, raffles, food, fun, music, and more! We only have a few indoor vendor spots available, so act quickly by contacting Kathy Gutshmidt at gutschk@hotmail.com.

We also have outdoor spots available.

St. Timothy Women's Club is a Christian Location: St. Timothy Catholic Church, organization which endeavors to do God's work fostering community service, promoting stewardship, and nourishing spiritual growth for all women of the parish.

> The annual Holiday Boutique provides funds which help to meet goals of the parish priests and other charitable endeavors.

> The Club meets the third Monday of the month at 7:00pm, August through May, in the Parish Center. Thank you!



Dr. Dianne Coflin Co-Pastor, River of Life Church

We all know that storms in our weather can be quite threatening. Sometimes things that happen in life can feel like a storm has come.

In the following story, Paul actually faced a huge storm of hurricane proportions. Let's see if there were some things that Paul learned in the midst of his circumstances.

Acts 27:18 (NLT): "The next day, as galeforce winds continued to batter the ship, the crew began throwing the cargo and the ship's gear overboard."

This terrible hurricane raged for many days, blotting out the sun and the stars, until all hope was gone! Paul had warned this ship's captain ahead of time that this storm was coming and no one would listen to him. Because Paul was a prisoner, he had to sail anyway.

Now, he finds himself hearing a word from the Lord in the midst of this upheaval. He encourages them to not be afraid, to take courage, and that because of the goodness of God, there would be no loss of life and safety would be granted to everyone.

Maybe you feel you are in the midst of a storm in life. It might seem as though there too,

is a "blotting out of the sun and stars" so to speak, and you feel you've lost direction. This could have been through no fault of your own. As it was with Paul, you may have been dragged into an uproar, and it's been going on for so long that you too, have given up hope!!

of Your Storm

I am here to tell you today that first, do not be afraid. Don't allow fear to so cloud your thinking that you forget WHO God is. You CAN control your thought life and what you allow your mind to meditate on. 2 Cor. 10:4-5.

Secondly, take courage. This implies you have to SEIZE courage yourself. It means to be infused with fresh ability to be determined to persevere with the promise of God's help. We obtain that grace through coming boldly to him (Hebrews 4:16).

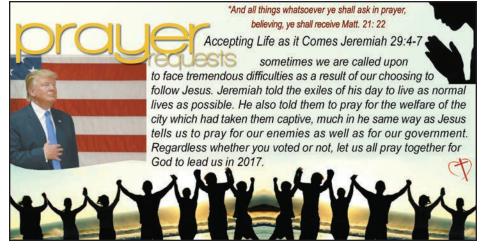
Thirdly, I hear the Lord saying there will be no loss of life and safety will be granted to all! Whatever you feel is dying in the midst of your storm, the resurrection life is coming back into it, and hope is being restored! Praise God!! It is not time to give up! It's time to praise him for his goodness and his promise! Blessings!!

Our services begin 10:30am on Sundays. We would love to have you come!!

Dr. Dianne Coflin Co-Pastor of River of Life Church. 410 Chapman Rd. East, Lutz, FL 33549 (813) 949-9931 www.roltampa.org

Sharing Christ, Loving People joycemeyer.org

"That at the name of Jesus every knee should bow in heaven and on earth and under the earth and every tongue confess that Jesus Christ is Lord, to the glory of God the Father." — Philippians 2:10-11



30th Annual Blessing of the Animals

until 2pm. The festival offers fun for the en- a quiet corner of Forest Hills, at 706 West tire family. Admission is free. Blessing of the 113th Ave, Tampa. Animals Worship Service at noon. Celebrate geese, hamsters, birds, and all pets blessed welcome.

Clement's Episcopal Church hosts its 30th inside the church. Each will receive a St. Annual Blessing of the Animals Celebration Francis medal and a Prayers for Pets booklet. on Saturday, October 7, 2017, from 10am St. Clement's Episcopal Church is nestled in

It is a vibrant, caring, and family-friendly the Feast Day of St. Francis with dogs, cats, community with an active parish life. All are

Whether by Racks, Mail, or Online **Dunndeal Publications Has You Covered!** Get your ad order in by the 18th!



JESUS is not our Religion, he is our Savior...

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

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

Thanks to the advertisers, our Operating Partners, we are making a difference in the community. Their support of the Gazettes has brought us to the crossroads in Bible ministries that our forefathers forged into our Constitution, IN GOD WE TRUST. As a Christian publication, we are on a mission to exceed expectations with outstanding hard work by connecting with Christian businesses and churches. Our uplifting editorials are mainly contributions from local businesses, churches, and events. Let all that you do be done in love.1st Corinthians 16:14

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Introducing the Idea of Leadership



leadership, I am going to use a two-pronged

1. Leadership is a process by which a person

2. Leadership is a relationship between

Counselors assist good leaders by helping

leader, followers, and the mutual purpose

them remove barriers and facilitate the pro-

posed journey. Advisors are people who ana-

lyze the data and provide advice to tailor the

message. Management is mostly about posi-

tional concepts and consistency. Where then

Leadership is about the personal concepts empowered by these followers for change and

Step back for a minute and look around. Do

you see very many of these types of leaders? It

is a sad site, isn't it? And when you add the concept, "integrity is the core of leadership,"

we are seeing this leadership as a rarity to say

the least. Then, if we continue on and add

the concept of Spiritual Leadership—moving

people toward God's agenda (ie: pastors, evan-

gelists, and disciples, parents, business people,

and you and me). (Matthew 28:18-20) We are

"Nothing happens apart from leadership."

- John Maxwell

commitment, they may be the unknown.

influences others to accomplish a purpose.

definition:

they pursue.

James H. Willis, III

Founder and President The Willis Agency, Inc

813-948-9109

Jim@TheWillisAgency.com www.TheWillisAgency.com

1 Peter 5:7

Though there are over 350 definitions of to accomplish the purpose of advancing the Kingdom here on Earth and in Heaven.

- There are 5 Critical Attributes of Leadership:
- 1. Deep, abiding, character
- 2. Highly-developed competence
- 3. Clear and compelling vision
- 4. Passionate commitment to the purpose
- 5. Uncommon wisdom

To conclude, followers should ask or question leaders about their:

- 1. Content—Do they do what they are asking us to do?
- 2. Commitment—Do they have the enthusiasm to keep me engaged along the difficult road ahead?
- 3. Character—Do they inspire others to make sacrifices necessary to complete the journey or task?
- 4. Competency—Do they have the ability to get us from here to there?
- 5. Wisdom—Do they have the resources to navigate us through challenging parts of the journey?
- 6. Confidence—They need confidence and we need confidence in the answers to our questions.

Once again, "Communication is the core of leadership."

What should you be doing? Caring for you and yours,





Magnolia Manor ALF

Barbara Keithly, Owner

I have advertised with Dunndeal for many years now, even prior to opening Magnolia Manor five years ago. It is amazing the number of calls I receive after the newspaper is published each month. The calls are from prospective clients, potential employees, and other businesses looking to network. Dunndeal has made such a difference in my ability to reach a broad range of people in the community. I will continue to work with them for all of my advertising needs.

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DISCOVER THE STRENGTH IN YOU



"I was struggling with borderline Diabetes, backaches, leg pain and exhaustion. I was getting winded when I walked. I found Samantha Taylor Fitness by her bulletin boards on the highway and thought 'I'm going to try that.' Today, I feel like I'm in my 40's, and I have so much more energy. I enjoy doing things. I had no idea you could reverse all that and Samantha Taylor Fitness did it for me." - Cathy M., a Transformed Member.

Find success and get results with private or semi-private personal training session or group boot camp workouts and a delicious eating plan. Fun, effective 30-minute workouts that have helped 6,000 women lose weight and get healthy.

If You Knew You'd Get Results, Would You Do It?



FREE SEMINAR: HOW TO GET UNSTUCK

Saturday, October 28th at the Land O'Lakes Studio at 12:30 p.m. Guest Speaker Laura White, Christian Life Coach. Reserve your spot at: Samantha Taylor Seminars.com



See her inspiring story on our website that aired on ABC's Morning Blend



Book your Complimentary Body Transformation Analysis Today!

Call 813-377-3739 • SamanthaTaylorFitness.com

4 Locations to Serve You: Wesley Chapel: 2653 Bruce B Downs Blvd. #205 Land O' Lakes: 2206 Knight Rd. Carrollwood: 5020 Gunn Hwy. #250

Westchase: 12709 Race Track Rd

My Metabolism is Dead!

Samantha Taylor Samantha Taylor Fitness

The word "metabolism" is usually associated to how well we lose weight. However, it is much deeper than that. Your metabolism is a series of chemical reactions in your body that are necessary to maintain life, so we all have a metabolism or we would be dead! Even though it is reactions in our body that keep us alive, how well we process food and convert that food into either usable energy or stored body fat is what most are interested in.

We have trained over 6,000 women in my personal training studios with 4 locations and many of them have been in their 50's to 70's. Usually a frustrated woman says to me in our first meeting, "I feel like my metabolism has slowed down so much and I don't lose weight like I used to." In some ways this is true. However, in most ways it's not just age that is the culprit, it's what we have or have not done to our bodies over the years that causes this problem. Being older and out of shape is totally different then being older and in shape!

The two most important factors in speeding up your metabolism are: 1) our bodies become more insulin-resistant as we age, moreso dependent on how we eat, and 2) after age 35, we lose about a half pound of muscle every year we don't do something to stop it (you can stop this loss by working out with weights).

So the first one I mentioned was we become more insulin-resistant, and when this happens, our body tends to store more fat. our body can process sugar properly and is constantly having to release insulin to bring down the blood sugar because it is constantly spiked with sugar, excess carbs, and gluten, the more our bodies can become insulinresistant. In many cases this IS reversible, I have seen it happen over and over.

We had a client who was 74 and was prediabetic and her doctor wanted to put her on medication. He let her give our program a shot first and within eight weeks, she was no longer pre-diabetic! They were both SO excited! Actually that happened to me four years ago. Even my blood work came back close to being pre-diabetic, and I was so frustrated for I wasn't even overweight. I knew it was from all the sugar, excess carbs, and gluten I was eating and sure enough, now it's perfectly healthy from

making some small nutrition modifications. The second one I mentioned is muscle loss with age and I say with age because when we are younger, we maintain it more naturally. When we age, we have to work at maintaining it or we WILL lose it. The term "use it or lose it" really applies in this situation because muscle loss is one of the fastest things that will age our bodies. When we lose it, we age faster because muscle gives our body shape and helps keep our figure, gives us strength, and helps with balance. You should see some of the women on our website that are in their 70's—they look and feel amazing!

You do NOT want to lose muscle, and ladies I am not talking about being bulky here, just having tone, lean muscles so you can stay young and fit. Having toned muscles is not only good for the shape of your body but good for balance and speeding up your metabolism. Learn more about my programs at www.SamanthaTaylorFitness.com. We have Proof of this is most women as they age see a free seminar Oct 28th called "How to Get that they store fat more in their belly. The less Unstuck." You can register on our website.



Back to School Physicals

By Karen McBride

Students are back in school and that means after-school sports and activities have begun. If you have not already scheduled your child's back to school physical or sports physical, it is not too late.

Contact Dr. Michele Johnson-Towson at Pediatric Place of Tampa, a board-certified pediatrician with 28 years of experience in caring for children ages newborn to 21 years old.

As the academic year begins, so does the cold and flu season. Germs are spread quickly through the schools, and children need to protect themselves from illness as much as possible.

In addition to proper sleep and nutrition to boost their immune systems, vaccines are available. Parents are encouraged to get the flu shot, not only for themselves, but for their children. The flu shot, which contains coverage against the influenza A&B strains, is available in proper doses for ages 6 months and up.

According to the Centers for Disease Control and Prevention, "Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu."

It is recommended patients should get the vaccine before the end of October, if possible, to allow the body to produce



the antibodies needed to protect itself from the flu.

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. Same-day appointments are available (Monday-Friday 8:00am - 3:30pm).

Knowing all too well that families can be in need of a doctor at any time, Pediatric Place offers after-hours/urgent care (Monday-Thursday 3:30pm - 7:00pm; Friday 3:00pm - 5:00pm; Saturday 8:00am -12:00pm) as a special accommodation to their patients. New patients are welcome and the practice accepts all insurance.

Free Little Pantry: Gift to Community



All Saints Lutheran Church is excited to take what you need." Share the Good News! announce the installation of a "Free Little God bless, and don't forget that church starts Pantry" on our property.

We are constantly discerning our call to serve the community of Lutz and this is one way in which we are answering that call today. Come and see for yourself at 5315 Van Dyke Road.

We ask that you "Give what you can... and him." -John 3:17

JAMES BARRIE DVM

at 9:47 on Sunday morning.

— Pastor Josh

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through





MON.-FRI. 8:00AM TO 6:00 PM

SATURDAY 8:00 AM TO 5:00 PM

MARK TWILLA DVM

www.sunshineanimalhospital.com

AILEEN SIMPSON DVM





COMMUNITY PET NEWS

Mark Twilla DVM **Sunshine Animal Hospital**



Storm Phobia

Is your pet afraid of thunder storms? Does your pet begin to pace, drool, cling tight to you or hide in the closet before or during a storm? If the answer is yes then you are not alone. It is unknown what the exact triggers are for these panic attacks but many suspect thunder, lightning, wind, barometric pressure changes and static electricity. Can your pet grow out of this condition, and is there anything that can be done? Most of the time pets do not grow out of this condition on their own, and many pets will get worse as they get older. Fortunately there is help. Depending on your pet, treatment for this condition can take several forms. There are holistic products such as tight fitting garments like the "Thundershirt", oral treatments like Rescue Remedy, or Pheromone collars and plug in diffusers that disperse a calming hormone. Prescription anti anxiety medications such as Trazadone, Xanax and Valium can be helpful. Behavior modification is the best way to fix the problem but requires hiring a behaviorist, which can be expensive, and they often incorporate prescription medication with training techniques. We have our best results with a management plan that includes some or all of the techniques described above. You should consult with your veterinarian to come up with a plan that best fits your pets needs.

For more information or to make an appointment for your pet:

Please call us at Sunshine Animal Hospital 813-885-7071

Relationships: It's Complicated, Part 2

Keith Chandler, Journey Christian Church

I want to talk to you about the remarkable your children how special they are. power of our words.

The Bible says in Proverbs 18:21, "The tongue has the power of life and death."

Our words can help a relationship grow or die. With words we have the remarkable power of life and death in a family, a marriage, a dating relationship, and everywhere else. Words can be vile and vicious.

"Blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right!" James 3:10 (NLT)

Maybe you had people in your life that built you up and spoke words of life to you. Maybe you had the opposite.

In Genesis, God took a situation that was formless and void, and God began to create. He said, "Let there be light, and there was light." God created the world with words. With your words, you can create the world around you that you want to live in.

Here are 5 types of communication that can be life-giving in every relationship you have in your life:

1. Affirmation. There are no neutral words. Ephesians 4:29 says, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." Tell your wife how much you love her, tell your husband how much you respect him, tell

- **2. Affection.** We need to be affectionate with those in our lives.
- 3. Listen. Proverbs 17:28 (NLT) "Even fools are thought wise when they keep silent; when they keep their mouths shut, they seem intelligent."

You look so smart and intelligent when you just shut up.

James 1:19 "Everyone should be quick to listen, slow to speak."

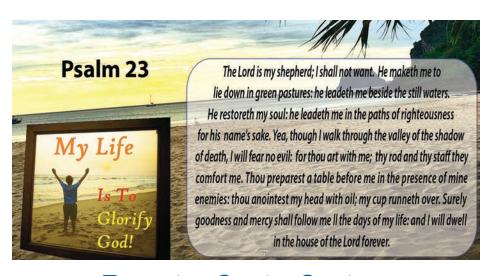
- 4. Speak the truth in love. You have to talk about what's wrong, what's not working right in a relationship. You have to talk about wounds and hurts. But don't say those words in a way that frightens or intimidates the other person. You speak the truth in love and you let the Holy Spirit of God change people. Let me give you one more life-giving word.
- 5. Prayer. What do you think might happen in your stuck relationship if you took that person's hand and said, "Let's pray and ask God to help us."

If you can't grab their hand, then go to God yourself.

Pray and ask God to change you. I wonder how many broken relationships would begin healing today if we just asked God?

Until next time, Keith Sunday service 10am 7708 Van Dyke Rd. Odessa www.tampajourney.com





Extension Service Seminar

Subject:

Blueberries & Blackberries

October 14, 2017 (Saturday) 9:00-10:30am Land O' Lakes Community Center 5401 Land O' Lakes Boulevard, Land O' Lakes

Are you considering growing blueberries or blackberries? Then come to join us and hear a professional grower tell us how to grow succulent berries successfully in Florida! For more information on any of these seminars, please call the UF/IFAS Pasco County

GFWC Donates School Supplies



Extension Office at 352-518-0156.

SUV filled with school supplies

GFWC Lutz-Land O'Lakes Woman's Club members, under the direction of Education Chair Pat Wagner, have collected school supplies over the course of the summer to be donated to local schools in need. Ms. Wagner delivered several SUVfilled loads of boxes of needed items to



(L-R) Shady Hills staff with Chair Pat Wagner (green shirt)

Shady Hills Elementary School. The Woman's Club does a great deal to support local schools over the course of the year with donations as well as member volunteer hours. For more information on this community service organization, please visit www.gfwclutzlandolakeswomansclub.org.

TEEN DRIVER COACHING

Fax: 813-949-0891

As parents, there is no question that a driving education is one of the best things you can give your teenager. The price of any driving education is small, considering that the skills they learn can SAVE LIVES!

UNCLE GEORGE!

My daughter recently completed Phase I with "Uncle" George, and I am so grateful that there is a driving coach like him!

was like you, reading one of these ads in my local Gazette, many, many years ago, and put the ad aside until recently. I always knew I would use his business some day for my daughters. Unlike my older boys, they didn't grow up playing Mario Cart with a steering wheel:).

But seriously, I knew the "drivers ed" in school

was not enough training for them. And like you, I questioned it at first when I saw the cost (I have "Safe Driver" on my driver's license after all didn't I?). I have to tell you George has earned every penny paid him for his wisdom, expertise, demeanor, knowledge and skill (and sense of humor)!

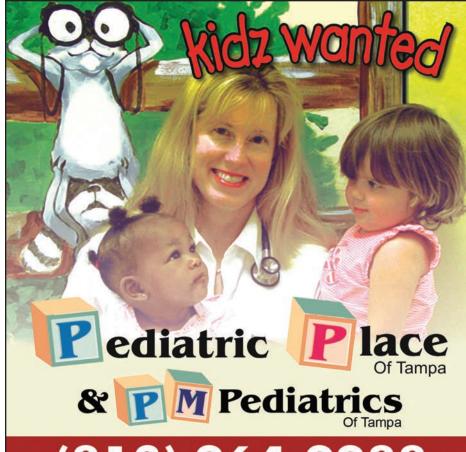
As a behavior analyst who has written many a behavior program plan, (did you know there are more than 20 steps to learn to brush your teeth?!), I still could not have broken down the basics of learning to drive like George.

My daughter has learned, from the very beginning, safe excellent driving skills that will last her a lifetime. She enjoyed her lessons so much she has opted to sign up for Phase II.

Don't hesitate, make the call today!

~Lynette Mills





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Pragmatic Christianity

Phone: 813-949-4411

"Jesus said, 'A certain nobleman went into a far country to receive for himself a kingdom and to return. And he called his ten servants and delivered them ten pounds, and said unto them, "Occupy 'till I come."" (Lk 19:12-13)

The word translated "occupy" in the text above is pragmateuomai, from which we get our word pragmatic. Pragmatic is to deal with things realistically, based on facts. Here then is the concept Jesus is declaring. "Disciples, I'm going to Heaven to receive the Kingdom. Until I return, be occupied with My business. And while you are, be sensible and realistic in how you approach it, so that I get a good return from your efforts."

Any good businessman could quickly and clearly answer two questions, "What's your business?" and "How's business?" If he can't, he won't be in business too much longer.

Jesus call us to self-evaluation on the same two points here. First, what's our business? What do I actually do with my hours and my days? Do I occupy myself with my Master's business? Currently, His business is to prepare people for His future business – ushering in the Kingdom of Heaven. To be prepared for that, people must be born again, abiding in Him and His Word (see, John 3:3, 8:31).

So let's evaluate ourselves on this. How much do I occupy myself with the great business of seeking and saving the lost (Lk 19:10)? Do I focus on being and staying prepared for that great work (I Pet. 3:15)?

Do I pray for the lost and for the revival

of the church (Lk 10:2)? Do I get out among the lost with the truth in love to try and reach them for Christ (Mk 16:15)? Is any of that MY business?

The second issue I need to self- evaluate is, how's business? If I am occupying my life for Christ's sake and the gospel, is what I'm busy with making a difference? Can I see lives being preparied for the kingdom in it?

"He was made King and returned home. Then he sent for his servants to whom he had given the money, in order to find out what they had gained with it." (Lk 19:15)

Oh Christian! The time left is short! Isn't it high time to get busy with the Lord's business? Shouldn't we stop thinking reminiscently about our traditions, and start thinking pragmatically about our mission at a time like this (Lk 16:8)?

What are you doing for the lost? Is it working? Is the same ole' same ole' acceptable before God at such a time as this (Lk 21:28)? What do you think? Write me and let me know at mike@cctampa.org. I would love to hear from you.

'til we finish the race, Pastor Mike Calvary Chapel Tampa 17538 Livingston Ave., Lutz Sunday service 10:15



WINNERS OF THE SEPTEMBER TRIVIA CONTEST

We awarded 9 winners In September with Family Packs of Disney On Ice tickets: J.Young, M. Smith, K. Patel, A. Badela, J. Swiger, T. Ketterer, M. Wolfman, C. Tillman, P.Beiro.

Complete The Verses In This Paper! Pick One St. John's Pass Seafood Festival Spiffs International Folk Fair JOHN'S PASS SEAFOOD FESTIVAL OCTOBER 28-30** JOHN'S PASS JOHN'S PASS

| 1. Not everyone who says | | |
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| 2. Therefore, I urge you, brothers, <u>.</u> | | |
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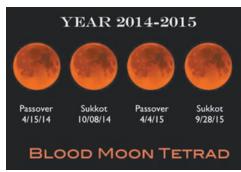
Yom Kippur, Day of Atonement

Continued from Page 1



1917—The year of the Balfour Declaration. It was a public statement issued by the British during World War 1. 1917+ 100 years captivity = 2017.

1947—The year Israel was reborn as a nation + 70 years = 2017.



1967—The year Jerusalem was retaken by Israel + 50 years of Jubilee/ deliverance = 2017.

2014-2015—Three years ago, another sign appeared in the heavens, the Four Blood Moons by John Hagee.

Just 33 days before, the Revelation 12 sign occurred—Virgo, a woman clothed with the sun with the moon under her feet with the crown of twelve stars above her head birthing the son of man. An eclipse also crossed over the middle of America.



A massive iceberg the size of Delaware that broke away from Antarctica on 7/13/17 has no reference to 2017, but as it moves out into warmer waters it will be a part of the great tribulation, affecting rising sea levels.

As we are now entering into the 10 days of Awe, there is an overwhelming feeling of reverence and admiration of God's presence.





These are days for repentance and to turn to Him more than ever before.

Jesus said as in the day of Noah, so shall it be the coming of the son of man. After enter-



ing into the ark, seven days later the floods came and carried them away. Jesus Christ is our ark and has been open to those who believe and trust upon his coming. Now that a 2000-year-old prophecy has now been fulfilled, know that God has brought us all the way to this point. Let us not turn back or be

dismayed or surprised in such manner.

"He who put his hand to the plow and looks back is not worthy." Luke 9:62



Remember Lot's wife. Noah had mockers and scoffers as did Christ. Remember Peter, who walked on water until his faith caved. Know that God would not allow the moon, sun, and stars to randomly align the way they were, but for the only purpose for us to have the opportunity to repent and to focus on His coming. So let your light shine before all to see and bring glory to our Father which is in heaven. September 29-30, 2017 is Yom Kippur, the Day of Atonement and the holiest of holy days of the year, where we are closest to God and the quintessence of our soul, for he will forgive and purify you.

Leviticus 16:30. Amen. Formulated by Dunndeal Publications

Under God's Control By David Wilkerson

In these last days, the Lord's eye is not fixed on world powers but on the church of Jesus Christ. God is not focused on the economy, on the rise of world religions, on the roaring of the heathen. According to Isaiah, the nations are to God "as a drop of a bucket" (Isaiah 40:15). They are all under His sovereign rule and reign. God knows all about terrorist threats, wars and rumors of wars. His Word warns that the heathen will rage, secular powers will try to outlaw Christianity, and fastgrowing, anti-Christ movements will boast

they'll rule the world and destroy Jesus' followers. The Bible says this about it all:

"The kings of the earth set themselves, and the rulers take counsel together, against the Lord, and against his anointed, saying, Let us break their bands asunder, and cast away their cords from us" (Psalm 2:2–3). In short, "Let's cast away all moral hindrances, all moral landmarks of the past."

Here is God's reaction to these earthly powers and demon-influenced men: "He that sitteth in the heavens shall laugh: the Lord shall have them in derision" (2:4). No matter how desperate things look, everything remains under God's full control.

I'm thankful for this word from the Psalms. More and more, we hear reports of secularism wiping out the evangelical church in Europe; of Islam being the fastest growing religion in the world; of homosexuals hijacking entire denominations; of Christ's church growing so weak it no longer has any impact on society. Yet God's Word declares, "On Christ the Rock God will build His church." "The gates of hell shall not

prevail against it" (Matthew 16:18). Nothing from the bowels of hell can hope to destroy Christ's church. His eye is always on His people, and through everything He warns Satan and his hordes, "Do not touch the apple of My eye."

"Behold, they shall surely gather together, but not by me: whosoever shall gather together against thee shall fall for thy sake" (Isaiah 54:15). Do you see what God is saying here? "The devil is going to come at you. Enemies out of hell will gather together against you. But Satan will not succeed."



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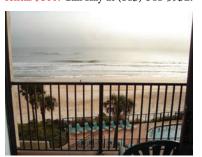
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DISCOVER Dunndeal Publications Service Directory Introducing Your Business by Direct-Mail, Business to Business Racks, and Online Distribution in all 6 Gazettes!

\$250 Single \$395 Double

Per Month 4 month minimum

Each month, Dunndeal Publications will choose a business from the Service Directory to SPOTLIGHT them with an editorial about products or services they have to offer the community!







Cultivating Nature Takes a Pro! Anne Childers, Staff Writer

Beautiful lawns, shrubs, and trees do not happen naturally—it takes a licensed, certified professional many consecutive hours to cultivate and maintain a lush landscape. Fortunately, Pete Spiridis, owner of AllPro Tree and Landscaping, Inc., is a local resource, and his expertise is only a phone call away. Pete is also a Certified Arborist with the training and skills to care for any and all trees right along with the usual landscaping.

Whether you need to maintain an existing landscape or create a few changes, Pete and his experienced team of professionals can provide everything from maintenance and service to a new landscape and installation. AllPro also offers designer landscape curbing, and estimates are provided free of charge.

AllPro Tree and Landscaping can remove old trees, grind stumps, and install new healthy trees and plants. You can even view a computer-generated proposal for your new landscape design. Trees and landscaping add value to your home. Only trust a Certified Arborist to care for your trees.

Call 813-244-9234 today for a tree inspection and trimming. Protect your investment and enjoy peace of mind with AllPro!





"I've been one of their longest-running advertisers for thirteen years and have been absolutely amazed with my experience. This paper has been the BIGGEST factor God has used for my success as a Personal Trainer and Weight Loss Expert.

Thanks to THIS paper, it's contributed to me successfully training over 4,500 women. Even though I got calls from day one, the thing I've been lately amazed with is how many loyal readers this paper has. I get calls from people that have been reading my articles for years and since they are now ready to get in better shape and better health, they call me because I've been the trusted source they've seen for so many years in THIS paper.

Even in tough times, I've never, nor will I ever, stop advertising in this paper. It's been a tool that has built my business to be one of the most successful Personal Training Studios around. Thank you, Dunndeal Publications! I wouldn't have done it without you!"

Ierna's Heating & Cooling Charlene Ierna

"Ierna's Heating & Cooling has had great results advertising in the Dunndeal Publications. These papers target all of our core areas and create a very strong presence within our key communities.

Month after month we are consistently positioned for great business opportunities. We receive many calls monthly generated from our Dunndeal advertisement."



Jerry of Lakefront Beach Cleaning says:

"I got a lot of calls from my ad, thank you for keeping me so busy!!!"



Protect Your Palms & Your Investment

Anne Childers, Staff Writer

Entrepreneur and business owner Chris Tillman has served the Tampa Bay area since 2005. His veteran-owned, locally operated business Just Palms specializes in the care of palm trees, small trees, and hedges.

Just Palms provides cleaning for all varieties of palms including Queens, Washingtonians, and Roebellinis.

Caring for a palm—any palm—requires a specialist! Regular tree services often charge extra for palms with less than satisfying results. Just Palms has received Angie's List and "A Rated Superior Service" award for several years.

Just Palms is licensed, insured, and offers free estimates and warranties. No one takes safety or attention to detail more seriously. The well-trained English-speaking crew takes your landscape from ordinary to extraordinary!

Check out additional information and photos at https://www.facebook.com/JustPalms and call 813-598-0755 to provide expert protection for your palms and your investment!



Just Palms Chris Tillman

As a longtime advertiser in Dunndeal Publications, I just wanted to say thanks for your years of service. I've met so many great readers over the years, many who use our services year after year. Advertising in your publications is probably the sole reason my Palm Trimming business has succeeded over the years. It's the only place I gladly pay for advertising year after year. Thanks Kay for all the great service over the years, and I'm looking forward to many more years of advertising with you!

TODAY

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Fax: 813-949-0891

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| John Pagan | (941) 780-9200 |
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| Dr. Michael J. Pease, DC | (813) 254-2500 |
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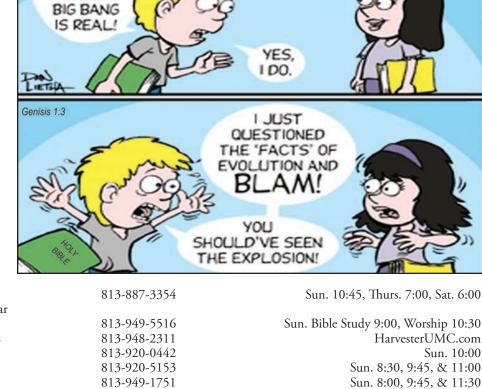
Is to effectively connect consumers with Christian product and service providers who strive to operate their business organization according to Biblical principles.

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Messiah Lutheran Church & Preschool

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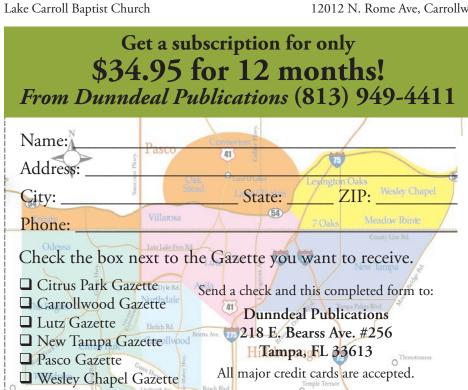
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7-11

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