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## Hannah Holliday, National Merit Scholarship Semi-Finalist

By Karen McBride



Hannah Holliday

Hannah Holliday of Bishop McLaughlin Catholic High School ("Bishop") is a semi-finalist of the National Merit Scholarship. She is the only student in the St. Petersburg Diocese to be named a semi-finalist. Hannah is planning to major in chemistry on a pre-med track while attending college next year.

The National Merit Scholarship program began in 1955. Students begin by taking the Preliminary SAT exam (PSAT). The students with the highest scores become semi-finalists in each state.

The finalist is then selected based on his/her academic record, information about the school's curricula and grading system, two sets of test scores, the high school official's written recommendation, information about

the student's activities and leadership, and the finalist's own essay.

Hannah has attended Bishop since her freshman year. The Catholic college-preparatory high school was established in 2003 and is a part of the Diocese of St. Petersburg. It is named after Charles Borromeo McLaughlin, the first Bishop of the Roman Catholic Diocese of St. Petersburg. Bishop's motto is:

"Bishop McLaughlin Catholic High School provides a Christ-centered education that nurtures the development of the whole person and prepares young men and women to meet successfully the challenges of our global society."

For more information on Bishop, go to <https://www.bmchs.com>.

## St. Timothy Women's Club Holiday Boutique

November 10, 2018, 9am to 3pm

St. Timothy Catholic Church, Lutz

17512 Lakeshore Rd, Lutz, FL 33558

Over 150 vendors of beautiful hand-crafted and fine quality items. We will also have a bake sale, plant sale, food, music, raffles and more!!! Come with your friends and family. FREE Parking & admission. Only outside vendor spaces still available, contact Kathy at [gutschk@hotmail.com](mailto:gutschk@hotmail.com) for more info on becoming a vendor.

## Wow! This Political Season!!



**Dr. Dianne Coffin**  
Co-Pastor, River of Life Church

This political season has certainly been one of the most robust, judgmental, proud, and strife-producing times that I can remember. I am sure the political rancor has gone on before, but doesn't it seem to be at a whole new level? Never before have I seen so many people with strong opinions that have been debated amongst each other to the point of dividing relationships. This is happening even among Christians!!

I love what Paul wrote to the Galatian churches when he observed outlandish behavior. He was calling them out for something else, but the principle is still here. He wrote, "O you foolish and thoughtless and superficial Galatians, who has bewitched you [that you would act like this]?" (Galatians 3:1 Amp).

Paul well knew that their change of behavior was a result of a spiritual battle. We are told in the scriptures that our battles are not with flesh and blood but with spiritual entities that stir up strife. The Bible goes on to say that this wisdom does not come from above but in fact is earthly, sensual, and demonic.

Certainly, if we can become divided, not only as a nation, but also in the church, this becomes a victory for the enemy. I am not speaking of political opponents. I am speaking of the results of striving and division that are produced in our conversations to get our opinions across.

No doubt this mid-term election will be important for many reasons, but has it become so important that families and relationships in and out of church become divided? I would say absolutely not!!

At the end of the day, while elections are important, our victory as a nation and personally in every area of life is not solely dependent

upon one candidate or another getting into office. If that was our thinking, then we are going to be terribly disappointed.

If our eyes are on the only one who can help our nation, the Lord Jesus Christ who was victorious in death, burial, and resurrection, then we will surely maintain hope. He is the answer for everything. He is the way for our salvation!!

If we all take responsibility to get our hearts right with God, begin living righteously, and become vessels of honor ready for the Master's use, then our prayers become effective and fervent!! God said, "If my people who are called by my name would humble themselves and pray, turn from their wicked ways and seek my face, then I would hear from heaven and forgive their sin and HEAL their land." (II Chron. 7:14). There was no mention of this happening ONLY if a certain man or woman is elected to office.

If you have been caught up in these striving battles, I want to encourage you. Ask yourself, "What does the Lord expect from me as a Christian in my life personally and in this nation?"

1. Recognize and own that all people have their right to their own opinions. I Peter 2:17 "Honor the brotherhood."

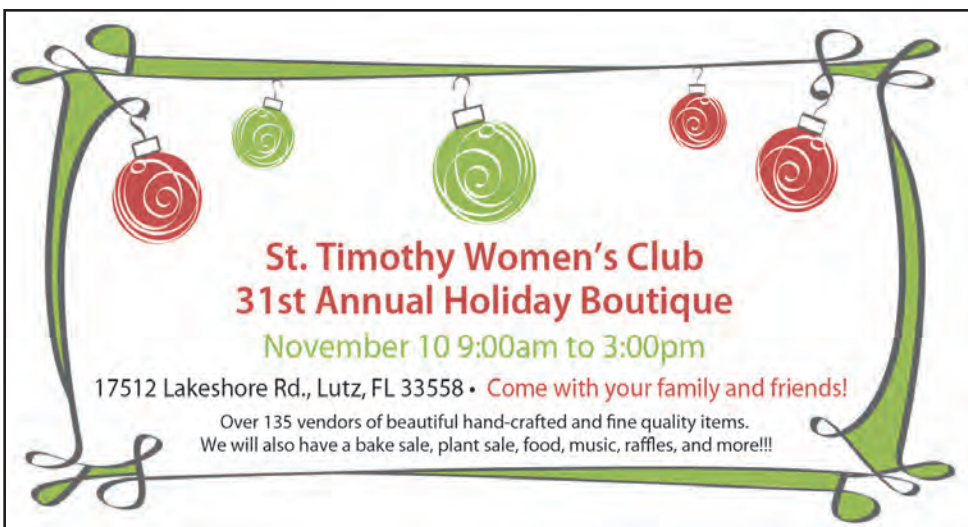
2. Avoid strife – Proverbs 20:3: "It is an honor for a man to keep away from strife (by handling situations with thoughtful foresight). But any fool will start a quarrel without regard for the consequences."

3. Recognize a striving atmosphere is not from God above. James 3:16: "Where there is strife, there is confusion and every evil work."

4. Forgive one another as Christ has forgiven you.

Matthew 6:15 Amp: "But if you do not forgive others, nurturing your hurt and anger with the result it interferes with your relationship with God, then your Father will not forgive your trespasses."

5. Vote!! As a Christian if you are somewhat divided in your heart about who to vote for, or maybe you have been loyal to one party all



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your life, ask yourself these questions. Could my party's platform have changed over the years and no longer lines up with God's desire and Word for our nation? How do I find out? I recommend you go to the Democrat Party's 2018 platform online and the Republican Party's platform. Compare the party's platform with the Word of God, and don't be overly concerned with the personality of the candidates, but instead on the platform upon which they stand. The Bible says in Psalms 33:12 "Blessed is the nation whose God is the Lord!"

6. Pray, asking for God's wisdom to be revealed to your heart. James 1:5: "If any of you is deficient in wisdom, let him ask of the giving God (who gives) to everyone liberally and ungrudgingly, without reproaching or fault-finding, and it will be given him."

7. Pray for God's will to be done that righteous men and women are placed in positions

of authority. The Bible clearly states that we do have a responsibility to pray for all those in authority. I Timothy 2:1-3 says, "First of all, I admonish and urge that petitions, prayers, intercessions, and thanksgivings be offered on behalf of all men. For all who are in positions of authority or high responsibility that (outwardly) we may pass a quiet and undisturbed life (and inwardly) a peaceable one in all godliness and reverence and seriousness in every way. For such praying is good and right and (it is) pleasing and acceptable to God our Savior." You will notice that in so doing, God said our nation can be blessed. Although a battle has ensued for God's will to be done in this season, always stand for righteousness and God's results will eventually be seen, personally and nationally.

Food for thought!  
410 E. Chapman Rd. in Lutz, FL 33549, (813) 949-9931, [www.roltampa.org](http://www.roltampa.org)

**"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." — Phillippians 4:6**

**Remember Our Veterans**







### Wisdom, Part 2

*Keith Chandler, Journey Christian Church*

I'd like for you to think about an area in your life that needs some attention.

Maybe it's an eating problem, or an anger problem. Maybe it's a pornography problem, or a gossip problem, or a spending problem. Can you think of something in your life that needs some attention?

Most of us, when we think about our problems, we want to make a list of behaviors that need changed (we focus on behavior modification). What do I need to do? What can I change right now that will bring about lasting change in my life?

Proverbs 4 says behavior modification isn't the key to affective application. Solomon says in Proverbs 4:23, **"Above all else, guard your heart, for everything you do flows from it."**

Solomon says, "Your actions are coming out of your heart."

You might think you have an anger problem (You've got a heart problem).

You might think you have a spending problem (You've got a heart problem).

You might think you have an eating problem, or a pornography problem, or a gossip problem (You've got a heart problem).

Solomon says it's about the heart.

In Hebrew culture, they saw the heart as the core of the person. Proverbs speaks of the heart more than 75 times because everything comes from it. **Proverbs 27:19: "As water reflects the face, so one's life reflects the heart."**

It's our heart that defines us.

It's our heart that determines what we do, what we say, and how we act.

Think of it this way. Imagine you've gone for a walk in the woods and you come upon a heavily polluted river. You see trash in the water and you start cleaning up the trash as quickly as you can.

You spend hours cleaning up and you can see you've made a difference. You decide, "I'm gonna come back every day until I get this cleaned up." But you come back the next day and there's just as much trash as before.

It turns out that this river runs right through the dump.

Until you address the source of the problem, you're not making any progress. Solomon says this is what the heart is for us. Sometimes trash shows up in our life and we don't know where it came from.

Solomon says it's flowing from your heart. Because that's true. Solomon says, **"Above all else, guard your heart."** Proverbs 4:23. Make this your greatest priority. Be proactive.

Fort Knox is one of the most guarded areas in the world. Why? It's because what's inside is that valuable. Solomon gives us some specific things we can do to guard your hearts.

**Proverbs 4:20: "My son, pay attention, turn your ears to my words. Do not let them out of your sight, keep them within your heart."**

Throughout the book of Proverbs, Solomon says, "listen". Why? Because your ears are a pathway to your heart. What you hear (good or bad) comes into your heart and eventually flows out of your life.

Another gateway are our eyes. **"Let your eyes look straight ahead; fix your gaze directly before you."** Proverbs 4:25.

Why? Because what we see has a direct line to our heart. We remember 11% of what we hear and 80% of what we see. So protect your ears and eyes. There's a cumulative effect. It's like going to the doctor and you've gained 20 pounds since your last visit.

How did that happen? It wasn't that one-time buffet; but something happened.

You changed something about your diet (your intake changed). It happened slowly, but it's been building up.

There's a law in psychology called the Law of Exposure, which says "Our minds absorb and reflect whatever we're most exposed to." What we allow into our ears and eyes makes its way into our hearts.

If our hearts are so valuable, doesn't it make sense to make sure they're guarded?

How do we guard our hearts?

**1. Accountability.** You need someone in your life you're accountable to. Someone that knows what's going on in your heart.

**2. Pray and Meditate on God's word.**

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**Remember Our Veterans**

## The Great Florida Outdoors

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

Depending on the size, shape, and composition, what are these called?



1. Bracket fungi
  2. Shelf fungi
  3. Woody shelves
  4. Conks
  5. All of the above
- Answer = 5. All of the above

**What is Shelf Fungi?**

These fungi make shelves or brackets to produce spores above the ground. They are known as polypores (many pores) because the spore-producing cells line pores. The pores make them different than many mushrooms. They also differ in not having a stem or only a short lateral stem. The boletes are the only mushrooms having pores instead of gills. The boletes have central stems and a fleshy texture.

Shelf fungi are woody, leathery, or fleshy. If fleshy, they do not have a central stem. Their pores range in size from tiny to large and are the same size within a species. Basidia, spore-producing cells, line the walls of the pores. The spores have to drop down the pore into the air without sticking to the sides. The pores, as a result, are perfectly vertical. Occasionally, a shelf will continue to grow after a tree leans or falls.

The new pores will be vertical, but at an angle to the old pores. Woody shelves that resemble horse's hoofs are called "conks". The confusion caused by all of these names is the reason scientists use scientific names. A scientific name is only used once for one species.

**Woody Shelves**

Woody shelves may be several years old. They add a new layer of spore tissue every growing season. The old layer is covered by the new one. These layers look like growth rings in a tree. One author reported counting 37 rings. Ten layers may mean the shelf is 10 years-old if there is only one growing season (spring). If there are two growing seasons per year (spring and fall), it may only be 5 years-old.

One of the largest shelves weighs 300 pounds. Unfortunately, it isn't known how many growth layers it contains. Woody shelves are a micro (small) habitat. They provide a unique place for animals to live. Spiders, mites, and insects live in large shelves. A few of the insects are specialized and only found in shelf fungi. Some beetles are very slim so they can fit inside a pore. They hide in a pore and eat spores. There are enough insects and other animals that a food web is created. The spiders and some insects are predators that feed on other insects. Their prey includes fly larvae and small insects.

Woody shelves are impossible to break with your hands and difficult to cut. This toughness results from the kinds of hyphae (filaments) that are used to construct the shelf. Easily crushed mushrooms are made of thin-walled hyphae. Some of the hyphae in woody shelves are thick-walled and the hyphae are interwoven making them tougher.

They resist tearing or splitting because there are no planes to split along in the tissue.

Artists use shelf fungi to make etchings and beads. The pore surface of the Artist's Conk, Ganoderma applanatum, changes color when bruised. A nail produces broad lines and sharp needles produce very fine lines. An intricate etching takes great patience and time. Beads are made by carving large shelves much like you would a block of wood.

Shelf fungi are used as herbal medicines. A bag on the body of the 5,300 year-old Ice Man mummy contained pieces of Piptoporus betulinus. This shelf fungus when eaten causes diarrhea. He probably carried it to control a whipworm infection in his colon. The reishi or Ling Chi shelf fungus, Ganoderma lucidum, is a traditional Asian medicine.

Tree bracket fungus is often referred to as shelf fungus because of the way it sticks out from the infected tree. They are called polypores. Instead of having spore producing gills, they have many pores lined with spore producing cells called basidia. These basidia form woody tubes through which the spores are released into the air.

A new layer of spore tissue is added each season on top of the old; and as time passes, these layers grow into the large and familiar bracket. The rings can give clues to the age of the growth because each ring represents one growing season, but before that can be determined, one needs to know if there is only one growing season per year in the spring or two seasons, one in spring and one in fall. Depending on the number of seasons, a tree bracket fungus with twenty rings may be twenty years old or only ten.

There have been reports of shelves with forty rings and weights up to three hundred pounds. As long as the host plant survives, the shelf will continue to grow, so the simplest answer to how long does bracket fungus live is — as long as the tree it infects.

Tree bracket fungus is a disease of the tree's heartwood. As stated before, the shelves are the fruiting bodies and by the time they appear, there is usually a significant amount of interior damage. The fungi that cause bracket fungus — and there are many — attack the hardwood interior, and therefore, the structural integrity of the tree and are the cause of white or brown rot. If the rot occurs in a branch, it will weaken and eventually drop. If the disease attacks the trunk, the tree can fall. In older trees with massive trunks, this decay can take years.

<https://www.first-nature.com/fungi/-brackets.php> or <https://herbarium.usu.edu/fun-with-fungi/shelf-fungi>

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## Biblical Finances: Wise Decision Making



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1 Peter 5:7

I can't think of a more practical subject that the one that helps answer, "How do I make the best decisions?" I talk to people on a daily basis about major, life-changing, situations: retirement and all of the questions that come along with it. What? When? Why? Who? What will life be like in the future? How do I figure out the two major federal programs, Social Security and working through the Medicare maze?

In my Kingdom Advisor material is a whole chapter dealing with decision making. I will simplify the outline here. If you would like the entire chapter, it is available through our main office. It is helpful! Awesome! Revealing!

### The Typical Decision Making Situation

1. Confusion
2. Conflict
3. Competing Objectives
4. Limited resources with many demands
5. Time Restraints

### Barriers to Decision Making—Always

1. Lack of Time
2. Buried Raw Data
3. Poor Process
4. Lack of Skills
5. Answering the Wrong Questions
6. Is your decision in God's name?

"Woe to the rebellious children," declares the Lord, "who execute a plan, but not Mine, and make an alliance, but not of My Spirit." (Isaiah 30:1)

7. Five Emotional Traps
  - a. Fly by the seat of your pants
  - b. Underestimate the influence of personalities—yours!
  - c. Moving too fast—jumping to conclusions
  - d. Overconfidence
  - e. Group-thinking

### 10 Steps to Wise Decisions

1. Prayer (James 1:5-6)  
"Lord, what would you have me do?"
2. Define your Decisions  
"What's the question?"
3. Clarify your objectives  
"What are the decision criteria?"
4. Prioritize your objectives  
"What are the non-negotiables?"  
"What are the trade-offs?"
5. Identify your alternatives.
6. Evaluate your alternatives  
"What are the facts?"
7. Make preliminary decisions.
8. Assess the risk  
"What could go wrong here?"
9. Make the final decisions.
10. Test the decisions with your spouse or friends, primarily God's Word.

As your Stewardship Assistant, I work very hard in guiding you to your best end result and have been doing so for 35 years now.

Caring for you and yours,  
Jim



**Samantha Taylor**  
*Samantha Taylor Fitness*

The average American gains 7 to 10 lbs. during the holidays. Is that going to be you? If you say, "No way," I encourage you to have a plan, because many people that gained it didn't think that was going to happen but it did.

It's important to have a plan to enjoy the holidays but NOT gain weight. Thanksgiving and Christmas are about enjoying time with family and being thankful and celebrating our relationship with God. Sure, food is involved, but in order to not gain that dreaded 10 lbs. only to have to add it to our New Year's goals to lose it, it helps to go into it with a different mindset.

Enjoy yourself, but make sure when you go into an event where there is food that you are focused and activating your God-given self-control. I used to feel like I had NO self-control. If I saw a food I wanted, I felt like I had to eat it. I could NOT stop myself.

The ironic thing is, the more you surrender and pray about it, the more you can activate more self-control and the stronger you get. Part of that self-control is giving it over to God too and asking for His help.

I used to be a major food addict, compulsive eater, and would eat emotionally, which led to lots of issues with food. But when I learned how to pray about it and seek help from the Bible, it really helped me. And because of applying this 17 years ago, I overcame my overeating issues. Now food is just food. I still love eating, but poor choices don't control

## Are You Gaining 10 More Pounds?

me anymore, and that is a big difference!

I had felt convicted that I was sinning by struggling with gluttony (overeating) and idolatry of food. I knew that I was not honoring my body as God's temple (1 Corinthians 6:18) and that I was abusing the gift He gave me to be a manager over.

I found the more I prayed, read scriptures that really spoke to me in those tough times and I really thought about what I was doing before I ate it, I got stronger and I was able to see self-control in effect.

It has to do with renewing the mind (Ephesians 4:23) and choosing to make better choices so that you are breathing life into your body instead of consistently eating things you regret after you are done eating it. Sure it tastes good while you are eating it, but I am talking about after that has worn off, then what are you left with?

So how about this season, you try something different? Make a decision that you refuse to gain weight over these next two months although you will still enjoy yourself. The biggest things most struggle with during this time is the extra sugar, all the extra starchy carbs, and lack of exercise.

So if you will pay attention to these three areas and add prayer into the mix for strength and direction, you will find yourself activating your God given self-control more than you ever have! And if you are ready for help, you can see the options we have at [www.SamanthaTaylorFitness.com](http://www.SamanthaTaylorFitness.com).

I also have some AMAZING Thanksgiving recipes including chocolate pecan pie, stuffing, and much more, but the healthy way! You and your family will be SHOCKED at how good these recipes taste!

[www.SamanthaTaylorFitness.com/thanksgivingrecipes](http://www.SamanthaTaylorFitness.com/thanksgivingrecipes)

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It was our honor to support and participate in the Hillsborough County Veterans Helping Veterans Golf Tournament! This program serves as a local advocate for our U.S. Veterans who are hungry and displaced.  
[www.hcveteranshelpingveterans.org](http://www.hcveteranshelpingveterans.org)

We also had the privilege to partner and support The City of Temple Terrace Police Department in their fight against neighborhood crime. This family event featured displays, activities, games, an Aero-Med helicopter landing, K-9 unit, SWAT Team, pizza, ice cream, giveaways and more!

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## Pediatric Place of Tampa Now Offering Urgent Care Hours

By Karen McBride

Dr. Michele Johnson-Towson, Pediatric Place of Tampa, is a board-certified pediatrician with 27 years of experience in caring for children ages newborn to 21 years old. She wants to remind parents the 2018-2019 school year starts early in Hillsborough County.

Students will head back to school August 10, 2018. Be sure to call Pediatric Place of Tampa now to schedule school and sports physicals. Once school starts, the cold and flu season is not far behind since kids share germs right along with academics and sports. The doctor is also encouraging patients to schedule for flu shots starting in September. The flu shot which contains coverage against the influenza A&B strains is available in proper doses for ages 6 months and up.

It is important to be up to date, and hearing and vision tested so students are totally ready for a new year of learning and healthy playing.

Same-week appointments are available for school physicals at Pediatric Place of Tampa, and

the practice accepts all insurances as well as self-pay patients. New patients are always welcome!

Dr. Johnson-Towson and her staff are dedicated to keeping patients both healthy and educated on changes in children's health care. Pediatric Place of Tampa offers Urgent Care hours to accommodate sick children after work, school, and/or daycare. Urgent Care hours are available Monday – Friday, and Saturdays 8:00am until noon.

Pediatric Place of Tampa is conveniently located at 1338 W. Fletcher Avenue in Tampa. The cheerful, kid-friendly office is on the bus line too. Call today at 813-264-2288 and schedule for school physicals, checkups, and flu shots.



## Bach to Rock Opens Newest School

Community-wide Grand Opening Party is November 10, 2018  
Local Music and Radio Executive Headlines as the School's Owner

Bach to Rock (B2R), America's music school for students of all ages, proudly announces the opening of its newest school in Tampa, Florida. The community is invited to the free grand opening event on Saturday, November 10, 2018 from 10am – 2pm at 17463 N. Dale Mabry Highway, Lutz, Florida, 33548 in the Van Dyke Commons shopping plaza. Attendees are invited to tour the

school, which pays tribute to Florida bands and musicians, take a free music lesson, enter prize drawings and giveaways, and enjoy live performances.

A wide assortment of music memorabilia will adorn the school's hallways and walls, including references to Matchbox 20, NSync, Tom Petty and Lynyrd Skynyrd, who each debuted in Florida.



## Senior Resources Retirement Presentation

Retirement can be a time to reinvent ourselves and find another purpose in life. Senior Information Resources presents "Finding Your Purpose in Retirement". Representatives from local organizations will discuss their mission, volunteer opportunities, and how to help others within our community

on Wednesday, November 14th, 2-4pm at Jimmie B. Keel Regional Library, 2902 W Bearss Ave. Tampa. Event is free. Seating is limited. RSVP to [brenda@SeniorInformationResources.org](mailto:brenda@SeniorInformationResources.org) or call 813 949 0752. Donations of toiletry items or small holiday gifts for seniors without families are welcomed.



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**COMMUNITY PET NEWS**

**Mark Twilla DVM**  
Sunshine Animal Hospital

**Holiday Dangers for Pets**

The holiday season is fast approaching. It is important to be aware of some common pet dangers during this wonderful time of the year. Unhealthy treats, toxic plants, and dangerous decorations top the list.

**Holiday Food Dangers**

**Chocolate:** Chocolate (of any type) can be toxic and sometimes deadly to dogs

**Xylitol:** Xylitol is an artificial sweetener found in many sugar-free baked goods. It can cause hypoglycemia and your pet's blood pressure to drop to dangerous low levels.

**Turkey Bones:** Ingested turkey bones can splinter and puncture internal organs.

**Toxic Plants**

**Mistletoe & Holly:** Holly, when ingested, can cause pets to suffer nausea, vomiting, and diarrhea. Mistletoe can cause gastrointestinal upset and cardiovascular problems. If you have a real Christmas tree, be sure that your pet cannot drink the tree water, as it contains large amounts of bacteria. Poinsettias are toxic.

**Decorations**

Make sure your tree is securely fastened so your pet cannot pull it down. Electrical cords should be turned off and unplugged. Avoid tinsel and stringing popcorn as they can cause intestinal obstructions.

For more information or to make an appointment for your pet, Please call us at Sunshine Animal Hospital **813-885-7071**





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With your guidance and patience, you taught me the skills to become a safe driver. I also appreciate you helping me to overcome my nervousness and for giving me the confidence to drive.

Your lessons were always very informative, well-structured, and I enjoyed our laughs. I already have and will continue to recommend you to anyone who is interested in learning how to drive. Thank you again for everything!


Maggie McGuane





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### One More Child Backpack Program



One More Child is excited to be meeting the needs of children who are often hungry on the weekends by providing backpacks full of nutritious food for them and their families through its Backpack Program in local schools. One More Child currently provides thousands of meals for children in locations



such as Sleigh Middle School, and we need the help of churches, individuals, and businesses to expand! Please visit [OneMoreChild.org](http://OneMoreChild.org) to find out how you can help children and families be happier and healthier on the weekends through your support.

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### Developing An Attitude of Gratitude Can Help You Live a Longer, Happier Life

*Continued from Page 1*

As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or God. People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude).

Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further."

One way to harness the positive power of gratitude is to keep a gratitude journal or list, where you actively write down exactly what you're grateful for each day. In one study, people who kept a gratitude journal reported exercising more, and they had fewer visits to the doctor compared to those who focused on sources of aggravation.

**Ways to Cultivate Gratitude**

Cultivating a sense of gratitude will help you refocus your attention toward what's good and right in your life rather than dwelling on the negatives and all the things you may feel are lacking.

And, like a muscle, this mental state can be strengthened with practice. Besides keeping a daily gratitude journal, other ways to cultivate a sense of gratitude include:

- **Write thank you notes:** Whether in response to a gift or kind act, or simply as a show of gratitude for someone being in your life, getting into the habit of writing thank you letters can help you express gratitude in addition to simply feeling it inside.
- **Count your blessings:** Once a week, reflect on events for which you are grateful and write them down. As you do, feel the sensa-

tions of happiness and thankfulness you felt at the time it happened, going over it again in your mind.

- **Pray:** Expressing thanks to God during your prayers is an important way to cultivate gratitude. Oftentimes we find ourselves asking God to meet our needs and wants, but forget to thank Him for all He provides for us every day. From our family, to our jobs, to our health, and to the beautiful sun, moon, and stars. Sometimes it's the little things we tend to take for granted.

**Cultivating an Attitude of Gratitude as Part of a Healthy Lifestyle**

Starting each day by thinking of all the things you have to be thankful for is one way to put your mind on the right track. Also, remember that your future depends largely on the thoughts you think today. So each moment of every day is an opportunity to turn your thinking around, thereby helping or hindering your ability to think and feel more positively in the very next moment.

Most experts agree that there are no shortcuts to happiness. Even generally happy people do not experience joy 24 hours a day. But a happy person can have a bad day and still find pleasure in the small things in life.

Be thankful for what you have. When life gives you a 100 reasons to cry, remember the 1,000 reasons you have to smile. Face your past without regret, prepare for the future without fear, focus on what's good right now, in the present moment, and practice gratitude. Remember to say "thank you"—to yourself, God, and others. It's wonderful to see a person smile, and even more wonderful knowing that you are the reason behind it! And with that, I wish you all a Happy and Healthy Thanksgiving!

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**Winner for the Face Sculpting: Amber Chadwell**

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### Chocolate Pecan Pie/Bars Thanksgiving: The Healthy Version!



*by Samantha Taylor Fitness*

[www.samanthataylorfitness.com/thanksgivingrecipes](http://www.samanthataylorfitness.com/thanksgivingrecipes)

**Chocolate Pecan Pie Bars or Pie (low carb and gluten-free but delicious!)**

Yield: 16 bars • Serving Size: 1 bar Everybody loves pecan pie on Thanksgiving. Here is a low carb, gluten-free version of chocolate pecan pie bars. You don't have to get off track during the holidays! You can make this into a pie as well.

<b>Ingredients</b>	<b>Crust:</b>	<b>Filling:</b>
Caramel Sauce:	• 1 ¼ cups almond flour	• 2 eggs
• ¾ cup Swerve Sweetener	• ¼ cup butter, chilled and cut into small pieces	• 2 tbsp melted butter
• ¼ cup xylitol	• ¼ cup Swerve Sweetener	• 1 tbsp unsulphered molasses
• ½ cup water	• ½ tsp xanthan gum	• ½ tsp salt
• ½ cup heavy cream	• ¼ tsp salt	• 2 oz 85 or 90% cacao chocolate, chopped
• 1 tbsp butter	• ¼ tsp liquid stevia extract	• 1 cup pecans, lightly toasted
• 2 tbsp vegetable glycerin		
• ½ tsp vanilla extract		
• ¼ tsp xanthan gum		

**Instructions**

1. For the caramel sauce, combine Swerve, xylitol and water in a large saucepan over medium heat.
2. Stir until sweeteners dissolve and then allow to come to a boil. Boil until mixture darkens somewhat, about 9 to 11 minutes.
3. Remove from heat and add cream and butter. Mixture may bubble vigorously. Stir in vegetable glycerin and vanilla extract and then quickly whisk in xanthan gum.
4. Let mixture cool to lukewarm, about 20 to 30 minutes.
5. While caramel is cooling, prepare the crust. Preheat the oven to 350F.
6. Combine almond flour, butter, erythritol, xanthan gum, salt and stevia in a food processor. Pulse until mixture resembles fine crumbs.
7. Press mixture evenly into the bottom of an 8-inch square pan and bake 12 minutes. Remove and set aside.
8. Reduce oven temperature to 325F.
9. Whisk eggs, melted butter, molasses and salt into cooled caramel sauce.
10. Sprinkle crust with chopped chocolate and toasted pecans. Pour filling over and bake about 20 minutes, until set and slightly puffed.

**Notes**

Serves 16. Each serving has 8 g of carbs and 2 g of fiber. Total NET CARBS = 6 g. 207 Calories; 19g Fat (82.4% calories from fat); 3g Protein; 8g Carbohydrate; 2g Dietary Fiber; 50mg Cholesterol; 163mg Sodium.

Recipe from: <http://alldayidreamaboutfood.com/2013/11/chocolate-pecan-pie-bars-and-a-thanksgiving-potluck-for-feeding-america.html>





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## Nautilus Soap Company

*By Samantha Yates, Staff Writer*

Melissa Brown, the creator of Nautilus Soap Company, wants to help people understand what real soap is, the ingredients used, and that commercial soap is not always real soap. This soap company's mission is "Passionate creation and promotion of healthier choices in bath and body products, and serving our community through donations to local charities."

Ten percent of sales are donated to local charities which are disclosed monthly on the website and on their Facebook page. She provides the name of the charity and a brief description of who they are and what they do. Nautilus routinely offers a 10% discount on a purchase of 3 or more items. This month, Gazette readers are being offered a special online discount with the use of a promo code (see ad).

Nautilus Soap products go beyond just detergent and preservative-free handcrafted soap, shampoo, and conditioner bars. The website, nautilussoap.com, features other necessities such as shower steamers, shaving bars, wax melts, linen and room sprays as well as bathing accessories like natural sponges, loofahs, and shaving brushes.

For more convenience, check out their single, 3, 6, or 12-month subscription boxes featuring related scent or themed items, sometimes specialty, each month. Don't want to guess online about ordering a fragrance? Or do you need a gift for someone and don't really know what to do? Give Melissa a call or email, and she will be glad to have you over to her workshop located behind her home in Lutz. She can help you put together a lovely gift for everyone on your list!

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## Cornerstone Pros-Air Conditioning, Plumbing, and Electrical

*By Karen McBride*

Cornerstone Pros provides air conditioning, plumbing, and electrical services to its clients in the Tampa Bay area. Customers enjoy the convenience of a one-stop shop for all of their repair and equipment needs. Peace of mind comes with knowing the family-owned company has been in the area since 2006 and the skilled technicians are not only certified in their area of expertise, but also background checked.

Client satisfaction is a priority at Cornerstone. The technicians take the time to answer any questions the client may have, without all of the technical jargon, so that the client has a clear understanding of what needs to be fixed. The highly qualified technicians take pride in their workmanship.

For the last 7 years, Cornerstone has scored the highest ratings on Angie's List Super Service Award (only the top 5% of companies receive this award), and A+ rating with the Better Business Bureau, received the Brighthouse Business Award, and received the Central Pasco Chamber of Commerce Large Business of the Year Award for 2016.

Most recently, Cornerstone was presented with the "Heart of Pasco" award by the Community Affairs Committee of the Central Pasco Chamber of Commerce. It is given to a business that exemplifies the Chamber mission for business advancement, economic growth, and job creation.

In addition to providing high quality residential services, Cornerstone offers a full line of commercial services, including: heating/air conditioning/plumbing repair and installation; drain cleaning; ultraviolet light and HEPA filtration, duct cleaning and replacement, commercial refrigeration equipment installation and repair, 24 hour emergency repair, and more.

Cornerstone is a company that businesses and property managers can depend on for all of their repair needs. Property managers have the responsibility to not only maintain the property, but to keep their tenants happy and comfortable. This can be



an overwhelming task, but with Cornerstone's help, it can be easily accomplished.

Cornerstone will work within the property manager's budget for all of their maintenance needs including: AC and heating installation, repairs and service, indoor air quality expertise, humidity management, duct cleaning and replacement, and plumbing installation repairs and service.

In addition to reducing the manager's stress from equipment failure and downtime, Cornerstone can take it a step further and actually save the property manager money, with lower operating costs, fewer unexpected repairs, responsive service, and competitive pricing.

Cornerstone uses only quality products and offers financing for its affordable equipment. Repair and replacement work is covered under warranty.

Cornerstone is located at 4946 Land O' Lakes Boulevard, Land O' Lakes, FL 34639. To schedule an appointment, call 813-990-0155 or visit their website for more information at <https://cornerstonepros.com>.

Emergency services are available.



Kay's List of Preferred Christian Businesses

Business	Contact	Phone
Aflac – Supplemental Health Insurance	Louise Richardson	(813) 965-1697
Christian Bros. Automotive Land O’ Lakes	Larry Giannone	(813) 949-0100
Cornerstone A/C, Plumbing & Electrical	Ellen Castellani	(813) 343-0804
Coverage by Dave—Health Insurance	David Taylor	(813) 391-3448
Neil’s Yard Remedies Organic Skin Care	Charlene McKee	(813) 973-5860
Oasis Pregnancy Care Centers	April Beck	(813) 406-4965
Realtor-Charles Ruttenberg	Judy Nicolosi	(813) 600-9848
Steve Hopper International	Steve Hopper	(813) 918-8609
The Willis Agency—Medicare	Jim Willis	(813) 948-9109
Wells Fargo Advisors, Inc.	David Cravatta	(727) 815-3032

### OUR MISSION

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

First Baptist Church of Hudson	7009 Hudson Ave., Hudson
Myrtle Lake Baptist Church	2017 Riegler Rd., Land O’ Lakes
Harvester United Methodist Church	2432 Collier Parkway, Land O’ Lakes
Journey Christian Church	7708 Van Dyke Rd, Odessa
Keystone United Methodist	16301 Race Track Road, Odessa
First United Methodist Church of Lutz	960 W. Lutz Lake Fern Rd., Lutz
Calvary Chapel Tampa	17538 Livingston Ave., Lutz
Christ Cumberland Presbyterian Church	19501 Holly Lane, Lutz
Grace Family Church	5101 Van Dyke Rd., Lutz
First Baptist Church Lutz	18116 US Hwy. 41, Lutz
Keystone Community Church	21010 State Road 54, Lutz
Keystone Bible Church	10925 Tarpon Springs Rd., Odessa
River of Life Church,	410 Chapman Rd. E., Lutz
Holy Trinity Lutheran Church	20735 Leonard Rd., Lutz
Bay Hope Church	17030 Lakeshore Rd., Lutz
All Saints Lutheran Church	5315 Van Dyke Rd., Lutz
St. Timothy’s Catholic Church	17512 Lakeshore Rd., Lutz
Carrollwood Baptist Church	5395 Ehrlich Rd., Carrollwood
Grace Lutheran Church	3714 E. Linebaugh Ave., Carrollwood
Northwest Community Church	14913 Hutchinson Rd., Carrollwood
Messiah Lutheran Church & Preschool	14920 Hutchinson Rd., Carrollwood
Lake Carroll Baptist Church	12012 N. Rome Ave, Carrollwood

## Samantha Taylor Fitness

### Samantha Taylor

When my personal training career started in this area over 17 years ago, Mark Dunn called me and asked if I wanted to be a part of it. I was new in business here but knew I had to get my name out there, so this was the first media outlet I had ever advertised in. As people started to hear about what I offered, through THIS paper, my name started to get out in the community, and in a few years I became the #1 producing personal trainer in the large gym I was in, out of 2,000 trainers!

When it was time to go out on my own, God used THIS paper to give me the confidence that I could find clients outside of that gym. I knew I must, because I wanted to create an environment for women that didn't want to be in a gym. That wanted a safe place they could work out and not feel judged. I also enjoy catering to Christian women who liked that our studio cared about that.

Now we have trained over 6,000 people, have 17 trainers, won the Small Business of the Year Award by the Chamber, give free seminars to the community, and started a meal prep service delivered to your home. We opened our 5th location in Palm Harbor, and we just moved our Wesley Chapel location into a new building that we own. We also have Land O Lakes, Carrollwood, Westchase, and more to come!

I thank God for bringing this paper into my life, and I am SO grateful, for they helped give me the original confidence that I could build this business, and look what its turned into and the amount of people we serve! The owners, Mark and Kay, are some the nicest, most genuine people you'll ever meet and I appreciate how they honor Jesus Christ in this paper. It's such a blessing to partner with them, and I'm happy to know that I am the longest advertiser in the last 17 years!

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813-909-9789	Sun. 10:30
	Sat. 5:00 & 7:00, Sun. 9:30 & 11:30
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## Royal Pets Market & Resort

By Karen McBride



The holidays are quickly approaching, and you want to make sure your pet is picture perfect! Make your appointment at Royal Pets Market & Resort ("the resort") today. The resort offers complete spa and veterinary services to meet all of your pet's needs.

Treat your pet to a number of spa services including:

- Bath and hair styling
- Cucumber facial scrub
- Crème rinse conditioner
- Ear cleaning
- Nails trimmed & ground for a smooth finish

For some extra pampering, you can include medicated baths or moisture therapy wraps. If you are going out of town during the holidays, make sure your pet is current with their vaccinations before your trip. The resort offers a complete plan for maintaining your pet's good health, from dental visits to vaccinations.

When you cannot take your pet on your vacation, you can feel confident your pet will be well cared for by the attentive staff. The resort offers clean, comfortable suites for your pet that include cozy beds with flat screen TV's. A concierge is on-site 24 hours per day to ensure

the safety and comfort of its overnight guests.

Mark your calendars and stop in for an All Weekend Sales Event, November 23 – 25, 2018. Daily specials include gift bags given to the first 100 customers on Saturday and free Santa Pet Portraits with any purchase on Sunday from 11am – 2pm.

The resort has four convenient locations in Apopka, Carrollwood, St. Petersburg, and Palm Harbor.

For more information about additional services offered at the resort, including doggie day care, go to [www.royalpetsmarket.com](http://www.royalpetsmarket.com).

## Remembering Mighty Mouse: A Tribute to Royal Pets and Lap of Love

Written by Samantha Yates



brother, Underdog; they were always together.

Mighty Mouse was a happy pup that loved traveling. One of their favorite memories is of camping in a pop-up on Flagler Beach where Mighty Mouse discovered he didn't like the water. Mark and Kay fell most in love with him during all the care he required nearing the end of his life. "He was like a little old man, yet a baby," they said. He loved to be held. "When he got to be an old man, you had to hold him, hand-feed him and help him drink."

Mark would quench him from a baby bottle while he held him in his chair.

He followed Kay everywhere. The thing she misses the most is not being tailed anymore. "I miss him, but I do believe in doggy heaven," she says. Through this experience, they learned more compassion and love and they want to share their veterinary experience to show that places as great as the following exist.

Royal Pets is a pet store in Northdale, but it is so much more, especially to this family. They also offer boarding, veterinary, and grooming services.

When Mighty Mouse passed, they sent a

card signed by everyone and every time Mighty Mouse came in, everyone remembered him and greeted him, starting at the front desk.

The best part of Royal Pets, to Kay, is that they ooze compassion and love for her pets. Underdog loves to go there, too. Doctor Nobuki is highly praised by this family. He always recommended the best route, never over-medicated and never suggested it was the end for Mighty Mouse like other vets did. He treated these animals like his own and his main focus was on making Mighty Mouse comfortable.

Mark and Kay knew it was the end during a painful night for Mighty Mouse. At 3am his body was shaking and all they could do was hold him. They didn't want to take him somewhere else to pass and Kay remembered seeing a Lap of Love sign. They called at 10am the same morning, and a vet with 30 years of experience was there by 1pm that same day. They gave Mighty Mouse two shots, and he took it so easily he didn't twitch even once. It was such a peaceful and quiet experience for this family. Mark and Kay were given a clay paw print to remember him by.

### Pawprints Left by You

by Teri Harrison

You no longer greet me as I walk through the door. You're not there to make me smile, to make me laugh anymore. Life seems quiet without you;

You were far more than a pet. You were a family member, a friend, a loving soul I'll never forget. It will take time to heal, for the silence to go away.

I still listen for you and miss you every day. You were such a great companion, constant, loyal and true. My heart will always wear the pawprints left by you.

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(813) 727-302-8131



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