





## Being Thankful

By Samantha Taylor, Samantha Taylor Fitness

This is a good month to take a moment and reflect on what we are truly grateful for. I know this has been an unbelievable year that has just left our heads spinning sometimes wondering what is going on. It became a regular thing that every time you turned around, something else was happening and people just threw up their hands and said, “Well, it’s 2020!”

But if we stop and think about the things that we are grateful and thankful for that even in the midst of trials and heartache, we can focus on the good that is still happening around us or to us.

Sometimes you have to force yourself to look for it when things seem so difficult, but I encourage you to take this month of November and really try to get your mind focused on what good you can see and what good things are happening. I encourage you even now to stop and think about three things that you are really grateful for.

I know everyone will come up with different things, but one thing most of us don’t think about as being grateful for is having our next breath—that is a gift. Being thankful for even having a heartbeat, that in itself is a gift. Life is so delicate and one moment can change to the next, drastically. We just lost a very dear friend and trainer to breast cancer and it’s been such a loss for our fitness family because she is such a dear soul that will be unbelievably missed. I am truly grateful to have been able to know her for five years.

Any women reading this, please make sure you get a mammogram for a screening for possible breast cancer. Catch it now in case something needs to be caught because many times, it’s treatable if it’s caught early enough. There are some places that will do them for only \$50, even if you don’t have insurance.

Being thankful for your health, whatever level of health you have is another one to think about. I encourage you to still think about how you can take care of your health and fitness even the rest of this year. Don’t wait till January to start trying to change your life, starting now makes a difference.

So just remind yourself as each day passes the things that you are grateful and thankful for. One of the biggest things in this life I am grateful for is my relationship with God. That has been such a huge factor in comfort, hope and peace in such difficult times. This time of year is the time that many will seek out God.

There are so many people going through some tough times, perhaps invite someone to church. You never know, it may totally impact their lives. My husband and I’s lives were changed forever because someone invited us to church.

I am SO grateful for our amazing team and our wonderful clients who get healthy and fit with us. We all encourage you to take action on your health and make sure you are the healthiest you can possibly be, especially in these times.

I am also thankful for you who read this great paper. I have been in this paper now for over 20 years and it’s been a great blessing in a way to reach out to our communities to inspire you to be healthy and fit. Let’s finish 2020 strong, together!

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

## Every Life Matters

## 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.

Ingredients	Crust:	Filling:
Caramel Sauce:	• 1 ¼ cups almond flour	• 2 eggs
• 3/4 cup Swerve Sweetener	• 1/4 cup butter, chilled and cut into small pieces	• 2 tbsp melted butter
• 1/4 cup xylitol	• 1/4 cup Swerve Sweetener	• 1 tbsp unsulphered molasses
• 1/2 cup water	• 1/2 tsp xanthan gum	• 1/2 tsp salt
• 1/2 cup heavy cream	• 1/4 tsp salt	• 2 oz 85 or 90% cacao chocolate, chopped
• 1 tbsp butter	• 1/4 tsp liquid stevia extract	• 1 cup pecans, lightly toasted
• 2 tbsp vegetable glycerin		
• 1/2 tsp vanilla extract		
• 1/4 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>

# SAMANTHA TAYLOR

## FITNESS

Personal Training Studios for Women  
- Get Fit in a Private Studio

-Private or Semi-Private Personal Training  
OR Fitness Boot Camp (we love beginners)  
-Fun 30 Min. Workouts, Accountability  
-Delicious Meal Plans by Licensed Dietitian

**BODY TRANSFORMATION EXPERT**  
Studios Trained Over 7,500 Local Women

Call 813-377-3739

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

\*These women have kept off their weight for 4 to 12 years! And even during the pandemic because they have learned how to live healthy as a lifestyle.

Age 51  
Lost 67 lbs.

Age 67  
Lost 63 lbs.

Age 60's  
Lost 55 lbs.

Age 63  
Lost 31 lbs.

In 6 Weeks  
Lost 18 lbs.

Age 67  
Lost 4 Sizes

See on our website how we are doing things different per covid

"Helping women live healthy & vibrant lives!"

Try a **SESSION** for **FREE** - [SamanthaTaylorFitness.com/trial](http://SamanthaTaylorFitness.com/trial)

Celebration of Life Service set for Nov. 14th at the Land of Lakes location. All current & past members invited. Visit [www.samanthataylorfitness.com/events](http://www.samanthataylorfitness.com/events) to attend.

In honor, love and respect for one of the most amazing women I have ever met, we have lost a dear, sweet friend and trainer, Paula Girven. Paula is an amazing woman of God, personal trainer, friend, mother, and an Olympian! She cared deeply about those that God brought into her path and she gave selflessly to everyone who she came across.

She is one of the most kind, giving people I have ever met and is such an example of how to care for others. I met her five years ago when she came to my personal training studio to become a trainer. She shared with me her love of health and fitness, her love for people and showed me the medals she had from being in the Olympics! I was so impressed with her as an athlete, and as our relationship grew, I was even more astounded by her as a person. And we were always impressed by the physical shape she was in, even into her 60's!

I am sad to say that she unfortunately did not get a mammogram soon enough and by the



Paula's smile was contagious, she loved life & people!

time they found the breast cancer, it had spread too much. Please every woman, go get a mammogram, it's SO important to make sure if there is anything that can be dealt with, it's caught as early as possible. My heart, and all that know Paula, are deeply saddened to not have her here but one thing I know is she loved Jesus, so God must have some amazing plans for her in heaven right now, for her not to be here. "We love you Paula!!!"

## An Act of Kindness: The Good Samaritan



Jesus answered, "A certain man was going down from Jerusalem to Jericho, and he fell among robbers, who both stripped him and beat him, and departed, leaving him half dead. By chance a certain priest was going down that way. When he saw him, he passed by on the other side. In the same way a Levite also, when he came to the place, and saw him, passed by on the other side. But a certain Samaritan, as he travelled, came where he was. When he saw him, he was moved with compassion, came to him, and bound up his wounds, pouring on oil and wine. He set him on his own animal, and brought him to an inn, and took care of him. On the next day, when he departed, he took out two denarii, and gave them to the host, and said to him, 'Take care of him. Whatever you spend beyond that, I will repay you when I return.' Now which of these three do you think seemed to be a neighbor to him who fell among the robbers?"

He said, "He who showed mercy on him."  
Then Jesus said to him, "Go and do likewise."

— Luke 10:30–37, World English Bible









# How On Earth Did I Get Here?

James H. Willis, III

For 2020, we are doing a 12-month summary of my book. It is filled with unbelievable personal stories of conflict from family fights, divorces, and personal insecurities to living in a tree at 15, homeless. Later, the book recounts how the Lord's guidance put me on the path of an overcomer! From being unloved, unwanted, and uncared for to healthy, happy, and whole.

**CHAPTER 11: WALKING THE WALK; TALKING THE TALK; LIVING THE LIFE.**

Really, at this time in my story, it really did not matter how I felt. It no longer mattered what I thought. After this day, my family, friends, and businesspeople no longer had an impact. It was a conviction, a decision. It felt like rebellion against the world. But I had decided to follow Jesus and that was it – I was!

It was in 1988. I read Col. 3:17 like I had never read it before: "Whatsoever you do, do it unto the Lord." It was so freeing, and encouraging. The other verse in the main text for this chapter is 1 Cor. 15:58; "Therefore my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord."

In this chapter, you too will find the 4 Resources of Power. And combined with the study of Ephesians chapters 4 and 5, you will see how we as Christians should walk in Christ Jesus. It is a change of life, a change of thinking and feelings, as well as a change of how you go to work. You too will be able to see God as your Everlasting Overcomer and Sustainer—so powerful. Don't you want that too?

As a Christian, do you really want to miss the whole point in living for Jesus? Do you want to continue to lack confidence and power in your life?

You will also be reminded of a great old Hymn, "I want to be like Jesus." Don't you?

These articles contain an abbreviated version of my stories.

The stories will conclude next month!!!

**Warning... Don't read this book...**  
**...unless you want to live confidently and victoriously in Christ Jesus!**



**HOW TO GET A BOOK:**  
**Book Cost: \$20.00 - Includes tax, shipping and is personally auto-graphed by the author.**

Go to [JimWillisBooks.com](http://JimWillisBooks.com) to order your copy.

Also, Jim is available to speak to your church or small group of any kind.  
These articles are funded by: The Willis Agency, "Strategies for Successful Retirement."

"Guaranteed Income for Life" and Medicare Maze Master  
Office: 813-948-9109 • email: [Jim@thewillisagency.com](mailto:Jim@thewillisagency.com)

# Owl's Nest Sanctuary Saving Our Local Wildlife

By Karen McBride



The idea for Owl's Nest Sanctuary began in 2015 when a fellow zookeeper planted the idea in Kris Porter's heart to use her love of animals and gift of healing to become a rescue and rehab specialist. The retired zoologist left Busch Gardens to spend more time with her girls and ended up with a wildlife rescue sanctuary to run in addition to the hard work involved in raising children.

The sanctuary began at her home with fostering orphaned baby squirrels and rabbits. The need for rescuing wildlife became so great that more space was required. Kris, the director, began a search for the expansion and found a 5 ½ acre site in the Odessa area. The newly acquired space has a separate room for animals, a hospital room, and an education room. The outdoor space is fenced for the white tail fawns that are brought to the sanctuary. A large bird cage has been built for rehabilitation when birds are re-learning how to fly.

The calls for help for injured wildlife include a variety of species, such as blue herons, egrets, owls, and other birds, as well as deer, otters, possums, and even a grey fox. The injuries can be from roadways, predators, or even domestic animal attacks.

Owl's Nest supports nine counties across Florida. Recently, the facility rescued a baby beaver that came from the panhandle. Emerald Coast contacted Owl's Nest and they went to get her. Another interesting rescued involved a masked booby. The unique bird is generally found in the Dry Tortugas, but it became disoriented in a hurricane. After rehabilitation, the bird was released in the Florida Keys.

Owl's Nest Sanctuary is run by 200 volunteers, who do everything including clerical, construction, yard maintenance, education, attend public speaking events, fundraising, rescue, and care for the injured wildlife. Volunteers are placed in areas that coincide with their talents.

Online training and books are provided to volunteers geared for each species (reptiles, birds, etc.). Each volunteer interested in animal rescue is assigned a mentor who will go on rescues with him/her.

"Since each animal rescue is unique, it is important to have someone experienced with you when you are out in the field," said Kris. "You can't just say 'this is how you catch an injured bird.'"

The sanctuary is a critical care facility and therefore, not open to the public. But it takes the time to educate the community on wildlife safety through online guides. Well-meaning people will think a fawn has been abandoned, when, in fact, the mother deer leaves her fawn to rest while she gets food.

You can help the sanctuary by becoming a partner. Your donations will cover medical supplies, food for the animals, and main-tenance of the facility. If you find an injured animal, please call (813) 598-5926. For more information, visit online at <https://www.owlsnestsanctuaryforwildlife.com>.

\*Photos courtesy of Douglas Defelice/Owls Nest Sanctuary for Wildlife.



**TAMPA BAY CHAMBER**  
2020 SMALL BUSINESS OF THE YEAR FINALIST  
5-20 EMPLOYEES

**Sunshine Animal Hospital**

**SUNSHINE ANIMAL HOSPITAL** Compassionate, Innovative Care

PAW PRINTS

- PHYSICALS & WELLNESS EXAMS
- ON-SITE LAB & DIAGNOSTIC SERVICES
- DIGITAL RADIOLOGY
- VACCINATIONS
- WELLNESS PLANS
- SURGERY & DENTISTRY
- FLEA & HEARTWORM PREVENTION
- BOARDING & DAY CARE
- MICROCHIPPING
- NUTRITIONAL COUNSELING
- ONLINE PHARMACY/HOME DELIVERY
- EMERGENCY SERVICES
- ACUPUNCTURE & CHIROPRACTIC
- IN HOME (HOUSE CALL) SERVICES

Se Habla Español  
**8008 West Waters Ave.**  
**Tampa, FL 33615**  
**813-885-7071**

WATERS AVE.  
HANLEY RD.  
LINEBAUGH AVE. COSTCO  
SHELDON RD.

**EXPANDED HOURS**

MON.-FRI. 7:00AM TO 6:00 PM  
SATURDAY 8:00 AM TO 5:00 PM  
SUNDAY 10.00 AM TO 2:00 PM

**4.8 STAR (out of 5)**  
**FACEBOOK RATING**

**MARK TWILLA**  
DVM

**MICHELLE TWILLA**  
DVM

**ALLISON BODNAR**  
DVM

[www.sunshineanimalhospital.com](http://www.sunshineanimalhospital.com)

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

- General Dermatology
- Aesthetic Services & Products
- Aging Skin
- Dry Skin & More

**2 Locations**  
Medicare/Medicaid & Commercial Insurances Accepted  
[www.drrobertnorman.com](http://www.drrobertnorman.com)

**8002 Gunn Hwy.**  
**Tampa, FL 33626**

**Call Today!**  
**(813) 880-SKIN (7546)**

**10422 US Hwy. 301 S.**  
**Riverview, FL 33578**

Serving Tampa Bay since 1994 with a commitment to expert and comprehensive dermatology care

**COMMUNITY PET NEWS**  
**Mark Twilla DVM**  
**Sunshine Animal Hospital**

**Dental Care For Your Pets**

Dental health is very important for your pets overall health. Without routine care most dogs and cats develop periodontal (dental) disease by 3 years of age. Dental disease is the most common health problem in dogs and cats. Periodontal disease starts when plaque (a bacterial film) coats the teeth. The plaque hardens into tartar, a thick yellow or brown layer on the teeth. Tartar can irritate the gums and creates an environment where bacteria thrive. As dental disease progresses, the gums become tender, red and swollen and recede resulting in exposed tooth roots. Once this happens, your pet is at risk for losing teeth. Bacteria can also enter the bloodstream and can create problems for organs such as the heart, lungs, and kidneys.

Some common signs of dental problems are: Bad breath, yellow or brown deposits on the teeth, sensitivity around the mouth, loss of appetite, bleeding or inflamed gums, pawing at the mouth or face and difficulty chewing. Annual veterinary checkups are essential in helping monitor your pet's dental health.

**SPECIAL NOTE:** During the month of November Sunshine Animal Hospital will be offering a **SPECIAL 15% DISCOUNT** on all dental related services.

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



Business | Growth | Community

Keep It Local!

Relationships | Innovation | Leadership

KINGDOM

BUSINESS ALLIANCE

Network with Christian Professionals from all over Tampa Bay.

www.KBALUTZ.COM

Ernest Walker, Agent

5111 Ehrlich Road Suite 110  
Tampa, FL 33624  
Bus: 813-968-4043  
www.ernestwalkerinsurance.com  
Hablamos Español

Contact President Ernest Walker for information about the KBA.



As a small business owner, I understand the importance of tailoring small business coverage to meet your unique needs. Choose small business insurance that's right for you. **Get to a better State®. Get State Farm. CALL ME TODAY.**



## Louise Richardson Joins Florida Association of Reflexologists

### Local Reflexologist Qualifies for Professional Membership

Louise Richardson was recently accepted as a Professional member of the Florida Association of Reflexologists (FAR), a state chapter of the 25 year established Reflexology Association of America, of which she is also a member. Reflexology is an ancient healing art in which the practitioner applies unique touch techniques to the feet, hands and/or outer ears to encourage optimal functioning in all the organs, glands, muscles, and systems of the body.

As a member of FAR, Louise Richardson will enjoy benefits including activism regarding Florida laws affecting reflexologists, continuing education and leadership development classes, information related to best practices and professional development, and much more.

"The FAR Board is pleased to welcome Louise Richardson to our association, and to recognize her accomplishment of having reached more than the minimal national standard of 300 hours of reflexology education in addition to her achievement of a Florida license in cosmetology (FS7300)," states FAR President Karen Ball. "This is an exciting time to be in the profession of reflexology, and we look forward to working with Louise as she continues to make a real difference in her community and the health of the clients she works with. By choosing to join forces with other reflexologists across the state, Richardson shows a real commitment to the advancement of the field of reflexology."

Louise Richardson practices in Lutz and welcomes inquiries at 813.965.1697 or [reflexology.louise@gmail.com](mailto:reflexology.louise@gmail.com).

Let's face it, 2020 has been a stressful year. Stress energy, even minor stress, gets absorbed by the body and creates an imbalance with the body's chemistry. Reflexology stimulates the glands and organs within the body and encourages them to work more efficiently. This helps to rebalance that chemistry and normalize their cooperative function. This in turn helps to redirect that negative energy into a more positive existence, allowing us to move forward with an improved outlook. So take a step toward better health: call today for an appointment!

(813) 965-1697

(By Appointment Only)

www.Reflexology4You.com

Facebook: Reflexology, For the Health of It

Get the REFLEXOLOGY Experience with Louise Richardson

Certified Reflexologist

Health & Wellness of Central Florida

(in Ballantree Professional Offices on SR 54)

2540 Green Forest Lane, Ste. 102

Lutz, FL 33558.

Relieves Stress \* Improves Circulation \* Normalizes \* Balances

Special! Now Through Dec. 23, 2020

Gift Certificates Are Here!

Buy 2 Gifts of 1 Hour Treatments

& Receive a \$20 Coupon for Yourself!

(Ends Dec. 23, 2020. Call for details.)

"Reflexology... for the HEALTH of it!"

I FOUND ANSWERS AT

YOU CAN TOO!

OasisPregnancyCenter.org

Land O' Lakes 813-406-4965

Wesley Chapel 813-618-5037

Tampa 813-978-9737

Free & Confidential Pregnancy Services

Schedule an Appointment Today!

"Jesus said to the disciples 'I tell you the truth, it is hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.'"  
— Matthew 19:23-24

WILLS & TRUSTS • PROBATE • GUARDIANSHIP

17894 N US Highway 41, Lutz

(across from Lutz Preparatory)

813-397-6330

McDannoldLaw.com

The initial consultation is free. The peace of mind is priceless.

HONEST & RELIABLE CAR REPAIR

Complete Automotive Repair

Oil Changes • Brake Service • Alignments

Routine Maintenance • Engine Diagnostics

Authorized service center in Land O' Lakes, Lutz, and Wesley Chapel

LAND O' LAKES

(813) 949-0100 • CBAC.com/Land-O-Lakes

23650 Venezia Dr. • Land O' Lakes, FL 4639

Mon - Fri: 7am - 6pm

\$25 OFF

Brake Service

Valid at the Land O' Lakes location only. Not valid with any other offers or promotions. Bring in coupon. Good through 12/31/20

\$29.99

Conventional Oil Change + FREE Tire Rotation

Valid at the Land O' Lakes location only. Up to 5qts. Semi-synthetic oil & filter. Oversized tires and wheels not included. Not valid with any other offers or promotions. Bring in coupon. Good through 12/31/20

Individuals - Self Employed - Business Owners - Families

All Health Insurance Sucks!!!

Get a Custom Quote Today

Rob Hohmann

(813) 943-9683

usa Benefits Group®

21st Century Insurance Solutions

hohmannhealth@gmail.com

usabg.net/rhohmann

But when you work with me, we'll find the plan that sucks the least!!

Happy Thanksgiving

from our operating partners. It's a Dunndean!

"Give Thanks to the Lord, for He is good. His Love endures forever." Psalm 136:1

PFG PRIVATE WEALTH MANAGEMENT, LLC

Andy@pfgprivatewealth.com

18572 N. Dale Mabry Hwy. • Lutz, FL 33548

813-286-7776

Should I Be Aggressive Or Conservative In My Investments?

This is a question that gets asked frequently. To answer it, there are many other factors to consider like time horizon, withdrawal rate, allocation, and tax consideration to name a few. The focus today is risk tolerance. Here is a different question to consider. Does the investor prefer big roller coasters or kiddie roller coasters or something in between?

I am not a personal fan of roller coasters. People who love them say the thrill of the ride is awesome. My experience has been different after I passed out on one. When the G force hit in the beginning of the drop, I saw black stars and my vision got hazy. I thought everyone experienced this sensation. After finding out from my cardiologist that I won't be an F-16 pilot and my body can't handle those drops, I've pretty much stayed on the kiddie roller coasters.

Here's the point, being aggressive or conservative in your investments is based on what type of ride someone is willing to take. If the investor can stomach the high ups with the high downs then they are likely to be a more aggressive investor. However, if the steep drops, similar to the ones starting in February and March, brought high anxiety, then the higher risk is not a good fit for the investment strategy. Some may even choose to take zero risk. Each investor needs to know their risk tolerance for their investments, and a financial advisor can assist with directing to the right place.

If you need help with these questions, give me a call. I am offering a free consultation for first time meetings.

PFG Private Wealth Management, LLC is a registered investment adviser. Information presented is for educational purposes only and does not intend to make an offer or solicitation for the sale or purchase of any specific securities, investments, or investment strategies. This material and information are not intended to provide tax or legal advice. Investments involve risk and, unless otherwise stated, are not guaranteed. Be sure to first consult with a qualified financial adviser and/or tax professional before implementing any strategy discussed herein. Past performance is not indicative of future performance. Insurance products and services are offered and sold through Perry Financial Group and individually licensed and appointed insurance agents.



## Pasco Tax Collector’s Five Offices Col- lected Over \$4,000 for the Lighthouse for the Visually Impaired & Blind



Management and frontline staff from the Land O’ Lakes’ branch of the Pasco County Tax Collector’s Office – from left to right – Janet Oroz, Carlton Francis, Katrina Koscielniak, Sharlo Ward, Samantha Bisconti, Tammy Dziedzic and Jonathan Fister, CEO of the Lighthouse

Pasco County Tax Collector Mike Fasano’s five offices collected donations totaling over \$4,000 in August for the Lighthouse for the Visually Impaired & Blind. The mission of the Lighthouse is to educate, empower and employ people who are visually impaired and blind. Since services are provided at no cost to program participants, all donations that were received will help provide more services to more people in need.

“The need for vision services is something we tend to think about only if we have a personal connection to the issue,” remarks Tax Collector Mike Fasano. “That is what makes our Charity-of-the-Month program so wonderful. We are able to help individuals who often are not thought of in the day-to-day bustle of life, especially during a time when COVID consumes so much of our waking moments. It was an honor to help raise funds for this important and very deserving charity.”

The Charity-of-the-Month program is a year-round effort to bring as much attention to as many charities, both big and small, who serve those in need or are less fortunate. For more information about the charitable giving program at the Pasco County Tax Collector’s Office please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit [www.pascotaxes.com](http://www.pascotaxes.com). For more information about services provided at the Lighthouse for the Visually Impaired & Blind, please call Patricia Porter, Director of Grants, Donations & Media at 813-713-2492.



## Pasco Tax Collector Offices Accepting Donations for Memorial

During the month of November Pasco County Tax Collector Mike Fasano’s five offices will be accepting donations to help build the Pasco Fallen Law Enforcement Officers Memorial. Each year Pasco County holds a memorial service to honor law enforcement officers who were killed in the line of duty. However, Pasco County is the only county in Florida without a permanent memorial that can be visited year-round. Local attorney Craig LaPorte heads the drive to raise funds to build such a memorial and has asked Tax Collector Mike Fasano to assist.

“It is especially important in this time of civil unrest and disrespect toward law enforcement that we give recognition to those in our society who place themselves in harm’s way to protect us,” comments Attorney Craig LaPorte. “That is why we need to provide our community with a memorial to our law enforcement heroes who paid the ultimate sacrifice in the line of duty.”

Cash donations can be made at any of the five tax collector locations in Pasco County. They can also be included in registration renewals mailed to the tax collector during the month of November. For more information about the charitable giving program at the Pasco Tax Collector’s office please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit [www.pascotaxes.com](http://www.pascotaxes.com).

For more information about the Fallen Law Enforcement Officers Memorial please call Craig LaPorte, Attorney-at-Law at 727-863-1553. Donations may also be mailed to the tax collector’s office at the following address: Tax Collector Mike Fasano, P.O. Box 276, Dade City, FL 33526. Please note on your check’s memo line “Law Enforcement Memorial.”

## Pasco Tax Collector Office Closure Dates in November

Due to some important events and holidays in November, Pasco Tax Collector Mike Fasano announces the dates the five tax collector offices will be closed during the month of November. It is our intention to prevent customers from making unnecessary trips to the offices on these dates:

- November 3, 2020 (Tuesday) – Election Day**
- November 11, 2020 (Wednesday) – Veterans Day**
- November 14, 2020 (Saturday) – State of Florida Computer System Upgrade**
- November 26, November 27 & November 28, 2020 (Thursday, Friday & Saturday) - Thanksgiving Holiday**

We thank you for your understanding and apologize for any inconvenience these closures may cause.

“Give thanks to the Lord, for he is good. Give thanks to the God of gods. Give thanks to the Lord of lords; His love endures forever.”  
— Psalm 136:1-3

## Charity Fashion Show Renamed



As a tribute to long-time board member Candace Glewen (pictured), Gulfside’s board of directors has decided to rename their annual event in her honor: The Candace Glewen Charity Fashion Show.

For three years, the Charity Fashion Show benefiting Gulfside Hospice has been a day filled with fun and fashion while raising money for the non-profit. This year, the event’s name has a special new ring to it.

As a tribute to long-time board member Candace Glewen who recently passed away, Gulfside’s board of directors has decided to rename the annual event in her honor. The Candace Glewen Charity Fashion Show is currently scheduled to be held on Thursday, December 3, and will continue the tradition of fashionably raising funds for hospice patients.

“The fashion shows had a special place in Candace’s heart, and she loved to attend them with her closest family and friends,” said Linda Ward, President and CEO of Gulfside. “She was influential in creating and growing this event to fuel her passion of raising funds in support of Gulfside Hospice.”

The past two fundraisers were sold-out events, and the philanthropy team at Gulfside expects this year to be no different.

“Candace truly impacted so many lives here in Pasco County through all she did for the community,” said Ward. “This is just a small gesture from us to thank her for all she did for Gulfside, and we hope that the many people impacted by her will appreciate it.”

For information on the event and ways to support it, go to [GulfsideFashionShow.org](http://GulfsideFashionShow.org) or contact Leesa Fyer, Fundraising & Event Planning Specialist, at either 727-845-5707 or [leesa.fryer@gulfside.org](mailto:leesa.fryer@gulfside.org).



The Candace Glewen Charity Fashion Show is currently scheduled to be held on Thursday, December 3, and will continue the tradition of fashionably raising funds for hospice patients. Pictured here at the 2019 Charity Fashion Show, from left to right, are event emcee Deiah Riley, Nadine Ryndes, Linda Ward, Candace Glewen, Carol Springer and Pat Jones.

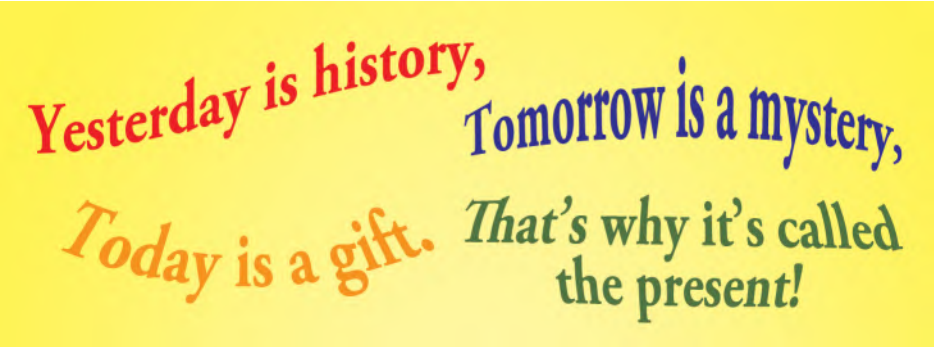
## Gulfside To Hold Virtual Panel Webinar

Every year in honor of National Hospice & Palliative Care Month, the team at Gulfside Healthcare Services works to share resources and educate the community about the importance of planning for the future. This year, the team will be doing just that, but virtually.

The Gulfside team has scheduled a virtual panel webinar, “Hospice or Palliative Care: What’s the Difference?” for Friday, Nov. 13 at noon.

“This is one of the most common questions our team hears,” said Linda Ward, President & CEO of Gulfside. “It’s so important to know the care options that are available to you even, if you don’t need them now. Planning ahead is key in any situation, but especially when it comes to your health.”

The hour-long presentation will be live streamed via Zoom and Facebook, and will include information from a panel of experts: a physician, nurse, chaplain, social worker, and ARNP, all from the Gulfside Healthcare Services team. There will also be a Q&A segment at the end for those watching to ask their own questions. All pre-registered participants will be entered to win a Publix gift card. To register or for more information, go to [Gulfside.org/webinars](http://Gulfside.org/webinars) or contact Gulfside’s Public Relations team at 727-845-5707.



## Crime Prevention Tips

A significant amount of everyday crime is the result of opportunity. An unlocked car door or open window on your home can serve as an invitation to criminals.

Removing all valuables from your car when you get out of it is a sure way to prevent loss of these items. Items left in plain view, especially valuable electronics like phones or laptops, can be tempting for thieves. Secure these items inside your residence or bring them with you when you leave your vehicle, even if it’s just for a few moments. Thieves can work fast. Be sure to lock your vehicle and residence doors, even if you’re inside. Creating a routine of locking your vehicle and residence doors each night is a great way to ensure that your home, vehicle, and property are safe and secure.

Protecting your home is simple as well. Ensuring that all locks are working properly is a smart first step. Keeping a list of your valuable possessions is important as well. Make a note of model and serial numbers, value and description of items. Consider getting a safe for more valuable items, such as jewelry. Keep shrubbery near windows and doors trimmed so criminals don’t have a good place to hide as well.

You can also prevent crime when you’re on vacation! Have a neighbor or a family member stop by your home when you’re gone to check the mail and your home. Consider having someone mow your lawn if you plan to be gone for an extended period. Putting lights on timers is another great idea. A home that still looks occupied won’t tip off potential criminals to your absence.

Don’t forget that the Sheriff’s Office is here to serve you! If you see something suspicious, don’t hesitate to give us a call. Below, you’ll find our non-emergency phone number. Always call 911 in the event of an emergency. Connecting with us on social media is a great way to stay informed as well. We’re on Twitter, Facebook, Instagram and Snapchat. We post crime prevention tips, community news, and alerts.

Preventing crime is easier than you think and takes just a few simple steps. With the help of a consistent routine, residents can help the Sheriff’s Office prevent crime in their community. Eliminating opportunities disrupts the triangle of crime, which also includes desire and ability, and is a smart step to ensuring you stay safe.

### Important Sheriff’s Office Phone Numbers:

Non-Emergency: 727-847-8102      In case of emergencies, dial 911.  
Facebook: Pasco Sheriff’s Office      Twitter: @PascoSheriff  
Instagram:@PascoSheriffOffice



## Liberty Manor – Caring for Our Veterans

By Karen McBride



Connie Lindsay, founder and Chief Executive Officer of Liberty Manor for Veterans, has a heart to help the brave veterans who have protected our country over the years. She knew that many veterans become homeless due to an injury or mental trauma that caused a loss of employment and wanted to find a way to help the veteran through this difficult time. In 2006, she opened Liberty Manor with the goal of providing housing, career guidance,

and for those unable to work due to an illness or injury, assistance in filing the necessary forms for government aid.

“These men have fought for our country, and we just want them to know we appreciate everything they have done for us,” said Connie. “None of our guys have addiction problems, and the Veterans Administration didn’t have a category for them, so they were unable to help them. They sort of fell through the cracks.”

Harold, a World War II veteran, had nowhere to turn. Harold’s Social Security checks were suspended for two months and no one was willing to accept him. He was placed at the Salvation Army where he had to sleep in a room with 60 other people. He would have to leave at 5am and wander the streets until he could return at 3pm. Liberty Manor received a call and changed his life. They opened their hearts and home to this deserving veteran.

Tim served in Desert Storm with the US Army. He was injured when the helicopter he was in crashed. He was medically discharged and returned to the United States without funding. It took over a year before he was approved for a 100% VA service-connected pension. Prior to arriving at Liberty Manor, he was living on the streets and sleeping under bridges.

Thanks to Liberty Manor, these brave men that have served our country now have a home. Please consider partnering with this organization. Your donations help to feed and clothe the residents of Liberty Manor and to maintain the property. A van was donated to the facility to use to take residents to doctor appointments and job interviews. Donations of gas gift cards will help to support the mission.

Volunteers are needed to help in meal preparation for the veterans. The food is provided and all that is required is for you to cook it for them (in your own home) and bring it to the veteran’s home at mealtime. For more information about becoming a partner or to assist in meal preparation, go to <http://www.libertymanor.org>.



## Elks Plant City Helps Liberty Manor



Thanks to the Elks Plant City for making it possible to procure a driveway that is safe for our veterans. For many years, the veterans at Liberty Manor have experienced difficulty with a broken terrain for a driveway. Many disabled veterans have fallen – this posed a realistic liability for the veterans who reside at Liberty Manor.

This driveway renovation was spearheaded by Elks member Judy Wise, who serves on the Veterans Committee at Plant City Elks Lodge #1727. It also required the effort of Elk member JD Martin, who procured the pavers for this project which was supplied by Castle Coastal in Tampa, Florida. Featured in the picture on the left representing Castle Coastal is George Marquis and David Lindsay, VP of Liberty Manor for Veterans.

The Elks’ mission statement is to inculcate the principles of charity, justice, brotherly love, and fidelity; to recognize a belief in God; to promote the welfare and enhance the happiness of its members; to quicken the spirit of American patriotism; to cultivate good fellowship; to perpetuate itself as a fraternal organization; and to provide for its government. The Benevolent and Protective Order of Elks of the United States of America will serve the people and communities through benevolent programs, demonstrating that Elks Care and Elks Share. Anyone interested in joining an organization that does great works for our community can call Elks Post 1727 at (813) 752-2822.

The mission of Liberty Manor for Veterans; Inc. is to promote the developmental and social needs of disabled and honorably discharged veterans who have fallen victim to homelessness providing transitional supported housing and establishing objectives designed to attribute to self-sufficiency. Anyone interested in assisting this meritorious initiative, please contact Connie Lindsay (813) 900-9422.



# The Great Florida Outdoors: Fort Clinch State Park

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



On one of my first excursions using my newly purchased RV, I headed northeast towards Amelia Island north of Jacksonville. Having made a few stops on route, I arrived at my camping spot a bit after sunset and backed in. I knew that the back of my vehicle was a couple yards from what appeared to be a sandy rise leading up a hill. I set up the electric and water and prepared for the night ahead. After reading and writing and very little arithmetic, I settled down and studied the back of my eyelids until the dawn.

When I awoke, I stepped down my side steps and went over to the sandy area and walked up along the edge of the dunes, being careful not to disturb anything. The sea oats were swaying in the warm breeze of morning and a whitetail deer was circling around a dune.

The morning was magical, the dunes around carved in elegant shapes by the wind and time, and ahead I could see the waves rolling in. I went back to get my camera, and stayed out for over an hour, taking pictures and videos.

By mid-morning I was headed to the fort, a place I had heard about for many years but not yet visited. I soaked in the history of the place as I toured around the museum and grounds. I hiked up to the

top level of the fort and looked out over to Cumberland Island, where wild horses can sometimes be seen on the beach.

For almost 300 years, the entrance to the Cumberland Sound and the St Mary’s River has been of vital importance to the people of Florida. Although the first fortifications began here in 1736, it was more than a century later that the Fort Clinch we see today began to take shape.

After the widespread destruction of the War of 1812, the desire grew to protect the country from foreign invaders in times of conflict. The building of Fort Clinch with masonry and stone began in 1847 and was a prime example of the “Third System Fortifications” consisting of a series of forts built along the coastline of the United States. The fort was mostly constructed by civilians and the U.S. Army Corps of Engineers to protect the coast of southern Georgia. The outbreak of hostilities at the start of the Civil War found the fort only about two-thirds completed and with no cannons yet mounted on the walls. By default the fort came under Confederate control and fortifications and batteries were established on Amelia Island and the surrounding area.

The Union began to wrestle control of coastal and southern Georgia, and the Confederate leader General Robert E. Lee gave the order to evacuate the fort. Union troops arrived in early March of 1862 and work on the fort continued with the efforts of Company E of the New York Volunteer Engineers. Still not completed by the end of the war, by 1869 it was left empty and was maintained by the U.S. Army on caretaker status until 1898.

When the sinking of the USS Maine sparked the Spanish-American War, Fort Clinch once again was resurrected as a barracks and ammunition depot. Fortifications were made that included the mounting of

guns and laying of a minefield outside the walls. Fort Clinch was abandoned again less than a year later when hostilities ceased.

The fort laid empty for a number of years, with Atlantic storms beating and crumbling its walls, and was eventually sold by the Army to private entities in 1926. Finally, certain historians and others promoted the idea to save the fort and it became one of Florida’s first state parks in 1935.

In 1936, the Civilian Conservation Corps (CCC) began restoring the buildings at the fort in 1936 with impetus from the New Deal proclamation of President Franklin D. Roosevelt. The action put thousands of Americans back to work refurbishing the nation’s parks and resources amidst the stagnation of the Great Depression. I have been to many of the CCC restored parks and marvel at the workmanship and united efforts of those who participated. The CCC Company 1420 that were stationed at Fort Clinch constructed the museum, campground, and park roads and also removed massive amounts of sand and debris from the fort itself. A monument to these dedicated servants who restored the park stands on the grounds today.

During World War II, Fort Clinch served again, its mission as a joint operations center for surveillance and communications against our enemies. The park was given back to the state to open to the public at the end of the war. Today, you can tour bastions, guard rooms, a prison, barracks, hospital, kitchens, and a blacksmith’s shop, all furnished as they would have been during the Civil War and Union occupation.

After exploring the fort, I rode my bike along one of the wonderful scenic trails and then headed back to my RV. I went back out to explore the beach and the dunes before heading in for the night. The next day I did a good long kayak trip, and along the way

was mesmerized by a manatee feeding on the edge of an estuary off the main river. The park offers miles of shoreline along the Atlantic, the St. Marys Inlet and the Amelia River and abundant opportunities for swimming, surfing, boating, shelling, fishing, and viewing wildlife. Here you can find a home to several migrating and transient species including the federally threatened red knot (*Calidris canutus*) and the Caspian, gull-billed, and sandwich terns.

Many protected imperiled species are found and protected within and along the park, including the shell-mound prickly pear (*Opuntia stricta*), black skimmer (*Rynchops niger*), Wilson’s plover (*Charadrius wilsonia*) and the North Atlantic right whale (*Eubalaena glacialis*), who use the waters off the coast of north Florida and southern Georgia as a breeding ground and nursery for their calves. In addition, you may see green sea, loggerhead, and leatherback turtles nesting on the shores.

I found one of the great practicalities of the RV was that when I finished paddling, I could mount my kayak on the back, turn on the generator and water pump, and take a shower before heading south to Jacksonville to visit one of my friends and his family on my way back home!

### Get outside in the Great Florida Outdoors!

Fort Clinch State Park  
2601 Atlantic Ave.  
Fernandina Beach FL 32034  
904-277-7274

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



# 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 sensations 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!

Contributed by Abby’s Health & Nutrition

**"So shall they fear the name of the Almighty from the west, and his glory from the rising of the sun. When the enemy shall come in like a flood, the Spirit of the Almighty shall lift up a standard against him."**

**Isaiah 59:19**

**There is still hope, Lets beat back the enemy together.**

Dear Friend,

**In all our lives we have opportunities to do something small that's really—Big and Great.** Every soul we help is part of our love for our maker. For such a time as this the Bible tells us secrets, like Harbingers to recognize. Scripture words like sword or shield that can change our future for the better, the words, banners or standard have prophetic meanings. After realizing the devil is called the lawless one and wicked ways means not keeping, guarding or doing his commandments, we were told to love him by keeping his instructions: the 10 commandments. The main Evil of Today is Liars to the left of me, Liars to the right. Remember there is no lie in his children! The 10 commandments are a sword and shield that we must raise now as a banner or standard long forgotten. He who authored those words will finish them! The battle is his, vengeance is his. Whenever evil was overcoming the people, the law of the Eternal one was brought to the attention of the people. We keep the commandments by Grace through faith. He teaches us. It is written the commandment is a lamp and the law of the creator is the light! Lets shine a little light on the darkness together and repent.

Order a Ten Commandment banner to stand on your territory until Passover 2021.

**"HELP SAVE AMERICA!"**

Rememberthelawofmoses.com      **CALL: 856-776-1176**      **BULK ORDER DISCOUNTS**

“Know that the Lord is God. It is He who made us, and we are His; we are his people, the sheep of his pasture. Enter His gates with thanksgiving and his courts with praise; give thanks to Him and praise His name.”  
— Psalm 100-3-4



## Samantha Taylor Fitness

### What Our Partner Says About Us

I would like to personally thank the amazing owners of this publication, Mark and Kay Dunn. I met Mark over 20 years ago when he first started this paper and he asked me to write articles on health and fitness. And here 20 years later, they are going strong because they care about this community. They love to bring God’s word and encouragement to you and to support the businesses that do this as well. Even during this difficult time, they knew they must keep getting this paper out because they have loyal readers that are encouraged by it, and we all needed it more than ever during this difficult time. Thank you, Mark and Kay, for standing with us and encouraging us. You are a blessing to us all!



## Just Palms

Chris Tillman

As a longtime advertiser in Dunndead 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!

**HERITAGE HARBOR**  
golf & country club  
**949-4886**  
Go to our website  
for our specials!  
[www.heritagehARBORGOLF.com](http://www.heritagehARBORGOLF.com)  
Free Golf - Outside Positions Available

**Round of Golf**  
**\$25** +tax  
Includes Cart  
Anytime Monday-Friday  
After 11am Saturday & Sunday  
Expires 11/30/20

**Enter to Win!**

**A FREE Membership to Samantha Taylor Fitness for Women**

Jesus said to the disciples “I tell you the truth, \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Give thanks to the Lord, \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Know that the Lord is God. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**The winner of October’s Contest for Heritage Harbor Golf is George Bulnes**

Email your entry to [web@ddpnews.com](mailto:web@ddpnews.com) or mail the entry to the address below:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

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





DUNNDEAL CLASSIFIEDS

1 MONTH: \$44.85  
3 MONTHS: \$119.95  
(For Standard 4 Line Advertisement with an average of 21 words in total. It will appear in all 6 Gazette newspapers.)

CALL: (813) 949-4411 • FAX: (813) 949-0891 • CLASS@DDPNEWS.COM

**AUTOMOBILES**

CASH FOR CARS! We buy all cars! Junk, high-end, totaled – it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call us at 1-833-238-0340.

DONATE YOUR CAR FOR BREAST CANCER! Help United Breast Foundation education, prevention, & support programs. FAST FREE PICKUP - 24 HR RESPONSE - TAX DEDUCTION. Call 1-855-758-6966 for more information today!

DONATE YOUR CAR, TRUCK, OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All paperwork taken care of. Call 1-800-902-7815.

Donate your car, truck or van. Help veterans find jobs or start a business. Call the Patriotic Hearts Foundation. Fast, FREE pick-up. Max tax-deduction. Operators are standing by! Call 1-833-909-0926.

**EMPLOYMENT**

Help grow the Dunndeal Gazette community newspapers!

Must be strong in God's Word while communicating to Christian businesses.

Join the mission to help keep God's Word in print media!

Commission for new business accounts and lots of perks!

Call **813-949-4411** or email [office@ddpnews.com](mailto:office@ddpnews.com)

AVON - Earn Extra \$\$\$. Sell online or in person from home or work. Free website included. No inventory required. For more information, please call 855-499-6549 today!

Gorgeous Growlers Grooming  
Now hiring experienced groomers 1-2 years minimum. We have loyal, generous clients who book every 4-6-8 weeks through 2021. Contact Brenda at 813-693-1227.

**EDUCATION**

CNA LEARNING CENTER is now accepting registration. Be ready for the state exam in 2 weeks. RN Instructor. Located near Florida and Bearss intersection. Call 813-444-2212. [www.cnalearningcenter.org](http://www.cnalearningcenter.org)

AVIATION CAREERS: Hands on training for career opportunities in aviation, manufacturing and more. Financial aid for qualified students. Job placement assistance. Call AIM 866-314-5838 for more information.

**FINANCIAL**

Wesley Financial Group, LLC. Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 844-405-1099.

The COVID-19 crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit cards. Medical bills. Car loans. Call National Debt Relief! We can help you! Get a FREE debt relief quote: Call 1-877-316-7129 today for one or to get more information.

Attention all homeowners in jeopardy of foreclosure! We can help stop your home from foreclosure. The Foreclosure Defense helpline can help save

your home. The call is absolutely free. 1-844-250-5850.

\$10K or more in tax debt? Get Your Tax Problems Resolved ASAP! Stop Penalties, Interest and Tax Liens. Call Anthem Tax Services today for a FREE Consultation at 1-877-636-0631.

**FOR SALE**

MATTRESS & FURNITURE SUPERCENTER. Huge showroom, name brands, 75% OFF. Ashley Furniture, Serta and more. No credit check, No money down. Call us at 813-242-9500. Next to Ikea. See our website online at [mattressfurnituresupercenter.com](http://mattressfurnituresupercenter.com) for more information,

Thinking about installing a new

shower? American Standard makes it easy. FREE design consultation. Enjoy your shower again! Call 1-844-230-0741 today to see how you can save \$1,000 on installation, or visit [www.newshowerdeal.com/flmedia](http://www.newshowerdeal.com/flmedia).

GENERAC Standby Generators. The weather is increasingly unpredictable. Be prepared for power outages. FREE 7-year extended warranty (\$695 value!) Schedule your FREE in-home assessment today. Call us at 1-855-708-4101 for more information. Special financing for qualified customers.

**HEALTH**

HEARING AIDS!! Buy one/get one FREE! High-quality rechargeable Nano hearing aids priced 90% less than competitors. Nearly invisible! 45-day money back guarantee! 1-877-378-1415.

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-397-7056.

Life Alert. One press of a button sends help FAST, 24/7! At home and on the go. Mobile Pendant with GPS. FREE First Aid Kit (with subscription.) CALL 877-354-1492 FREE Brochure.

DENTAL INSURANCE from Physicians Mutual Insurance Company. It's NOT just a discount plan, REAL coverage for 350 procedures. Call 1-833-424-6043 for details. <http://www.dental50plus.com/cpf>.

Now's the time to be sure you have the Medicare Advantage Plan that's right for you. Extra benefits may include prescription drugs, dental, vision, hearing aids, in-home aides, and more. Some plans may have a \$0 monthly premium – regardless of your income! Call an insurance agent to compare! 855-652-8927 for more information.

**MISCELLANEOUS**

FIBERGLASS POOLS. Do it yourself kits. Factory Direct. Save \$1000's \$\$\$ Pool and Equipment kits Starting at \$9,995.00. Call us at 727-202-5777 for more information.

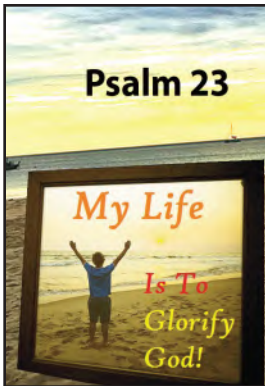
Earthlink high speed internet. It's as low as \$14.95/month (for the first 3

months.) It's reliable high speed fiber optic technology. stream videos, music and more! Call Earthlink today at 1-877-929-1176.

Become a published author! Our publications sold at all major secular & specialty Christian bookstores. Call us at Christian Faith Publishing for your FREE author submission kit. 1-844-293-6611 for more information.

Eliminate gutter cleaning forever with LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off entire purchase. 10% Senior & Military Discounts. Call at 1-866-287-4769 for more information.

**Psalm 23**



The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

**LAND FOR SALE**

**BEAUTIFUL TREE-FILLED LOT IN LAKE TANSI, TENN.**

Resort community near Crossville south of Hwy. 40 between Nashville & Knoxville.

**Asking for \$6,000 or best offer.**  
Call Kay at (813) 841-5932.



**CONDOS FOR RENT**

**Gulf front condo on St. Pete beach**

Celebrate the new year fireworks on the beach! December 26, 2020-January 2, 2021. Coral Reef Resort on Gulf Blvd. Week rental \$995.

**Call Kay ASAP at (813) 841-5932**



## The 4th Annual Field of Dreams Car Show

The Fourth Annual Field of Dreams Car Show will take place on November 21 & 22, 2020 at the Florida Classic Park, located at 5360 Lockhart Rd., Brooksville, FL (Rt. 50 just west of I-75). All proceeds will go to the Shriners Hospitals for Children.

There will be live music, food vendors, arts & crafts, swap meet, and car corral spaces available. Show car registration before November 1, 2020 is just \$15.00. Judging and trophies (60) will be on Sunday. There will also be lots of door prizes both days!

Before Nov. 1, 2020	After Nov. 1, 2020
Artisan (15' X 15' space) \$25.00	\$30.00
Swap Meet (30' X 15' space) \$25.00	\$30.00
Car Corral (20' X 10') \$40.00	\$45.00

(prices are total for both days, vendor set-up will be Nov. 20, 2020 starting at 9:00am)  
We will also have RV parking/camping available for \$45.00 per day (includes water & electric).  
You can register online at [fieldofdreamscarshow.com](http://fieldofdreamscarshow.com) or contact John Romanyak at 813-956-3503 for additional information.

## Tampa Bay Dance Club

**November 2020 Schedule**

The club will be requiring the participants to the dances to wear masks and practice CBC guidelines after admittance.

**11/06 DJ - Mike Unwin - Celebrate Veterans Day - Cuban sandwiches for sale**  
**11/13 Male Vocalist - Eric Lee - Country Western Theme**  
**11/20 DJ - Mike Unwin**  
**11/27 DJ- Mike Unwin - Leftovers Sharing Night**

Location: 8401 W. Hillsborough Ave., Tampa, Florida 33615  
Luther Hall Located at the Lutheran Church of Our Saviour  
Other Information: Music to the 50's and up , Latin, & Country  
BYOB type club, snacks and set up available  
Dress code: Casual • Admission: \$12.00  
Doors open at 6:30pm. Dance starts at 7:30pm and ends at 10:30pm.  
Facebook: Tampa Bay Dancing • Website: [tampabaydanceclub.com](http://tampabaydanceclub.com)

**I am blessed with Moringa trees and the harvest is plentiful!**

**I have leaves. If you're ready to try this tree of life, call or text Kay: (813) 841-5932**

*"I can fulfill God's vision by choosing to live with expectant hope. I will watch the Lord do the impossible in my life and use it to help reach people who need to know him." —Ephesians 1:18*



## Chris Tillman: Just Palms

By Brittany Cravatta

It's that time of year again in Florida... hurricane season, which means we as Floridians must be proactive in order to protect our homes. Hurricanes and tropical storms hit Florida every year, and as a result, large trees, branches, and other debris can cause extensive damage to our landscapes.

In order to prevent this, we need to prepare our trees to make our landscapes more hurricane-resistant so that it's less likely to suffer damage through any possible major storm. So, if you're in need to get your trees trimmed, Chris Tillman of Just Palms might be the guy to call!

Tampa native Chris Tillman is the owner and entrepreneur of Just Palms, a tree trimming company willing to trim trees when others may not be able to reach them.

The business began in 2005 after Chris returned from the Navy and his brother from the U.S Marines. They initially began with lawns and eventually developed into tree trimming after realizing that they preferred the latter.

He provides irrigation installation and repair, mulching, hedge trimming, bed cleaning, and specialized care for palm trees. The business is located in the heart of Hillsborough County and serves these following areas:

- Carrollwood
  - Citrus Park
  - East Lake
  - Egypt Lake
  - Forest Hills
  - Holiday
  - Hudson
  - Hyde Park
  - Interbay
  - Lake Magdalene
  - Land O Lakes
  - Lutz
  - MacDill Airforce Base
  - New Port Richey
  - New Tampa
  - Northdale
  - Odessa
- Oldsmar
  - Palm Harbor
  - Palma Ceia
  - Port Richey
  - Seminole Heights/Wellwood
  - Shady Hills
  - Sulphur Springs
  - Tampa-Downtown
  - Tampa Heights
  - Tampa Palms
  - Tarpon Springs
  - Temple Terrace
  - Town N Country
  - Trinity
  - Wesley Chapel
  - West Tampa
  - Westchase

To contact Chris for his services, please call (813) 598-0755 and check out their Facebook page online at <https://www.facebook.com/JustPalms>.

AUTO SERVICING

Hours: 7am-8pm

Close to Home

JOHN 3:16

CHRISTIAN OPERATED BUSINESS

BELLA TIRES

WHEELS & SERVICE

WE SPECIALIZE IN:

TOYO TIRES

GOODYEAR

Mastercraft

AMERICAN FORCE

COMPLETE AUTO SERVICES

TRUCK & CAR ACCESSORIES

SOLD & INSTALLED

FREE CLASS FOR WOMEN

EVERY SATURDAY • 9-11AM

CHANGE TIRES, OIL & MORE!

REFRESHMENTS SERVED

19245 SR 52, Land O' Lakes, 34637

(813) 995-0777 • www.Bellatires.com

PALM TRIMMING

JUST PALMS

CHRIS TILLMAN

813-598-0755

LICENSED / INSURED

FACEBOOK.COM/JUSTPALMS

PALM TREE TRIMMING & CLEANING

SPECIALIZING IN QUEENS, WASHINGTONIAN & ROEBELLINI'S

CLEAN-UPS • HEDGE TRIMMING

SMALL OAKS/OTHER TREES

Nextdoor

813-598-0755

LICENSED / INSURED

Angie's list

## Rogers Landscape Supply

By Karen McBride

Rogers Landscape Supply, Inc. has been serving the Tampa Bay area since 1989. Glenn Rogers and his father, Jeff, began the company with one little truck and a small loader. A few years later, Glenn took over the responsibility of the business. It is truly a family-owned business. Glenn and Cathy, Glenn's wife, are the owners, along with her nephew, Jason Markison. Jason began working at the company while he still was in high school and is now their right-hand man.

The company has been a staple in the Lutz community, providing supplies for Hillsborough County Parks and Recreation, local baseball fields, daycares around the area, Tampa Bay Downs, and more. It has just recently relocated to 21411 W. County Line Road, Lutz, FL 33548 to better serve their customers with a wider assortment of materials to choose from.

Rogers Landscape Supply, Inc. offers a variety of river rock, mulch, pine bark, culverts and more to meet all of your landscaping needs. Most of the materials are mined from local resources, including central and northern Florida.

It can be difficult to figure out how much you need for a project, but the experts at Rogers Landscape Supply, Inc. can help you to determine the correct amount. The supplies can be purchased by the truck load or by the shovelful. Delivery is available.

The owners also operate Rogers Dirt Works, Inc. for heavy hauling and clearing. No job is too big or too small.

The supply company is open Monday through Friday, from 8am-5pm and Saturday from 8am-2pm. For more information about the company, call (813) 949-8339 go to <https://www.rogerslandscapesupply.com>.

LANDSCAPING

Landscape Supplies

Tractor Work

Trucking

Loader Work

Rogers' Landscape Supply Inc.

D.B.A. Rogers Dirt Works, Inc.

P.O. Box 885

21411 W. County Line Road

Lutz, FL 33549

Jason Markison

8:00 a.m. - 5:00 p.m. M-F

8:00 a.m. - 2:00 p.m. Sat.

813-949-8339

Fax 813-948-7784

## GFWC Donates Sleep Mats



(L-R) Members Aniko Solomonson & Linda Fetter deliver mats to The Well

cation at University Mall also provides much needed bikes through its hands-on "Earn a Bike Program" to facilitate a means to get to work and appointments. WellBuilt Bikes is in need of donated bikes at this time, regardless of need to repair (see [bikeshopTampa.com](http://bikeshopTampa.com)). For more information on the woman's club, please visit [www.gfwclutzlandolakeswomansclub.org](http://www.gfwclutzlandolakeswomansclub.org) or its Facebook page.

GFWC Lutz-Land O'Lakes Woman's Club's talented members have crocheted weather-proof sleep mats for many years under the guidance of Aniko Solomonson, who brought this project to the club. Ms. Solomonson has delivered hundreds of mats, made of recycled grocery bags, over the years to The Well, a ministry devoted to the needs of the home-insecure population. Its "WellBuilt Bikes" lo-



Member Aniko Solomonson filled her van with sleep mats

## GFWC Donates to Veterans Home



(L-R) Members Debbie Cardona, Peggy Cooper, Pres. Annette Bellinger, Ken Escobio (Operation Patriot), Club Mascot Catie Pillar, Sandy Elmore, Madeline McCulloh, Sharon Richmond (Operation Patriot), Sandi Marrow, Beth Nevel-Rader & Dee Knerr (front)

GFWC Lutz-Land O'Lakes Woman's Club members recently delivered a donation check of \$1625 to Operation Patriot officers Ken Escobio and Sharon Richmond, to be used for the benefit of the veteran residents of Baldomero Lopez Veterans' Nursing Home in Land O'Lakes. These funds are earmarked for vet residents' personal needs and special treats which aren't covered by their modest pensions. The Operation Patriot group administers special events for the veterans and will appropriately distribute these funds to the vets for their enjoyment and special requests. For more information on the Woman's Club and membership opportunities, please visit [www.gfwclutzlandolakeswomansclub.org](http://www.gfwclutzlandolakeswomansclub.org) or its Facebook page.

## GFWC Helps Domestic Violence Shelter



(L-R) Chairs Sabrina Scott & Nancy Swanton deliver donations

donations were personal and hygiene goods, children's items, snacks and treats, sanitizers, club-made facemasks for the kids, a check for \$200 as well as a requested high chair. For more information and membership opportunities in this community service organization, please visit [www.gfwclutzlandolakeswomansclub.org](http://www.gfwclutzlandolakeswomansclub.org) or its Facebook page.

GFWC Lutz-Land O'Lakes Woman's Club members donated enough supplies to require Chairs Sabrina Scott and Nancy Swanton to make two deliveries to Sunrise of Pasco County Domestic Violence Shelter for the benefit of the women and children residents. October is designated as Domestic Abuse Awareness Month and the woman's club has long supported this shelter. Included in the club



(L-R) Chairs (in green shirts) Sabrina Scott, Shelter staffer & Nancy Swanton with 2nd delivery

## GFWC Supports Troops



Mark VanTrees of Support the Troops and member Gloria Dale

GFWC Lutz-Land O'Lakes Woman's Club member Gloria Dale has exceeded her own prior records by preparing over 7,000 hand-written Christmas cards to be sent to active duty troops. Ms. Dale presented a cart filled with cards to Mark VanTrees, director of Support the Troops in Wesley Chapel, as well as several hundred cards to AARP - Land O'Lakes Chapter President Lois Cohen, to be distributed to veteran residents of B. Lopez Nursing Home in Land O'Lakes and to homebound seniors receiving Meals on Wheels. Ms. Dale spends many months each year writing personal messages and greetings and embellishing the cards with her own artwork in the name of the Woman's Club to cheer all who receive them. For more information and membership opportunities in this community service group, please visit [www.gfwclutzlandolakeswomansclub.org](http://www.gfwclutzlandolakeswomansclub.org) or its Facebook page.



### OUR MISSION

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

Christian Business Partners

Business	Contact	Phone
Bella Tires Wheels & Service	Richard Nicholoff	(813) 995-0777
Christian Bros. Automotive Land O' Lakes	Larry Giannone	(813) 949-0100
Dr. Norman Dermatology	Dr. Robert Norman	(813) 880-7546
Ernest Walker Agency Insurance	Ernest Walker	(813) 968-4043
Holmann Health Insurance	Rob Holmann	(813) 943-9683
Just Palms Trimming	Chris Tillman	(813) 598-0755
McDannold Law	Drew McDannold	(813) 397-6330
Oasis Pregnancy Care Centers	Dave Dorsey	(813) 917-8426
Ocana Medical Center	Dr. Antonio Ocana	(813) 968-8314
PFG Private Wealth Financial Planner	Andy Whitten	(813) 546-6377
Reflexology Therapy	Louise Richardson	(813) 965-1697
ReMax Realty	Russel Bly	(813) 312-2056
Roger's Landscape Supply	Jason Markison	(813) 949-8339
Tawnee Miller's Essential Cleaning	Tawnee Miller	(813) 735-2763
The Willis Agency—Medicare	Jim Willis	(813) 948-9109
Trinity Insurance Consultants-Medicare	Rich Rieger	(727) 207-3222
We've Got Your Customers	Scott L. Smith	(813) 400-1105

**Help us to continue to spread God's word!**

Visit our website [www.dunndealpublications.com](http://www.dunndealpublications.com) to make a donation or send your check or money order to:

**Dunndeal Gazettes**  
218 E. Bearss Ave. #256, Tampa, FL 33613

**We appreciate each and every one of our loyal readers! Please consider joining us with your partnership!**

Call Kay at (813) 841-5932

Email: [office@ddpnews.com](mailto:office@ddpnews.com)

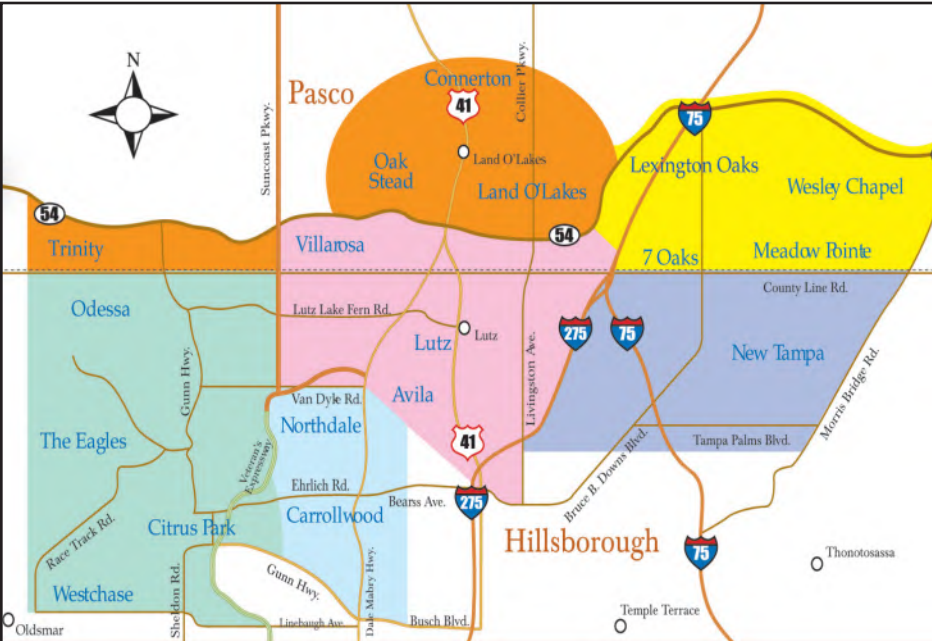
**my** Your Award-Winning Community Paper

## Dunndeal Publications

**Mailing Address:**  
218 E. Bearss Ave. #256  
Tampa, FL 33613

*Publishers of the Dunndeal Gazettes*

my Dunndeal Publications



We are back in the community at over 100 local businesses for pick up!

## 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. "The Big Bang" Genesis 1:3 "Let there be light..."**

Thanks to the advertisers, our Operating Partners, we can make 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... **1st Corinthians 16:14 Let all that you do be done in love.**

**NOW is the time to support this Christian paper!**

**Put Your Best foot forward and Help support God's word through print media. Get exposure for your business!**

Teaching our children that the Word of God is a way of life. **Mark 16:15-20 go into the world and preach the good news to all.** Sharing what's in the Bible to others, align yourself as an Operating Partner and the power of Christian Ministry serving God according to Biblical Principles. If you have what it takes to serve we invite you to serve with us in our mission to introduce God's word through Print Media.

**Can We Afford Anything Less?**

**JOIN US NOW!**

**Thank you Jesus! For Our Operating Partners and Readers!**

[ddpnews.com](http://ddpnews.com) (813) 949-4411  
218 E. Bearss Ave. #256-Tampa, FL 33613



etna®

Humana

UnitedHealthcare

CarePlus  
HEALTH PLANS

WellCare  
Beyond Healthcare. A Better You.

SilverScript

OPTIMUM  
HealthCare, Inc.

# NEED HELP WITH CHOICES ?

Learn about Your  
MEDICARE OPTIONS

IEP Turning 65  
AEP Oct. 15<sup>th</sup> – Dec 7<sup>th</sup>  
OEP Jan. 1<sup>st</sup> – Mar 31<sup>st</sup>  
SEP Conditional

727-207-3222

MEDICARE HEALTH INSURANCE

Name/Nombre  
JOHN L SMITH

Medicare Number/Número de Medicare  
1EG4-TE5-MK72

Entitled to/Con derecho a  
HOSPITAL (PART A)  
MEDICAL (PART B)

Coverage starts/Cobertura empieza  
03-01-2016  
03-01-2016



Trinity Insurance  
Consultants  
  
Richard R. Rieger

The amount of advertising for Medicare supplements and Advantage Plans has gone hyperbolic. You can't sit down to watch your favorite TV show without Joe Namath talking to you about "New Medicare Benefits", and call this number NOW! OR while sitting with your family the phone rings and there is a supposed Healthcare Advisor wanting to talk to you about your benefits. You need to ask yourself the question, "Where will my new advisor or Joe Namath be when they put me on the wrong plan?"

Folks, my name is Rich Rieger and I want to be your insurance guy! I live and work in the Pasco County area and own Trinity Insurance Consultants. I am a broker. That means I sell for many plans, not just the ones that I make more money with. I've been a Senior Leader in the Business Outsourcing Industry for the world's largest data processing organization for over 30 years. In a business where you can't make mistakes, I am trusted by hundreds of Christian seniors to insure they have the best fit plan for their needs. I want to earn your business. Call me now! 727-207-3222.

Fall into the season with Royal Pets!

\$5 OFF \$45

OR

\$10 OFF \$60

OR

\$15 OFF \$80

\*Market purchases only

• Limit 1 per customer, cannot be combined

CODE: GAZ110120 EXP: 11/30/20

ROYAL PETS

MARKET & RESORT  
VETERINARY CENTER

HOTEL IS OPEN!

FREE CHEWERS DELIGHT WHEN  
YOU BOOK A 2-NIGHT STAY!

OR

\$10 OFF AN EXIT BATH OR GROOM  
WHEN BOOKED WITH YOUR STAY!

\*Must provide coupon at check-in to redeem.  
\*Only 1 offer per stay can be applied

CODE: GAZ110220 EXP: 11/30/20

SHOP PAW STAY PAW PLAY PAW GROOM PAW VET

WWW.ROYALPETSMARKET.COM • FOLLOW THE ROYAL FAMILY

facebook

instagram

#TREATEDLIKEROYALTY

BLACKOUT WEEKEND SALES EVENT: 11/28,11/29 • SANTA PHOTOS: 11/29 11AM-2PM • VISIT US ONLINE TO LEARN MORE!