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**Abby's**  
Health & Nutrition  
Better Health Through Education

**See Page 2**

**FEEL BETTER  
WITH WELLCARE**

**See Page 6**

**How to Make a Hundred!**

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If your referral signs up with any of the Dunndead Gazettes, you will receive \$100.00 just like Bob here!

Call us and leave your number at 813-949-4411!

**See Page 8**

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## Canines for Christ

*Human Interest Story by Karen McBride*



Canines for Christ ("CFC") brings joy to patients and volunteers. The animal therapy ministry visits people in cancer centers, children's homes, nursing homes, hospitals, prison ministries, and other places where people are in need of God's comforting words and the unconditional love and affection dogs bring.

Chaplain Larry Randolph started Canines for Christ in July 2007. At the time, he did not own a dog and borrowed his daughter's dog to start the ministry. It has grown to over 300 volunteers in the Tampa Bay area. The teams visit Brighton Gardens, Carrollwood Care Center, St. Joseph's Hospital, James A. Haley Veterans Hospital, Ronald McDonald House, Pyramid, and Man-

orcure to name a few. They have recently added the Shriners Children Hospital and Learning Your Function Adult Development Center for the disabled to their list.

If you are interested in becoming a volunteer, you must complete an application, are required to have a certificate of health completed by your veterinarian, provide the AKC Canine Good Citizen or Therapy Dog Certification, and sign a liability waiver. Dogs must be two years old to enter the ministry, well-mannered and non-aggressive.

Volunteers agree to wear the Canines for Christ T-shirt, and their dogs should wear an

*Continued on Page 7*

## Barr-Hameroff Insurance—Serving Tampa Bay for 35 Years!

*Anne Childers, Staff Writer*



"Small enough to know you, large enough to serve you."

Barr-Hameroff Insurance Agency is a locally owned and operated independent insurance agency providing personal and business insurance throughout the state of Florida with quality-rated insurance companies.

The wide range of services makes one-stop shopping a convenient reality.

The service-minded staff can shop for the best rates and coverage for every client. Currently, Bonnie wants to get the word out on reduced homeowner rates- 20-40% now available in Hillsborough County.

Barr-Hameroff is licensed to insure auto, home, boat, motorcycle, umbrella, life, health, disability, and all types of business insurance including commercial coverage for property, inland marine, liability, and flood. If your insurance needs change, your Barr-Hameroff agent can continue to offer you the best coverage at competitive pricing.

Founded in 1980, this father /daughter busi-

ness has grown to include Bonnie Hameroff Turner's husband Hill and daughter Erica. Family friend Devin has worked in the multi-generational family agency for a number of years. Devin's two-year-old daughter Jade and brand new son Kash are growing up in the business; but this agency can't wait!

If you are seeking to enter the insurance field, Barr-Hameroff is looking to expand due to the increased demand of business.

One example of Barr-Hameroff's commitment to meeting that demand is the addition of a Korean agent to better serve the local Korean population.

The staff is readily available for periodic reviews, to assist with coverage, changes, and updates as your needs change, and your agent is always ready to assist you when you have a claim. At the Barr -Hameroff agency, the phones are answered personally!

Call 813-870-6284 for a quote or to join this dynamic team! Discover where old-fashioned service meets modern technology!

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## It's Grillin' Time at Kay's Kitchen

By Kay Dunn, Dunndead Gazettes



The fall weather makes me want to grill everything! It's an easy, fast, fun meal, 20 minutes on a medium high temperature/ Grass-fed hamburger and bison burger mixture (5-6 min. per side flattened ¼ pounders) and grass-fed hot dogs. Organic 2" pieces sweet bell peppers, sliced 1/3" thick sweet potatoes, zucchini, gold yukon potatoes and broccoli spears. Cover the veggies with lots of spices, sprinkle with parsley, basil, cayenne pepper, himalayan salt, garlic powder, and onion powder. Get a plate and enjoy your family time!

"Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory."  
— Romans 8:17

## Cheyenne's Country "Thangs" Organic Market

Where Healthy Isn't Hard!

Since 2009, locally owned and operated Cheyenne's Country Thangs has furnished our communities with fresh and delicious organic foods. Cheyenne's operates as a co-op and carries locally grown fruits and produce whenever possible in addition to meats, seafood, milk, and other dairy products like old-fashioned homemade ice cream!

Plan to stop in to shop and compare Cheyenne's selections and prices. The already low pricing is backed by a 100% guarantee. Sample the homemade breads

and cheeses and pick up fresh cooked meats and blended herbs to compliment your selections. **Available now—live Moringa plants, the tree of life! And we sell bunches of Moringa!**

Co-op members get to shop first and more often—call 813-333-8611 for information on joining. The public is welcome Saturday from 10:00am– 2:00pm.

Cheyenne's Country Thangs is located at 19319 Holly Lane, Lutz, FL.

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



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## Our Readers' Experiences at Abby's Health & Nutrition

During this time of GMO's in our food chain, it's nice to know there is a place that sells such a variety of organic and natural food and supplements.  
— Gail M.

I really enjoy their fresh produce! — Jeanne L.

It's a retail store that offers "Better Health Through Education" and they are educated! — S.S.

I love shopping at Abby's! The place smells wonderful! The staff is knowledgeable and friendly. I get my vitamins and protein powders there.  
— Charu N.

Enjoying Everyday Life On the Way to Where I'm Going!

## GMOs and Your Family

**Make informed choices about what your family is eating.**

One of the most common concerns about the prevalence of GMOs (genetically modified organisms) in North America is whether they are safe for our children and families to be eating. Are my kids eating genetically-engineered food?

The sad truth is many of the foods that are most popular with children contain GMOs. Cereals, snack bars, snack boxes, cookies, processed lunch meats, and crackers all contain large amounts of high risk food ingredients. In North America, over 80% of our food contains GMOs. If you are not buying foods that are Non-GMO Project Verified, most likely GMOs are present at breakfast, lunch, and dinner.

**What if I only buy organic?**

Shopping organic is one of the best steps you can take towards ensuring that your family eats the healthiest foods possible. The use of genetically modified organisms (GMOs) is prohibited in organic products. This means an

organic farmer can't plant GMO seeds, an organic cow can't eat GMO alfalfa or corn, and an organic soup producer can't use any GMO ingredients. To meet the USDA organic regulations, farmers and processors must show they aren't using GMOs and that they are protecting their products from contact with prohibited substances such as GMOs from farm to table. The rigorous requirements of the National Organic Program help to prevent GMO contamination of organic foods through a process-based approach which includes testing when GMO contamination is suspected.

The Non-GMO Project builds upon these measures by ensuring that all major GMO risk ingredients are tested prior to use in a Verified product, as we believe that ongoing testing is critical to identifying and eliminating GMO contamination. Choosing products that are Certified Organic AND Non-GMO Project Verified is the best way to make sure you are getting the safest, healthiest, highest-quality

food for your family. The Non-GMO Project also verifies conventional foods because we want to take all necessary steps to help protect and build our non-GMO food supply for future generations. The Non-GMO Project also believes that all consumers, whether they purchase organic or conventional foods, deserve transparency and have a right to choose whether they want to consume GMOs.

**What are the most common GMOs?**

The most common GMOs are soy, cotton, canola, corn, sugar beets, Hawaiian papaya, alfalfa, and squash (zucchini and yellow). Many of these items appear as added ingredients in a large amount of the foods we eat. For instance, your family may not eat tofu or drink soy milk, but soy is most likely present in a large percentage of the foods in your pantry.

GMOs may be hidden in common processed food ingredients such as amino acids, aspartame, ascorbic acid, sodium ascorbate, vitamin c, citric acid, sodium citrate, flavorings

("natural" and "artificial"), high fructose corn syrup, hydrolyzed vegetable protein, lactic acid, maltodextrins, molasses, monosodium glutamate, sucrose, textured vegetable protein (tvp), xanthan gum, vitamins, and yeast products.

Here at Abby's, we have made it a mission to provide to our customers the highest quality health foods available. Currently our produce department is 100% organic, the majority of our grocery department is either certified organic or Non-GMO and the same goes for our deli and juice bar that utilizes only organic fruits and vegetables. With every month that goes by, our percentage of organic and Non-GMO foods, supplements, and even health and beauty products increases.

October is national Non-GMO month, so come by and show your support by shopping organic and Non-GMO foods. We also will have many samples, raffles, and giveaways including a movie night on Monday, October the 26th at Brunchies next to Abby's. Please call to reserve your spot.

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11415 Hope Int'l Drive, Tampa, FL 33625 | 813.961.1214

# OFF TO COLLEGE

I know many of you reading this have recently experienced this with your children. We, here at Hope Children's Home, go through many of the same emotions you go through as your child leaves, whether it is near or far. We believe continued education is very important in the world we live in today. With that in mind, 98% rate of those that graduate from Hope Christian School make the decision to attend college. We know that is a very good percentage, but we also believe in preparing them for college long before the actual time comes. We currently have 8 students in college from the east coast all the way to the west coast.



Brittany at 5 yrs. old

can help by giving to our College Fund. We try to make it very easy for you to contribute to the fund by going to our website and donating simply designating your gift to the "College Scholarship Fund."

Will you help our students continue their education and become upstanding citizens in the community they choose after college? By going to HopeChildrensHome.org, you can not only learn about who we are and what we do, but you can also become a vital part of a college student's life. Thank you for caring, and God bless your involvement in the lives of those just like Brittany.



Brittany (left) beginning her freshman year in college.

As an example, Brittany came to Hope when she was 5 years old, and now, 13 years later, she is in a good college deciding which direction God will lead her in the future. Although our college students get jobs and any scholarships, they can find it is still financially very difficult for them. Here is where you

# Which of These Costly Home Sellers' Mistakes Will You Make When You Sell Your Home?

**Tampa Bay Area**—A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their homes, and a 9 Step System that can help you sell your home fast and for the most amount of money. This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of home sellers don't get what they want for their homes and become disillusioned and—**worse**—**financially** disadvantaged when they put their homes on the market.

As this report uncovers, most home sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a **FREE Special Report** entitled **"The 9 Step System to Get Your Home Sold Fast and For Top Dollar"**. To order your **FREE** copy of this **Special Report**, visit [www.TampaBayHomeGuide.com](http://www.TampaBayHomeGuide.com). The Website is always available 24 hours a day, 7 days a week.

**Order NOW to find out how you can get the most money for your home.**  
*This report is courtesy of Peter Butera with Future Home Realty Inc. Not intended to solicit properties currently listed for sale. Copyright of 1998.*



# St. Timothy Women's Club Holiday Boutique & Craft Fair

Saturday, Nov. 14, 2015 9am-3pm  
St. Timothy Catholic Church  
17512 Lakeshore Rd., Lutz.

125 vendors of beautiful hand-crafted and fine quality items!

- Bake Sale
- Food
- Music
- Plant Sale
- Raffles
- And much more!

Proceeds from this event enable us to continue our outreach work in helping the underprivileged both in our community and our church.

# Land O' Lakes Garden Club

We invite you to the Land O' Lakes Garden Club meeting held on October 6, 2015 at 10:30 sharp. The speaker will be Ella Cancia and the subject is Healthy Foods For Your Body.

Address: LOL Community Center, 5401 Land O' Lakes Blvd. (US 41), Land O' Lakes, FL 34639. President: Marie. Phone (H) 813-961-2697 (C) 813-508-0975. Co-educational.

# Women-n-Charge

Join the vibrant ladies of Women-n-Charge on Friday, October 2nd from 11:30am-1:15pm at Pebble Creek Country Club (10550 Regents Park Dr., Tampa, 33647). The meeting includes lunch, a feature speaker, and time to network. We share our talents, build relationships, and share our resources with other women in business.

The cost is \$15 for members (Tuesday before the meeting) and \$18 for all guests. Please register at [www.women-n-charge.com](http://www.women-n-charge.com). For more information, please contact Judy at 813-600-9848 or [admin@women-n-charge.com](mailto:admin@women-n-charge.com).

Our feature speaker for October is April Saland, of A.L. Saland Insurance, and she will be speaking on "Did You Know." With the upcoming Health Insurance Enrollment laws and regulations, you will have your questions answered and learn what you thought you already knew.

# Vendors Needed

Parking Lot Yard Sale, Saturday, November 7, 2015 from 8am-1pm at First Baptist Church of Lutz, 18116 US Hwy 41 N., Lutz 33549. Call Edie at 813-458-5970 for more information.

"This righteousness from God comes through faith in Jesus Christ to all who believe. For all have sinned and fall short of the glory of God." — Romans 3:22-23

# Garden Connect

Though it's still too hot to maintain a garden, we can do a lot of preparation for the fall/winter garden. Number one, we can start seeds or cuttings in containers. Try to find a semi-shady spot and remember to water daily or put them inside of a plastic bag with a tie to keep them moist.

Too dry or too wet is not good, and small containers dry out quickly if they're outside and it doesn't rain. Here is a list of some cool-weather plants: lettuce, cabbage, broccoli, mustard greens, broad leaf mustard greens, collards, spinach, kale, Asian greens, chard, arugula, leek (most of the greens), carrots, beets, potatoes, radish, fennel, celery, cauliflower, turnip, rutabaga, and winter squash.

Keep it in your folder for future reference, and a good idea is to use folder tabs. Note down the seed names that you are planting this fall. We've learned from a friend that grew up on a home farm that wherever her dad buried kitchen scraps, the crops came up bigger and better. Note that "kitchen scraps" does not include meat or protein matter, but crushed eggs shells are okay.

If you have or thought about having melons, calabaza, or pumpkins from the previous crop, continue to put mulch, leaves, pine straw, etc. surrounding them as the rainy season is waning. We lost ours due to too much moisture. Jeanne and I need to stress build up the land as we do continually to prevent rot (drowning plants).

Hope you have some wonderful gardening experiences! Why don't you share them with us? Our email address is [whitdovefarm@yahoo.com](mailto:whitdovefarm@yahoo.com). We want to give some praise and acknowledgment to MaryHelen Zopfi and her husband for all of the joy of recycling which she uses for projects for the senior citizen home for growing things in halved rain barrels on stands. Hip, hip, hooray! We will resume Garden Connect meetings at our White Dove Farm on November 21st.

# Fall Craft Fair!

Sat. Oct. 10 9 a.m. - 2 p.m.

Lots of Hand-Made Crafts  
Plants ♣ Gift Baskets  
Vendors ♣ Bake Sale  
Refreshments

at Keystone United Methodist Church  
16301 Racetrack Road, Odessa  
[www.keystoneunitedmethodistchurch.com](http://www.keystoneunitedmethodistchurch.com)  
813-920-5153



# Most Holy Redeemer Catholic Church's FALL Festival

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# Information

Saturday, October 10  
12 PM - 10 PM

Purchase Tickets at the Event  
or at the Church Office

Questions?  
Call (813) 933-2859  
[www.MHRTampa.org](http://www.MHRTampa.org)  
@MHRTampa





Samantha Taylor

Pure Health & Fitness Studios

Most people don't realize how bad they feel physically until they start feeling better. Then they are amazed at how great they feel and wonder how they even lived with it like it was before. Many of the clients that come to us tell us, "You are my last resort." They have tried every diet only to gain the weight back and be utterly frustrated.

This can contribute to her feeling agitated and unhappy at home, making her home life more difficult. You know the saying, "Happy wife, happy life!" We give our clients hope and encouragement that they can succeed and that builds confidence in them as they see themselves lose one pound at a time.

Women are overall happier when they have success with their weight and know that learning how to eat healthier as a lifestyle is the answer they have been looking for. Women who are not confident with their body tend to be more anti-social and not involved with other people as often, including not participating in social events or church functions. Many women admit to be becoming isolated as they have a declining level of health and by helping women in this area, it gets them more active in their community.

Many of our clients are widows or experiencing declining health of their partners, loss of parents, and challenges with their own health. We extend helping hands during these tough times, attending funeral services, sending them flowers, and offering support and resources.

Other clients embrace them and are there to assist in any way they can and through that ca-

### Impact Your Community

maraderie-building, our clients become friends. One of our client's daughters is in great need of financial assistance to pay unexpected medical bills, and many are pitching in to assist.

Our clients begin dining out together as well as attending Bible studies and movies together and participating in local activities together. Once they begin one of our programs, they begin to see positive results and develop camaraderie with other clients, they find their spark again. As their metamorphosis takes place, they feel a stronger sense of belonging and being part of a group of women who support them.

Many of the members we have are business owners, and by helping them have a better level of health and wellness, they have more energy and stamina to perform in their duties as business owners in this community. Many of them say their business has improved because they have been taking better care of themselves and they are more focused and have more energy to tend to their business but also spend time with their family.

We also train judges, doctors, lawyers, pastor's wives, and stay at home moms. Getting one person healthy at a time can affect an entire community! You being healthy is not just for you, it's for your family as well and for this community, for when you live life more healthfully, then you are much more involved with people.

We have helped over 4,000 women in this community begin to get healthier, and our goal is to impact 10,000 by 2020. While helping all of these women, we are honored to have received the Small Business of the Year award! How about you? Are you ready to get healthy?

You can visit the main website online at [www.PureHealthStudios.com/consult](http://www.PureHealthStudios.com/consult) any-time or call 813-377-3739.



Rick Bradshaw

PGA Professional/GM

### The Secrets to Teaching and Learning the Golf Swing

Learning the correct way to swing a golf club could be like trying to find a needle in a haystack. I tell my students that it's not that the design of the needle is complicated, you just can't find it. There are so many intricate thoughts and details of the golf swing available on the internet, in videos, and in print that it's almost impossible for the aspiring golfer to isolate the most important details that need to be imaged during the swing. The secret to teaching the golf swing is keeping the main points of the swing in the forefront and image in your mind.

When I teach, I'll start off with three main bullet points or headings that are the essentials of the golf swing. There may be and are contributing factors to the efficiency of the swing under each bullet point. However, don't go there mentally when swinging a golf club. Keep it simple!

My three bullet points are:

- **Feel the club head whip free of strain throughout the swing.** Sensing the momentum of the club head swinging held lightly in the hands is an art like painting. Don't hold the brush tight. You want to paint a beautiful portrait, not the garage. Grip the club in the fingers, not the palms.
- **Arms and biceps drawn close together during the entire swing.** This encourages my core to develop and harness power from my feet and legs as a result of my chest and shoulder rotation on the backswing.
- **See the ball under the left shoulder as I rotate into the backswing.** I am certain from

my physics lessons and laws of circular motion that pivoting around a fixed steady level head allows my club to align itself into the back of the ball without hitting the ground or sculling it down the fairway. By seeing the ball stay still over my left shoulder with no lateral movement of my head and body side to side, closer to or farther away, I can maintain a perfect swing plane, balanced opposition to the club head swinging, and body frame to power the golf swing. I know some people advocate a freedom of movement of the head during the swing, but mine's not moving a lick until the ball is on its way!

Rick Bradshaw  
Award-Winning PGA Teaching Professional  
G/M, Director of Instruction  
Dent/Bradshaw Golf School  
2004 and 2006 PGA Teacher of the Year (North Florida Section)  
Heritage Isles Golf & Country Club  
[www.tourexperience.com](http://www.tourexperience.com)  
813-220-8099



Don't be like this golfer looking for the needle in a haystack!

### One Goal with Losing Weight is to Keep it Off...

This is Chris EIGHT years later! She lost 55 lbs. with me in her 50's and still looks amazing! I am so proud of her. She says: "I saw Samantha's ads for years before I called. I lost the weight in 7 months and to keep it off this long amazes me because I used to always gain it back. I first had to realize that I had to do something different and that was to call her. She has truly changed my life, I hope you let her change yours too!"



Lost 55 lbs. and has kept it OFF for 8 Years

Winner:

\*Small Business of the Year\*

By the Wesley Chapel Chamber of Commerce

HEALTH & FITNESS EXPERT

Samantha Taylor

Free Seminar

\*Wesley Chapel: Fri Oct 23<sup>rd</sup> 6:45pm

\*Land O Lakes: Sat Oct 24<sup>th</sup> 12:00pm

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See more AMAZING success photos on our website

### American Red Cross Pillowcase Project

Ten years ago, Hurricane Katrina devastated the Gulf Coast, affecting millions of people. Many children were traumatized by their memories of the storm's fury, so the American Red Cross developed a program using something as simple as a pillowcase to help these children feel safer and more prepared for a disaster.

Children learn how to create their own emergency supply kit by packing essential items in a pillowcase which is easy to carry in an emergency. They can decorate and personalize their pillowcase and each child receives a "My Preparedness Workbook" and a certificate of completion at the end of their training. Today, the Red Cross Pillowcase Project is available free to teach young children about natural hazards and how they can prepare for disasters.

The World's Largest Pillowcase Project was held on August 29th, the ten-year anniversary of Katrina. Participating Red Cross chapters across the country held Pillowcase events to help children and their families learn the importance of being prepared for emergencies. Here in Central Florida, several presentations were done, including two classes at the Girl Scouts of West Central Florida in Tampa and in Orange County at Blankner Elementary School Secret Lake Park.

To date, the Central Florida Region has reached nearly 5,000 children. Since 2013, when the program was standardized and rolled out nationally, it has reached more than 270,000 children across the United States.

Through the Pillowcase Project, children in grades three through five learn how weather hazards occur and how to get ready for and to cope with emergencies. They also learn how to develop a way to contact household members in an emergency situation, how to develop fire escape plans and emergency contact cards, and how important it is to share what they learn with members of their household so everyone can be prepared.

For more information on the Pillowcase Project, contact Jose Bueno at (813) 868-7673 or by email at [jose.bueno@redcross.org](mailto:jose.bueno@redcross.org).

**About the American Red Cross:**

The American Red Cross shelters, feeds, and provides emotional support to victims of disasters, supplies about 40 percent of the nation's blood, teaches skills that save lives, provides international humanitarian aid, and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org](http://redcross.org) or visit us on Twitter at @RedCross.

### Samantha Taylor Wins Award

There are thousands of businesses in this area, and one stood out at the Wesley Chapel Chamber of Commerce Excellence in Business Award banquet on Sept. 10th. That business is Samantha Taylor Fitness Studio, for her company was awarded the prestigious award of the Small Business of the Year. She shows women how to get healthy and into great shape while enjoying the process. She has two programs which are Personal Training in a private studio, called Pure Health & Fitness Studios, and she offers a fitness program called Fit Body Boot Camp. After 23 years in this industry and training 4,000 women, she is really making an impact in this community.







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**“For in the gospel, a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: ‘The righteous will live by faith.’”**  
— Romans 1:17



## Magnolia Manor Assisted Living, Inc.

**Barbara Keithly, Owner**

“I had a long, successful history of advertising with Dunndead Publications for a prior business, so when I began plans for opening Magnolia Manor Assisted Living, I immediately called Dunndead to put an advertising campaign in place. As soon as the papers are circulated each month, my phones ring non-stop. It is not unusual to receive forty calls a day. The calls are from prospective clients, prospective employees, and other businesses seeking to network and share resources. Dunndead covers all my advertising needs and makes a tangible difference in my business success!”

## The Caregiver Corner

November is National Alzheimer’s Awareness Month. In preparation for next month’s celebration, we offer the following:

As we age, just as our bodies start to physically slow down, so too does our brain. It is natural for it to take longer for us to retrieve memories, process questions, solve problems, etc. It is not normal, however, for us to forget things altogether or not to be able to generally deal with activities of daily living. That is usually an indication of mild cognitive impairment or dementia. MCI is a term used to describe when a person has memory or other thinking problems greater than normal for someone their age and education. Dementia is a general term used to describe a decline in mental ability severe enough to interfere with daily living.

Like a fever or a stomach ache, dementia is the symptom, not the underlying cause. There are well over a hundred causes of dementia. Some are reversible. Some dementias are caused by onetime events and do not progress. Others get worse over time (are progressive). Dementias caused by urinary tract infections (UTIs), dehydration, thyroid problems, or certain vitamin deficiencies are often easily reversible. Memory loss associated with a stroke (or other vascular issues) is the typical irreversible non-progressive dementia example. Alzheimer’s is the most prevalent dementia cause (it accounts for 60-80% of all dementia cases) and it is progressive (Parkinson’s related dementia is another progressive type).

Because each type of dementia cause is different, it is important to obtain a proper diagnosis. Dehydration might just require more liquid or a trip to hospital for an IV. A UTI will need

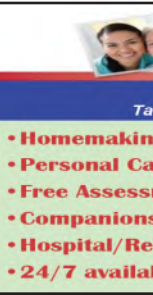
antibiotics. Vascular dementia may not require any medication but attention to the underlying heart or vascular problem so another stroke does not occur, causing more damage. Even with the progressive types, the medical treatment is different for those with Alzheimer’s than for those with Parkinson’s or Huntington’s, etc.

For most of the progressive types, there is no cure. But there are medications that can slow the progress. Also, there is great benefit to understanding the general progression because the way a caregiver approaches a loved one during the different stages is different. For example, in the later stages of Alzheimer’s, it is inappropriate to correct the patient or to constantly ask them if they remember who you are. Behaviors like this only agitate them and cause them to feel bad.

The Caregiver Corner is coordinated by Arthur Moseley. Arthur and his wife Frieda are the owners of the Tampa and Pasco Offices of Griswold Home Care, one of the area’s leading referrers of non-medical private pay home care services (the caregivers they refer provide companionship, homemaking services, and personal care). NR30211139 NR30211332

Over the last two years, the Griswold Cares Foundation has given over \$65,000 to worthy organizations that align with our mission “to build, strengthen, and sustain programs that enhance the quality of life for low-income seniors and adults with disabilities who choose to age in peace.” The awards have ranged from \$500 to \$2,000. This year, we hope to raise and distribute another \$30,000+. Applications are due by 5pm on October 14th.

[www.GriswoldCares.org](http://www.GriswoldCares.org)



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~ Casey Laurain, age 15

We are so happy with what you have accomplished with Casey. Her fear of driving is gone and she asks every day... “Can I drive?” I worked with her today on turns and she is doing so much better! I am committed to continuing what you have started with her to make sure that she is as safe as she can be on the roads. Thanks so much and God Bless! We will definitely be referring you!  
~ Michele Laurain

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## Automotive Chat

Last week, a 30-year friend and customer called to price a set of tires that he wanted. He began to tell me how one of the “BIG MERCHANDISERS” had these tires on sale and also a mail-in rebate for \$75. With these discounts applied, four tires would come in just over \$600. We searched for the tires, and with no sale or rebates, we beat the price he was going to get at our normal price for this product.

My point is, marketing is a great cover for high prices in a lot of cases! A 50% off sale is only good when the original price of the product is normal to start with. If it’s 50% off double the regular price, it’s not a deal. Don’t buy the advertisement, shop for the best deal.

At the end of any transaction, what matters is that you are treated fairly, you receive great service, and the repair or products fulfill your needs. The best situation is that you know who you’re dealing with, that you can trust them and that your best interest is first at their business. At Pro Auto Care, we make you that pledge! Have a question? Ask for Dan or Larry.

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Canines for Christ  
Continued from Page 1



approved vest and patch. Most importantly, volunteers must be Christians, share God’s message of love and hope, pass out the card with your dog’s picture and the message of God’s plan of salvation, and, of course, listen to the patients.

In September, Canines for Christ was invited to The One Roof Gala, an event for special needs at Mainsail. Several teams were there to greet the 300 people with special needs in attendance. On October 3, The Family Abilities Information Rally (“F.A.I.R”) for the disabled is being held at All Peoples Life Center. It is estimated that several hundred people will attend and there will be several CFC teams there to meet and greet the guests. On October 10, there will be a Blessing of the Animals in Dunedin and CFC will be there to help bless the animals.

Joni Deitch and her dog, Darla are volunteers at CFC. She had an accident last year and broke her ankle. She learned of the animal therapy ministry when she was attending Van Dyke Church in Lutz. She was sitting in the back so that she could prop her leg up when Gracie, Larry Randolph’s dog, came over to greet her. Being a therapy dog,

Gracie knew that Joni was injured and wanted to comfort her. Later, Joni spoke to Larry Randolph and learned about CFC. At first, she volunteered with her dog, Georgia, at NuVista Living Rehab and Fletcher Health and Rehabilitation Center. Sadly, Georgia passed away recently. Joni enjoyed the volunteer work and wanted to continue, so she applied with her dog, Darla. Darla has just completed training and certification, and they are looking forward to their first event.

For more information, go to [www.k9forchrist.org](http://www.k9forchrist.org) or call 813-968-3983.



Captain Ric’s Fish Tales

Reel Simple Fishing Adventures



*A happy client with a over slot size redfish caught in Tampa Bay recently with Capt. Ric Liles.*

If you try real hard, you can feel fall in the air for a brief moment in the mornings on the south shore. It doesn’t last long, so you may not even notice it. For us anglers, though, that’s good news. As much as we like the warm sunny days, it’s good for fishing to get our yearly cooldown. I fear what would happen in regards to red tide if we started every spring with summertime water temps. It certainly could not be a good thing.

Fishing in the bay area lately has certainly been eventful. We’re starting to have better fishing on the flats since our rains haven’t been as heavy and as often. There have been a few days lately that seemed as if there were

a fish in every pothole and under every mangrove tree. If you catch the tides just right and the stars are in line, these days can be magical.

One of the things that has helped with the bite besides the weather is the availability of better bait. There was a stretch there when it was a little difficult to find optimum bait. Even the superstars struggled—they were only able to get great bait eight days a week during that stretch. Just a little humor to pass along. We all know “that guy” that always does good but rarely has a witness.

Anyway, if your deal is inshore, the next couple months should be terrific fishing and comfortable as well. Redfish, trout, and snook will be my main targets with Spanish mackerel, flounder, shark, cobia, and snapper being other options.

The one tidbit of info that I can pass along that may benefit you is never underestimate the results of cut bait. If you have that day that bait is harder to get, chum up some pinfish or catch a mullet and use them as cut bait. You may be surprised at your success.

Until next time, good luck and be safe on the water. Remember: don’t let your kid be the one that got away, take them fishing.

For charter fishing information, you can call (813) 601-2900, email [CaptainRic@msn.com](mailto:CaptainRic@msn.com), or visit [www.ReelSimpleFishing.com](http://www.ReelSimpleFishing.com).



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

Carrollwood Area Womens Club



The Executive Board of the Carrollwood Area Womens Club. Pictured (L to R): President Sandi Pollpeter, Judy Swan, Carol Parr, Sandy Bittton, Liz Neauhardt, Linda Arwood, and Shirley Duke.

The Carrollwood Area Womens Club has over 150 members and meets each month on the fourth Wednesday of the month for lunch at the Carrollwood Country Club. This year’s fundraising results will go to the Academy Prep-Center for Education. Their mission statement reads: “To inspire and empower students qualifying for need based scholarships to become future community leaders through a rigorous middle school program.” For more information on CAWC, contact Kim Redd at 813-962-0247.

The Florida Orchestra’s New Director

“Michael Francis has become the symbol for a new beginning for The Florida Orchestra,” said Thomas H. Farquhar, Board Chairman. “We’ve been setting the stage for just this moment for the past several years. It’s been ‘Ready, set ...’ and now it’s time to go.”

Michael Francis strongly believes in taking the orchestra out of the concert hall to bring music to all. Before he was officially onboard last season, he conducted “pop-up concerts” in unexpected places such as International Plaza, All Children’s Hospital and Moffitt Cancer Center. More of these concerts will be announced this season.

One of Michael Francis’ highest priorities is to make sure every student has a quality music education. The orchestra’s youth and education programs now reach more than 21,600 students each season. Those programs will expand this year.

To introduce young children to classical music, TFO last season started Family Concerts, which combine a Florida Orchestra chamber group of musicians with interactive story time for just \$5. These include an Instrument Petting Zoo for kids to try out being a musician on a variety of instruments.

[www.floridaorchestra.org](http://www.floridaorchestra.org)

Tace Lounge Event Center

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Lake Magdalene MS Support Group

The Lake Magdalene MS Support Group will host discussions on Medicare open enrollment on Oct 6, 2015 at 7pm. Come and learn about the ins and outs of the application process. There will also be information

for transportation assistance for the disabled. We meet at Lake Magdalene United Methodist Church located at 2902 W. Fletcher Ave, Tampa 33618. For further info, call Rita Schallenberger at 813-961-5510.

Team Ownby/Taylor Wins Redfish Tour



Justin Ownby of Tampa, Florida and Graham Taylor of Lutz, Florida weighed a two-redfish limit that totaled 14.42 pounds to win the final regular-season event for the Florida West Division of the IFA Redfish Tour presented by Cabela’s on Sept. 12 at Ruskin, Florida. The team won a total of \$28,249 in winnings. The anglers spent the majority of their day fishing in the Ft. Desoto area before moving to Cockroach Bay just before the weigh in. The team targeted redfish with soft baits and spoons.

“The weather pattern was changing,” said

Ownby. “We knew we had a window before the front came in to get our fish.”

Ownby and Taylor took a slow and steady approach due to the low visibility from the rain. The team’s 6.79- and 7.63-pound redfish were enough for first place on a tough day of fishing.

Second-place finishers J.R. Witt of Sarasota, Florida, and Jason Tari of North Port, Florida weighed 13.55 pounds to take home \$4,760 in winnings. Even though they didn’t expect the rain and wind, the anglers reported the stormy conditions helped their efforts. The anglers ran 33 miles to fish around Tampa Bay with jerk baits and spoons over mullet and grassy edges.

Cody Chivas of Indian Shores, Florida, and Peter Frederiksen of Dunedin, Florida won third place and \$2,487 in winnings. The anglers also ran into unexpected conditions and had to adjust during competition. The anglers caught their fish on spoons and swimbaits.

For more information or to become a member of the IFA, visit [www.ifatours.com](http://www.ifatours.com).

Celebrate the Holidays With The Nutcracker

Do you remember how you felt as a child during the holidays? *The Nutcracker* reminds us that the holidays have always been a time of magic, wonder, and dreams.

Experience that delight by joining us for this classic holiday tradition. Tampa Bay Triple Threat Theatre will present *The Nutcracker Ballet* on December 5, 2015 at The University of South Florida in Theatre I (located at 3829 USF Holly Drive, Tampa, FL 33620). Curtain times are 2:00pm and 7:00pm. The performance includes professional principal soloists and performers from The Classical Ballet of Tampa set to Tchaikovsky’s classic score with choreography by Stanislav Ivanov.

*The Nutcracker* is often a young person’s first

exposure to ballet. With colorful costumes and sets, paired with world-class dancing, it will be a treat for both young and old alike. As part of the Theatre’s community outreach, Tampa Bay Triple Threat Theatre will also present field trip performances of *The Nutcracker Ballet* on Friday, December 4th at the USF Theatre I. Tampa Bay Triple Threat Theatre is a non-profit 501(c)(3) educational theatre in residence at Mary Jo’s Performing Arts Academy.

*The Nutcracker* is the perfect family event to enjoy the splendor of the holiday season! Tickets will be available at [TBT.TT.org](http://TBT.TT.org). Please make Triple Threat Theatre’s production of *The Nutcracker Ballet* a part of your holiday celebration this year!









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### An Ultimate Partnership Brings Joy!

Anne Childers, Staff Writer

About three years ago at a local networking event, Kay Dunn—co-owner of Dunndead Publications—met Tim Hunter, owner of Ultimate Tile and Grout. It was a meeting made in heaven, literally. Both Christian business people believe in serving Jesus and others before themselves. Kay needed her carpets cleaned, and Tim needed advertising—they partnered on the spot and formed a relationship that has proved beneficial to both!

Recently, the Dunns undertook a major landscaping and remodeling project on their home. Between the dirt tracked in and the couple's two cats and two dogs, the carpets were the worse for wear. Then family announced an unexpected visit from out of state with two tiny toddlers!

Time was short and the window of cleaning opportunity was narrowed down to one day. "All I have to say is Tim made it happen," says Kay Dunn with a smile. "My carpets were restored to a state of cleanliness perfect for two crawling children, and Tim worked with my limited schedule."

Check the Ultimate Tile and Grout website at [www.ultimate-tileandgrout.com](http://www.ultimate-tileandgrout.com) and call 813-961-8453 for a complimentary, no obligation quote on all your surface cleaning needs—you will never need to make another call!

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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!

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Full Service A/C, Plumbing & Electrical • FREE Second Opinions for all services • 18 Months NO Interest Financing \*WAC • A/C, Plumbing and Electrical Maintenance Plans • FREE Estimate on New A/C Systems • Service and Repairs on all brands of A/C Equipment • FREE Estimates on Re-pipes • Water Heater Repair & Replacement • Stoppages, Leaks, Water Purification • Electrical Panel Upgrades • Ceiling Fan Installations • LED & Can Lighting

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SUNSHINE STATE Window Washing

Ierna's Heating & Cooling

Charlene Ierna

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Add Sparkle to The Holidays

Anne Childers, Staff Writer

In a few short weeks, the holiday season starts—Thanksgiving, Christmas, Hanukah, and parties right through to the new year. With all you have to do, don't "do" windows! Call the pros at Sunshine State Window Washing and look your sparkling best before the festivities starts!

Sunshine State Window Washing is properly licensed, fully insured, and bonded. This veteran-owned and operated company is also local! Owner M. Lewis Briggs provides expert service with respect for your home and privacy. He and his trained staff will take out the drudgery and leave you with sparking windows well into the new year!

Sunshine State caters to homeowners as well as business professionals by providing VIP service and 100% satisfaction using environmentally-safe products. Extras such as cobweb removal, screen shampooing, window sill, track, and channel cleaning are always included. Additional services such as mirror, chandelier and coach light cleaning, ceiling fans, light bulb and smoke detector maintenance are available upon request. Multi-level homes and offices are no problem for these experts.

Call Sunshine State Window Washing today at 813-949-1392 to schedule a complimentary in-home estimate for all your window cleaning needs. Be sure to ask about regularly-scheduled repeat service so you can relax and your home will always sparkle.

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Keystone United Methodist	16301 Race Track Road, Odessa	813-920-5153	Sun. 8:30, 9:45, & 11:00
First United Methodist Church of Lutz	960 W. Lutz Lake Fern Rd.	813-949-1751	Sun. 8:00, 9:45, & 11:30
The Impact Point	102 Lake Hobbs Rd., Lutz	813-949-9001	Sun. 10:00 & 11:15
First Baptist Church Lutz	18116 US Hwy. 41	813-949-7495	Sun. 9:00 & 10:30
River of Life Church,	410 Chapman Rd. E., Lutz	813-949-9931	Sun. 10:30
Holy Trinity Lutheran Church	20735 Leonard Rd., Lutz	813-949-7173	Sun. 8:00 & 10:30
Most Holy Redeemer Catholic Church	10110 N. Central Ave., Tampa	813-389-4580	Sun. 8:00, 10:00, & 12:30 Spanish
Northwest Community Church	14913 Hutchinson Rd., Carrollwood	813-962-4990	Sun. 10:30
Messiah Lutheran Church & Preschool	14920 Hutchinson Rd., Carrollwood	813-961-2182	Sun. 8:30, 9:45, & 11:00

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Distribution Information

Westchase Gazette Carrollwood Gazette Lutz Gazette New Tampa Gazette Pasco Gazette Wesley Chapel Gazette

Why Advertise With Us?

- Direct-mailed to homes with a median income of \$80,000 +
- Publications are kept to a reasonable size so that your ad is not "lost."
- Editorials are contributions of our advertisers, business & entertainment.
- We work closely with you to design and create the type of advertising which will maximize your return.
- Powerful Internet presence! A FREE ad in our online publication!
- We can also develop and host your very own website for your business!
- FREE help wanted classifieds!
- Your ad layout is a joint venture aimed at providing the type of high-quality result you would expect from a professional ad agency.
- Our monthly contest has awarded our readers over \$250,000... A quarter of a million dollars in FUN and ADVENTURES over the past 10 years.

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*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..."*

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