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

Besides sharing time with family and friends over food, the primary ingredient of the American Thanksgiving holiday is gratitude. While it's certainly good to have an annual holiday to remind us to express gratitude, there's much to be said for the benefits of cultivating the spirit of thankfulness year-round.

People who are thankful for what they have are better able to cope with stress, have more positive emotions, and are better able to reach their goals. Scientists have even noted that gratitude is associated with improved health.

Continued on Page 2

Spreading Its Healing Branches Over Tampa *Moringa, A Supermarket On A Tree*

Over the past six months this publication has devoted space to raising awareness about the Moringa tree, a native to the tropics that has put down roots here in the Tampa Bay area. This amazing tree jut may be the most perfect species God ever placed on the planet Earth. The leaves,

branches, and roots provide for the health and nourishment of humans and domestic animals by providing medicinal benefits, soil enrichment, and even bio-fuel for cars and machinery.

Continued on Page 8

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Lutz Area Theatre Gets a Second Act!

You may have already heard the buzz around the Lutz Area Performing Arts School, "The Acting Studio," but now they are bringing their innovative teaching method to a 2nd new location! The Theatre's Grand Opening is Nov 7th on the Corner of Ehrlich and Hutchinson Rd. (5253 Ehrlich Rd) in the space formerly known as "Curtain Call." You won't want to miss these festivities!

Performances from major Broadway musicals will be presented throughout the day! This FREE Grand Opening event will take place Saturday, Nov. 7th

from 12pm-6pm. FREE food, games, and prizes!

Highly-praised and Hollywood-endorsed by actors such as Aasif Mandvi , from "The Daily Show" and HBO Comedy Series "The Brink", The Acting Studio has had great local success since opening in 2002.

The theatre, founded and owned by husband and wife Victoria and Dan Watson, offers a unique environment based on a self-esteem building curriculum , where all students have a say in the parts they are assigned and there are

many casts for each performance. The studio offers classes and private lessons to everyone from pre-K through senior citizens.

Whether you are an aspiring actor or just a musical theatre enthusiast, there is something there for you.

Call us today at (813) 679-4810 to schedule your first class for FREE or come see how we do things at our Grand Opening on Nov. 7th. Visit our website for more information on both locations at theactingstudio.net.



Happy Thanksgiving

from our operating partners. It's a Dunndead!

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



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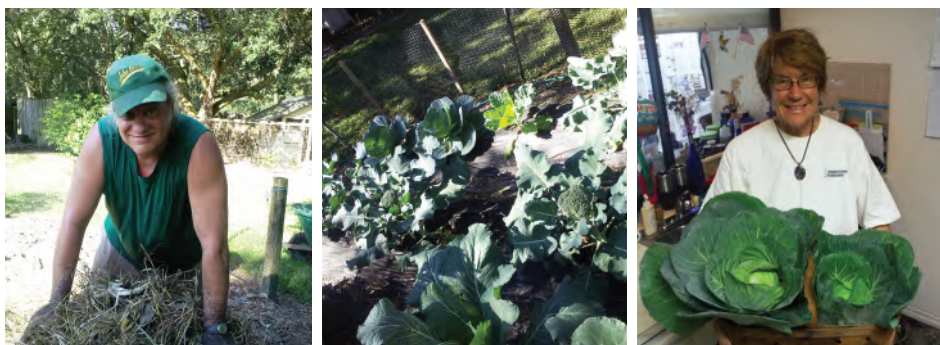
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Kay's Veggie Garden

By Kay Dunn, Dunndead Gazettes



Grow Your Own Organic Veggies!

Get healthier & lose weight!!!! The time is right for planting your garden. Get 6" high starters, plant in organic soil.

The first photo shows my gardener husband clearing the land. The second photo is 30 days of loving them by giving them some Miracle-Gro and watering twice a week.

The 3rd photo is 70 days out for the biggest heads. I added carrots & onions to the head of cabbage cut in 6 pieces, drizzled olive oil lightly over it, and added ¾ cup water in a pan. Cover with foil, bake for 45 minutes at 350 degrees, check the pan, bake another 45 minutes, take the foil off, and bake for 15 minutes.

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, Wed.-Sat.—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.



Renu Ultra-Spa & Hair Studio

For Men, Women, and Children

Anne Childers, Staff Writer

If you are looking for a healthy way to achieve your best look, Renu Ultra-Spa and Hair Studio is a perfect one-stop location for all your beauty needs including facials, nails, massage, waxing, and full service organic hair styling solutions.

Enjoy a whole body experience with state-of-the-art anti-aging and detoxifying equipment such as the Sunlighten Pulse Infrared Sauna, Mystic HD Sunless Spray Tan System, and Florida's only Slim Line Collagen Red O2 Hydration Pod. Ask about the benefits of detoxifying treatments for children with Autism and other special needs. Renu is family-oriented and offers healthy solutions for the whole family.

Under the careful management of local owners Scott and Liann Thompson, Renu is constantly adding services that are free of toxins and chemicals, "Our goal is to provide the very best services in a relaxing, toxin-free environment."

The staff is highly trained and certified and prices are affordable. Create your own package with your favorite hands-on treatments for one low monthly fee. Renu is located in the Carrollwood/Citrus Park area and open 7 days a week for your convenience. Visit online at www.renutampana.com or call today at 813-968-4247 to schedule your own awesome experience.

"We wanted to create a one stop shop for healthy and beauty," Scott said.

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

Continued from Page 1

"The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible.

With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. 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, remem-

ber that your future depends largely on the thoughts you think today. So each moment of every day is an opportunity to turn your thinking around, thereby helping or hindering your ability to think and feel more positively in the very next moment.

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

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

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Women-n-Charge Fundraiser Success



Kay Dunn (Dunndean Publications), Rosie Heim (Avon), Mary Ann Whallen (Affordable Home Inspections), Anne Childers (Childers & Associates), Elayne Bassinger, April Saland (A.L. Saland Insurance), Charlene Ierna (Ierna's Heating & Cooling), and Penny Pike (Waterline Construction).

On October 3, 2015, Women-n-Charge, whose mission, in part, is to support and assist professional women in managing their businesses more effectively, held their annual fundraising tea event to raise funds for their grant program.

The tea, which was held at the Groves Golf & Country Club, with the event sponsor being Ierna's Heating & Cooling, was a huge success. Judy Nicolosi of Charles Rutenberg, Integrative Wellness, Vantage Point, Star's Organic Spa, Murals and More, and Island Computer Services also helped sponsor the event, as well as many women in business sponsored tea tables and door prizes.

Attendees enjoyed the murder mystery western play, hat contest, and delicious tea fare from a Dash of Salt 'n Pepper.

Once again, Women-n-Charge will be able to award two deserving women in business with \$1,000 grants in the spring of 2016. Applications for the grants will be available on the organization's website in the coming months.

To learn more about Women-n-Charge, attend a meeting or visit the website online at www.women-n-charge.com. The organization meets the first Friday of every month at Pebble Creek Country Club in Tampa from 11:30am to 1:15pm.

Women-n-Charge

Join the vibrant ladies of Women-n-Charge on Friday, November 6th from 11:30am-1:15pm at Pebble Creek Country Club (located at 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. For more information, please contact Judy at 813-600-9848 or online at admin@women-n-charge.com.

Our feature speaker for November is Erin Bess of Simply the Best Photography, and her presentation is entitled "Showcase Your Business Through Photograph."

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. 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
- Plant Sale
- Food
- Raffles
- Music
- 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.

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Romans 8:28

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



HopeChildrensHome.org

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

Thanksgiving at Hope

Thanksgiving at Hope is one BIG family gathering together to have fun, eat, and most of all, to give thanks to God for His many blessings. This may sound like the average family Thanksgiving, but it is a little different. We have all of our 70 children, our staff, and we even invite the alumni in the area to come and join us. Many of our children are also involved in a Thanksgiving program that is always one of the highlights of our time together! We enjoy hearing them recite poems, sing, and give thanks to the Lord for His blessings in their lives.



items that maybe you could help with. Some of these items we need are fresh fruit (grapes, apples, etc.), vegetables, various spices, and paper products (plates, cups, napkins, etc.). We have a full list of all needed items

on our website at www.HopeChildrensHome.org under the "You Can Help" tab.

We believe that our children deserve the best Thanksgiving we can give them, and during that time, we make sure we are aware that if it weren't for the Lord and people like you, this would not be possible. We pray that each of you and your families have a great Thanksgiving.

Thank you for helping the children, and may God bless you!

Garden Connect

By Steve & Jeanne Wolfe

November Garden Checklist

We are experiencing great, cooler weather at night. Now is the time to plant your bulbs, adding bone meal to those are where energy is being focused on root development in preparation for performance next spring. Take the time to prepare your garden in the fall and get better results next year. You'll reap the benefits.

Some things to do now:

- Test your soil – this gives your soil all winter to correct any imbalances before spring growing season.
- Turn the soil and add amendments to any new beds you plan for spring. Soil preparation is much easier in the fall and can often be delayed by late frosts.
- Create a compost pile to recycle leaves – properly composted, you'll have rich loamy humus by spring.
- Plant or move the bulbs and rhizomes. "In botany and dendrology, a rhizome (/ˈraɪzoʊm/, from Ancient Greek: rhízōma "mass of roots",

from rhizōō "cause to strike root") is a modified subterranean stem of a plant that is usually found underground, often sending out roots and shoots from its nodes. Rhizomes are also called creeping rootstalks and rootstocks." Share and trade with other gardeners.

- Cut back spent tops on many perennials but leave seed heads on grasses etc., as they provide important food and shelter for birds.
- Each year, we make a new bird feeder, just a big wooden square with wires on the corners to hang on a branch to help feed the birds through the winter. Some keep their hummingbird feeders full, but we have too many kinds of ants, so according to the temperature when some ants go dormant with lower temps, we can accommodate the hummingbirds.

Come and visit us Saturday, November 21st at our Garden Connect Meeting. We meet at 3:30pm (RSVP). Our phone numbers are (813) 991-9786 (home) and 813-607-1112 (cell), and our email address is whtdovefarm@yahoo.com.

Mommy Support Group Meetings


Are you pregnant or did you recently have your baby? Are you looking for an opportunity to get together throughout the month with other moms and hear great advice, mingle, and enjoy lunch together? LifeChoices Women's Care, a Guiding Star Center, holds free Mommy Support Group meetings in both English and Spanish. The center is in the Chateau Professional Park at 18560 North Dale Mabry Hwy., Lutz, one mile north of Van Dyke Road just south of Cheval.

English-speaking moms meet every 1st and 3rd Thursday from 11am to 12 noon. Spanish-speaking moms meet every 2nd and 4th Wednesday from 11am to 12 noon.

There is always a main topic or speaker plus opportunities to mingle, ask questions,



and enjoy a light lunch. Some topics have included: Pros and Cons of Vaccinating Your Baby, Dealing with a Colicky/Fussy Baby, Safe Sleeping for Your Baby, Nutrition for Moms, and Dealing With Our Mood Swings. Childcare is provided free of charge for toddlers and children up to age 12. Registration is required. To register, call (813) 948-7734.



Dr. Dan Coffin
Pastor, River of Life Church

People deal with troubles, fears, and problems in many different ways. Some look for distractions to keep their minds preoccupied. These distractions take many forms. Some put all their efforts and energies into their work or their hobbies or sports. Some may escape with marathon movie watching, taking them to a happier place in their minds. Some may numb themselves with narcotics while others may run away from what is causing them pain. But there is a better way.

Jesus said, "Peace I leave with you, my peace I give unto you; not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid." (Jn. 14:27)

Jesus never promised a trouble-free life for anyone that is in this world. People often believe that "God is in control of everything" and so when things become difficult, people rail at God as if he is the one who is bringing or allowing, for some mysterious reason, trouble into their lives. The Scriptures make the will of God plain to us. His will is not mysterious or hidden. Jesus said, "I have come to give you life and life more abundantly." But he also said, "In this world, you shall have trouble." (Jn. 16:33) Trouble comes to everyone who is in this world. The world is not the planet Earth we live on, but the systems of operation of how things get done in a world separated and in rebellion to God. There is a real spiritual enemy who wants to destroy you. But Jesus also said that we are to be joyful even in a time of trouble because, "I have overcome the world." (Jn. 16:33)

The victory Jesus gained over the world was not for him, but for us. His victory allows us

How Do You Cope With Trouble?

to receive a different kind of peace than what is offered by the world. The peace the world gives is dependant on the circumstances of your life being good and happy. The peace Jesus gives can work in us even when we are walking through a time of great trouble. His instruction to us is to "not let your heart be troubled, neither let it be afraid."

How do you keep your heart (mind, thoughts, emotions) from being troubled? King Solomon said in Proverbs 4:23: "Keep your heart with all diligence." To "keep" is to guard or protect as a watchman on the wall. In Bible days, walls for protection surrounded the cities. The watchman on the wall would instruct the gatekeeper to either allow or not allow those desiring entrance into the city by opening the gate or keeping it shut.

We have a responsibility to "keep" our hearts. We are the "gatekeepers" of our mind, and we must not allow thoughts of fear and discouragement to fill our lives. James put it this way: "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." (Phl. 4:8)

We can allow thoughts that produce faith and bring hope through the gates of our minds or we can give the enemy access with fear and discouragement. Let the peace of God that Jesus gives fill your thoughts today.

Dr. Dan Coffin is Senior Pastor of River of Life Church in Lutz, Florida.

410 Chapman Rd. East, Lutz, FL 33549
(813) 949-9931 • www.roltampa.org

We would love to invite you to visit River of Life Church on 410 East Chapman Rd. in Lutz. Our lively worship begins at 10:30 on Sunday morning, and our church is a non-denominational, spirit-filled ministry. So please honor us with your visit. We would love to have you.

Lutz Arts & Crafts Festival

The GFWC Luz-Land O' Lakes Woman's Club, Inc. will hold its 36th Annual Lutz Arts & Crafts Festival on Saturday, Dec. 5, 2015 from 10am to 5pm and on Sunday, Dec. 6, 2015 from 10am to 4pm at Lake Park, N. Dale Mabry Rd. (south of Van Dyke Rd.) in Lutz. Admission is FREE but Hillsborough County Parks & Recreation Dept. will collect a \$2 per car charge.

Mark your calendars for great fall and Christmas shopping in this enjoyable and festive atmosphere. Bring the kids along and have a delightful weekend locally while supporting the Woman's Club. These hard-working "green shirt" ladies have been serving our community for over 50 years and the proceeds of this event will insure



that they can continue their good work and provide support to so many of our local organizations. Their motto is "Serve Today For a Better Tomorrow."

Vendor spaces have been filled for this year's show. For further information, please call Festival Chairs Phyllis Hoedt at 813-949-1937 or Shirley Simmons at 813-949-7060.

GFWC Dogfest Walk 'n Roll



GFWC Lutz-Land O'Lakes Woman's Club, together with GFWC District 8 Women's Clubs, Canine Companions for Independence (CCI), and USF Health Dept. are partnering and sponsoring the Inaugural "DogFest Walk 'n Roll" to be held on Sunday, November 8, 2015 at USF Health at the corner of Bruce B. Downs & Holly Drive, Tampa, FL 33613, with registration from 11

to noon and the event beginning at noon.

Grab a leash and bring your dog and the kids to walk together and enjoy this festival, which will feature entertainment, fun and games for humans and their doggies, a bake sale, snacks, and beverages. This FREE event will be great fun for kids and all the family.

This Inaugural DogFest will bring awareness and support CCI, which provides specially-trained dogs to assist the physically disabled, hearing disabled, PTSD patients, and to serve as therapy companions. These wonderful dogs are provided to recipients free of charge but cost more than \$50,000 to breed, raise, and train. To donate directly or for more information, visit www.cci.org/dogfesttampa or call Nancy at: 813-748-4625.

"Thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live." — 1 Thessalonians 5:18

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Are You Gaining 10 More Pounds?

help from the Bible, it really helped me, and because of applying this, fourteen years ago I was able to overcome my eating issues. Now food is just food. I still love eating, but poor choices don't control me anymore, and that is a big difference!

I found the more I prayed, got certain scriptures that really spoke to me in those tough times, and really thought about what I was doing before I ate, I got stronger and I was able to see my self-control in effect. Personally, I think that also means that you are choosing to surrender yourself to living the ways the Bible talks about, and that includes not acting on impulse with every fancy, tasty food that comes your way.

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

So how about this season, you try something different? Make a decision that you refuse to gain weight over these next two months although you will still enjoy yourself. The biggest things most struggle with during this time is the extra sugar, all the extra starchy carbs, and lack of exercise. So if you will pay attention to these three areas and add prayer into the mix for strength and direction, you will find yourself activating your God-given self-control more than you ever have!

I am doing a free seminar on Nov. 11th at 7:15pm on "How to Enjoy the Holidays & NOT Gain Weight." Feel free to join us: at www.SamanthaTaylorSeminars.com. You can also visit the main website online at www.PureHealthStudios.com/consult or call anytime at 813-377-3739.

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

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

Enjoy yourself, but make sure when you go into an event where there is food that you are focused and activating your God-given self-control. I used to have NO self-control, I actually felt like I didn't receive that "fruit of the Spirit" the Bible talks about in Galatians 5:22 because I just didn't have any. If I saw a food I wanted, I felt like I had to eat it. I couldn't stop myself.

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

I used to be a major food addict, a compulsive eater, and would eat emotionally, which led to lots of issues with food. But when I learned how to pray about it and seek

GFWC Dinner Theater Show



GFWC Lutz-Land O'Lakes Woman's Club members recently wrapped their madcap production of "Gone With The Breeze", a mystery dinner theater fundraiser. The audience formed teams and voted to determine the culprit guilty of stealing the money.

This first and hopefully annual show was a great sold-out success and the audience clearly enjoyed the performances of these talented women. For more information on this community service organization, please visit www.gfwclutzlandolakeswomensclub.org.

Community Thanksgiving Service

Several interfaith communities from the Carrollwood, Forest Hills, and Citrus Park areas have come together to offer a community Thanksgiving Service. Everyone is welcome and invited to attend. The service will be held at Lake Magdalene United Methodist Church, 2902 West Fletcher Avenue on Sunday, November 22, 2015 at 5:00pm. Let's come together as one interfaith community to

praise and thank God for the many blessings He has provided. Communities include Congregation Beth Am Synagogue, Forest Hills Presbyterian, Forest Hills United Methodist, Grace Lutheran, Lake Magdalene United Methodist, Most Holy Redeemer Catholic, Oak Grove United Methodist, Saint Mark's Episcopal, Saint Paul Catholic, Tampa Covenant, and Village Presbyterian.

Night Under the Stars Holiday Dance

November 29, 4:30-6:30pm

Every year, Van Dyke Church hosts a holiday dance specifically for those with special needs in our community. Special needs individuals age 13+ are invited, and parents are welcome to attend and will have dedi-

cated area of the dance. Evening includes music and refreshments. Semi-formal attire is suggested. Admission is free, but registration is required. Go online to vandyke.org, search "special needs." Location: Van Dyke Church, 17030 Lakeshore Road in Lutz.

Surviving the Holidays

At Lake Magdalene UMC, 2902 Fletcher Ave. W., a "Surviving the Holidays" seminar will be presented on Sunday, Nov. 8. No matter how long ago your loved one died, grief can make the holidays a painful time. But there is hope. Join us for an encouraging seminar that will help you

survive the season and find new reasons to enjoy the holidays again.

The seminar is at 2:30 in the Bearss Room of Heritage Hall. There is no cost, and the public is invited. Please contact us at A.king4104@verizon.net or at 813-892-2191 for more information.

Secrets in the Garden

Garden Connect announces their 12th annual Mount Dora Garden Tour, "Secrets in the Garden."

Hosted by the Lake & Hill Garden Country Club. Address: 1900 Country Club Boulevard, Mount Dora. The cost this year is \$12.00 prepaid or \$15.00 at the door.

Their email is mountdoragardentour@gmail.com, and their website is www.lake-sandhillsgardenclub.com.

It will be held on Sat. Nov. 7, 10am - 4pm (there's a plant sale at the town that day) and Sun. Nov. 8, 1pm - 4pm. Interested in carpooling? Email whtdovefarm@yahoo.com.

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Tampa Bay Triple Threat Theatre will present the production of ALICE IN WONDERLAND, JR. on December 19, 2015 at the Hillsborough Community College Ybor City Campus in their Mainstage Theatre. Performance times will be at 1:00pm & 5:00pm. To purchase tickets or obtain more information, please visit TBTTT.org.

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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.

Be sure to 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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Christian Chamber of Commerce

The 2nd Annual God at Work Forum hosted by the Christian Chamber of Commerce Tampa Bay was an amazing day of Christians in the workplace coming together to hear incredible speakers, an expert panel, networking, praising God, and learning more about biblical principles in the workplace.

November Events

“I AM” in Business - Nov. 10th 10am-12pm, Pinellas meeting. Location: Clearwater Christian College.

Monthly Chamber Luncheon - Speaker: Edward M. Kobel, President and Cheif Operating Officer. Nov.18th 12pm at Feathersound Country Club, 2201 Feather Sound Drive, Clearwater, FL 33762. Register by Nov.16th.

Executive Board Meeting - Nov. 19th

Holy Land Experience - Christian Chamber of Commerce members and their guests can visit the Holy Land Experience for FREE on

Saturday, November 21st at 8am. It’s a Christian theme park in Orlando, Florida. Please register in advance for this event.

“I AM” in Business - Nov.24th, Hillsborough meeting. Location: Salem Communications from 7:30-9:30pm.

Find out more about C3TB at www.C3TB.org or call 727-424-3429.



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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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