



**The Ten Commandments**  
*Exodus 20:3-17*

- I Thou shalt have no other gods before me.
- II Thou shalt not make unto thee any graven image.
- III Thou shalt not take the name of the Lord thy God in vain.
- IV Remember the sabbath day, to keep it holy.
- V Honor thy father and thy mother.
- VI Thou shalt not murder.
- VII Thou shalt not commit adultery.
- VIII Thou shalt not steal.
- IX Thou shalt not bear false witness against thy neighbor.
- X Thou shalt not covet.

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He said to them, "Go into all the world and preach the gospel to all creation." - Mark 16:15

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**ARE YOU CONTAGIOUS?**

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We live in a world where people are increasingly concerned about contagions. Vaccines, masks, face shields and social distancing have become the new normal for many.

It is wise to be aware of our environment and avoid those coughing, sneezing, wheezing, or otherwise symptomatic of some sickness, but there are some contagions we should hope to transmit to as many people as we can.

We have all heard terms like, "she has such a contagious laugh" or "he just lights up the room" to describe people who carry joy or peace or encouragement that changes the very atmosphere everywhere they go. When the Apostle Paul was completing his letter to the church in Rome, he

declared over them this blessing, "Now the God of hope fill you with all joy and peace in believing, that you may abound in hope through the power of the Holy Spirit (Romans 15:13).

The word "abound" carries the idea of super abundance, to exceed or have an overflowing amount, more than you can contain. In other words, the joy and peace you have is constantly flowing out of you and onto everyone around you. That is a kind of contagion we should all hope for, but we will never infect others with hope, joy, or peace without first being filled with those things ourselves.

*Continued on Page 8*

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## Gathering Your Own Farm Fresh Eggs *By Karen McBride*



Over the last year, our daily lives have shifted. People began working remotely, eating out less often, and spending more time in the fresh air and sunshine in their own backyard. Having the extra time on the home front encouraged many people to start vegetable gardens, fruit gardens, herb gardens, and some even began raising chickens to enjoy farm fresh eggs right from their own backyard,

and you can too!

Shell's Feed & Garden Supply, Inc. has been serving the Tampa Bay area since 1961. The family owned and operated shop has all the supplies you need for gardening, farming, and feeding both domestic and farm animals.

If you have a green thumb and enjoy spending time in the garden, you will find a wide variety of gardening supplies and products including Earth-boxes to grow herbs, vegetables, and flowers. These popular boxes are proven to grow healthy plants by doubling the yield of a conventional garden with less fertilizer, water, and little maintenance. Gardeners will find a variety of tools to make their work easier including spades, pruning knives, stirrup hoes, and more.

To keep your lawn and garden looking its best, you can choose from an assortment of grass seeds, vegetable seeds, and fertilizers.

Raising chickens has become more common among homeowners in the Tampa Bay area, not only for farm fresh eggs, but also as a pest control

(since they eat insects), and as a natural fertilizer. If you are considering purchasing hens, Shell's Feed has everything you need to embark on your new adventure. An assortment of brooders, bedding, food, waterers, and heat lamps are available. Chickens are social animals, and Shell's Feed recommends purchasing at least 3 to keep each other company. Baby chicks are adorable, but keep in mind they do not start producing eggs until they are 5-6 months old. Therefore, if it is eggs you want, go for the older hen!

Rather than letting hens roam freely, it is best to have a coop for the chickens because it will keep them safe against hawks, dogs, cats, foxes, and other predators. A coop will also ensure you are able to find the eggs each day and replace their bedding as necessary. The expert staff at Shell's Feed can answer any questions you may have.

Shell's Feed is located at 9513 N. Nebraska Ave. Tampa, FL 33612. For more information, call (813) 932-9775 or visit their website at <https://shellsfeed.com>. See ad on back cover.

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## A Heart to Serve the Lord

By Karen McBride



Cristiane Araujo Costa was born and raised in a Christian family in Brazil. She accepted Jesus as a young child and began missions work as an adolescent, serving in the children’s ministry and evangelism. She learned to play the guitar and began performing during church worship services. At just 14 years of age, she was chosen to be a worship leader. “The more I got involved in these ministries, the more I loved them, and the more I loved Jesus,” said Cris.

Her heart to serve continued to grow. When she was 17, God spoke to her and told her He wanted her to be a missionary.

“This was the most meaningful day of my life. I felt especially blessed when my pastor and others from my church confirmed that they felt this calling was indeed from the Lord.”

She later attended a five-month Discipleship Training School, where she began to learn about missions and what this life would entail. Since that time, God has led her to various places in Brazil, including villages along the Amazon River, Portugal, South Africa, and the U.S.

“God has impressed on my heart that He wants me to take His message to ‘the Nations,’ and so I must continue to go.”

She is currently attending a training program at the School of Ministry Development at Youth with a Mission (YWAM) Orlando. The organization has bases in more than 100 countries around the world. The in-depth leadership training equips young people with the tools they need to share the gospel across



the world. When she and her classmates complete their training, they will be sent to Tunisia or Haiti to minister in orphanages and villages, or to somewhere local in partnership with churches in the area.

Judy Dedmon, a long-time Land O’ Lakes resident, met Cris in 2013 when Idlewild Baptist Church sent a team to provide medical care, dental care, and humanitarian assistance, as well as to preach the Gospel to some of the 50,000, mostly unreached, villages along the Amazon River.

Cris served as the translator and led the worship team. Each time the members of Idlewild returned for missions’ trips, they requested Cris to serve alongside them.

“It’s been a blessing to share many trips with her, and we consider each other friends and sisters in Christ. God had a reason for taking two women from different worlds and bringing us together,” said Judy.

The life of a missionary is so rewarding, but it can also be financially challenging. There have been difficult times, including a long recovery from COVID, not knowing how she would pay



for her healthcare, monthly gas to continue to visit families, water, or the time when the air conditioning went out at a Presbyterian church in the heat of an Amazon summer, and praying for the \$240 to fix it. Each time, she put her trust in the Lord, knowing He would provide. Cris needs our help to “Go into the world and preach the good news to all creation.” Mark 16:15

If you are interested in supporting her ministry, go to <https://ywamorlando.com/pay>, choose “Payment for a Student/Participant”, enter her name, Cristiane Araujo Costa, and choose SOMD under school program.





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## Learning to Play Builds Educational Foundation

Written by Jennifer Spires and Danielle Volinsky, Preschool Directors



Early childhood education is a vital part of a child’s learning foundation. Preschool is the perfect environment for developing social, emotional, cognitive, and motor skills. The early years of learning are the most critical because they develop the whole child and allow them to create experiences that form a strong structure on which all other learning is built. Preschool may just look like play time, but it is one of the greatest gifts you can give your child.

Technology is a great learning tool when used correctly, but too often TV, tablets, and phones are being used as a babysitter or distraction. The virtual world is keeping children from interacting with the environment that they are living in. Some childcare centers have students sitting at desks or on computers for long periods of their day. Some parents might be looking for preschools that are focused on pushing children toward academic excellence instead of play-based experiences. Teachers see the changes in our society because children cannot sit still to listen to a short story or to complete simple tasks. Parents and childcare professionals should be looking for ways to engage children in learning with hands on experiences where they can grow in all areas.

Preschool should provide opportunities for children to grow while having fun in a safe, loving, and engaging environment. Children that are not given the foundation of problem solving, movement, and play experiences often struggle later in their academic careers. They might struggle with anxiety, be less attentive, be unable to socialize with peers or have sensory delays. When children play in the housekeeping center at preschool, they are grasping ways to communicate verbally and non-verbally. They are learning to interact with others, role play and use their imagination. Building with blocks isn’t just play, the children are visualizing and planning their creations, manipulating different weights and sizes, and building mathematical and science skills. They also develop a sense of pride when they see their vision become a reality that they can share with teachers and peers. Preschool provides language development with show and tell and story dramatizations. Children learn to articulate words and emotions, become

more confident speaking to others, and to take turns and listen politely. There is so much more to preschool than just mastering the ABC’s and 123’s.

Sometimes attending preschool at an early age is difficult for families financially. There are many great ways that parents or caregivers can enrich play experiences at home. Reading to children is one of the best ways to develop pre-reading strategies. Visit the library and choose a children’s book to share. Talk about the pictures and create discussions throughout the story to build comprehension and retention skills. Cooking with your child will open a connection to trying new foods, improve skills for following directions and developing motor skills with measuring, stirring, and pouring. Making a mess is an integral part of being a child. Playdough and painting strengthen hands for writing. Arts and crafts improve cutting skills, fine motor control, and engage senses through different textures. Games can teach a variety of academic skills, as well as how to be patient and wait their turn. Wins are great to celebrate, but children also need to know it is okay to lose. We learn to play through interaction; children need to see appropriate behavior when they win and when they lose. Parents can also model good social interaction through play. When building with blocks, accidentally knock down the tower, apologize, and work together to rebuild. Play should include conversations about right and wrong, ways to communicate with others, and how to share.

There are many ways to learn the skills needed to be successful in school and in life. Research shows that play gives children the experiences they need to develop in all areas of learning and provides a strong foundation that they can continue to build upon. The experiences children learn through play and hands-on activities are ones that they will be able to recall and utilize during educational activities for years to come. It is important to remember that all children develop at different rates, at different times, and in different ways. We, as parents, have the responsibility of providing an environment that will lead to success.

## GFWC Fall Flea Market

GFWC Lutz-Land O’Lakes Woman’s Club is busily preparing a smaller Fall version of its BIG annual Flea Market Fundraiser – pandemic-style and safely outdoors. The clubwomen will offer tons of great “STUFF” at their well-known bargain-basement prices. The Green Shirt Ladies are known for their FANTASTIC FLEAS and the funds raised are returned to the community, supporting and funding so many worthwhile projects!!

**WHEN:** Saturday, October 16, 2021 from 8am to 1pm  
**WHERE:** Boy Scout Troop 12 property at 205 2nd Avenue SE, Lutz 33549 (off SR 41 just north of Lutz Elementary). Be sure to stop by and support the Boy Scout Food Booth and the Little of Women of Lutz Bake Sale Booth  
**INFO:** Contact Chair Peggy Andrews at 201-715-7638

“Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will make your paths straight.”  
- Proverbs 3: 5-6



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Having resources for dessert options that don't have sugar and are low carb can be very helpful for many reasons. Most importantly, they don't spike blood sugar levels when we eat them, which can affect our health by lowering the immune system, and we need to have a strong one in these crazy times.

To help our clients with this, I had my licensed dietitian do some webinars on the best sugar-free sweeteners and how to use them and in what recipes. She also did one on how to make low carb baking taste delicious! Why not lower the sugar content in desserts if you can get them to taste amazing? We have had so many clients make these recipes, and they can't even tell there is no sugar. It's all in what sweeteners you use and knowing what flours to use.

Below I am giving you special access to these two free webinars AND some very helpful PDF's she made, like a cheat sheet for swapping these sweeteners out for sugar and how to make it taste great. Also, you will get 7 delicious recipes for desserts. To access these, go to the webpage below and view the free webinars and get the free PDF's. These documents she made are so helpful and you can apply it with so many things you cook.

I encourage you to try some of these recipes and truly see how much you enjoy some sweet recipes that don't negatively impact your health. These next three months coming up is when people consume the most sugar and the last thing any of us need is to have an even more compromised immune system.

The CDC says there are five underlying medical conditions that increase the risk for severe COVID-19-associated illness, and two of them are blood sugar issues and obesity. Making sure that what you are eating is not contributing to that is critical in your body's ability to fight off preventing getting it or having the best chance to not have complications if you do.

This just reiterates how important it is for us to take care of our health as much as possible, which includes what we are eating that impacts our immune system. The three biggest holiday months are here and that is when people usually tend to eat more sugar and tend to get sick.

Start planning now to have some delicious, sweet options so going into the next few months, you have a plan and aren't tempted possibly by many of the sugar-filled foods around. You can also get the seven recipes including fudge, brownies, chocolate chip cookies and cheesecake... all are sugar-free! Wait 'till you try these, you are going to be shocked!

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

If you want to start taking some action on your health and fitness, now is the time to do it, for we are giving 30% off for the rest of the year! We want to help you get on track before 2022 gets here! See the ad in this paper.

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"If you really keep the royal law found in Scripture, 'Love your neighbor as yourself,' you are doing right." - James 2:8

Preventing and Treating COVID-19 in Children and Teens

By Karen McBride

We are well aware that adults can contract COVID-19, but, unfortunately, children and teens are also susceptible. However, there are certain precautions we can take to reduce the chance of becoming ill with COVID-19 or the flu.

Wash your hands often, avoid touching your face, limit exposure to people outside the home, and wear masks.

Hand washing should last for 20 seconds. Try to make it fun with your child by singing his or her favorite song while hand washing.

Encourage your child or teen to practice social distancing. Limit the people they are exposed to whenever possible. If you can leave them at home with a family member while you go to the store, then do so. If they must go out in public, they should wear a cloth mask and use hand sanitizer often.

Clean and disinfect your home, especially toys, doorknobs, tables, light switches, television remote controls, and, of course, bathrooms.

As in flu prevention, eating a healthy, well-balanced meal, getting enough sleep as well as plenty of outdoor exercise in the fresh air and sunshine, can help to build your immune system to fight off the illnesses.

If you suspect your child has been exposed to COVID-19, the symptoms can include fever, cough, nasal congestion or runny nose, sore throat, shortness of breath, fatigue, headache, muscle aches, nausea or vomiting, diarrhea, poor appetite, new loss of taste or smell, or belly pain.

If your child is exhibiting any of these symptoms, call to schedule an appointment with Dr. Michele Johnson-Towson of Pediatric Place of Tampa, a board-certified pediatrician with over 30 years of experience in caring for children ages newborn to 21 years old.

Pediatric Place of Tampa is located at 1338 W. Fletcher Avenue, Tampa, FL 33612. For more information or to schedule an appointment, call 813-264-2288.

Same-day appointments and after-hours care are available (Monday, Tuesday, Thursday 8:00am-7:00pm; Wednesday 8:00am-6:00pm; Friday 8:00am-5:00pm and Saturday 8:00am-12:00pm).

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Can You Use A Better Night’s Sleep?

**“I will lie down and sleep in peace, for You alone, O Lord, make me dwell in safety.” (Psalm 4:8)**

We often talk about sleeping like a baby, but why do babies sleep so deeply? Here are a few facts about sleep:

- Melatonin is produced in the brain by a small gland called the pineal gland
- Melatonin production slows down as we age
- Reduced melatonin production causes restless sleep patterns
- There is a reflex point in the foot that reaches the pineal gland

The pineal gland is a pea-sized, pinecone-shaped endocrine gland located in the geometrical center of the brain with the main function of producing melatonin, a serotonin hormone. It produces more melatonin during the early years, which affects sleep.

Melatonin also regulates circadian rhythms, the body’s daily cycle of energy, affecting when we wake up, feel tired, or feel alert. Melatonin is also linked to bone health. As we age, the pineal gland produces less melatonin, and this reduction of melatonin may also be linked to aging in general.

Calcification or calcium deposits interfere with the function of the pineal gland to produce melatonin, which affects our sleeping patterns, circadian rhythms, and may even be associated with Alzheimer’s disease, kidney disease, and migraines.

**“I lay down and slept, yet I woke up in safety, for the Lord was watching over me.” (Psalm 3:5)**

Of course, we all know the importance of exercise to get the body physically tired. If you need help with that, let an expert show you, for example, the Samantha Taylor Fitness studio. A nutrition counselor can help with proper diet for better sleep. Daily prayer and meditation also help to restore the mind and soul. These are just a few suggestions for peaceful sleep.

Technically speaking, reaching the pineal reflex, a small reflex point, requires the skilled hands of an experienced and knowledgeable Reflexologist. When properly stimulated, the pineal gland can begin to normalize and then can begin to naturally produce the body’s own melatonin, rather than consuming it by artificial means. This is how Reflexology improves sleep; and it’s good for the soul.

**“When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.” (Proverbs 3:24)**

How about you? Are you ready to “sleep like a baby?” Call me to get started on the path to a better-quality sleep. I can be reached at (813) 965-1697 or go to my website: [www.Reflexology4You.com](http://www.Reflexology4You.com). Louise Richardson, “For the HEALTH of it!”

Please Welcome Sheryl Henry, LMHC!

We are excited to announce that Sheryl Henry, Florida Licensed Mental Health Counselor, will be seeing clients at Life Connections, starting: Friday, Oct. 1, 2021! Sheryl specializes in working with boys and girls (ages 3 and up) and adolescents (and their families) and adult women using Cognitive Behavioral Therapy and Solution-Focused Therapy.

Sheryl graduated from USF (B.A. in Criminology, Magna Cum Laude) and Liberty University (Master of Arts in Professional Counseling). She has published children’s books on coping skills after childhood abuse (her books are sold on [amazon.com](https://www.amazon.com)).

Sheryl’s clinical areas of focus include helping clients work through their anxiety, depression, grief, and trauma. She integrates mind-body-spirit in her work with clients. We are blessed to have her join our clinical team!


Since 1993, Life Connections is a registered 501(c)3 organization. We are an experienced team of licensed mental health professionals and active Christians in the local churches.

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Live Oak Theatre



Tickets are now on sale for Live Oak Theatre’s production of *Into the Woods*. *Into the Woods* will be performed from October 15 through 31 at the Carol and Frank Morsani Center for the Arts, 21030 Cortez Boulevard, Brooksville, Florida 34601. Seats purchased in advance are \$20 for adults and \$8 for children ages 13 and under, when purchased with an adult. Ticket prices at the door are slightly higher. Friday and Saturday evening shows are at 7:30pm; Saturday and Sunday matinees are at 2:30pm.

Flex Passes are also available for the Live Oak 2021-2022 season. For more information about the Live Oak Theatre Company, the 2021-2022 season, and how to purchase flex passes, go to [www.LiveOakTheatre.org](http://www.LiveOakTheatre.org), email [liveoakboxoffice@gmail.com](mailto:liveoakboxoffice@gmail.com), or call 352-593-0027. Visit us on Facebook at <https://www.facebook.com/LiveOakTheatre>.





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GFWC Gift Baskets for First Responders

GFWC Lutz-Land O’Lakes Woman’s Club members Beth Nevel-Rader and Dee Knerr delivered a total of 12 gift baskets filled with snacks, treats and fruit to 8 local first responder stations in Land O’Lakes and Lutz in commemoration of the 20th Anniversary of 9/11. The clubwomen have long supported the fire and EMT first responders of their community and wished to show their deep appreciation for the dedication and very difficult work of our local heroes. For more information on this community service organization, please visit [gfwclutzlandolakeswomensclub.org](http://gfwclutzlandolakeswomensclub.org) or its Facebook page.



Member Dee Knerr delivering basket to Station 22 Captain & 2 firefighters in Connerton.



Member Dee Knerr presenting gift baskets to firefighters at Pasco County Fire Hqtrs.



(L-R) Fire-Medic at Hillsborough County Fire Rescue Station #40 in Tampa accepting baskets from Beth Nevel-Rader and Dee Knerr

GFWC Volunteers at Connerton Elementary

GFWC Lutz-Land O’Lakes Woman’s Club members recently volunteered at Connerton Elementary School in Land O’Lakes. The club women made quick work of assembling and collating 750 information packets for the students and parents, readying them for the new school year. The Woman’s Club has long supported local schools through generous annual scholarships as well as hands-on volunteerism such as with this project and many more.



(L-R) Members Darlene Choe, Nancy Taylor, Jean Palmieri, Tanya Highnote & Joan Moore



Kidz Corner: The Story of Job



Hi! My name is Harley, and this month I decided to make a doll for my mom. I enjoy sewing, and I found this book called Crafty Dolls by Jane Bull in a consignment shop and I read it over and over and chose to make a doll. When I first started, I enjoyed going to the store and buying things and cutting out the pattern. It was easy but then it got boring. I don't have a sewing machine, so I had to sew it all by hand. Ugh! But I finally got done after a month or two of hard work and it was beautiful. My friend actually wants me to make a doll for her that looks like me. That will take a while. But let's look at a good example of perseverance that we can all live and learn by (much better than mine, of course).

The Story of Job

Job was a righteous and blameless man, always faithful to the Lord. He served Him diligently and obeyed Him wholeheartedly. But one day, Satan wanted to prove to God that he could break man's trust in Him (He couldn't, of course). God agreed, with one rule: He could not kill Job. That very fearful day, all of Job's possessions and his ten children were destroyed. Also, he was afflicted with painful sores. But he still praised God.

But then his friends came and gave him terrible advice. Then Job's praise began to turn to anger and he questioned God. He inquired why God was doing this to him. Realizing the power of God and that he was overpowered by Him he began to accept his faults as a human. Then God showed mercy on him and gave him more children and livestock and belongings.

Job has persevered much more than I have, but in the end, God rewards those who obey Him and persevere! Goodbye!

Harley Isabel Smith is a 2nd grader who has been featured on TV as a philanthropist, has a heart for evangelism, and writes monthly for the Gazette's Kid's Corner.

Visit <https://harleyisabelsmith.com> where she is constantly adding written and video content to entertain and educate children.

Matthew 19:14 Jesus said, "Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these."

“Let us hold unwaveringly to the hope we profess, for He who promised is faithful. And let us consider how we may spur one another on toward love and good deeds.”  
- Hebrews 10:23-24

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Pasco Tax Collector's Staff Raises Over \$8,700.00 for Cindy's Pets



Tax Collector Mike Fasano, Assistant Tax Collector Greg Giordano, and employees of the Pasco County Tax Collector's Office present both a ceremonial and a "real" check to Cindy's Pets Founders Dr. Missy & Mike Nurrenbrock and many of their volunteers at the Land O' Lakes Tax Collector's Office

Tax Collector Mike Fasano announces that \$8,784.26 was raised during the month of June 2021 to benefit Cindy's Pets, one of the featured charities of the month at the Pasco County Tax Collector's Office. Cindy's Pets was created to "help seniors and their pets," particularly those seniors who are part of Pasco County's Senior Services Program and are recipients of Meals on Wheels.

"The goal of Cindy's Pets is to provide good nutritional food for animals, thereby enabling the elderly to enjoy their own meals with the knowledge that their pets are also well-fed," remarks Dr. Missy Nurrenbrock, Founder of Cindy's Pets. "We thank Mike Fasano, the Tax Collector's employees, and Pasco County residents for this generous donation to Cindy's Pets. Thank you for hosting your June fundraiser. Your support and generosity are greatly appreciated."

For more information about Cindy's Pets please contact Dr. Missy Nurrenbrock at 727-372-9333 or visit the website [www.cindyspets.org](http://www.cindyspets.org). For more information about the promotional and charitable giving programs at the tax collector's office, please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit [www.pascotaxes.com](http://www.pascotaxes.com).



## We Support CHRISTIAN EDUCATION...

Teaching our children that the Word of God is a way of life.  
Can we afford anything less?

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

Florida Breast Cancer Foundation is the Featured Charity of the Month for the Pasco Tax Collector's Office

During the month of October, the Florida Breast Cancer Foundation will be the featured charitable giving organization at the Pasco County Tax Collector's Office. The Florida Breast Cancer Foundation's main objectives are to advocate on behalf of patients, educate the public on all aspects of breast cancer and to provide funds for research seeking new treatments and ultimately a cure for breast cancer. For the eighth year in a row the Pasco County Tax Collector's Office has teamed up with the Florida Breast Cancer Foundation to raise funds and heighten awareness of this disease and the treatments options available.

"There is no doubt these past two years have challenged us all in ways," comments Tracy Jacim, President & CEO of the Florida Breast Cancer Foundation.

Individuals who have automobile registration renewals coming due in October may choose to trade in their regular license plate for the "End Breast Cancer" specialty tag. Customers may also purchase the tag for newly registered vehicles. The proceeds from the tag promotion will go directly to the Florida Breast Cancer Foundation to help Floridians battling with this disease. Additionally, customers may choose to use the voluntary check-off box on their registration form and donate directly to the Florida Breast Cancer Foundation. The tax offices will also accept other cash donations on behalf of the Foundation.

For more details regarding this promotion or services provided by the Pasco County Tax Collector's Office please contact Greg Giordano, Assistant Tax Collector at 727-847-8179 or visit [www.pascotaxes.com](http://www.pascotaxes.com). For more information about the Florida Breast Cancer Foundation please visit [www.FloridaBreastCancer.org](http://www.FloridaBreastCancer.org) or contact Cathy Cruz, Marketing Communications Manager at 305-631-2134.



GFWC Volunteers for Keep Pasco Beautiful 2021

GFWC Lutz-Land O'Lakes Woman's Club members Annette Bellinger, Elayne Bassinger and Sandi Marrow formed a volunteer team and participated in the "Keep Pasco (County) Beautiful - 2021" road cleanup in the Connerth Community area.

The clubwomen worked to clear the bike/pedestrian path of trash and added their wagon filled with trash bags to the thousands of pounds of roadway trash collected during this annual Pasco County event.

(L-R) Club President Annette Bellinger & members Elayne Bassinger & Sandi Marrow





Pasco Tax Collector's Office Collected \$6,000 to Support Six Pasco County Schools



Dade City Office – Rodney Cox Elementary School, Dade City

Tax Collector Mike Fasano's five offices collected donations in July for the Pasco County School District's ABC (Assist, Believe & Care) Program. The program was created to provide financial assistance to students and their families who are experiencing economic hardship, especially when those needs interfere with the student's ability to be academically successful. The cash collected will go into a fund that teachers can use when they see or learn of a need a child may have. In past years this office has donated thousands of dollars to Pasco schools to support this important program.

"The management and staff of each of the five tax collector offices in the county chose which school in their respective community they wanted to donate their funds to," comments Tax Collector Mike Fasano.



Gulf Harbors Office – Marlowe Elementary School, New Port Richey



New Port Richey office Chasco Elementary School, New Port Richey



Wesley Chapel Office – Veterans Elementary School, Wesley Chapel



Land O' Lakes Office – Pineview Elementary, Land O' Lakes



Gulfside Elementary, Holiday

Suncoast Credit Union Helps Children Who Are Visually Impaired



The Lighthouse for the Visually Impaired and Blind (LVIB) has received a generous grant from Suncoast Credit Union, Florida's largest credit union, to help children who are visually impaired learn skills needed for independence.

"Every child deserves a fulfilling educational experience and we want to do what we can to make that a reality. Developing life skills is so important as they are a fundamental part of life," said Cindy Helton, Executive Director, Suncoast Credit Union Foundation. "Supporting LVIB is a natural fit for Suncoast, as we both share the similar goal of promoting the education, health, and well-being of children in our communities."

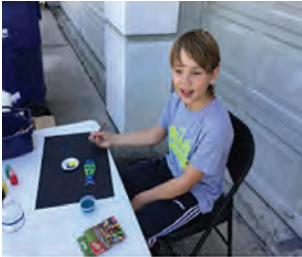
Since its inception in 1990, the Suncoast Credit Union Foundation has raised and donated over \$32 million to help provide a better future for the children of our community. Each time a Suncoast member uses their debit or credit card, two cents are donated to the Foundation to support local initiatives, like LVIB.

Suncoast Credit Union puts members first and enriches our local communities. The credit union offers lower rates on loans, higher earnings on deposits and more fee-free services so you can live your best life. Learn more and apply for membership at [suncoastcreditunion.com](http://suncoastcreditunion.com).

The Children's Program at LVIB provides daily living skills training and other supports that help children compensate for vision loss so they are able to fully participate at home, school, and in the community. It also begins preparing them for future employment by developing the soft and hard skills needed, such as communication, socialization, self-advocacy, and technology skills. The program works to create a solid foundation for the well-being of children who are visually impaired, so they have normal, happy childhoods and grow into productive, happy adults.

LVIB is a 501(c)(3) nonprofit which operates in Pasco, Hernando, and Citrus. The mission of the LVIB is to educate, empower, and employ people who are visually impaired and blind. LVIB receives partial funding therefore must fundraise to meet the demand for programs and services. We are so grateful to the Suncoast Credit Union for providing this grant and for all the good work they do in community. According to Stefanie Pontlitz, "The Suncoast Credit Union has come through for the children in a very tough year for fundraising. With their grant, we can now pour our efforts into the program and give the children a bright future." Learn more at [www.lvib.org/programs/childrens-program](http://www.lvib.org/programs/childrens-program).

Visit [suncoastcreditunion.com](http://suncoastcreditunion.com)



During the pandemic, LVIB modified programs to keep our clients safe. Curbside is one of those modifications—we bring everything, including the fun, so children who are visually impaired receive the training they need.

Dining in the Dark with a White Cane Benefits Lighthouse Programs

On Friday, October 15, from 6pm to 7pm, the Lighthouse for the Visually Impaired and Blind (LVIB) is celebrating White Cane Awareness Day at LVIB's 6th Annual Dining in the Dark. Everyone is invited to attend this free celebration being held on Zoom and [www.facebook.com/LVIBDiningintheDark](https://www.facebook.com/LVIBDiningintheDark). The event includes Ways to Dine in the Dark, Prize Drawings, Client Testimonials, White Cane Demonstrations, and Donor Recognition.

In previous years, Dining in the Dark was an in-person event but during the pandemic, the only option to keep supporters and clients safe is to entertain them from a distance. And Dining in the Dark must go on—it cannot be cancelled as it is a major fundraiser for LVIB. Funds are raised through sponsorships and the crowd-pleasing prize drawings. This year, the big "draw" is our exclusive golf packages however, other wonderful prizes are also available. See our growing list of prizes at [lvib.org](http://lvib.org).

LVIB is grateful for the support of Dining in Dark donors and sponsors that include two Platinum sponsors, Citarella Termite & Pest Management and Publix Super Markets Charities. A White Cane Sponsorship is also available for a special donor who would like a "walk on role" at the event.

White Cane Awareness Day is a national observance, held annually on October 15, in order to educate the public about the abilities of people who are visually impaired and blind, and about White Cane Law, which stipulates that pedestrians using a white cane or guide dog have right of way. The white cane allows someone with vision loss to sense or feel obstacles and changes in surfaces as they walk. An additional safety feature is the fact that it is the universal symbol for vision impairment and blindness. White cane training is one of several programs offered at no cost to LVIB clients so they can develop hope, confidence, and independence.

The mission of the Lighthouse is to educate, empower, and employ people who are visually impaired in blind, living in Pasco, Hernando, and Citrus Counties. LVIB is a 501(c)(3) nonprofit which has served tens of thousands of people living with vision loss since 1983.

A copy of the lighthouse's official registration and financial information may be obtained from the florida division of consumer services by calling toll-free 1-800-435-7352. Lighthouse for the visually impaired and blind, inc. Is registered under ch662. Registration does not imply endorsement, approval, or recommendation by the state.



To purchase chances for LVIB's prize drawings, text "Dark" to 41444, visit [lvib.org](http://lvib.org), or call 727-815-0303.



October 15 is National White Cane Awareness Day.









## Are You Contagious?

Continued from Page 1

The source of hope comes from “the God of hope.” The word translated “hope” here does not mean, Gee, I sure hope so,” but instead it is a joyful expectation of what has been promised arriving. The Bible teaches us that hope is something you are expecting but have not yet seen (Romans 8:24).

God has given us “**exceedingly great and precious promises**” (2 Peter 1:4) and that by these promises we would be partakers of God’s divine nature. God’s hope, his joy, and peace would become such a normal part of our lives that we would live with a constant expectation that everything God promises he will fulfill.

“**God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it.**” (Numbers 23:19 ESV).

The prophet is assuring us of God’s faithfulness to perform his word. The writer of Hebrews shows us that “**...faith is the substance of things hoped for, the evidence of things not seen**” (Hebrews 11:1).

Faith is the “title deed of ownership.” You may own a piece of property you have never seen but the proof of your ownership is the official document, the deed. We have the official document of ownership for all of God’s promises if we have faith.

Faith is powerful and most of the eleventh chapter of the Book of Hebrews details the heroic acts of those who had faith in God. Moving mountains, subduing armies, defeating giants, or raising the dead were all done by faith in God and by the faith of God. Do you have faith? Faith is not some nebulous entity because we all have faith in something. To have God’s faith we must have received God’s Word.

That Word is not just the record of God’s acts, but it is the One that perfectly expressed by his words and deeds God’s love for you. Jesus is called the Word of God (John 1:1-14) and when we receive God’s Word (Jesus) we receive the God of Hope and all His promises. With Jesus in our lives, we carry a contagious hope that lightens every room and spreads joy and peace everywhere we go.

Dr. Dan Coflin and his wife Dianne co-pastor River of Life Church at 410 E. Chapman Rd. in Lutz, FL. 33549, (813) 949-9931, [www.roltampa.org](http://www.roltampa.org).

We would love to invite you to visit River of Life Church. Our lively worship begins at 10:30am on Sunday. We are a non-denominational, spirit-filled ministry. Please honor us with your visit. We would love to have you!



**Dr. Dan Coflin**  
*Pastor, River of Life Church*

I heard about this pastor. He was in the lobby after service greeting people. He saw this man that he hadn’t seen in a long time and pulled him over to the side and said, “Sir, you need to join the army of the Lord’s men.” The man said, “What are you talking about? I’m in the army of the Lord.” The pastor said, “Well, how come I only see you on Christmas and Easter?” He whispered back, “I’m in the Secret Service.”

*Say it like you mean it. Joel Osteen*

## Thank God For This Paper

*Samantha Taylor, Samantha Taylor Fitness*

When I started my Personal Training business for women 21 years ago in this area, I was looking for a way to get my name out there. I was working out of a large gym at the time, and I wanted to inspire women to train with me so they could get the results they were looking for. I honestly remember having the conversation with my husband and wondering if we should spend the money because at that time, I was just starting so I didn’t have many resources. I knew something within me was telling me to go for it and that I needed to test it out.

I was new to marketing 21 years ago, but I can say it’s one of the FIRST places I ever marketed my weight loss and fitness business, and I still look back today and am amazed at what this paper has done for my life and my business. People started calling and little by little it started to increase. With time, I became a mini-celebrity in our area from being in the local paper so much and people started to see me as the authority on women’s health and fitness. So much business came in from this paper that after three years I was able to leave the large corporate gym and rented space from another small studio.

It was scary, but I knew that God was inspiring me to do it and I knew that with the response I was getting from this paper that I could make the transition. Ironically, my first month on my own I had one of the biggest months I ever had up to that time, and I am so grateful Dunndeal was a partner with me in making that happen.

Things were going well, but I did want a place of my own, a place that women could feel comfortable being in a private environment and with women around their same age. So after a year, I was able to move into my own place, and I knew because of the response I was getting from Dunndeal that I could do it. So, 12 years ago I opened my own studio on Florida Avenue and was there for three years.

This paper was always my #1 place that was getting me the most calls. I think it’s also because people like to hear about what is going on in the community and they like to read about positive stories. I had no idea community papers were such an impact on people, but they obviously are.

Then, because of how many women I was helping, nine years ago I was able to step out in faith again and get into my next studio that was almost twice the size, on SR 54 in Lutz. I know without the constant phone calls coming in from Dunndeal I would not be where I am today. And because of their great reach, we were able to open multiple locations in 3 counties! It’s rather momentous for me because this paper was truly the beginning of an amazing career where I get the honor to help so many women lose weight and get healthy—to the tune of over 12 tons of fat that we have helped women lose.

I thank God for this paper, for I know He used it to catapult my business, to get my message out there and to be able to help over 7,500 women lose weight! And even in the tough times over the last twenty years, I knew I couldn’t stop advertising, I knew I had to be consistent. And by being faithful, we have been so busy we were able to just fully renovate the studio including putting down rubber flooring in the whole place.

I am so grateful that Dunndeal called me twenty years ago to ask if I wanted to be a part of what they were doing. At the time, I had no idea when I said yes that I was not spending money, I was investing money in not only my future but all of the people’s lives that my business improves.

It really is amazing, and if you want to get known in the community, this paper is the way to do it. Thank you, Dunndeal, and thank you, Kay and Mark, for being such nice people to work with and for helping improve our community together. You two truly care about our communities.

God bless you!  
[www.SamanthaTaylorFitness.com](http://www.SamanthaTaylorFitness.com)

## Enter to Win

**A FREE membership to Samantha Taylor Fitness for Women!**

**Fill in the verses found in this paper!**

1. If you really keep \_\_\_\_\_

\_\_\_\_\_

2. Trust in the Lord \_\_\_\_\_

\_\_\_\_\_

3. Let us hold unswervingly \_\_\_\_\_

\_\_\_\_\_

**Winners of September contest for Green Fees:**  
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## Two Kinds of Wisdom

Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such “wisdom” does not come down from heaven but is earthly, unspiritual, of the devil. For where you have envy and selfish ambition, there you find disorder and every evil practice.

But the wisdom that comes from heaven is first of all pure, peace loving, considerate, submissive, full of mercy and good fruit, impartial, and sincere. Peacemakers who sow in peace raise a harvest of righteousness.

— James 3:13-18

## Life Principles from Charles Stanley

- Trusting God means looking beyond what we can see to what God sees.
- The dark moments of our life will last only so long as is necessary for God to accomplish His purpose in us!
- Prayer does not move God, prayer prepares me for what God intends me to do!

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
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## Get your Smile on!

Think about this: 

- \* Many folks want to serve God, but only as an adviser.
- \* Do you think "stop, drop, and roll" will work in Hell?
- \* Some minds are like concrete: thoroughly mixed up and have permanently set.
- \* God loves everyone but probably prefers "fruits of the Spirit" over nuts!
- \* The good Lord didn't create anything without a purpose, but mosquitoes came close.
- \* Opportunity may knock once, but temptation bangs on the front door forever.
- \* Quit griping about your church! If it was perfect, you couldn't belong.
- \* If your church needs a better pastor, it only needs to pray for the one it has.
- \* The best mathematical equation is 1 cross + 3 nails = 4 given.
- \* God Himself doesn't propose to judge a man until he's dead. So why should you?
- \* Don't wait for six strong men to take you to church.
- \* We don't change the message, the message changes us.
- \* Why advertise your business to keep God's word in print media? He will give you something to sing about and something you can dance to.

**AVAILABLE NOW!**

## Florida Strawberry Festival Announces 2022 Theme

"Our festival and the city of Plant City hold the strawberry in high regard," said President Paul Davis. "We're #1 for wholesome family fun and excitement!"

A new theme is created for each year's festival to offer patrons a glimpse of the experience they will have at the 11-day event. It also unifies vendors, FFA chapters, organizations, corporate partners, and exhibitors who create parade floats and displays throughout the event, said Davis.

The festival's strawberry character featured in each year's theme artwork is an iconic part of the event's branding and advertising efforts. In this theme's artwork, he wears a festival cap, waves a foam finger, and holds a plate of strawberries.

"We feel like this is a theme other fairs and festivals, in our profession, can relate to," said Davis. "Like most fairs and festivals, the Florida Strawberry Festival represents a piece of Americana, a time in American history when events like ours brought communities together to celebrate the harvest, and that's #1 in our book!"

The 2022 Florida Strawberry Festival takes place March 3-13 in Plant City, FL and will be "#1 for FUN!" For more information, visit [www.flstrawberryfestival.com](http://www.flstrawberryfestival.com), Facebook, Instagram and Twitter (#berryfest22).



## Tampa Bay Dance Club

Casual dress. 6:30pm, Dance starts 7:30pm goes to 10:30pm. \$12. FREE admission for first-timers! 8401 W. Hillsborough Avenue.

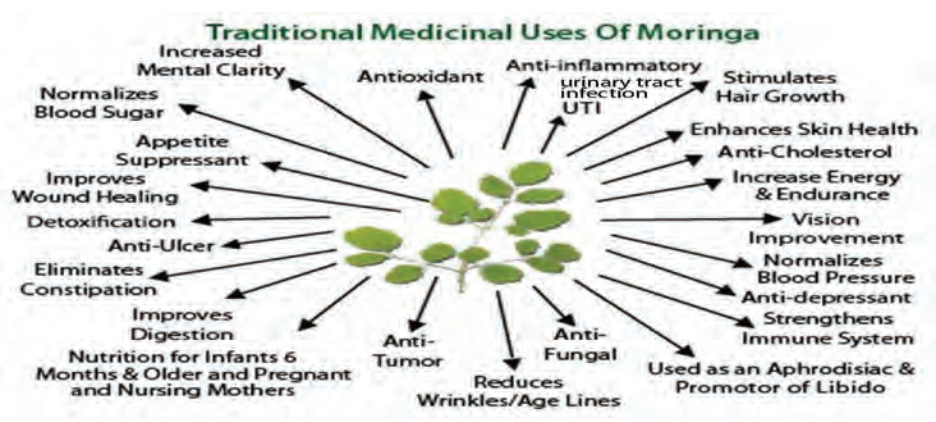
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## Obtaining a Medical Cannabis Card *By Karen McBride*



The negative side effects of pharmaceuticals have caused patients to search for more natural forms of treatment. According to the National Center for Complimentary and Integrative Health, people have used cannabis, also called marijuana, for a variety of health conditions for at least 3,000 years.

Clinical studies on the use of medical cannabis or medical marijuana began over 20 years ago.

More recently, medical marijuana has gained national attention as a growing number of states and territories have enacted laws to legalize it.

Medical marijuana has been effective in reducing the symptoms of such diseases as fibromyalgia, neuropathic pain, Alzheimer's disease, and even helps protect against spontaneous seizures for patients suffering from epilepsy. Other conditions that benefit

from the use of medical marijuana include:

- Cancer - medical marijuana is proven to be effective at treating cancer-related symptoms and treatment-related side effects, including nausea, appetite, sleep, and pain issues.
- Arthritis - arthritis sufferers have found relief from inflammation, pain, and stiffness when using medical marijuana.
- Glaucoma – glaucoma increases pressure in the eyeball, damaging the optic nerve and causing loss of vision. Marijuana decreases the pressure inside the eye.
- Post-Traumatic Stress Disorder ("PTSD") - One of the qualifying conditions in Florida is PTSD, which is an anxiety disorder.

Our bodies contain an endocannabinoid system, which brings balance to the other systems in our body. The natural alternative to pharmaceuticals is successful in treating such a variety of conditions because it is also contains cannabinoids similar to those all mammals produce, and, therefore, similar to a supplement.

The supplement comes in many forms. In addition to being inhaled, it is available in a topical cream, patch, drops, nasal mist, and more to fit the patient's needs and comfort level.

The first step in purchasing medical marijuana is to become certified by a licensed and certified medical marijuana doctor. You do not need to see your primary care physician first. Once you have been approved by the doctor, the request is processed

by the state.

When completed, you will receive an email and then be able to purchase medical marijuana from several locations throughout the Tampa Bay area. The supplement can be delivered directly to your house.

Medical marijuana is not covered by health insurance, but it is affordable. Since it is still against federal law, insurance companies cannot cover it.

To schedule your appointment, call 813-756-0091 or 844-420-7277 or visit <http://certifiedmarijuanadoctors.com> or <http://cm-mdr.com>. **See ad on front page.**

What our patients are saying...

*"With a wide range of health problems, I came in as a skeptical wreck, and these people were so patient and understanding, and helpful. I cannot thank them enough. I am having unbelievable results. My husband said I am a different person. Things that I didn't expect to benefit, it has helped. From reducing my blood sugar, to pain, sleep, everything has been beneficial. With NO side effects. Being a very religious person, I was taught this was not good, and all I can say now, is God put it here, and it works. I tell everyone who will listen. This has dramatically changed my life for the better.*

— *Carmen D.*

## Free, Local Assistance for Medicare Plan Shoppers

*Free help navigating Medicare health and drug plan options for 2022*

The Florida Department of Elder Affairs' SHINE (Serving Health Insurance Needs of Elders) Program is available to provide free, unbiased help for Florida Medicare beneficiaries as they carefully evaluate their health care options during the Medicare Open Enrollment Period (OEP). Volunteers with the Florida Department of Elder Affairs' SHINE program wants Medicare beneficiaries to know that they are available to help with Medicare and health plan questions during the COVID-19 pandemic. Despite complications caused by the Coronavirus Health Emergency, SHINE continues to find creative, socially distant solutions to provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

During OEP, which runs October 15 through December 7, Medicare beneficiaries can make changes to their Medicare Prescription Drug or Medicare Advantage plans. SHINE encourages beneficiaries to review their benefits each year for a variety of reasons. Individuals often experience subtle changes in their health over the course of the year, and these changes may alter

the kind of care they need. This could directly affect their need for more or less health insurance, the types of prescription drugs they require or their access to particular doctors or pharmacies. Health changes can also increase costs, which can be particularly critical for Medicare beneficiaries on fixed incomes.

SHINE volunteer counselors through the Area Agency on Aging of Pasco-Pinellas, Inc, provide free, unbiased one-on-one insurance counseling and information on Medicare options and prescription drug assistance for elders, their families, and caregivers. SHINE also educates beneficiaries to protect, detect, and report potential errors, fraud, and abuse with their Medicare coverage. Beneficiaries are encouraged to act quickly to assure a smooth transition into the 2022 benefit year. To receive help from SHINE to review and enroll in a plan, individuals may visit designated SHINE counseling sites, attend enrollment events in their local communities, or contact trained SHINE volunteer counselors at 727-217-8111 or 1-800-963-5337. For a listing of SHINE counseling sites and enrollment events, visit [www.aging-carefl.org](http://www.aging-carefl.org) or [www.floridashine.org](http://www.floridashine.org).



## October is National Crime Prevention Month

Much 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. October is National Crime Prevention Month and its the perfect time for citizens to ensure that they



are safeguarding both their property and themselves.

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 car, even if it's just for a few moments. Thieves can work fast, and often a car burglary can take place in less than 30 seconds. Be sure to lock your home and car doors, even if you're inside. Creating a routine of doing this each night is a great way to ensure that you and your 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 or firearms. Keep shrubbery near windows and doors trimmed so criminals don't have a good hiding place 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. Setting

timers for lights is another great idea. A home that still looks occupied won't tip off potential criminals to your absence.

Don't forget that the Pasco 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 and Instagram. 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 opportunity 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.

Stay connected:

- Facebook: Pasco Sheriff's Office
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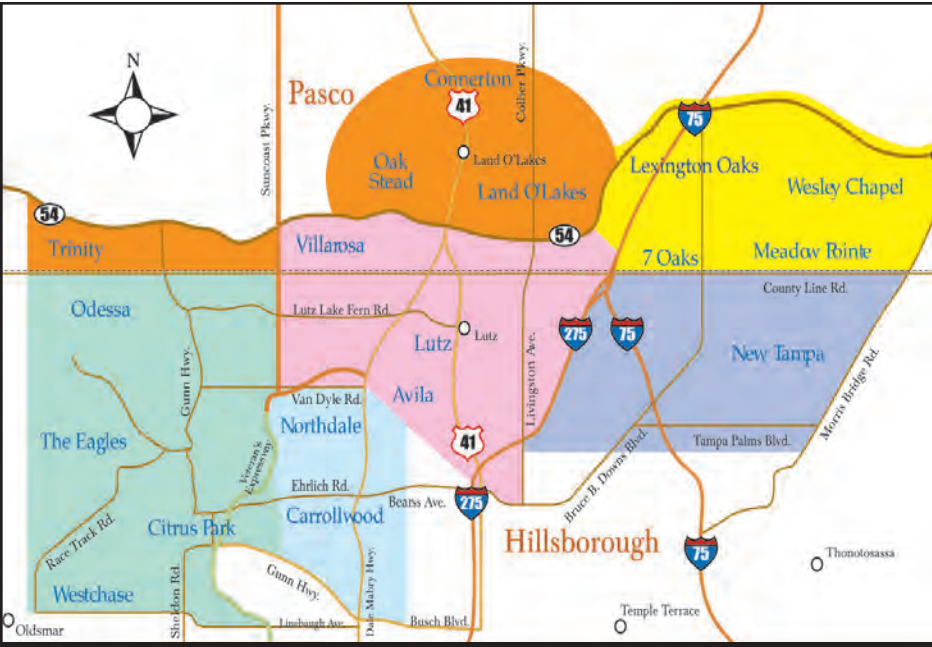
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## JESUS is not our Religion, He is our Savior...

*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..."*

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# October Garden Tips

from *Shell's Feed & Garden Supply, Inc.*

Your Monthly Garden To-Dos from your friends at Shell's Feed & Garden!



"I have been younger in October than in all the months of Spring..."  
~W.S. Merwin

## What to Plant

October is a transition period between Fall and Winter planting. We still have healthy starter plants for the garden. You can sow Winter crop seeds now too so they can be transplanted into their growing medium in November.

For vegetables, plant Beets, Broccoli, Cabbage, Cauliflower, Chinese Cabbage, Collards, Kale, Lettuce, Peppers, Strawberry, Carrots, Mustard Greens, Spinach, Onions, Radish, Turnips, Rutabaga. Herbs: Basil, Coriander/Cilantro, Fennel, Mexican Tarragon, Mint(s), Oregano, Rosemary, Thyme.

## What Needs Done

Edibles/Veggies: Established crops can use a side-dressing of fertilizer labeled for vegetables that you can find at Shell's right now. Keep up with weeding and get some mulch down if you haven't already to prepare for cooler temperatures coming up. Winter Garden seed sowing can happen this month, and you can plant Fall crop starter plant too! Make sure you check out the Blog at ShellsFeed.com and you'll find lots of gardening articles to help you out. Make sure your pre-order your Vidalia Onions starter plant bundles by the end of this month - they arrive in November for planting!

Lawn & Landscape: **ATTENTION! THERE IS A FERTILIZER BAN FOR USES THAT ARE NOT RELATED TO FOOD PRODUCTION IN CITY OF TAMPA THAT ENDS OCTOBER 31. CHECK YOUR MUNICIPALITY FOR ANY RESTRICTIONS TO PROTECT OUR BAY AND INLAND WATERS! RED TIDE IS SERIOUS!**

October is the last month to fertilize your Citrus trees and other fruit trees before the Winter time. You don't want your fruit trees in active growth as the days become shorter and there is a possibility of freeze. October is a great time to plant new trees and shrubs as well, there's just enough heat and light for the roots to get established quickly now. Adjust your watering down as the days get cooler, plants won't need as much!

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