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the Reason
for the
Season.



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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See story on Page 4

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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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December 2021

What is Christmas All About?



Linus
Christmas Speech

The story begins in a place called Nazareth, in a quiet, sleepy town where most people were farmers and shepherds. In this town was a young Jewish woman Mary. She was very obedient, a God-fearing woman who helped her parents and did her chores. She was kind and helpful to everyone, all the people liked her very much, and soon she was going to be married to Joseph, who was a good, honest, hardworking man.

One day God sent an angel to visit Mary and he said, "Mary, do not be afraid, for God has sent me to you. My name is Gabriel. Because of your kind heart and pure soul, you are of great value to the Lord. You are fortunate. Above everyone else, He has chosen you for a very special task. I have come

to tell you that soon you will have a son. He will be a great king and will be loved by everyone."

Continued on Page 11




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Christmas - An Amazing Time of the Year

It is a time to celebrate the birth of Christ. One of the ways we do that is by giving and receiving gifts, and as we do, it reminds us that Jesus is the greatest gift of all. Pure giving is one of the most beautiful things that we do, and I always encourage people to make every day Christmas as far as giving is concerned. Let's live in the spirit of Christmas all year round!

If you just open up your eyes and look around, you can see that it's true. There is nothing that lights a person up like Jesus. He puts so much joy in your soul! Without Jesus, we would have no love or compassion to share with others. But because

He lives in us, we can shine the light of His love throughout the entire world.

That is the purpose God has for us. In other words, he has chosen us to shine his light in the world. It's very encouraging to know God doesn't expect us to be perfect before his love and light can shine through our lives. You could say that you and I are like cracked pots.

We will always have weaknesses and imperfections, but we never have to hide them from God. The light of God actually intensifies in us as we allow him to work in us. There are so many ways

to shine his light. It can be as simple as wearing a smile. As you go about your daily life, especially during this special season of celebration, I encourage you to let aside a portion of your time, energy, talents, and resources to share that light and serve others.


After all, this is what Christmas is really all about. Just as Jesus came to love and serve all of us by giving the greatest gift, his very life, we can give of ourselves because His life and light is in us. He is Emmanuel, God with us!

www.joycemeyer.org

Merry Christmas!
from Dunndead Publications

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See Page 2

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Is it time to start taking care of YOU?

We want to help you get back on track before 2022 get's here, so start now.
Many that don't do anything, will gain even more weight this month!

In her 60's, Judy lost 31 lbs. She is loving life retired and fit and is amazed at how much more enjoyable it is when you are.

Merry Christmas

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How NOT to Gain 5 Pounds This Month

Samantha Taylor, Samantha Taylor Fitness

I know it's been a tough year and many have put on over 15 lbs. with the stress of it, so I encourage you to not keep that pattern going. I do love the feel of the holidays, but we all know along with them come lots of savory foods that we don't always have access to, so our mind tends to justify eating them in excess.

The problem is, it's not just one meal, it's a lot of different meals and desserts that people seem to always bring out during the holidays, especially in the workplace.

I decided years ago that I was not going to let myself use the holidays as an excuse to gorge and gain the average 5 lbs. Personally, my biggest challenge used to be with sugar, and during this last month of the year, there are temptations everywhere.

Also keep in mind that eating too much sugar can highly affect your immune system and with everything going on, we need to have as strong of an immune system as possible! Here are 5 main tips to help you enjoy this month without expanding your waistline:

- 1) You have a mind, will, and intellect that can decide NOT to partake in every little fancy food that makes its way across your path. Just because it's there, doesn't mean you have to eat it. You can make wise decisions and not just act on impulse. This does take practice, that's for sure!
- 2) Have balance – enjoy some foods and sometimes say, "Not this time." This can cut down on 50% of the calories you would normally consume in this month.
- 3) Make sure you exercise at least 4 times a week. With the extra holiday foods, if you exercise, you at least lower your chance of gaining. Of course, if you have weight to lose, losing a few pounds this month is a better goal, however it's a great accomplishment to not gain weight this month, too.
- 4) When going to a get together where you are eating, fill up first on protein, fat, veggies, and nuts to resist eating as much of the starchy carbohydrate or sugar-filled foods.
- 5) Fill up on a glass of water or snack on some nuts or salad before you go to a party or dinner. That way you aren't starving when you get there. We can tend to make worse choices when we are starving. I have learned not to put myself in that situation.

Eating healthy can be very satisfying when you know how to eat. Get some delicious sugar-free Christmas cookie recipes and desserts on our website at SamanthaTaylorFitness.com/desertwebinars. Also be thinking about the new year and keep us in mind to help you get healthy and fit. We are in Palm Harbor, Carrollwood, Wesley Chapel, and Land O' Lakes.

I hope you have a Merry Christmas! This is the time of year, many people will go to church if you invite them, so think of someone you could invite to church. Christmas is certainly a time to connect with family and friends and many celebrate the birth of Christ. There is a great Christmas presentation at Idlewild Baptist church Dec 10-12th.

Perhaps strengthen your relationship with Him by reading the Bible 10 minutes a day to build that habit this month, it's such an amazing book filled with wisdom. If you don't know Him or have been distant from Him, perhaps pray and ask Him into your life. Maybe that's why you saw this article. :)

www.SamanthaTaylorFitness.com (813) 377-3739

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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December: How Will You Spend It?

December is the last month of the year, time to wrap things up for 2021. So, how will you spend your time this month to finish the year on a positive note? The holidays do bring much joy, and at the same time we all experience some stress due to outside influences. Gotta shop—the gifts, the gifts. And holiday meals, gotta cook and bake. But what about the diminishing supply chain this year? And clean the house, yikes! Oh, and the parties, too. So much to do, so little time. HELLO, STRESS!

“Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.” ~ 2 Thessalonians 3:16

The stresses of the season are certainly a deterrent to the joy that we seek. They throw us off balance and that begins a downward spiral, away from that joy. But there is one easy way to re-balance, to get back the equilibrium: spend more quality time with God. Here's how:

- Set your boundaries. Avoid over-extending yourself, with both time and money.
- It's okay to say no. When that one more thing feels constricting, just politely say “not this time.” Then let go of the guilty feeling.
- Schedule some down time for yourself. God did. Remember the 7th day? That goes for you, too.
- Try using some essential oils for relaxation, meditation, and prayer. Seek the advice of someone knowledgeable in this and explore the benefits of them.
- Practice some yoga, tai chi, qi gong, deep breathing, etc. They can be relaxing, grounding, and help to re-balance.
- Talk with God, spend time with Him, visit with Him, like you would do with a friend. There is no need for the formal, ceremonious prayer. You can keep it casual, it all counts, you know. He just wants to be a part of our daily lives.

“Finally, brethren, rejoice, be made complete, be comforted, be like-minded, live in peace; and the God of love and peace will be with you.” ~ 2 Corinthians 13:11

Remember, finding joy is very simple: just seek God. And if you need help with any of this, you can find some assistance by looking through this paper to find a qualified practitioner who cares. If you would like to explore the benefits of Reflexology to reduce stress and anxiety, contact Louise Richardson, Certified Reflexologist, at (813) 965-1697, or go to www.Reflexology4You.com. MERRY CHRISTMAS, EVERYONE!

“Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs.”
— Psalm 100:1-2

Natural Market Serving Fresh Sushi and New Korean Kimbap Menu

By Karen McBride

Delicious Fresh Sushi and Korean Kimbap Menu

To better meet the needs of their customers, Natural Market not only offers fresh fruit and produce, but they also have filtered water, flowers, a selection of sushi, and a Korean Kimbap Menu. The family-owned market offers a “Lunch Box” menu that can include a selection of Mexican Rolls with tempura shrimp; California Rolls with Crab stick; Tampa Rolls with fried tilapia; new menu items such as Spicy Tuna Roll, Spicy Salmon Roll, and more.

Vegetarian options include Wakame Roll and Avocado or Asparagus and Cucumber Roll. The Korean Kimbap, Beef Bulgogi Kimbap, and Tuna Kimbap Menus include Cooked Rice, Seaweed, egg stick, carrots, spinach, and yellow radish pickles. Additional options are available daily. Natural Market offers party trays with advanced notice. With the holidays quickly approaching, be sure to get your orders in. Your guests will enjoy such a treat. Please call (813) 265-0923 to place an order.

Using Their God-Given Talents

The Kim family is using their God-given talents to serve the community in a variety of ways. Jeff Kim owns and manages Natural Market. His brother, Ho Kim, is using his more than 20 years in the restaurant industry to create delectable fresh sushi daily that is sold at Natural Market. Their brother, John Kim, felt a calling on his life to spread God's word and attended seminary. He is now the Pastor at Keystone Korean Baptist Church. Keystone Korean Baptist Church is located at 7029 Van Dyke Road, Odessa. Services are held on Sundays beginning at 10:45.

Location and Hours

Natural Market is located at 4441 Gunn Highway, Tampa, and is open daily from 9am – 7pm.

“Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious ointment upon the head that ran down upon the beard, even Aaron's beard, that went down to the skirts of his garments. As the dew of Hermon, and as the dew that descended upon the mountains of Zion: for there the Lord commanded the blessing, even life for evermore.” – Psalms 133:1-3

What Their Customers Had to Say

“Small neighborhood grocery store that is surprisingly well-stocked for its size. It mostly carries fresh produce, but it does have a variety of other home basics and specialty foods too.

I've heard tell that a lot of people like this location to fill up their water jugs, apparently the



water tastes better here than at some grocery stores. This is also a good spot to pick up fresh flowers, as they had a nice assortment available.

I stopped by mainly to wander around but ended up purchasing a coconut with straw for coconut water, cherry tomatoes, baby bok choy, and sugar snap peas. I thought the costs were reasonable, and the service was very friendly, and I could see stopping in periodically.” – Karen F.



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To see how you can make an impact in a child's life at Hope Children's Home this Christmas, visit HopeChildrensHome.org/Dunndead or scan the QR code below. We pray God's richest blessings on you and your family this Christmas season!

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Women Are Making Disciples Through The Well Training Ministry

By Karen McBride

Women Making Disciples

Susie Walther, president, and founder of The Well Training Ministry began the organization to establish women in their faith and relationship with Jesus and to equip them for ministry in their everyday lives. “We are not a community of perfect women, but we are a community of women learning how to love one another better,” said Susie.

The inter-denominational organization offers leadership training, as well as in-person and online Bible studies and groups for women, both young and old, in all stages of life. Whether a woman is just graduating high school, or ready to plan her retirement party, single or married, there is a group and a study for her.

Targeted leadership training sessions are held throughout the year. Participants learn strategies on how to cultivate discipleship through a Bible study or group platform. Proven techniques can encourage women in their walk with God and to really dig into His word.

A New Centralized Facility

The Well has purchased land for a centralized facility and renovations have begun. The main building will be a 6,000 square foot training space. The smaller building is a 1,500 square foot structure that will be the child watch center, where children are supervised by trained staff and can safely play while their moms, grandmothers, and foster parents can learn more about living and spreading God’s word.

At a recent event, Susie explained the Spiritual Growth Pyramid. Spiritual growth occurs when we do what the Bible says is necessary for growth in response to what God has already done through Christ. We need to do our part to grow in the new creation with regard to moral excellence, knowledge, self-control, perseverance, godliness, brotherly kindness, and, most of all, love. Striving to become closer to God “doesn’t mean we won’t fall, but we won’t fall away,” said Susie.

Upcoming Bible Studies

New and on-going Bible studies are beginning in January. Studies include the Holy Spirit, Prayer and Accountability, Prayer and Bible Reading, and Strengthening Your Faith. To see the Well calendar, a complete list of current studies, or to donate online go to <http://thewelltraining.org>.



Social Security Benefits Increase In 2022

By Javier Morales, Social Security Public Affairs in South Florida



Approximately 70 million Americans will see a 5.9% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2022. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor’s Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But, if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your my Social Security account at www.ssa.gov/myaccount. You can access this information in early December prior to the mailed notice.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at www.ssa.gov/myaccount to opt out of a mailed COLA notice and any other notices that are available online by updating your Preferences in the Message Center. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don’t have an account yet, you must create one by November 17, 2021, to receive the 2022 COLA notice online.

January 2022 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2022 will be higher. The retirement earnings test exempt amount will also change in 2022 and you can view that at www.ssa.gov/news/press/factsheets/colafacts2022.pdf.

Be among the first to know! Sign up for or log in to your personal my Social Security account today. Choose email or text under “Message Center Preferences” to receive courtesy notifications. You can find more information about the 2022 COLA at www.ssa.gov/cola.

I heard about this lady, she just got out of choir practice and she was so fired up she put an “If you love Jesus” bumper sticker on her car. At the intersection, she was digging in her purse and didn’t notice that the lights had changed. The guy behind her started honking, and she was so excited that the guy behind her also loved Jesus. So she rolled her window down and gave a big wave and said, “I love Jesus too!” Soon a whole lot of people started honking and one man even screamed out, “Jesus Christ!” After sharing all the love for Jesus, she was the only one who made it through the intersection.

Say it like you mean it. Joel Osteen

Kidz Corner: Fun in Alabama



Hi! My name is Harley, and this weekend I traveled to Sweet Home Alabama to visit my grandparents and cousins. First, we went horseback riding for two hours in the woods. I rode a horse named Gretel, my mom rode Grace, and my dad rode Spur. On our way back, Grace got spooked by cars, but Mom got her to calm down.

Next we ate at BurgerFi with a pastor who has been preaching since he was nine years old! (BurgerFi is delicious.)

Then we went to a yarn shop that was really exciting. We got free yarn, and we also got to use a loom that makes hats very quickly. You just thread yarn, turn a wheel, and it knits! I’ve been crocheting coasters and doilies. Did I mention that I love crocheting?

The next morning, bright and early, we went to a football game and ate breakfast there. After our meal, we walked to the stadium to meet my friend. The game was Auburn Tigers vs. Mississippi State. Auburn lost and I nearly wept.

Finally, we drove to an antique shop called Off the Beaten Path. We received a tour of the cozy shop, and saw an old speaker, a washing machine, and the wooden bear displayed above that says, “Go Away”. I wish that I could have placed it in the entrance of my room to keep out people who take pleasure in waking me up.

I am thankful for all the activities I did, the people that helped make us very happy, and protection from car crashes. After me and my mom talked about the wooden bear, my mom said that if we bought the bear, brought it home, and placed it in the front room, we could use it as a reminder that we have a lot more power than that bear to tell Satan to go away because we have the Holy Spirit in us. When we pray in God’s will, and in the name of Jesus, we have the power to rebuke Satan. Satan cannot hear our thoughts, so when we tell him to go away, verbally, he will flee.

Goodbye! I hope you like this article!

Harley Isabel Smith is a 4th 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.”

“I will say of the Lord, ‘He is my refuge and my fortress, my God in whom I trust.’
— Psalm 91:2



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



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Award-Winning Don Julio’s Mexican Restaurant

By Karen McBride



Award-Winning Cuisine

Fresh ingredients and authentic Mexican cuisine are part of the success of the award-winning Don Julio’s Mexican restaurant. For the second year in a row, Don Julio’s has won the Best Mexican Restaurant and Best Taco in Tampa Bay award presented by 92.5 Maxima. Due to significant support from the community, Don Julio’s is pleased to announce they have doubled their staff from 13 to 26 team members to continue to provide excellent customer service.

Traditional Mexican Menu

The delicious variety of menu items can please even the most finicky eater. Many of the recipes were inspired by Julio Rodriguez’s mother, Dona Esther, who loves cooking for her family. Taco lovers can choose from a variety of the award-winning delights, including Carnitas (slow cooked fried pork), Carne Asada (grilled steak), Al Pastor (pork with pineapple), Pescado (fish) and more. Vegetarians can enjoy the authentic Mexican flavor, too, as veggie tacos are also available.

Don Julio’s added new menu items including the Quesabirria Tacos and Consommé Meal. It consists of three tacos filled with slow cooked shredded Angus beef, melted cheese, cilantro, and onions. Served with their proprietary broth (consommé) salsa and lime on the side. This delectable meal has quickly become their top selling item and they sell out daily!

Guests can choose the delectable Burrito Don Julio (choice of meat, beans, and Mexican rice wrapped in a flour tortilla and topped with melted cheese and tamales or seafood lovers may dine on Cotel de Camarones (shrimp cocktail made with Grandma’s homemade proprietary tomato sauce and spices).

Upon customers’ requests, more specialties have been added to the menu, including Molcajete (sizzling grilled steak, chicken, and shrimp cooked with onions, and red and green bell peppers, served hot in a Mexican stone bowl with slices of avocado and queso fresco); Chile Rellenos (Poblano pepper stuffed with melted Oaxaca cheese or ground beef); and Chimichangas (fried flour tortilla wrapped around a filling of choice of meat, beans, melted cheese, and Mexican rice). The family-friendly restaurant offers kids meals including quesadillas, tacos, and soup.

Conveniently Located

Don Julio’s is located at 2808 E Bearss Avenue, Tampa, FL 33613. It is open Sunday through Thursday 11am – 9pm and Friday and Saturday 11am – 10pm. It is closed on Sundays. For more information, call 813-898-2860 or visit <http://www.donjuliosmexican.com>. Reservations can be made for dine-in, and curbside pickup, takeout, and delivery service are also available.

GFWC Donates Snuggle Bunnies



(L-R) Renate Mastandrea, Lucy Albury, Ellen Brayton, Sabrina Scott, Cheryl Winegar & Faith Sincich delivering a carload of snuggle bunnies.

GFWC Lutz-Land O’Lakes Woman’s Club members donated and assembled items wrapped inside delightful little fleece blankets to form “Snuggle Bunnies”. The bundles included a story book, a little flashlight and a warm, snuggly blanket, 91 of which were delivered to Lutz Elementary School to be distributed to EACH little first grader. The purpose of these little gift bundles is to encourage the kiddies, at a very young age, to develop a love of reading, which will hopefully last a lifetime. For more information on this volunteer service organization, please visit gfwclutzlandolakes-womansclub.org or its Facebook page.

“Come, let us sing for joy to the Lord, let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving.”

— Psalm 95:1-2



Samantha Taylor Fitness

What Our Longest Advertiser Says

When my personal training career started in this area over 19 years ago, Mark Dunn called me and asked if I wanted to be a part of their paper. I was new in business in this area and knew I had to get my name out there, so this was the first media outlet I had ever advertised in. As people started to hear about what I offered, through THIS paper, my name started to get out in the community, and in a few years I became the #1 producing personal trainer in the large gym I was in, out of 2,000 trainers!

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

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

I thank God for bringing this paper into my life, and I am SO grateful, for they helped give me the original confidence that I could build this business, and look what its turned into and the amount of people we serve! The owners, Mark and Kay, are some the nicest, most genuine people you’ll ever meet and I appreciate how they honor Jesus Christ in this paper. It’s such a blessing to partner with them, and I’m happy to know that I am the longest partner in the last 19 years!

Tax Collector Mike Fasano Announces Holiday Season Giving Opportunities

Pasco County Tax Collector Mike Fasano announces that his office is sponsoring the following events to help the community during the 2021 holiday season:

- **Be a Santa to a Senior** – collection boxes are located in each of the five tax collector offices. Please stop by and donate a personal care item for a local senior citizen (i.e. toiletries, bath sets, greeting cards, stationary, stamps, etc.). Gifts will be collected up until December 14.
- **Toys 4 Tots** – the five tax collector’s office locations in Pasco County are all drop-off sites for the Marine Corps League’s annual toy drive. Toys for children of military personnel will be collected up to December 15.
- **Salvation Army’s Red Kettle Drive** – The Gulf Harbors and Wesley Chapel offices will be Red Kettle donation sites on December 11 and December 18. Please stop by between 8:30am and noon either day to make a contribution to the important programs the Salvation Army provides throughout the year.
- **Farm Share Holiday Food Giveaway** – collection jars will be on display in December in each of the five tax collector offices in the county. Donations made will help purchase fresh food for families in need this holiday season and into 2022.

The locations of the five tax collector offices are: the West Pasco Government Center, 8731 Citizens Drive – Room 120, New Port Richey; Gulf Harbors – 4720 U.S. Highway 19, New Port Richey; Land O’ Lakes, 4135 Land O’ Lakes Blvd. (US 41), Land O’ Lakes; Wesley Chapel – 4610 Pet Lane – Room C 101, Lutz/ Wesley Chapel and the East Pasco Government Center, 14236 – 6th Street – Room 100, Dade City.

“Please join the staff of the Pasco County Tax Collector’s Office as we celebrate the holidays by reaching out to those most in need,” states Tax Collector Mike Fasano. “Your support of these wonderful local programs will help countless people enjoy the holidays this year. Your gift of any amount will go a long way towards helping our community have a joyous holiday season.”

For details about each program, information regarding hours and locations, or general questions about the services provided by the Pasco County Tax Collector’s Office, please contact Greg Giordano, Assistant Tax Collector at (727) 847-8179.



Tampa Bay Dance Club

December 2021 Schedule

- | | | |
|-------|----------------|----------------------------------|
| 12/2 | Board Meeting | |
| 12/3 | DJ Jorge Perez | |
| 12/10 | DJ Mike Unwin | Free admission to first-timers |
| 12/17 | DJ Art | Bring Christmas cookies to share |
| 12/24 | No Dance | Merry Christmas! |
| 12/31 | DJ Jorge Perez | New Year’s Celebration |

Doors open at 6:30, dance runs from 7:30 to 10:30. Location is 8401 W. Hillsborough Avenue, Tampa Florida 33615, Luther Hall located at the Lutheran Church of Our Savior. Music to the 50’s and up, Latin, & Country. BYOB-type club. Snacks and set up available. Dress code is casual and admission is \$12. Contact Roger Verszyla at 813-390-7160.

Facebook: Tampa Bay Dance Club, Tampa Bay Dancing Email: Tbdanceclub@aol.com

Gift Card Safety

Gift cards are both highly requested and convenient for holiday shoppers. Some retailers offer gift cards digitally, removing the physical card. Unfortunately, with all the positives, gift cards create an ideal opportunity for scammers. The Pasco Sheriff’s Office wants to help you spot and avoid potential gift card scams this holiday season.

Carefully inspect gift cards before you purchase a balance on them. A scam often starts before a card is activated. Gift cards stored near the register and under security camera coverage are less likely with which to be tampered. Carefully review cards and packaging for signs of tampering or exposure. Scammers can take a photo or write down card numbers and check the balance later, searching for cards with an activated amount. If the PIN is exposed on a gift card, notify a store representative and choose an untampered card on which to load funds. Be mindful of replacement stickers that may cover security codes, look for scratches to the card beyond the security strip.

Buying gift cards directly from the retailer and online purchases are best. Direct purchases require fewer transfers of funds resulting in more stringent security. Online retailers mail the gift card directly to you, preventing any access to the purchase codes and PIN. In addition, your receipt from the retailer for the gift card has a direct verification to validate your purchase. As a bonus, stores sometimes offer incentives when you purchase a specific amount. Never buy gift cards from an auction or community website. Resale sites are often a traffic source for stolen, fraudulent or already used gift cards.

Save receipts after the purchase of a gift card. Consider taking a photo of your receipt. You can email that photo to yourself for record-keeping if you fear you may lose the receipt. If you fall victim to a scam, your receipt can validate the original ownership and value of the gift card. In addition, the company’s direct purchase of a gift card offers enhanced transaction information such as purchase location, activation and any use of the gift card.

If you receive a gift card, treat it like you would a debit card. Using a gift card quickly helps eliminate potential threats. Change the security code as quickly as possible to something unique only you will know. Check the company’s website to see if you can create an account. This feature can help protect your credit value as well as the risk of misplacement or theft. If available, register your gift card online with the company. Some large retailers realize the potential lost or stolen gift card and the opportunity to combine the balance of several cards onto one. At the same time, when you register your gift card, check for the availability to report a scam online through the retailer. Online fraud reporting will avoid a long wait on the phone to speak with the fraud department and easily save confirmation or claim numbers.

Taking a bit of extra caution with your gift cards this holiday season will help prevent gift card scams. Follow Pasco Sheriff’s Office social media pages for the latest updates and safety information. PSO wishes you a safe and happy holiday season!

Pasco Sheriff’s Office 727-844-7705

“A good character is the best tombstone. Those who loved you and were helped by you will remember you when forget-me-nots have withered. Carve your name on hearts, not on marble.”

– Charles Spurgeon



The Great Florida Outdoors: Ecotones

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



While hiking with my friend Ed along Cowhouse Creek, we noted a very clear transition between hardwood forest and the land bordering the creek. The forest land was filled with maples, pines, palmettos and sabal palms on high and dry land. We also saw fences and barbed wire, indicating the land had probably been used previously as a ranch or farm.

The land near the creek was muddy and populated with cypress knees and exposed cypress tree roots. We located several water locust trees (*Gleditsia aquatica*). The water locust or swamp locust has a habitat on river swamps and slough margins. It is a tree native to the Southeastern United States and adjacent regions.

An ecotone is an area that acts as a boundary or a transition between two ecosystems and is of great environmental importance. Because the area is a transition between two ecosystems or biomes, it is natural that it contains a large variety of species of fauna and flora as the area is influenced by both the bordering ecosystems. Most wetlands are ecotones.

Ecotones include marshlands (between dry and wet ecosystems), mangrove forests (between terrestrial and marine ecosystems), grasslands (between desert and forest), and estuaries (between saltwater and freshwater). Mountain ranges can also create ecotones due to the changes in the climatic conditions on the slopes.

An ecotone may be wide or narrow. It has conditions intermediate to the bordering ecosystem or could contain species that are entirely different from those found in the bordering systems.

Ecotones can be natural or man-made. An ecotone between an agricultural field and a forest is a man-made one.

I will outline three distinguishing features of an ecotone. First, an ecotone can have a sharp vegetation transition, with a distinct line between two communities. (1) A change in colors of grasses or plant life can indicate an ecotone. Second, a change in physiognomy (physical appearance of a plant species) can be a key indicator. Water bodies, such as estuaries, can also have a region of transition, and the boundary is characterized by the differences in heights of the macrophytes or plant species present in the areas because this distinguishes the two areas' accessibility to light. (2) Scientists look at color variations and changes in plant height. Third, a change of species can signal an ecotone. There will be specific organisms on one side of an ecotone or the other.

Other factors can illustrate or obscure an ecotone, for example, migration and the establishment of new plants. These are known as spatial mass effects, which are noticeable because some organisms will not be able to form self-sustaining populations if they cross the ecotone. If different species can survive in both communities of the two biomes, then the ecotone is considered to have species richness; ecologists measure this when studying the food chain and success of organisms. The abundance of introduced species in an ecotone can reveal the type of biome or

efficiency of the two communities sharing space. (3) Because an ecotone is the zone in which two communities integrate, many different forms of life have to live together and compete for space. Therefore, an ecotone can create a diverse ecosystem.


What is the edge effect? Edge effects refer to the changes in population or community structures that occur at the boundary of two habitats. Generally, there is a greater number of species found in these regions (ecotones) and this is called the edge effect; the species found here are called edge species.

An ecotone is often associated with an ecocline: a “physical transition zone” between two systems. The ecotone and ecocline concepts are sometimes confused: an ecocline can signal an ecotone chemically (ex: pH or salinity gradient), or microclimatically (hydrothermal gradient) between two ecosystems.

What is the importance of ecotones?

- They have a greater variety of organisms.
 - They also offer a good nesting place for animals coming in search of a nesting place or food.
 - They serve as a bridge of gene flow from one population to another because of the larger genetic diversity present.
 - They can act as buffer zones offering protection to the bordering ecosystems from possible damage. For example, a wetland can absorb pollutants and prevent them from seeping into the river.
 - Ecotones are also a sensitive indicator of global climate change. A shifting of boundaries between ecosystems is thought to be due to climate change. Scientists and environmentalists are studying ecotones with greater interest now.
 - Ecotones are an extremely important concept in the study of the environment and ecology—environment, climate change, and biodiversity. (4)
- Where can you see ecotones?

Get out and see ecotones in the Great Florida Outdoors!

1. The Editors of Encyclopædia Britannica. "Ecotone." Encyclopædia Britannica
 2. Janaauer, G.A (1997). "Macrophytes, hydrology, and aquatic ecotones: A GIS-supported ecological survey". Aquatic Botany. 58 (3–4): 379–91.
 3. Walker, Susan; Wilson, J. Bastow; Steel, John B; Rapson, G.L; Smith, Benjamin; King, Warren McG; Cottam, Yvette H (2003). "Properties of ecotones: Evidence from five ecotones objectively determined from a coastal vegetation gradient". Journal of Vegetation Science. 14 (4): 579–90.
 4. UPSC GS 3 Notes: Ecotones
- 

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



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COMMUNITY PET NEWS

Mark Twilla DVM
Sunshine Animal Hospital

Pet Nutrition

Your pet's diet is important to their well being. National brand pet foods sold at grocery stores by and large are nutritionally complete diets for both dogs and cats. The type of food depends on the pets age, size, breed and life style. However, some pets require specialty or prescription diets that are specifically designed to help treat medical conditions such as diabetes, heart disease, allergies, renal failure, obesity and gastrointestinal disorders. Hills Science Diet and Royal Canin are excellent manufacturers of these types of specialty foods. At Sunshine Animal Hospital, nutritional counseling is a fundamental part of your pets wellness program.

Can you feed dogs and cats the same food? The answer is no. Pet foods are specifically formulated to meet the nutritional needs of dogs or cats and these needs are vastly different.

Are human foods bad for your pets? The answer is some of them. There is a list of foods that are especially dangerous for your pet. Some of these are: **Macadamia nuts**—One of the most poisonous foods for dogs. **Chocolate**—All types of chocolate including white chocolate. **Onions and Garlic**—Can kill your pets red blood cells. **Ice Cream**—Yes, ice cream. Many dogs don't digest dairy, this can cause diarrhea. Other bad foods include: Almonds, raw eggs, caffeine, grapes, raisons, cinnamon, and alcohol. If you suspect that your pet has eaten any of these foods call your **veterinarian immediately.**

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



Who I Am Foundation – Turning a Tragedy Into a Blessing for Others

By Karen McBride



Don Serdynski, his wife, Jo Ann, and oldest daughter, Tracy Stites.

nurse would put on the protective gear to enter the room and hold the phone up to their father’s ear so he could hear their voices. The nurses were doing this for each of their patients. This placed a great deal of burden on the already overworked staff as they had hundreds of patients at the time.

Her father was not getting better as they had prayed, but God blessed them in another way. Their family was allowed to visit their father during the last five days of his life, in a COVID ward in his COVID isolation room.

“This was definitely a God thing, because in the past, we could only see him through a glass window,” said Tracy.

One day when Tracy was getting ready to visit her father, she gathered family photos to place in her father’s room so that when he opened his eyes, he would know they had been there and enjoy the memories of family trips, his mammoth sunflowers that he loved to grow, and watching the Florida Gators, his favorite football team. She also wrote a note to the nurses asking them to call a family member whenever they were in the room so that the nurse could call when it was convenient. This would alleviate the extra time each nurse took to put on the gear and go into the patient’s room, since he or she was already in the room performing his/her routine duties.

As a citrus grower for most of his life, Don Serdynski was very healthy before COVID struck, and they never imagined that he would be taken from them so soon. In the last few days of his life, when hospice took over, one of the workers mentioned that she didn’t know of any other family that was able to spend time with their loved one suffering from COVID. Tracy knew it was God’s blessing on them.

Knowing that the nurses were overworked and extremely tired, Tracy asked what they could do to help them. Reducing the number of calls to the nurse’s station was one request and the second was how much they enjoyed looking at the pictures. It helped them to connect to her father more. They missed that personal connection and wished that other patients had pictures in their room.

“It’s a refreshing look into who someone is when they can’t speak,” one nurse said.

On his last night on earth, Don was being taken care of by Tim Lanier, a nurse, who is also a big Gators fan. Tim called Don’s family using the phone number in the room to let them know he was passing. When Tim realized they would not make it in time, he took Don’s hand and said “I am not going to let a fellow Gator die alone. I will stay with you until the end.” Because of the photos in the room, Tim was able to talk to Don about his family, his flowers and Florida Gator Football until Don went home to be with the Lord.

In her grief, Tracy asked God ‘what can we do to help the doctors and nurses and other people going through this tragic time?’

“God spoke to me and said it’s the phone number and the pictures in the room.”

That’s when she came up with the idea to make a Patient Kit. Through Advent Health, they were able to create patient support kits and “Who I Am Foundation” came into fruition. The kits consist of hospital grade plastic photo pages with pockets that can be used for pictures, notes, and family contact information.

The patient support kits are also used by families with special needs children and in nursing homes for their dementia patients.

For more information on the organization or to find out how you can help, go to <https://www.whoiamfoundation.com>. High school students can volunteer and earn hours towards their Bright Future Scholarship.



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Do You Love Christmas?

Dr. Dan Coffin
Pastor, River of Life Church

Do you love Christmas? I don’t know how it is at your house, but my wife absolutely loves Christmas. She loves to give gifts and usually begins as early as January looking for that unique gift that perfectly fits the needs and personality of the one who will receive it months later.

Giving and receiving gifts is one reason so many people love Christmas. Children are wide-eyed about the beautifully wrapped gifts under the tree while the young man so in love with his girl wants to wow her with his thoughtfulness. Grandparents now focus on those precious grandkids, and spending time with family around a dinner table is their greatest delight. While the merchandisers are hoping for record-breaking bottom-lines, parents are willingly helping them out, frantically tracking down that must-have toy at any cost.

Trees and candles, decorations that fill every horizontal surface in the house, and outdoor adornments with themed lights that bring animated camels or cartoon characters floating across the front door compete for the winning admiration of the neighborhood. Christmas is truly the most wonderful time of the year.

As we celebrate with parties and presents, let us not forget that a very long time ago and in a very faraway place, there was a young woman who gave birth to God’s gift for all of us. It was not with tinsel and trifles or lavish celebrations where this woman gave birth, but in a place where lambs were born that would become ceremonial offerings for the sin of man. What a seemingly strange place for God’s most valuable possession to arrive.

But like any proud father celebrating the birth of his firstborn son, the celebration in heaven spilled over into the earth’s atmosphere as the sky was illuminated with an innumerable host of angels worshipping this baby in a manger, God’s Son, the Lamb of God who takes away the sin of the world was born.

He is God’s gift to the world. Wrapped in humanity, He brings life eternal and abundant to all who receive Him. The lonely beggars on the streets or kings in their lavish palaces alike are pursued by this unquenchable love of God who wants to present to them His gift, who was born in a manger and died on a cross but arose in victory defeating death.

His gift is not offered in fancy wrappings or trapping but comes frequently in a still small voice that tugs at the heart of every sinner to say, “Receive what only I can give. You don’t need to struggle with your own sweaty works to earn as a favor this most wonderful gift, but in humility bow before the one who loves you with His dying breath and His victorious resurrected shout declaring that Jesus Christ is Lord.”

Dr. Dan Coffin 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 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!

“Sing for joy to God our strength, Shout aloud to the God of Jacob!”
— Psalm 81:1

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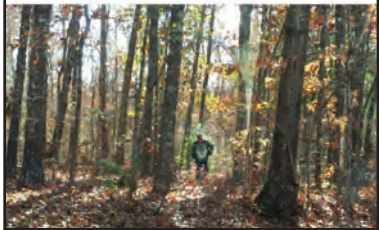
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Get your Smile on!

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!



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://certifiedmarijuanadoc-tors.com> or <http://cmmdr.com>.

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.

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GFWC Delivers Thanksgiving Dinner



(L-R) Members Barbara Booth, Lutz Elementary staffer, Mary Anne Lykins & Linda Mitchell

GFWC Lutz-Land O'Lakes Woman's Club members recently delivered overflowing shopping carts filled with Thanksgiving dinner ingredients to Lutz Elementary School's "The Den". The clubwomen's food donations were sufficient to help 15 families in need. For more information on this community service organization, please visit gfwlutzlandolakeswomansclub.org or its Facebook page.

GWFC Donates Blankets



(L-R) Mr. & Mrs. Ross of Blanket Tampa Bay with club member Linda Mitchell (center)

GFWC Lutz-Land O'Lakes Woman's Club members recently donated 25 warm fleece blankets and 25 Blessing Bags containing hygiene products and snack items for distribution to the homeless by the "Blanket Tampa Bay" organization, which serves the needs of those in our area who are living home-insecure lives on the streets. For more information on this community service organization, please visit gfwlutzlandolakeswomansclub.org or its Facebook page.

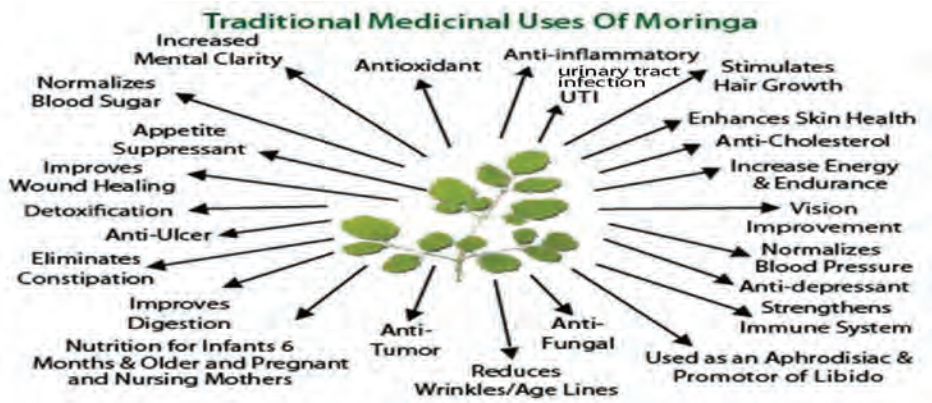
"Shout with joy to God, all the earth! Sing the glory of his name; make his praise glorious!"
— Psalm 66:1-2

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- 4x MORE fiber than oats!
- 2x MORE protein than in eggs!



(L-R) Members Joyce Humphrey, Melba Pineiro, Gloria Bucher, Pat Wagner & Donna Losch

GFWC Lutz-Land O'Lakes Woman's Club members recently formed assembly lines of talented crafters putting together Thanksgiving and Christmas tray treats and favors to cheer the homebound Meals on Wheels clients. These ladies prepared hundreds of cheerful turkey cookie packets and elf candy canes to lend a festive surprise to the seniors and shut-ins who receive their lifelines of Meals on Wheels deliveries. For more information on this volunteer organization, please visit gfwlutzlandolakeswomansclub.org or its Facebook page.



(L-R) Members Sandi Giddens, Mary Anne Lykins, April Saland & Joan Young



Dinner tray elves

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I have leaves. If you're ready to try this tree of life, call or text Kay: (813) 841-5932
"I can fulfill God's vision by choosing to live with expectant hope. I will watch the Lord do the impossible in my life and use it to help reach people who need to know him." —Ephesians 1:18

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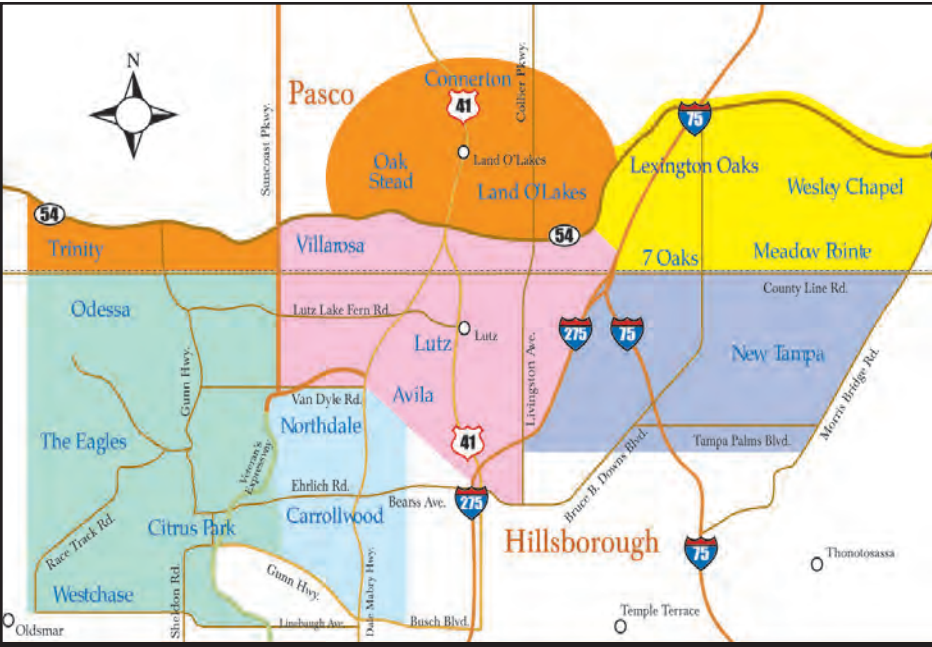
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What is Christmas All About?

Continued from Page 1

Mary was shocked at what Gabriel had to say but remained calm and listened to everything that Gabriel said. Looking up at Gabriel, Mary said, "How is this possible? I'm not yet married."

"Do not be afraid, Mary. The Holy Spirit of the Lord will come over you, and you will be blessed with the son of God, and you will call Him Immanuel. He will be hailed as the king of Jews, and the savior of mankind."

"I'm grateful for what the Lord has done for me, and I'm happy to have His wish come through me."

Afterwards, Mary explained to Joseph what the angel had to say, about God's wish and the son she was going to have, and because Joseph was a good man, he accepted everything Mary had to say, and made plans to marry.

Meanwhile, in the days to come, King Caesar Augustus issued a decree that a census would be taken because he wanted every citizen throughout the entire Roman kingdom to be counted and documented.

And since Joseph was from Bethlehem, he had to go there to be counted, and Bethlehem was a long way from Nazareth. Joseph and Mary had a long, difficult journey ahead that had to be made on foot.



Mary, who was going to be giving birth, sat on a donkey as Joseph walked along. After many days through the desert, Joseph and Mary finally reached Bethlehem. It was getting dark when they reached the town, and they desperately needed a place to rest for the night, but all the inns were full, and no one had a place to spend the night.

Joseph walked all over town knocking on doors looking for a place, but no one had space for them. With Mary about to give birth, it was important she had a safe, comfortable place for the baby and herself.

It was beginning to look hopeless for a while, until Joseph finally found an empty barn built for cows. There was fresh straw there, and Joseph used it to make a bed for Mary and the manger.

Later that night, Mary gave birth and



baby Jesus was born! Joseph then made a small bed from the fresh straw and wrapped the baby in swaddling cloths and placed Him in the manger. Mary was happy that the prediction of the angel had come true, that Jesus Christ was born.

That same night in the same country, some shepherds were watching over their flock on a hill. Suddenly they saw a bright light in the sky and in front of them was a beautiful angel.



Amazed, not knowing how to react, they listened as the angel spoke to them saying, "Don't be afraid. I come to give you good news. In the town of Bethlehem, a savior has been born, and His name is Jesus. Everyone will know of this news, so go in peace and spread the good news that a savior has come." Overjoyed, they ran towards Bethlehem to find baby Jesus, King of the Jews.

On the night Jesus was born, three wise men were traveling on their camels across the desert and suddenly a bright light came down on them and they looked up at the sky and



they saw a bright star. It was a kind of a star they have never seen before. They were aware of the prophecy of Jesus coming and when they saw it, they knew it meant that the King of the Jews was born. During this time, the country was ruled under King Herod, a selfish evil king, and when the three wise men informed the king about the star and what it meant, the king began to worry that he may lose his kingdom to this baby boy.

Herod said, "Go and find this King of the Jews, Jesus, and let me know where he is so I can also worship him." But he was plotting to



kill the child. As the three wise men followed the star for several days, they found baby Jesus in a barn in the manger and were surprised to find the future King of the Jews lying in a manger where the star had led them.

They bowed down to baby Jesus with valuable gifts—gold, frankincense, and myrrh. It was highly unusual for anyone to give these precious things to a newborn baby.

For these types of gifts were only given to kings. But the wise men knew that this was no ordinary baby, and the wise men fully understood the purpose of Jesus Christ's birth. Now you know what Christmas is about. Amen!

Luke 2:1-13 • Luke 1:26-30
Galatians 4:3-5 • Isaiah 7:14 • Isaiah 9:6
Matthew 1:18-23 • John 1:14
Philippians 2:6-8 • Micah 5:2-3
Formulated by Dunndea Publications



December Garden Tips

from Shell's Feed & Garden Supply, Inc.

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



Kindness is like snow - it beautifies everything it covers. - Kahlil Gibran

What to Plant

December is a great time to plant Florida Winter crops like Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chinese Cabbage, Collards, Kohlrabi, Lettuce, Mustard Greens, Peas, Radish, Spinach, Turnips. Herbs: Basil, Chives, Coriander/Cilantro, Dill, Fennel, Mexican Tarragon, Mint(s), Oregano, Rosemary, Sage, Thyme. As you can see we're focused on Winter crops now! It's a good time also to root cuttings from your best Fall producing plants to overwinter in a warm protected place.

What Needs Done

Edibles/Veggies: Established crops: add a side-dressing of fertilizer (6-6-6 or 8-8-8, or Shell's Organic 3-3-3. Keep up with weeding! Get mulch down if you haven't already to prepare for cooler temperatures coming up. You can plant from seed this month, though with cooler weather they will sprout slower without a little help from a heat pad under your seed cells. Transplant Winter starter plants. Seed potatoes should be in this month, we usually get White Kennebec, Red Pontiac and Yukon gold, so check in with us, and ensure you clear space in your garden for planting potatoes. Adjust your watering down as the days get cooler, plants won't need as much!

Fungus? Use Garden Friendly Fungicide. **Caterpillars?** Thuricide or Dipel. **Aphids/insects?** Conserve Naturalyte. Make sure you check out the Blog at ShellsFeed.com/blog and you'll find lots of gardening articles to help you out.

Lawn & Landscape: Fertilize your lawn and landscape to make the most of what's left of the Florida heat. It's a good time to overseed your lawn with Winter Rye for lawns that go dormant in the Winter (like Bahia) at 10 lbs/1000sf to help suppress weeds that take advantage of sleeping grass.

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