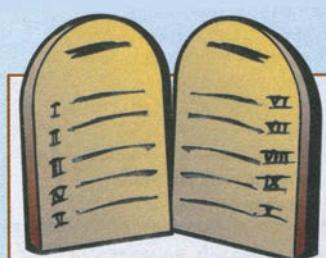




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The Ten Commandments

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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November 2022

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

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

Contributed by Abby's Health & Nutrition



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

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

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

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

Continued on Page 8

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GFWC Arts & Crafts Show

GFWC Lutz-Land O'Lakes Woman's Club presents its 43rd Annual 2 day event – The Lutz Arts & Crafts Show, on Sat. December 3, 2022 from 10am to 5pm and Sun. December 4, 2022 from 10am to 4pm on the Campus of Keystone Prep Academy, 18105 Gunn Hwy, Odessa, FL 33556. FREE ADMISSION but the school will collect a \$5 parking fee and VIP parking is \$10. There will be limited handicapped parking.

This always festive event attracts between 20,000 to 30,000 guests each year with over 200 vendors offering a great array of artwork and handcrafted items. Indoor and outdoor booths will showcase paintings, photography, jewelry, wood carvings, artisanal products, yard art and a great variety of food choices will be available. This is a juried art show with cash prizes awarded by the Woman's Club to winning artists in every medium.



Continued on Page 2

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Father and Son Love Ministries – Support for the Food Insecure, Veterans, Seniors, First Responders and Essential Workers

By Karen McBride



The pantry feeds 1000-1500 people each week. The ministry extends south to Sarasota and east to Orlando.

Tuesdays are reserved for military personnel, first responders, and essential workers. The food pantry is open from 12:00-2:00pm. The public is welcome on Friday from 12:00-3:00pm. To find out more about the pantry, visit <https://www.facebook.com/freefoodpantries>.

Pastor C.J. Johns Following his Calling from the Lord

Pastor C. J. Johns has been a Christian for all of his adult life, attending services and bible studies, and raising his children in Christ. Early on, the Lord had placed it on his heart to become a pastor, but he ran from it. He was in the banking industry for many years and busy with life's challenges. It wasn't until 12 years ago, that he followed his calling to become a pastor to help spread the "Love Revolution of Jesus the Christ" to help people in the community.

"I was given a vision. It is difficult for seniors to ask for help and that is the impetus for how this entire endeavor [Father and Son Love Free Food Pantry] started," said Pastor Johns.

The Food Pantry is Helping the Food Insecure and Seniors

The two commandments that Jesus gave in the New Testament are "Love the Lord your God with all your heart, all your soul, and all your mind" and "Love your neighbor as yourself" (Matthew 22: 37-39).

Father and Son Love Ministries has taken that commandment to heart and established a food pantry for the food insecure. It is like no other pantry you have seen before. Some pantries are stocked with damaged or expired goods donated from local grocery stores.

Pastor Johns explained, "I am not that kind of man. If it is not something that I would serve my mother, then it is not something that is in our pantry."

The clean, welcoming pantry is full of fresh fruits and vegetables, rows of neatly stacked cans, boxes, breads, milk, and much more. In addition to nine freezers full of meat, the pantry has an assortment of food provided from local restaurants such as Station House BBQ in Lutz and Nicolas Doughnuts in Tampa.

Monetary Donations Needed

The food is purchased at a discounted bulk rate to fill the shelves of the pantry. Patrons are not charged a membership or



ANY fee to access the pantry. With limited financial support from the community, many times Pastor Johns purchases the food with funds from his own pocket. This is where the community can help.

"With monthly donations, we can keep the pantry going," said Pastor Johns. "Even a small amount of \$100.00 can go a long way if enough corporations and individuals would support us."

If your business is looking for a way to make a difference in our community, consider becoming a monthly partner. To make a donation, go to https://www.paypal.com/donate/?hosted_button_id=5BZJ5FSHQNUCN

Father and Son Love Free Food pantry will hold its annual Family Thanksgiving Turkey Dinner Giveaway Saturday November 19th, 2022. Go to Father and Son Love Free Food Pantry @ Facebook to register. This organization has continued to be a love & food insecurity eliminator force multiplier of change in the Tampa Bay Region. Please go to <https://www.fatherandsonfreefoodpantry.org> to donate & help them continue to serve our community.

The church and pantry are located at 21418 Carson Drive, Land O Lakes, FL 34639. Sunday service is held at 10:00am. For more information about the ministry visit <https://fatherandsonloveministries.com> or call (813) 846-9993.



Happy Thanksgiving

from Dunndeal Publications

GFWC Arts & Crafts Show

Continued from Page 1



This show is a very popular event with families and friends enjoying a fun holiday atmosphere with very unique shopping and great food offerings. Do your Christmas shopping in this enjoyable and festive atmosphere. Santa will be present to greet the kiddies and other attractions are expected. Have a lovely local weekend while supporting the Woman's Club, which has been supporting and serving our community since 1960. The event allows this service organization to continue its many projects and local organizations. Everyone is familiar with the "Green Shirt Ladies" and their volunteer work. For more information, contact Faith Sincich at 813-389-2719 or visit LutzArtsandCraftsShow@gmail.com.



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Being Thankful – 10 Things

Samantha Taylor, Samantha Taylor Fitness

One of the greatest gifts in life is to be thankful and appreciative for what we do have, not what we don't. They say when someone struggles with hard times in life that if they will list 10 things they are grateful for and repeat saying it every day for 30 days, they will be amazed at how much happier they are and how appreciative they are to even be alive.

Life has been very tough for most of us these last few years, beyond comprehension at times. And even this last hurricane that ripped through the ocean and blasted upon Florida, so many homes and people's lives completely devastated in the south, when just days before it was headed straight for Tampa Bay. My uncle lived right where the hurricane did hit and his home was swept away as well as his car, he has lost everything. It's so humbling how in an instant, our lives can be completely changed with no choice of our own.

What I have found in life though is the ability to respond to that circumstance, whatever it is, is what affects the experience for each person. Learning how to not internalize it as this horrible thing happening to you but realizing that tough things do happen in life and that we can choose how we are going to process the experience of what that means to us. Proof of that is some people can go through the same exact situation and have a totally different experience.

So this month being the month that many Americans do think about what they are grateful for, I encourage you to really take that to heart. To think about how grateful you are to even have a roof over your head, power in your home, fresh water to drink and a car to drive, those are all many things that thousands still do not have in South Florida where the hurricane hit.

My mom was just down there assisting my uncle to help him find a place to live and she said there is hardly any gas, hundreds of thousands of people still don't have power and many are without a home to live in. Its intense and surreal when you think about how delicate life is and how those types of things can happen to any of us.

I encourage you this Thanksgiving month, to think about those 10 things that you are truly grateful for. Even though they may even be the simple comforts in life that we get so accustomed to having that when they are taken from us, we then realize how truly grateful we are to have them. Even think about something with your health, what are you grateful for about your health? Sometimes when you can stop and appreciate where you are, you can have the courage to do something to get yourself to the next level.

I hope you have a wonderful Thanksgiving. If you would like 42 Delicious Thanksgiving Recipes, go to this link: <https://www.samanthataylorfitness.com/thanksgivingrecipes> I will be headed to Sebring to have a family meal with a large group of my family like we did 20 years ago. It will be wonderful and I am very grateful for this opportunity to do so. I get to entertain my 3 nieces and nephews on the golf cart as I take them on the same ride 20 times!

It's so cute when a two year old tries to say, "Aunt Samantha". They can't do it, it's hilarious! I hope you can be with someone you love and even if you can't be around those you long to be, find someone you can show love and care to. Happy Thanksgiving!

www.SamanthaTaylorFitness.com

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Chocolate Pecan Pie/Bars Thanksgiving:

The Healthy Version!

by Samantha Taylor Fitness



www.samanthataylorfitness.com/thanksgivingrecipes

Chocolate Pecan Pie Bars or Pie (low carb and gluten-free but delicious!)

Yield: 16 bars • Serving Size: 1 bar Everybody loves pecan pie on Thanksgiving. Here is a low carb, gluten-free version of chocolate pecan pie bars. You don't have to get off track during the holidays! You can make this into a pie as well.

Ingredients

- Caramel Sauce:
 - 3/4 cup Swerve Sweetener
 - 1/4 cup xylitol
 - 1/2 cup water
 - 1/2 cup heavy cream
 - 1 tbsp butter
 - 2 tbsp vegetable glycerin
 - 1/2 tsp vanilla extract
 - 1/4 tsp xanthan gum

Crust:

- 1 1/4 cups almond flour
- 1/4 cup butter, chilled and cut into small pieces
- 1/4 cup Swerve Sweetener
- 1/2 tsp xanthan gum
- 1/4 tsp salt
- 1/4 tsp liquid stevia extract

Filling:

- 2 eggs
- 2 tbsp melted butter
- 1 tbsp unsulphered molasses
- 1/2 tsp salt
- 2 oz 85 or 90% cacao chocolate, chopped
- 1 cup pecans, lightly toasted

Instructions

1. For the caramel sauce, combine Swerve, xylitol and water in a large saucepan over medium heat.
2. Stir until sweeteners dissolve and then allow to come to a boil. Boil until mixture darkens somewhat, about 9 to 11 minutes.
3. Remove from heat and add cream and butter. Mixture may bubble vigorously. Stir in vegetable glycerin and vanilla extract and then quickly whisk in xanthan gum.
4. Let mixture cool to lukewarm, about 20 to 30 minutes.
5. While caramel is cooling, prepare the crust. Preheat the oven to 350F.
6. Combine almond flour, butter, erythritol, xanthan gum, salt and stevia in a food processor. Pulse until mixture resembles fine crumbs.
7. Press mixture evenly into the bottom of an 8-inch square pan and bake 12 minutes. Remove and set aside.
8. Reduce oven temperature to 325F.
9. Whisk eggs, melted butter, molasses and salt into cooled caramel sauce.
10. Sprinkle crust with chopped chocolate and toasted pecans. Pour filling over and bake about 20 minutes, until set and slightly puffed.

Notes

Serves 16. Each serving has 8 g of carbs and 2 g of fiber. Total NET CARBS = 6 g. 207 Calories; 19g Fat (82.4% calories from fat); 3g Protein; 8g Carbohydrate; 2g Dietary Fiber; 50mg Cholesterol; 163mg Sodium.

Recipe from: <http://alldayidreamaboutfood.com/2013/11/chocolate-peanut-butter-bars-and-a-thanksgiving-potluck-for-feeding-america.html>

It is Time to Make Appointments for Sports Physicals and Back to School Physicals!

By Karen McBride

Summer break is quickly coming to a close. It is important to schedule your child's appointment to ensure his/her immunizations are up to date. COVID immunizations are now available for ages 5 and older. The shots for 6 months to 5 years will be coming soon. Contact Dr. Michele Johnson-Towson, at Pediatric Place of Tampa, a board-certified pediatrician with over 30 years of experience in caring for children ages newborn to 21 years old.

If your son or daughter is involved in sports, it is time to schedule his/her sports physical. Same-week appointments are available for school physicals at Pediatric Place of Tampa, and the practice accepts all insurances as well as self-pay patients. New patients are always welcome!

When visiting Pediatric Place of Tampa for the first time, new patients should bring:

- Your child's insurance card
- A release of medical records
- Copies of preexisting medical problems
- Immunization records

Dr. Johnson-Towson and her staff are dedicated to keeping patients both healthy and educated on changes in children's health care and take the time to answer any question parents may have. They treat your child's overall health, including allergies, asthma, and ADHD (Attention-Deficit/ Hyperactivity Disorder).

Pediatric Place of Tampa offers Urgent Care hours to accommodate sick children after work, school, and/or daycare. Urgent Care hours are available Monday – Friday until 7pm and Saturday 8am until noon.

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.



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2022 Holiday Safety Tips

As we enter one of the busiest shopping and travel times of the year, Pasco Sheriff's Office reminds Pasco County citizens to stay attentive during the holidays. It's important to take additional steps to keep safe during the holidays to prevent yourself from becoming a victim and make it a happy holiday season.

If you're traveling for the holidays, take a few moments before you leave to ensure your home is safe and secure. Check that your exterior lights are functioning properly, especially those near doors or windows, as those looking to commit crime tend to avoid well lit locations. Consider investing in a timer for your lights, both interior and exterior.

Have a trusted neighbor or friend pick up your mail and trash cans while you're away, and remove hidden keys from outside your home. You may want to put in a mail delay request as well. If you can, consider installing a camera system on your home so you'll be able to spot an issue quickly and call law enforcement.

If you already have a camera system, be sure it is up-to-date, functioning properly and you know how to access it. While you may be excited about your trip, avoid posting that you'll be away from home on social media too. As always, don't forget to lock your doors and windows when you leave!

If you're heading out to shop this holiday season, do so smartly. Never leave bags or merchandise visible in your car while you're away. Lock them in a trunk or take large or expensive purchases home immediately before continuing your shopping trip. Park in well-lit areas and take your valuables, like a purse, wallet and phone, with you when you leave your car, even if it's just for a moment while you run it to pick up an online purchase. Don't brag about expensive purchases or note when you'll be away from home on social media.

Increased online shopping near the holidays is the perfect time for those committing crimes of opportunity, such as package theft. When away during delivery hours, have packages delivered to a safe location such as the office or a trusted neighbor who is home during the day. Also consider noting where a delivery company should leave your package so it's not easily visible from a street, or picking up packages from the shipper's facility. Many retailers also offer free in-store delivery or curbside pick-up for extra security. If a package is stolen notify the retailer, delivery company and file a report with local law enforcement.

While shopping on marketplace phone apps, like OfferUp or Facebook Marketplace, may be tempting, make sure you do so safely. Always conduct transactions through the app to prevent fraud. Don't carry cash or agree to cash transactions in person. Meet somewhere well-lit and populated, and tell a friend or family member what you're doing and where you will be. You might even bring another person with you for the transaction.

Be attentive to your surroundings while out shopping. If something seems suspicious, don't be afraid to call for help. Taking a few extra precautions to stay safe this holiday season goes a long way in ensuring that you, your loved ones and your property stay safe. Stay tuned to the 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

Let's Incorporate More Gratitude Into Our Lives

Do you practice gratitude regularly? If not, what's holding you back? There are 5 main types of benefits of practicing regular gratitude according to the Happier Human's analysis of 26 studies on gratitude. Which benefit is most appealing to you?

- Emotional benefits** that can include feeling happier, improving our self-esteem, and helping us feel more resilient.
- Social benefits** that can improve our friendships and romantic relationships and strengthen our family relationships in times of stress.
- Personality benefits** that can help us feel more optimistic, increase our spiritualism, reduce materialism, and increase our interests in giving to others.
- Career benefits** that can help us be more effective in managing and mentoring employees, reduce impatience, improve our decision-making skills, find meaning and purpose in our work, improve mental health, and reduce stress.
- Physical benefits** include reducing depression symptoms, reducing blood pressure, improving sleep, making it easier to exercise, and overall improving physical health.

Here are a few ideas to help you incorporate more gratitude:

- Think about 5 things in your head that you're grateful for every day either as you're **waking up** or **right before you fall asleep**. Or better yet, **both!**
- **Journaling** is a great practice where you list 3 things that you're especially grateful for every day.
- Create a **gratitude jar** and fill it as you write something you're grateful for on a piece of paper each day, or each time you walk by the jar. It's a great visual for all the good things in your life.
- **Prayer**, focus on listing things you're grateful for as part of your prayer time.
- Find a **gratitude rock** (or another object such as a natural crystal) that you can set somewhere you'll see it regularly or carry in your pocket and every time you see or feel it, you'll think about one thing you're grateful for.
- Write **thank you cards** not just when someone does something or gives you a gift, but also just to say you are thankful they are in your life.
- Use your **5 senses** to create your gratitude list: find scents, touches, visuals, tastes, and sounds you're grateful for.
- Make an effort to tell your friends, family, coworkers, and even strangers **what you appreciate about them** each time you see them.

As for me, I am grateful for the many people who have graced my studio and given me the honor of letting me use my reflexology skills on them; people who are customers and later became friends.

In honor of Veterans' Day, I am offering a special to our veterans, both active and retired. Book an appointment to come in for a reflexology session during the week of November 7th through 11th and get a one-hour session for only \$40! This is my way of expressing gratitude for their service to our country.

You can book a reflexology session (which always makes me grateful) by calling (813) 965-1697 today.

May God bless you with good health always. —Louise Richardson

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Tax Collector Offices Feature "Cindy's Pets" as the Charitable Giving Campaign for the Month of November

Tax Collector Mike Fasano's five offices will feature Cindy's Pets: Helping Seniors & Their Pets as the charitable organization for the month of November, 2022. Cindy's Pets works with Pasco County's Senior Services Program to provide food for the pets of those seniors in need, especially recipients of the Meals on Wheels program.

"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," comments Dr. Missy Nurrenbrock, Founder of Cindy's Pets. "Your donation will go towards purchasing, packing, and delivering over 2,000 pounds of pet food each month. This food will feed over 300 pets of seniors who live in Pasco County."

"Cindy's Pets fills in a gap that is not filled by other senior programs," states Tax Collector Mike Fasano. "Recipients of the Meals on Wheels program are in need of help due to their limited income. Too many participants share their food with their pets, leaving precious little for themselves. Cindy's Pets ensures that both owner and pet have plenty of food to eat. Our office is looking forward to once again supporting this local charity that helps many people but receives little fanfare. Please consider donating to this important program to help our seniors!"

For more information about Cindy's Pets: Helping Seniors & Their Pets please contact Dr. Missy Nurrenbrock at 727-372-9333 or visit the website www.cindypets.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.pasco-taxes.com. Donations may also be mailed to: Pasco County Tax Collector's Office, P.O. Box 276, Dade City FL 33526-0276.

Tampa Bay Dance Club

November 2022 Schedule

- 11/04 Singer Jorge Perez
11/11 Singer Albie Koteles
11/18 Singer John Ricky
11/25 Singer Jorge Perez

First Timers Free Admission, Celebrate Veterans' Day

Day After Thanksgiving, Bring A Dessert To Share

Dances every Friday night! Everyone is welcome. Doors open at 6:30-pm, goes from 7:30pm-10:30pm. Non-member admission \$12. Dress code is casual. 8401 W. Hillsborough Ave. at the Lutheran Church of our Savior. Weekly broadcast on Facebook: Tampa Bay Dance Club or Tampa Bay Dancing. Email: bdanceclub@aol.com

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Healthy Pets Throughout the Holidays

By Karen McBride



Healthy Nutrition for Your Pet

The holidays are quickly approaching, and they bring an assortment of delicious feasts. This time of year, we tend to indulge in foods that may not be healthy for us, and we are often tempted to give samples of these delights to our pet. We are treating ourselves, so why not our furry family member?

We may think we are being kind, but we can actually be hurting our cat or dog. The fact is that human food can be extremely unhealthy and even dangerous. But rest assured, you can treat your pet to snacks that are both enjoyable and healthy!

Royal Pets Market & Resort carries a variety of brand name, high-quality healthy meals for your four-legged friend. You can choose from traditional kibble, freeze dried foods, and frozen raw foods. Raw foods are made with organic fruits and vegetables, fortified with added vitamins and minerals, and frozen for ultimate freshness. The meals are more digestible, and your pet is getting the nutrients without the additives and fillers. So, before you try to feed your pet a slice of pumpkin pie, reach for a tasty gourmet treat instead. Your pet will enjoy it even more!

Meet with a Pet Nutritionist or Veterinarian

It can be difficult to choose what is the best product for your pet's needs. The staff at Royal Pets are highly trained in pet nutrition and can help you pick out the best food and treats for your pet. For more in-depth information on your pet's nutritional needs or to diagnose any health issues you may be concerned about, make an appointment with a Royal Pet's veterinarian for a comprehensive wellness exam. The caring staff can review your cat or dog's overall health and advise you on the best dietary guidelines to follow to maintain your pet's health.

Big Savings in November

Mark your calendar for "Blackout Weekend" November 25-27, 2022. Royal Pets offers their deepest discounts and has the biggest sale of the year! Customers get a \$5.00 Bark Buck for every \$50 spent. Be sure to stop by for your pet's free portrait with Santa on Sunday, November 27, 2022, from 11:00am – 2:00pm.

Convenient Locations

Royal Pets Market Plus Veterinary Center has four convenient locations: Carrollwood, St. Petersburg, Palm Harbor, and Midtown Tampa. For driving directions and information about additional services offered at the resort, including grooming and doggie day care, go to www.royalpetmarket.com.

Be sure to enter the contest in the November edition of the Dunndeal Gazettes for a chance to win a gift basket and gift certificate for Royal Pets Market & Resort. See page 8 for details!

"May the God of hope fill you up with all joy and peace as you trust in him so that you may overflow with hope by the power of the Holy Spirit."

— Romans 15:13

Remember Our Veterans

Kidz Corner: Idaho

Hi! I'm Harley, the monthly column writer of the Kids Korner articles. This month's article is about Idaho, a U.S. state in the Pacific Northwest.

About a month ago, my family traveled to Boise, Idaho to surprise my grown-up brother for his birthday. We stayed there for a week and did many activities such as hiking, visiting two museums, driving a four-hour loop to five small towns (including three that we soon discovered did not exist, including Grimes Pass), and enjoying the warm, breezy - not humid - weather. The food was amazing!



We hiked at Camel's Back Park, and the steep trek up the yellow hill was exciting and difficult, but SO worth it for the spectacular views at the top. Boise is called "The City of Trees," and there were so many green trees at the bottom, mixed with some red and yellow. Our hike at Military Reserve with my brother's friends occurred later in the week, and it was long with lots of switchbacks. But the views of downtown were cool.

We drove to the Idaho State Museum in the middle of the week. There was so much information I thought my head would burst, and the entire hands-on games FLOOR was awesome! It talked about the history of Idaho and the five Native American tribes of Idaho. It was huge and cool. On Monday we hopped in the car with my brother and started to drive to our first destination, Robie Creek. We lost GPS and internet for almost the entire drive, so we had to remember where to drive. We drove up a mountain for thirty minutes but didn't see anything except for a few houses. We drove down, and a FedEx man told us that Robie Creek was only a community.

So we continued to our next town, which was supposed to be the largest. And it was. Idaho City was huge and amazing. In fact, can you believe it was actually the largest city in the Pacific Northwest in 1862? I could have spent a day there easily at the restaurants, historical sites, and the hot springs. We didn't make it to the hot springs that day, though. Lunch at Trudy's Kitchen was delicious, and then we resumed our journey.

Lowman was a small town in the middle of nowhere, with a few log cabins and a tall Indian teepee, Horseshoe Bend was a pleasant city, with views of the Boise River and nice shops, and then we proceeded to Eagle. Eagle was an exciting town with a high-quality consignment shop and a spectacular LEGO store. Finally, we headed back to Boise.

As you can see, things require patience and endurance. If you don't hike, for example, you won't see the mountain top or the view. If you don't drive, you'll never reach your destination. If you put in the effort, you'll have what you wanted eventually.

Goodbye! We'll be back next month!

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://harley-isabelsmith.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."

Fall into Wellness with Royal Pets!

Holiday Events

Blackout Weekend: 11/25-11/27
Santa Portraits: 11/27, 11am–2pm
Winter Wonderland: 12/10
Santa Portraits: 12/10, 11am –4pm

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I am always amazed at how relevant the Bible is, though written thousands of years ago. This morning I was reading in Psalms 46 (AMP). This was a Psalm written by the sons of Korah who set these words to music, meaning they had received revelation and as a result worshipped the Lord. In verse one they remind us that “**God is our refuge and strength (mighty and impenetrable to temptation), a very present and well-proved help in trouble.**”

This is such a comforting verse knowing that God is a place of shelter and strength, providing help in times of adversity and in anguish. He is not responsible for trouble when it comes, though He is so often accused. In fact, in the first chapter of James he exhorts us to never allow words to come out of our mouths that God could bring evil into our lives, for God is incapable of being tempted by what is evil and He does not tempt or test anyone with evil.

In verse two, the Psalmists went on to sing because of their understanding that God was their refuge and strength, and as a result they did not need to fear. The conditions they described on the earth in their time were no different than today. They said, “...**though the earth should change, though the mountains be shaken into the midst of the seas, though the waters roar and foam, though the mountains tremble at its swelling and tumult**” their hearts would not fear.

I can only believe that they had received revelation and experienced the mighty shelter and refuge God could be, in their times of trouble. This Psalm goes on to say in verse six, “**The nations raged, the kingdoms toppled and were moved.**” Wow, once again sounds like the tumultuous times we are experiencing.

Verse 10 of this Psalm was the most interesting to me. It says, “...**be still, and know (recognize and understand) that I am God. I will be exalted among the nations! I will be exalted in the earth!**” The reason I find this verse to be so profound is the encouragement to us to be still and know, what? That He is God! This was their solution to such tumultuous times. Isn’t that the exact opposite of the way we typically act?

When times are tumultuous and seemingly full of trouble, there is a grave temptation to be anxious and fearful, and the last thing you’d probably think of is to be “still!” To be still here means to slacken or lighten up literally and physically to get quiet – to know to become fully acquainted with and discover and understand that our God is the SUPREME GOD!

This word “still” also comes from a root meaning that makes this action even more powerful. It means “to cause to heal” from either personal or national distress. In our stillness and quietness before God something supernatural takes place.

The psalmists knew that this was the solution. In our stillness, by getting quiet God would heal us from that which the enemy devised against us. This was why they could boldly proclaim in these verses that the Lord was their refuge and fortress and high tower, for the Lord would beckon them to come and “behold His works.”

He would cause them to see that He was the one who made wars to cease by breaking the bows into pieces and snapping the spears in two and burning the chariots in the fire. In other words, in verse six, He “uttered His voice” and the earth pays attention, and He is exalted above the nations, defeating enemies, and bringing peace to all who come to Him in times of trouble.

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

Continued from Page 1

As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or God. People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude).

Regardless of the inherent or current level of someone’s gratitude, it’s a quality that individuals can successfully cultivate further.”

One way to harness the positive power of gratitude is to keep a gratitude journal or list, where you actively write down exactly what you’re grateful for each day. In one study, people who kept a gratitude journal reported exercising more, and they had fewer visits to the doctor compared to those who focused on sources of aggravation.

Ways to Cultivate Gratitude

Cultivating a sense of gratitude will help you refocus your attention toward what’s good and right in your life rather than dwelling on the negatives and all the things you may feel are lacking. And, like a muscle, this mental state can be strengthened with practice. Besides keeping a daily gratitude journal, other ways to cultivate a sense of gratitude include:

- **Write thank you notes:** Whether in response to a gift or kind act, or simply as a show of gratitude for someone being in your life, getting into the habit of writing thank you letters can help you express gratitude in addition to simply feeling it inside.

- **Count your blessings:** Once a week, reflect on events for which you are grateful and write them down. As you do, feel the sensations of happiness and thankfulness you felt at the time it happened, going over it again in your mind.

- **Pray:** Expressing thanks to God during your prayers is an important way to cultivate gratitude. Oftentimes we find ourselves asking God to meet our needs and wants, but forget to thank Him for all He provides for us every day. From our family, to our jobs, to our health, and to the beautiful sun, moon, and stars. Sometimes it’s the little things we tend to take for granted.

Cultivating an Attitude of Gratitude as Part of a Healthy Lifestyle

Starting each day by thinking of all the things you have to be thankful for is one way to put your mind on the right track. Also, remember that your future depends largely on the thoughts you think today. So each moment of every day is an opportunity to turn your thinking around, thereby helping or hindering your ability to think and feel more positively in the very next moment. Most experts agree that there are no shortcuts to happiness. Even generally happy people do not experience joy 24 hours a day. But a happy person can have a bad day and still find pleasure in the small things in life.

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

“Be Still And Know”

Dr. Dianne Coflin • Co-pastor, River of Life Church

To those who would be still and let go of their fears, He is able to reveal His Love and become their place of shelter even when they are overwhelmed. I encourage you today to get still. It is not always easy but so profoundly needed in our lives. Selah (Pause, and calmly think of that)! Food for thought.

Dr. Dianne Coflin, Co-Pastor River of Life Church. We would love to have you visit – 410 East Chapman Rd., Lutz, Florida. Sunday Services are 10:30 am and Wednesday 7:00pm, child-care provided. We look forward to seeing you!! www.roltampa.org



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*“Thank God! He deserves your thanks. His love never quits.” — Psalms 136:1
Remember Our Veterans*

An Act of Kindness: The Good Samaritan



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

He said, “He who showed mercy on him.”

Then Jesus said to him, “Go and do likewise.”

— Luke 10:30–37, World English Bible

Enter to Win!

Complete the verses that can be found in this paper.
Fill in your info and mail to the address below.



“Thanksgiving Day is coming up soon. It’s a holiday that happens to be one of the best reflections of America’s Christian Heritage. And it is God’s words about giving thanks that prompted the Pilgrims to begin the tradition of Thanksgiving Day.”

One winner will be picked 11/30/22 to win a gift basket with a \$50 gift card from Royal Pets Market & Resort (see page 7)

1. Give thanks to God _____
2. Thank God no matter _____
3. Oh! May the God of _____
4. Thank God! He deserves _____
5. Shout ‘Hallelujah’ because _____

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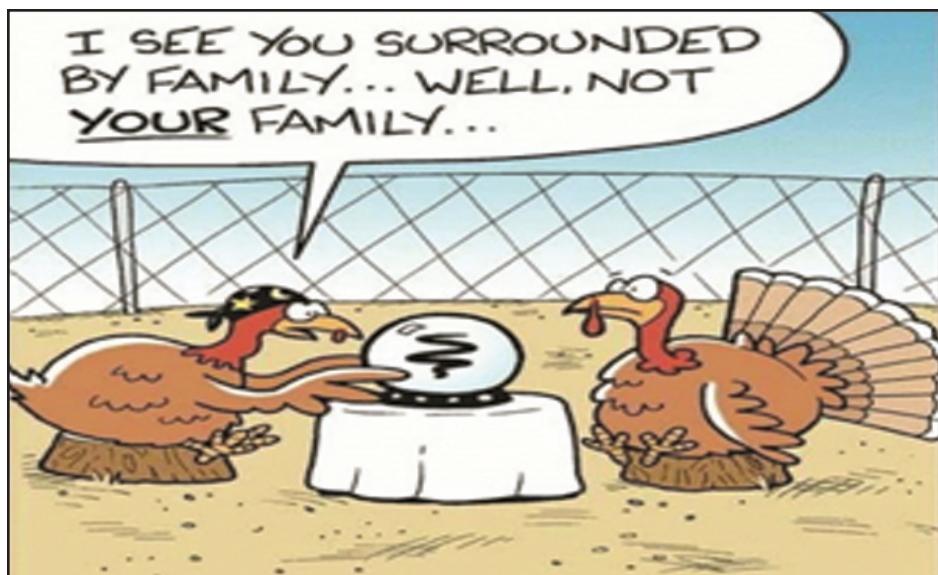
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The SHINE (Serving Health Insurance Needs of Elders) Program is a statewide volunteer program that offers seniors, adults with disabilities, and their caregivers free, unbiased counseling on Medicare, prescription drugs, and other health insurance matters. These important programs are currently in need of volunteers. Individuals who are passionate about helping prepare others for some of the most crucial decisions in life, like choosing the right Medicare plan, make successful volunteers for SHINE.

The rewards for volunteering with SHINE are abundant. Individuals complete a professional training by the Florida Department of Elder Affairs and the local Area Agency on Aging; serve the community by educating others on an individual basis and through outreach events; gain knowledge about Medicare to benefit themselves and loved ones; and become a part of an award-winning team. In order to participate, you must complete the volunteer application and online orientation.

SHINE is a program of the Florida Department of Elder Affairs and is operated locally through the Area Agency on Aging of Pasco & Pinellas. Specially trained SHINE counselors help educate and empower Medicare beneficiaries, their families, and caregivers to understand their health care options so they can make the best decisions for their individual needs. The SHINE mission is to provide free and unbiased information about Medicare and Medicaid for beneficiaries, their families, and caregivers. SHINE also educates beneficiaries to protect, detect, and report potential errors, fraud, and abuse with their Medicare coverage. To learn more call, 727-217-8111 or visit <https://link.edgepilot.com/s/5b9ab554/7iwziwUpnkCWZgzxhMibfQ?u=http://www.floridashine.org>, click the Join Our Team link at the top of the page, and complete an online application.



New Start Dates For Medicare Part B Coverage Coming In 2023

By Javier Morales, Social Security Public Affairs in South Florida

Changes are coming next year for when Medicare Part B coverage starts.

What is not changing:

If you are eligible at age 65, your Initial Enrollment Period (IEP):

- Begins three months before your 65th birthday.
- Includes the month of your 65th birthday.
- Ends three months after your 65th birthday.

If you are automatically enrolled in Medicare Part B or if you sign up during the first three months of your IEP, your coverage will start the month you're first eligible. If you sign up the month you turn 65, your coverage will start the first day of the following month. This won't change with the new rule.

What is changing:

Starting January 1, 2023, your Medicare Part B coverage starts the first day of the month after you sign up if you sign up during the last three months of your IEP.

Before this change, if you signed up during the last three months of your IEP, your Medicare Part B coverage started two to three months after you enrolled.

If you don't sign up for Medicare Part B during your IEP, you have another chance each year during the General Enrollment Period (GEP). The GEP lasts from January 1 through March 31. Starting January 1, 2023, your coverage starts the first day of the month after you sign up.

You can learn more about these updates on our Medicare webpage at www.ssa.gov/medicare and our Medicare publication at www.ssa.gov/pubs/EN-05-10043.pdf.

Please pass this information along to someone who may need it.



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

New Interactive Dining Experience Lets Guests Walk in the Shoes of a Lighthouse Client



The Lighthouse for the Visually Impaired and Blind is pleased to announce the details for its 7th Annual Dining in the Dark! The event will take place on Friday, November 18, 2022, from 6pm to 10pm at Silverthorn Country Club in Spring Hill. We are so excited about this event, as it's our first in-person Dining in the Dark since the pandemic began, and it's our first ever interactive dining experience.

This year, guests will enjoy an interactive reception where they will visit hands-on stations and step into the shoes of a Lighthouse client. At the stations, guests will be blindfolded and taught basic independent living skills, such as how to use a white cane, decipher food on a plate, navigate a cell phone, and complete a special craft provided by the Lighthouse teens. There is also a delicious buffet, silent auction, chance raffle, dancing and more! Dress is business casual. Sponsorships are available from \$250 to \$5,000. Individual tickets are \$75 each. Visit www.lvib.org/events/dining-in-the-dark for more information.

Proceeds from Dining in the Dark are used to help the Lighthouse meet the need for programs and services provided to our clients and their families. Since 1983, the Lighthouse has served tens of thousands of people who are visually impaired and blind. The mission of the Lighthouse is to educate, empower, and employ people who are visually impaired and blind.

#LVIBDiningintheDark

One day up in heaven, God said to the men, "I want you to form two lines. One line is for the men who are the head of the house, and another line for the men who let the woman be the head of the house." The line where the woman ran the house was 100 miles long. The line for men who are the head of the house had only one man. God said, "I'm ashamed of you. I created you to be the head of the house but only one man stood up to make me proud." He looked at him and said, "Tell me, how did you manage to be the only one in this line?" The man looked confused and said, "I don't know, my wife told me to stand here." *Say it like you mean it. Joel Osteen*

"Shout 'Hallelujah' because God's so good, sing anthems to his beautiful name." — Psalms 135:3

Remember Our Veterans

GFWC Honor Flight



Veteran Henri Bellavance with club member/guardian Pam Blumenthal

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"Give thanks to God—he is good and his love never quits." — 1 Chronicles 16:34

Remember Our Veterans



You probably know that on November 11th, Americans celebrate Veterans Day to honor the millions of the men and women who have served or are serving in the nation's armed forces. But did you know the whole story behind the holiday?

For starters, you probably didn't know it wasn't called Veterans Day, but Armistice Day, to commemorate the truce signed by the allies in Germany in World War I on the 11th hour, the 11th day, of the 11th month 1918. The first Armistice Day was celebrated in the U.S. on November 11, 1919.

All businesses were suspended for 2 minutes starting at 11:00am, and parades and public gatherings were held to commemorate the occasion. Later, Americans began honoring our unknown soldiers on Armistice Day, the tradition that continues today. At 11:00am every Veterans Day, a color guard ceremony represents all branches of the military, and the tomb of the unknown soldiers in Arlington National Cemetery.

In 1954, President Eisenhower officially changed the name to Veterans Day following a national campaign to have the day honoring all veterans, not just those who served in World War I, and did you know for seven years Veterans Day was actually celebrated in October?

In 1968 Congress moved Veterans Day to the fourth Monday in October so the government employees could enjoy a long weekend. But in 1975, President Gerald Ford returned Veterans Day to November 11 due to the historical significance, and that's where it sits on a calendar today.

Did you know the difference between Memorial Day and Veterans Day? Both of them honor those men and women that served in the military, but Memorial Day honors America's war dead, while Veterans Day honors all American veterans living and dead. The U.S. census bureau estimates 21 million veterans living in the United States.

More than 16 million of these served in a time of war. 5.5 million served during peacetime only. So this Veterans Day, don't forget to say thanks to some of the men and women that served our country.

<http://www.history.com/topics/holidays/veterans-day-facts>

Moringa Expiration & Storage

When stored properly, the powder can last for two or more years. Most commercial packets of powder you find will have a two-year expiration range, but they can last longer; that's simply the time when the powder starts losing potency. Always double-check your powder for signs of mold or mildew before using it.

Amounts and Dosage—Consuming moringa powder is proven to be safe, even at higher levels. Daily dosage should be limited to 70 grams (1 teaspoon sprinkled over food)

Question: Good morning family. I need help. My mother has arthritis which has affected her blood levels (she is anemic) due to the degeneration of bones. Because of this, she gets a blood transfusion every 8 months. Can taking moringa help?

Answer: Yes, moringa can prove to be very useful in arthritis owing to the strong anti-inflammatory, antioxidant, and analgesic properties of its bioactive components. These properties can tackle some of the key biological processes involved in the arthritis development.

Inflammation plays a key role in the development and manifestation of the symptoms of most of the arthritis types such as rheumatoid arthritis, osteoarthritis, etc. The inflammatory conditions are brought about by various risk factors for the disease such as physical inactivity, old age, obesity, and others.

The leaf extract of moringa has been found to markedly suppress the pro-inflammatory molecules such as TNF- α , interleukins (IL-10, IL-1 β), cyclooxygenase-2, prostaglandin-2, etc. and the inflammatory pathway, NF-kappa B.

The risk of heart disease is prevalent in many types of arthritis, especially in the ones where inflammation has a crucial role in the disease development.

The inflammation promotes the process of atherosclerosis (deposition of plaque in the arteries) and harms the endothelium (inner lining of the blood vessels), which eventually impedes the cardiovascular function.

It further increases the risk of heart diseases such as hypertension, strokes, heart attack, etc. <https://www.getgreen.co.in>

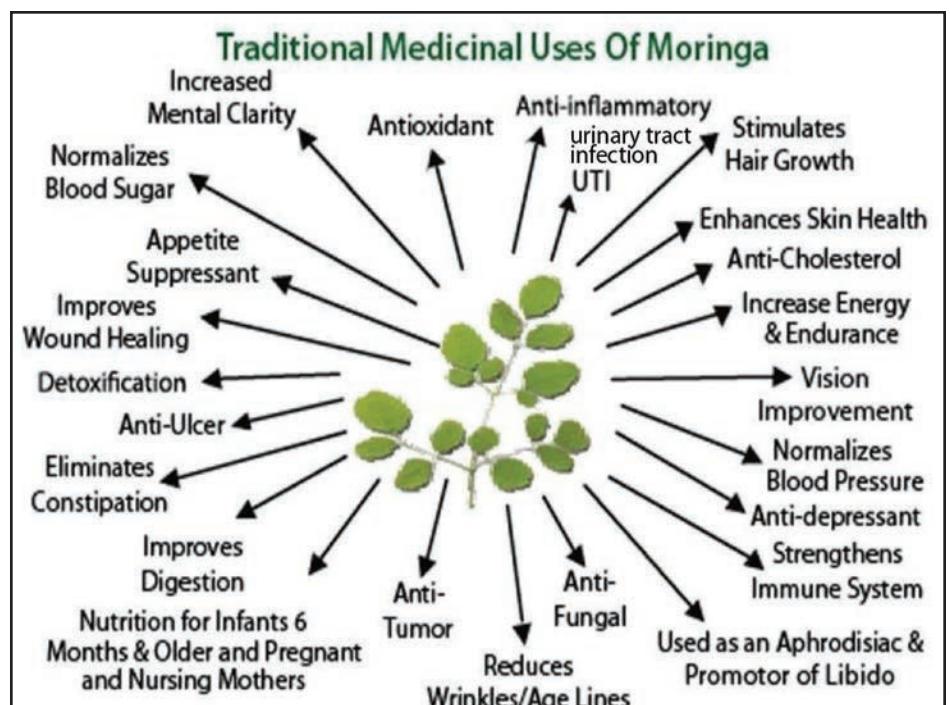
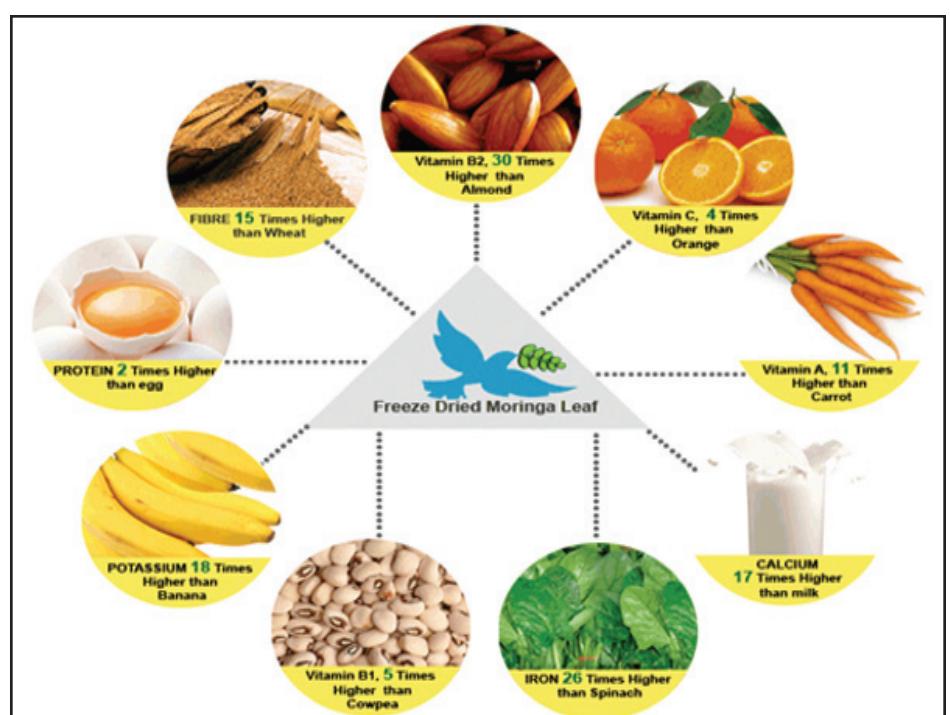
It's absolutely possible to eat too much of any vitamin or minerals. That's the reason we have Tolerable Upper Intake Levels; to tell us how much calcium, vitamin A, and potassium is too much. But luckily for us, "too much moringa" is a large amount; far more than we typically eat.

Moringa encourages the removal of toxins through its support of liver and kidney function. When used environmentally, even the moringa seeds do an amazing job of removing contaminants from water.

Research shows that taking moringa powder every day, even 50 mg/kg of body weight, successfully reduces oxidative stress in the body—that's the equivalent of approximately 1.5 teaspoons for someone weighing 150 pounds on the other end of the spectrum.

Animal studies using Moringa oleifera extract revealed delayed tumor growth and increased life span at a dosage of 500 mg/kg of body weight. Taking 1 tablespoon of moringa powder is the equivalent of eating 1 cup of leafy greens, but if a person is new to increasing their greens, the body needs time to adjust, and every individual has unique body chemistry. It's best to start slow by taking 1 teaspoon if adding to a personal smoothie or single-serving meal, or use 1 tablespoon for a family dish.

Moringa has strong effects that improve blood sugar control and reduce lipids in diabetic patients, so it can be used for prevention as well as management of blood sugar disorders. In a study using Moringa oleifera, Murraea koenigii and Curcuma longa (Ratio 6:3:1), obese patients on the herbal formula showed a 17% reduction in serum glucose, 16.43% reduction in triglycerides and 12.6% improvement in LDL/HDL ratios. Whatever amount you decide is right for you, the best results are achieved by using moringa regularly.





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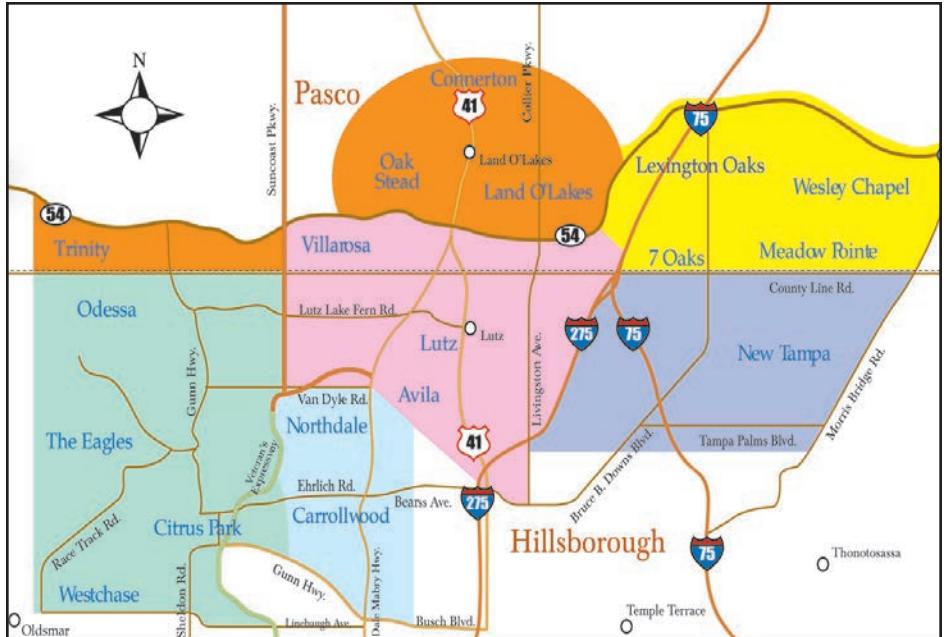
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Happy Thanksgiving from all of us working for Him...

Mark, Kay, Karen & Peter.

Jesus is not our religion... He is our Savior!

Shout happily to the LORD, all the earth. Serve the LORD cheerfully. Come into his presence with a joyful song. Realize

A Psalm of Thanksgiving

PSALM 100 GOD'S WORD TRANSLATION

that the LORD alone is GOD. He made us, and we are his. We are his people and the sheep in his care. Enter his gates with a song of thanksgiving. Come into his courtyards with a song of praise. Give thanks to him; praise his name. The LORD is good. His mercy endures forever. His faithfulness endures throughout every generation.



Air-*O*Force 1 HEATING AND COOLING SYSTEMS INC.

813-972-9449



WE INSTALL, SERVICE, REPAIR AND MAINTAIN
ALL MAKES AND MODELS.

Our highly trained professionals perform service, repair, and maintain, ALL MAKES and MODELS of HVAC equipment. We are licensed, bonded and insured. We service and sell all makes and models; including and not limited to the following: Rheem, Goodman, American Standard, Trane, Ruud, Daikin, Amana, Carrier, Bryant, Tempstar, Comfort Maker, Heil, and ICP.

SERVING:
HILLSBOROUGH, PINELLAS, PASCO,
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RELIABLE HVAC PROFESSIONALS

Air-*O* Force 1 has been servicing residential and commercial property for over 30 years in the Tampa Bay area. We are a family oriented company that is proud to provide excellent HVAC products and services for your home or property. We know air conditioning, heating, air quality and how important it is to your home or project. We have expert installers, experienced technicians and a friendly knowledgeable office staff. LET US BE YOUR COMFORT SPECIALIST!



FREE ESTIMATES ON SYSTEM REPLACEMENTS. FREE SECOND OPINIONS.

We offer free estimates on system replacements or new installations and free second opinions. We service the greater Tampa Bay Area and it is our pleasure to make our customers feel like they are part of the Air-*O* family. We strive for excellence at a reasonable rate and settle for nothing less. We have had the privilege to work with many homeowners, local contractors, property managers, realtors, investors, and other multi-family organizations. We have been their “License to Cool”, preferred HVAC contractor.

HALO-LED™ Whole Home In-Duct Air Purifier Help protect your air and the environment.

As the leader in innovative solutions to indoor air quality problems, it's no surprise that RGF® has taken air purification to the next level. The HALO-LED™ Whole Home In-Duct Air Purifier uses our new revolutionary REME-LED® technology to help protect the air for you and your family. REME-LED® provides a longer product life with improved energy efficiency, zero ozone creation and no mercury (sometimes found in traditional UV lamps). You get proactive air treatment in your home combining low levels of airborne hydrogen peroxide with ionization to reduce viruses, bacteria, mold spores, dust, dander and pollen. The difference is we now use a revolutionary, energy efficient UV-C LED that turns on and off with your blower and a new washable hybrid ceramic catalyst.

According to EPA, indoor levels of pollutants can be 2-5x higher than outdoor levels. UV lights: Kills germs + viruses - eliminate odors - Reduce Chemical vapor - Remove dust and pet dander + activated carbon. There's proven technology to clean the air in your home. Remove indoor air pollutants and harmful airborne contaminants that are known to effect ones health.



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We're here to keep you COOL”

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FREE Dryer Vent Cleaning
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