



The Ten Commandments

Exodus 20:3-17

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

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

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Unanswered Questions?

What Does The Bible Say?

This topic has the potential to be divisive when you're talking about religion, and when you add a political overtone sometimes it has the potential for fireworks. Rather than turning this into a debate of opinion about who is right and who is wrong, let's see what the Bible has to say about voting.

Psalm 146:3: "Do not put your trust in princes, human beings who cannot save."

The Bible says that there is no supreme answer to the woes of the world. But how do we as Christians relate to what is about to unfold in 2022 in an intense and inflammatory political season?

Should we run in the other direction? After all, we're citizens of another kingdom, and others think we should use our influence for good and have every church become a polling station. This is not about any party or person, it's about principles and attitudes. The Bible says we are primarily citizens of another kingdom.

John 18:36: Jesus said, "My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jewish leaders. But for now, my kingdom is from another place."

This is letting us know that Jesus will someday reign supreme in this world. But right now there's a contest between two principal leaders, Jesus and the Devil, with a lot of people in between.

Luke 17:20: Jesus replied, "The coming of the kingdom of God is not something that can be observed, nor will people say, 'Here it is,' or 'There it is,' because the kingdom of God is within you."

Continued on Page 8

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You Can't Hide From God

Dr. Dan Coflin • Pastor, River of Life Church

When I was young, I believed in God. I even believed in Jesus and his redemptive work to save me and forgive me of my sins, but I did not go to church out of fear that God would ask me to do something I did not want to do. I was afraid God might ask me to move to China or Africa and live in poverty or require of me something that would make my life miserable. I was afraid of God and thought that if I kept my distance, he would leave me alone.

What I did not know was that God knew all those things about me. He knew where I was and what I was thinking. Have you ever been afraid that God might ask you to sacrifice all the things you love to prove your willingness to serve him? I have discovered that a lot of people are.

Jesus did not come to make your life hard. He came so that you might **"have life and have life more abundantly"** (John 10:10). Jesus came so that your relationship with God could be restored. Yes, it is true your sins separated you from God, but that was why Jesus came to receive the judgment for your sins, to give you his righteousness (rightness before God) and restore to you everything you had lost because of sin. God never intended for you to live a miserable life. Jesus took your curse of shame and guilt, sickness, and poverty and he did it for you. God's greatest delight is you.

Adam hid himself from God after he sinned when he heard God walking in the garden. **God called out, "Adam, where are you?"** (Genesis 3:9). God knew where Adam was and what he had done, but God called Adam from his hiding place, not to shame him, but to give him a promise. That promise was fulfilled with the completed work of Jesus. When Jesus said, "it is finished" the judgment for our sins was complete. When Jesus rose from the dead, death was defeated. When Jesus sent the Holy Spirit to live in us, we were forever changed and brought into God's family. God is our Heavenly Father who is gracious and kind. He is not out to "get" you, He is out to "give" you what you so desperately need and desire.

God knows. The day Jesus was resurrected his disciples were hiding behind locked doors for fear. Those wooden barriers did not keep Jesus from appearing to them. One of them, Thomas, was not with the others that day. Later, when they excitedly explained to Thomas that they had seen Jesus, he refused to believe them and made this statement, "unless I put my fingers into the holes in his hands and put my hand into his wounded side I will not believe."

Continued on Page 8

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Kidz Corner: Camp OOMF

Hi! My name is Harley, and I'm the writer of the monthly Kidz Korner articles. Each article has a different topic, and October's topic is Idlewild Church's annual 4th- and 5th-grade retreat, also called Camp OOMF.

I'm in 5th grade this year. In 2021, there was no retreat due to Covid, so this is my only year to attend the retreat. After a three-hour bus drive one sunny Friday evening, we arrived at Real Life Camps. There are so many things to do! There is a vast lake, an awesome fire pit, and a wakeboarding machine!

The cabins were cozy, and I felt at home with my friends and stuffed owl, Pinky. On Saturday morning, we worshipped and had a small group, but before that, we officially started the annual competition of Boys vs. Girls! Later that day, everyone had two classes.

First, I kayaked down a canal with my buddy on the bus the night before, Ryann. We also played kayak ball, a water version of soccer! Afterward, the Archery and Marksmanship class rode a tram to the pavilion. My archery needs some improvement. None of my arrows hit a target, and it started raining. I could barely feel my fingers when we switched to Marksmanship.

Shooting a BB gun is harder than I thought! The bullets (called pellets) are so tiny! I have no clue how any other kids hit any targets. The guns are long and heavy, and the process to load them is complicated and tricky. And sadly, the gun only holds one pellet at a time! Anyway, I enjoyed the shooting.

After our last class, the kids had three hours of free time! I paddle boarded and kayaked the whole time on the smooth lake. It was delightful to tip my friends off of our paddleboard repeatedly. Although I didn't have the guts to try it, the other kids loved the lakeside Blob.

The Blob was a huge, bouncy, rubber inflatable on the water. First, a kid would climb up steps to a wooden platform over 50 feet in the air. Then the kid would run and jump onto the yellow, blue, and red striped Blob. Then they would scoot or crawl to the front and sit, waiting for another kid to jump. When the other kid jumped the first kid would fly up into the air and land in the water with a huge splash.

When we woke up Sunday morning, it was time to take the bus home, but the results of the competition were announced first. The girls won! I was so happy. I took home the pink balloons that my cabin didn't want anymore. They live in my living room happily to this day.

OOMF is the name of the 4th- and 5th-grade ministry at church. It stands for "One Of My Followers". All Christians are followers of Jesus. The real reason the retreat exists is to teach kids about Jesus. We have to be a light in the world so others can learn about Jesus and follow him. Goodbye for now! Stay tuned for next month's 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://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."**



Lutz Civic Association Donates to Little Women of Lutz



Alyssa Mitchell, Bridget Swensen, Raegen Schenck, Jasmin Doering, Ava Frederick, Mrs. Dee Knerr, Mrs. Pam Blumenthal, Guvn'a Atlas Cortecero, Kate Frederick, Lauren Gualtieri, Katelynn Andrews, Lyndsey Turnage and Mrs. Linda Mitchell.

The Lutz Civic Association and Guvn'a Atlas Cortecero presented The Little Women of Lutz with a generous check to help with their community service projects. The ceremony was held on Tuesday, September 13th at the Old Lutz School House.

“Jesus said, ‘My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jewish leaders. But for now, my kingdom is from another place.’”
— John 18:36

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The Fellowship of Christian Athletes is Launching “All Abilities” to Serve People and Families Affected by Disability and Special Needs



Five years ago, Bob Durham's son and daughter-in-law gave birth to a child with special needs. Two years later, they welcomed a second child, who had the same diagnosis – a compromised chromosome that led to a physical and cognitive condition that only about 100 children in the world have – and they have two of them. Bob and his wife have wanted to do something to help his family and many others like them, but as a full-time staff member of FCA, there was no time - until now!

FCA has been serving on campuses, fields, tracks and courts for 68 years, with the vision to see the world transformed by Jesus Christ through the influence of coaches and athletes. Countless people in 50 states and 105 countries around the world have come to know Christ and grown in their faith from the impact of FCA.

Just recently FCA began a new area of ministry called “All Abilities” to serve families affected by disability and special needs. This is a community that is extremely underserved and underappreciated, and we want to bring a message of hope, purpose, and faith to all involved.

Psalm 139:14 says “I will praise You, for I am fearfully and wonderfully made, and my soul knows it very well.” Every person in the disability community has a purpose in God's master plan. FCA All Abilities hopes to enhance opportunities to connect for our churches, our schools, groups such as Down Syndrome, autism, the deaf community, amputee groups, and others. Sports teams such as gymnastics, softball, bowling, synchronized swimming, basketball, soccer, and others will benefit from FCA serving them. A sense of belonging is one of the primary needs for these families, and as we grow and connect these groups, we believe that God will meet the need for belonging, purpose, hope and encouragement for them.

We envision a day when there are weekly activities and events all across Tampa Bay for families of disability to engage in times of fun, fellowship and faith. We know that this will be a volunteer-intensive effort, and that it will be an amazing opportunity for you or someone you know, to be a blessing and to be blessed, by serving in this much needed area of ministry.

Please contact Bob Durham, FCA staff representative at (813) 784-4410 or bdurham@fca.org to learn more.



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Hillsborough County Commissioner Honors GFWC Booster Husband



Hillsborough County Commissioners and Parks & Recreation staff & volunteers flanking member Barbara Jackson and honoree, Joel E. Jackson

GFWC Lutz-Land O'Lakes Woman's Club congratulates its booster husband (of member Barbara Jackson), Joel E. Jackson, on the honor extended to him by Hillsborough County, in renaming the Visitors' Center at Lettuce Lake Park as the “Joel E. Jackson Nature Center”. A dedication ceremony was recently held at the Park and Mr. Jackson was lauded for his longtime environmental work and as a leader of Hillsborough County's conservation movement for more than 50 years. Mr. Jackson received this very well-deserved honor for his many contributions to Hillsborough County and Lettuce Lake Park. As a longtime Booster of the Woman's Club, Mr. Jackson has helped the clubwomen with many of their conservation and environment projects, given walking tours of Lettuce Lake Nature Park and his guidance in establishing their Sensory Garden in a Land O'Lakes camp for autistic and special needs children. Heartiest Congratulations and gratitude to Joel Jackson!

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Samantha Taylor, Samantha Taylor Fitness

Your health matters, not only for your life but also to God. He is the One that created you and put you on this earth for a purpose. Taking care of your health is so important for it impacts the quality of life we live on this Earth and how we live it.

Although I am humbly reminded that God is in control of the last breath any of us will take, no matter how much we do to take care of our health and body. What taking care of your health can do is increase your quality of life and give your body the best fighting chance to fight off anything that tries to harm it.

No matter how healthy we are and take care of our bodies, it doesn't make any of us totally immune to sickness that can come sometimes. However, much research shows that those that are healthier have a much higher chance of preventing getting certain viruses but also it not affecting them negatively as much if they do.

There is no telling what the future holds with the crazy things that have been happening. But one thing I do know is, the stronger you are physically, mentally, emotionally and spiritually, the more skillfully you will be able to navigate through difficult times. It certainly doesn't take them away but when you don't battle your own personal issues on top of the stress of crazy things happening, it does make things feel less stressful.

When we are not healthy, situations that are stressful can seem amplified and more intense. I have experienced that not only in my own life but I have many clients who can report the same experience. One client said before she started eating healthier, lost 40 lbs. and got into her fitness program with us, she was always stressed out at work and overwhelmed with taking care of sick family members at the hospital.

What she found was those stressful things didn't change but she did. And she was more able to process the stress with more balance and peace because she wasn't also battling her own issues. She found it made a profound difference, including she no longer had depression.

The greatest part about what she experienced was starting to realize that God actually cared about her health too. That the Bible mentions honoring the body as the temple of God and that we are to take care of it and respect it. It actually says that its worship to respect the body as God's temple, for those that are believers.

She also found that this awareness helped her to stay focused to keep the weight off and stay on track with her new found care for her body and her health. This is surely important because once the motivation to lose the weight, wains down when you already accomplished that goal, some find themselves right back where they started because they have a hard time staying motivated to keep it up.

When you get healthy with the mindset about how it's actually worship to God and it honors Him, that can take your purpose in doing so to a whole different level. That is exactly what happened to me over 23 years ago, when I was convicted about how poorly I was taking care of my health and had no regard for the poor excuse of food I was choosing to eat.

I found great help when I got into the Bible, prayed, and really sought our Creator for answers in how to take care of this body that He gave us. If you would like to see a free webinar I did on this topic, check out this page. And just remember, how we take care of our health affects every aspect of our lives. I think that is one reason why God tells us to take care of the gift He has given us.

<https://www.samanthataylorfitness.com/bodytemple>

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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Foundation of Caring Helps Improve the Mental Well-Being of People Who Are Visually Impaired and Blind



*L/R – Paula Tunget, Vi Massell, and Rhonda Warren.
The first session of LVIB’s Leisure & Relaxation Program began with arts and crafts.
It was the perfect ice breaker and soon there were lots of smiles and warm laughs.*

Recently, at the Lighthouse for the Visually Impaired and Blind (LVIB), a group of clients and instructors, all visually impaired or blind, met for the first session of LVIB’s Leisure & Relaxation Program. This event, funded in part by the Florida Medical Clinic Foundation of Caring, was much anticipated as the pandemic continues to isolate and cause distress in a population that is already isolated by vision impairment and are at a higher risk of experiencing depression than people who are sighted.

The event kicked off with arts and crafts. As the participants painted napkin holders, they introduced themselves and relaxed. They talked about how the isolation of the pandemic was worse than losing their vision, how they spend most of their time alone, and how they really appreciate being together. Then, as the paint dried, they moved on to Bingo. The game started slowly, but once the participants got used to the large print bingo cards and the raised numbers and text, things got interesting. The winner confessed that she used to be an avid bingo-player before she lost her vision and playing with the group gave her so much satisfaction. After losing her vision, she thought she’d never play bingo again.

The need for the Leisure & Relaxation Program is considerable and there are no other programs like it. So many people who are visually impaired feel alone and they have access needs that are not usually met in the community. The population served by LVIB need large print, magnification, tactile embellishments, good lighting, and environments that are easy to navi-

gate. Also, many need help learning new skills so they can do things independently and that is what they get when they come to LVIB. The mission of LVIB is to educate, empower, and employ people who are visually impaired and blind. To meet our mission, we provide residents of Pasco, Hernando, and Citrus with no-cost vision rehabilitation and opportunities to maintain and increase independence. To learn about the Lighthouse, please visit www.lvib.org.

The Florida Medical Clinic Foundation of Caring (FMCFOC) is playing an important part in the Leisure & Relaxation Program. Access is being made possible through a FMCFOC grant that enabled LVIB to purchase accessible games and pocket-talkers. Since 2005, the Florida Medical Clinic Foundation of Caring has been dedicated to building healthy, safe, and vibrant neighborhoods by strategically re-investing locally through qualified grassroots nonprofit organizations in order to provide hope, opportunities, and solutions to those who need it most. To date, FMCFOC has granted over \$3.6 million dollars to 180 local nonprofits. To learn about the Florida Medical Clinic Foundation of Caring, please visit www.fmcfo.org.

The next session of the Leisure & Relaxation Program is in development. LVIB is seeking donations and grants so that more people in need can attend. The major obstacle is transportation. Most clients live on a fixed income and cannot afford the cost of a taxi to get to and from LVIB. While LVIB is able to provide transportation for its Independent Living Skills Programs, we have limited means so are asking for help from the community.



Front (L/R) - Paula Tunget, LVIB Instructor Linda Laffey, Sheri Losco, guide dog McKee, and Vi Massell; back LVIB Instructor Janet Morgan and Rhonda Warren. LVIB Instructors and program participants gather round to congratulate the bingo winner. The participants can’t wait until they can be together again.

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Tax Collector Mike Fasano’s Five Offices Delivered Checks to Local Schools in Support of the ABC Program



Tax Collector Mike Fasano’s five offices featured Habitat for HumThis summer Tax Collector Mike Fasano’s five offices collected funds and distributed checks to five schools identified as high need for their respective ABC (Assist, Believe & Care) Programs. The ABC Program was created to provide financial assistance to students and their families who are experiencing economic hardship, especially when those needs interfere with the student’s ability to be academically successful. The cash donated goes into a fund that teachers can use when they see or learn of a need a child may have. In past years, this office has donated thousands of dollars to Pasco schools to support this important program.

“Life in general, the uncertainty that COVID brought to so many families and other factors have put economic pressure on many Pasco residents,” comments Tax Collector Mike Fasano. “The strain can be enormous, especially when a parent loses a job, or a single parent is struggling to raise children while doing all they can to make ends meet. Children without food, adequate clothing or other unmet needs often suffer academically. The ABC Program was designed to help students and their families who are experiencing hardship or crisis. The assistance provided helps students get back on track and stay on track.”

Managers and staff from all five tax collector locations in Pasco County delivered \$1,000 checks to a school identified as high need in the surrounding community. The five schools that benefited from the program this year (and the tax office that assisted them) are: Rodney B. Cox Elementary (Dade City Office); West Zephyrhills Elementary (Wesley Chapel Office); Denham Oaks Elementary (Land O’ Lakes); Chasco Elementary (New Port Richey) and Sunray Elementary (Gulf Harbors).

Photos attached in order. For more information about the Pasco Tax Collector’s charitable giving programs please contact Assistant Tax Collector Greg Giordano at 727-847-8179 or visit www.pascotaxes.com.





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Did You Know Reflexology Can Offer Relief To Cancer Patients?

More and more cancer centers and institutes are offering reflexology as a complementary care option to those undergoing treatment for cancer, also to survivors and caregivers. In fact, Cancer Research UK says, “Reflexology is one of the most popular types of complementary therapy in the UK among people with cancer.”

While each person can respond differently, cancer patients report that reflexology:

- reduces their fatigue
- reduces their nausea
- reduces their pain
- improves their mood and feeling of well-being
- makes them more relaxed
- reduces shortness of breath

Additionally, reflexology in general often helps improve sleep and reduce anxiety and stress. While the benefits each person experiences can vary, the studies do agree that reflexology is overall safe for those undergoing cancer treatment and doesn’t cause negative side effects. However, it’s always best to check with your medical team and me regarding your health background and any possible risks.

Another thing to keep in mind is the ease of access to reflexology since patients remain fully dressed and able to sit in a more comfortable position than lying flat on a massage table. The zero-gravity chair in my studio is well suited for the comfort of those going through treatments for cancer. Also with reflexology, it’s focused just on working the feet, hands, or both, instead of other parts of the body that might be tender or sore.

If someone you know is undergoing cancer treatment, please pass this along to them so they can see if reflexology can offer some relief during the process. It’s also beneficial for other reasons for survivors and caregivers. For the health of it!

Here’s to your health, and theirs!

Louise Richardson

Certified Reflexologist and Reiki Master

“Therefore brethren, seek out from among you seven men of good reputation, full of the Holy Spirit and wisdom, which we may appoint over this business.”
— Acts 6:3

Calling All Heroes!

The eighth running of the SuperHero 5K benefitting Hero To A Child is just around the corner and we need all superheroes to come out and show their powers!

Community Impact: Children living in Pinellas and Pasco counties who have been abused, abandoned, or neglected and placed in foster care through no fault of their own.

Hero To A Child was founded to ensure that the basic rights and needs of every child in the Guardian ad Litem program are met. They advocate for and support children, young adults, and families impacted by abuse and neglect by collaborating with community partners and the Guardian ad Litem staff and volunteers who support the children they serve.

The number of children in dependency care in Pinellas and Pasco counties has surged with an over 41% increase over the past 6 years making it the highest circuit in the entire state of Florida for children in the dependency system. In 2021, Hero To A Child responded to more than 4,000 individual needs requests for children right here in our community. In 2022 the needs requests have increased 60% from this time last year. The SuperHero 5K helps to raise community awareness for these children while raising funds to keep up with their increasing needs.

About The Event

The SuperHero 5K is a family-friendly, superhero-themed, chip-timed race that is perfect for all ages and abilities. Race day is Saturday, October 8, 2022, along the beautiful Safety Harbor, FL waterfront with festivities starting at 8:00am. Dress in your superhero-themed costume and come out to do good for children in foster care. Top age group finishers and the fastest overall awards will be presented.

The SuperHero 5K hopes to raise \$56,000 with this event to support to help meet the needs of each child in care and to recruit more Guardian ad Litem volunteers to be the voice of the child in court. A Guardian ad Litem is often the only form of consistency for children in the system and often the only voice solely vested in what is best for that individual child.

You can be a superhero too! By coming out on race day and joining us or by choosing a virtual option. Be sure to register to secure your race t-shirt and medal at <https://herotoachild.org/the-superhero-5k>. Sponsorships are also still available for a limited time.

Enjoying everyday life on the way to where I’m going!

Tampa Bay Dance Club

October 2022 Schedule

- 10/07 DJ Mike Unwin
- 10/14 Singer Jorge Perez
- 10/21 Singer John Ricky
- 10/28 Singer Albie Koteles

First Timers Free Admission
Singer John Ricky
Halloween Party

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

Exploring the Olde World Mystique of Lisbon Portugal

By Karen McBride



Portugal is Full of History

Portugal is known for its rich history, delicious cuisine, and of course, intricate tile artwork. On a recent trip, we were exploring along the narrow roads that led through the quaint village and we stumbled upon an excavation site of a Roman amphitheater. The original amphitheater was constructed by Emperor Augustus in 10 BC and many of the artifacts are on display at the Museu do Teatro Romano. It is amazing to see structures that were built so long ago, and they are still standing.

Castelo de S. Jorge

We continued on our way enjoying the old-world gift shops selling local artists’ work, while heading to Castelo de S. Jorge (Saint George’s Castle). The castle, dating back to the 10th and 11th centuries, was built high on a hill as an advantage during oncoming attacks. Eleven towers are still standing, including the Tower of the Keep, which was the most important and structurally sound tower, built to withstand a heavy attack. Major restorations began on the castle when it was declared a National Monument in 1910 and visitors can enjoy a tour of the castle and grounds.

Sanctuary of Christ the King

Later we hired a driver to venture out of Lisbon to Almada. High above the city is the Sanctuary of Christ the King. The Catholic monument was inspired by the statue of Rio de Janeiro, after the Cardinal Patriarch of Lisbon visited Brazil. The statue of Jesus with his outstretched arms atop a pedestal, faces Lisbon, overlooking the Tagus River, and the Abril Bridge, which resembles the Golden Gate bridge in San Francisco. Visitors can walk along the olive trees that surround the 361-foot monument and view the artwork throughout the park, while appreciating the beautiful view of the city and surrounding water.

Delicious Pastry

After working up an appetite, we visited the local bakeries for a Portuguese custard tart, called Pastel de Nata. The light flaky tarts are filled with a cinnamon-flavored custard. We heard that bakers may have their own unique recipe for the tarts, so we made it our mission to try as many as we could during our stay!

Decorative Ceramic Tiles

In addition to delicious pastries, one of the most appealing features in Portugal is the tiled walls. The glazed blue ceramic tiles are known as azulejos. The decorative tiles are found throughout the city of Lisbon, adorning restaurant walls, fountains, train stations, and even the roadways. In addition to adding beauty to the surroundings, the tiles serve a purpose in that they help to protect the walls of the house from damp and low temperatures.

The tiles date back to the 14th century and may tell a story in Portuguese history, from a navigator telling tales of his voyages to churches sharing the history of their saints. Inspired by Chinese porcelain, artists used blue and white when creating the tiles and the geometric styles and flower motifs are influenced by Arab cultures.

Portugal is truly a unique and enjoyable place to visit, full of welcoming people with many sights to explore. For more information on other sites to see in Portugal, go to <https://www.portugal.com>.



Pasco Tax Collector Accepting Donations of New Shoes & Socks for Students



The Pasco County Tax Collector’s office is once again participating in the new shoes and socks collection drive to assist local students and families in need. A collaborative effort between Pasco County government and the school district, the “Two Good Soles” campaign, which is in its seventh year, is seeking to collect as many new pairs of shoes and socks as possible. The tax collector’s offices in Pasco County will be collection sites for these donations between now and October 21, the final day of the drive.

“It is heartbreaking to know that children come to school without socks or shoes in good repair,” states Pasco Tax Collector Mike Fasano. “I am please that our office is once again part of this countywide effort to collect as many pairs of foot-

wear as possible. I encourage everyone who is able to please stop by one of our offices and leave a donation. Every item will go to a Pasco student in need.”

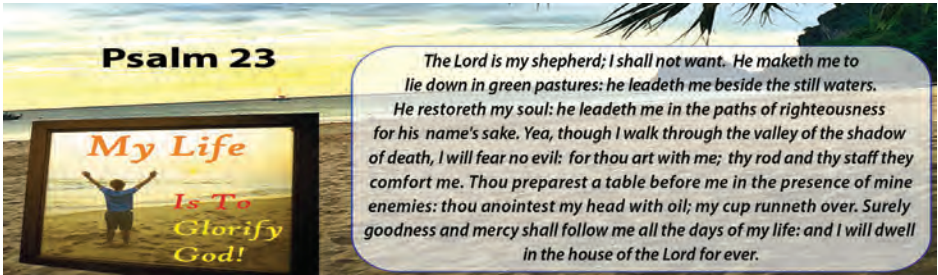
The need for shoes is primarily at the middle and high school level, although shoes for elementary school students will also be welcomed. While the tax collector’s office will accept donations of shoes and socks that are new and unused, the school district reports that the sizes most in need are children’s shoes 9 and up, adult shoes of all sizes, and socks of any size. It is recommended that sneakers, shoes, and socks be of a “neutral” color, but all donaations of new items will be accepted. No flip flops or open-toed shoes, please.

If you are interested in make a donation, please visit one of the following offices in Pasco County and leave your donation in the labeled collection box near the door:

- New Port Richey - 8731 Citizens Drive, Room 120, New Port Richey, FL 34654
- Gulf Harbors - 4720 US Highway 19, New Port Richey, FL 34652
- Land O’Lakes - 4111 Land O’Lakes Blvd. (Hwy. 41), Land O’Lakes, FL 34639

- Wesley Chapel - 4614 Pet Lane, Suite 109, Lutz, FL 33559
- Dade City - 14236 6th Street, Room 100, Dade City, FL 33523

For more information about the “Two Good Soles” shoe and sock drive or any other service provided by the tax collector’s office, please contact Greg Giordano, Assistant Tax Collector for Communications & Special Projects at (727) 847-8179.



Florida Breast Cancer Foundation Featured Charity at the Pasco Tax Collector’s Office



During the month of October, the Florida Breast Cancer Foundation will be the featured charitable giving organization at the Pasco County Tax Collector’s Office. The Florida Breast Cancer Foundation’s main objectives are to advocate on behalf of patients, educate the public on all aspects of breast cancer and to provide funds for research seeking new treatments and ultimately a cure for breast cancer. For the ninth year in a row the Pasco County

Tax Collector’s Office has teamed up with the Florida Breast Cancer Foundation to raise funds and heighten awareness of this disease and the treatments options available.

“There is no doubt these past three years have challenged us all in ways,” comments Tracy Jacim, President & CEO of the Florida Breast Cancer Foundation. “But, just like our resilient and inspiring breast cancer survivors, we have all had to learn to adapt, be flexible, and draw on our resilience. I am so very proud of our team, a big part of which is our dedicated partners like the Pasco County Tax Collector’s Office. Together, we are continuing to forge ahead and help those in need. This year, despite the lingering effects of the pandemic, we are proud to announce the Florida Breast Cancer Foundation funded hundreds of thousands of dollars in Scientific Research Grants, Education Grants, Direct Service Grants (living expense and mammogram programs).

Since 2013 the combined efforts of the team at the Pasco County Tax Collector’s Office on behalf of our Foundation have been remarkable. Not only do they support and encourage the purchase of the ‘End Breast Cancer’ specialty license plate and the giving of voluntary contributions when it comes time for their residents to renew their plates, they also raise funds separately from those programs that fund research critical to improving therapies and finding cures for breast cancer.

Thank you to Mr. Mike Fasano and the passionate and committed team at the Pasco County Tax Collector’s Office for joining FBCF in our mission year after year. Through their support, they make it possible for us to continue to touch lives and move toward a tomorrow where the suffering caused by breast cancer today is no more.”

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

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

The Great Florida Outdoors: Lower Green Swamp Trail Dedication

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



"In every walk with nature, one receives far more than he seeks."
— John Muir

On the morning of Saturday, September 17, 2022, I was honored to be part of the Lower Green Swamp Trail Dedication in Memory of Kent Bailey, our Sierra Club leader and environmental activist. Kent was honored for his leadership and achievement in the preservation of the Lower Green Swamp Nature Preserve, formerly known as Cone Ranch, which is now the largest Hillsborough County environmental preserve. The Lower Green Swamp Nature Preserve is a 12,800-acre tract located at the northeast corner of Hillsborough County.

Back in 2009, Kent Bailey discovered that a group of six people had approached Hillsborough County about buying "Cone Ranch" which was then owned by the Hillsborough County utility department. The proposed purchasers offered to buy the land from the county and were planning to subdivide the property into six homesteads of 2000 acres each to use as private hunting preserves for the new owners. After Kent discovered the secret of the private hunting preserve plan, his outrage prompted him to reach out to others and form a collection of concerned citizens to save Cone Ranch.

Kent knew this was critical to protect because of its natural watershed which sits near the headwaters of the Hillsborough River, the prime source of drinking water for the city of Tampa. One of the morning's speakers during the dedication mentioned that the drinking water for the people of Hillsborough County is filtered here in this nature preserve after billions of gallons fall yearly on this fertile land and a portion eventually ends up in the Hillsborough River.

Enough public outcry was generated by Kent and his band of concerned citizens that the Board of County Commissioners appointed a study group to investigate the best way to handle the situation. The "Cone Ranch Advisory Panel" received input from the public and from the developers who wanted to purchase the property.

Conflicting information was provided to the panel as to whether the property could be transferred to ELAPP (the Environmental Lands Acquisition Protection Program) without

ELAPP paying for the land, although the county already owned it. Kent Bailey and the other citizen activists including current Commissioner Mariella Smith questioned the need for a sale and pointed the group in the direction of preservation.

From there the situation got even more convoluted. There was a statement that it could violate provisions of a bond issue that the utility department had in place and some stories that the land had been pledged as collateral for the bonds. But Kent's research turned up the fact that the county had pledged the accounts receivable from its utility accounts as collateral for the bonds and that the land itself was never part of the bond issue collateral. As one speaker noted, it was "smoke and mirrors and baloney."

In addition, it was stated that an appraisal of the land was required, which could have cost anywhere from \$150,000 to \$1 million, prior to transferring the property to ELAPP. Kent and

others persuaded the County Commissioners that this was totally not necessary.

The final decision was made at a County Commission meeting. Kent had rallied a crowd of concerned citizens who filled the County Commission Chambers, urging the commissioners to approve the transfer of the land so it could be forever preserved. In a 6-1 vote, the county commission approved the transfer to ELAPP, at no cost, in final confirmation of months of tireless work spearheaded by Kent Bailey.


One of the morning's speakers told all of us to look across the road from where we were standing. Directly across from the Preserve was land that looked similar to the Lower Green Swamp Nature Preserve where we stood. The speaker noted that the land across the road had been sold to developers to build 27,000 homes.

The dedication now stands as a testament to the countless hours of work that Kent Bailey and like-minded citizen activists utilized to forever preserve this land for future generations. We owe Kent Bailey and others our gratitude for their foresight and perseverance. It was stated that it was appropriate that the red trail will bear Kent's name since his face used to be on the money when he spoke passionately about stopping that "backroom deal" from happening to this beautiful land.

Thank you to the relentless commitment of Kent Bailey and all others who helped save this land. Special thanks to Mariella Smith, Pamela Joe Hatley, Pat Kemp, Gary Gibbons, Rocky Milburn, and the Bailey family. I appreciate all those who helped prepared the dedication and added to the content of this article.

Where can you find an amazing place like the Lower Green Swamp Nature Preserve?
Get out and enjoy The Great Florida Outdoors!

<https://www.cltampa.com/news/cone-ranch-panelist-calls-the-countys-practices-dishonest-scandalous-and-probably-illegal-12285880>



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Let The Storms Pass

God is our refuge and strength, a very present and well-proved help in trouble. **Psalm 46:1: “We all face storms in life, summer like the quick afternoon storms that are common in the summer, and some seem like hurricanes. But one thing is true about all storms—they don’t last forever.”**

Thoughts and feelings run wild in the midst of our personal storms, but those are exactly the times we need to be careful about making decisions. Decisions are best made in our quiet times with God, not in the midst of a storm.

Instead of drowning in worry and fear, get in touch with God, who sees past the storm and orchestrates the big picture. God make sure everything that needs to happen in our lives happens at the right time, moves at the appropriate speed, and causes us to arrive safely at the destinations he has planned for us.

From Joyce Myers Daily Reading



I heard about this 92 year old man, he wasn’t feeling up to par so he went to the doctor.

A few days later, the doctor saw him out walking in the park with this beautiful young lady by his side. He seemed as happy as can be. The doctor said, “Wow, you sure are feeling a lot better, aren’t you?” He said. “Yes, doctor. I’m just following your orders. You said get a hot mama and stay cheerful.” The doctor said, “I didn’t say that, I said ‘you’ve got a heart murmur, be careful.’” He heard what he wanted to hear!

Say it like you mean it. Joel Osteen

You Can’t Hide from God

Continued from Page 1

Thomas’ unbelief did not stop Jesus from appearing to him eight days later. Although Jesus was not with the disciples when Thomas made his bold statement, he heard every word. Jesus called Thomas out from his unbelief and showed him his hands and his side. Jesus said to Thomas, “you have seen so now you believe, blessed are those who have not seen, and yet have believed.”

Usually, our greatest fears come from mistaken beliefs. I have been in ministry now for forty-five years. God did not send me to some remote region of the world, yet God did pull me out of hiding from his will and has given me my heart’s desire. It is in the will of God that we find life, and life more abundantly. Abundant life is ours by God’s design. God wants to pull you out from your fear and hiding into His purpose. **“For I know what I have planned for you, says the Lord. I have plans to prosper you, not to harm you. I have plans to give you a future filled with hope” (Jeremiah 29:11).** Come on out from the things you are hiding behind and let God give you the things you most desire.

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

What Does The Bible Say?

Continued from Page 1

With that said, is there anything wrong with feeling some emotions of patriotism? How did Jesus feel when He prayed, “Oh, Jerusalem, Jerusalem how often?” The concept of voting and choosing leaders is actually Biblical.

Deuteronomy 1:13: Moses said, “Choose wise, understanding, and knowledgeable men from among your tribes, and I will make them head over you.”

Trying to find a replacement for Judas, the two cast lots.

Acts 1:23-26: “So they nominated two men: Joseph called Barsabbas (also known as Justus) and Matthias. Then they prayed, ‘Lord, you know everyone’s heart. Show us which of these two you have chosen to take over this apostolic ministry, which Judas left to go where he belongs.’ Then they cast lots, and the lot fell to Matthias, so he was added to the eleven apostles.”

Acts 6:3: “Therefore brethren, seek out from among you seven men of good reputation, full of the Holy Spirit and wisdom, which we may appoint over this business.”

It may not be clear on how they came up with the seven deacons for nominees, but they came up with seven names. One of the seven was Nicholas of Antioch, a convert who later went bad, whom you can read in Revelation about the doctrine of the Nicolaitans. Nicholas started out good, full of the Holy Spirit, but when he when bad the disciples decided, “We’re not going to vote for anyone ever again because they could go bad.”

This may have not been clear thinking on their part because, after all, who made Lucifer? Was he a good angel? But going bad was his responsibility. Though the people said, “Give us a king.” The people didn’t pick Saul. God picked Saul and then filled him with the Holy Spirit, and for a while, he was a good king. But then pride went to him and he went bad, so did God make a mistake?

God picked Saul because of his free will to do good, so He entrusted him and filled him with the Holy Spirit until pride crept into his heart. The point is, God does not pick bad behavior people unless you’re born again. A good example of this is in the New Testament. Saul of Tarsus had been converted along the Damascus

road where Jesus restored his sight in Acts 9, then later changed his name to Paul.



People are going to do their best if they keep their promises. So you can’t say you are not going to pick anybody because of what they might do. Are we really going to go through life that way? As Christians, you have to make your decisions based on biblical teachings and compare them to what you are hearing at the time and what you know and pray for the best. There were times in the 1800’s where political parties were extremely divided.

Paul said in **1 Corinthians 3:3-4: “For you are still carnal. For where there are envy, strife, and division among you, are you not carnal and behaving like mere men?”**

As Christians, we shouldn’t be doing any of that in the house of the Lord, for judgment does not fall upon you, only God. But there are biblical principles and issues that Christians should support and demonstrate. We are to respect his cities and political systems and our nation established by God. Good or bad, this is how we get leaders. They are picked by the people. So if people don’t represent their biblical values in their government, you’re going to get what you deserve. When someone says I’m voting this way, or that way, just say “Praise the Lord.” We live in a country where we are free to make those choices. You shouldn’t feel like you have to twist anybody’s arm to think like you.

Paul says in **Romans 13:1-2: “Let every soul be subject to the governing authorities. For there is no authority except God, and the authorities that exist are appointed by God.**

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2. Therefore brethren, seek out from among you _____

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Therefore whoever resists the authority resists the ordinance of God, and those who resist will bring judgment on themselves.”

When the children of Israel were sent off to Babylon because of their bad behavior, they didn’t like the idea, but God said: “You’re going to be there for 70 years.”

Jeremiah 29:5-7: “Build houses and dwell in them; plant gardens and eat their fruit. Take wives and beget sons and daughters. Seek the peace of the city where I have caused you to be carried away captive.”

He’s saying, “You’re going to be citizens of that country. Be good citizens even though you are children of Israel. Pray for the peace of that country.” Because what happens in that country is going to affect you. While you are in Babylon, He said, “You ought to care about Babylon and pray for Babylon because what happens in Babylon is going to happen to you.” So as Americans, and Christians, we have dual citizenship, and as children of Christ, we’ve got to occupy till He comes back. So plan for 1,000 years, and live like you might die tomorrow.



There’s a story in 2 Kings 20-1-10 in the Bible where Hezekiah was sick and God worked a miracle and healed him. And to prove the miracle, the sun went backward 10 degrees (Isaiah 39) when the ambassadors came to Babylon to find out about their God.

But instead of Hezekiah showing them the God of Israel, he showed them all his stuff. Isaiah came to him later and said, “What did they see in your house?” He said, “Oh, I showed them all my stuff.” He said, “You didn’t show them and tell them about God?” “Ah, no.” He said, “Thus saith the Lord, the day’s coming when the Babylo-

nians will come to take your sons and make them eunuchs in the palace of Babylon.” As in Shadrach, Meshach, and Abednego. “Everything you showed them is going to be carried off. Hezekiah said, “Good in this is the work of the Lord. At least there will be peace in my day.”

He may as well said, “You know, I don’t care about what the government does with the environment, as long as I still have resources in my day.” Nevertheless, who we will be electing will have consequences for generations to come. The reason you are free now is that many lives were shed in World War I and World War II, and because of America, more and more countries have had a democratic representation and the privilege to vote.

Some people think by not voting, they won’t be linked to what happens or what these people do in office. But, you might be linked by not voting anyway because this too will influence the outcome. Actually, not voting is a form of voting. So when policies and leadership are being chosen, we ought to pray for wisdom to make intelligent choices for the proclamation of the gospel.

Jesus said, “Occupy until I come.” Luke 11:23. “He who is not with me is against me, and he who does not gather with me scatters.”

So as Christians, you may have to get involved, for we live in a country where rich, poor, no matter who you are, you have the privilege of that one vote. 1 Timothy 2:1-2 tells us that we should care about who our leaders are, so we might have a quiet and peaceable life.

Edmond Burke said, “All that is required for evil to prevail is for good men to do nothing.” Romans 6:23: If the wages of sin is death, then why we are not dead yet? Because Jesus gave Himself up and bought us some time to be His disciples and work for him and to do what Jesus would do. W.W.J.D. “

A Psalm of Thanksgiving; Shout happily to the LORD and to all the earth.” God bless America for which it stands. Amen.

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JOHN 14:3 "and if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am."

By Karen McBride

He politely shares the gospel of Jesus Christ in an uncharacteristic fashion as they wait for their car. Rich loves to reveal how being the privilege it has given him to spread the gospel. He would like the opportunity to share his testimony with you and what Jesus Christ has done for him. He also teaches a Bible study every Thursday at 7:00pm.

Bella Tires is conveniently open Monday through Friday, from 7am – 8pm, and Saturday from 7am – 1pm. It is located at 19245 State Road 52, Land O Lakes, Florida 34637. For more information, visit <https://bellatires.com> or to schedule an appointment, please call (813) 995-0777 or email https://bellatires.com

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with 2-3 tablespoons of olive oil.

5. Top with crumbled goat cheese.

6. Bake at 350° for 25 minutes. Let sit 5 minutes. ENJOY!



Kay's Protein Smoothie

I use my magic bullet or nutribullet for blending.

Some days I feel like fruit: ½ banana, 2 strawberries, a handful of blueberries, 4 oz. Of orange juice, and 8 oz. of almond milk.

Some days I feel like veggies: 4 slices of cu-

cumber, half a stick of celery, and half an avocado and fill with high-alkaline water

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Christian Chamber of Commerce	www.c3tb.org	
Customized Insurance	Toni Johnson	(813) 220-9932
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Dr. Norman Dermatology	Dr. Robert Norman	(813) 880-7546
Ernest Walker Agency Insurance	Ernest Walker	(813) 968-4043
Financial Planner	Andy Whitten	(813) 286-7776
Holliday Karatins Law Firm, PLLC	helpinginjuredpeople.com	(813) 868-1887
Hope Children's Home	hopechildrenshome.org/Dunndean	(813) 961-1214
Kidz Korner	http://harley-isabelsmith.com	
Journey Christian Church	www.tampajourney.com	(813) 920-0442
Life Connections Counseling	www.lifeconnectionsonline.org	(813) 265-3859
Pasco County Tax Collector	www.pascotaxes.com	(727) 847-8179
Pediatric Place	Dr. Michele Towson	(813) 264-2288
Reflexology Therapy	Louise Richardson	(813) 965-1697
River of Life Church	www.roltampa.org	(813) 949-9931
Royal Pets Market & Resort	www.royalpetsmarket.com	(813) 448-6744
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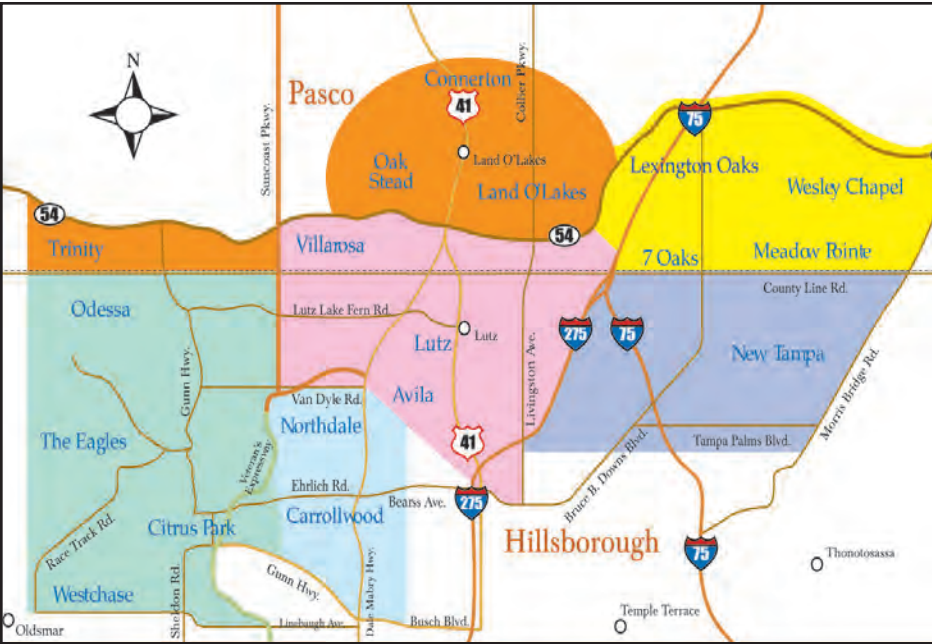
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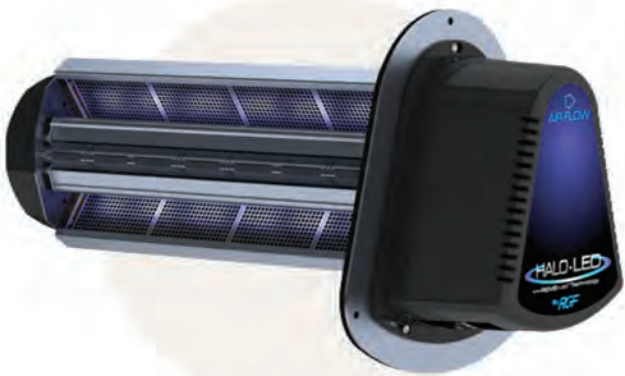


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