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VOLUME 18 ~ ISSUE 2

FEBRUARY 2024

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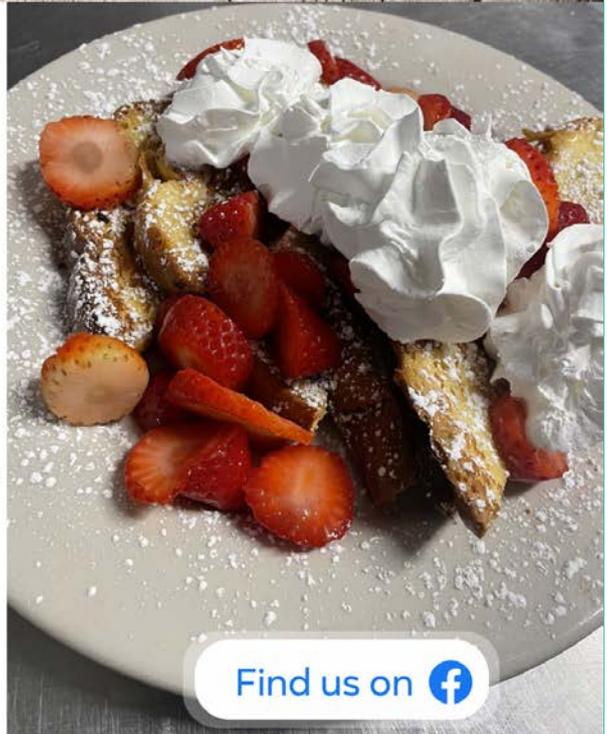
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ALL CLASSIFIED ADS MUST BE LEGIBLE AND INCLUDE:

- 1) YOUR NAME 2) TELEPHONE NUMBER 3) COUNTY OF RESIDENCE 4) YOUR AD INFORMATION

*** ADS WILL NOT BE PUBLISHED WITHOUT THIS INFORMATION. THERE IS NO FIRM LIMIT ON WORDING BUT PLEASE BE REASONABLE. ADS WILL BE EDITED FOR LENGTH IF NECESSARY. ***

*** ALL CLASSIFIED ADS NEED TO BE SUBMITTED BY THE END OF BUSINESS ON THE 18TH OF THE MONTH TO MAKE IT IN THE FOLLOWING EDITION. ***

*** AGGREGATE: FREE CLASSIFIED ADS ARE LIMITED TO 5 ADS PER HOUSEHOLD PER MONTH. ITEMS MAY BE RE-RUN UNTIL THEY ARE SOLD AND MUST BE RE-SUBMITTED EACH MONTH.***

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1/8 PAGE (3.5W X 2.7H).....	\$132.....	\$110.....	\$99.....	\$77
1/4 PAGE (3.5W X 5.4H).....	\$245.....	\$189.....	\$170.....	\$143
(7.125W X 2.7H)				
1/2 PAGE (7.125W X 5.4H).....	\$445.....	\$338.....	\$310.....	\$262
(3.5W X 10.9H)				
1 PAGE (7.125W X 10.9H)	XX.....	\$600.....	\$560.....	\$499

BUSINESS CARD AD: \$62 (PAGE 14 OR 15)

*****ALL NEW AD ORDERS AND EDIT REQUESTS NEED TO BE RECEIVED NO LATER THAN THE END OF THE DAY ON THE 15TH OF THE MONTH PRIOR TO THE MONTH YOU WANT YOUR AD/CHANGES TO RUN.*****

DESIGN IS INCLUDED FOR ADS 1/8 PAGE AND UP. YOU CAN REQUEST 2-EDITS ONCE FIRST PROOF IS DELIVERED.

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SMALL BUSINESSES THIS GAME IS FOR YOU!!! "WE GOT YOU WEDNESDAY"

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TO PLAY YOU MUST FOLLOW US ON FACEBOOK.

● FIND THE PINNED POST AT THE TOP OF OUR BUSINESS PAGE TITLED "WE GOT YOU WEDNESDAY"

● FOLLOW THE INSTRUCTIONS IN THE POST.

● WATCH THE DRAWING THE FOLLOWING WEDNESDAY TO SEE IF YOU WON.
(CURRENT ADVERTISERS YOU CAN PLAY TO RECEIVE A \$62 CREDIT TOWARDS YOUR NEXT AD.
"YOU CAN ONLY WIN ONCE"

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WE GOT YOU WEDNESDAY WINNERS

WEEK 1: JANUARY 10TH-17TH WINNERS: ROWAND SEPTIC SERVICES AND EW BANK ENTERTAINMENT

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TO PLAY YOU MUST FOLLOW US ON FACEBOOK.

● FIND THE PINNED POST AT THE TOP OF OUR BUSINESS PAGE TITLED. "FREE FOOD FRIDAY"

● FOLLOW THE INSTRUCTIONS IN THE POST.

● WATCH THE DRAWING AT 5 O'CLOCK ON FACEBOOK THE FOLLOWING FRIDAY TO SEE IF YOUR NAME WAS DRAWN.

WINNERS WILL RECEIVE GIFT CARDS FROM PARTICIPATING RESTAURANTS!
FOLLOW US ON FACEBOOK FOR MORE INFO



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FREE FOOD FRIDAY WINNERS

WEEK 1: JANUARY 5TH-12TH WINNERS:

ANGEL WEST WON A LA PERGOLA GIFT CARD FOR \$50 ~ JAN JAN WON A MAMA'S KUNTRY KAFE GIFT CARD FOR \$25 ~ LISA DEAN WON A PUDGE'S GIFT CARD FOR \$25

WEEK 2: JANUARY 12TH-19TH WINNERS:

ROSEANN SABINA WON A MARIANA'S THE STINKY ROSE GIFT CARD FOR \$25 ~ JAN JAN WON A LA PERGOLA GIFT CARD FOR \$25

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EDITION OF THE PEDDLER'S POST? IF SO, TELL ME HOW MANY YOU FOUND AND WHAT PAGE NUMBER YOU FOUND THEM ON. IF YOU ARE ONE OF THE FIRST THREE PLAYERS TO FIND THEM ALL, YOU WILL WIN!!!

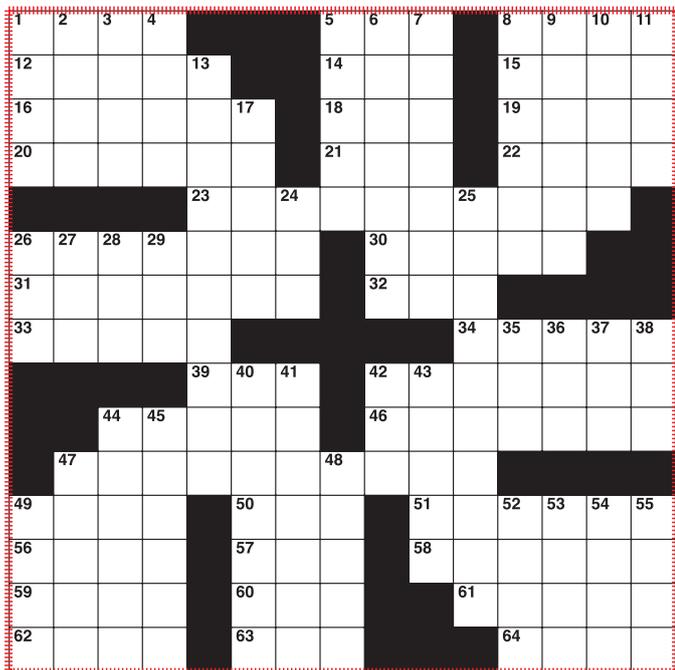
PLEASE SUBMIT YOUR ANSWERS AT [HTTPS://PEDDLERS-POST.COM/MONTHLY-CONTEST](https://peddlers-post.com/monthly-contest) OR MAIL YOUR ANSWERS TO PO BOX 619, FLORAL CITY, FL 34436

"UP TO 3 WINNERS EACH MONTH" THE FIRST 3 PLAYERS TO SUBMIT ALL THE CORRECT ANSWERS WILL WIN***MUST BE WILLING TO MEET AT A LOCATION WITHIN OUR DISTRIBUTION AREA TO TAKE A PICTURE OF YOU WITH YOUR NEW T-SHIRT AND TELL US A BIT ABOUT YOURSELF TO BE USED IN THE FOLLOWING EDITION OF THE PAPER, PUBLISHED ON OUR WEBSITE AND ON OUR FACEBOOK PAGE***YOU CAN ONLY WIN ONCE***

CHECK OUT OUR ANSWERS PAGE TOWARDS THE BACK OF THE BOOK TO MEET LAST MONTH'S WINNERS!



 Peddlerspostcommunitypaper



CLUES ACROSS

- 1. Home of Iowa State University
- 5. --fi (slang)
- 8. Mottled green and yellow fruit
- 12. Capable of thinking and expressing oneself clearly
- 14. Sports broadcaster Eagle
- 15. Midday
- 16. Kinsmen
- 18. Cable network
- 19. Simpleton
- 20. Brunch beverage
- 21. Fed
- 22. European capital
- 23. Native inhabitants
- 26. Mechanical device
- 30. Rare geese native to Hawaii
- 31. Bedroom furnishing
- 32. The products of human creativity
- 33. Mass transit option
- 34. Made a mistake
- 39. Sacred sound symbol
- 42. Large N. American reindeer
- 44. Dull and flat
- 46. Partner to huffing
- 47. Written works
- 49. Monetary unit of Serbia
- 50. Midway between east and southeast
- 51. Peninsula of southwestern Asia
- 56. Widely used multiuser OS
- 57. Aggressive dog
- 58. Varnished
- 59. Hindu queen
- 60. Time units, abbr.
- 61. Farm animals
- 62. Capital of Latvia
- 63. Where golfers begin
- 64. Takes to civil court

CLUES DOWN

- 1. One who graduated
- 2. An inspired holy person
- 3. Electronic counter-countermeasures
- 4. A place to store things
- 5. Indian instrument
- 6. Spanish saloon
- 7. Whole number
- 8. Not fastened
- 9. Gives a boost
- 10. Lounges about
- 11. Interested in
- 13. Remove salt
- 17. Type of sword
- 24. Naturally occurring solid material
- 25. Gets involved without being invited
- 26. Feline
- 27. Bobby --, NHL champ
- 28. "Kill Bill" actress Thurman
- 29. Hawaiian dish
- 35. Moroccan coastal region
- 36. Baseball statistic
- 37. Long period of time
- 38. Moved earth
- 40. Central Netherlands city
- 41. Take stock of
- 42. Central processing unit
- 43. Distinctive qualities one generates
- 44. Getting stuck
- 45. Loss of bodily movements
- 47. Veranda
- 48. Abrupt
- 49. What cats do
- 52. Expresses pleasure
- 53. Type of cheese
- 54. Professional STEM organization
- 55. Automatic data processing systems

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Fun ways to spend extra Leap Day hours

The sentiment that there aren't enough hours in the day may be true for busy families and individuals. However, once every four years, everyone is given an extra day on their calendars in February.

Although Leap Day is designed to move the clock and calendar more in line with the Earth's rotation around the sun, which takes slightly longer than 365 days, it also can be an exciting opportunity to relax and have some fun. The following are some ways to maximize that extra day of the year.

Learn about leaplings

A leapling is a person who was born on February 29 during a leap year. Highlights magazine reports the odds of being a leapling is one in 1,461. Find out if anyone you know is a leapling or research celebrity leaplings.

Celebrate Leap Day

Even if Leap Day isn't an official holiday, it is worthy of celebration. Figure out a theme for your party, and then invite friends over for an extra day of revelry or relaxation.

Take the day off

Make the most of Leap Day by enjoying a mental health day and taking off from work or school, if possible. Spend the day engaged in hobbies or other activities.

Leapin' lizards

Kids may enjoy reading up on or learning about the various animals that are good at leaping, which can include frogs or flying squirrels. Children and adults can take turns doing their own leaping long jumps to see who can leap the farthest.

Calculate your leap year age

Students can practice math and have fun in the process by dividing each person's age by four to determine what age they would be had they been born on a Leap Day.

Commemorate in fours

Do everything for the day in fours. Enjoy four scoops of ice cream or commit to a four-hour hike. Go out to lunch or dinner with friends and spend four hours finding out everything that has been going on in the lives of others. Watch a movie marathon that adds up to four hours of fantastic cinema.

Leap into community service

Use the extra time for doing good. Figure out where you can volunteer your services and make Leap Day all about giving back. Leap Day is an opportunity to engage in fun or relaxing activities everyone can enjoy.

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COMMUNITY BOARD

FEBRUARY 2nd, 3rd, & 4th

St. Elizabeth Ann Seton Catholic Church - Community of Catholic Women - Annual Elite Repeat Clothing and Jewelry Sale...
The St. Elizabeth Ann Seton Catholic Church's Community of Catholic Women will conduct the annual Elite Repeat Annual Clothing and Jewelry Sale on Friday, February 2nd, Saturday, February 3rd and Sunday, February 4th from 9am -- 1pm each day. This fabulous event will be held in the parish hall located at 1401 West Country Club Blvd., Citrus Springs. Please join us and do some shopping. Bring a friend.

3rd

West Citrus Ladies of the Elks ANNUAL FASHION SHOW- "A Walk In Fashion"! Fashions & Accessories presented by: Janet of Sarasota Saturday, February 3, 2024. Doors open to shop @ 10:30 AM, West Citrus Elks #2693 located at 7890 W Grover Cleveland Blvd, Homosassa. Guests will have a chance to shop for clothes, everything from casual to dressy, accessories including jewelry and purses, enjoy lunch, see a fashion show and win a raffle basket or a door prize maybe even win the Money Tree to pay for all those fashions. The event starts at 10:30 a.m. to give people plenty of time to shop at Janet's 'pop-up' boutique. Guests will have lunch (served @ 12:00), before watching the fashion show -- followed by more shopping. Admission tickets are \$30, which includes lunch. To purchase a ticket, call at Edie Thompson @ 513 378-9382. Proceeds from the Show go to help the local charities that the Ladies of the Elks support. In 2003 the LOE donated over \$9000 to local charities here in Citrus County.

February 5th- March 25

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. A MATTER of BALANCE is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls, including making changes to reduce fall risks and home and exercises to increase strength and balance. Next series will be held at Coastal Region Library at 8619 W Crystal St, Crystal River, FL on consecutive Mondays from 9:30am to 11:30am from 2/5/24-3/25/24. To register call Kathryn at 352-513-6083

10th

Ladies of Faith at Faith Lutheran Church in Lecanto is having a "Loaf & Ladle" or better known as Soup & Bake Sale on Saturday, February 10th. from 10 a.m. to 2 p.m. A variety of quart size homemade soups will be available for \$8.00 each. There will also be an abundance of delicious baked items for sale. Faith Lutheran is located at 935 S. Crystal Glen Drive in Lecanto.

Feb 10th

Feb. 10 at 11am at The Citrus County YMCA located at 4127 W Norvell Bryant Hwy, Crystal River, FL. Coffee with Comrades, presented by Vitas Healthcare Veteran Discussion Meeting at the Citrus County YMCA Refreshments provided. 352 500-9622

Feb 13th

The Citrus County Genealogical Society will meet February 13 at 10:00 a.m. at the Church of Jesus Christ of the Latter-day Saints, 3474 W Southern St, Lecanto. Peggy Jude will present "Think you know the census - Think Again." Discover the untapped potential of the U.S. Federal Census in your genealogical research. This presentation delves into the art of effectively utilizing census records, uncovering the secrets hidden in plain sight. Are you struggling to locate ancestors in the census or wondering if you've missed crucial details? Guests are welcome to attend. For information call Mary Ann Machonkin 352-382-5515.

24th

Annual LOE FLEA MARKET is back at the West Citrus Elks Lodge on Grover Cleveland Blvd. Don't miss the fantastic deals and treasures during this 6 1/2 hour event. Doors open at 8:30 am and close at 2:30 pm. All are welcome/no admission fee. Items for sale will include artwork, books, clothing, seasonal items, household items, tools and furniture. You want it or looking for it, we've probably have it at the flea market. Great FUN so don't miss it! Information: Anyone desiring to donate items for the flea market or volunteer to assist with the sale may contact Terri Harrison at 352-410-9215, the Ladies of the Elks. Proceeds will go to local charities and charities the LOE support. The "WAVES" Food Truck will be on site serving and selling lunch items to all who want.

24th

The Citrus County Genealogical Society is having a seminar Saturday, February 24 from 10 to 2 with a bring your own brown bag lunch. It is at 4958 W Crystal Oaks Dr., Lecanto. It is off Hwy 44 just west of the intersection of 44 and 589. There will be 3 presentations. Free coffee, tea and baked goods. Cost is \$40. Call Mary Ann Machonkin 352-382-5515.

MARCH

9th

Godfather Comedy Variety Show -Joe Beddia will present his famous Godfather Comedy Variety Show on Saturday, March 9, 2024 at Kellner Auditorium. The Auditorium is at 92 Civic Circle, Beverly Hills, behind the Synagogue Building. Show will start at 7pm. Doors open at 6:30pm. The cost is only \$25.00 per person for the show featuring comedy, impressions and music, as well as refreshments. Please call 352-513-5169 for information and to make reservations. Leave message.

9th

Citrus Wellness Seekers, Inc. and in partnership with the First United Methodist Church we will be hosting our 2nd Annual Holistic Health Expo on Sat, 9 Mar 2024 from 10am-3pm at the First United Methodist Church on 8331 W Bradshaw St in Homosassa. We invite the community to take charge of their wellbeing and learn about various modalities for reducing stress and improving one's over all health. There are numerous workshops and vendors to interact with. A donation of \$5 for adults and children are free. The donation remains with the church.

10th

THE OCALA YOUTH SYMPHONY, with musicians ranging in age from 10 years to adults, will present a concert at Countryside Presbyterian Church, 7768 SW Highway 200, Ocala, FL on March 10, 2024 at 3:00 PM. Featured presentations will be Beethoven's Edgement Overture; Russian Sailors Dance and Overture to the Magic Flute. The Ocala Youth Symphony is in its 25TH year and has been under the direction of Cindy Warringer since its inception. Come see what is right with our local youth and spend a delightful afternoon of music and fellowship. For further information, call 352-237-4633.

COMMUNITY BOARD SUBMISSIONS DETAILS

To have your free community event or event where the proceeds go to a local not for profit mentioned on the Community Board there is no cost. All submissions need to be received no later than the 18th of the month to ensure they will be published in the next edition. We do have to keep the mention to a 4-6 line maximum (approx-imately 90 words) to ensure we have room to list everyone's events. If your event mention does not meet these size requirements, then it will be edited. If your event is to support your private business and you are charging a fee, then please see page 4 for our advertising rates.

Send us your events via our website at office@peddlers-post.com or you can submit your event online at <https://peddlers-post.com/community-board/%2Fsubmit>

ONGOING

Citrus Sertoma-meets every 1st and 3rd Wednesday at the Inverness Moose Lodge 2112 on 221 S Haid Terrace, Lecanto. Dinner at 5:30 - Meeting at 6:30pm Visitors and New Members are welcome.

LEARN TO SQUARE DANCE Every Monday Starting January 3rd, 2022 6PM till 9PM WHISPERING PINES PARK 1700 Forest Dr, Inverness Cost \$5.00 p/p Western Wear Optional-NEW CLASS STARTING OCT 3, 2022

Springs Masonic Lodge No. 378 Meets the 3rd Tuesday of each month at 7:30 pm at Springs Masonic Lodge located at 5030 S. Memorial Dr., Homosassa, FL. All Masons are welcome to join us for dinner at 6:30 pm. Snowbirds are always welcome.

The 1st & 3rd Tues of each month The Citrus Library Coping Connection offers Online dementia support groups hosted by Certified Dementia Practitioner Debbie Selsavage. The meeting is conducted through on-line, real-time video communication The connection hub will be located at the Central Ridge Library at 425 W. Roosevelt Blvd in Beverly Hills. Participants will need to arrive at the Central Ridge Library by 12:50 p.m. on the day of the meeting which is from 1 pm to 3 pm. The program is free and available to anyone. For more information, call 352-746-6622 or 352-422-3663.

Celebrate Recovery at Hills Church , 2 Civic Circle, Beverly Hills, FL. Every Monday Night at 6:00 For more information please call 410-353-7857
ALZHEIMER'S CAREGIVERS COMMUNITY SUPPORT The Floral City Alzheimer's/Dementia Caregivers Support Group meets on the third Friday of every month in the Floral City Methodist Church on Marvin St. Meeting starts at 10:30am. There is no charge and all caregivers are welcome to attend with no pressure to speak. For more info. contact Helen Ciampi 352-341-2867 or Marcia Beasley at 352-726-7740
Hands on Woodturners meet on 3rd Wed. of each month at 7pm at Beverly Hills Lion Club 72 Civic Circle Beverly Hills Blvd Visitors are welcome, members are all levels of turnings A woodturner demonstration given by experienced craftsperson contact email: Howturners.com or call Denis Cap 352-489-4374

The New York Club meets every (3rd) Tues. of the month for lunch at The American Legion, 6585 W. GTL (Hwy.44 West). Doors open @ 11:30. Lunch price \$18 pp including tax & tip. Pick of 3 entrees, salad, rolls, ice tea, coffee and dessert. Dues are \$18 pp for the year Oct., 2023 thru May, 2024. Join us on our planned trips, enjoy our interesting speakers and have a great time dancing and singing at our special holiday parties! Call Marie @ 845-667-2900 OR EMAIL us @ NYClubCC@hotmail.com

The Homosassa River Garden Club invites the public to our membership meeting on Monday, November 20, 2023. Our Speaker is a Master Gardener from University of Florida/Institute for Food and Agricultural Sciences. We meet at First United Methodist Church on 8831 W Bradshaw, Homosassa on the 3rd Monday of each month. Please join us at 9:30 am for light refreshments and socializing. 10:00 am our speaker will give a presentation. At 11 am our Membership meeting begins. Open to the public. Please contact Ms. Lorry Davies for more information at 630-269-1096.

A GriefShare support group begins January 9th at the Hernando Church of the Nazarene, 2101 North Florida Ave. (Highway 41) Hernando on Mondays' from 10:00 to 12 noon this event will continue through April. All are Welcome. Call the church office at 352-726-6144 or Ruth Brincefield at 352-212-0570 for more information.

NEW BINGO GAMES at the Floral City Lions Club Community House located at 8370 Orange Ave., Floral City. NEW payouts, NEW games, MORE games. Mondays from 12 to 2:30! Come join in the FUN! ... no bingo sept 11 but will resume on Sept 18th .. come out and have some fun ..

Floral City Heritage Museum located at 8394 E Orange Ave. in Historic Downtown Floral city is open to the public Friday and Saturdays from 10 AM until 2 PM. Come taste a piece of "OLD FLORIDA" history and shop at our country store. Hope to see you there!

Citrus coin club meeting has moved to crystal river national guard armory 8551 w Venable st crystal river. Meetings are first Thursday of the month at 7pm. All are welcome. Talk, shop, buy or sell coins.

The Woman's Club of Beverly Hills invites you to join them. Located at the Central Citrus Community Center, 2804 W. Marc Knighton Ct, Lecanto. Meetings are held on the 3rd Thurs. of the month at 1 pm with guest speakers and light refreshments. Our Lunch Bunch continues each month, different dates, times and locations. We hope you will be a part of our non-profit, community service organization. Need more information? all us at 203-915-7407. Ladies, hope to see you!

Crafters of Floral City A casual and friendly group of knitters, crocheters, quilters, artists, jewelry makers and more dedicated to sharing the love of a chosen craft and enjoying time together. Come join us on Tuesdays at 9:00am at the Floral City Baptist Church. 8545 Magnolia St. Floral City. \$2.00 WEEKLY For more information please call: 303 999 5022 or 352 228 9193

AMERICAN VETERANS (amvets) Post 89 meets the third Monday of each Month 6:30 pm at 1 Civic Circle, Beverly Hills, FL. NATIONAL ORG est 1947. Membership open to veterans with DD214 honorable discharge and active duty military. Phone Commander Lou Ann Braglin 352-464-0931

Do you or someone you know have Diabetes? Join our free monthly diabetes support group that is open to all! Led by Certified Diabetes Educators from the Citrus County Department of Health. Each Group focuses on a different topic with the opportunity to learn, share, get questions answered, and receive giveaways. There will also be small recipe tastings and guest speakers. The group meets the third Tuesday of every month from 9am to 10am at the IFAS Conference Room at 3650 W. Sovereign Path, Lecanto. For more information, please email Kathryn.defranco@flhealth.gov.

VFW POST 7122 located at 8191 S. Florida Ave, Floral City. MON 3pm Show Me card game *** TUES - 4-7PM - Taco Tuesday, 50/50 Raffle and other menu items *** WEDS - 4-7PM - Wings 'n Things and other menu items; 5-8PM Karaoke *** Every 1st & 3rd WEDS. - 2-4PM - Craft Day at the Post - special meal on Valentines Day Bring your sweetie*** Every 2nd THURS- 8-12PM - Garage Sale -accepting donations/proceeds support veterans in our area*** FRI. - 1-3 PM - Bingo; 4-7PM - Fish/Shrimp Dinners and other menu items; 5-8PM Karaoke; Red Shirt Friday (Remember Everyone Deployed) - Please wear a red shirt for discounted drinks on Fridays

Come have fun and play games at the American Legion Post 58 located at 10730 S US Highway 41, Dunnellon every Thursday. Queen of Hearts Raffle is 4:00-5:30. Prize is \$1733 and increases weekly. Winner paid by check. Tickets \$2.00 BINGO begins at 6:00. Winners paid in cash. Refreshments available. 10730 S US Highway 41, Dunnellon

Do you or someone you know have diabetes? Join our free monthly diabetes support group that is open to all! Each group focuses on a different topic with guest speakers, recipe tastings, and small giveaways. Group meets the 3rd tuesday of every month from 9am to 10am at 3650 W. Sovereign Path, Lecanto, FL For more information call Kathryn 352-513-6083

The Floral City American Legion (Hubert Suber) Post 225 is located at 6535 S Withlapopka Dr, Floral City, FL 34436. We meet the 3rd (third) Thursday each month at 1:00 PM. All veterans are welcome and invited to attend. For further info call: Commander Fred Daniels @ 352-422-2449.

Gentle Warrior Yoga. Therapeutic and Meditative Alleviate the Stressors of Life Wednesdays and Fridays at 1pm Citrus County YMCA located at 4127 W Norvell Bryant Hwy, Crystal River, FL . 352 500-9622



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Outstanding berry grilled cheese

Grilled cheese is a beloved comfort food that can be enjoyed any time of the day. Although there isn't much that needs to be added to cheese to make it delicious, the inclusion of tart strawberries and blackberries in this recipe titled "The Sweet Sheep Grilled Cheese" from "The Reading Terminal Market Cookbook" (Camino Books) by Ann Hazan and Irina Smith pushes this sandwich over the edge of deliciousness. An additional cookie butter spread and chocolate chips makes this grilled cheese much more dessert than lunch, and can be an indulgent treat anyone can enjoy.

The Sweet Sheep Grilled Cheese
(Makes 5 servings)

- 2 cups Valley Shepherd whipped sheep milk ricotta
- 1 cup mascarpone cheese
- 10 slices soft brioche sandwich bread
- 3/4 cup blackberry jam
- 1 cup hulled and diced strawberries
- 1 cup diced peaches
- 1/2 cup cleaned blackberries, cut into quarters
- 3/4 cup miniature semisweet chocolate chips
- 1 cup speculoos cookie butter (see note)
- 1/2 cup softened unsalted butter

In a bowl, mix together ricotta and mascarpone.

On a clean, dry surface, lay out five slices of the brioche.

Spread equal parts blackberry jam on each slice. Place a large spoonful of the mascarpone ricotta mix on top of jam (it may be helpful to use a piping bag) until all the mixture is used.

Evenly divide strawberries, peaches, blackberries and chocolate chips among each slice. Spread the speculoos cookie butter on the remaining five slices of brioche and place on top of the first slices.

Spread the softened butter in a thin layer on the outer parts of the brioche. Grill in either a panini press or in a hot pan. Slice and serve hot.

Note: If speculoos is too hard to find, here's how to make it. Place 2 cups of ginger snaps in the bowl of a food processor and blend to very fine crumbs. Add 4 tablespoons of softened unsalted butter, and process until a smooth paste forms (similar to consistency of peanut butter). Refrigerate leftover portion and bring to room temperature when using.



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treats*



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Opening at 9am

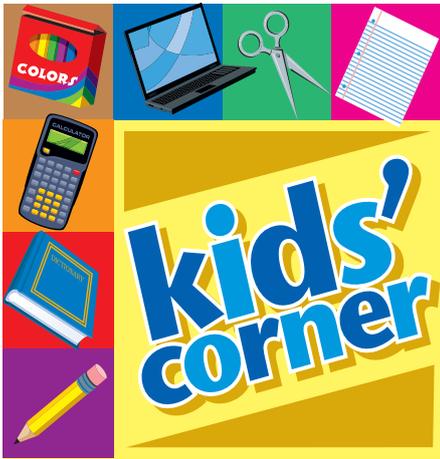
On a rural road, a state trooper pulled a farmer over and said, "Sir do you realize your wife fell out of the truck several miles back?" To which the farmer replied, "Thank god I thought I had gone deaf."



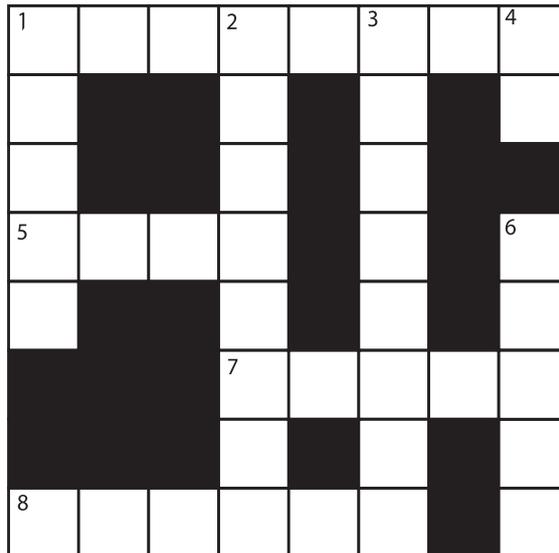
SWEETHEARTS WORD SEARCH

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- BOUQUET
- BOYFRIEND
- CARDS
- CELEBRATE
- CHOCOLATES
- DATE
- DINNER
- ENAMORED
- FEBRUARY
- GESTURE
- GIFTS
- GIRLFRIEND
- HEART
- JEWELRY
- LOVE
- LOVING
- MOVIES
- PROPOSAL
- RED
- RELATIONSHIP
- ROMANTIC
- ROSES
- SPOUSE
- VALENTINE



Crossword Puzzle



ACROSS

1. Natural illumination
5. White bird
7. Determine from evidence
8. Dispenses seeds

DOWN

1. Plant's units of reproduction
2. Cuddly bird
3. Push past limits
4. Trademark (abbr.)
6. Winged animals

Answers:
 Across
 1. Sunlight 5. Dove 7. Infer 8. Feeder
 Down
 1. Seeds 2. Lovebird 3. Go too far 4. TM
 6. Birds

THIS DAY IN...



HISTORY

- **1878:** INVENTOR THOMAS EDISON PATENTS THE PHONOGRAPH.
- **1942:** NEARLY 250 JAPANESE WARPLANES ATTACK THE CITY OF DARWIN, AUSTRALIA.
- **2002:** NASA'S MARS ODYSSEY SPACE PROBE BEGINS TO MAP THE SURFACE OF MARS.



THIS FATTY FOOD CAN HELP BIRDS MAINTAIN A HEALTHY WEIGHT DURING WINTER.

ANSWER: SUET



AVIAN

relating to birds

How they SAY that in...

ENGLISH: Nest

SPANISH: Nido

ITALIAN: Nido

FRENCH: Nid

GERMAN: Nest



SOME HISTORIANS ASSERT THAT BIRD FEEDING TRACES ITS ORIGINS ALL THE WAY BACK TO A SIXTH CENTURY MONK.

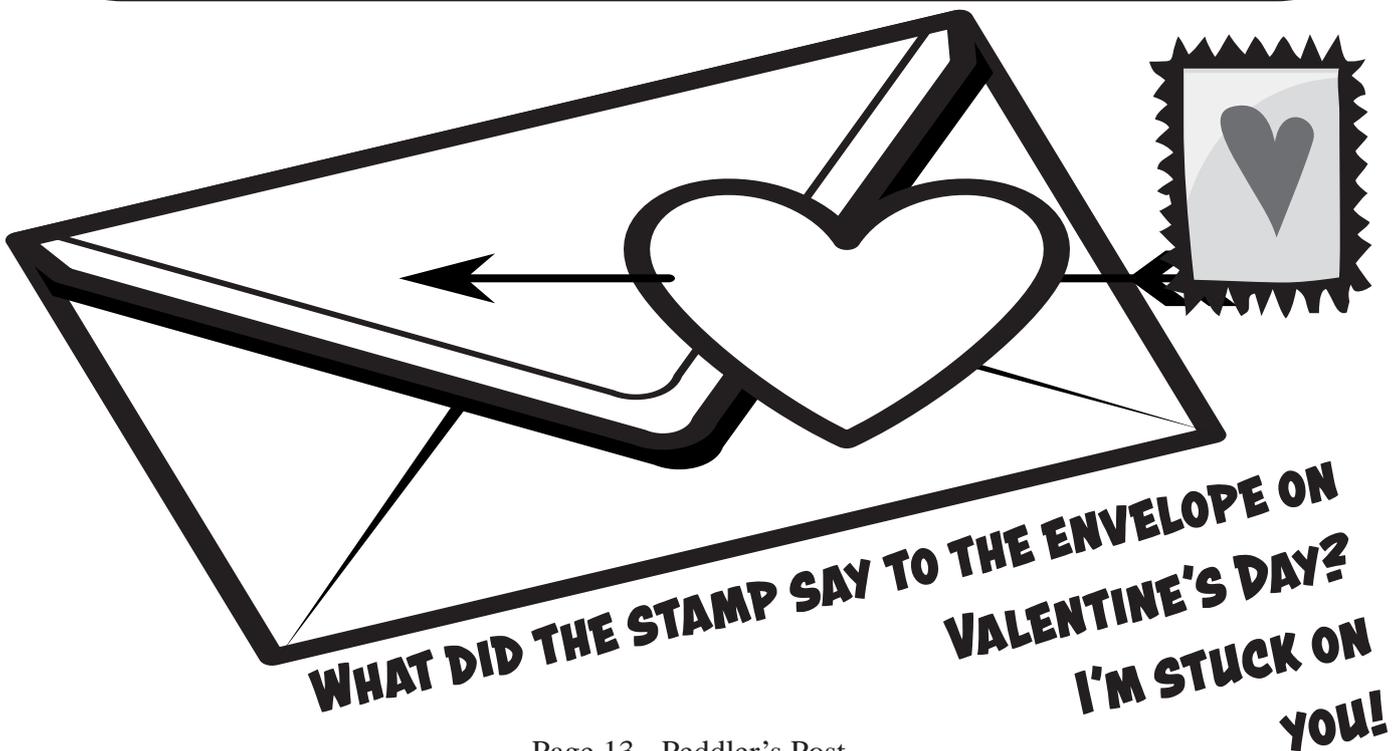


Can you guess what the bigger picture is?

ANSWER: BIRD AT FEEDER



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Level: Intermediate

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2	4		7	5				
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5	8							

Level: Beginner

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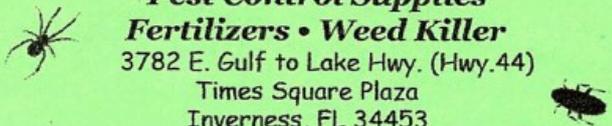
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FEBRUARY DAY'S PAST

February 1st 2003 Space Shuttle Columbia disintegrates during reentry into the Earth's atmosphere, killing all seven astronauts aboard.



February 2nd 1653 New Amsterdam becomes a city (later renamed New York).

February 3rd 1959 "The Day the Music Died" plane crash kills musicians Buddy Holly, Richie Valens, J. P. Richardson (aka The Big Bopper), and the pilot. near Clear Lake, Iowa.



February 4th 1859 One of the oldest known copies of the Bible, "The Codex Sinaiticus" (Sinai Bible), is seen in Egypt by Constantin von Tischendorf who takes the manuscript home with him.

February 5th 1870 1st motion picture shown to a theater audience, Philadelphia.

February 6th 1862 General Ulysses S. Grant captures Fort Henry in Tennessee.

February 7th 1974 Mel Brooks' western spoof film "Blazing Saddles", starring Cleavon Little and Gene Wilder premieres at the Pickwick Drive-In in Burbank, California; patrons watched from horseback rather than cars.



February 8th 1912 1st eastbound US transcontinental flight lands in Jacksonville, Florida.



February 9th 1861 Jefferson Davis and Alexander Stephens elected President and VP of the Confederate States of America (US Civil War).

February 10th 1906 British battleship HMS Dreadnought launches after only 100 days, renders all other capital ships obsolete with its revolutionary design.

February 11th 1990 Nelson Mandela released after 27 years imprisonment in South Africa.

February 12th 2001 NEAR Shoemaker spacecraft touchdown in the "saddle" region of 433 Eros becoming the first spacecraft to land on an asteroid.



February 13th 1945 USSR captures Budapest, after a 49-day battle with Nazi Germany in which 159,000 die.



February 14th 1876 Alexander Graham Bell and Elisha Gray apply separately for telephone patents, the Supreme Court eventually rules Bell the rightful inventor.

February 15th 399 BC Philosopher Socrates is sentenced to death by the city of Athens for corrupting the minds of the youth of the city and for impiety.

February 16th 1659 1st known cheque written (£400), now on display at Westminster Abbey.

February 17th 1876 Sardines first canned by Julius Wolff in Eastport, Maine.



February 18th 1519 Hernán Cortés leaves Cuba for the Yucatan Peninsula, Mexico with 11 ships and 500 men.

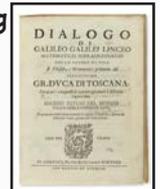


February 19th 1945 US 5th Fleet launches invasion of Iwo Jima against the Japanese with 30,000 US Marines.

February 20th 1792 US postal service created, postage 6-12 cents depending on distance.

February 21st 1804 1st locomotive, Richard Trevithick's, runs for the 1st time, along the tramway of the Penydarren Ironworks in Merthyr Tydfil, Wales.

February 22nd 1632 Galileo's book "Dialogue Concerning the Two Chief World Systems" is published comparing the Copernican and Ptolemaic systems and whether the Earth orbits the sun.



February 23rd 1836 Alamo besieged for 13 days until March 6 by Mexican army under General Santa Anna; entire garrison eventually killed.

February 24th 1868 US House of Representatives vote 126 to 47 to impeach President Andrew Johnson.



February 25th 1570 Pius V excommunicates Queen Elizabeth I of England for heresy and persecution of English Catholics during her reign. Also absolves her subjects from allegiance to the crown.

February 26th 1935 RADAR (Radio Detection and Ranging) first demonstrated by Robert Watson-Watt.

February 27th 1693 1st women's magazine "Ladies' Mercury" published in London, England.

February 28th 1983 Final TV episode of "M*A*S*H", a 2-hour special directed by series star Alan Alda titled "Goodbye, Farewell, and Amen", airs (CBS); record 125 million watch in the US

February 29th 1940 Hattie McDaniel becomes 1st African American woman to win an Oscar for "Gone With The Wind"





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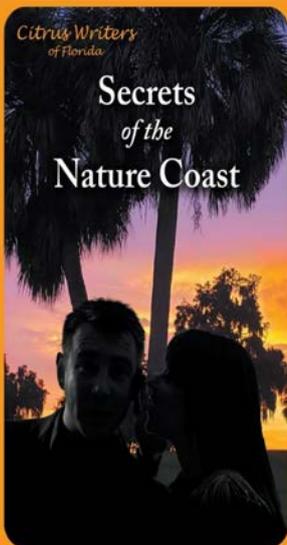


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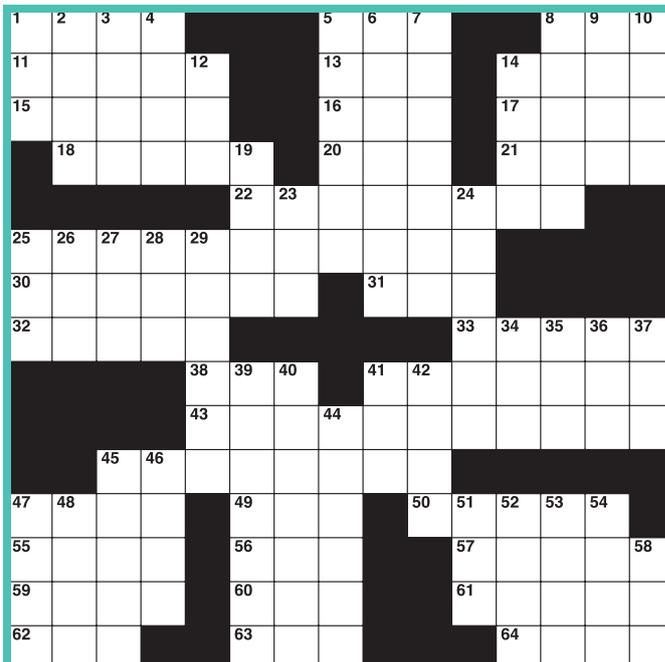
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- Every one of two or more things
- Member of Muslim people
- Play
- Type of cheese
- Type of lounge chair
- ___ King Cole, musician
- Fellows
- North, Central and South
- In an early way
- Foes
- Georgia rockers
- Cryptocurrency
- Narrow path along a slope
- Disallow
- Joyousness
- Inaccessible
- Evoke emotions
- Ancient kingdom near Dead Sea
- Boston Celtic punk rockers (abbr.)
- Sword
- Actor Idris
- Affirmative (slang)
- Afflicted
- One point north of northeast
- Born of
- Arabic name
- Traumatic brain injury (abbr.)
- Extremity
- Post

CLUES DOWN

- Pacific Standard Time
- Protruding ridge on nematodes
- Indian king
- Type of milk
- One who brings home the bacon
- More comprehensible
- Connected with sense of touch
- Red mineral
- Breezed through
- Therefore
- Supplement with difficulty
- Early kingdom of Syria
- Satisfy
- They confuse doctors (abbr.)
- Brass instrument
- Domesticated animal
- Ribonucleic acid
- Snakelike fish
- Woman (French)
- Economically-minded aircraft
- When you hope to get somewhere
- Tease
- Actress Gretchen
- Midway between northeast and east
- Inoffensive
- Yellowish cotton cloth
- Consume
- Does not tell the truth
- Improved something
- Spiritual leader
- Abba ___, Israeli politician
- Fix
- Evergreen tree genus
- Swiss river
- Prejudice
- Major C. European river
- Long, narrow strap
- Male parent

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Leap into these Leap Year facts

Leap Year typically takes place every four years. The process of adding a day to the calendar every four years was designed to realign the clock and calendar more closely with how long it takes the Earth to rotate around the sun, which is slightly longer than the 365 days attributed to a year. If not for Leap Year, the seasons would slowly shift out of place. There are many interesting facts to learn about Leap Year, and February 29 is the perfect time to explore them.

- ~ It takes the Earth 365 days, 5 hours, 48 minutes and 45 seconds to circle once around the sun, says Time and Date. Without leap years, we'd lose almost six hours every year. After a century, the calendar would be off by nearly 24 days.
- ~ Despite 2100, the next turn of the century, being divisible by four, it will not be a leap year. That's because it is divisible by 100 but not 400, which means it will not be a leap year. This exception to the rule pertains to new century years.
- ~ Forbes reports that it's likely the calendar will need to be changed again since the Earth's rotation rate, the axial tilt orientation and the Earth's orbital motion around the sun is not constant. Various effects, such as earthquakes and something called tidal braking, affect the passage of time.

- ~ Legend states that on February 29 it is alright for a woman to propose to a man, a custom attributed to St. Bridget. Bridget complained to St. Patrick that some women had to wait too long for their suitors to pop the question. As the legend goes, Patrick supposedly provided women this day to propose to compensate.
- ~ Some cultures view February 29 as an unlucky day. In Greece, couples are warned against planning weddings during leap years. In Italy, the phrase, "Anno bisesto, anno funesto" ("leap year, doom year") is uttered.
- ~ Individuals who are born on February 29th are known as leaplings or leapers.
- ~ Leap Day is not considered a legal day. Those who are leaplings have to choose February 28 or March 1 for their official and legal birthdays.
- ~ Individuals who are paid fixed monthly incomes often work for free on February 29th because their wages will not be calculated to include the extra day.
- ~ Guinness World Records indicates the only family it could verify as producing three consecutive generations born on leap days belongs to the Keoghs. The elder Patrick Anthony Keogh was born in 1940, his son Peter Eric was born in 1964, and his granddaughter Bethany in 1996.

Simple ways to cut cancer risk

Cancer affects people from all walks of life. According to the World Cancer Research Fund International, there were an estimated 18.1 million cancer cases around the world in 2020, and the breakdown was almost even among men (9.3 million) and women (8.8 million). Great strides have been made in cancer research in the twenty-first century, and that has led to countless lives being saved. Cancer prevention strategies are another potentially lifesaving tool in the fight against the disease. A significant percentage of cancer deaths could be prevented. In fact, the Prevent Cancer Foundation reports that research indicates about 50 percent of cancer deaths are preventable with the knowledge individuals have today. Perhaps the most comforting aspect of cancer prevention is that many of the strategies that can reduce instances of the disease are simple. That means individuals won't have to go to great lengths to include these strategies in their approach to cancer prevention.



- ~ **Avoid tobacco.** The link between tobacco use and cancer has been known for a long time, and the good news is the message touting the importance of avoiding tobacco is working. The American Cancer Society reports that cigarette smoking rates had reached historic lows in 2019. While that's great news, it might not tell the whole story, as consumers now have many other ways to use tobacco, each of which have been linked to cancer. So it's not simply avoiding cigarettes, but also cigars, hookahs, chewing tobacco, vaping products, and more, that is necessary to reduce cancer risk.
 - ~ **Shield your skin from the sun.** The PCF notes that exposure to the sun's ultraviolet rays causes the most skin cancers. The WCRFI reports that melanoma of the skin is the thirteenth most common cancer in men and the fifteenth most common cancer in women across the globe. Protecting the skin from the sun is as simple as applying a sunscreen with a minimum sun protection factor (SPF) of 30 and covering up when spending long periods of time in the sun. The PCF urges individuals to avoid tanning beds and protect their skin year-round, including in winter.
 - ~ **Utilize fruits and vegetables in your fight against cancer.** The popularity of plant-based diets is on the rise. In fact, retail sales of plant-based foods in the United States increased by 11 percent in a single year between 2018 and 2019, according to data from the Plant Based Foods Association. A greater reliance on plant-based diets could go a long way toward reducing cancer deaths, as the PCF notes a 2021 study found that three servings of vegetables and two servings of fruit each day reduced the risk of cancer death by 10 percent.
 - ~ **Avoid excessive alcohol consumption.** The PCF notes that alcohol has been linked to cancers of the breast, liver, esophagus, and colon. When consuming alcohol, women are urged to limit their consumption to one drink or fewer each day, while men should limit their consumption to two or fewer alcoholic beverages per day. The science is simple: the more alcohol a person drinks, the greater his or her risk for cancer.
- Cancer prevention is a vital component of a healthy lifestyle, and there are many simple ways people can cut their cancer risk.

Calling ALL Artists

Breast Cancer Mermaid™ Art Project

Deadline:
April 6,
2024



Being diagnosed with breast cancer makes a woman feel like she's lost that magical spark within. She has not! Join Dr. Charley Ferrer and Cancer Tamer Foundation for this unique and empowering look at women and breast cancer.

We welcome your interpretation of what a Mermaid with Breast Cancer would look like? Would she have one shell, two, none? Would she still have her lustrous hair? Would her tail be a little shabby?

Breast Cancer Mermaid™ Art Project Exhibition will be held during the Cinco de Mayo Weekend Health Expo on May 4, 2024, at Hernando Park in Brooksville. Other exhibition dates are planned for October. Top three selected artist will receive a special prize.



Visit www.CancerTamer.org for full details
Questions & Submissions:
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Determine the code to reveal the answer!

Solve the code to discover words related to weddings.
Each number corresponds to a letter.
(Hint: 14 = R)

A. 12 7 5 4

Clue: Promises

B. 10 14 9 3 11

Clue: Woman on her wedding day

C. 18 14 7 7 20

Clue: Man on his wedding day

D. 20 21 14 14 17

Clue: Get hitched

Answers: A. vows B. bride C. groom D. marry

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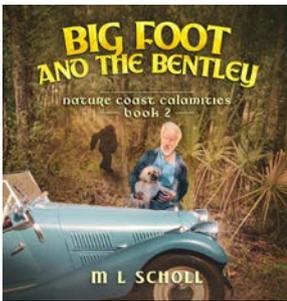


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Meet Mary Lu.

I have lived in Citrus County twice! I moved here from Arizona with the Postal Service in the early 80s, and then spent twenty years in Colorado. I moved back in 2018. It has grown, but most of what I loved is here, family. I love gardening, writing and public speaking. I no longer even pretend to fish. I have a pedal boat, but it's in dry dock...

My favorite destination is a Home Depot and I eat at Cody's or the Loft regularly. Citrus County Parks and Rec puts up with me as a casual laborer -- great people there.

I define myself now as a novelist. I have two cozy mystery series (short, fun, no profanity or gore) and love to help, and learn from, other the authors of Citrus Writers. Find us on Facebook!

BIG FOOT LOVE A character of Nature Coast Calamities looks for love and acceptance. (By Mary Lu Scholl)

Gruagach (one translation is Irish for Big Foot) sat in front of Bernie's house. He idly tossed a rock back and forth between his big, hairy hands.

Bernie sat on the far end of the bench. Not because he was afraid of his seven-and-a-half-foot friend, but because, try as he might, Gruagach was still a Florida Swamp Ape, and Swamp Apes were known to be -- pungent.

"So, let me get this straight. You are lonely and looking for love," Bernie summed up their evening conversation.

"Yes."

"How do you folks normally meet one another?"

"I don't know, I've never met anyone like me."

Bernie was single himself, but he had been married. He thought about how he had met his beloved wife. "I guess you really can't meet at a church social, can you?" Of course, he wasn't serious, he was just tossing out thoughts. "I used to go ice skating."

Gruagach just gave him a look. "Ice? Do you skate pieces of ice over the water in a pond, like skipping rocks?" He had doubts...

"I guess that's more suited to mountainous than marshy. Some animals mark their territory."

Gruagach gave Bernie a withering look.

"Sorry, a little too unsophisticated, huh?" Bernie thought a little longer. "You could advertise."

Gruagach considered, "How?"

"I get a newspaper called Peddler's Post. We could write a personal ad in their classified section and check for answers. You probably don't read..."

"Is that an insult?"

"Well, do you?"

"No."

"I could place the ad, watch for answers, and read them aloud when you visit."

Across the county, Marybeth was dangling her feet in the water and talking to her friend Brownie. Brownie was a petite, female Gruagach, barely six feet tall and with luxuriant chestnut curls, all over.

"You really don't know any boys?" Marybeth was only fourteen. The idea of no boys in her life was both welcome (she had way too many brothers) and appalling, she had started to notice that not ALL boys were obnoxious. "How old are you?"

"Why?"

"Well, you must want to meet someone close to your age."

"I'm grown up. I don't count very well. I've been in lots of hurricanes. How often do hurricanes come? Can I measure my age that way?"

"We'll just go with grown-up," decided Marybeth. "I guess you don't go to school, so you wouldn't meet boys that way. Do you go to movies?"

"What's a movie?"

"Never mind. Some people meet on the internet. My mom advertises in the Peddler's Post; I can help you do that!"

"Your mom advertises to meet a boy Gruagach?" Brownie looked just a little incredulous. Marybeth erupted into a fit of giggles.

"No, Silly. She advertises for her bakery. But we can read the personal ads and maybe write your own when we meet here on Saturday mornings.

The very next weekend, Marybeth pulled the latest issue of Peddler's Post out of her backpack. "Look what I found!"

Wanted:

SM to meet SF for LTR. Must love the outdoors and like animals. Respond to Lonely in the Nature Coast.

"There are other ads," Marybeth admitted, "but this one is the most promising." She deciphered the acronyms for Brownie.

It was hard for Brownie to not get too excited! Maybe, at last... "How do I answer it?"

"I looked up a lot of sample ads and responses. Some were," Marybeth grimaced, "weird. I asked Mom about some of them, and she had a couple of suggestions." She pulled a small notebook out of her backpack. "She asked if you like peanuts and music."

Brownie nodded.

"Let's start with:

Dear Lonely in the Nature Coast. I love Pinecones and Peanuts, and dancing in the rain. I love making noise at midnight. Also, I am unencumbered by conventional expectations."

"What the heck does that mean?"

"I dunno, but Mom said it would prepare him for unusual. You are that, you know."

"Put in there that I want to make lots of babies."

Marybeth hesitated, "It might be a little too soon to put that in. Maybe just put exciting female looking for love?"

"I am not good with patience. This is taking too long." Brownie fretfully skimmed a flat rock over the top of the pond.

"You've waited this long. What's a little longer to get it right?"

Bernie had the paper rolled into a tight tube. Was he doing this right? Was he interfering or helping? Gru showed up as the sun was sinking. He settled gently, mindful of the time he had just flopped down and the flimsy wrought-iron seat had tumbled over beneath him, nearly breaking Bernie's leg.

"Hey, Friend!" Each greeted the other in unison.

Gruagach had been waiting on pins and pine needles all week, but Bernie had been teaching him what Bernie called good manners.

Gru nodded, politely. That was for the niceties. "Well?"

Bernie laughed. "Yes, we have an answer." He read it out loud.

"What the heck is unencumbered, etcetera about?" Gru asked.

"I thought that was a little unusual and so I asked about it on a dating site." The less said about that experience the better. He had to join to query their forum, now he was getting progressively strange messages. Now, he too was also a little trepidatious about that part of the response. "It means be prepared for unusual. Are you ready to answer?"

Gru: I am not dysfunctional. I eat all-natural foods. I am moderately famous.

Brownie: I like camping. I like music. Come on Baby, Light My Fire. Just kidding, I don't smoke.

(Marybeth's mom was really getting into this.)

Gru: I want to make lots of babies.

Bernie had argued against that at this stage, but Gru had insisted.

Brownie was so excited!

Gruagach and Brownie showed up on opposite sides of a small stream. It was love at first sight. Brownie smiled and Gru's big feet splashed his way out of loneliness and into love...

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29 famous leaplings

Individuals who are born on February 29 are known as leaplings. The chances of being born on a Leap Day are slim, as estimates suggests there is a one in 1,461 chance of becoming a leapling. Being born on Leap Day can be both entertaining and frustrating, as it means having to celebrate your birthday on a day that is not exactly the true anniversary of your birth. However, since February 29 comes around just once every four years, it may mean you can celebrate four times as much to make up for lost time. Many notable individuals were born on February 29. Here's a look at 29 well-known individuals who were born on February 29.

1. Ja Rule: Hip-hop artist.
2. Tyrese Haliburton: Athletes
3. Ferran Torres: Athlete
4. Joss Ackland: Actor
5. Tony Robbins: Motivational speaker
6. Pedro Sanchez: Spanish politician
7. Mark Foster: Rock singer
8. Jessie Usher: Actor
9. Peter Scanavino: Actor
10. Max Torina: Actor
11. Korede Bello: Pop singer
12. Khaled: Folk singer
13. Dinah Shore: Pop singer
14. Gioachino Rossini: Composer
15. Lena Gercke: Model
16. Jessica Long: Athlete
17. Majesty Rose: Pop singer
18. Antonio Sabato, Jr.: Actor
19. Bizzy: Rapper
20. Dennis Farina: Actor
21. Deelodoitall: Rapper
22. Joey Greco: Actor
23. Monte Kiffin: Football coach
24. Janvi Chheda: Television actress
25. Dave Williams: Singer
26. Lydia Jacoby: Athlete
27. Jimmy Dorsey: Jazz musician
28. Pepper Martin: Athlete
29. Masten Gregory: Race car driver

Michele (Spring)

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ABOUT THE AUTHOR

MaryAnn lives in Citrus County with her husband, Felix, and her two dogs, Declan and Eddie. She enjoys writing fiction in various fantasy sub-genres.

Her novels in the An Unexpected Travel in Time trilogy are time-travel stories. Book 1 -- Sail Again leaps you onto the Titanic. Book 2 - The Gateway's Continuum, continues the characters' tale in Manhattan. Book 3 is a work-in-progress that will reveal the characters' connection. MaryAnn recently published a collection of short stories, Echoes From Afar. She is a member of the Citrus Writers group, Florida Writers Association, and Writers Alliance of Gainesville.

LINKS

Amazon Author Page Link: www.amazon.com/stores/M.A.-Sciavillo-Lopez/author/BO9X3FYWM1

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Captain Rattlebones

By MaryAnn Sciavillo-Lopez

Captain Rattlebones was an ill-reputed pirate who stole the treasures from ships sailing up through the Caribbean, north through the Gulf of Mexico, until he reached Cedar Key. He was a ruthless Captain to the men onboard his ship, the *Serpent*, and to any land-lubbers he came across. Everyone living in Cedar Key knew of his torment and would run and hide whenever his ship sailed near the shores of the small Key.

In the late 1800s, he met his demise in a duel against the pirate Captain Gunder. Unlike Rattlebones, Gunder stole the riches of the wealthy to help the poor, like his hero in the tall tales he read of Robin Hood. Before Rattlebones and Gunder met face-to-face for their standoff, Rattlebones had hidden his treasure somewhere in Cedar Key, never to be found.

Soon after the duel, Captain Gunder's ship was lost at sea off the Nature Coast. A rumor spread along the coast that Captain Rattlebones' ghost had haunted Gunder until he went mad. Gunder forced his men, by threats of being tossed over the plank into shark-infested waters, to set sail toward the eye of an enormous hurricane. The hurricane ripped his ship apart and he and his crew perished. Not one onboard survived.

For over two hundred years, stories spread of the sightings of Captain Rattlebones' ghost wandering around the small island of Seahorse Key, infamous for the hundreds of Cottonmouth Snakes residing there. It's been said he won't rest until he can retrieve his treasure, but so far, no one has had the bravery to dig on the shores of the island knowing the risk of being bitten by the snakes.

One chilly winter night, during the Hunter's full moon, a group of four teenage boys, Jack, Tom, Sam, and Ethan, rowed their boat to a hidden alcove and built a bonfire. They were causing a ruckus and throwing rocks at a nearby buoy to see who could hit it the most, but they were far enough away from anyone to hear them.

After reaching boredom with their game, they decided to pilfer clams from one of the private underwater farms before high tide. The four entered the chilled water up to their waist and dove in blind in the dark brackish water, where it mixed from the Suwannee River into the water of the Gulf of Mexico. They gathered a small pile of clams, brought them to the shore, and sat near the bonfire, eating their reward.

The troublemaker in the group, Jack, dared the group to row their boat over to Seahorse Key to go looking for Captain Rattlebones' treasure.

"No way. I'm not going to get bitten by poisonous snakes to search for a rumored treasure," Tom said.

"Me neither," Sam, agreed.

"Chicken," Jack yelled and imitated a chicken walking across the sand. "What about you, Ethan? You chicken too?"

"I, um, I," Ethan stuttered.

"I figured," Jack taunted.

"I didn't say I wouldn't," Ethan whispered.

"Well, let's go then. Leave these two babies to walk home," Jack yelled and climbed into the boat.

Ethan sauntered behind Jack.

"You better be careful," Tom warned. "Security might catch you or you might get bitten, or maybe both."

Jack shrugged his shoulders. Ethan looked back at the two boys left on shore. Dread showed on his face.

"Start rowing," Jack ordered.

Ethan, who was afraid of Jack, especially when they were alone together, obeyed Jack's instructions and rowed all the way to the opposite side of the island. They believed that Captain Rattlebones had buried his treasure there, near the location of the University of Florida's Marine Lab. Not having shovels with them, they carried the oars to shore. They dug in several spots along the shore with the paddle end of the oars.

After about a half-hour, Jack stopped digging. "Forget it. We'll never find the treasure. There are too many places to look."

"Yeah," Ethan agreed. "Let's leave."

As they were heading back to the boat, they heard a voice coming from the thick brush. It called out their names. They stopped walking and turned around, figuring Tom and Sam were playing games.

"Stop kidding, we know it's you, Tom, and Sam," Jack said.

"But how could they have reached the island without a boat?" Ethan's voice rose.

"Maybe they...." Jack stopped talking, his mouth agape and his finger pointing behind Ethan.

"What?" Ethan stuttered. He turned his head. A transparent outline of a man hovered there. The image glowed bright in the total darkness. That side of the island had no source of artificial light. The apparition stood in silence. His clothes resembled those worn long ago; a pirate's breeches, shirt, vest, and cap, with a flintlock pistol in his hand, aiming at a spot on the ground.

"Captain Rattlebones," Ethan whispered.

"Dig," the apparition's voice vibrated.

Terrified by the sight, but even more so if they didn't do what they were told, Jack and Ethan kneeled on the sand and dug with their oars until they hit something solid. They dug faster. Jack stood and put all his strength into digging until they uncovered a chest. Ethan looked up at the ghost and back down at the container.

"Wow, Ethan, we found the treasurer. Grab that side. We'll have to lift together," Jack said.

Ethan did as he was told and gripped his side, and together, they lifted it out of the hole. Jack rammed his oar into the rusted lock. It crumpled and fell apart easily. Jack lifted the lid and peered inside. His eyes widened upon seeing the pirate's plunder.

"No one touches my treasure. Get out." Rattlebones shouted. His voice echoed.

A blood-curdling sound emitted from Rattlebones. As if commanded, hundreds of snakes came out of their hiding and slithered toward the boys.

Jack and Ethan didn't hesitate upon hearing the ghost's warning. They ran faster than they had ever run before and reached their boat. The snakes followed close behind and swam toward them, trying to climb inside after them. Jack and Ethan pushed the snakes away with their oars and as soon as they cleared their path, they each rowed toward where they left their friends.

They told their frightening tale to Tom and Sam, but their friends didn't believe them.

"That's just your scaredy-cat fear talking," Tom snickered. "Who's not so tough now?"

"But, but," Jack stuttered.

Ethan shuddered. "He was really there."

"Yeah, right, Ethan. You, of all people. I can't believe you're covering Jack's story," Sam said.

"Let's get home before our parents ground us for a month," Tom said. "Then we'll have something real to fear."

Sam and Tom laughed and taunted Jack and Ethan.

Jack glanced at Ethan, then faked laughter. "You're right, we were making it all up."

"Yup, making it all up," Ethan repeated.

Jack and Ethan didn't say another word all the way home, and neither spoke of their experience again.

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The nutritional benefits of sweet potatoes

Sweet potatoes are enjoyed throughout the year, but their popularity may peak during fall and winter when they are an important part of holiday meals. Sweet potatoes were cultivated in Central or South America at least 5,000 years ago. They eventually were introduced to Europeans by explorers like Christopher Columbus, and soon these bright-orange delights became staples of diets across the globe.

According to WebMD, sweet potatoes are not potatoes, but sweet roots in the morning glory family. There are hundreds of varieties of sweet potatoes. While the most common have bright orange pulp, other varieties are yellow, red or purple.

There are many good reasons to enjoy sweet potatoes regularly. According to Healthline, sweet potatoes offer a host of nutritional benefits that make them worthy of inclusion on any dinner table.

~ **Low in calories:** A one cup serving of sweet potatoes is around 180 calories with negligible fat content, 41 grams of carbohydrates, and 6.6 grams of fiber.

~ **Help stabilize blood sugar:** Sweet potatoes are higher in fiber than white potatoes, which can provide more stability for blood glucose, says Everyday Health. The fiber in the sweet potatoes helps slow the digestion of sugar from the food, resulting in a steadier rise and fall in blood sugar.

~ **Loads of vitamin A per serving:** Sweet potatoes contain 213 percent of the Daily Value of vitamin A. Vitamin A is important for eye health and can boost the immune system. It's also good for organs like the heart and kidneys. The vitamin A in the potatoes can reduce the risk of macular degeneration and age-related cataracts.

~ **Beta-carotene connection:** Sweet potatoes also are high in beta-carotene, which is a carotenoid that can be converted to vitamin A. Along with other carotenoids, beta-carotene helps with macular health and could sharpen vision.

~ **Promote gut health:** The fiber and antioxidants in sweet potatoes are important for digestion. Sweet potatoes contain soluble and insoluble fiber which can help move stool along. The fiber also can be fermented by digestive bacteria to create a healthy digestive biome that keeps the intestines healthy, according to Healthline.

~ **Might reduce inflammation:** Consuming the beta-carotene in sweet potatoes may do more than just boost vision. Some researchers believe this antioxidant can clean the body of free radicals that may cause inflammation in the body. Some studies indicate low levels of beta-carotene is associated with higher risk of heart disease.

These are just some of the benefits of including sweet potatoes in your dietary regimen.



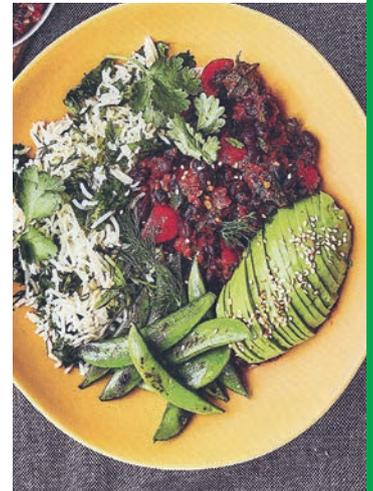
A meatless meal to enjoy during Lent

The forty days and nights of Lent are a time for reflection and anticipation of Easter's arrival. Fasting, which for many Christians includes skipping meat and animal products each Friday, also is part of the preparation. Individuals who are unaccustomed to going meat-free may need to expand their culinary repertoire to ensure Friday meals continue to be filling and tasty.

This recipe for "Herby Rice and Black Bean Salsa Burrito Bowl" from Niki Webster's "Rainbow Bowls" (Sourcebooks) is full of protein-rich beans, flavorful herbed rice and satisfying avocado. It can be enjoyed as a quick and easy, meatless lunch or dinner.

Herby Rice and Black Bean Salsa Burrito Bowl (Serves 2)

- Splash of olive oil
- 100 grams sugar snap peas
- 1 avocado, flesh sliced
- For the rice:
- 2 tablespoons extra virgin olive oil
- 250 grams cooked basmati rice
- Juice of 1/2 lime
- 1 teaspoon maple syrup
- 40 grams fresh herbs, such as coriander, flat-leaf parsley, mint and/or dill, chopped
- Sea salt and black pepper
- For the black bean salsa:
- 240 grams canned black beans, drained and rinsed
- 2 tablespoons sun-dried tomato paste
- 100 grams cherry tomatoes, chopped
- Juice of 1/2 lime
- 4 tablespoons fresh mint, shredded
- 1/2 teaspoon sea salt flakes
- Pinch of chili flakes



To make the rice, add 1 tablespoon of the oil to a frying pan with the cooked rice, lime juice and maple syrup. Fry for 1 to 2 minutes on a medium heat, then add the fresh herbs. Add the remaining tablespoon of oil and season with salt and pepper. Set aside and keep warm. Set a small frying pan or griddle pan on a medium heat. Add a splash of olive oil and the sugar snaps and fry for 2 to 3 minutes until a little charred.

To make the black bean salsa, add all the ingredients to a bowl and stir to combine.

To serve, load two bowls with the rice mixture, black bean salsa, sugar snaps, and sliced avocado.



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Did you know?



According to the Cleveland Clinic, cherries get their notable color from anthocyanins, a group of deep red, purple and blue pigments found in various plants. Anthocyanins are flavonoids, which are plant-based chemicals that provide a host of nutritional benefits. Flavonoids boast antioxidant properties, which can protect individuals against inflammation and help them fight free radicals. That's noteworthy, as free radicals are unstable molecules that can damage blood cells and skin cells. The Cleveland Clinic also notes that free radicals have been linked to chronic diseases, including cancer, diabetes and heart disease. By eating more cherries, individuals can make themselves less vulnerable to the damage caused by free radicals, which is reason enough for anyone to include these colorful and powerful fruits in their daily diets.

Did you know?

The hormone cortisol can affect individuals' vulnerability to heart disease. According to the University of Rochester Medical Center, cortisol is released as part of the human body's natural response to stress. Though cortisol is not inherently harmful, the URMC reports that studies have suggested high levels of cortisol resulting from long-term stress can increase blood cholesterol, triglycerides, blood sugar, and blood pressure. Such increases elevate individuals' risk for heart disease. Various studies have found that acute stress can have a positive impact, providing motivation to accomplish goals and overcome daily challenges. However, individuals with chronic stress are urged to speak with their physicians so they can avoid the adverse outcomes, including heart disease, that can develop when individuals have high levels of cortisol related to long-term stress.



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Cherries are the star of this Valentine's Day treat

Tart, red cherries and Valentine's Day seem to be the perfect pair. Not only do cherries align with a Valentine's Day color scheme, they even resemble little hearts when hanging from their stems.

Celebrating Valentine's Day involves many different traditions, and enjoying decadent desserts is among them. Purchasing ready-made treats from a local bakery is one way to indulge in a sugary confection, but crafting a recipe at home is another way to show that special someone how much you care.

"Cherry Pie Bars" are not exactly a pie, but a pound cake with a cherry pie filling swirl. They can be made for many different occasions, but make for something sweet on Valentine's Day. Whip up this recipe from "Butter, Flour, Sugar, Joy" (Sourcebooks) by Danielle Kartes.

Cherry Pie Bars (Yield: One 9-by-13-inch pan)

- 2 cups sugar
- 1 cup butter, softened
- 4 eggs
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 21-ounce can cherry pie filling

Preheat oven to 350 F. Line a 9-by-13-inch pan with parchment paper.

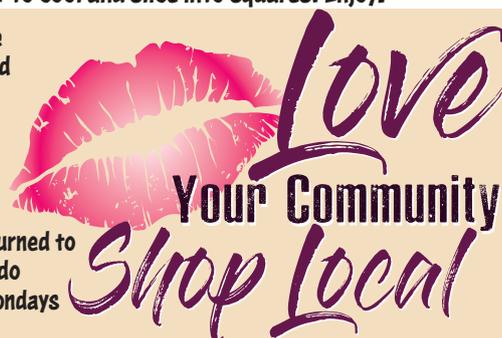
In a stand mixer, or with a hand mixer, cream sugar and butter on low. Add the eggs one at a time. Beat until just combined.

Add the flour, baking powder and salt. Spread a little over half the cake batter into the pan. Evenly spread the pie filling over the top, and spoon the rest of the cake batter over the pie filling. It's fine if the cherries show through.

Bake 35 minutes or until the top has turned slightly golden. Do not overbake. Allow to cool and slice into squares. Enjoy!



A husband and wife came for counseling after 15 years of marriage. When asked what the problem was, the wife went into a passionate, painful tirade listing every problem they had ever had in the 15 years they had been married. She went on and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of un-met needs she had endured over the course of their marriage. Finally, after allowing this to go on for a sufficient length of time, the therapist got up, walked around the desk and, after asking the wife to stand, embraced and kissed her passionately. The woman shut up and quietly sat down as though in a daze. The therapist turned to the husband and said, "This is what your wife needs at least three times a week. Can you do this?" The husband thought for a moment and replied... "Well, I can drop her off here on Mondays and Wednesdays, but on Friday's, I fish!"



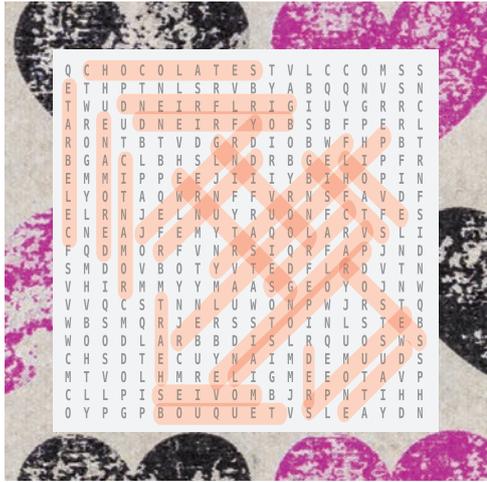
Meet our Citrus County Peddler's Post T-shirt Winner, Maiko!
 We were not yet able to meet in person, yet, but I did have the pleasure of talking with Maiko over the phone while she was in London. She has been working as a flight attendant with American Airlines for 26 years caring for people on life's journey. She was gracious enough to send me a selfie of her in her adorable uniform to claim her new t-shirt.

Maiko has been a resident of Citrus County, FL for 7 years now. She picked up her January's Peddler's Post at Chicken King in Hernando, FL. When she is not caring for people on life's journey she enjoys just being with and spending time with her husband and boys at home and in their community. Maiko and her husband home school their boys and are enjoying that journey with them while they are young. Maiko says that her awesome husband not only keeps up with the homeschooling of their boys but also their mini farm they call home in Floral City, Florida. They share their home with 11 ducks, 2 tortoises, 3 dogs, and 2 cats.

Maiko loves all of the nature Central Florida has to offer. She also said she loves the Peddler's Post and picks one up every month. (When Maiko returns home, we will get an actual picture of her with her shirt). Can't wait to meet you in person Maiko!



HOW MANY HOURGLASSES WERE HIDDEN IN THE JANUARY EDITION?
6 TOTAL
 - 3, 11, 23, 29, 31, 36



Did you know?

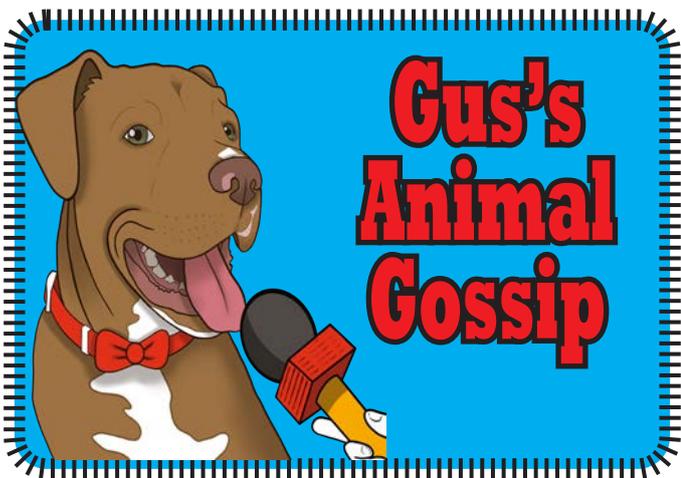
Sweet potatoes and yams may seem similar but they are not one and the same. Even though the names for these foods are used interchangeably, yams and sweet potatoes actually are two distinct foods. Yams and sweet potatoes differ in flavor and appearance and come from different plant families. Sweet potatoes are in the morning glory family while yams are from the lily family. Yams are starchier, harder and not as sweet as sweet potatoes. Their texture is more reminiscent of traditional potatoes or yuca. Yams will have black or brown skin that is bark-like in appearance with white or purple flesh. Yams can grow quite large, even up to 100 pounds. Conversely, sweet potatoes are sweeter, softer and more fibrous than yams. They also can come in a variety of colors of both the skin and flesh. Sweet potatoes only grow to be a few ounces in size. While you cannot use a yam as a substitute for a sweet potato, there are some sweet potatoes that are not as sweet and may replace yams in recipes. Stores don't seem to recognize the distinction between yams and sweet potatoes. In fact, the next time you go to a store and see yam on a sign in the produce section, it is likely a sweet potato.

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Did you know?

Dental issues are a cause of concern for pet owners. The Cornell Richard P. Riney Canine Health Center says periodontal disease is one of the most common health issues in veterinary medicine. Studies show that 80 to 90 percent of dogs over the age of three have some type of periodontal disease, even if the pet's teeth look clean. The Veterinary Oral Health Council says there are certain commercial pet foods and water additives that are designed to minimize the formation of plaque on pets' teeth that can lead to periodontal disease. However, once plaque is present, only a professional cleaning can remove it, as brushing and food/treats alone will not address the condition.

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Conditions that can affect pets' oral health

A happy and healthy pet can be a wonderful addition to a home. The unconditional love that companion animals provide is often well worth the devotion of time and resources that goes into ensuring pets live happy and healthy lives.

Oral health care is one of the common areas of pet health that some pet parents overlook, but it is just as important as other wellness issues. The American Veterinary Medical Association advises that dental health is a very important part of pets' overall health. Dental problems can cause certain issues, or they can be a byproduct of other health problems. Understanding some of the conditions that can affect pets' teeth and gums may compel their owners to take swift action if such issues arise.

Gum diseases

Bacterial infections of the gums and other oral tissue can cause inflammation of the gums. If periodontal disease is untreated, Merck Veterinary Manual says tooth loss can occur.

Gum disease is caused by bacteria that leads to the formation of plaque at the gum line. Pet owners should be diligent in brushing their pets' teeth to reduce bacteria. Eating crunchy foods and treats alone will not clean teeth. Veterinarians also may recommend routine dental scaling treatments, particularly for breeds that are at elevated risk for periodontal disease.

Broken teeth and roots

Broken teeth and roots are most often caused when pets bite into something that is too hard. The Cornell Richard P. Riney Canine Health Center says pet owners should employ the "fingernail test" on pet toys. In this test, one should be able to make a dent in the item with a fingernail to mark it as safe as a chew toy. Antlers, hooves and bones may fracture teeth. Pets also should not be allowed to chomp down on ice cubes.

Teeth also may become fractured through rough play, such as a tug-of-war session with a toy. Pet owners should carefully gauge the pressure at which they play such games.

Tumors

Oral tumors are abnormal growths that can form in pets' mouths. Some tumors are benign, while others are malignant and can spread. All unusual growths should be checked out by a veterinarian. VCA Animal Hospitals says male dogs seem to be twice as likely to develop oral cancer than female dogs. Also, Akitas, Cocker Spaniels, Boxers, Dachshunds, Doberman Pinschers, Golden Retrievers, and Poodles are among the breeds that seem to be predisposed to oral cancers.

Bad breath

The most common cause of bad breath in pets is periodontal disease. Having pets' teeth cleaned and staying current on oral hygiene can help.

Additional causes of bad breath may include poor kidney or liver health, as the pet may be having issues filtering waste out of its body, says Apple Valley Animal Hospital.

Routine vet visits can alert pet owners to potential oral health issues. Taking dental care seriously can help keep pets healthy.





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