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FEBRUARY 2024

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JOKES-PUZZLES-CLASSIFIEDS-RECIPES-COMMUNITY EVENTS-FEATURE ARTICLES

The rules about leap years

It's widely accepted that a year is 365 days long. However, that statement is not entirely accurate. In fact, it takes Earth a little more than 365 days (365.24223 days to be precise) to orbit the sun. A calendar cannot accommodate that small distinction every year. In order to ensure that seasons do not start drifting from the difference between the Earth's rotation and the time it takes to get around the sun, leap years were established to keep the calendar more consistent and working like clockwork. The first modern leap year took place in 1752.

Certain guidelines were established to determine which years would be leap years. A leap year typically arrives every four years. However, in terms of end-of-century years, they must be divisible by 400. That is why the year 2000 was a leap year but 1900 was not, according to Royal Museums Greenwich.

This approach is not an entirely foolproof plan since there still may be very small discrepancies in time. Leap seconds have been added to keep time ticking correctly at various points throughout the years. This occurred on December 31 in the years 2005, 2008 and 2012, and also on June 30, 2015.

In terms of adding a day to the calendar for the leap year, it is placed in February, which already is the shortest month. While February is typically 28 days, in leap years the month features 29 days. A leap year next occurs in February 2024, and then again in 2028, 2032 and 2036.



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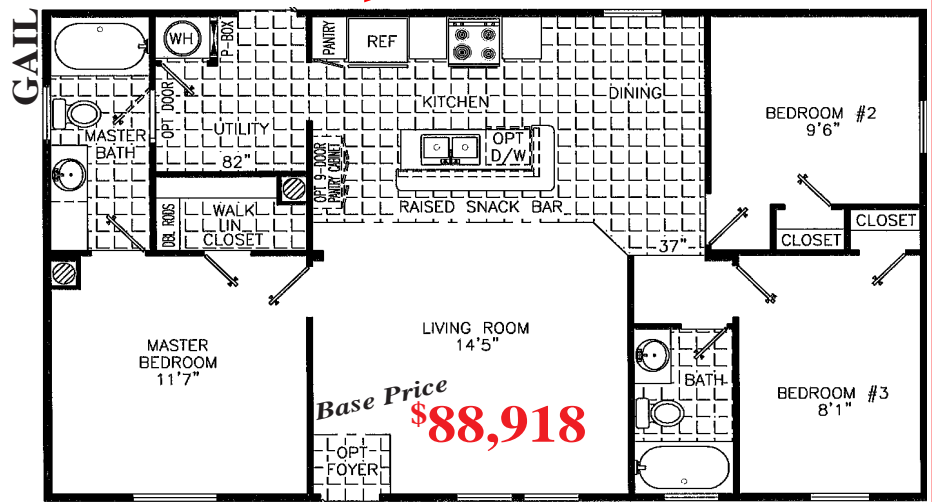
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Did you know?

Exercise is just as beneficial for older adults as it is for children and young adults. According to the Centers for Disease Control and Prevention, engaging in regular physical activity is among the most important steps older adults can take as they seek to safeguard their overall health. Such activity can prevent or delay many age-related health problems and strengthen muscles while improving balance, which can reduce risk for falls and injuries such as broken bones. The CDC notes that certain physical activities can be characterized as multicomponent activities, which means they combine aerobic activity, muscle strengthening and balance training. Examples of such activities include dancing, yoga, tai chi, gardening, and even sports participation.

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- 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!
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WEEK 2: JANUARY 12TH-19TH WINNERS:

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Surprise your sweetheart with a heart-shaped brownie treat this Valentine's Day

Valentine's Day is steeped in tradition, and perhaps no custom is more indulgent than exchanging sweets with a sweetheart on February 14. Store-bought chocolates and candies are undeniably popular on Valentine's Day, but those who want to go the extra mile for that special someone recognize that nothing sends that message more loudly than a homemade treat. Baking novices need not feel intimidated when whipping up something for a sweetheart this Valentine's Day. This recipe for "Chewy Brownies" courtesy of The Food Network is easy to prepare and produces a delectable treat that can make any sweetheart swoon this February.

Chewy Brownies- (Yields 8 to 10 servings)

- 1 cup granulated sugar
- 1 cup dark brown sugar
- 2 teaspoons vanilla extract
- 1/2 teaspoon kosher salt
- 2 large eggs plus 2 yolks
- 1 stick (8 tablespoons) unsalted butter, melted
- 8 ounces semisweet chocolate chips
- 1/2 cup vegetable oil
- 1 1/4 cups all-purpose flour
- 1/4 cup cocoa powder

1. Preheat the oven to 350 F. Line a 9-by-13-inch baking pan with parchment paper and spray with cooking spray.
2. Combine the granulated sugar, brown sugar, vanilla, salt, whole eggs and yolks in a large bowl; set aside.
3. Melt the butter and chocolate in a double boiler, then whisk together until fully combined. Mix in the vegetable oil. Pour the chocolate mixture into the sugar mixture and mix until fully combined. Fold in the flour and cocoa.
4. Pour the batter into the prepared pan and bake until a toothpick inserted in the center comes out clean, 30 to 35 minutes. Let cool completely before slicing.



4 interesting facts about the month of February

February is the shortest month of the year. Unless it's a leap year, when an extra day is tacked on to the end of the month, February is just 28 days long. Despite its brevity, February is a notable month, and the following are four interesting facts about the second month of the year.

1. The name "February" comes from the Latin word "februa," which means "to cleanse." The ancient Romans celebrated a festival of purification and atonement known as Februalia, and historians believe that celebration, which lasted a month, occurred around the time of year that the month of February now takes place.
2. February is arguably the most unique month on the calendar thanks to the phenomenon of the leap year. According to NASA, the Earth takes approximately 365 days and six hours to orbit the sun and approximately 24 hours (one day) to rotate on its axis. NASA notes that most years are rounded down to 365 days, though that does not erase the extra six hours in each year. So approximately every four years an extra day is added to the calendar in February. That will actually take place in 2024, which should excite anyone whose birthday happens to be February 29.
3. Speaking of February 29, many a notable event has taken place on that unusual date over the years. On February 29, 1720, the Queen of Sweden, Ulrika Eleonora, abdicated her throne in favor of her husband, who became King Frederick I a little less than a month after his wife's abdication. On February 29, 1940, actress Hattie McDaniel became the first African American to win an Academy Award. And on February 29, 1996, the Siege of Sarajevo officially ended, marking the end of a conflict that had lasted 1,425 days.
4. Though it's typically only 28 days, February still provides many opportunities to celebrate. February is Black History Month in both the United States and Canada, and has recently been observed in Ireland and the United Kingdom as well. February also features Mardi Gras and "Fat Tuesday," the final, and often festive, feast day before the Christian season of Lent begins on Ash Wednesday. American history buffs also have plenty of reasons to celebrate in February, as the month marks the birthdays of Abraham Lincoln (February 12), Susan B. Anthony (February 15) and George Washington (February 22), among others.

| 02 2024 February | | | | | | |
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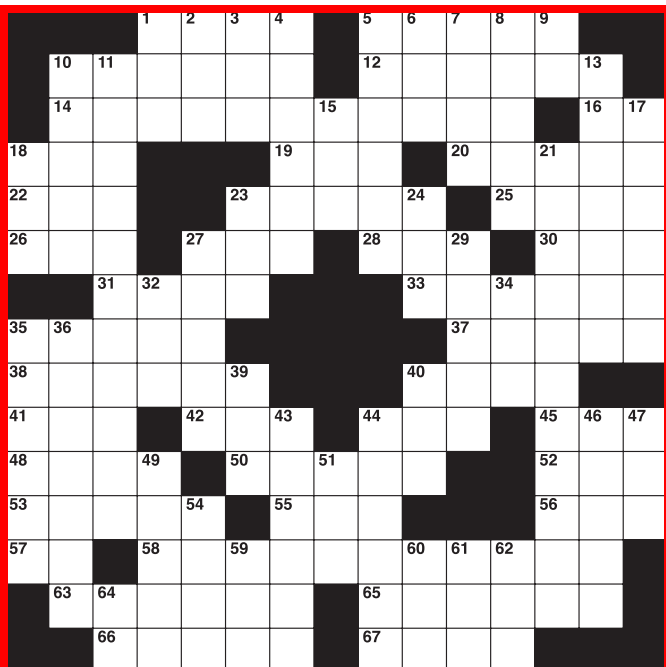
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CLUES ACROSS

- 1. Gene type
- 5. Persian male given name
- 10. Type of protection
- 12. Cloud
- 14. One who returns to life
- 16. Gym class
- 18. General's assistant (abbr.)
- 19. Baby's dining accessory
- 20. Enchantress
- 22. Prefix denoting "in a"
- 23. Spiritual leader
- 25. Cavities
- 26. Relative biological effectiveness (abbr.)
- 27. Foot (Latin)
- 28. Sweet potato
- 30. Pharaoh of Lower Egypt
- 31. Land
- 33. More inquisitive
- 35. Dog breed: -- Apso
- 37. Stood up
- 38. Direct and uninhibited
- 40. Authorless
- 41. Blocking type of drug (abbr.)
- 42. Retrospective analysis (abbr.)
- 44. Root mean square (abbr.)
- 45. Macaws
- 48. Actress Remini
- 50. Polynesian wrapped skirt
- 52. City of Angels hoops team (abbr.)
- 53. Fitzgerald and Baker are two
- 55. Bowling alley must-have
- 56. A way to cool down
- 57. Ethnic group in Asia
- 58. A way to alter
- 63. Set of five
- 65. Removes from the record
- 66. Dummies
- 67. Set period in office

CLUES DOWN

- 1. DC Comics superhero
- 2. Brew
- 3. Play
- 4. Single-celled animals
- 5. Rough to the touch
- 6. Small island (British)
- 7. Often noted alongside cons
- 8. Preparation of rootstock
- 9. Atomic #44
- 10. Egyptian unit of capacity
- 11. About secretary
- 13. Particular groups
- 15. Poke fun at
- 17. Make certain that something occurs
- 18. Financial term
- 21. Justify
- 23. Arbiter
- 24. 007's creato
- 27. Czech name for Prague
- 29. Groans
- 32. American time
- 34. No seats available
- 35. -- Stahl, journalist
- 36. Cleft lip
- 39. Talk incessantly
- 40. Expresses atomic and molecular weights (abbr.)
- 43. A part of a river where the current is very fast
- 44. Curdled milk
- 46. Running competitions
- 47. A team's best pitcher
- 49. Carthaginian explorer
- 51. World-renowned city
- 54. Most common Japanese surname
- 59. The bill in a restaurant
- 60. They --
- 61. City of Angels football team (abbr.)
- 62. Distinctive practice
- 64. One quintillion bytes

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CRYPTO FUN

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Determine the code to reveal the answer!

Solve the code to discover words related to Valentine's Day.
Each number corresponds to a letter.
(Hint: 11 = C)

A. 1 16 13 13 20 1
Clue: Candy

B. 14 5 6 3 7 11 13
Clue: Excitement about love

C. 11 3 14 9
Clue: Offers a greeting

D. 11 15 5 11 5 18 3 20 13
Clue: Rich and creamy treat

Answers: A. sweets B. romance C. card D. chocolate

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COMMUNITY BOARD

FEBRUARY

6th

West Hernando Library Meeting, February 6 at 12:30 to 2:30 pm. Contact for Meetings: Karen Sabin (352)515-1051. Research schedule for LDS Family History Center: 3rd Friday, 9-12 noon; Every Wednesday, 6-8 p.m.; 2nd Saturday 9-Noon; or appointment Contact: John Ellis (313)716-7804 and leave message.

11th

Helping Hands Pancake Breakfast. All you can eat pancakes, sausage, coffee, juice, and tea Sunday Feb. 11. 7:30 - 11:30 am Open to the public- Brookridge Community Clubhouse - 8150 Hampton St. Brooksville, FL 34613 - \$7.00 donation Tickets available at door or in room D Thursdays 9-11am. No ticket necessary to shop our crafts or auctions. We sew for Hospice, Project Linus, Veterans, Local Nursing Homes, Fostering Hope, Youth Center, The Life Center (TLCHousing for homeless pregnant woman), People of Brookridge. SPONSORED BY HUMANA

16th

Genealogy Society of Hernando County (GSHC) -- Will meet February 16 at LDS Family History Center, 21043 Yontz Rd., Brooksville at 10 a.m. There will be a presentation on 'Heirlooms' by Karen Lowe. LDS dress code requests "No Shorts".



Hernando County Care Line: The Hernando County Sheriff's office has established a program for the security and well-being of those people living alone who would like daily contact with someone who cares. To participate in this program, you can request an application from the Hernando County Sheriff's Office, (352) 797-3660 or go on-line to www.hernadosheriff.org

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So there was this man in Bulgaria who drove trains for a living.

He loved his job. Driving a train had been his dream ever since he was a child. He loved to make the train go as fast as possible. Unfortunately, one day he was a little too reckless and caused a crash. He made it out, but a single person died. Well, needless to say, he went to court over this incident. He was found guilty, and was sentenced to death by electrocution. When the day of the execution came, he requested a single banana as his last meal. After eating the banana, he was strapped into the electric chair. The switch was flown, sparks flew, and smoke filled the air -- but nothing happened. The man was perfectly fine.

Well, at the time, there was an old Bulgarian law that said a failed execution was a sign of divine intervention, so the man was allowed to go free. Somehow, he managed to get his old job back driving the train. Having not learned his lesson at all, he went right back to driving the train with reckless abandon. Once again, he caused a train to crash, this time killing two people. The trial went much the same as the first, resulting in a sentence of execution. For his final meal, the man requested two bananas. After eating the bananas, he was strapped into the electric chair. The switch was thrown, sparks flew, smoke filled the room -- and the man was once again unharmed.

Well, this of course meant that he was free to go. And once again, he somehow managed to get his old job back. To what should have been the surprise of no one, he crashed yet another train and killed three people. And so he once again found himself being sentenced to death. On the day of his execution, he requested his final meal: three bananas.

"You know what? No," said the executioner. "I've had it with you and your stupid bananas and walking out of here unharmed. I'm not giving you a thing to eat; we're strapping you in and doing this now." Well, it was against protocol, but the man was strapped in to the electric chair without a last meal. The switch was pulled, sparks flew, smoke filled the room -- and the man was still unharmed. The executioner was speechless.

The man looked at the executioner and said, "Oh, the bananas had nothing to do with it. I'm just a bad conductor."

ONGOING

ONGOING

Contact Crescent Community Clinic 352-610-9916 if you have no health insurance, live in Hernando Co., are ages 18-65, have a chronic health condition or a mental health issue. Crescent Community Clinic is a 501c3 nonprofit health organization, 5244 Commercial Way, Spring Hill 34606 Open Wed., Fri., Sat. by appointment. Health care is at no cost. Donations accepted.

Weeki Wachee Anglers Fishing and Social Club meets the first Wednesday of each month, at 6:30 p.m. Silverthorn Country Club, 4550 Golf Club Lane, Spring Hill 34607. This is a family oriented fishing and social club that is open to men, women and children who are interested in learning more about the sport of fishing and boating inshore and offshore and who enjoy fun social events. The meetings consist of guest speakers, raffles and door prizes. For more info, call Ron Auger, President, at 207-608-5442.

Withlacoochee Rockhounds: A non-profit organization with the purpose of fostering interest and promoting knowledge of minerals, gems, fossils and the earth sciences. We meet on the second Wednesday of each month @ 7pm in the Weeki Wachee Senior Citizens Club building, 3357 Susan Drive, Spring Hill, FL 34606. We have guest speakers, videos, demonstrations, classes, workshops and our annual Gem & Mineral show. Raffle every month! Educational and entertaining, fun for all ages! Contact info: withlacoocheerockhounds.com #352-587-2714 or find us on Facebook!

Weeki Wachee Seniors Citizens Club - Come and enjoy time with other active club members; indoor activities include Arts, Crafts: such as (Knitting, Crocheting, Rug Hooking) Card games (Canasta, Pinochle, Poker, Golf, Skip Bo) Games (Mexican Train Dominos, Board games). The Rock Club meets once a month and display gems, mineral, fossils and jewelry. BINGO is ongoing every Thursday 1- PM to 4 PM - Jackpot now is over \$200. (Open to the public) lunch, snacks, and drinks available. Building available to rent for those special events, call Carol (570-441-9139) Now a new program is starting, Sweating to the Oldies on Wednesday mornings. Location 3357 Susan Drive, Spring Hill, 34606 (east of Hwy 19 off Toucan Trail)

ROYAL HIGHLANDS CRIME WATCH ASSOCIATION, INC. Did you know there is a crime watch in your area? We have been in existence since 2010 and we need your help to keep our neighborhood safe. If you want to learn more about what we do and how you can help prevent and report crime in your neighborhood, you can attend one of our meetings, or call Bill at 352-799-0126. Meetings are held on the 2nd Tuesday of every month at Christian Church of the Wildwood, 10051 County Road, Building D, Weeki Wachee.

Genealogy Research Schedule for LDS Family History Center, 21043 Yontz Road, Booksville: 3rd Friday, 9-Noon; every Wednesday 6-8 p.m.; 2nd Saturday 9-Noon. by appointment call John Ellis (813)716-7804 and leave message.

Weeki Wachee Area Club BINGO Sat 11-2 pm; 7442 Shoal Line Blvd; Food available. WW Area Club meetings 1st Thurs of each month; Potluck at 6:00 pm followed by meeting. Please attend and find out how to join. Club rental avail. Call/text 863-381-4760

Hernando Beach Marine Group/Coast Guard Aux Building, 4340 Caliente St (corner of Shoal Line Blvd); Boating Safety & other classes by Flotilla 15-8; email uscguexd15.8. Monthly Family Fun Night with Karaoke, 7-10 pm, call John Paul 678-468-1943. Bldg Rental avail for special events, call Leslie 352-232-6901.

Brooksville Elks Lodge #2582. July is \$1 application Fee. Elks Care and Elks Share. Help us support our local veterans, foster children. Come see us for a relaxing time. Meet new friends. Become a member. Friday dinner dances 5-9pm. Sunday Line dancing 2-6 pm. The current months' calendar and events are at (elks2582.com) 13383 County Line Road Spring Hill Florida 34609 phone 352-799-7148 Renovated hall / dance floor. Hall available to rent for your next occasion. Seated Dining Capacity of 175. Building Capacity of 233 persons.

West Hernando County Coin club meeting is 2nd Monday of the month located at Saint Joan of arc on corner of spring hill dr and Coronado. Starts at 7pm doors open at 6:30. Buy and sell coins. We have auctions and education. Great fun

Veterans Heat Factory is a non-profit that offers free services to veterans & first responders. Services include free access to a gym, individual and group counseling and activities. We are open Mon & Wed 9am to 4pm and Friday by appointment. Monday modules at 1, guitar at 2:30, and art all day. Thursday evening bible study at 4:30pm and peer group at 6. Every 4th Thursday we host a free dinner and socialization. 16230 Aviation Loop Ave Brooksville FL phone: 352-251-7015

Brooksville Elks Lodge #2582. Public always Welcome. Come see us. See what we do, meet members, and ask questions. Elks Care and Elks Share. Help us support our community. Become a member. Also, See the Elks Lodge website @ elks2582.com for more information. 13383 County Line Road Spring Hill Florida 34609 phone 352-799-7148. Renovated hall / dance floor. Hall available to rent for your next occasion. Seated Dining Capacity of 175. Hall Capacity of 233 persons.

COMMUNITY BOARD SUBMISSIONS

To have your free community event or an event where the proceeds go to support 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 following 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 is to support your private business, then please see page 4 for our advertising rates.

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



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HOT BREAKFAST WORD SEARCH

- | | |
|----------------|-----------|
| BAGEL | GRAVY |
| BISCUITS | GRITS |
| BREAKFAST | HASH |
| BRUNCH | MORNING |
| BUTTER | MUFFINS |
| CEREAL | OATMEAL |
| CREPES | PANCAKES |
| CROISSANT | POACHED |
| EGGS | POTATOES |
| ENGLISH MUFFIN | SCRAMBLED |
| FRENCH TOAST | TOAST |
| FRIED | WAFFLES |



"I hope you didn't take it personally, Reverend," an embarrassed woman said after a church service, "when my husband walked out during your sermon."
 "I did find it rather disconcerting," the preacher replied.
 "It's not a reflection on you," insisted the church goer. "Ralph has been walking in his sleep since childhood."

Start off Valentine's Day with breakfast

Valentine's Day is about expressing love for special people in your life. One way to do so is to pamper that person as much as possible. That can mean starting the day off with delicious breakfast in bed.

Muffins can be prepared in advance and are easy to enjoy in hand for a breakfast that involves lounging and love. "Blackberry Crunch Muffins" marry coffee cake and muffin elements and tart berries for something that is equal parts breakfast and dessert. What better idea for Valentine's Day? Try this recipe, courtesy of "Lord Honey Traditional Southern Recipes with a Country Bling Twist" (Pelican Publishing) by Chef Jason Smith.

Blackberry Crunch Muffins (Serves 12)

- 2 1/4 cups self-rising flour
- 1 cup white sugar
- 1/4 cup brown sugar
- 1/2 cup canola oil
- 2 eggs
- 2 teaspoons vanilla
- 3/4 cup full-fat buttermilk
- 1 1/2 cups fresh or frozen blackberries
- Zest of 1 lime

Glaze

- 2 cups powdered sugar
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- Juice of 1 lime

Crunch topping

- 1/2 cup white sugar
- 1/4 cup brown sugar, packed
- 1/2 cup self-rising flour
- 1/2 cup quick-cook oats
- 1/4 cup sweetened shredded coconut
- 1/2 cup chopped walnuts
- 5 tablespoons butter, at room temperature
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger



Preheat oven to 375 F. Grease or line a 12-hole muffin tin.

In a mixing bowl, whisk together the flour and sugars. Add the oil, eggs, vanilla, and buttermilk, and stir to combine.

In a small bowl, toss the blackberries with 1 tablespoon flour, then add the berries and zest to the batter and lightly fold them in.

Place the crunch topping ingredients in a bowl and mix with a fork until large crumbles form.

Divide the batter evenly into the muffin tin, and sprinkle tops with crunch mixture.

Bake for 22 to 28 minutes or until a toothpick comes out clean.

Remove from oven and place on a cooling rack. Place the glaze ingredients in a bowl and whisk until combined. Drizzle over cooled muffins.

Moderate-intensity activities that can improve overall health

Exercise is an important component of a healthy lifestyle. The current Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services indicates adults need 150 minutes of moderate-intensity physical activity each week. But what constitutes moderate-intensity physical activity?

Moderate-intensity physical activity gets the heart pumping, but only around one in five adults and teens get enough exercise to maintain good health, says the American Heart Association. It may be because people are having difficulty figuring out what constitutes moderate-intensity activity. Here is a more detailed explanation of the types of activities considered moderate-intensity.

- ~ Walking very briskly (roughly four miles per hour)
- ~ Heavy cleaning, like washing windows, vacuuming and mopping
- ~ Mowing the lawn with a power mower
- ~ Bicycling with light effort (10 to 12 miles per hour)
- ~ Playing recreational badminton
- ~ Playing doubles tennis
- ~ Slow dancing
- ~ Shooting a basketball
- ~ Water aerobics
- ~ Playing volleyball
- ~ Heavy gardening
- ~ Painting and decorating

Anything that doesn't increase heart rate and breathing speed will not count as moderate-intensity activity towards the recommended amount of activity. However, any exercise is better than no exercise at all. As long as an activity breaks up long periods of sitting still, doctors says it is still beneficial.



A WIFE GOT SO MAD AT HER HUSBAND SHE PACKED HIS BAGS AND TOLD HIM TO GET OUT. AS HE WALKED TO THE DOOR SHE YELLED, "I HOPE YOU DIE A LONG, SLOW, PAINFUL DEATH." HE TURNED AROUND AND SAID, "SO, YOU WANT ME TO STAY?"



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THIS TYPE OF STORE IS WHERE MOST PEOPLE BUY THEIR FOOD AND OTHER SUPPLIES.

ANSWER: SUPERMARKET

What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. Man is wearing tie 2. Extra milk in cart 3. Price on sign is different 4. "Shop" missing from the back wall

THIS DAY IN...



HISTORY

- **1815:** NAPOLEON BONAPARTE ESCAPES FROM EXILE.
- **1919:** PRESIDENT WOODROW WILSON SIGNS AN ACT OF CONGRESS THAT ESTABLISHES THE GRAND CANYON NATIONAL PARK.
- **2008:** THE NEW YORK PHILHARMONIC PERFORMS IN NORTH KOREA.



CHECKOUT

a point at which goods are paid for in a store

How they SAY that in...

ENGLISH: Aisle

SPANISH: Pasillo

ITALIAN: Corridoio

FRENCH: Allée

GERMAN: Gang

Did you know?

THE FOUR LARGEST GROCERY BRANDS IN NORTH AMERICA INCLUDE WALMART, AMAZON, KROGER, AND COSTCO.



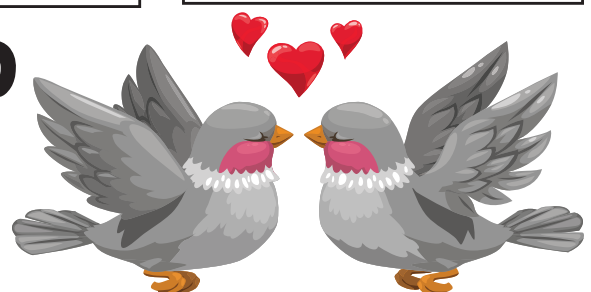
GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CHECKOUT COUNTER

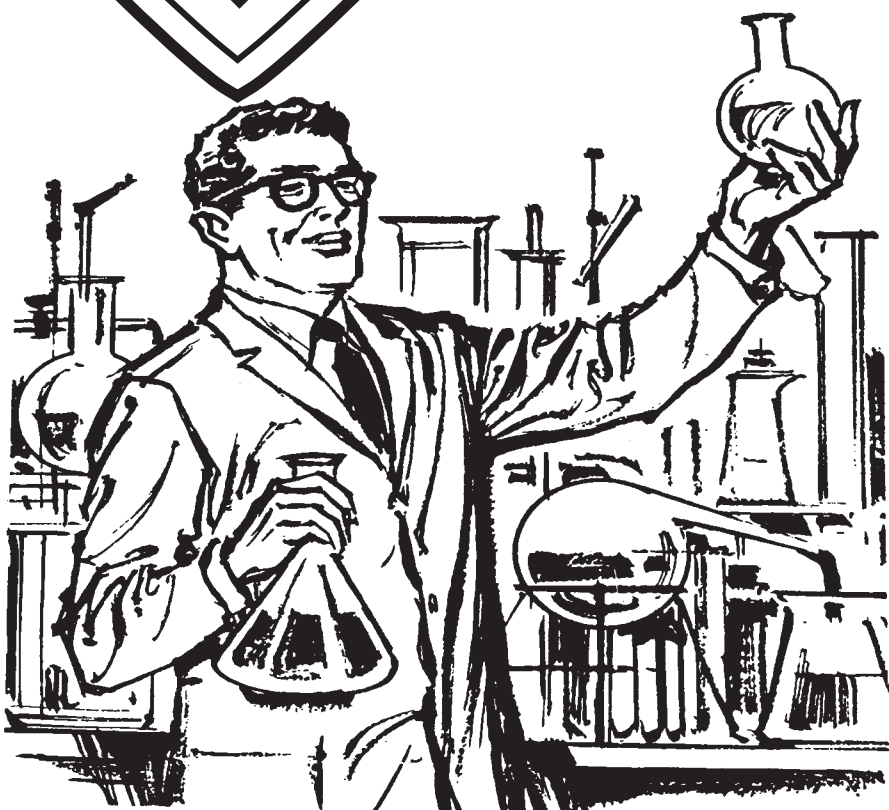
WHAT DO YOU CALL TWO BIRDS IN LOVE? TWEETHEARTS!





**WHAT DID THE
SCIENTIST SAY
TO HIS
SWEETHEART?**

**WE'VE GOT
GOOD
CHEMISTRY.**





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**if medically appropriate for those 18 years of age or older.

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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:
Please email: info@cancerTamer.org or call 718-916-4124
All art mediums accepted—acrylic, oils, multi-media, watercolors, etc.

IN PARTNERSHIP WITH



CINCO DE MAYO WEEKEND HEALTH EXPO

SATURDAY - MAY 4, 2024

10:00 AM TO 4:00 PM
HERNANDO PARK, BROOKSVILLE

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CANCER TAMER FOUNDATION IS A NON-PROFIT ORGANIZATION DEDICATED TO EMPOWERING WOMEN WITH BREAST CANCER. WE HAVE PARTNERED WITH THE FLORIDA HEALTH DEPARTMENT, SARASOTA MALE INITIATIVE, AND THE COLLEGE OF NURSING USF TO OFFER MAMMOGRAMS, AND CERVICAL AND PROSTATE CANCER SCREENING. ONE BLOOD - BLOOD DONATION VAN WILL BE ON-HAND TO HELP YOU SAVE A LIFE BY DONATING BLOOD & YOU'LL RECEIVE A FREE GIFT, PLUS, WE'RE HOSTING THE BREAST CANCER MERMAID™ ART PROJECT EXHIBITION. JOIN US FOR THIS ONE-OF-A-KIND EVENT.

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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.

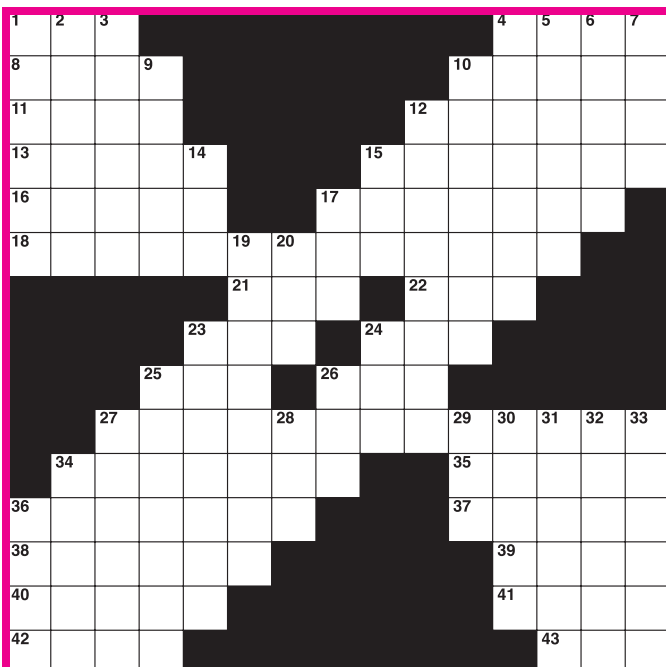
February 26th 1935 RADAR (Radio Detection and Ranging) first demonstrated by Robert Watson-Watt.

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"





CLUES ACROSS

- 1. One point south of due east
- 4. Coagulated blood
- 8. Fortifying ditch
- 10. Devotee of Hinduism
- 11. Trunk of a tree
- 12. Bank note
- 13. Capital of Guam
- 15. Study again
- 16. Covered with hoarfrost
- 17. Opening
- 18. Legendary Rolling Stone
- 21. Stray
- 22. Computer storing system
- 23. Signal
- 24. Pitching statistic
- 25. Human being
- 26. Malaysian isthmus
- 27. The "Blonde Bombshell"
- 34. A gland
- 35. Bluish greens
- 36. Endangered
- 37. Three-dimensional
- 38. In a way, precipitated
- 39. God associated with dissolution
- 40. Blemished
- 41. Flow or leak slowly
- 42. Disco legends The Bee --
- 43. Midway between south and southeast

CLUES DOWN

- 1. A way to board
- 2. Get down
- 3. Highly seasoned sausage
- 4. First day of month
- 5. Eurasian shrubs
- 6. The organ that bears the ovules of a flower
- 7. Small lake
- 9. Belief
- 10. Sunrooms
- 12. Metric weight unit
- 14. Vasopressin
- 15. Bravo! Bravo! Bravo!
- 17. One-time family room staple
- 19. Got back together
- 20. Anger
- 23. Sang merrily
- 24. Sea eagle
- 25. Military men
- 26. Kilo yard (abbr.)
- 27. Found in the sea
- 28. Protects from weather
- 29. Type of medicine
- 30. City along the Rhine
- 31. Animal disease
- 32. Martini ingredients
- 33. Get away
- 34. Lack of disunity
- 36. One-time European Commission officer

A taxpayer received a strongly worded "second notice" that his taxes were overdue. Hastening to the collector's office, he paid his bill, saying apologetically that he had overlooked the first notice. "Oh," confided the collector with a smile, "we don't send out first notices. We have found that the second notices are more effective."

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Did you know?
 Many of the risk factors for cardiovascular disease are made worse through cumulative effects. According to the University of Maryland School of Medicine, researchers have established that cumulative exposure to risk factors like high blood pressure, obesity and elevated cholesterol can impact a person's chances of having a heart attack or stroke. Cumulative stress also has been implicated in increased risk of atherosclerosis and overall heart disease, according to data presented at the American Heart Association's Scientific Sessions 2023.

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{Insert Image 'c18301_1.jpg'}Wanted Vintage Antique Porcelain Signs & Thermometers Gas Oil Soda Cigar Tobacco Automotive Call or Text Jon 813-359-7281

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Rheem Prestige 2 ton heat pump. 2008 16 Seer \$400 352-476-4905

Clothing

Elvis jeans size 33/13 these jeans come directly from Graceland, the home of Elvis. never worn, they have "The King" embroidered on them and still have tags . \$45 firm. 352-697-3515 leave a message.

Furniture

Glass Shelf table w/ 3 smoked glass shelves 38"W x 24"H x 18"D. like new \$80. 352-697-3515 leave message

Hobbies

Stained Glass Classes, Tues. & Wed. 10-12:30 at Touch of Glass by Susan, Floral City. Supplies/Tools. 352-726-1765.

Horses

Two Circle Y Saddles, one brown leather (western) and black Cordora 15". \$200 ea. 352-637-5032. Equine corral kit (camping) everything incl. w/ zebra charger. \$150.00. 352-637-5032

Hunting & Fishing

Fishing Rods- 2 Shimano Rods & Reels. 1 cabo quantum rod & reel. 2 shakespear rod & reel. one rod has broken tip but all in good condition. sell all 5 for \$300 firm.

352-697-3515 and leave a message.

Like new seven ment tent and lot more camping accessories for more info call 706-492-5119

Lawn & Garden

craftsman riding mower 46in cut ready to use. \$600 352-503-2489. craftsman riding lawnmower 42in cut great shape \$550 352-503-2489

Medical & Health

Nordic Trak Exercise Machine model 8.7. used very little/ like new condition. \$500 or best offer 352-697-3515/ leave message

Pets & Supplies

Parrot Sanctuary is taking in parrots and macaws that you can no longer care for or want. Birds will be given a loving, happy, permanent home, age of bird doesn't matter. Birds must be healthy. 352-613-3708.

Sports Equipment

2 boxes new golf balls, 15 Wilson Titanium and 15 Smash Strata, \$25, 352-341-1831, Inverness

Tools & Machinery

18000 Btu outdoor compressor base R22 or Nu22 refrigerants 220 vac . Three years old and in perfect working condition. Model # GAW14L18C21SA sale price \$175.00 813 426 6356

Guns and Ammo

For sale REM 270 w/ NCStar 10-14 lit scope /range finder nylon. factory mod trigger. Only 6 rounds thru gun. 99 percent gun. 725.00 obo

cash only. Text me at 3524228920. I'll get back to u.

Hi-Point C9 9mm semi \$200, ammo 16 ga #4 shot box of 25 \$15, .32 long S&W;W box of 50 \$25, and, 22 TCM9R 3 boxes of 50 \$25 each, 352-341-1831 Inverness lv msg

For sale. 700 .270 nylon. W/ NC STAR 10-14 lit scope w/ range finder Factory mod trigger. 99 percent gun. Only 6 rounds thru gun. 725.00 cash only. Text me @ 3524228920 I'll call u back.

Reproduction 1863 Richmond 3 band rifle/musket. Euroarms mfrg. bright finish percussion .58 calibre. Super nice condition. \$1200. 240651997

FIREARMS WANTED. Local licensed dealer looking for collections. Honest and fair cash offers. Veteran owner will come to

you. 727-383-2162.

HiPoint semi pistol 9mm good condition, \$200; also .22 cal rifles Marlin mdl 795 semi, like new,\$225,and, Marlin mdl 60 semi, nice, \$225. call and lv msg, 352-341-1831, dr lic

PLEASE NOTE: Peddler's Post is not affiliated with the purchase or sale of any firearms and/or ammunition listed in this publication for sale. Anyone posting an ad here is taking full responsibility to transact following state law.

Automotive

Cars

Antique caddilac for sale low mileage 95000. Runs great ac. Ice cold maroon white vinyl top 3536131687 leave msg 5000 Obo

1990 Reatta (Buick) 2 seat Convertible. Red with tan leather interior. No rust or dents. 120k miles. Like new tires. A/C. Power steering/ brakes. OG manual. Much more. Photos upon request. This is a specialty vehicle made only in 1989 and 1990. \$8000 or reasonable offer. Ridge Manor FL. 860-608-6637 or 352-608-3022

Trucks

WANTED: Old Slide-in Truck camper. Looking for a project with a usable ending. 207-286-4500

Motorcycles & ATVs

Vintage Cushman, Three wheel, all original paint, runs good drives good. \$1500. Call 727-796-4147. Can be seen in Hermando on Pioneer Ter.

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CRYPTO FUN

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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

CLASSIFIEDS • CLASSIFIEDS

ATV side by side EFI 200 Trailmaster about 50 miles new winch seats two. \$7500 OBO. Call 727-796-4147. Can be seen on Pioneer Ter, in Hernando.

Recreational Vehicles

A 5th Wheel Hitch, rated at 15K. Excellent Condition. \$225.00 Call Frank or text 352 586 8946

Golf Carts

EZ-GO Golf Cart Very good condition. New tires (used one season). Hard top with like new side curtains and seat covers. Needs batteries/priced accordingly. Lighter receptacle installed. Charger included. \$2500 or best offer considered. Ridge Manor 352 608 3022 or 860-608-6637.

Boats

Boats for Sale

12 ft clear bottom kayak \$300 352-257-7084

20 foot Monark pon-

toon boat 2001 with 2008 60 hp Mercury 4 stroke, with trailer and extras. \$11,000.00 352 860. 1915

2020 Triton 1654 camo, 40hp big tiller Mercury, with upgraded bunk trailer. Text for pictures. 440 242 8175. Sumpter county. \$17,500

Real Estate

Cemetery Lots

Two side by side cemetery plots for sale by owner. Located at Fountains Memorial Park in Homosassa, Fl. This is a prime location only one hundred feet from entrance. \$2,500.00 for both. Phone number is 352-423-4345.

Homes For Sale

Inverness, 4814 E Bow N Arrow Loop, 1981 fully furnished 2 bed/1 1/2 bath single wide mobile home, 944 total sq ft on 120' x 140' lot, split floor plan, eat-in kitchen with wood cabinets, electric fireplace, screened porch on front of home & wood deck on back of home, 10'x24' shed, \$129,000, Inverness

Horizon Realty 352-637-4280

REDUCED! Floral City, Tarawood 55+ Community, HOA, 10458 S Drew Bryant Circle, furnished 3/2/2 w/3984 total sq ft, eat-in kitchen, electric fireplace, laundry room, Florida Room, public water & sewer, clubhouse, community pool, close to Floral Park & Withlacoochee State Trail, \$259,000, Inverness Horizon Realty 352-637-4280

Vacant Land

Inverness Highlands West, Lowden St, 80'x 120', build your new home on this nice lot, close to Holden Park, \$15,000, Inverness Horizon Realty 352-637-4280

Inverness, Belmont Hills-Citrus Hills, Seattle Slew Circle, 119' x 251' corner lot, gated community, HOA, public water, build your new home on this beautiful cleared lot, \$42,900, Inverness Horizon Realty 352-637-4280

Did you know?

While home buyers typically take their time to examine each room and space inside and outside a home before making an offer, the real estate experts at Trulia note that two rooms in particular seem to merit the closest inspection among prospective buyers. Kitchens and the bathroom in an owner's suite can dramatically increase the value of a home. Trulia recommends that homeowners consider their neighborhood and identify their target buyers prior to beginning a kitchen or owner's suite renovation, as such variables can provide direction and inspiration when refurbishing these widely valued areas in a home.



At a wedding ceremony, two young boys found themselves deep in conversation. One of the boys nudged his companion and posed a question, "Do you know how many wives a man is allowed to have?"

His comrade contemplated briefly before responding, "Sixteen... four better, four worse, four richer, and four poorer."

BY Sharon Rothlien

Turn to seafood during Lent

Skipping meat on Fridays is a common sacrifice Christians make during Lent. Meals can still be flavorful even if chicken, beef or pork may be off the table. In fact, Lent makes for an ideal time to embrace delicious vegetarian meals or those that feature seafood.



Salmon is a hearty, flavorful and heart-healthy protein. When glazed in an easy sauce, this "Sweet-and-Sour Baked Salmon" will be the star of mealtime. Enjoy it, courtesy of "30-Minute Meal Prep" (Sourcebooks) by Robin Miller.

Sweet-and-Sour Baked Salmon (Serves 4)

- 8 salmon fillets, about 5 to 6 ounces each
- Salt and freshly ground black pepper
- 1/2 cup 100 percent pineapple juice
- 2 tablespoons ketchup
- 2 tablespoons light brown sugar
- 2 tablespoons rice vinegar, regular or seasoned
- 2 tablespoons soy sauce
- 2 teaspoons cornstarch
- 1/2 teaspoon garlic powder
- 1/8 ground ginger
- Chopped green onions for serving

1. Preheat the oven to 375 F. Coat a shallow baking dish with a thin layer of olive or vegetable oil.
 2. Pat the salmon fillets dry and place them in the prepared pan. Season the salmon with salt and black pepper. Set aside.
 3. In a small saucepan, whisk together the pineapple juice, ketchup, brown sugar, rice vinegar, soy sauce, cornstarch, garlic, and ginger. Set the pan over medium heat and bring to a simmer. Cook for 2 to 3 minutes, until the sauce thickens, stirring frequently.
 4. Spoon the sauce over the salmon.
 5. Bake for 10 to 15 minutes, until the salmon is fork tender (a meat thermometer should register 145 F).
 6. Reserve half of the salmon for a future meal. Refrigerate up to 3 days.
 7. Top the remaining salmon with the green onions, and serve.
- Tip: You can make this dish spicy by adding hot sauce or sriracha sauce to the glaze. You can also top the finished dish with crushed red pepper flakes.
- Also, this thick sauce is versatile, so it can be used on chicken, beef and shellfish.

How seniors can get their balance back

Balance issues can pose a serious threat to individual health. When a person experiences issues with their balance, they may experience dizziness, lightheadedness and feel as if a room is spinning. Each of those factors can increase the risk for potentially harmful falls.

Seniors may not have the market cornered on balance issues, but the National Institute on Aging notes that many older adults experience such problems. The NIA also notes that people are more likely to have balance problems as they grow older. A number of variables can contribute to balance problems, including medications, health conditions like heart disease and vision problems, and alcohol consumption. The NIA notes that the remedy to balance issues may depend on what's causing them, though some exercises that require individuals to move their heads and bodies in a certain way can help treat some balance disorders. A physical therapist or another professional with an understanding of the relationship between balance and various systems in the body also may be able to help.

When a specific cause, such as hypertension or low blood pressure, is identified, health care teams may be able to recommend various approaches to help seniors get their balance back.

Hypertension

A 2015 study published in *The Journal of Physical Therapy Science* found that hypertension, also known as high blood pressure, can negatively affect balance. The study found that this occurs because hypertension damages the large arteries and decreases microcirculation in specific functional areas, ultimately resulting in impairment that reduces a person's ability to maintain a stable posture. Taking steps to address hypertension, such as eating less sodium, maintaining a healthy weight and exercising regularly, may also lead to a reduction in balance problems related to the condition.

Low blood pressure

Low blood pressure also can contribute to balance problems. According to the American Geriatrics Society, sudden low blood pressure, which is also referred to as orthostatic hypotension, can manifest when sitting up and standing up. When it does, a person may experience dizziness or lightheadedness, which may last just a few seconds or several minutes. The AGS notes that dizziness related to low blood pressure also may appear within one to three minutes of sitting up or standing up, which means individuals may be vulnerable to falls even when they initially feel fine after sitting up or standing up. The NIA reports that individuals with low blood pressure can manage the issue by drinking plenty of fluids, including water, and avoiding alcohol. In addition, pay careful attention to posture and movements and make a concerted effort to stand up slowly.

Balance issues are often linked to aging, but that does not mean seniors are helpless against symptoms like dizziness and lightheadedness that are linked to problems with balance. Working with a health care team and identifying potential causes of balance issues can help seniors improve their health outcomes.



I SEE PEOPLE MY AGE OUT THERE CLIMBING MOUNTAINS AND ZIP LINING AND HERE I AM FEELING GOOD ABOUT MYSELF BECAUSE I GOT MY LEG THROUGH MY UNDERWEAR WITHOUT LOSING MY BALANCE.

SUDOKU ~ SUDOKU ~ SUDOKU ~ SUDOKU ~ SUDOKU

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- AGENDA
- APPOINTMENT
- ASSISTANCE
- BALANCE
- CLEANING
- CONTACTS
- CONTEXT
- DEADLINES
- DELEGATE
- FILES
- FLAG
- GOALS
- IMPORTANCE
- INTEGRATION
- MANAGEMENT
- MEETING
- ORGANIZE
- PLANNER
- PRIORITY
- REMINDER
- SCHEDULE
- TASKS
- TIMER
- VALUES



MANAGE TIME WORD SEARCH

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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Chris and Matt met up with Holden at ThaiSpice SpringHill to deliver his new Peddler's Post T-Shirt!

Holden has been a resident of Hernando County since the end of 2019. His favorite thing to do is EAT GOOD FOOD! He brought up the fact that there are so many mom & pop restaurants in the area that he loves trying and supporting because they serve good FOOD!

Holden Picked his Peddler's Post up at ThaiSpice SpringHill where he mentioned he frequented often. He said his favorite part of the Peddler's Post is the classifieds section. He found it reminiscent of a paper Flea Market. He likes to see how people are liquidating their collections and selling their items all the while connecting with the community at large.

It was so nice to meet and talk with you Holden. Enjoy your new T-shirt and thank you for supporting Peddler's Post, Central Florida's Most Fun Community Paper!

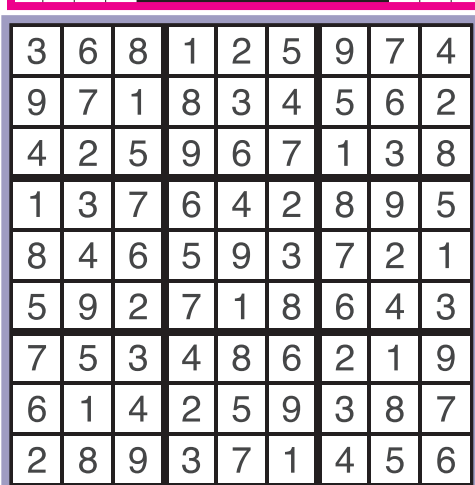
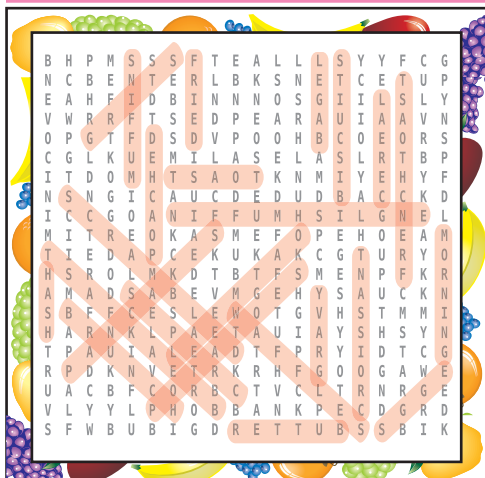
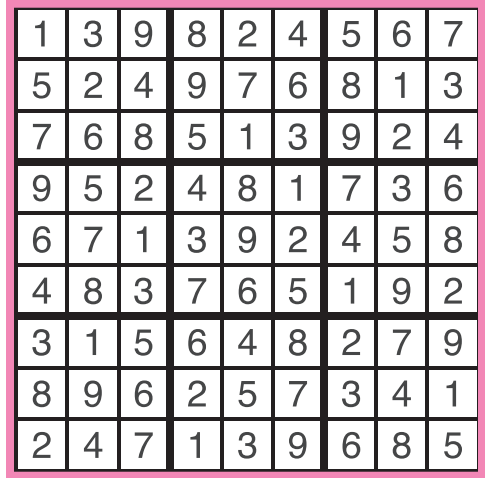
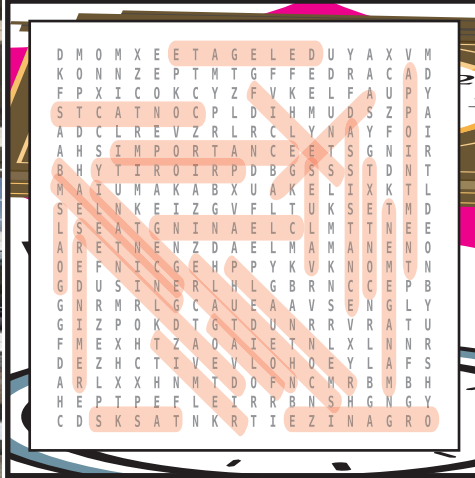


Gus and I met up with our FIRST t-shirt winner of 2024, meet Brittany. We met up with her outside of Focus Fit Brooksville today. Brittany has been in the Hernando County area for 14 years and serves her community as a wedding photographer (Brittany Borders' Photo) helping people capture the moments you want to remember.

When she is not capturing memories, you can find her crushing her goals at the gym (she says she works out because she loves FOOD), reading a good book, cooking with her husband and traveling.

She picked up her Peddler's Post at ThaiSpice SpringHill. She said her favorite part of the Peddler's Post was playing the game. She likes how we are interactive with our readers and enjoyed hunting through every page in the magazine to score her new T-shirt!

It was great meeting you today, and thanks for your understanding of Gus not always respecting personal space. He did enjoy the kiss, and he is sorry about the slobber.



HOW MANY HOURGLASSES WERE HIDDEN IN THE JANUARY EDITION?
6 TOTAL
- 3,11,14,17,21,24



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.

YOU ARE PAWS-ITIVELY FETCHING AND I TOTALLY WOOF YOU!

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

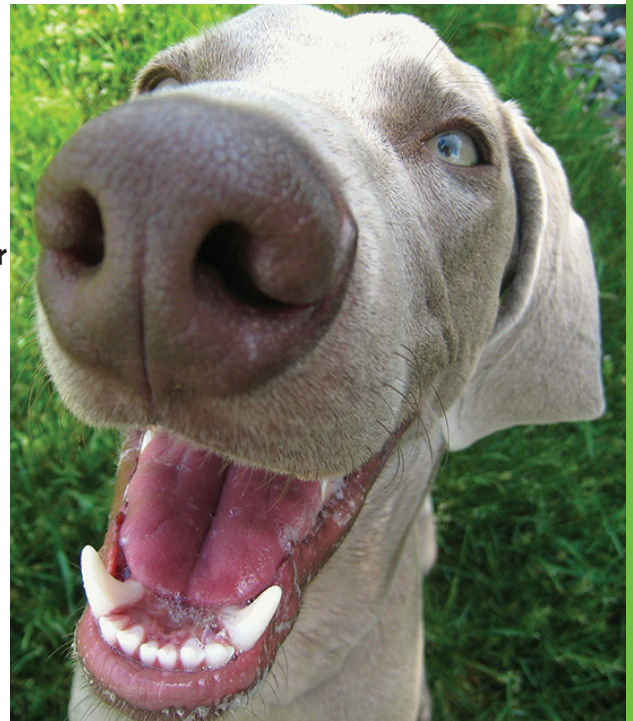
Oral tumors are abnormal growths that can form in pets' mouths. Some tumors are benign, while others are malignant and can spread. All unusual growths should be checked out by a veterinarian. VCA Animal Hospitals says male dogs seem to be twice as likely to develop oral cancer than female dogs. Also, 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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