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VOLUME 3 ~ ISSUE 3

MARCH 2024

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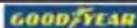
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24 **352-810-4026**

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



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ONLINE PAYMENTS THRU PAYPAL: www.paypal.com/paypalme/CancerTamer

CONTACT US AT: CancerTamer@cancerTamer.org 718-916-4124 www.CancerTamer.org

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*** ADS WILL NOT BE PUBLISHED WITHOUT THIS INFORMATION.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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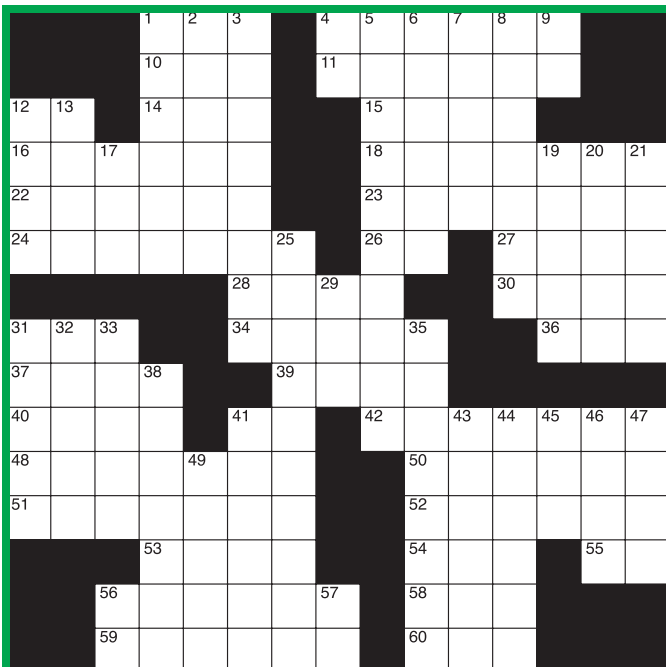


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CLUES ACROSS

- 1. Small Eurasian deer
- 4. Irish county
- 10. A major division of geological time
- 11. Broadway actor Lane
- 12. Canadian province (abbr.)
- 14. Human gene
- 15. Two
- 16. A famous one is blue
- 18. Utter repeatedly
- 22. Ring-shaped objects
- 23. Spoils
- 24. Occurs
- 26. Commercial
- 27. Near
- 28. Products you may need
- 30. Pledge thrown down as a challenge
- 31. TV network
- 34. Silk or cotton garments
- 36. Soviet Socialist Republics
- 37. Retired American football coach Dean
- 39. Hot dish
- 40. A type of gin
- 41. Atomic #84
- 42. Sawhorse
- 48. About ground
- 50. Medicine man
- 51. Seedless raisin
- 52. Capital of Albania
- 53. Appendage
- 54. OJ trial judge
- 55. By the way (abbr.)
- 56. Bicycle parts
- 58. Barbie's friend
- 59. Moved one's neck to see
- 60. Commercials

CLUES DOWN

- 1. Make up for
- 2. Baltimore ballplayer
- 3. Salary
- 4. Influential world body
- 5. Engravers
- 6. Declared as fact
- 7. One who steals
- 8. Jewelry
- 9. Hospital employee (abbr.)
- 12. Nonsense (slang)
- 13. Town in Galilee
- 17. Value
- 19. A fake name
- 20. Sheep in their second year
- 21. Town in Surrey, England
- 25. Appropriate for a particular time of year
- 29. Creative works
- 31. Recesses
- 32. W. Pacific island group
- 33. Tolkien character
- 35. Ancient symbol co-opted by the Nazi party
- 38. Pioneer
- 41. Scribe
- 43. Painted a bright color
- 44. Lowest members of British nobility
- 45. Actress Thurman
- 46. Type of sugar
- 47. Crest of a hill
- 49. N. American people of British Columbia
- 56. Device
- 57. The Mount Rushmore State

Notable moments in women's history

Heroic efforts and milestone moments dot the landscape of women's history. Often forced to fight for equality and inclusion, women have blazed trails and broken down barriers, all the while inspiring millions from their own era as well as future generations.

There's been no shortage of notable events in women's history. Some of those moments may have fallen off the radar of the general public, even if such events continue to affect the lives of women today. Recognition of notable moments in women's history can provide significant insight into the individuals who made them possible.

Women's rights convention

Elizabeth Cady Stanton and Lucretia Mott played pivotal roles in organizing the first women's rights convention in 1848. The Seneca Falls Convention was held in New York on July 19 and 20, and abolitionist Frederick Douglass was among the noteworthy attendees. According to History.com, the work done at the Seneca Falls Convention, including the signing of the Declaration of Sentiments, sparked women's rights advocacy and ultimately lead to suffrage for women, which was granted with the passage of the Nineteenth Amendment.

A woman earns a medical degree

Within months of the Seneca Falls Convention, England-born Elizabeth Blackwell graduates from the medical school at Geneva College in New York. Blackwell not only earns her medical degree, but also finishes with the highest marks in her graduating class. Blackwell's trailblazing days did not end with the completion of her degree, as she ultimately became the first woman on the Medical Register of the General Medical Council for the United Kingdom.

"And ain't I a woman?"

School children in the United States undoubtedly are familiar with the name Sojourner Truth, a noted abolitionist and former slave. In 1851, Truth, speaking at the Women's Rights Convention in Akron, Ohio, asked, "And ain't I a woman?" as she advocated for equal rights. The speech has been noted in popular culture over the last 170 years, but Truth's now-famous query first gained considerable attention in 1863 during the American Civil War.

A woman sits on the bench of the Supreme Court

The Supreme Court of the United States was initially established by Congress through the Judiciary Act of 1789. Despite that lengthy history, no woman was sworn in as a Supreme Court Justice until 1981, when Sandra Day O'Connor was sworn in by then-U.S. President Ronald Reagan. Justice O'Connor, who passed away in late 2023 at the age of 93, served on the Supreme Court for roughly a quarter century, retiring in 2006. These are just a handful of the many notable events in women's history that have shed light on the bravery and invaluable contributions women have made through the years.



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In light of the rising frequency of human -- grizzly bear conflicts, the Alaska Department of Fish and Game is advising hikers, hunters, and fishermen to take extra precautions and keep alert of bears while in the field. They advise that outdoorsmen wear noisy little bells on their clothing so as not to startle bears that aren't expecting them. They also advise outdoorsmen to carry pepper spray with them in case of an encounter with a bear. It is also a good idea to watch out for fresh signs of bear activity. Outdoorsmen should recognize the difference between black bear and grizzly bear dung. Black bear dung is smaller and contains lots of berries and squirrel fur. Grizzly bear dung has little bells in it and smells like pepper.



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COMMUNITY BOARD

MARCH

5th

Genealogy Society of Hernando County (GSHC) -West Hernando Library Meeting, March 5th at 10:00 am. Contact for Meetings: Karen Sabin (352)515-1051.

10th

Temple Beth David 13158 Antelope St., Spring Hill is having their Bi-Annual Spring Bazaar and Jewish Food Fest. Come and enjoy delicious foods, local vendors, plants, music, and celebration for the entire family! Mark the date: Sunday, March 10, 2024. Vendors are from 10am-3pm and the Food Hall is from 11am-3pm. The event has FREE entry and FREE parking. For more info - tbdfevents@gmail.com

15th

Genealogy Society of Hernando County (GSHC) -- Will meet March 15 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".

23rd

High Point Lions Club "Spring into Summer" Annual Craft Fair, March 23, 2024, 8AM-2PM. HP Community Center, 12249 Club House Rd, Brooksville. Rain or Shine. For info: Gwen E: Therozoo@gmail.com



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.hernandosherriff.org

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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: 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 (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 uscguxed15.8. 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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C	I	Y	I	R	A	M	W	L	T	B	P	H	N	G	G	E	K	D	V	<h2>MARCH MADNESS WORD SEARCH</h2> <p>BANK</p> <p>BASKETBALL</p> <p>CENTER</p> <p>COURT</p> <p>DEFENSE</p> <p>DRIBBLE</p> <p>FORWARD</p> <p>FOUL</p> <p>FREE THROW</p> <p>GUARD</p> <p>HOOPS</p> <p>LAYUP</p> <p>LINEUP</p> <p>NET</p> <p>OFFENSE</p> <p>OPEN</p> <p>OVERHEAD</p> <p>PALMING</p> <p>PASS</p> <p>REBOUND</p> <p>SHOOTER</p> <p>SIDELINES</p> <p>TRAVELING</p> <p>WALKING</p>
R	D	I	G	S	R	C	N	I	P	L	L	N	V	E	R	R	D	B	M	
C	R	B	S	V	W	E	V	N	V	D	L	S	T	G	M	D	C	G	W	
N	A	V	W	U	O	N	E	E	I	V	A	B	E	R	T	B	B	N	A	
P	U	L	S	P	R	U	L	U	H	E	B	D	N	U	O	B	E	R	L	
L	G	H	S	U	H	I	B	P	D	S	T	N	E	M	N	P	T	T	K	
U	I	P	Y	F	T	E	B	E	S	N	E	F	F	O	R	N	R	B	I	
O	H	S	R	H	E	D	I	Y	G	R	K	U	K	D	P	D	A	A	N	
F	N	H	O	R	E	O	R	C	S	M	S	L	W	A	D	I	V	R	G	
W	R	O	S	E	R	D	D	U	G	F	A	E	L	S	P	G	E	M	H	
R	P	O	T	B	F	D	D	N	K	D	B	M	B	P	A	M	L	M	S	
S	T	T	C	O	U	R	T	K	E	D	I	F	G	L	M	N	I	E	B	
G	I	E	D	C	E	L	M	F	F	N	D	V	P	A	H	P	N	K	C	
D	Y	R	A	F	R	Y	E	N	G	N	G	U	K	E	L	I	G	E	S	
R	B	A	E	W	M	N	O	F	C	M	Y	N	C	G	L	G	N	V	M	
A	I	M	H	K	S	B	M	S	O	A	A	W	N	E	A	T	N	V	K	
W	L	S	R	E	O	Y	O	D	L	B	H	S	D	H	E	O	F	C	U	
R	O	H	E	U	U	G	I	R	P	L	S	I	B	R	O	P	E	N	P	
O	K	Y	V	T	W	F	M	Y	A	A	S	R	V	E	I	Y	V	W	K	
F	P	M	O	B	V	H	C	B	P	S	M	Y	G	K	T	M	O	C	L	

Unique Easter traditions from around the globe

Easter Sunday is a significant day on the Christian calendar. Easter Sunday will be celebrated on March 31, 2024, and many of those celebrations will feature some notable traditions. Some traditions are undoubtedly familiar to practicing Christians, while others might come as a surprise. As Easter approaches, faithful Christians and others intrigued by the holiday can consider these notable traditions from around the globe.

Easter witches

Witches are typically associated with Halloween, but they play a role in celebrating Easter in Finland. According to the Finland Promotion Board, Easter traditions in the northern European nation feature a mixture of religious references with customs related to the arrival of spring. It's not unheard of for young Finnish children, particularly girls, to dress up as Easter witches the Sunday before Easter and go from door to door requesting treats in exchange for offerings designed to drive away evil spirits. The FPB notes that it's even common for children in western Finland to don their witch outfits and roam on Easter Sunday.

Fireworks in Florence

The folk tradition of Scoppio del Carro ("Explosion of the Cart") takes place in Florence, Italy. The Uffizi Gallery reports that this tradition can be traced to the First Crusade in 1099. During the first Easter in Jerusalem, Crusaders gave the blessed fire to the people as a symbol of purification. That custom has endured in Florence, where each Easter Sunday morning around 10 a.m. a candle is lit in the church of Santi Apostoli. That same candle is then used to light an antique cart loaded with fireworks, marking the beginning of a display that lasts around 20 minutes.

The Carpets of Semana Santa

Carpets might not be the first thing most Easter celebrants think of when pondering the holiday, but that might be the case for anyone who's ever spent the holiday in Antigua, Guatemala. Guatemala's Semana Santa ("Easter Festival") features detailed carpets of colored sawdust adorning a Good Friday processional route. Preparation for the colorful and stunning display begins months in advance as the intricate carpets require ample time to produce.

Whips in the Czech Republic

Among the more unique Easter traditions takes place each Easter Monday in the Czech Republic. In adherence to this tradition, known locally as pomlázka, boys, and sometimes men, gather willow branches and braid them together into whips. The whips are then decorated with ribbons before boys visit girls (or men visit women) who they know and lightly tap them with the whips. The tradition is believed to bring women luck, vitality and fertility.

These are just some of the unique traditions many Christians adhere to as part of their Easter celebrations.



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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 flowers.

Each number corresponds to a letter.

(Hint: 19 = L)

A. 18 19 2 2 6 15 12 5

Clue: Flowering

B. 1 24 23 4 19

Clue: Part of flower

C. 7 2 16 19

Clue: Dirt

D. 18 24 24 7

Clue: Buzzing insects

Answers: A. blooming B. petal C. soil D. bees

DAYLIGHT
Saving Time
BEGINS

SUNDAY, MARCH 10



Math Blocks

Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

2		19	27
	8		26
9	10		33
26	24	36	

14	10	6
3	8	15
6	6	2

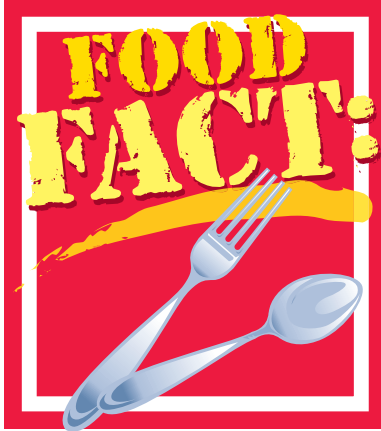
Solution

THIS DAY IN...



HISTORY

- 1769: MOZART DEPARTS ITALY AFTER THE LAST OF HIS THREE TOURS THERE.
- 1837: THE CITY OF CHICAGO IS INCORPORATED.
- 1913: THE UNITED STATES DEPARTMENT OF LABOR IS FORMED.



THIS PART OF THE BODY STORES IMPORTANT NUTRIENTS. THAT MAKES IT A HIGHLY NUTRITIOUS FOOD.

ANSWER: LIVER

Get Scrambled

Unscramble the words to determine the phrase.

RUTNOITNI CFSAT

Answer: Nutrition facts



MINERAL

a solid inorganic substance of natural occurrence

How they SAY that in...

ENGLISH: Nutrient

SPANISH: Nutriente

ITALIAN: Sostanza nutriente

FRENCH: Nutriment

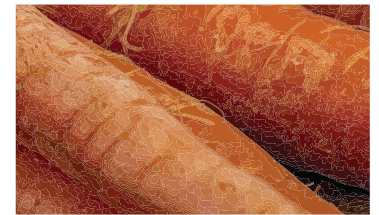
GERMAN: Nährstoff

Did You Know?

NUTRITION IS THE PROCESS OF OBTAINING FOOD NECESSARY FOR HEALTH AND GROWTH.



GET THE PICTURE?

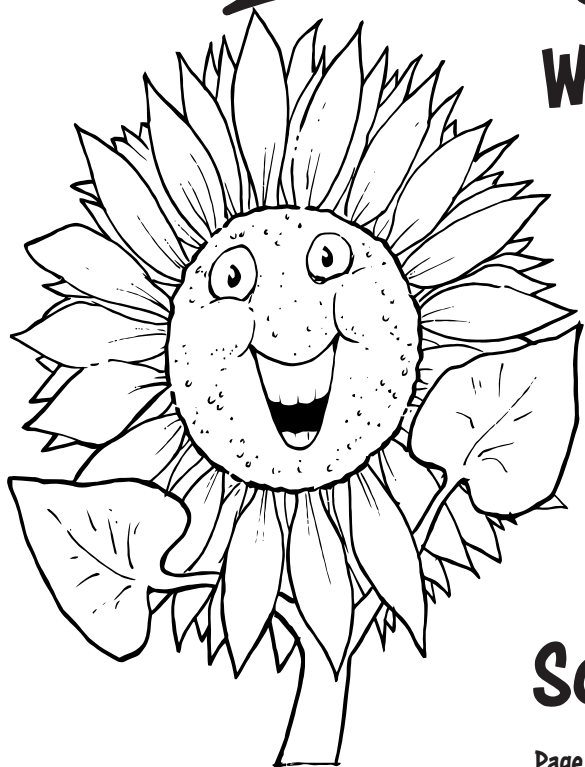


Can you guess what the bigger picture is?

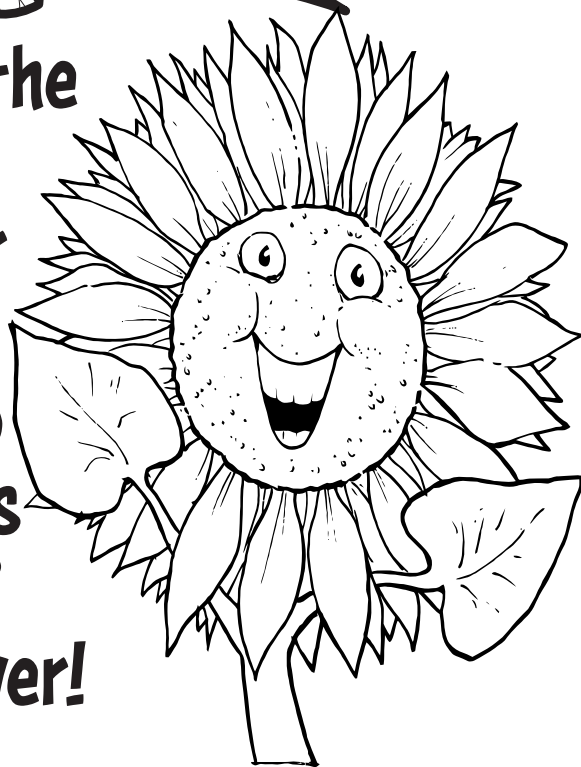
ANSWER: CARROTS

WHAT TYPE OF BOW CANNOT BE TIED?

A RAINBOW



**What is the
best
flower
for a
boy to
give his
mom?
Son-flower!**





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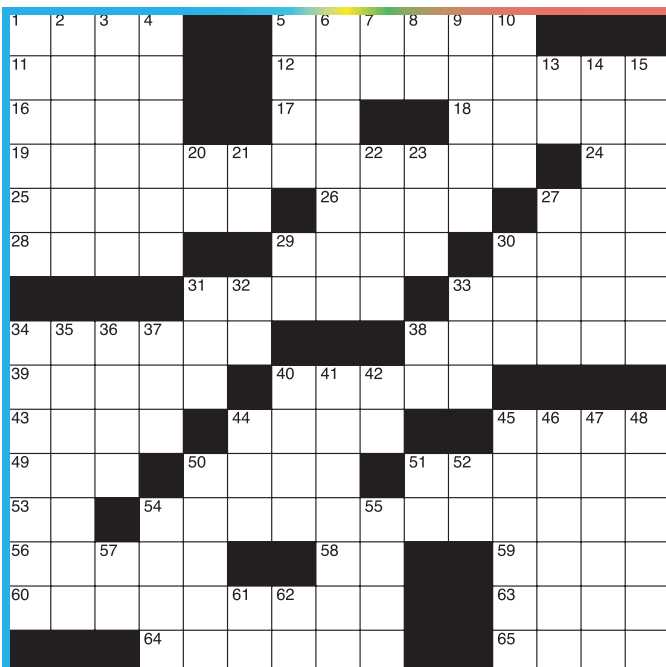
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CLUES ACROSS

- | | |
|-----------------------------------|--|
| 1. Database management system | 3. Unfortunate incident |
| 5. Medical procedures | 4. A way to ski |
| 11. -- Clapton, musician | 5. Abba --, Israeli politician |
| 12. Defender | 6. Observed |
| 16. Exert oneself | 7. "Westworld" actor Harris |
| 17. Indicates position | 8. Belonging to me |
| 18. Quay | 9. Shoelace tube |
| 19. Atrocities | 10. Takes to civil court |
| 24. A way to address an adult man | 13. Early multimedia |
| 25. Ends | 14. Produces anew |
| 26. Unable | 15. Horse races |
| 27. Taxi | 20. Of I |
| 28. Gratuities | 21. Equally |
| 29. A famous train station | 22. Changes color |
| 30. Japanese persimmon | 23. A place to stay |
| 31. Sours | 27. Town in Galilee |
| 33. Beneficiary | 29. Mathematical figure |
| 34. Baseball official | 30. Klingon character |
| 38. Confused situation | 31. They -- |
| 39. Unworldly | 32. Atomic #58 |
| 40. Yemen capital | 33. Showed up extinct |
| 43. Type of soil | 34. Loosen grip |
| 44. Beloved beverage -- -Cola | 35. Unpleasant smell |
| 45. Lying down | 36. Innermost membranes enveloping the brain |
| 49. -- Angeles | 37. Esteemed college "league" |
| 50. Fail to amuse | 38. Partner to Pa |
| 51. Collapsible shelter | 40. Small American rail |
| 53. Commercial | 41. A salt or ester of acetic acid |
| 54. Taste property | 42. Sodium |
| 56. Lordship's jurisdictions | 44. Military figure (abbr.) |
| 58. It cools your home | 45. Lighted |
| 59. Dismounted | 46. Paid to get out of jail |
| 60. Charge in a court of law | 47. All of something |
| 63. One less than one | 48. Ohio city |
| 64. Spoke | 50. More abject |
| 65. Famed garden | 51. A radio band |
| | 52. Scientific development (abbr.) |
| | 54. Monetary unit |
| | 55. Scored perfectly |
| | 57. A punch to end a fight |
| | 61. The Golden State (abbr.) |
| | 62. The Beehive State (abbr.) |

CLUES DOWN

1. Show a picture of
2. Small sultanate

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Did you know?

Women should pay careful attention to their physical health, but it's worth noting the importance of tending to one's mental well-being as well. Data concerning women and mental health highlights some eye-opening disparities between women and men. The American Psychiatric Association says each year one in five women in the United States experiences a mental health problem. Twice as many women as men experiences depression. In addition, compared with men, women are twice as likely to experience post traumatic stress disorder or anxiety (both generalized anxiety disorder or panic disorder). Women also are more likely to attempt suicide than men, but men are four times more likely to die by suicide. Women exhibit higher rates of various mental health disorders than men (rates of impulse control disorders and substance abuse disorders are higher among men than women). It is important to note that many mental health issues can be successfully treated and women should seek the assistance of a mental health professional if they need help.

MARCH DAYS PAST

March 1st 1975 Colour television transmissions begin in Australia

March 2nd 1933 "King Kong" film directed by Merian C. Cooper and Ernest B. Schoedsack, starring Fay Wray premieres at Radio City Music Hall and RKO Roxy in NYC

March 3rd 1887 Anne Sullivan begins teaching 6-year-old blind-deaf Helen Keller

March 4th 1936 1st flight of the airship Hindenburg at Friedrichshafen, Germany



March 5th 1770 Boston Massacre (Incident on King Street)- British soldiers kill 5 men in a crowd throwing snowballs, stones and sticks at them. African American Crispus Attucks 1st to die; later held up as early black martyr. Massacre galvanizes anti-British feelings

March 6th 1836 Battle of the Alamo- After 13 days of fighting 1,500-3,000 Mexican soldiers overwhelm the Texan defenders, killing 182-257 Texans including William Travis, Jim Bowie and Davy Crockett

March 7th 1530 English King Henry VIII's divorce request is denied by the Pope

March 8th 2014 Malaysia Airlines Flight MH370 with 239 people loses contact and disappears, prompting the most expensive search effort in history and one of the most enduring aviation mysteries

March 9th 1961 Soviet flight Sputnik 9 carries and returns from orbit a dog named Chernushka (Blackie), frogs and a guinea pig

March 10th 1945 Deadliest air raid of World War II sets Tokyo on fire after night time B-29 bombings, more than 100,000 people die, mostly civilians



March 11th 1986 1 million days since the foundation of Rome on April 21st, 753 BC

March 12th 1930 Mahatma Gandhi begins his famous 200 mile (300km) protest march against the widely hated British salt tax

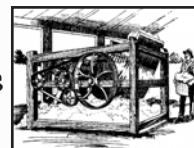
March 13th 1781 William Herschel sees what he thinks is a "comet" but is actually the discovery of the planet Uranus



March 14th 1794 Eli Whitney patents the cotton gin machine revolutionizing the cotton industry in the southern US states

March 15th 44 BC Julius Caesar is stabbed to death by Brutus, Cassius and several other Roman senators on the Ides of March in Rome

March 16th 1900 Sir Arthur Evans rediscovers the bronze age city of Knossos in Crete, home of the legendary Minotaur



March 17th 1905 Albert Einstein finishes his scientific paper detailing his Quantum Theory of Light, one of the foundations of modern physics

March 18th 1922 British magistrates in India sentence Mahatma Gandhi to 6 years imprisonment for disobedience

March 19th 1863 Confederate cruiser SS Georgiana destroyed on her maiden voyage with a cargo of munitions, and medicines then valued over \$1,000,000. Wreck discovered exactly 102 years later by teenage diver and pioneer underwater archaeologist E. Lee Spence



March 20th 1933 Dachau the first Nazi concentration camp, is completed

March 21st 2013 The European Space Agency reveals new data that indicates that the universe is 13.82 billion years old

March 22nd 1965 US confirms its troops used chemical warfare against the Vietcong

March 23rd 1775 Patrick Henry proclaims "Give me liberty or give me death" in speech in favour of Virginian troops joining US Revolutionary war



March 24th 1837 Canada gives its black citizens the right to vote

March 25th 31 1st Easter, according to calendar-maker Dionysius Exiguus

March 26th 1953 Dr. Jonas Salk announces that he has successfully tested a vaccine to prevent Polio, clinical trials began the next year

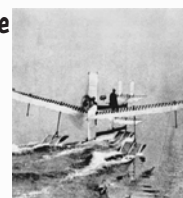
March 27th 1977 583 die in aviation's worst ever disaster when two Boeing 747s collide at Tenerife airport in Spain

March 28th 1910 1st seaplane to take off from water under its own power is piloted by Henri Fabre from the Étang de Berre lagoon at Martigues, France

March 29th 1974 Chinese farmers discover the Terracotta Army near Xi'an, 8,000 clay warrior statues buried to guard the tomb of China's 1st emperor, Qin Shi Huang

March 30th 240 BC 1st recorded perihelion passage of Halley's Comet

March 31st 1889 Eiffel Tower officially opens in Paris. Designed by Gustave Eiffel and built for the Exposition Universelle, at 300m high it retains the record for the tallest man made structure for 41 years.



**WE ARE NOT MAKERS OF HISTORY.
WE ARE MADE BY HISTORY.
-MARTIN LUTHER KING JR.**



How reading affects children

Early childhood is a critical time for personal development. During this period, many intellectual, physical and emotional changes are taking place in a child's body at a rapid pace. Parents want to give their children the best opportunities for success in life, and encouraging children to read is one of the ways they can help youngsters develop intellectual and emotional maturity.

Data from the Adolescent Brain and Cognitive Development project, an American national cohort study with more than 10,000 participants across different ethnicities and varying socioeconomic statuses, found that reading for pleasure in early childhood was linked with better scores on comprehension cognition assessments and better educational attainment in young adolescence. It also correlated to fewer mental health problems and less time spent on electronic devices.

Reading is a learned activity, and reading early on with a child is a bonding activity between caregiver and child. The Arnold Palmer Hospital for Children says reading has the potential to increase academic achievement by improving vocabulary and learning comprehension. Interactive reading also helps increase mental imagery and language processing.

It's important to note that reading can positively affect the body physically as well. Children may experience less stress by reading, as reading is thought to be even more calming than listening to music or even taking a walk.

In a study published in the journal Psychological Medicine, researchers in the UK and China found that 12 hours of reading a week was the optimal time linked to improved brain structure and good brain health. When researchers examined brain scans from those who had been reading from an early age, the scans showed moderately larger total brain areas and volumes, including in regions of the brain responsible for roles in critical cognitive functions.

"It's widely accepted that [reading] inspires creativity, increases empathy and reduces stress," says professor Barbara Sahakian from the University of Cambridge.

Reading is a skill that children should begin to enjoy at an early age. Parents can introduce reading to their children by reading to them, and then supporting children's efforts at independent reading.



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*****THE IMAGE ON THIS PAGE DOES NOT COUNT*****

 Peddlerspostcommunitypaper



Help me congratulate our 1st February T-Shirt winner Patricia Aguanno. Patricia (Pat) has been a loyal fan of the Peddler's Post since before Matt and I even knew it existed and was kind enough to welcome Matt, I and the pups to her lovely home yesterday. Pat moved to Florida in 1959. Her and her Husband Tony both retired from the Pinellas County Sheriff's Office. They have great life experience and are a wonderful couple to visit with. They love going out to eat at all the local mom and pop shop restaurants our community has to offer. Pat picks up her Peddler's Post at Touch of Glass by Susan (you can find her in the business classified section) in Historic Floral City, Florida or at the The Diner located in Inverness, Florida. Pat can't wait to pick up the new monthly Peddler's Post each month. She likes all the information, fun articles, and puzzles. Tony, Hank is sorry about the accident that happened on your shoe, he was just really excited to meet you. Pat, Gus was so happy to get some love from you.

WINNER*WINNER*WINNER



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Nancy has been a resident of Weeki Wachee in Hernando County Florida since 2005. Prior to that they lived in Masaryktown, Florida which is also in Hernando County. Her favorite thing to do in Hernando County is to visit the local Flea Markets and to shop! A girl after my own heart! She snagged her copy of the Peddler's Post at her local Winn-Dixie or the West Hernando Diagnostic Center Nancy's favorite part of the Peddler's Post is all the games, she just loves the games!

Nikki has been a resident of Citrus County for 2 months now. She lives in Crystal River, Florida but works in Inverness, Florida. She recently relocated here from her hometown of Hillsborough County, Florida. Nikki likes to hike and is looking forward to trying out some of the local hiking trails. She also enjoys taking her little people to Inverness Liberty Park. She works at Everybody Hears Professional Hearing Centers and that is also where she picks up her copy of the Peddler's Post. Her favorite part of the Peddler's Post is the crossword puzzles!

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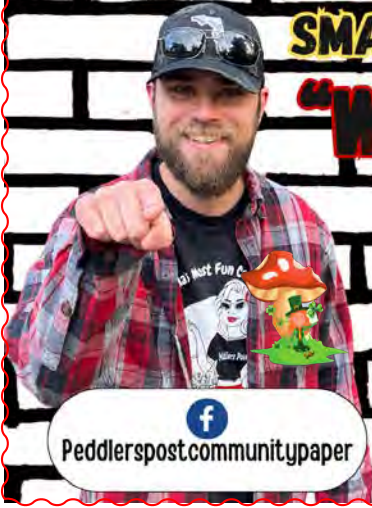


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WE GOT YOU WEDNESDAY WINNERS

JANUARY 24TH WEEK 2:

BEACH BUM TRIVI236A & NEW LEVEL SCREENING

JANUARY 31ST WEEK 3:

FLORIDA ROOTER & TOUCH OF GLASS BY SUSAN

FEBRUARY 7TH WEEK 4:

BIDWELL APPLIANCE & COLEMAN CROSSING HOME DECOR

FEBRUARY 14TH WEEK 5:

ART WITHOUT BOARDERS & NIKKI'S CLEANING

FREE FOOD FRIDAY WINNERS

JANUARY 26TH WEEK 3:

EWBANK ENTERTAINMENT WON A \$25 JOE'S FAMILY RESTURANT GC & SHANNON CASTONGUAY WON A \$25 PUDGEE'S GC

FEBRUARY 2ND WEEK 4:

JAN JAN WON A \$25 THE NEW RIVERSIDE RESTAURANT GC & HEIDI JOHNSON WON A \$25 JOE'S FAMILY RESTAURANT GC

FEBRUARY 9TH WEEK 4:

PAUL VERMEULEN WON A \$25 THE NEW RIVERSIDE RESTAURANT GC & ROSEANN SABINA WON A \$25 PUDGEES GIFT CERTIFICATE

FEBRUARY 9TH WEEK 4:

ROEANN SABINA WON A \$40 CADY'S CAFE GC & KARA URLING WON A \$25 CADY'S CAFE GC & JUNE MELVIN WON A \$10 CADY'S CAFE GC

READERS AND FOLLOWERS THIS GAME IS FOR YOU!!!

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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"



Peddlerspostcommunitypaper

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Level: Beginner

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Level: Intermediate

How to start crafting with epoxy resin

Crafts that require the usage of epoxy resin have exploded in popularity in recent years thanks in part to the relative ease of using this material. Epoxy resin is not a new material, but it has made a resurgence in recent years and might be worthy of investigation by creative individuals who have yet to use it.

What is epoxy resin?

Individuals who like science and chemistry are bound to enjoy working with resin. That's because resin is a two-part liquid that must be mixed together, resulting in a chemical reaction that produces heat. Over time, the finished product hardens into a solid, clear surface. Typically the liquids are mixed at a one-to-one ratio. Epoxy resin crafts are very strong, waterproof and some are food-safe, according to the Mod Podge Rocks blog.

Choosing the right resin

Resin comes in different viscosities. Thinner resins (low viscosity) have a longer cure time, so there will be a longer wait to unmold crafts. However, a low viscosity resin is best for crafts that require intricate detail. Thicker resins (high viscosity) will cure faster and are better for casting into large, deep spheres. There also are special heat-resistant resins that will take even longer to cure, but are worth the time when making projects that will come in contact with hot items, such as coasters.

Although epoxy resin can be used for many projects, polyester or polyurethane resins also will create a glass-like finish, says Gathered, a crafting resource. UV resin can be cured under a UV lamp and is ideal for smaller projects.

Yellowing and color

Some resins will yellow with time, especially when using them in clear form. It is important to select a resin that specifically says it is resistant to yellowing.

Resin dyes can be found in transparent or opaque pigments and give the resin color. It can be fun to experiment with mixing custom colors.

Perfecting resin will take time

There is a learning curve to working with resin, so beginners should not be too hard on themselves if their initial projects do not turn out perfect. Typically a poor result comes down to user error and not an inferior project.

Tips to working with resin

It's important when working with resin to pick a crafting area that can get messy, as resin is a liquid and glitter or other materials may be mixed into the resin. Choose a spot that is safe and cover the work surface. In addition, choose a spot in a low humidity environment and a workspace that has a warm, consistent temperature.

Good lighting also is essential. If overhead lighting is poor, invest in a bright task light that will be in the crafting area.

Some epoxy resins can smell, so people are urged to work in a well ventilated area and to avoid directly breathing in any resin fumes. Resin can be turned into cubed art, photo art, jewelry, frames, cutting boards, coasters, and keychains. And this is just the beginning. As individuals perfect their techniques, there's no limit to the possibilities of working with resin.



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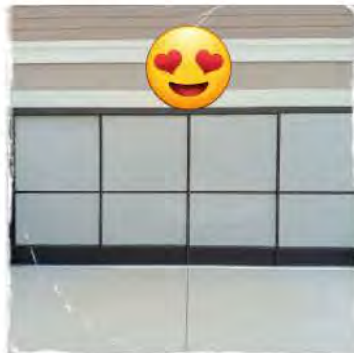
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Did you know?

According to the World Health Organization, roughly 5 percent of the world's population, or more than 400 million people, requires rehabilitation to address disabling hearing loss. And that could only prove the start, as the WHO estimates that 2.5 billion individuals will have some degree of hearing loss by 2050. The consequences of hearing loss can be profound. Unaddressed hearing loss can adversely affect cognition and contribute to social isolation. The WHO notes that adults with hearing loss have considerably higher rates of unemployment than individuals with no hearing deficits. In addition, unaddressed hearing loss can be costly, with estimates from the WHO suggesting the annual global costs are around \$980 billion. Those costs include a number of expenses, including hearing devices, education support and lost productivity.

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Peanuts shine in this stir-fry dish

Peanuts work well in sweet desserts and are commonly found in the form of peanut butter swirled with jelly atop bread for lunch-time sandwiches. However, peanuts can be an ingredient in savory dishes as well. In fact, peanuts often are included in the popular Thai dish "Pad Thai," which is Thailand's variation on a traditional Chinese stir-fry. It's salty, sweet and often spicy. Try this version, courtesy of "300 Best Stir-Fry Recipes" (Robert Rose) by Nancie McDermott.

Pad Thai

Serves 2 to 4

- 4 ounces dry rice noodles
- 1/4 cup chicken stock or water
- 3 tablespoons fish sauce
- 2 tablespoons soy sauce
- 2 tablespoons granulated sugar
- 1 teaspoon hot pepper flakes
- 3 tablespoons vegetable oil, divided
- 1 tablespoon chopped garlic
- 4 ounces boneless pork (such as loin or tenderloin) or skinless chicken breast or thighs, thinly sliced
- 8 to 10 medium shrimp, peeled and deveined
- 1 egg, beaten
- 1/2 cup chopped garlic chives or green onions
- 2 cups bean sprouts, divided
- 1/3 cup chopped roasted salted peanuts
- 3 tablespoons freshly squeezed lime juice
- 4 lime wedges



1. Bring a large pot of water to a rolling boil over high heat. Add noodles and remove from heat. Let stand for 5 to 7 minutes, stirring occasionally, until noodles are softened but still firm. Drain, rinse well in cold water. Drain and set aside.
2. In a small bowl, combine chicken stock, fish sauce, soy sauce, sugar and hot pepper flakes and stir well. Set aside.
3. Heat a wok or a large deep skillet over medium heat. Add 2 tablespoons of the oil and swirl to coat pan. Add garlic and toss well, until fragrant, about 15 seconds.
4. Add pork, spreading into a single layer. Cook, undisturbed, until edges change color, about 1 minute. Toss well. Add shrimp and toss well. Cook, tossing often until shrimp are pink and firm and pork is cooked through, 1 to 2 minutes. Add noodles and cook, tossing often and pulling to separate noodles, for 1 minute.
5. Add chicken stock mixture, pouring in around sides of pan. Cook, tossing often, turning and scraping noodles to heat and soften them, until noodles curl up and are tender and shrimp are cooked through, 1 to 2 minutes more. Add an additional 1 to 2 tablespoons of chicken stock or water as needed to keep noodles from sticking or burning.
6. Push the noodles to one side and add remaining 1 tablespoon of oil. Add egg and swirl to expose to hot pan. Cook, undisturbed, until edges have begun to set, about 15 seconds. Cook, stirring often, until egg is softly scrambled but still very moist, about 1 minute.
7. Add garlic, chives and 1 cup of the bean sprouts and cook, tossing often, until they have begun to wilt, about 1 minute more. Add peanuts and lime juice and toss well. Transfer to a serving platter. Place the remaining bean sprouts and lime wedges on one side. Serve hot or warm, mixing in the raw bean sprouts and squeezing a little lime juice over the noodles just before eating.

Why are so many leprechauns gardeners?
Because they have green thumbs.



ON THE FARM WORD SEARCH

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 E Y M M S G G R M F M K B A L E S P B B D
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- ACRE
- AERIAL
- AEROPONICS
- AGRICULTURAL
- AGROECOLOGY
- BALE
- BIODYNAMIC
- BORDER
- BROADCAST
- BUCKING
- BUSHEL
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MARCH 19, 2024

A FARMER WAS RETIRING AND NEEDED TO GET RID OF HIS ANIMALS BEFORE SELLING HIS FARM. SO HE WENT DOOR TO DOOR IN HIS TOWN, SELLING THEM.

HE GAVE HORSES TO THE HOUSES WHERE THE MAN IS THE BOSS.

HE GAVE A CHICKENS TO THE HOMES WHERE THE WOMAN IS THE BOSS.

HE GETS TO THE END OF THE STREET AND NOTICES A COUPLE GARDENING OUTSIDE.

"WHO'S IN CHARGE AROUND HERE?" HE INQUIRED.


"I AM," THE MAN ASSERTED.

"I HAVE A BLACK HORSE AND A BROWN HORSE," THE FARMER SAID, "WOULD YOU LIKE ONE OF THEM?"

"I'D LIKE THE BLACK ONE," THE MAN SAID AFTER A BRIEF MOMENT OF THOUGHT.

"NO, NO, GET THE BROWN ONE," THE MAN'S WIFE SAID.

"HERE'S YOUR CHICKEN," THE FARMER SAID.

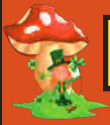


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Career opportunities in the agricultural sector

Individuals approach their careers in various ways. Some may aspire to climb the corporate ladder, while others may pursue a career that affords them ample personal time to spend how they see fit. Many individuals look for careers that afford them ample opportunities to work in the great outdoors, which could make the agricultural sector an appealing industry.

Talented individuals with an array of diverse skills dot the agricultural sector landscape, and the following are just a few of the many careers to consider within this vital industry.

- ~ **Equipment technician:** Data from the career experts at Indeed indicates agricultural equipment technicians earn an average salary around \$65,000 per year. Agricultural equipment technicians maintain and repair existing machines and install new ones, among their many responsibilities.
- ~ **Purchasing agent:** An agricultural purchasing agent buys products and raw materials at wholesale. Indeed notes that purchasing agents often must meet specific purchasing quotas for processors and work with various clients who supply an array of agricultural products. The national average salary for agricultural purchasing agents is around \$51,000 annually.
- ~ **Warehouse manager:** The receiving, shipping and storage of agricultural materials is overseen by a warehouse manager. Indeed notes that these professionals now routinely utilize artificial intelligence products to manage inventory. Warehouse managers must know and adhere to safety procedures and guidelines that dictate how materials and products are stored. The average salary of a warehouse manager is around \$52,000 per year.
- ~ **Sales:** Like every industry, the agricultural sector requires talented sales personnel. Agricultural sales reps sell materials and products and identify the needs of potential customers. Agricultural sales reps may spend ample time on the road at trade shows. Doing so allows them to identify customers as well as their needs and wants, and promote their own products and services. An ability to foster strong and trusting interpersonal relationships is invaluable for agricultural sales reps, who Indeed reports earn an average of about \$60,000 per year.
- ~ **Environmental engineer:** Environmental engineers play pivotal roles within the industry, and could become even more vital in the decades ahead as the effects of climate change become more apparent. Environmental engineers design and implement solutions that occur on agricultural sites, helping to address issues such as unhealthy soil, insufficient drainage and inefficiencies, among other concerns. A career as an environmental engineer within the agricultural industry can be rewarding and lucrative, with Indeed noting that the average annual salary for this position is a little more than \$77,000.

These are just some of the career paths individuals can consider as they explore the agricultural sector.




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Enjoy shortbread this St. Patrick's Day

Ireland's rich pasture and lush land has made the Emerald Isle well known for its butter. In fact, butter long has been a popular export of this western European nation. The southwestern coast of Ireland has been known for producing rich and flavorful butter since the late 1700s.

Although butter is delicious in many different applications, it's right at home in baked goods, particularly shortbread biscuits. Shortbread is commonly eaten in Ireland and in neighboring Scotland, where this recipe originated. For a tasty St. Patrick's Day dessert, try this recipe for "Shortbread Dips" from "The Hebridean Baker" (Sourcebooks) by Coinneach MacLeod.

Shortbread Dips

Makes a dozen

- 10 1/2 ounces soft butter
- 4 1/2 ounces golden caster sugar
- 10 1/2 ounces plain flour [all-purpose]
- 13/4 ounces corn flour [cornstarch]
- 1/2 teaspoon fine sea salt
- 5 ounces dark chocolate
- 5 ounces white chocolate
- 2 tablespoons chopped pistachios
- 2 tablespoons freeze-dried raspberries



Preheat the oven to 340 F. Grease an 8-inch square baking tin and line the base and sides with baking parchment.

Cream the butter and sugar in a bowl until pale and fluffy.

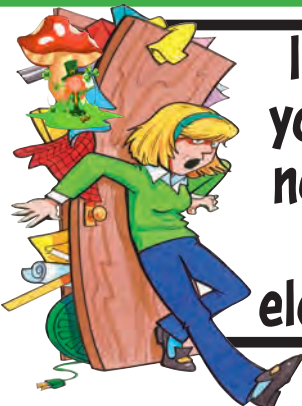
Add in both the flours plus the sea salt and stir until it begins to come together, though take care not to overwork the dough. Bring the dough together with your hands and press the mixture into the prepared tin. Flatten the surface of the shortbread with the back of a spoon and use a fork to prick marks along the length of the fingers.

Bake for 45 minutes until pale golden. Remove from the oven and, with a knife, mark lines where you are going to cut the shortbread. Leave to cool in the tin.

Melt the dark and white chocolate separately in heatproof bowls set over a pan of gently simmering water. Take each of your shortbread fingers and use a teaspoon to coat one-third with the chocolate. Sprinkle pistachios or freeze-dried raspberries over the chocolate end and allow to set. Serve with a hot cuppa, or they will keep in an airtight container for up to four days.

St. Patrick's Day idea: Use green sprinkles in lieu of raspberries on the ends of the other biscuits for some extra green flare. Serve with Irish coffee or hot chocolate spiked with Irish Cream liqueur.

Note: Caster sugar is finely ground granulated sugar. Its texture falls between granulated sugar and confectioner's sugar. If you can't find caster sugar, use a spice grinder to grind granulated sugar up to a finer texture.



I am trying a new method of decluttering where you hold every object that you own and if it does not bring you joy, you throw it away. So far I have thrown out all of the vegetables, my bra, the electric bill, the scale, a mirror, and my treadmill.

How to utilize diet to stay healthy

It's easy to underestimate the power of food in personal health. You are what you eat has never been more relevant. The Heart & Stroke Foundation of Canada says eating a healthy diet is one of the essential ways to protect health, as up to 80 percent of premature heart disease and stroke can be prevented through healthy habits. And since heart disease is a major concern for women, healthy eating should be a priority.

The World Health Organization says a healthy diet protects against many chronic conditions, such as diabetes, cancer and heart disease. A nutritious diet also helps keep people active throughout the day by providing energy.

What does healthy eating look like?

Eating healthy is a matter of balance. Individuals should choose foods that will offer the nutrients they need without much of the ingredients that can be detrimental to their overall health. This occurs by consuming less salt, trans fats, sugars, and saturated fats, and opting for vegetables, fruit, whole grains, and lean protein sources. Both the United States and Canada offer dietary guidelines for making smart food choices that utilize a plate to demonstrate what healthy eating looks like. They share similar concepts, which include the following:

- ~ Make half of your plate full of fruits and vegetables, focusing on whole fruits and not juices. Vary the produce to take in an array of different colors.
- ~ Fill a quarter of your plate with whole grain foods, like brown or wild rice, quinoa, oatmeal, and hulled barley. Whole grains contain fiber, protein and B vitamins.
- ~ The remaining quarter of the plate can be dedicated to protein, like legumes, nuts, seeds, tofu, fish, eggs, poultry, and lean meats. Try to choose plant-based foods more often.
- ~ Switch to low-fat or fat-free dairy, such as milk, yogurt and cheeses. Dairy is important because it provides vitamins A and D as well as calcium.

The benefits of healthy eating

Eating a healthy mix of foods pays dividends. Here are some of the positive side effects.

- ~ **Weight loss:** Focusing more on food choices can help you keep tabs on calorie consumption. In order to lose weight, you need to consume less energy than you are expending.
- ~ **Avoid chronic conditions:** A nutritious diet can lower an individual's risk for many chronic health issues, like cardiovascular disease and diabetes.
- ~ **Strengthen bones and the body:** Calcium-rich foods help boost bone health. While dairy notably contains calcium, calcium also is found in sardines, dark green vegetables and calcium-fortified foods.
- ~ **Improve mood:** The insurance experts at Aetna note that studies have shown that nutrition directly affects mental and emotional well-being. Eating nutritionally dense food promotes the growth of "good" bacteria in the gut that influence the production of chemical receptors in the brain related to how a person feels. Sugar is a culprit in poor health because it feeds the "bad" bacteria in the GI tract and is a major culprit in inflammation.

Making smart choices with regard to diet can help women live longer, healthier lives.



Why regular car washes are important

Taking care of a vehicle involves more than just maintaining the equipment under the hood. There are a number of steps involved in keeping a car or truck in top form, and that includes regular car washes.

Car washes keep a vehicle shiny and clean, which can help it look good while sitting in the driveway or cruising the highway. However, regular car washes are more than cosmetic.

- ~ **Protection from the sun:** A car that is routinely and properly washed and waxed is less vulnerable to damage from the sun's ultraviolet rays.
- ~ **Extend the life of paint:** Dirt and debris can build up on the paint surface and eventually lead to scratches and other damage. Bird droppings and sap can be corrosive. Washing will help remove grime and protect the paint in the process.
- ~ **Preserve the vehicle's value:** Drivers who plan to sell or trade in their vehicles in the future should realize that a well-maintained car can bring in as much as 20 percent more for above-average condition, according to Kelley Blue Book. Maintaining a clean and shiny vehicle can protect its long-term value.
- ~ **Remove salt:** Drivers who live near the ocean or in areas where roads are salted in the winter to melt snow may have cars with high salt corrosion rates. Unless it's washed off frequently, salt can take its toll, leading to damage.
- ~ **Improve fuel efficiency:** Drivers have felt pain in their wallets at the fuel pump in recent years. Dirty cars may be less aerodynamic and less fuel-efficient as a result. Keeping a car clean may improve its fuel efficiency.
- ~ **Maintain the interior:** Car washes are not only about the exterior. Keeping a clean and tidy interior can help improve the air quality inside of the vehicle and prolong the life of upholstery, mats and interior components.

Car washes should be a routine part of vehicle maintenance. Professional car washes tend to be more eco-friendly than washing a car at home, so drivers are urged investigate their service plans and features.

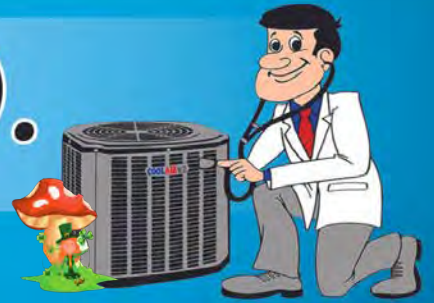


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CHILD
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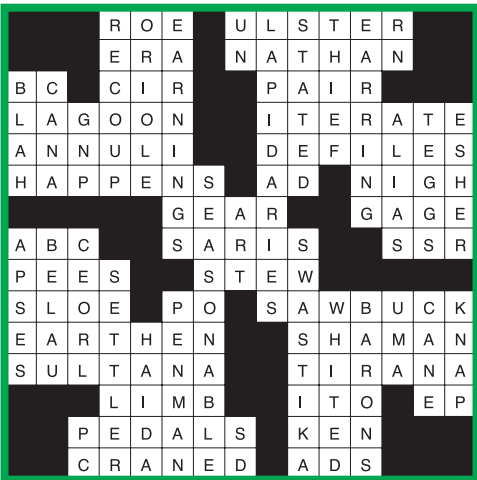
Guardian ad Litem Attorney

Trained Volunteer

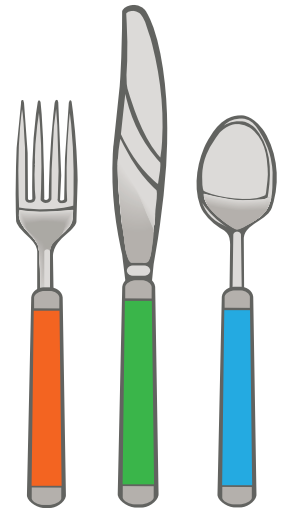
This could be you!

www.GuardianadLitem.org

To learn more about volunteering, contact
Diana Gisonni 352-812-6971

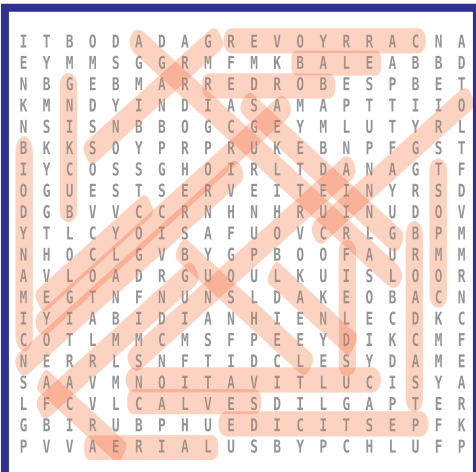
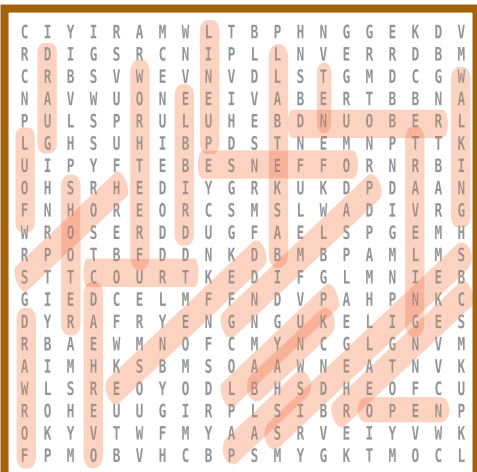


**PEOPLE BUY ME TO EAT,
BUT NEVER CONSUME
ME. WHAT AM I?**



SILVERWARE

**SUBMITTED BY
ALYSSA YORK**



**HOW MANY VALENTINE
DINO'S WERE HIDDEN IN
THE FEBRUARY EDITION?
1 TOTAL
PAGE 5**



3	1	9	7	4	6	8	5	2
5	2	7	3	8	9	6	4	1
6	4	8	2	1	5	7	3	9
7	8	3	5	6	2	1	9	4
2	9	4	1	3	7	5	6	8
1	5	6	4	9	8	3	2	7
9	6	2	8	7	3	4	1	5
8	3	1	9	5	4	2	7	6
4	7	5	6	2	1	9	8	3

4	7	1	9	6	8	5	2	3
9	2	8	5	3	7	1	6	4
6	5	3	1	2	4	8	7	9
8	4	7	3	9	1	6	5	2
3	6	9	2	8	5	4	1	7
5	1	2	7	4	6	3	9	8
7	3	6	8	1	9	2	4	5
1	8	5	4	7	2	9	3	6
2	9	4	6	5	3	7	8	1

Creative hobbies can lead to personal and professional growth

Much has been made of the value of hobbies in providing a distraction from the daily grind. The value of escapism is hard to define, but many successful professionals find that having a hobby that has nothing to do with their profession provides a much-needed respite during those times when work becomes overwhelming.

Hobbies might provide an invaluable escape for busy professionals, but those professionals should know that creative hobbies also could benefit their careers. A 2014 study published in the *Journal of Occupational and Organizational Psychology* found that non-work creative activity was positively associated with performance-related professional outcomes, including job creativity.

With so much to gain from engaging in creative hobbies, individuals looking for valuable ways to spend their time away from the office can take up activities such as painting, writing, sculpting, dancing, and/or knitting, among others. It's worth noting that the value of taking up such activities goes beyond personal and professional growth. According to the experts at Solara Mental Health, creative pursuits such as art increase brain plasticity, which is the brain's ability to grow and change over time. Increased brain plasticity can make it easier to learn new skills and maintain flexibility of thinking into old age. Increased brain plasticity also has been linked to a greater ability to maintain a high IQ.

Creative hobbies are often characterized as a valuable way to blow off steam and reduce stress associated with the many responsibilities of adulthood. Though such characterizations are accurate, the value of creative hobbies extends much further and can positively affect individuals' careers and long-term health.



It's My Birthday



Be Sure to Follow our Facebook Page to join in on my birthday month festivities!



PeddlersPostCommunityPaper

Common pet poisons

Pet poisoning is serious and almost entirely preventable. With diligence, pet owners can keep their companion animals safe. Various household substances and foods found in a typical house can be poisonous to pets, and such items include:

- ~ chocolate
- ~ grapes/raisins
- ~ xylitol (artificial sweetener)
- ~ alcoholic beverages
- ~ rodenticide
- ~ acetaminophen/ibuprofen
- ~ antifreeze
- ~ macadamia nuts
- ~ onions
- ~ houseplants
- ~ mushrooms
- ~ aloe
- ~ cleaning products
- ~ avocado
- ~ flower bouquets
- ~ veterinary medicines (when eaten in bulk and not used as directed)
- ~ recreational drugs



Anyone who suspects a dog has ingested something toxic can contact their veterinarian or the ASPCA Animal Poison Control Center at 888-426-4435 immediately.

In the event that a vet or poison control organization suggests inducing vomiting, pet owners can follow this formula for making an emetic to make dogs vomit. Hydrogen peroxide is an irritant to a dog's intestinal tract and typically works within 10 to 15 minutes of being ingested. The proper dosage, according to the American Kennel Club, is one teaspoon of 3-percent hydrogen peroxide per five pounds of the dog's body weight by mouth, with a maximum dose of 3 tablespoons for dogs who weigh more than 45 pounds. Only induce vomiting under the guidance of an expert and within two hours of the dog consuming the substance. Use a syringe to squirt the solution between the dog's back teeth, being careful not to let the pet inhale the substance. Do not let the dog eat the vomit, which some pets are bound to try. Vomiting can cause dehydration, so make sure the dog has plenty of access to fresh water if the vet advises no further action.

Hydrogen peroxide is not typically effective at inducing vomiting in cats, and poisoning may require further consultation with a professional health care provider.

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