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MAY 2024

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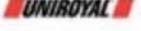
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Tom is applying for a job as a signalman for the local railroad and is told to meet the inspector at the signal box. The inspector decides to give Tom a pop quiz, asking: "What would you do if you realized that two trains were heading towards each other on the same track?"

Tom says: "I would switch one train to another track."

"What if the lever broke?" asks the inspector.

"Then I'd run down to the tracks and use the manual lever down there," answers Tom.

"What if that had been struck by lightning?" challenges the inspector.

"Then," Tom continued, "I'd run back up here and use the phone to call the next signal box."

"What if the phone was busy?"

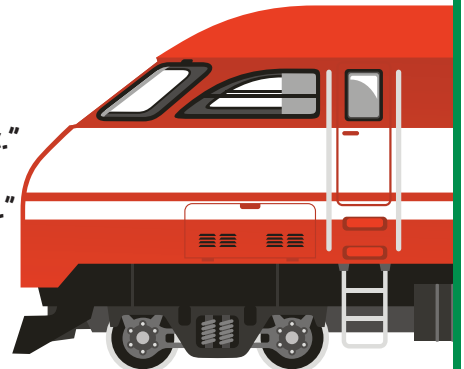
"In that case," Tom argued, "I'd run to the street level and use the public phone near the station."

"What if that had been vandalized?"

"Oh well," said Tom, "in that case I would run into town and get my Uncle Leo."

This puzzled the inspector, so he asked "Why would you do that?"

"Because he's never seen a train crash."



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4 festive facts about the month of May

May is a festive month in many ways. Warm weather characterizes much, if not all, of May in many regions, compelling people to spend more time outdoors. And the spirit of summer starts to seep in as May flowers bloom. In fact, many people in the United States feel Memorial Day, an American holiday celebrated annually on the last Monday in May, marks the unofficial beginning of summer. That's not all there is to know about the often festive fifth month of the year.

1. Historians believe May is named after Maia, the goddess who embodied the concept of growth in ancient Roman religion and mythology. That makes sense, as May is the month when flowers and plants begin to blossom anew, inspiring a spirit of rejuvenation among individuals who are ready for warm weather and all the benefits it brings. The name "May" has evolved from the Latin word "Maius," which is short for "mensis," a word that Dictionary.com reports meant "Maia's month."
2. "The fastest two minutes in sports" occurs each May. The Kentucky Derby, sometimes characterized as "The most exciting two minutes in sports," is held annually on the first Saturday in May at Churchill Downs in Louisville. The Kentucky Derby is the first leg of the Triple Crown, and the atmosphere at Churchill Downs embodies the festive spirit of May. The Kentucky Derby also is known as "The Run for the Roses," as the winner of the race is draped in roses in the winner's circle.
3. One of the more beloved May holidays in North America, or at least the United States, is Cinco de Mayo. Though Cinco de Mayo is a regional Mexican holiday celebrating the Mexican army's improbable defeat of the French at the Battle of Puebla in 1862, the day has been co-opted in the U.S., where it has become a celebration of Mexican culture and cuisine. It's not uncommon for bars and restaurants across the United States to offer special menus and discounted beverages on Cinco de Mayo.
4. Though the Kentucky Derby and Cinco de Mayo are festive occasions, Memorial Day weekend is when many people up the celebratory ante in the fifth month of the year. Memorial Day is a solemn American holiday day that honors the U.S. military personnel who died while serving in the Armed Forces, and many communities host parades on the morning of Memorial Day to honor those sacrifices and the country fallen soldiers fought to protect. But Memorial Day weekend also has gained a reputation as a festive weekend to spend with family and friends. In fact, a recent survey from WalletHub found that 44 percent of Americans planned to barbecue over Memorial Day weekend.

May 2024

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

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May
4th

Cinco De Mayo Weekend Health Expo at Hernando Park located at 20 E Fort Dade Blvd, Brooksville from 10am-4pm. Cancer Tamer Foundation- providing education and awareness about breast cancer and ways to thrive despite this disease. Food, Vendors, Health Services and Loads of Fun! Peddler's Post will be at this event and will be hosting FUN GIVEAWAYS, Amy will be the Emcee for the event! Stop by and say HELLO and spend the day with us!!!

5th

Award winning pianist, conductor and instructor Raul Ramirez Lugo and crooner John Goulet will present the final concert of the season at Countryside Presbyterian Church, 7768 SW Highway 200 on Sunday, May 5, 2024 at 3-00PM. Enjoy a variety of Easy Listening music from artists such as Sinatra, Dean Martin, Bobby Darin, Engelbert and many more. Free concert, donations welcome. For more info, call 352-237-4633.

14th

The Citrus County Genealogical Society will meet May 14 at 10:00 a.m. at the Church of Jesus Christ of the Latter-day Saints, 3474 W Southern St, Lecanto. The speaker will be Michael John Neill who will be talking about when a five-minute search does not locate an individual in a database, it is time to organize your online research process so that process can be evaluated and modified if information is not located. Through several examples we will see ways to structure effective searches, search processes, and search analysis. Guests are welcome. For information call Mary Ann Machonkin 352-382-5515.

27th

Join the American Legion Herbert Surber Post #225 Floral City for the 50th Anniversary Annual Memorial Day Observance. This Memorial day event will be held at the Hills of Rest Cemetery located at 7600 S Florida Ave, Floral City. Post 225 is named in honor of Herbert Surber, a US Marine born and raised in Floral City, Florida. He was the first military person from Floral City to give his life. While on patrol he was hit by mortar fire and died during the Vietnam War, December 25th 1966. Herbert was only 20 years old. He is buried at the Hills of Rest Cemetery. Bugle call will be a 11am, dont be late! GUEST SPEAKERS: Gus Bilirakis 12th district- US Congressman and Rebecca Bays District 4, Citrus County Commissioner.

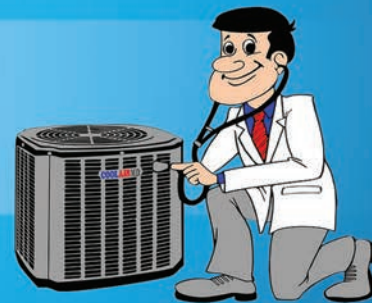
COMMUNITY BOARD SUBMISSIONS DETAILS

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

SUBMIT YOUR EVENTS ONLINE: <https://peddlers-post.com/submit-your-community-events/>

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ONGOING

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

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

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

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

Celebrate Recovery at Hills Church, 2 Civic Circle, Beverly Hills, FL. Every Monday Night at 6:00 For more information please call 410-353-7857

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

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

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

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

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

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

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

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

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

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

April happenings!! Mondays - Show Me Card Game - 3PM - guests welcome/NEW KITCHEN HOURS! 12-6pm - guests welcome/Tuesdays - Taco Tuesday 4-7PM - 50/50 Raffle 6PM - guests welcome/Wednesdays - Wings and Things 4-7PM - guests welcome/Karaoke - 5-8PM - guests welcome/Thursdays - Darts 2PM- Bar Cards 5PM/Thursday, April 11 - Auxiliary Yard Sale - 8-12PM/Fridays - Bingo 1PM - guests welcome/Fish and more - 4-7PM Karaoke - 5-8PM/Saturday - April 13 - VFW Riders Club Meeting and Ride - Guests welcome/Saturday - April 20 - Chance Auction!! Guests welcome to find treasures!/Sunday - .50 cents off all drinks if you wear a red, patriotic shirt - No Buckets

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

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

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

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

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What is red and bad for your teeth? A Brick

Explaining the wildly popular sport of pickleball

Crowded pickleball courts are a testament to the popularity of a sport that has taken many communities by storm. A 2023 report from the Sports & Fitness Industry Association indicates just under nine million people played pickleball in 2022, which marked a stunning 159 percent increase in participation over just a three-year period.

With such significant increases in participation, pickleball undoubtedly has piqued the curiosity of millions more who have not yet picked up a paddle. Individuals whose curiosity has compelled them to give the sport a try can consider this rundown of pickleball so they're as prepared as possible upon picking up their paddles.

The sport

Pickleball, invented by a congressman from the state of Washington and two friends in the 1960s, combines components of badminton, ping-pong and tennis. A ball made of plastic is used in pickleball, and the ball is slightly larger than a tennis ball. Tennis courts, which many communities have now re-designated as pickleball courts, are still widely used as playing surfaces for pickleball players. The nets for pickleball are lower than for tennis, and that's due to science. According to the paddle and apparel manufacturer Paddletrek, after the first bounce a tennis ball retains about 60 percent of its bounce, which means it can reach a height of nearly 46 inches. A pickleball retains between 38 and 44 percent of its energy after bouncing, which means it peaks around 30 to 34 inches. That's why tennis nets are typically lowered for pickleball competitions.

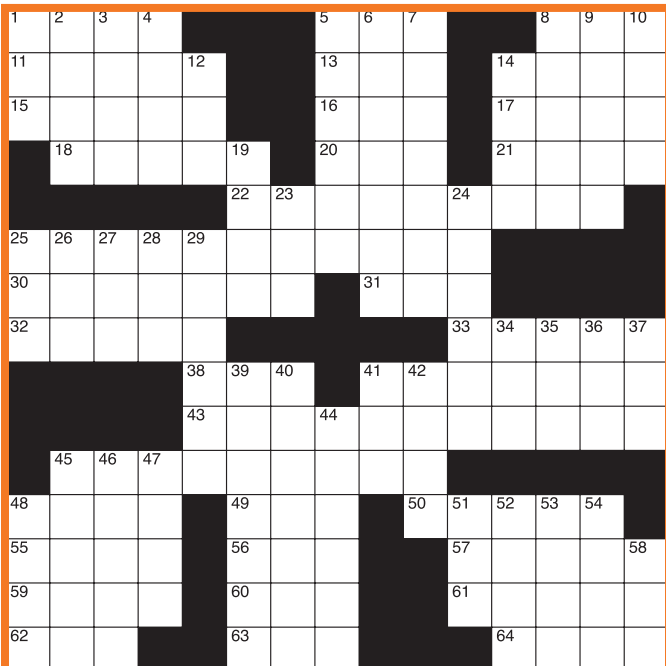
Is pickleball a team sport?

Socialization is one of the foremost health benefits of pickleball, potentially helping to reduce feelings of loneliness that can increase risk for depression and other conditions. Pickleball can be a team sport if players prefer doubles competitions, but it's also played in one-on-one settings as well. But even players who prefer singles competitions can reap the socialization benefits of pickleball by engaging with their competitors and the wider community of local players.

When does a pickleball game end?

Debate is ongoing as to whether professional pickleball should institute a shot clock to increase the pace of play, but no such clock currently governs the game. According to USA Pickleball™, games are normally played to 11 points, and players must win by two. Tournament games may play to 15 or 21 (win by two). The popularity of pickleball has exploded in recent years. Non-players who are curious are urged to give this beloved sport a try.





CLUES ACROSS

- 1. Lions do it
- 5. In favor of
- 8. Rest here please (abbr.)
- 11. Pulpits
- 13. Leisure activity
- 14. Fertility god
- 15. Financial obligations
- 16. When you anticipate getting somewhere
- 17. Spanish river
- 18. Sporting events
- 20. Type of tree
- 21. Ceased to be
- 22. Persons
- 25. Synthetic resin
- 30. Relates to photochemical reactions
- 31. Father
- 32. Former Cowboys coach
- 33. City in Finland
- 38. Run batted in
- 41. Got through
- 43. They darken skin
- 45. In a harmful way
- 48. Form of weaving
- 49. City of Angels hoopster
- 50. Caucasian language
- 55. Syngman ___, Korean president
- 56. Sun up in New York
- 57. Paddled
- 59. Fishes
- 60. Affirmative
- 61. Nimble
- 62. Doctor of Education
- 63. Soviet Socialist Republic
- 64. A small island

CLUES DOWN

- 1. Cool!
- 2. Hebrew unit of measure
- 3. Swedish rock group
- 4. College army
- 5. Favor over another
- 6. Called it a career
- 7. Egg-shaped wind instrument
- 8. Israeli statesman
- 9. Hurries
- 10. Slog
- 12. Midway between south and southeast
- 14. Benedictine monk
- 19. Self-immolation by fire ritual
- 23. Family of regulator genes
- 24. Surrendering
- 25. Political action committee
- 26. S. American plant
- 27. Long-term memory
- 28. Bark
- 29. Breathes in
- 34. Take hold of
- 35. Everyone has one
- 36. Valentine's Day color
- 37. Drivers' licenses and passports
- 39. Outer walls of castles
- 40. Enters with force
- 41. One thousandth of an inch
- 42. Deceased Chinese politician
- 44. Sugary secretion of plants
- 45. Expressed pleasure
- 46. Shelter
- 47. Utilizes
- 48. Forest resident
- 51. Fashion accessory
- 52. A sharply directional antenna
- 53. ___ Kristofferson, actor
- 54. A bad place to end up
- 58. MLBer Gordon

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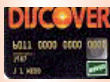
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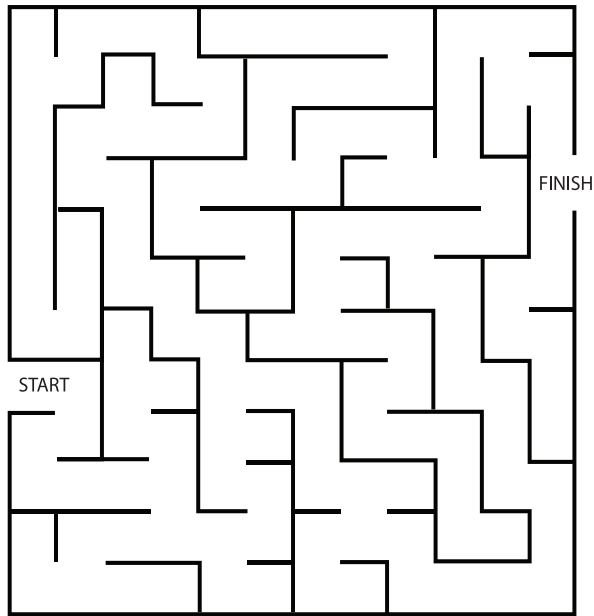
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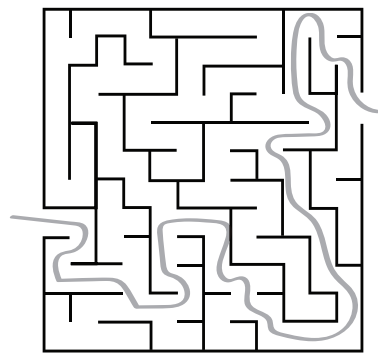
HISTORY

- **1588:** THE SPANISH ARMADA SETS SAIL FROM LISBON, PORTUGAL, HEADING FOR THE ENGLISH CHANNEL.
- **1937:** VOLKSWAGEN, THE GERMAN AUTO-MOBILE MANUFACTURER, IS FOUNDED.
- **1999:** AFTER 22 YEARS OF RESTORATION WORK, LEONARDO DA VINCI'S MASTERPIECE, "THE LAST SUPPER," IS PUT BACK ON DISPLAY.

SCIENCE FACT!

THIS CONTROLS THE AMOUNT OF LIGHT THAT ENTERS THE LENS OF A CAMERA.

ANSWER: APERTURE



New word

EXPOSURE

the quantity of light reaching a photographic film

How they SAY that in...

ENGLISH: Camera

SPANISH: Cámara fotográfica

ITALIAN: Macchina fotografica

FRENCH: Appareil photo

GERMAN: Kamera

Did you know?

THE WORD "PHOTOGRAPHY" IS DERIVED FROM GREEK AND MEANS "TO DRAW WITH LIGHT."

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: CAMERA

What did the mama tomato say to the baby tomato?



Catch up

Page 12 - Peddler's Post

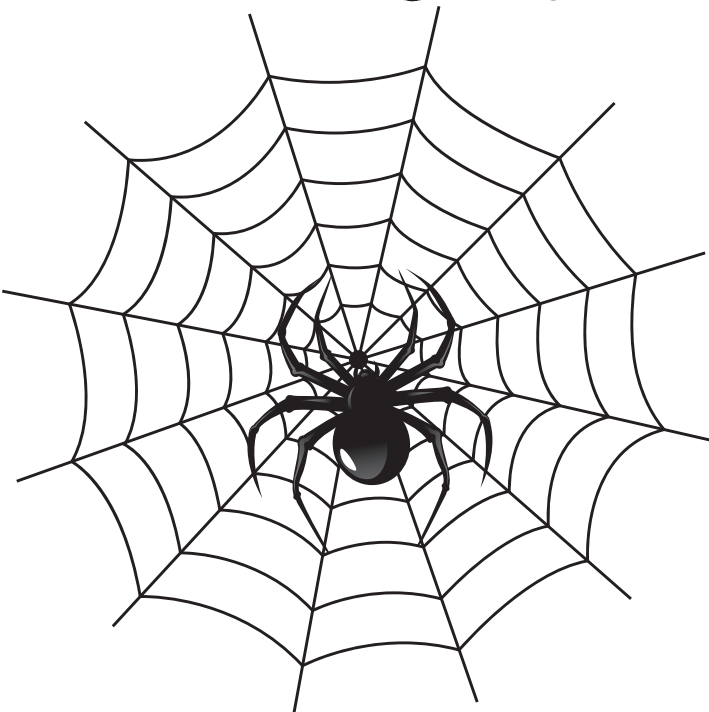


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MOTHER'S
Day



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spider say to baby
spider?**

**You spend too much
time on the web**



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'Darling, how I've missed you!' The husband extends his arms stopping her from embracing him and says, 'Whoa there woman, the contract was until death!'

Submitted by: Edward Rothlein of Citrus County



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"50 years," Grandma replied.
"Wow!! That is so wonderful,"
exclaimed Nina.
"And I bet in all that time, you never
once thought about divorce, right?"
"Right Nina. Divorce, NEVER. Murder,
lots of times, but never divorce."



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MAY DAYS PAST

May 1st 1707 Acts of Union comes into force, uniting England and Scotland to form the United Kingdom of Great Britain

May 2nd 1945 More than 1,000,000 German soldiers officially surrender to the Western Allies in Italy and Austria

May 3rd 1765 1st North American medical college opens in Philadelphia

May 4th 1864 General Ulysses S. Grant's Union Army at Potomac attacks Robert E. Lee's Confederates at Rappahannock River



May 5th 1809 Mary Kies is 1st woman issued a US patent for weaving straw

May 6th 1889 Exposition Universelle (World's Fair) in Paris opens with the recently completed Eiffel Towerserving as the entrance arch

May 7th 1867 Swedish chemist Alfred Nobel patents dynamite in England, the first of three patents he would receive for the explosive material

May 8th 1980 World Health Organization announces smallpox has been eradicated

May 9th 1960 US becomes the first country to legalize the birth control pill

May 10th 1775 Second Continental Congress convenes in Philadelphia, Pennsylvania and issues paper currency for 1st time

May 11th 330 Newly built city of Constantinople (Byzantium) dedicated, becomes the capital of the Eastern Roman Empire



May 12th 1940 Nazi blitzkrieg and conquest of France begins with the crossing of the Muese River

May 13th 1934 Great dustbowl storm sweeps across US prairies

May 14th 1804 Meriwether Lewis and William Clark's expedition commissioned by Thomas Jefferson sets out from St Louis for Pacific Coast

May 15th 1841 First emigrant wagon train to make it to California leaves Independence, Missouri on a 1,730 mile journey over the Sierra Nevada

May 16th 1920 French heroine Joan of Arc is canonized as a saint by Pope Benedict XV

May 17th 1861 First color photograph, of a tartan ribbon is shown by Scottish scientist James Clerk Maxwell to the Royal Institution in London

May 18th 1974 India becomes the sixth nation to explode an atomic bomb

May 19th 1536 Anne Boleyn, second wife of English King Henry VIII, is beheaded at the Tower of London on charges of adultery, incest and treason

May 20th 1609 Shakespeare's Sonnets are first published in London, perhaps illicitly, by publisher Thomas Thorpe

May 21st 1932 After flying for 17 hours from Newfoundland, Amelia Earhart lands near Londonderry, Northern Ireland, becoming the 1st transatlantic solo flight by a woman

May 22nd 1946 First US rocket (WAC Corporal) to reach edge of space fired from White Sands Missile Range New Mexico

May 23rd 1785 Benjamin Franklin announces his invention of bifocals

May 24th 1844 Samuel Morse taps out "What hath God wrought" in the world's first telegraph message

May 25th 1961 JFK announces US goal of putting a man on the Moon before the end of decade

May 26th 1927 Henry Ford and the Ford Motor Company produce the last (and 15th million) Model T Ford / Tin Lizzie

May 27th 1679 Habeas Corpus Act passes in England, strengthening a person's right to challenge unlawful arrest and imprisonment

May 28th 1830 US President Andrew Jackson signs the Indian Removal Act, a key law leading to the forced removal of the Cherokee, Chickasaw, Choctaw, Creek, and Seminole tribes out of Georgia and surrounding states, setting the stage for the Cherokee Trail of Tears

May 29th 1942 Bing Crosby records Irving Berlin's song "White Christmas", with the John Scott Trotter Orchestra and the Ken Darby Singers, in just 18 minutes; becomes world's best-selling single (estimated 100 million copies sold)

May 30th 1431 Hundred Years' War: 19-year-old Joan of Arc is burned at the stake by an English-dominated tribunal in Rouen, France

May 31st 1279 BC Ramesses II, also known as Ramesses the Great becomes Pharaoh of Ancient Egypt (19th Dynasty)



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This recipe makes for a great breakfast in bed this Mother's Day

There may be no better way to start Mother's Day than serving Mom some breakfast in bed. A homemade meal before Mom even gets out of bed can set the right tone for a day that celebrates all mothers have done and continue to do for their children.

There's no shortage of breakfast in bed options to serve Mom this Mother's Day. If Mom loves a traditional hearty morning meal, this recipe for "Mixed Berry French Toast" courtesy of Taste of Home (tasteofhome.com) is sure to please.

Mixed Berry French Toast Makes 8 servings

- 6 large eggs
- 1 3/4 cups fat-free milk
- 1 teaspoon sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 loaf (1 pound) French bread, cubed
- 1 package (12 ounces) frozen unsweetened mixed berries
- 2 tablespoons cold butter
- 1/3 cup packed brown sugar
- Confectioners' sugar and maple syrup (optional)



Whisk together the first 6 ingredients. Place bread cubes in a 13 x 9-inch or 3-quart baking dish coated with cooking spray. Pour egg mixture over top. Refrigerate, covered, 8 hours or overnight.

Preheat oven to 350 F. Remove berries from freezer and French toast from refrigerator and let stand while oven heats. Bake French toast, covered, 30 minutes.

In a small bowl, cut butter into brown sugar until crumbly. Top French toast with berries; sprinkle with brown sugar mixture. Bake, uncovered, until a knife inserted in the center comes out clean, 15 to 20 minutes. If desired, dust with confectioners' sugar and serve with syrup.

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Regal Railways Presents Train Show & Sale Saturday May 18, 2024. Adults \$6.00 children under 12 free. Hours 9-2. Vendors on hand selling model trains of all gauges and accessories. Food Trucks on the grounds for Lunch. Hernando County Fairgrounds 6436 Broad Street (US41) Brooksville, FL 34601. For information or want to be a vendor contact Joe 727-244-1341 or www.regalrailways.com

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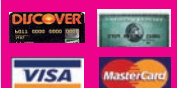
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9mm semi pistol, also 40 cal, both are Hi-Point, \$200 each, call John 352-341-1831, lv msg.

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Commercial Property-For Sale

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Hernando-Crystal Hill Mini Farms-2/2/1/1-1,104 Sq. Ft. LA-\$175,000.00-Craven Realty, Inc.-Call Michele Rose 352-212-5097 #831707



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Hernando-Needs Finishing-2/1-768 St. Ft. LA-\$75,000.00-Craven Realty, Inc. Call Michele Rose 352-212-5097 #829216



Inverness-3/2/2-Highlands West-1.963 Sq. Ft. LA-\$365,000.00 Craven Realty, Inc. Call Michele Rose 352-212-5097 #830879



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Inverness-Bld. Lot - \$12,000.00 Craven Realty, Inc. Call Michele Rose 352-212-5097

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Garage & Yard Sales

Hernando

Sister garage sale 1552 N Arkansas Terrace. Thurs & Fri May 9 + 10, 8am-5pm Sat until noon

What is the "silver tsunami"?

The United States is changing, and observant individuals may notice the nation is skewing a little older than it has in recent years. Estimates from the U.S. Census Bureau indicate roughly 56 million Americans had reached age 65 by 2020, which marked a nearly 39 percent increase since 2010. The increase in the population that has reached traditional retirement age has been dubbed a "silver tsunami," and that increase could stretch government resources thin in the decades to come. In fact, a 2018 report from the Hutchins Center on Fiscal and Monetary Policy noted that the federal government could face considerable challenges as more of its budget is allocated to age entitlement programs such as Social Security and Medicare. That problem may not prove unique to the United States, as the United Nations estimates that the elderly population in Europe is expected to account for around 30 percent of all residents by 2050. Though entitlement programs differ from country to country, finding ways to successfully manage the silver tsunami could be imperative to various nations' financial stability in the decades to come.



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WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



A



B

Answers:
 1. Extra shell front right corner. 2. Extra shell by starfish in front. 3. Flames on candles are out. 4. Missing shell by right candle.

☉ ** ☐ ☺ ☼ ~ 0 ☺ * ✕ ✕ + ☼ * ▲ ☾ * ☽ * ✎ ♁ ☽ ☼
 A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

CRYPTO FUN

☐ ☾ ☽ * ☽ ☼ ☼ ~ * +

Determine the code to reveal the answer!

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

A. 23 18 26 15 6

Clue: Flower part

B. 9 6 11 11 20 5 14 12

Clue: Producing flowers

C. 25 15 2 20 26 8

Clue: Pleasant heat

D. 17 22 14 17 8 5 14 18

Clue: Light from sun

Answers: A. petal B. blooming C. warmth D. sunshine

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Healthy exposure to the sun

Spring and summer are times of the year when the great outdoors beckons more strongly than it does in fall and winter. Temperate climates and abundant sunshine encourage people to leave their homes and bask in the warm rays of the sun.

Spending time outdoors is good for mental health and it's a natural way for people to get adequate vitamin D, also known as the sunshine vitamin. The National Institutes of Health say exposure to sunshine for five to 30 minutes a day, most days a week is optimal to make vitamin D. A large percentage of the population is deficient in vitamin D. The NIH says there are many studies correlating vitamin D insufficiency with increased risk of numerous chronic conditions, including hypertension, diabetes, myocardial infarctions, and brittle bones. However, sun exposure to make vitamin D needs to occur without sunscreen for maximum impact. That begs the question of just how safe it may be to spend time outdoors without sun protection, and what are the risks of doing so? Also, do the risks of vitamin D deficiency outrank those involving sun exposure and cancer causation? It's a conundrum, to be sure. The good news is that most people can safely enjoy the sun and obtain vitamin D. Here are some tips and safety precautions.

- ~ Keep in mind that the sun's rays are strongest between 10 am and 4 pm. Therefore, if you must spend time in the sun, do so outside of this time period.
- ~ Promptly apply sunscreen. After a short period of unprotected sunshine of no more than 30 minutes, put on sunblock right away. Also, reapply as indicated on the packaging depending on activity. Harvard Health says that sunscreen cannot block all UV rays, and even usage of sunblock will not staunch all vitamin D production.
- ~ The National Cancer Institute suggests using an SPF of at least 15, but some doctors recommend SPF 30.
- ~ Ultraviolet radiation is the number one cause of skin cancer. Utilize wide-brimmed hats, sunscreen and protective clothing to prevent cumulative sun exposure, which can lead to basal cell and squamous cell skin cancers.
- ~ Keep in mind that episodes of severe sunburns, usually before age 18, can raise the risk of developing melanoma. Children should be just as mindful of sun exposure as adults.
- ~ It is challenging to define what "too much sun" actually is, says the European Code Against Cancer. Strength of the sun (UV index), skin type and the strength of sunscreen all merit consideration. A person with very fair skin exposed to an ultraviolet index of 6, which is easily reached at noon in summer, can suffer sunburn in as little as 10 to 15 minutes. It's a fine line to balance healthy sun exposure to obtain vitamin D and avoiding sun damage to the skin. But it's best that people walk that tightrope with sun safety in mind.



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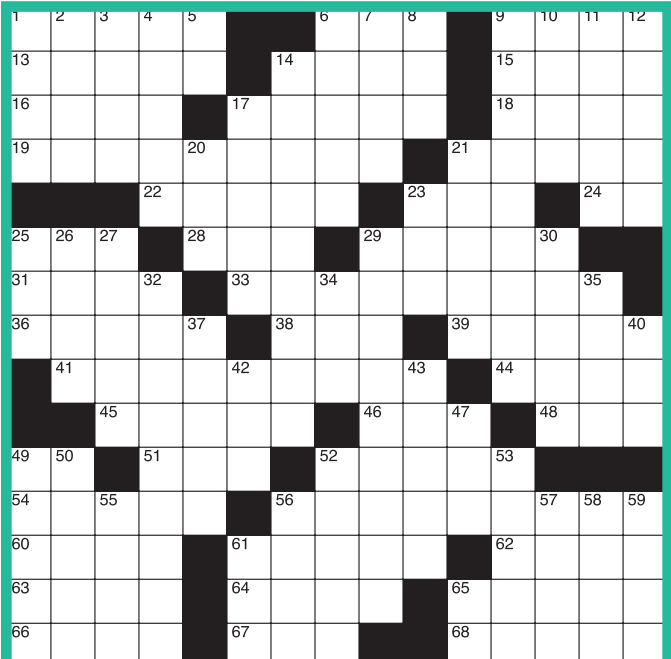
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A wife being the romantic sort, sent her husband a text... "If you are sleeping, send me your dreams. If you are laughing, send your smile. If you are eating, send me a bite. If you are drinking, send me a sip. If you are crying, send me your tears. I love you!"

He texted back... "I am on the john, what should I do?"

This joke was first featured in the April 2013 edition.



CLUES ACROSS

1. It wakes you up
6. A place to sleep
9. Czech village
13. Appetizer
14. African country
15. Dark brown or black
16. Parent-teacher groups
17. Saturates
18. ESPN personality Kimes
19. Songs to a lover
21. Cavalry-sword
22. Begat
23. Patriotic women
24. Famed Princess
25. One who does not conform
28. Neither
29. Nigerian monetary unit
31. Body parts
33. Hit Dave Matthews Band song
36. Depicts with pencil
38. Make into leather without tannin
39. Plants grow from them
41. Alias
44. Fingers do it
45. More dried-up
46. Clod
48. Senior officer
49. A way to listen to music
51. The bill in a restaurant
52. Historic center of Artois region
54. Cyprinid fishes
56. Poisonous perennial plant
60. Scottish Loch
61. Heads
62. Extra seed-covering
63. Wings
64. Britpop band
65. Forearm bones
66. Small immature herring
67. Female sibling
68. Hymn

CLUES DOWN

1. Vipers
2. Not on time
3. Resembling a wing or wings
4. Tears down
5. Professional designation
6. Noise a sheep made
7. Type of lodge
8. Speak poorly of
9. Ties the knot again
10. Apron
11. Studied intensively
12. City in Finland
14. One who monitors
17. 18-year astronomical period
20. Trent Reznor's band
21. Takes to the sea
23. Split pulses
25. Valentine's Day color
26. Wyatt --
27. Type of rail
29. One from the Big Apple
30. Asteroids
32. Made more sugary
34. Change in skin pigment
35. Mild yellow Dutch cheese
37. Koran chapters
40. A place to relax
42. Young woman ready for society life
43. Female horses
47. Half of Milli Vanilli
49. Icelandic poems
50. Indiana town
52. Golden peas
53. Closes tightly
55. It's mined in mountains
56. Cliff (Hawaii)
57. Ribosomal ribonucleic acid
58. Monetary unit
59. Primordial matter
61. TV station
65. Rise



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Did you know?

Contrary to one popular misconception, Cinco de Mayo is not a celebration of Mexican independence. According to History.com, Mexico's D'a de la Independencia is commemorated on September 16. So what does Cinco de Mayo commemorate? Cinco de Mayo commemorates an improbable Mexican victory over the French at the Battle of Puebla on May 5, 1862. Though Cinco de Mayo is now celebrated across the United States, it remains a minor holiday in Mexico that is primarily observed in the state of Puebla. Knowledge of the holiday's origins may or may not be widespread among American celebrants, many of whom view Cinco de Mayo as a celebration of Mexican culture.



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What families can do to honor fallen veterans

The freedoms people living in the United States are afforded would not have been possible to provide if not for the brave efforts and undying commitment of the many individuals who have served in the nation's armed forces. American military personnel have played vital roles in securing freedoms for their fellow citizens as well as individuals overseas.

Each year on the final Monday in May, the United States commemorates military personnel who lost their lives while serving in the armed forces. Those individuals made the ultimate sacrifice, and Memorial Day is a way to honor them and thank their families for their selfless acts. This Memorial Day, families can embrace various measures to honor fallen veterans.

- ~ Visit a local veterans cemetery. The United Service Organization (USO) notes that most states have national veterans cemeteries. Though some veterans cemeteries are open only to family members of service personnel, others are open to the general public. Visiting a veterans cemetery is a great way to honor fallen military members and ensure the memory of their service and sacrifice is not forgotten on Memorial Day.
- ~ Celebrate veterans over Memorial Day weekend. Memorial Day weekend is now synonymous with getaways and backyard barbecues. By taking time out during the weekend to honor fallen veterans, families can ensure the meaning behind the holiday is not lost in the midst of celebrations with family and friends. Take time out during a family barbecue to discuss a family member who served or, if traveling, make an effort to visit a veterans memorial along your travel route.
- ~ Help raise funds for veterans organizations. Fun runs or community Memorial Day walks may benefit local veterans organizations that help service members in need. Many service members may need help dealing with the deaths of friends or family members who died while serving in the armed forces, and veterans organizations may provide such help or direct funds to groups that do. That makes participation in events that benefit veterans organizations a great way to honor current military personnel and those who have served in the past, including those who died in service of their country.
- ~ Teach youngsters about the role of the armed forces. There's a lot competing for the attention of today's young people, and that can make it easy to overlook the very freedoms that make the United States such a unique country throughout world history. Parents and guardians can emphasize the role the armed forces play in procuring and protecting freedoms in the United States and emphasize the significance of the sacrifices of those who gave their lives to ensure a higher quality of life for all U.S. residents. Memorial Day commemorates military personnel who died while serving in the armed forces. There is much families can do to ensure those sacrifices are never forgotten or taken for granted.



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8						2		

Level: Intermediate

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Slide these sandwiches into meal plans

Sliders are pint-sized sandwiches that pack a wallop of flavor into each bite. There are different stories regarding how sliders came to be. Some posit that the name came from the fact that sliders being so small can easily “slide down the throat,” a concept attributed to hungry American sailors during WWII. The burger chain White Castle also lays claim to the slider name, having built its brand upon these modest burgers.

Although sliders are most often associated with hamburgers, modern recipes utilize different types of fillings between the buns. Because they’re small, sliders also are great for sampling different flavors, with two or more sliders being paired together on a dish. Those who want to try something different with their sliders can opt for “Rosemary Pork Sliders with Horseradish Aioli” from “Cooking Light: Dinner’s Ready” (Oxmoor House) from the Cooking Light Kitchens.

Pork Sliders with Horseradish Aioli (Makes 24)

- 1 1 1/2-pound boneless pork loin roast, trimmed
- 1/2 teaspoon freshly ground black pepper
- Cooking spray
- 1 cup water
- 1 cup fat-free, lower-sodium chicken broth
- 1/2 cup vertically sliced shallots (2 large)
- 1 tablespoon chopped fresh rosemary
- 4 garlic cloves, minced
- 3/4 cup canola mayonnaise
- 2 teaspoons prepared horseradish
- 24 wheat slider buns, split and toasted
- 2 cups arugula



1. Sprinkle pork with pepper. Heat a large skillet over medium-high heat. Add pork; cook 3 minutes on each side or until browned. Transfer pork to a 3-quart slow cooker coated with cooking spray. Add 1 cup water and next four ingredients to slow cooker. Cover and cook on low for 8 hours or until tender.
2. Remove pork from slow cooker; place in a bowl. Shred pork with 2 forks. Pour cooking liquid through a sieve into a bowl, reserving shallots and garlic. Add 3/4 cup of strained cooking liquid, shallots and garlic to pork; toss well. Discard remaining cooking liquid.
3. Combine mayonnaise and horseradish in a small bowl. Spoon about 2 tablespoons pork mixture on bottom half of each bun. Top evenly with arugula. Spread 1 1/2 teaspoons mayonnaise mixture on cut side of each bun top. Cover sliders with bun tops.

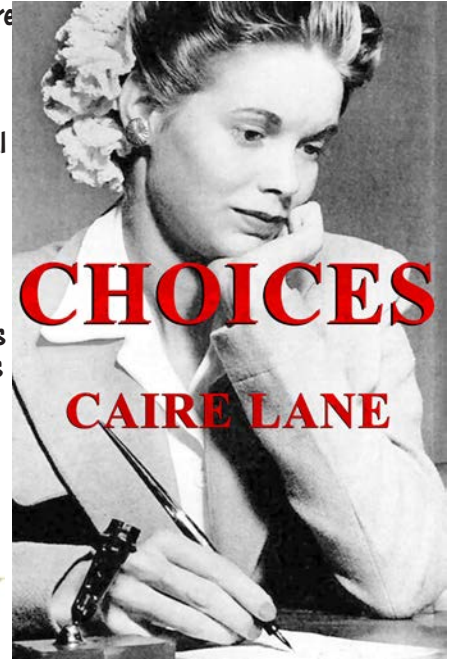


Caire Lane was born and raised in Detroit Michigan, where she studied creative writing at Wayne State University and had the honor of editing the literary magazine, The Wayne Review.

She has been a school teacher, a social worker, and a real estate manager. She also had a thirty-eight year career in the futures industry as a commodity trading advisor and, most notably, as the owner of Investment Educators, where she taught technical analysis of stocks and commodities.

Her writing credits include stories in the last two Citrus Writers Anthologies. A short story, Halloween Party, was dramatized on the wildly popular No-Sleep Podcast out of Montreal. Her book, Choices, which incorporates the story below, is available through Amazon and the Citrus County Library System.

Citrus
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A Story to Remember

by Caire Lane

The USS Gambier Bay was the only US escort carrier sunk by direct gunfire in battle in World War II. She went down off the island of Samar in the Philippines during the Battle of Leyte Gulf--but not before saving the lives of hundreds of thousands of marines and soldiers in MacArthur's invasion force and stopping cold the supposedly invincible Imperial Japanese Navy. For this, she received four battle stars and shared in a Presidential Unit Citation "...for extraordinary heroism..."

The Gambier Bay was a baby flattop only half the size of a troop ship, two thirds the size of a hardened battleship, 586 feet compared to 1089 and 888 feet respectively. No double hull. No watertight compartments. It was a tin can packed solid with airplanes, fuel and munitions. It carried only two five-inch guns for protection and was never meant to engage in battle.

It's job, along with others of its kind, was to escort troop ships into Leyte Gulf and to release and service the planes that were bombing and shelling the Japanese battlements on shore, so that our troops could storm the beaches with greater odds of survival.

The Gambier Bay, part of a task force designated Taffy 3, was almost out of ammunition after two days of softening up the Japanese positions. She was headed back through the straits off the Philippines to resupply, when her planes spotted a Japanese force double her strength coming at her out of the fog.

The thing is, they aren't supposed to be there. They're part of an armada thought to have been destroyed in a battle farther north. Under the misapprehension that the threat had been neutralized, our admirals had ordered our battleships off.

But this contingent of the Japanese fleet had escaped undetected. It headed south to close the mouth of Leyte Gulf at its northernmost point, while other Japanese fleets did the same thing on the southern and eastern ends. Their plan was to trap MacArthur's entire force, a half-million men, like ducks in a shooting gallery, hitting them broadside, and sinking troops and ships both where they sat.

Our battleships, if they could have been contacted, were two days away, too far out of range to be of any help. With that many lives in danger, everyone on the Gambier Bay knew what they had to do. Their duty was to protect those troops, whatever the cost, to the death. To a man, they knew the stakes and they accepted the risk.

In two hours of fighting, the Gambier Bay took out two of Japan's four battleships and injured a third. She sank half of the enemy's eight cruisers and eleven destroyers.

During the battle, she's targeted by a heavy cruiser, the Chikuma, with 8-inch guns and a vendetta after an earlier run-in. The Chikuma hits the Gambier Bay broadside, tearing a hole straight through her at water level, taking out her forward engine room and cutting her speed in half, down to nine knots. She can't run.

Instead, the Gambier Bay uses her fuel to set controlled chemical fires--in effect, fog machines. Using the smoke to hide her position, she runs a zig-zag course; this allows her destroyers to nip in and out, firing on the Japanese at close range. When her planes run out of ammunition, they execute dummy runs to harass the enemy. Meantime, Japanese destroyers take out the Gambier Bay's boilers, so she's dead in the water.

The Gambier Bay has managed to put all of its planes in the air, except one lost in an explosion on deck before it could be serviced, and to keep all of its destroyers operational. Now, they ask for and get a little help from a few of the planes spared by Taffy 1 and Taffy 2. They will need it.

Out of the fog, comes the biggest battleship in the Japanese fleet--and in the world, at this time--the Yamato. This ship is sixteen stories high. It has nine 18-inch guns pointed forward and rows of 8-inch guns protruding out either side. It can accurately target from 30 miles away and it runs at 35-40 knots. It is truly Goliath to our David.

The Yamato closes and targets the USS Gambier Bay from 22,000 yards, point blank range, sending high-explosive, armor piercing rounds completely through a tiny ship that hasn't any armor to protect it. The damage is catastrophic. Doomed, the ship endures direct hits from three Japanese destroyers, one hit every other minute, hits that set her on fire and split her hull open to the sea. The captain orders his destroyers and his planes to the safety of other carriers and bases and, at the last possible moment, tells his men to abandon ship. In fourteen minutes, the USS Gambier Bay sinks.

Inexplicably, the Japanese destroyers do not pick off the survivors. According to the sailors, they take photographs, salute their brave foe, and sail away. Our men spend two days afloat without water, holding onto nets under broiling sun, surrounded, hounded, and, sometimes, picked off by sharks, until they are finally rescued.

Later, naval strategists speculate that the Japanese commander, Admiral Kurita, must have been ordered to head for the battle up north; why else would he have forgone the coup d' gras?

But, the truth for the men who lived it is different. They fought with everything they had. Not with ammunition, because they didn't have any of that. They fought with smoke and mirrors--and pure grit--through explosions, fires, and flood.

Some lost their lives at their posts, doing the jobs they knew had to be done. Our sailors never stopped fighting and they never gave up. They kicked the pants off Kurita's fleet. They sacrificed their ship and their lives, to buy time for the Gambier Bay's sister ships to regroup and come back strong.

In his arrogance, Kurita couldn't believe one little ship could do all that damage to the Imperial Japanese Navy. There had to be more of them out there. The fact is, the Gambier Bay had completely fooled him into thinking Taffy 3 was a bigger force than it actually was. When Kurita spotted the Gambier Bay's sister ships in the distance, he may have believed he was facing Admiral Halsey's Third Fleet. After having already lost half his contingent to the USS Gambier Bay, he wasn't about to stick around to find out!

Instead of crushing Taffy 3 (which the Yamato and the Musashi, could easily have done) and pushing into Leyte Gulf--for a huge victory at the expense of thousands of American lives--Admiral Kurita turned tail and ran. That's what our men witnessed. That's what they remember.

Whatever the armchair quarterbacks think, the story the proud men who lived it believe--and rightly so!--is that on October 25, 1944, the USS Gambier Bay and her gallant American heroes single-handedly turned back the Imperial Japanese Navy.

God Bless 'em!

Pass it on.

(This story has been preserved in the book, CHOICES, by Caire Lane. If you've enjoyed what you've read, you can find the book on Amazon, or through the Citrus County Library System.)



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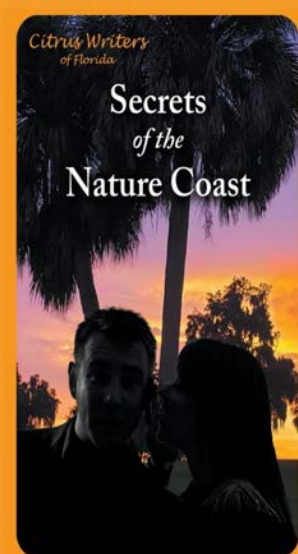
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Meeting Information:

When: Second Wednesday of the month
Time: 11 am – 1 pm
At: Hope Lutheran Church
9425 N. Citrus Springs Blvd.,
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Contact Information:

CitrusWriters@gmail.com

An old man meets a young man who asks:
"Do you remember me?"

And the old man says no. Then the young man tells him he was his student, and then the teacher asks:
"What do you do, what do you do in life?"

The young man answers:

"Well, I became a teacher."

"Ah, how good, like me?" Asks the old man. "Well, yes. In fact, I became a teacher because you inspired me to be like you."

The old man, curious, asks the young man at what time he decided to become a teacher.

And the young man tells him the following story:

"One day, a friend of mine, also a student, came in with a nice new watch, and I decided I wanted it. I stole it, I took it out of his pocket.

Shortly after, my friend noticed his watch was missing and immediately complained to our teacher, who was you.

Then you addressed the class saying, "This student's watch was stolen during classes today. Whoever stole it, please return it." I didn't give it back because I didn't want to.

You closed the door and told us all to stand up and form a circle. You were going to search our pockets one by one until the watch was found.

However, you told us to close our eyes, because you would only look for his watch if we all had our eyes closed. We did as instructed.

You went pocket to pocket, and when you went through my pocket, you found the watch and took it. You kept searching everyone's pockets, and when you were done you said "open your eyes. We have the watch."

You didn't tell on me and you never mentioned the episode. You never said who stole the watch either. That day you saved my dignity forever. It was the most shameful day of my life. But this is also the day I decided not to become a thief, a bad person, etc. You never said anything, nor did you even scold me or take me aside to give me a moral lesson.

I received your message clearly.

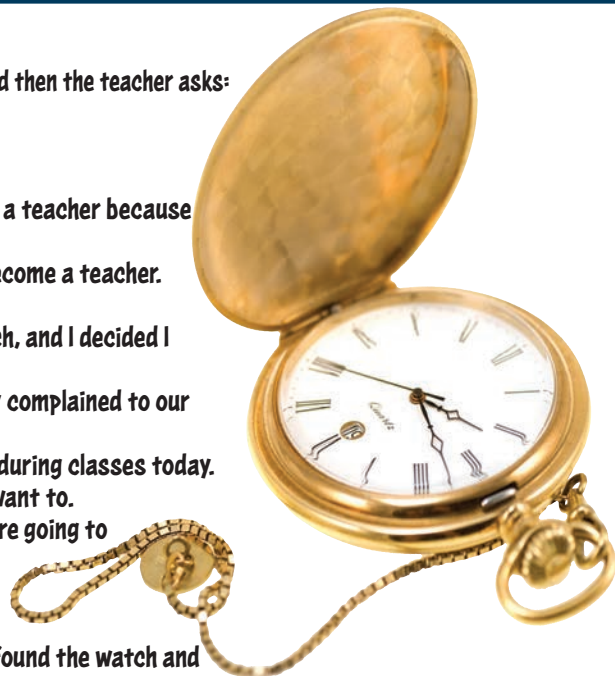
Thanks to you, I understood what a real educator needs to do.

Do you remember this episode, professor?

The old man answered, "Yes, I remember the situation with the stolen watch, which I was looking for in everyone's pocket. I didn't remember you, because I also closed my eyes while looking."

This is the essence of teaching:

If to correct you must humiliate; you don't know how to teach.



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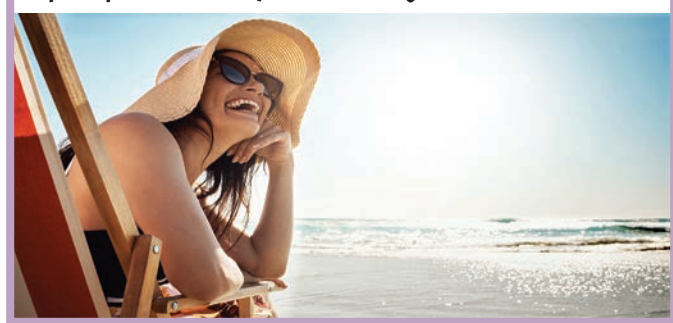
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How to safeguard your vision when spending time outdoors

The great outdoors beckons billions of people across the globe every day. There's much to be gained from spending time outdoors. According to the American Psychological Association, exposure to nature has been linked to improved attention, lower stress, improvements in mood, and reduced risk of psychiatric disorders.

With so much to gain from spending time in the great outdoors, it's no wonder so many people embrace opportunities to get outside. When doing so, it's important that individuals take proper precautions, such as wearing sunscreen and staying hydrated. But it's equally important to protect your eyes before soaking up some springtime and summer sun.

- ~ Purchase prescription sunglasses, if necessary. Sunglasses are vital to protecting the eyes from the sun's ultraviolet (UV) rays. If you wear prescription eyeglasses indoors, then you should also wear prescription sunglasses when spending time outside. Even contact lens wearers may want to invest in prescription sunglasses for those times when they're engaging in physical activity outdoors. Sweat makes its way into the eyes when exerting oneself outdoors, and that can make contacts uncomfortable. Airborne allergens like pollen also can make contacts less comfortable when outside, and prescription sunglasses can help people avoid such discomfort while protecting the eyes from UV rays.
 - ~ Wear a hat or visor. Hats and visors also help to protect the eyes from UV rays. The National Eye Institute recommends wearing sunglasses even on cloudy days, but it's easy to forget them when leaving home or the car on an overcast morning or afternoon. Hats or visors can serve as a safety net on cloudy days when you forget to bring your sunglasses.
 - ~ Avoid rubbing your eyes. Whether it's airborne allergens or debris, things can get into the eyes when spending time outdoors. In such instances, your first instinct might be to rub your eyes. However, University of Utah Health notes that rubbing your eyes can be very dangerous and increase risk for illness. Virus droplets can attach to hands and enter the body through the conjunctiva, a thin layer of tissue that lines the inner eyelid. This can cause infection in the eye. Dust and dirt on relatively clean but unwashed hands also can enter the eyes upon rubbing them, potentially leading to irritation and infection. So it's best to avoid rubbing eyes when they feel irritated and opt for eye cleaners and eyelid wipes instead.
 - ~ Keep your hands clean. Though it's best to avoid touching your eyes with your hands, doing so is an instinctive response for many people. Frequent hand washing can keep hands free from bacteria and dust that can enter the eyes after they are touched or rubbed. No one knows how clean or dirty surfaces outside their own homes are, and surfaces outside may be particularly dirty or dusty. Frequent hand washing reduces the likelihood that dirt and debris will find its way into your eyes.
- When the great outdoors beckons, individuals can take various steps to protect their eyes from damage and infection.



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Overcome seasonal allergies

Seasonal allergies crop up at certain times each year, particularly in spring and fall. In 2021, approximately 81 million people in the United States were diagnosed with seasonal allergic rhinitis, according to the Asthma and Allergy Foundation of America. The Canadian Allergy, Asthma and Immunology Foundation says between 20 and 25 percent of Canadians suffer from allergic rhinitis.

Tree and grass pollen are notable contributors to allergies, as is mold. Verywell Health says allergies can be worse in certain areas. In the U.S., certain areas of the East Coast have high rates of allergies, while cities on the West Coast tend to be less harsh on those with allergies.

Since allergies can make life uncomfortable, people want to know all they can do to overcome seasonal allergies. These strategies can help.

- ~ Know the pollen count. Information is key, and knowing when pollen or mold counts are particularly high can help people take certain steps to avoid allergic reactions.
- ~ Close the windows. When pollen levels are high, closing windows to prevent breezes that can bring pollen inside a home can be an effective strategy. You also can utilize a HEPA filter on the home's air conditioning system.
- ~ Remove clothes worn outdoors and shower to rinse pollen off of skin and hair.
- ~ While it can reduce energy usage, hanging clothing to line dry during high pollen counts can cause pollen to stick to freshly laundered items.
- ~ Avoid gardening or other outdoor activities when pollen is high. If you must be outdoors, wear a mask.
- ~ Try an antihistamine product that will reduce your body's reaction to the seasonal allergen. WebMD says butterbar as well as a plant-based Phleum pratense could be natural alternative antihistamine products.
- ~ Use a nasal rinse to clean allergens out of your nose. This can help ease congestion and itching. Select sterile saline solutions or carefully follow directions for preparing rinses in neti pots.
- ~ Corticosteroid nasal sprays can improve nasal symptoms. Speak with a doctor about how to use these products and how long to use them.
- ~ Consider allergy shots, also known as allergen immunotherapy. These shots can help desensitize the body to common allergies by using very small amounts of allergens over time. Eventually the immune system will produce a reduced reaction to the allergen.

Allergies can be troublesome. However, various strategies can help to diminish the often unpleasant effects of seasonal allergies.



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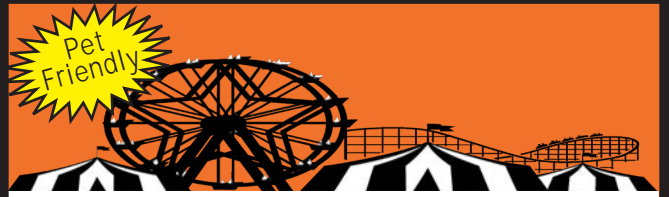
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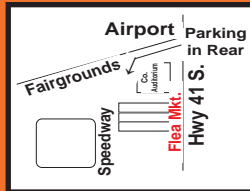
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Eyes are round, they have no corners.

Submitted by J. Devine



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A Community Sponsored Birthday For My Sunshine!



Provided the Space for the party and some finger food.



Provided this beautiful cake!



Hernando Fresh Market provided the fruit and veggies for the trays and contributed to the shopping spree!



Those of you that follow our business page on Facebook know that in March I (Amy) did a little birthday fundraiser for a special young lady that I have the honor of being a mentor to. She comes from humble beginnings and has experienced some tough times in her short 15 years around the moon. It started with me asking for help in giving her a dream shopping spree. She wanted to go shopping at Hot Topic. Being an avid shopper of Hot Topic myself I knew this birthday request was not something I could budget on my own at this point in my life. I also knew I needed to make it happen. I knew I would not be alone in the knowing that sometimes it is good to get the things you want, and not always have to settle for only having the things you need. I put it out there to my people to see what would happen and my village came though 10-fold and humbled my heart.

First, Cady's Cafe reached out and offered the space to hold the party. Mimi's Bakehouse offered to make the cake. A Citizen of our beautiful community Karen Mitchell offered to make finger foods and asked if we could get a birthday gift wish list together. A Party was born.





The Smallest Voices can make it major!

The donations started pouring in for a shopping spree and a party for my sunshine. I even managed to find the contact information to the founder of the Hot Topic Foundation. I then wrote him a compelling email which solicited a response and an express mail package that included a \$100 gift card to help with the upcoming shopping spree.

On March 30th we held a mushroom themed birthday. There was a spread fit for the noblest of young ladies and it was said, "This is the best birthday Ever." Members of the community and my village showed up and showered my special friend with a day in the sun and the type of celebration she deserves.

Saturday March 6th, we went on that epic shopping spree! I brought my hype girls with me, my daughter Jordan and one of my favorite friends Dee, to help shop. It was the highlight of my year seeing the smile on my sunshine's face as she hit the racks at Hot Topic. Lucky for us the store was dead. We had two associates helping us. My Sunshine had items flying off the racks as she handed the items to me, and my hype girls as we passed them to the associates! I wish I could have brought you all with us, as it was a sight to see. Freedom to shop as you wish in a store like Hot topic is a dream for many. I could not have done this without my village.



Paula from Citrus Cards & Signs made a beautiful sign and helped set up for the party!

Dream Team Minus 2 (Karen & Chris)



Karen was instrumental in me being able to pull off the party! From the long planning phone calls to the YUMMY homemade food. My Sunshine loved the gifts! God blessed us when he sent us you Karen!



Jaqueline all the way from Colorado tackled the Amazon Shopping list along with Matt and I and some of my sunshine's family.



Michelle, good friend and waitress at the Diner joined us at the party with yummy sweet treats and creative fun for the birthday girl!!



Callie from Southern Remedy LLC stopped by the party with thoughtful handpicked gifts.

Audrey Paul She LOVED the thoughtful gifts you dropped off at Cady's!

Thank you to these businesses for contributing to the shopping Spree





Wanda



Gary



Mary Lu



Paula



David



Max



Dr. Charley

Maryann



Citrus Writers of Florida

Thank you all for your contributions to the shopping spree. A special shout out to Wanda, for representing at the party, you looked fabulous!

My hope for this day is long lasting and multi-faceted. I hope that My Sunshine can remember the warmth of this birthday forever. The birthday where the community she lives in, scooped her up and gave her a big birthday hug and told her you are worthy of the things you want in this life. I hope we inspired my sunshine to change the narrative in her own life and never settle for only having the things she needs, but also gain the fight to obtain the things she wants! I hope when she grows up, she helps another youngster going through tough times and pays it forward, like you all helped me do for her.



First Pinata'



At the Party!!!



Me and the Hype Girls! Jordan & Dee

Jordan helped with the food and Pinata

First Time Shopping at HOT TOPIC!



While I cannot share pictures of my beautiful sunshine's face as her adoption is not yet finalized. I do want to share a few pictures of her and give a special shout to the people and businesses who helped the sun shine on my special young friend for her 15th trip around the moon in a very EPIC way.

There are angels among us y'all!



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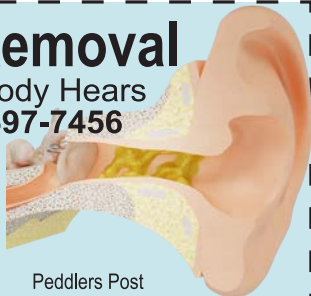
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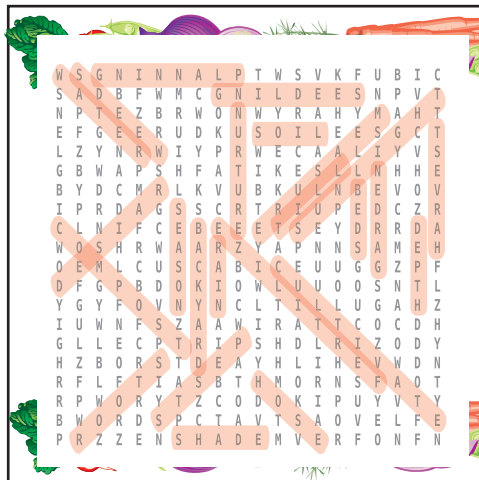
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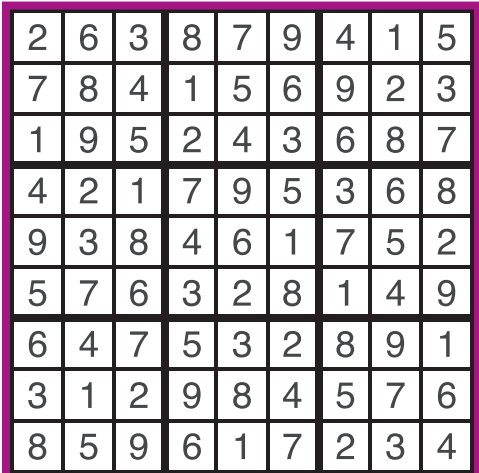
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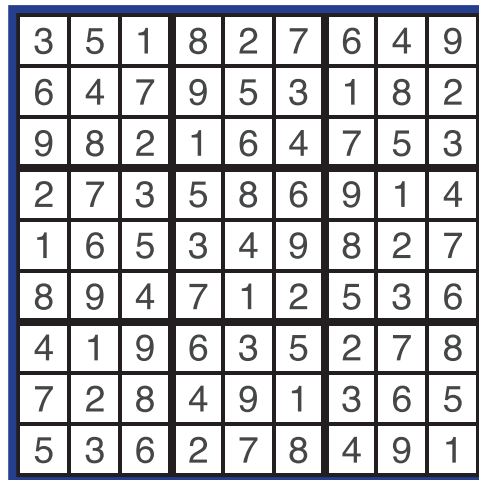
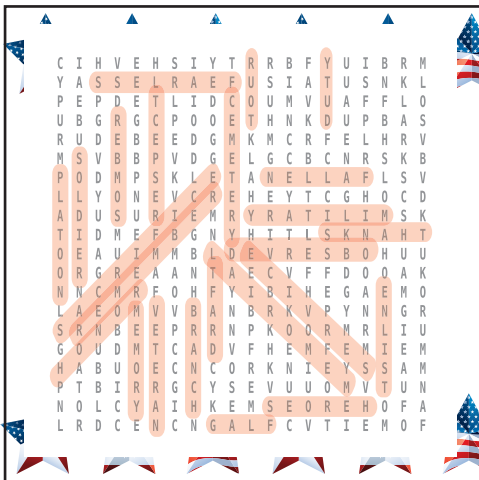


NO ONE FOUND THE HIDDEN SUNSHINES IN THE APRIL EDITION OF THE PEDDLER'S POST. There were 7 hidden on the following pages.

- 1) 6
- 2) 11
- 3) 13
- 4) 25
- 5) 31
- 6) 35
- 7) 40



"Judge a man by his questions rather than by his answers."
- Voltaire



Did you know?
Pickleball is an American original. The popularity of pickleball has risen sharply in recent years, and a recent report from the Association of Pickleball Professionals indicated more than 36 million people played the sport across the United States in 2022. But pickleball is much older than its recent participation boom suggests. According to USA Pickleball, the sport is the brainchild of U.S. congressman Joel Pritchard and businessman Bill Bell. In 1965, Pritchard and Bell arrived at the former's home on Bainbridge Island in Washington to find their families lounging around. Pritchard's property had an old badminton court, but no equipment. So the players improvised, using ping pong paddles and a perforated plastic ball. The net, initially around 60 inches high, was lowered once the players realized how well the ball bounced on the asphalt playing surface. The following weekend Pritchard introduced the game to another friend, Barney McCallum, and the two men and Bell soon created rules for the game that is now known as pickleball.

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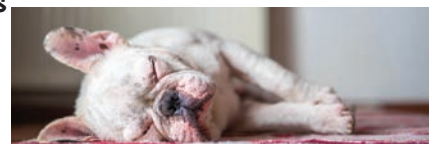
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Sweet doggy dreams?

It can be disconcerting to new dog owners when they discover their pooches whimpering, shaking or seemingly crying in their sleep. Although there may be some rare instances when this behavior is linked to pain and distress, by and large it is a natural response in many animals when they doze off. Although there is no exact way to measure what is going on in the pup's mind, experts like Dr. Bonnie V.G. Beaver, DVM, author of *Canine Behavior Insights*, says the main reason that dogs produce noises in their sleep is that they are probably dreaming during the REM phases in their sleep cycles. Dogs, just like humans, have the potential for vivid dreams while sleeping, as evidenced by looking at dogs' brain waves during REM sleep. During these phases, dogs may show movement like wagging their tails, twitching their paws, fluttering their jowels, or making noises like whimpers. In some cases, dogs also may bark while sleeping, says PetMD. Pet owners should rest assured that very likely these vocalizations and movements are completely normal. However, if they are new behaviors, it could be worth a discussion with a veterinarian. Also, new pet owners should know that a dog who makes noise while napping, may also do so during the night, and should not be overly concerned if they are woken from bed by pet noises. The general consensus is to simply let the pooch be as he or she works through those REM stages.



I don't
always
fart.

But when
i do it
will be in
your car, with the
windows rolled up
and it will be epic!

Outdoor plants toxic to household pets

Pets bring many positive changes to households. Pets can make homes more lively, and the companionship of animals can reduce feelings of loneliness while offering additional health benefits to pet owners.

Individuals who are preparing to adopt or purchase pets need to be mindful that they may need to make changes at home to ensure residences are safe places for pets to reside. Much in the way new parents must assess the environs for potential hazards to babies, pet owners should conduct similar inspections. These safety checks should occur both inside and in the yard if pets will be spending time outdoors. Poisonous plants are a potentially hidden hazard prospective pet owners must address before bringing a new pet home.

People generally do not give much thought to the plants they include in their homes and yards beyond the care instructions and how they can add to the aesthetic appeal. Homeowners may know if a plant likes the sun or shade, but they may not realize its potential for toxicity. That's because adults in particular are not prone to ingesting the plants in their yard that are inedible, unlike curious pets that may sniff and nibble plants when exploring their environments. For those with dogs and cats that will spend time outdoors, it's best to be aware of these potentially toxic plants, courtesy of the ASPCA, Dr. Buzby's and Garden Design.

- ~ Autumn crocus: There are various types of crocus plants, but the one most toxic to dogs is autumn crocus. The entire plant is toxic, but the highest concentration of toxic agent is found in the bulbs.
- ~ Sago palm: People in warm climates may enjoy the look of palm trees on their properties. Despite its tropical and relaxing appearance, the Sago palm is extremely poisonous if ingested by pets, with the seeds being the most toxic part.
- ~ Lily: Lilies are highly toxic to cats in particular. Even grooming pollen off of their fur or drinking water out of a vase where lilies are kept may cause kidney failure.
- ~ Tulips and hyacinth: These early bloomers are beautiful flowers, but each contains a similar alkaloid toxin that is mild to moderately toxic to pets. Again, the highest concentration is found in the bulbs, which dogs or cats may dig up while exploring.
- ~ Aloe vera: This soothing succulent may be part of an arid climate landscape. Aloe contains saponin, a toxin with foaming properties that can harm pets if ingested and cause severe dehydration.
- ~ Begonia: A popular outdoor and houseplant, begonia has decorative flowers and attractive leaves. However, the plant can be toxic to cats and dogs if ingested, particularly the underground tubers.
- ~ Azalea: This flowering shrub produces flowers in many colors, so it's often present in household landscapes. It's important to note that azaleas can be toxic to dogs and cats.
- ~ Yew: American, Canadian and Japanese yew may be found around properties. These shrubs produce small red berries with green centers (almost looking like the reverse of a Spanish olive with pimento). Yew is toxic to cats and dogs.
- ~ Dahlia: Dahlias produce flowers in different colors, so they are common in flower beds. However, these plants also are mildly toxic to pets.

Many toxic plants can irritate the gastrointestinal system in pets, potentially resulting in vomiting, diarrhea or lethargy. Those who suspect a pet has ingested a poisonous plant should contact the ASPCA Animal Poison Control Center at 888-426-4435 or their local veterinarian to learn about how to respond to possible exposure.



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