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VOLUME 3 ~ ISSUE 5

MAY 2024

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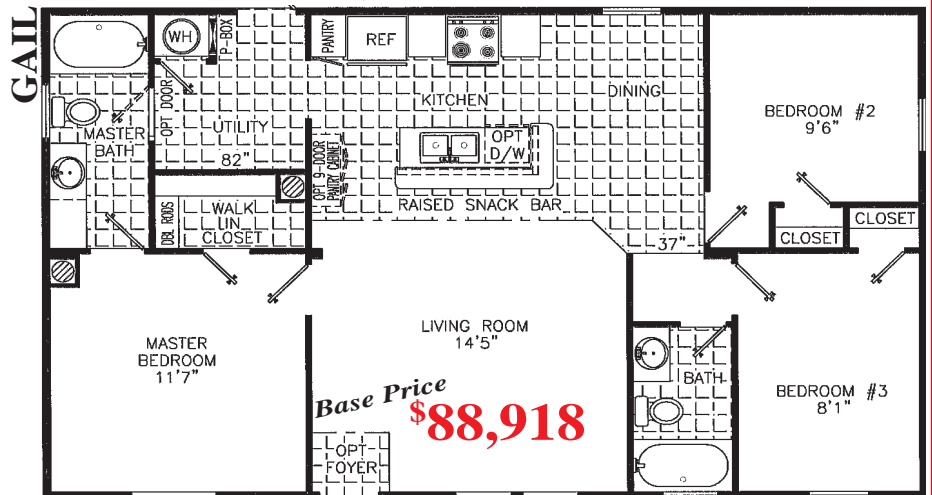
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Did you know?

Inflation has garnered countless headlines in recent years, and much of that news has focused on the notably higher cost of food. Though the cost of some items at the grocery store has gone down in 2024, many items remain significantly more expensive than they were as recently as three or four years ago. In an effort to overcome rising food costs, some consumers have thought about gardening. According to Washington State University, the average household with a food garden spends around \$70 per year on seeds and garden supplies. The reward for that small investment is roughly \$600 worth of food. Though the financial investment associated with a food garden might be minimal, it's important for prospective gardeners to recognize that the commitment of time required to establish and sustain a food garden can be significant.

"Growing your own food is like printing your own money!"

-Ron Finley

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Changes that could arise from the "silver tsunami"

A report from the International Monetary Fund in the summer of 2023 indicated that a new challenge awaits the world in the coming years. The global population increased by one billion people between 2010 and 2022. That remarkable increase saw the world surpass the eight billion people mark in November of 2022.

Despite a sharp increase in the global population in such a short period of time, the IMF asserts that the population boom is not the most formidable demographic challenge facing the world. The IMF defines population aging as the most formidable challenge. Widely referred to as the "silver tsunami," a term credited to the AARP, the increase in the number of individuals age 65 and older could lead to some unique changes in countries across the globe.

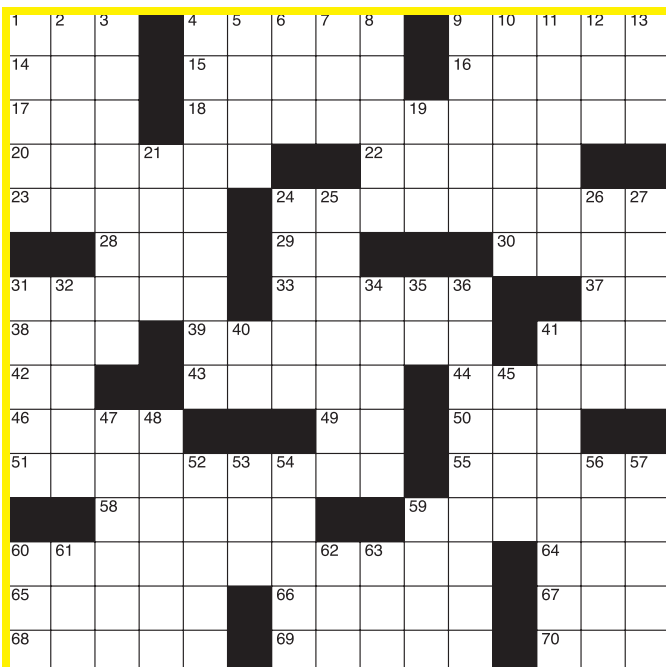
~ Increased recreation spending: Sixty-five has traditionally been viewed as retirement age, and that remains an unofficial bar for individuals living in countries like the United States that have increased their official retirement age. Though an uptick in the aging population is often framed in terms of the challenges countries will face, that increase also could present some opportunities. For example, a recent AARP Longevity Economy Outlook report noted that people 50 and older account for the most spending on recreation and culture of any demographic. That could prove beneficial to businesses and regions that cater to consumers interested in recreation.

~ Employment opportunities: The AARP also noted the role the 50 and older population plays in supporting jobs. In 2020, the demographic of people 50 and older supported roughly one-third of the world's jobs and generated \$23 trillion in labor income with its spending on goods and services. Estimates from the AARP indicate that individuals age 50 and older will support 1.5 billion jobs across the globe by 2050. The labor income impact by then will more than double to \$53 billion.

~ Employment challenges: Though the silver tsunami could help to maintain existing jobs and create plenty of new ones, employers might find it difficult to fill those positions. As more of the global population reaches retirement age, it bears noting that more workers will retire. Deloitte and the Manufacturing Institute note that the manufacturing sector will need to fill 2.5 million job openings related to retirements between 2020 and 2030. That could prove a sizable challenge, as the aging population is increasing at a time when the young population is decreasing.

The aging population is increasing, which could lead to a number of opportunities and challenges in the decades to come.





CLUES ACROSS

1. Geological time
4. Ooze
9. A set of eight
14. Obstruction
15. Swiss mathematician
16. Philosophy
17. The night before
18. A timid person
20. Unifies
22. Gangs
23. Alternative name
24. Acumen
28. Cathode-ray tube
29. Tantalum
30. Soluble ribonucleic acid
31. Humiliate
33. Earthy pigment
37. Air Force
38. Adult males
39. Stiff untanned leather
41. Before
42. Atomic #18
43. Beer mug
44. Nostrils
46. Type of chef
49. Midway between north and east
50. They --
51. Splits
55. Walk in a timid manner
58. Preserved animal skin with hair
59. Popular donut shop item
60. You smear it on bagels
64. Don't know when yet
65. Equal to 10 amperes
66. Synthetic acrylic fiber
67. One point south of due east
68. Of mixed ancestry
69. Home of the Pyramids
70. A way to change color

CLUES DOWN

1. Excessive fluid accumulation in tissues
2. Untangle
3. One from the U.S.
4. Academic terms
5. San -- Obispo, in California
6. Not healthy
7. Self-assessment questionnaire (abbr.)
8. Arugula genus
9. VIII
10. Makes a monarch
11. Tormentor
12. Commercials
13. Sprinkle
19. Make a mistake
21. Freshwater fishes
24. Vermont town
25. Man-made device
26. Entrap
27. Places to store important things
31. Accumulate
32. Greek mythological nymph
34. Gregory --, American dancer
35. Denotes past
36. Becoming popular again
40. Indicates position
41. Came before
45. An extra seed-covering
47. Cheerful
48. Deli sandwich staple
52. Skateboarders love them
53. Mandela's party
54. Sierra lake
56. Nickname for Elizabeth
57. Remove from record
59. Employee stock ownership plan
60. Former NFLer Newton
61. Relative biological effectiveness (abbr.)
62. Work unit
63. Town in Cambridgeshire

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COMMUNITY BOARD

MAY
4th

Cinco De Mayo Weekend Health Expo at Hernando Park located at 20 E Fort Dade Blvd, Brooksville. Cancer Tamer Foundation: providing education and awareness about breast cancer and ways to thrive despite this disease. Also hosting the Breast Cancer Mermaid" Art Project Exhibition. 3D Mobile Mammograms: Offering Mammograms. USF/MoBULL Van: Cervical Cancer Screening & HPV Vaccinations to 18-years and lower. Sarasota Initiative: Prostate Cancer Screening (PSA test only), One Blood Donations: Accepting blood donations and offering \$20 gift cards & free Basic Health Check-ups for those that donate. Pine Brooks Pharmacy: Offering Covid-19, Pneumonia, Shingles & D-Tep (Tetanus) vaccinations. (They'll help individuals apply for free vaccinations or bill their insurance.) Veterans Administration: will have several different departments providing educational information on various services provided by the military for veterans and active-duty personnel. Hernando Public Library: providing a kid's reading area.

17th

Genealogy Society of Hernando County (GSHC) -- Will meet May 17th at LDS Family History Center, 21043 Yontz Rd., Brooksville at 10 a.m. There will be a presentation by guest speaker Lori Coffey on "Creating Your Perfect Family History Book". LDS dress code requests "No Shorts". The research schedule for the 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.

21st

Temple Beth David 13158 Antelope St., Spring Hill is having a game night Tuesday, May 21 at 7pm. Get a group together and bring your Scrabble, Mah-jongg, Rummikub, decks of cards, and any other fun games you have. Bring a dessert for us to enjoy. There is no charge and everyone is welcome.



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

SUBMIT YOUR EVENT ONLINE

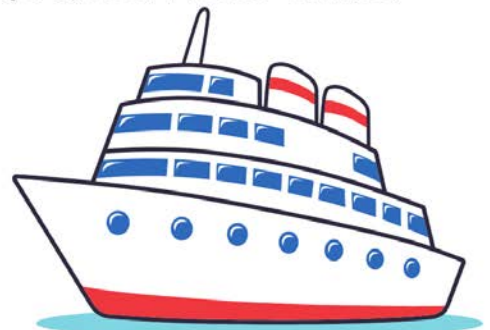
<https://peddlers-post.com/submit-your-community-events/>

An elderly couple were on a cruise, and it was really stormy. They were standing at the back of the boat watching the storm when a wave came up and washed the old man overboard.

They searched for days and couldn't find him, so the captain sent the old woman back to shore with the promise he would notify her as soon as they found something.

Three weeks went by and finally the old woman got a fax from the boat. It read: Ma'am sorry to inform you, we found your husband dead at the bottom of the ocean. We hauled him up to the deck and attached to his butt was an oyster and in it was a pearl worth \$50,000. Please advise.

The old woman faxed back:
Send me the pearl and re-bait the trap.



This joke first debuted in the February 2010
edition of the Peddler's Post.

ONGOING

ONGOING

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

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

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

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

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

Genealogy Research Schedule for LDS Family History Center, 21043 Yontz Road, Booksville: 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>

Celebrate Cinco de Mayo with food

Cinco de Mayo is a relatively insignificant holiday on the Mexican calendar. However, among Americans, Cinco de Mayo has become an opportunity to celebrate Mexican culture and cuisine. Each year on May 5, many Cinco de Mayo celebrants toast with their favorite agave-based beverage (typically tequila) and dine on Mexican specialties.

Visiting a Mexican restaurant may be a large part of Cinco de Mayo festivities. Those who want to keep the party closer to home can bring the tastes of Mexico right to their kitchens. "Chicken Flautas" are a light meal or snack that make ideal finger foods. In this recipe, courtesy of "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippelli, common ingredients are turned into a crispy, fried delight.

Chicken Flautas (Makes 12)

- 2 skinless, boneless chicken breasts
- 1 onion
- 2 garlic cloves
- 1 tablespoon vegetable oil
- 3 1/2 ounces feta cheese, crumbled
- 12 corn tortillas, freshly made or a few days old
- Oil for frying
- Salt and ground pepper

For the salsa:

- 3 tomatoes, peeled, seeded and chopped
- Juice of 1/2 lime
- Small bunch of cilantro, chopped
- 1/2 small onion, finely chopped
- 3 fresh fresno chiles or similar fresh green chiles, seeded and chopped



1. Start by making the salsa. Mix the tomatoes, lime juice, cilantro, onion, and chiles in a bowl. Season with salt to taste and set aside.
2. Put the chicken breasts in a large pan, add water to cover, and bring to a boil. Lower the heat and simmer for 15 to 20 minutes or until the chicken is cooked. Remove the chicken from the pan and let it cool a little. Using two forks, shred the chicken into small pieces. Set it aside.
3. Chop the onion finely and crush the garlic. Heat the oil in a frying pan, add the onion and garlic and fry over a low heat for about 5 minutes, or until the onion has softened but not colored. Add the shredded chicken, with salt and pepper to taste. Mix well, remove from the heat, and stir in the feta.
4. Before they can be rolled, soften the tortillas by steaming three or four at a time on a plate over boiling water for a few moments, until they are pliable. Alternatively, wrap them in microwave-safe film and then heat them in a microwave oven on full power for about 30 seconds.
5. Place a spoonful of the chicken filling on one of the tortillas and roll tightly to make a neat cylinder. Secure with a toothpick, immediately cover the roll with plastic wrap to prevent the tortilla from drying out and splitting. Fill and roll the remaining tortillas in the same way.
6. Pour oil into a frying pan to a depth of 1 inch. Heat it until a small cube of bread, added to the oil, rises to the surface and bubbles at the edges before turning golden. Remove the toothpicks, then add the flautas to the pan, a few at a time.
7. Fry the flautas for 2 to 3 minutes until golden, turning frequently. Drain on paper towels and serve at once, with the salsa.

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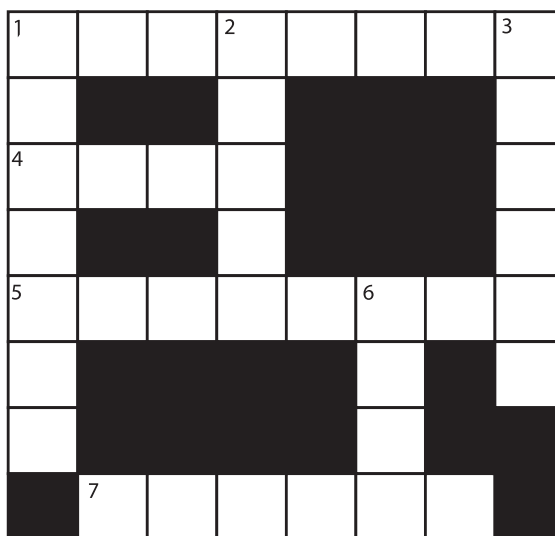


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Crossword Puzzle



ACROSS

1. Arts, customs, and behaviors of a social group
4. Person who operates something
5. With others
7. Menu items

DOWN

1. Nation
2. A number; trio
3. Salty or spicy
6. A place one lives

ANSWERS:
Across 1. Cultures 4. User 5. Together 7. Dishes
Down 1. Country 2. Three 3. Savory 6. Home

THIS DAY IN...



HISTORY

- **1865:** THE INTERNATIONAL TELEGRAPH UNION IS ESTABLISHED IN PARIS.
- **1902:** GREEK ARCHAEOLOGIST VALERIOS STAIS DISCOVERS AN ANCIENT MECHANICAL ANALOG COMPUTER.
- **1954:** THE UNITED STATES SUPREME COURT OUTLAWES RACIAL SEGREGATION IN PUBLIC SCHOOLS.



CULTURE

the customs and achievements of a particular people

How they SAY that in...

ENGLISH: Celebrate

SPANISH: Celebrar

ITALIAN: Festeggiare

FRENCH: Célébrer

GERMAN: Feiern

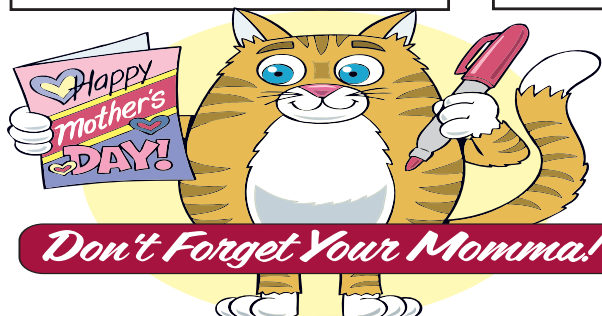
Did You Know?

THE WORD "SOMBRERO" IS DERIVED FROM THE SPANISH WORD "SOBRA," WHICH MEANS "SHADE" OR "SHADOW."

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: TACOS

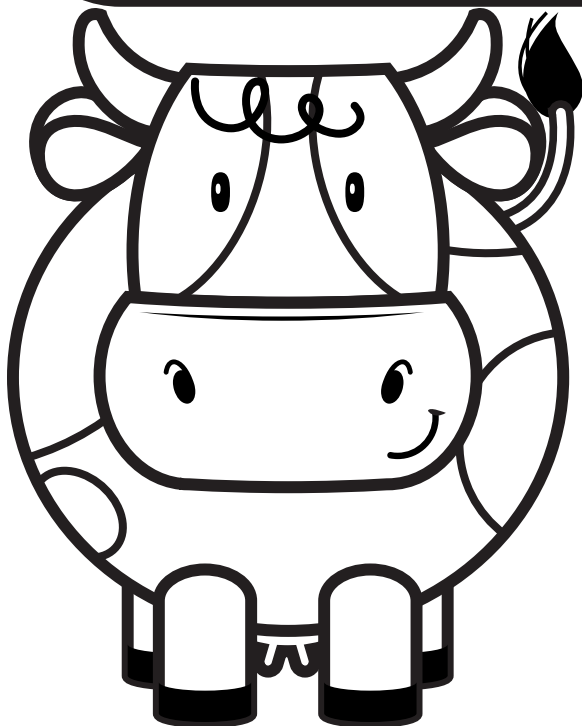


Don't Forget Your Momma!

Why did the mommy cat want to go bowling on Mother's Day?

She was an alley cat

H A P P Y
MOTHER'S DAY



How do you keep little cows quiet so their mommy can sleep late on Mother's Day?

Use the moooooote button.

MY HUSBAND HATED MY FRUIT JOKES. I HAD TO LET THAT MANGO.

Submitted by: Brooke Williams

The roles and responsibilities of various military members



Reports from the United States Central Intelligence Agency indicate the country has the third largest active military in the world. As of September 2023, the U.S. military consisted of just under three million people, more than two million of whom are military personnel (just under 800,000 are civilian employees).

The U.S. military is made up of seven branches: Army, Marine Corps, Navy, Air Force, Space Force, Coast Guard, and the National Guard. No two branches of the military perform the same functions, and there are various leadership positions within the branches. The following rundown of various military positions can help Americans gain a greater understanding of the individuals who work to keep the country safe each day.

- ~ **Secretary of Defense:** The Secretary of Defense is a unique position in America, as laws designed to ensure civilian control of the military mandate that the Secretary of Defense cannot have served as an active-duty commissioned officer in the military in the preceding seven years (ten years in the case of a general). The Secretary of Defense is the head of the Department of the Defense and the secretary's authority over the military is second only to the president's.
- ~ **Chief of Naval Operations (CNO):** The CNO is the highest-ranking officer in the United States Navy. The CNO an admiral and is a member of the Joint Chiefs of Staff, which is the body of the most senior uniformed officers within the Department of Defense. Though the CNO is a significant position, the person in the role does not have operational command over naval forces.
- ~ **Four-star General:** General is a title familiar to civilians and armed forces personnel alike. A Four-star General in the U.S. Army is a senior level commissioned officer who typically has more than 30 years of experience and service. General is the highest rank normally available in the U.S. Army, though a General of the Army may be named in time of war where the commanding officer must be equal or of higher rank than individuals commanding armies from other nations.
- ~ **General (Air Force):** General also is the highest rank in the United States Air Force. According to Executivegov.com, four-star generals in the Air Force take charge of command positions in NATO, Numbered Air Forces, and the Chief of Staff.
- ~ **Commandant of the Marine Corps (CMC):** The CMC is the highest-ranking Marine Officer and is also a four-star general. The CMC is on the Joint Chiefs of Staff and reports directly to the Secretary of the Navy. The CMC transmits the plans and recommendations of the Marine Corps to the Secretary and advises on those plans.

These are just a handful of the influential positions established to ensure the U.S. military can effectively fulfill its mission to keep the country safe each and every day.



TASTY SALAD WORD SEARCH

C T Y C I E M D A N A N F R D D I E T Y
 O D A L A S E D L H M R E L L R G D T T
 L F A N R O R R T I O F I O C I N V M Y
 I B D M A E G O C C R A E T U E F M C P
 V L S G S V P R P E N V N H V U L B P V
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BEETS

BUTTER

CAESAR

CELERY

CHEESE

CROUTONS

CRUNCHY

DIET

DRESSING

GARNISH

GREENS

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

Level: Advanced

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

Level: Advanced

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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Patient 2: "The nurse was repeatedly saying: 'don't get nervous', 'don't be afraid', 'be strong', 'this is a small operation only', things like that."

Patient 1: "So what was wrong in that? Why were you so afraid?"

Patient 2: "She was talking to the surgeon!"



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Announcements

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ness, 4814 E Bow N Arrow Loop, 1981 fully furnished 2 bed/1 1/2 bath single wide mobile home, 944 total sqft on 120' x 140' lot, split floor plan, eat-in kitchen with wood cabinets, electric fireplace, screened porch on front of home & wood deck on back of home, 10'x24' shed, \$124,900, Inverness Horizon Realty 352-637-4280

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Inverness Highlands West, Lowden St. 80'X120', build your new home on this nice lot, close to Holden Park, \$15,000, Inverness Horizon Realty 352-637-4280

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Determine the code to reveal the answer!

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

A. 9 14 20 21

Clue: Sedate

B. 12 1 9 8 7

Clue: Place attention

C. 4 1 16 14

Clue: Stretching activity

D. 25 8 15 2 22

Clue: Silent

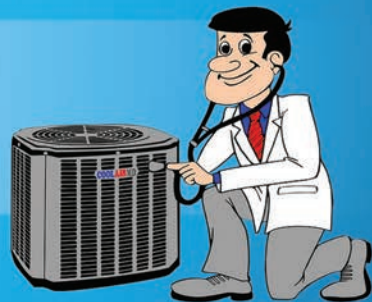
Answers: A. calm B. focus C. yoga D. quiet

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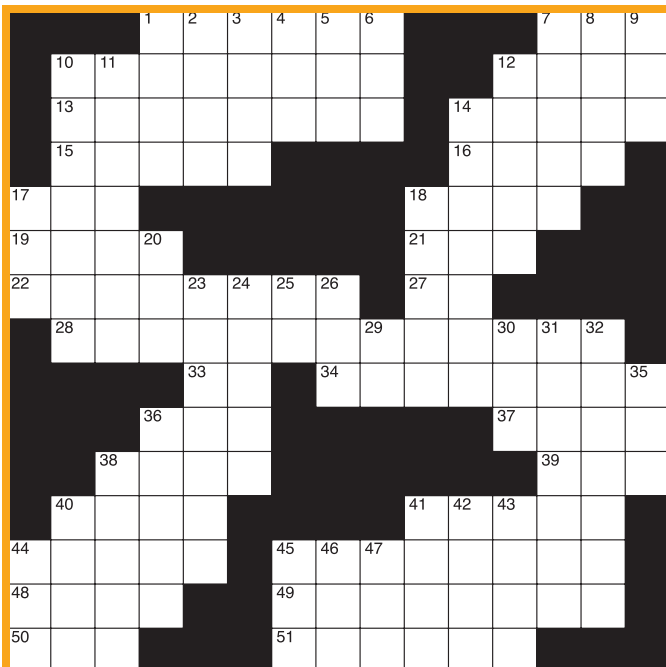
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CLUES ACROSS

- | | |
|----------------------------------|--|
| 1. Lunatic | 4. Licensed for Wall Street |
| 7. Doctor of Education | 5. Keyboard key |
| 10. Able to make amends | 6. Born of |
| 12. Tight-knit group | 7. Choose to represent |
| 13. Gland | 8. Small European freshwater fish |
| 14. Intestinal pouches | 9. Everyone has their own |
| 15. Fungal spores | 10. Line from the center of a polygon |
| 16. Erstwhile | 11. Lebanese city |
| 17. Engine additive | 12. Type of watercraft |
| 18. Nasal mucus | 14. A way to twist |
| 19. Fit a horse with footwear | 17. Soviet Socialist Republic |
| 21. Consumed | 18. Greek island |
| 22. Settle | 20. Medical practitioner |
| 27. Larry and Curly's pal | 23. -- DeGaulle, French President |
| 28. Basketball's GOAT | 24. Partner to "ooled" |
| 33. Exclamation of surprise | 25. Atomic #52 |
| 34. Made tight | 26. Santa's helper |
| 36. Before | 29. Rapper -- Rule |
| 37. Actor Nicolas | 30. Month |
| 38. Not hot | 31. Word formed by rearranging letters |
| 39. Talk | 32. Nullifies |
| 40. Pledge | 35. Young woman ready to enter society |
| 41. Abandon a mission | 36. Unemployment |
| 44. Trims by cutting | 38. Weight unit |
| 45. Aspects of one's character | 40. Formal party |
| 48. Boxing GOAT's former surname | 41. Computer language |
| 49. Holy places | 42. Residue formula in math |
| 50. Body art (slang) | 43. Duty or responsibility |
| 51. Attributes | 44. Part of (abbr.) |

CLUES DOWN

1. How one feels
2. American Nat'l Standards Institute
3. Information

A husband died. A few weeks later the wife died. As she got to heaven she saw her husband. She ran up to him with tears in her eyes. '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

Mini stroke vs. stroke

A stroke occurs when blood supply to a portion of the brain is interrupted, essentially killing brain cells. This damage can change how the brain works, affecting a person's ability to move and speak. It also may change the way the affected person thinks and feels. The United Kingdom-based Stroke Association says the effects of a stroke depend on where it takes place in the brain and how extensive the damage is.

People may be familiar with ischemic stroke, caused by cutting off blood to the brain, as well as a hemorrhagic stroke, which is the result of bleeding in the brain. But a transient ischemic attack, also known as a mini-stroke, may be less understood.

What is a TIA?

Transient ischemic attacks, or mini-strokes, are caused by the same thing as larger strokes, which occur when blood flow leaks or is blocked in the brain. However, in mini strokes, the blood flow interruption or leakage is temporary, and will return to normal spontaneously.

Symptoms

MedicineNet says the majority of mini strokes produce symptoms similar to regular strokes, but they linger only temporarily. These can include, weakness or numbness, difficulty speaking (dysphasia), dizziness, vision changes, tingling, abnormal taste or smells, confusion, loss of balance, and altered consciousness.

Prognosis

Symptoms of TIA tend to last only a few minutes or up to 24 hours, says the Mayo Clinic. Since the symptoms of a mini stroke and stroke are the same, it is important to seek medical attention in every case. Medical imaging can help determine what caused the mini stroke. If blood clots are present, medicine to prevent those clots may be prescribed. Some people need procedures to remove fatty plaque deposits from arteries that supply blood to the brain.

Although a mini stroke is not as severe as a stroke, it often is an early warning sign that the patient is at risk for a stroke. Roughly one in three people who has a TIA goes on to experience a stroke. Therefore, they should be taken seriously. Fortunately, with treatment, a more dangerous incident often can be avoided.

Recognizing strokes and mini-strokes

The National Stroke Association and other organizations use the acronym FAST to determine if someone is having a stroke. F: Ask the person to smile, if one side of the FACE droops, it is a warning sign.

A: Ask the person to lift both ARMS. If one arm drifts down or they have difficulty moving it, it's a warning sign.

S: Ask the person to repeat a simple phrase. If SPEECH is slurred or odd, it could be a stroke.

T: If a person develops any of the warning signs, it is TIME to call emergency services and take action.

Mini strokes are similar to strokes, but they are temporary. But mini strokes still warrant medical attention, as they can be a harbinger of larger strokes.



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Move over crab; shrimp cakes are crisp and tasty

Seafood is a healthy addition to any diet. Seafood, whether it's fish, mollusks or crustaceans, tends to be lower in calories and saturated fat than meat- or poultry-based protein sources, and it may be rich in heart-healthy omega-3 fatty acids.

Shrimp, in particular, is a type of seafood that many people enjoy because it's not as fishy as other offerings. Shrimp can be cooked in various ways, but grounding shrimp into patties gives an interesting spin. Try "Shrimp Cakes with Honey Lemon Aioli" from "30-Minute Meal Prep" (Sourcebooks) by Robin Miller.

Shrimp Cakes with Honey Lemon Aioli (Serves 4)

- 1 pound cooked shrimp, tails removed
- 1/4 cup panko breadcrumbs
- 1/4 cup diced red bell pepper
- 1 tablespoon chopped fresh chives, plus more for serving
- 1 large egg
- Salt and freshly ground black pepper
- 4 tablespoons olive oil

For the Honey Lemon Aioli:

- 1/2 cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey
- 1 teaspoon grated fresh lemon zest



1. Place the shrimp in a food processor, and pulse on and off until coarsely chopped. Add the breadcrumbs, bell pepper, chives, egg, 1/2 teaspoon salt, and 1/4 teaspoon black pepper, and pulse on and off until blended; you should be able to squeeze a small amount of the mixture and it will hold its shape.

2. Form the mixture into four patties, each about 1-inch thick.

3. Heat the olive oil in a large skillet over medium-high heat. Add the shrimp patties, and cook for 4 to 5 minutes per side, until golden brown and cooked through.

4. To make the aioli, whisk together all the ingredients until blended. Season to taste with salt and black pepper.

5. Spoon the lemon aioli over the shrimp cakes, and top with fresh chives.

Note: The shrimp cakes can be assembled and refrigerated for up to 24 hours before cooking. The aioli can be prepared up to 24 hours in advance. Refrigerate until ready to serve.

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Tips to prevent pickleball injuries

Pickleball has inspired millions of devotees. According to the Association of Pickleball Professionals, roughly 36.5 million individuals played pickleball in 2022, and 45 percent of players who participated in a YouGov study conducted between August 2021 and August 2022 indicated they planned to play more pickleball in the coming six months than they had in the previous six months.

Pickleball is thriving, and that's great news for those who love the game. Unfortunately, pickleball also has proven beneficial to orthopedic practices. A 2023 analysis from UBS estimated pickleball injuries could cost Americans nearly \$400 million in 2023. Seniors are especially vulnerable to pickleball injuries, as a 2021 study published in the journal Injury Epidemiology found that 86 percent of emergency room visits related to pickleball injuries affected individuals 60 and older.

Injuries are a part of any sport, and pickleball is no different. Though there's no foolproof method to guarantee pickleball players don't get hurt playing the game they love, the following are some tips that can reduce injury risk.

- ~ Gear up. Pickleball is a competitive sport, but there's a tendency among some players, particularly novices, to take a casual approach to the game. Veteran players may know better, but anyone new to the game should be sure to wear the appropriate gear when playing. Athletic shoes with ample traction can reduce the likelihood that players will slip or fall. The right racket also can reduce risk for elbow injuries. The sporting goods experts at Dick's Sporting Goods note that paddles should feature a light to medium weight, comfortable grip and a large sweet spot. The right paddle will be different for everyone, so novices are urged to speak to veteran players for advice on which paddle might be best for them.
- ~ Embrace physical activity. Pickleball can be a great workout, and players can reduce their injury risk by embracing physical activity even when they are not playing. Leg exercises can help build lower body strength, but strength exercises that focus on the upper body also can reduce injury risk.
- ~ Loosen up before playing. Taking the court right after getting out of the car is a recipe for injury. Arrive five to 10 minutes before a game and use that time to loosen up. A short walk and some subsequent stretches can help players make sure their bodies are not too tight to play. Some brief warm-up exercises and stretching can reduce muscle tension and make the body less vulnerable to injury.
- ~ Hydrate before, during and after a game. The experts at Johns Hopkins Medicine note that water cushions the joints, which helps athletes maintain their flexibility. Flexibility can reduce injury risk, particularly in a sport like pickleball. The 2021 study published in Injury Epidemiology noted that 60 percent of pickleball injuries are sprains, strains or fractures. Remaining flexible can reduce athletes' risk for sprains and strains. Johns Hopkins recommends adults consume between six and 12 ounces of water for every 20 minutes of sports play and to drink between 16 and 24 ounces afterward. Pickleball is wildly popular, even though pickleball injuries are common. Players can embrace various strategies to reduce their injury risk.



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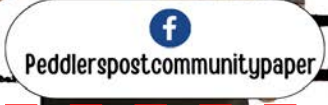
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An old man meets a young man who asks:
"Do you remember me?"

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.

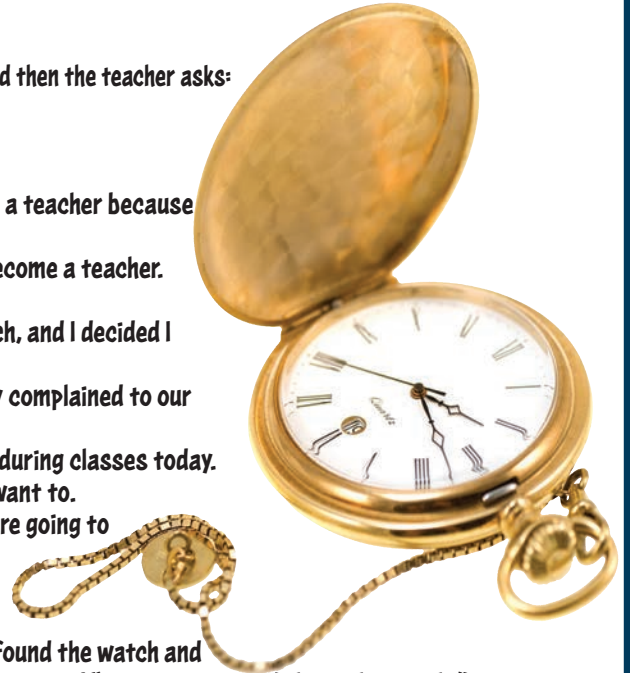
Thanks to you, I understood what a real educator needs to do.

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.



WHAT IS BLACK, WHITE AND READ ALL OVER?

A NEWSPAPER

Submitted by: Pete Webber



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The basics of Lyme disease

Few can resist the allure of a warm afternoon spent in the backyard. Whether it's a family barbecue, a lazy afternoon reading in a hammock or a day spent working in the garden, there's many ways to have fun in the backyard on a warm day.

A backyard can feel like an oasis, but even the most peaceful refuge is not safe from hazards, including ticks. Black-legged ticks pose a particular threat to individuals who live in specific regions, as these unwelcome critters may carry the bacteria responsible for Lyme disease. Recognition of Lyme disease, its symptoms and potential treatment plans is important for anyone planning to spend time relaxing in their backyards anytime soon.

Explaining Lyme disease

The Cleveland Clinic notes that Lyme disease is most often caused by *Borrelia burgdorferi*, a bacteria carried by black-legged ticks, which are sometimes referred to as "deer ticks." (The Centers for Disease Control and Prevention indicates some cases of Lyme disease are caused by the bacteria *Borrelia mayonii*, though such cases are rare.) Lyme disease is named after the small town in Connecticut where the disease was first recognized nearly half a century ago. The CDC reports that Lyme disease is the most common vector-borne disease in the United States.

How is Lyme disease transmitted?

Lyme disease is transmitted to humans through the bite of an infected black-legged tick. Though there are many varieties of ticks, Johns Hopkins Medicine notes that only the black-legged deer tick and Western black-legged tick transmit Lyme disease.

What are some symptoms of Lyme disease?

The CDC indicates that Lyme disease produces a wide range of symptoms, and those symptoms vary depending on how long it's been since a person was bitten by a tick.

Early symptoms of Lyme disease may appear as soon as three days after a bite and as late as 30 days after a bite. The CDC characterizes symptoms appearing between three and 30 days after a bite as "early symptoms," which may include:

- ~ Fever
 - ~ Chills
 - ~ Headache
 - ~ Fatigue
 - ~ Muscle and joint aches
 - ~ Swollen lymph nodes may occur in the absence of a rash
 - ~ Erythema migrans (EM) is a rash that occurs in approximately 70 to 80 percent of infected persons. The rash begins at the site of a tick bite after a delay of three to 30 days (average time to appear is about seven days). The rash expands gradually over several days, reaching up to 12 inches or more (30 centimeters) across. EM may feel warm to the touch but is not typically itchy or painful. EM sometimes clears as it enlarges, resulting in a target or "bull's-eye" appearance, and the rash may appear on any area of the body
- Some symptoms may appear days to months after a tick bite, and these may include:
- ~ Severe headaches and neck stiffness
 - ~ Additional EM rashes that appear on other areas of the body
 - ~ Facial palsy characterized by a loss of muscle tone or droop on one or both sides of the face
 - ~ Arthritis with severe joint pain and swelling, particularly in the knees and other large joints.
 - ~ Intermittent pain in tendons, muscles, joints, and bones

- ~ Lyme carditis, a condition characterized by heart palpitations or an irregular heart beat
- ~ Episodes of dizziness or shortness of breath
- ~ Inflammation of the brain and spinal cord
- ~ Nerve pain
- ~ Shooting pains, numbness or tingling in the hands or feet

Can Lyme disease be treated?

Many cases of Lyme disease are successfully treated after a few weeks of antibiotics. However, some people report persistent symptoms even after antibiotic treatments, and the CDC notes additional research is necessary to help people in such situations.

Lyme disease is something to keep in mind as warm weather returns. More information about Lyme disease is available at cdc.gov.



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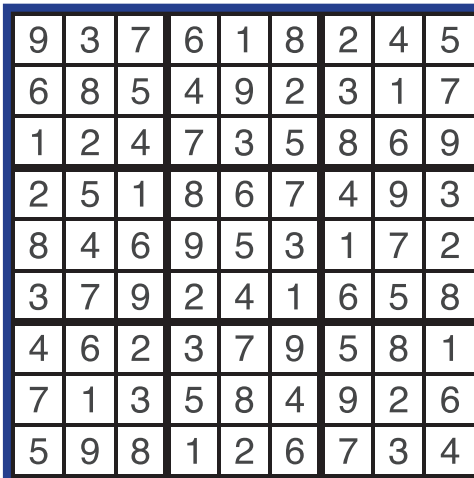
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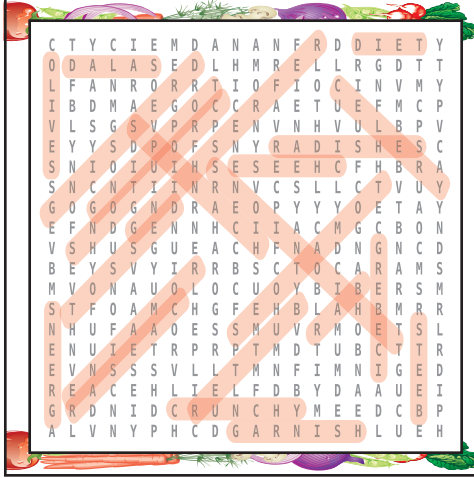
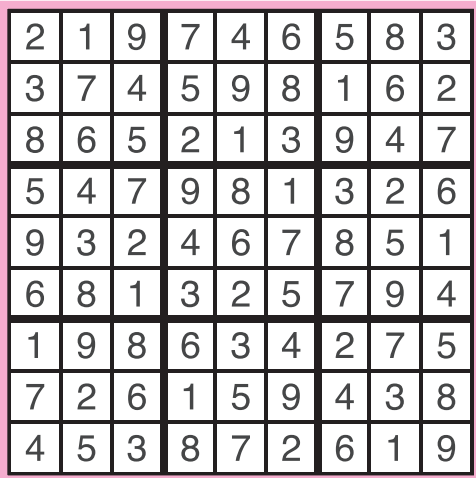
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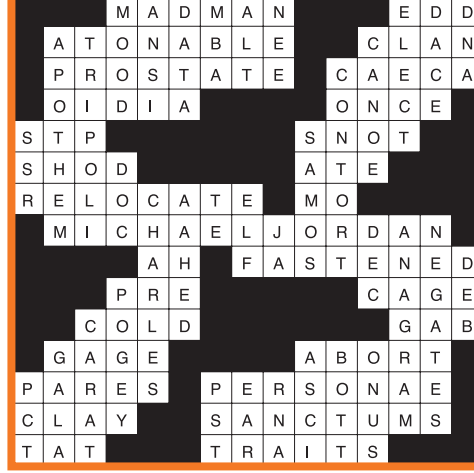
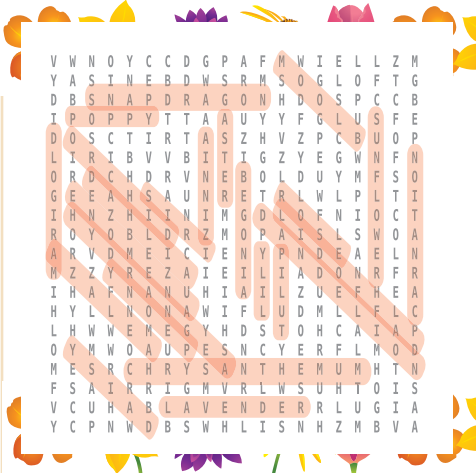


NO ONE FOUND THE HIDDEN sunshines IN THE MARCH EDITION OF THE PEDDLER'S POST. There were 6 hidden on the following pages.

- 1) 3
- 2) 4
- 3) 14
- 4) 25
- 5) 27
- 6) 30



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



Did you know? Motorcycles account for a small percentage of the total number of vehicles on the road. Despite that, a National Safety Council analysis of data from the National Highway Traffic Safety Administration indicates that motorcyclists accounted for 14 percent of all traffic fatalities, 17 percent of all occupant fatalities and 3 percent of all occupant injuries in 2021. More than 5,900 motorcyclist deaths occurred in 2021, a figure that far surpassed any other year between 2007 and 2021. And it wasn't just fatal injuries that rose, as the NSC reports that nonfatal injuries among motorcyclists increased by 5 percent between 2020 and 2021. Recognition of these figures is important, and it's equally notable that 83 percent of motorcyclist fatalities occurred in good weather, and a little more than half (53 percent) involved two vehicles.

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Did you know?

Pets generally may seem like carefree animals with nary a worry, but the truth is that companion animals may suffer from many of the same mental health issues that affect humans. ASPCA Pet Insurance says that pets experience certain mental health issues, including anxiety, obsessive-compulsive behaviors and fears or phobias. Some pets also experience depression, with similar symptoms of social withdrawal, lethargy, loss of interest in food or activities, and more. Some animals are predisposed to mental health conditions. For example, small dog breeds generally are more inclined to exhibit signs of anxiety. Other pets develop mental health issues over time. Compulsive behaviors may start out as a way for an animal to self-soothe during a fearful event or trauma, such as licking a toy or at paws. But these behaviors can become harmful, repetitive actions that may cause physical health problems. If a pet is acting out of character or is displaying behaviors that are concerning, pet owners should seek the advice of the animal's veterinarian.



Exotic animals make for great pets

Cats and dogs top the list of the most common pets among households across North America. But many people are drawn to more unusual pets. Unconventional pets typically categorized as "exotic pets" can be just as enjoyable as their feline and canine counterparts.

What is an exotic pet?

The definition of an exotic pet varies. The Spruce: Pets says different companies, people, governments, and associations all will define an exotic pet differently from one another.

Learn the legalities

Exotic pets can be interesting creatures to care for, and enable people to learn about the distinctive social behaviors and norms of less conventional animal friends. While some pets billed as exotic are widely sold, not all are allowed to be kept as pets. Each state in the United States and each territory and province in Canada has its own laws regarding species of animals that can be kept as pets. It is best to research local laws before acquiring an exotic pet.

Exotic pet considerations

Once you have established which pets you are allowed to own (with or without permit), these exotics may merit consideration:

~ Axolotls: An axolotl is a type of salamander that doesn't go through metamorphosis. Axolotls can be an alternative to aquatic animals like fish or snails. They can live up to 15 years and are mainly solitary animals. They can do well on worms and sinking salmon pellets as food, says Burlington Emergency & Veterinary Specialists.

~ Hermit crab: A hermit crab is a decapod, which means it has five pairs of legs, including a pair of claws, says Monterey Bay Aquarium. Unlike some other crabs, a hermit crab does not have its own shell, but rather inhabits discarded shells from other animals, like sea snails. Hermit crabs require a warm environment with food they can scavenge. It's good to provide a variety of shells so the crab can occupy new ones as it grows larger.

~ Macaws: These large, colorful parrots are native to tropical areas in the Americas, advises Britannica. Most macaws are large and need lots of social interaction to thrive. They are high-maintenance pets that also can be a lifelong commitment since they live many, many years.

~ Bearded dragon: Sometimes called "beardies" among enthusiasts, these medium-sized lizards are native to Australia and have become popular pets.

They tend to be very docile in captivity and learn to be handled. They are most active during the day, and will require a combination of insects, vegetables, fruit, and leafy greens to thrive.

~ Domesticated hedgehog: A hedgehog resembles a furry pin cushion. This small animal, which weighs roughly one pound, has an average life span of four to six years, says Good Housekeeping. Hedgehogs are nocturnal so they should not be forced to be active during the day. Their quills can penetrate the skin when they are frightened or provoked, so that is another variable to consider.

Exotic animals may be alternatives for people looking for something a little different in a pet.





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