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VOLUME 3 ~ ISSUE 9

### SEPTEMBER 2024

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A Man slaughtered a big cow, lit the grill, and said to his daughter, "Daughter, call our loved ones and neighbors to eat with us...Let us Feast!" His daughter took to the street and started shouting: "Please help us put out a fire at my dad's house!" After a few moments, a small group of people came out; and the rest acted like they did not hear the cries for help. Those who came ate and drank until they were swollen. The stunned father turned to his daughter and said to her, "I do not know any of the people who came, I have never seen them before. Where are our loved ones, family, and colleagues?" The daughter said, "These people came out of their homes to help us put out a fire in our house, not for the party. These are the ones who deserve our generosity and hospitality."  
Conclusion: Those who will not help you during your struggle should not eat with you at your victory party.



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

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

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

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

**FOR BUSINESS CARD ADS YOU MUST PROVIDE BUSINESS CARD IMAGE (DESIGN IS NOT INCLUDED).**

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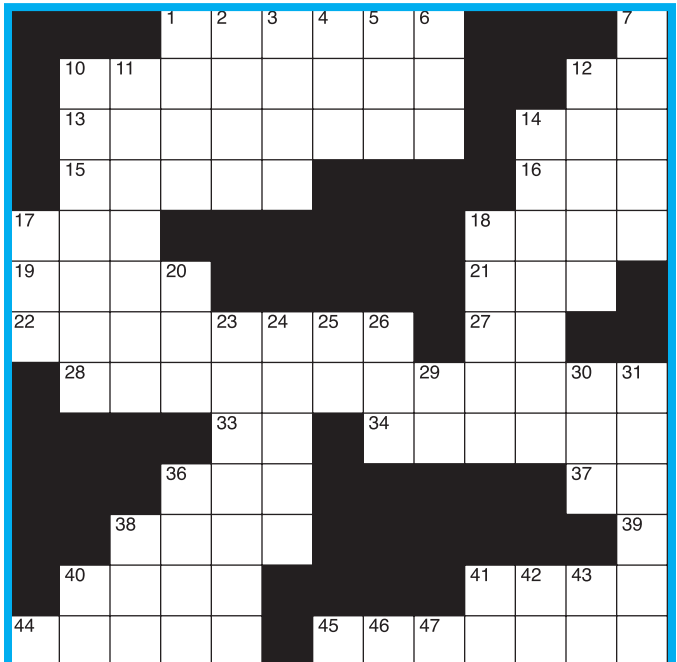
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### CLUES ACROSS

- Current unit
- Reciprocal of an ohm
- God of the sea
- A way to disfigure
- Positioned
- Tall tropical American tree
- Large deciduous trees
- and ends
- Part of a machine
- Brews
- One who leads prayers in a mosque
- Indian state
- Partisans
- Top lawyer in the land
- Former Dodgers MVP
- Title for women
- Heated and allowed to slowly cool
- Copycat
- Sounds
- One-time Israeli diplomat Abba
- Part of (abbr.)
- Hateful
- Collide
- European football heavyweight
- One who works for you
- Song
- Ancient marvels
- Bridge building degree
- Delivery boys

### bowling alley

- Sun up in New York
- Court decision -- v. Wade
- Finish line
- Young women
- Hives of activity
- Hyman Roth's right-hand man Johnny
- Eastern U.S. river
- Popular cooking ingredient
- Greek mythological princess
- Scent for men
- Cost, insurance and freight (abbr.)
- Once more
- Irate
- Triangular spaces above a door
- Norwegian playwright and poet Henrik
- Atomic #58
- Patti Hearst's captors
- Natural logarithm
- Talk incessantly
- Went by
- Strives
- Fall back
- Manila hemp
- Not easily explained
- Former "Double Dare" host Summers
- Mollusk
- Capital of Togo
- Letter of Semitic scripts
- Founder of Babism
- Indicates near
- Family of regulator genes
- Indicates before

### CLUES DOWN

- Continent
- Submissive
- There's a lot in a

**REMEMBER YOU ARE ONLY AS PRETTY AS YOU TREAT PEOPLE!**



# Ford Spring Hill



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## Slow cook some spicy wings for the big game

The games garner the bulk of fans' attention when football season kicks off each year at the end of summer. While the exciting action on the gridiron is a cause for celebration among millions of football fans, the food enjoyed during game day provides much to look forward to as well.

Certain foods have become part and parcel of watching a particular sport. For example, who can attend a baseball game and resist the temptation to indulge in a hot dog? For football fans, chicken wings are the go-to game day dish. There's no shortage of ways to prepare chicken wings, but fans who like their game day grub to have a little kick can try this recipe for "Spicy Soy Chicken Wings" courtesy of Andrew Schloss's "Cooking Slow: Recipes for Slowing Down and Cooking More" (Chronicle Books).

### Spicy Soy Chicken Wings (Makes 4 servings)

- 4 lbs. chicken wings, cut into sections at the joints, tapered wing tips trimmed and discarded
- Coarse sea salt and freshly ground black pepper
- 2/3 cup soy sauce
- 2/3 cup firmly packed dark brown sugar
- 1 teaspoon dark sesame oil
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon hot chili powder, preferably habanero
- 2 garlic cloves, minced



Combine the chicken wing pieces with a generous amount of salt and pepper in a large zippered plastic bag. Close the bag tightly and refrigerate for at least 12 hours or up to 24 hours.

Preheat the oven to 225 F. Transfer the chicken to a baking dish in a single layer without crowding.

In a small saucepan, stir together the soy sauce, brown sugar, sesame oil, cayenne, chili powder, and garlic and heat to a simmer, stirring to dissolve the sugar. Pour over the chicken. Cover the baking dish with aluminum foil and cook until the chicken is nearly falling off the bone, about 3 hours.

Raise the oven temperature to 450 F and continue baking until the chicken browns and the sauce thickens into a glaze, about 10 minutes longer. Watch carefully near the end of the cooking time to avoid burning. Toss the wings in the sauce to coat and serve.

**Variation:** In a slow cooker:

Follow the recipe, cooking the chicken in a 6-quart slow cooker on high for 3 to 4 hours, instead of a baking dish in the oven. When the wings are cooked through, transfer to a bowl. Simmer the sauce with the lid of the cooker off until it thickens, about 10 minutes longer. Toss the wings in the thickened sauce and serve.

# COMMUNITY BOARD

SEPTEMBER

20th

Genealogy Society of Hernando County (GSHC) -- Will meet September 20th at LDS Family History Center, 21043 Yontz Rd., Brooksville at 10 a.m. This month's presenter will be Lori Coffey. 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.

22nd

The Sisterhood of Temple Beth David 13158 Antelope Street, Spring Hill cordially invites you to a Chai Tea on Sunday, September 22nd at 2pm. Members are \$10 and non-members are \$15. You may bring your favorite teacup and enjoy an assortment of finger foods. Bingo, a hat parade, and prizes will add to all the fun. Roslyn Franken, an acclaimed author, is our guest speaker. Please RSVP by September 16th to Tina at 914-924-0485 or tinamstar@aol.com

\*\*\*\*\*

## SUBMIT YOUR EVENT ONLINE FOR FREE

<https://peddlers-post.com/submit-your-community-events/>  
**COMMUNITY BOARD SUBMISSIONS FOR THE BOOK**

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 (approximately 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](mailto:office@peddlers-post.com)



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



### 5TH ANNUAL MONSTER CAR SHOW SPONSORSHIP OPPORTUNITIES

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- Logo & link to company website on BGCHC's website
- Three pinned posts on all social media sites
- 1/2 page ad (vertical or horizontal) in event program
- Live event recognition announcements from the DJ during event and on Radio Spots
- Free VIP table and special placement at the event
- Opportunity to plan additional recognition that meets your company's marketing needs



#### GOLD SPONSOR \$1,500

- Recognition on event banner (large logo)
- Recognition in all promotional materials
- Logo & link to your website on BGCHC's website
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- Live event publicity announcements
- Free table at event

#### BRONZE SPONSOR \$600

- Recognition on event banner
- Recognition in all promotional materials
- Logo & link to your website on BGCHC's website
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- Live event publicity announcements
- Free table at event

#### SUPPORTING SPONSOR \$300

- Recognition on event banner
- Recognition in all promotional materials
- Logo & link to your website on BGCHC's website
- Free table at event

#### SILVER SPONSOR \$1,000

- Recognition with secondary placement on event banner
- Recognition in all promotional materials
- Logo & link to your website on BGCHC's website
- 1/4 page ad in event program
- Live event publicity announcements
- Free table at event

For more information, please contact

Jennifer Harpin, Ext. 124  
 VP/Chief Development Officer | [jharpin@bgchernando.org](mailto:jharpin@bgchernando.org)

Noreen St. Jean, Ext. 108  
 Director of Community Outreach | [nstjean@bgchernando.org](mailto:nstjean@bgchernando.org)

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BOYS & GIRLS CLUB OF HERNANDO COUNTY

## We Need Your Support for the 5th Annual

# MONSTER CAR SHOW

## Trunk or Treat

October 26th, 2024 4:00 PM - 9:00 PM

This event not only helps raise funds for our youth programs but also provides a low-cost, family-friendly event for the youth and families in our community. We have more than doubled our attendance and expect over 2,500 attendees this year!

Would you be willing to donate cases of water or candy? Our event wouldn't be possible for this event without the support of local companies and organizations like yours! We will display your logo/name on promotional materials and at the event.

We appreciate your consideration!

Please complete this form and submit to [nstjean@bgchernando.org](mailto:nstjean@bgchernando.org)

Name: \_\_\_\_\_

If a Business, Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

The item(s) you are donating: \_\_\_\_\_

Donations will be dropped off by Friday, Oct. 25th at the BGCHC Office. Yes \_\_\_ No \_\_\_

Will need donations to be picked. Yes \_\_\_ No \_\_\_



# 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 useguxed15.8. 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.**



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## HEALTHY AGING WORD SEARCH

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

### WORDS

- ACHES
- ACTION
- AGING
- BODY
- BONE
- CARDIOVASCULAR
- COGNITIVE
- DOCTOR
- EXAMINATION
- EYESIGHT
- FLEXIBILITY
- HEALTH
- LONGEVITY
- MEMORY
- MIND
- MOBILITY
- PAINS
- PHYSICAL
- PREVENTION
- PROACTIVE
- REFERRAL
- STAMINA
- VACCINE
- WELLNESS

Find the words hidden vertically, horizontally, diagonally, and backwards.

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## What's the Difference?

There are four differences between Picture A and Picture B.

A



B



Answers: 1. Bread on board turned 2. More pasta in upper left corner 3. Missing pasta above tortillas 4. Pasta replaced other grain in bottom bowl

## THIS DAY IN HISTORY

SEPTEMBER

26

**1934:** The ocean liner RMS Queen Mary is launched.

**1950:** United Nations troops recapture Seoul from North Korean forces.

**1969:** Abbey Road, the last recorded album by The Beatles, is released.

## Food FACT:

Consuming these foods helps a person stay full, maintain a healthy weight, and have a healthy digestive system.

Answer: Whole grains

## NEW WORD

### FIBER

dietary material containing substances such as cellulose

## How they say that in...

**English:** Grain  
**Spanish:** Grano  
**Italian:** Cereali  
**French:** Céréales  
**German:** Getreide

## Did You Know?

Most people should aim to eat between 25 and 30 grams of fiber each day from a variety of sources.



## Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Wheat

**WHAT HAPPENED WHEN THE TEACHER TIED ALL THE KID'S SHOELACES TOGETHER? THEY HAD A BIG CLASS TRIP.**



## Back to school can mean the return of lice

The start of a new school year often means shopping for supplies, making new friends and getting acclimated to the teaching styles of new teachers. Unfortunately, a new school year also can mean head lice. The Centers for Disease Control and Prevention says there is no precise data regarding how many people get head lice each year. However, an estimated six to 12 million infestations occur each year in the United States among children between the ages of three and 11.

**What is head lice?** The Minnesota Department of Health says a head louse is an insect that can infest people. Lice make their homes in human hair and feed on blood. Head lice multiply rapidly by laying small, gray-colored, oval-shaped eggs known as nits. The nits are sticky and attach to the base of the hair close to the scalp. Unlike other blood-sucking insects, such as mosquitoes or ticks, head lice are not known to spread disease.

**Who gets head lice?** Head lice do not discriminate when they choose a person. They are equal opportunity feeders and will hop on just about any scalp for a meal. Head lice are not indicative of a lack of hygiene. The CDC says infestation with head lice is most common among preschool- and elementary school-aged children and members of their household, including caretakers.

**What are the signs of head lice?** Itching is the most common symptom of head lice, says the Mayo Clinic. A louse bite causes an allergic reaction. Itchiness may occur on the scalp, neck and ears. During visual inspections of the hair and scalp, one may be able to see lice and nits. However, both the eggs and the lice themselves are very small, so it can be challenging to spot them.

Parents and caregivers who suspect a child has lice should consult with a school nurse or a pediatrician. Studies show that many children are treated for head lice with home remedies or nonprescription medications when they didn't even have lice. Dandruff, residue from hair products, scabs, or even dirt can be mistaken for lice.

**How can head lice be prevented?** The most common way to contract head lice is through head-to-head contact. Children should avoid head contact during play and other activities at school and home. Although transmission through shared brushes, combs, towels, hats, and clothing is less common, it is still possible, so sharing of these items should be discouraged.

The CDC says using a hot water cycle in the laundry and the high heat drying cycle can kill head lice on clothing and other items. Seal items that cannot be washed in a plastic bag and store them for two weeks.

Vacuum the floor and furniture to remove any nits or lice that have fallen off the head. Fumigant sprays or fogs, which can be toxic if inhaled, are not necessary to control head lice, indicates the CDC.

A new school year may compel families to think about lice. Although lice is a nuisance, infestations can be treated.



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**"FREE FOOD FRIDAY"**

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

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 Peddlerspost/FL

## FREE FOOD FRIDAY WINNERS

### Week 29 Winners (July 26th)

Judith Combs Worthington \$25 Mama's Kuntry Kafe ~ Kelly Clement \$25 Cady's Cafe & Market  
Deborah Sullivan \$25 Riverside Restaurant

### Week 30 Winners (Aug 2nd)

Pete Webber \$25 Mama's Kuntry Kafe ~ Susan Roberts-Campbell \$25 La Pergola Argentinian Ristorante  
Amanda J Taylor \$25 Trader Bay Seafood Company ~ Brandy Wernicke \$25 Winn Dixie

### Week 31 Winners (Aug 9th)

Tim Harrison \$25 Lake Lindsay Mall & Deli ~ Summer Zaccagnini \$25 Winn Dixie  
Danette McBride \$25 Winn Dixie ~ Donna Harrington Winn Dixie

### Week 32 Winners (Aug 16th)

Doris Thompson \$10 CattleDog Coffee Roasters ~ Deborah Sullivan \$25 Cady's Cafe & Market

Desiree Booker \$25 Winn Dixie ~ Nicole Marie Hampton \$25 Stumpknockers

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## Warning signs of substance use disorder

Addiction is difficult to quantify, but user data can indicate how significant a problem addiction may be. According to data from the Substance Abuse and Mental Health Services Administration 2020 National Survey of Drug Use and Health, more than 14 percent of Americans age 12 and older have used cocaine in their lifetime and roughly 10 percent have used LSD. Though usage of a given substance does not indicate addiction, the risk for substance use disorder exists whenever someone consumes alcohol or ingests drugs, including certain prescription medications. Individuals concerned about their own substance use or a loved one's use can learn the warning signs of substance use disorder in an effort to get themselves or someone they care about the help they need. The New York State Office of Addiction Services and Supports notes the following are some widely used substances and signs of substance use disorder.

**Alcohol:** The OASAS notes that alcohol is the most commonly used substance in the United States. That can make it easy to overlook or downplay signs of addiction or substance use disorder. However, a person struggling with alcohol may exhibit a variety of behavioral and physical warning signs that indicate their consumption may be dangerous.

~ **Physical:** Some signs of an alcohol problem are visible to the naked eye. Such signs include the smell of alcohol on a user's clothes and breath, bloodshot eyes and slurred speech. Walking abnormally while consuming alcohol also may indicate a person is struggling to control his or her consumption.

~ **Behavioral:** Changing behavior, isolation and less transparent behaviors and avoiding contact with loved ones are some of the behavioral warning signs of an alcohol use disorder. Additional signs include poor performance at school and/or work; moodiness, irritability, nervousness/anxiety, or giddiness; and an inability to concentrate. Individuals struggling with alcohol also may exhibit problems with their short-term memory.

**Cocaine:** Cocaine is a powerful stimulant that can affect the mind and body in myriad ways. The OASAS indicates that chronic cocaine use can cause permanent damage with memory and brain function and lead to addiction.

~ **Physical:** Cocaine is a leading cause of heart attack in individuals age 45 and younger. Cocaine also can contribute to stroke and disturbances in the rhythm of the heart that can prove fatal.

~ **Mental:** Cocaine can contribute to mental health problems. Individuals with preexisting mental health conditions may see the symptoms worsen when using cocaine, while those with no such history may experience the onset of mental health problems as a result of their cocaine consumption.

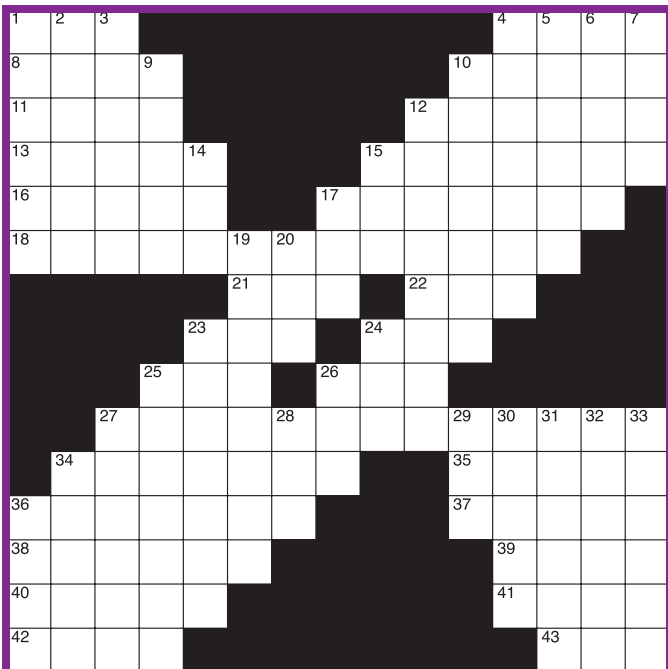
The OASAS notes that side effects can vary depending on how cocaine is ingested. Individuals who smoke cocaine may suffer from burns in their throat and lungs, while those who inhale the drug through their nose may suffer damage to their nose and nasal septum.

**Opioids:** Opioids include legal painkillers prescribed by a physician but also illegal street drugs such as heroin and fentanyl. Like other substances, signs of opioid use disorder may be physical and/or behavioral.

~ **Physical:** The physical signs of opioid use include loss of appetite, weight loss, small pupils, and decreased respiratory rate. Some individuals taking opioids also experience withdrawal symptoms when they attempt to stop or cannot get the drugs. These symptoms can mirror those associated with the flu, such as nausea, vomiting and sweating, but may be more intense. Drowsiness or non-responsiveness also is associated with opioid use or intoxication.

~ **Behavioral:** Individuals abusing opioids may exhibit changes in attitude and avoid contact with loved ones. Performance at school and/or work also may suffer, and some users may isolate and/or engage in illicit behaviors.

Substance use disorders can affect anyone. Learning to recognize the signs of such disorders can be a strong first step toward overcoming potentially deadly addictions.



**CLUES ACROSS**

1. Engine additive
4. A type of test
8. Curtain
10. Irish surname
11. The opposite of good
12. Got rid of
13. Central parts of a church building
15. Stylistically
16. Intestinal
17. Negative potential outcomes
18. Lived up to a standard
21. Snag
22. Time units (abbr.)
23. Ad \_\_
24. "Partridge" actress Susan
25. For each
26. \_\_ Paulo, city
27. League titles
34. More intensely black
35. Slang for lovely
36. Petrarch is known for them
37. Old Eurasian wheat
38. Body part
39. Swedish rock group
40. They're worth avoiding
41. Rising and falling of the voice
42. Wings
43. Enzyme import for respiration

**CLUES DOWN**

1. Idyllic
2. South Pacific island nations
3. Shrub of the olive family
4. Boundaries
5. Encircle
6. Weights
7. Samberg is one
9. Sheep sound
10. European country
12. Respected group of people
14. Trigraph
15. Prosecutors
17. Assign a nickname
19. Huge size
20. Partner to cheese
23. Fastballs
24. Principle underlying the universe
25. Distinct units of sound
26. Title of respect
27. Against
28. Foot (Latin)
29. One point east of due south
30. Concerning the blood
31. Type of pentameter
32. North American peoples
33. Layers of rock
34. Georges \_\_, French philosopher
36. Lengthy tale

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**WHAT'S THE DIFFERENCE?**

There are four differences between Picture A and Picture B.



- Answers:  
1. Missing tomato on sign 2. Extra lemon on water jug 3. Cups are taller  
4. Extra row of melons in background

# SEPTEMBER DAYS PAST

September 1st 1878 1st female telephone operator starts work, Emma Nutt for the Edwin Holmes Telephone Despatch Company in Boston

September 2nd 1666 Great Fire of London begins at 2am in Pudding Lane, 80% of London is destroyed

September 3rd 1944 Holocaust diarist Anne Frank sent to Auschwitz concentration camp

September 4th 1957 Governor of Arkansas, Orval Faubus, calls out National Guard to prevent 9 black students from entering a Little Rock's Central High School

September 5th 1958 1st color video recording on magnetic tape presented, Charlotte, North Carolina

September 6th 1666 After St Paul's Cathedral and much of the city had been burned down over four days, the Great Fire of London is finally extinguished.



September 7th 1940 Beginning of the Blitz as the German Luftwaffe bomb London for the 1st of 57 consecutive nights losing 41 bombers as the Nazis prepare to invade Britain

September 8th 1565 1st permanent European settlement in the US founded at St. Augustine, Florida

September 9th 1543 Mary Stuart, at nine months old, is crowned "Queen of Scots" in the central Scottish town of Stirling

September 10th 1977 Hamida Djandoubi, convicted of torture and murder, is the last person to be executed by Guillotine in France

September 11th 1229 Ögedei, son of Genghis Khan, is elected the Mongolian Khan, succeeding Genghis after his father's death

September 12th 1940 Four teens, following their dog down a hole near Lascaux, France and discover 17,000 year old drawings now known as the Lascaux Cave Paintings

September 13th 1969 "Scooby-Doo Where are You" by Hanna-Barbera debuts on CBS in the US

September 14th 1936 1st prefrontal lobotomy in America performed by Walter Freeman and James W. Watts at George Washington University Hospital in Washington D.C.

September 15th 1616 First non-aristocratic, free public school in Europe is opened in Frascati, Italy



September 16th 1620 The Mayflower departs Plymouth, England, with 102 Pilgrims and about 30 crew for the New World

September 17th 1683 Dutch scientist Antonie van Leeuwenhoek is the first to report the existence of bacteria

September 18th 1947 The Central Intelligence Agency officially comes into existence after being established by President Truman in July

September 19th 1893 New Zealand becomes the first country to grant all women the right to vote

September 20th 1519 Spanish expedition led by Portuguese navigator Ferdinand Magellan sets off on the 1st successful circumnavigation of the globe (Magellan killed on route)

September 21st 1937 J. R. R. Tolkien's "The Hobbit" is published by George Allen and Unwin in London

September 22nd 1692 Last people hanged for witchcraft (8) in the US, 19 hanged overall, with six other deaths during Salem witch trials

September 23rd 1962 ABC's 1st color TV series "The Jetsons" premieres, created by Hanna-Barbera and Joseph Barbera

September 24th 1957 "Jailhouse Rock" single released by Elvis Presley (Billboard Song of the Year 1957)

September 25th 1926 Henry Ford announces an 8 hour, 5-day work week for workers at the Ford Motor Company

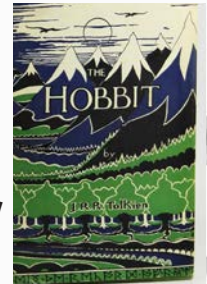
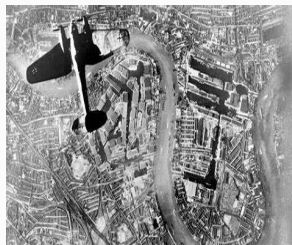
September 26th 1687 Acropolis in Athens attacked by Venetian army trying to eject Turks, damaging the Parthenon

September 27th 1822 French scholar Jean-François Champollion announces he has deciphered Egyptian hieroglyphics using the Rosetta Stone

September 28th 1781 9,000 American and 7,000 French troops begin the siege of Yorktown

September 29th 1916 American oil tycoon John D. Rockefeller becomes the world's first billionaire

September 30th 1846 Anesthetic ether is used for the 1st time, by American dentist Dr William Morton who extracts a tooth



**"History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again."**

**Maya Angelou**





# ENJOY YOGA WORD SEARCH

## WORDS

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

- ASANA
- BANDHA
- BODY
- BREATH
- CENTER
- CHAKRA
- CHATURANGA
- CORE
- ENERGY
- FUNDAMENTALS
- HATHA
- MANTRA
- MIND
- MUDRA
- NAMASTE
- POSE
- POSTURE
- PRANA
- SACRUM
- STRENGTH
- STRETCH
- STYLE
- UJJAYI
- YOGA

Find the words hidden vertically, horizontally, diagonally, and backwards.


### Did you know?

A Pew Research Center analysis of population estimates by the U.S. Census Bureau between 1970 and 2022 indicates the Hispanic population has grown by a considerable margin over the last half century-plus. According to the Pew Research Center, the Hispanic population in the U.S. was around 9.6 million in 1970. By 2022, that figure had risen to more than 63 million. By 2022, Hispanics accounted for roughly 19 percent of the U.S. population, which was nearly four times as high a percentage as 1970, when just 5 percent of the nation's individuals could claim Hispanic heritage. The Hispanic population has experienced a recent boom as well, as the Pew analysis indicated the number of Hispanics in the U.S. grew from 50.5 million in 2010 to 63.6 million in 2022.



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



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## A celebration of Spanish cuisine for Hispanic Heritage Month

Each year, beginning on September 15 and extending to October 15, communities across the country celebrate National Hispanic Heritage Month. The United States has benefitted from a boom in its Hispanic population over the last half century, making Hispanic Heritage Month a worthy reason to celebrate for Americans from all cultural backgrounds.

The cultural contributions of Hispanics in the U.S. are too numerous to mention them all. Cuisine is one such contribution, and there's seemingly no end to the flavorful dishes individuals can enjoy as they seek to celebrate Hispanic heritage this September and October. Individuals who want a taste of Spain can try their hands at this recipe for "Cantimpalitos (Grilled Mini Chorizos with Potato Pur'e)" from James Campbell Caruso's 'Española: Exploring the Flavors of Spain' (Gibbs Smith).

Cantimpalitos (Grilled Mini Chorizos with Potato Pur'e)  
Serves 6

- 2 pounds potatoes, cut into quarters
- 1/4 cup olive oil
- 6 cloves garlic
- 2 tablespoons butter
- 3 tablespoons heavy cream
- 1 tablespoon chopped fresh sage
- Salt to taste
- 36 cantimpalitos (mini chorizos)

In a large pot of boiling water, boil the potatoes until soft. In a skillet, heat the olive oil and garlic together on medium heat for 7 minutes, until the garlic is cooked through, soft and brown. Drain the potatoes and put them in a food processor with the garlic, olive oil, butter, cream, sage, and salt. Pur'e well and set aside; keep hot.

Heat a grill to medium-high heat. Thread cantimpalitos onto skewers, 6 pieces per serving. Grill for 4 minutes per side.

Divide pur'e onto 6 plates and top each serving with a skewer of grilled sausages.



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**YOUR FREE CLASSIFIEDS MAY BE SUBMITTED 3 WAYS:**

**1) MAIL IT TO US:**

**PO BOX 619, FLORAL CITY, FL 34436**

**2) EMAIL IT TO US:**

**OFFICE@PEDDLERS-POST.COM**

**3) SUBMIT IT ON OUR WEBSITE:**

**HTTPS://PEDDLERS-POST.COM/SUBMIT-YOUR-CLASSIFIEDS/**

**ALL CLASSIFIED ADS MUST BE LEGIBLE AND INCLUDE:**

**1) YOUR NAME**

**2) TELEPHONE NUMBER**

**3) COUNTY OF RESIDENCE**

**4) YOUR AD INFORMATION**

**\*\*\* ADS WILL NOT BE PUBLISHED WITHOUT THIS INFORMATION. THERE IS NO FIRM LIMIT ON WORDING BUT PLEASE BE REASONABLE. ADS WILL BE EDITED FOR LENGTH IF NECESSARY. \*\*\* ALL CLASSIFIED ADS NEED TO BE SUBMITTED BY THE END OF BUSINESS ON THE 18TH OF THE MONTH TO MAKE IT IN THE FOLLOWING EDITION. \*\*\* AGGREGATE: FREE CLASSIFIED ADS ARE LIMITED TO 5 ADS PER HOUSEHOLD PER MONTH. ITEMS MAY BE RE-RUN UNTIL THEY ARE SOLD AND MUST BE RE-SUBMITTED EACH MONTH \*\*\***

**WE DO NOT TAKE CLASSIFIED**

**ADS OVER THE PHONE**

**\*\*\*I RESERVE THE RIGHT TO REFUSE ANY AD FOR ANY REASON\*\*\***

**General Interest**

**Announcements**

Regal Railways Presents Train Show & Sale

Saturday September 14, 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  
Preferred method of Contact: e-mail  
Best time of day: After 4pm

**Wanted to Buy**

BUYING Comic book collections. Looking to purchase only Pre-1960's or 60's and older collections Call or Text 813-359-7281

"Antique Carved wooden cigar store Indian's" Call or Text Jon 813-359-7281

"Wanted" Vintage and Antique Pedal Tractors & Cars, Nautical Brass Binnacles/Telograph, Marine Lanterns, Ambrotypes, Daguerreotypes and other Antiques!! Call or Text 813-359-7281



Wanted Vintage Antique Porcelain Signs & Thermometers Gas Oil Soda Cigar Tobacco Automotive Call or Text Jon 813-359-7281

Wanted: golf clubs. Hobbyist will buy old wooden shafted golf clubs and other old golf items. Call Frank, 352-683-4807. Landline



"Wanted" Civil War & World War 1&2 Swords, Knives, Helmets etc. Antique Slot Machines & Vintage Coin Op Rides & Railroad Items. Boule Clocks & Gas Oil Globes. Vintage Carnival Items and Indian Statues. Please call or text 813-359-7281 Jon.

**HELP WANTED**

Empowering Health Through Nutrition "Saladmaster" is seeking regular distributors to join our team.

\*\*\*Why Join us?\*\*\* Full Training Provided: Comprehensive training to help you succeed.

\*\*\*No investment required: Start with no

up front costs. \*\*Presentation Materials Supplied: All necessary materials provided.

\*\*Superb Commission Package: Earn High Commissions.

\*\*Career Advancement: Opportunities for growth based on your performance.

\*\*About Saladmaster: Saladmaster is a leader in "Nutritional Coaching" using a premium cooking system, dedicated to promoting healthy cooking and lifestyles.

\*\*Who should Apply? Individuals with a passion for health and wellness. - Those seeking a flexible, rewarding career. - Self motivated and driven individuals.

\*\*How to apply: interested candidates can contact William at 704-291-6921

**\*\*\*PUBLIC NOTICE\*\*\***

Florida's Antique Mall 1340 Highway 41 N Inverness, FL 34450 Phone: 352-461-3030 Contact: Manny Pesco LOOKING FOR DEALERS WITH QUALITY ITEMS FOR OUR NEW 30,000 SQ FT MALL IN THE INVERNESS REGIONAL CENTER AIR CONDITIONED OPEN YEAR ROUND OPENING IN AUGUST 2024 HOURS MON- SAT 10AM-7PM, SUN 12- 6PM Contact us now for your booth, shelf,

wall space or showcase. Rent now for best locations in the mall.

**Misc. for Sale**

**Hobbies**

Stained Glass Classes, Tues. & Wed. 10-12:30 at Touch of Glass by Susan, Floral City. Sup-

plies/Tools. 352-726-1765.

**Pets & Supplies**

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

**Miscellaneous**

Six men tent almost like new being used a couple of times have many camping accessories asking \$145 dollars for all call 706-492-5119

**Hunting**

Firearms to sell? Local licensed federal firearms dealer looking to buy collections. Honest and fair prices paid. Veteran and faith-based owner Will come to you. 727-709-0927

S&W Model 41 22LR. 2barrels - 5 1/2" heavy barrel, 8 1/2" target barrel. Very early serial number. 2 weights, 2clips..

This is a working collector. Custom display box.

Asking 3,200. Serious inquiries only. 352-773-0713, Lv. message shelf,

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

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**Cemetery Lots**

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

**Homes For Sale**

REDUCED! ONLY \$119,000, FULLY FURNISHED, Inverness, 4814 E Bow N Arrow Loop, 2 bed/1 bath sin-

gle wide mobile home, 944 total sq ft on 120' x 140' lot, split floor plan, eat-in kitchen with wood cabinets, electric fireplace, screened porch on front of home & wood deck on back of home, 10'x24' shed, Inverness Horizon Realty 352-637-4280

**Vacant Land**

Inverness Highlands West, Romans Ave, 80'X120', build your new home on this lot, not far from Holden Park, \$13,000, Inverness Horizon Realty

352-637-4280

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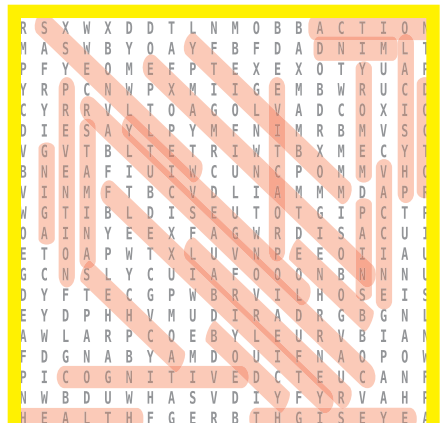
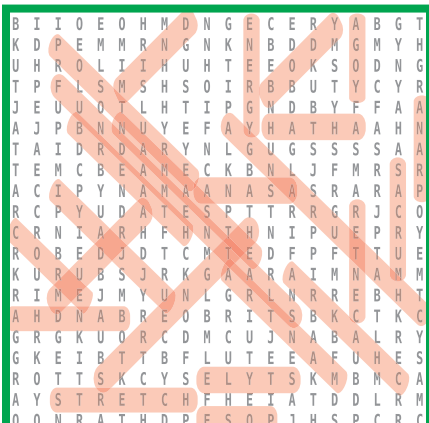
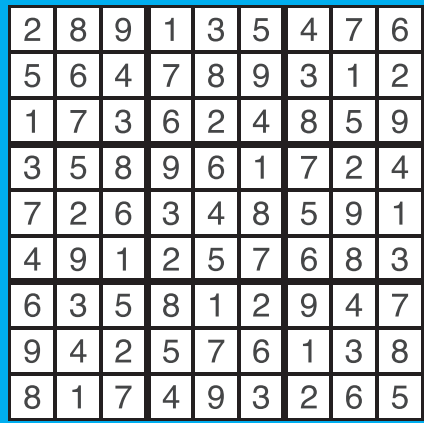
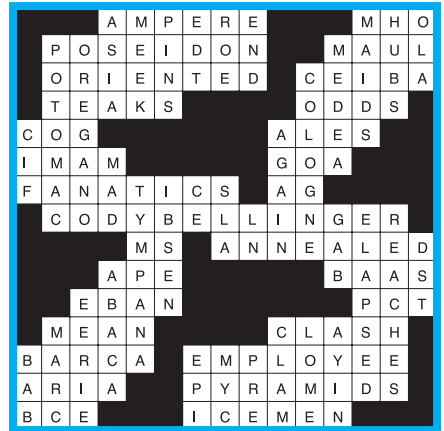
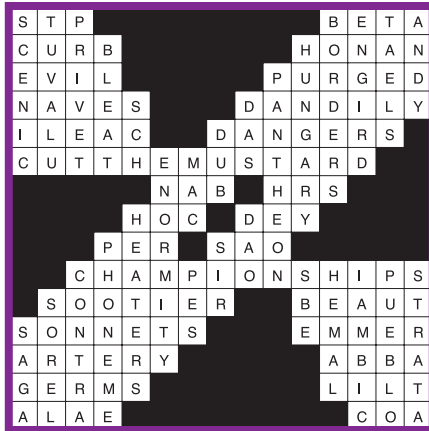
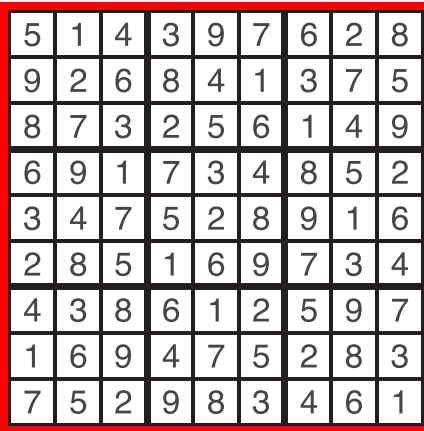
One minute you are young, and the next you are turning down the radio in the car so you can see better.

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

Level: Beginner

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

Level: Intermediate



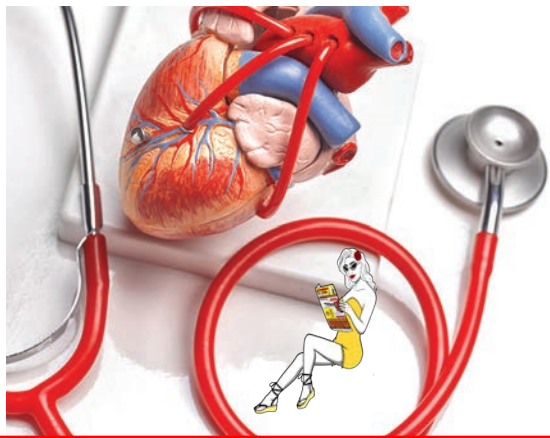
Help us congratulate Sommer one of our August Scavenger hunt winners! Sommer picks up her copy of the Peddler's Post at the The Hen House Cafe in downtown Inverness. Her favorite part of the Peddler's Post is the advertisements from some of the best small to medium sized businesses in Central Florida. Sommer had been a resident of Citrus County for over 20 years and in her free time she likes to show Livestock, like cattle, goats, and horses. We appreciate your support, Sommer! We hope you enjoy your new tote!

Our other winners were Theresa John and Sharyl Carroll. Unfortunately we were unable to connect with them to take a picture and give them a Peddler's Post Item!

### Diseases linked to high cholesterol

High cholesterol is an issue that affects millions of people. Johns Hopkins Medicine says roughly 71 million Americans have high cholesterol. Recent Manulife drug claims data indicates the number of Canadians ages 19 to 24 taking medication for cardiovascular conditions has increased by 35 percent over the past four years, and the number of people 17 years and younger taking medication for cardiovascular conditions increased by 17 percent. Cholesterol and certain proteins known as lipoproteins are necessary for the body to function normally. Cholesterol testing measures total cholesterol, high-density lipoprotein cholesterol (HDL) and low-density lipoprotein cholesterol (LDL). When LDL is elevated in the body, that can raise a person's risk for various health conditions.

1. Peripheral artery disease: PAD is a hardening of arteries in the legs or arms that causes reduced blood flow to these areas of the body.
  2. High blood pressure: Cholesterol and hypertension are linked. Cholesterol plaque and calcium can cause the arteries to harden and narrow so the heart has to strain to pump blood throughout the body, indicates the Cleveland Clinic.
  3. Coronary heart disease: The main risk from high cholesterol is coronary heart disease, says WebMD. Again, cholesterol plaque can build up in the walls of the arteries and cause them to harden and restrict blood flow. Eventually arteries that feed blood to the heart can cause a partial or total blockage. Heart attack can occur if the blood is completely restricted.
  4. Stroke: Arteries in the brain can become blocked by plaque in the blood, potentially leading to a stroke.
- High cholesterol is a cause for concern that can adversely affect the cardiovascular system.





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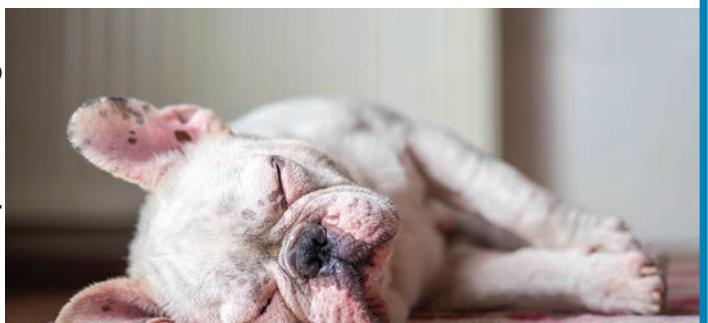
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### Common conditions that affect dogs

Taking care of man's best friend is a priority for all dog owners. That's evident in the amount people invest in their dogs over the course of their furry friends' lifetimes. A 2023 study from MarketWatch Guides found that the lifetime cost to own a labrador retriever in the United States is \$28,801, which shows the lengths dog owners will go to in an effort to ensure their pets' health and happiness.

Preventive care is one way dog owners can protect their pets' long-term health. Ensuring dogs stay up with their vaccinations and scheduling routine well visits are part of preventive care. Recognition of common conditions that affect dogs is another component of preventive care. Such knowledge increases the chances dog owners can spot issues before they escalate into something that can pose a threat to dogs' long-term health. With that in mind, the ASPCA notes the following are common illnesses that affect dogs.

- ~ **Diabetes:** The American Veterinary Medical Association reports that diabetes occurs in female dogs twice as often as male dogs. In addition, the AVMA notes that certain breeds may be predisposed to the condition. Dog owners can speak to their veterinarian to see if their dog is predisposed. The ASPCA notes signs of diabetes in dogs include changes in appetite, excessive thirst/increase in water consumption, weight loss, lethargy, and cataract formation or blindness.
  - ~ **Cancer:** The AVMA estimates that nearly half of all dogs over the age of 10 will develop cancer. The ASPCA notes that hereditary and environmental factors can contribute to the development of cancer in dogs, so it's important for dog owners to keep an eye out for symptoms of the disease. Such signs may include lumps, swelling, persistent sores, abnormal discharge from any part of the body, bad breath, and rapid, often unexplained weight loss. Sudden lameness, lethargy, stools that are black and tarry, loss of appetite, and difficulty breathing, urinating or defecating are some additional symptoms of cancer in dogs.
  - ~ **Canine parovirus:** The College of Veterinary Medicine at Cornell University notes that canine parovirus (CPV) is a highly contagious viral disease. Unlike other conditions affecting dogs that tend to strike when dogs are older, CPV typically affects dogs between six and 20 weeks old, though it can affect mature dogs as well. Symptoms of CPV include lethargy, depression and loss or lack of appetite. The CVM notes that sudden onset of high fever, vomiting and diarrhea also are indicative of CPV infection. The ASPCA notes that CPV can be transmitted to people, animals or objects that come in contact with an infected dog's feces.
  - ~ **Ringworm:** Ringworm is caused by a fungus that can infect the skin, hair and nails of a dog. The ASPCA indicates ringworm is highly contagious and can be passed from dogs to humans. Skin lesions on the head, ears, paws, and forelimbs are some signs of ringworm in dogs. Patchy, crusted, circular bald spots that appear red in the center is another sign of ringworm, which will not necessarily produce any symptoms in dogs.
- Preventive care for dogs includes studying up on common medical issues that can affect man's best friend. More information about these and other conditions is available at [aspc.org](http://aspc.org).





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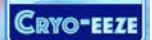
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