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VOLUME 19 ~ ISSUE 1

JANUARY 2025

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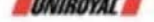
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BUSINESS CARD AD: \$62 (PAGE 14 OR 15)

***** 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.

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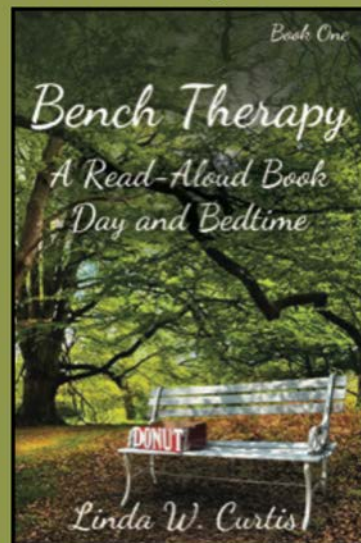
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- BARBECUE
- BASTE
- BLANCH
- BRAISE
- CARAMELIZE
- COOKING
- HOURS
- LOW
- MEALS
- PATIENCE
- PREPARE
- RECIPE
- REDUCE
- ROAST
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January 1st: A Florida New Year's Perspective

Well, here we are again, folks, January 1st in the Sunshine State! The day we wake up with a head that feels like a sunburned beach bum and a belly full of black-eyed peas and collard greens. It's that magical time of year when we resolve to be better people, only to remember that by February, we'll be back to our old ways. Just like an alligator in a swamp, stuck in its routine.

Now, let's talk about those black-eyed peas. If you didn't eat them today, you might as well pack your bags and head to Minnesota. Down here, it's a tradition that supposedly brings good luck. But honestly, after last night's celebration, the only luck I'm hoping for is that I don't scare the neighbors when I step outside in my New Year's Day pajamas--floral print and flip-flops, of course.

New Year's Eve in Florida is a special kind of event. We gather 'round with friends, a cooler full of sweet tea, and enough fried shrimp to feed a small army. We reminisce about the good times from the past year, like the epic battle of who can catch the biggest fish (which, let's be real, usually involves a lot of tall tales and a fish that got away).

As the clock struck midnight, we all hugged and kissed, and promising to stay in touch more often. Knowing full well that "staying in touch" means sending a text during hurricane season and liking each other's photos on Facebook.

Now, Florida weather in January is like a teenager. Moody and unpredictable. One morning you're shoveling sand instead of snow, and the next you're bundled up because a cold front decided to crash the party. I swear, if I wanted this kind of confusion, I'd just go visit my cousin Billy and try to figure out which of his ex-wives he's currently ignoring.

So, here's to the New Year in Florida! May your days be filled with sunshine, your nights filled with laughter, and your resolutions be as flexible as a beach umbrella in a strong breeze. Remember, if it doesn't involve a good fish fry and a sunset on the beach, it ain't worth doing.

Happy New Year, y'all! Now pass the peas, black-eyed peas, that is!
And don't forget the hot sauce!

By Leland Shipp
Check him out at www.lelandshipp.com



COMMUNITY BOARD

JANUARY

3rd

Movie in the Park at Liberty Park: Finding Nemo, located at 268 N Apopka Ave, Inverness, FL. Beginning at dusk (approx 6pm). Bring your blankets, lawn chairs, and picnic baskets for a free and family-friendly evening under the stars. Vendors will be available on site.

4th & 5th

Commemorating the 188th Anniversary of Dade's Battle of 1835, the beginning of the Second Seminole War. Reenactment includes period soldier, Seminole and civilian camps, period vendor trade fair, historic arts and crafts demonstrations and full-scale cannon firing plus 19th century games and activities for children. Cost is \$3/parking and \$5 per person entry fee. Children 5 and under are free. Event is from 9am-5pm with the reenactment at 2pm. 7200 Battlefield Parkway, Bushnell, FL 33513

7th

Open-Air Auction by Dudley's Auction located at 4000 S Florida Ave, Inverness. Tables filled with household, garage & utilitarian items such as tools, dishes, everything you can find in the closets, under the beds and stuffed into sheds and garages. Bring a truck and a sense of adventure as we quickly share the treasures.

7th

Pine Needle Basket Class by the Dade Battlefield Society. Event located at 7200 Battlefield Parkway, Bushnell, FL. Traditional pine needle basketry is taught by Dade's experienced volunteers. All materials are provided to make a long leaf pin needle basket. Cost is park entry at \$3 per vehicle plus \$5 per person activity fee. Group size is limited to 12. Pre-registration is required- call 352-793-4781 or email DadePrograms@FloridaDEP.gov.

12th

"Amazing" Steel Drums

Playing "the happiest music on earth", the "Amazing" Steel Drums will be in concert at Countryside Presbyterian Church, 7768 SW Highway 200, Ocala on Sunday, January 12, 2025 @ 3:00 PM. The group plays as a full steel pan orchestra on instruments made from 55 gal. drums. Free concert with love offering.

14th

Playing "the happiest music on earth," the "Amazing" Steel Drums will be in concert at Countryside Presbyterian Church, 7768 SW Highway 200, Ocala. This is a free concert. A love offering will be taken. For further information, please call Countryside Presbyterian Church at 352-237-4633. The "Amazing" Steel Drums began in 1984. The group is part of the Good Spirit Foundation, a 401(c)(3) charitable organization that provides summer camps to youngsters who are trained to play the instruments as an opportunity to learn about music, as well as the values of practice, perseverance and performance. The band performs as a full steel pan orchestra and also in small ensembles of 2-5 players. They have traveled all over Florida, playing all ranges of events and venues, including church activities, community festivals, parties, weddings, nursing homes and cafes.

14th

The Citrus County Genealogical Society will meet at 10:00 a.m. on January 14 at the Church of Jesus Christ of the Latter-day Saints, 3474 Southern St, Lecanto. The speaker will be Cheri Hudson Passey, who will be talking about "Where in the World? How to Tackle a New Research Location? Learn methods and strategies for understanding the records, history, and best practices for tackling new areas. Guests are welcome. For questions call Mary Ann Machonkin 352-382-5515

18th

Celebrate Dr. Martin Luther King Jr. with the City of Wildwood. We meet at noon at Dr. Martin Luther King Jr. Community Center (101 Dr. Martin Luther King Jr. Ave) to walk to the celebration. The Celebration is from 1-4pm at Dr. Martin Luther King Jr. Park located at 600 Walker Rd. and includes music, special performances, family games, giveaways, food trucks, and more. Questions call 352-461-0134.

18th

Military Vehicle Show. A variety of Military Vehicles will be on display at the Edwards W. Penno VFW Post 4864 from 10am-2pm at 10199 N Citrus Springs Blvd, Citrus Springs, FL. For more info contact the VFW Post at 352-465-4864. Sponsored by the Edward W. Penno VFW Post 4864 Auxiliary. Come out and bring your friends and family. Light refreshments will be available. Free admission. This is not a judged show, no entry fee, no trophies. Only Military Vehicles will be on display.

Dec 31st & Feb 1st

St. Elizabeth Ann Seton Catholic Church's Community of Catholic Women will conduct the Annual Elite Repeat Clothing and Jewelry Sale, January 31- February 1 from 9:00 am - 1:00 pm Location: Parish Hall @ 1401 W Country Club Blvd, Citrus Springs

COMMUNITY BOARD SUBMISSIONS DETAILS

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

MORE COMMUNITY EVENTS ONLINE AT

[HTTPS://PEDDLERS-POST.COM/COMMUNITY-CALENDAR/](https://peddlers-post.com/community-calendar/)

ONGOING

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

LEARN TO SQUARE DANCE Every Monday 6PM till 9PM WHISPERING PINES PARK 1700 Forest Dr, Inverness Cost \$5 p/p Western Wear Optional Springs Masonic Lodge No. 378 Meets the 3rd Tuesday of each month at 7:30 pm at Springs Masonic Lodge located at 5030 S. Memorial Dr., Homosassa, Fl. All Masons are welcome to join us for dinner at 6:30 pm. Snowbirds are always welcome.

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

Celebrate Recovery at Hills Church, 2 Civic Circle, Beverly Hills, FL. Every Monday Night at 6:00 For more information please call 410-353-7857
ALZHEIMER'S CAREGIVERS COMMUNITY SUPPORT The Floral City Alzheimer's/Dementia Caregivers Support Group meets on the third Friday of every month in the Floral City Methodist Church on Marvin St. Meeting starts at 10:30am. There is no charge and all caregivers are welcome to attend with no pressure to speak. For more info. contact Helen Ciampi 352-341-2867 or Marcia Beasley at 352-726-7740
Hands on Woodturners meet on 3rd Wed. of each month at 7pm at Beverly Hills Lion Club 72 Civic Circle Beverly Hills Blvd Visitors are welcome. members are all levels of turnings A woodturner demonstration given by experienced craftsperson contact email: Howturners.com or call Denis Cap 352-489-4374

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

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

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

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

AMERICAN VETERANS (amvets) Post 89 meets the third Monday of each Month 6:30 pm at 1 Civic Circle, Beverly Hills, FL. NATIONAL ORG est 1947. Membership open to veterans with DD214 honorable discharge and active duty military. Phone Commander Lou Ann Braglin 352-464-0931
Do you or someone you know have Diabetes? Join our free monthly diabetes support group that is open to all! Led by Certified Diabetes Educators from the Citrus County Department of Health. Each Group focuses on a different topic with the opportunity to learn, share, get questions answered, and receive giveaways. There will also be small recipe tastings and guest speakers. The group meets the third Tuesday of every month from 9am to 10am at the IFAS Conference Room at 3650 W. Sovereign Path, Lecanto. For more information, please email Kathryn.defranco@flhealth.gov.

Disabled American Veterans (DAV), Crystal River Chapter 158. 100% Free, professional assistance helping Veterans and their families in applying for and receiving the benefits they rightfully deserve. Our services include assistance in applying for VA health care, disability, education, opportunities for meaningful employment, provide emergency grants, and potential assistance within the local community.

Most importantly, with DAV, you receive a lifetime of dedicated network of support. Call today and let us know how we can help you by calling 352-795-7129. Appointments are available Monday, Wednesday, and Friday from 10am-2pm. 501 SE 7th Ave, Crystal River
Come join us for fun and games at the American Legion Post 58 located at 10730 S US Highway 41, Dunnellon every Thursday beginning at 4pm. Queen of Hearts Raffle prize is \$500 and increases until the queen is picked. Prize paid by check. We also serve great food and bingo follows. Bingo prizes paid in cash. Food prepared by Cindy Cantor (352-322-6733). For info 352-489-4453.

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

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

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

Amvets Post 89, We meet the 3rd Monday of each month at 6:30pm. We meet at the Beverly Hills Community Center @ 1 Civic Circle, Beverly Hills, Florida, 34465.

"Floral City Garden Club welcomes all to the second Friday monthly meetings at 12:00 in the Floral City Community House. www.floralcitygardenclub.com. (954)557-5982"

VFW Post 7122 Floral City located at 8191 S Florida Ave, Floral City, FL has bingo every Friday at 1 pm. Come early get a seat and meet new friends and play bingo. Hope to see you there.

Support Groups--NAMI Citrus holds support groups for those living with a mental health condition and for family members/loved ones on Thursday evenings from 6 pm to 7:30 pm. Most sessions are held at First Christian Church of Inverness, 2018 Colonade Inverness. Check our calendar at www.namicitrus.org/calendar to confirm the group is meeting in person or if it is a virtual session OR call our warm line toll free at 1-844-687-6264 Monday through Friday 9 am to 4 pm.

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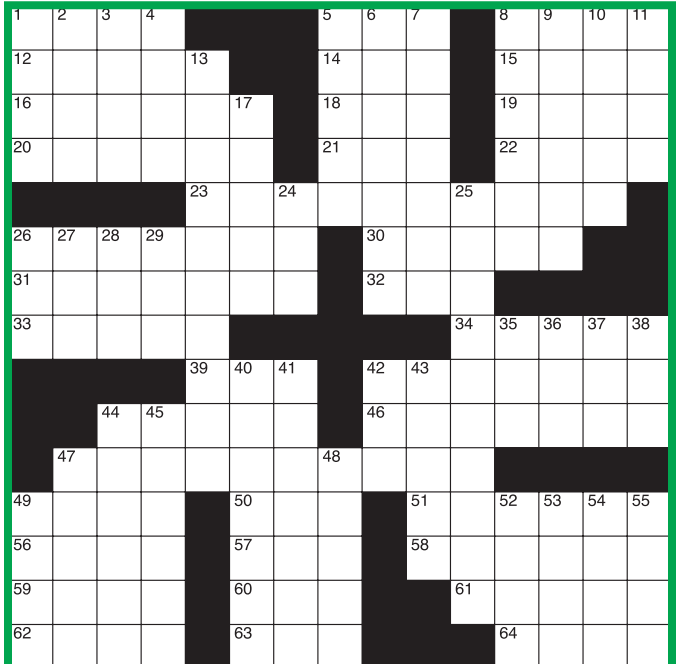
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CLUES ACROSS

1. This regulates cortisol production (abbr.)
5. People of northern Vietnam
8. Employee stock ownership plan
12. Regions
14. The center of a city
15. Hindu serpentine deity
16. Roared
18. Sun up in New York
19. "Sir" in Malaysian
20. Shrimp dish
21. Muckraker Tarbell
22. Apex
23. Harmonic effects
26. One of Babe Ruth's nicknames
30. Groups in organic chemistry
31. More pleasant-tasting
32. Spring forward
33. Noted writer
34. Building occupied by monks
39. "The world's most famous arena"
42. Colorless liquid hydrocarbon
44. Long or fast speech
46. Things you can eat
47. Substance in which magnetic moments are not aligned
49. Actor Idris
50. I (German)
51. Taxes
56. Indonesian island
57. Nuisance (slang)
58. Shawl
59. Digits
60. Moved on foot quickly
61. "For goodness --"
62. Facial body part
63. Russian river
64. Urinates

CLUES DOWN

1. Partner to "oohs"
2. Scaly water dweller
3. Pueblo people of New Mexico
4. Music producer Teo
5. Greek mythological goddess
6. Got together to discuss
7. Acquires
8. Involve
9. Some are tomato-based
10. Old Irish alphabets
11. A sheet of glass in a window or door
13. Blood poisoning
17. A moon of Saturn
24. Neither
25. Sums
26. They follow "A"
27. Satisfaction
28. People of southeastern Burma
29. Small amount
35. Guy (slang)
36. Sound unit
37. Midway between northeast and east
38. Affirmative
40. Almost at the top
41. Extremely slow
42. Pearl Jam's debut album
43. Influential mid-century playwright
44. Martens
45. Approval
47. Dallas-adjacent Texas city
48. African nation
49. Dark brown or black
52. A place to get caught
53. Large-headed, elongated fish
54. Type of sword
55. Scottish tax or levy



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3 short-term fitness goals that can lead to long-term success

As New Year's Day 2024 approached, millions of individuals were preparing to make changes they hoped would improve their fitness. In a Forbes Health/One Poll survey of 1,000 adults in the months leading up to the start of 2024, nearly half (48 percent) of respondents indicated improving their physical fitness would be a top priority over the course of the new year.

Fitness-based resolutions are popular every year, but people who aspire to make such changes recognize how difficult it can be to achieve them. In fact, the Forbes Health/One Poll survey found that roughly 44 percent of respondents indicated their resolutions flamed out at the two- or three-month marker. Though there's no one-size-fits-all strategy for sticking with and ultimately achieving a resolution, identifying short-term goals that can help people stay motivated can lead to long-term progress. Individuals who want to improve their physical fitness can consider these three short-term goals and use them as measuring sticks as they pursue more long-term objectives.

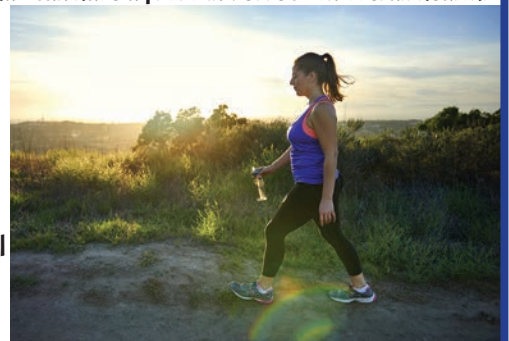
1. **Aspire for incremental weight loss.** Weight loss goals were the fourth most popular New Year's resolution for 2024 among participants in the Forbes Health/One Poll survey. Though that survey separated fitness goals from weight loss goals, the two are certainly linked. Individuals who aspire to lose 10 pounds undoubtedly recognize that such a goal cannot be achieved overnight, so why not aspire to lose small amounts of weight at predetermined intervals? For example, if the end goal is losing 10 lbs., aim to lose two pounds by the end of January. Incremental progress can motivate individuals to stay the course and ultimately propel them toward achieving a more substantial, long-term goal.

2. **Exercise for a predetermined number of days each week.** Another way to gradually build toward achieving long-term fitness goals is to establish monthly minimum exercise sessions. Individuals accustomed to a sedentary lifestyle can resolve to exercise three days per week in the first month of their resolution, and then increase that by a day in the second month. A consistent schedule when designing this goal is imperative, which is why it can make more sense to plan for three days per week as opposed to 12 days per month.

3. **Resolve to walk a mile per day.** Walking is an accessible cardiovascular activity that can have a profound effect on overall health.

Walking also can help condition sedentary individuals' bodies for more strenuous activity, which is a transition many people aspire to make when setting long-term fitness goals. A daily one-mile walk won't require a significant commitment of time, but it can help acclimate the body to routine exercise. As the effects of a daily walk begin to take hold, individuals may find it easier to engage in more strenuous physical activities, making this an ideal stepping stone on the way to achieving long-term fitness goals.

Short-term goals can help people remain motivated as they pursue more substantial goals that take longer to achieve. Such an approach can be especially useful for individuals resolving to improve their physical fitness at the start of a new year.





Creative Coloring

Color in this picture to create your own masterpiece.



THIS DAY IN HISTORY



1759: The first American life insurance company is incorporated in Philadelphia.

1908: Grand Canyon National Monument is created.

1935: Amelia Earhart becomes the first person to fly solo from Hawaii to California.

World FACT:



This celebration occurs in many Asian countries and prominently features animals.

Answer: Chinese (lunar) New Year

Double Word Puzzle

Unscramble the words to reveal the sentence.

NULRA

1	2	3	4
---	---	---	---

EDAARP

5	6	7	8	9
---	---	---	---	---

YRAE

10	11	12
----	----	----

OLCROS

13	14	15	16	17	18
----	----	----	----	----	----

19	20	J	21	22	23	T	24	25	26	T	27	28	29	30	31
----	----	---	----	----	----	---	----	----	----	---	----	----	----	----	----

Answer: Enjoy the lanterns

NEW WORD

LUNAR

determined by the moon

How they say that in...

- English:** Snake
- Spanish:** Serpiente
- Italian:** Serpente
- French:** Serpent
- German:** Schlange

Did You Know?

Chinese New Year is the longest Chinese holiday, as it lasts 16 days. However, only the first seven days are a public holiday.

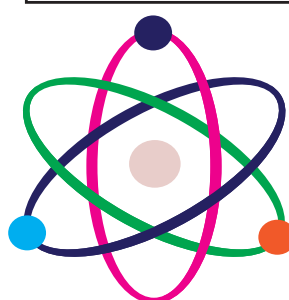


Get the PICTURE?

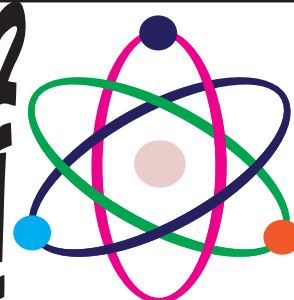


Can you guess what the bigger picture is?

Answer: Dragon puppet



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Because they make up everything!





Help this squirrel find his acorns.



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

Level: Intermediate

Did you know?

The American Heart Association reports that a resting heart rate between 60 and 100 beats per minute is normal for most adults. However, a physically active person or athlete may have a resting heart rate as low as 40 beats per minute. Individuals may recognize resting heart rate or know it from past wellness exams, but why is it important? According to the AHA, a person's resting heart rate can be an important clue into how healthy or unhealthy that person may be. The AHA notes that a lower resting heart rate indicates the heart muscle is in good condition and therefore does not have to work as hard to maintain a steady beat. Conversely, a higher resting heart rate has been linked to lower levels of physical fitness, higher blood pressure and elevated body weight.



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

Level: Intermediate

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Brunch begins the New Year right
The first official meal of 2025 should be memorable and flavorful. Chances are late night New Year's Eve revelry will make breakfast a nonstarter, but a New Year's Day brunch can hit the spot on January 1. When family members or guests rouse from their post-countdown slumbers, these brunch ideas and tips can kick off the new year with flavor.

Skip the mimosas
While it may be tempting to employ a little "hair of the dog" therapy to combat the ramifications of overindulgence from the evening prior, it is a better bet to skip any extra alcohol come the morning. Rather, serve plenty of hydrating refreshments, with water at the top of the list. For those who desire something with a little more zip, create a mocktail with fruit juice and sparkling water.

Make-ahead meals
Serving foods that can be made in advance cuts back on the amount of work that needs to be done in the late morning of New Year's Day. Breakfast casseroles can be the way to go, as they pair many ingredients together and can be reheated. Fruit salads as well as homemade granola parfaits can be made in advance and then served during the brunch.

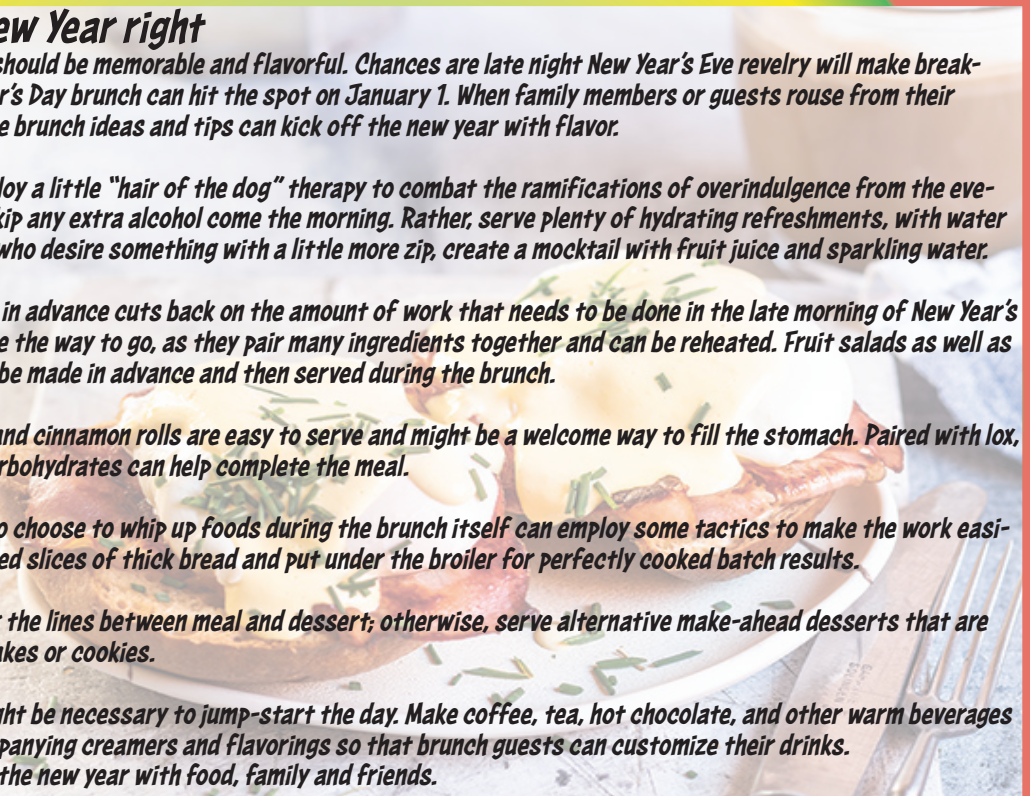
Consider bagels and breads
A platter of bagels, croissants and cinnamon rolls are easy to serve and might be a welcome way to fill the stomach. Paired with lox, cheeses and cold cuts, these carbohydrates can help complete the meal.

Sheet-pan options are easy
Brunch hosts and hostesses who choose to whip up foods during the brunch itself can employ some tactics to make the work easier. Crack eggs onto cheese-coated slices of thick bread and put under the broiler for perfectly cooked batch results.

Don't forget the sweets
Muffins and sweet rolls can blur the lines between meal and dessert; otherwise, serve alternative make-ahead desserts that are relatively easy, such as pound cakes or cookies.

Set up the coffee bar
Chances are a little caffeine might be necessary to jump-start the day. Make coffee, tea, hot chocolate, and other warm beverages readily available with the accompanying creamers and flavorings so that brunch guests can customize their drinks.

New Year's Day brunch kicks off the new year with food, family and friends.



January Days Past

January 1st 1960 Johnny Cash plays first of many free concerts behind bars at San Quentin Prison, California; Merle Haggard among the inmate audience

January 2nd 1906 Willis Carrier receives a US patent for the world's first air conditioner

January 3rd 1777 General George Washington's revolutionary army defeats British forces at Battle of Princeton, New Jersey



January 4th 1959 USSR's Luna 1 (Mechta) becomes the 1st spacecraft to leave Earth's gravity

January 5th 1925 Nellie Tayloe Ross sworn in as Governor of Wyoming, 1st woman governor in USA

January 6th 1987 Astronomers at University of California see 1st sight of birth of a galaxy

January 7th 1999 President Bill Clinton's Impeachment trial begins in the US Senate after the House voted to impeach him for lying about his affair with Monica Lewinsky

January 8th 1835 US national debt is \$0 for the first and only time in history

January 9th 2007 Apple CEO Steve Jobs announces the iPhone

January 10th 1999 "The Sopranos", starring James Gandolfini as mobster Tony Soprano, debuts on HBO

January 11th 1838 First public demonstration of telegraph messages sent using dots and dashes at Speedwell Ironworks in Morristown, New Jersey by Samuel Morse and Alfred Vail



January 12th 1969 Atlantic Records releases eponymous debut album of Led Zeppelin in US

January 13th 1888 The National Geographic Society is founded in Washington, D.C. for "the increase and diffusion of geographic knowledge"

January 14th 1794 Dr Jesse Bennett performs 1st successful Cesarean section operation in the US, on his wife, Elizabeth, delivering a baby girl at their home in Edom, Virginia

January 15th 1943 World's largest office building, the Pentagon is completed to house the US military

January 16th 1605 The first edition of "El ingenioso hidalgo Don Quijote de la Mancha" (Book One of Don Quixote) by Miguel de Cervantes is published in Madrid

January 17th 1920 First day of prohibition of alcohol comes into effect in the US as a result of the 18th Amendment to the Constitution



January 18th 2016 World's 62 richest people are now as wealthy as half the world's population according to a report published by Oxfam

January 19th 2013 Lance Armstrong admits to doping in all seven of his Tour de France victories

January 20th 1942 Nazi officials hold the notorious Wannsee Conference in Berlin to organize the "final solution", the extermination of Europe's Jews

January 21st 1793 Louis XVI of France is executed by guillotine in Paris, following his conviction for "high treason" by the newly created French Parliament (Convention nationale), during the French Revolution

January 22nd 1905 In St Petersburg, Russia, a large demonstration of workers led by Father Gapon, march to the Winter Palace with a petition to the Tsar; troops fire on protesters in what becomes known as 'Bloody Sunday'



January 23rd 1973 US President Richard Nixon announces an accord has been reached to end the Vietnam War

January 24th 1935 1st canned beer, "Krueger's Cream Ale," is sold by American company Krueger Brewing Co.

January 25th 1819 University of Virginia chartered by Commonwealth of Virginia, with Thomas Jefferson one of its founders

January 26th 1838 Tennessee enacts the first prohibition law in the United States

January 27th 1945 Soviet troops liberate Auschwitz and Birkenau Concentration Camps in Poland - now commemorated as International Holocaust Remembrance Day

January 28th 1986 Space Shuttle Challenger explodes 73 seconds after liftoff from Cape Canaveral, killing all 7 crew members, including Christa McAuliffe who was to be the first teacher in space



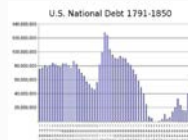
January 29th 1892 The Coca-Cola Company is incorporated in Atlanta, Georgia

January 30th 1948 Mahatma Gandhi assassinated in the garden of the New Delhi home he was visiting by Hindu extremist Nathuram Godse

January 31st 1871 Millions of birds fly over western San Francisco, darkening the sky

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

Maya Angelou







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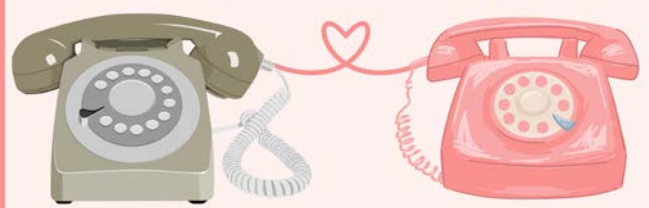
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WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers:
1. Hockey puck on ice 2. Missing hockey stick on left 3. Missing stripes on uniform on boy in yellow 4. Tree back left is taller

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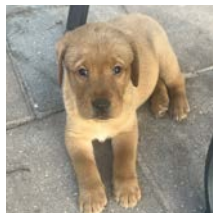
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A beginner's guide to CBD, CBN and THC

A growing number of consumers are turning to products derived from cannabis plants to treat an array of conditions. Formulations include gummies and other edibles, tinctures, vapes, and even beverages. When shopping for such products, particularly as a novice, consumers may encounter so many abbreviations referring to the active substances in these products that it can be confusing to get things straight. Here's a look at cannabis and what distinguishes various products from one another.

Understanding cannabis

Hemp and marijuana are close cousins and come from the same species of a flowering plant in the Cannabaceae family. The major difference between them lies in how much of a certain cannabinoid each contains, advises Healthline. Hemp contains 0.3 percent or less of psychoactive tetrahydrocannabinol (THC) than marijuana, which has higher levels of THC (more than 0.3 percent). Because the THC in hemp is so low, it's unlikely to get a person high.

Differentiating cannabinoids

Cannabis contains a variety of cannabinoids. THC is one such cannabinoid, and for a while that was the one most known for its ability to produce euphoria and other desired feelings. The other top four include: cannabidiol (CBD), cannabigerol (CBG), cannabinalol (CBN), and cannabichromene (CBC). Each has unique properties and potential health uses. This article explores CBD, THC and CBN, which are increasingly found in over-the-counter supplements.

CBD: CBD seems to be everywhere today, from pills to lotions. Harvard Health says animal studies and self-reports or research in humans suggest CBD may help with anxiety, treating childhood epilepsy, insomnia, chronic pain, addiction, and inflammation.

THC: THC delivers psychoactive experiences that may cause users to experience time distortion, sensory changes and changes to perception. Synthetic THC preparations have been used for addressing chemotherapy-induced nausea and vomiting. According to The National Center for Biotechnology Information, additional uses for THC include pain relief, particularly for fibromyalgia. There has been some research into THC's uses for moderate-to-severe obstructive sleep apnea. A recent laboratory investigation indicated THC also might inhibit the proliferation of breast cancer cells, but more studies are needed.

CBN: CBN often is understood as a weaker version of THC that results when THC components break down with age, says WebMD. It is about 25 percent less effective than THC. CBN has not been studied as widely as THC or CBD, but some of its potential uses include pain relief, sleep aid and even as a neuroprotective substance. A 2016 study published in Neural Regeneration Research found cannabinoid compounds like CBN can delay the progression of amotrophic lateral sclerosis (ALS) to prolong survival.

Lasting effects?

Although cannabinoids are turning up regularly now, especially as many areas have legalized marijuana usage, experts still do not fully know the short- and long-term effects of use. Furthermore, dosage may be confusing and there may be inconsistencies in purity depending on the manufacturer. It is up to the consumer to weigh the pros and cons of trying treatment with products derived from cannabis.



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Celebrate the Chinese New Year with deep-fried wontons

The Chinese New Year is a unique celebration with a global footprint. While many of the more awe-inspiring celebrations may occur within China, that doesn't mean there aren't ways to commemorate this unique event elsewhere. Celebrations can even take place at home, where individuals can whip up homemade Chinese fare to lend their festivities a more authentic feel. This Chinese New Year, those who want to bring this unique event into their homes can try the following recipe for "Deep-Fried Pork Wontons" courtesy of Lines+Angles.

Deep-Fried Pork Wontons

For the filling:

- 7 ounces minced pork
- 2 spring onions
- 1 green chili, deseeded
- 1 tablespoon grated ginger
- 1 garlic clove, minced
- 2 tablespoon fish sauce
- 1 tablespoon lime juice
- 32 square wonton wrappers
- Vegetable oil, for frying

To serve:

- Mixed leaf salad; cabbage, lettuce and coriander
- Sweet and sour sauce



1. Mix together the ingredients for the filling, stirring in one direction only.
 2. Place double layers of wonton wrappers in front of you in a diamond shape. Place a little of the filling on the bottom half of the dough. Fold the bottom corner of dough over the filling and roll it once. Take the outside corners and bring them together, sealing with a little water. Stand the wontons on their flat bases and gently separate the two top flaps. Repeat with the remaining wrappers and filling.
 3. Heat about 4 inches oil in a deep pan until gently bubbling, then fry the wontons in batches for 3 to 4 minutes or until golden brown and cooked through. Drain on paper towels then serve on beds of the mixed leaves with the sweet and sour sauce alongside.
- Tip: This recipe may also be steamed or boiled.

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- VERTICAL SPACE

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

How deep breathing exercises can help alleviate stress
 Stress is a normal part of life that is not always as bad as it may seem. For example, a 2013 study from researchers at the University of California, Berkeley found that acute stress caused stems in the brains of rats to proliferate into new nerve cells that ultimately improved the animals' mental performance. That led researchers to conclude that intermittent stressful events can improve alertness, which in turn can help individuals perform better.

When noting the potentially positive effects of stress, it's important to note that those rewards are only reaped when stress is acute. VeryWellMind notes acute stress is commonly experienced a few times each day in the face of an immediate threat. Prolonged stress, often referred to as chronic stress, is dangerous, as it can contribute to conditions like high blood pressure that increase individuals' risk for cardiovascular disease and stroke. Combatting chronic stress may require lifestyle changes and the adoption of additional strategies, including breathing techniques.

Skeptics may question the efficacy of breathing as a means to combatting stress. However, the National Council for Mental Wellbeing notes that studies have determined breathing exercises can help to alleviate stress by tricking the brain into thinking a person is in a different emotional state than he or she is actually in. When a person is confronting a stressful situation, breathing speeds up and becomes irregular and shallow. Breathing exercises help people slow down their breathing, thus tricking the brain into thinking a person is in a calm state where no threat is perceived.

Deep breathing exercises can help people confront stressful situations, and WebMD offers a guideline people can look to as they seek to calm their nerves.

Deep breathing

WebMD notes that short, shallow breaths into the chest are common but can contribute to feelings of anxiety and fatigue. Deep breathing techniques are designed to teach people how to take bigger breaths. A deep breathing exercise can begin after a person finds a comfortable position and then breathes in through the nose and lets the belly fill with air. Then breathe out through the nose before placing one hand on the belly and the other on the chest. Feel the belly rise as you breathe in and then feel it lower as you breathe out. Take three additional full, deep breaths.

Focus can help make a deep breathing exercise more effective. WebMD recommends using a picture in your mind and a word or phrase to help relax you. Close the eyes before taking a handful of big, deep breaths. When breathing in, imagine the air is filled with a sense of peace and calm. When breathing out, imagine stress is leaving with that exhaled air. A word or phrase can be utilized when breathing in and out to reinforce these feelings. WebMD recommends continuing these exercises for 10 to 20 minutes. Wellness involves various strategies designed to promote better overall health, and such approaches include ways to combat stress. Deep breathing exercises are a simple and accessible means to navigating stressful situations.





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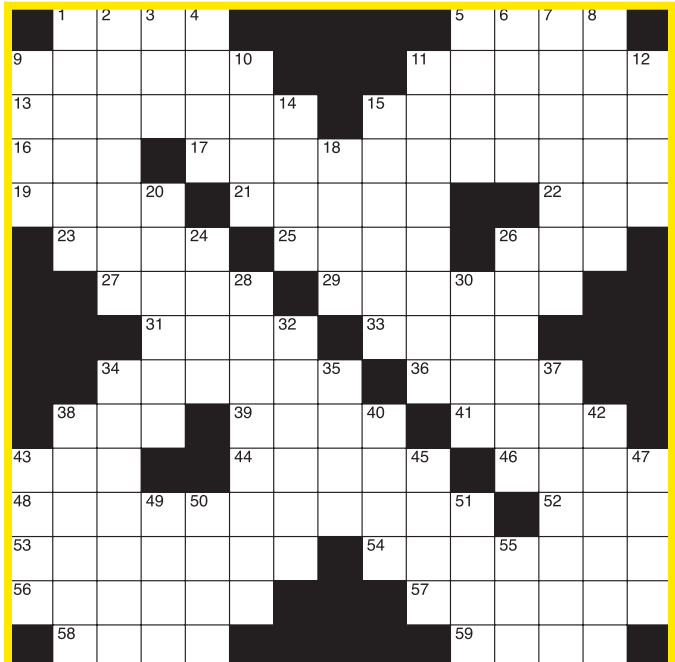
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CLUES ACROSS

1. "Loser" rocker
5. Partner to relaxation
9. Mixing
11. Winged nut
13. Expression of blame
15. Vast ocean
16. Comedienne Gasteyer
17. Multiply
19. Meat from a pig (French)
21. Related
22. Rocker Stewart
23. Surprise completely
25. Loon
26. Canister
27. Large, deep-bodied fish
29. Takes forcefully
31. Oil cartel
33. Palmer and Hepburn are two
34. More than one
36. Places down purposefully
38. Pitching statistic
39. Type of sword
41. Witnesses
43. Body part
44. Mixes slowly
46. Satisfy
48. Strong belief
52. One's physique (slang)
53. More frightening
54. Soup cracker
56. Teaches
57. One who carries something
58. Actor Sean
59. Changes

CLUES DOWN

1. ___ Aires, city
2. Coarse grass
3. Type of gene
4. Door handle
5. Competition
6. Muslim ruler title
7. Hunting expeditions
8. Large mollusk
9. Bind securely
10. Former U.S. presidential candidate
11. 2-point plays in football
12. Breezed through
14. Type setting
15. Felt for
18. Codified rules
20. Small dome
24. Chevrotain
26. Male reproductive gland
28. Controversial beliefs
30. Z Z Z
32. One who confines another
34. Bishop
35. Garlands
37. Bird that flies by the coast
38. Optical device
40. Greek goddess of discord
42. Some are "Rolling"
43. Formerly (archaic)
45. Thrust a knife into
47. German river
49. Atomic #26
50. Make a grotesque face
51. Primordial matter of the universe
55. Chinese philosophical principle

What did the fish say when he hit the wall?
"Dam."

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Tips to make a computer run more smoothly

The spinning color wheel on a computer screen is an unwelcome sight. Despite that, it's a frustration familiar to millions of computer users across the globe and indicative of a device that's overwhelmed.

Though there's never a good time to see the spinning color wheel, it tends to appear at those moments when users are particularly busy or staring down important deadlines. Some computers experience diminished performance due to age, but oftentimes users have options other than replacement when their devices aren't running smoothly.

- ~ Turn off automatic startups. The more applications that are running at a given time, the slower a computer is likely to perform. And users may not realize just how many apps are running on their computers at one time. Many apps may be starting automatically whenever a user restarts his or her computer, and these programs could be running in the background. Individuals who suspect this might be why their devices are operating inefficiently can go into their application settings and turn off automatic startups, particularly with apps they rarely use.
- ~ Uninstall apps that aren't used. Device performance also can improve when users uninstall apps they don't use. New computers come with a variety of programs that are pre-installed. These programs take up space and memory and adversely affect performance, which makes them prime targets for removal.
- ~ Save files to cloud storage and/or a backup hard drive. Inadequate storage space on a hard drive also affects device performance in a negative way. Users with lots of files, be it documents or photos or both, on their computers are urged to utilize cloud storage and delete those files once they're successfully uploaded. Files that users prefer to keep on their computer hard drives can be compressed to free up memory and thus improve speed and performance.
- ~ Utilize the cleanup function on the computer. A cleanup function can help to improve performance by deleting temporary files that are created whenever a computer is rebooted or an application is opened after being shut down. These temporary files can take up a lot of storage but the cleanup function will delete them, thus improving the speed of the device.
- ~ Update the operating system. An outdated operated system also can adversely affect device performance. Access the settings of the device to determine if a new OS is available. Some people may be utilizing an OS that is several updates behind, and in such instances the performance of the device can be quite poor.

No one wants to see a spinning color wheel on their computer screen. But that wheel might be a byproduct of a host of variables that can be easily and quickly addressed to improve computer performance.



The Oak n Arrow

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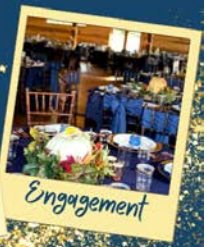
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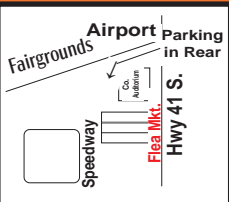
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1. Gold strip on other glass 2. Clock is nearly midnight 3. Fireworks in background 4. Confetti twirl bottom right

Pirates of the Nature Coast

by Beryl St. Jacques

The Airport Terminal was busy with early morning arrivals, and no one noticed the two small boys dressed as pirates.

"How will we find our crew?" asked four-year-old Patrick.

With the wisdom of a six-year-old, Liam pointed to a potted palm tree. "We'll need to climb the mast up to the crow's nest," he said.

While the boys tried to scale the palm tree encumbered by their kaleidoscopes turned into telescopes, an elderly couple approached. "Ahoy, Mateys."

"Mom! Dad! The Grampies are here!" Liam yelled.

After greetings, Dad said, "Let's get you two out of that tree before security arrives."

"I'll run through them with my sword," said Pat. "ARRRARRG!"

"I'm just thankful your sword is foam," Mom commented.

On the short journey to the Grandparent's house, Grandpa said, "I suppose you two would like to go to the Theme Parks."

"Oh, no," said Liam, "we have much more fun when we use our imaginations."

"Maginations," echoed Pat. "We're fierce Pirates, Grandpa. We want to go out on your boat to look for treasure."

"Do you need a nap first?" Grandma offered.

"GRANDMA!!" Liam protested, "PIRATES don't take naps."

Everybody changed into swimming gear at the house and went to Grandpa's boat dock. Finally, they were ready to set out.

"What's that stick for?" asked Grandpa.

"Oh, Grandpa. That's a mast, and this is our flag," Liam explained, brandishing a mop handle and pillowcase. "Will you help us set this up?"

"Sure," said Grandpa, "but I didn't know that a motorboat needed those."

Motoring out slowly, the boys were impatient. "Why so slow, Grandpa?" Pat objected.

"We must not disturb the wildlife," said Grandpa. "Look at the mangroves and see if you can spot any birds."

"Are the mangroves those ugly-looking bushes and trees?" asked Liam.

"Yes, those things may look ugly, but they protect the shoreline and make good homes for birds, fish, and other creatures."

"Oh, then we'll look for birds and stuff."

"Why don't one of you sit to port and the other sit to starboard," suggested Grandpa.

After a little while, Patrick shrieked and pointed. "SHARKS! SHARKS!"

"Stop screaming, Pat. Those are manatees," Grandpa explained. "They're very gentle and if you promise to be very quiet, we can stop the boat, and you can get in the water with them, but don't touch them."

Both boys jumped overboard and swam furiously toward the manatees. They stopped when they bumped into something. They popped up and looked into large, gray-whiskered faces that seemed to be smiling at them.

They swam around for a little while until Grandpa said, "Okay, enough for now."

They proceeded through the river, into the Gulf of Mexico, and then headed out. After a while, Patrick shouted again. "SHARKS! SHARKS!"

"Calm down, Pat," said Grandma. "Those are dolphins. We can stop and let you look."

Of course, the boys jumped in and tried to catch up to the dolphins. The dolphins turned and swam with the boys for a few minutes.

Then, the dolphins whistled, turned tails, and fled. Grandpa and Dad hauled the boys aboard.

"Do you see that fin over there?" Grandpa said sternly. "Well, that is a shark, so we best move on."

They proceeded toward their destination with Pat stabbing at the water and shouting, "Take that shark! ARRRARRG!"

It wasn't long before they reached Fisherman's Island, which the boys renamed Treasure Island. After mooring the boat, the family went for a short swim. The boys were now impatient to look for treasure, so after changing back into pirate costumes and dry clothes, they walked up the beach toward the trees.

"Time to look at our Treasure map." Liam reached into a pocket and pulled out a lace-edged handkerchief with Magic Marker lines.

Mom looked up and gave the boys an admonishing look. "I wondered where my handkerchief had gone!"

"This looks like the place. See Grandpa, there's the tall tree. You're supposed to step four paces to the mound."

Grandpa came up with his metal detector. "What is that?" Liam wanted to know.

"It's a Treasure Finder," said Grandpa.

"Oh, can we try it?" asked Pat.

With Grandpa's help, the boys pried the detector until they heard a ping. Then, they used their plastic spades to dig and came up with two metal tokens.

"Look! They have writing," exclaimed Liam. "I can read now. Let me see." Squinting at the coin, he read, "Good for one D-R-I-N-K at W-A-L-T-S Bar. Where's Walt's Bar, Grandpa?"

Grandma and Mom look horrified, but Grandpa smiled. "We can ask at Skippy's Snack Shack. It's past lunchtime. Follow me." Obediently, the boys followed Grandpa and Grandma up the beach to Skippy's.

The two boys marched up to the counter and clambered onto stools.

"Hello, Mr. Skippy. We're fierce pirates, and we have tokens for GROG at Walt's Bar," Liam announced. "Do you know where that is?"

Skippy smiled and said, "I think I can take care of that here."

Grandpa ordered mocktails for the adults and shrimp tacos for the family.

While Skippy was fixing the lunch and drinks, Grandpa spoke to two fishermen. "Did you catch anything today?"

One of the fishermen eyed the boys. "No, we think something scared the fish."

"We saw a shark on the way here," Liam told him.

"Yes, and I ran him through with my sword. ARRRARRG," Pat added.

Dad eyed Pat. "Just where did this happen?"

Citrus
Writers
of Florida

Pat looked sheepish. "In my 'magination, Daddy." The fishermen smiled, and Liam said, "We are fierce pirates, and we would like your loot, please." "Small tokens only," Dad clarified. "ARRRARRG," said Pat. The people in the Snack Shack were mostly amused. They gave the boys small tokens like shells, buttons, Lego pieces, marbles, and more. Only one old man glared at them. So, they decided not to ask him. "Can't we make him walk the plank?" Pat said in a loud, carrying voice. Liam added in a louder, more carrying voice, "Look at him. He couldn't even get on the plank." The room exploded in laughter. Then, mortified, Mom went over to the old man and apologized. Skippy came out with the lunch. The "GROG" came in coconut half-shells with straws. The boys were very impressed. "Oh," Liam asked, "does this taste as good as it looks?" "Yes," said Skippy, "and you can keep the coconut shells." The boys were ecstatic. Mom whispered to Skippy, "What did you give them?" "Coconut milk and a little simple syrup," he assured her. Mom tried to apologize for the boys' behavior, but Skippy would have none of it. "This is the most excitement we've had here since Walt's Bar burned down," he said. When lunch was eaten, the boys called out, "Bye-bye, Mr. Skippy. Thank you, folks." All but one of the crowd smiled and said, "ARRRARRG!" On the boat ride back to the Grampies' house, Pat asked, "Dad, when we get back home, can you drive us to the lake, and then we can be Pirates again?" "Hmmm, the lake is far away, and look, our house backs onto the forest. So why don't you two play Robin Hood?" Delighted, the boys stared at each other. Then Liam asked, "Who's Robin Hood?????"



Beryl St. Jacques is a great grandmother, loves kids and dogs, the ecology, horticulture, and agriculture, etc. Her favorite school subjects were English and nature studies, also writing composition stories. She always wanted to be a writer since childhood.

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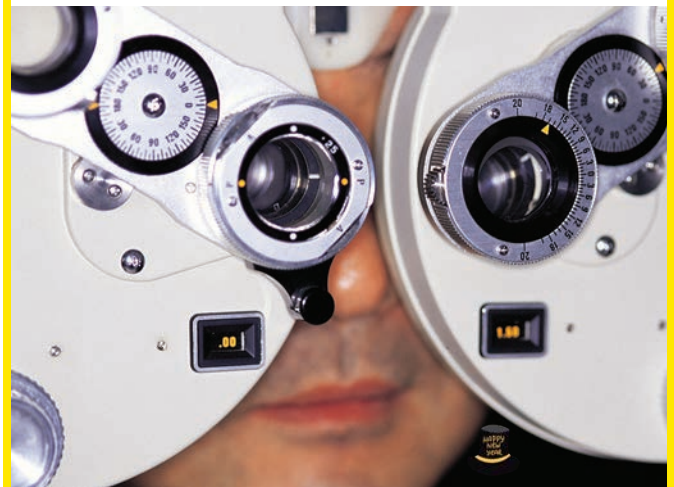


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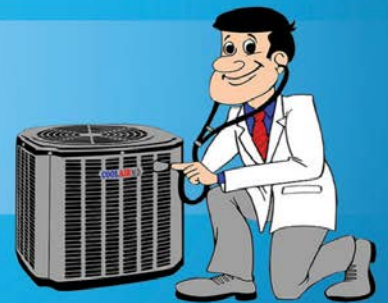
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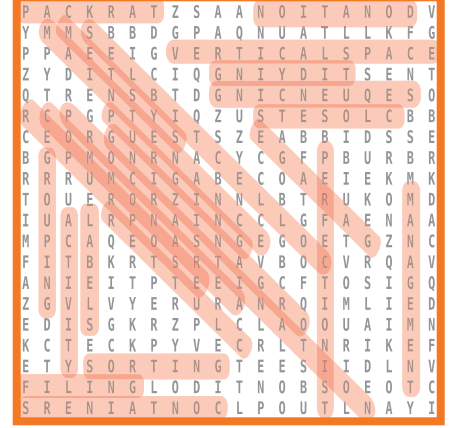
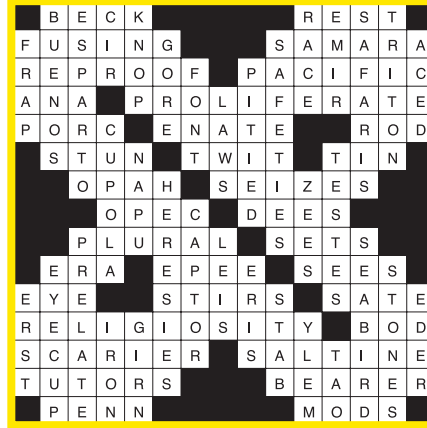
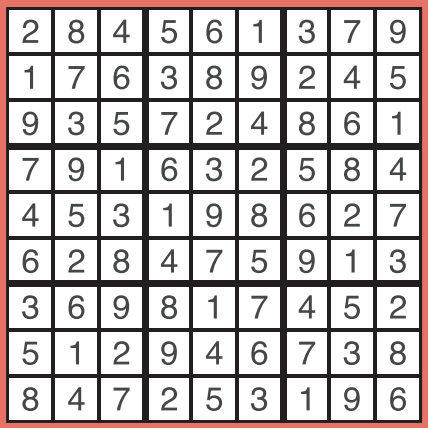
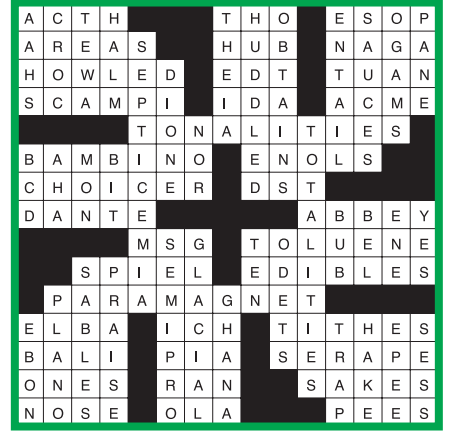
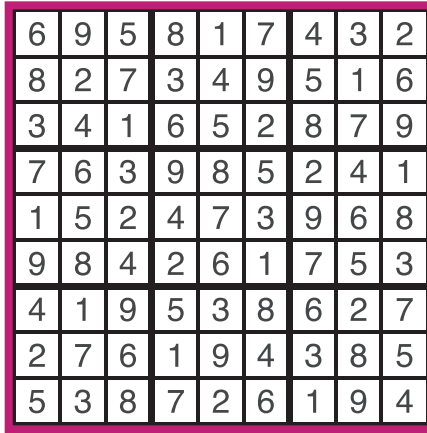
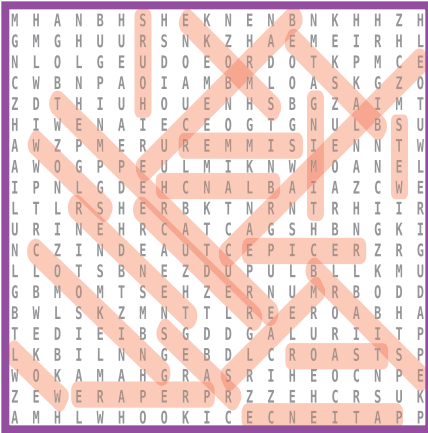
Slow-cooked beef stew makes an ideal cold weather comfort food

The term "comfort food" can be used in reference to a host of dishes. Some see Mom's homecooking as the ultimate comfort food, while others may insist hearty dishes that fill the belly are the only true comfort foods. Regardless of one's definition of comfort food, one characteristic many might agree about is that foods must provide more than mere sustenance to qualify for entry into this wide-ranging category. Beef stew certainly fits that criteria, as many feel nothing is more comforting on a cold winter day than a warm bowl of slow-cooked stew. As winter settles in, those looking for some slow-cooked comfort can try this recipe for "Crockpot Beef Stew With Potatoes and Peas" from Lines+Angles.

Crockpot Beef Stew With Potatoes and Peas (Makes 6 servings)

- | | | | |
|-----|---|---|---|
| 2 | pounds boneless stew beef | 2 | cups baby carrots, sliced |
| 1 | teaspoon coarse salt | 6 | small new potatoes, rinsed and cut into bite-sized pieces |
| 1 | teaspoon freshly ground black pepper | 6 | ounces tomato paste |
| 1/3 | cup all-purpose flour | 4 | cups beef broth |
| 2 | tablespoons olive oil | 2 | tablespoons Worcestershire sauce |
| 1 | medium onion, peeled and finely chopped | 1 | tablespoon dried parsley |
| 2 | celery ribs, rinsed, trimmed and sliced | 2 | cups frozen peas |
| 2 | cloves of garlic, peeled and pressed | | |

1. Rinse the beef under cold running water and pat completely dry with paper towels. Using a sharp knife, cut the beef into generous bite-size pieces.
 2. Combine the salt, pepper and flour. Place the cubed beef in a large resealable plastic storage bag. Add the seasoned flour and shake to thoroughly coat the beef with flour.
 3. Heat the oil in a heavy bottomed skillet over medium heat. Add the flour-coated beef and brown on all sides.
 4. Place browned beef in the crock pot. Add onions, celery, garlic, carrots, potatoes, tomato paste, beef broth, Worcestershire sauce, and parsley.
 5. Cook on low for 10 hours or on high for 6 to 7 hours. About 30 minutes before serving, add the frozen peas, cover and continue cooking for an additional 30 minutes.
 6. Ladle stew into individual serving bowls and serve.
- Tip: Cooking time may vary depending on age and size of crockpot.



Matt met up with Chris from Inglis in Decmeber as she was one of our December scavenger hunt winners. Chris Picks up her Peddler's Post at the Food Ranch Inglis where Matt met up with her to deliver her new hat!
Chris enjoys the Peddler's Post mostly for the local listings for events and the silly games are fun over breakfast!
Chris has lived in Citrus County about 5 years moving here from the city, AKA the New Port Richey area. She found herself always coming to the Citrus area to hang out with friends all the time and finally decided to make the move. Her and her dogs love the county, and they enjoy going for walks to the nature preserves.
She is a local artist doing fabric arts and competing at the state fair. She does a lot of vending and a whole lot of tinkering. She does traditional things with fabric and crochet where she incorporates a lot of unique things for kids, like a sasquatch riding a skateboard. It is fun she says!
We sure know about fun here at the Peddler's Post. It was wonderful to meet you Chris and we hope you enjoy your new hat!

Steve Sullivan of Citrus County was the third person to win the scavenger hunt this month. Unfortunately we were unable to meet up for the picture!

Where were all the hidden Santa Gus's at in Decembers Edition?
Front Cover, Pg. 2, Pg. 6, Pg. 14, Pg.17, Pg. 19, Pg. 24, Pg. 30, Pg. 34, Pg. 35, Pg. 39

We stopped in at Darren's Discount Food (the old SaveSmart Discount Grocery) in Floral City to meet up with Ruthie one of our December Scavenger Hunt winners!
Ruthie is a Florida Native growing up in Tampa and moving to Citrus County just one year ago. She loves the solitude she has found living in Citrus County and the slower pace of life.
Ruthie enjoys spending time with her family which includes her 3 children that she adores. Christmas is her season as she is a big fan of the Nightmare Before Christmas!
Ruthie picks up her Peddler's Post at Darren's Discount Grocery where she also works. Her favorite part of the Peddler's Post is the crossword puzzles. She grew up doing puzzles with her grandma and now she is sharing the tradition with her own kids. They double check her work and even made sure she didn't miss any of the Santa Gus's in the Dec. edition.
It was a pleasure meeting you Ruthie! Enjoy your new hat!





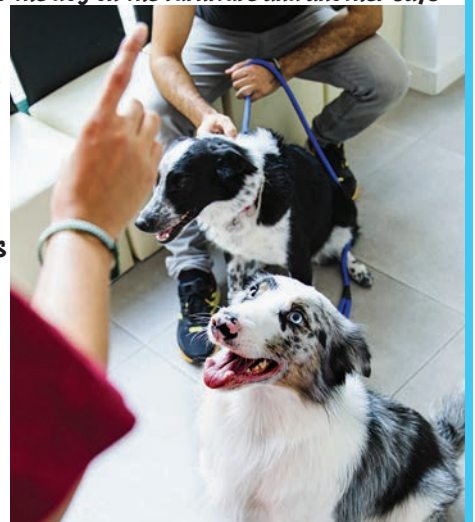
"Have a Wag-tastic New Year!"

Tips for successful dog training

After providing a safe home, veterinary care and nutritious food, the best thing a pet owner can do for a dog is provide adequate behavioral training. Some of the issues that result in pet surrenders can be traced to behaviors that might have been quashed had the dog undergone thorough obedience training.

All dogs can benefit from learning basic commands, and the RSPCA says successful training is a rewarding part of dog ownership. There are many things one might want to teach a pet and a variety of strategies to pursue that training. These tips can help anyone successfully train their dog, leading to an even stronger relationship between owner and pet.

- ~ Elect a dog trainer. If a dog resides with many people in the household, select one person who will be the primary trainer to establish the ground rules of the training sessions. If multiple people bring various styles to the dog training, that could result in inconsistencies that confuse the animal. Once the training sessions have proven successful, the trainer can share what he or she is doing with others in the home and they can mimic the same commands and gestures.
- ~ Use positive reinforcement. According to Small Door Veterinary, almost all vets agree that positive reinforcement training is the most effective method of training a companion animal. This type of training rewards good behavior rather than punishing bad behavior. The American Kennel Club says training is more successful when owners identify what the dog finds rewarding. Some dogs are very food-motivated, while others might be willing to work for play sessions or just verbal praise.
- ~ Consistency is best. Always use the same word and intonation when asking a dog to do something. Everyone in the home also needs to be on the same page with rules, which means that if one person says "no" to the dog on the furniture and another says "yes," the dog will end up confused.
- ~ Patience is key. Although dogs can read human body language and gestures, they do not actually comprehend all language, says the AKC. It can be some time before a dog understands all training requests.
- ~ Start small and build up. Teach a dog commands incrementally and reward each step of the learning process. For example, reward the "stay" command even if the puppy only stays for a second or two. Later on, build up to longer durations of staying still.
- ~ Praise small things. It is easy to get caught up in the end goal of training, but experts note little victories are equally important. Praising the pet when he or she does something right, even if it is a small thing, will keep the motivation going.
- ~ Finish positively. End all training sessions with something the dog knows so that the session will end on a high note. If training does not come easily after many weeks of going it alone, pet owners may want to seek the help of a professional dog trainer. Professionals also can be helpful for those pet owners who want to break dogs out of unsavory behaviors, such as leash aggression or excessive barking.



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