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VOLUME 19 ~ ISSUE 2

FEBRUARY 2025

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

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love

Love is in the Air, Ya'll

Well, folks, it's that time of year again! February has rolled around, and you know what that means. Valentine's Day is just around the corner. Love is in the air, and so is the scent of roses, which can be a lot more romantic than the smell of fried chicken that usually wafts through my kitchen.

Now, let's not kid ourselves. Valentine's Day can be a real doozy. It's a day that puts pressure on every fella out there to pull off the perfect romantic gesture. You've got to find a gift that dazzles. So, whip up a candlelit dinner, or remember to make that reservation at the restaurant where the prices are as high as my Aunt Edna's hair on a humid summer day. And if you think a box of chocolates will cut it, think again! If your sweetheart has been hinting at a new gadget or a cozy blanket, you best take notes. Or you just might find yourself in the doghouse faster than a hound chasing a squirrel.

Now, let's not forget our single friends. They're gearing up for Galentine's Day, a celebration of friendship that's just as important as any romantic dinner. Nothing says "I love myself" quite like a night filled with good friends, laughter, and maybe a little too much wine. So, raise your glass to self-love, because it's just as crucial as any lovey-dovey dinner.

As I sit here sipping my sweet tea, I'm reminded that love isn't all about grand gestures. Sometimes, it's the little things that count. You know, the handwritten notes tucked under pillows, the surprise plate of fried chicken after a long day, or just holding hands while watching the sunset. Those are the moments that stick with us like the last bite of pecan pie. Sweet and unforgettable.

So, as we march toward Valentine's Day, let's take a moment to appreciate the connections that make our hearts sing. Whether you're in love, out of love, or just in love with life, remember that love is not just a day on the calendar. It's a way of life. Happy Valentine's Day, y'all!

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



COMMUNITY BOARD

FEBRUARY

1st & 15th

The Market at the Depot is on the 1st and 3rd Saturday of every month! Come out and explore a wide variety of vendors with unique items, including handcrafted jewelry, artisanal soaps, freshly baked goods, custom clothing, original artwork, gourmet treats and more! You can also find "The Citrus Writers of Florida" there selling their work. Join us from 9:00 AM - 2:00 PM at The Depot Pavilion is located at 300 N Apopka Ave, Inverness, FL.

8th

Citrus County Craft Council announces "The Love of Arts & Crafts Show".

On, February 8 from 9am-3pm at the Crystal River Armory 8551 Venable St. Crystal River FL. Come out to see all the talented artisans that have a wide range of hand crafted items on display. Each vendor will donate a piece of their work to be raffled off. Proceeds of the raffle will be given to the Women's Club of Crystal River FL. Free entry & free parking. This is an indoor show: Rain or Shine.

11th

The Citrus County Genealogical Society will meet at 10:00 a.m. on at the Church of Jesus Christ of the Latter-day Saints, 3474 W. Southern St, Lecanto, FL. "FINDING YOUR ROOTS IN THE DIGITAL AGE" -- Presented by Judy Nimer Muhn. From your local Public Library, the resources of Family Search and social media, you don't have to travel all over the world to research your family genealogy. Guests are welcome to attend. For questions contact Mary Ann Machonkin at himary@tampabay.rr.com

22nd

The Walk of Arts will take place at Liberty Park in downtown, Inverness FL. from 12PM-8:30PM This unique art and music festival will feature 150 sidewalk chalk competition slots for children aged 5-18, over 100 slots for vendors, and a full day of live entertainment. Join us for the third installment of this popular festival, now on a new date! and will feature Kyle Ingram Trio, featuring local CRMS teacher Scotty Chmura, SwipeRight, featuring Dakota Gagliano as seen on Don't Forget the Lyrics, Mixed Signal, featuring Melissa McGhee as seen on American Idol, and our headliner, multi-platinum singer/songwriter, Howie Day!

22nd

Citrus County Genealogical Society will be hosting seminar from 10 - 2. Pam Vestal will be talking about "Genealogical Pits I Have Fallen into and How to Avoid Them." Learn to dodge eight obstacles that can get in your way and "Teasing Out the Story Hidden Behind the Genealogical Facts." We'll explore four different approaches that can help us to understand them in the context of the time and place in which they lived. Kent Cobles will be going over the basics of Find a Grave. What it is? How to use it, How to contribute, etc. Located at Crystal Oaks Clubhouse Civic Association, 4958 W Crystal Oaks Dr., Lecanto 34460. Bring your own Brown Bag Lunch. Free - Coffee, tea, and baked goods. Cost - \$40. Questions contact Mary Ann Machonkin himary@tampabay.rr.com

22nd

3rd Annual Frank Smith Community Cruise In. FREE REGISTRATION SPONSORED BY THE HERNANDO UNITED METHODIST CHURCH 2125 East Norvell Bryant Hwy, Hernando FL 34442 from 10:00am -- 2:00pm. Bake Sale- Get some sweets for your sweetie! CRUISE ON IN! ALL VEHICLES WELCOME! RAIN OR SHINE! Lunch for Purchase (FREE hot dog & drink per registered car!)

28th & March 1

FAITH LUTHERAN CHURCH LARGE RUMMAGE AND BAKE SALE Friday February 28th - 10am to 2pm & Saturday March 1st - 10am to 1pm. There will be clothing, kitchen and household items, handmade quilts, jewelry, books, delicious baked goods, and more. 935 S Crystal Glen Drive, Lecanto FL Crystal Glen Subdivision Off Hwy 44 and 490 This is a Thrivent Sponsored Event

MARCH

11th

The Citrus County Genealogical Society will meet at 10:00 a.m. at the Church of Jesus Christ of the Latter-day Saints, 3474 W. Southern St., Lecanto. The speaker will be Michael John Neill. He will be talking about "Researching the Entire Family and Beyond." This lecture discusses the importance of researching the siblings, extended family, and associates of your ancestor. Guests are welcome to attend. For info contact Mary Ann Machonkin himary@tampabay.rr.com

15th

Citrus Wellness Seekers, Inc. is a nonprofit established to provide awareness about holistic health services available in Citrus County. Our event will be Saturday, March 15th, 2025 from 10 AM - 3 PM at the Central Ridge Community Center 77 Civic Circle, Beverly Hills. There will be a variety of local businesses and organizations providing information, services, and goods. There is an entrance donation of \$5 and children under 12 are free.

COMMUNITY BOARD & ONLINE COMMUNITY CALENDAR 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 you 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 (approx-imately 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.

SUBMIT YOUR EVENTS ONLINE at: <https://peddlers-post.com/submit-your-community-events/>
GET YOUR EVENT NOTICED ON THE PEDDLER'S POST WEBSITE FOR FREE. ONLINE COMMUNITY CALENDAR IS OPEN FOR EVERYONE TO USE!

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.

The Floral City Lions Club, located at 8370 E Orange Ave, Floral City, FL Announces: ** A new meeting time, the 2nd (second) Wednesday of each month @ 6:00PM. Visitors/ Guests are welcome. ** We are actively seeking to expand our volunteers/memberships. For additional info please contact Vic Keesling President, e-mail: VKeesling43@gmail.com or Ph# 352-302-6506.

** We are offering rental of our (Floral City Community House) for meetings/birthdays/reunions, etc.

For info call Janie Stewart, rental chairperson, Ph# 954-557-5985.

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

WORDS

- ADORE
- AFFECTION
- BELOVED
- BOYFRIEND
- CANDY
- CHAMPAGNE
- CHERUB
- CHOCOLATE
- CUPID
- DATE
- FLOWERS
- GIFTS
- GIRLFRIEND
- HEARTS
- HUG
- KISS
- LOVE
- MOVIE
- POEM
- RED
- ROMANCE
- ROSES
- SWEETHEART
- VALENTINE

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



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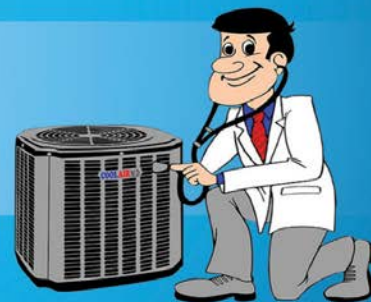
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Treat your Valentine to gluten-free sweets

Valentine's Day is an opportunity to lavish love and attention on a special person in your life. Exchanging gifts, enjoying dinner out and snuggling with your sweetheart are commonplace on this mid-February holiday devoted to love. It is equally common to enjoy a sweet dessert to cap off this romantic day.

Food allergies and intolerances do not take a holiday when Valentine's Day rolls around. For those who live gluten-free, finding a dessert that suits their diet might prove a tad challenging. Luckily it is relatively easy to whip up a gluten-free dessert and ensure that Valentine's treats can be enjoyed by all. This recipe for "Snickerdoodles" from "Cozy Kitchen Allergy-Friendly Cooking" (Umbrella Sky) by Jeanette Smerina, is gluten-, soy- and dairy-free, but certainly not free of delicious flavor. What's fun about these cookies is cooks can use colored sugar to customize them for any occasion. Use red and pink for Valentine's Day.

Snickerdoodles (Makes 25 to 30)

2 1/2 cups gluten-free flour, 1-1 blend

1 teaspoon cream of tartar

1/2 teaspoon baking soda

1/4 teaspoon salt

1 cup granulated sugar

1/2 cup olive oil

2 eggs

1 tablespoon vanilla extract

3 tablespoons almond milk

For rolling and coating:

1/4 cup granulated sugar (or colored sugar)

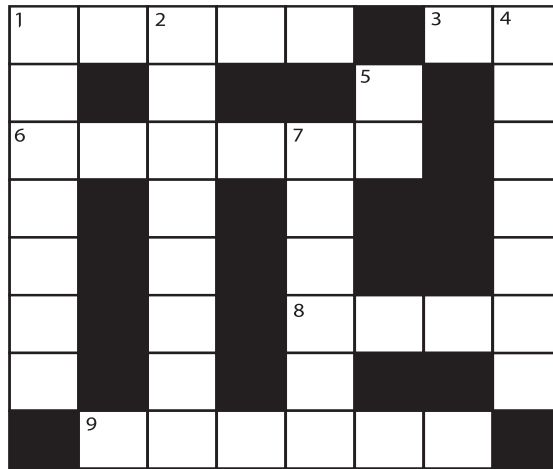
2 tablespoons cinnamon

1. In the bowl of a stand mixer, add the flour, cream of tartar, baking soda, and salt. Mix on low just to combine.
2. In a small bowl or large measuring cup, whisk together oil, eggs, sugar, and vanilla extract until thickened.
3. Add the egg and sugar mixture to the dry ingredients, and mix until just combined. Then add the almond milk and blend once more.
4. Cover and chill dough for 30 minutes or more. Meanwhile, preheat oven to 400 F. Line two cookie sheets with parchment paper or use silicone baking mats.
5. In a shallow bowl, combine sugar and cinnamon. Scoop small balls of the cookie dough (about an inch in diameter) and roll in the cinnamon and sugar mixture. Place each ball 2 inches apart on the cookie sheets. Repeat until all dough is used. The cookies will puff and enlarge while cooking.
6. Press down slightly on all cookie balls to flatten a bit. Bake cookies 8 to 10 minutes, or until edges of cookies are looking set up.
7. Cool cookies on racks. Store in covered containers for up to one week.





Crossword Puzzle



ACROSS

1. Chest organ
3. Blood pressure (abbr.)
6. Dramatic start of an illness
8. Discomfort
9. Tube blood moves through

DOWN

1. Free from illness
2. Counteracts poison
4. Forcing to move through
5. Adequate or alright
7. College property

Answers:
 Across 1. Heart 3. BP 6. Attack 8. Pain 9. Vessel
 Down 1. Healthy 2. Antidote 4. Pumping 5. OK 7. Campus

THIS DAY IN HISTORY

FEBRUARY

20

1521: Juan Ponce de León sets out from Spain for Florida.

1792: George Washington signs the Postal Service Act.

1872: The Metropolitan Museum of Art opens in New York City.

Health FACT:

There are 60,000 miles of these in the average human body.

Answer: Blood vessels

NEW WORD

PULSE

a rhythmic throbbing of the arteries as blood is pumped

How they say that in...

- English:** Heart
- Spanish:** Corazón
- Italian:** Cuore
- French:** Coeur
- German:** Herz

Did You Know?

The average resting heart rate for an adult is between 60 and 100 beats per minute.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Blood pressure cuff



scholarships, mentors & hope

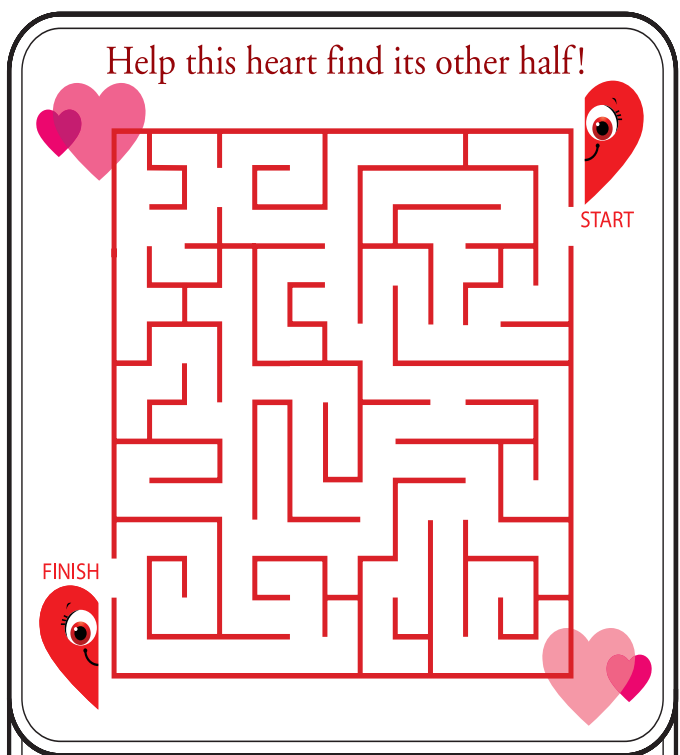
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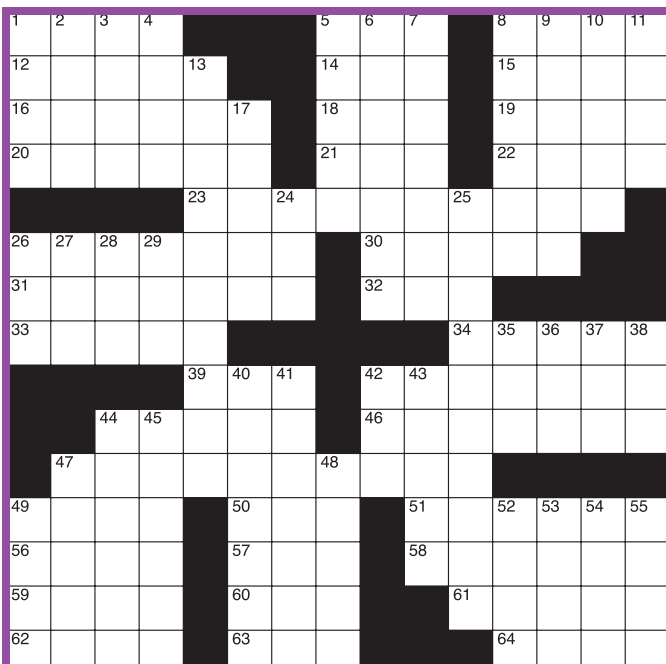
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CLUES ACROSS

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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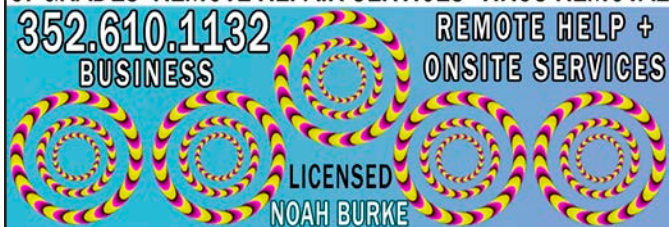
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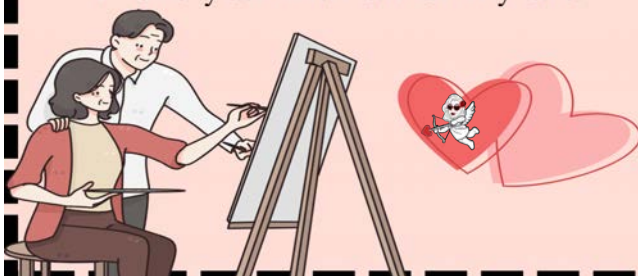
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Now You Know Fun facts and conversation-starting snippets *for curious minds of all ages!*

What Are the Roots of Groundhog Day?

Groundhog Day is a lighthearted tradition that millions of people enjoy each February, and the custom may have much older roots than celebrants realize. The American Folklife Center & Veterans History Project notes that folklorist Don Yoder, in his 2003 book *Groundhog Day*, traced the origins of the holiday to pre-Christian festivals that also led to holidays like Halloween. Yoder asserted the timing of the festival that is now celebrated as the holiday Groundhog Day, which falls in between the winter solstice and the spring equinox, symbolizes how significant and anticipated changes in the seasons were within pre-Christian society. That's one reason why the festival that served as a precursor to Groundhog Day survived when western European societies became Christianized.



February Days Past



February 1st 1587 Queen Elizabeth I of England signs death warrant for her cousin, Mary, Queen of Scots

February 2nd 1954 "The Nutcracker" ballet choreographed by George Balanchine with Maria Tallchief as the Sugar Plum Fairy opens in New York, establishes its popularity in the US

February 3rd 1863 Samuel Clemens first uses the pen name Mark Twain in a Virginia City newspaper, the "Territorial Enterprise"

February 4th 211 Roman Emperor Septimius Severus dies in Eboracum (York) in England, leaving the Roman Empire in the hands of his two sons, Caracalla and Geta



February 5th 1852 The Hermitage Museum in St. Petersburg first opens to the public with Catherine the Great's collection of 4,000 paintings forming its core collection

February 6th 1899 Spanish-American War ends, peace treaty ratified by Senate

February 7th 1845 The Portland Vase, thought to date to the 1st century BC is shattered into more than 80 pieces by a drunken visitor to the British Museum

February 8th 1587 Mary, Queen of Scots, is beheaded at Fotheringhay Castle aged 44 after being convicted of plotting to assassinate Elizabeth I

February 9th 1870 US President Ulysses S Grant signs law resulting in US Army Signal Service's establishment of its "Division of Telegrams and Reports for the Benefit of Commerce", later known as the National Weather Service

February 10th 1870 City of Anaheim in California incorporates for the 1st time, but disincorporates after two years as the tax burden was too high

February 11th 1916 Emma Goldman arrested for lecturing on birth control



February 12th 1947 French fashion designer Christian Dior presents his first influential collection, named the "New Look"

February 13th 1258 Baghdad, then a city of 1 million, falls to the Mongols as the Abbasid Caliphate is destroyed, tens of thousands slaughtered, ending the Islamic Golden Age

February 14th 1929 Saint Valentine's Day Massacre in Chicago, seven gangsters are killed, allegedly on Al Capone's orders

February 15th 399 BC Philosopher Socrates is sentenced to death by the city of Athens for corrupting the minds of the youth of the city and for impiety

February 16th 1923 Howard Carter opens the inner burial chamber of Egyptian Pharaoh Tutankhamun's tomb and finds the sarcophagus

February 17th 1865 Columbia in South Carolina burns down during the American Civil War

February 18th 1885 Mark Twain publishes the "Adventures of Huckleberry Finn" in the US

February 19th 1906 Will Keith Kellogg joins Charles D. Bolin in founding the Battle Creek Toasted Corn Flake Company, now the multinational food manufacturer Kellogg's

February 20th 1792 US postal service created, postage 6-12 cents depending on distance



February 21st 1804 The world's first steam locomotive, built by Richard Trevithick, runs for the first time along the tramway of the Pen-y-darren Ironworks in Merthyr Tydfil, Wales

February 22nd 1632 Galileo Galilei's book "Dialogue Concerning the Two Chief World Systems" is published comparing the Copernican and Ptolemaic systems and whether the Earth orbits the sun

February 23rd 1945 US Marines raise the flag of the United States on top of Mt. Suribachi, Iwo Jima. Pulitzer Prize winning photo of which by Joe Rosenthal later became iconic,

inspiring the Marine Corps War Memorial sculpture

February 24th 1942 The "Battle of Los Angeles" takes place, a series of anti-aircraft engagements over the city in response to a rumored but false Japanese attack. It would last until the morning of the following day.

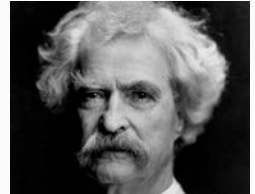
February 25th 1570 Pius V excommunicates Queen Elizabeth I of England for heresy and persecution of English Catholics during her reign. Also absolves her subjects from allegiance to the crown.

February 26th 1797 Bank of England issues first £1 note

February 27th 1693 The first women's magazine "Ladies' Mercury", is published in London

February 28th 1953 Francis Crick and James Watson discover the chemical structure of DNA-molecule (double-helix polymer) using studies of x-ray diffraction developed by Rosalind Franklin and Maurice Wilkins

February 29th 1692 First people are accused of witchcraft, and arrested in Salem, Massachusetts - Sarah Good, Sarah Osborne, and Tituba, a West Indian slave



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Sports fans across the globe tune in when the National Football League hosts its annual championship game each winter. And that already robust viewership is growing, as figures from Nielsen Fast National and Adobe Analytics indicated Super Bowl LVIII between the Kansas City Chiefs and San Francisco 49ers garnered 123.4 million viewers who tuned in to watch Patrick Mahomes orchestrate a 25-22 overtime victory over Kyle Shanahan and the Niners.

Super Bowl Sunday has become an unofficial holiday in the United States, where fans ranging from the diehard to the casual to those simply tuning in for the commercials and halftime show gather to enjoy a few fun-filled hours. Seasoned party hosts know that food features as prominently as football and fun come Super Bowl Sunday. Guests may expect a few staples, including chicken wings. With that in mind, hosts can impress their guests by serving up this recipe for "Virgil's Smoked Chicken Wings With Blue Cheese Dip" from Neal Corman's "Virgil's Barbecue Road Trip Cookbook" (St. Martin's Press).

Virgil's Smoked Chicken Wings With Blue Cheese Dip (Serves 4)

Blue Cheese Dip

2 cups blue cheese crumbles, divided
1 cup mayonnaise
1/2 cup buttermilk
2 teaspoons hot sauce
1 teaspoon Worcestershire sauce
1/2 teaspoon kosher salt
1/4 cup finely chopped scallions
1/4 cup finely chopped celery

Sauce

10 tablespoons unsalted butter
1 teaspoon cornstarch
4 tablespoons white vinegar
3/4 cup hot sauce
1/4 teaspoon cayenne pepper

Virgil's Dry Rub

Makes 5 to 5 1/2 cups

2 1/2 cups sweet paprika
1 cup granulated sugar
1/2 cup Texas-style chili powder
1/2 cup minced onion
1/2 cup granulated garlic
1/4 cup dried parsley flakes
6 tablespoons kosher salt

Marinade

1/2 cup vegetable oil
1/2 cup hot sauce
4 tablespoons Virgil's Dry Rub (see below)
4 tablespoons granulated garlic
4 tablespoons granulated onion
Juice of 1/2 lemon

Wings

8 large chicken wings
1/2 cup Virgil's Dry Rub (see ----->>>>)



Combine all of the ingredients in a medium bowl and whisk together until completely incorporated. Transfer to a covered bowl with a tight-fitting lid. Store in a cool, dry place.

- To make the dip, combine 1 cup of the blue cheese, mayonnaise, buttermilk, hot sauce, Worcestershire sauce, and salt in the bowl of a food processor and blend on low until smooth.
- Remove to a medium mixing bowl and fold in the rest of the blue cheese, scallions and celery, being sure to break up the larger blue cheese crumbles. Place in a covered container and refrigerate overnight.
- Mix all the marinade ingredients in a large mixing bowl. Place the wings in a large container with a lid and pour the mixture over the wings. Toss until the wings are thoroughly coated. Cover and refrigerate for 2 days.
- Preheat the grill or smoker to 245 F.
- Spread out the wings on a sheet pan and wipe away any excess marinade. Sprinkle liberally with the dry rub, coating the wings all over.
- Position the wings on the grill away from the direct heat of the coals or burners, and add hickory to the smoker or hickory chips on the coals or gas burners.
- Cook the wings for about 3 hours, flipping every 30 minutes (their internal temperature should be about 165 F when cooked).
- While the wings are cooking, cut the butter for the sauce into 1-inch cubes and refrigerate. Whisk the cornstarch into the white vinegar in a small bowl.
- In a medium saute pan over medium heat, bring the hot sauce to a simmer and whisk in the thickened vinegar. Return to a simmer, cook for 1 minute, and remove from the heat.
- Add the cayenne and slowly whisk in the cold butter. Keep warm until serving.
- Remove the wings from the smoker or grill and put half of them into a bowl, cover with the sauce, and toss. Repeat with the remaining wings and serve on a platter, with the blue cheese dip on the side.

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There are four differences between Picture A and Picture B.



Answers: 1. Wire not poking through spot in tile 2. Measuring tape is moved 3. Man is missing goggles 4. There is a knob on the right cabinet

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Furniture

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Colt Officers Model ,Series 80 Lightweight Pistol. .45 acp, 1989 NIB, appears unfired. 2-magazines, original box.\$1200. Possible trade for Colt Commander.352-441-0645

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Real Estate

Cemetery Lots

Two side by side cemetery plots for sale by owner. Located at

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Commercial Property-For Sale

REDUCED! Inverness, 3088 S Florida Ave (Hwy. 41), zoned GNC, just under 1/2 acre, 75 X 270, next to car wash & across from funeral home, property borders Hwy. 41 on the front and Southerly Ave at back of lot giving access from both streets, \$119,000, Inverness Horizon Realty, Frank J Yuelling Jr, Broker, Cell: 352-212-5222

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Vacant Land

Nice wooded 2 plus acre parcel just outside of Lexington Greens. Get the great neighborhood without the deed restrictions and a larger parcel than most in the area. Fenced on three sides, sorry, no gate. Livestock allowed in this neighborhood, you will see horses, cows, chickens, etc. \$99,900.00 Call Michele Rose REALTOR Craven Realty, Inc. 352-212-5097

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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I'm a wine enthusiast. The more wine I drink, the more enthusiastic I get!

5 behaviors that increase cancer risk

Cancer can strike at any time and anywhere in the body. Although sometimes cancer seemingly comes out of the blue, people diagnosed with cancer may be able to trace their disease to certain behaviors that likely increased their risk. The following are various behaviors that researchers have determined can increase cancer risk.

1. Tobacco use

The American Association for Cancer Research says tobacco use is the leading preventable cause of cancer. Quitting tobacco can be the single most effective way to reverse the course of potential cancer development.

2. Alcohol consumption

The Centers for Cancer Control and Prevention says all alcoholic drinks, including red and white wine, beer, and liquor, are linked with cancer. Reducing alcohol consumption or not drinking at all can lower cancer risk.

3. Carrying excess weight

The MD Anderson Cancer Center says the link between obesity and cancer risk is clear. Research shows that excess body weight and fat increases a person's risk for several cancers, including colorectal, post-menopausal breast, uterine, esophageal, kidney, and pancreatic cancers. Experts believe it is largely due to the inflammation caused by visceral fat, which is the fat that surrounds vital organs.

4. Poor diet

Eating a lot of fast food, processed foods and red meat and consuming sugary drinks can increase the risk of cancer.

5. Failure to protect the skin

UV exposure from the sun or indoor tanning devices can increase the risk of skin cancer developing. In addition to never using tanning beds, individuals should use proper sun protection, including sunscreen, and stay out of the sun during peak hours, which are typically between 10 a.m. and 4 p.m. Although there are no certainties when it comes to cancer prevention, individuals can modify many behaviors to help reduce their risk for the disease.



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Popular foods that can compromise heart health

Certain foods have generated devoted followings among people from all walks of life. While flavorful foods can be hard to resist, some wildly popular items found in refrigerators and pantries far and wide could be compromising millions of people's heart health. The National Heart, Lung, and Blood Institute notes that food and heart health are inextricably linked. Individuals who prioritize including heart-healthy foods in their diets can lower their risk for various cardiovascular diseases, including heart attack and stroke. Those who succumb to the temptation of less heart-healthy foods may pay a considerable price for such indulgences. The World Health Organization reports that cardiovascular disease is the leading cause of death across the globe, and poor dietary choices are among the handful of variables contributing to those high mortality rates. While the following popular foods might be delicious and tough to avoid, they also have a reputation for compromising heart health.

~ **Bacon:** The sizzling sounds and enticing aromas of bacon, not to mention its flavor profile, make this a hard-to-resist food. However, health care experts note that bacon is high in cholesterol and saturated fat. Saturated fat can be especially bad for heart health, which is one reason why the American Heart Association advises individuals aim for a dietary plan in which less than 6 percent of calories come from saturated fat. That makes bacon a no-go for individuals interested in a heart-healthy diet, as a single slice of uncooked bacon typically contains 110 calories.

~ **Red meat:** Red meat is another appetizing but heart-unhealthy food. Like bacon, red meat tends to be high in saturated fat, though that content varies depending on the cut and the type of meat chosen. For example, grass-fed beef contains less saturated fat than grain-fed beef. In addition, cuts that are not considered lean, which include beef short ribs, rib-eye steaks and T-bone steaks, also tend to be higher in saturated fat, and thus less heart-healthy, than leaner cuts like sirloin and extra-lean ground beef.

~ **Baked goods:** Baked goods may be irresistible, but that status might change when people recognize that regular consumption of cookies, cakes and muffins has an adverse effect on heart health. WebMD notes that baked goods have been linked to elevated triglyceride levels. That's significant, as the Cleveland Clinic reports that high triglyceride levels in the blood can lead to a condition known as hypertriglyceridemia, which can harm the heart and blood vessels. Eating too many baked goods also can lead to weight gain and potentially overweight or obesity, each of which the AHA identifies as a significant risk factor for heart disease.

~ **Processed meats:** Fans of deli meats may insist there's no better midday meal than a sandwich, but their hearts might beg to differ. Processed meats, which include deli meat but also foods such as sausage and hot dogs, contain high amounts of salt and are often loaded with saturated fat. A 2021 study published in The American Journal of Clinical Nutrition found that eating a little more than five ounces of processed meat per week increases a person's risk of cardiovascular disease by 46 percent. Five ounces equates to roughly five slices of deli meat cut 1/8-inch thick.

Certain foods like bacon and red meat are hard to resist. However, those who want to preserve their heart health are advised to eschew these fan favorites and replace them with alternatives that help to lower their risk for cardiovascular disease.



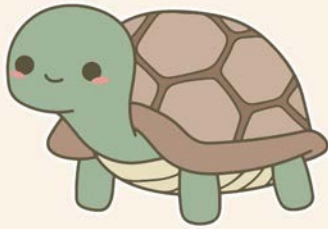
The teacher gave her fifth grade class an assignment: Get their parents to tell them a story with a moral at the end of it. The next day, the kids came back and, one by one, began to tell their stories. There were all the regular types of stuff: spilled milk and pennies saved. But then the teacher realized, much to her dismay, that only Janie was left. "Janie, do you have a story to share?"

"Yes ma'am. My daddy told me a story about my mommy. She was a Marine Piolet in Desert Storm, and her plane got hit. She had to bail out over enemy territory, and all she had was a flask of whiskey, a pistol, and a survival knife. She drank the whiskey on the way down so the bottle wouldn't break, and then the parachute landed her right in the middle of 18 enemy troops. She shot 13 of them with the pistol, until she ran out of bullets, killed 4 more with the knife, till the blade broke, and then she killed the last enemy troop with her bare hands.

"Good Heavens," said the horrified teacher. "What did your Daddy tell you was the moral of this horrible story?" Janie answered, "Stay away from Mommy when she has been drinking."

I went to Barnes & Noble and asked the girl at the info desk for a book about turtles.

"Hardback?" she asked.
"Yeah," I said, "and little heads."



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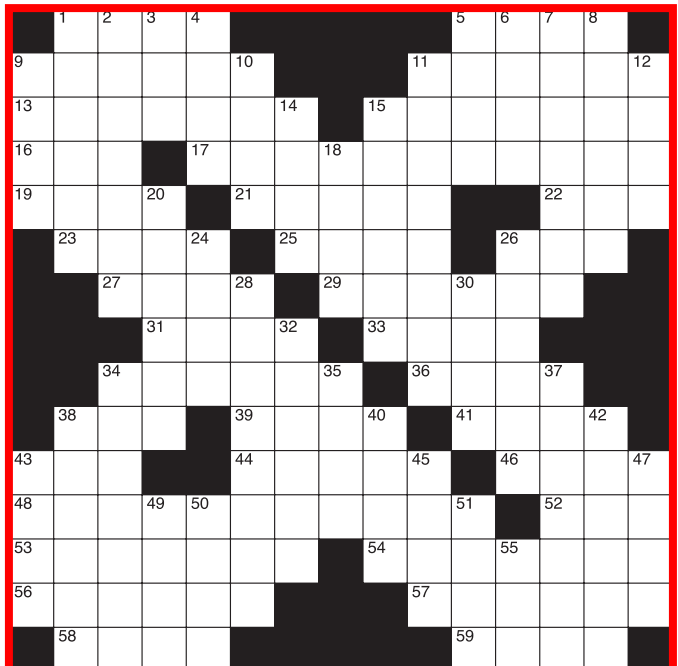
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23. Surprise completely
25. Loon
26. Canister
27. Large, deep-bodied fish
29. Takes forcefully
31. Oil cartel
33. Palmer and Hepburn are two
34. More than one
36. Places down purposefully
38. Pitching statistic
39. Type of sword
41. Witnesses
43. Body 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. ZZZ
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

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5 activities for modern empty nesters

The rewards of parenting are bittersweet. Raising children successfully means they will one day leave home and embark on lives of their own. Once the proverbial chicks leave the nest, individuals may be left with a lot of empty home and a lot of time to fill. According to the U.S. Census Bureau, there were 22.5 million empty nesters in the country in 2020, with most having become empty nesters between the ages of 40 and 60. Statistics Canada says roughly one-third of adults between the ages of 20 and 34 lived with their parents in 2023. Although some parents whose children have reached adulthood still provide financial assistance to their grown children due to high costs of living, many empty nesters in their fifties have greater financial resources and much more time to fill their days with activities unrelated to parenting. But how does one spend those hours when they had been filled with parenting-related obligations and activities for so long?

The following are five unique ways empty nesters can stay busy and socially engaged as they seek to avoid empty nest syndrome.

1. **Take care of yourself.** After all those years of putting children first, now is the time to make yourself the priority. Explore all of the ways to engage in self-care. Maybe you were thinking about signing up for a monthly massage package at a nearby wellness clinic but procrastinated because of the added expense? Or you may have wanted to splurge on a facial or new hair treatment? Now is the time to make those appointments.
2. **Prioritize hobbies.** Identify rewarding hobbies that might have been pushed to the back burner for years. If you always wanted to learn a new language, why not immerse yourself in it and the associated culture by spending a month or more in a country where that language is spoken? Now can be a great time to pick up new hobbies as well. Aim for activities that are social in nature, like the ever-popular pickleball.
3. **Travel far and wide.** Travel is a popular pastime among empty nesters and retirees. When you no longer have to coordinate travel around school schedules and holidays, you can take advantage of great deals on off-peak travel and really see the country or even the world.
4. **Indulge your social life.** If parenting made it hard to attend certain social functions, now you'll have the time to engage with friends more regularly. You can reach out to old friends and start a weekly walking group, join a book club, sign up for a fitness class together, or even do a monthly wine and dine meet-up at new restaurants in the area.
5. **Adopt a pet.** When children were still at home you likely lavished attention on them each day. You can redirect some of that affection to a pet who needs a good home. Visit a nearby animal shelter and pick out a pup or kitten looking for a good home.

Empty nesters have more free time to redirect to their own passion projects and interests.



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Warm up one spoonful at a time

People who live in cold climates understand that it can sometimes be challenging to warm up after a day spent combatting snow, wind or freezing rain. Luckily, eating hot soup is a very effective means to returning the body to a less-chilled temperature. Soup also tends to be easily digested and nutrient-dense, making it an ideal meal at any time.

This recipe for "Sweet Potato and Peanut Soup" from "The Culinary Institute of America Book of Soups" (Lebhar-Friedman Books) by The Culinary Institute of America is thick, creamy and full of savory flavor.

Sweet Potato and Peanut Soup (Makes 8 servings)

- 3 tablespoons unsalted butter
- 1 celery stalk, coarsely chopped (about 1/2 cup)
- 1 onion, coarsely chopped (about 1 1/4 cups)
- 1 garlic clove, minced (about 1/2 teaspoon)
- 1/2 leek, white and light green parts, coarsely chopped (about 3/4 cup)
- 1 1/2 sweet potatoes, peeled and sliced 1/2-inch thick (about 3 cups)
- 1 quart chicken broth
- 3 tablespoons creamy peanut butter
- 1/4 cinnamon stick
- 1 1/3 cups heavy cream, divided
- Salt to taste
- 2 tablespoons molasses
- Freshly grated nutmeg, to taste
- 3/4 cup peanuts

Preheat the oven to 325 F. Melt the butter in a soup pot over medium heat. Add the celery, onion, garlic, and leek. Stir to coat. Cook, stirring frequently, until the vegetables are softened, 4 to 6 minutes.

Add the sweet potatoes, broth, peanut butter, and cinnamon stick. Bring to a simmer and cook until the potatoes are fully tender, about 25 minutes.

Meanwhile, spread the peanuts in a single layer in a pie pan. Toast the peanuts in the oven until light brown, 3 to 5 minutes. Shake the pan occasionally and watch carefully (nuts can burn quickly). Let the peanuts cool, chop coarsely, and set aside.

Remove the cinnamon stick and discard. Puree the soup and strain it. Return the soup to the soup pot and place over low heat. Add 1/2 cup of the cream. Season with salt. Keep warm, but do not boil.

Combine the remaining cream with the molasses, nutmeg and a pinch of salt. Whip until stiff peaks form.

Serve the soup in heated bowls, garnished with the whipped cream and chopped nuts.



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Two friends are walking their dogs, a Dalmatian and a chihuahua, when they smell something delicious coming from a nearby restaurant.

The guy with the Chihuahua says, "We can't go in there, we have dogs with us."

So the first guy says, "Just follow my lead." He put on a pair of sunglasses and walks in.

"Sorry," says the owner, "no pets allowed."

"But this is my seeing eye dog," the guy with the dalmatian says.

"A Dalmatian?"

"Yes, they're using them now."

The owner says, "Very well then, come on in."

The guy with the chihuahua repeats the process and gets the same response from the owner. "Sorry no pets allowed."

"But this is my seeing eye dog," says the second guy.

"A Chihuahua?" asks the incredulous owner.

"A Chihuahua?!" says the man in the dark glasses.

"They gave me a chihuahua?!"



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Now You Know Fun facts and conversation-starting snippets for curious minds of all ages!

What's the Relationship Between Chocolate and Valentine's Day?

It's hard to imagine Valentine's Day without chocolate, and that association can be traced to a name that is very familiar to people who enjoy sweets on February 14. According to History.com, Richard Cadbury utilized advancements at his family's chocolate factory in England to produce new varieties of what was then known as "eating chocolate." Cadbury then began marketing eating chocolate in decorative boxes, and while History.com notes he never patented the heart-shaped box, it's widely believed Cadbury was the first to create one.



A Table for One

By Rebecca Waters

Lisa typed the joyous words, "The End" on her latest novel. She stood, stretched, and drew in a deep satisfying breath. The calendar on the refrigerator with her deadline circled in red no longer taunted her.

Tiki, her cat, brushed up against her leg. "Yep, I'm done, Tiki Kitty. Time to celebrate. I bet you're hungry." The cat turned her head to one side in approval. Lisa pulled a tin of the critter's favorite pate from the pantry and popped the lid. The cat raced to her placemat on the dining room floor and waited for her human to put the food down.

"Well, cat, I think I'm a bit hungry, too."

Lisa looked in the refrigerator. Nothing. She checked the pantry. "Two packages of peanut butter cookies and a can of soup. Bummer."

Tiki looked up and mewed.

"Thanks for the offer, Tiki, but I'm not that hungry. You eat your food and I'll figure something out." Lisa straightened up. "I think I'll celebrate in style. I'll go out to eat."

After a quick shower, Lisa pulled out a pair of jeans and her favorite sweater. "No. this is a celebratory dinner. The book is finished and ready for Ali." The thought of surprising her agent with the finished manuscript a week early warmed her heart. "I'm getting dressed up and treating myself to a meal at Stumpknockers!"

Forty minutes later, Lisa walked into the local restaurant dressed in her favorite blue dress with the flattering neckline. The restaurant had long been a favorite of hers in the small Florida town she called home. Several great restaurants lined the downtown area of Inverness. All were good, but Stumpknockers remained her favorite.

"Miss Lisa!" one of the servers called out. "Here for a special dinner?"

"You bet, Tara. I just wrote those beautiful words, 'the end' on my latest book."

"That's fantastic! Did you make a reservation?"

Lisa frowned. She never made a reservation. "No. I like I said, I just finished my latest book and want to celebrate." Lisa looked around. The place did seem unusually busy.

"Of course. Hold on a minute."

A moment later, Tara returned, grabbed a menu and led Lisa to a small table in the bar area. "We're kind of swamped tonight. Will this do?"

"It's fine, thanks." Lisa took the menu, but before she could say anything else, Tara was off to another table. It sure seems busy for a Wednesday night.

Amy, one of the waitresses Lisa knew from previous visits, brought her a glass of water. "Oh, hi Lisa! Just you?"

"Yes. I've been hammering on that computer all day. But now? Now it's time to celebrate!"

"That's wonderful! I'll be right back. We have a full house tonight."

Lisa was about to ask what occasion might have sparked such a crowd, but Amy was already out of sight.

Lisa studied the menu. The open face steak sandwich was her one of her favorites. I should put that sandwich in one of my books, but this is celebration. I may try something different. Lisa allowed her mind to wander back to the series she was currently writing. "Two down, one to go." She pulled out a pen and began crafting notes to herself on the back of the paper placemat across from her when a young woman of about twenty approached her table.

"Excuse me, it's getting a bit crowded in here. Amy said you might be willing to share your table?"

The girl looked nice enough.

"Uh, sure. No problem." Lisa scrambled to move her purse, pen, and phone from the table. "We'll have to get you a new placemat. I'm afraid I was sort of thinking on this one."

The girl turned. "I'll take care of it."

Lisa folded the paper placemat and shoved it into her purse as the chair across from her scratched the floor. A tall man, his hand on the back of the chair, pulled it out and sat down.

Lisa was about to tell him the space was taken when the girl reappeared carrying a placemat and silverware. Lisa noted a Stumpknockers name badge on the girl's white shirt. Candace.

"Oh. I, uh..."

"Thank you very much for sharing your table with me." The man was tall and good looking. He spoke clearly, but there was a hint of an accent. An accent both familiar and foreign. "Where I come from, we often share tables when it so crowded as it is here."

"I... uh... detect a slight accent. May I ask where you are from?"

"Finland." He extended his hand toward Lisa. "My name is Timo."

"Ah, I'm Lisa. I visited Helsinki once. Of course that was some time ago."

"Truly? What did you think of my country?"

"It was lovely."

Candace returned with a menu.

"You have eaten here before? What food is good here?"

"Actually, everything I've ever had here is delicious."

Lisa studied Timo as he read the menu. He was tall. Tall and good looking like one of the characters in her books. He seemed to be studying the menu carefully.

He finally looked up. "If I may ask, what are Gator Nuggets?"

Lisa tilted her head. "Hmmm..." How do I explain gator nuggets? "Well, uh, gator nuggets are small pieces of meat breaded and fried. Have you ever eaten chicken nuggets?"

"Ahh, yes, McDonalds!"

"Well Gator Nuggets are sort of like that only they're not chicken. They're alligator meat."

"Interesting. Perhaps I should try those."

Lisa laughed. "They're actually good as an appetizer. How hungry are you?"

"I have a massive appetite. I worked all day without time for a meal."

"I see." But before Lisa could ask Timo what sort of work he did, Candace returned with a glass of water for Timo and took his order for Gator Nuggets.

"You will share these alligator nuggets with me, yes?"

Lisa felt her shoulders relax. "Sure." Then turning to Candace, she ordered the prime rib.

"Make that two," Timo said to Candace. "I trust you on this matter," he told Lisa as Candace wrote it down. "And what wine would be appropriate?" he asked Lisa.

"A red I would think," she told him.

"Yes, of course." Timo studied the back of the menu. "And two glasses of Merlot."

"Uh, no, I uh..." Lisa tried to protest, but Candace had already turned and headed back to the kitchen, their order in her hand.

"I...uh...thank you."

A ping on her phone brought Lisa back from her state of shock. She looked at the screen. "Oh my, no wonder they're so crowded here. It's February fourteenth."

"Ah, yes. Friendship Day," Timo nodded.

"Friendship Day?"

"It is a day to write notes or send a card to friend or perhaps a small gift of appreciation." Timo told her as a man walked by, a large shiny heart shaped box of candy and a bouquet of red roses in his hand. "Nothing showy, though," Timo said.

Lisa followed his gaze. "In the States it's Valentine's Day. It's set aside for couples to celebrate their love for one another.

There are pieces of chocolate in that heart shaped box."

"I see. Sweets for the sweet. Yes?"

"Yes. Candy. Flowers," Lisa told him. "It is considered a day of romance." Anxious to change the subject, Lisa asked Timo what sort of work brought him to Inverness.

Timo smiled. "I am an ichthyologist. A person who..."

"Studies fish," Lisa said.

"Exactly. I have been working with other researchers. We are looking at ways fish may help us discover a cure for certain types of cancer."

"Interesting. How long have you been in Florida?"

Timo looked at his watch. "Nearly twenty hours."

"You must be exhausted," Lisa told him.

"Not really. I work with team of oncologists in Nashville. I just spent three days in Gainesville with a group of ichthyologists also seeking a cure for cancer. Now I will be in this beautiful city for six months."

"And then back to Finland?" Lisa couldn't believe she was already missing a man she met only moments ago.

"No. Perhaps back to Nashville. Or Gainesville. That depends on what I find here," Timo told her. Researchers must chase the money." A smile crawled across the man's face. "And you. What do you do here in Inverness?"

"I'm a writer. Not scientific articles or anything. I write fiction."

Timo's smile grew with appreciation. "Like John Grisham? I enjoy his books immensely."

Lisa chuckled. "I like Grisham's books as well. I'm not quite that good. I write sweet little romances for women."

"I see," Timo said as Candace returned with the Gator Nuggets.

"I'm sorry we're so slow today," Candace said. "It's the holiday. I'll have your food out shortly."

"Thank you," Timo told her. "But we're not in a hurry."

Then turning to Lisa he asked with a smile, "Are we?"

Lisa returned his smile. She felt her shoulders relax.

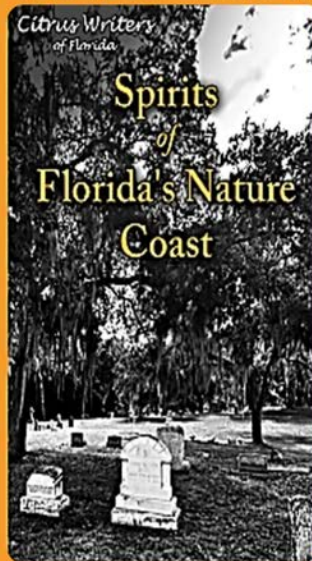
"No. No hurry."



Rebecca Waters writes contemporary Christian fiction. Her novels, *Breathing on Her Own* and *Libby's Cuppa Joe* are available on Amazon in both print and e-book form. You can follow her blog, *A Novel Creation*, at www.WatersWords.com. Rebecca lives in Inverness with her husband, Mike and their cat, Tiki.



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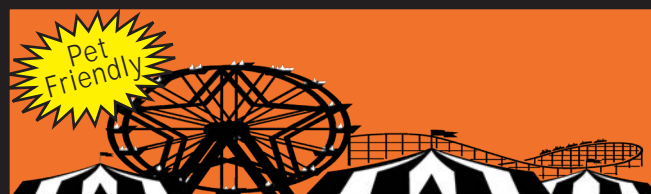
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V	F	A	F	I	O	A	A	T	V	A	P	F	U	E	M	F	I	R	Y
O	E	U	C	I	N	Y	A	L	T	L	R	O	N	G	Y	U	I	R	G
R	L	G	B	I	M	P	A	I	R	M	E	N	T	U	R	E	S	P	E
G	L	A	U	C	O	M	A	N	V	C	A	L	B	I	N	I	S	M	L
D	P	H	P	H	Y	E	B	L	I	N	D	N	E	S	S	M	G	N	R
B	M	O	Y	Y	F	B	R	A	I	L	L	E	L	M	S	D	L	T	C

WORDS

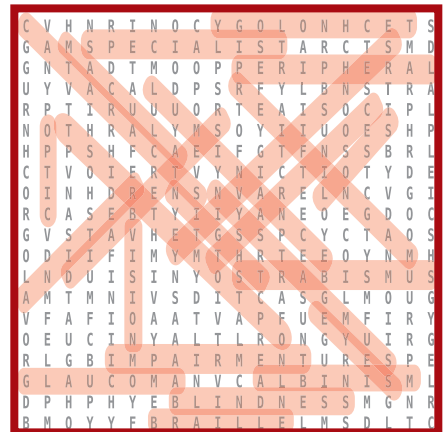
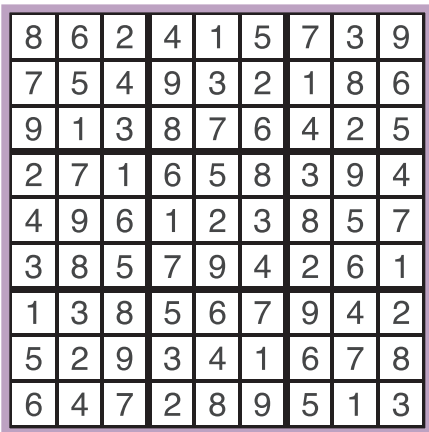
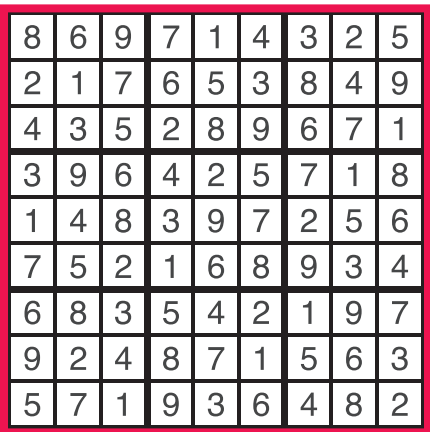
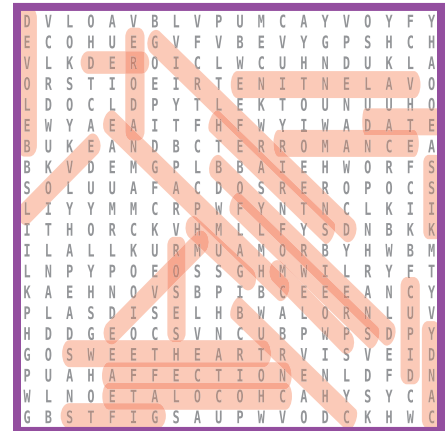
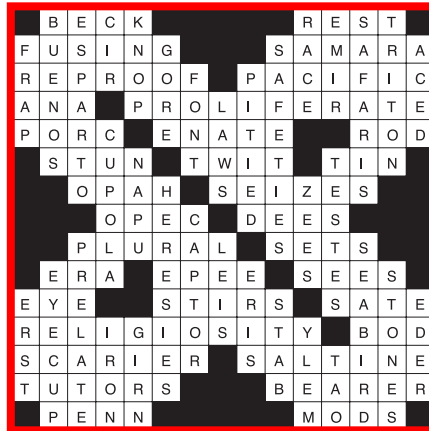
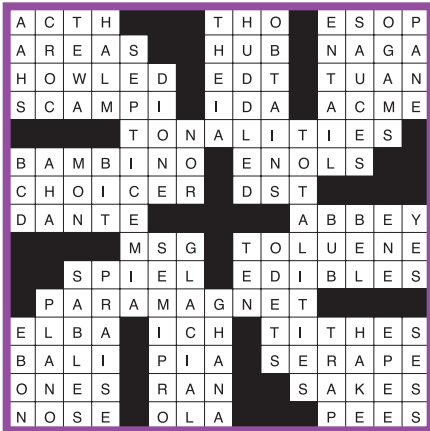
- ALBINISM
- BLINDNESS
- BRILLE
- CATARACTS
- CONTRAST
- DIABETES
- EYES
- GLAUCOMA
- IMPAIRMENT
- LOSS
- LUMINANCE
- MACULA
- MAGNIFIER
- NIGHT
- NYSTAGMUS
- OPTIC
- OPTOMETRIST
- PERIPHERAL
- RETINA
- SENSITIVITY
- SPECIALIST
- STRABISMUS
- TECHNOLOGY
- VISION

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

What has two butts and kills people? An Assassin

Where were the "Happy New Year Hats" hidden in the January 2025 editon?

Page 7, Page 10, Page 14, Page 27, Page 34, Page 38.



"A reader lives a thousand lives before he dies . . . The man who never reads lives only one." - George R.R. Martin

The impact of reading on cognitive decline

Aging and change go hand in hand. Although some may bemoan the gray hairs that start to arrive or stiffness in the knees that seems to sneak up on a person in middle age, such concerns are not necessarily enough to lose sleep over. However, many people 50 or older are nervous about the potential for cognitive issues like dementia as they grow older.

The Alzheimer's Association estimates that 6.7 million people have Alzheimer's disease in the United States. The Alzheimer Society of Canada estimates that there were 733,040 people living with dementia in the country as of January 1, 2024. Alzheimer's disease and other dementias can rob people of their memories, personalities and abilities to live satisfying, independent lives. While it may not be impossible to prevent all cognitive issues completely, there is reason to believe that reading could be an ally in cognitive care. The American Academy of Neurology says that reading stimulates the brain and has been shown to slow down cognitive decline in old age. Reading also may help slow down memory loss.

The powers of reading were noticed more than 10 years ago when a 2013 study from researchers at Emory University measured readers' MRI scans as they read books. They found the deeper readers went into a story, the more areas of their brains were activated. This activity remained elevated for several days after participants finished their books. The more a person reads, the stronger complex networks in the brain become.

Additional evidence that reading can help the brain was noted by researchers at the Texas A&M School of Public Health. A 2024 study suggests that older people with mild cognitive impairment who engage in high levels of activities like reading, hobbies and word games have better memory, working memory, attention, and processing speed than those who do not take part in such endeavors. Furthermore, a 2021 study published in Neurology found that high levels of cognitive activity, like reading and writing letters, can delay the onset of Alzheimer's disease by five years among those age 80 and over. Reading can keep brains functioning optimally and potentially delay age-related cognitive decline.





6 benefits of spaying and neutering

Each year millions of dogs and cats are euthanized in shelters because of overpopulation. Just a few years ago, during the height of the COVID-19 pandemic, shelters were emptied out as pet adoptions reached all-time highs. Now that offices have reopened and people have returned to work and other activities, pets increasingly are being surrendered to shelters again, once more leading to overtaxed shelters and other facilities.

Overburdened shelters also are made worse by litters of animals born to unsterilized parents. The American Veterinary Medical Association says spaying and neutering are important tools for preventing unplanned or unwanted litters, and reducing pet overpopulation. Most experts agree there is little benefit to leaving pets' reproductive systems intact. Even family pets can get loose and mate unintentionally. The following are six notable benefits to spaying or neutering a pet.

1. Prevent the conception and birth of unwanted animals.
2. The ASPCA says spaying prevents uterine infections and decreases the incidence of breast tumors, which are malignant or cancerous in about 50 percent of dogs and 90 percent of cats. Spaying a pet before the first heat offers the best measure of protection.
3. Neutering male animals prevents testicular cancer if done before six months of age.
4. Neutered animals are less likely to roam and become nuisances. Female cats can go into heat four to five days every three weeks during breeding season. While in heat they will yowl and urinate frequently. Males will be on the prowl for females and can get into fights. Spaying and neutering reduces these tendencies.
5. Neutering and spaying is a lot less costly than having and caring for a litter. It also prevents medical treatment from being needed in the event a pet gets into a fight over mating.
6. Although the surgery will reduce some undesirable behaviors, it is not a magic fix for all behavioral problems, including bad habits.

The ASPCA says the traditional age to sterilize dogs is between six and nine months. Healthy puppies as young as eight weeks can undergo a spaying or neutering surgery. For cats, it is generally considered safe for kittens as young as eight weeks old. To avoid the start of urine spraying, neuter or spay a cat before the animal reaches five months of age.

Spaying and neutering is important for animal health and helps to reduce pet overpopulation.



a single unspayed female cat can birth about 180 kittens

in her lifetime, on average.

Millions of cats reside safely in people's homes, but many more are stray, outdoor cats that make their living quarters in any spots where they can find shelter. These outdoor cats also mate with one another, producing litter upon litter of kittens that quickly lead to overpopulation. The SPCA of York County says a single unspayed female cat can birth about 180 kittens in her lifetime, on average. Females have the potential to give birth three to four times per year. Outdoor cats can be nuisances in neighborhoods, digging, urinating or defecating in people's yards. They also may sleep under people's cars or close to the engine to stay warm, where they are vulnerable to injuries, accidents or even death. Stray cats also may get into tussles with domesticated pets, leading to other injuries. Controlling overpopulation of cats, which may end up in shelters and other facilities, often comes down to sterilization. People who have cats as pets are urged to keep them indoors at all times and to spay or neuter them. In regard to feral or stray cats, the Humane Society of the United States suggests a solution of TNR: trap, neuter, return. TNR is a non-lethal way to deal with overpopulation to help improve the quality of life for cats. A growing number of animal welfare organizations have TNR programs and can connect people with the resources they need. To learn more about TNR and taming cat overpopulation, visit www.humanesociety.org.



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