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Volume 19 ~ Issue 4



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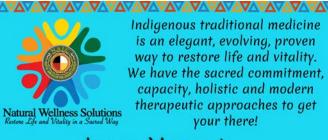
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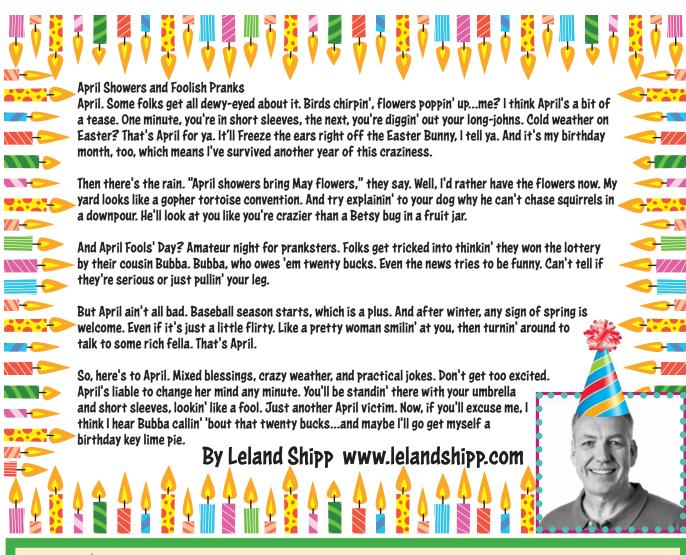
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WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.





Answers: 1. Missing umbrella 2. Missing hair 3. Cat on ledge 4. Plain rain boot Name a kind of tree you can hold in your hand

A Palm tree!







Register online at https://www.bikers-care.org/.../8th-annual-bikers-c-a-r-e... Join us for the 8th Annual Pinwheel Run, a motorcycle event dedicated to raising funds and community awareness for abused children. Hosted by Bikers C.A.R.E. and escorted by the Citrus County Sheriff's Office, this exciting ride brings together motorcycle enthusiasts to support a vital cause. Participants will enjoy a scenic route while creating awareness about child abuse and raising crucial funds to benefit Bikers' C.A.R.E.'s efforts to educate the public and assist children who have suffered abuse. And as always, 100% of all funds raised go directly to those efforts. Don't forget our "One For Eight: Celebrating The 8th Annual Pinwheel Run" collection drive! Bring any of the items on the list (minimum \$5 value) and for each qualifying item, you will receive one raffle ticket that enters you into a drawing for one of two prize baskets! (Must be present to win)Get full details at ://www.bikers-care.org/oneforeight. After the ride, enjoy the music of The Bearded Brothers Band! https://www.facebook.com/TheBeardedBrothers. Together, we can make a difference and help give these children the hope and care they deserve. Don't miss out on this chance to ride for a purpose and show your support for the community!

5th & 19th

Market at the Depot, every first and third Saturday of the month. Come and check out the wide variety of homemade goods and crafts! This local market features a wide variety of produce, a great selection of items for the sweet tooth, fresh seafood, jams, jellies, hot sauce, dried fruits and candies, repurposed furniture, plants, members of the Citrus Writers of Florida selling their books, and more from local artisans and crafts. The Depot Pavilion is located at 300 N. Apopka Ave in Inverness.

Saturday, 12 April 5-9 pm: 1863 Duval-Metz House Tour, Lobster Food Truck, Grilled Pretzels & More, Beverages, House Concert is the acoustic Florida Folk "2PM Band" from 7-9 pm. Entry fee is \$20. Bring lawn chair, no coolers, park in Floral City Town Center Lot. (352) 726-7740 facebook.com/DuvalMetzHouse.

Get ready for an unforgettable evening in Downtown Inverness on the Square on April 12th from 5-9 PM at Small Town Saturday Night! Featuring Ramble On: A Tribute to Led Zeppelin, an incredible Central Florida-based tribute band made up of talented musicians from the renowned Classic Albums Live series. If you're a Zeppelin fan, this show is not to be missed! Opening the night is Florida's top Creed tribute band: Human Clay - tearing through all your favorite hits from Creed & more! • No outside alcohol. All alcohol outside of establishments must be in an Entertainment District cup. • No coolers allowed.• Bring your own seating and avoid blocking sidewalks. • All bags inside event area are subject to search.

Join us for our Annual Egg-streme Glow Hunt and Festival! Get ready for an unforgettable night filled with fun! Enjoy a glow-in-the-dark egg hunt and a fabulous festival with awesome vendors, inflatable rides, live music, face painting, and so much more! And guess what? Our special Bunny will be hopping around for adorable photo ops! This FREE event is perfect for families of all sizes! We've got activities for EVERYONE from newborns to teens! While the kiddos are having a blast, parents can explore our amazing "Vendors Lane" for delightful treats and unique finds! Mark your calendars and don't forget to sign waivers in advance to skip the lines! "*Age Groups "0-2 years old: 6:00 PM to 6:30 PM "3-5 years old: 6:40 PM to 7:00 PM "6-8 years old: 7:10 PM to 7:30 PM "9-12 years old: 7:40 PM to 8:00 PM "13 & Older: 8:10 PM to 8:40 PM** Bring your own baskets and get ready for an egg-citing adventure! Can't wait to see you at 3505 W Educational Path, Lecanto for this family fun event!!

Community Easter Egg Hunt at Citrus Community Church! Join us for an egg-citing afternoon of fun at Citrus Community Church! Bring the whole family for a FREE Easter Egg Hunt packed with fun activities and delicious food! Time: 4:00 -- 6:00 PM Location: Citrus Community Church (82 Civic Circle, Beverly Hills) What's Happening? Easter Egg Hunt (lots of eggs to find!), Inflatables & Games, Free Pulled Pork Sandwiches & Hotdogs (while supplies last)Don't miss this family-friendly event -- invite your friends and come celebrate with us!

Citrus Springs Library is having their book sale fundraiser in April. The dates are: Friday April 25, 9am-3pm Saturday April 26, 9am-1pm. Join us at 1826 W Country Club Blvd, Citrus Springs, FL for this fun event.

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-postcom/submit-your-community
GET YOUR EVENT NOTICED ON THE PEDDLER'S POST WEBSITE FOR FREE. ONLINE COMMUNITY CALENDAR IS OPEN FOR EVERYONE TO USE!

ONGOING

Tuesday Morning Free Breakfast - 7:30am to 9:00am at Floral City Methodist Church located at 8478 East Marvin Street, P.O. Box 47, Floral City, Florida 34436 and First Fruits Ministry - small food pantry can provide food for a day along with hygiene items and some clothing Monday thru Friday 9am to 1pm

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 Tueday 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 demintia 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

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 CityA 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.

Pisabled American Veterans (DAV), Crystal RiverChapter 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 prepaired by Cindy Cantor (352-322-6733). For info 352-489-4453.

Do you or someone you know have diabetes? Join our free monthly diabetes supporty 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.floralci-tygardenclub.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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CLUES ACROSS

- 1. Narrow piece of wood
- 5. African desert
- 11. Waxy covering on birds beaks
- 12. Sour
- 16. Infrequent
- 17. Former AL MVP Vaughn
- 18. Policemen wear one
- 19. Out of the question
- 24. Used to chop
- 25. Symptoms
- 26. Not moving
- 27. Folk singer DiFranco
- 28. Comedian Armisen
- 29. Quantitative fact
- 30. Incline from vertical
- 31. Scottish musician
- 33. Rooney and Kate are two
- 34. Positioned
- 38. A very short time
- 39. Tropical American shrubs
- 40. Yemen capital
- 43. Spanish municipality
- 44. Medical professionals
- 45. Fibrous material
- 49. Confined condition (abbr.)
- 50. Without covering
- 51. "Mad Men" honcho Don
- 53. Hockey position
- 54. Taste property
- 56. Fertile spots in a desert
- 58. They precede C
- 59. "Requiem for a Dream" actor Jared
- 60. Try a criminal case
- 63. Liberal rights organization
- 64. Spoke
- 65. Insect repellent CLUES DOWN
- 1. Unshaven facial hair
- 2. More thin
- 3. Show up

- 4. Seethed
- 5. Ancient Greek city
- 6. Poisonous plant
- 7. Hello
- 8. College sports official
- 9. Monetary unit of Russia
- 10. Wings
- 13. Take too much of a substance
- 14. A citizen of Uganda
- 15. Most appealing
- 20. Atomic #18
- 21. Global investment bank (abbr.)
- 22. Jewish calendar month
- 23. Popular sandwich
- 27. Swiss river
- 29. Incorrect letters
- 30. Popular entree
- 31. Foot (Latin)
- 32. A driver's license is one form
- 33. Extinct flightless bird
- 34. Appetizer
- 35. After battles
- 36. It neutralizes alkalis
- 37. Beverage container
- 38. Partner to "Pa"
- 40. Gray American rail
- 41. Salt of acetic acid
- 42. Canadian province
- 44. Dish made with lentils
- 45. Narrative poem of popular origin
- 46. For each one
- 47. Come to terms
- 48. Test
- 50. More dishonorable
- 51. Unit of loudness
- 52. The Ocean State
- 54. Monetary unit in Mexico
- 55. Lying down
- **57. Thus**
- 61. Where LA is located
- 62. Western State

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3 fun ways to involve kids in April Fools' Day

Fun is a common component of many holidays, but perhaps no holiday is more exclusively devoted to merriment than April Fools' Day. Fun might be the lone demand of April Fools' Day, when people of all ages can engage in some lighthearted pranks and share a few laughs with loved ones.

Families can join in the fun this April Fools' Day by embracing the many ways to involve children in the merry pranking that makes the first day of April so enjoyable. The following are three ways to get kids in on the action this April Fools' Day.

- 1. Prank a parent. Pranks are tailor-made for the young and the young at heart, and kids might be particularly engaged if they're en listed to pull a fast one on Mom and Dad. Parents can work behind each others backs to prank their spouse, enlisting the services of the kids to pull off a prank the whole family can get a kick out of. Whether it's removing shoelaces from Dad's sneakers and putting them back in backwards or hiding plastic insects on or around Mom's car keys, pranking a parent can be just what kids to embrace the spirit of April Fools' Day.
- 2. Make April Fools' Day Auto-Correct Day. Another fun way to get kids in on the prank-filled fun is to enlist their help in setting a ridiculous auto-correct on a parent's or older sibling's phone. Ask kids to offer an alternative to a phrase a parent or sibling often shares via text message, and then go into the phone and set it up so that oft-used phrase automatically auto-corrects to the phrase kids offered up. For example, if an older sibling loves to text "lol," make that phrase automatically auto-correct to, "I will do my brother's (or sister's) chores."
- 3. Prank the youngsters, too. Of course, kids can not only be prank perpetrators, but also recipients of April Fools' Day tomfoolery. Parents can incorporate children's love of dessert into their April Fools' Day pranking, swapping out the filling in a cookie or the icing on a piece of cake with mashed potatoes. Watch as youngsters take a bite of cake only to realize that sugary icing they love so much is actually garlic mashed potatoes.

April Fools' Day can be made that much more fun when children give a little and get a little of the pranking that makes this annual day of practical joking so enjoyable.





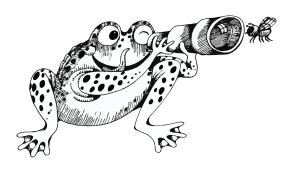


The bulging eyes of of these animals allow them to see in front, to the sides and partially behind them.

Answer: Frogs

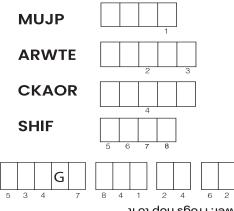
Creative Coloring

Color in this picture to create your own masterpiece.



Double Word Puzzle

Unscramble the words to reveal the sentence.



Answer: Frogs hop to it



1606: The Union Flag is adopted as the flag of English and Scottish ships.

1900: President William McKinley signs the Foraker Act into law, giving Puerto Rico limited self-rule.

1934: A 231 mile per hour surface wind is measured at Mount Washington.





English: Frog Spanish: Rana Italian: Rana

French: Grenouille German: Frosch



Frogs are amphibians, which means they are cold-blooded. Their body temperatures

change as the temperature of their surroundings changes.







Can you guess what the bigger picture is?

Answer: Frog



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Level: Beginner

Level: Intermediate

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Spice up your Easter Sunday dinner

Easter is a springtime religious holiday during which faithful Christians celebrate the resurrection of Jesus Christ. Christ is often referred to as the "Lamb of God," many Easter celebrations feature lamb on the menu as a reflection on Christ's sacrifice. There are many ways to prepare lamb, but those who want to incorporate new flavors into their Easter meal can embrace some bold and flavorful offerings from Asia. "Indian Lamb Curry" from "Cooking Light Dinner's Ready!" (Oxmoor House) from the editors of Cooking Light, is a hearty and delicious way to feed Easter guests.

Indian Lamb Curry (8 servings)

2	pounds boneless leg of lamb, trimmed and cut into 1-inch cubes	2	teaspoons ground cumin
1	14.5 ounce can diced tomatoes, undrained	1/2	teaspoon salt
2	tablespoons all-purpose flour	1/4	teaspoon ground red pepper
2	cups finely chopped white onion	4	garlic cloves, minced
2	tablespoons grated peeled fresh ginger	4	cups hot cooked basmati rice
2	tablespoons mustard seeds	1/2	cup plain fat-free yogurt
2	teaspoons garam masala	1/2	cup chopped fresh cilantro

1. Heat a large nonstick skillet over medium-high heat. Add lamb; saute <mark>5 minutes or until browne</mark>d. Remove lamb from pan; place in a 4-quart electric slow cooker.

2. Drain tomatoes, reserving juice. Place flour in a small bowl; gradually add tomato juice, stirring with a whisk until smooth. Stir tomatoes, tomato juice mixture, onion, and next seven ingredients into lamb. Cover and cook on low for 8 hours or until lamb is tender. Serve lamb curry over rice; top with yogurt, and sprinkle with cilantro.

april Days Past

April 1st 1748 The ruins of Pompeii are rediscovered by Spaniard Roque Joaquín de Alcubierre

April 2nd 1513 Explorer Juan Ponce de León claims Florida for Spain as the first known European to reach Florida

April 3rd 1882 American outlaw Jesse James is shot in the back of the head and killed by fellow gang member Robert Ford at home in St. Joseph, Missouri





April 4th 1968 US civil rights activist Martin Luther King Jr. is assassinated by James Earl Ray at the Lorraine Hotel in Memphis, Tennessee April 5th 1722 Dutch navigator Jacob Roggeveen is the first European to discover Easter Island or Rapa Nui in the southeastern Pacific April 6th 1772 Catherine the Great Empress of Russia, ends tax on men with

beards, enacted by Tsar Peter the Great in 1698

April 7th 1805 Lewis and Clark Expedition leaves Fort Mandan, beginning their journey to the Pacific Ocean

April 8th 1766 1st fire escape patented, a wicker basket on a pulley & chain April 9th 1667 1st public art exhibition at the Palais-Royale in Paris April 10th RMS Titanic sets sail from Southampton for her maiden voyage April 11th 1783 Hostilities formally cease in the American Revolutionary War after the Continental Congress proclaims the "Cessation of Arms" against His Britannic Majesty





April 12th 1861 Fort Sumter in South Carolina is attacked by the Confederacy, beginning the American Civil War April 13th 1970 Apollo 13 announces "Okay, Houston, we've had a problem here", as Beech-built oxygen tank explodes en route to Moon April 14th 1912 RMS Titanic, the world's largest ocean liner, hits an ice-

berg at 11.40pm off Newfoundland, sinks in the early hours of April 15 April 15th 1947 Jackie Robinson becomes the first African-American to play in US major league baseball

April 16th 1787 1st American comedy, "The Contrast," makes its debut April 17th 2011 "Game of Thrones", based on the fantasy novels by George R. R. Martin premieres on HBO





April 18th 1906 San Francisco earthquake and fire kills nearly 4,000 while destroying 75% of the city

April 19th 1775 American Revolution begins in Lexington,
Massachusetts, with the "Shot Heard Round the World" fired later that
day in Concord

April 20th 1999 Columbine High School massacre: Eric Harris and Dylan Klebold kill 13 people and injure 24 others before committing suicide at Columbine High School, Colorado





April 21st 1956 Elvis Presley's 1st hit record, "Heartbreak Hotel", becomes #1 April 22nd 1993 Holocaust Memorial Museum dedicated in Washington, D.C. April 23rd 1702 Queen Anne is crowned at Westminster Abbey, London April 24th 1704 1st continuously published newspaper in America - The Boston News-Letter published in Boston by John Campbell

April 25th 1990 Hubble space telescope is placed into orbit by space

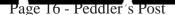
shuttle Discovery

April 26th 1938 Austrian Jews required to register property above 5,000 Reichsmarks

April 27th 1867 Charles Gounod's opera "Romeo et Juliette" is premieres at the Théâ tre Lyrique, Paris, France

April 28th 1788 Maryland becomes 7th state to ratify US constitution April 29th 1967 Aretha Franklin releases her single "Respect" Billboard Song of the Year, 1967

April 30th 1789 George Washington is inaugurated as the first President of the United States of America at Federal Hall in NYC











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Tips to manage workday stress

Work-related stress is a significant issue for millions of professionals. Recent research from the management system experts at Moodle found that 66 percent of American employees are experiencing a form of burnout in 2025. Stress also is an issue for professionals working north of the United States border, as data from Gallup indicates 49 percent of Canadian workers report feeling daily work-related stress.

Stress is sometimes considered a good thing, and medical professionals even note that acute stress can help to sharpen focus and compel some to fulfill their full professional potential. However, the Mayo Clinic reports chronic stress bas been linked to a host of serious health problems, including anxiety, depression, digestive issues, and heart disease.

The American Institute of Stress notes that work-related stress is a major stressor for professionals. Embracing strategies to manage work-related stress can help professionals reduce their risk for the serious health conditions that can be brought on by chronic stress.

- Monitor your stressors. The American Psychological Association advises professionals to maintain a journal for a week or two in which they document situations that are triggering stress. When documenting stressors, also jot down your responses, feelings and details about the environment, including the people around you, when stress kicked in. Keeping a journal can help identify the sources of stress and determine if there are any patterns that trigger it.
- ~ Embrace healthy responses to stress. The APA notes that exercise, yoga or any other form of physical activity are helpful and healthy responses, such as drinking alcohol and/or eating unhealthy foods after a stressful workday. But the Cleveland Clinic notes that relying on alcohol as a coping mechanism for stress only exacerbates the feelings of depression and anxiety that stress can trigger.
- ~ Establish boundaries between your professional and personal life. The APA notes that the digital era has led many professionals to feel pressured to be available around-the-clock. But work-life boundaries can be vital to combatting career-related stress. Turn ing off notifications from your work email account at the end of the workday can help to establish a work-life boundary. In addition, resist any temptation to check emails before going to bed, as doing so might trigger stress that makes it hard to fall asleep.
- Use your personal/vacation time. The 2024 Sorbet PTO (Paid Time Off) Report found that 62 percent of professionals did not use all of their PTO in 2023, which marked a 5 percent increase in unused PTO from the year prior. The APA notes that time off is linked to reduced stress as well as lower rates of heart disease, depression and anxiety. In addition, professionals may or may not be surprised to learn that time off has been linked to improved productivity.

Work is a significant source of stress for millions of professionals. Embracing healthy ways to combat work-related stress can benefit your personal and professional life.





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Personal Ad: White, male, 69 years old. non-smoker, nondrinker, animal lover. Hobbies & Interests include: DIY home projects, avid boater, water sports, target shooting, I possess a stable personality, I am dependable and honorable. I am seeking a lady with similar values to be my romantic partner. Call Luke at 727-434-2801

Preferred method of Contact: 727-434-2801

Best time of day: anytime

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vman. Remove & replace doors & win-Yard Sales dows, drywall repair, junk removal, garage clean out, pressure

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Ridge Manor

Neighborhood Yard Sale at Whispering Oaks Estates Address: 35142 Whispering Oaks Blvd. Ridge Manor, FL 33523 Date: Saturday, April

12th Time: 8:00am - 1:00pm **Inverness**

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Solve the code to discover words related to distracted driving.

Each number corresponds to a letter.

(Hint: 6 = E)

A. 20 18 11 22 21 26 7 22 18 25 3

Clue: Draws attention away

B. 17 6 9 18 7 4 6

Clue: Car or truck

C. 21 25 26 20

Clue: Place to drive

D. 6 13 6 11

Clue: Used for sight

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Answers: A. distraction B. vehicle

C. road

D. eyes

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352-302-7100 352-303-6600 A fifteen year old boy came home with a Porsche and his parents began to question, "Where did you get that car?"

He calmly told them, "I bought it today."

"With what money?" demanded his parents.

"Well," said the boy, "this one cost me fifteen dollars!"

"Who would sell a car like this for fifteen dollars?" asked the parents

"It was the lady up the street," said the boy "I don't know her name, they just moved in. She saw me ride past on my bike and asked me if I wanted to buy a Porsche for fifteen dollars."

"Oh, my goodness," moaned the mother, "She must be a child abuser! Who knows what she'll do next? John, you go right up there and see whats going on!"

So the boy's father walked up the street to the house where the lady lived and found her in the yard calmly planting petunias. He introduced himself as the father of the boy to whom she had sold a Porsche for fifteen dollars and demanded to know why she did it.

"Well," she said "this morning I got a phone call from my husband, I thought he was on a business trip, but I learned from a friend he has run off to Hawaii with his secretary and doesn't intend to come back. He claimed he was stranded and asked me to sell his new Porsche and send him the money. So I did."



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Advertisements for non-alcoholic beer may never prove as prevalent as commercials for alcoholic beers, but the growing visibility of such promotions likely comes as no surprise to industry analysts familiar with the growing popularity of alcohol-free beer. According to the Beer Institute, the market for non-alcoholic beer tripled in size in the half-decade preceding 2025. Indeed, an economist at the Beer Institute indicates that non-alcoholic beer is the fastest growing segment in the beer industry. In addition, a recent report from the Brewers Association indicated a 30 percent year-over-year increase in non-alcoholic beer sales in 2024, industry experts estimate the market size for non-alcoholic beer will increase from \$20 billion in 2023 to \$40 billion in 2033.







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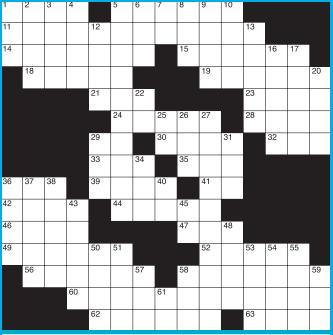
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CLUES ACROSS

- 1. Garden tool
- 5. A way to preserve
- 11. Gratitude
- 14. Domestic sheep
- 15. Simpler
- 18. Cavities containing liquid
- 19. Large fish-eating bird
- 21. Ocular protection index
- 23. Phil __, former CIA
- 24. Icelandic poems
- 28. Pop
- 29. Device
- 30. Actor Rudd
- 32. A pituitary hormone
- 33. Focus on an object
- 35. Corpuscle count (abbr.)
- 36. Young women's association 31. Portable computer screen
- 39. Not shallow
- 41. Doctor
- 42. Furniture
- 44. Hindu male religious teacher
- 46. Highly spiced stew
- 47. A way to communicate
- 49. Almost last
- 52. Astronomer Carl
- 56. Small horses
- 58. A slender tower with balconies
- 60. A disrespectful quality
- 62. Fully shaded inner regions
- 63. Short convulsive intake of breath

CLUES DOWN

- 1. Popular Sunday dinner option
- 2. Oil cartel
- 3. Agile

- 4. Greek goddess of discord
- 5. Genetically distinct variety
- 6. Indicates badly
- 7. Popular Mr. T character
- 8. Consumed
- 9. Chinese dynasty
- 10. NFL great Randy
- 12. Within
- 13. Palm trees
- 16. Fungal disease
- 17. Tall, slender-leaved plants
- 20. Affirmative! (slang)
- 22. A passport is one
- 25. Two outs in baseball (abbr.)
- 26. Swiss river
- 27. Deferential
- 29. Where a bachelor lives
- 31. Portable computer screen material
- 34. A crying noise of a bird
- 36. Sticky, amorphous substance
- 37. Starchy dish of dried tubers
- 38. Type of acid
- 40. Partner to "Ma"
- 43.16 ounces
- 45. The Bay State
- 48. A well-defined track or path
- 50. Substitution
- 51. Defined period
- 53. Group of toughs
- 54. Region
- 55. Famed Scottish Loch
- 57. Blood relation
- 58. Not around
- 59. Recipe measurement
- 61. Father to Junior

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According to the Health Resources and Services Administration, 17 people die each day waiting for an organ transplant. More than 103,000 people, including children, are currently on the transplant waiting list in the United States. The Canadian Institute for Health Information reports that more than 3,400 Canadians were on organ transplant waiting lists at the end of 2023. Among the 681 Canadians removed from those lists in 2023, nearly one-third (31 percent) had died while waiting for a transplant. Such figures underscore the issues surrounding organ donation shortages in each country, where waiting lists grow but donor lists do not always increase, despite support for the cause. In fact, the 2019 National Survey of Organ Donation Attitudes and Practices found that 90 percent of the adult population of the United States supports organ donation, but only 60 percent have signed up as donors.

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Fun facts about April Fools' Day

April 1 is more than just the start of a month that many embrace for the warmer weather that typically accompanies it. It is a day set aside for pranksters just waiting to pull the wool over someone else's eyes all in the name of good fun. While many participate in April Fools' Day shenanigans, they may not be as familiar with all there is to know about this day when jokers rejoice. These interesting facts about April Fools' Day truly are no joke.

The origins of April Fools' Day are something of a mystery, but historians believe the day started in France during the sixteenth century. History.com offers the popular theory that when France switched from the Julian calendar to the Gregorian calendar, moving the New Year from the end of March to January 1, some received the news later than others. As a result,



some people continued to celebrate the New Year in the spring, and were thus referred to as "April fools."

- Another theory surrounding April Fools' Day origins involves the ancient Roman festival of Hilaria. This festival involved masquer ades and jesting to celebrate the rebirth of the god Attis.
- ~ The French call April Fools' Day "Poisson d' Avril," which translates to "April Fish." It's customary to place a paper fish on a per son's back without them noticing.
- ~ In some countries, such as Australia, Canada and parts of the United Kingdom, April Fools' Day pranks must be completed by noon; if not, the prankster becomes the fool. Those in the United States, Germany and Japan engage in pranks the entire day. In Scotland, the fun stretches into April 2, which is known as "Taily Day," and involve pranks exclusive to the posterior region of the body.
- ~ April Fools' Day gradually spread around the world due to European influence and colonization during the eighteenth century.
- ~ April Fools' Day is an opportunity for people to embrace their creative side. Even the media and businesses sometimes get in on the action. Fake stories and sneaky endeavors can create wild tales that spread. In 1957, the BBC broadcast a story about a spa ghetti harvest that took place in Switzerland. In 1974, a local logger named Oliver Bickar created a hoax where he made it seem the dormant volcano Mount Edgecumbe in Alaska was about to erupt. He deposited 70 tires into the volcano by helicopter and lit them on fire. Another prank insinuated that Taco Bell purchased the Liberty Bell and renamed it the "Taco Liberty Bell."
- ~ Google often engages in April Fools' Day jokes. The company has fooled people with everything from a search engine for smells to "Google Tulip," which ostensibly enabled users to communicate with plants.
- ~ The famous comic strip "Peanuts" actually featured a character named April Fool, who would play pranks on his friends.

 April Fools' Day is an entertaining opportunity to get one over on an unsuspecting person. However, it's important to prank responsibly and avoid jokes that can cause panic or emergency situations.



A woman went into the bank to do a withdrawal.

The teller asked "Can you identify yourself?" She pulled a mirror out if her purse, looked into it and said, "Yepl It's definitely me!"



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Easter Sunday Mass draws crowds

Easter Sunday is a time for Christians to embrace the joy of the Resurrection of Jesus Christ. Easter is the holiest event on the liturgical calendar, and Easter Sunday Mass is often the most-attended service of the entire year. Although the faithful are encouraged to attend Mass every Sunday, pews are not typically as full on most Sundays as they are on Easter Sunday. According to a 2024 report released by Lifeway Research, 90 percent of surveyed Protestant pastors listed Easter as either the most-attended Sunday Mass or in the top three across the United States. Some estimates suggest that 30 million people attend Easter services who would not normally go to church regularly. Pew Research Center states there is a sharp increase in church attendance during Easter as well as Christmas. Mother's Day also is a day that sees increased Mass attendance.









Enjoyable ways for seniors to savor spring

After a cold winter, there's often nothing better than the arrival of spring. From the moment those first crocuses and tulips peek their heads out of the soil to the days of cherry blossoms in full bloom, spring is a time of sunshine, warmth and a renewed sense of vitality.

Seniors who may have spent much of the winter cooped up indoors often are inspired by warmer temperatures to venture outside once again when spring has sprung. According to UC Davis Health, time outdoors provides a host of health benefits, and seniors who embrace the great outdoors can reap those rewards. Studies show that nature has a positive effect on the body by reducing cortisol levels and demands on the cardiovascular system and relieving muscle tension. Being outside in sunshine (with the use of sunscreen) can increase vitamin D levels, which is important for a healthy immune system and strong bones.

Embracing the many ways to enjoy spring is relatively easy to do. The following are some ways seniors can make the most of spring.

- Plant a garden. Spring is a time when the ground has thawed and the soil is warm enough to begin planting a garden. Individuals should refer to their particular agricultural zones to determine when to plant. Certain plants need a specific number of hours of sunlight and minimum temperatures to grow. It's important to wait until the threat of overnight frost has subsided. Gardening can be a thorough workout, so it's important for seniors to go slowly as they acclimate to this type of activity.
- Relax outside. Seniors can soak up vitamin D and enjoy the sounds of nature by spending time on a deck or the front porch. Any activity that was typically done indoors, such as reading a book, listening to music, engaging in a hobby, and more, can be moved outside.
- Explore local wildlife. Trees and flowers are not the only things renewed by spring. Many animals give birth in spring and there might be little ones frolicking. Seniors can look for bunnies, fledglings chirping in bird nests, spotted fawns, and young foxes around their neighborhoods.
- Attend an open-air event. Whether it's a concert or an outdoor theater performance, seniors can look to local entertainment as a way to get outside and have a little fun.
- Bike or walk the neighborhood. Seniors can find serene paths to bike or walk. Dog owners can take their pooches for a stroll, or meet up with other friends and begin a walking club for camaraderie and exercise.

Seniors can make the most of the warm weather and extended daylight hours of spring to enjoy many outdoor activities.

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CRYPTO FUN

Solve the code to discover words related to sports safety.

Each number corresponds to a letter.

(Hint: 9 = S)

A. 18 24 18 18 15 22 9

Clue: Protective eyewear

B. 2 24 25 2 4 9 9 3 24 25

Clue: Brain injury

C. 9 13 24 20 14 9

Clue: Athletic endeavors

D. 9 10 17 22 14 19

Clue: Protection

WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.





Answers: 1. Fruit bowl in background 2. Missing pendant light 3. Plates are stacked extra high 4. Extra pitcher on shelf

Page 30 - Peddler's Post

Answers: A. goggles B. concussion C. sports D. safety

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A Country Gal's Story

Waddling under the belly of a fat old milk cow initiated my love affair with bovines. Little did I know that sixty-nine years later, I'd write a book about them. As a one-year-old just learning to walk, my dad had taken me to the barn that day and introduced me to these massive ungulates. Luckily my mother didn't learn about my misadventure until much later. Although I didn't know it at that early age, I soon discovered that my father was the animal lover in our family while Mom merely tolerated the numerous critters that ultimately shared our lives.

The year before in 1937, on a frosty February morning, Mom and I had spent many long hours together until I decided to make my entrance into the bedroom of a farmhouse in Pomfret, Connecticut. For someone who ended up traveling and wanting to see the world, it still amazes me that I waited so long to drop into sight. Perhaps it was because I had a womb with a view.

I learned early on that my mother had a great sense of humor. She loved telling the story of her friend Margaret following her around with a mop after her water broke. Mom also shared that although she weighed only 110 pounds on her wedding day, by the time I came along a year and a half later, her 170 pounds made the barn scales a necessity.

Later in life when I appreciated the word history, I found it interesting that my rural hometown of Pomfret had been named after the old English town of Pontefract in Yorkshire, England. Years prior, the land had been purchased from Native Americans by a Major Fitch for thirty pounds and was known as The Mashmucket Purchase.

Mashamoquet Brook, one of numerous state parks in Connecticut, became a regular hangout for me and my teenage friends in the 1950s. An historic landmark in this park, The Wolf Den, was made famous by General Israel Putnam, who had served in both the French and Indian War and gained the name of "Old Put" in the Battle of Bunker Hill in the American Revolutionary War. Much earlier, however, he had distinguished himself in my hometown. When he and his neighbors suffered great losses of sheep, goats and poultry, Putnam tracked down the last wolf in Connecticut, crawling into its den three times before bringing it out to the cheers of his countrymen.

While Israel Putnam may have helped his neighbors dispose of a nuisance predator in 1742, today I, as a volunteer at a wildlife state park in Florida, think how sad to have celebrated the killing of the last of a species in my home state.

In May, 1938, when I was fifteen months old, I gained a baby sister. While I had given my mother lots of pain during her labor, I learned that Violet presented herself as an easy birth. I'd like to think that my birth was the only time I caused my mother pain but that probably wouldn't be true. Mom told me that she'd always like the name Barbara, but I often wondered if she knew the meaning behind that name. Coming from the Greek word, barbarous, it meant strange or foreign. Unlike the name Violet, which meant soft and sweet and innocent, I was far from that. With my vivid imagination and questioning mind, I always looked for opportunities to investigate the unknown. By the time I was four years old, my maternal grandpa had nicknamed me chatterbox. And if truth be known, I've lived up to that nickname ever since.

Something else happened in 1938 that had a big impact on my life. That year, the Biro Brothers of Hungary opened a factory in Argentina to produce their first ball point pens. As a future author, ball point pens became an important part of my daily note-taking life. A leaky fountain pen never found its way home into my office.

By September of 1938, my parents had moved us to another small New England town called Hampton, which was described in an 1899 publication: "The future of this town is hopeful. No liquor is sold openly within its borders." By the time I left Hampton in 1959, this was still true, and all these years later, it still remains a southern New England village without a tavern. Typically, it does have three churches, a general store, a firehouse, and a library. There used to be a barbershop, but when the barber died, he was never replaced. Twelve miles away now to get a haircut.

I've had haircuts in many places since then, including Seattle, Washington where I started my teaching career, Labrador, Canada where I soloed a Cessna 140, Bamberg, Germany where I met Ian, the love of my life, Canal Zone, Panama where I became an elementary school principal, Nairobi, Kenya where I realized my childhood dream of a safari, and Homosassa, Florida where we retired and where I published that first book, Cracker Cow, A Narrative of Florida history.

Traveling and writing have been a big part of my life since those wonderful days growing up in Connecticut. This year, my twelfth book was published and Jacob Joins the Cow Cavalry, set in Florida during the Civil War, also features cows. Although, I love all kinds of animals, cows will always be a favorite. I think my next trip should include the Gentle Farm in Tennessee where one can visit and get hugged by a cow. No waddling under a cow's belly this time around, just cuddling instead. You can take the country girl to far away places but a bit of the country will always remain.

Barbara Cairns is a Connecticut Yankee who became interested in Florida's history after retiring in 1999. A favorite quote of hers is "Our life is not measured by the number of breaths we take, but by the moments that take our breath away." Her special moments have happened wherever she has lived . . . in Hampton, CT; Seattle, WA; Goose Bay, Labrador; Bamberg, Germany; the former Canal Zone and Panama City, Panama.

Travels in many places have provided fodder for stories and articles in newspapers and magazines, online sites and in 4th grade readers, in addition to teacher manuals and student workbooks. Since retiring, she has published twelve books in a variety of genres to include picture books, middle grade and YA novels, adult fiction and historical fiction. set in Florida.

Citrus Writers of Florida A former teacher and retired elementary school principal for Department of Defense Schools, she has volunteered at the Homosassa Springs Wildlife State Park for over 20 years, Barbara also tutors preschoolers, getting them ready for kindergarten. "Once a teacher, always a teacher!"

What does it mean when you have wheels and a country girl wants you? It means you *a tractor*

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Week 59 Winners (February 21st)

Jennifer Whitmire Cherry~\$25 Cali Street Taco's/Susan Robert's-Campbell~\$25 Argentos/Amy Klaeger~\$25 Mama's Kuntry Kafe Week 60 Winners (February 28th)

> Judith Combs Worthington~\$25 Deep South Family BBQ/Chris Downs~\$25 Lake Lindsay Mall/ Henry Garnet Thacker~\$25 Deep South Family BBQ/Greg Sanden~\$25 Argento's

Week 61 Winners (March 7th)

Katelyn Godfrey~\$25 Deep South Family BBQ/Christina Jones~\$25 Bree's Riverside Restaurant/ Henry Garnet Thacker~\$25 Bree's Riverside Restaurant/Tim Harrison ~\$25 Pudgee's/Heather Preston~\$25 Lake Lindsay Mall Week 62 Winners (March 14th)

Rachel Thacker-Miller~\$25 Pudgee's/ Rosann Sabina~\$ 25 La Pergola/Diana Jones Murphy~\$25 Bree's Riverside Restaurant/ Judith Combs Worthington~\$25 Trader Bay Seafood/Tim Harrison~\$25 Deep South Family BBQ.

Week 63 Winners (March 21st)

Christine Jones~\$25 Bree's Riverside Restaurant/Wendy Elsewhere~\$25 Pudgee's/Taylor Marie~\$25 Mama's Kuntry Kafe/ Roseann Sabina~\$25 Dan's Clam Stand/Candida Lyn Frye~\$25 La Pergola

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

WORDS

ATHLETE CONCUSSION COOLDOWN **EXHAUSTION EYEWEAR FLEXIBILITY GUARDS** HELMET **HYDRATION INJURY** LIGAMENT MOTION PADS **PREVENT PROPER PROTECTION REPETITIVE** REST SEASON SECURE **SORENESS** STRETCH **TENDON** WARMUP





Peddlerspost/FI

Enjoy a bite of a lemony treat

Adjusting diet is a necessity for someone with food allergies, intolerances or a condition like irritable bowel syndrome. Although an individual may understand the need to avoid certain foods, it can be difficult to pass up on foods when so many people around you are enjoying them, especially when they are tasty desserts.

Fortunately for lemon bar lovers, this recipe for "Lemon Bars" from "The Complete IBS Diet Plan" (Rockridge Press) by Amanda Foote, RD, offers a sweet and sour offering with delicious shortbread crust that should not cause any digestive distress for IBS sufferers.

Lemon Bars (Makes 12 bars)

For the crust

1/2 cup (1 stick) very cold unsalted butter, cut into pieces,

plus more for greasing the pan

13/4 cups gluten-free all-purpose flour

2/3 cup powdered sugar 1/4 cup cornstarch 1/2 teaspoon sea salt

4 tablespoons very cold coconut oil, cut into pieces

For the filling

4 large eggs 11/4 cups sugar

3 tablespoons gluten-free all-purpose flour

Grated zest of 2 lemons

2/3 cup freshly squeezed lemon juice1/3 cup unsweetened plain rice milk

Pinch sea salt

To make the crust:

- 1. Preheat the oven to 350 F. Grease a 9-by-13-inch baking dish with butter.
- In a blender, combine the flour, powdered sugar, cornstarch, and salt and pulse 10 times in 1-second bursts.
- 3. Add the butter and coconut oil. Pulse 4 to 5 times more, in 1-second bursts, until the mixture resembles sand.
- 4. Transfer the mixture to the prepared pan and press the crust into the bottom and slightly up on the sides.
- 5. Bake for 15 to 20 minutes until just brown.

To make the filling:

- 6. While the crust bakes, in a medium bowl, whisk together the eggs, sugar, and flour. Stir in the lemon zest, lemon juice, rice milk, and salt. Pour the mixture into the warm crust.
- 7. Bake for about 20 minutes until the filling is set.
- 8. Cool on a wire rack for 30 minutes. Refrigerate before cutting into bars and serving.





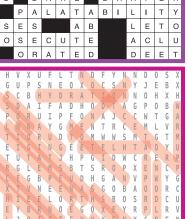


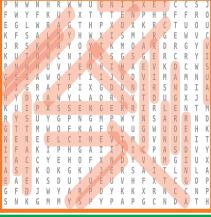


WHENEVER YOU SEE A SUCCESSFUL BUSINESS, SOMEONE ONCE MADE A COURAGEOUS DECISION.

- PETER DRUCKER SHOP SMALL~SHOP SMALL







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Where were the "Golden Penny Coins" were hidden in theMarch 2025 editon?
1 and it was on page 17 -NO WINNERS THIS MONTH:(



Did you know?

Billions of Christians across the globe celebrate the resurrection of Jesus Christ on Easter Sunday, and that includes scores of children. Easter eggs figure prominently in childrenÕs Easter celebrations, and the origins of this tradition are older than youngsters may realize. History.com notes that historians suggest Easter eggs can be traced to pagan traditions that considered eggs a symbol of new life. Decorating eggs is a wildly popular tradition among modern Easter celebrants, and this tradition also has a lengthy history. Some historians believe the decoration of eggs for Easter began in the thirteenth century, if not earlier. Some suggest eggs might have been forbidden during Lent, a 40-day period of sacrifice that precedes Easter. Eggs were decorated as Lent drew to a close and then eaten as part of Easter Sunday celebrations.



Meeting Information:

When: Second Wednesday of the month Time: 11 am - 1 pmAt: Hope Lutheran Church 9425 N. Citrus Springs Blvd., Citrus Springs, Florida

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Gus's Animal Gossip

Did you know?

The American Veterinary Medical Association notes that the Lyme disease vaccine is not right for every dog. The AVMA notes that between

5 and 10 percent of dogs infected with Lyme disease develop signs of illness, but thousands of cases are still reported each year. Many dogs are sufficiently protected against Lyme disease by tick-prevention products recommended by veterinarians, who can help dog owners pick the right products for their pets. During these discussions, pet owners can inquire about the Lyme disease vaccine. The AVMA notes that veterinarians consider a range of variables before recommending the vaccine or suggesting a pet does not need it. Such factors include location, as dogs that live and spend time outdoors in areas with high tick populations may be prime candidates for vaccination. The pet's lifestyle, including how much time it spends outdoors in grassy areas, and overall health will also be considered as veterinarians attempt to determine if the dog needs a Lyme disease vaccination.



What pet owners should know about heartworm

Pets owners go to great lengths to ensure their animal companions are happy and healthy. Nutritious diets and routine visits to a veterinarian are two ways to keep pets healthy. Pet owners also can educate themselves about various conditions that can adversely affect their pets' health, including heartworm.

What is heartworm?The American Heartworm Society notes heartworm is a potentially fatal disease caused by foot-long worms that can live in the heart, lungs and associated blood vessels of affected pets. A pet affected by heartworm can develop severe lung disease, heart failure and organ damage.

Are all pets vulnerable to heartworm?The American Veterinary Medical Association reports that heartworm primarily infects dogs, cats and ferrets. However, wild animals like foxes and wolves also can be infected, as can animals like raccoons and opossums that many people see in their backyards and local parks. Humans also have been infected with heartworm, though the AVMA notes such instances are rare.

Heartworm and dogs~ The AHS notes dogs are a natural host for heartworms. Heartworms that live inside a dog can mature into adults and even mate and produce offspring while inside the dog. Numbers increase if the dog is not treated for heartworm. Even if a dog is treated, the effects of heartworm infection can linger after the worms are gone, contributing to lasting damage to the heart, lungs and arteries.

Symptoms of heartworm infection in dogs may not manifest early on. The AHS notes that it's more likely symptoms will develop the longer the infection persists. Such symptoms may include:

~ A mild, persistent cough ~ Reluctance to exercise ~ Fatigue after moderate activity ~ Decreased appetite ~ Weight loss ~ According to the AHM, active dogs, dogs with heavy heartworm infections or those with additional health problems frequently exhibit pronounced clinical signs.

Heartworm and cats ~ The AVMA notes diagnosis of heartworm in cats is more difficult than it is with dogs. Unlike dogs, cats are not natural hosts for heartworms, and the AHS reports most worms in cats do not make it to the adult stage. In fact, many cats with heartworm have no adult worms. That contributes to the difficulty of diagnosis, and it does not protect cats against harmful side effects of heartworm, including a condition known as heartworm associated respiratory disease (HARD).

The AHS notes that signs of heartworm in cats can be subtle or very dramatic. Sadly, the AHS also reports that the first sign of heartworm in some cases is the sudden collapse or sudden death of the cat. If cats exhibit symptoms, those signs may include:

~ Coughing ~ Attacks that mimic an asthma attack ~ Periodic vomiting ~ Lack of appetite ~ Weight loss ~

~ Difficulty walking ~ Fainting or seizures ~ Fluid accumulation in the abdomen ~

Heartworm poses a potentially serious threat to cats and dogs. Pet owners are urged to speak with their veterinarians about heartworm prevention and what to do if a pet becomes infected.

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