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VOLUME 19 ~ ISSUE 5

MAY 2025

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Let's not forget Mother's Day. It's that special time when we honor the women who gave us life. Last year, I took my mama to her favorite diner. Nothing says "I love you" like fried chicken and a gift card to a store where she'll buy the most random stuff.

And then there's barbecue season! The smell of grilled meat is the sweetest music to a Southern man's ears. Just watch out for those burned hot dogs. Unless you're one of those folks who think charcoal is a flavor.

Oh, and let's talk about Florida weather. One minute it's sunny, the next it's raining cats and dogs. Heck, it even rains only on one side of the street too! I even saw a duck in my backyard, probably hoping for a bite of my barbecue.

So, let's embrace May! Whether you're mowing the lawn, sneezing your head off, or grilling up a storm. Be sure to take a moment to appreciate the little things. Here's to May! May it bring you laughter, love and a plate full of barbecue!

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Solve the code to discover words related to building safety.
Each number corresponds to a letter.
(Hint: 5 = E)

- A. 18 23 7 17 5 4 16**

Clue: Assess condition

- B. 17 5 19 10 18 16**

Clue: Document that gives authorization

- C. 4 11 26 5 7**

Clue: Regulations that govern building

- D.** 17 19 11 16 5 4 16 18 11 23

Clue: Act of keeping something safe

Answers: A. inspect B. permit C. codes D. protection

7 benefits of socialization for seniors

One of the primary lessons learned during the COVID-19 pandemic was how challenging social isolation can be. Social isolation often goes overlooked, but it's a key contributor to poor mental health.



Experts state that it is increasingly important for adults to maintain an active social life as they age. There are many benefits that come from staying engaged and socializing with others. The following is a look at seven ways socialization benefits seniors.

1. Regular social interactions can help older adults avoid depression, anxiety and feelings of isolation, according to Integracare, a senior living company.
2. Social engagement can help reduce the risk of cognitive decline and dementia because socializing helps to keep the mind sharp through new experiences.
3. Socialization often revolves around an activity that gets seniors up and moving. While being sedentary is alright on occasion, consistently sitting or laying around can lead to high cholesterol, weight gain and high blood pressure. A 2019 study published in The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences determined that older adults who interacted with people beyond their usual social circle of family and close friends were more likely to have higher levels of physical activity, greater positive moods and fewer negative feelings.
4. Regular social interaction may compel seniors to embrace healthier eating habits. Social events expose seniors to different types of food, which can help them get the nutrients they need to live healthy.
5. Regular socialization can help seniors feel they are needed and have a sense of purpose, which can boost self-esteem. Engaging with others often means contributing to a community, and that can be satisfying.
6. Getting out and interacting with others can serve as an informal wellness check, potentially alerting family and friends to issues that may need attention.
7. Getting outside and interacting with others can open seniors up to new hobbies. Whether that is participating in a new sport or joining a club, there are mental and physical advantages to engaging socially.

Socialization is an important factor in seniors' overall wellness, and one that should be discussed along with diet, exercise and illness management.



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MAY 3rd

NAMI Citrus will celebrate its 25th Anniversary by bringing together hundreds of people in person and virtually for our first ever NAMIWalks Citrus on Saturday, May 3, 2025, to walk in awareness of mental illness, raise funds for NAMI Citrus, and build community so people know they are not alone. One hundred percent of funds stay right here locally. We hope you will join us. To learn more and get involved, go to our website namiwalks.org/Citrus. Our award-winning NAMIWalks is the country's largest, most vibrant mental health event series.

3rd

Desoto Street Little Free Library Grand Opening! Located at 22 South Desoto Street, Beverly Hills, FL. Come help us celebrate our Little Free Library's Grand Opening Day! 10 am - 2pm Rain or Shine, Ribbon Cutting at 10:30 am. Every person who attends will receive 1 FREE raffle ticket for our giveaway drawings. Every Child who attends will receive a goodie bag - While Supplies Last (We will have 50 bags available)! We will have some Blind Dates with a Book available - First Come First Served. Some of these will be autographed and donated by the author! We'll have painted rocks in the garden surrounding the library.. so make sure to pick one and share it on our Local Rock Group on Facebook: CitrusCounty ROCKS and share your photos from our Celebration on our Library's Private Facebook Group: Desoto Book Club. We hope to see you there

3rd & 17th

Market at the Depot, every first and third Saturday of the month. Come and meet local authors from **THE CITRUS WRITERS OF FLORIDA AND BUY THEIR BOOKS!** 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 and more from local artisans and crafts. The Depot Pavilion is located at 300 N. Apopka Ave in Inverness.

4th

Webster Swap-O-Rama Sports Card & Memorabilia Show! Get ready for a day of buying, selling, and trading at Webster Swap-O-Rama! Whether you're into sports cards, Pokémon, Magic, or memorabilia, this event is for YOU! Market opens at 7AM I Show starts at 9AM. Huge covered pavilion with plenty of vendor space & a dedicated trade area! Don't miss this chance to expand your collection & enjoy the hobby! Tag your card-collecting crew & mark your calendars! Located at 516 NW 3rd St., Webster, FL

6th

The Old Courthouse Heritage Museum located at 1 Courthouse Sq, Inverness, FL presents Spring crafts for ages 18 and up. Our monthly class will be held on Tuesday, May 6th at 10:30 am. We'll be making a bouquet of button flowers that fit into a salt-shaker and felt butterflies to go with it. A \$5 fee will be collected at the door to go toward supplies. Supplies and spaces are limited, so preregistration is required. To sign up, call the museum office between Tuesday and Saturday at (352) 341-6428. Parking streetside in Downtown Inverness is limited to 2 hours and they do ticket. We recommend parking in the parking lot just East of the courthouse for unlimited parking for the day in case you're here for more than 2 hours.

10th

Citrus County YMCA host their annual Family Dance. Entry is FREE for YMCA Members and \$10 per person for Non-Member!! Don't miss out on the great food and fun with family, register today @suncoastymca.org. The Citrus County YMCA is located at 4127 W. Norvell Bryant Highway, Lecanto

10th

First Christian Church of Inverness Car show will be from 11am until 2 pm. Come bring your classic car and enjoy some sunshine, good food and peaceful setting in a free car show sponsored by the First Christian Church of Inverness. Contact Barry Corderman @ 816-799-7078 for questions. Hope to see ya there. 2018 Colonnade street. Inverness

13th

The Citrus County Genealogical Society will meet at 10:00 a.m. on May 13 at the Church of Jesus Christ of the Latter-day Saints, 3474 W Southern St, Lecanto. The speaker will be Tina LaFreniere of Related Faces.com. She will be talking about "Connecting Faces Through Time -- How Related Faces Can Help Identify Unknown People in Old Photos." This class discusses the basics of how facial recognition works, the importance of properly digitizing your photos and how to do it with just a cell phone. Guests are welcome to attend. For questions call Mary Ann Machonkin 352-382-5515

29th

Summer Sizzlin' will be held at Liberty Park on May 29, 2025. This year's summer bash will be full of free fun activities, games, food and more! This is a great opportunity to notify families all about the amazing resources available to them right here in Inverness and Citrus County. From summer activities, summer camps, church groups, sports, and more. **THIS IS ALSO AN OPPORTUNITY TO MEET YOUR FAVORITE PAPER PEDDLER'S IN PERSON AS WE WILL BE THERE BRINGING THE FUN LIKE ALWAYS. BRING THE KIDS TO PLAY "PENNY PLINKO" AND WIN FUN PRIZES. ADULTS YOU GET TO PLAY TOO FOR A CHANCE TO WIN FUN GIVEAWAYS!**

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 Opt.
Nature Coast Masonic Lodge No. 418, 301 Hendrix Ave, Inverness, FL, meets on the 1st and 3rd Thursday, monthly at 7:30pm. All Masons and family members are invited to dinner at 6:30 pm.

The 1st & 3rd Tues of each month from 1-3pm, The Citrus Library Coping Connection offers Online demintia support hosted by Certified Dementia Practitioner Debbie Selsavage. The meeting is held 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 Library by 12:50 p.m. on the day of the meeting. The program is free and available to anyone. For more info. call 352-746-6622 or 352-422-3663.

Celebrate Recovery at Hills Church, 2 Civic Circle, Beverly Hills, FL. Every Mon. at 6pm 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. A woodturner demonstration given by experienced craftsman. 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? Call 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! Open to all! Led by Certified Diabetes Educators from the Citrus County DOH. Each Group focuses on a different topic with the opportunity to learn, share, get questions answered, and receive giveaways. Small recipe tastings and guest speaker. The group meets the 3rd 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.

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

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 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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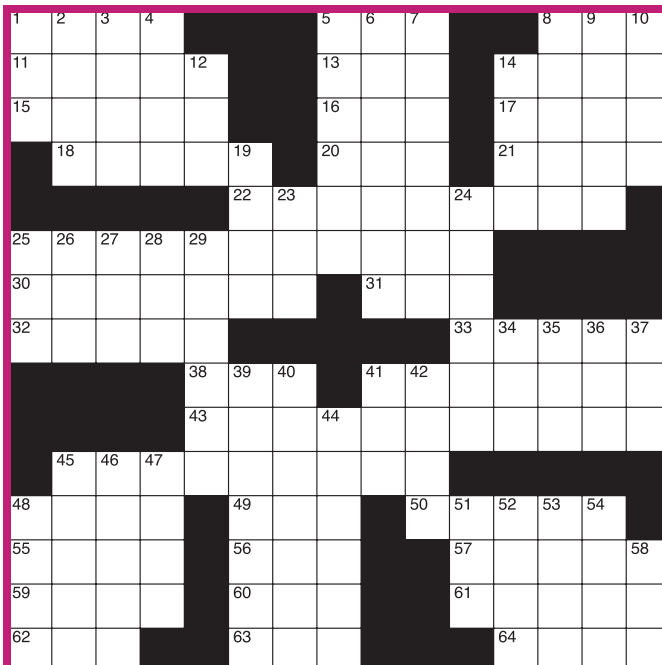
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- Fat from a pig's abdomen
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- Honors once more
- Thin coating of gold
- Welsh river
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- Husks of corn
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- Soldier
- Photographers
- Language spoken in Nigeria
- Mimic
- Expressed pleasure
- Ancient Greek sophist
- Beverage container
- Night monkey genus
- Lace bugs
- Hogshead (abbr.)
- Frameworks
- Keyboard key
- Greek goddess of the dawn
- Influential Korean independence figure

CLUES DOWN

- A place to unwind
- Helped (archaic)
- Razorbill genus
- Bleached
- Continent
- Fruit preserved in syrup
- Impediment to one's freedom
- Nocturnal rodents
- Earthy pigment
- Relieved oneself
- Golf score
- Tech hub __ Alto
- Sportscaster Andrews
- Records electric currents
- Popular Hitchcock film
- Revolutions per minute
- NY Giants legend
- Sports radio host Patrick
- When you hope to get somewhere
- French seaport
- Thai river
- Rocker's accessory
- Extra charge
- Influential American president
- Pain in the head
- Great Plains people
- Consumed
- Soluble ribonucleic acid
- Improves
- Secret clique
- Behind the stern of a ship
- Dough made from corn flour
- Fallow deer
- Swiss river
- Grayish white
- Engrave
- College's Blue Devils
- Midway between south and southeast





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THURSDAY

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FRIDAY

⌚ 6:30 AM - 1 AM Live Music 5-9 PM

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WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers:
1. Flowers in front of first home 2. Missing flag 3. Car in the street
4. Satellite dish on roof



Math Blocks

Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

10	6		28
	5	20	25
11			15
21	14	33	

1	3	11
20	5	0
12	6	10

Solution

THIS DAY IN HISTORY



1639: William Coddington founds Newport, Rhode Island.

1927: Charles Nungesser and Francois Coli disappear after attempting to make the first non-stop transatlantic flight from Paris to New York.

MUSIC FACT:

Cinco de Mayo celebrations often feature this type of traditional Mexican folk music.

Answer: Mariachi!

Get Scrambled

Unscramble the words to determine the phrase.

VIEYLL SUCMI

Answer: Lively music

NEW WORD

MASA

dough made from ground corn

How they say that in...

- English: Party
- Spanish: Fiesta
- Italian: Festa
- French: Fête
- German: Fest

Did You Know?

Cinco de Mayo is an annual celebration that commemorates Mexico's victory over the Second French Empire at the Battle of Puebla on May 5, 1862.



Get the PICTURE?



Can you guess what the bigger picture is?

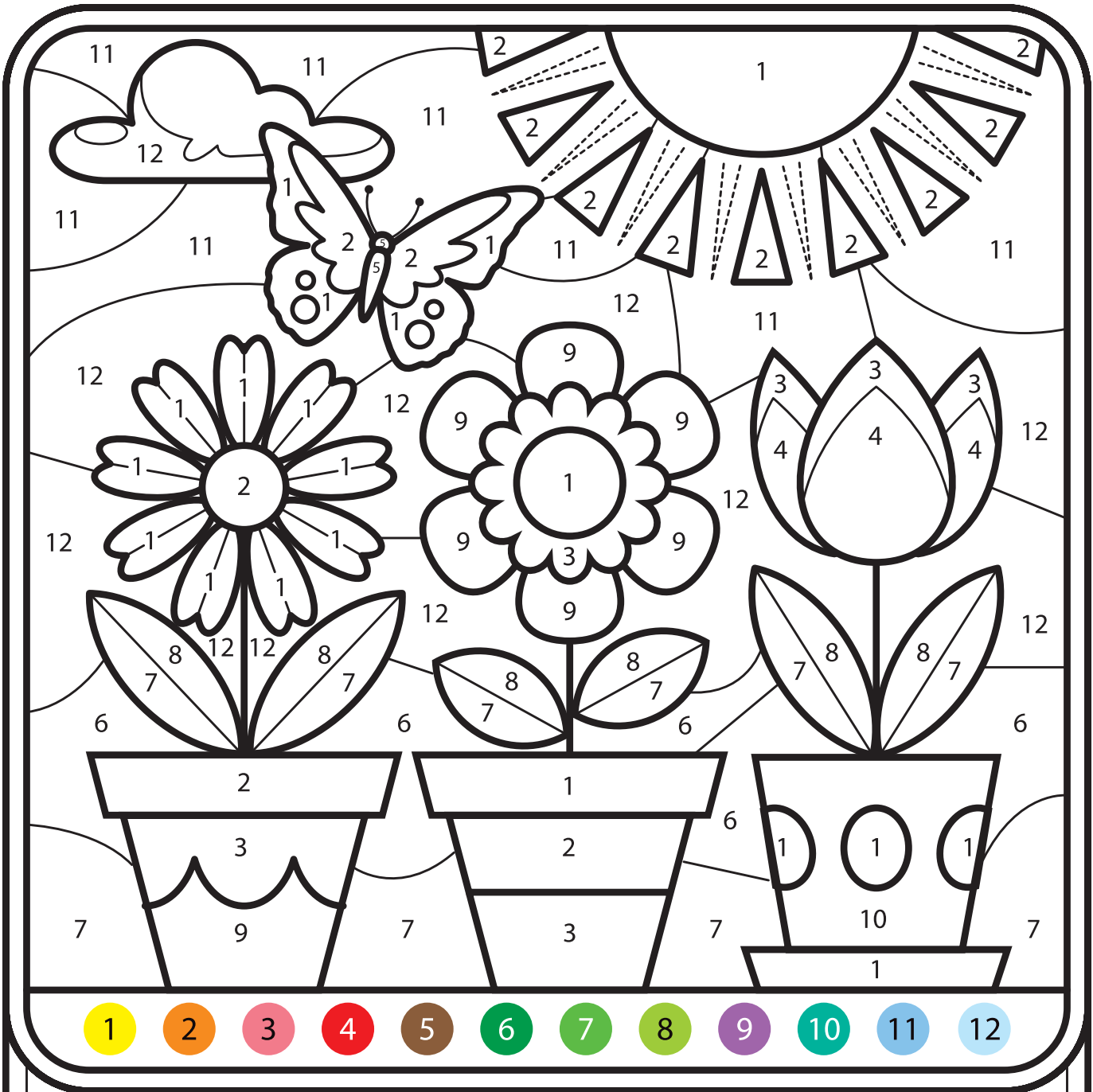
Answer: Guacamole



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ANSWERS ON
PG 38

SCAVENGER HUNT



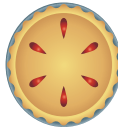
Find These Objects: A Tree Stump, Squirrel, Bird, Fox, Snail, Mushroom, Spider, and a Nest



SPELL IT OUT!

Things That Are Round

Things That Are Square



P _ _

B _ _



B _ _ _

W _ _ _ _



R _ _ _

S _ _ _ _

Did you know?

The World Cancer Research Fund reports that skin cancer is the seventeenth most common cancer across the globe. The United States, Germany and the United Kingdom had the highest number of skin cancer cases in 2022, and the U.S. also had the distinction of having the most deaths from skin cancer (7,368) in that year. Though individuals with naturally darker skin tend to think they might not be as vulnerable to the disease as fair-skinned individuals, that is not necessarily true. While it is true that fair-skinned individuals must be especially careful when spending time in the sun, the American Academy of Dermatology notes that skin cancer in patients with darker skin tones is often diagnosed in later stages of the disease when it's more difficult to treat. Simply put, all people, including those with naturally darker skin tones, must take the threat of skin cancer seriously and take every precaution to protect their skin when spending time in the sun.



Spice up brunch this Mother's Day

Children commonly like to give their mothers a break from cooking on Mother's Day. Youngsters may be eager to help out in the kitchen and whip up something that Mom is certain to enjoy. But many recipes can be complicated for younger children or others who might not be so adept with meal creation. However, with a few ingredients that families may already have on hand, it's possible to craft a delicious Mother's Day brunch.

This recipe for "Wee Chicken & Waffles with Jezebel-Maple Syrup" from Denise Gee's "Southern Appetizers: 60 Delectables for Gracious Get-Togethers" (Chronicle Books) utilizes commercially available miniature waffles and popcorn chicken bites to create a chicken and waffles dish with a kick. Serve alongside mini muffins, deviled eggs, cheese and crackers, and other brunch dishes that are simple for youngsters and their little fingers to prepare.

Wee Chicken & Waffles with Jezebel-Maple Syrup (Serves 10 to 12, Three or Four Waffles Each)

- Jezebel-Maple Syrup
- 2

cups maple syrup
- 1/4

cup pineapple preserves
- 1/4

cup apple jelly
- 1 1/2

tablespoons prepared horseradish
- 3/4

teaspoon ground black pepper
- 1/2

teaspoon salt
- 40

mini waffles from a 10.9-ounce package, lightly toasted
- 40

pieces cooked fried popcorn chicken
- Finely chopped fresh Italian flat-leaf parsley or green onion for garnish (optional)
- Hot sauce for serving

To make the syrup: In a large microwave-safe glass measuring cup with pour spout (one holding at least 3 cups) or a bowl, add the maple syrup, pineapple preserves, apple jelly, horseradish, pepper, and salt; whisk to combine. Microwave the mixture on high for 35 seconds. (You also can heat it in a small saucepan on low until the mixture is warm.) Stir and taste, adjusting the flavor if desired. Set the syrup aside.

Place the toasted waffles on a large serving platter. Top each waffle with a piece of chicken. Drizzle the chicken-waffle bites with about 1 teaspoon of the syrup. Garnish with the parsley, if desired, and serve with the remaining syrup and hot sauce.

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

Level: Intermediate

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

Level: Beginner

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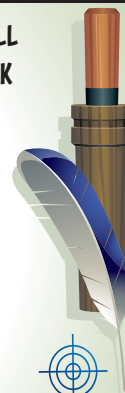
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MY HUSBAND PUT HIS HANDS IN THE AIR AND JOKES, "DON'T SHOOT!"

THE HUNTER RESPONDED, "DON'T QUACK!"



We were tearing down an old three-seater outhouse when my neighbor asked if she could have the single-plank, three-hole outhouse seat. I said sure. Six months later, she invited me to her home. There she showed off her newly designed family room, complete with a single-plank, three-hole picture frame featuring her three grandchildren.



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May Days Past

May 1st 1840 "Penny Black", the world's first adhesive postage stamp issued by Great Britain

May 2nd 2011 Osama bin Laden, the suspected mastermind behind the September 11 attacks and the FBI's most wanted man is killed by US special forces in Abbottabad, Pakistan

May 3rd 1937 Margaret Mitchell wins the Pulitzer Prize for her Novel "Gone With The Wind"

May 4th 2008 Seth MacFarlane reaches an agreement worth \$100 million with Fox to keep "Family Guy" and "American Dad" on television until 2012, making MacFarlane the world's highest paid television writer



May 5th 1921 Perfume Chanel No. 5 released by fashion designer Coco Chanel

May 6th 1889 Exposition Universelle (World's Fair) in Paris opens with the recently completed Eiffel Tower serving as the entrance arch; the lifts in the tower are not ready, intrepid visitors need to climb 1,710 stairs to get to top

May 7th 1429 English siege of Orleans broken by Joan of Arc and the French army

May 8th 1835 First installment of Hans Christian Andersen "Fairy Tales" published by C. A. Reitzel in Copenhagen, Denmark

May 9th 1922 The International Astronomical Union formally adopt Annie Jump Cannon's stellar classification system, which with only minor changes, is still used today

May 10th 1775 American Revolution: Green Mountain Boys capture Fort Ticonderoga, New York

May 11th 1969 British comedy troupe Monty Python forms, made up of Graham Chapman, John Cleese, Terry Gilliam, Eric Idle, Terry Jones, and Michael Palin

May 12th 1994 "Pulp Fiction", directed by Quentin Tarantino and starring John Travolta, Uma Thurman and Samuel L. Jackson premieres at the Cannes Film Festival



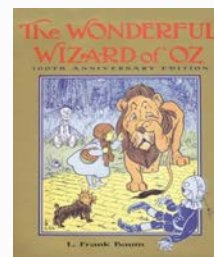
May 13th 1966 The Rolling Stones release "Paint it Black" single in the UK

May 14th 1878 Vaseline is granted a patent (U.S. Patent 127,568)

May 15th 1841 First emigrant wagon train to make it to California leaves Independence, Missouri on a 1,730 mile journey over the Sierra Nevada

May 16th 1903 1st transcontinental motorcycle trip began in San Francisco by George A. Wyman (arrives in New York July 6)

May 17th 1900 "The Wonderful Wizard of Oz" is first published by L. Frank Baum with illustrations by William Wallace Denslow in Chicago



May 18th 1965 Gene Roddenberry suggests 16 names for Star Trek Captain; they include Kirk

May 19th 1536 Anne Boleyn, second wife of English King Henry VIII, is beheaded at the Tower of London on charges of adultery, incest and treason (Filthy Lies)

May 20th 1873 Levi Strauss and Jacob Davis patent the first blue jeans with copper rivets



May 21st 1881 American Red Cross founded by Clara Barton

May 22nd 1939 Germany's Adolf Hitler and Italy's Benito Mussolini sign the "Pact of Steel" formalizing the 1936 alliance known as the Rome-Berlin Axis

May 23rd 1934 American outlaws Bonnie Parker and Clyde Barrow - Bonnie and Clyde, are killed by police in an ambush near Sallis, Louisiana

May 24th 1844 Samuel Morse taps out "What hath God wrought" in the world's first telegraph message

May 25th 1961 JFK announces US goal of putting a man on the Moon before the end of decade

May 26th 1857 US slave Dred Scott and family freed by owner Henry Taylor Blow, only 3 months after US courts ruled against them in Dred Scott v. Sandford

May 27th 1692 William Phips, Governor of Massachusetts Bay Colony authorizes a special Court of Oyer and Terminer ("to hear and determine"), to administer Salem witch trials

May 28th 1431 Joan of Arc is accused of relapsing into heresy by donning male clothing again, providing justification for her execution



May 29th 1886 American pharmacist John Pemberton begins to advertise his patent medicine - Coca-Cola in Atlanta, Georgia

May 30th 1431 Hundred Years' War: 19-year-old Joan of Arc is burned at the stake by an English-dominated tribunal in Rouen, France

May 31st 1911 RMS Titanic launched in Belfast

History is trapped in people, and history is trapped in them

-James Baldwin



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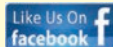
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The basics of fibromyalgia

Periodic pain is a part of life many people can effectively manage without the help of medical professionals. A sore knee after some pickup basketball or a stiff neck after an awkward sleep probably won't necessitate a trip or call to a doctor. But persistent pain does merit such concern, and could in fact be indicative of a condition known as fibromyalgia.

What is fibromyalgia?

The National Institute of Arthritis and Musculoskeletal and Skin Diseases describes fibromyalgia as a chronic disorder that causes pain and tenderness throughout the body. People with fibromyalgia also experience fatigue and trouble sleeping.

What are the symptoms of fibromyalgia?

The NIAMS indicates chronic, widespread pain throughout the body, an overwhelming feeling of being tired and difficulty sleeping are the main symptoms of fibromyalgia. But people with fibromyalgia may experience additional symptoms, including:

- ~ Stiffness in the muscles and joints
- ~ Some areas of the body may be tender to touch
- ~ Tingling in the arms and legs or a feeling of numbness in these areas
- ~ Increased sensitivity to certain stimuli, including light, noise, odors, and temperature
- ~ Problems that affect digestion, including bloating or constipation

The symptoms of fibromyalgia are often physical, but some people experience cognitive signs as well. Cognitive symptoms are often characterized as "fibro fog," which is akin to brain fog that makes it hard to concentrate, think clearly or remember things.

What causes fibromyalgia?

The Cleveland Clinic notes that experts are uncertain about what causes fibromyalgia. But some studies have found a genetic link that suggests parents might pass the condition down to their children. However, the NIAMS points out that people with no family history of fibromyalgia still get it.

What are the risk factors for fibromyalgia?

Age and sex are two notable risk factors for fibromyalgia, which is most often diagnosed in individuals over 40. In addition, the Cleveland Clinic reports that women are twice as likely as men to experience fibromyalgia, and the NIAMS notes fibromyalgia affects people of all racial and ethnic backgrounds. Additional risk factors for fibromyalgia include:

- ~ Chronic illnesses: People with osteoarthritis are more likely to get fibromyalgia, as are individuals with certain mental health conditions, including depression and anxiety disorders. Irritable bowel syndrome also is considered a risk factor for fibromyalgia.
- ~ Stress: Excessive stress can be a risk for fibromyalgia.

Can fibromyalgia be treated?

Treatment for fibromyalgia may require some trial and error as health care professionals work to identify an option that works. Such options may include over-the-counter or prescription medication, including antidepressants; exercises that employ stretching and strength training; sleep therapy; cognitive behavioral therapy; or stress management therapy.

Mount Sinai indicates fibromyalgia affects between 1 and 5 percent of the general population. Understanding the disorder may help people better manage the pain it causes.



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Thursday, May 8, 2025
10:30am - 12:30pm

Robert Boissoneault Oncology Institute
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Samsung 7.2 cu. ft. dryer model due 45t3200w/as \$175.00. Maytag washer legacy series model mtw5870two 4.5 cu. ft. \$125.00 call 352 464 1888.

GETTING NEW APPLIANCES? DON'T let the retail delivery guys take your appliances away for free! Call us instead. Whirlpool/Kenmore: washers, dryers, refrigerators, stoves, upright freezers, dishwashers, above the stove microwaves. Along with some other brands. We pick up. Call 352-410-9273.

Saeco Pico barisoco Espresso Machine Call 352-422-5731 \$200. google it. Also call for picture.

Building Materials

Hardey Board siding planks 12ft x 8 in. 4 piece, \$7 each 352-257-7084.

Clothing

Men's Stetson cowboy hat, Boot Hill Collection, beautiful lining, exc cond. Large, \$50 352-270-8218. Ask for Rick

Men's closet sale: Cabana shirts, Golf shirts, Hoodies, T's, boots, hats, jackets, slacks (36x29), jackets, blazers, vests, sweater, pullovers. 3-\$10 each. upscale brands Bev Hills. Rick@ 352-270-8218 for any questions.

Electronics

Boom Box: Panasonic RX210 am/fm/cas./cd 60 watt W/hd. phones \$65.00. W/o phones \$60.00. Bev Hills 352-270-8218

Furniture

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been used, black \$8
each. call- 352-697-
9577

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shelves. Must see.
Pics available. \$225.
Antique secretary
desk, pics available.
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Rack with glass
shelves. Pics available
\$85.
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Craftmatic Bed (dou-
ble 52" wide) Head,
neck, and back lift up
w/ motor plugged in
\$90. 352-726-0406,
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\$100 firm (Double
52" wide0 352-726-
0406. leave message

Faux White FirePlace
with gell fuel FREE
954.604.3577

Vintage SWAG Lamp.
Soft green/yellow slag
glass in tulip pendant
style.13" tall hanging
lamp w/ chain \$50.00.

Bev Hills 352-270-
8218

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spring and Mattress
no Frame 40.00
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V+G Lane Venture
Glass Top Table & 4
rolling chairs. Bamboo
plus 4 swivel bar stools
to match 49-908-5440

White Credenza Way-
fair 45.00 954.6043577

Hobbies

Stained Glass Class-
es, Tues. & Wed. 10-
12 at Touch of Glass
by Susan, Floral City.
Supplies/ Tools. 352-
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ammo, sport-
ing goods,
and valu-
ables. Long
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nando 352-
341-1735 2820
N. Florida
Ave.

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Mo-Jo manual mower
lift (crank type) fits all
reg. lawnmowers but
not the big wide zero-
turns. like new \$75.
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message.

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No Texts 352-489-
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toilet seat with lock
and arms supports up
to 300 lbs 352-746-
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bled, and ready to go.
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Pets Supplies (NO Pets)

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screened mesh on top
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lites and gravel 10 gal
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girl's) Bicycle in excel-
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IN ORIGINAL BOX,
\$150. CELL TEL 770-
380-6808, RICHARD
RICHARD, 770-380-
6808

Victor Mod 100 F.C.
Burning Torch Heat-
ing Rosebud Xtra tips.
\$160. 219-741-4535

Craftsman Tool box 2
piece NEW
\$70. 3524225533

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cord, new never used
219-741-4535

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Model MS-291
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chains. Comes with
blade & chain oil. Like
New, \$500. (352)860-
1611

100' extention cord.
contractor grade \$10.
219-741-4535

Utility Trailers

2020 Trailer, 5.5' X 10
w/mesh tool, have title.
Make offer. Call-352-

697-9577

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BRAND NEW, NEV-
ER TITLED, LOWES
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SELL OURS FOR
\$650.call 770-380-
6808 Richard

Miscellaneous

Pool ladder 419-908-
5440

Burn Barrels, \$20 ea.
Hernando. 352-302-
2210.

Babylock Regalia with
Prostitcher
10ft Kinetic frame 20in
throat space
Many extras Pur-
chased Oct 2020
\$15,500. Call for more
info and pictures
407-705-9142

Weber Spirit Model
Grill Dont use. 150.00
obo 954.604.3577

Six men tent used
only couple of times
very clean and have
other accessories for
camping for info call
706-492-5119

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cessor attachments
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w/pellets and cover.
419-908-5440

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and high qual-
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tools. Hwy 41
Hernando.
(352)341-1735

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chester Mod 190 22
l-lr, tube, w/Weaver
scope \$225. Ranger
Mod 35 bolt, sgl shot,
22 s-l-lr \$140. West-
ernfield Mod 846 22lr,
tube fed thru stock,
checkered wood,
beauty \$300. Also,
Brand new in sealed
plastic strips in military
can, 900 rounds of
Australian military 5.56
ammo. \$400 firm. Do
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M95 rifle? I have the

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to find still in stripper
clips. \$100. Ken in
Homosassa. Text for
more info. 727-366-
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pistol, .22 LR, 10
shot, as new, with
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and/or ammunition
listed in this publica-
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also 40 cal., good
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msg.

Rifle ammunition .308
and 5.56 different
types, green tip , .308
hollow point match
ammo. 352-489-7639

Derringer pistol, Da-
vis Ind. DM .22 Mag.
Chrome with walnut
grip full box unopened
ammo ,50 rounds.
\$250.00 ,Rick,352-
270-8218

Automotive

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Motorcycles & ATVs

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1987 Harley Davidson FXR Runs Good \$4,600. 802-323-9662

Golf Carts

Columbia Par Car Golf cart silver in great con-

dition 2012 seats 2 \$5000. 352-746 3785

Boats

Boats for Sale

2023 NuCanoe Frontier 12ft 41" wide. weight 77lb. max weight 650 lbs. two seater 55lb Thrus Newport Trolling Motor. Title has number on it. \$1800. Tim 352-257-7084.

Real Estate

Cemetery Lots

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

Commercial Property-For Sale

REDUCED! Inverness, 3088 S Florida Ave (Hwy 41), zoned GNC, 1/2 acre mol, 75 X 270, next to car wash & across from funeral home, property

borders Hwy 41 on the front & Southerly Ave at back giving access from both streets, \$119,000, Inverness Horizon Realty, Cell: 352-212-5222

Rentals

ROOM FOR RENT lakefront, complete remodel, private, fenced, 500' shoreline facing east, full kitchen, laundry. Walk to 10 eateries, a convenience store, 4 bars, bus stop. 50 amp svc for R.V. BEST LOCATION! Text 561-318-9498

Homes For Sale

Open water front, Hernando lakes, 2br 2ba in excellent condition new roof 2016 water heater 2021 HVAC 2023 200 AMP service. 1216 SQ FT. dock and boat house. shop with power, extra shed for more storage. Remodeled bath rooms, nice screened porch over looking the lake. County water and County sewer. Fruit trees. \$188,000. Call Gary Rouillard 352-422-5731 Parsley Real Estate, INC



Price change: Now \$35,900. Moving Must Sell. Mobile home in charming 55 community of Singing Forest. Move In ready. 2 BDR, 1 bath that has walk-in shower. New paint and laminate floors throughout with new plywood subfloors. There is a 12 x 14 family room addition. Outside has paved driveway, 12 x 16 screened room with new vinyl floor and enclosed laundry room in rear. Newly built deck on the other side. Newer central air unit. Lot rent is \$556/mo. Call 864 494 3141.

Vacant Land

Inverness, Waterfront, Lake/Canal, Point Lonesome Rd, 5 acre corner lot, 2.5 acres dry & 2.66 acres wet, part of property extends across the road, homes only, \$52,000, Inverness Horizon Realty, Cell: 352-212-5222

1 1/4 acre in Forest Lake N Hernando FL

off Wacker. Tim 352-257-7084

Services

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The Floral City Lions Club rents out the Community House(kitchen included) located at 8370 E. Orange Ave, Floral City at prices you can not beat.\$100 for 501c and \$175 plus tax for private rental. Schedule with us for your next event. For more details call 954-557-5982

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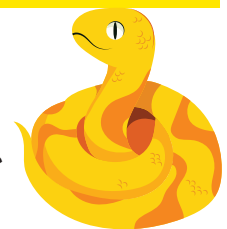
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A boy scout says to his scout leader, "Sir, is this snake poisonous?" The scout leader says. "no, that snake's not poisonous at all." So the boy picks up the snake, which bites him, and the boy starts to spasm and foam at the mouth as the other kids look on in horror. The scout leader says, "But that snake is venomous. Poison is injected or absorbed, while venom is injected. Let's get it right next time, boys."



Did you know?

When buying a child's first bike, shoppers should prioritize a bike that is lightweight, which will be easier for the child to maneuver while learning. The general rule of thumb is to find a bike that weighs less than one-third of the child's overall weight. Choose a bike that has minimal features, and opt for models that have a single gear and no complex braking systems. The child should be able to comfortably straddle the bike with their feet flat on the ground, and the seat height should be set where the child's legs are slightly bent at the bottom of the pedal stroke. According to BikeExchange.com, the first bike a child owns likely will feature 12-inch tires and will often come with optional training wheels. Children between the ages of two and five may progress to 14-inch tires and then increase that size as they grow and gain experience. Although it can be less expensive to purchase a child's bike at a big box retailer, more personalized service is often available at local retailers that specialize in bikes.



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CRYPTO FUN



Solve the code to discover words related to photography.
Each number corresponds to a letter.
(Hint: 2 = G)

A. 14 3 18 24 23 17 20
Clue: Star of a photo

B. 18 22 17 16 2 8 9 3 15 7
Clue: Behind the subject of a photo

C. 21 6 2 25 20 6 15 2
Clue: Illumination

D. 10 9 17 3 14
Clue: Attention directed

Answers: A. subject B. background C. lighting D. focus

WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.

A



B



Answers:
1. Picture frame on wall 2. Missing light switch 3. Missing earring 4. Bowl has guacamole in it

In high school I was excited to be a senior.



I'm not too excited now...



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A boy went into a hardware shop and said my dad wants a piece of 4x2. The salesman said how long does he want it? The boy said, uummmmm, I think he wants to keep it.



Stroke statistics tell a deadly story

Stroke is one of the leading causes of death across the globe. In a recent examination of death statistics, the World Health Organization found that stroke was responsible for the third most deaths in 2021. Notably, the WHO analysis found that stroke was the leading cause of death in upper-middle-income countries. In that same year, stroke was the second leading cause of death in low-income countries and the third leading cause of death in low-middle-income countries. Stroke was the third-leading cause of death in high-income countries, which includes the United States and Canada. The threat posed by stroke is indeed significant, and McLaren Health Care cites the following statistics in an effort to raise awareness of this potentially deadly but often preventable disease.

- ~ 15 million people have a stroke across the globe each year
- ~ Three in five, or 60 percent, of strokes occur in people under age 70
- ~ 16 percent, or roughly one in six, of strokes occur in people under age 50
- ~ Five million people die from stroke each year
- ~ Four in five strokes are preventable
- ~ 38 percent of people are aware of all major stroke symptoms

Raising awareness of stroke and its symptoms can spur immediate action that can greatly reduce the likelihood of negative outcomes, which can include death, paralysis and brain damage. Adults are urged to contact their physician to identify their risk factor for stroke and to learn how to spot its symptoms and what should be done should any signs appear.



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FRI-SAT 11AM-9PM

TOLD MY WIFE SHE'S BAD WITH DIRECTIONS. SHE WAS SO MAD, SHE PACKED HER BAGS AND LEFT.

CAUGHT READING

WORD SEARCH

WORDS

- APPENDIX
- AUDIO
- AUTHOR
- BIBLIOGRAPHY
- BINDING
- BLURB
- BOOKS
- BOOKSTORE
- BORROW
- CHAPTER
- EDITION
- E-READER
- GENRE
- HARDCOVER
- ILLUSTRATION
- IMAGINATION
- INTEREST
- LIBRARY
- NONFICTION
- PAGE
- READING
- SHELVES
- SPINE
- STORYTELLER

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

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

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59													
60						61					62		
63						64				65			
66						67				68			

CLUES ACROSS

- Two-person German submarine
- 60-minute intervals (abbr.)
- Database management system
- Vertical position
- American jazz singer Irene
- Ancient Greek City
- Former Senate Majority Leader Harry
- Japanese seaport
- Self-immolation by fire ritual
- Assigns tasks
- Beloved type of cigar
- Discounts
- Cambodian communist leader Pot
- Important football position
- Kilometers per hour
- Lentil
- Extremely angry
- Yellow-flowered European plant
- American state
- Some are made by rabbits
- Express with a head movement
- Affair
- Cured
- Youth organization
- 18-year astronomical period
- Automobile
- Focus a shot
- The NFL's big game (abbr.)
- Mouth
- Infections
- Curved pieces of a horse collar
- Shameless
- Assist in escaping
- Capuchin monkey genus
- Cold wind
- Retired Brazilian NBAer
- Tropical Old World tree
- Bulgarian city
- Speak indistinctly
- Soviet Socialist Republic
- Between-meal sustenance

CLUES DOWN

- Not soft
- Sharp-pointed dueling sword
- Line a roof
- Greek god of the underworld
- Software
- Large-headed elongated fishes
- Shag rugs
- Type of whale
- Lacking a plan
- Spill the beans
- Some is 'heavy'
- One who has been canonized
- Indicate times
- Greeting
- Broadway actor Josh
- Seashore
- Indicates before
- Electrical power unit
- Destitute
- Drags forcibly
- Impropriety
- Word forms
- Equal to 10 meters
- Neither
- Computer language
- Practice of aging film or TV characters (abbr.)
- A woolen cap of Scottish origin
- A promise
- Challenges
- Official
- People living in Myanmar
- Notable tower
- Type of sword
- Vaccine developer
- Listing
- Summertime insects
- Concluding passage
- Guitarist Clapton
- Damp and musty
- Central nervous system
- Against

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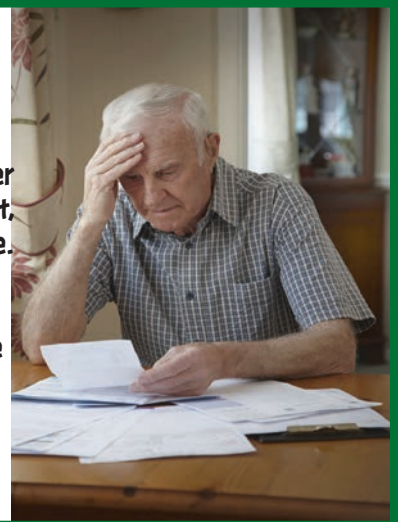
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Research conducted by the National Council on Aging and the LeadingAge LTSS Center @UMass Boston found that 80 percent of older adults are either currently financially struggling or are at risk of economic insecurity in retirement. Further analysis found that living in the community without some assistance is beyond the reach of most older adults. Rising living costs and financial shocks, which are inherently difficult to predict, also pose a threat to older adults' capacity to maintain economic security in the future. The NCOA offers a range of scenarios designed to help retirees make their money last, and making a concerted effort to grow savings is among those suggestions. Doing so may not be possible for current retirees, but seniors nearing retirement can emphasize growing their savings as their target retirement date draws closer. That's a philosophy that thus far adults have been slow to adopt, as a recent report from the U.S. Government Accountability Office found that roughly half of all households age 55 and older have no retirement savings.



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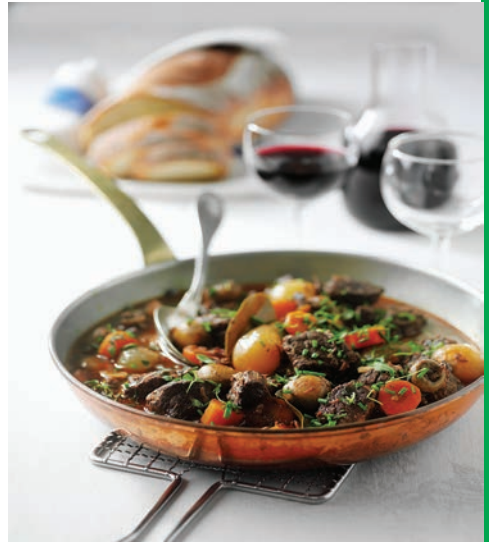
A French standard offers a unique way to prepare beef

Beef is a versatile ingredient that's popular in countries across the globe. There's no shortage of ways to prepare this favorite protein source. French chefs utilize beef in various recipes, and one popular dish is Beef Bourguignon. This stew works well as a comfort food, and has become a standard of French cuisines over the last century and a half and made widely popular in the United States when Julia Child first adapted the recipe. Those who want try their hand at cooking beef in the French fashion can look to this recipe for "Beef Bourguignon" from Lines+Angles.

Beef Bourguignon (Makes 6 servings)

- 1 1/2 tablespoons sunflower oil
- 7 ounces diced smoked bacon
- 2 1/4 lbs. beef steak, chuck, cut into 2 1/2-centimeter cubes
- 1 cup all-purpose flour
- 2 tablespoons unsalted butter
- 1 onion
- 3 carrots, peeled
- 14 ounces button onions, or small round shallots, peeled
- 2 finely chopped garlic cloves
- 1 tablespoon tomato passata
- 3 cups good quality red wine (e.g., from Burgundy)
- 1 2/3 cups beef stock
- 3 bay leaves
- 4 to 5 sprigs young thyme, plus extra for garnishing
- 1 small bunch chives, snipped
- Salt & Freshly ground black peppercorns

1. Preheat the oven to 275 F.
2. Heat the sunflower oil in a large, wide saute pan or casserole dish set over a moderate heat until hot. Add the bacon and fry until golden and crisp, 7 to 8 minutes. Remove from the pan to a plate lined with paper towels.
3. Dust the chuck steak with the flour, shaking off the excess. Season with salt and pepper before browning in the pan, in batches, over a moderately high heat. Remove from the pan to a bowl.
4. Return the pan to a medium heat. Add the butter, let it melt, and then stir in the onion, carrot, pearl onions, and a pinch of salt.
5. Saute for 8 to 10 minutes until colored. Add the garlic and tomato passata, and cook for a further minute.
6. Return the beef to the pan and deglaze with the wine, scraping the base to release any stuck-on bits.
7. Stir in the stock, bay leaves and thyme sprigs, and bring to a boil. Once boiling, transfer to the oven.
8. Braise for about 90 minutes to 2 hours, stirring occasionally, until the beef is tender and easy to pull apart.
9. Remove from the oven and season to taste with plenty of salt and pepper. Serve from the pan with a garnish of snipped chives and some thyme sprigs.



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JUDGE: "THAT IS A SIMPLE YET GOOD REASON."

THEN THE JUDGE LOOKS TOWARDS THE EX HUSBAND.

JUDGE: "WHY DO YOU THINK YOU DESERVE CUSTODY OF THE CHILD, SIR?"

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How to establish a peaceful backyard retreat

Backyards have undergone quite a transformation over the last decade-plus. The days when patios and decks were all a backyard living space had to offer are largely a thing of the past, as homeowners have realized just how valuable it can be to commit to a stunning backyard.

The real estate experts at Zillow estimate that homes with backyard features such as outdoor televisions, outdoor showers and outdoor kitchens command 3.1 percent more than expected upon reaching the market. If 3.1 percent doesn't sound like a lot, it actually equates to nearly \$11,000 on a typical home. But there's more to gain than money when converting a backyard space into a relaxing respite. Such spaces can provide a welcoming escape from the hustle and bustle of daily life, all the while giving homeowners and residents a comfortable space to soak in the great outdoors. With that in mind, homeowners can take the following steps to establish a peaceful backyard retreat.

- ~ Refresh the landscape. Even if your vision is centered on outdoor furniture and a space that accommodates movie nights under the stars, it's still best to refresh the existing landscape if it needs a little upkeep. Overgrown trees, hedges and bushes can create the same cluttered vibe that dominates interior spaces overrun with items. If necessary, work with a local tree service or landscape architect to trim, or even remove, trees and hedges that are crowding the backyard and making it feel claustrophobic or giving it an unkempt look. Aim for a landscape that affords a balance of sun and shade so the space is as comfortable as possible throughout the day.
- ~ Set up multiple gathering spaces, if possible. Once a backyard retreat is established, everyone who calls the property home might find the space hard to resist. Keep this in mind when planning the space and aim to set up multiple gathering spaces. An outdoor kitchen with a nearby dinner table can be a great space to enjoy al fresco dining, but a separate area to read a book or watch a movie or ballgame can make the space more versatile. Some may want to relax away from the noise of the grill area, and multiple gathering spaces ensures there's always a peaceful spot to unwind out back.
- ~ Add a water feature. Running water has a way of calming the nerves, and that's good to keep in mind when planning a backyard retreat. Water features run the gamut from garden ponds to koi ponds to fountains to hot tubs. Homeowners can identify which feature best aligns with their idea of relaxation and then work with a landscape architect to ensure it's installed in their backyard oasis.
- ~ Don't forget shade. Temperatures are rising in many areas of the globe, and that's worth noting when planning a backyard retreat. Even the most ardent sun worshippers likely won't want to be exposed to the sun at all times when relaxing in their backyards. Strategically chosen means of providing shade can make spaces enjoyable all day long. Consider umbrellas, gazebos, pergolas, and even retractable awnings to cover patios and decks when the sun is at its highest each afternoon. If you plan to spend ample time in the grass, make that more enjoyable by planting shade trees, which also can protect the grass from drought and make it more comfortable underfoot.

A relaxing backyard retreat can make for an ideal space to escape the hustle and bustle of daily life.

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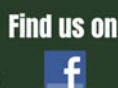


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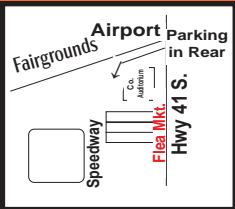
everything up.





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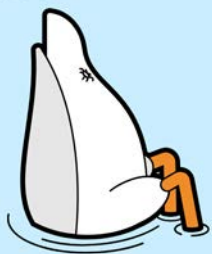
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Mother's day crafts Mom will cherish

Many mothers will attest that few things are better than a little rest and pampering on Mother's Day. And when it comes to gifts, homemade items are among the most heartfelt.

Although schools and day care centers may take the lead and guide children through Mother's Day crafts, parents and caregivers looking to encourage kids to make crafts at home can explore these ideas that can turn into wonderful gifts or decorative items for Mom.

Floral votive holders-Kids can create special candle holders that they customize with pressed or paper flowers. New jars can be purchased from a craft store or empty jars at home can be repurposed. Using Modge Podge or another durable adhesive, children can attach dried, pressed flowers to the outside of the jar by painting the adhesive over the flowers; otherwise, paper flowers cut out from tissue paper or construction paper can be used. Once dry, attach a piece of decorative twine, yarn or ribbon around the mouth of the jar. Place a tealight candle inside for Mom to enjoy.

Writing pen bouquet-Why not give Mom something that is both beautiful and functional this Mother's Day? Children will have fun making flower pen bouquets. All it takes are a few inexpensive disposable pens, floral tape and artificial flowers. Place an artificial flower stem alongside the pen. It should be short enough that it will not impede writing, so cut if necessary. The petals of the flower should be up at the non-writing end. Starting at the non-writing end of the pen, begin to wrap floral tape snugly around the stem and pen to just before the tip of the writing end. It is better to use too much floral tape than not enough. Repeat the process for as many pen flowers as you'd like to make, then offer as a gift in a vase.

Jewelry dish-Mom can keep her favorite pieces of jewelry safe with a heartfelt clay jewelry dish. It's easy to make with only a few materials. Using air-dry clay and a heart-shaped cookie cutter, children can roll out the clay and cut out the shape. Turn up the edges slightly to make a rim so that rings or earrings won't fall out of the dish later on. Then kids can press decorative items, such as beads, small seashells, sequins, or faux gems, into the clay. The jewelry dish is beautiful as-is, or it can be painted after dry.

Faux stained glass-This project mixes paint with glue to create a stained glass effect. The colors can be painted on any acrylic surface, whether it's a flat, plastic photo protector in a picture frame or clear, plastic cosmetic bottles. When the light hits the items, it will produce a prismatic effect just like the real stained glass. Take painter's tape and mark off a desired design, such as writing "I Love Mom." Using separate small containers (an empty foam egg carton would work well), add a little bit of clear school glue and a few drops of desired colors or acrylic paint. Paint the different colors as they pertain to the design or pattern. The glue and paint should dry quickly and extra coats can be applied depending on how intense you want the color to be. Once the stained glass is dry, peel off the painter's tape and gift.

Kids can get busy crafting gifts that show Mom just how much she's loved and appreciated.



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Week 66 Winners (April 11th)

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

WORDS

- ACIDS
- ACNE
- ANTI-AGING
- ANTIOXIDANTS
- CERAMIDES
- CHARCOAL
- CLEANSER
- COLLAGEN
- DRYNESS
- ECZEMA
- EMOLIENT
- EXFOLIATE
- GLYCOLIC
- HUMECTANT
- HYALURONIC
- MOISTURIZER
- OILY
- PEPTIDES
- PORES
- ROSACEA
- SALICYLIC
- SEBUM
- SPF
- SUN SPOTS

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

THE OTHER DAY A MAN TRIED TO SELL ME A COFFIN. I TOLD HIM, "THAT'S THE LAST THING I'LL NEED."



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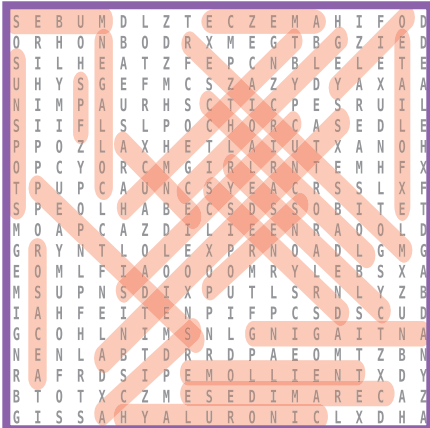
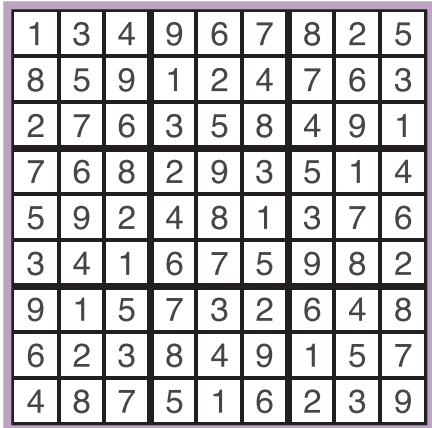
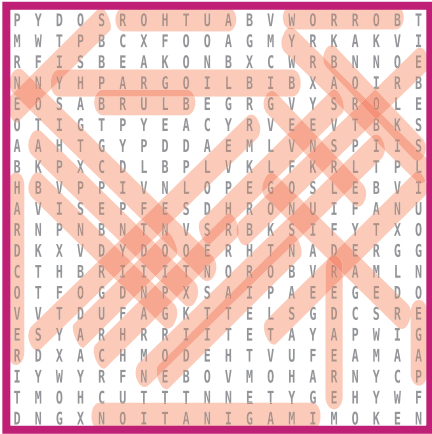
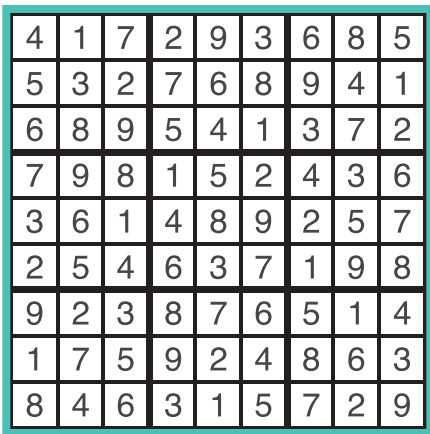
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Where were the "Easter Eggs" hidden in the April 2025 edition?
Cover, pg 2, pg 5, pg 16, pg 18, pg 25, page 25, pg 27, pg 29, pg 35, pg 38
-NO WINNERS THIS MONTH :(



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Gus's Animal Gossip

Energy levels and exercise needs merit consideration before adopting a new dog



Dogs add a whole new element to a family dynamic. Parents may adopt a dog not only because they love these loyal animals, but also because they hope to instill a sense of responsibility in young children who will be tasked with helping to take care of the family's furry new friend.

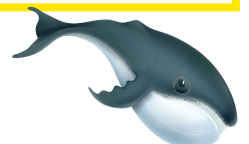
The level of interaction dogs require can vary greatly among the breeds. There's no shortage of breeds to consider as families look for a new dog, and it can help to recognize which dogs are especially energetic and which might be more enthusiastic about cuddle sessions on the couch. It's also worth noting that each individual dog is unique, so just because a dog is a certain breed does not mean it will automatically behave exactly the same as other dogs of the same

breed. However, breed reputation can be a good barometer as families look to bring a new dog into the fold. The following are five popular breeds and their corresponding exercise needs.

1. Akita: Akitas originated in Japan, and it's not uncommon to refer to this beautiful breed as the Japanese Akita. American Akitas also are popular, and these dogs may have higher energy levels than those from Japan. Akitas are large dogs and require regular walks and daily play sessions with their owners.
2. Bichon Frise: These small, cheerful pups require ample attention. Bichons typically weight between 10 and 18 pounds, so owners are unlikely to be exhausted by daily play sessions, which are necessary to ensure the dogs do not become overwhelmed by separation anxiety.
3. Dachsund (standard): These highly affectionate dogs typically weigh between 16 and 32 pounds. Dachsunds' stature can be deceptive in relation to their energy levels, as the American Kennel Club notes these dogs love to play and can even make for fine watchdogs. Ample exercise is vital to ensure dachsunds don't gain a lot of weight, and physical activity also helps them build strong muscles that support and protect their backs, which are lengthy and therefore vulnerable to disc damage if the dogs don't stay fit.
4. French bulldog: French bulldogs do not require an especially high level of exercise. According to the AKC, a short walk or outdoor play session should be enough daily exercise for these lovable, bat-eared pups to stay in shape. Like English bulldogs, French bulldogs are flat-faced, which means they should be monitored closely and prevented from exerting themselves in hot or humid weather.
5. German shepherd: German shepherds are large, agile and muscular, and those characteristics alone likely give prospective owners an idea of what to expect from these beautiful dogs in relation to exercise. The AKC notes German shepherds are very active and athletic, so they will need lots of exercise. Without sufficient exercise, German shepherds may develop problematic behaviors. Careful consideration of a breed's energy levels and exercise requirements can ensure families find a dog that will suit their situations and schedules at home.



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