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VOLUME 4~ ISSUE 5

MAY 2025

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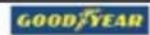
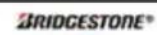
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JOKES-PUZZLES-CLASSIFIEDS-RECIPES-COMMUNITY EVENTS-FEATURE ARTICLES



May The Month of Blossoms, Blessings, and Barbecue

Well, folks, it's May. The month when many things bloom, and my allergies kick in like a mule. I've sneezed so much that I might as well be a human foghorn. And if I hear one more person say, "Oh, it's just the pollen," I might just lose it!

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!

By Leland Shipp www.lelandshipp.com



WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.

A



B



Answers:
1. Missing margold on left 2. Rose growing in background 3. Shovel is missing pattern on handle 4. Butterfly on pink flower

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Activities that promote cognitive health

Maintaining physical health as a body ages is an important consideration, and often one of the first things that comes to mind when people think about being healthy. Yet physical health is only one component of a healthy lifestyle; individuals also must pay attention to what they do to promote cognitive health.

A 2023 study from the National Center for Biotechnology Information at the National Institutes of Health indicated that some decline in cognitive abilities is a natural part of the aging process. Attention, memory, executive cognitive function, language, and visuospatial abilities all exhibit measurable declines with age, according to the study.

Just because some measure of cognitive impairment occurs as the years march on doesn't mean that seniors are powerless against Father Time. Certain behaviors and activities can help improve cognition.

Physical activity: It is important to stay physically active, not only for the body, but also for the brain. Harvard Health says research shows when animals exercise regularly, the number of tiny blood vessels that bring oxygen-rich blood to the brain increase. More oxygen can reach an area of the brain that is responsible for thought and help improve brain function. Exercise also lowers blood pressure, cholesterol levels and blood sugar, all of which can be beneficial to the brain.

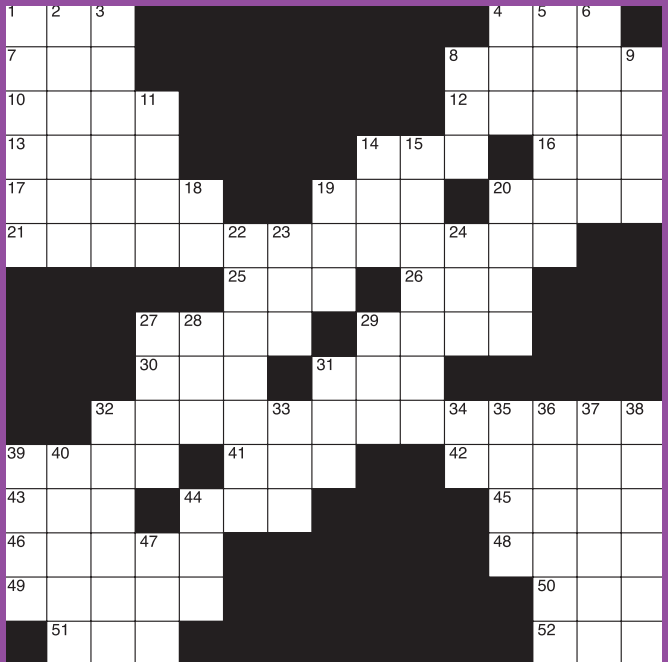
Engage in relaxing activities: People who are depressed, sleep-deprived or anxious tend to score poorly on cognitive function tests. While this may not be an indicator of cognitive decline, it is important to engage in behaviors that promote happiness and restfulness for mental health. Meditation, yoga, deep breathing exercises, and activities that help a person smile and laugh can be good for the brain.

Participate in stimulating activities: Stimulating activities, like word games, gardening, dancing, or playing a musical instrument, can help maintain cognitive function and enhance memory, says Healthline. Doing things that require mental effort can help stimulate and maintain cognitive function and also may improve emotional well-being.

Read more often: Various studies indicate that reading can promote strong mental health. In addition to keeping a person entertained or informed, reading exercises the brain. There are new words to learn, new scenarios to imagine and locations to envision. Sharing a summary of what was read with others also helps work the brain in different ways, all of which are good for cognitive health.

Make new recipes: Browsing through a recipe, shopping for the ingredients, putting the ingredients together, and producing the finished product all can work the brain. A person is reading, engaging in math, predicting the results, and utilizing the senses during the process of cooking.

Various activities can promote strong cognitive health and may help to reduce or delay cognitive decline through the years.



CLUES ACROSS

- 1. Yearly tonnage (abbr.)
- 4. British thermal unit
- 7. Afflict
- 8. Refrain from harming
- 10. Galls
- 12. Leg bone
- 13. Rhine tributary
- 14. Recipe measurement
- 16. Chap
- 17. Useful book
- 19. Mountain Time
- 20. Snake-like fishes
- 21. Places where people live
- 25. US, Latin America, Canada belong to
- 26. Periodical
- 27. A type of sense
- 29. A way to get possession of
- 30. Everyone has one
- 31. Body art
- 32. Mr. October
- 39. Abba __, Israeli politician
- 41. Head movement
- 42. Jeweled headdress
- 43. VCR button
- 44. A way to change color
- 45. Basketball move
- 46. Upright stone slab
- 48. Forest-dwelling monkey
- 49. Pulsate steadily
- 50. Negative
- 51. Sino-Soviet bloc (abbr.)
- 52. Unit of work

CLUES DOWN

- 1. Island
- 2. Pittsburgh ballplayer
- 3. Chemical compound
- 4. Indicates density of data (abbr.)
- 5. Mesas
- 6. Wild, long-legged sheep
- 8. Engine additive
- 9. "CSI" actor George
- 11. Stony waste matter
- 14. Thyroid-stimulating hormone
- 15. Pores in a leaf's epidermis
- 18. Digraph
- 19. Married woman
- 20. Peripheral
- 22. Northern Italy city
- 23. Klutz
- 24. Type of tree
- 27. Witnessed
- 28. Popular breakfast food
- 29. __ Mahal
- 31. BoSox legend Williams
- 32. Professional drivers
- 33. Atom or molecule type
- 34. The Constitution State
- 35. Chest to store clothes (Scottish)
- 36. Type of solution
- 37. Speaker
- 38. Specifying
- 39. Formerly (archaic)
- 40. Wiseman and Krom are two
- 44. The bill in a restaurant
- 47. Tennis shot

How do you make a one-armed man fall out of a tree?
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Did you know?

The U.S. Department of Health and Human Services reports that pollen season is getting longer and increasing in intensity. Shifts in precipitation patterns, more frost-free days, warmer seasonal air temperatures, and greater amounts of carbon dioxide in the atmosphere, each of which are side effects of climate change, have led to higher concentrations of pollen in the air and longer pollen seasons. Data from the USA National Phenology Network, which provides data on the timing of seasonal events in plants and animals to ensure the well-being of humans, ecosystems and natural resources, indicates total pollen counts increased by as much as 21 percent between 1990 and 2018. Such data may come as no surprise to people with asthma and seasonal allergies who have noticed the side effects of such conditions tend to start earlier than in the past and extend for longer periods of time than in previous years.



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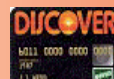
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3rd

3rd annual Brooksville's Cinco De Mayo! Olé!

Join us to celebrate our Brooksville's Cinco de Mayo! Free event, Free parking, Pet & Family friendly, Pepper Eating Contest! Right in the heart of Beautiful Downtown Brooksville from 5PM to 9PM

3rd

Baskets of Blessing Spring Social Event by First Baptist Church of Brooksville. Join us for our annual ladies' Spring Social at 11am in the Fellowship Hall! Located at 420 Howell Ave, Brooksville, FL. Basket of Blessings is this year's theme, and Anita Janoski is our speaker! The menu is a Spring Salad Buffet! There will also be photo opportunities, a fun activity, and a door prize. Tickets are \$10. They will be on sale April 13- April 30. You can purchase them in the office during the week, on Wednesday nights from Linda Schrack, or before/after Sunday services on April 13 & April 27!

4th

SUMTER SWAP MEETS IN BROOKSVILLE. Automotive Swap Meet, Car Corral, Car Show on the First Sunday of EACH Month except July & August. Over 600 vendor spaces filled with vendors selling auto parts, cars, auto related merchandise, tools, antiques, memorabilia and more. Hourly door prizes and trivia questions. We have food vendors who offer a variety of foods including BBQ, fresh cut fries, Italian sausage, ice cream, corndogs, smoothies and more. Gate Admission: Adults \$5.00, 12 and under free with guardian, 7:30 am-2pm. Located at the Florida Classic Park 5360 Lockhart Rd., Brooksville, FL

9th

Crossfire Creek to Headline Friday Night Live in Historic Downtown Brooksville!! Brooksville Main Street is excited to announce that Crossfire Creek, one of Florida's premier country bands, will be headlining Friday Night Live from 6:30pm-9:30pm in historic downtown Brooksville. This free, family-friendly event will bring high-energy live music, local food trucks, and a vibrant atmosphere to the heart of the city. Known for their powerful vocals, dynamic stage presence, and a mix of modern and classic country hits, Crossfire Creek has captivated audiences across Florida. Lawn chairs and blankets are welcomed and encouraged!

16th

The Genealogy Society of Hernando County will meet May 16th at the LDS Family History Center, 21043 Yontz Rd., Brooksville at 10 a.m. This month's presentation topic is TBA. For additional research, the LDS Family History Center research lab and resources, at the same Yontz Rd address as above, are available every Wednesday evening, 6-8:00 p.m.; 2nd Saturday, 9:00 a.m.-Noon; 3rd Friday, 9:00 a.m.-Noon. Or, by appointment anytime, leave a message with John Ellis, (813)716-7804. The LDS requests 'no shorts please'.

17th

Train show at the Hernando Fairgrounds located at 6436 Broad Street in Brooksville Over 70 tables of vendors will be on hand selling various Model Trains, toys and much more. Show is open 9am-2pm. Admission is \$6 adults, and kids 12 & under are free. To learn more info go to www.regalrailways.com

17th

Experience the charm of historic downtown Brooksville at the Downtown Street Market, where local artisans, food vendors, and small businesses come together to create a vibrant shopping experience! This month, we're excited to introduce the International Spring Fling Market from 10:00 AM to 2:00 PM at 13 S Brooksville Ave, Brooksville, FL. Find a lively marketplace filled with unique handcrafted goods, fresh produce, and delicious food. With the addition of the International Spring Market, visitors will also find a sampling of international vendors offering cultural goods, authentic cuisine, and spring-themed products. This event is family-friendly and pet-friendly! Bring your furry friends, explore downtown, and support local businesses in a fun, welcoming atmosphere.

Weeki Wachee Swamp Fest

Thank you to all attendees, volunteers, sponsors, vendors, etc. for your hard work that made this 2025 Linda Pederson Park Arts & Crafts Event such a success. All proceeds went to local charity organizations. Work for 2026 starts soon. Check us out on Facebook & SwampFestWeekiWachee.com

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

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

Contact Crescent Community Clinic 352-610-9916 if you have no health insurance, live in Hernando Co., are ages 18-65, have a chronic health condition or a mental health issue. Crescent Community Clinic is a 501c3 nonprofit health organization, 5244 Commercial Way, Spring Hill 34606 Open Wed., Fri., Sat. by appointment. Health care is at no cost. Donations accepted.

Weeki Wachee Anglers Fishing and Social Club meets the first Wednesday of each month, at 6:30 p.m. Silverthorn Country Club, 4550 Golf Club Lane, Spring Hill 34607. This is a family oriented fishing and social club that is open to men, women and children who are interested in learning more about the sport of fishing and boating inshore and offshore and who enjoy fun social events. The meetings consist of guest speakers, raffles and door prizes. For more info, call Ron Auger, President, at 207-608-5442.

Withlacoochee Rockhounds: A non-profit organization with the purpose of fostering interest and promoting knowledge of minerals, gems, fossils and the earth sciences. We meet on the second Wednesday of each month @ 7pm in the Weeki Wachee Senior Citizens Club building, 3357 Susan Drive, Spring Hill, FL 34606. We have guest speakers, videos, demonstrations, classes, workshops and our annual Gem & Mineral show. Raffle every month! Educational and entertaining, fun for all ages! Contact info: withlacoocheerockhounds.com #352-587-2714 or find us on Facebook!

Weeki Wachee Seniors Citizens Club - Come and enjoy time with other active club members; indoor activities include Arts, Crafts: such as (Knitting, Crocheting, Rug Hooking) Card games (Canasta, Pinochle, Poker, Golf, Skip Bo) Games (Mexican Train Dominos, Board games). The Rock Club meets once a month and display gems, mineral, fossils and jewelry. BINGO is ongoing every Thursday 1: PM to 4 PM - Jackpot now is over \$200. (Open to the public) lunch, snacks, and drinks available. Building available to rent for those special events, call Carol (570-441-9139) Now a new program is starting, Sweating to the Oldies on Wednesday mornings. Location 3357 Susan Drive, Spring Hill, 34606 (east of Hwy 19 off Toucan Trail)

ROYAL HIGHLANDS CRIME WATCH ASSOCIATION, INC. Did you know there is a crime watch in your area? We have been in existence since 2010 and we need your help to keep our neighborhood safe. If you want to learn more about what we do and how you can help prevent and report crime in your neighborhood, you can attend one of our meetings, or call Bill at 352-799-0126. Meetings are held on the 2nd Tuesday of every month at Christian Church of the Wildwood, 10051 County Road, Building D, Weeki Wachee.

Genealogy Research Schedule for LDS Family History Center, 21043 Yontz Road, Booksville: Research schedule for LDS Family History Center: 3rd Friday, 9-12 noon; Every Wednesday, 6-8 p.m.; 2nd Saturday 9-Noon; or appointment Contact: John Ellis (813)716-7804 and leave message
Weeki Wachee Area Club; 7442 Shoal Line; Quinella \$1/Bingo THURS: game starts 7 pm. "Show Me The Money" game MON 7-8:30 pm; 12 games/2 sets of 6. \$1/card (3 cards together). Complimentary Snacks provided. BINGO SAT, 11-2; Opens 10. Kitchen serves great food for purchase. No outside food please. Flea Market Last SUN of every month, \$10/space. Join Regular Meetings, 2nd TUES of month; Potluck 6 pm/Meeting 7:00. Mon & Wed Golden Sneakers Exercise with Kristina 9 am; Dance Exercise 10 am; Chair Stretch 11 am. No pre-registration needed, \$5/ class. Call MaryAnn at 863-381-4760 for building rental.

Hernando Beach Marine Group/Coast Guard Auxiliary Building, 4340 Caliente Street (corner of Shoal Line Blvd); Now back open after being closed for storm damage. Drop by to see the new look. For information on Boating Safety & other classes offered by Flotilla 15-8, call 352-263-9959 or email uscgauxed15.8@gmail.com. For info on community events call John Paul @ 678-468-1943. Building Rental available for your special events. Call Leslie @ 352-232-6901 for details.

Brooksville Elks Lodge #2582. December is \$1 application Fee. Elks Care and Elks Share. Help us support our local veterans, foster children. Come see us for a relaxing time. Meet new friends. Become a member. Friday dinner dances 5-9pm. Sunday Line dancing 2-6 pm. The current months' calendar and events are at (elks2582.com) 13383 County Line Road Spring Hill Florida 34609 phone 352-799-7148 Renovated hall / dance floor. Hall available to rent for your next occasion. Seated Dining Capacity of 175. Building Capacity of 233 persons.

West Hernando County Coin club meeting is 2nd Monday of the month located at Saint Joan of arc on corner of spring hill dr and Coronado. Starts at 7pm doors open at 6:30. Buy and sell coins. We have auctions and education. Great fun

Veterans Heat Factory is a non-profit that offers free services to veterans & first responders. Services include free access to a gym, individual and group counseling and activities. We are open Mon & Wed 9am to 4pm and Friday by appointment. Monday modules at 1, guitar at 2:30, and art all day. Thursday evening bible study at 4:30pm and peer group at 6. Every 4th Thursday we host a free dinner and socialization. 16230 Aviation Loop Ave Brooksville FL phone: 352-251-7015

Brooksville Elks Lodge #2582. Public always Welcome. Come see us. See what we do, meet members, and ask questions.

Elks Care and Elks Share. Help us support our community. Become a member. Also, See the Elks Lodge website @ elks2582.com for more information. 13383 County Line Road Spring Hill Florida 34609 phone 352-799-7148. Renovated hall / dance floor. Hall available to rent for your next occasion. Seated Dining Capacity of 175. Hall Capacity of 233 persons.

Win the Day -- Krueger Center @ 392 Beverly Ct, Spring Hill, FL (off hwy 19 next to Pasco/Hernando State College entrance)

How do you win your Day? Come and socialize with other active and same minded people. This center specializes and identifies the needs of the community. It provides a friendly, clean environment, and free to the public. Activities include and not limited to: card/board games; rug hookers, Mexican train dominoes; Mah Jongg; Bingo; Chair Exercises; Social groups. A monthly schedule of activities is available. Also, a library of books available for sharing. For more info call Nicky @352-293-4738 or 352-741-1485.

Academia Hernando invites adult learners to attend their SPRING Lecture Series 2025, beginning Jan. 10th and continuing every Friday for 8 weeks at The Om Holistic Wellness Center, 4242 Lake in the Woods Dr., Sp Hill 34601, 10 AM-12 Noon. AH is a not-for-profit learning experience through a series of 8 weekly lectures. SPRING Series Subscription is \$90 per person, OR, \$15.00 per lecture. Contacts For Fun Fridays:352-515-0300 and 352-345-8345. Check out www.academiahernando.org for lecture titles & descriptions

Hernando Computer Club Unequaled Education Support. Computers and Smartphones are our playground. We teach, we repair computer equipment, we upgrade software, and we accept retired equipment, which we then repair, upgrade and make available to needy students, visually impaired and any non-profit (501-C3) in need of a computer. We also offer social opportunities such as a book club, a garden club, noon luncheons and "Dime Jingle", a Kissing Cousin to Bingo, but cheaper and "funner". Located at 7925 Rhanbouy Rd. Spring Hill 34606. Call 352.684.7171 for more information.

Whip up a quick pasta salad with ingredients fresh from the garden

Fresh produce is refreshing and delicious. Whether it's recently plucked fruits or freshly harvested vegetables, these foods boast a flavor and nutritional profile unlike any other.

Comfort foods might reign supreme during colder winter months, but come spring and summer, lighter fare can be just what people need to maintain their energy and avoid feeling sluggish on warm days and nights. This recipe for 'Pasta Salad with Broad Beans, Tomatoes, Peppers, and Herbs' courtesy of Lines+Angles offers a midday energy boost that can lighten your culinary load in the months to come.

Pasta Salad with Broad Beans, Tomatoes, Peppers, and Herbs

Makes 6 to 8 servings

- 1 lb. farfalle pasta
- 4 vine tomatoes, diced
- 8 ounces broad beans
- 1 yellow pepper, diced
- 2 tablespoons finely chopped flat-leaf parsley
- 1 sprig chopped thyme
- 1 small bunch chives, snipped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Freshly ground black peppercorns
- Salt

Directions:

1. Cook the farfalle in a large saucepan of salted, boiling water until al dente; 8 to 10 minutes.
2. Drain and refresh immediately in iced water.
3. Once cool, drain again and toss in a large mixing bowl with the vegetables and chopped herbs.
4. Add the olive oil, lemon juice and seasoning, tossing again thoroughly before serving.



Did you know?

According to the World Cancer Research Fund, people who work with metalworking fluids have a significantly higher risk for bladder cancer than those who do not confront such exposure. Metalworkers and machine operators are most likely to use metalworking fluids during a workday. The longer people who use such fluids are exposed to them, the greater their risk for bladder cancer becomes. But bladder cancer also poses a threat for those who do not work with metalworking fluids. For example, the WCRF notes the risk of bladder cancer is as much as six times higher among smokers compared to non-smokers.

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*DINNERS SERVED WITH LINGUINE PASTA ONLY. NO SUBSTITUTIONS. NOT VALID ON HOLIDAYS

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(MILD, MEDIUM, OR HOT)
CHICKEN MARSALA*
CHICKEN ALA SAL*
TORTELLINI
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WHAT'D THE 0 SAY TO THE 8? NICE BELT!

PHOTO TIME

WORD SEARCH

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

WORDS

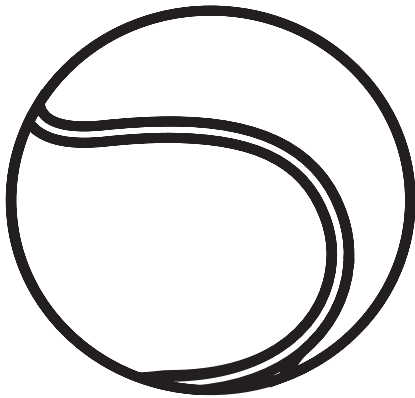
- ANGLE
- APERTURE
- CAMERA
- DEPTH OF FIELD
- DIGITAL
- EXPOSURE
- FOCUS
- F-STOP
- ISO
- LENSES
- LIGHT
- LIGHT METER
- PHOTOGRAPHER
- POSING
- PRINTS
- PROOFS
- SETTING
- SHOOT
- SHUTTER
- SMILE
- SPEED
- TELEPHOTO
- VIEWFINDER
- ZOOM

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



Creative Coloring

Color in this picture to create your own masterpiece.



THIS DAY IN HISTORY



1602: Cape Cod is sighted by navigator Bartholomew Gosnold.

1905: The city of Las Vegas, Nevada is founded.

1940: Richard and Maurice McDonald open the first McDonald's restaurant.

SPORTS FACT:



This racquet sport can be played in singles or doubles and features sets and matches.

Answer: Tennis

Double Word Puzzle

Unscramble the words to reveal the sentence.

TCUOR

--	--	--	--	--

1

PYAL

--	--	--	--

2 3

EMTE

--	--	--	--

4 5 6

VSEER

--	--	--	--	--

7

--	--	--	--

2 1 7 5

	F
--	---

1

	H
--	---

6 5

G			
---	--	--	--

3 4 5

Answer: Love of the game

NEW WORD

LOVE

a score of "zero" in tennis

How they say that in...

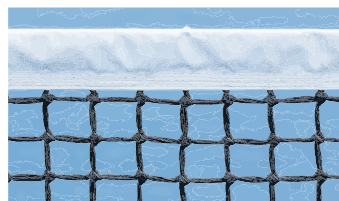
English: Court
Spanish: Cancha
Italian: Campo
French: Terrain
German: Feld

Did You Know?

Maud Watson was the first woman to win Wimbledon in 1884. Ellen Hansell was the first women's singles tennis champion at the U.S. Open (1887).



Get the PICTURE?

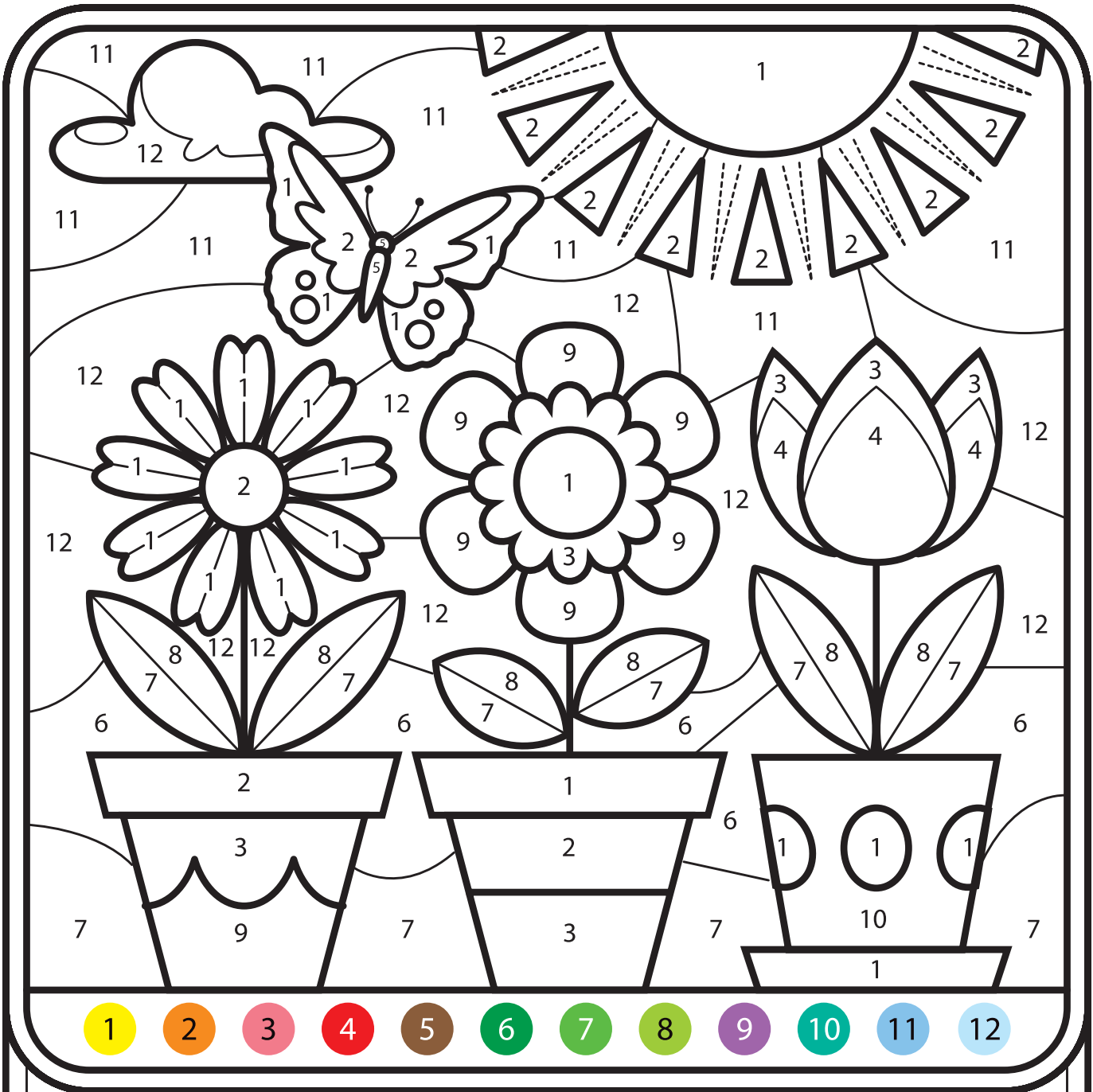


Can you guess what the bigger picture is?

Answer: Tennis net



How excited was the gardener about spring?
So excited he wet his plants.



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

ANSWERS ON
PG 38

SCAVENGER HUNT

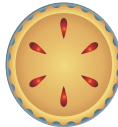


Find These Objects: A Tree Stump, Squirrel, Bird, Fox, Snail, Mushroom, Spider, and a Nest

SPELL IT OUT!

Things That Are Round

Things That Are Square



P _ _

B _ _



B _ _ _

W _ _ _ _



R _ _ _ _

S _ _ _ _

In-Person Group Sessions



Quit tobacco with **Group Quit.**

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Group Schedule:

4-Week In-Person Group Quit Sessions

Florida DOH/Premier Community Healthcare
7551 Forest Oaks Boulevard, Spring Hill
Mondays, May 9 - May 30, 2025
10:00am - 11:00am

One-Time In-Person Group Quit Sessions

**NAMI Hernando Recovery Community
Center 4034 Commercial Way, Spring Hill**
Monday, May 19, 2025
2:00pm - 3:00pm

Florida DOH/Premier Community Healthcare
300 South Main Street, Brooksville
Tuesday, May 20, 2025
1:00pm - 3:00pm

Crescent Community Clinic
5244 Commercial Way (US 19), Spring Hill
Wednesday, May 21, 2025
10:00am - 12:00pm

People Helping People
1396 Kass Circle, Spring Hill
Friday, May 30, 2025
11:30am - 1:30pm

Registration is required.

Call the GNAHEC office or register online:
[tobaccofreeflorida.com/
groupquitcalendar](https://tobaccofreeflorida.com/groupquitcalendar)

Virtual Group Sessions



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WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers:
1. Star cookie cutter bottom right 2. Missing "M" cookie cutter
3. Pat of butter right side 4. Extra yolk in bowl

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CAN YOU FIND ALL THE HIDDEN "RED FLOWERS"

() IN THE MAY EDITION OF THE PEDDLER'S POST? IF SO, TELL ME HOW MANY YOU FOUND AND WHAT PAGE NUMBER YOU FOUND THEM ON. IF YOU ARE ONE OF THE FIRST THREE PLAYERS TO FIND THEM ALL, YOU WILL WIN!

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THE FIRST 3 PLAYERS TO SUBMIT ALL THE CORRECT
ANSWERS WILL WIN!**

*****MUST BE WILLING TO MEET AT A LOCATION WITHIN OUR DISTRIBUTION
AREA TO TAKE A PICTURE OF YOU WITH YOUR NEW HAT AND TELL US A BIT
ABOUT YOURSELF TO BE USED IN THE FOLLOWING EDITION OF THE PAPER,
PUBLISHED ON OUR WEBSITE AND ON OUR FACEBOOK PAGE.**

*****YOU CAN ONLY WIN ONCE PER ITEM*****



 Peddlerspost/FI

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



CHANEL

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



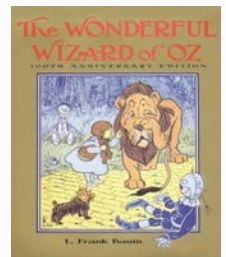
May 13th 1966 The Rolling Stones release "Paint it Black" single in the UK

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



YOUR RED CROSS NEEDS YOU!

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 Sailes, 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



Take one glass of Coca-Cola when weary with shopping Refreshes, energizes and eases

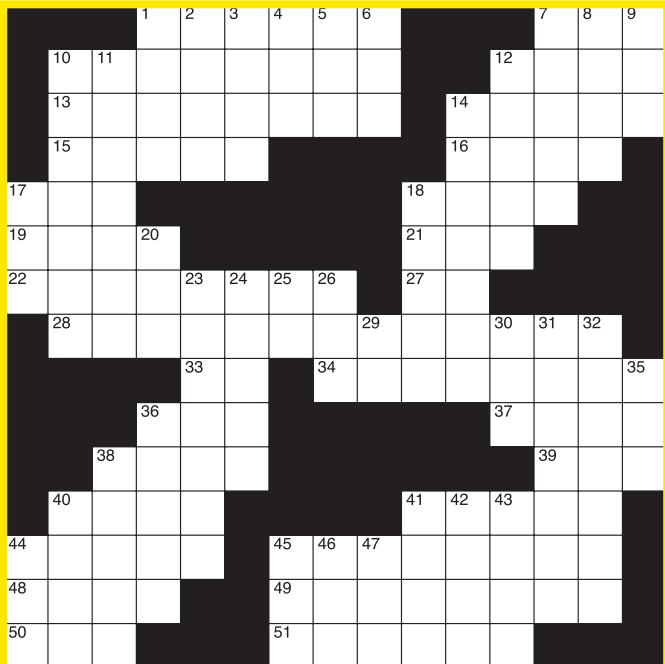
May 29th 1886 American pharmacist John Pemberton begins to advertise his patent medicine - Coca-Cola in Atlanta, Georgia

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



CLUES ACROSS

- 1. Bring up
- 7. Child
- 10. Formal written defense
- 12. Bangladeshi currency
- 13. Burial site
- 14. In the lead
- 15. Large recesses in a church
- 16. Count on
- 17. Defunct phone company
- 18. Golf scores
- 19. Afflicts
- 21. Defensive nuclear weapon
- 22. Prominence
- 27. "The Great Lakes State"
- 28. SoCal ballplayer
- 33. Location of White House
- 34. Magnificence
- 36. Hip hop songstress
- 37. Capital of Yemen
- 38. ___ Blyton, children's author
- 39. Bomb
- 40. Pancake made of buckwheat flour
- 41. Pinkish-violet color
- 44. A way to make right
- 45. Monument to one buried elsewhere
- 48. Region south of Dead Sea
- 49. Acts out against
- 50. Harsh cry of a crow
- 51. Formal title for a woman

CLUES DOWN

- 1. Kitchen devices
- 2. Wings
- 3. Mythological birds
- 4. Everyone has one
- 5. Matchstick game
- 6. Bar bill
- 7. Weights
- 8. Satisfactorily
- 9. Small amount
- 10. Tree types
- 11. Small protuberances
- 12. Equivalent of 100K BTU
- 14. Type of horse
- 17. More (Spanish)
- 18. Argentinian province
- 20. A bad act
- 23. Moving in a circular way
- 24. Battery type
- 25. Atomic #58
- 26. Popular breakfast food
- 29. An alternative
- 30. Tooth caregiver
- 31. A way to conform
- 32. Disfigured men
- 35. Cool!
- 36. Genus of mosses
- 38. Body part
- 40. Kashmiri people
- 41. Round water pot
- 42. Something to purchase
- 43. Emit coherent radiation
- 44. Indicates 10
- 45. Advertising metric
- 46. Pitching stat
- 47. Head movement

**What happens if the average number of bullies at a school goes up?
The mean increases.**

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- FOLLOW THE INSTRUCTIONS IN THE POST.
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Peddlerspost/FL

FREE FOOD FRIDAY WINNERS

Week 64 Winners (March 28th)

Lydia Sulecki~\$25 Cali Street Taco's Jay Sabina~\$25 Bosc's Italian To-Go Heather Preston~\$25 Lake Lindsey Mall & Deli
Greg Sanden~\$25 Argento's Italian Bistro & Pastry Shoppe Christina Jones ~\$25 Argento's Italian Bistro & Pastry Shoppe

Week 66 Winners (April 4th)

Roseann Sabina~\$25 Bree's Riverside Restaurant Karen Mitchell~\$25 Pudgée's Dee Ann~\$25 Pinschers Pizzeria
Zak Brooks~\$25 Trader Bay Seafood Candida Lyn Frye~\$25 La Pergola Italian Argentinian Ristorante

Week 66 Winners (April 11th)

Karissa Nicolette Johnson~\$25 Bree's Riverside Restaurant Doris Thompson~\$25 Pinschers Pizzeria
Roseann Sabina~\$25 Pudgée's Cathy Maddox~\$25 Monster's Pizza Cayla Turner~\$25 Argento's Italian Bistro & Pastry Shoppe

Week 67 Winners (April 18th)

Heather Preston ~\$25 Bree's Riverside Restaurant Steve Dugay~\$25 Lake Lindsay Mall & Deli Alison Hand ~\$25 Mama's Kuntry
Kafe Deborah Sullivan~\$25 Lake Lindsey Mall & Deli Christina Jones~\$25 Argento's Italian Bistro & Pastry Shoppe

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Level: Beginner

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Simple spare ribs to satisfy your craving for barbecue
The aroma of barbecue is hard to resist and the flavor is even better.

Barbecue is an art form, as that enticing aroma and undeniable flavor is truly a labor of love. But even novices can try their hands at barbecue and end up with delicious results. For those who want to craft their own barbecue concoctions, this recipe for "Barbecue Spare Ribs" from Lines+Angles is easily followed, and the finished product is undeniably flavorful.

Barbecue Spare Ribs
(Makes 6 servings)

- | | |
|-----|---|
| 2 | tablespoons paprika |
| 1/2 | teaspoon cayenne pepper |
| 2 | tablespoons garlic powder |
| 1 | tablespoon salt |
| 1 | teaspoon freshly ground black peppercorns |
| 6 | lbs. spare ribs, racks cleaned and trimmed |
| 13 | ounces barbecue sauce, low sugar, if possible |
| 1 | ounce flat-leaf parsley, torn |

1. Stir together the paprika, cayenne, garlic powder, salt, and pepper in a mixing bowl.
2. Thoroughly rub the spice mix into the rib racks. Place in a shallow dish, cover and chill for at least 8 hours.
3. After chilling, remove the ribs from the fridge. Preheat a gas or charcoal grill to about 300 F.
4. Cook the ribs on the grill, covered with a lid, until the meat is tender and pulls away from the bone, about 2 hours.
5. As the ribs cook, periodically brush them with some barbecue sauce, reserving any unused sauce.
6. When ready, remove the ribs from the grill and let them rest under aluminum foil for at least 10 minutes.
7. After resting, brush the ribs with any reserved barbecue sauce before cutting and serving with a garnish of parsley.

5 health benefits of tennis

Tennis is a wildly popular sport across the globe. Even though popular tennis stars Serena Williams and Roger Federer recently traded in their racquets for retirement, the sport continues to surge on a global scale. Sponsorships recently increased by 40 percent, according to the sports and entertainment research platform SponsorUnited. And since tennis is one of the rare sports played nearly year-round, it attracts a global and diverse fan base.

Tennis tournaments are entertaining and often draw celebrities, but the sport is even more exciting to play. Tennis also offers several health benefits. Explore these reasons to hit a tennis court near you.

1. **Better your brain:** Playing tennis may help improve critical thinking, mental alertness and tactical thinking by fostering connections in the brain. According to Elite Clubs, tennis also might help regulate serotonin, a brain chemical linked to body functions like appetite and sleep cycle.
2. **Improve balance:** Tennis requires agility, balance and coordination. By getting on the courts regularly, players can hone these skills.
3. **Help the heart:** The Better Health Channel in Australia reports tennis can be a great cardiovascular workout that increases aerobic capacities, reduces resting heart rate, lowers blood pressure, and improves metabolic functions. Playing tennis also can help burn calories, so it may help you lose weight, which also is beneficial for the heart.
4. **Get social:** Tennis is played in doubles or singles, meaning there will be at least one other person on the court with you. That provides an opportunity to socialize and build new relationships.
5. **Build stronger bones:** The United States Tennis Association advises that tennis can help build muscle and strengthen bones, which can be advantageous for older adults who are worried about bone loss. The USTA also reports one long-term study found playing tennis added 9.7 years to players' lives compared to sedentary individuals.

Tennis offers a wide range of health benefits that make it an ideal activity for players of all ages.

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Personals

Female strong pickleball player looking for a male 3.5 or higher for drilling only (maybe once per wk.). Must be a former tennis player and I'm not willing to teach anyone. Please call/text and leave a message with a description of your skill level and availability and I'll call you. 352-422-0807 - zero 8 one 7.

Wanted to Buy

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

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WANTED: An oversized storage shed (in any condition) on an existing lot residential or comm., reasonably priced, cash paid. Please call/text 352-422-0807. Thank you!

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Lawn & Garden

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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

Vacant Land

Inverness, Waterfront, Lake/Canal, Point Lonesome Rd, 5 acre corner lot, 2.5 acres dry & 2.66 acres wet, part of property ex-

tends across the road, homes only, \$52,000, Inverness Horizon Realty, Cell: 352-212-5222

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WORDS

- ANCHOR
- APRON
- BEAM
- BOARD
- CAULKING
- CIRCUIT BREAKER
- COLUMN
- CONCRETE
- CONDUIT
- DISCONNECT
- DRYWALL
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Find the words hidden vertically, horizontally, diagonally, and backwards.

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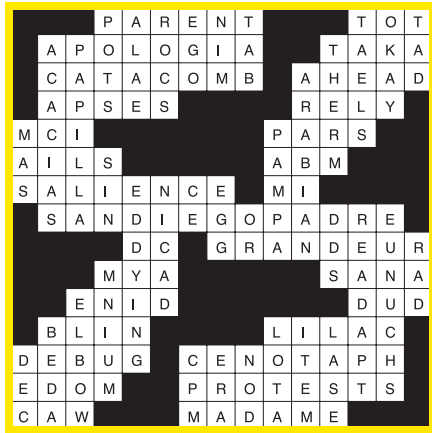
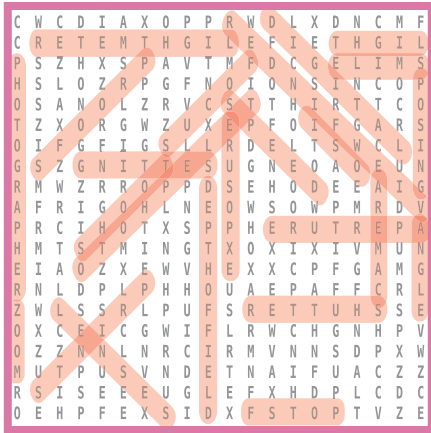
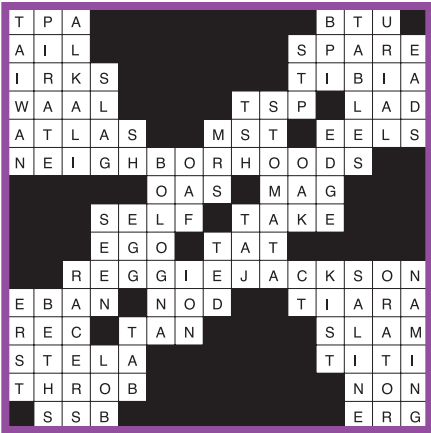


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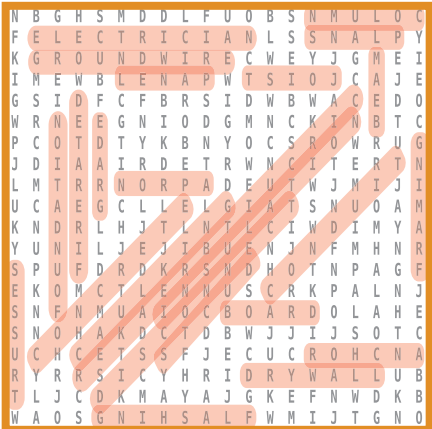
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Where were the "Easter Eggs" hidden in the April 2025 editon?
cover, cover, pg3, pg6, pg11, pg15, pg16, pg23, back cover
-NO WINNERS THIS MONTH :(

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Purina Cat chow Complete (blue bag) ~ Clumping Litter ~ Pine Litter
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 Cleaning Supplies ~ Dawn Dish Soap ~ Bleach ~ Paper Towels
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Paw Warriors is a 501(c)(3) non-profit cat rescue and sanctuary in Spring Hill, FL. We could always use an extra set of hands. Cleaning, Maintenance, Socializing of the Kitty Cats. For more info about volunteering and donations follow our Facebook page at: www.facebook.com/PAWwarriors



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.

What's the difference between dogs and marine biologists?
Dogs wag their tails, and marine biologists tag their whales.

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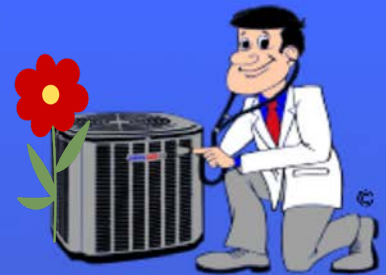
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