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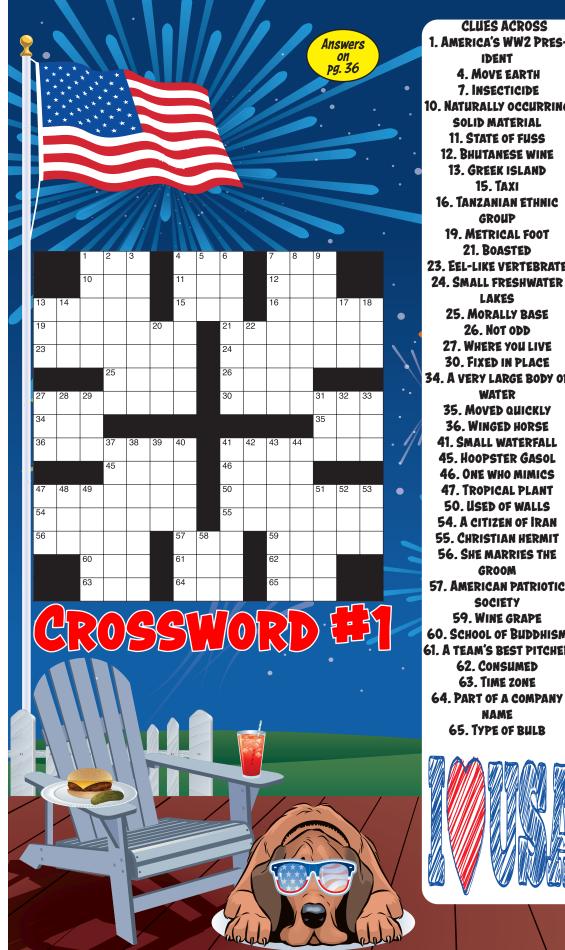
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CLUES ACROSS 1. AMERICA'S WW2 PRES-IDENT 4. MOVE EARTH 7. INSECTICIDE **10. NATURALLY OCCURRING** SOLID MATERIAL **11. STATE OF FUSS 12. BHUTANESE WINE 13. GREEK ISLAND** 15. TAXI 16. TANZANIAN ETHNIC GROUP **19. METRICAL FOOT** 21. BOASTED **23. EEL-LIKE VERTEBRATE**

LAKES

25. MORALLY BASE 26 NOT ODD 27. WHERE YOU LIVE **30. FIXED IN PLACE** 34. A VERY LARGE BODY OF WATER 35. MOVED QUICKLY 36. WINGED HORSE **41. SMALL WATERFALL 45. HOOPSTER GASOL** 46. ONE WHO MIMICS **47. TROPICAL PLANT 50. USED OF WALLS** 54. A CITIZEN OF IRAN **55. CHRISTIAN HERMIT 56. SHE MARRIES THE** GROOM **57. AMERICAN PATRIOTIC** SOCIETY **59. WINE GRAPE** 60. SCHOOL OF BUDDHISM 61. A TEAM'S BEST PITCHER 62 CONSUMED 63. TIME ZONE **64. PART OF A COMPANY** NAME 65. TYPE OF BULB



2. YOU USE IT FOR YOUR EYES 3. SET ASIDE FOR A LATER TIME 4. METRICAL FOOT **5. FAMED JOURNALIST** TARBELL 6. CONSUMES QUICKLY 7. REWARDS IN A CIVIL SUIT 8. KAMODO ARE SOME 9. BALLROOM DANCE 13. CHUM **14. COMEDIENNE GASTEYER** 17. A ROOM TO RELAX **18. COMMERCIALS** 20. SIX (SPANISH) 22. WILD PARTY **27. SMALL EUROPEAN** VIPER **28. BASEBALLER GORDON 29. ECCENTRIC PERSON** 31. A WAY TO SAVE FOR **YOUR FUTURE** 32. YOUNG BOY

CLUES DOWN

1. MARINE PROTOZOAN

33. MIDWAY BETWEEN NORTHEAST AND EAST **37. CHANGED 38. PROMINENT 39. GENUS OF SEABIRDS 40. EVENT REGARDED AS** WRONG 41. SKIPPED IN A LIVELY WAY 42. MULTI-FUNCTION RA-DAR (ABBR.) 43. A COUNTRY IN W. AFRICA 44. BURN A CORPSE 47. WOMEN'S __ MOVE-MENT **48. NHL GREAT BOBBY** 49. COARSE, GREEN MATE-RIAL **51. TREATED WITH CALCIUM** OXIDE 52. WHEN YOU HOPE TO GET THERE 53. "PARTRIDGE" ACTRESS SUSAN **58. WHAT THESPIANS DO**



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2nd

Come join the Nature Coast Community Band for the live concert "America the Beautiful" at 3:00PM at the Citrus Springs Community Center on Saturday July 2, 2022. The program is a celebration of patriotic tunes, featuring such classics as "The Stars and Stripes Forever" and "God Bless the U.S.A.". All NCCB performances have free admission, but donations at the door are greatly appreciated.

3rd

Come join the Nature Coast Community Band for the live concert "America the Beautiful" at 3:00PM at the Citrus County Auditorium on Sunday July 3, 2022. The program is a celebration of patriotic tunes, featuring such classics as "The Stars and Stripes Forever" and "God Bless the U.S.A.". All NCCB performances have free admission, but donations at the door are greatly appreciated.

12th

Citrus County Genealogical society will meet July 12 at 10:00 a.m. at the Church of Jesus Christ of the Latter-day Saints, 3474 W. Southern St, Lecanto, and by Zoom. Mark Olsen will present "What's New in Family Tree Maker." Attend if you don't know what Family Tree Maker is or if you have the software and want to know what is new. A door prize will be given. Guests are welcome. To get the link contact Mary Ann Machonkin at himary@tampabay.rr.com

Free Florida-Friendly Landscaping[™] Gardening Workshops Scheduled in July 2022

13th

Please mark your calendars for Wednesday, July 13, 2022 at 10:30am. You are invited to join Clear-Sky Health to celebrate the groundbreaking of their new Lecanto rehabilitation hospital – the first ClearSky facility in the State of Florida, located right here in Citrus County!

12th, 26th, & 28th

Managing Garden Pests Wisely-Tuesday, July 12, 2022, from 2:00-3:30pm. Right Plant, Right Place-Tuesday, July 26, 2022, from 2:00-3:30 pm. Palms in Central Florida- Thursday, July 28, 2022, from 6:00-7:30 pm. Classes are currently held online. Please register at https://ccufflprogram.eventbrite.com to participate in the workshops. For more information, contact Program Coordinator Steven Davis at (352) 527-5708.

25th

Citrus County Parks and Recreation Summer Family Night & Community Expo- End of summer carnival. Citrus Springs Community Center located at 1570 W Citrus Springs Blvd, Citrus Springs, FL. Bring yourfamily to this free event from 6-8 PM.

The Citrus County Genealogical Society will meet August 9 at 10:00 a.m. at the Church of Je-sus Christ of the Latter-day Saints, 3474 W. Southern St., Lecanto and by Zoom. Peggy Jude will present "What Can I do with by DNA - 13 Things You can do with your DNA." So you took a test, and your know your ethnicity. You are related to who you expected. Now what? Explore all the things you can do with your DNA from the basics to more advanced options. Guests are welcome. To get your Zoom link contact Mary Ann Machonkin at himary@tampabay.rr.com

The Citrus County Craft Council is proud to present our annual Harvest Moon Arts and Crafts Show on Saturday, August 20th from 9am to 3pm at the Crystal River Armory, located at 8551 W. Venable Street in Crystal River. There will be a large assortment of talented, local vendors selling their wonderful handmade goods. The prizes that will be raffled off at the event will benefit the Nature Coast Young Marines. The Young Marines will also have hamburgers, hotdogs, chips, and soda for sale. Admission to this event is free!

HAVE A SAFE AND FUN 47TH OF JULY WITH YOUR FAMILIES, REMEMBER TO KEEP IT FUNI

Ungoing

The East Citrus Community Center, located at 9907 E Gulf to Lake Highway, Inverness, FL, would like to announce two new additions to their community class schedule. Tai Chi will be offered on Tuesdays from 9:00-10:00am. On Tuesdays and Thursdays from 10:00-11:00am, certified Silver Sneakers Flex instructor Kathy Johnson will lead "Kathy's Crazy Cardio Class." The cost for each class is \$3.00 per person or \$1.00 for Silver Sneakers members. For those who wish to participate in both classes, there is a reduced cost of \$5.00 per person. For more information, contact the East Citrus Community Center at (352) 344-9666.

VOLUNTEER your business savvy!!! Share your business expertise with others by becoming a volunteer with SCORE Nature Coast. SCORE is a non-profit organization that is dedicated to helping new or existing small businesses succeed in today's environment. Join other local business professionals in mentoring our small business clients towards achieving their goals. It is a great feeling to know that you are part of helping our community grow! We need volunteers to be mentors, as well as those with expertise in social media, marketing, workshop facilitation and more. Please take an active role in helping your business community grow! WE NEED YOUR TALENT!! Contact us at 352/249-1236 or visit our website at naturecoastfl.score.org.

Looking for fun, low impact exercise to add to your routine? Citrus County Parks & Recreation's Bicentennial Park Pool (located at 8145 W Bicentennial Park Dr, Crystal River, FL 34429) offers Water Aerobics classes with a certified instructor weekly on Monday, Wednesday, Thursday, and Friday from 11:30am - 12:30pm. The cost is \$3.00 per person per class. These classes offer a fun, healthy fitness workout without added stress on your joints. Must be 16 years or older to participate. For more information, please call (352) 795-1478.

Citrus Sertoma-meets every 1st and 3rd Wednesday at the Inverness Moose Lodge 2112 on 221 S Haid Terrace, Lecanto, FL 34461 - Off Hwy 44 Dinner at 5:30 - Meeting at 6:30pm Visitors and New Members are welcome.

LEARN TO SQUARE DANCE Every Monday Starting January 3rd, 2022 6PM till 9PM WHISPERING PINES PARK 1700 Forest Dr, Inverness FL 34453 Cost \$5.00 p/p Western Wear Optional

Springs Masonic Lodge No. 378 Meets the 3rd Tueday of each month at 7:30 pm at Springs Masonic Lodge located at 5030 S. Memorial Dr., Homosassa, Fl. All Masons are welcome to join us for dinner at 6:30 pm. Snowbirds are always welcome.

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

Celebrate Recovery at Hills Church , 2 Civic Circle, Beverly Hills, FL. Every Monday Night at 6:00 For more information please call 410-353-7857

ALZHEIMER'S CAREGIVERS COMMUNITY SUPPORT The Floral City Alzheimer's/Dementia Caregivers Support Group meets on the third Friday of every month in the Floral City United 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 meetings on3rd Wednesday of each month at 7pm at Beverly Hills Lion Club 72 Civic Circle Beverly Hills Blvd Visitors are always welcome, members are all levels of turnings A woodturner demonstration given by experienced craftsperson contact email: Howturners.com or call Denis Cap 352-489-4374

community Board Submissions

To have your event mentioned on the Community Board there is no cost. All submissions need to be received no later than the 18th of the month to ensure they will be published in the next edition. We do have to keep the mention to a 4-6 line maximum (approximately 90 words) to ensure we have room to list everyones events. If your event mention does not meet these size requirement then it will be edited. This space is offered on a first come first serve basis.

What to do about wellness after 50

Reaching one's fiftieth birthday in optimal health is an accomplishment to be proud of. The hard work required to be healthy in midlife includes adhering to a nutritious diet and exercising regularly. Once individuals cross the threshold and enter their 50s, they can look to some additional strategies to maintain their physical and mental well-being for decades to come.

~ Get a pet. Many people 50 and older qualify as "empty nesters," a term applied to adults whose children have grown up and moved out of their homes. Some empty nesters experience a phenomenon known as "empty nest syndrome," which the Mayo Clinic notes can be marked by feelings of sadness or loss. Pets can help people over 50 with no children at home overcome feelings linked to empty nest syndrome. In 2018, the University of Michigan National Poll on Healthy Aging found that 86 percent of pet owners felt their pets make them feel loved while 73 percent said their pets provided a sense of purpose. Pets also can ensure individuals over 50 stay physically active and provide opportunities to connect with other people.

~ Prioritize learning. Whether it's taking music lessons, going back to school or mastering a new hobby, learning has a profound effect on aging brains. For example, a 2013 study published in the journal Psychological Science found that memory function is improved by engagement in demanding everyday tasks. That study reported that people who learned new skills experienced greater memory improvement than people who only socialized or participated in activities that were not as cognitively engaging.

~ Make an effort to improve balance. Various factors contribute to a decline in balance as adults age. For example, a decline in muscle mass that begins when people are in their 30s is a normal part of aging. Over time, that natural decline affects strength and agility. Balance exercises can be a valuable component of a fitness regimen that help individuals reduce their risk for falling as they advance through their 50s and into their 60s and 70s. That's a significant benefit, as the Centers for Disease Control and Prevention reports that one out of every three adults age 65 and older experiences a fall each year, and as many as 30 percent of those falls lead to serious injury.

many as 30 percent of those falls lead to serious injury. ~ Embrace your inner socialite. Socialization is important for people of all ages, including individuals 50 and over. A 2017 study from researchers at Michigan State found that valuing friendships was a strong predictor of health and happiness among older adults. Opportunities to socialize with friends may increase as people navigate their 50s and children move out or become more independent. Individuals can take advantage of opportunities to socialize whenever possible.Various strategies can help people maintain mental and physical wellness as they make their way through their 50s and beyond.





 \times





Answer: Ticket



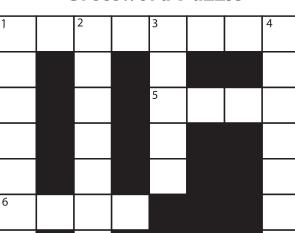
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TRUE OR FALSE? VACATION TIME EARNED BY EMPLOYEES VARIES BY HOW LONG THEY HAVE WORKED FOR AN EMPLOYER.

ANSWER: TRUE





7

- 1. Relaxing trip
- 5. Short portion of a ticket
- 6. Short journey
- 7. Filling a suitcase for a voyage

DOWN

- 1. Different and diverse
- 2. The U.S. has a North and a South one
- 3. Jobs
- 4. Taking small bites of something

Down I. Variety 2. Carolina 3. Tasks 4. Nibbling

Answers: Across I. Vacation 5. Stub 6. Trip 7. Packing



• **1686**: ALBANY, NY IS FORMALLY CHARTERED AS A MUNICIPALITY BY GOVERNOR THOMAS DONGAN.

• **1893:** KATHERINE LEE BATES WRITES "AMERICA THE BEAUTIFUL" AFTER ADMIRING THE VIEW AT PIKES PEAK IN COLORADO.

• **1993:** THE GREAT FLOOD OF 1993 FORCES THE EVACUATION OF KASKASKIA, ILLINOIS.



VACATION

an extended period of leisure and recreation

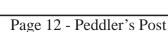


Can you guess what the bigger picture is?

AIHS ƏSINƏS: CKNIƏE ƏHIP



VACATIONS CAN PROVIDE A HEALTHY BREAK FROM DAILY LIFE. PEOPLE WHO ROUTINELY TAKE VACATIONS MAY LIVE 20 PERCENT LONGER THAN THOSE WHO DON'T.





ENGLISH: Vacation

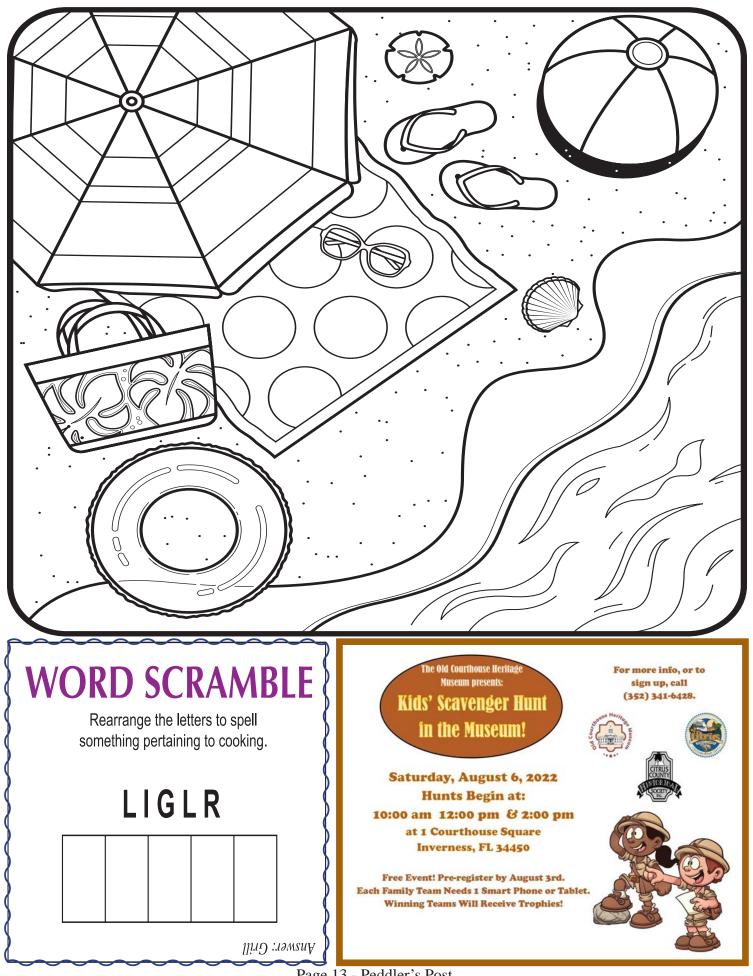
SPANISH: Vacaciones

ITALIAN: Vacanza

FRENCH: Vacances

GERMAN: Urlaub

Crossword Puzzle



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Age is no deterrent when it comes to academics

Students often experience some jitters on the first day of school, but the prospect of such nervousness doesn't appear to be too great a deterrent for students 60 and older. Officials at Toronto's York University estimated they had around 430 students aged 60 and older in undergraduate and graduate programs in 2021. Increased enrollment among people at or nearing what is often considered retirement age could be a reflection of what the AARP notes has been an increase in continuing education courses at many colleges and universities. Such courses may be offered to individuals of a certain age at reduced tuition. They also can help workers over 50 learn new skills that can benefit them in an ever-adapting professional landscape that increasingly relies on technologies that may not have been around

when older professionals attended college and began their careers. In addition, the AARP reports that individuals interested in going back to school for personal enrichment, as opposed to achieve an advanced degree, may be able to audit classes for free. In such instances, older adults often do not receive academic credit but still get to benefit from taking the class.

MORGAN HERE IS A GLIMPSE

INTO MY EDUCATIONAL JOURNEY. WHO KNOWS, MAYBE WHEN I'M SIXTY I'LL BE GOING BACK FOR MY MASTERS.



~15 YRS OLD- DROPPED OUT OF HIGH SCHOOL ~2002 OBTAINED MY GED ~2004 Associates Degree in Business Management. Morgan Community College -2020 Bachelor of Science in Business from **REGIS LINIVERSITY** WHERE I GRADUATED MAGNA CUM LAUDE AND STUDIED TOPICS LIKE PROCESS IMPROVEMENT, MARKETING, NEGOTIATION, STATISTICS, AND HUMANITIES.



Guess Who?

I am an actor born in California on July 16, 1967. I graduated from college with a degree in sports information. I dabbled in sketch comedy as a kid, then went on to do it on "Saturday Night Live." I later transitioned to comedic films.

Answer: Will Ferrell

So, I'M AT WALMART RETURNING 37 POOL NOODLES (BECAUSE YOUTH MINISTRY) & RATHER THAN EXPLAINING THE WHOLE STORY OF WHY A GROWN MAN IS RETURNING 37 POOL NOODLES: WHEN ASKED BY THE CUSTOMER SERVICE REPRESENTATIVE "WHAT IS THE REASON FOR THE RETURN?" I JUST SAID: "THE SHOPPING LIST SAID NOODLES, BUT NOT WHAT KIND...BOY WAS MY WIFE MAD."



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	July 1st 1200 In China, sunglasses are invented.
	TUT/2nc112MD Labor disputes lead to race riot in East St Louis, Illinois - Black neighborhood attacked and burned,
	40-200 killed and 6000 left homeless.
	July and 1839 1st state normal school in US opens, Lexington, Massachusetts, with 3 students.
	July 4th 1776 US Congress proclaims the Declaration of Independence and independence from Great Britain.
	TUT/STILIER Lizzie Arlington becomes first woman to play professional men's baseball when she pitches 9th inning
	for the Reading Coal Heavers against the Allentown Peanuts; allows 2 hits and walks a batter but preserves 5-0 win.
	July 6th 1699 Pirate Captain William Kidd is captured in Boston.
	July 7th 1456 A retrial verdict acquits Joan of Arc of heresy 25 years after her death.
	EUT/781111362 Theodore R. Timby is granted a US patent for discharging guns in a revolving turret, using electricity.
	July 9th 1955 Bill Haley & Comets' "Rock Around the Clock" tops the billboards chart, one of the best-selling singles ever.
	July 10th 1040 Lady Godiva rides naked on horseback through Coventry, according to legend, to force her husband,
	the Earl of Mercia, to lower taxes.
	EULY IIII 1359 Big Ben's second and current bell first chimes from inside the Clock Tower.
O	July 12th 1361 Wild Bill Hickok reputed to have shot and killed David McCanles, possibly his first kill. Hickok later
	acquitted after found he acted in self defense.
-	July 13th 1923 The Hollywood Sign is officially dedicated in the hills above Hollywood, Los Angeles. It originally
	reads "Hollywoodland" but the four last letters are dropped after renovation in 1949.
	ENTY LATATES 1st public demonstration of ice made by refrigeration by Florida physician John Gorrie.
	July 15th 2021 Grade May. The Peddler's Purp., was born in Sumter County, Florida, US.
	July 16th 1732 Wolfgang Amadeus Mozart's opera "Die Entführung aus dem Serail" premieres in Vienna with Mozart conducting.
	ENDY TATALENES THE ROMANOV ROYAL FAMILY AND SEVERAL OF THEIR RETAINERS ARE EXECUTED BY A BOLSHEVIK FIRING SQUAD IN
	the basement of Ipatiev House, in Yekaterinburg, Siberia.
	July 13th 64 Great Fire of Rome begins under the Emperor Nero.
	July 19th 1892 5 more people are hanged for witchcraft (19 in all) in Salem, Massachusetts.
	EULY 2011 1921 Congresswoman Alice Mary Robertson becomes the first woman to preside over the floor of US
	House of Representatives.
	July 21st 356 BC Herostratus sets fire to the Temple of Artemis in Ephesus, one of the Seven Wonders of the World.
	July 22nd 1942 Warsaw Ghetto Jews (300,000) are sent to Treblinka Extermination Camp.
	EULY 2212 1202 Ice cream cone created during St Louis World Fair - the 1st cone reputedly by Charles E. Menches.
	July 24th 1847 Brigham Young and his Mormon followers arrive at Salt Lake City, Utah.
	July 25th 1866 Ulysses S. Grant named 1st General of Army.
	- 記訳23計版形書 US Continental Congress creates United States Post Office (U.S.P.O.)
	in Philadelphia under Benjamin Franklin.
	July 27Ath 1390 Dutch painter Vincent van Gogh shoots himself in
	Auvers-sur-Oise, dies of injuries 2 days later.
	July 28th 1896 City of Miami incorporated.
	Sully 23th 1314 1st transcontinental phone link made between New York City and
	San Francisco.
	July 30th 1868 President Abraham Lincoln issues "eye-for-eye" order to shoot a
Û	rebel prisoner for every black prisoner shot. July 31st 1922 18-year-old Ralph Samuelson rides world's 1st water skis (Minnesota).

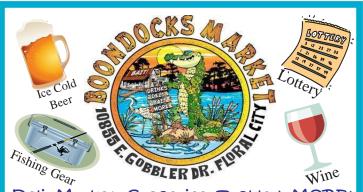
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For Full Menu: Visit us online at boondocksmarketdeli.com or on Facebook at Boondocks Market and Deli



MANTIQUES AND OTHER FINERY

Answer

BACKYAI

BURGH

GK

GRILI

on pg. 36

JESCOUTDOORS

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CLASSIFIEDS • CLASSIFIEDS • CLASSIFIEDS • CLASSIFIEDS

General Interest

Announcements

PRAYER TO SAINT JUDE. MAY THE SA-CRED HEART OF JESUS BE ADORED. GLORIFIED, LOVED, AND PRAISED THROUGHOUT THE WORLD. NOW AND FOREVER. SACRED HEART OF JESUS PRAY FOR US SAINT JUDE WORKER OF MIRACLES, PRAY FOR US SAINT JUDE HELPER OF THE HOPELESS. PRAY FOR US. SAY 9 TIMES PER DAY FOR 7 DAYS AND THEN PUIBLISH WHEN PRAYER IS AN-SWERED

Business Opportunities



FIND YOUR NEXT EMPLOYEE IN THE PEDDLER'S POST Business classifieds start as low as \$7.50 per month!

Looking for a position that allows flexibility in your schedule with the ability to help others? Home assistance -Provide light housekeeping, run errands or provide transportation if needed. Accompany my Mother to appointments and assist with medications. Prepare meals, purchase food and provide personal assistance with general living needs. I am looking for a caring &

compassionate person to Care for my Mother. Work Schedule is 5 days a week and 5 hours per day. Salary is \$25/hr. Forward your email to William (yolielloyq@gmail.com) for more details.

Free Offers

FREE---Old Catalog, Printed by Obsolete Ford Parts, Inc. (1948-79

Pickup) (1966-77 Bronco). Homosassa. You Pick Up. PH#352-228-1812

DEAD OR ALIVE FREE Removal of stoves, refrigerators, microwaves, washers & dryers, freezers. Call to schedule free pickup 352-410-9273.

Personals

Mid 60's W/ M 160# healthy, active, and fit. Athletic affectionate and fun loving. Spiritual seeks same in single female. Age 30 to 70 for friendship and more. Lakeside Hernando, New to area. 561-318-9498

Wanted to Buy

Cars and Trucks Wanted, Dead or Alive. Cash paid at pick up. No title required. Family owned. Smitty's Auto in Homosassa. 352-628-9118.

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

Buying your junk unwanted cars, trucks, vans and SUVs \$\$\$. 352-212-5604.

Up to \$500 CASH for Cars or Trucks, Free Towing, Dead or Alive. Steve 352-771-6191. **Buying Firearms.** Local FFL looking to purchase/consign single pieces or entire collections. Safe, discreet, honest and fair, Veteran owned. 727-383-2162.

Buying junk vehicles and all metals. Will pick up vehicles at location and pay cash on the spot. Everything Motors Auto & Truck Recycling (formerly Carter's Auto Salvage). Family owned and operated. Located at 8795 S. Florida Ave. Floral City. 352-637-1141.

CASH For Cars and Trucks, running or not, Free Towing. 352-259-2020.

Wanted: 2 horse power Honda Outboard motor. Running or not. 708-278-4885

Looking for someone to paint or airbrush big flowers on the outside of my laundry room call Sharyn 516-656-9653 located in Hernando

Buying U. S. coins dated 1964 and before. Dimes, Quarters, Half Dollars and Dollars. 352-795-3842. leave message & number.



Antiques & Collectibles

Hummels regular and Disney excellent condition AND Disney Memorabilia- large collection. -352-344-0412

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inch tall OBO

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all climate, fits up to 22'. NIB. Cost \$300 new, \$150. Call 352 726 2213.

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Hernando, Canterbury Lake Estates, Canterbury Lake Dr, 1/4 acre corner lot, public water & sewer, HOA, close to beach, boat ramp & Withlacoochee State

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painting, drywall, trim work, flooring, minor plumbing & electrical. Veteran owned. 352-949-2760.

Handyman, Veteran, 30 yrs. Exp. Need small misc, home repairs? Call Bill Pressure Washing, Painting, etc. HM: 352-419-8697 Mobile: 352-201-6038.

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GOD'S SHED OF LOVE!



KEEP ON LOVING ONE **ANOTHER AS BROTHERS** AND SISTERS. DO NOT FORGET TO SHOW HOSPITALITY TO STRANGERS, FOR BY SO DOING SOME PEOPLE HAVE SHOWN HOSPITALITY TO ANGELS WITHOUT KNOWING IT. " HEBREWS 13:1-2

God's Shed of Love is a local non-profit ministry to bless the local homeless community with basic hygiene items and other supplies to make their journey in this life a little more comfortable. In partnership with Hope for the Homeless, the gathered supplies are then delivered directly to our homeless community.

You can help in this ministry in several ways:

- Monetary donations can be sent to: Fort Cooper Baptist Church C/O God's Shed of Love 4222 S. Florida Ave, Inverness, FL 34450 (Tax deduction forms available upon request)
- You can call Carmon directly at: 352-212-0471
- You can purchase items and have them sent directly to "God's Shed of Love" at the following Amazon link.

https://www.amazon.com/registries/custom/19WKRK7LYWF78/guest-view

_____ CITRUS COL

Silencing Weekend Hunger

Over 67% of children in Citrus County gualify for the free/reduced breakfast and lunch program in our public schools. Many of these children face the weekend not knowing where their next meal will come from. Citrus County Blessings is our local weekend meal program for children in need. We currently serve all 22 public schools, 4 private schools and 2 preschools, reaching over 1900 children each weekend and over holiday breaks. Blessings send home nonperishable easy to open items for the children in the program. This includes any child in the household over the age of one even if they aren't of school age. We understand that hunger doesn't take a vacation.

To see how you can donate or volunteer to help with this important mission visit www.citruscountyblessings.org.

Getting to know the Declaration of Independence

The Declaration of Independence is a formal document that served as the signatory colonies' statement that they were now "free and independent States." It is a vital document in American history.

On July 1, 1776, delegates from the original 13 colonies, making up the Second Continental Congress, met in Philadelphia to vote on Richard Henry Lee's motion for independence. After some deliberation, ultimately 12 of the 13 delegates voted in favor. In



recognition of those 12 delegates, here are 12 facts regarding the Declaration of Independence. 1. The drafted document was officially adopted on July 4, 1776, two days after freedom from Britain was approved. However, most delegates signed the document on August 2, 1776, while others signed on a later date. John Dickinson and Robert R. Livingston never signed the Declaration of Independence. 2. John Dunlap was the official printer of Congress at the time. He worked all night and into the morning of July 5 to produce the large, single-sided sheet, known as a broadside. About 200 copies of Dunlap's broadside were made.

3. The University of Virginia owns two copies of a rare early printing of the Declaration. It is on display in the Albert and Shirley Small Special Collections Library. It is believed the copy once belonged to George Washington.

4. Benjamin Franklin, George Read, Roger Sherman, Robert Morris, George Clymer, and James Wilson signed both the Declaration of Independence and the U.S. Constitution.

5. The Declaration of Independence and the Constitution were hidden at Fort Knox during World War II, two weeks after Pearl Harbor was attacked.

6. Despite what the movie "National Treasure" will have one believe, the message on the back of the document is visible and reads "Original Declaration of Independence dated 4th July 1776."

7. Richard Stockton, a lawyer from New Jersey, was a signer of the Declaration who later recanted his support of the American revolution. He subsequently swore his allegiance to King George III after being captured by the British.

8. In 1989, an original Dunlap Broadside was found hidden behind a picture a Philadelphia man bought at a flea market for \$4. It later sold for \$8.1 million. Ultimately, 26 copies of the original prints have been found.

9. The United States celebrates Independence Day on July 4th, even though independence was accepted on July 2nd.

10. Early on, not everyone in America was supportive of the Declaration of Independence. Partisan politics led to discord. Federalist John Adams was feuding with Republicans and Thomas Jefferson. The anniversary date of the signing was not widely celebrated until the Federalists were no longer involved in politics.

11. The one-year anniversary of Independence Day and the celebration of the adoption of the Declaration of Independence slipped the minds of Congress in 1777. When they remembered it was July 3rd, they planned a last-minute celebration on July 4th, and each year thereafter.

12. John Trumbull's painting "Declaration of Independence," which was made into a lithograph replica by Ralph Trembly, hangs in the Rotunda of the U.S. Capitol. It is a fictional depiction of the five-man drafting committee presenting their draft to Congress, and not the signing. The painting shows 42 of the 56 signees, since Trumbull couldn't get likenesses of all involved. The men featured in the painting were never all in the room at the same time during the Declaration's debate and signing.

The Declaration of Independence is a key document in American history, and its words are celebrated each Independence Day.





CREAMY COLESLAW GETS A HEALTHY BOOST

Coleslaw is a staple of backyard cookouts and picnics. Coleslaw is considered a Dutch food, though there are mentions of a similar cabbage dish served in Ancient Rome. The word coleslaw is derived from the Dutch term "koolsla," meaning "cabbage salad." That's not surprising, as the slaw is made primarily of shredded cabbage with a salad dressing or other condiment, usually vinaigrette or mayonnaise.

Today coleslaw can be found prepackaged at supermarkets, sold by the pound behind the deli counter, or it can be made at home with a few simple ingredients. It's so versatile that it pairs well with anything from country cooking to ethnic delicacies. Those looking to lighten up coleslaw so it's a little more nutritious can enjoy "Sweet Country Coleslaw," courtesy of "Favorite Family Recipes: 43 Dishes for a Healthy Soul" (Publications International, Ltd.) by the American Heart Association.

Sweet Country Coleslaw

Serves 4

- 2 Tablespoons Fat-Free sour cream
- 1 Tablespoon sugar
- 1 Teaspoon sugar
- 1 TABLESPOON LIGHT MAYONNAISE
- 1 Teaspoon cider vinegar
- 1/4 Teaspoon celery seeds (Optional)
- 1/8 Teaspoon salt
- 1/8 Teaspoon pepper
- 4 CUPS PACKAGED, SHREDDED CABBAGE AND CARROT MIX

In a medium bowl, whisk together all the ingredients except the cabbage and carrot.
Stir in the cabbage and carrot mix until well coated. The mixture will be very thick. Let stand for
fminutes before serving. The coleslaw will shrink in volume by about half during the standing time.



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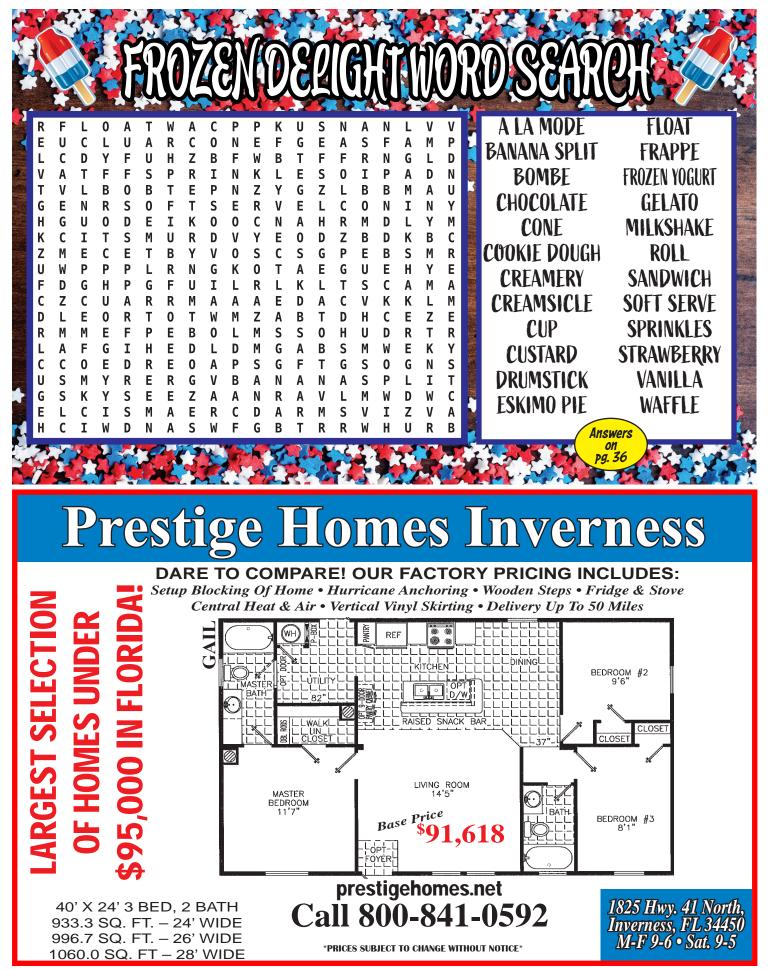
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Come out to our market and find the treasures you didn't even know you needed!





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Impress guests with homemade burgers this Fourth of July

Backyard barbecues are a staple of summertime. In fact, many Fourth of July celebrations just wouldn't feel right without hamburgers and hot dogs cooking over an open flame in the backyard.

Burgers may not qualify as fancy fare, but they're perfect for Independence Day celebrations. This year, party hosts can add a little something extra to their barbecues by whipping up some homemade hamburgers. This recipe for "Mushroom and Swiss Burgers with Bacon and Aioli" from "The Essential Kamado Grill Cookbook" (Rockridge Press) by Will Budiaman is sure to make your Fourth of July festivities more flavorful.

Mushroom and Swiss Burgers with Bacon and Aioli (Serves 4)

bacon slices

8

8

2

4

4

- ounces cremini mushrooms, sliced
- Kosher salt
- Freshly ground black pepper
- pounds around beef
- Swiss cheese slices
- kaiser rolls, split
- 1/2 cup aioli (see below)



1. Prepare the grill for direct grilling at 500 F, then preheat a 10-inch cast iron skillet on the grate with the lid closed. 2. Put the bacon in the skillet. Close the lid and cook for 1 to 2 minutes or until browned and crispy around the edges. Transfer to a plate.

3. Add the mushrooms to the skillet. Close the lid and cook, stirring once, for 7 to 9 minutes or until browned. Transfer to a plate. Season with salt and pepper.

4. Meanwhile, in a large bowl, season the beef with pepper and 4 teaspoons of salt. Using your hands, mix until just incorporated; form into four 1-inch-thick patties with a slight dimple in the center.

5. Put the burgers on the grate. Close the lid and cook, flipping halfway through, for 8 to 10 minutes total for medium, or until an instant-read thermometer inserted into the center registers 135 F. (If using storebought ground beef, always cook it to 160 F, or well done.) In the last minute of cooking, top the patties with the cheese to melt and place the rolls cut-side down on the grate to toast.

6. Spread the aioli on the buns and assemble the burgers, dividing the bacon and mushrooms between them. Serve immediately.

Aioli (Makes 1 1/4 cups)

- 1 large egg
- 1 cup vegetable oil
 - garlic cloves, peeled
- 2 1/2 teaspoon kosher salt

Put the egg in the bowl of a small food processor. Blend until beaten.

2. With the machine running, slowly stream in the oil through the feed tube until emulsified (the mixture thickens). 3. Blend in the garlic and salt.

4. Transfer to an airtight container, refrigerate, and use within 5 days.

Troubleshooting: Is your aioli just not coming together, staying thin and runny instead of thickening? You may be streaming in your oil too quickly. But don't throw out the batch. Instead, pour it into a small cup or bowl, wash and dry the bowl and blade of the food processor, and start again with a fresh egg. Use the previous batch as your "oil."





TAPPABLE HOME EQUITY REACHES AN ALL-TIME HIGH

According to a report by Black Night, Inc., a software, data and analytics company

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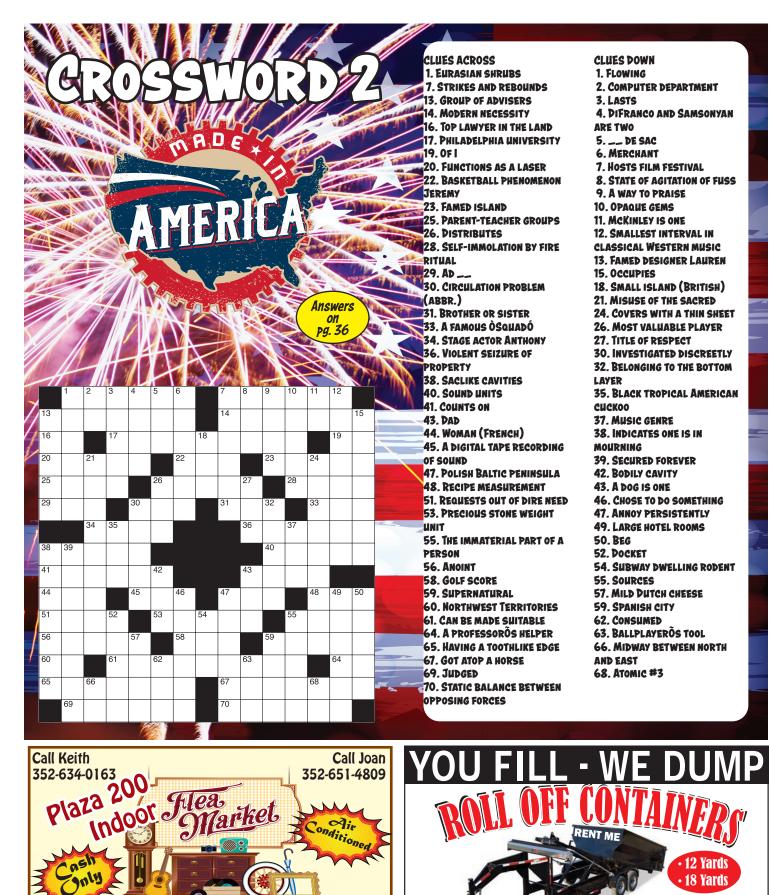


A FRIEND RECENTLY BROUGHT HIS THREE-YEAR-OLD DAUGHTER TO THE HOME-IMPROVEMENT STORE, HIS DAUGHTER QUICKLY BECAME TIRED OF WALKING. SO HE LET HER **RIDE ON HIS SHOULDERS. BUT SOON AFTER HE BEGAN** CARRYING HER. SHE **BEGAN PULLING HIS** HAIR. ALTHOUGH HE **ASKED HER KINDLY TO CEASE PULLING HIS** HAIR SEVERAL TIMES. SHE CONTINUED. **GETTING ANNOYED. HE BEGAN TO SCOLD HER.** "BUT DADDY. "SHE REPLIED. "I'M JUST TRYING TO GET MY GUM BACK."

DID YOU KNOW?

ACCORDING TO THE UNITED STATES CONSUMER PRODUCT SAFETY COM-MISSION. MORE THAN 15.000 PEOPLE WERE TREATED FOR FIREWORKS INJURIES IN EMERGENCY ROOMS IN 2020. IN ADDITION, INJURIES AND DEATHS FROM FIREWORKS INCREASED BY 50 PERCENT BETWEEN 2019 AND 2020. FORTY-FOUR PERCENT OF THOSE INJURIES WERE BURNS. 30 PERCENT INVOLVED THE HANDS AND FINGERS AND 22 PERCENT AFFECTED THE HEAD. FACE AND EARS. USCPSC DATA ALSO INDICATED THAT 15 PERCENT OF INJURIES AFFECTED THE EYES. THE MAJORITY OF INJURIES (66 PERCENT) OCCURRED AROUND THE JULY 4TH HOLIDAY. BUT ITÕS IMPORTANT THAT INDIVIDUALS EXERCISE CAUTION WHENEV-ER THEY CELEBRATE WITH FIREWORKS. AND THOSE PRECAUTIONARY MEASURES SHOULD REMAIN IN PLACE WHEN USING SPARKLERS. WHICH THE USCPSC INDICATES CAUSED 900 INJURIES IN 2020.





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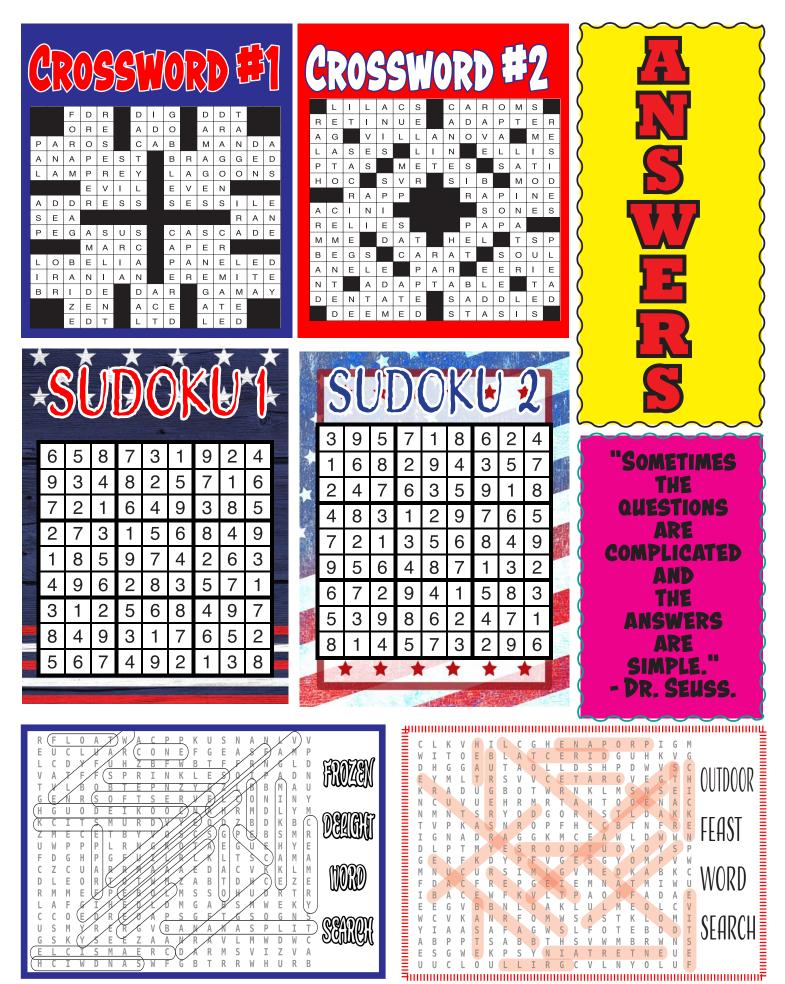
STORES OF VENDORS

HWY 200, 3451 E. Louise Ln. Hernando, FL

OPEN TUESDAY - SATURDAY IOAM-5PM



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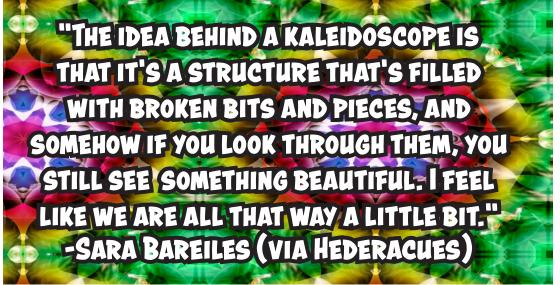
Hey guys! Please help me in wishing my little sister Gracie May a VERY HAPPY FIRST BIRTHDAY! It is no surprise that she was born in the month of July, as she is quite the little firecracker. When she bullies me, mom always reminds me, you don't mess with those pound girls, they know how to fight. See while both Gracie and I are rescue pups, Gracie has a very different story than I do.

Gracie was a pound girl, but in looking at her file from when we adopted her that may not have always been the case. She has veterinarian records that show she started getting seen at 3 months old. The records show that her visits were timely, and she was being seen for regular things like puppy shots, heartworm meds, and was even spayed while with her first owner. When 2022 came around her life changed.

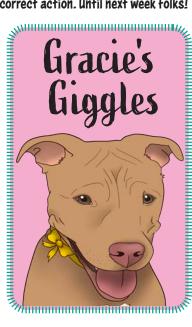
January 25, 2022, Gracie May became a ward of Sumter County Animal Shelter. Her next record shows that she was transferred to Citrus County Animal Shelter February 9, 2022, as the first shelter she was at was overcrowded. Mom first saw Gracie on Facebook February 10th, and started sharing her picture on the Peddler's Post business page hoping she would get a home. We even went by the shelter to meet Gracie, who was then going by Cammie Lee. The pound was too much excitement for me. There were so many dogs' barking from inside all these cages as we walked to the play area to meet Cammie. I was way over stimulated in that environment, so unfortunately, we went home without her that day. Mom kept continuing to think about this sweet girl and was so excited to see that she was adopted out on February 19th and went home with her now second family.

That good news only lasted for a short time as she was returned to Sumter County Animal Shelter as an owner surrender for the second time on March 6th. On March 17th, my birthday, she was transferred back to Citrus County Animal Services. On March 20th Cammie Lee was back up on the Citrus Animal Shelter Page for adoption. It broke mom's heart to think about this little lady being shuffled around so much. By the end of the week, she still had not been adopted, so we decided to try again. This time mom picked Gracie up and brought her home for a sleepover. This environment was a much better place for a meeting, and we hit it off. We decided to make her an official part of the Peddler's Pup Pack on April 6th. That is the day we also promised her that she would never be an owner surrender ever again.

Gracie is high maintenance girl. Just like humans, our past can have an impact on who we are today. Mom calls Gracie "Crazy Lady" cause she is a "Nervous Nelly" of sorts. Gracie also suffers with severe separation anxiety. We are working with her to build the trust that she has a stable home and a family that loves her now. While mom has gotten frustrated with the loss of her shoes and even some of the decorations on the wall (I meant firecracker when I said it people), Gracie has made great strides at learning to accept love and thrives on routine. Her favourite routine is Peanut Butter Kong's in the Morning. Her favorite activity is lizard hunting. She has a smile that is illuminating, and she is my best friend. Did I mention she is super funny? On the next page you will find an article about the signs of separation anxiety. Sometimes what people think is bad behaviour is pure terror for the pet. Awareness is important, so you can approach the situation with understanding and correct action. Until next week folks!



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SIGNS OF SEPARATION ANXIETY IN DOGS

DOGS ARE LOYAL AND BELOVED COMPANIONS THAT MAKE GREAT HOUSEHOLD PETS. WHEN LEAVING FOR WORK IN THE MORNING, DOG OWNERS MAY LAMENT THAT THEY CAN'T TAKE THEIR FURRY FRIENDS WITH THEM. BUT IT TURNS OUT THOSE DOGS MIGHT BE EVEN MORE UPSET THAT THEY CAN'T FOLLOW THEIR OWNERS OUT THE DOOR EACH MORNING.

SEPARATION ANXIETY IS A SIGNIFICANT ISSUE THAT CAN AFFECT ANY BREED OF DOG. ACCORDING TO THE ASPCA, SEPARATION ANXIETY IS TRIGGERED WHEN DOGS BECOME UPSET BECAUSE THEY'VE BEEN SEPARATED FROM THEIR GUARDIANS, SUCH AS IN THE MORNING WHEN OWNERS LEAVE FOR WORK. SEPARATION ANXIETY IS A VERY DIFFICULT PROBLEM FOR DOGS, CREATING A SENSE OF DISTRESS THAT CAN PAVE THE WAY FOR DESTRUCTIVE AND POTENTIALLY HARMFUL BEHAVIORS.DOG OWNERS MAY WONDER WHAT THEY CAN DO TO SOOTHE THEIR DOGS' ANXIETY SO THEY CAN BE LEFT ALONE WITHOUT EXPERIENCING THE FEAR OR DISTRESS ASSOCIATED WITH SEPARATION ANXIETY. LEARNING TO RECOGNIZE THE SYMPTOMS OF SEPARATION ANXIETY IS A GREAT FIRST STEP IN THAT HEALING PROCESS. ~ URINATING AND DEFECATING: SOME DOGS URINATE OR DEFECATE WHEN LEFT ALONE, EVEN IF THEY'RE POTTY TRAINED. THIS IS A SIGN OF SEPARATION ANXIETY. THE ASPCA NOTES THAT DOGS THAT URINATE OR DEFECATE IN THE PRESENCE OF THEIR OWNERS ARE PROBABLY NOT SUFFERING FROM



SEPARATION ANXIETY BUT A DIFFERENT ISSUE, AND SUCH BEHAVIOR SHOULD BE DISCUSSED WITH A VETERINARIAN. ~ BARKING AND HOWLING: DOGS EXPERIENCING SEPARATION ANXIETY MAY PERSISTENTLY BARK OR HOWL WHEN SEPARAT-ED FROM THEIR GUARDIANS. NEIGHBORS MAY COMPLAIN THAT DOGS CONTINUOUSLY BARK THROUGHOUT THE DAY, WHICH CAN SIGNAL TO OWNERS THAT THEIR DOGS ARE EXPERIENCING SEPARATION ANXIETY. THE ASPCA NOTES THAT BARKING OR HOWLING IS TYPICALLY ONLY TRIGGERED BY BEING LEFT ALONE.

~ DESTRUCTIVE BEHAVIORS: DESTRUCTIVE BEHAVIORS WHEN LEFT ALONE, SUCH AS CHEWING ON OBJECTS, DOOR FRAMES OR WINDOW SILLS, IS A TELLTALE SIGN OF SEPARATION ANXIETY. SOME DOGS WILL DIG AT DOORS AND DOORWAYS, PERHAPS IN AN ATTEMPT TO ESCAPE THE HOME AND FOLLOW THEIR GUARDIANS OUT THE DOOR, OR DESTROY HOUSEHOLD OBJECTS, INCLUDING FURNITURE. THESE DESTRUCTIVE BEHAVIORS NOT ONLY AGGRAVATE OWNERS, BUT THEY ALSO POSE A SIGNIF-ICANT INJURY RISK TO DOGS. DOG OWNERS TYPICALLY DO NOT WITNESS THE DESTRUCTIVE BEHAVIOR, WHICH CAN CAUSE INJURIES LIKE BROKEN TEETH, CUT AND SCRAPED PAWS AND DAMAGED NAILS.

~ Coprophagia: Some dogs defecate and then consume all or some of their excrement when left alone. This is all called coprophagia and likely won't occur when owners are present.

DOGS THAT ACT UP WHEN OWNERS LEAVE HOME AREN'T BEING DESTRUCTIVE FOR THE SAKE OF BEING DISRUPTIVE. IN FACT, THESE DOGS ARE OFTEN SUFFERING FROM SEPARATION ANXIETY, THE RECOGNITION OF WHICH CAN BE THE FIRST STEP TOWARD HELPING DOGS OVERCOME THIS TROUBLING CONDITION.





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