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VOLUME 1 ~ ISSUE 9 DECEMBER 2022 DISTRIBUTED MONTHLY

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

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Crescent Community Clinic
5244 Commercial Way (US 19), Spring Hill
Wednesday, December 7, 2022
10:00am - 12:00pm

HCA Florida Oak Hill Hospital
11371 Cortez Boulevard, Brooksville
Wednesday, December 21, 2022
2:00pm - 4:00pm

Four-Week Virtual Group

Wednesdays, December 7 - December 28, 2022
2:00pm - 3:00pm

One-Time Virtual Group

Thursday, December 1, 2022 | 1:00pm-3:00pm

Friday, December 2, 2022 | 10:00am-12:00pm

Monday, December 5, 2022 | 6:00pm-8:00pm

Tuesday, December 6, 2022 | 1:00pm-3:00pm

Wednesday, December 7, 2022 | 10:00am-12:00pm

Monday, December 12, 2022 | 2:30pm-4:30pm

Tuesday, December 13, 2022 | 5:30pm-7:30pm **SPANISH**

Wednesday, December 14, 2022 | 6:00pm-8:00pm

Friday, December 16, 2022 | 10:00am-12:00pm

Monday, December 19, 2022 | 6:00pm-8:00pm

Tuesday, December 20, 2022 | 12:00pm-2:00pm **SPANISH**

Tuesday, December 20, 2022 | 1:00pm-3:00pm

Thursday, December 22, 2022 | 10:00am-12:00pm

Wednesday, December 28, 2022 | 6:00pm-8:00pm

Thursday, December 29, 2022 | 10:00am-12:00pm

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Three men met on a nude beach. Two of the three men were happy, but the third was sad. The three men broke into a conversation. The topic eventually reached the men's jobs, and why they were at the beach.

"I'm a construction worker," said the first man. "All year long I toil in the sun in very heavy clothes, so this seemed like the perfect vacation for me. If I can relax and do it naked, that's a win-win."

"I'm an accountant," said the second man. "I just like how everyone here is dressed exactly the same." The first two men turned to the third, sad man.

"What do you do?" they asked.

"I'm a pickpocket," said the third man, "my doctor sent me here."

CHRISTMAS WORD SEARCH

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



CAROLS
CELEBRATION
CHRISTIAN
CHRISTMAS
COOKIES
DECEMBER
EVE
EVERGREEN
FAMILY
GATHERING
HOLIDAY
JESUS
LIST
MIDNIGHT
ORNAMENT
PRESENTS
REINDEER
ROAST
SHOPPING
STORES
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All About The Peddler's Post



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PRIVATE PARTY **FREE** CLASSIFIEDS

WE DO NOT TAKE CLASSIFIED ADS OVER THE PHONE

*** All **FREE** Classified ads need to be submitted by the end of business on the 18th of the month to make it in the following edition. ***

Your free classifieds may be submitted 4 ways:

- 1) Mail it to us!
- 2) Email It to us!
- 3) Submit it in our Website!
- 4) Send it to us on Facebook!

All classified ads **MUST** be legible and include:

- 1) Your Name (does not have to go in ad)
- 2) Telephone Number
- 3) County (in need to know what paper)

*** Ads will not be published without this information.

There is no limit on wording but please be reasonable.

Ads may be edited for length if necessary. ***

*** Aggregate: Free classified ads are limited to 5 ads per household. Any more than 5 will be charged regular business rates. Items may be re-run until they are sold and must be re-submitted each month. ***

BUSINESS CLASSIFIEDS OR DISPLAY ADS

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1/8 PAGE.....\$77MO.

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COVER

AND

PAGE 2/3

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Display ad submission date can vary each month. Generally speaking we'd like to have all new orders approved by the 20th of the month. Call or email us for more details.

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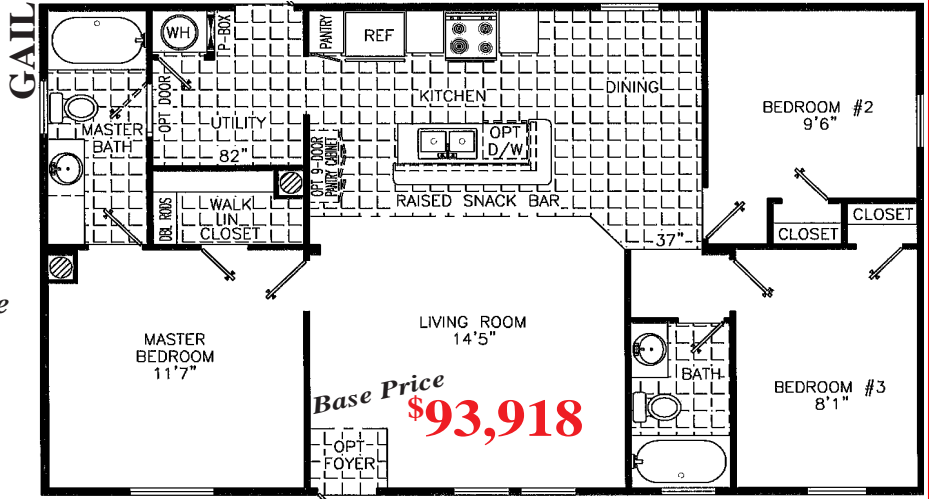
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Family-friendly resolutions to pursue together

There are plenty of resolutions that families can enjoy together. Undertaking goals as a family unit can create an accountability that keeps everyone on track. Here are some resolutions to think about making right now.

~ Eating healthier meals together can move everyone's personal health in the right direction. Start by adding a fruit or vegetable to every meal and try whole grains or a new grain, like quinoa. Small changes can add up to big gains and healthy results.

~ Transform negative thinking patterns into positive ones. The family can keep gratitude journals, highlighting things in their lives they are grateful for or actions that make each person proud.

~ Collectively aim to get more sleep each night. This may be achieved by turning electronics off earlier each night and spending the hour or two before bed engaged in lighthearted conversation or stress-busting activities like reading books.

~ Plan for screen-free family time each day so that everyone can engage without the distractions of social media, work, friends, and other digital activities.

⊙ ** ☼ ☽ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☼ ☽ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

Determine the code to reveal the answer!

Solve the code to discover words related to holiday travel.

Each number corresponds to a letter.

(Hint: 1 = I)

A. 13 1 11 13 23 3 19

Clue: Type of road

B. 6 3 26 3 17 1 9 24

Clue: Trip or break

C. 6 1 5 1 17

Clue: Going somewhere for a time

D. 3 1 16 20 9 16 17

Clue: Plane hub

Answers: A. highway B. vacation C. visit D. airport



Chocolate is the star in this crowd-pleasing cookie

Cookies garner a lot of fanfare come the holiday season. They're given as gifts, left out for Santa and shared with family and friends. Rolled and cut cookies get the bulk of the attention, especially when frosted and decorated to perfection. But plenty of classic cookies are equally at home on holiday cookie plates or nestled in cookie jars.

This recipe for "Thick Chocolate Chunk Cookies," courtesy of "Live Well Bake Cookies" (Rock Point) by Danielle Rye creates huge, gooey cookies that are big on chocolate flavor. On occasions when chips won't do, chocolate chunk cookies can add sweetness to any event.

Thick Chocolate Chunk Cookies (Makes 14 cookies)

- 3 cups all-purpose flour, spooned and leveled
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) cold, unsalted butter, cubed into small pieces
- 1 cup packed light brown sugar
- 1/3 cup granulated sugar
- 2 large eggs
- 2 teaspoons pure vanilla extract
- 1 bag semisweet chocolate chunks



1. Line two large baking sheets with parchment paper or silicone baking mats and set aside.
2. In a large mixing bowl, whisk together the flour, baking soda and salt until well combined. Set aside.
3. In the bowl of a stand mixer, fitted with the paddle attachment or in a large mixing bowl using a handheld mixer, beat the cubed cold butter, brown sugar, and granulated sugar together for 2 to 3 minutes, or until well combined.
4. Mix in the eggs, one at a time, then mix in the vanilla extract, making sure to stop and scrape down the sides of the bowl as needed.
5. Mix the dry ingredients until just combined, then mix in the chocolate chunks on low speed until fully incorporated.
6. Using a 1/3-cup measuring cup, measure out the balls of cookie dough onto the prepared baking sheets, making sure to leave a little room between each one.
7. Cover the cookie dough balls tightly with plastic wrap and refrigerate for at least 2 hours.
8. Preheat the oven to 350 F.
9. Remove the baking sheets from the refrigerator and bake the cookies for 15 to 18 minutes, or until the tops are set and the edges are lightly browned. Remove from the oven, and allow the cookies to cool on the baking sheets for 15 minutes, then carefully transfer the cookies to a wire rack to cool completely.
10. Store the cookies in an airtight container at room temperature for up to a week.



Did you know?

Adhering to a nutritious diet can be challenging at any time of year, and especially so during the holiday season. Baked goods and big meals are at seemingly every turn come the holiday season, and that can test even the most devoted dieters. In fact, a 2016 study published in the *New England Journal of Medicine* found that the average American's weight increases by 0.4 percent over Christmas and 0.2 percent over Thanksgiving. Curiously, the researchers found that the majority of weight gain occurs in the 10 days after Christmas.

SODUKU 1

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

Level: Advanced

14 facts about the winter solstice

The winter solstice occurs each year during the month of December in the northern hemisphere. In 2022, the winter solstice will take place on December 21 at 4:48 p.m. EST.

Solstices are significant events that occur twice per year. One occurs in the winter and one in the summer. The winter solstice also is known as the first day of winter and occurs when the Earth's pole reaches its maximum tilt away from the sun.

During the winter solstice, people will experience the shortest period of daylight and the longest period of nighttime of the year. Here are 14 fascinating facts about the winter solstice.

1. Depending on the hemisphere, the north or south pole will experience continuous darkness or twilight around its winter solstice.
2. The winter solstice sometimes is referred to by the term midwinter.
3. Even though the solstice is marked by a whole day on the calendar, it actually is just the brief moment of time when the sun is exactly over the Tropic of Capricorn.
4. The word "solstice" can be translated from Latin and means "sun stand still."
5. The Tropic of Capricorn is located at 23.5 degrees south of the equator.
6. Tourists flock to Stonehenge to track the movement of the sun. The stones will frame the sunset on the winter solstice and the sunrise on the summer solstice.
7. Ancient cultures viewed the winter solstice as a time of death and rebirth.
8. Important events in history have taken place on winter solstices. The Apollo 8 spacecraft launched on the solstice in 1968. Pilgrims also arrived at Plymouth on the winter solstice in 1620.
9. Each planet in the Earth's solar system has its own solstices and equinoxes.
10. The southern hemisphere experiences the winter solstice in June each year.
11. A full moon on a solstice is even more rare than a blue moon. The last full moon to occur on the winter solstice was in 2010 and the next one won't happen until 2094.
12. Earth is closer to the sun around the winter solstice in December. However, the northern hemisphere receives less sunlight and has cooler temperatures because it is tilted away from the sun during winter.
13. Even though the winter solstice features the shortest amount of daylight of any day during the year, it does not have the earliest sunset. That takes place roughly two weeks prior. In 2021 in New York, the winter solstice took place on December 21, but the earliest sunset occurred on December 7 at 4:28 p.m.
14. Meteorological winter begins on December 1 rather than December 21.



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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Christmas.

G E A L N

--	--	--	--	--

Answer: Angel

HL22A249

I do not understand the idea behind a generation gap. But then again I don't remember.
Submitted by Lestor, Hernando county

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Lesser known Chanukah traditions

Chanukah is a relatively modern holiday in regard to the Hebrew calendar. Unlike Yom Kippur or Passover, which are steeped in rich traditions, there are few Chanukah customs.

Chanukah celebrants still participate in various customs each year, some of which are customized according to family preferences. While some traditions, such as the lighting of the Chanukah menorah, are familiar, others may not be as widely known - especially to those outside of the faith. Here's a look at a select few.

~ Saying the Shehecheyanu blessing: Traditionally, there are two blessings that some people say each night while lighting the candles. The first is recited while holding the lit shamash, and the second is said while lighting the candles. Another blessing, known as the "Shehecheyanu," is said the first night. According to 18Doors, a resource on the Jewish faith, it's the same blessing traditionally said on the first night of all Jewish holidays and other special occasions.

~ Display or use of the shofar: A shofar is a type of instrument made from a ram's horn. It is a symbol of the ram that Abraham offered as a sacrifice in place of his son Isaac, exemplifying heroic faith of the fathers of the Jewish people. The shofar also serves as a reminder of the destruction of the Temple in Jerusalem, and calls people to strive for Israel's renewal and fellowship with God.

~ Singing "Ma'oz Tzur": Chanukah songs may not be as numerous or as widely sung as Christmas carols during the holiday season, but there are a select few that are part of the festivities. "Oh Chanukah Oh Chanukah" and "The Dreidl Song" are some of the most widely known songs, but some people also follow the custom of singing "Ma'oz Tzur (Rock of Ages)" around the menorah. The words were composed in the 13th century, and the song summarizes historical challenges faced by the Jewish people that were overcome with God's help.

~ Use of oil in Chanukah feasts: It's well known that latkes, or fried potato pancakes, are served around Chanukah. The reason is due to the oil used to fry them, which traditionally is olive oil. Fried foods call to mind a specific Chanukah miracle. After the Greeks destroyed the sanctuary and defiled what was thought to be all of the oil, one jug sealed with the imprint of the High Priest was found. That one jug managed to keep the Temple's menorah lit for eight days, despite it being insufficient to handle this task. This was considered a miracle and celebrated in subsequent years.

Chanukah is a relatively modern holiday with few traditions. However, the customs associated with this holiday are held dear.



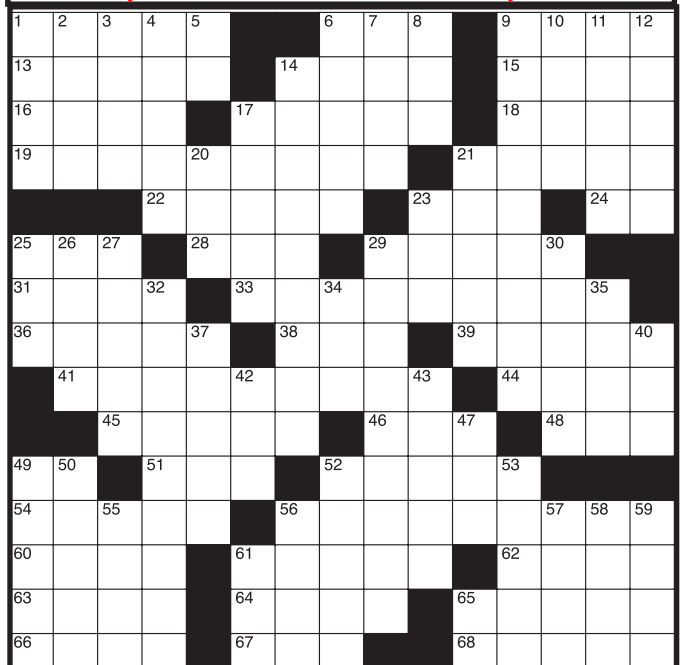
CLUES ACROSS

1. Take weapons away from
6. Soviet Socialist Republic
9. Most ancient Hindu scriptures
13. Actress Lathan
14. Baseball's strikeout king
15. British codebreaker Turing
16. One who lives by disreputable dealings
17. Tropical American plant
18. Opposite of right
19. Importance
21. Monetary units
22. Lawmen
23. Cool!
24. Affirmative answer
25. Thrust horse power (abbr.)
28. Bravo! Bravo! Bravo!
29. Muslim nobleman
31. About aviation
33. Scientific instrument
36. Protests strongly
38. Not polished
39. Grab
41. Alias
44. Large wrestler
45. Relative quantities
46. One who is big and awkward
48. Sunscreen rating
49. Atomic #90
51. Mock
52. Whales
54. Whales
56. A state of being unclothed
60. Ottoman military commanders
61. Gatherer of fallen leaves
62. Norse personification of old age
63. Muslim mystic
64. German river
65. Measuring instrument
66. Have witnessed
67. Disallow
68. Proverb

CLUES DOWN

1. Union of Soviet Socialist Republics
2. The back side of the neck
3. A type of imine
4. Black bird
5. Partner to "Pa"
6. Puts together in time
7. Lucid
8. Transmits genetic information from DNA to the cytoplasm
9. Demonstrates the truth of
10. Ancient Greek City
11. Nishi language
12. Slang for fidgety
14. Southwestern farmers
17. Metric weight unit
20. Instant replay in soccer
21. Less polished
23. Popular pickup truck model
25. Slang for a cigarette
26. Large pile
27. Solid geometric figure
29. One from the Big Apple
30. Male admirers
32. Balsam is one
34. Local area network
35. Canadian law enforcers
37. Koran chapters
40. Cooperstown, NY museum (abbr.)
42. Certificate (abbr.)
43. An official who carries a mace of office
47. Briefly in fashion
49. Volcanic ash
50. Dutch city
52. Made of wood
53. Legendary golfer
55. Restaurant
56. None
57. Spanish city
58. Stony waste matter
59. Father
61. Confederate soldier
65. The ancient Egyptian sun god

CROSSWORD 1



COMMUNITY BOARD

DECEMBER

7th

Weeki Wachee Anglers will meet at 6:30 p.m. Wednesday, December 7th at Silverthorn Country Club, 4550 Golf Club Lane, Spring Hill. 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 meeting consists of guest speakers, raffle and door prizes. For more info. call Ron Auger, President, at 207-608-5442

10th

Christmas Craft Show from 10AM-5PM located at Noew Hope Baptist Church at 15300 Wiscon Rd, Brooksville Fl. for additional info please contact jenjat1997@gmail.com.

11th

Kiwanis Club of Brooksville's Christmas Parade Celebrate the holidays with your community on the streets of downtown Brooksville! We hope to see you there. 10:00 AM 2:30 PM

17th

Santa is coming to town at One Room School & Train Depot located at 66 & 70 Russell Street Brooksville, FL. From 10AM until 3 PM. FREE coloring contest, games, face painting, music, and more.

18th

TEMPLE BETH DAVID 13158 Antelope St. Spring Hill, 34609 is having their traditional Chanukah "Night of 100 Menorahs" @ 5PM. To help celebrate the Jewish Festival of Lights, there will be singing, dreidels, Chanukah gelt, and presents for the kids. Bring your menorah and candles to light! We will be serving soup & latkes; jelly donuts and beverages are all included. Adults are \$10 and kids are FREE. RSVP is mandatory by December 12th as tickets are limited. Send your check to Temple Beth David at the address above. You can also reserve online at tbdfi.org/events

20th

Join us at Hernando Park for our Family Christmas Festival featuring Santa, Christmas crafts, Food and Drink Vendors, Fun Games, Live DJ, and live entertainment! We hope to see you there! Brooksville Welcome Center 205 East Fort Dade Avenue Brooksville, FL, 34601 United States (map) 3 PM - 5 PM

ONGOING

Weeki Wachee Anglers Fishing and Social Club meets first Wednesday of each month, at 6:30 p.m. Silverthorn Country Club, 4550 Golf Club Lane, Spring Hill 34607. A very active club offering fishing trips, kayaking, kids fishing clinics, guest speakers and many social activities. Join us for dinner and a fun evening. For further information call: Ron Auger, 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 the second Wed. of each month, 7pm @ Weeki Wachee Senior Citizens Club, 3357 Susan Dr., Spring Hill. We have guest speakers, videos, demonstrations, classes, & workshops. Raffle every month! Educational, entertaining, fun for all ages! Contact: 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)

Brooksville Bites Nights. Food Trucks, Artisan Market, Music and local Vibes. 13 S. Brooksville Avenue, Historic Downtown Brooksville, Florida. 3rd Friday of EVERY month. 6 pm- 9pm

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.

Hernando County Care Line: The Hernando County Sheriff's office has established a program for the security and well-being of those people living alone who would like daily contact with someone who cares. To participate in this pro-gram, you can request an application from the Hernando County Sheriff's Office, (352) 797-3660 or go on-line to www.hernadosheriff.org

COMMUNITY BOARD SUBMISSIONS

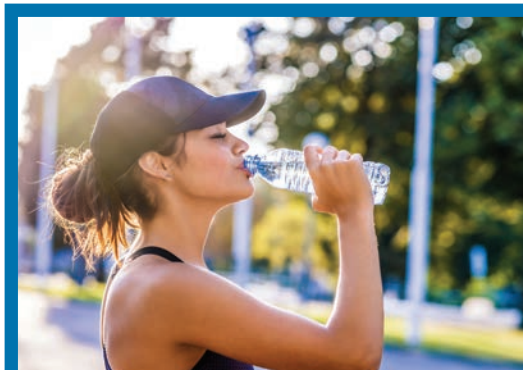
To have your free community event or event where the proceeds go to a local not for profit mentioned on the Community Board there is no cost. All submissions need to be received no later than the 18th of the month to ensure they will be published in the next edition. We do have to keep the mention to a 4-6 line maximum (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, then please see page 4 for our advertising rates.

Send us your events via email at office@peddlers-post.com or you can submit them online at <https://peddlers-post.com/community-board%2Fsubmit>

7 fitness resolutions that are easy to keep

Resolutions to get in shape, exercise more and eat healthier foods are popular each January. Optimism reigns when making resolutions, but for many, the difficulty lies in keeping them. Individuals looking to get healthier in the year ahead can try these strategies to stay the course.

- ~ Wake up earlier. Waking up a half hour earlier each day can have a substantial impact. That small amount of extra time can be devoted to meditation, deep breathing exercises or even some yoga stretches.
 - ~ Move around more frequently. Many people with office jobs spend hours sitting in front of computers. A sedentary lifestyle can have an adverse effect on overall health. Set a timer or use a reminder on a fitness tracker to remind you to get up and move around for a little bit every hour.
 - ~ Eat more vegetables. Vague goals like "eating better" are difficult to maintain because there is no specific goal to achieve. Rather, a resolution like eating a fruit or vegetable each day at every meal is something measurable. Vegetables can be hidden in favorite foods, such as desserts. Swap pasta noodles for spiralized zucchini as another easy fix.
 - ~ Stand straighter. Posture tends to decline with age, advises AARP. This can cause the spine to lose flexibility. Stretches to maintain posture can help anyone stand straighter and improve long-term health.
 - ~ Add "bursts" to your walk. Researchers at the Mayo Clinic tout the benefits of interval training. While high-impact workouts may not be appropriate for everyone, adding little speed bursts to a daily walk can provide significant health benefits. Aim for 30 to 60 seconds of rapid walking at regular intervals to shake up the workout.
 - ~ Drink more water. Increasing water intake can help you feel fuller, thus reducing the likelihood that you will overeat. Gradually increase your water intake by adding a few ounces each day until drinking water becomes rote.
 - ~ Take a workout outside. Switch up your normal routine by making use of the great outdoors to exercise. Instead of three miles on the treadmill or elliptical machine at the gym, opt for three miles on a local hiking trail.
- Healthy resolutions are easier to keep when you have firm ideas and choose reasonable goals.



An apple a day keeps anyone away if you throw it hard enough.



To me essential oils are what drips out of tacos-



This appetizer is ideal for NYE festivities

New Year's Eve marks a time when people reflect on what they accomplished over the past year and make plans for the future. In addition to being a time for reflection, New Year's Eve provides is one last opportunity to party during the holiday season. Whether one is standing in New York City's Times Square to watch the crystal ball drop, dancing to upbeat tunes at a club, or hosting a cocktail party for a dozen or so close friends, there are plenty of ways to celebrate.

Finger foods are right at home at these festive events. To ensure that even people with digestive issues can get in on the fun, serve this recipe "Ground Chicken Meatballs" from "The Complete IBS Diet Plan: Step-by-Step Meal Plans and Low-FODMAP Recipes for Relief and Healing" (Rockridge Press), by Amanda Foote, R.D.

Ground Chicken Meatballs
Serves 4

- Nonstick cooking spray
- 1/2 cup shredded zucchini
- 1 pound ground chicken
- 1 egg
- 1/2 cup gluten-free bread crumbs
- 1 teaspoon dried oregano
- Pinch sea salt
- Freshly ground black pepper
- Fresh herbs, chopped, for garnish



Preheat oven to 400 F. Line a rimmed baking sheet with aluminum foil and spray it with cooking spray. Set aside. Spread the shredded zucchini across a paper towel and cover it with a second paper towel. Press down to squeeze out the extra liquid.

In a large bowl, combine the zucchini, ground chicken, egg, bread crumbs, oregano, salt, and pepper. Use clean hands to mix everything together until well combined.

Using your hands, roll the meat mixture into 2-inch-wide balls. Place the meatballs on the prepared baking sheet, 2 inches apart. Bake for 20 minutes, or until cooked through. Garnish with fresh herbs.

Tip: If preparing in advance, roll the meatballs and then freeze them. They can be kept frozen for up to 3 to 4 months in a zip-top bag. Thaw completely before baking.



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The origins of "The 12 Days of Christmas"
 Christmas carols can be heard far and wide from Thanksgiving weekend through Christmas Day. "The 12 Days of Christmas" is one of the most recognizable carols, and for good reason, as the popular song can trace its history back several centuries. Researchers have traced the earliest printed version of the poem on which the song is based all the way back to 1780. That's three years before the signing of the Treaty of Paris, which officially ended the American Revolutionary War. The song has long been suspected to have been a way for Catholics in Britain to teach their children the catechism, as the 1700s was a controversial period for Catholicism in the country. However, no documentary evidence exists in support of that theory, and many historians feel it is inaccurate. Others indicate that, while 1780 is likely the first time the poem was printed, the poem is likely much older than that, with origins potentially in France or Scotland. What is known is that the version many people recognize today, namely in song form, can be traced to the early twentieth century, when English singer and composer Frederic Austin first popularized the melody for the song. Austin performed that version of the song beginning in 1905, and it was first published in 1909.



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**If a man makes a statement and
 there is no woman there to hear
 him, is he still wrong?**



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What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. More hair on woman 2. Scarf is a different color 3. Yellow circle on coat 4. Extra button on back person's coat

THIS DAY IN...



HISTORY

- **1066:** WILLIAM THE CONQUEROR IS CROWNED KING OF ENGLAND.
- **1758:** HALLEY'S COMET IS SIGHTED BY JOHANN GEORG PALITZSCH, CONFIRMING EDMUND HALLEY'S PREDICTION.
- **2019:** TYPHOON PHANFONE HITS THE PHILIPPINES, CAUSING WIDESPREAD DAMAGE.



ALPINE

a type of downhill skiing

HEALTH FACT:

PARTICIPATING IN THIS WINTER SPORT CAN HELP A PERSON GET IN SHAPE.

ANSWER: SKIING

How they SAY that in...

ENGLISH: Ski

SPANISH: Esquí

ITALIAN: Sci

FRENCH: Ski

GERMAN: Ski

Did you know?

THE FIRST SKI CHAIRLIFT WAS INSTALLED AT SUN VALLEY SKI RESORT IN 1936.



GET THE PICTURE?



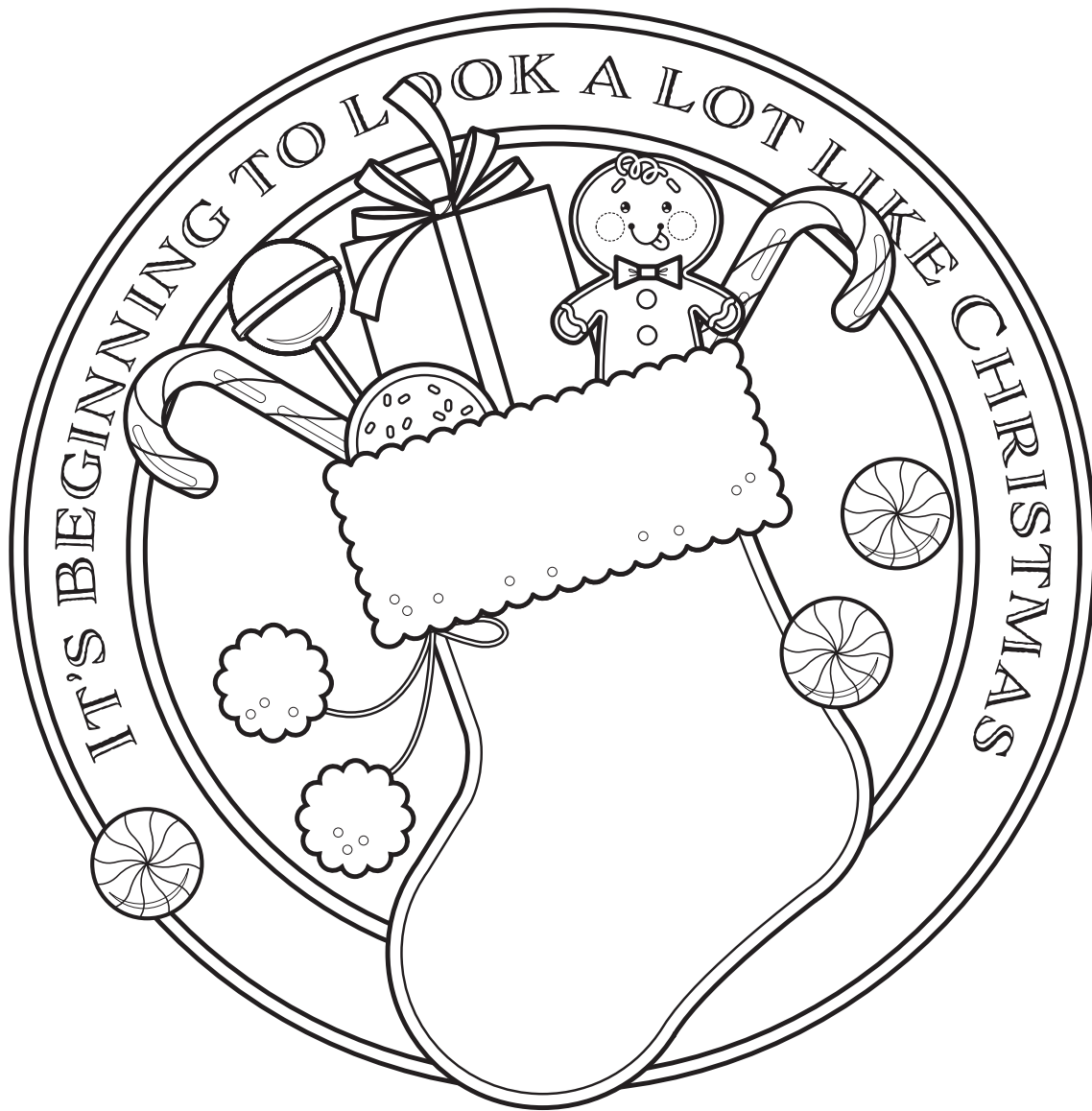
Can you guess what the bigger picture is?

ANSWER: SKIS

WHY DOES EVERYONE LOVE FROSTY THE SNOWMAN? HE IS COOL!



WHAT DO SNOWMEN EAT FOR BREAKFAST? SNOWFLAKES



What do
you call
a bear
with no
teeth?
a Gummy
Bear!

Submitted by
Brayden-
Hernando County

HOLIDAY MAZE

Help Ginger find the way home!



What do you call
a phone that is not
yours?
His
Phone!



Submitted by Conner A
of Hernando County

Why did the cookie go to
the hospital?
Because he felt
crummy.

Submitted by: Micah (age 4)
Hernando County



What's the difference?

Three of these nine pictures are different. Can you find the differences?



I heard my mom asking our neighbor for some salt. We had salt at home, so I asked her why she was asking. She told me, "They don't have much money and they sometimes ask us for things. So I asked for something small that wouldn't burden them. I want them to feel as if we needed them too. That way, it will be much easier for them to ask us for anything they may need."

Here is my card.....give me a call!



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The impact of reading on personal health

Books transport people to different times, provide a sense of escapism and introduce readers to different schools of thought. Individuals may read for pleasure and/or to expand their intellectual horizons. It's important to note that reading also may help improve mental and physical health. With so much to gain from reading, now is a great time to embrace those book clubs, resolve to read more and explore how picking up a good book may be just what the doctor ordered.

Reduces stress

Immersing yourself in a story requires focus and concentration. According to researchers at the University of Sussex, it took just six minutes of reading for study participants to experience slower heart rates and reduced muscle tension.

Stress is one of the biggest threats to overall health, as the stress hormone cortisol can lead to inflammation in the body that may impede the immune system, according to Piedmont Health. Finding ways to reduce stress, including through activities like reading, is a win for anyone who wants to improve his or her health.

Impacts longevity

According to the 2016 study, "A chapter a day: Association of book reading with longevity," by Bavishi A, Slade M.D., reading exerts its influence on longevity by strengthening the mind. Reading positively impacts the way the brain creates synapses, optimizing neurological function. It also expands vocabulary, and helps with memory.

Changes the brain

A 2014 study published in Neuroreport determined reading involves a complex system of signaling and networking in the brain. As one's ability to read matures, these networks become stronger and more sophisticated. MRI scans found that brain connectivity increased throughout studied reading periods and for days afterward.

Increases empathy

Through literary fiction, readers are exposed to the situations, feelings and beliefs of others. This can help a person develop a greater ability to empathize with others, according to Healthline.

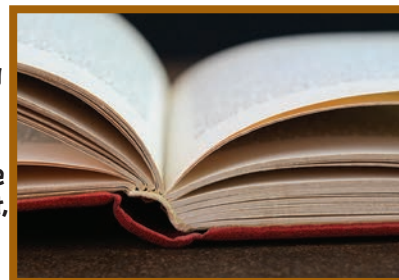
Helps improve sleep

Reading is an effective way to wind down and relax before going to bed. It can be a positive nighttime ritual, provided one reads a paper book or utilizes an e-reader that is not backlit, as bright lights from digital devices may hinder sleep quality. In fact, doctors at the Mayo Clinic often suggest reading as part of a regular sleep routine.

Reduces depressive feelings

Individuals diagnosed with depression may feel isolated and estranged from other people. Books may reduce those feelings by helping a person temporarily escape his or her world into another. Also, books can serve as a common ground through which conversations over shared interests can begin with others.

Reading has many positive health benefits, which is why resolving to read more can be beneficial.



December Days Past

December 1st 1913 Ford Motor Company institutes world's 1st moving assembly line for the Model T Ford

December 2nd 1929 First skull of Peking man found in the caves of Zhoukoudian, 50 km outside of Peking, China. Later dated roughly 750,000 years old. [1]

December 3rd 1967 1st human heart transplant performed in South Africa by Dr. Christiaan Barnard on Louis Washkansky



December 4th 1791 Britain's Observer, oldest Sunday newspaper in the world, first published

December 5th 1848 US President James K. Polk triggers gold rush of 1849 by confirming a gold discovery in California

December 6th 2006 NASA reveals photographs taken by Mars Global Surveyor suggesting the presence of liquid water on Mars

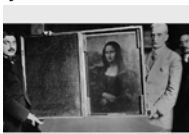
December 7th 1909 Inventor Leo Baekeland patents the first thermo-setting plastic, Bakelite, sparking the birth of the plastics industry

December 8th 1941 US and Britain declare war on Japan, US enters World War II

December 9th 1965 "A Charlie Brown Christmas", the first Peanuts animated special premieres on CBS in the US



December 10th 1901 First Nobel Peace Prizes awarded to Red Cross founder Jean Henri Dunant and peace activist Frederic Passy



December 11th 1913 "Mona Lisa" recovered 2 years after it was stolen from the Louvre Museum

December 12th 1901 Guglielmo Marconi sends the first transatlantic radio signal, from Poldhu in Cornwall to Newfoundland, Canada

December 13th 1774 Paul Revere and Wentworth Cheswell ride to warn Portsmouth of the approach of British warships

December 14th 1903 The Wright brothers attempt to fly the Wright Flyer for the first time at Kitty Hawk, North Carolina

December 15th 1612 German Astronomer Simon Marius is 1st to observe Andromeda galaxy through a telescope



December 16th 1773 Boston tea party incident - Sons of Liberty protesters throw tea shipments into Boston harbour in protest against British imposed Tea Act

December 17th 1986 Mrs Davina Thompson makes medical history by having the 1st heart, lung & liver transplant at Papworth Hospital in Cambridge, England

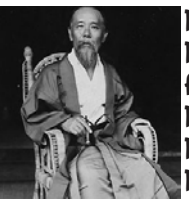
December 18th 1917 The 18th Amendment to the US Constitution, authorizing prohibition of alcohol, is approved by the US congress and sent to the states for ratification

December 19th 1958 1st radio broadcast from space, US President Dwight D. Eisenhower Christmas message "to all mankind, America's wish for peace on Earth and goodwill to men everywhere"

December 20th 1812 "Grimm's Fairy Tales" or "Children's and Household Tales" by Jacob Grimm and Wilhelm Grimm is first published



December 21st 1991 Soviet Union formally dissolves as 11 of 12 republics sign treaty forming Commonwealth of Independent States



December 22nd 1885 Ito Hirobumi, a samurai, becomes the first Prime Minister of Japan

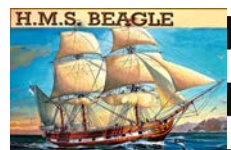
December 23rd 1888 Vincent van Gogh cuts off his left ear with a razor, after argument with fellow painter Paul Gauguin, and sends to a prostitute for safe keeping

December 24th 1936 1st radioactive isotope medicine administered in Berkeley, California

December 25th 1st Christmas, according to calendar-maker Dionysius Exiguus

December 26th 1825 Decembrist uprising in Russia against Tsar Nicholas I begins

December 27th 1831 HMS Beagle with Charles Darwin on board departs England for a survey of South America, a voyage Darwin later said "determined my whole career"



December 28th 1612 First observation of Neptune - Galileo observes and records a "fixed star" without realising it is a planet

December 29th 1845 Texas admitted as 28th state of the Union



December 30th 1924 Astronomer Edwin Hubble formally announces existence of other galactic systems at meeting of the American Astronomical Society

December 31st 1781 Bank of North America, 1st US bank opens

Merry Christmas!!!

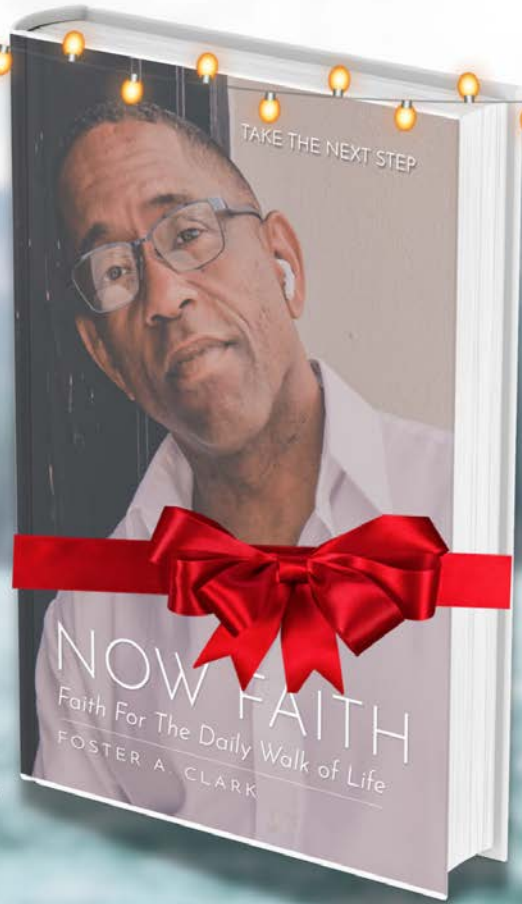


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"For unto you is born this day, in the City of David, a Savior, which is Christ the Lord."



"For unto you is born this day, in the City of David, a Savior, which is Christ the Lord."



"For unto you is born this day, in the City of David, a Savior, which is Christ the Lord."



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

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"For unto you is born this day, in the City of David, a Savior, which is Christ the Lord."



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General Interest

Free Offers

MINI-BLINDS (used but good working condition) 2--52" wide, 5---36" wide DRAPERY RODS (used but good working condition) 1---10' plus length 2---8' plus length 2---4' plus length (All blinds and rods include mounting brackets)
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352-232-0770

COINS: Brilliant Uncirculated Rolls of Jefferson/Buffalo Nickels 2005P (10 Rolls) AND Jefferson/Monticello Nickels 2006D (10Rolls). 20 Rolls Total. \$150.00 for All. PH 352-228-1812

Music Boxes, Royal Daulton Figurines, and Disney collectibles. all excellent condition. 352-344-0412

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Freezer, upright works great. \$100 352-422-1467

Black Magic Chef- 4.4 cubic feet refrigerator- Rarely used- 19"W and 33"H and 21"D. \$100- Call brain 352-489-3584

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Pella window- never used- fits R-O 33w/34. Double hung- \$125.00 813-751-4592.

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Easy Rest bed 39" X 74" wireless remote and massage. lest than 6 mo. old. Please call 352-228-7270

Wood Table with extension and 4 chairs (maple color) has heavy wood round legs. \$100 352-422-1694

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Bar Stool- Bamboo covered seat. \$50 each OBO ---- China Cabinets (S, M, L) coffee table w/ 2 end tables, Rattan Love Seat recliner, Full size bed mattress and more. Holiday decorations etc.. 352-344-0412

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32 S&W Revolver by Iver Johnson- 3" barrel and hammerless with 50 rounds. \$450--- 1 Remington 22 LR target master bolt action rifle \$200 with Tasco scope. --- Traditions .50 cal. muzzle loader, buck hunter- can use black powder or pyrodex pellets with accessories \$200 --- New bulldog holster fits sub compact auto with 2 or 3 inch barrels, is ambidextrous. \$25 --- 1 gun safe and cabinet dehumidifier by moisture king \$25. Larry 352-765-4074

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Its A Bling Thing LLC at 1179 Howell Ave. Brooksville FL. Our hours are Tuesday-Friday 10am-6pm

Saturday 10am-3pm Everything is \$5 Lead & Nickel free except for our ZI Collection that is \$25 each. Shop 24/7 Paparazziaccessories.com/394525

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cle, \$150.00 for both. Part numbers APJ 6475 pin and sleeve plug, AR 641 Arktite Receptacle, 4pole/4 wire. Good condition. 352-441-0645

Utility Trailers

Utility Trailer Ad; For Sale: Lowes 10' Utility Trailer, Like New, epoxied 2x8 inch wood floor with steel loading ramp, purchased/Lowes/June/cost \$1,975, six round-trips to Orlando hauling furniture. \$975 FIRM! Cell 770-380-6808

Miscellaneous

Washers, Dryers, freezer and queen bed \$225 ---- Craftsmen took boxes \$150-\$800 ---- Trailers \$500-\$1000 --- Scaffolding \$400 ---- 20' Power poles or 8ft fence post \$60-\$400. All items are OBO or WILL TRADE. 352-345-9365

34 cassette tapes for sale- various artists- Country and old, call for details- \$5 each or all for \$150. Joyce- 352-232-0770

Smoker Grill Combo- used 1 time. \$25 firm. Call 813-751-4592

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Automotive

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tras. Recent tune up, oil change. Cold a/c. \$5300. 727-207-4008 ask for Roy

1927 T-Bucket Roadster, 502 Crate motor, auto, 8.5 rear end, coil overs, 4 wheel disc brakes, aluminum seats, pass side door, new wheels and tires, gps speedometer, removable steering wheel, Custom copper metal flake paint, side pipes, glass body asking 19,500 OBO 917-846-0258.

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2011 F250 3/4 ton, 5.7 V8, 200K miles, good tires, AM/FM, AC, Trailer Hitch, everything works with toolbox and bedliner, runs perfect and in excellent condition. Asking 12K, OBO. Cal Lou, 352-344-8334 or 352-302-0850

1995 Dodge Dakota Pick-up 5 speed standard, party restored with many new parts. Runs good still needs work, great farm or parts truck- \$2500 OBO- 352-422-1467

1994 Mazda B400 \$3500.00 ---- 1996 F250 7.3 diesel. \$3500.00. 352-201-0532

Parts & Accessories

Fiberglass Truck Cap- 81" Long came off 2006 Chevy Pick-up \$200. 352-796-4278

Yamaha (2000) V-star pipes. Like new \$35.00 Phone (352) 628-0977

Parts from a 1987 Corvette IE, Vacuum line, hole box of parts \$50 please call 813-751-4592

PARTS & ACCESSORIES- Section Baldor 10HP/Phase 3 Motor. \$400.00 Inverness. 954-275-3704

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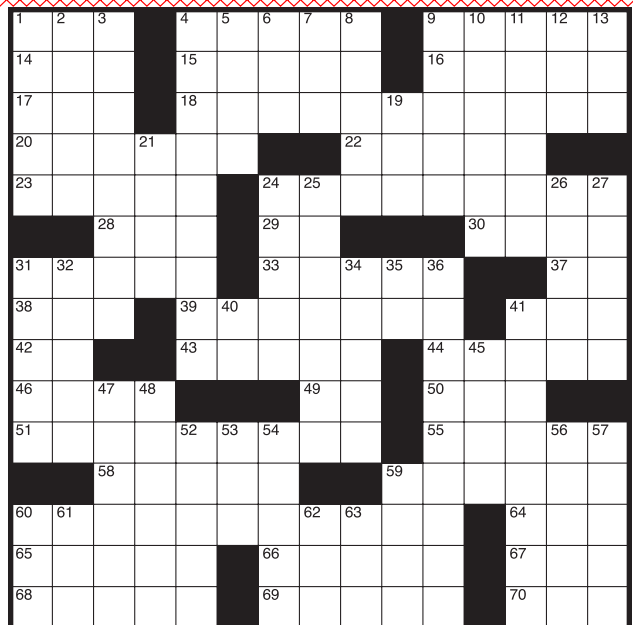
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Crossword

2



CLUES ACROSS

1. Product or -- (abbr.)
4. Zodiac sign
9. S. China seaport
14. Former OSS
15. Early English printer
16. Aphid genus
17. General's assistant (abbr.)
18. Aussies
20. Dissuades
22. Make law
23. Drench
24. Soak in a liquid
28. Male child
29. It cools your home
30. Small constellation
31. To call (archaic)
33. Explores beneath the Earth
37. Commercial
38. W. hemisphere organization
39. You can find it in a can
41. "Land of the free"
- 42 36 inches
43. Footwear
44. Challenges
46. They hold things together
49. Of I
50. Partner to flow
51. Not connected by kinship
55. Worries
58. Garlic mayonnaise
59. A way to take by force
60. Legendary English rockers
64. Your consciousness of your own identity
65. Fencing swords
66. Silly
67. Actor DiCaprio
68. Encircles with a belt
69. Mails a message
70. Longing

CLUES DOWN

1. Horse mackerels
2. It can be viral
3. Prickly plants
4. Consciousness
5. Type of sarcoma
6. Tax collector
7. Sun up in New York
8. One who scorches
9. Influential psychotherapist
10. Situated at an apex
11. Communicative
12. Forearm nerve
13. Former CIA
19. Folk singer DiFranco
21. Employee stock ownership plan
24. Large-scale
25. School environment
26. Remove
27. Male parents
31. Large rodent
32. Weighed down
34. Held tightly
35. -- route: going there
36. Explains again
40. Exclamation of surprise
41. Courteously
45. Lying down
47. Judge
48. Forcefully took
52. Loosely compacted sediment
53. High mountain
54. Portable conical tents
56. Cereal grass
57. Dining utensil
59. Thoughtful
60. Helps you walk
61. Indicates near
62. Midway between north-east and east
63. Local area network

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MERRY CHRISTMAS FROM TOWN AND COUNTRY

A warm stew to chase the chill away

As the mercury dips and snow and ice making conditions outside less inviting, a warm and welcoming meal inside can be just what the doctor ordered.

This recipe for "Jalapeno Pork Stew With Pickled Onions" from "Real Simple Dinner Tonight: Done!" (Time Home Entertainment) by the editors of Real Simple is tailor-made for a cold day. This hearty dish will warm anyone up, both from the heat of the stew itself and the spicy kick of the jalapenos.

Jalapeno Pork Stew With Pickled Onions (Serves 8)

- 4 tablespoons olive oil
- 5 pounds boneless pork shoulder or butt, trimmed and cut into 2-inch pieces
- 2 tablespoons ground cumin
- Kosher salt and black pepper
- 3 tablespoons all-purpose flour
- 1 cup fresh orange juice
- 1 14.5-ounce can diced tomatoes, drained
- 12 cloves garlic
- 1 to 2 jalapeno peppers, seeded and sliced
- 1 large red onion, thinly sliced
- 1/4 cup red wine vinegar
- 1 1-pound package frozen cut okra
- 1 1/2 cups grits

Heat oven to 325 F. Heat 2 tablespoons of the oil in a large ovenproof pot or Dutch oven over medium-high heat. Season the pork with the cumin, 1 1/2 teaspoons salt and 1/2 teaspoon black pepper. In batches, cook the pork until browned, turning occasionally, 6 to 8 minutes; transfer to a plate.

Add the flour and the remaining 2 tablespoons of oil to the pot and cook, stirring for 1 minute. Add the orange juice, tomatoes, garlic, jalapenos, and 4 cups water and bring to a boil. Return the pork to the pot, cover, transfer to oven, and cook until the pork is tender, 2 1/2 to 3 hours.

Meanwhile, in a small bowl, toss the onion with the vinegar, 1/2 cup water, and 1/2 teaspoon salt. Let sit, tossing occasionally, for at least 30 minutes (and up to 4 hours). Skim off and discard any fat from the stew. Add the okra.

Cover the pot, return it to the oven, and cook until the okra is tender, about 15 minutes. If the stew is too thin, place the pot on the stove and simmer, uncovered, until thickened, 5 to 10 minutes more.

Meanwhile, cook the grits according to the package directions. Serve with the stew and marinated onions.



Did you know?

Committing to using time more wisely is a popular New Year's resolution each year. Though millions of individuals can undoubtedly find various ways that they waste time each day, the most significant ways time is wasted by the average person may be somewhat beyond individuals' control. According to a 2022 survey commissioned by Duolingo and conducted by OnePoll, more than 50 percent of the 2,000 people surveyed indicated waiting on hold while on the phone is their biggest time waster. Other significant time vampires include standing in lines (45 percent) and sitting in traffic (44 percent). These time wasters are so significant that those behind the poll estimated that the average person loses one month of their life every year doing nothing. But all hope is not lost. Individuals who want to cut down on all that wasted time can call customer service hotlines during off-peak hours (generally considered to be before 7 a.m. and after 7 p.m.), shop online or during off-peak hours (grocery stores tend to be less busy in early mornings and on weeknights than weekend mornings and afternoons), and utilize public transportation to get to and from work so their commutes can be spent doing something productive and not sitting idly in traffic.



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SODUKU 2

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

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Two Business men from the Midwest driving in CA. The one guy says "Turn to this next exit, La Jolla" The other guy says "That's not how La Jolla is pronounced. It's pronounced La Hoya-the J is silent." They argue and then see there is an ice cream place, the second guy says "Turn in here." They turn into the ice cream shop and the second guy says to the guy at the counter, "Very slow and precise say what is the name of this place!" The Ice Cream Guy looks at them very strange and says D-A-I-R-Y Q-U-E-E-N

ICE CREAM

SUBMITTED BY: TERRI RANDALL, HERNANDO COUNTY

Well, well, well,
 if it isn't me
 writing all the
 things from
 last years
 new years
 resolution list
 to this years
 new years
 resolution
 list.

Happy NEW YEAR & Best Wishes!

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to gift giving.

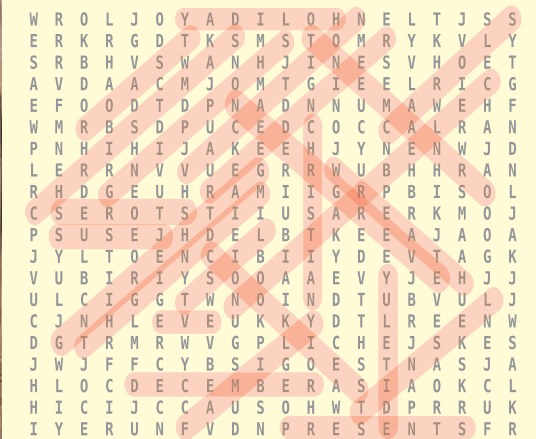
S P T N E E R

--	--	--	--	--	--

Answer: Present

ANSWERS

CHRISTMAS WORD SEARCH



SODUKU 2

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

SODUKU 1

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

Crossword 2

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

CROSSWORD 1

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

GOOD BOOK WORD SEARCH

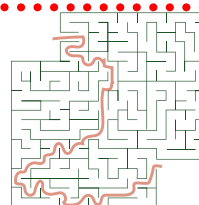


Answers:

Top row: Picture 2, Missing snowflakes

Middle row: Picture 4, Missing eyebrows

Bottom row: Picture 9, Maple leaf blue



LIFE IS TOO SHORT TO BE WASTED IN FINDING ANSWERS. ENJOY THE QUESTIONS.

PAUL COELHO

Gus's Animal Gossip



Hey Guy's Gus, here. I can't believe that it is already December, and we are about to have our first Christmas with Gracie. I'm looking forward to seeing her on Christmas morning, she gets so excited about everything. I am happy that she is part of the Peddler's Pup pack now. She will never have to stress about being rejected again. Being surrendered to the pound two times really had a lasting impact on Gracie. Mom and Dad must kennel her when they leave because she will get so stressed out, she will display a lot of the negative behaviours discussed in the below article about "signs of anxiety in dogs." She gets so scared that she will be rejected that she just cannot help herself. Surrendering a pet that has already been acclimated to a family has lasting impacts on the pet and sometimes can impact that pet getting a new family. Remember if you are considering a pet this year for the holidays, we are long term responsibilities. Me and Gracie have a home for the holidays because mom and dad chose to ADOPT and not SHOP. I think it is great advice! Merry Christmas Guys! See you in 2023!

Signs of anxiety in dogs

- Mental health issues have garnered some much-needed attention in recent years. As the world confronted a global pandemic, the mental health cost of that confrontation proved significant, prompting millions of people to speak openly about mental health for the first time.
- Much of the conversation surrounding mental health conditions in recent years has focused on the human toll those conditions have taken.
- But mental health issues, including anxiety, can affect pets as well. According to the American Kennel Club, dog anxiety can affect all breeds.
- As a result, it behooves all dog owners to learn about dog anxiety so they can be in the best position possible to help their furry friends.
- What is anxiety?
- The anxiety dogs feel is not much different than that felt by humans. Merriam-Webster defines anxiety as "apprehensive uneasiness or nervousness over an impending or anticipated ill." Although the AKC acknowledges that all dogs feel anxiety at one point or another, the organization warns that disproportionate levels of anxiety that go untreated can produce an anxiety disorder in dogs.
- Such disorders can pave the way to behavioral and other issues.
- What causes anxiety in dogs?
- The Merck Veterinary Manual indicates that fear, separation and aging are some of the most common causes of dog anxiety. Some dog owners may recognize that their dogs are fearful of loud noises, strangers (including both people and animals they don't recognize), veterinary visits, and certain visual stimuli. Though that fear is often temporary, it could lead to significant anxiety in some dogs.
- The AKC estimates that around 14 percent of dogs are affected by separation anxiety. These dogs cannot be comfortable when their owners leave, and they may engage in various negative behaviors as a result. Such behaviors include chewing or destroying furniture, urinating or defecating in the home even if they've been trained, and excessive barking.
- Age-related anxiety has been linked to cognitive dysfunction syndrome, or CDS. In such instances, dogs with CDS experience anxiety as they deal with issues affecting their memory, perception and awareness.

What are some symptoms of anxiety in dogs?

The AKC advises dog owners to be on the lookout for these important symptoms of dog anxiety:

- ~ Aggression
- ~ Urinating or defecating in the house
- ~ Drooling
- ~ Panting
- ~ Destructive behavior
- ~ Depression
- ~ Excessive barking
- ~ Pacing
- ~ Restlessness
- ~ Repetitive or compulsive behaviors



Anxiety can be a serious issue for dogs that adversely affects their quality of life. Various approaches can be tried to treat dogs with anxiety. Dog owners who suspect their dogs are experiencing excessive anxiety are urged to discuss their concerns with their veterinarians.

Gracie's Giggles



I can not believe they don't let us bring in our sticks, but they bring in a whole tree!

RIGHT!



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