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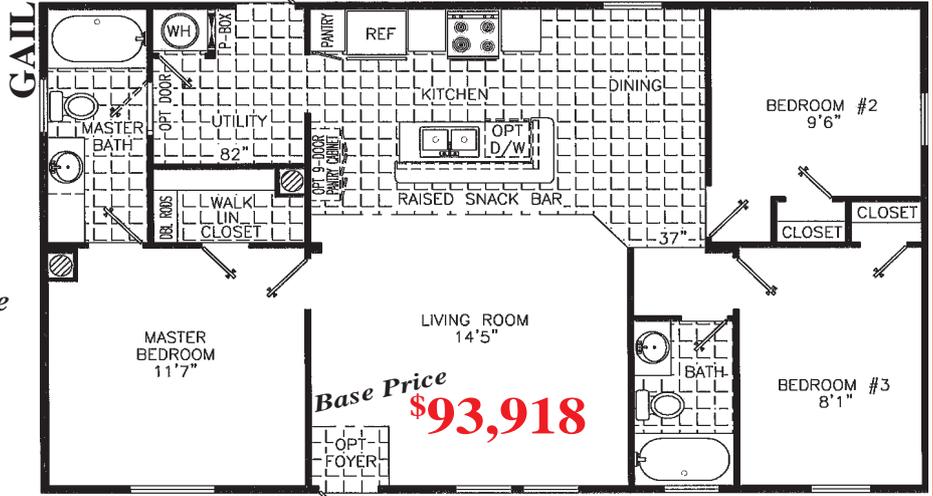
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SAVE THE DATE

2023 CHAMBER EVENTS

- March 4th | Hernando Untapped
- March 27-28th | Day at the Capitol
- April 1st | Home & Garden Show
- April 27th | CETA Student Recognition
- May 19th | PLANE Old Barbeque
- August 26th | Health & Wellness Expo
- November 4th | Business Expo
- December 1st | Red Carpet Gala
- December 14th | Chamber Golf Classic

HAPPY New Year

Greater Hernando County
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OTHER CHAMBER EVENTS

- Tuesdays at 11:30 | B2B Networking
- 1st Wednesday | Brooksville Matters
- 4th Wednesday | Monthly Membership Meeting
- Quarterly | Mixers

Be sure to check our website for Trainings, Workshops, and other Upcoming Community Events

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All About The Peddler's Post



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*** 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!
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- 3) Submit it in our Website!
- 4) Send it to us on Facebook!

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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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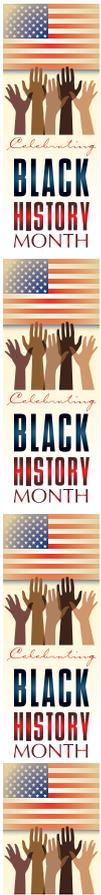
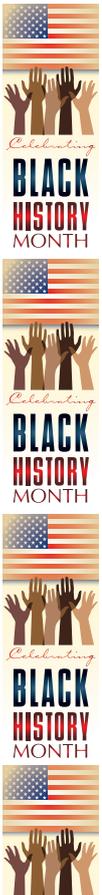
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CALL THE OFFICE AT 352-344-2700 OR EMAIL US AT OFFICE@PEDDLERS-POST.COM TO GET STARTED!

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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Educational and meaningful ways to celebrate Black History Month



Each February, the United States commemorates the impressive contributions of Black individuals. Black History Month traces its origins to 1915, 50 years after the Thirteenth Amendment abolished slavery in the United States. In that same year, the Association for the Study of Negro Life and History (later known as ASALH) was founded to promote the achievement of Black Americans and others of African descent. In 1926, a more formal holiday was established by Dr. Carter G. Woodson with a national Negro History Week, which evolved into today's Black History Month. February was chosen because it coordinates with the birthdays of Abraham Lincoln and Frederick Douglass, two individuals who were essential to the fight for equal rights for Black people. Black History Month is loaded with opportunities to learn more about influential Black individuals. Local libraries, television channels and schools often focus on such individuals throughout the month of February, providing ample chances for individuals from all walks of life to learn more about people and events that have shaped the nation.

- ~ Watch documentaries. During Black History Month, many networks feature documentaries on influential figures who made their marks in the Black community and beyond. Streaming services also may have documentaries or special interview series available that highlight certain Black figures.
- ~ Visit a cultural center. Museums and other cultural or community centers emphasize Black history in February. Even in smaller towns one may be able to attend speeches or readings at local libraries.
- ~ Watch movies. Curate a collection of films that were directed by Black directors or feature Black actors in lead roles. Films that chronicle the biographies of Black historical figures also can be educational.
- ~ Learn about local Black history. There may be specific Black individuals in your local community who are notable for their accomplishments or efforts. In addition, many people might be surprised to learn about events in their own communities that helped to shape Black history.
- ~ Read MLK Jr's famous letter. People can revisit the words of Martin Luther King, Jr. by reading his "Letter From Birmingham Jail." The letter is considered vital for anyone hoping to understand the Civil Rights movement in the United States.

Black History Month provides plenty of chances to learn about influential figures and historical events.

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Who was Saint Valentine?

Valentine's Day presents an opportunity to express feelings of love. Greeting cards and heart-shaped chocolate boxes are traditional gifts, as are red roses. Most people know how and why Valentine's Day is celebrated, but few may know the person behind the holiday's name. The Catholic Church recognizes three different martyred individuals with the name Valentine, who each may hold ties to the Valentine's Day celebration. The name Valentine comes from the Latin "Valentinus," which means "worthy, strong or powerful." The name was a common moniker at the time. It is not known just how many Valentines were around in that era, but historians believe there were many. According to the Catholic Education Resource Center, the following three Valentines share February 14th as their feast days. The historical records are sparse, but here's what is known about these men.

1. One St. Valentine was a priest and physician in Rome. He comforted the martyrs during the persecution of Emperor Claudius II. This Valentine was arrested and condemned to death by beheading for his faith.
2. Another St. Valentine was the Bishop of what is now Terni, located 60 miles from Rome. He also was arrested and beheaded under Emperor Claudius II.
3. The third St. Valentine suffered martyrdom in Africa, but not much else is known about him.

Historians are unsure which Valentine inspired Valentine's Day or if the day is meant to commemorate each of them. Stories about Valentine and his actions helping the faithful are used interchangeably. According to Britannica, although the Roman Catholic Church continues to recognize St. Valentine, he was removed from the General Roman Calendar in 1969 because of the lack of reliable information about him. In addition to being the namesake behind Valentine's Day, he is the patron saint of lovers, epileptics and beekeepers.

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6 signs you may need a new HVAC system

There's no place like home, especially when that home is a comfortable and safe haven. One of the ways residents find comfort in their homes is by maintaining the right indoor temperatures, which fluctuate along with the seasons. While there is much to be said about opening windows and doors to let Mother Nature do her thing, indoor comfort is often maintained with an HVAC system.

HVAC stands for heating, ventilation and air conditioning. It can include heat pumps, furnaces and air conditioning units. It is an automated system that works by adjusting a thermostat to regulate air temperature, and sometimes humidity, in the home. According to Enviguard, a commercial contracting provider, HVAC systems also may be used to improve indoor air quality through filtration and oxygen replacement.

As with any mechanical device, an HVAC system has a life span that must be considered. Should any of the following conditions be present, it is likely time to consult with an HVAC technician to see if repairs or replacement of the entire system is warranted.

1. Age

If the HVAC system is more than 10 years old, it could be time to begin budgeting for a new unit. Many modern, efficient systems may last 12 to 14 years with routine maintenance. But it's good to keep an HVAC system's age in mind so you can readily recognize when it might start to fail.

2. Longer or constant running times

An efficient, properly working system will quickly heat or cool the home and then turn off. A system that is turning on repeatedly or having to run for awhile before the set temperature is reached could be nearing the end of its utility.

3. Strange noises

Groaning, banging or loud humming noises should be addressed. While these noises may indicate that certain components need maintenance or replacement, they also could be symptoms of age and a system nearing failure.

4. Frequent repair visits

Knowing the HVAC company's repair person by name is a sign that the system has required too much work in recent months. Repeated issues and repairs are probably signs that it's time to consider a system replacement.

5. Higher bills

Sticker shock when receiving electricity or gas bills likely mean the HVAC system isn't working efficiently and might need to be replaced.

6. Poor indoor air quality

If the home is dusty or humid or even if allergies seem to have cropped up out of nowhere, this could indicate a poorly functioning HVAC system. HVAC systems are vital to keeping indoor environments comfortable and safe. Such systems may exhibit certain signs that indicate they need to be replaced.



Guess Who?

I am a singer born in Mississippi on February 11, 1979. I grew up in a family of musicians. My younger brother is a performer as well. I gained fame on a hit TV series in the 1990s.

Answers: Brandy

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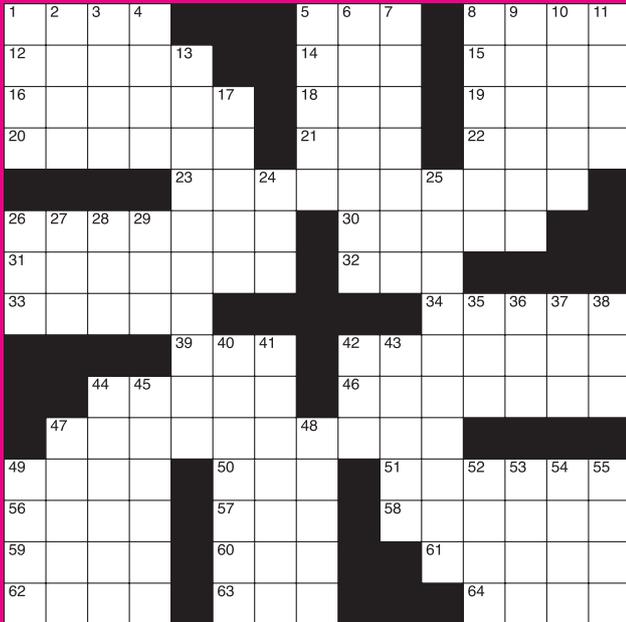


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CROSSWORD 1



CLUES ACROSS

1. River in Tuscany
5. A way to represent
8. Rocker's guitar
12. Civil Rights group
14. Brew
15. Scratch
16. W. Asian country
18. The Eye Network
19. Clarified butter
20. Part of the Cascade Range
21. Downwind
22. A way to steer
23. Loop
26. Not ingested
30. Swampy coniferous forest
31. Musician
32. Signing
33. Containing iron
34. Part of a theorem or proof
39. Veterans battleground (slang)
42. Of enormous proportions
44. Italian city
46. Come before
47. Balm
49. Undergarments
50. Male parent
51. Ropes
56. Ear part
57. Investment vehicle
58. Dictator
59. Cain and --
60. A type of code
61. Border river along India and Nepal
62. It's what's for dinner
63. Consume
64. Christian --, designer

CLUES DOWN

1. Cuckoos
2. Skin issue
3. City in central Japan
4. Sorrels
5. Twinned diamond
6. Canadian province
7. Monetary units
8. Head honcho
9. Goddess of wisdom
10. Part of a play
11. Get rid of
13. Applicant
17. Bowling alleys have many
24. Explosive
25. "The Say Hey Kid"
26. Ultrahigh frequency
27. No (Scottish)
28. Make a mistake
29. Credit card term
35. Keyboard key
36. Woman (French)
37. In the middle of
38. Score perfectly
40. Coat a metal with an oxide coat
41. Deadly disease
42. A place to dock a boat (abbr.)
43. Belch
44. Member of U.S. Navy
45. "In --": separate from others
47. Examine extensively
48. Adjust
49. Tattle
52. Actor Pitt
53. Gulls
54. Within
55. Exceptionally talented performer

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I had a nightmare of a day; the computers went down, and everything had to be done manually. I took me 10 minutes just to shuffle the cards for solitaire.



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 program, 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 an event where the proceeds go to support 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 following edition. We do have to keep the mention to a 4-6 line maximum (approximately 90 words) to ensure we have room to list everyone's events. If your event 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>

Valentine's Day indulgence done devilishly right

If asked to describe the favored foods of Valentine's Day in a single word, "decadent" might prove the most apt descriptor. Foodies and non-foodies alike recognize that Valentine's Day and chocolate are intertwined, making the day an ideal time to indulge in something decadent. This Valentine's Day, couples can share their love for decadent delights by working alongside one another to whip up this recipe for "Devil's Food Layer Cake" from Elisabeth M. Prueitt and Chad Robertson's "Tartine" (Chronicle Books).

Devil's Food Layer Cake (Yields 110-inch cake; 12 to 16 servings)

Cake layers

- 1 3/4 cups all-purpose flour
- 4 1/2 tablespoons cornstarch
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 1/4 cups cocoa powder
- 1 teaspoon salt
- 1 cup unsalted butter, at room temperature
- 2 3/4 cups sugar
- 5 large eggs
- 1 1/4 cups full-fat buttermilk

Chocolate Ganache

- 24 ounces or 32 ounces bitter-sweet chocolate
- 3 cups or 4 cups heavy cream
- 1/2 cup plus 1 tablespoon caramel



Preheat the oven to 350 F. Butter and lightly flour the sides of two 9-inch cake pans, knocking out the excess flour. Line the bottom of each pan with parchment paper cut to fit exactly.

To make the cake layers, sift together the flour, cornstarch, baking powder, baking soda, cocoa powder, and salt into a bowl and set aside. In the bowl of a stand mixer fitted with the paddle attachment, beat the butter on medium-high speed until light and creamy. Slowly add the sugar and continue to beat on the same speed light in color and fluffy. Add the eggs one at a time, mixing well after each addition until incorporated before adding the next egg. Stop the mixer and scrape down the sides of the bowl with the rubber spatula. With the mixer on low speed, add the flour mixture in 3 equal batches alternately with the buttermilk in 2 batches, beginning and ending with the flour mixture. Stop the mixer, scrape down the sides of the bowl and then mix again for another few seconds.

Divide the cake batter evenly between the prepared cake pans. Bake until the top springs back when lightly touched or a cake tester inserted in the center comes out clean, about 45 minutes. Let the cakes cool completely in the pans on a wire rack.

When the cakes are cool, turn them out by inverting the pans, and then turn the cakes upright. Using a serrated knife, slice off the domed portion from the top of each cake to make the tops flat. If you want to decorate the cake with crumbs as described in the headnote, reserve the slices for making the crumbs.

To make the crumbs, preheat the oven to 250 F. Line a baking sheet with parchment paper or a nonstick liner. Break up the cake slices and spread on the lined baking sheet. Place in the oven and toast until completely dry, about 1 hour. Let cool completely, then transfer to a food processor or blender and process until finely ground. Sift the crumbs through a medium-mesh sieve. (Don't use a sieve with fine mesh or the crumbs won't pass through.) Set aside.

To make the ganache, place the chocolate in a heatproof bowl, using the smaller amount of each ingredient if you will be decorating the cake with crumbs and the larger amount if you will not. Bring the cream to just under a boil in a small saucepan. Pour the cream over the chocolate. Let the mixture sit for a few minutes without stirring until the chocolate is partially melted, and then stir with a rubber spatula until smooth and shiny.

To assemble the cake, split each cake into 2 layers to make 4 layers in all. Transfer 1 layer to a serving plate. Using an offset spatula, spread 3 tablespoons of the caramel evenly over the cake layer. Spread a thin layer of ganache (about 1/4-inch thick) over the caramel. Top with a second cake layer, and again spread with 3 tablespoons caramel and then a thin layer of ganache. Top with the fourth cake layer. Refrigerate the cake until the center seems firm, 1 to 2 hours. Cover the remaining ganache with plastic wrap and leave at room temperature for finishing the cake.

Remove the cake from the refrigerator. Using the rest of the ganache, frost the top and sides of the cake with the offset spatula. If you are going to coat the cake with the toasted cake crumbs, the cake must be evenly frosted and the ganache must be soft enough for the crumbs to adhere. If the ganache has hardened, use a kitchen torch to soften it slightly, or put the whole cake into a 400 F oven for 10 seconds or so, just until the chocolate looks shiny. Sprinkle the crumbs evenly over the top of the cake, then tilt and turn the cake so that they spill over the sides, adhering to them as they fall. If you are using only the ganache and not the crumbs, the ganache will be thicker on both the top and sides.

Serve the cake at room temperature. To store, cover tightly and keep in a cool place for up to 4 days. It is not necessary to keep this cake in the refrigerator.

COMMUNITY BOARD

FEBRUARY

1st

The Sandhill Crane Chapter of the Embroiderers' Guild of America will meet February 1, 2023, from 10 am to 2 pm at Faith Evangelical Presbyterian Church, 200 Mt. Faire Ave., Brooksville, FL. EGA is open to anyone who is interested in embroidery from beginner to those that are more advanced. For more information contact Melanie Scharch at 352-232-3696

17th

Genealogy Society of Hernando County (GSHC) -- Will meet February 17 at LDS Family History Center, 21043 Yontz Rd., Brooksville at 10 a.m. LDS dress code requests "No Shorts". Face Masks are optional. Topic: "How to Join Various Lineage Societies" By Lois Coffey. Contact: Karen Sabin, (703)405-6605.

19th

FOUR CHAPLAINS SERVICE- Temple Beth David 13158 Antelope St. Spring Hill, FL 34609 will host a special memorial service on Sunday, February 19, 2023 at 3:00pm in recognition of four World War II chaplains who showed selfless service and interfaith cooperation rescuing civilian and military personal as the American troop ship SS Dorchester sank on February 3, 1943. For more information call Chaplain Gaye Hieb at (910) 524-5420.

MARCH

3rd, 4th, & 5th

Weeki Wachee Swamp Fest at Linda Pedersen Park, March 3, 4 & 5. Arts & Crafts, Swamp Food, Live Entertainment. Swamp Monster Contest Sat Noon, Cash prizes. Also "Master of the Chainsaws", Iron Forging & more. \$5 entry. Visit our website SwampFestWeekiWachee.com or call 352-596-6449/352-549-4584;

12th

Weeki Wachee Area Club co-hosting Hot Dog Eating Contest with Drunken Mullet in Hernando Beach; Sun, March 12; opens 11 am. Entry fee \$15 incl T-shirt; Prizes for men & woman. Also Firemen's Challenge. Arts & Craft Venders & lots of fun. Call/text 863-381-4760.

25th

High Point Lions Club presents the 4th Annual "SPRING into SUMMER" Craft Fair (an indoor/outdoor craft/arts fair) Saturday, March 25, 2023- 8am-2pm 12249 Clubhouse Rd, Brooksville, FL for info call Gwen: 352-232-1286 E: theroyzoo@gmail.com

ONGOING

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

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

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

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.

Genealogy Society of Hernando County (GSHC). Research schedule for Family History Center located at LDS Family History Center, 21043 Yontz Rd., Brooksville - Every Friday, 9-12 noon and the 2nd & 4th Wednesday, 6-8 p.m. LDS dress code requests "No Shorts". Face Masks are optional. Contact: Karen Sabin, (703)405-6605

Weeki Wachee Area Club BINGO Sat 11-2 pm; 7442 Shoal Line Blvd; Food available. WW Area Club meetings 1st Thurs of each month; Potluck at 6:00 pm followed by meeting. Please attend and find out how to join. Club rental avail. Call/text 863-381-4760

Hernando Beach Marine Group/Coast Guard Aux Building, 4340 Caliente St (corner of Shoal Line Blvd); Boating Safety & other classes by Flotilla 15-8; email uscguex15.8. Monthly Family Fun Night with Karaoke, 7-10 pm, call John Paul 678-468-1943. Bldg Rental avail for special events, call Leslie 352-232-6901.

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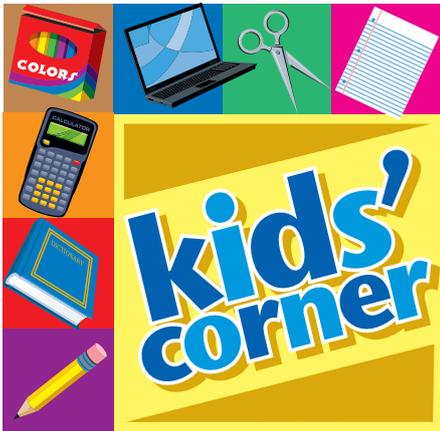


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- CLOUDY
- DAMP
- DEW POINT
- DRIZZLE
- GALOSHES
- GUSTS
- HUMIDITY
- INDOORS
- JACKET
- OVERCAST
- PROTECTION
- PUDDLES
- RAINFALL
- SLIPPERY
- SLUGGISH
- SOGGY
- UMBRELLA
- VISIBILITY
- WET
- WINDY



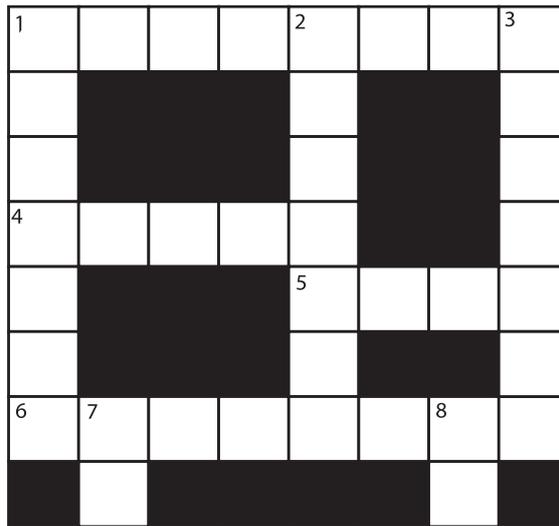


PEOPLE FACT:

THIS PERSON IS A WISE AND TRUSTED TEACHER.

ANSWER: MENTOR

Crossword Puzzle



ACROSS

- 1. Decorative light
- 4. Twelve
- 5. Number on calendar
- 6. Feeling safe

DOWN

- 1. People in charge
- 2. To clean clothes
- 3. Ceramics
- 7. Emergency room (abbr.)
- 8. Towards

1. Leaders 2. Laundry 3. Pottery 4. ER 5. To

1. Lava lamp 2. Dozen 3. Date 4. Security

Answers:

THIS DAY IN...



HISTORY

- 1014: HENRY OF BAVARIA IS CROWNED KING OF GERMANY AND HOLY ROMAN EMPEROR.
- 1849: JAMES K. POLK BECOMES THE FIRST SERVING U.S. PRESIDENT TO HAVE HIS PHOTOGRAPH TAKEN.
- 1920: THE LEAGUE OF WOMEN VOTERS IS FOUNDED IN CHICAGO.

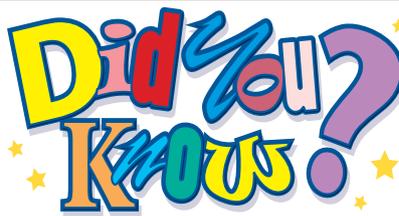


DIRECT

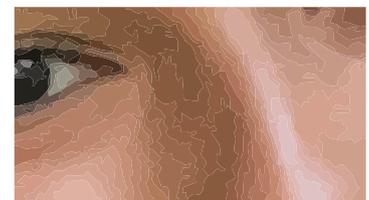
to supervise and control

How they SAY that in...

- ENGLISH:** Leader
- SPANISH:** Líder
- ITALIAN:** Leader
- FRENCH:** Chef
- GERMAN:** Anführer



TODAY'S YOUTH CAN BENEFIT FROM GETTING INVOLVED AND LEARNING THE QUALITIES OF EFFECTIVE LEADERSHIP.



Can you guess what the bigger picture is?

ANSWER: YOUNG WOMAN



What did the baker say to his sweetheart? I'm dough-nuts about you!

WHAT DO STREET PERFORMERS SAY ON VALENTINE'S DAY? BE MIME.





Extracurricular activities for non-athletes

High school sports garner significant attention in communities that want to support their student-athletes. But what about students who aren't inclined to compete on the field or in the gym? There are many more non-athletes than athletes, and the following are some extracurricular activities that might appeal to students who aren't interested in sports.

Theater

School theater programs faced significant challenges during the COVID-19 pandemic, when indoor gatherings were limited if not outright restricted and students were forced to adapt to remote learning. But since COVID-related restrictions were lifted, many theater programs are back in full swing. In fact, the Educational Theatre Association™ notes that its programs were present in roughly 5,000 schools during the 2021-22 school year. Theater programs can expose kids to the performing arts but also teach youngsters who aren't interested in performing about backstage components, including set design and even script writing



Volunteering

Volunteering is another potential extracurricular activity high school students might want to consider. Volunteering can expose children to potential career paths and introduce them to people from all walks of life. The vast majority of nonprofit organizations welcome and need volunteers, so students should be able to find an organization with a mission that aligns with their values. Schools also may sponsor volunteer programs, and that can be a great way for students to engage with their school community.

Clubs

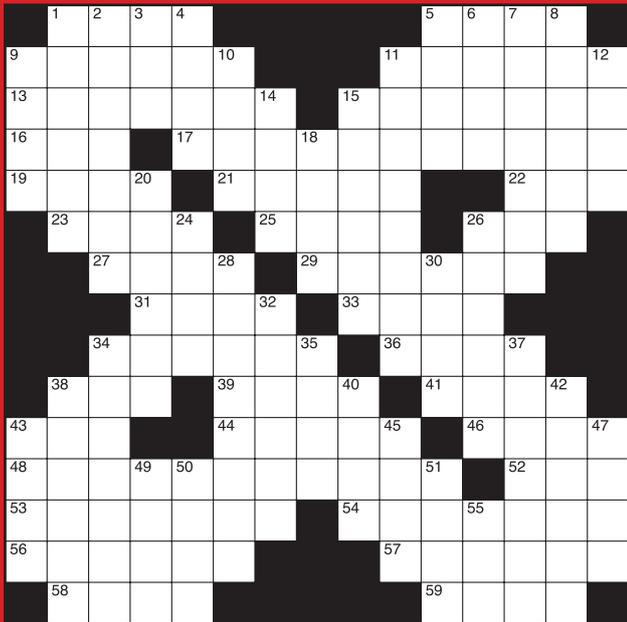
High schools are home to clubs that cater to all sorts of interests. Foreign language clubs, gaming clubs, book clubs, and debate clubs are just some of the many non-sports-related clubs students can join to participate more fully in campus life.

Physical activities

Just because kids aren't interested in traditional scholastic sports doesn't mean they don't enjoy breaking a sweat or being part of a team. Local community programs may offer club skiing teams, rowing clubs, hiking clubs, and other physical activities that are not affiliated with a school. Such options are great opportunities for kids to engage in physical activity and meet fellow fitness enthusiasts. One option kids may want to consider is a local recreational pickleball league. Pickleball has exploded in popularity in recent years and many communities now host competitive leagues for people of all ages.

Students who don't want to compete in scholastic sports can still find a wealth of extracurricular activities that align with their interests and even others that may stoke newfound passions.

CROSSWORD 2



CLUES ACROSS

1. Sea grape
5. European public health group (abbr.)
9. A way to delight
11. Appetizers
13. Ancient heralds' wands
15. Make a booking
16. '... death do us part
17. Pearl Jam frontman
19. Spider genus
21. Fill with high spirits
22. A major division of geological time
23. Catch
25. An independent ruler or chieftain
26. Electronic music style (abbr.)
27. Influential Spanish cubist painter
29. Illegally persuades
31. A way to derive
33. British School
34. Appear alongside
36. Surely (archaic)
38. Harsh cry of a crow
39. A day in the middle
41. Kansas hoops coach Bill
43. The longest division of geological time
44. The first sign of the zodiac
46. Appetizer
48. Link together in a chain
52. A bacterium
53. In a way, forces apart
54. Cheese dish
56. Combines
57. In an inferior way
58. Colors clothes
59. Dried-up

CLUES DOWN

1. Gastropods
2. Confusing
3. Romanian monetary unit
4. The rate at which something proceeds
5. A prosperous state of well-being
6. Asked for forgiveness
7. Makes less soft
8. Part of speech
9. Outside
10. Advice or counsel
11. Badness
12. Protein-rich liquids
14. Not moving
15. Call it a career
18. Poetry term
20. Not wide
24. Pastries
26. Turns away
28. Satisfies
30. Gift adornments
32. San Diego ballplayers
34. Manufacturing plant
35. Check or guide
37. Dogs do it
38. Chilled
40. Scorch
42. Unproductive of success
43. Electronic counter-countermeasures
45. Attack with a knife
47. Feel bad for
49. Enclosure
50. Assert
51. Geological times
55. Midway between east and southeast

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How to use diet to combat age-related bodily changes that can affect your health

The human body is a marvel. How the body transforms over the course of an individual's life is one of its more remarkable qualities, and those changes never cease, even as individuals near retirement age.

The changes associated with aging include physical transformations but also more subtle shifts the naked eye cannot see. For example, metabolism slows as individuals grow older, and aging also can lead to a decrease in bone density and muscle mass. These changes affect how men and women at or nearing retirement age should approach their diets in recognition of the various ways their nutritional needs change at this point in their lives. Any modifications to a diet should first be discussed with a physician, but the following are some ways aging adults can use diet to combat age-related changes to their bodies.



~ **Prioritize protein.** The authors of a 2010 study published in the journal *Current Opinion in Nutrition and Metabolic Care* recommended that older adults consume between 25 and 30 grams of protein with each meal. The researchers behind the study concluded that such consumption could limit inactivity-mediated losses of muscle mass and function.

~ **Overcome reduced production of vitamin D.** WebMD notes that people over 65 typically experience a decrease in natural production of vitamin D. Vitamin D is not naturally found in many foods, so aging men and women may need to rely on supplementation to ensure their bodies get enough of it. Vitamin D helps with anti-inflammation, immune system support and muscle function, among other benefits. So it's vital that aging men and women find ways to get sufficient vitamin D.

~ **Consume ample dietary fiber.** The National Resource Center on Nutrition & Aging notes that fiber plays an important role in the health of older adults. Fiber has been linked with heart health, healthy digestion, feeling full, and preventing constipation, which the online medical resource Healthline notes is a common health problem among the elderly. Though the NRCNA notes that older adults need slightly less fiber than their younger counterparts, it's still a vital component of a nutritious diet. The feeling of fullness that fiber consumption can provide also is significant, as it can ensure adults who aren't burning as many calories as they used to aren't overeating in order to feel satisfied. That can make it easier for such adults to maintain a healthy weight.

~ **Monitor intake of vitamin B12.** The NRCNA notes that vitamin B12 is involved in a host of important functions in the body, including nerve function and the formation of red blood cells. Vitamin B12 is most easily found in animal products, which many aging men and women must largely avoid due to other health concerns. In such instances, men and women can discuss supplementation with their physicians as well as alternative food sources of B12, such as fortified cereals, salmon and other items.

Bodily changes related to aging increase the likelihood that men and women will need to alter their diets in order to maintain their overall health.

A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you."

The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves.

"What did I tell you?" said the barber. "That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream parlor.

"Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?"

The boy licked his cone and replied:

"Because the day I take the dollar the game is over!"



FEBRUARY Days Past

February 1st 1884 1st volume of the Oxford English Dictionary, A-Ant, published

February 2nd 1653 New Amsterdam becomes a city (later renamed New York)

February 3rd 1863 Samuel Clemens first uses the pen name Mark Twain in a Virginia City newspaper, the "Territorial Enterprise"



February 4th 2004 Mark Zuckerberg launches Facebook from his Harvard dormitory room

February 5th 1924 1st Winter Olympic Games close at Chamonix

February 6th 1952 Queen Elizabeth II succeeds King George VI to the British throne and proclaimed Queen of the United Kingdom and the other Commonwealth realms including Canada, Australia and New Zealand

February 7th 1974 Mel Brooks' western spoof film "Blazing Saddles", starring Cleavon Little and Gene Wilder premieres at the Pickwick Drive-In in Burbank, California; patrons watched from horseback rather than cars

February 8th 1912 1st eastbound US transcontinental flight lands in Jacksonville, Florida

February 9th 1871 Federal fish protection office authorized by US Congress

February 10th 1940 "Tom & Jerry" cartoon created by William Hanna & Joseph Barbera debut by MGM

February 11th 1990 Nelson Mandela released after 27 years imprisonment in South Africa

February 12th 1947 French fashion designer Christian Dior presents his first influential collection, named the "New Look"



February 13th 1945 Allied planes begin bombing Dresden, Germany; a firestorm results and over 22,000 die

February 14th 1929 St Valentine's Day Massacre in Chicago, 7 gangsters killed, allegedly on Al Capone's orders

February 15th 399 BC Philosopher Socrates is sentenced to death by the city of Athens for corrupting the minds of the youth of the city and for impiety

February 16th 1659 1st known cheque written (£400), now on display at Westminster Abbey

February 17th 1936 The world's first superhero, The Phantom, a cartoon strip by Lee Falk, makes his first appearance in comics

February 18th 1885 Mark Twain publishes the "Adventures of Huckleberry Finn" in the US



February 19th 1945 US 5th Fleet launches invasion of Iwo Jima against the Japanese with 30,000 US Marines

February 20th 1792 US postal service created, postage 6-12 cents depending on distance

February 21st 1972 Richard Nixon becomes the first US President to visit China, normalizing relations between the countries in a meeting with Chinese leader Mao Zedong in Beijing

leader Mao Zedong in Beijing

February 22nd 1907 1st cabs with taxi meters begin operating in London

February 23rd 1945 US Marines raise American flag on top of Mt. Suribachi, Iwo Jima. Pulitzer Prize winning photo of which by Joe Rosenthal later became iconic, inspiring the Marine Corps War Memorial sculpture

February 24th 2008 Fidel Castro retires as the President of Cuba due to ill health after nearly fifty years

February 25th 1957 Buddy Holly and the Crickets record their smash hit "That'll Be the Day" in Clovis, New Mexico



February 26th 1797 Bank of England issues first £1 note

February 27th 1996 First ever appearance of Pokémon in role-playing video game "Pocket Monsters Red and Green" for Game Boy in Japan

February 28th 1983 Final TV episode of "M*A*S*H", a 2-hour special directed by series star Alan Alda titled "Goodbye, Farewell, and Amen", airs (CBS); record 125 million watch in the US

SODUKO

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We are so lucky that the last minute exists.

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- MACULA
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- REDNESS
- REFRACTIVE
- RETINA
- SWELLING
- TEARS

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Create ravioli with ease

Ravioli can tempt the taste buds. Ravioli are perfect pillows of pasta filled with cheese or other ingredients. Ravioli can be dressed with many different sauces, or even be battered and fried for a savory appetizer.

This recipe for "Brown Butter-Balsamic Ravioli" from "Rachael Ray 50: Memories and Meals from a Sweet and Savory Life" (Ballantine Books) enables home cooks to be as invested in their ravioli meals as they care to be. The abbreviated version of this recipe below offers the Brown Butter-Balsamic Sauce, which can be served on top of store-bought ravioli. Otherwise, you can make ravioli from scratch. The ingredients for a Basic Egg Pasta follow.

Brown Butter-Balsamic Ravioli (Serves 4)

- 6 tablespoons butter
- Finely chopped fresh flat-leaf parsley or 16 sage leaves
- 2 tablespoons balsamic drizzle (or reduce 1/3 cup balsamic vinegar and 1 tablespoon [packed] light brown sugar down to 2 tablespoons thickened vinegar)
- 1 pound ravioli, homemade or store-bought
- Toasted pine nuts, chopped hazelnuts, or walnuts (optional)
- Grated Pecorino or Parmigiano-Reggiano

Bring a large pot of salted water to a boil. Cook ravioli until desired tenderness.

While ravioli are boiling, heat a large skillet over medium heat. Add the butter in 1-tablespoon tabs and melt. Add the sage, if using, and cook the butter for 2 to 3 minutes, until nutty and deeply golden. Remove the sage to a paper towel-lined plate. Remove the butter from the heat and add the balsamic drizzle or reduced balsamic. Add the sauce and about 1/2 cup salty cooking water from the pasta to the ravioli to coat evenly. Top with nuts, if using, sage or parsley, and pass more cheese.

Basic Egg Pasta (Makes 4 servings)

- 4 cups super-fine Italian flour or 3 cups AP flour, plus more for rolling.
- 1 teaspoon kosher salt or fine sea salt
- 2 large eggs plus 3 large yolks, at room temperature
- About 1 teaspoon extra-virgin olive oil (EVOO)
- 1 to 3 tablespoons warm water

On a large work surface, mound the flour and season with salt, then use your hands to push the flour away from the center of the mound to form a well at the center. In a bowl, whip up the whole eggs, egg yolks, and EVOO and add to the well. Using a fork and working around the perimeter of the well, slowly combine the flour with the eggs and oil until they are incorporated and absorbed. Start to knead the shaggy dough once you get to the outside of the well. If the pasta dough will not come together, add 1 to 2 tablespoons of warm water. When the dough forms, place it in a bowl and then clean the work surface.

Knead the dough on a lightly floured surface in one direction, away from your body, forming a wave or shell out of the dough. Ball it up, knuckle-knead firmly, then repeat, turning the dough at a 45-degree angle, then starting the knead all over again. Knead the dough for at least 15 minutes, until it is smooth and elastic. (It will look shaggy for a while; don't worry it will get smooth! Just keep at it!) Cover the dough with a kitchen towel and let stand an hour or so, or wrap and chill it overnight, bringing it back to room temperature to prepare. Use this dough to make your favorite pasta.



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Time management tips for professionals

Time management involves figuring out how much time to spend on specific tasks and controlling one's schedule to be as productive as possible. Managing time more effectively can improve professionals' quality of work, and a boost in productivity can make them more valuable to an organization.

This is not the only benefit of managing time better. Establishing and following a schedule of tasks can reduce stress. Gallup's 2021 State of the Global Workplace report found workers in the United States and Canada ranked highest for daily stress levels of all groups surveyed. Some 57 percent reported feeling stress on a daily basis. Learning time management skills can help alleviate that anxiety. These tips for time management can get professionals on the road to being more efficient.

~ Make lists. Rather than keeping ideas or tasks in your head, jot down notes that you can organize into a schedule later. You can write them down on paper or in a digital notes application.

~ Prepare a task plan. Each evening before you leave work or first thing in the morning the next day, map out all the tasks you have and when they will be done. High priority tasks should be done first, followed by medium- and low-priority jobs.

~ Avoid multi-tasking. Studies have shown that doing two or more things simultaneously tends to lead to none being done at full capacity. The more you multi-task, the more the end results will suffer. Clifford Nass, a cognitive scientist at Stanford University, found that when putting his students through a series of tests, high multi-taskers were bad at filtering irrelevant information from the relevant, something that multi-taskers should seemingly be especially good at. Nass also found that high multi-taskers had diminished powers of mental organization and extra difficulty switching between tasks.

~ Manage distractions. Distractions can put you on the path to procrastination. That is why you have to try hard to minimize distractions, whether it's coworkers who interrupt or digital devices. Set "notification-free" times during the day when phone or computer notifications are turned off. You also may want to block incoming emails. This way you will have a window of distraction-free time to devote to a particular task.

~ Time your focus. According to a study from researchers at the Department of Informatics, University of California, Irvine, it takes an average of 23 minutes to refocus when you've been distracted. Remaining in a focused state is essential. Set a timer so that you stay focused on a task for a particular period of time, such as 25 minutes. You'll get more done before you take a break. Similarly, Parkinson's law states that work will expand to fill the time that's available for completion. Set time constraints for certain tasks so you will work more efficiently.

Time management is a useful skill for anyone. There are many different resources available to help individuals strengthen their time management skills.

What's the Difference?

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

A



B



Did you know?

Though plants might not seem like the first thing individuals think of when they ponder long-term investments, perennials can be just that. The home and garden experts at HGTV note that some perennials can live for a very long time. For example, according to HGTV, the colorful flowering plant peony, despite a blooming season that usually lasts just seven to 10 days, has been known to survive for 70 to 100 years. Hostas are another popular perennial because they require little maintenance, and that extra free time can add up over the course of the hosta's life, which can exceed 15 years. Long-living perennials are not necessarily unusual, but gardeners should know that many perennials, and particularly those characterized as "short-lived, tend to live around three years.



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ANSWERS

CROSSWORD 1

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

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P	M	O	P	C	Z	R	B	C	L	O	U	D	Y	F	K	N	U	S	T

What's the Difference?

Answers:

1. Bird has white spot
2. Missing icicle
3. Peanuts in dish
4. Second cardinal

Let the outside in with all-season rooms

Many homeowners express interest in creating fewer barriers between the interior and exterior of their homes. Some may have backyards built for entertaining and want to facilitate the transition between the inside of the residence and the outside when guests arrive. In other instances, homes may back to a nature preserve that homeowners want to enjoy more readily. Whatever the reason for bringing the outside in, all-season rooms can serve as a welcoming bridge between indoor and outdoor spaces.

What is an all-season room?

Also known as a four-season room, all-season rooms are specially engineered spaces that provide a connection to the outdoors no matter the season. They are like sunrooms, but climate-controlled so that they will be comfortable throughout winter, spring, summer, and fall.

What is the difference between a three-season room and an all-season room?

The biggest difference between these two spaces is the level of usage and the capacity of the room to be heated and cooled. Individuals who reside in climates with moderate year-round temperatures may get by with a three-season room. However, those who experience all four seasons may need a more insulated space to make the room usable throughout the year.

Features of all-season rooms

One of the more notable features of an all-season room is an abundance of windows, which allow plenty of natural light to shine in. All-season rooms also can feature creature comforts like a reading nook, outdoor kitchen spaces and televisions. Retractable screens can be installed when privacy or shade is desired.

Maintaining a comfortable temperature

All-season rooms can be built with adequate thermal insulation and energy-saving features. Insulation will be installed in the walls and roof, and homeowners may have a choice of window ratings for efficiency. Some all-season rooms are specially equipped with HVAC systems that may or may not be tied in to the home's general heating and cooling system. Some people use portable heaters or air conditioners to control the temperature in all-season rooms. It's best to speak with an all-season room contractor to identify heating and cooling needs.

How much does an all-season room cost?

Prices vary by region and are contingent on the features homeowners desire. According to the outdoor resource Garden Center Care, a three-season room can cost anywhere from \$8,000 to \$50,000 to build. A four-season room can cost \$20,000 to \$80,000 to add. If there is an existing three-season room, it may be more affordable to upgrade the space into an all-season room, but an architect and contractor should inspect the space to determine the scope of the project.

All-season rooms can be an ideal addition to a property, providing extra space for entertaining or lounging and a connection to the outdoors.





Gus's Animal Gossip

Hey Guys, Gus Here! This month I want to talk about Dental Health for your furry friends. Here is some helpful tips on when it may be a good idea to go to the vet for a dental check up. My favorite way to keep my chompers pearly white is
CHEW TOYS!

Gracie Says....

Out of all the chew toys in the whole world, I'd still chew you!



6 signs your pet has dental issues

Pets use body language and other cues to let their owners know how they are feeling. While certain actions, such as a vigorously wagging tail signaling that a dog is quite happy, are easy to read, it's not always so easy to determine how a pet is feeling. Pet parents who are trying to provide the best care possible recognize that pets may make them aware of certain health issues. Diseases of the mouth may cause issues elsewhere in the body if left untreated. Fortunately for pet owners, dental issues are often easily recognized.

1. Halitosis

Bad breath is a strong indicator of a dental problem. Halitosis may stem from tooth decay and gum issues, as well as gastrointestinal problems. In either case, it's best to address a pet's bad breath with a veterinarian.

2. Visible problems

Take a peek inside of the pet's mouth. Animal Wellness magazine says that if there's a significant accumulation of tartar (yellow or brown patches on the tops of teeth along the gum line), or if the gums are inflamed and red, periodontal disease may be to blame. Traces of blood in the mouth also can indicate that there is a problem. Pets don't always like their mouths touched, so if your pet is being difficult, have a vet conduct a comprehensive oral health and treatment appointment (COHAT).

3. Refusing to eat

There are many reasons a pet may not want to eat, and a dental problem may be one of them. Painful teeth and gums can make eating challenging, so the animal may avoid food. Refusing to eat can lead to weight loss and malnutrition, so it's best to nip this issue in the bud.

4. Sensitive mouth

Your pet may yelp, bite or scratch if you touch around the mouth area when there is a dental problem at play. Drooling excessively or dropping food from the mouth also are signs that things are awry.

5. Less grooming

Cats spend around 10 to 15 percent of their days grooming. Dental pain can make grooming challenging. Therefore, if your cat is grooming less or looks unkempt, it may be due to dental problems. Great Vet says 85 percent of cats over the age of three have some form of dental disease.

6. Overgrowth

Rodents' incisors (front, gnawing teeth) grow continuously throughout their lives. Typically the incisors receive continuous wear as the upper and lower incisors contact each other. However, if incisors are misaligned, they may not wear down effectively. Some incisors can grow out of control, piercing the roof of the mouth and into the nasal cavity. If a rodent's teeth look long, that could warrant a vet check. Pets can experience periodontal disease and other dental conditions. Staying aware of signs of dental issues can keep pets healthy.

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