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

Strategies to improve your ability to focus

Distractions have never been harder to resist. According to Deloitte's "2022 Connectivity and Mobile Trends Survey" (third edition), the average household in the United States now has a total of 22 connected devices. Things are a little less connected in Canada, where a J.D. Power survey of television service subscribers found that the average household has about 10 devices. The prevalence and accessibility of devices can make it difficult to focus, but tablets, smartphones and other technologies are not the only culprits that can compromise the ability to concentrate. Harvard Medical School notes that underlying medical conditions, the side effects of medication and excessive alcohol consumption can each make it harder to focus. That's a significant detriment, as an ability to focus can help individuals be more efficient and perform better at work and in school.

Each individual is different, so efforts to improve focus might require a little trial and error until a person finds what works for them. In the meantime, the following are some effective strategies that can help people sharpen their focus and reap all the rewards that a heightened ability to concentrate has to offer.

- Turn notifications off. Notifications are a bigger distraction than people may realize. A 2015 study from researchers at Florida State University found that simply hearing the ping of a notification was as distracting as taking a phone call. Individuals may find the idea of answering as little as 20 or more phone calls per day unrealistic, but researchers have found that the average smartphone user receives around 80 push notifications per day. Such constant inflow of notifications is detrimental to smartphone users' ability to focus. Turning notifications off while in school or during the workday can help people avoid this seemingly endless stream of distractions, thus improving focus.
- Establish a distraction-free workspace. A survey from McKinsey & Company found that, after the acute phases of the COVID-19 pandemic, 58 percent of employed respondents have the option to work from home for all or part of the week. Remote working may be more convenient, but it also can compromise workers' focus in ways that are unique to working from home. For example, professionals' children cannot stroll into their offices when they aren't working from home, nor are distractions like television within arm's length in a traditional office setting. Professionals who are finding it hard to focus when working from home can do more to make their home offices distraction-free. Make your home a television-free zone during traditional working hours and remove a television or non-work tablet from your office so you aren't tempted to watch a show or a sporting event when you're supposed to be working.
- Adopt a healthier lifestyle. The experts at Harvard Medical School note that many aspects of a healthy lifestyle can help people focus better. Researchers have discovered a direct link between exercise and a person's ability to pay attention, noting that exercise increases the availability of brain chemicals that reduce stress and improve sleep, among other things. Less stress and a good night's rest can make it easier to focus.




An ability to focus pays myriad dividends. Individuals can try various strategies to improve their concentration skills and reap the rewards that such improvement provides.

IT'S OFFICIALLY WEAR, A SWEATER IN THE MORNING AND REGRET IT LATER WEATHER!

Sudoku 1

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

Level: Beginner



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Did you know?

The World Health Organization estimates that radon causes between 3 and 14 percent of all lung cancers in a country. The final percentage depends on two factors: the national average radon level and the prevalence of smoking within the country. Though individuals may think only excessive levels of radon can contribute to lung cancer, the WHO notes that studies conducted in various parts of the world, including Europe, North America and China, have found that even low concentrations of radon like those found in residential settings can contribute to the occurrence of lung cancer.

Guess Who?

I am a chef and TV personality born in Ohio on January 22, 1968. I worked as a food product developer before making it big on the Food Network. I'm known for my gregarious personality and bleached hair.

Answer: Guy Fieri

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Slow cooking creates free time

Who couldn't use a little more free time in his or her day? Slow cookers can create that by enabling home chefs to set their ingredients to simmer early in the day and then head to work, school, recreational activities, pretty much whatever they need to get done, as the food cooks. Not being beholden to the kitchen is a benefit slow cookers offer.

Since slow cookers cook foods slowly at low temperatures, they are quite handy and even can help people save money. Tougher cuts of meat or poultry tend to cost a little less, and they can be cooked to perfection in the slow cooker. The long, moist cooking environment tenderizes the ingredients during the cooking process.

Stews and slow cookers often go hand-in-hand. Enjoy this recipe for "Chicken Stew with Herb Dumplings" from "Crock*Pot 365 Year-Round Recipes" (Publications International, Ltd.) by the Crock*Pot Test Kitchen.

Chicken Stew with Herb Dumplings
Makes 4 servings

- 2 cups sliced carrots
- 1 cup chopped onion
- 1 large green bell pepper, sliced
- 1/2 cup sliced celery
- 2 cans (about 14 ounces each) chicken broth, divided
- 2/3 cup all-purpose flour
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 large red potato, unpeeled and cut into 1-inch pieces
- 6 ounces mushrooms, halved
- 3/4 cup frozen peas
- 1 1/4 teaspoons dried basil, divided
- 1 teaspoon dried rosemary
- 3/8 teaspoon dried tarragon, divided
- 1/4 cup heavy cream
- 3/4 to 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup biscuit baking mix
- 1/3 cup reduced-fat (2%) milk

1. Combine carrots, onion, bell pepper, celery and all but 1 cup chicken broth in the slow cooker. Cover; cook on low 2 hours.
2. Stir remaining 1 cup chicken broth into flour in small bowl until smooth. Stir into vegetable mixture. Add chicken, potato, mushrooms, peas, 1 teaspoon basil, 3/4 teaspoon rosemary and 1/4 teaspoon tarragon. Cover; cook on low 4 hours or until vegetables and chicken are tender. Stir in cream, salt and pepper.
3. Combine baking mix, remaining 1/4 teaspoon basil, 1/4 teaspoon rosemary and 1/8 teaspoon tarragon in small bowl. Stir in milk to form soft dough. Add dumpling mixture to top of stew in 4 large spoonfuls. Cook, uncovered, 30 minutes. Cover; cook 30 to 45 minutes or until dumplings are firm and toothpick inserted in center comes out clean. Serve in shallow bowls.



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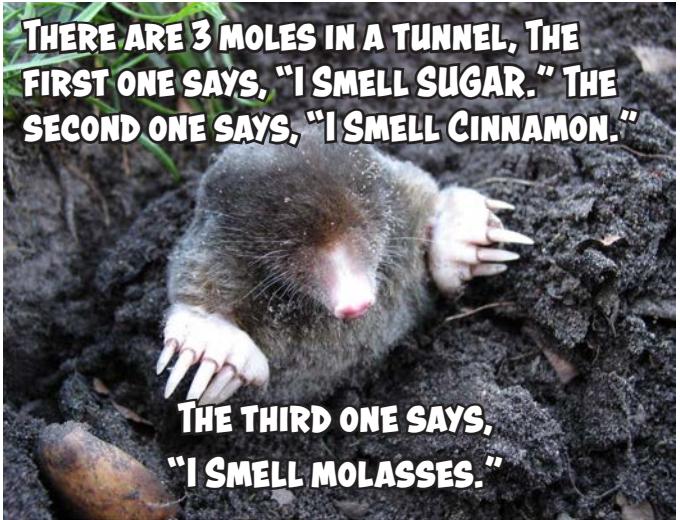
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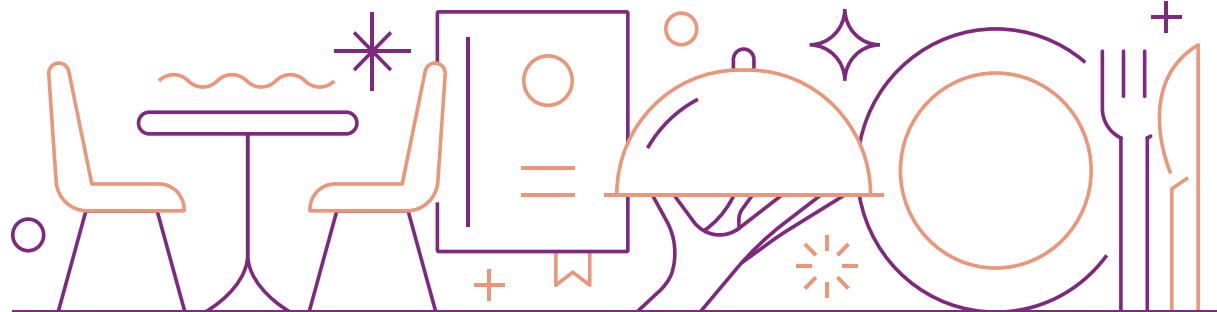


Did you know?

Hot tea is widely consumed across the globe, and that could be paying healthy dividends for the billions of people who look forward to their daily cup each day. A small study published in the Journal of Hypertension found that drinking black tea could improve cardiovascular function. A separate study also found that drinking black tea and green tea could decrease risk of stroke and coronary heart disease. Black tea drinkers should keep in mind that, unlike most teas, black tea is caffeinated, so moderation is best to ensure the benefits of black tea are not offset by the overconsumption of caffeine.

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- HOUSE
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January 16, 2023

Notable works by Martin Luther King, Jr.

Martin Luther King, Jr. was one of the most influential Americans of the twentieth century. A scholar and minister who played a leading role in the civil rights movement of the 1950s and 1960s, King was tragically assassinated on April 4, 1968, less than three months after he turned 39.

Though King's life was far too short, he left behind a host of notable works. These works can provide significant insight into who King was and the legacy he left behind.

~ **Stride Toward Freedom: The Montgomery Story.** Published in 1958, this is King's account of the Montgomery bus boycott that began in 1955 and ended in 1956. The book includes information about the planning of the boycott as well as King's thoughts about it after it ended.

~ **The Measure of a Man.** A short book, *The Measure of a Man* is actually two sermons King delivered in August 1958. The sermons are titled "What is Man?" and "The Dimensions of a Complete Life." The Cornell University Library credits *The Measure of a Man* for offering insight into the theological roots of King's philosophy of nonviolence.

~ **Strength to Love.** A more extensive version of King's sermons, *Strength to Love* focuses largely on racial segregation in the United States. King wrote the sermons in *Strength to Love* during the struggle for civil rights, even composing some of them while in jail.

~ **Why We Can't Wait.** Published in 1964, *Why We Can't Wait* focuses on the nonviolent fight against racial segregation in 1963 in Birmingham. The book includes King's "Letter from Birmingham Jail," which remains one of his most famous writings.

~ **Where Do We Go from Here: Chaos or Community?** This was King's last book before he was assassinated. King wrote the book from a rented house in Jamaica in 1967 after isolating himself from the civil right movement. In the book, King contemplates where things stand for the civil rights movement and what must be done to ensure equality for all Americans in the future. The collective works of Martin Luther King, Jr. provide unrivaled insight into the minds of the one of the most influential figures in American history.



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

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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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Habits that affect cognitive health

Various changes to appearance and health are associated with aging. Issues such as diminished vision, waning muscle strength and gray hairs are among the more common and noticeable side effects of aging. Cognitive decline is another symptom often associated with aging, even if that needn't be the case.

Certain lifestyle choices can protect against cognitive decline and dementias. While there is no surefire way to prevent dementias, here are some good habits for maintaining cognitive function well into your golden years.

Exercise frequently

Harvard Health reports that exercise, in addition to the many other benefits it provides, may help improve cognitive function in people who have already experienced memory issues. Exercise may be particularly advantageous to people who carry the APOE4 gene variant, which makes people more susceptible to Alzheimer's. Speak with a doctor about how much exercise is needed and what is safe for your age.

Enjoy video games

Playing a favorite video game may improve long-term cognitive function. Researchers at Cambridge Brain Sciences found study participants who played non-cognitive-training video games were associated with better performance in several cognitive domains, but only for younger (age 18 to 64) participants. Cognitive training games, on the other hand, were not associated with any cognitive improvement.

Stay socially engaged

According to a study published in the journal *Experimental Aging Research*, seniors who have high levels of social engagement also have better cognitive function. Getting together with friends, participating in a club, attending religious studies, and any other activity that gets you out with other people can help with cognitive function.

Eat a healthy diet

Eating a diverse array of healthy foods is beneficial. Nutritious diets can help reduce the risk for illnesses that may affect cognitive ability. Eating well also helps keep the brain healthy. A Mediterranean diet appears to lower the risk or slow the progression of dementia in people who have the condition.

Get help for sleep disorders

Lack of sleep can affect memory and learning. By getting help for sleep disorders, you may reduce your risk for cognitive issues. While it is not possible to prevent or cure cognitive conditions like dementias with lifestyle changes, certain behaviors can lower the risk of developing these illnesses or reduce their severity.



Did you know?

The World Health Organization estimates that radon causes between 3 and 14 percent of all lung cancers in a country. The final percentage depends on two factors: the national average radon level and the prevalence of smoking within the country. Though individuals may think only excessive levels of radon can contribute to lung cancer, the WHO notes that studies conducted in various parts of the world, including Europe, North America and China, have found that even low concentrations of radon like those found in residential settings can contribute to the occurrence of lung cancer.

Having been playing outside with his friends, a small boy came into the house and asked: "Grandma, what is it called when two people sleep in the same room and one is on top of the other?"

His grandma was surprised to hear such a forthright question from a six-year-old but decided to answer as honestly as she could. "Well," she said hesitantly, "it's called sexual intercourse."

"Oh, okay," said the boy and he ran outside to carry on playing with his friends.

A few minutes later, he came back in and said angrily: "Grandma, it isn't called sexual intercourse. It's called bunk beds. And Jimmy's mom would like a word with you!"

COMMUNITY BOARD

JANUARY 3rd

The Sandhill Crane Chapter of the Embroiderers' Guild of America will meet January 3, 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 the more experienced. For more information contact Jenna McClooney at 727-207-0420

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. 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 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.



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.hernandosheriff.org

SEND US YOUR COMMUNITY EVENTS!

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 (approx-imately 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>

Add oats to any meal

A typical pantry contains a host of staples, including oatmeal. Oats long have been portrayed as simple comfort food that can feed a crowd for less. But there's nothing simple about the recipes that can be created when oats are in the mix.

Oats are packed with nutrition, and even in their various formulations sold at the store, such as rolled or steel cut, they are minimally processed and almost always in whole grain form. Oats are notable for their ability to lower bad cholesterol and control blood pressure. They contain beta-glucan, which is a soluble fiber not found in most other grains. It has been shown to suppress appetite and help promote gut health. In addition, oats have anti-inflammatory and anti-itching properties, which explains why oatmeal baths are popular for various skin conditions.

But oats are perhaps best utilized in the kitchen, as this assortment of uses for oatmeal in favorite dishes can attest.

- **Oat flour power:** Replace wheat flour with oat flour to deliver feelings of fullness with fewer calories. Ground oats or oat flour also can be used to thicken soups, stews and dips.
- **Meatloaf magic:** When making meatloaf or meatballs, use oats as an alternative to bread crumbs for binding ground meats.
- **Oatmeal latte:** By cooking oatmeal with milk, thinning out the finished product with more milk, and adding sugar and spices, anyone can whip up a tasty beverage that seems tailor-made for the coffee house.
- **Overnight oats:** Oats, when combined with low-fat yogurt, fruit or other add-ins, and left overnight to meld, produce a thick and filling breakfast food that is the best mix of oatmeal and smoothie.
- **Oat-corn casserole:** Oats can be mixed with cream-style corn, butter and milk to form the base of a side dish casserole. Grated cheddar or pepper jack makes this an ooey-goey comfort dish.

To start your oatmeal recipe journey, try this recipe for "Cardamom and Orange Overnight Oats" courtesy of Oldways Whole Grains Council.

Cardamom and Orange Overnight Oats (Serves 2)

- 1/2 cup plain Greek yogurt
- 1 cup rolled oats
- 1 cup unsweetened almond or coconut milk fortified with vitamin B-12
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- 1 teaspoon orange zest
- 1/4 teaspoon cardamom
- 1/4 teaspoon ground cinnamon
- 1 tablespoon pumpkin seeds for garnish
- Orange slices for garnish

1. In a mason jar, mix yogurt, oats, milk, chia seeds, maple syrup, orange zest, cardamom, and cinnamon. Place the lid on the mason jar and shake.
2. Leave in the fridge overnight.
3. Top with pumpkin seeds and orange slices or other fruit.



Sudoku 2

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

Level: Intermediate

Did you know?

Despite what people may believe, colds are not exclusive to the cold weather months and early spring. Although a person is more likely to catch a cold during the winter, it's still possible to get a cold in the summer. During colder months, people tend to stay indoors in close proximity to others. That can make it easier for contagious cold viruses to spread. In addition, during the winter, the air is cold and dry, and these conditions are hospitable to cold viruses. In the summer, humidity can impede the common cold's easy spread, but air conditioning units with recirculated air can reverse the protective nature of this humidity. Even though people may spend more time outdoors during the summer, on especially hot days they may retreat indoors to cool off. That's when cold viruses can thrive. Symptoms of summer colds aren't different from winter colds. However, the heat and humidity of the summer months can make a person feel miserable. Also, when cold symptoms keep people from fun summertime activities, it can seem more impactful than suffering in winter when there's not much to do.

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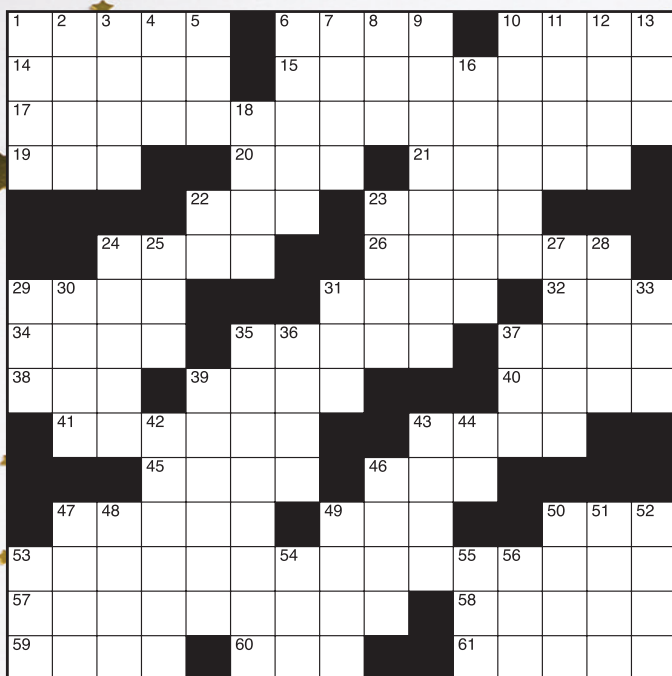
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Crossword 1

CLUES ACROSS

- 1. Not invited
- 6. Whale ship captain
- 10. One point south of southwest
- 14. Small cavity in a rock
- 15. Recidivists
- 17. City of Angels hoopster
- 19. A way to mark with one's signature
- 20. OJ trial judge
- 21. Rice cooked in broth
- 22. One point east of due south
- 23. One point east of southeast
- 24. Complements an entree
- 26. Grouped by twos
- 29. Disfigure
- 31. Woods
- 32. Political action committee
- 34. Longer of 2 bones in the forearm
- 35. Kin groups
- 37. Philippine Island
- 38. Contrary to

- 39. Bluish-gray fur
- 40. Comprehend the written word
- 41. Natural depressions
- 43. Felines
- 45. Breathe noisily
- 46. Taxi
- 47. Pancake made from buckwheat flour
- 49. Swiss river
- 50. Foot (Latin)
- 53. Have surgery
- 57. Formal withdrawal
- 58. Monetary units of Peru
- 59. Greek war god
- 60. 2,000 lbs.
- 61. High points

CLUES DOWN

- 1. Green and yellow citrus fruit
- 2. A bright color
- 3. Thicket
- 4. Journalist Tarbell

- 5. A place to work or relax
- 6. Sharp mountain ridge
- 7. Helicopter
- 8. Mimic
- 9. Suggests
- 10. More musty
- 11. Large, flightless rail
- 12. Make beer
- 13. Soviet Socialist Republic
- 16. People who can account for you
- 18. Taunt
- 22. South Dakota
- 23. Cover the entirety of
- 24. Kids' favorite visitor
- 25. A way to save for retirement
- 27. Fencing swords
- 28. C. China mountain range
- 29. Type of sandwich
- 30. Team
- 31. Paddle
- 33. Partly digested food
- 35. Most cagey
- 36. Shoppers make one
- 37. Cathode-ray tube
- 39. Food supplies
- 42. Backbones
- 43. Concern
- 44. Blood group
- 46. Broadway songwriter Sammy
- 47. Dutch colonist
- 48. Full-grown pike fish
- 49. Deity of a monotheistic cult
- 50. Type of bread
- 51. S. Nigerian people
- 52. Scottish tax
- 53. Young women's association
- 54. Brazilian city
- 55. Hide of a young animal
- 56. Midway between north and northeast



What's the Difference?

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

A



B



Answers: 1. More scallions in soup 2. Missing spoon 3. Chopstick broken 4. Dipping sauce bowl

THIS DAY IN...



HISTORY

- **1957:** AMERICAN INVENTOR WALTER FREDERICK MORRISON SELLS THE RIGHTS TO HIS FLYING DISC. IT IS LATER RENAMED THE "FRISBEE."
- **1986:** THE ROCK AND ROLL HALL OF FAME INDUCTS ITS FIRST MEMBERS.
- **2020:** THE WORLD HEALTH ORGANIZATION DECLARES THE COVID-19 PANDEMIC A PUBLIC HEALTH EMERGENCY.



MINISTRONE

a thick soup containing vegetables and pasta

HEALTH FACT:



TRUE OR FALSE?
DRINKING AND EATING WARM FOODS AND BEVERAGES CAN HELP RELIEVE COLD OR FLU SYMPTOMS.

ANSWER: TRUE

How they SAY that in...

ENGLISH: Soup

SPANISH: Sopa

ITALIAN: Minestra

FRENCH: Soupe

GERMAN: Suppe

Did you know?

SOUP WAS FIRST KNOWN AS "SOP." IT WAS A MEDIEVAL DISH OF A THICK STEW POURED ON SLICES OF BREAD USED TO SOAK UP THE LIQUID.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CHICKEN SOUP

**HOW DO YOU MAKE A TISSUE DANCE?
PUT A LITTLE BOOGY IN IT!**

BY: ALIAS & ATLAS SOARES OF HERNANDO COUNTY

How much money does a skunk have?

One scent.

How do you get a squirrel's attention?

Act like a nut.

**WHY CAN'T ELSA HAVE A
BALLOON?**



BECAUSE SHE'LL LET IT GO!

By: JACK OF HERNANDO COUNTY

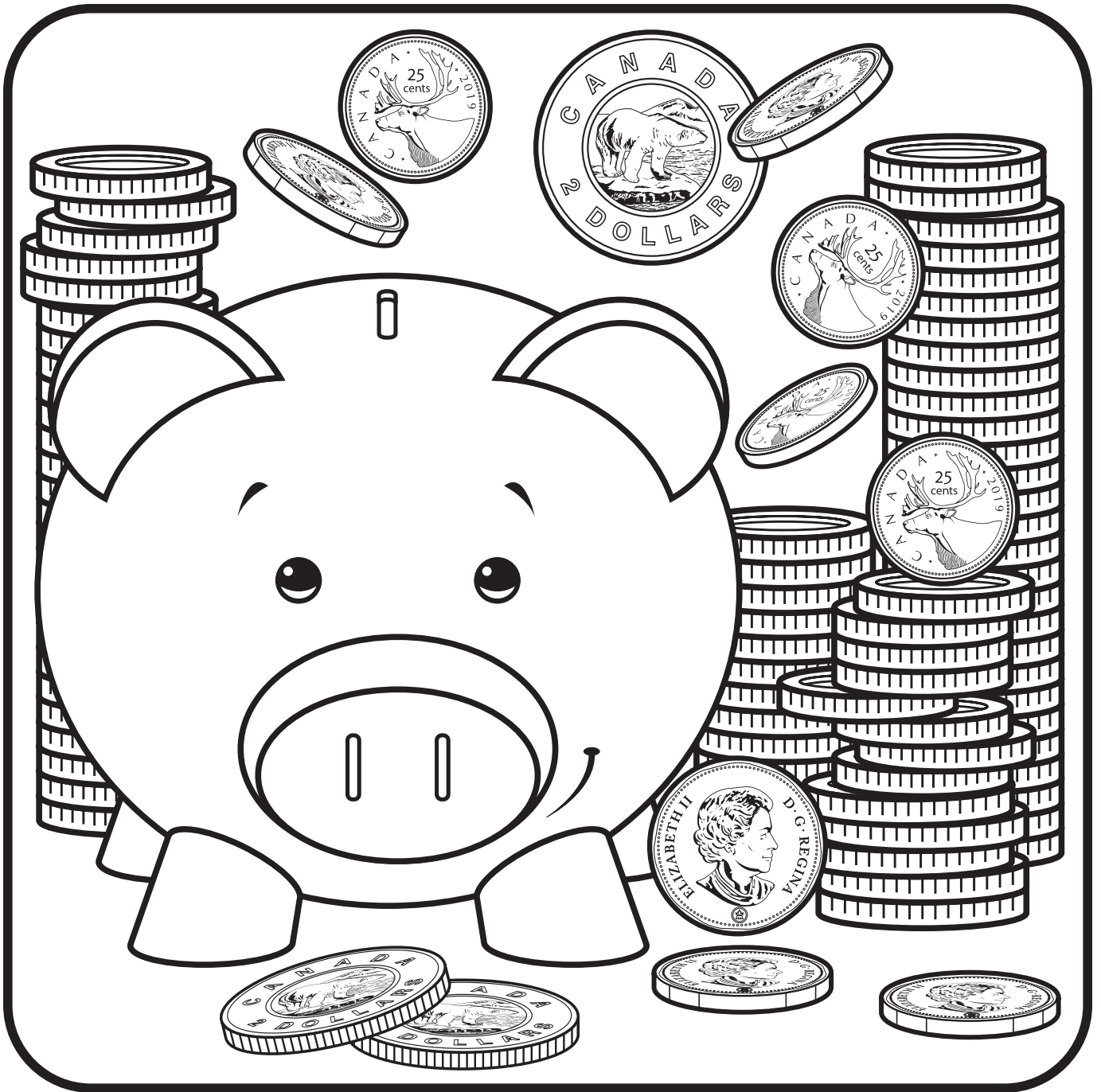
**What key can not
open a door?
A Turkey**



By: Ceci of Hernando County

**Why Couldn't the toilet
paper cross the road?
Because it was stuck
in the crack.**

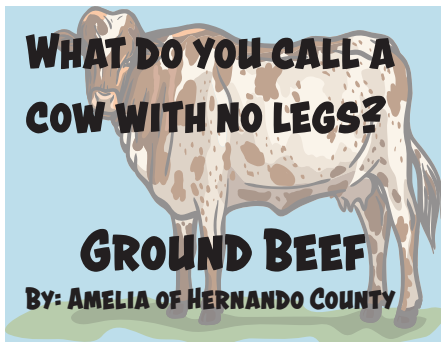
By: Louiz of Hernando County



**WHY DID THE TWO 4'S
NOT EAT LUNCH?
BECAUSE THEY
ALREADY 8!**

By: GABRIEL OF HERNANDO COUNTY

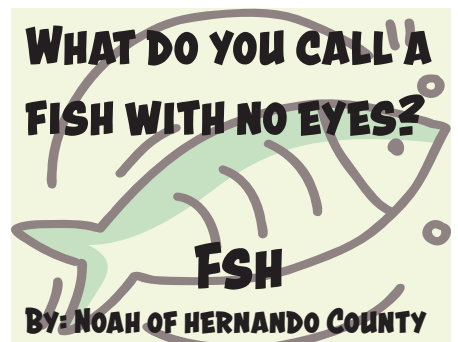
**WHAT DO YOU CALL A
COW WITH NO LEGS?**



GROUND BEEF

By: AMELIA OF HERNANDO COUNTY

**WHAT DO YOU CALL A
FISH WITH NO EYES?**



FSH

By: NOAH OF HERNANDO COUNTY



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The most popular teas from around the world

An ancient drink with a rich history, tea is one of the most widely consumed beverages around the world. According to legend, the mythological Chinese ruler Shennong discovered tea by accident when the leaves of a nearby plant fell into water he had boiled. Thanks to the nutritional benefits of tea, including its antioxidant properties, which may help strengthen the immune system, tea has been consumed for millenia. It' become an integral component of cultural rituals and is as beloved for its taste as its medicinal properties. Tea is now a \$10 billion industry in the United States and a \$38.8 billion industry worldwide. While there are many different types of tea, they all stem from five basic classifications: black, green, white, oolong, and pu'erh. The variety depends on how the leaves are treated after picking, according to Fresh Tea, a tea information organization. The following is a look at some of the popular varieties of tea.

- **Darjeeling:** This is a black tea that has a light, nutty taste and a floral smell. It is lighter than other types of black teas.
- **Earl Grey:** Another black tea, Earl Grey gets its flavor from the addition of bergamot, which is an orange extract.
- **Oolong:** Some of the more popular varieties of oolong include Da Hong Pao, Dong Ding, Tieguanyin, Baozhong, and Jin Xua. Oolong is semi-oxidized, so it falls between green and black teas regarding its strength of flavor.
- **Silver needle tea:** This is the most expensive white tea around the world. It has been a favorite among various Chinese dynasties.
- **Assam:** While many teas hail from China, assam is a black tea that originates from Assam, India. It has a full-bodied flavor and brisk taste.
- **English breakfast tea:** This is a traditional blend of black teas originating from Assam, Ceylon and Kenya. It has a relatively high caffeine content, so it's energizing and robust.
- **Masala chai:** Chai is the Hindi word for tea. Masala chai recipes differ, but generally speaking the tea is made from an assam or another black tea mixed with cinnamon, star anise, cardamom, cloves, fennel, ginger, and peppercorn. The tea is blended with milk to make a creamy, spicy brew.
- **Matcha:** This is a traditional Japanese green tea powder made by grinding up green tea leaves. The flavor is stronger than other green tea brews because the powder is mixed into the water, rather than being steeped.
- **Bubble tea:** Bubble tea originated in Taiwan. It is made from either black tea or matcha mixed with milk and tapioca balls and served over ice.
- **Pu'erh:** A unique type of fermented black tea that's traditionally made in the Yunnan Province of China. Pu'erh can be left to age, helping the flavor to mellow.

Tea is consumed daily around the world. Tea aficionados can try the scores of teas available to find their favorite.



**THE REAL RUSSIAN ROULETTE WHEN YOU'RE AN ADULT
AND YOU SNEEZE NOT KNOWING IF YOU ARE GOING TO
PEE YOUR PANTS OR THROW YOUR BACK OUT.**

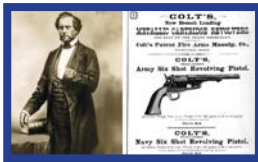
JANUARY DAYS PAST

January 1st 1896 German physicist Wilhelm Röntgen announces his discovery of x-rays



January 2nd 1947 Mahatma Gandhi begins march for peace in East Bengal

January 3rd 1987 Aretha Franklin is the first female artist to be inducted into the Rock and Roll Hall of Fame



January 4th 1847 Samuel Colt sells his first revolver pistol to the United States government

January 5th 1709 The Great Frost begins during the night, a sudden cold snap that reains Europe's coldest ever winter. Thousands are killed across the continent and crops fail in France.

January 6th 1941 US President Franklin Roosevelt makes his "Four Freedoms" speech (freedom of speech and worship; freedom from want and fear) during his US State of Union address

January 7th 1610 Galileo Galilei discovers the first three moons of Jupiter: Io, Europa & Ganymede



January 8th 1835 US national debt is \$0 for the first and only time in history

January 9th 1431 Judges' investigations for the trial of Joan of Arc begin in Rouen, France, the seat of the English occupation government

January 10th 1861 Florida secedes from the Union (US Civil War)



January 11th 1922 Insulin first used on humans to treat diabetes, when Frederick Banting injects fellow Canadian Leonard Thompson, aged 14

January 12th 1861 Florida state troops demand surrender of Fort Pickens (US Civil War)

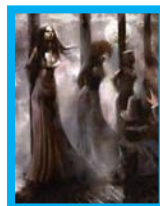
January 13th 1943 Adolf Hitler declares "Total War" against the Allies

January 14th 1943 World War II: Casablanca Conference begins between Winston Churchill, Franklin D. Roosevelt, and other Allied representatives



January 15th 1919 Two million gallons of molasses flood Boston Massachusetts in the "Great Molasses Flood" when a storage tank burst, drowning 21 and injuring 150

January 16th 1919 The 18th Amendment to the US Constitution, authorizing the prohibition of alcohol, is ratified by a majority of US states



January 17th 1775 9 old women burnt as witches for causing bad harvests in Kalisk, Poland

January 18th 1896 1st demonstration of an X-ray machine in US (NYC)

January 19th 1915 World War I: 4 people in Norfolk are killed in the 1st German Zeppelin air raid attack on the United Kingdom

January 20th 1869 Elizabeth Cady Stanton becomes 1st woman to testify before US Congress

January 21st 1793 Louis XVI of France is executed by guillotine in Paris, following his conviction

for "high treason" by the newly created French Parliament (Convention nationale), during the French Revolution

January 22nd 1908 Katie Mulcahey is arrested for lighting a cigarette, violating the 1-day old "Sullivan Ordinance" banning women from smoking in public, and is fined \$5. Appearing before the judge she stated "I've got as much right to smoke as you have. I never heard of this new law, and I don't want to hear about it. No man shall dictate to me."



January 23rd 1973 US President Richard Nixon announces an accord has been reached to end Vietnam War



January 24th 1935 1st canned beer, "Krueger's Cream Ale," is sold by American company Krueger Brewing Co.

January 25th 1840 American naval expedition under Charles Wilkes is first to identify Antarctica as a new continent

January 26th 1905 World's largest diamond, the 3,106-carat Cullinan, is found in South Africa

January 27th 1825 US Congress approves Indian Territory (present-day Oklahoma), clearing the way for the forced relocation of the Eastern Indian tribes via the "Trail of Tears"



January 28th 1813 Jane Austen's "Pride and Prejudice" is published by Thomas Egerton in the United Kingdom



January 29th 1892 The Coca-Cola Company is incorporated in Atlanta, Georgia

January 30th 1948 Mahatma Gandhi assassinated by Hindu extremist Nathuram Godse

January 31st 1865 Congress passes, by vote of 121-24, the

13th Amendment of US Constitution, abolishing slavery in US

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

CRYPTO FUN

☽ ☾ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓
 Determine the code to reveal the answer!

Solve the code to discover words related to Chinese New Year.
 Each number corresponds to a letter.
 (Hint: 17 = A)

A. 7 14 24 17 13

Clue: *Relating to the moon*

B. 3 19 13 19 23 6 19 5 26

Clue: *Prediction based on stars or symbols*

C. 6 3 11 24 17

Clue: *Asian country*

D. 10 26 23 22 11 12 17 7

Clue: *Large celebration*

Answers: A. lunar B. horoscope C. China D. festival

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 ME: I'm not ready for a new picture yet... I'm still growing out my bangs.



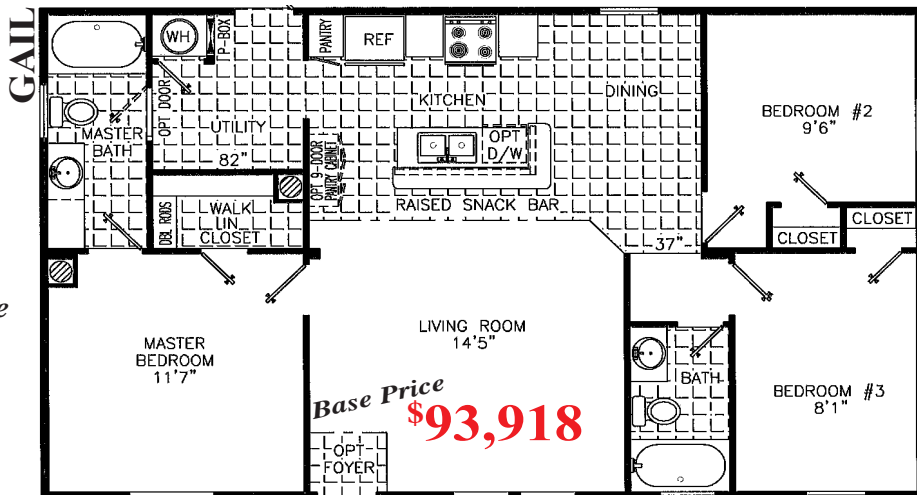
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vary, but check Ebay or Google for images of the bottles. Dean 352-726-1812

its own reservoir. 19 X 27 X 60" high. electric pump. private commission to construct it. Provenance of authenticity. \$500 352-423-1065

Highest quality \$75.00 OBO 352-208-9099

Fold up single bed. \$75. 352-257-7084

chine needles. Retail Price: \$1500.00. ALL for \$1,275.00. *One quick lesson at JoAnn Fabrics and you are a PRO!!

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Hunting & Fishing eight gun cabinet. green with a scratch on the front. key lock,

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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) PHONE # 352-228-1812

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

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good physical condition. 60.00 call john 352 496 0563. text would be better.

RUGER Wrangler .22 revolver, like new W/box. \$205. 352-949-5781

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I have 2 Terra Trike Rover 8's for sale. 1- trike has a new seat cover, tires, flag, bike rack with basket, and LED strobe lights. Trike #2 is newer and has fenders and LED strobe lights. Trikes were over \$1200.00 each. You can get 2 for the price of one. Great Christmas present! Asking \$1350.00 Trikes are garaged. Please no low ball offers. Call Frank 352-213-1102

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8257
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Curio Cabinet. Dark wood with blue glass doors. \$100. 727-221-1312

Mallard Duck Decoy, Stoney Point Decoys, Signed W/Medallion #02622.----Pair of Mallard Bookends---Wood Utility Box (9" wide X 16" long X 7' deep) With Mallard Duck Carved in Lid.----Wall Plate, (MALLARDS: ON THE WING) Signed by Jim Hautman With #1631A. \$250 For All. Phone 352-228-1812

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Boats for Sale

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12 LT Swift/Adiron-dack carbon fusion kayak with paddle & vest. 12'2", 24lb.

Original cost over \$3000.

Floral City 352-232-8025. Leave message.

Real Estate

Vacant Land

Lot in Marion Oaks, 133rd Lane, Ocala FL. New Road, Street Light top and bottom. Quit, only 2 houses on the street. .25 acres \$30,000 OBO. Call James 352-581-0477

Dip your spoon into a creamy mushroom meal

Soup can be a delicious meal for lunch or dinner or even make for a comforting snack. The versatility of soup undoubtedly contributes to its appeal. Just about any ingredient can go into a soup to yield the ideal result.

The benefits of soup do not end with flavor alone. A bowl of soup can be filling, helping to corral hunger and reduce overeating.

Plenty of studies also link soup to increased wellness and recovery from respiratory illnesses. Soup also is a perfect comfort food on a cold day. It warms from the inside out, helping to chase away chills from damp or frosty conditions.

Mushrooms can be the star of soups, adding earthy notes to the broth. Enjoy this creamy recipe for "Easy Mushroom Soup" courtesy of the Mushroom Council.

Easy Mushroom Soup (Yield: 3-4)

- 3 tablespoons
- 2 garlic cloves, minced
- 1 shallot, finely chopped
- 4 ounces crimini mushrooms, chopped
- 4 ounces white button mushrooms, chopped
- 2 tablespoons all-purpose flour
- 3 cups chicken stock
- 1/4 teaspoon fine sea salt, or to taste
- 1/4 teaspoon ground black pepper, or to taste
- Sliced sautéed mushrooms for garnish, optional
- Chopped parsley for garnish, optional



1. Melt 2 tablespoons butter in a large pot such as a Dutch oven over medium-high heat. Add the garlic and shallot, cook for 1 minute, until they begin to soften. Add the mushrooms and cook for about 3 minutes, until tender and browned. Transfer all the contents of the pot to a bowl.

2. Add the remaining 1 tablespoon of butter to the pot. Once melted, sprinkle in the flour and whisk it quickly into a paste. Reduce the heat to medium. Add the stock a little at a time, whisking out the clumps between each addition.

3. Increase the heat back to medium-high and allow the soup to simmer well for 3 minutes. Add the mushrooms back to the pot and continue to cook for 2 minutes more. The stock will thicken slightly to be somewhat creamy.

4. Let cook for 3 to 4 minutes, then ladle into bowls. Garnish with mushrooms and parsley, if desired.

The basics of meditation

Taking steps to safeguard mental health is a vital component of a healthy lifestyle. The National Institute of Mental Health notes that mental health affects how individuals think and feel, the choices they make, and how they relate to others, which underscores just how important it is to prioritize mental health.

Meditation is a popular practice with a history so lengthy it may surprise even its most devoted practitioners. According to Psychology Today, some archaeologists trace the origins of meditation all the way back to 5,000 BCE. The global spread of the practice is believed to have started around the fifth or sixth century BCD, when trading along Eurasia's famed Silk Road exposed the practice to various cultures.

The lengthy history of meditation is proof that the practice is no mere fad. In fact, people from all walks of life have much to gain from meditation. Novices can start their meditation journeys with this basic rundown of a practice that has inspired devotees for thousands of years.

What is meditation?

The Mayo Clinic notes that meditation is considered a type of mind-body complementary medicine that intends to produce a tranquil, relaxed state of mind. When practicing meditation, individuals focus their attention and aspire to remove potentially stress-inducing, jumbled thoughts from their mind.

Are there different types of meditation?

The Mayo Clinic reports that there are various ways to meditate. Guided meditation is a popular form of the practice in which individuals form mental images of places or situations they find relaxing. Guided meditation practitioners employ their senses of smell, sight, sound, and touch during a session, which may be led by a guide or teacher.

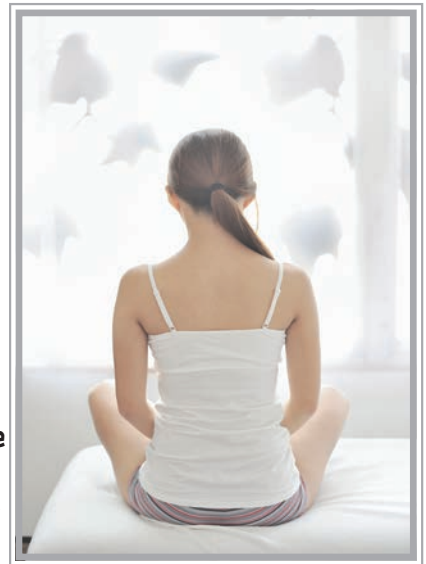
Mantra meditation is another form of the practice in which individuals silently repeat a calming word, thought or phrase. The repetition is designed to block out distractions.

Mindfulness meditation is a popular form of the practice that emphasizes awareness, or mindfulness, and acceptance of living in the moment. The Mayo Clinic notes that individuals practicing mindfulness meditation will focus on what they experience during meditation, such as the flow of their breath, as they attempt to observe their thoughts and emotions.

How do I meditate?

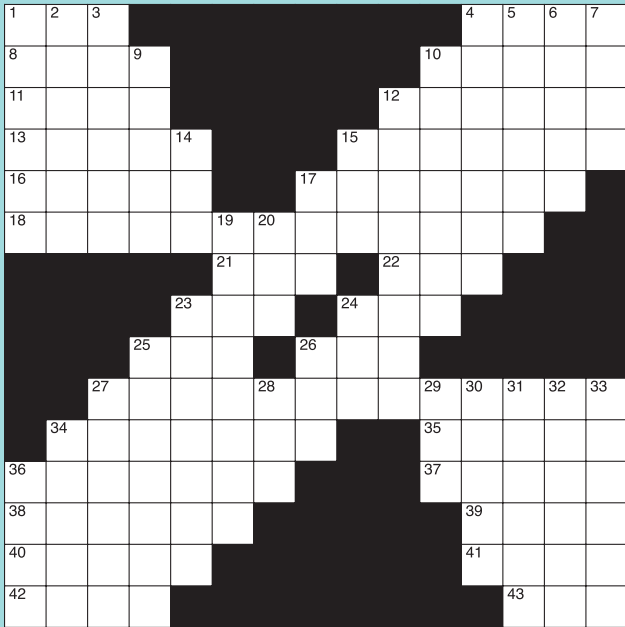
Mindful Communications, which offers corporate training, practical advice and other insights regarding mindfulness and meditation, notes that meditation is both simpler and more complex than most people think. But the following seven-step prospectus can serve as a useful foundation for meditation novices.

1. Take a seat. Individuals are urged to find a calm, quiet place to sit.
2. Set a time limit. A short session between five and 10 minutes can help novices.
3. Notice your body. Individuals should be stable and sit in a position they can maintain for a while.
4. Feel your breath. As you breath in and out, make an effort to feel the sensation of your breath.
5. Notice if your mind wanders. It's likely that your mind will wander to other places during your sessions. Pay attention to when it does and then refocus your attention to your breathing.
6. Don't judge yourself. Wandering thoughts during meditation are not deserving of scorn. When the mind wanders, simply return to meditating without obsessing over the thoughts that came into your head when your mind wandered off.
7. Close with kindness. As your session draws to a close, gently lift your gaze and take a moment to notice your surrounding environment, how your body feels and your thoughts and emotions. Meditation can pay numerous dividends. More information about meditation can be found at mindful.org.



I don't like to complain about the customer service of any business, but I didn't appreciate being pushed over by the stockbroker when I asked him to check my balance.





Crossword 2

CLUES ACROSS

1. Tax collector
4. Fishes without the line touching water
8. Brooklyn hoopsters
10. Actress Lathan
11. A metric for athletes
12. Food storage location
13. Colossus
15. Desolations
16. Accustom to something unpleasant
17. ___ Kubrick, filmmaker
18. You might ask this at Thanksgiving
21. Arkansas city
22. Gave food to
23. Request
24. V-shaped open trough
25. Make lively
26. It accompanies feather
27. Blonde bombshell
34. One who revolves
35. Bluish greens
36. Charity
37. Having the shape of a cube
38. Unwind
39. Believed by some to be the supreme being
40. Checks or guides
41. Leak slowly through
42. Top-quality
43. Midway between south and southeast

CLUES DOWN

1. Part of your foot
2. It's at the back of the eyeball
3. Where things stand
4. Offered
5. Contains pollen
6. Boisterous get-together
7. Asserts out loud
9. They're in the sky
10. Canonized
12. A politician's official stances
14. It can catch fish
15. British thermal unit
17. Helps little firms
19. Where patients go for treatment
20. Large red deer
23. Pokes holes in
24. "Star Wars" hero Solo
25. One in a hospital
26. Scandinavian god of battle
27. Famous cat
28. ___ Angeles: City of Angels
29. Type of drug (abbr.)
30. City along the Rhine
31. Animal disease
32. Martini ingredients
33. Get away
34. Rare species of rodent
36. Suppress

My email password has been hacked. That's the third time I've had to rename the cat.

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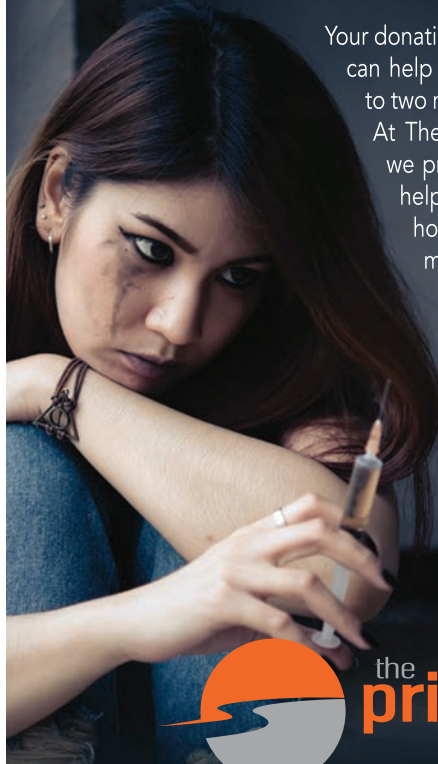
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Did you know?

After two years of declining enrollment that was undoubtedly due to the COVID-19 pandemic, study abroad programs are regaining their popularity. In May 2022, Education Abroad at Texas Global, which coordinates international engagement efforts at the University of Texas at Austin, reported that 1,500 students were scheduled to travel for formal study programs in the summer of 2022. That figure is nearly seven times higher than it was in 2021. Not surprisingly, faculty-led study abroad programs also increased dramatically between 2021 and 2022. For example, Education Abroad reports that, as quarantine restrictions were relaxed across much of the globe between 2021 and 2022, faculty-led programs at UT increased from six to at least 54.

ANSWERS

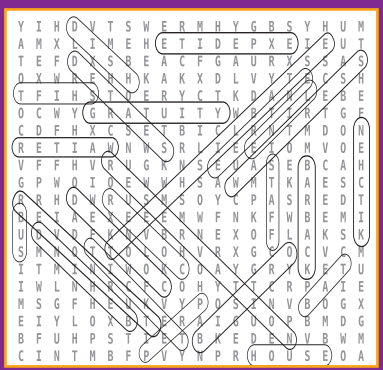
Sudoku 1

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

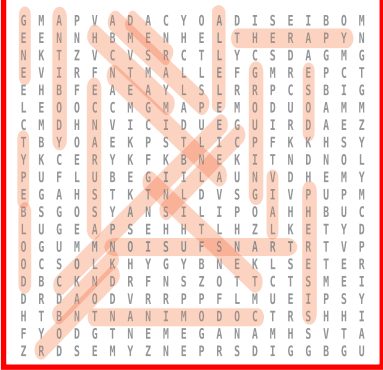
Sudoku 2

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

FOOD SERVICE WORD SEARCH



BLOOD CELLS WORD SEARCH



Crossword 1

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

Crossword 2

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

One day, a customer placed a huge order for numerous goods but suddenly the company realized they hadn't paid for the previous order. Immediately, they left a message on the customers answering machine saying the new order can not be placed until the previous balance is paid in full. The following day they received an email response, "We would like to cancel our new order, we just cannot wait that long."

Did you know?

Data from the Centers for Disease Control and Prevention indicates that rates of anxiety and depression rose dramatically after the onset of COVID-19. According to the CDC, the range of average monthly percentages of adults in the United States reporting symptoms of anxiety between January and December of 2019 was 7.4 percent to 8.6 percent. Between April 2020, or roughly three weeks after the World Health Organization declared a global COVID-19 pandemic, and August 2021, the average submonthly percentages of U.S. residents reporting symptoms of anxiety was between 28.2 percent and 37.2 percent. That means the rate of anxiety rose by about four times between April 2020 and August 2021. A similar spike was prevalent among U.S. adults reporting symptoms of depression during that same period. Though percentages were between 5.9 and 7.5 percent between January and December 2019, they rose to between 20.2 and 31.1 percent between April 2020 and August 2021. These figures are important to keep in mind as the world tries to move on from the pandemic. Despite individuals' best efforts, rates of anxiety and depression could remain significantly higher than they were in 2019, underscoring the need for accessible education about each disorder.





Gus's Animal Gossip

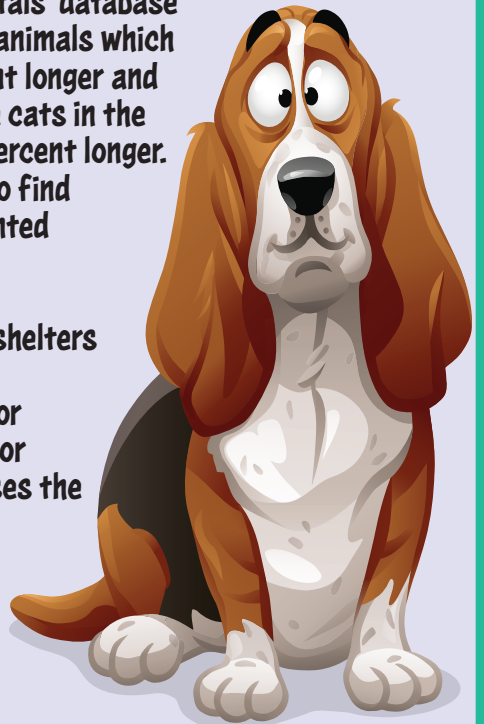
Hey guys, I have not seen you since last year, lol! I have been seeing a lot of news articles and Facebook posts about the overcrowding problem that a lot of our local rescues and shelters are having currently. I thought this would be a good time to share this article I came across about some of the benefits of having your pets spayed or neutered.

Did you know?

Veterinarians and rescue organizations repeatedly stress the significance of having pets spayed or neutered. This process, which is a relatively minor procedure with an excellent recovery rate, renders the animals sterile so that they cannot reproduce. Many animal shelters will not even allow people to adopt pets before the dogs and cats have undergone the spay or neuter surgery. Prospective pet owners may wonder just why spaying and neutering is so important. Here are a few reasons.

- **Increased longevity:** A study that focused on Banfield Pet Hospitals' database of 2.2 million dogs and 460,000 cats found that, compared to animals which were not neutered or spayed, neutered male dogs lived 18 percent longer and spayed female dogs lived 23 percent longer, while spayed female cats in the study lived 39 percent longer and neutered male cats lived 62 percent longer.
- **Curbs unwanted behaviors:** Unaltered dogs and cats may roam to find mates, meow or bark, mark territory, and engage in other unwanted behaviors.
- **Prevents litters:** Undesired litters of puppies or kittens leads to overpopulation that can result in these animals being placed in shelters or humanely euthanized.
- **May prevent cancers:** Spaying or neutering can reduce the risk for certain cancers in animals, such as reproductive system cancer or pyometra. Undergoing the spaying and neutering process increases the likelihood that pets can live longer lives, and also helps reduce medical treatment costs.

There are several reasons to neuter and spay pets. Furthermore, it may be possible to find a low- or no-cost spay and neuter clinic to handle the procedure.



National Dress Up Your Pet Day January 14th



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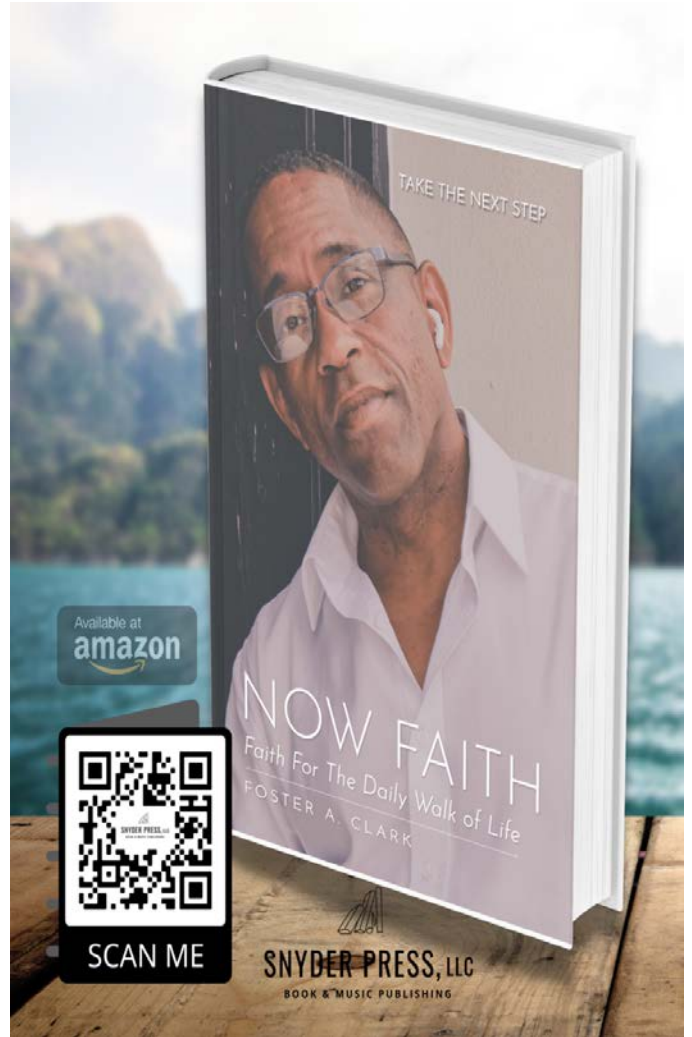
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