IN from too much screen time?

By ABBEYTHARPE

UF/IFAS 4-H Extension Agent Have you ever thought about how much time your kids spend on "media?"

Do you think about how iPads, cell phones, social media, games and TV are a dominant force in children's lives?

According American Academy of Pediatrics, young people spend more hours on media per day than they do in school -- it is the leading activity other than sleeping. Today's children have

grown up with a vast array of electronic devices at their fingertips.

They can't imagine a world without smartphones, tablets and the internet.

The advances technology mean today's parents are the first generation who have to figure out how to limit or manage screen time for children.

It is important for families to manage screen

time. Establishing family rules with electronics can help you develop new routines that don't involve technology.

Here are some tips that will help you limit your child's screen time to a reasonable, healthy amount.

Model healthy electronic use.

It's important to model healthy electronics use for children. So, before you binge on your favorite Netflix series, remember to set a good example. Keeping the TV on as background noise or scrolling through your phone when you have a spare minute teaches your child bad habits.

Educate yourself on electronics.

Today's kids are tech savvy. Most of them know more about electronics than adults do, that's why it is essential to stay up-to-date on the latest cell phone app or the newest social

media craze. Use parental controls. Protect kids from too much content on TV and online. Research and look for the best parental control for both TVs and online.

Talk to kids about the dangers of too much screen time.

Kids who understand, "It's not healthy to watch too much TV," are less likely to break the rules compared to kids who think, "I can't watch TV because my parents are

Obtain child's passwords.

Depending on child's age and values, it may make sense to obtain your child's password to social media and online accounts.

Many children lack the maturity needed to handle online problems, such as cyberbullying. It is really important to help your child stay safe.

Children have lots of

difficulty escaping from bullies in today's society due to technology. When I left school in the 80s and 90s, I went home and played in the yard, did homework and chores. Kids were able to unplug and enjoy being

Fast forward 20 years,

and kids stay connected because of electronics. This can be good if they are being kind to one another. It can be detrimental to the child's health and mental well-being if they are being bullied through text, social media or games.

In addition, consider an

occasional digital detox for the whole family Create a screen-free night once a week or commit to unplugging one weekend a month. This can be good for everyone's physical emotional health and as well as your family's relationships.



According to the American Academy of Pediatrics, young people spend more hours on media per day than they do in school.

Christmas Lights Contest deadline to register two weeks away

Wednesday, Dec. 4, deadline is fast approaching to register for the fourth annual Christmas Lights Contest sponsored by the Taylor County Historical Society. Forms are available at Rain's Train Stop

Flower Shop (located in

the Old Depot) and at

the downtown offices of

Perry Newspapers, as well as online at the society's Facebook page. Private homes, local churches and communities are eligible to host displays.

Once all participants are registered, they will be placed on a map with each location highlighted.

Residents will visit each location and vote for their favorites in the following categories: Best Overall Display, Most Unique, Best Religious Display, People's Choice and Most Lights.

Any business would like to be included in the contest is asked to complete a form and pay a \$10 registration

Letters from Santa

Taylor County Historical Society invites to receive a personalized letter from

families to give children an extra special Christmas this year by arranging for them Santa Claus. "If you'd like Santa

Claus to write your child

All proceeds will go

directly to care, trap, neuter

a letter, he asks that you donate \$5 to the Taylor County Historical Society. He knows all the great work that the Historical Society 'elves' do throughout the year and wants to lend them his support," President Angela Castelucci said.

"This makes a great gift for a son, daughter, granddaughter, grandson, niece, nephew, cousin or any other child in your life. Best of all, you are supporting the Historical Society's mission preserve the history and culture of Taylor County, both now and for generations to come," Castelucci added.

Order available online at the Society's Facebook page (Taylor County Historical Society), at the Historical Society museum (118 East Main Street) and Perry Newspapers (123 South Jefferson Street).

Forms will also be available during Downtown Christmas Open House Friday, Dec. 6.

Entry forms must be submitted by Monday, Dec.

Stephen

counts of

VOP, no bond, Sgt.

McKenzie, TCSO.

Martin,

Support 'It's Meow or Never' Saturday Butler Pkwy in Perry.

Help support "It's Meow or Never for Ferals" efforts to control the local cat population by purchasing

Editor's Note: It

is the policy of this

newspaper to run the

names of all those

arrested and booked

at the Taylor County

Jail. All those listed below have been charged with a crime. but are considered innocent until proven

William Haney,

30, Perry, carrying

concealed weapon

(electric weapon or

device), Ptl. Geyer,

Haney

Steinhatchee.

(occupied structure)

\$2,000 bond, Dep.

Carmichle

Jamie

21,

Fla.,

Sept. 28:

Richard

Wilson,

08-004

LT 1, BLK I

DREAMLAND SUBD

Greenville,

Thigpen, TCSO.

trespassing

Carmichle,

Fla.,

Michael David

guilty.

PPD.

Sept. 27:

weekend.

night hunting of

deer, \$10,000 bond,

Jumelia Dawn

Lee, 38, Perry,

night hunting of

deer, conservation

two), discharge of

firearm in public or

occupied premises,

\$20,000 bond, Off.

Lee

Steinhatchee, Fla.,

motorcycle without

Boyington

11-008

SEQUOIA SUBD

LT 8

Thigpen, TCSO.

habitual

operate

Dep.

Boyington,

DWLS

license,

offender,

William Jordan

Wilcox, FWC.

(level

violation

Off. Wilcox, FWC.

It's Meow or Never for Ferals of Taylor County will be hosting its annual some delicious treats this fall bake sale Saturday,

Sept. 29:

Michael

Deltona, Fla., FTA,

Sgt. Melvin, TCSO.

Henry

Chedrick Levar

trespassing

LEO

Hamilton,

Burrell, 29, Perry,

Fla., three counts

(occupied structure

three counts of

(obstruction

without violence),

three counts of

theft, \$30,000 bond,

Burrell

Oct 1:

subs.

resisting

Dep.

TCSO

conveyance),

Sept. 30:

Henry,

Nov. 23, at Tractor Supply.

The nonprofit organization will be selling goodies from 10 a.m. to 2 p.m. at 2500 S. Byron

and release for Taylor County kitties. Booking Desk



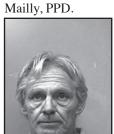
\$23,000 bond, Dep/

Sadler

Kim Marie Hull, 47, Perry, VOP, no bond, Dep. Jones, TCSO.



Randall Jay Thomas, Perry, poss. cntrl. subs. without prescription, drug equipment poss./ use, no bond, Ptl.



Richard Dennis **Sadler**, 53, Perry, Fla., poss. of cntrl. Gerald Derrick without prescription, poss. McGuire, of weapon/ammo Perry, VOP, Dep. by convicted felon, Wimberley, TCSO.



Wade ()wen Raulerson, Perry, two counts of VOP, Dep. Jones, TCSO.



Raulerson

Tammy Walker, Tallahassee, Fla., theft (motor vehicle parts), (cheating or gross), \$1,000 bond, Dep. Wimberley, TCSO.



Everett Michael Rossi, 30, Perry, of county warrant, Ptl. Mailly, PPD.



James Lamar Asbel, 34, Perry, Fla., battery (second subsequent offense), \$10,000 bond, Sgt.



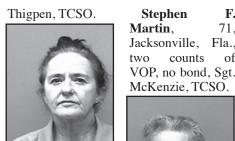
Asbel

Tyler Alexander Hovey, Steinhatchee, Fla., VOP, Sgt. McKenzie, TCSO.



Hovey

Elizabeth White, 56, Steinhatchee, Fla., VOP, Dep.



Nashon Lockhardt, Perry, Fla., cruelty toward child (child abuse without great bodily harm), fraud/ imperson. (false ID given to LEO), outof-county warrant, \$155,000, Inv. Hayden, TCSO.



Lockhardt

Oct. 3: Terry Goodman, Darlington, VOP, Sgt. McKenzie, TCSO.



Goodman

Martin Oct. 4:

Wade Joshua Coxwell, 35, Perry, Fla., VOP, no bond, Dep. Wimberley, TCSO.



Martin

Jay's Bail Bond, 110 Henry Jay III, Agent 24 Hour Service Office: (850) 584-2664 Cell: (850) 371-1113 427 Maurice Linton Rd., Perry FINANCING, CASH & CREDIT WE BUST YOUR TAIL OUT OF JAIL

LEGALS

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(continued from page 10)

INVITATION TO BID NOTICE is hereby given that the Board of County Commissioners, Taylor County, Florida, will receive bids for THE SALE OF PARCELS OF PROPERTY ACQUIRED BY THE COUNTY FROM TAX DEED SALES, WHICH ESCHEATED TO THE COUNTY THROUGH THE TAX DEED PROCESS. Said parcels are as follows: TAX DEED APPL NO. DESCRIPTION

12-014 .31 A 14-010 .45 A 14-011 14-012 LT 12, BLK 9

12-011 LT 14, BLK 1 JERKINS HEIGHTS SEC 26-4-7 SEC 35-4-7 LT 28, BLK 57 W BROOKLYN SUBD J.H. PARKER SUBD 15-008 SEC 20-2-7 1 ACRE 15-016 LOT 13 BLK 50 15-041 LOT 17 BLK 2 MILLDALE SUBD 15-042 LOT 26 BLK 14 A.B. MCCRAE SUBD 15-044

STEINHATCHEE SUBD EAST 53 FT LTS 01 & 04 J.C. CALHOUN SUBD Bidders may contact Annie Mae Murphy, Clerk to the Board, for any information regarding the sale of these parcels, including the full description of the property on each All bidders must submit their bid

to the Clerk of Court, 1st. Floor Courthouse, 108 N. Jefferson Street, Suite 102, Perry, FL 32347, to arrive no later than 4:00 P.M., FRIDAY, DECEMBER 6, 2019.

All Sealed bids must have the NAME, BIDDER'S MAILING ADDRESS, TELEPHONE NO. AND PARCEL NO. CLEARLY SHOWN ON THE OUTSIDE OF THE ENVELOPE OR PACKAGE WHEN SUBMITTED. BIDS MUST BE SUBMITTED SEPARATELY ON EACH PARCEL. Bids will be opened and bidders

announced at 6:10 P.M., local time, or as soon thereafter as possible, on MONDAY, DECEMBER 9, 2019, in the Taylor County Administrative Complex, 201 E. Green Street, Perry, FL 32347.

Bids on these parcels will be awarded to the highest bid received on each parcel, unless the Board of County Commissioners determines that the highest bid received is too low, based on the assessed value of the parcel at the time of sale. The Board of County Commissioners

Taylor County, Florida, reserves the right, in its' sole and absolute discretion, to reject and or all bids and to waive any informalities. NO FAXED BIDS WILL BE ACCEPTED. BY ORDER OF THE BOARD OF COUNTY COMMISSIONERS, Taylor County, Florida DATED at Perry, Florida, this 5th. day of November, 2019. For further information, contact: ANNIE MAE MURPHY

Clerk to the Board of County Commissioners, Taylor County, Florida (850) 838-3506 x112