

# 'BRAIN DRAIN' from too much screen time?

**By ABBEY THARPE**  
 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 to the 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 in 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 mean."

- Obtain your child's passwords.

Depending on your 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 kids.

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 and emotional health, as well as your family's relationships.



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## Christmas Lights Contest

### deadline to register two weeks away

The 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 that would like to be included in the contest is asked to complete a form and pay a \$10 registration fee.

## Letters from Santa

The Taylor County Historical Society invites families to give children an extra special Christmas this year by arranging for them to receive a personalized letter from Santa Claus.

"If you'd like Santa Claus to write your child 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 to preserve the history and culture of Taylor County, both now and for generations to come," Castelucci added.

Order forms are 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 the Downtown Christmas Open House Friday, Dec. 6.

Entry forms must be submitted by Monday, Dec. 18.

## Support 'It's Meow or Never' Saturday

Help support "It's Meow or Never for Ferals" efforts to control the local cat population by purchasing some delicious treats this weekend.

It's Meow or Never for Ferals of Taylor County will be hosting its annual fall bake sale Saturday, Nov. 23, at Tractor Supply.

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

All proceeds will go directly to care, trap, neuter and release for Taylor County kitties.

## Booking Desk

<p><b>Editor's Note:</b> 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 guilty.</p> <p><b>Sept. 27:</b>  <b>William Haney,</b> 30, Perry, carrying concealed weapon (electric weapon or device), Ptl. Geyer, PPD.</p> <p><b>Sept. 27:</b>  <b>William Haney,</b> 30, Perry, carrying concealed weapon (electric weapon or device), Ptl. Geyer, PPD.</p> <p><b>Sept. 27:</b>  <b>Michael David Carmichle,</b> 36, Steinhatchee, Fla., trespassing (occupied structure) \$2,000 bond, Dep. Thigpen, TCSO.</p> <p><b>Sept. 28:</b>  <b>Richard Jamie Wilson,</b> 21, Greenville, Fla.,</p>	<p>night hunting of deer, \$10,000 bond, Off. Wilcox, FWC.</p> <p><b>Jumelia Dawn Lee,</b> 38, Perry, night hunting of deer, conservation violation (level two), discharge of firearm in public or occupied premises, \$20,000 bond, Off. Wilcox, FWC.</p> <p><b>William Jordan Boyington,</b> 39, Steinhatchee, Fla., DWLS habitual offender, operate motorcycle without license, Dep. Thigpen, TCSO.</p>	<p><b>Sept. 29:</b>  <b>Michael W. Henry,</b> 49, Deltona, Fla., FTA, Sgt. Melvin, TCSO.</p> <p><b>Sept. 30:</b>  <b>Chedrick Levar Burrell,</b> 29, Perry, Fla., three counts of trespassing (occupied structure or conveyance), three counts of resisting LEO (obstruction without violence), three counts of theft, \$30,000 bond, Dep. Hamilton, TCSO.</p> <p><b>Oct 1:</b>  <b>Richard Dennis Sadler,</b> 53, Perry, Fla., poss. of cntrl. subs. without prescription, poss. of weapon/ammo by convicted felon,</p>	<p>\$23,000 bond, Dep. Jones, TCSO.</p> <p><b>Kim Marie Hull,</b> 47, Perry, VOP, no bond, Dep. Jones, TCSO.</p> <p><b>Randall Jay Thomas,</b> 59, Perry, poss. of cntrl. subs. without prescription, drug equipment poss./use, no bond, Ptl. Maily, PPD.</p> <p><b>Gerald Derrick McGuire,</b> 39, Perry, VOP, Dep. Wimberley, TCSO.</p>	<p><b>McGuire</b></p> <p><b>Owen Wade Raulerson,</b> 49, Perry, two counts of VOP, Dep. Jones, TCSO.</p> <p><b>Tammy Walker,</b> Tallahassee, Fla., theft (motor vehicle parts), fraud (cheating or gross), \$1,000 bond, Dep. Wimberley, TCSO.</p> <p><b>Everett Michael Rossi,</b> 30, Perry, out of county warrant, Ptl. Maily, PPD.</p>	<p><b>Rossi</b></p> <p><b>Oct. 2:</b>  <b>James Lamar Asbel,</b> 34, Perry, Fla., battery (second or subsequent offense), \$10,000 bond, Sgt. McKenzie, TCSO.</p> <p><b>Tyler Alexander Hovey,</b> 22, Steinhatchee, Fla., VOP, Sgt. McKenzie, TCSO.</p> <p><b>Elizabeth F. White,</b> 56, Steinhatchee, Fla., VOP, Dep.</p>	<p>Thigpen, TCSO.</p> <p><b>White</b></p> <p><b>Nashon K. Lockhardt,</b> 29, Perry, Fla., cruelty toward child (child abuse without great bodily harm), fraud/imperson. (false ID given to LEO), out-of-county warrant, \$155,000, Inv. Hayden, TCSO.</p> <p><b>Oct. 3:</b>  <b>Terry Goodman,</b> 42, Darlington, S.C., VOP, Sgt. McKenzie, TCSO.</p>	<p><b>Stephen F. Martin,</b> 71, Jacksonville, Fla., two counts of VOP, no bond, Sgt. McKenzie, TCSO.</p> <p><b>Martin</b></p> <p><b>Oct. 4:</b>  <b>Joshua Wade Coxwell,</b> 35, Perry, Fla., VOP, no bond, Dep. Wimberley, TCSO.</p> <p><b>Martin</b></p>
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**Jay's Bail Bond, LLC**

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## LEGALS

(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

08-004 LT 1, BLK I DREAMLAND SUBD

11-008 LT 8 SEQUOIA SUBD

12-011 LT 14, BLK 1 JERKINS HEIGHTS

12-014 .31 A SEC 26-4-7

14-010 .45 A SEC 35-4-7

14-011 LT 28, BLK 57 W BROOKLYN SUBD

14-012 LT 12, BLK 9

J.H. PARKER SUBD

15-008 SEC 20-2-7

1 ACRE

15-016 LOT 13 BLK 50 STEINHATCHEE SUBD

15-041 LOT 17 BLK 2 MILLDALE SUBD

15-042 A.B. MCCRAE SUBD

15-044 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 parcel.

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 BIDDER'S NAME, 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

11/20