

Overall Common'tater

By Billy Blackman

I have friends who are sinners;
and I have friends who are saints.
Some who always go to church;
And some who just dang sho ain't.

Some friends are old, others are new;
Some get 'n, some get 'n got.
Some who have had it easy;
Some real smart, some who don't know squat.

Some whose cups runneth over;
Some have to reach up to touch bottom.
Friends who more prefer the spring; Others who like
the autumn.

Some are sad, others are glad; Some who laugh, others
who cry.
Some joke around, some who frown;
Some live right up 'till the moment they die.

Some wear shoes, some go without;
Some smell of yellow roses.
Some sip from cups and saucers;
Others who drink from hoses.

Some like sun, others the shade;
Some sweat, others who perspire.
Some complain about the cold;
Others just build their own fire.

Some with dull wits and sharp knives;
Some would rather have a Colt.



Some prefer a Winchester;
Rifles stay home, Colts they tote.

Some can sing, others just can't;
Some want guitars tuned just right.
Some will turn and walk away;
Some just... well, had rather fight.

White shirts, bow ties and creased jeans;
Air-conditioned overalls.
Silk handkerchiefs and snot rags;
Truck on its third overhaul.

Some on their knees plant 'n peas;
Some get 'n closer to God.
Some in suits, others in jeans;
Some smell of soap, others sod.

But to me it matters not; If they dress up to take part.
Because the earth is a church; And the front pew is your
heart.

* * * * *

Lord, what a miserable existence this would be without
friends, without people who care about who you are, not
who you were, nor who you will be.

They care about who you are right now, between the
last heartbeat and the next -- at this very moment in
time.

Living in a world without friends would be like trying to
exist in a world without honey—bees without blossoms or
pea vines to brush up against and flirt with the dirt.

They are all worthy of a sniff, but without your bouquet
of friends there's no one to share it with.

Like biscuits without gravy, a yard without a dog, a front
porch without a swing; like a guitar without strings.

Like a fishing pond without poles, and an August day
without the locust to join you to sing the blues about Sirius
and his Dog Days.

Having no friends is like a book that stays unread, words
never written, never said, because you were afraid for
them to be heard.

Like earth that's never grown a garden, like eyes that
never tear, like youthful summer afternoons without
thunderstorms to fear.

Like Sundays without ice cream, scrambled eggs
without fried bacon, a world without dogs, Jack Daniels
without Coke and a Christmas without Claus.

Thank you, my friends.
I could not exist without you.
Nor would I want to.

First Lady unveils new opportunity for parents, grandparents to become 'Resiliency Coaches'

Last week, Florida First Lady Casey DeSantis unveiled new Resiliency Florida resources to support students and parents to build resiliency at school and home.

She also announced a first-in-the-nation opportunity for Florida parents and grandparents to be in-school Resiliency Coaches to help students overcome challenges.

Parents and grandparents serving as Resiliency Coaches will be eligible for a \$150 stipend upon completion of a one-hour training and a volunteering practicum in schools. Resiliency Coach training

will be available to parents and grandparents this summer with practicum hours beginning in the fall of 2024.

"Resiliency is important for students to successfully navigate and overcome life's obstacles," DeSantis said. "Florida parents, grandparents, teachers and mentors will now have opportunities to coach and access to high-quality resources to lead important discussions with students about resiliency."

According to the Florida Department of Education (DOE), Resiliency Florida is a first-in-the-nation initiative focused

on reframing mental health education to focus on building resiliency skills including: grit, perseverance, gratitude, personal responsibility, decision-making, mentorship, self-awareness, problem-solving, empathy, citizenship and honesty.

"The First Lady's Resiliency Florida initiative is an innovative way to approach mental health and student support," said Florida Commissioner of Education Manny Diaz, Jr. "We are proud to be a part of this historic endeavor and look forward to finding more ways to encourage Florida students to be resilient."

As Resiliency Florida classroom teaching aids and recommended reading materials are introduced in schools, parents can access discussion guides to encourage family conversations and participate in their child's resiliency education.

To access Resiliency Florida materials, visit the new Resiliency Florida

website at: BuildResiliency.org.

DeSantis launched the Resiliency Florida initiative in February 2021 to equip Florida's youth with the skills to overcome life's challenges.

In March 2023, the State Board of Education adopted the First Lady's recommendations for this first-in-the-nation approach on resiliency education designed to impart critical skills in early grades and to support students as they demonstrate those concepts in later grades.

"The standards embed concepts of civic responsibility through citizenship and mentorship to not only help students understand the value of these ideas, but to actively engage in activities and exercises that will prepare them to be upstanding, responsible citizens," DOE officials said.

"In addition to the resources announced (last week), the department has developed additional pathways for adults and

parents, school counselors, and educators to help students build resiliency." For more information, visit www.fldoe.org.

FLORIDA STUDENTS ARE RESILIENT

Persevere
WE continue to try when things are hard.

Practice Grit
WE work consistently toward our long-term goals.

Express Gratitude
WE are thankful and share appreciation with others.

Act Responsibly
WE own our actions, use good judgment and practice self-control.

Make Responsible Decisions
WE think about all options and outcomes to make the best choice.

Think Critically & Solve Problems
WE gather information to think through and determine the best solution.

Build Self-Awareness & Self-Management
WE understand and govern our thoughts, actions and impact on others.

Value Mentorship
WE give or ask for support, guidance, training and expertise.

Take Pride in Citizenship
WE help our neighbors, community and nation.

Choose Honesty
WE tell the truth.

Cultivate Empathy
WE work to understand other's thoughts, feelings and actions.



LEGALS

(Continued from page 9)

PUBLIC NOTICE

The Florida Division of Historical Resources has contracted JMT to conduct an architectural survey of historic resources which are over 50 years of age within the legal boundaries of Taylor County. This survey is funded by the Historic Preservation Fund, administered by the National Park Service.

JMT will host two public meetings to introduce the survey effort and provide an opportunity for public comments, questions, and feedback. An in-person meeting will take place on May 7, 2024, at 6 PM EST at the Taylor County Historical Society, 118 East Main Street, Perry, FL. A virtual meeting will take place on May 8, 2024, at 7 PM EST, and can be accessed through the following URL:

<https://zoomto.me/ftZWk>
Meeting ID: 886 9214 2559
Passcode: 086923

Dial in: +1 305 224 1968

If you are interested in the survey but are not able to participate in the public meetings, you can submit comments or questions or request presentation material from JMT via email at cleggio@jmt.com OR (215) 496-4737.

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Notice is hereby given that the undersigned, pursuant to the fictitious name statute, Chapter 20953 or Section 865.09, Florida of State, Corporation Division, Tallahassee, Florida, upon receipt of proof of publications of this notice the fictitious name, to-wit: Rock Island Seafood and Restaurant under which we/I will engage in business. I/we expect to engage in business in Perry, Florida and our address is: 5860 Sea Trout Lane, PERRY, FLA. 32348. The extent of ownership is Johnnie R. White 100%

Taco Times

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We look forward to hearing from you! Our address is Perry, Newspapers, Inc., P.O. Box 888, Perry, Florida 32348. e-mail: newsdesk@perrynewspapers.com

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with Kay McCullough

I am officially over the hill

For anyone who lives with chronic pain, I salute you. Those with constant backaches are now my heroes.

I felt sad for old ladies who stooped over from the weight of their world on their shoulders: family, work and global issues. And, now I am one.

This past week, when Jim took me to the emergency room because I could not stand, sit, crawl or think, I realized I am deteriorating rapidly. The diagnosis is lumbar spondylosis, otherwise known as osteoarthritis of the back. And, I have shrunk some.

Bah!
I was doing pretty well in retirement until two weeks ago, when we helped our son move from his third-floor apartment.

Our kids love third floors, and Jim and I have done our share throughout the past 20 years when they relocated around Orlando. But, this time was about five years later, and physical damage was done.

I am officially over the hill.
Sigh!
Jim has been in pain most of his adult life, especially

from leg issues, but he rarely complains. The children have their physical problems, too, but adapt as 40-somethings can.

As a long-time special ed teacher's aide, as well as wife and mother, I have tried to be the co-leader in "Get the job done and try to smile when it hurts." Now it's getting more difficult as the days go by.

This week I'm finally okay sitting up and walking. It's lying down that's still a killer. Heat is helping. I have an old microwaveable bean bag that the church ladies made in Rock Springs, Wyoming, in the 1990s. It works.

Medical recommendations are rest, recovery and rehabilitation through exercise. Once I can move around, I will work on the latter.

Our good doctor wrote down his favorite YouTube videos. One of my best friends, who is a hiker and long-distance runner, loves Silver Sneakers. My favorite cousin/sister has done yoga for years to keep her own back pain and scoliosis under control.

Maybe you can teach an old dog new tricks. Just don't ask me to jump...or fetch.