Did You Know?

(NAPS)—Sharing the road with trucks means sharing the responsibility so everyone stays safe. Poor driving habits or driving while distracted puts drivers, truckers and others such as highway maintenance workers at risk, point out the experts at Trimble. Learn more at https://transportation.trimble.com.

The popularity of backyarding will continue to increase in 2025, says the TurfMutt Foundation, which encourages outdoor living and caring for green spaces. To learn more, visit TurfMutt.com, where you can download the Foundation's International Backyarding Fact Book and sign up for Mutt Mail, backyarding tips e-newsletter.

People high risk for eye disease or over age 65 may be eligible for a no out-of-pocket cost medical eye exam through the American Academy of Ophthalmology's EyeCare America® program. This public service matches volunteer ophthalmologists with eligible patients. To see if you qualify, visit www.aao.org/eyecare-america/patients.

Roughly 150,000 people in the U.S. are hospitalized each year with pneumococcal pneumonia, but the good news is adults over the age of 50 now have access to recommended vaccines to help stop the spread of this disease. Learn more at www.cdc.gov/pneumococcal.

An estimated 20 million Americans have some form of thyroid disease. Thyroid disorders can manifest in various ways, including fatigue, weight changes, mood fluctuations, and cognitive difficulties. To learn more talk to your healthcare provider.



Roughly 47% of people entered this past holiday season carrying debt, but you may relieve yourself of financial stress by switching to phone service provider TextNow. Call and text, free, over Wi-Fi or unlock free cellular service with a SIM card. Learn more at www.TextNow.com.

For many, cooler weather keeps them indoors—watching movies, playing games, video-conferencing—and their home Internet connection may lag or delay, but that doesn't have to be a problem for people in Houston when fiber optics keep their Internet up to speed. Learn more at ezeefiber.com.

For many, cooler weather keeps them indoors—watching movies, playing games, video-conferencing—and their home Internet connection may lag or delay, but that doesn't have to be a problem for people in Albuquerque when fiber optics keep their Internet up to speed. Learn more at ezeefiber.com.