**A challenging season for North Florida corn growers**

By Jamie Wachter

A challenging season for North Florida corn growers is only expected to get worse. From early season weather to environmental stress such as severe heat and disease, many producers have already seen yield reductions caused by lack of water, extreme temperatures, and increased pest populations. As the season continues, producers can expect more challenges and changes to their crops.

**Vegetables can be a good source of calcium**

Dear Dietitian,

Could you provide a list of vegetables high in calcium? I often hear people say they don’t have enough calcium in their diet, but I have trouble finding vegetables that are rich in calcium.

Sincerely,

Dear Dietitian,

I am looking for an article or resource that discusses the importance of calcium in the diet and how to ensure adequate intake. Can you recommend any specific sources or articles?

Sincerely,

Dear Dietitian,

I have heard that some vegetables are high in oxalic acid, which can affect the absorption of calcium. How much oxalic acid is present in common vegetables, and what are the implications for their calcium content?

Sincerely,

Dear Dietitian,

I am interested in learning more about the benefits of consuming dark, green leafy vegetables. Could you provide a list of these vegetables and discuss their nutritional value?

Sincerely,

**The forum of the City of Hall last week was attended by more than 40 business owners and government officials.**

**The bottom line is to keep it simple.**

—Leanne McCrate, RD, LD, CNSC

**Do the city and county really need for an application? Please contact**

—Leonard Schwalb, assistant director, said telecommunications infrastructure is a key component of Suwannee County in their local economy.

**I think it’s going to become a need for every single person.**

—Frank Davis