



Week 25 ~ Edition 26

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## Why We Love Small Towns

There's something special about small towns.

Maybe it's the familiar faces you see at the grocery store. Maybe it's the friendly wave from a passing driver. Or perhaps it's knowing that if you need help, chances are someone nearby is willing to lend a hand.

Small towns aren't just places on a map—they're communities built on connections.

In larger cities, people often rush from one place to another without much interaction. In small towns, however, people tend to know their neighbors, support local businesses, and show up when it matters most. Whether it's a school fundraiser, community event, youth sports game, or local festival, there's a sense of togetherness that can be hard to find elsewhere.

Of course, small-town living has its quirks. Everyone seems to know everyone else's business, and running a quick errand can turn into a 30-minute conversation. But somehow, those little inconveniences become part of the charm.

(Continue on page 2)

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(Cont. from page 1: Why We Love Small Towns)

Small towns also remind us of things that matter—friendship, community pride, and helping one another. They teach us that success isn't always measured by how busy we are, but by the relationships we build and the memories we create.

So the next time you're grabbing a cup of coffee, chatting with a neighbor, or cheering on a local team, take a moment to appreciate the place you call home.

Because while small towns may not always have the biggest attractions, they often have the biggest hearts.

**Small-Town Smile of the Week** You know you're from a small town when:

- You accidentally wave at complete strangers.
  - The cashier already knows your order.
  - You leave the house for milk and return an hour later after three conversations.
  - Directions involve phrases like "turn where the old barn used to be."
- And honestly... we wouldn't have it any other way.

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**HOCUS - FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Box is larger. 2. Tie is longer. 3. Railing is longer. 4. Hat is larger. 5. House is larger. 6. Jacket sleeve is longer.

**KNIGHT MOVES**

I	T	S
E		C
E	N	I

Unlock the power of chess to find the eight-letter word of the day. Choose your starting letter carefully, then move around the square in a one by two fashion to get to the next letter.

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# Salome's Stars



**ARIES** (March 21 to April 19) A change of season reinvigorates the Lamb, helping to overcome the effects of a recent slower-paced period. This is a good time to restate your feelings for a certain someone.



**TAURUS** (April 20 to May 20) You might not like using your authority to correct a workplace situation, but this is what being in charge is all about. Besides, you have people ready to lend support if need be.



**GEMINI** (May 21 to June 20) Your creativity continues to run high and helps guide you to make some fine choices in the work that you're doing. Keep the weekend free for the special people in your life.



**CANCER** (June 21 to July 22) Don't be surprised if you experience a sudden spurt of energy that is strong enough to pull you out of a recent period of indecision and put you back in charge of your own goals.



**LEO** (July 23 to August 22) This is a good time for Leos and Leonas to set new goals regarding health, educational choices, and possible career moves. The plans you make now could be a blueprint for your future.



**VIRGO** (August 23 to September 22) You might have much to offer to a potential employer, but it can all be overwhelmed by too many details. Let the facts about you speak for themselves without any embellishments.



**LIBRA** (September 23 to October 22) This is a good week to balance your responsibilities to your work-a-day world with your obligations to the people who are in your private life. Expect news that could lead to a change in plans.



**SCORPIO** (October 23 to November 21) A changing attitude on the part of a once-determined adversary could cause changes down the line. Be prepared to take advantage of an unexpected new opportunity!



**SAGITTARIUS** (November 22 to December 21) You'd be a truly wise Sagittarius to be skeptical about an offer that doesn't answer all your questions. Even a colleague's testimonial doesn't replace facts that aren't there.



**CAPRICORN** (December 22 to January 19) It's a good idea to avoid spending money on unnecessary purchases this week in order to keep a reserve against a possible upcoming (but fortunately temporary) shortfall.

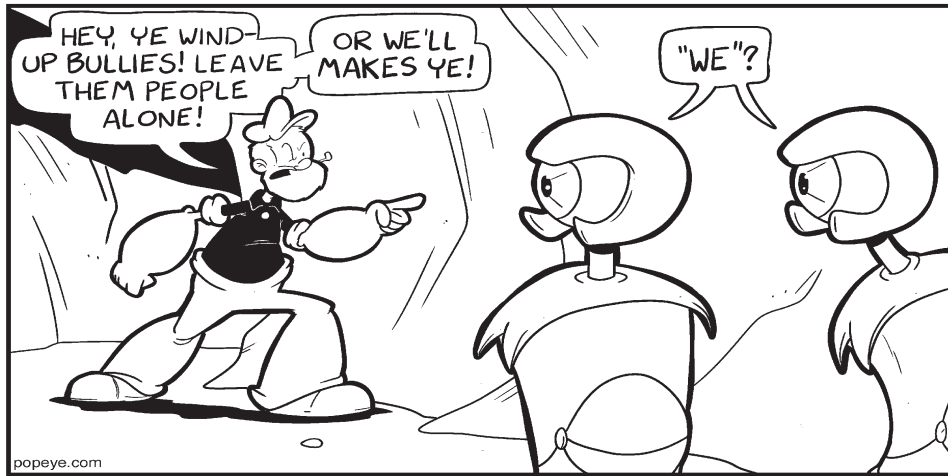


**AQUARIUS** (January 20 to February 18) More information is what you should demand regarding a workplace situation that recently came to light. Don't be surprised at who might turn up as one of your supporters.



**PISCES** (February 19 to March 20) You might still be in a "treading water" mode, but by midweek, a shift in your aspect favors taking a more active role in pushing for the changes that you feel are necessary. Good luck!

**BORN THIS WEEK:** You exude a warm, caring attitude that comforts everyone who comes into your life.



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# CLOSING TABLE

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## VETERANS TABLE

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Page 3



# Moments in time

• On **June 29, 1967**, Rolling Stones guitarist Keith Richards faced charges stemming from the raid of his Redlands estate five months earlier. No drugs were found but he was sentenced to a year in prison, spending just one night there, however, as he was granted bail the next day. His conviction was later overturned.

• On **June 30, 1908**, a fiery explosion flattened 800 square miles of forest in Siberia's Tunguska region, believed to have been caused by an asteroid or comet. It remains Earth's biggest recorded cosmic collision.

• On **July 1, 2003**, a female employee at a Colorado resort filed sexual misconduct charges against basketball star Kobe Bryant. Bryant was questioned by authorities, provided a DNA sample and eventually admitted to what he insisted was a consensual encounter. In early March 2005, he and the accuser settled her civil lawsuit for an undisclosed sum.

• On **July 2, 1977**, Hollywood composer Bill Conti, a relative unknown in Hollywood, scored a No. 1 pop hit with the single "Gonna Fly Now" (the theme from "Rocky"). The film went on to launch both his and Sylvester Stallone's careers.

• On **July 3, 1988**, during U.S. naval operations in the Persian Gulf, the U.S. Navy cruiser Vincennes shot down an Iranian passenger jet that it mistook for a hostile military aircraft, killing everyone aboard. The U.S. Navy report blamed crew error caused by psychological stress on men in combat for the first time, and in 1996 the U.S. agreed to pay \$62 million in damages to the families of those who died.

• On **July 4, 1965**, more than two dozen LGBTQ activists showed up in front of Philadelphia's Independence Hall for the first "Reminder" gay rights demonstration. While it drew little media coverage, it is now considered a precursor to the wider gay liberation movement.

• On **July 5, 1937**, George A. Hormel & Company debuted a canned luncheon meat called Spam, which not only gained rapid popularity for its convenience and affordability, but eventually launched annual festivals such as the wittily named Spam Jam and Spamarama.

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**HAPPY**  
**Father's**  
**DAY**

**SUNDAY**  
**JUNE 21, 2026**

*Honoring Dads Today and Every Day!*

## Americanisms



"Sometimes the very thing you're looking for is the one thing you cannot see."

— *Vanessa Williams*

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# Strange BUT TRUE

By Lucie Winborne

- Unlike some genocides in which times could sometimes avoid persecution by converting to another religion, Nazi Germany generally defined Jews by ancestry rather than personal belief. Under the Nuremberg Laws, a person's classification depended largely on the religious affiliation of parents and grandparents, so conversion to Christianity usually did not exempt someone of Jewish ancestry from anti-Jewish persecution.
- Turtles can see well underwater, on land they are nearsighted.
- In one of his occasional efforts to improve public relations, Chicago gangster Al Capone opened a soup kitchen during the Great Depression.
- During the pre-WWII drafts, an illiterate gentleman hoping to avoid military service asked his wife to write the draft board and explain how much he was needed at home. The plan backfired when his lady instead requested that her husband be taken because he was a "no-good" alcoholic who didn't help around the house.
- Beer is the third-most popular drink on Earth, after water and tea.
- An Ohio State University study found that women who reported stress in the previous 24 hours burned 104 fewer calories than nonstressed women after a high-fat meal.
- Geneticists believe that the same segment of DNA in the human genome is responsible for the development of both schizophrenia and bipolar disorder.
- The first female golfer was Queen of Scots (1542-1567).
- In the U.S., graduating nurses and a oath called the Nightingale Pledge, named after Florence Nightingale and adapted from the Hippocratic Oath taken by doctors.
- After his first son's birth, Monet attempted suicide by jumping into the Seine. He was poor, estranged from his father and disappointed in the French art scene. Fortunately, he survived and later helped found the Impressionist movement.

Thought for the Day:

"When obstacles arise, you change your direction to reach your goal; you do not change your decision to get there."

— Zig Ziglar

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## MAGIC MAZE ● WORDS ASSOCIATED WITH FATHER'S DAY

E Q N K D I F D A X V D T Q O  
M L J H F E F C A Y W E U R E  
P N B P R O T E C T I V E L V  
J H F A A D B R H Z X O V E I  
T R C Q T O M K A A I T H V T  
F D W A E S U O R E N E G I R  
G N I K R O W D R A H D B T O  
Z Y S G N I T S U R T T Y I P  
W V E T A R N Q Y N N U F S P  
R E V E L C O G N L K I H O U  
F D C A Z X W V L A I C E P S

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: NOT NEGATIVE

Caring  
Clever  
Devoted  
Fraternal

Funny  
Generous  
Handy  
Hardworking

Protective  
Soft-hearted  
Special  
Stable

Supportive  
Trusting  
Wise

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## GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the **bottom** and **right-hand** columns of the diagram by following the **arithmetic signs** in the order they are given (that is, from left to right and top to bottom). Use only the **numbers** below the diagram to complete its blank squares and use each of the nine numbers only once.

	-		-		= 2
+		+		+	
	-		+		= 11
-		+		÷	
	+		÷		= 7
= 4		= 9		= 6	

1 2 3 4 5 6 7 8 9

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## Urushiol oil

Poison ivy, poison oak and poison sumac are all species within the genus *Toxicodendron*, which means “poison tree.” These types of plants are native to the United States and are found in every state. They all contain an oily resin called **urushiol**, that protects the plant from fungal, bacterial and viral attacks. If urushiol touches your skin, it binds to proteins in your skin cells and can cause redness, itching, swelling and blisters. – Brenda Weaver



**Sources:** awaytogarden.com, etc.usf.edu, mayoclinic.org

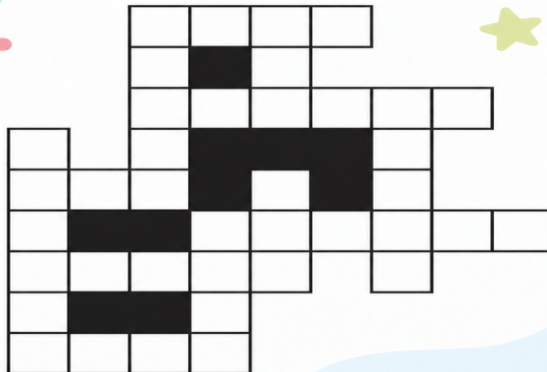
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# FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

- CDU
- GEMLIN
- URNAL
- ♥ EKTA
- ♥ ADONCE
- ARN
- ♥ AMEC
- ♥ OMNLE
- ♥ ARG
- COOTLE
- ♥ ADMLE
- KULR



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Unscramble these twelve letter strings to form each into an ordinary word (ex. **HAGNEC** becomes **CHANGE**). Prepare to use only **ONE** word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ **RATHE** becomes **HATER** or **EARTH** or **HEART**). Fit each string's word either across or down to knot all twelve strings together.

## Trivia test by Fifi Rodriguez

1. U.S. STATES: Which state has the most national parks?
2. ANATOMY: Which blood type is considered to be a universal donor?
3. GENERAL KNOWLEDGE: Which three signs of the Zodiac are considered to be Earth signs?
4. ROYALS: What was Queen Elizabeth's favorite dog breed?
5. GEOGRAPHY: Which continent has a mountain range called The Great Rift Valley?
6. MONEY: What is the basic currency of Russia?
7. TELEVISION: Which long-running TV sitcom features a dog named Comet?
8. MUSIC: How many strings does a standard violin have?
9. GAMES: How many title deeds does the Monopoly game have?
10. SCIENCE: What is the main cause of ocean tides?

### Answers

1. California.
2. Type O negative.
3. Capricorn, Taurus and Virgo.
4. Corgis.
5. Africa.
6. The ruble.
7. "Full House."
8. Four.
9. 28.
10. The gravitational pull of the Moon.

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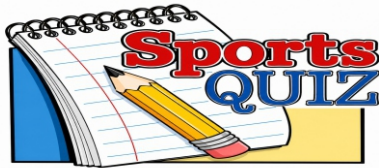
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1. A 1985 NHL game in which the Edmonton Oilers defeated the Chicago Blackhawks 12-9 has the record for total player points (goals plus assists) scored in a single game with how many?

2. Before it was renamed Connie Mack Stadium in 1953, the baseball and football arena in Philadelphia was known as what?

3. Kevin Mayer became the decathlon world record holder in 2018 competing for what country?

4. Name the New England Patriots linebacker who caught touchdown passes in Super Bowls XXXVIII and XXXIX.

5. What brand, established as a rubber tire manufacturer in Ireland in the 1890s, began making golf and tennis balls in the early 1900s?

6. Which Major League Baseball team fired manager Billy Martin after only one season despite winning 97 games in 1969?

7. Which Toronto Maple Leafs player had his No. 9 retired in 1934, the first time a professional athlete had a jersey retired in his honor?

**Answers**

1. 62.
2. Shibe Park.
3. France.
4. Mike Vrabel.
5. Dunlop.
6. The Minnesota Twins.
7. Ace Bailey.

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R	P	K	S	I	E	L	A	M	F	F	S	U
2	8	3	8	3	7	2	8	3	6	8	3	2
T	I	E	R	E	E	M	L	E	D	I	N	
3	8	2	3	8	2	7	3	2	5	8	7	8
N	E	T	G	C	O	F	S	O	O	I	I	S
2	4	7	8	4	2	6	2	8	7	5	7	8
T	L	N	I	A	H	S	E	O	E	N	G	N
4	2	7	2	7	4	5	4	5	6	7	5	6
N	R	O	S	A	A	A	C	L	K	L	G	I
7	5	6	4	5	6	4	5	4	5	4	5	4
S	R	E	R	O	S	U	W	I	T	S	H	E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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# WORD

of the

# WEEK

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# THRIVE

★ ————— (verb) ————— ★

To grow, prosper, and flourish.

*In a sentence:* “Local businesses thrive when the community supports them.”

**Micro Crossword**

By Elizabeth C. Gorski

**Across**

- 1 Suffix with “moon” or “sea”
- 6 “The future depends on what you do \_\_\_” (Mahatma Gandhi)
- 7 “Anti-Memoirs” author Malraux
- 8 Soup veggies
- 9 Vega’s constellation

**Down**

- 1 Play for time
- 2 \_\_\_ Island hot dogs

1	2	3	4	5
6				
7				
8				
9				

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- 3 Venomous viper
- 4 Arctic garment
- 5 Spuds’ buds

# DIVAS ON A DIME

By Patti Diamond



## Give Pork Chops the Steakhouse Treatment for Father's Day

Father's Day meals don't have to be elaborate to feel special. Sometimes all it takes is setting aside a little extra time and serving something that says, "I thought you'd enjoy this."

Many Father's Day menus revolve around steaks, burgers and the backyard grill. This year let's give the humble pork chop the star treatment. Stuffed with apples and onions and finished with herbs and Dijon mustard, they deliver steakhouse flavor without the steakhouse price tag.

One of the things I love about cooking is its ability to turn ordinary ingredients into something extraordinary. A celebration doesn't come from the price tag attached to the meal. It comes from the thought behind it. Whether it's Father's Day, a birthday or simply a Tuesday when everyone is home at the same time, a little extra effort can make dinner feel like an occasion.

### APPLE & HERB STUFFED PORK CHOPS

**Yield:** 4 Servings

**Total Time:** 50 mins.

- 4 thick-cut pork chops with bone if possible, about 1 1/2 inch thick
- 2 tablespoons olive oil, plus more as needed
- 2 teaspoon sea salt, plus more to taste

- 1 tablespoon butter, or more olive oil
- 1 apple, Granny Smith or similar, cored and thinly sliced
- 1 medium sweet onion, thinly sliced
- 1 tablespoon apple cider vinegar
- 1 cup panko breadcrumbs
- 2 tablespoons Dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried thyme or 2 teaspoons fresh thyme, chopped
- 1/2 teaspoon dried rosemary or 2 teaspoons fresh rosemary, chopped
- 1/2 teaspoon fresh ground black pepper, plus more to taste
- Toothpicks to secure the stuffing



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*Stuffed with apples, onions and herbs, these juicy pork chops bring steakhouse flavor to the table.*

#### Preheat the oven to 375 F.

Using a small sharp knife, cut a deep pocket into the side of each pork chop, being careful not to cut all the way through. Season the chops inside and out with salt.

Heat an oven-safe skillet over medium heat. Add the oil and brown the pork chops on both sides, about 4 to 5 minutes per side. If the chops have a fat cap, briefly brown it as well. Transfer to a plate. The centers will still be undercooked.

Add the butter to the skillet. Cook the onion for 2 to 3 minutes until softened. Add the apple and cook until

tender. Stir in the vinegar, then add the panko breadcrumbs and cook for 1 minute more. Remove from the heat.

In a small bowl, combine the Dijon mustard, garlic powder, thyme, rosemary and pepper. Spread the mixture over the pork chops and inside the pockets.

Fill each pocket generously with the apple mixture and secure with toothpicks if needed.

Arrange any remaining apple and onion mixture in the center of the skillet and place the pork chops on top. Cover and bake for 20 to 25 minutes, or until the pork reaches 145 F in the thickest part. Let rest for 5 to 10 minutes before serving.

#### Make It Simpler

Don't feel like stuffing pork chops? No problem! This recipe is just as delicious served without the extra step. Simply skip cutting the pockets and reserve the apple-onion mixture. Before baking, spread the apples and onions into an even layer in the skillet and place the seasoned pork chops on top. Roast as directed until the pork reaches 145 F. You'll get all the same sweet-savory flavor with a little less fuss.

Serve with mashed potatoes, sautéed green beans and a simple green salad for a complete meal. Then bring out dessert. Life offers plenty of reasons to skip dessert. Father's Day isn't one of them.

\*\*\*

*Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website Divas On A Dime — Where Frugal, Meets Fabulous! Visit Patti at [www.divasonadime.com](http://www.divasonadime.com) and join the conversation on Facebook at [DivasOnADimeDotCom](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at [divapatti@divasonadime.com](mailto:divapatti@divasonadime.com).*

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# Five Spot™

Aviators' convention?

F	L	O	C	K

Move as a group

Type of acid

Organizes a hose or rope

Trustworthy

A noteworthy Day

Chickens and turkeys

Solve each row by replacing one letter from the answer above or below and scrambling to make a new word. When complete, the top and bottom words will have no letters in common.

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02644

# SENIOR NEWS LINE

by Matilda Charles

## Keeping cool

Here we are again, in the heat of summer. We seniors are the ones most at risk for serious health problems because of the high temperatures. Many of us take prescription drugs that can keep us from being able to regulate our body's temperature, and there are chronic medical conditions that do the same thing. Add to that our reduced ability to sweat and therefore keep cool.

It falls to us to take steps to be sure we stay cool enough.

Those of us lucky enough to have central air conditioning need to turn it on and leave it set between 72 and 78 degrees. This is not the time to worry about the electric bill! That temperature range is suggested by the U.S. Department of Energy (DOE) as being one that can not only keep us cool but save money.

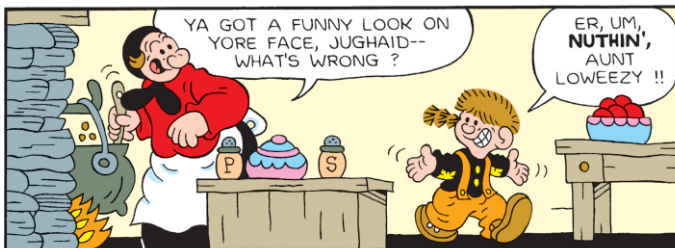
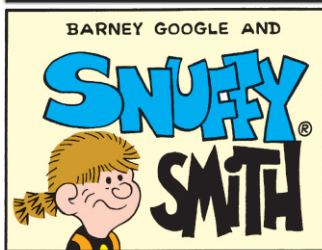
Humidity plays a part in our comfort level: Running the air conditioning can reduce the humidity in the air and help us to feel cooler. Even window air conditioners can go a long way to keeping temperatures down. If necessary, shut doors to block off an area that you can keep as a cool zone.

If you don't have air conditioning, call your town office to find cooling centers. They might be at the rec center, the library, the school gym or the senior center.

Meanwhile, keep the drapes closed, wear light clothing, drink plenty of water (ask your doctor how much), stay indoors during the hottest part of the day and keep an eye on the weather news to know what temperatures are expected.

This year LIHEAP (Low Income Home Energy Assistance Program) was allocated \$4 billion for help with utility bills. In most states the qualifying income level is capped at 150% of the federal poverty level. Call the National Energy Assistance Referral at 866-674-6327 to find out how and where to apply in your area.

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**Classic Maze Toons**

**MINI SUDOKU**

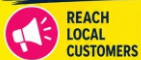
2					
1	6				2
6	1	2			4
5	2		1	4	
	4				6

Place a number in the empty boxes in such a way that each row across, each column down and each small 6-box square contains all of the numbers from one to six.

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# Puzzles4Kids

by Helene Hovanec

## CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIZ JT IJTUPSZ UIF TXFFUFTU

TVCKFDU?

CFDBVTF JU JT GVMM PG EBUFT.

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## Fun Fact

YouTube was created in early 2005 in San Mateo, California, by three friends named Chad Hurley, Steve Chen, and Jawed Karim. **The very first YouTube video** was uploaded on April 23, 2005 by Jawed Karim, and was titled "Me at the zoo."

A year later, YouTube was sold to Google for 1.65 billion dollars.

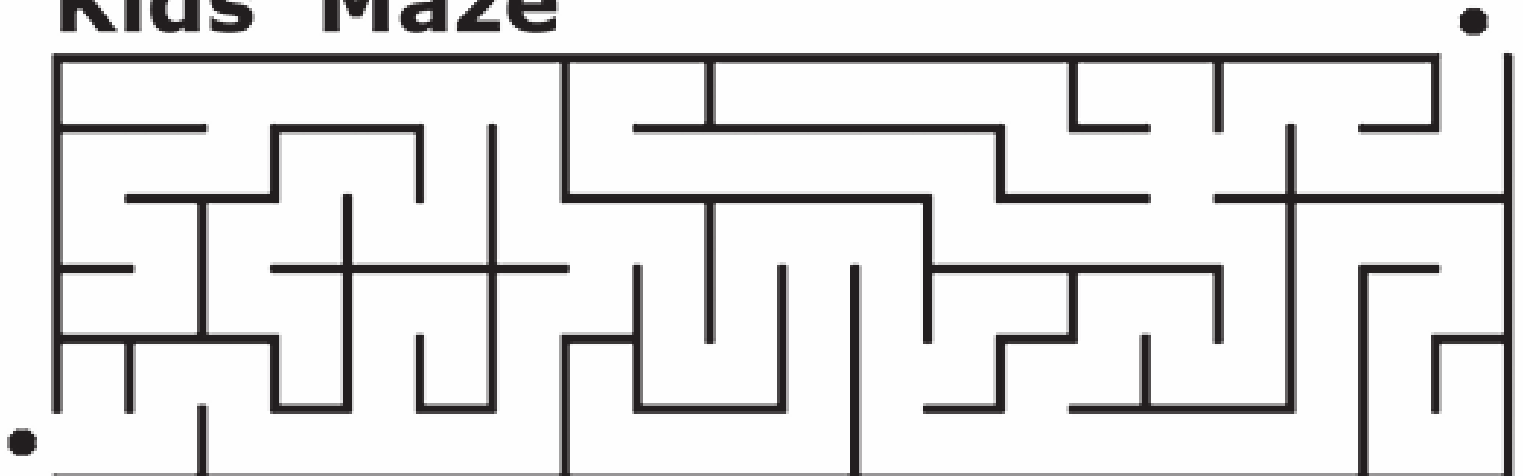


Source: [www.studiobinder.com](http://www.studiobinder.com)

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## Kids' Maze



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"It's not the doctor bills that worry me, it's the thought of having three daughters."

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Force  
SUDERS         \_\_\_\_\_

Grasp  
RENAL    \_\_\_\_\_  \_\_\_\_\_

Increase  
AIRES    \_\_\_\_\_  \_\_\_\_\_

Slew  
ADMIYR     \_\_\_\_\_  \_\_\_\_\_

TODAY'S WORD

\_\_\_\_\_

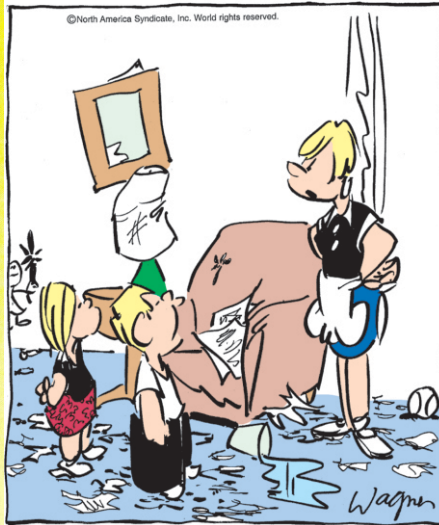


1. **Scary Movie**  
(R) Marlon Wayans, Shawn Wayans
2. **Masters of the Universe**  
(PG-13) Nicholas Galitzine, Camila Mendes
3. **Backrooms**  
(R) Chiwetel Ejiofor, Renate Reinsve
4. **Obsession**  
(R) Michael Johnston, Inde Navarrette
5. **The Amazing Digital Circus: The Last Act**  
(NR) Lizzie Freeman, Michael Kovach
6. **Star Wars: The Mandalorian and Grogu**  
(PG-13) Pedro Pascal, Brendan Wayne
7. **Michael**  
(PG-13) Jaafar Jackson, Nia Long
8. **The Breadwinner**  
(PG) Nate Bargatze, Mandy Moore
9. **Pressure**  
(PG-13) Andrew Scott, Brendan Fraser
10. **The Devil Wears Prada 2**  
(PG-13) Meryl Streep, Anne Hathaway

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## GRIN and BEAR IT



"We were going through a phase, Mom!"

# Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                       |               |                     |               |
|-----------------------|---------------|---------------------|---------------|
| 1. Suture             | ___ T ___     | Exchange places     | ___ W ___     |
| 2. Infant             | ___ ___ ___ D | Put on ice          | ___ ___ ___ L |
| 3. Warlock's brew     | P ___         | Whim                | N ___         |
| 4. Sweeper            | ___ ___ ___ M | Babbling stream     | ___ ___ ___ K |
| 5. Alice's mad friend | ___ ___ T ___ | Horse strap         | ___ ___ L ___ |
| 6. Chicken coop sound | ___ L ___     | Actor Norris        | ___ H ___     |
| 7. Snow particle      | ___ ___ K ___ | Flicker             | ___ ___ R ___ |
| 8. Prison curator     | ___ ___ D ___ | Actor Beatty        | ___ ___ R ___ |
| 9. Poke your nose in  | ___ N ___     | One-masted sailboat | ___ L ___     |
| 10. Church singers    | ___ ___ O ___ | Rocker or recliner  | ___ ___ A ___ |

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## Ten great reasons to adopt a shelter cat

DEAR PAW'S CORNER: My partner wants to buy a purebred kitten over the internet. I think it's a terrible idea, and we would do just fine with a lovable cat from a local shelter. How can I change their mind? — Janine L., Sherwood, Oregon

DEAR JANINE: I'll do my best! You'll worry less about genetic conditions. Purebred cats are prone to inherited diseases. — You'll avoid scams. Internet-only purchases of "purebred" cats are notoriously shady. Reputable breeders often require potential owners to visit in person ... so they can evaluate you.

— Shelter adoptions are affordable in comparison, averaging \$150 to \$300 for cat adoptions in the U.S. and Canada.

— They'll throw discounts and swag at you. Annual exams with a participating vet clinic? Counseling and advice? Free tote bags? All this and more could be waiting for you with a shelter cat.

— Their medical needs are already taken care of. Spaying/neutering, deworming, tests, vaccinations and microchipping are done before a cat is made available to adopt, saving you \$600 or more in retail vet fees.

— Their medical needs are already taken care of. Spaying/neutering, deworming, tests, vaccinations and microchipping are done before a cat is made available to adopt, saving you \$600 or more in retail vet fees.

— Health issues are more manageable. Crossbred cats have fewer genetic issues than purebred, and most "lifestyle" conditions like dental issues and skin conditions can be treated affordably.

— Shelters will help match a cat to you and your partner. They want adoptions to succeed, and a good match increases those odds.

— The breed your partner wants may be waiting at a shelter. All kinds of cats are accepted at local shelters, for many different reasons.

— You'll get a socialized cat. Shelters evaluate rescues before placing them for adoption.

— You'll love the heck out of a shelter cat. Whether you go about genetic mixed-breed American shorthair or a yowling Siamese, your adopted will quickly become an inseparable part of your family.

Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com)

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Just Like Cats & Dogs by Dave T. Phipps



### MAGIC MAZE

### WORDS ASSOCIATED WITH FATHER'S DAY

E Q N K D I F D A X V D T Q O  
M L J H F E F C A Y W E U R E  
P N B **PROTECTIVE** L V  
J H F A A D B R H Z X O V E I  
T R C Q T O M K A A I T H V T  
F D W A E S U O R E N E G I R  
G N I K R O W D R A H D B T O  
Z Y S G N I T S U R T T Y I P  
W V E T A R N Q Y N N U F S P  
R E V E L C O G N L K I H O U  
F D C A Z X W V L A I C E P S

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: NOT NEGATIVE

Caring  
Clever  
Devoted  
Fraternal

Funny  
Generous  
Handy  
Hardworking

Protective  
Soft-hearted  
Special  
Stable

Supportive  
Trusting  
Wise

# VETERANS POST

by Freddy Groves

## Fiduciary rules

Fiduciary fraud is one of the lowest scams that can be perpetrated against a disabled veteran. Not only is the thief taking taxpayer money, but he (or she) is stealing the money directly from the veteran.

There are so many examples of fiduciary fraud — and when caught, the thieves end up in prison.

There's the woman who stole from her own disabled veteran son for five years. Against the rules, she commingled his VA money with her own bank account and proceeded to spend it on trips, bills and even a vehicle. And of course she didn't file the required paperwork.

Then there was the thief who swindled a very elderly disabled veteran, spending the money on himself for vacations, jewelry and more.

If you agree to become a fiduciary for a veteran, be sure you understand the rules. Here are a few:

That money is for the sole use and benefit of the veteran — medical care, internet, taxes, travel, telephone, food, housing, clothing, monthly bills and anything else — and that money is to be kept in a separate account.

You'll be expected to file paperwork and reports, keeping track of where every dime has gone and noting any changes to the circumstances such as a new address, medical condition or income. Keep all receipts and bank statements.

You may not pull cash out of an ATM or cash checks just made out to "cash."

You may be awarded a small fee for fiduciary duties. You cannot take more than that amount, and fees are not paid if you are related to the veteran.

If you're a fiduciary or if you've been asked to be one, be certain you know what you're doing. The rules are quite specific. If you have questions, call 888-407-0144.

To learn all that's involved in being a fiduciary, check [benefits.va.gov/FIDUCIARY/docs/fy-25-docs/vafiduciary-guide-march-2025.pdf](http://benefits.va.gov/FIDUCIARY/docs/fy-25-docs/vafiduciary-guide-march-2025.pdf) (or [tinyurl.com/yri5kc8a](http://tinyurl.com/yri5kc8a)), a 36-page VA file. Take a close look at the instructions for the accounting forms that you're required to fill out.

If you suspect fiduciary fraud, report it at 800-488-8244.

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sewpolish@gmail.com Renata & Rodney Beason

## Weekly SUDOKU

	4					3	6
3			9	4			7
	2	7		5	6	4	1
	7				4	2	6
6			1				9
	8		6		3	1	
	6				8		4
4				6	7		2
2		5	4	3	9		8

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

### DIFFICULTY THIS WEEK: ♦

♦ Moderate    ♦♦ Challenging  
♦♦♦ HOO BOY!

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## Amber Waves



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## American Folk Art

Sometimes, less (or lower) is more when it comes to folk art collecting. This example's value is proof. At a recent auction, this small and, frankly, humble corner cupboard in old red paint sold for \$28,175. It may not be fancy, but it has great form and a rich country surface.

The eponym here is the trademark of folk appeal. In folk art, "folk" turned the ordinary into the extraordinary. More than fine art, folk art was the art of every day—created for a purpose, with limited means, but often with boundless hearts and hands. Pieces like this cupboard represent a direct connection to the past, a time when function and beauty lived side by side. The wear, the cracks, the paint loss—these are not flaws. They are the signs of age, of use, of a life lived. That's what makes folk art so powerful.

Folk art can be made of almost anything—wood, cloth, tin, even found objects. It comes from the heart, not from art school. It's personal, practical and timeless.

**Q:** *I have a carved chair belonging to my father. The chair is made of redwood and has all four legs carved in the shape of bears. It also has bears in the arms and a bear in the headrest. I would like to know how old it is and where I can sell it. I live in northeastern Ohio. Thank you. R.J., Youngstown, Ohio*

**A:** Your chair may be worth more to you than anyone else. It's definitely a conversation piece and quite collectible. It is probably mid-20th century.



*Early 19th-century one-door corner cupboard in old red paint with original floral-decorated panel, sold for \$28,175.*

**Q:** *Don't forget to advise readers to wind their clocks and watches. I have a large Seth Thomas clock that my grandfather left us. It's about 30 inches tall and has a paper label inside that says "Seth Thomas Clock Co., Thomaston, Conn., U.S.A." Any information would be appreciated. F.G., Daytona Beach*

**A:** Seth Thomas clocks are popular with collectors. Founded in 1813, the company made many types of clocks until it closed in 1969. Your clock sounds like it may be an 8-day, time-and-strike model, which is common.

**Q:** *We own a gold ring that we were told is from the 40s. My father gave it to my mother on their wedding day in 1942. The inside of the ring has an inscription, but we cannot make out the name. There is also a small red stone, a tiny diamond, and two small leaf shapes beside the stones. Do you have any idea of the value? W.S., Sacramento, California*

**A:** Wedding rings from the 1940s can be very meaningful. The value depends on the metal content, the stones and the condition of the ring.

Gold was rationed during World War II, so many rings from that era are 10K gold or even 14K at most. Gemstones also affect the value. A jeweler can test the gold, identify the stones and tell you what the ring is worth. Because of the personal and sentimental value, it is priceless.

### CURRENT PRICES

*Prices shown are from recent sales and auctions unless otherwise noted. Prices may not be available from all dealers.*

- Cast-iron door stop, Scottie dog, black, original paint, 10 x 8¼ inches, \$460.
- Advertising sign, Ford Motor Co., porcelain, blue & white, 27 x 20 inches, \$1,380.
- Pottery vase, Weller, Floretta pattern, blue, 9½ inches, \$110.

*Do you have questions about antiques and collectibles? Write to Kovels, P.O. Box 22223, Beachwood, OH 44122, or email us at [kvovels@kovels.com](mailto:kvovels@kovels.com).*

Now *here's* a tip! by Jo Ann Derson

• “The best way to get a bloodstain out of clothing is by dousing the stain with hydrogen peroxide and washing as usual. For clay stains, you absolutely must have a Fels-Naptha bar. It looks like a bar of soap, and you wet the material and rub in the soap. It’s magical. This, coming from a softball mom whose daughter loves to slide.” — A.A. in Florida

• Add these to the list of items to eliminate the odor of cooking cabbage: a heel of bread, a whole walnut or a pinch of baking soda.

• It’s easy to make your own spreadable butter. Simply whip 1 pound of softened butter and 1/2 teaspoon of salt. Slowly add 1 cup of olive oil. Beat up to 5 minutes to add air and increase volume. Pour into two 1-pint containers and refrigerate. It’s economical, spreads like soft margarine, tastes great and you get the benefits of olive oil in a natural product.

• “Before I go to the beach, I freeze an ice-cube tray full of lemonade. Then, we use the cubes in our travel cups. It keeps the lemonade cool, and as it melts (which tends to be quickly), it doesn’t water down the drink.” — K.H. in South Carolina

• To save money on electricity costs, hang jeans and other heavy clothing to dry first. White or light towels and garments especially love the sun. When it is mostly dry, pop it in the dryer to fluff.

• “Always be on the lookout for sale items that can be given as gifts. You can also check the sale rack for children’s clothes. Sometimes, I buy up to a year in advance for my child, since the deals can be so good. Just be sure that the clothing is the right season when your child will be able to wear it.” — Matt in New Mexico.

Send your tips to *Now Here's a Tip*, 1800 Pembroke Dr., Suite 300, Orlando, FL 32810.

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**FLASHBACK** POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Name the group that wrote and released “Who’ll Stop the Rain.”
2. Name the three musicians who died in the 1959 plane crash that Don McLean wrote about in “American Pie.”
3. Which artist wrote and released “Kodachrome”?
4. Name the duo that released “Let It Be Me.”
5. Name the song that contains this lyric: “Got to say a few things that have been on my mind, And you know where my mind has been.”

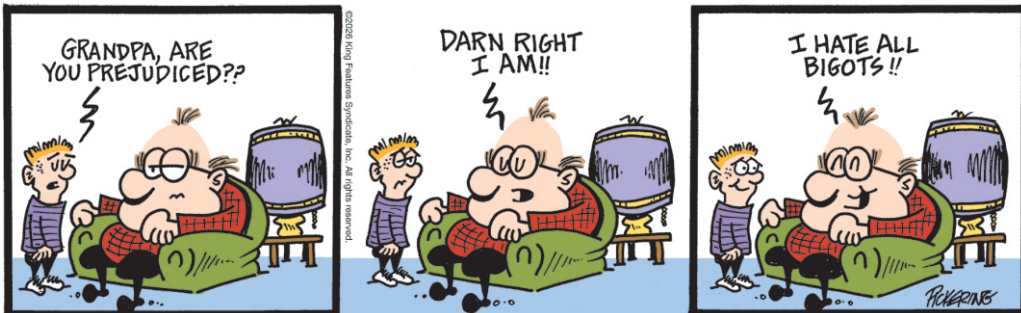
**Answers**

1. Creedence Clearwater Revival, in 1970 on their “Cosmo’s Factory” album. The song has been covered by several others, including Bruce Springsteen and Rod Stewart.
2. Ritchie Valens, Buddy Holly and The Big Bopper. In the song, McLean called it “the day the music died.” The song was added to the National Recording Registry in 2017 by the Library of Congress.
3. Paul Simon, in 1973. Kodachrome was a type of 35mm film.
4. The Everly Brothers, in 1960.
5. “A Little Bit More,” originally released in 1973 by songwriter Bobby Gosh. The song didn’t become a hit until covered by Dr. Hook & the Medicine Show in 1976. While not seeing a lot of No. 1 chart-toppers, the group’s songs were hits nonetheless, getting significant airplay.

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**The Spats**

by Jeff Pickering



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Roach**

## How To Help a Person Who's Experienced a Tonic-Clonic Seizure

DEAR DR. ROACH: My husband suffered a grand mal seizure about six months ago. He was in the hospital for seven days. When he came out of the seizure, he was very combative and experienced memory loss. He still deals with short-term memory loss, and his neurologist says that it could take up to a year for him to get back to normal. Is there anything I can do to help him? — L.H.

ANSWER: Seizures can happen for many reasons, and there are different types of seizures. When a person has the type of seizure that is often shown on TV or in movies, where they have uncontrollable shaking movements and aren't conscious, it's called a generalized tonic-clonic seizure, which used to be called "grand mal."

Most people have memory loss in the minutes before and after a generalized seizure, and they are often confused for a period of time afterward. However, prolonged memory loss and personality changes can happen due to damage to the brain during the time of the seizure, because of low oxygen and excess brain activity. What happened to him is similar to a stroke, and the recovery period is variable. Being older and being male will cause him to have a slower recovery period, but I agree with the neurologist that recovery is possible for up to a year after the event.

You can help him recover by making sure that you discuss any treatment he might be getting for his seizures with his neurologist, as some treatments are more likely than others to cause memory problems. Of course, RCTs preventing further seizures is popularly criticaly important. You can also ask about memory rehabilitation when there are specialized and aren't easy to find.

\*\*\*

DEAR DR. ROACH: You mentioned in a recent column that prospective randomized controlled trials (RCTs) are a powerful type of study. Can you tell me if the original COVID vaccine or any of the boosters were part of a trial like this?

ANSWER: There have been 33 RCTs that looked at the effectiveness of will vaccines for COVID-19, including over 50,000 people who were given the vaccine and almost just as many who received a placebo. Studies on the initial vaccines and boosters are included.

A 2021 review of all trials that were published at the time found strong evidence that the vaccines had high efficacy and low rates of serious adverse effects. There's no such thing as a perfect vaccine, and the rate of mutation in the virus has led to challenges in making sure that the vaccines are effective against the types that are currently circulating.

It's the same case with the flu vaccine. However, public health officials have decades of experience predicting flu strains, whereas the changes in the COVID-19 virus are harder to predict. An infectious disease doctor, Dr. Jake Scott at Stanford Medicine, and his colleagues have made an easily accessible list of RCTs of vaccines, a link to which is on my page at [Facebook.com/KeithRoachMD](https://www.facebook.com/KeithRoachMD). As of the day I write this, there are 1,683 vaccine trials on the spreadsheet, and all are available vaccines.

Not all RCTs are placebo-controlled. A placebo-controlled vaccine trial is unethical when a safe and effective vaccine doesn't exist (as was the case at the beginning of the pandemic). It may also be ethical when populations who weren't included in the previous trials get tested or there's limited access to the vaccine. In 2026, further placebo-controlled RCTs for COVID-19 would be unethical.

A new vaccine should be tested against the best available treatment, including any of the COVID-19 vaccines like Moderna or Pfizer.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible.

Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).

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# SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆ Medium ◆◆ Difficult

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DONNA ERICKSON'S

# BEST BITES



## Have Outdoor Grill Fest Fun With Family and Friends

Open wide windows and doors to welcome in warm weather, friends and outdoor activities! Relaxing weekends are ahead and made just for gathering people together for a picnic at a city park or right on your own turf. A family-style get-together can kick off this longed-for new season with a superlative gathering including the people you know and want to get to know.

Keep it low-key and relax in the knowledge that being together with family, friends and newcomers in your community is the key ingredient that makes an event especially fun and memorable. Of course, some of the basics like burgers and potato salad might be essential to your gathering, but conversations, giggles, hugs, off-kilter moments, and laughter become the lasting impressions that children cherish.

Here are some ideas for prepping a grill fest for all ages:

**Get Everyone Involved:** Once you decide on a place and time, divide prep responsibilities for salads, veggies, grilling, desserts, games and entertainment among individuals and families. For example, if cousin Jessica plays the guitar, ask her to bring it along for a rousing songfest. If Uncle Pete plays the fiddle, you'll no doubt get everyone dancing with his music. Get kids' assistance in shucking corn (match tasks to the appropriate ages and skill levels), or encourage others to stage a humorous play or a

bicycle-and pet parade.

**Beverage Center:** Fill a small kiddie pool with bags of crushed ice. Bury canned sodas, juices, sparkling water, watermelon and water balloons in the ice. While the drinks and fruit stay chilled, the balloons will be ready for some cool-down wet fun after the meal.

**Fun and Games:** Create an atmosphere of activity with active games to play. Setting equipment out encourages people to participate and interact. Bring your ping pong table outside and create a tourney grid to keep players and fans engaged in lively competition. Set out a bubble brew with bubblers, chalk for hopscotch, jump ropes, and baseball gloves. Why not even play a round or two of musical chairs?



**Grill Fest Pics:** Snap some candid group photos with people posed in a large empty frame, hanging from a tree branch.

**Plant a Family Tree:** Do you have a favorite picnicking spot? Somewhere at Aunt Chloe's vineyard or in your grandfather's backyard? Plant a "family tree" in honor of a loved one at the location you choose and watch it grow over the years — right along with the children who planted it.

\*\*\*

*Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at [www.donnaerickson.com](http://www.donnaerickson.com).*

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# King Crossword

## ACROSS

- 1 Mule, for one  
 5 Unruly group  
 8 Bygone fliers  
 12 Lawman Wyatt  
 13 Stop — dime  
 14 Ornamental jug  
 15 Heart charts  
 16 Business card no.  
 17 Calf-length  
 18 Stop  
 20 Son of Erik the Red  
 22 "War and Peace" author  
 26 Violin stroke  
 29 Cyclades island  
 30 British verb ending  
 31 Subject, usually  
 32 Fellow  
 33 Healthy  
 34 Internet address  
 35 Continent north of Afr.  
 36 Disinfectant brand  
 37 Oscar-winning actress in "The Fighter"  
 40 Arizona tribe  
 41 Prisoner  
 45 Conspiracy  
 47 Corn core

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20	21				
			22			23					24	25
26	27	28				29				30		
31					32				33			
34				35				36				
37			38				39					
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- 49 Big-screen format  
 50 — song (cheaply)  
 51 Lincoln nickname  
 52 Zilch  
 53 Swindles  
 54 Dogpatch adjective  
 55 Musician's jobs
- DOWN**  
 1 Future flower  
 2 Cod cousin  
 3 PTA and NEA, e.g.  
 4 Delta follower  
 5 Slogan  
 6 Count starter
- 7 Inflated party prop  
 8 Big rigs  
 9 Fans of pop icon Taylor  
 10 — Talks (online lecture series)  
 11 Lanka lead-in  
 19 Stitch  
 21 Golf's Ernie  
 23 Pageant crown  
 24 City on a fjord  
 25 Holler  
 26 "E Pluribus —"  
 27 Skin opening  
 28 Megaphone's kin
- 32 "Suffs" or "Rent," e.g.  
 33 Cheyenne's state  
 35 Mentalist's gift  
 36 Cariou of "Blue Bloods"  
 38 Smidgens  
 39 Slander in print  
 42 Mine, in Marseille  
 43 Tart flavor  
 44 Alimony recipients  
 45 USMC rank  
 46 Privy  
 48 Japanese sash

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