



Week 26 ~ Edition 26

The Lost Art of Doing Nothing

When was the last time you sat on a porch, watched the clouds drift by, and did absolutely nothing?

For many of us, the answer is probably, "It's been a while."

Today's world is full of busy schedules, endless notifications, and to-do lists that seem to grow faster than we can check things off. We're constantly encouraged to be productive, efficient, and connected. But somewhere along the way, we may have forgotten the value of simply slowing down.

Believe it or not, doing nothing can actually be good for us.

Taking a few minutes to relax allows our minds to recharge. It can help reduce stress, improve creativity, and give us a chance to appreciate the little things around us. Some of our best ideas come when we're not actively searching for them.

Think about it. Some of life's simplest pleasures require very little effort:

Watching a sunset.
Listening to birds sing.
Sitting around a campfire.
Swinging on a porch swing.

Enjoying a cup of coffee before the rest of the house wakes up.

(Continue on page 2)

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(Cont. from page 1: The Lost Art of Doing Nothing)

Laughing with friends over stories you've heard a hundred times before.

These moments may seem ordinary, but they're often the ones we remember most.

So this week, give yourself permission to slow down. Put the phone away for a few minutes. Take a walk without a destination. Sit outside and enjoy the fresh air.

The chores will still be there. The emails can wait. And the world will keep spinning. Sometimes the most productive thing you can do is absolutely nothing at all.

Challenge of the Week

Set a timer for 15 minutes.

No television. No phone. No work. No chores.

Just sit, relax, and enjoy the moment. You might be surprised how good it feels.

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			
+		+		-	= 16			
	+		+		= 16			
×		+		×	= 7			
	+		×		= 18			
= 30		= 17		= 2				
1	2	3	4	5	6	7	8	9

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KNIGHT MOVES

O	V	C
R		K
O	O	E

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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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Lapel is different. 2. Bow tie is missing. 3. Sign is smaller. 4. Napkin holder is missing. 5. Ear is smaller. 6. Sleeve is shorter.

Salome's Stars



ARIES (March 21 to April 19)
Get your facts together and become familiar with them before you have to face up to a certain meeting. The better prepared you are, the easier it will be to make an impression impressive.



TAURUS (April 20 to May 20)
New information might warrant changing your mind about a recently made decision. Never mind the temporary confusion it might cause. Acting on the truth is always preferable.



GEMINI (May 21 to June 20)
Creating a loving atmosphere for those you care for could pay off in many ways. Expect to hear some unexpected but very welcome news that can make a big difference in your life.



CANCER (June 21 to July 22)
Stepping away from an old and seemingly insoluble problem might be helpful. Use the time to take a new look at the situation and perhaps work out a new method of dealing with it.



LEO (July 23 to August 22)
You're still in a favorable goal-setting mode. However, you might need to be a little more realistic about some of your aims. It's best to reach for what's currently doable. The rest will follow.



VIRGO (August 23 to September 22)
A setback is never easy to deal with, but it could be a boon in disguise. Recheck your proposal and strengthen the weak spots. Seek out advice from someone who has "been there and done that."



LIBRA (September 23 to October 22)
Coming up with a new way of handling a tedious job-regulated chore could lead to more than just a congratulatory memo once the word reaches the "right people." Good luck!



SCORPIO (October 23 to November 21)
What you might call determination, someone else might regard as stubbornness. Look for ways to reach a compromise that won't require a major shift of views on your part.



SAGITTARIUS (November 22 to December 21)
You're still in a December 21) ode vis-a-vis "offers" that sound too good to be true. So, continue to be skeptical about anything that can't be backed up with provable facts.



CAPRICORN (December 22 to January 19)
This month is still a good time to avoid spending on what you don't need. What you don't spend on what you don't need will be available for you to draw on should a possible (albeit temporary) money crunch hit.



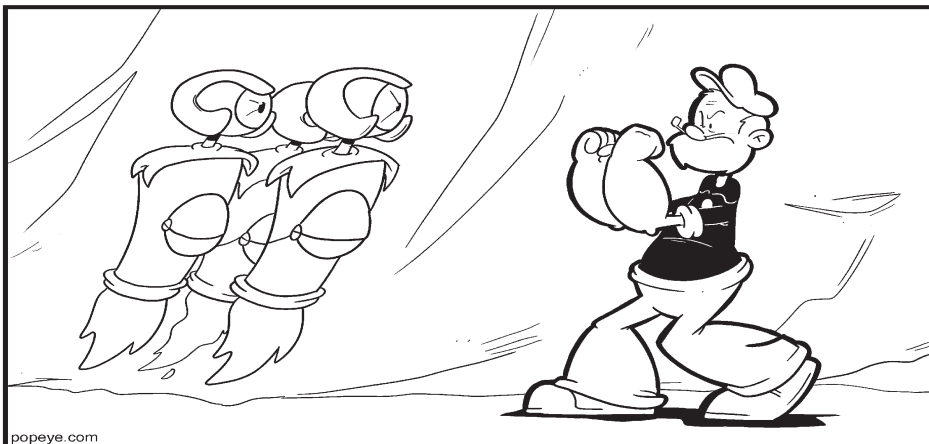
AQUARIUS (January 20 to February 18)
Staying close to home early in the week allows for some introspection about your social life. Sort out your feelings before rejoining your fun-time fellows on the weekday.



PISCES (February 19 to March 20)
It can be a bit daunting, as well as exciting, to find yourself finally taking action on a long-delayed move for a change. It helps to stay with it when others rally to support you.

BORN THIS WEEK: Your love of home and family provides you with the emotional support that you need to find success in the outside world.

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Moments in time

• On **July 6, 1900**, Warren Earp, youngest of the famous gunfighting Earp brothers, was murdered at the Headquarters Saloon in Willcox, Arizona, by John Boyett. Reportedly, Warren had imbibed too much alcohol and begun abusing some of the customers. While Boyett was tried for murder, he was declared innocent on the grounds of acting in self-defense.

• On **July 7, 1456**, Joan of Arc's conviction for heresy was overturned at an appeal proceeding held at the archbishop's palace in Rouen, France. Sadly, she had been burned at the stake 25 years earlier.

• On **July 8, 1853**, Commodore Matthew Calbraith Perry sailed into Japan's Tokyo Bay with a squadron of four American vessels. At first officials refused to speak with him, but under threat of attack they accepted letters from President Millard Fillmore, making the U.S. the first Western nation to establish relations with Japan since the country declared itself closed to foreigners two centuries previously.

• On **July 9, 1948**, baseball star Satchel Paige made his Major League debut with the Cleveland Indians, becoming, at age 42, the oldest rookie in the sport's history. As he notably remarked, "Age is a question of mind over matter. If you don't mind, it don't matter."

• On **July 10, 1962**, the United States Patent Office issued Swedish engineer Nils Bohlin a patent for his three-point automobile safety belt. Consisting of two straps joined at the hip level and fastened into a single anchor point, it reduced injuries by holding both the upper and lower body and decreasing the impact of the swift deceleration that occurred in a crash.

• On **July 11, 1978**, a truck carrying liquid gas crashed into a wall at a campsite of vacationers in San Carlos de la Rapita, Spain, resulting in an explosion that killed more than 200 people, with others suffering severe burns. The crash's cause was unknown, though some witnesses reported seeing a fire on the vehicle prior to the accident.

• On **July 12, 1990**, two days after Mikhail Gorbachev was re-elected head of the Soviet Communist Party, Boris Yeltsin, president of the Republic of Russia, announced his resignation from the party.

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Americanisms



"If you retain nothing else, always remember the most important rule of beauty, which is: Who cares?"

— Tina Fey

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STICKELERS [sic]

by Terry Stickels

Below are four squeezer puzzles.

Can you find the correct word to be placed in the middle of each to create two new words, one front-end, one back-end?

Here's an example of how it works:

fire P R Q Q E read

- 1) death _ _ _ _ torch
- 2) thunder _ _ _ _ lock
- 3) general _ _ _ _ shape
- 4) feather _ _ _ _ wise

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Strange BUT TRUE

By Lucie Winborne

- Chuck Norris had his own line of jeans called "Action Jeans."

- At the time of its release, Grand Theft Auto 5 is the most expensive video game ever made — \$265 million in production costs.

- Diet Coke isn't a modified form of Coke, but a totally different recipe.

- A brand of anti-chafing foot powder won a 1967 mayoral election in Picoaza, Ecuador. Its platform? The product was touted as potentially bringing hygiene and well-being to the town of 4,000.

- The youngest soldier in the American Civil War was a 9-year-old boy from Mississippi, while the oldest was an 80-year-old man from Iowa.

- After the 9/11 tragedy in 2001, cyclist David Hale Sylvester began bicycling-and-hugging tours all over the world and staged multiple "hug parties" on three continents. As of 2021, he had hugged more than half a million people.

- Australian tennis player Samuel Groth once served a ball that was clocked at an astonishing 163.6 mph.

- Danish, Anglo-Saxon and Norman men were known for elaborate hairstyles and grooming, sometimes even before battle.

- According to practitioners, shiatsu massages should always be given with the recipient lying on the floor rather than on a table or chair.

- A Florida judge once called Elvis Presley "savage" for "undermining the youth."

- Tilapia are painted on ancient Egyptian tomb walls and included in a spell in the Egyptian Book of the Dead to help the deceased take their place in the sun boat.

- Up to 75% of people with Down syndrome have some hearing loss.

- Ancient Roman priestesses known as Vestal Virgins were required to remain virgins for 30 years; those convicted of breaking their vows could be buried alive.

Thought for the Day: "Time you enjoy wasting was not wasted." — *John Lennon*

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Front door refreshing

Plants, attractive decor and tidiness play an important part in welcoming your guests.

- Pressure-wash and paint your entryway walls, sidewalks and door, if needed. Make sure your walkway is visible and safe.
- Place healthy, seasonal plantings adjacent to the walkway to your door. Keep them pest-free and trimmed back, so they cannot obscure your walkway.



Source: www.bhg.com

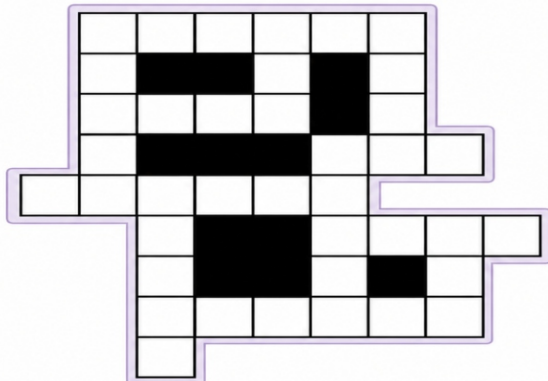
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FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

- AYG
- ♥ AGREEN
- ♥ SNOAR
- ♥ AEMS
- NYSUA
- NEH
- ♥ ANLE
- ♥ DIGLE
- ♥ NYA
- HAMENT
- ♥ ARTSO
- ♥ NSGI



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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. TELEVISION: Which TV sitcom features a pet pig named Arnold Ziffel?
2. GEOGRAPHY: Which three countries make up Scandinavia?
3. MONEY: When was the euro currency introduced?
4. MEDICAL TERMS: What is a more common name for myocardial infarction?
5. MYTHOLOGY: Who is the Egyptian god of the underworld?
6. MOVIES: What is the building whose steps Rocky Balboa climbs triumphantly in the movie "Rocky"?
7. GENERAL KNOWLEDGE: Which three signs of the Zodiac are considered to be water signs?
8. GAMES: How many wooden blocks are in a game of Jenga?
9. U.S. STATES: Which state is home to the Petrified Forest National Park?
10. ANATOMY: Which system in the human body is responsible for hormone production and regulation?

Answers

1. "Green Acres."
2. Denmark, Sweden and Finland.
3. 1999.
4. Heart attack.
5. Osiris.
6. The Philadelphia Museum of Art.
7. Pisces, Cancer and Scorpio.
8. 54.
9. Arizona.
10. Endocrine.

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

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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DIVAS ON A DIME

By Patti Diamond



A Little Shrimp Goes a Long Way in This Summer Salad

Summer entertaining doesn't always involve firing up the grill or spending the afternoon in the kitchen. Some of the best warm-weather dishes are made ahead, tucked into the refrigerator and brought out like a cool, blissful surprise when guests arrive.

That's one reason I love make-ahead dishes. When the work is done in advance, everyone gets to relax, including the cook.

This bright shrimp and white bean salad has been one of my favorite warm-weather recipes for years. It combines tender shrimp, creamy white beans, fresh herbs and a bright lemon marinade into a dish that feels special enough for company but simple enough for a weeknight dinner. Best of all, a single pound of shrimp stretches beautifully to serve eight as an appetizer or four as a main dish, making it a delicious way to entertain without overspending.

Back when I first developed this recipe, shrimp felt like a luxury ingredient. These days, with the price of so many groceries climbing, shrimp isn't necessarily any more expensive than many everyday proteins. Pairing it with beans makes a dish that feels both generous and practical.

Most recently I served it with cheese tortellini (cooked and chilled) and fresh spinach salad using the marinade as dressing for the pasta and the salad. It was easy and everyone loved it. It's the kind of flexible recipe that earns a permanent place in the warm-weather rotation.

Best of all, it can be made hours ahead. That's my favorite kind of entertaining food. While everyone else is cooking, you're already on the patio with a cold drink.



This colorful shrimp and white bean salad is fresh, flavorful and ideal for summer gatherings.

LEMON HERB SHRIMP & WHITE BEAN SALAD

Yield: 4 to 8 Servings

Total Time: 2 hrs. 30 mins.

1/2 cup olive oil	2 teaspoons kosher salt
1/4 cup lemon juice	1 teaspoon sugar
1/4 cup red wine vinegar	1/2 teaspoon celery seeds
1 teaspoon old bay seasoning	1/4 teaspoon allspice

- 3 teaspoons fresh garlic, finely chopped
- 1 cup (packed) fresh herbs, finely chopped, such as parsley, cilantro or dill
- 1 cup celery, chopped
- 1 cup red pepper, diced
- 1 shallot, thinly sliced
- 1 lemon, very thinly sliced
- 1 (14 ounce) can Great Northern Beans, drained
- 1 pound cooked, deveined medium shrimp

In a large bowl, whisk together the olive oil, lemon juice, vinegar, old bay, salt, sugar, celery seeds, allspice and garlic. Then add fresh herbs, celery, red pepper, shallot, lemon and beans. Give that a good stir. Add the shrimp and stir, making sure it's covered in marinade.

Place the mixture into a large glass dish with a lid or a couple of mason jars. Let this sit in the fridge for at least 2 hours before serving.

This salad is best after 2 to 4 hours in the refrigerator, when the flavors have had time to mingle without changing the texture of the shrimp. Because the marinade contains both lemon juice and vinegar, the acids will continue to "cook" the shrimp over time, similar to ceviche. After a day or so, the shrimp become noticeably firmer. Still delicious, but not quite as tender as they are on the first day.



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 and join the conversation on Facebook at [DivasOnADimeDotCom](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at divapatti@divasonadime.com
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02645

SENIOR NEWS LINE

by Matilda Charles

Skimmer scams

Scammers are creative, you have to give them that. They come up with ways to steal from us that we've never thought about.

One new alleged scam involves a task we do frequently: pump gas into our car.

This scam has the thief inserting a tiny screw into the cradle where the nozzle rests on the pump. When you let go of the handle after pumping your gas and put it back in the cradle, it hasn't really released. The machine thinks it's still in the middle of a transaction. The minute you drive away, a scammer can come along and continue pumping gas into his own vehicle, leaving you with the bill for it.

The good news? This scam is a hoax. While it's all over the internet, it's (apparently) not a real scam.

However, there are genuine scams involving sales anywhere you put your credit card into a machine. Beware of the following:

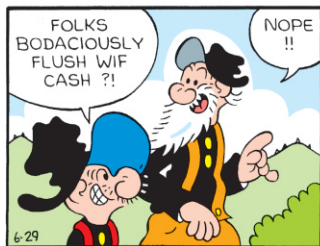
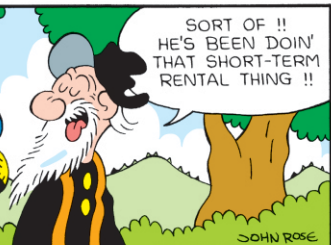
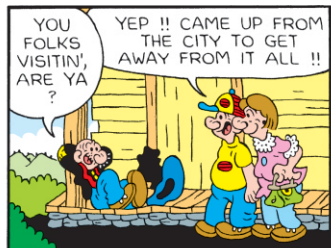
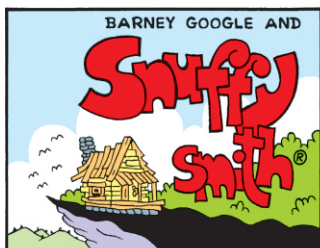
Credit card skimmers:- Similar to what you'd look for at the ATM at your bank's drive-up, these little gadgets can read your card information or steal your PIN. Do an online search for "How to spot a credit card skimmer."

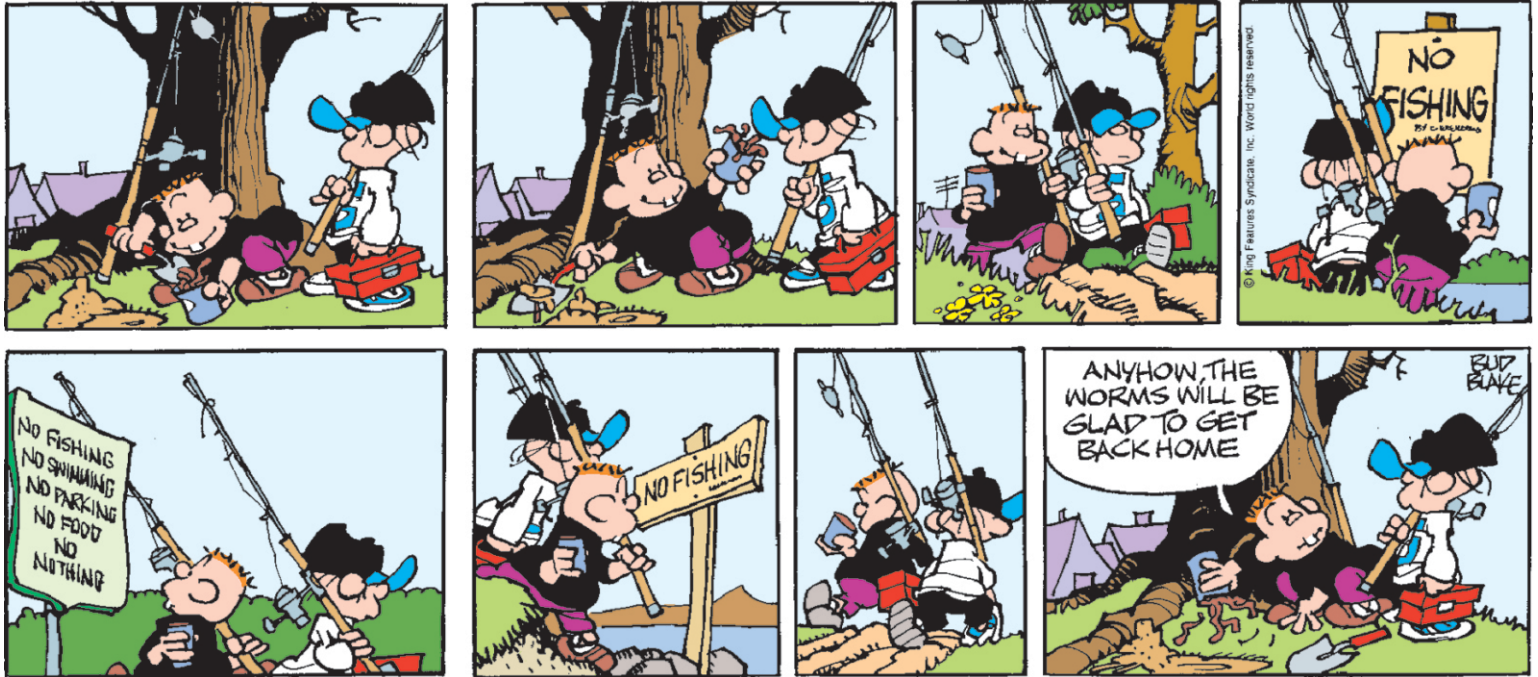
People who just want to help: If you've finished pumping gas and someone approaches you saying they will put the handle back, don't fall for it. This person won't put the handle all the way back into the pump (similar to the screw scam), making the machine think it's still an active transaction. When you drive off, they'll fill their own vehicle.

Self-checkout at the big box store: Before you start scanning your items, be sure there is nothing left on the screen from the previous customer. It's possible for them to scan an item and leave the transaction unfinished, until you come along and include their item in your own purchase.

As always, be aware.

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MINI SUDOKU

5				1	
		2		3	5
2	5				
1					3
			1		4

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

CRISSCROSS – “GO” WORDS

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

3 Letters

AGO
EGO
GOT

4 Letters

GOAT
GOES
GOOD
LEGO

5 Letters

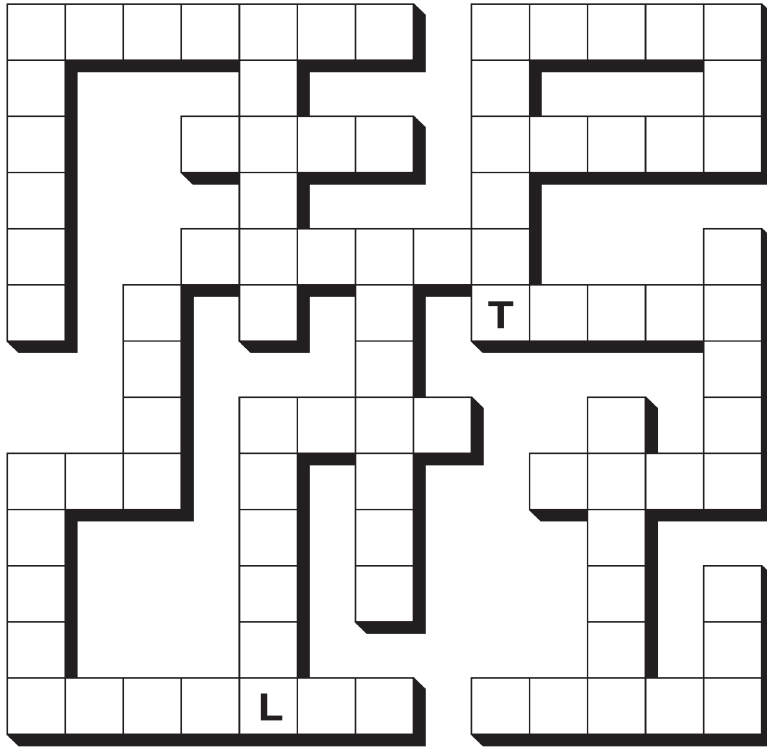
BINGO
GOING
GOOSE
GOWNS
MANGO
TANGO

6 Letters

GOBBLE
GOBLET
GOSPEL
GOSSIP
GOVERN
OREGON

7 Letters

BEGONIA
GONDOLA
GORILLA



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Fun Fact

In 1867, on Coney Island, New York, an immigrant named Charles Feltman invented the first “hot dog bun,” enabling beachgoers to enjoy his “Frankfurter” sausages without needing plates or silverware. Over the next 60 years, Feltman’s “hot dog” stand grew into Feltman’s Ocean Pavilion, serving up to 40,000 hot dogs each day.



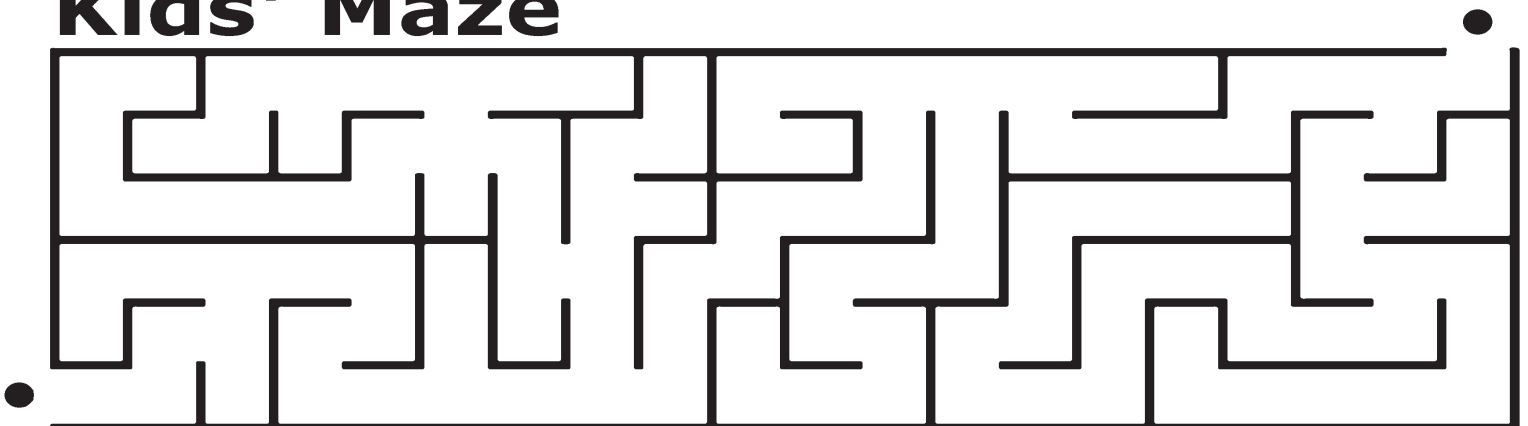
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Kids' Maze



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"I guess you can say this vacation saved our marriage — now we can't afford a _____."

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!

Irony
AIRSET _ _ _ _ _

Deal
DACCOR _ _ _ _ _

Slice
CAVER _ _ _ _ _

Expand
DRAPES _ _ _ _ _

TODAY'S WORD



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. Hold responsible | _____ M _ | Knife's edge | _____ D _ |
| 2. Bowling score | _____ K _ | Zebra's mark | _____ P _ |
| 3. German river | _____ I _ | Swiss river | _____ O _ |
| 4. Excuse | R _ _ _ _ | Spring or Fall | S _ _ _ _ |
| 5. Milk container | _____ R _ | Ohio city | _____ N _ |
| 6. Skirt fold | _____ T | Beg | _____ D |
| 7. Spiritual request | _____ R _ | Actor | _____ L _ |
| 8. Ms. Degeneres | E _ _ _ _ | Actor Woody | A _ _ _ _ |
| 9. Out of date | _____ A _ | Shoulder wrap | _____ O _ |
| 10. Irish greenery | _____ O _ | Shrewd | _____ E _ |

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- Disclosure Day**
(PG-13) Emily Blunt, Josh O'Connor
- Obsession**
(R) Michael Johnston, Inde Navarrette
- Scary Movie**
(R) Marlon Wayans, Shawn Wayans
- Backrooms**
(R) Chiwetel Ejiofor, Renate Reinsve
- Masters of the Universe**
(PG-13) Nicholas Galitzine, Camila Mendes
- Star Wars: The Mandalorian and Grogu**
(PG-13) Pedro Pascal, Brendan Wayne
- Michael**
(PG-13) Jaafar Jackson, Nia Long
- BTS World Tour Arirang in Busan**
(NR) BTS, j-hope
- The Furious**
(R) Miao Xie, Joe Taslim
- Stop! That! Train!**
(R) Brock Hayhoe, Paul Scheer

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Headline

DEAR PAW'S CORNER: It is I, Oliver le Chat, informing you that we, ze cats of the planet Earth, are on the verge of world domination! We have many demands, but we are starting with just one: declare cats the greatest species ze world has ever seen! Yours balefully — Oliver (the Cat)

DEAR OLIVER: OK, OK, fine! In honor of Cat World Domination Day on June 24, I'll do my best.

Cats are perhaps the greatest hunters, per capita, the world has ever seen. Sparrows and small creatures fall between their paws. Family dogs cower when they hear the yowl of the mighty hunter. They win the hearts of humans with a simple tiny "mew."

The genome of the cat is 95.6% tiger. Cats were once worshiped as tiny temperamental gods in Egypt. If they'd been better respected in medieval Europe, the Black Death that raged from 1346-1353 CE might not have happened. (It was spread by rats.) Today, the cat is the most popular pet in the U.S., with at least 74.2 million prowling living rooms across the country.

Cats have more bones than humans: 230 vs. 206. They can jump up to six times their length. And they have twice the amount of neurons in their cerebral cortex as dogs.

Now, don't get jealous, Oliver, but Stubbs, a ginger cat, served as honorary mayor of Talkeetna, Alaska, from 1997 to 2017.

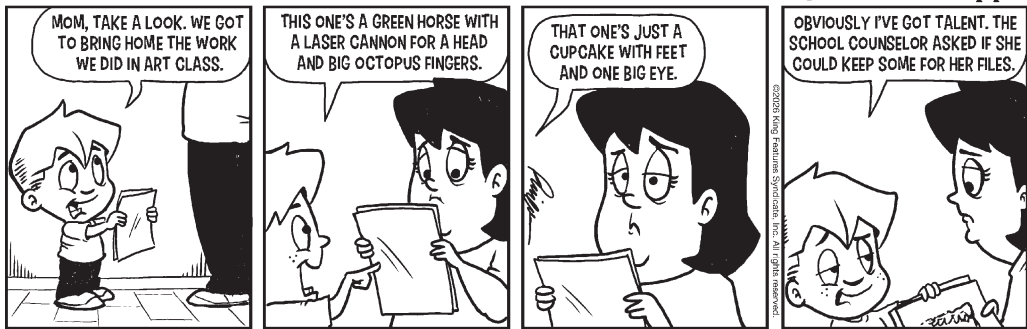
Thanks to their association with humans, better overall care (including spaying and neutering), the lifespan of cats has steadily increased and is currently 13 to 17 years!

Now put down the catnip before someone gets hurt.

Send your tips, comments or questions to ask@pawscorner.com.

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Amber Waves



Just Like Cats & Dogs

by Dave T. Phipps



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MAGIC MAZE

INTERESTING WORDS

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

D I S C O M B O B U L A T E S

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: LOLLY — : WASTE TIME

Bowyang
Bumfuzzle
Codswallop
Collop

Discombobulate
Ganzo
Kerfuffle
Malarkey

Mugwump
Ornery
Quire
Skedaddle

Snool
Wabbit
Xertz

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Duncan Phyfe Furniture

Some designers become so popular that their name becomes synonymous with their style. This can make matters confusing for collectors. Duncan Phyfe furniture is one of the most famous examples. Cabinetmaker Duncan Phyfe (1768-1854) came to America in 1784, served in an apprenticeship in Albany, New York, and had his own workshop by 1792. He made furniture in many styles popular in the late 18th to early 19th centuries, including Sheraton, Empire, Regency, and Rococo Revival. By the 20th century, however, “Duncan Phyfe” referred to a reproduction of Empire style. The name was, and still is, frequently attached to the style of drum table with sweeping legs, and to a type of drop-leaf table popular in the 1930s.

The best way to recognize an authentic piece of Duncan Phyfe furniture is by its label. Phyfe was one of the first American cabinetmakers to mark his pieces with a paper label. Unfortunately, paper labels tend to deteriorate over time. This classical *recamier* sofa, which sold for \$4,305 at Brunk Auctions, did not have a label or identifying marks. However, it was attributed to Duncan Phyfe and dated to about 1840 because of how closely its design, including proportions, matches confirmed Phyfe pieces.

* * *

Q: I purchased this larger size hourglass (about 15-minute timer) from the gift shop of the Pirates of the Caribbean ride at Magic Kingdom at Disney World in April 1976. Unfortunately, it has no marking or labels anywhere. It has no damage whatsoever. Do you know of any collectors who might be interested in this piece? Other than a Disney collector, I believe it would have limited interest.

A: You are right that a Disney collector would be the best buyer for your hourglass. Fortunately, there are plenty of Disney collectors out there! While Disney memorabilia,



This Duncan Phyfe recamier is attributed to Phyfe himself, thanks to its close resemblance to his documented works.

be found at many auctions, particularly toy auctions, and antique stores, there are some auction houses that specialize in it. You may want to contact an auction house like Van Eaton Galleries (vegalleries.com) or Hake's Auctions (hakes.com), both of which hold auctions dedicated to Disney memorabilia. Your hourglass could be worth hundreds of dollars to the right buyer. A souvenir hourglass from the Haunted Mansion ride sold for \$130 at an auction in 2024. A Pirates of the Caribbean souvenir mug from about 1990 sold for \$380 at another auction.

* * *

TIP: When replacing old upholstery, look at the marks left by the tacks. Round tack holes indicate a date after 1880.

* * *

CURRENT PRICES

Advertising, tip tray, Wolverine Supply & Mfg. Co., scenic graphic, factory, yellow ground, red rim, tin lithograph, 5 x 6 1/2 inches, \$55.

Lampshade, gold iridescent glass, painted scene, trees, water, c. 1900, 12 1/2 inches, \$75.

Sports, baseball, figure, Willie Mays, San Francisco Giants, holding glove, Major League Baseball Stars, box, Hartland, 1950s, \$195.

Paper, book, “A Tale of Two Cities,” Charles Dickens, illustrated, hardback, green boards, gilt lettering, T.B. Peterson & Bros., Philadelphia, 1859, 9 x 6 inches, \$510.

For more collecting news, tips and resources, visit www.Kovels.com

Now
here's
a tip!

by
Jo Ann
Derson

• Having a yard sale? Here's a great way to put out extra signs when you don't have a way to stake them into the ground: "Write your sign advertising your yard sale on the sides of a big box. Place it where you want it, and add a large rock to the inside, then tape shut. We did this when we had no poles to tape signs to or any other way to get them to stand up. It worked really well!" — D.R. in Georgia

• Avoid calling the pediatrician's office on Monday mornings for routine business. Wait until the afternoon. All the parents with mildly sick children over the weekend will be calling to consult with the doctor and nurses first thing when the office opens.

• If you drop an egg, sprinkle with salt before you attempt to clean it up. The salt binds the whites, which will not spread, making pickup easier!

• "My kids had kind of an obsession with colorful duct tape in the past year, and we made some "beach bags" to keep our electronics safe at the pool, lake and beach. We carefully covered a variety of sizes of zip-top self-sealing bags with the tape, creating tough, colorful pouches in which we can store cellphones, etc., to keep them safe from water damage." — W.L. in North Carolina

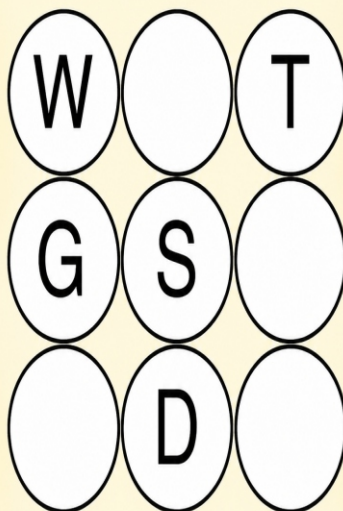
• You can sharpen scissors by cutting folded aluminum foil into small strips.

• The best time of day to water your lawn is the evening. The cooler temperatures allow the water to sink into the soil instead of evaporating with the heat of the day. Always follow your city or county guidelines on watering times for your area.

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

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WORD SPIRAL



Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

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The Spats



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by Jeff Pickering



1. Who were Holland-Dozier-Holland?

2. Which group was the first to release "I'll Never Find Another You"?

3. Who was Mack in "Mack the Knife"?

4. Which artist wrote and released "It's All Over Now, Baby Blue"?

5. Name the song that contains this lyric: "I wait in the darkness of my lonely room, Filled with sadness, filled with gloom."

Answers

1. Also known as HDH, the three (Brian Holland, Lamont Dozier and Eddie Holland) were a trio of writers famous for creating what came to be known as the Motown sound.

2. The Seekers, in 1964. The Australian group had success around the globe with the song, including on the U.S. Hot 100 list.

3. Mack was Macheath, a serial underworld criminal in the original 1928 German play "The Threepenny Opera." Of all the covers of the song, the 1959 version by Bobby Darin is the most popular.

4. Bob Dylan, in 1965.

5. "Band of Gold," by Freda Payne, in 1970. The song tells of the bride who spent her wedding night in a separate room. Over the years the song has been covered by several others, including Bonnie Tyler, Charly McClain and Kimberley Locke.

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Breaking the Bank!



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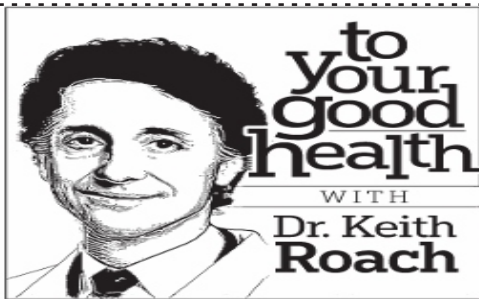


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High Cortisol Causes Patient To Feel Awful Amid Normal Tests

DEAR DR. ROACH: I've been feeling just awful. My doctor put me through the normal tests, and all were good. A neurologist recommended that I get a cortisol test. I did, and it showed a high cortisol level. I'd never heard of this. Would you explain what high cortisol is, how it's treated, and if there are any natural cures or therapies? — S.K.

ANSWER: Cortisol is a critical hormone that is needed for the function of many body systems. Without cortisone, the body can't respond to stress, and a stressful event can literally kill a patient.

A medical condition called Addison's disease is when the body can't make cortisol (a type of steroid called a glucocorticoid). People with this condition need to take replacement cortisol or a synthetic form daily, and they need to take higher doses when under stress to prevent this. Addison's disease was most often caused by tuberculosis, but the leading cause of Addison's is an autoimmune disease of the adrenal cortex (where cortisone is made). People usually feel weak and tired with Addison's.

Cushing's syndrome is the opposite, where the body makes too much cortisone. The most common cause for this is a benign tumor. In Cushing's syndrome, the list of possible symptoms is seemingly endless, but fatigue and muscle weakness, weight gain in the abdomen but muscle loss in the limbs, and skin and hair changes are common. People can experience the same problem when taking high doses of cortisol or similar steroids such as prednisone, hydrocortisone or dexamethasone.

A cortisol level of 18 isn't diagnostic of Cushing's but almost certainly excludes Addison's disease. Depending on the time of day, cortisol levels can be between 5-25 mcg/dL, so a level of 18

mcg/dL in the morning may be normal. People with high levels of stress tend to have high to normal cortisol levels.

In contrast, a level of 18 mcg/dL at bedtime would be a very concerning sign for Cushing's. If your doctors were worried about Cushing's, additional testing could be recommended such as a 24-hour urine cortisol test, a bedtime salivary cortisol test, or checking the blood cortisol after suppressing its release with medication.

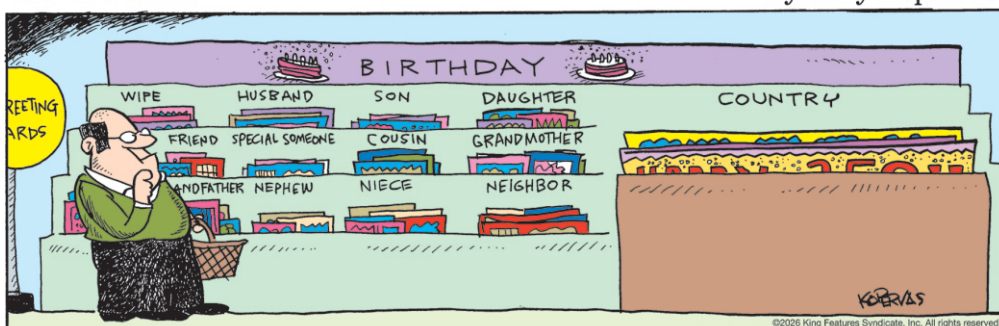
An endocrinologist is the expert in making the diagnosis and treating diseases of the adrenal hormones, including Addison's and Cushing's.

DEAR DR. ROACH: I'm 77 years old and concerned about getting a prostate biopsy. My last PSA test jumped from 2.25 to 3.75 ng/mL, and an MRI came back healthy and normal with a PI-RADS code of 2. My urologist suggested a biopsy to be sure that everything is OK, but he also felt comfortable if I wanted to wait six months and get another PSA test done.

I am in good health, exercise regularly, and am not on any medications. Also, can strenuous bike riding affect my PSA score? — W.B.

ANSWER: A PI-RADS score of 2 means that there's a small chance of clinically significant prostate cancer. The best estimate of your risk is between 4% and 6%. One question I'd ask is whether you'd undergo surgery if a biopsy showed cancer. Surgery is associated with a worsened quality of life; erectile dysfunction and incontinence are common shortly after surgery and persist in many men.

Out on a Limb



The evidence suggests that in men over 75, surgery doesn't improve their length of life. In a large study, the length of life was actually decreased in men over 75. Radiation treatment is a reasonable alternative for men with symptomatic prostate cancer, so in the unlikely event that you develop symptoms from prostate cancer, this would be a reasonable approach.

Also, bike riding (250 miles over four days) had an increase of less than 0.1 ng/mL for a PSA test.

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.

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Weekly SUDOKU

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

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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King Crossword

ACROSS

- 1 "Caught ya!"
 4 Spring melt-down
 8 Baby's bed
 12 Barbecue seasoning
 13 Meditative exercise
 14 Verdi heroine
 15 Muffin-like treats
 17 General — Chicken
 18 Couturier Christian
 19 Bracelet site
 20 Liniment targets
 22 "Arrivederci —"
 24 One-named supermodel
 25 Castle features
 29 Unruly group
 30 Ram
 31 Solidify
 32 Short extracts
 34 Taj Mahal site
 35 TV host Kelly

- 36 Analyze
 37 Poultry choice
 40 Humdrum
 41 Honker
 42 Marching band section
 46 Scrambled wd.
 47 Gumbo need
 48 Language akin to Thai
 49 Sleep phenomena
 50 Whig rival
 51 Bagel topper

DOWN

- 1 Curved line
 2 "Ben- —"
 3 Middle Eastern capital
 4 Printing errors
 5 Farmer, at times
 6 Literary rep
 7 Existed
 8 40 winks
 9 Jeopardize
 10 Teen fave
 11 Pyramid part

- 16 Carriage
 19 You love (Lat.)
 20 Goals
 21 "Let's go!"
 22 Indian yogurt dish
 23 Unrefined metals
 25 Get ready, briefly
 26 Paint finish
 27 Prefix with byte
 28 Do in
 30 Neat as —
 33 Plug parts
 34 Now, on a memo
 36 Makeup brand
 37 Scorch
 38 Highly rated
 39 Baby carriage
 40 Duelist Aaron
 42 Youngster
 43 MGM rival
 44 Eastern path
 45 Boston team, for short

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
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46					47					48		
49					50					51		

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