



Week 29 ~ Edition 26

Could You Live One Day Without Your Cell Phone?

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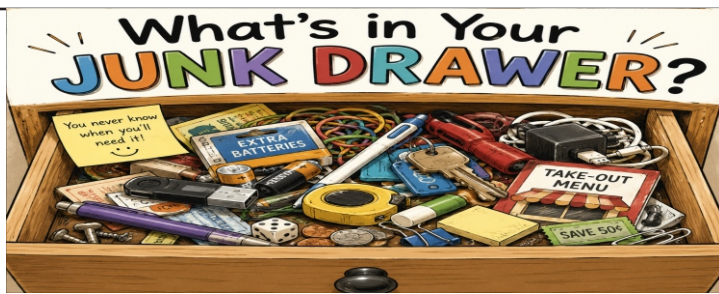


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Almost everyone has one.
That mysterious drawer filled with:

- * Extra batteries
- * Rubber bands
- * Takeout menus
- * Random keys
- * Pens that may or may not work
- * Coupons from three years ago
- * A mystery charger that fits... something

No matter where you live, we all seem to have one.

Maybe this week is the week to finally clean it out.

(Or... maybe not. You never know when you'll need that mystery key.)

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.

	+			×				= 26
+			-			+		
		-			+			= 14
-			÷			+		
		-		÷				= 1
=			=			=		
10			1			11		
1	2	3	4	5	6	7	8	9

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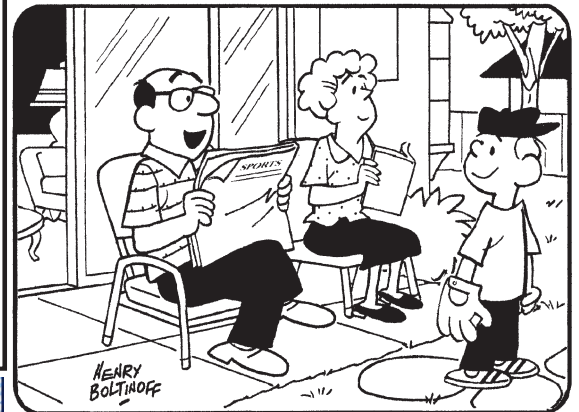
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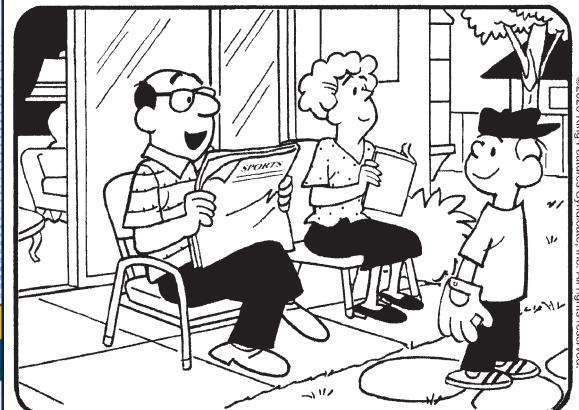
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Foot is missing. 2. Collar is missing. 3. Arm is not showing. 4. Lamp is moved. 5. Window is added to house. 6. Back of chair is smaller.

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Salome's Stars



ARIES (March 21 to April 19)

Don't be sheepish about asking questions and demanding answers. You not only gain needed information, you also respect your steadfast search for the truth.



TAURUS (April 20 to May 20)

A money problem that shows up early in the week is expeditiously resolved by savvy Bovines, who know how to turn a momentary financial lapse into a monetary gain.



GEMINI (May 21 to June 20)

It's a good time to shed negative energy-draining forces and develop a positive approach to handling current — as well as upcoming — personal and/or professional situations.



CANCER (June 21 to July 22)

Your urge to do your best on a current task is commendable, but don't let it become all-consuming. Spend some spiritually restorative time with those who love you.



LEO (July 23 to August 22)

This could be a good time for all you Leos and Leonas to take your bows for your recent achievements. Then go off to enjoy some fun times with your prides and joys!



VIRGO (August 23 to September 22)

A negative response to a well-intentioned suggestion could communicate a sense of distrust that you might later find hard to refute. Think carefully before reacting.



LIBRA (September 23 to October 22)

Your loving attention comforts a family member who's feeling a bit out of sorts. But be careful to prioritize your time so that you don't neglect your work duties.



SCORPIO (October 23 to November 21)

Your curiosity might be resented by some, but those who know you will support your penchant for never settling for less than the truth. So, stay with it!



SAGITTARIUS (November 22 to December 21)

A pesky situation from the past recurs, albeit in an altered form. Deal with it promptly before it can go from merely irksome to decidedly troublesome.



CAPRICORN (December 22 to January 19)

Don't wait too long to submit your proposals after giving them a last look over. If necessary, you should be able to defend any portion that gets called into question.



AQUARIUS (January 20 to February 18)

A bid to use your workplace dispute-settling skills in another situation is tempting. But be careful, as you might not have all the facts you'll need if you agree to do it.



PISCES (February 19 to March 20)

A sense of self-doubt is so untypical of you that you should have no qualms in shaking it off. Remind yourself of all you've done and can do, then do it again.



BORN THIS WEEK:

Your ability to charm others without sacrificing sincerity is what makes people want to follow your leadership.



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MORAL OF THE STORY:
DON'T GIVE UP!
THINK, ADAPT, AND SMILE!

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. Small river | ___ T ___ _ _ _ | Shriek | ___ C ___ _ _ _ |
| 2. Wave summit | ___ _ E ___ _ | Bread edge | ___ _ U ___ _ |
| 3. Poe's bird | ___ _ _ _ N | Tangle and snag | ___ _ _ _ L |
| 4. Speaker's lectern | P ___ _ _ _ | Table salt | S ___ _ _ _ |
| 5. Tonsil location | ___ _ _ O ___ | Menace | ___ _ _ E ___ |
| 6. Farmyard sound | ___ _ U ___ _ | Use a mouse | ___ _ I ___ _ |
| 7. Keep | ___ _ _ _ N | Put up for sale | ___ _ _ _ L |
| 8. Frighten | ___ _ A ___ _ | Tally | ___ _ O ___ _ |
| 9. Blokes | ___ _ P ___ _ | Pandemonium | ___ _ _ O ___ |
| 10. Late morning meal | ___ _ U ___ _ | Large twig | ___ _ A ___ _ |

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Americanisms



“Friend something better
than chocolate ice cream ...
Maybe friend somebody
you give up last cookie for.”
— *Cookie Monster*

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Moments in time

• On Aug. 3, 1923, Calvin Coolidge was sworn in as the 30th president of the United States, hours after the death of President Warren G. Harding, who had died suddenly of a heart attack or stroke while on vacation in California. Coolidge's oath was administered by his father, a notary public, under the light of a kerosene lamp while he was visiting family in Vermont.

• On Aug. 4, 1790, the first U.S. Congress authorized the construction of 10 vessels to patrol American ports from Massachusetts to Georgia. The United States Coast Guard, originally known as the Revenue Marine and then the Revenue Cutter Service, was the idea of Alexander Hamilton and designed to intercept marine smugglers and collect tariffs on imported goods.

• On Aug. 5, 1948, American diver Sammy Lee earned a gold medal at the London Olympics two days after his friend and fellow diver Vicki Draves won hers. They were the first Asian Americans to win Olympic gold medals for the United States. Draves was also the first woman to take home gold medals in both springboard and platform diving.

• On Aug. 6, 1890, William Kemmler, convicted of murdering his lover, Matilda Ziegler, with an axe, became the first person to be executed by electric chair, at New York's Auburn Prison. Inventor George Westinghouse notably opined that “they would have done better with an axe.”

• On Aug. 7, 1987, Lynne Cox, clad in just a swimsuit, entered the near-freezing waters of Little Diomed in Alaska. Two hours and 16 minutes later she had crossed the international dateline and completed the first recorded swim from the United States to the Soviet Union, ending at Big Diomed in the Bering Strait.

• On Aug. 8, 1844, Brigham Young was chosen to be the next leader of the Mormon Church, following the mob assassination of the church's founder, Joseph Smith, and his brother Hyrum six weeks earlier.

• On Aug. 9, 1973, NASA asked Skylab astronauts to share a housefly-sized piece of their filet mignon with two spiders, Anita and Arabella, on the astronauts' mission so the arachnids could maintain their experimental work on spinning webs in zero-G.

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Strange BUT TRUE

By Lucie Winborne

- According to facial recognition software, Leonardo da Vinci's "Mona Lisa" is 83% happy, 9% disgusted, 6% fearful and 2% angry.
- The low air pressure of a twister can literally pull a person's eardrum outward.
- In 1900, motor boating was included in the Olympic Games. Only a few races were held, however, and they were eventually discontinued due to inconsistent weather and mechanical failures.
- One acre of peanuts can make 30,000 peanut butter sandwiches.
- The first Europeans to discover the Great Lakes named them the "Sweetwater Seas" and believed that China bordered their shores.
- The skin of a jellyfish is so thin that the animal can breathe through it.
- Cellist Daniel Crawford composed a musical piece for the cello in which each note represents a year on NASA's record of global average temperature, from 1880-2012.
- Between 1930 and 1935, nearly 750,000 American farms were lost through bankruptcy or sheriff sales.
- A man once sued Anheuser-Busch with the claim that the company's ads misrepresented his potential attractiveness to the opposite sex, if he would just drink their beer.
- The Persian epic "Explanation of Chahrang and the Invention of Nard" tells the story of chess being introduced to the royal court by an envoy from India.
- During the 18th and 19th centuries, many British and American newspapers featured elegies for dead pets. Among them, one scholar found six for monkeys, 12 for canaries, 17 for cats and 53 for dogs.
- Egyptians used vast amounts of linen to mummify a body — in fact, the fabric on one mummy from the 11th dynasty measured 9,095 feet, enough to cover three tennis courts.
- "The Star-Spangled Banner" was almost the national anthem of the United States. In 1931, Congress voted in favor of it, but the final approval was never given.
- During a 1945 storm, a Navy cargo ship lost 28,800 rubber bath toys. They still wash up on shore today, making bath toy collecting a popular hobby!
- The first TV commercial was for Bulova watches. It was broadcast on July 1, 1941, on a New York City station.
- In voodoo, a doll representing a person can be used to bring good luck or bad fortune to that person.
- Horses cannot vomit.
- The Earth makes a full trip around the Sun in 365.2422 days.
- Soda jerks were often required to pass a test to prove they could mix at least 100 different drinks.

Thought for the Day: "You've got to get to the stage in life where going for it is more important than winning or losing."
— Arthur Ashe

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FLASH BACK!

POP ROCK & SOUL TRIVIA

BY MICK HARPER

★ ANSWERS ★

- 1 "Easy To Be Hard" was used in which rock musical?
1 **"Hair," in 1967.** It was sung by Lynn Kellogg who was playing Sheila. Three Dog Night had a hit with the song a few years later.
- 2 Where did the Beatles go to record "Get Back"?
2 **They** went to the roof of Apple Records in London and played for 40 minutes before the police showed up and they had to turn down the volume. The song was credited to "The Beatles with Billy Preston."
- 3 Who are Alvin, Simon and Theodore?
3 **The Chipmunks**, a fictional cartoon chip that released "Christmas Don't Be Late" in 1958. Creator Ross Bagdasarian sang all three parts by speeding up his recording. Over the years, the Chipmunks have had a TV series, a film and a video game.
- 4 Which group released "Tighten Up"?
4 **Archie Bell & the Drells**, in 1968.
- 5 Name the song that contains this lyric: "I still see her standing by the water, Standing there lookin' out to sea, And is she waiting there for me?"
5 **"Galveston."** It was a hit for Glen Campbell in 1969. Don Ho, however, had released the song the previous year.

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WORD SPIRAL

W

T

R

T

E

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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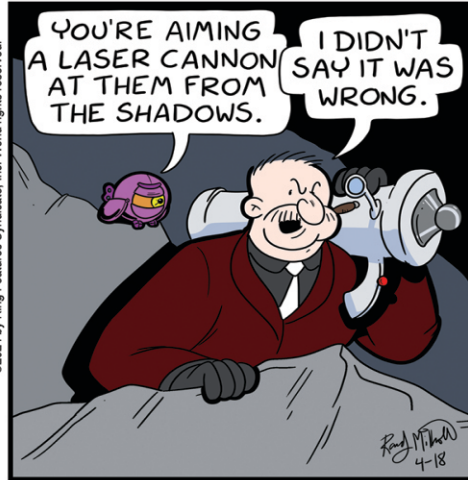
by Terry Stickels

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:

ever G R E E N horn

- 1) copper _____ quarters
- 2) spokes _____ able
- 3) brain _____ proof
- 4) back _____ craft

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Trivia test

by Fifi Rodriguez

1. ANATOMY: How many vertebrae are in the human spine?
2. U.S. CITIES: Which city is home to the Gateway Arch, known as the tallest arch in the world?
3. TELEVISION: Which 1970s sitcom introduced a neighbor named Phyllis Lindstrom?
4. HISTORY: When was the first heart transplant performed?
5. GEOGRAPHY: Where are the Cape Verde islands located?
6. MOVIES: Which 1991 film featured a villain named Max Cady?
7. MUSIC: When did Taylor Swift's second studio album ("Fearless") win the Country Music Association's Album of the Year award?
8. SCIENCE: What is nephology?
9. MEASUREMENTS: What instrument is used to measure the depth of oceans?
10. ANIMAL KINGDOM: What is a baby deer called?

Answers

1. 33.
2. St. Louis, Missouri.
3. "The Mary Tyler Moore Show."
4. 1967.
5. Off the west coast of Africa.
6. "Cape Fear."
7. 2009.
8. The scientific study of clouds.
9. An echo sounder or fathometer.
10. A fawn or calf.

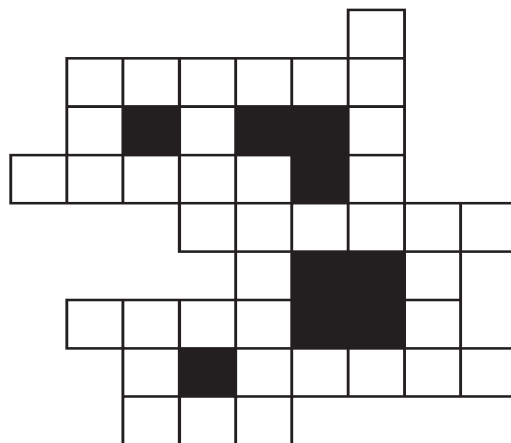
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FEAR KNOT

By: rj johnson

DOUBT? ... OR DARE!

UBP
CLUTED
♥ SATCO
♥ NELI
♥ BETLUS
♥ TPU
PECI
PENUD
♥ BTU
SPUTHY
OYENB
♥ USNP



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.

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SUMMER *Safety Tips*



BE PREPARED
BE AWARE
BE SAFE

Stay Safe While Enjoying the Sunshine!



STAY HYDRATED

Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid too many sugary or alcoholic drinks.



PROTECT YOUR SKIN

Apply sunscreen with SPF 30 or higher and reapply every two hours—or more often if you're swimming or sweating. Don't forget a hat and sunglasses!



WATCH FOR HEAT ILLNESS

Know the warning signs of heat exhaustion:

- Heavy sweating
- Dizziness
- Headache
- Nausea
- Muscle cramps

Move to a cool place, sip water, and seek medical help if symptoms worsen.



NEVER LEAVE KIDS OR PETS IN A VEHICLE

Temperatures inside a parked car can become deadly within minutes—even with the windows cracked.



BE FIRE SMART

With dry conditions across Colorado, always:

- Follow local fire restrictions.
- Fully extinguish campfires.
- Never toss cigarette butts on the ground.
- Keep water or a shovel nearby around campfires.



RESPECT WILDLIFE

Keep a safe distance from all wildlife. Store food properly while camping and never feed wild animals.



PLAY IT SAFE

Whether you're riding bikes, ATVs, or scooters, wear a helmet and obey local safety rules.



Enjoy Summer RESPONSIBLY!

A little preparation goes a long way. Stay cool, stay hydrated, and look out for family, friends, and neighbors so everyone can enjoy a safe and memorable summer!



Did You KNOW?

A parked car can heat up by nearly **20°F** in just **10** minutes—even on a mild 70°F day!



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DIVAS ON A DIME

By Patti Diamond



The Chicken Recipe You'll Use Every Week

"What is there to eat?" That question plays on repeat in households everywhere.

Today I'm sharing one of the handiest short cuts to give you a great answer when the inevitable question is asked. Now you can say, "There's chicken in the fridge, go make yourself something!"

I call this recipe "Every Week Chicken" because I make this chicken nearly every week for my family. And once you try this, you might do the same. Chicken breast can be troublesome because they're so lean, it's easy to overcook. You'll find this recipe produces tender, juicy chicken every time.

This is a simple recipe for oven-roasted chicken breasts. It's perfect for an easy dinner or to make in advance for meal prep all week long. Moist and flavorful, this is the chicken you want waiting in the fridge to expedite your dinner, stick in a salad, slam on a sandwich, toss in a pasta, put on a pizza. You get the idea.

This simple salt and pepper seasoning gives the chicken tons of flavor yet keeps it neutral enough to play well with other flavor profiles. As always, feel free to adjust to your personal preferences.

EVERY WEEK CHICKEN

4 pounds boneless skinless chicken

*breast (about 6 breasts)
2 teaspoons kosher salt
1 teaspoon fresh ground pepper
Olive oil or your choice of cooking spray*

Preheat oven to 375 F degrees. For easy clean up, line a baking sheet with parchment or foil. Brush the chicken with olive oil or give it a quick spray of cooking spray. Mix the salt and pepper in a small bowl and season both sides of the chicken breasts with the mixture, then put them on the prepared baking sheet, uncovered. Place them in oven and bake for 30 minutes. Remove the chicken when it reaches 160 F. Carryover heat will bring it to a safe final temperature while it rests. Remove the chicken and rest, covered with foil, for 15 minutes.

This cooking time works on chicken breasts of nearly all sizes, 3/4 inch to 1 1/2 inches thick. If your chicken breast is thinner than 3/4 inch thick, reduce cooking time to 25 minutes.



www.JasonCoblentz.com

One batch of juicy "Every Week Chicken" today means faster, easier dinners all week long.

To store, place in a storage container with the accumulated pan juices over the chicken for flavor and to keep the chicken moist. Store in the fridge for up to five days.

So, what do you do with all that

chicken? Well, besides chicken salad, sandwiches and wraps, here are three fabulous ideas:

♥ BBQ Chicken French Bread Pizza:

Split a loaf of French bread lengthwise and spread with barbecue sauce. Top with shredded mozzarella, cooked shredded chicken and chopped red onion. Bake at 400 degrees until the bread is crisp and the cheese is melted and bubbly, about 15 minutes. Finish with a drizzle of additional barbecue sauce and a sprinkle of chopped cilantro before slicing and serving.

♥ Chicken Avocado Quesadillas:

Layer shredded mozzarella, cooked chicken and diced avocado between two flour tortillas. Add a drizzle of your favorite sauce, such as ranch, barbecue or teriyaki, if you'd like. Cook in a skillet over medium heat until both sides are golden brown and the cheese is melted, then slice into wedges and serve.

♥ Quick Chicken Alfredo:

Make sliced leftover chicken into a fast comfort meal by simmering it with jarred Alfredo sauce, a splash of milk, butter and Italian seasonings. Spoon over cooked egg noodles and finish with chopped parsley.

Sometimes the simplest recipes become the ones you reach for again and again. I have a feeling this will be one of them. Enjoy!



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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Bolting

Bolting, or “going to seed,” is the stage of crop plant growth that produces flowers and seeds. If the crop plant is harvested after bolting, it’s likely to taste bitter. Crops well-known for bolting as summer heat sets in are lettuce, spinach, arugula, broccoli, cabbages, kale, collards, carrots, radishes, beets, turnips and herbs such as cilantro, dill and parsley. A bolted plant may not taste very good, but its flowers can attract many pollinators to your garden. – Brenda Weaver

Sources:
gardeningolutions.ifas.ufl.edu, www.civiggardencenter.org



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Word with “bag” or “money”

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02649

SENIOR NEWS LINE

by Matilda Charles

Calculating our 2027 Social Security

There is talk among the experts who track these things that the Social Security Cost of Living Adjustment (COLA) will rise 3.8% for 2027. This is down slightly from their guess of 3.9% just two months ago.

In other words, we can't take that estimated increase in our Social Security benefit to the bank just yet. There is room for change between now and October, when the official 2027 figures come out based on July, August and September numbers.

One thing that's not likely to change, however, is that seniors are struggling, especially the over 24 million of us who have only Social Security for income.

One thing that many of us object to is the method used to calculate Social Security increases each year. Those increases are based on the CPI-W, or Consumer Price Index for Urban Wage Earners and Clerical Workers. That index measures the spending habits of people who receive more than half of their income from clerical or hourly jobs. According to the Department of Labor, the average person in that group is 40 years old — much younger than the typical Social Security recipient.

That's not us. Consumers in that age group spend in different ways, more on transportation and clothing, while we spend a bigger chunk of our income on health care and prescription drugs.

Many of us, therefore, keep asking why the alternative CPI-E (Consumer Price Index for the Elderly) isn't used to calculate Social Security increases. The answer: The Bureau of Labor Statistics considers the CPI-E to be experimental. After all these years, with so many millions of us on Social Security, we're an experiment?

Take a look at the Senior Citizens League website (seniorsleague.org) and scroll through the articles, especially their recent survey of seniors and income. Their goal is to protect our benefits, whether it's Social Security, Medicare or for veterans. Their numbers are solid and can be trusted.

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★ MAIN STREET ★ WORD OF THE Week



WEEK 3

JUBILANT

(JOO-buh-lunt) • adjective

★ MEANING:

Feeling or showing great happiness, excitement, or celebration.

“ USE IT:

The team was **jubilant** after winning the championship game.

DID YOU KNOW?

The word **jubilant** comes from the Latin word *jubilare*, which means “to shout for joy.” People have been using versions of this word for hundreds of years to describe celebrations and happy moments.



THIS WEEK'S CHALLENGE

Find one thing each day that makes you feel **jubilant** and share it with a friend or family member.



BRAIN TEASER!

Unscramble the letters to reveal this week's word!

T A N J I U B L

SMILE OF THE WEEK



“Happiness grows when it is shared.”



KEEP LEARNING. KEEP SMILING. KEEP IT LOCAL!



GRAB YOUR *Copy!*



CHECK OUT THESE PLACES TO GET YOUR COPY OF

MainStreet Bits N Giggles!

-  Northwest Pack and Ship (Craig)
-  Dark Horse Liquor Store (Craig)
-  Built to Serve (Craig)
-  Blue Sky Florals (Oak Creek)
-  Brass Key Realty (Craig)
-  The Copy Shop Computer Corner (Craig)
-  The Embroidery Shoppe (Craig)
-  Vallarta's (Craig)
-  AGP (Craig)
-  Elk River Custom Meats (Steamboat Springs)
-  Backcountry Outpost (Meeker)
-  Jamerican Joes Kitchen (Craig)
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KEEP READING!

★ www.mainstreetbitsngiggles.com ★



DID YOU KNOW?



★ About Our State ★

UTAH

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



1 THE BEEHIVE STATE
Utah is nicknamed "The Beehive State" because early settlers were known for their hard work and industry—just like busy bees!



THE BEEHIVE STATE



2 MIGHTY 5 NATIONAL PARKS
Utah is home to five stunning national parks: Arches, Bryce Canyon, Canyonlands, Capitol Reef, and Zion National Park!



5 NATIONAL PARKS



3 THE GREAT SALT LAKE
Utah is home to the Great Salt Lake, the largest saltwater lake in the Western Hemisphere!





4 WORLD-CLASS SNOW
Utah has some of the best snow on Earth! It hosted the 2002 Winter Olympics in Salt Lake City.



SALT LAKE 2002



5 A LAND OF CONTRASTS
From red rock deserts and deep canyons to tall mountains and alpine forests, Utah has some of the most diverse landscapes in the country!





6 Fun Fact!
Utah is the only state that allows residents to vote by mail in every election!



★ CELEBRATE WHERE WE LIVE! ★ PROUD TO BE UTAH! ★

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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MINI SUDOKU

			1		
6	4			2	
2					1
		4			
	2				
		3	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

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT DO LUMBERJACKS AND LITTLE KIDS KNOW HOW TO DO?

CASTLE	___	LEAST	PETALS	___	LEAPS
ASTROS	___	STARS	HOARSE	___	SHEAR
GUARDS	___	DRAGS	TRACED	___	CEDAR
DAYTON	___	TODAY	LITERS	___	TILES
MATTER	___	TAMER	WARBLE	___	BRAWL
			SECURE	___	CURES

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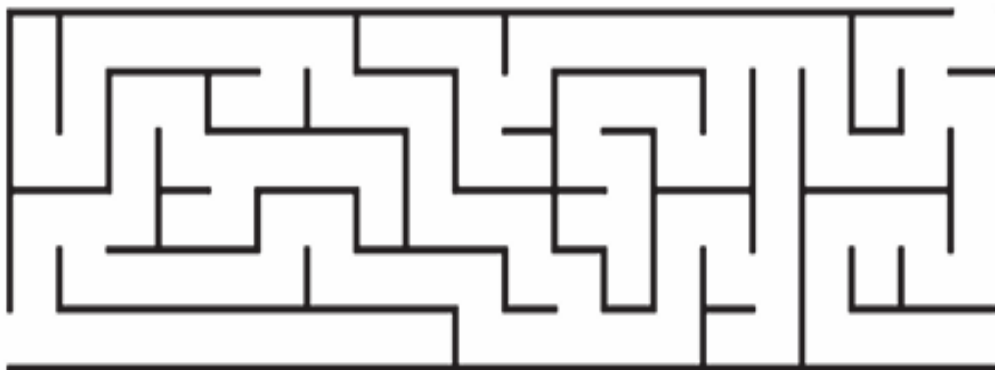


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Kids' Maze



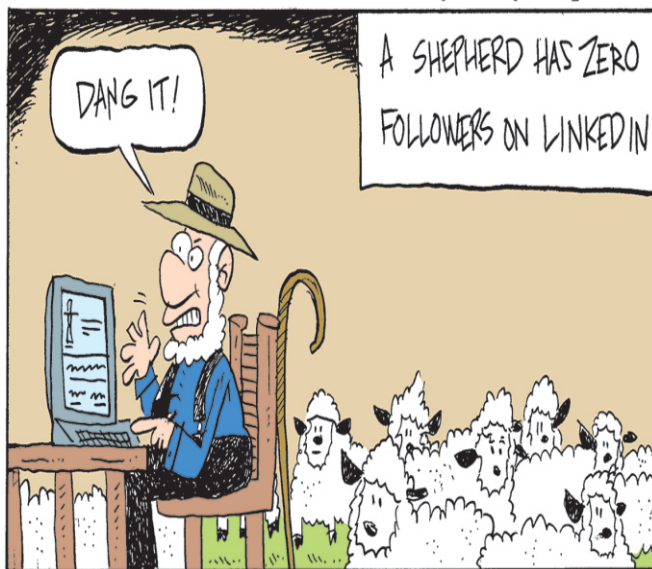
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Out on a Limb

by Gary Kopervas



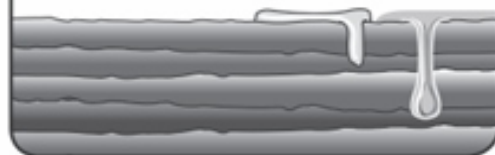
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Fun Fact

The practice of cooking batter on a heated pan is common in almost every culture around the globe. Americans and Canadians love their **pancakes** (also called flapjacks, hotcakes or griddlecakes). Koreans have kimchi-jeon, India has appam, Russians have oladyi, the Netherlands have pannenkoeken, Colombia and Venezuela have arepas, etc.

Source: www.kulickspancakerecipes.com



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CRACK THE CODE!

CAN YOU FIGURE OUT THE SECRET MESSAGE?

Each number stands for a letter.
Use the code key to fill in the blanks
and crack the secret message!

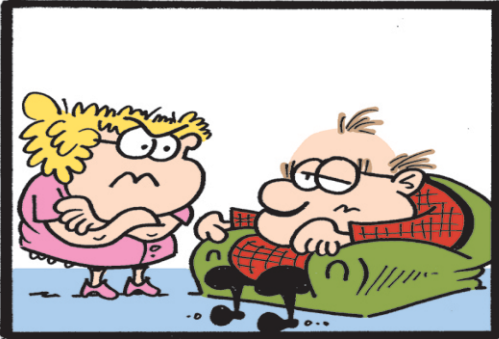
1	2	3	4	5	6	7	8	9	11	12	13
A	B	C	D	E	F	G	H	I	J	L	M
14	15	16	17	18	19	20	21	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Z

1	20	8	1	20	5	12	5	18	9	19	23	1	19	20	!
2	9	19	20	5	3	15	18	9	16	1	12	12	5	.	
3	19	1	18	25	20	8	5	19	20	3	15	14	!		
4	7	15	14	20	5	9	14	7	20	8	5	19	.		

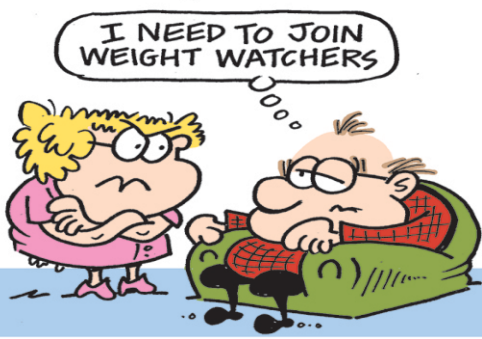
BONUS CHALLENGE!

What's the secret word?
19 5 18 5 14

Think, Decode,
and Have
Some Fun!



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Wishing Well®

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

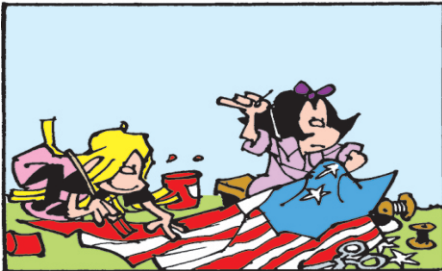
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by BUD BLAKE





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BEAT THE HEAT & PREVENT WILDFIRES

STAY COOL, STAY SAFE!

- DRINK PLENTY OF WATER**
Stay hydrated all day long.
- TAKE BREAKS IN THE SHADE**
Avoid the sun during peak hours (10am - 4pm).
- DRESS FOR THE HEAT**
Wear light clothing, a hat, and sunglasses.
- CHECK ON OTHERS**
Look out for kids, seniors, pets, and neighbors.

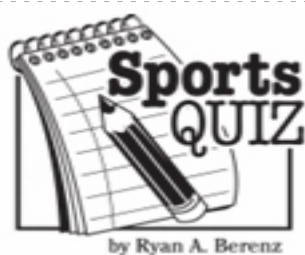
WATER IS YOUR BEST FRIEND!

ONE SPARK CAN CHANGE EVERYTHING.

- DON'T BURN**
Avoid campfires and burning debris.
- DON'T LITTER**
Never toss cigarettes or matches.
- CHECK YOUR EQUIPMENT**
Chains dragging? Fix it. Sparks start fires.
- BE FIRE AWARE**
Know the fire danger and obey local restrictions.

OUR FORESTS. OUR HOME. LET'S KEEP THEM SAFE!

STAY COOL. STAY CAREFUL. STAY RESPONSIBLE. *Together, we can keep our community safe!*



1. Name the legendary jockey who rode Ferdinand to victory at the 1986 Kentucky Derby and 1987 Breeders' Cup Classic.
2. The IX Cup is the championship game of which football league that began play in 2019?
3. Which businessman purchased the NFL's Miami Dolphins, and founded Major League Baseball's Florida Marlins and the NHL's Florida Panthers in the early 1990s?
4. Who edged David Malukas by 0.0233 seconds to win the 2026 Indianapolis 500 in the closest finish in race history?
5. Which team selected Tennessee Volunteers wide receiver Peerless Price in the second round of the 1999 NFL Draft?
6. Name the Dutch footballer who decided to miss the 1978 FIFA World Cup and retire from international competition after a 1977 kidnapping attempt against him and his family.
7. In 1989, who did the Associated Press name as its 1980s Athletes of the Decade?

Answers

1. Bill Shoemaker.
2. The Women's National Football Conference.
3. Wayne Huizenga.
4. Felix Rosenqvist.
5. The Buffalo Bills.
6. Johan Cruyff.
7. Wayne Gretzky and Martina Navratilova.

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TOY BOX MEMORIES

Week #3

Barbie

The Doll That Changed the Toy World

Few toys have left a mark on childhood quite like Barbie. Since her debut in 1959, Barbie has become one of the most recognizable toys in the world, inspiring generations of children to dream big and imagine endless possibilities.

Created by Ruth Handler, co-founder of Mattel, Barbie was introduced at the American International Toy Fair in New York on March 9, 1959. Ruth noticed that her daughter enjoyed playing with paper dolls and imagining them in adult roles. At the time, most dolls represented babies, but Ruth believed girls would enjoy a doll that allowed them to imagine their future. The result was Barbara Millicent Roberts—better known as Barbie.

The first Barbie wore a black-and-white striped swimsuit, had a ponytail, and sold for just \$3. Over the years, Barbie's wardrobe expanded to include everything from evening gowns and wedding dresses to astronaut suits and business attire. She quickly became more than a doll—she became a cultural icon.

One of Barbie's most remarkable achievements is the number of careers she has held. Long before many women entered certain professions, Barbie was already exploring them. She has been an astronaut, doctor, teacher, veterinarian, pilot, firefighter, scientist, and even a presidential candidate.

Over the decades, Barbie evolved to better reflect the diversity of the real world. Dolls became available in different skin tones, body types, hairstyles, and professions, helping more children see themselves represented.

Today, Barbie remains one of the best-selling toys of all time. While styles and fashions have changed, her ability to spark imagination has remained the same. Whether she was driving a pink convertible, living in a dream house, or exploring a new career, Barbie encouraged children to dream without limits.

★ TOY FACTS ★

- First Released: March 9, 1959
- Manufacturer: Mattel
- Country of Origin: United States
- Original Price: \$3.00
- Recommended Age: 3+
- Estimated Dolls Sold: Over 1 billion worldwide

💡 DID YOU KNOW?

Barbie has had more than 250 careers throughout her history, making her one of the most accomplished toys ever created!

? TOY TRIVIA ?

Question:
What was Barbie's full name when she was introduced in 1959?

Answer: 
Barbara Millicent Roberts.

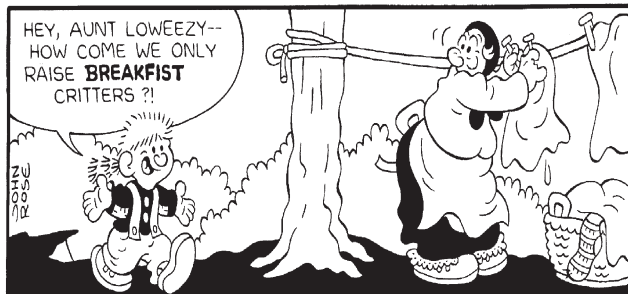
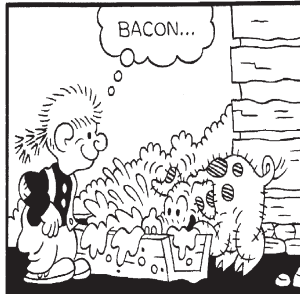
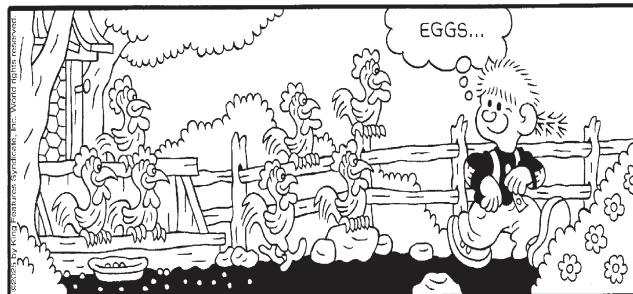
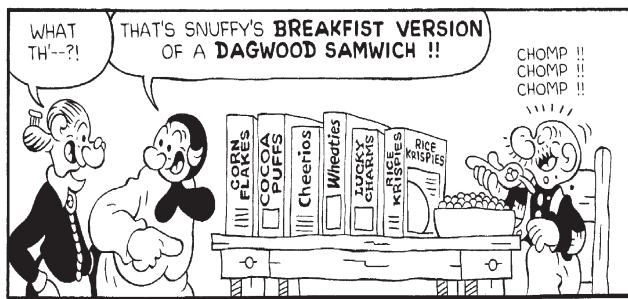
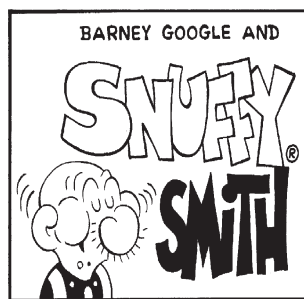
★ OVER THE DECADES ★

- 1950s:** Barbie makes her debut.
- 1960s:** Ken and Barbie's friends arrive.
- 1970s:** Malibu Barbie becomes a sensation.
- 1980s:** Barbie embraces bright fashions and big hair.
- 1990s:** Career Barbie and collectible editions grow in popularity.
- 2000s-Present:** Greater diversity and modern careers expand the Barbie lineup.

♥ MEMORY LANE ♥

Did you have a favorite Barbie? Maybe she lived in a dream house, rode in a pink convertible, or went on adventures with Ken and friends. For many children, Barbie wasn't just a doll—she was the star of countless stories and memories.

"You can be anything."
— Barbie



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top 10 movies

- Moana**
(PG) Dwayne Johnson, Catherine Laga'aia
- Minions & Monsters**
(PG) Pierre Coffin, Trey Parker
- Toy Story 5**
(PG) Tom Hanks, Tim Allen
- Evil Dead Burn**
(R) Souheila Yacoub, Tandi Wright
- Young Washington**
(PG-13) William Franklyn-Miller, Mary-Louise Parker
- Obsession**
(R) Michael Johnston, Inde Navarrette
- Supergirl**
(PG-13) Milly Alcock, David Corenswet
- Disclosure Day**
(PG-13) Emily Blunt, Josh O'Connor
- Backrooms**
(R) Chiwetel Ejiofor, Renate Reinsve
- Gail Daughtry and the Celebrity Sex Pass**
(R) Fred Melamed, Zoey Deutch



The grim statistics on lost pets

DEAR PAW'S CORNER: My cat "Grimsby" got out of my apartment through a hole in the patio screen last summer. I put flyers all over the neighborhood and posted on social media, but he never returned and was never found. I did not microchip Grimsby, and he didn't have a collar on when he escaped — since he was a completely indoor cat, I assumed he didn't need any of that. Please warn your readers that even indoor cats can escape and get lost. — Ciara J. in Lakeland, Florida

DEAR CIARA: I'm so sorry to hear that Grimsby hasn't yet been found. Thank you for your story, which illustrates why indoor cats need to wear ID at all times and why microchipping is recommended.

According to a 2012 study, about half to three-quarters of lost cats are eventually found. Lost dogs are found and returned at a much higher rate of 71% to 97%. However, a 2018 study found that cats are much less likely to be returned to their owners after going missing for more than 90 days. Many end up in shelters, where they may be euthanized.

What should you do if your cat or dog escapes?

— Act fast. Pets are recovered most often within the first week of disappearing, but only if the owners start searching immediately.

— Put up signs and notices. Social media posts and paper signs are still effective according to all studies of lost pet recovery.

— Engage your neighbors. Knock on doors, make phone calls and let everyone in the vicinity know that your pet has gone missing.

— Contact local shelters and rescues. Surprisingly, shelters have a low return-to-owner rate — unless a pet is microchipped.

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

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I WOULDN'T WORRY ABOUT GOING GRAY. BY WHAT I'M SEEING, IT'LL HAVE ALL FALLEN OUT BEFORE THAT.



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MAGIC MAZE • WINGS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: OFFICES OF THE POTUS

Batwing
Blue-winged
Buffalo wings
Chicken wings

Delta wing
Gull wing
Lapwing
Left wing

Redwing
Right wing
Take wing
Waxwing

Wing-tips
Wingback
Wingding

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VETERANS POST

by Freddy Groves

The VA OIG at work

The VA's Office of Inspector General (OIG) took a close look at expenditures for pharmaceuticals for one year and discovered that some of the money wasn't spent as required. Specifically, the VA spent \$11.7 billion on drugs during that year, and \$11.4 billion was spent correctly via prime vendor contracts. However, 3% (\$322.5 million) was spent outside the required contract. While it's a fraction of the whole amount, three hundred million is still three hundred million.

The purchasing rules say that employees have to document their attempts at finding the required drugs before they go straight to open market buying. Without compliance with those rules, the budget goes out the window, not to mention the potential for fraud.

The OIG had recommendations for the Veterans Health Administration and, truthfully, the VHA should have been embarrassed to have to be told those things: establish guidance for staff, do routine assessments of purchases and develop a way to keep an eye on purchases made outside the contracts.

Meanwhile the OIG has continued to go after the scammers who think they'll never get caught.

Such as the thief who impersonated a veteran for 30 years, stealing benefits, medical care and drugs. Prior convictions included stolen property, grand larceny, sale of drugs, forgery and more. When he was finally nabbed, he was staying in housing for veterans using the stolen name.

Then there is the husband and wife team who allegedly ran a drug abuse recovery program. They thought they could get away with wire fraud and excessive billing.

And how about the company that billed both Medicaid and the VA for sleep studies that had been done by unqualified personnel, studies that were never done at all, and forged referrals? This went on for four years.

Sleep studies fraud must be a big thing, because at the same time there was another case across the country that had netted the thieves in excess of \$2 million.

To report fraud, see www.vaoig.gov/hotline/online-forms.



*Thank you to all
who have served our
country and continue to
serve our communities.*



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Weekly SUDOKU

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

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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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!

Swarm

VODER

Device

PETRO

Alarm

REINS

Rogue

SLACAR

TODAY'S WORD



"Being _____ is awful —
there's nothing to do!"

Mountain Art

As part of its Vincent Price Art Loan Program during the school year, in 2018 the Arnot Art Museum in Elmira, New York, loaned 20th- to 21st-century works on paper by American artist Nancy Patz to the Arnot School and Alternative School. Naturalist art is one of America's oldest forms of art, with roots in the watercolor landscape sketches of botanical explorers.

Patz's art of the field is a 21st-century version, emphasizing the beauty and wonder of the often-overlooked high country. Her creations were inspired by a love of nature. Teachers and students discussed how the artist observed and appreciated the natural world and how nature inspires the artwork. The 20th- and 21st-century artists often feel the call to art at a time of intense environmental and political uncertainty.

These memories were well made and will be long admired. Newer art can be significant, too. It doesn't have to be antique to be beautiful and collected. If you love it, buy it. Collect what you like. You'll realize you've got something worth more tomorrow, and showing your taste will always be in style.

Q: I have a "Flint River Quaker" campbed stamped American Chair Co. How much can you please advise? It has plastic feet and it is in nice condition.

A: Your campbed is valued at \$40 to \$60 and can be found online by searching "Antique Flint River Quaker campbeds."

1930s brochure ad campaign for Jones-Swartout & Co. shows a view of the city of Rochester, Minnesota, in seven flat "snapshots," or segments, pasted together. They were an example of the marketing of their new mural scenic line of decor wallpapers "for permanent satisfaction."

Color Lithographed historic city view folded into pocket-size accordion-look salesman sample. Lithographed scenic borders framed a black-and-white city view in the center, and a floral, wildlife scene was across the top. Glue on corners, folds, 24" for the length and a little over 6½" for the width (unfolded), good. \$450.

Jones Swartout & Co. was located at 500 E. Water St. in Rochester, Minnesota. Looking at the ad, it is one of the more exclusive wallcoverings and borders for 1920s to 1940s homes and businesses. They also were popular for sagging areas in ceilings. Cole & Son in London has been designing and printing wallpaper since 1875 and still is today.

CURRENT PRICES

Prices wanted and paid for antique, vintage, and collectible items are reported by our staff of experts.

Stoneware jug, gallon, Made by Rowe Pottery Co., Salt Box Stone, strawberry, \$40.

Xavier Cugat & his Waldorf-Astoria Orchestra, 78 rpm, Dahlia *Cha-Cha*, Brunswick, 1942, \$3.

U.S. 15-star flag, 15 x 31 inches, 1795 to 1818, with original sleeve, \$2,500.



Jones-Swartout scenic line decor wallpaper with seven-panel city view of Rochester, Minnesota, and floral border, 1930s.





• “I have stained coffee cups. My hands have arthritis, and it’s hard to wash them by hand. A young woman at church suggested I purchase a small bottle of dishwasher soap. The kind you put in a dishwasher, even though I don’t have one. I squirt a little in the cup and add hot water. It sits while I wash up the other dishes and then swishes right out.” — T.T. in Missouri

• “Check your area to see if vocational schools offer low-cost or free auto repairs. Sometimes you can have work done for the cost of parts so that students can be trained on your issue.” — R.E. in North Carolina

• “For the summer I fill a gym-size duffel bag with “spontaneity supplies” and keep it in the trunk of my car. It includes swimsuits for all family members, a blanket and cups, plates and silverware for a picnic. Now, if we find we have some unexpected free time, we can go to the beach or pool, or have a picnic by just picking up some sandwich supplies from the closest grocery store!” — via e-mail

• You can use a clean paper milk carton to pour batter for pancakes. The spout makes it easy to pour and reduces splatter.

• “I got tired of always looking for the dustpan, and so I put a magnet on the back of it. It sticks right on the side of the fridge, right next to the broom.” — L.M. in Kentucky

• Avoid eye strain by making sure your computer monitor is in the correct position. It should be placed directly in front of you, at least an arm’s length away. If you have trouble seeing the screen, you can adjust the resolution to make the screen items bigger.

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

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Daily Productive Cough Causes Patient To Wonder About COPD

DEAR DR. ROACH: I decided to practice using an inhalation spirometer, partly because I have a daily productive cough (small amounts three to four times a day). I smoked a pack of filtered cigarettes a day from ages 17-29. I smoke marijuana now.

My scoliosis is quite complex and has taken over 4 inches off my height. But at age 75, I volunteer as a stable hand for 6-8 hours a week, and they say that I'm the hardest-working volunteer! I'm lean and fit.

I do three inhalation tests in a row, and it's always 2,400 mL. Do I have chronic obstructive pulmonary disease (COPD), and should I report this to my primary care physician? He doesn't know about my current marijuana consumption. — C.R.

ANSWER: The diagnosis of COPD is made based on symptoms (usually shortness of breath, cough, and sputum production); frequent exacerbations of breathing troubles; and abnormalities on breathing tests (or if there's no other explanation). Your history of smoking tobacco and cannabis are compatible with a diagnosis of COPD, but you'd need pulmonary function testing in a lab.

The device that you have (which I think is an incentive spirometer) is very helpful for expanding the lungs, and it's especially used after surgery. But the number doesn't tell me a lot about your lung function.

The problem with COPD is that breathing gets obstructed, and although obstruction occurs with both inspiration and exhalation, it's mostly when a person breathes out that symptoms occur.

Some people have cough or sputum production without having any trouble breathing. This is most compatible with chronic bronchitis, which is one of the most common presentations of COPD; the other is emphysema.

Scoliosis, which is curvature of the spine, can cause a completely different lung disease called restrictive disease. With restrictive diseases, it's not airflow that's the primary problem; it's the lung volume. With severe chest-wall deformities like scoliosis and kyphosis (when the spine is bent forward, sometimes called a "dowager's hump"), the lungs can't expand fully.

I'd discuss your lung symptoms with your physician, who'll consider sending you in for pulmonary function tests. These tests will tell you whether you have an obstructive disease, like COPD, or a restrictive disease. You should tell your doctor about your cannabis use; he should know and be professional about it.

If you do have COPD, I recommend against smoking cannabis. Although the evidence isn't as strong that smoking cannabis causes COPD the way that smoking tobacco does, I still recommend against it in people with lung disease. If you want to use cannabis, take a gummy, since this doesn't potentially harm your lungs the way that smoking does.

DEAR DR. ROACH: I've noticed that when I wipe the cap of my glass water bottle, there's a dark gray or black material inside the cap after I've refilled it. Is this mold? Should I stop refilling the water bottle? — D.D.

ANSWER: The cap of your glass water bottle is made from aluminum. When you open and close the cap, the aluminum metal is exposed to air, where it reacts with oxygen to form aluminum oxide. This is the black material that you're wiping off the cap. Aluminum oxide is inert and passes through the body, so you don't need to worry about it.

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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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



Prepare a Summer-Style Blueberry Pie



Fresh blueberries peak at this time of year, so it's time to make good use of them. Not only are they versatile and delicious, but they are nutritional stand-outs due to being high in antioxidants.

Pick your own, or purchase a basket at the market and start thinking with your kids of all the ways that you can enjoy blueberries from morning until night. Sprinkle them on cereal, toss them in a muffin batter, or create smiley faces on top of pancakes and waffles for happy faces! (Nemizes them in, Combine them in a fruit salad for lunch, eat a handful for an afternoon snack, or stir them into yogurt fruit pops.

As a sweet finale to any summer day, enjoy my family's favorite blueberry pie! The uncooked berries in the recipe, combined with lemon juice and zest create a zingy, fresh flavor. This recipe is very easy to prepare at the last minute with your kids when friends come by, or when you want to bring a crowd-pleasing summer dessert to a potluck picnic. You simply prepare the blueberry filling on the stovetop and pour it into a prepared pie crust. Chill, and it's ready to serve!

I top each slice with a dollop of fresh whipped cream, or I serve a scoop of vanilla ice cream on the side. Yum! It's like a taste of summer.



EASY FRESH BLUEBERRY PIE

Makes 1 pie

- 4 cups fresh blueberries, rinsed and stems removed (Let kids go through them to pick out any crushed or overripe berries.)
- 3/4 cup sugar
- 1/2 cup water
- 3 tablespoons cornstarch
- Pinch of salt
- 1 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon grated lemon zest (optional)
- 1 (9-inch) pie crust, baked
- In a medium saucepan, gently stir together 2 cups blueberries, sugar, water, cornstarch, salt and lemon zest. Bring to a boil, reduce heat, and stir constantly until thick and clear. It'll be a luscious dark-purple color.



Stir in lemon juice and zest, then gently fold in the rest of the blueberries. Cook slightly. Pour the thick filling into the pie shell. Let set or chill before serving. Serve with whipped cream or vanilla ice cream.

Donna Erickson creates relationships and community through food and fun.

Find more to nourish and delight you at www.donnaerickson.com.



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King Crossword

ACROSS

- 1 Efron of "Parkland"
4 "For — the Bell Tolls"
8 Maui's — Highway
12 Rock's Brian
13 Continental coin
14 Petri dish gel
15 Scrape (out)
16 Shakable paperweight
18 Egypt's Anwar
20 Quibble
21 Composer Bartok
24 Informative
28 Hall & Oates ballad of 1976
32 Scarce
33 Galley item
34 Must, casually
36 Plant seeds
37 Radar dot
39 "Gems" found on a beach
41 "Bye!"

- 43 Poetry contest
44 Vat
46 Foolish
50 Scott Evil actor in the Austin Powers films
55 Blue bird
56 Saab model
57 Nest egg choices
58 Broad st.
59 Wee songbird
60 Lacking slack
61 Wine choice

DOWN

- 1 Dazzling duo?
2 "Diana" singer
3 Not single-sex
4 Locale in "The Great Gatsby"
5 Attila, e.g.
6 Acapulco gold
7 Cut, as a lawn
8 Summer top
9 Previously
10 Collar
11 Common verb
17 Tonic's mixer
19 Six-pack muscles
22 Novelist Anita
23 Poker pot starters
25 "That — close one!"
26 "No seats" signs
27 Evergreens
28 Weeps
29 Robust
30 Buffalo's lake
31 List-ending abbr.
35 Not for
38 Large constrictor
40 Run after K
42 Summer mo.
45 Telly watcher
47 Slightly open
48 Cathedral area
49 Kept tabs on
50 Cutting tool
51 Chariot trailer
52 Three, in Rome
53 Notable time
54 Vichy water

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