



Week 28 ~ Edition 26

Why We Still Love Main Street

"It's not the biggest stores that make a town special—it's the people behind the counters."

There is something comforting about walking into a local business where someone greets you by name, remembers your favorite order, or asks how your family is doing.

Those little moments aren't just good customer service—they're what build communities.

Every purchase made at a locally owned business helps support neighbors, local jobs, youth sports, community events, and hometown dreams.

Small businesses aren't just places to shop—they're run by people who coach Little League, volunteer at fundraisers, donate raffle prizes, and sponsor local events.

(Continue on page 2)

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(Cont. from page 1: Why We Still Love Main Street)

While online shopping may be convenient, there's something special about finding a unique gift, sharing a laugh with a familiar face, or discovering something unexpected in a hometown store.

Main Street isn't just a place.
It's where communities happen.

This week, take a stroll through your downtown, stop in somewhere you've never visited before, and say hello. You might find your new favorite place—and you'll be helping keep our hometown strong.

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.

	+		-		= 7			
+		+		+				
	+		×		= 42			
-		÷		×				
	+		×		= 72			
=		=		=				
3		13		45				
1	2	3	4	5	6	7	8	9

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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cabinet is wider. 2. Apron is different. 3. Hair is different. 4. Arm is moved. 5. Curtain is missing. 6. Broom is different.

Salome's



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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• On **July 27, 1981**, 6-year-old Adam Walsh was abducted from a shopping mall in Hollywood, Florida, and later found murdered. Afterward, his father, John Walsh, became an impassioned victims' rights activist and host of the television show "America's Most Wanted." In 2008, the Hollywood police announced that the case against confessed killer Ottis Elwood Toole was strong enough to close the investigation into Adam's death. Toole had died 12 years earlier.

• On **July 28, 1942**, Soviet Union premier Josef Stalin issued Order No. 227, aka the "Not one step backward" order, following German advances into Russian territory. The order stipulated that "panic makers and cowards must be liquidated on the spot. Not one step backward without orders from higher headquarters! Commanders ... who abandon a position without an order from higher headquarters are traitors to the Motherland."

• On **July 29, 1862**, Marie Isabella "Belle" Boyd was arrested for the first time by Union troops and held at the Old Capitol Prison in Washington, D.C. A skilled though teenage spy who provided vital information to the Confederate army during the Civil War, she eventually parlayed her experiences into a book and acting career.

• On **July 30, 1956**, two years after urging insertion of the phrase "under God" into the Pledge of Allegiance, President Dwight Eisenhower signed a law officially declaring "In God We Trust" to be America's official motto.

• On **July 31, 1964**, the unmanned U.S. lunar probe Ranger 7 took 4,308 close-up images of the moon before impacting with its surface northwest of the Sea of Clouds. The pictures were 1,000 times as clear as anything previously viewed through telescopes on Earth.

• On **Aug. 1, 1782**, Caroline Herschel discovered a comet after viewing it through a telescope — the first such discovery credited to a woman. Her brother, astronomer William Herschel, had discovered Uranus the year before. The first professional female astronomer, she would go on to discover seven more comets in 11 years.

• On **Aug. 2, 1992**, Jackie Joyner-Kersey became the first woman ever to win two consecutive Olympic gold medals in the heptathlon.

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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. Shout approval	C _ _ _ _ _	Gossamer	S _ _ _ _ _
2. Took illegally	_ _ _ O _ _	Good taste	_ _ _ Y _ _
3. Of the mind	_ _ _ _ T _ _	Tedious	_ _ _ _ I _ _
4. Nipped by a bee	_ _ _ _ _ G	Allotted period	_ _ _ _ _ T
5. San _ _ _	_ _ _ E _ _	Australian canine	_ _ _ N _ _
6. Warehouse platform	P _ _ _ _ _	Billfold	W _ _ _ _ _
7. Scribble	_ _ C _ _ _	Spread out	_ _ P _ _ _
8. No. Dakota city	F _ _ _ _ _	Truck's load	C _ _ _ _ _
9. Confess	_ _ _ P _ _	Hold a grudge	_ _ _ S _ _
10. June celebrity	_ _ _ _ D _	Saltwater	_ _ _ _ N _

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Americanisms



"I don't have pet peeves like some people. I have whole kennels of irritation."

— Whoopi Goldberg

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Strange BUT TRUE

By Lucie Winborne



Alcatraz, and includes a 1.5-mile swim to San Francisco, an 18-mile bike ride and an 8-mile run.



In the seventh century B.C., the North African Berbers played a soccer-like game as a fertility rite.



Iceland had a cat reality show called — wait for it — “Keeping Up With the Kattarsians,” in which four lucky kittens lived together in a furnished house and were filmed around the clock.

65%

Minority children make up 65% of all non-family abductions.



Some police forces purposely assign at least one woman to their SWAT teams so their male counterparts will have a “den mother” to counteract some of the men’s more violent tendencies.



The first arrest resulting from an emergency call occurred on July 8, 1937, at 4:20 a.m., when the wife of John Stanley Beard dialed 999 to report a burglar, Thomas Duffy, outside her home in England.



It is illegal to ride an ugly horse in Wilbur, Washington.



Of the roughly 300 million tons of plastic produced each year, half consists of single-use items.



In France, citizens are automatically registered to vote when they turn 18 years old.



Over the course of several decades, African American blues musician Daryl Davis made a point of befriending KKK members and questioning them about their beliefs. As of 2017, 200 of those Klansmen had given up their robes as a result.



People who worked at soda fountains were called soda jerks due to the classic jerking motion they used to pump soda water.

“Thought for the Day: “It takes a moment to tell someone you love them, but it takes a lifetime to prove it.” — Erich Fromm”

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FLASH BACK!

POP ROCK & SOUL TRIVIA

BY MICK HARPER



★ ANSWERS ★

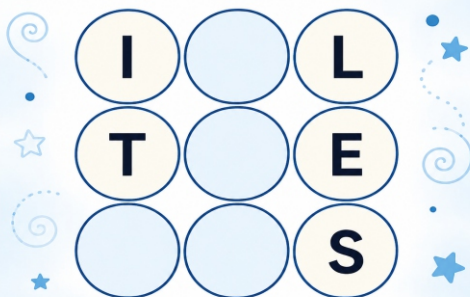
- 1 Name the artist that released “If I Could Turn Back Time.”
- 2 Which group started out as the American Breed?
- 3 Who wrote and released “Puff, The Magic Dragon”?
- 4 “Up, Up and Away” was used for which company’s television commercial?
- 5 Name the song that contains this lyric: “Time, time, time, see what’s become of me, While I looked around for my possibilities.”

- 1 **Cher, in 1989.** The video for the song was recorded on the USS Missouri. The Navy had expected Cher to perform wearing a jumpsuit, as that was what had been presented to them. Instead, she came out in a fishnet outfit.
- 2 **Rufus.** They’ve also been known as Smoke, Ask Rufus and Rufus with Chaka Khan.
- 3 **Peter Yarrow,** of Peter, Paul and Mary. He based it on a 1959 poem by a college student, Leonard Lipton. When the song received royalties, Yarrow made sure Lipton got half of them, which he did until Lipton’s death in 2022.
- 4 **Trans World Airlines (TWA),** in 1968, with slightly changed lyrics.
- 5 **“A Hazy Shade of Winter,”** by Simon and Garfunkel, in 1966. In 1987, the Bangles released a cover that was used in the soundtrack of “Less Than Zero.”



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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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STICKELERS

by Terry Stickels

What is the next letter in the following sequence? If it helps, this letter concludes the sequence.

E c N e U q E 2

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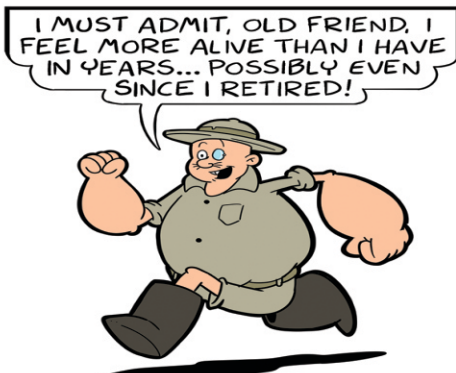
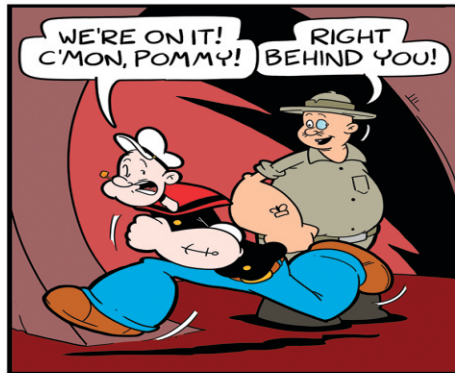


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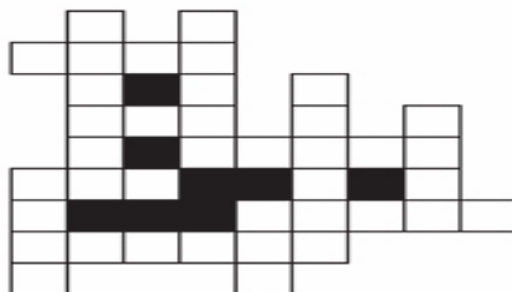
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FEAR & KNIGHT

By: rj johnson

DOUBT? ...OR DARE!

EOJ
APEKYD
♥ ASKET
KAOR
DISOAR
♥ ITP
RJKE
♥ UPEQI
♥ EDO
SUTRUA
PLUJE
♥ EPAS



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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Trivia test

by Fifi Rodriguez

1. MOVIES: Which 1997 film features a villain named Dr. Evil?
2. HISTORY: When was the Declaration of Independence officially signed?
3. GEOGRAPHY: The country of Eritrea is located on which continent?
4. TELEVISION: Which 1980s-90s sitcom includes a neighbor named Winnie Cooper?
5. U.S. CITIES: Which city is home to the Mall of America, the largest mall in the United States?
6. ANATOMY: What is the largest muscle in the human body?
7. SCIENCE: How much of Earth's water is saltwater?
8. MEASUREMENTS: How many ounces is 3/4 of a cup?
9. ANIMAL KINGDOM: What is a baby goose called?
10. MUSIC: When was Taylor Swift's first album released?

Answers

1. "Austin Powers: International Man of Mystery."
2. Signed on Aug. 2, 1776. Adopted by the Second Continental Congress on July 4, 1776.
3. Africa.
4. "The Wonder Years."
5. Bloomington, Minnesota.
6. Gluteus maximus.
7. About 97%.
8. 6 ounces.
9. A gosling.
10. 2006.

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SUMMER *Safety Tips*

Stay Safe While Enjoying the Sunshine!

BE PREPARED

BE AWARE

BE SAFE



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
- Nausea
- Headache
- 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?

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DIVAS ON A DIME

By Patti Diamond



The Most Underrated Bargain in the Grocery Store

Every grocery store has an aisle filled with ingredients people buy without thinking. Flour. Rice. Pasta. Oats. Then there's the one ingredient many shoppers pass week after week because they're not quite sure what to do with it. That's polenta. And it might be one of the best bargains in the store.

Polenta isn't fancy. In fact, it's one of the oldest comfort foods around. It's simply coarse cornmeal slowly cooked until creamy, but don't let its humble beginnings fool you.

You see, polenta has a marketing problem. It sounds fancy pants, so shoppers assume it's difficult or expensive. In reality, it's just cornmeal wearing its Italian name tag.

If you're wondering whether polenta is just fancy grits, the answer is ... sort of. They're close cousins. Polenta is usually made from yellow corn and has a heartier texture, while grits are made from white corn and cook up a bit smoother.

A single bag costs just a few dollars yet makes many generous servings. Because its flavor is mild, it happily soaks up whatever you pair it with. A spoonful of butter and Parmesan turns it into comfort food. Top it with hearty meat sauce, roasted vegetables, braised meats, mushrooms or today's Italian sausage and peppers, and suddenly an inexpensive

pantry staple becomes dinner worthy of a cozy Italian restaurant.

The leftovers are where polenta really shines. Once chilled, it's firm enough to slice. Pan-fry the slices until golden, grill them alongside burgers or chicken, or tuck them beneath a fried egg for breakfast.

If you're pressed for time, fully cooked tube polenta is a handy shortcut. Just don't let convenience empty your wallet. Making it from scratch takes only about 20 minutes and costs a fraction of the price.

CREAMY POLENTA

Yield: 4-6 servings
Total Time: 25 mins.

2 cups water
2 cups whole milk
½ teaspoon salt
1 1/3 cups cornmeal
1 tablespoon butter
4 ounces cream cheese, cubed
1/2 cup grated Parmesan cheese



Creamy polenta provides the perfect bed for savory Italian sausage, peppers and onions.

In a large saucepan, bring the water, milk and salt to a boil, then reduce heat to low. Add the cornmeal in a steady stream, whisking to avoid lumps. Keep stirring on low heat until thickened, about 15 minutes. Switch to a wooden spoon and add the butter, cream cheese and Parmesan. Keep stirring. You can tell it's done when it pulls away from the sides of the pot. Serve immediately.

pulls away from the sides of the pot. Serve immediately.

ITALIAN SAUSAGE & PEPPERS WITH POLENTA



Yield: 4-6 servings
Total Time: 30 mins.

1 1/2 tablespoons olive oil, divided
1 pound Italian sausage links
1 large yellow onion, chopped
1 red bell pepper, chopped
2 medium zucchinis, sliced
1 teaspoon fresh garlic, minced
1 (15 oz.) can fire-roasted crushed tomatoes
1 teaspoon Italian seasoning

In a large skillet, heat 1/2 tablespoon olive oil and brown the sausages. They will cook more later, so they don't need to cook completely now. Set aside and keep warm.

In the same skillet, add remaining oil and saute the onion until softened. Add the bell pepper and zucchini, continuing to cook until both are mostly cooked through. Add the garlic and stir to combine, followed by the tomatoes and Italian seasoning. Let this come to a simmer and return the sausage links to the skillet and let this cook for 10 minutes to marry the flavors and finish the sausages. Serve over polenta.



Sometimes the smartest grocery bargains are the humble, old-fashioned ingredients patiently waiting on the shelf for someone new to discover them.

★★★

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

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Also known as “tickseed” or “pot-of-gold,” coreopsis is easy to grow. Sprinkle the seeds over a prepared area of soil in a very sunny location, and cover lightly with soil. Keep this area watered until the seeds germinate in about 3 weeks. This plant tolerates heat, humidity, and drought. It is well suited to beds, borders, and containers. Not only do bees and butterflies love its nectar, but also birds like goldfinches love its seeds. – Brenda Weaver

Sources: linnet.geog.ubc.ca, www.gardeningknowhow.com, almanac.com

Coreopsis



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SENIOR NEWS LINE

by Matilda Charles

Avoiding Covid ... still

“It’s gone! There is no more Covid!”
“It’s completely gone!”

Well, no.

I heard this exchange in the store today and had to step in. I’m probably the only one who is still, after six years, tracking local cases of Covid on a weekly basis. And the truth, as I explained to the two ladies in the store, is that Covid is still out there.

As of this writing, Covid is launching again in three states, declining in 34 states, and remaining the same in 12 states, while actually circulating to some degree in all 50 states.

It’s not likely that a worldwide pandemic will explode again like it did in 2020. After all, so many people have taken the vaccines and still have a tiny bit of immunity left over from that.

The keyword there, however, is tiny. And that immunity is waning more by the month.

In other words, it is possible to get Covid now, despite prior shots and despite there not being a huge number of cases at the moment. It’s summer, people are traveling and the three states with the growing number of cases are tourist hotspots.

While we don’t need to monitor our potential exposure every single minute like we did when Covid was raging around the world, we do need to acknowledge that over 800,000 seniors died of Covid — and take care of ourselves.

Some steps:

Identify which stores are likely to have test kits in stock should you need to replenish your supply.

Wear a mask if you’re going to be in a crowd.

Ask your doctor whether you should have a booster.

Wash your hands and use hand sanitizer.

According to WHO (the World Health Organization), in the past four weeks there have been 246 Covid deaths around the world; 202 of them were here in the United States.

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Five Spot™

Current Events

F	L	U	I	D

A state of matter

In command of one’s wits

Provided a hint

Sticker

Tidy

Clooney movie role

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

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02648



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★ MAIN STREET ★ WORD OF THE Week



CURIOUS

(kyoo-REE-uhs) • adjective

★ MEANING:

Eager to learn or know something; interested in discovering more.



“ USE IT:

The **curious** kitten climbed onto the shelf to explore the new box.”

DID YOU KNOW?

Cats are naturally curious creatures! They use their curiosity to explore their surroundings and learn about the world. 

THIS WEEK'S CHALLENGE



Ask one “**curious**” question each day this week. You might learn something new or discover something **amazing**! 

BRAIN TEASER!

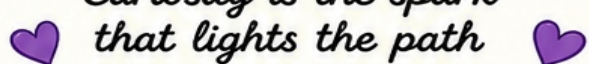


Unscramble the letters to reveal this week's word! 

I U C S R O

SMILE OF THE WEEK



Curiosity is the spark that lights the path to great discoveries. 

 KEEP LEARNING. KEEP SMILING. KEEP IT LOCAL!



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-  Dino Dispensary (Dinosaur)
-  Xvertuz (Dinosaur)
-  Yampa Valley Fiber Works (Craig)

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DID YOU KNOW?

★ About Our State ★

COLORADO



1 HIGHEST AVERAGE ELEVATION IN THE U.S.

Every part of Colorado sits at least **3,315 feet** above sea level, earning it the nickname "The Highest State." The average elevation is around **6,800 feet!**



2 HOME TO THE CONTINENTAL DIVIDE

The Continental Divide runs through the Rocky Mountains in Colorado. Rain falling on one side eventually flows to the Pacific Ocean, while rain on the other side makes its way to the Atlantic Ocean or Gulf of Mexico.



3 FOUR NATIONAL PARKS

Colorado is home to four incredible national parks:

- Rocky Mountain National Park
- Mesa Verde National Park
- Great Sand Dunes National Park
- Black Canyon of the Gunnison National Park



4 MORE THAN 50 FOURTEENERS

Colorado has 58 mountain peaks over 14,000 feet above sea level—known as "Fourteeners." They're a bucket-list challenge for hikers around the world!



5 MORE THAN 300 DAYS OF SUNSHINE

Colorado enjoys over **300** sunny days each year, making it a favorite destination for outdoor adventures in every season.



6 Fun Fact!

The cheeseburger is said to have received its trademark in **Denver** in 1935!



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

MINI SUDOKU

		6			
			4	1	
4	6		1		
6		3	5		
	5			3	

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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WORD SPIRAL

I		L
T		E
		S

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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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

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

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

ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIZ BSF TXJNNFST HPPE

BU TDIPPM QSPKFDUT?

UIFZ EJWF SJHIU JO.

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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	10	11	12	13
A	B	C	D	E	F	G	H	I	J	L	M
14	15	16	17	18	19	20	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Z

1 1 20 3 15 18 21 9 19 20 5 5 18 9 19 ! 

2 2 3 15 18 4 5 19 20 1 20 8 . 

3 1 18 5 10 5 19 20 9 14 7 15 22 ! 

4 19 20 9 19 1 3 15 14 7 20 5 . 

BONUS CHALLENGE!



What's the secret word?

5 1 18 18 5

Think, Decode,
and Have
Some Fun! 

Fun Fact

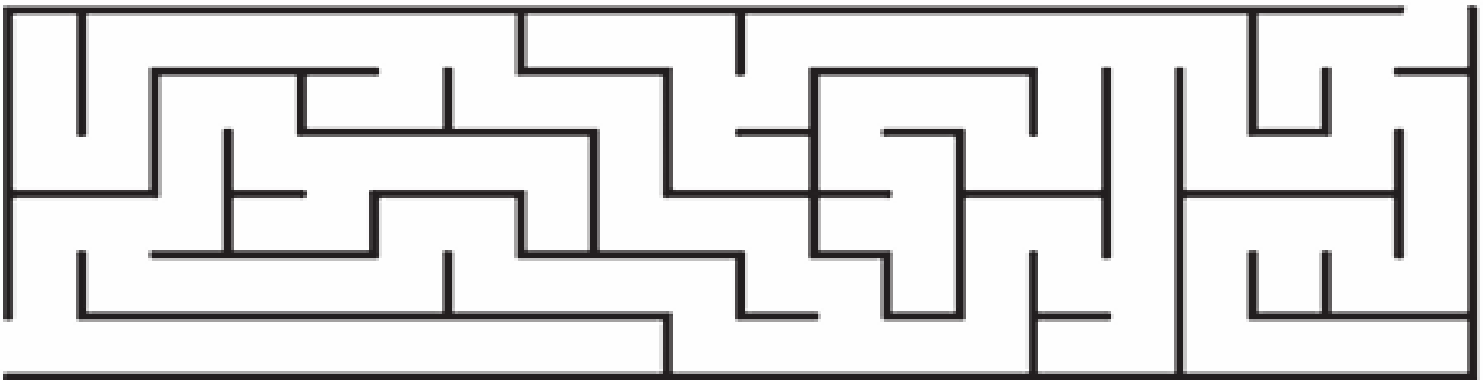
Yakutsk in Siberia, Russia (population 350,000) is known as the world's **coldest city**, and the largest built on **permafrost**.

The average winter temperatures easily plummet to **-41° F**. The ground remains **frozen** year-round. Cars are kept running **non-stop** in the winter, as the oil and fuel can **freeze** solid if the vehicle is turned off.

Sources:
en.wikipedia.org,
worldpopulationreview.com



Kids' Maze



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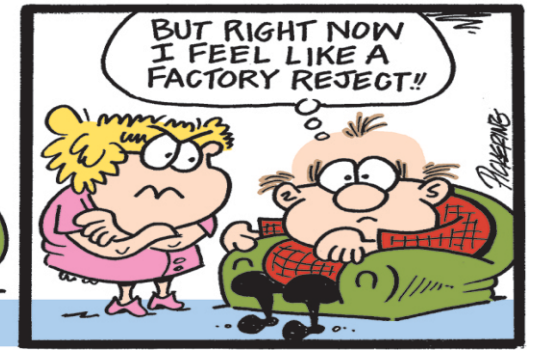
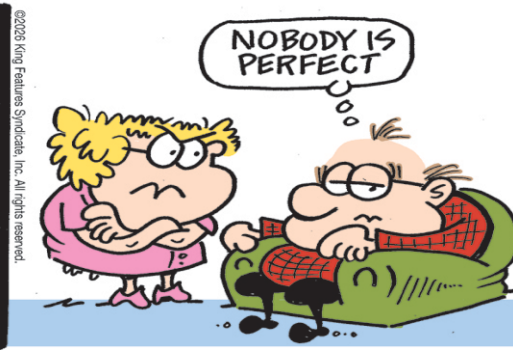
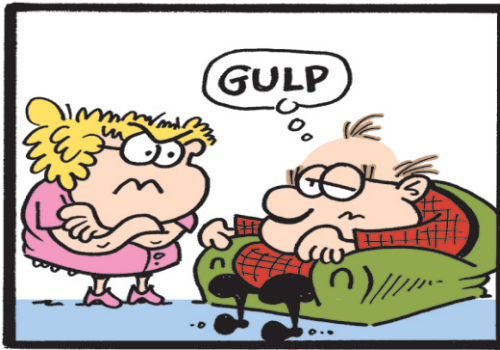
Out on a Limb



ON SECOND THOUGHT...

by Gary Kopervas





Wishing Well®

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

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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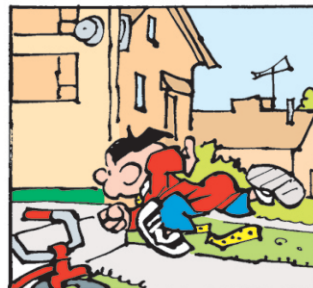
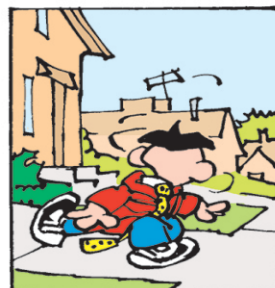
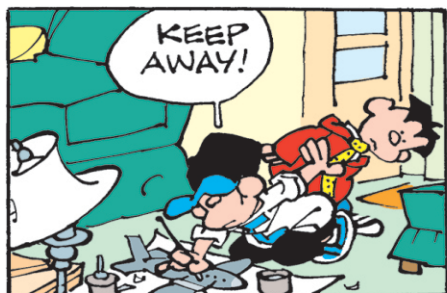
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TIGER

by BUD BLAKE





BEAT THE HEAT & PREVENT WILDFIRES

STAY COOL, STAY SAFE! **ONE SPARK CAN CHANGE EVERYTHING.**

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!

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!

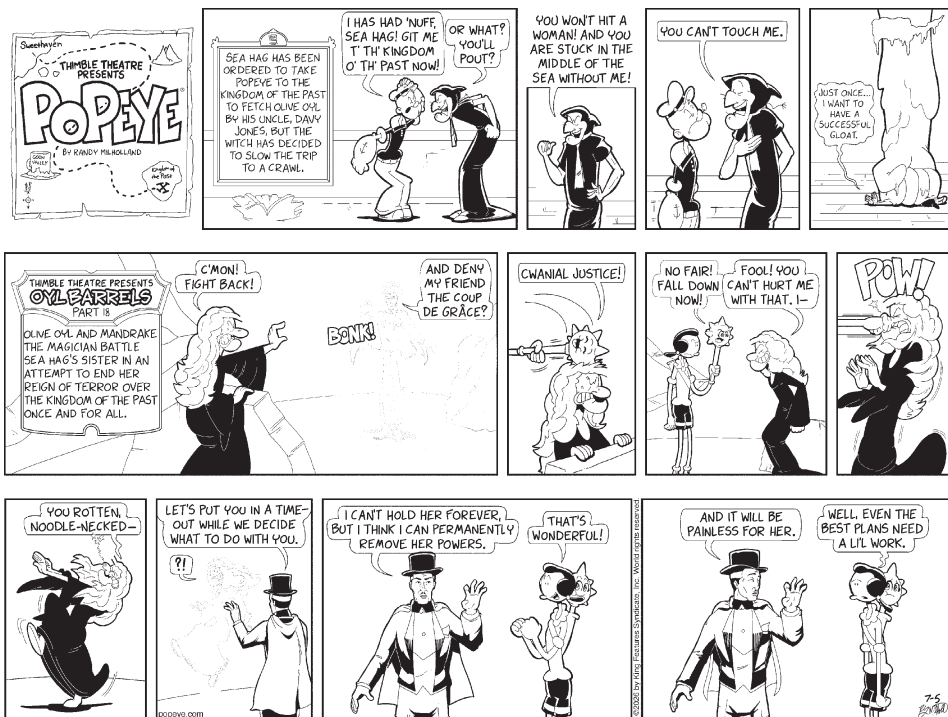
Sports QUIZ

by Ryan A. Berenz

- On Jan. 9, 2010, which Detroit Pistons player scored the 10-millionth point in NBA history?
- Which two figure skaters appeared together on a February 1998 FOX TV special titled "Breaking the Ice: The Women of '94 Revisited"?
- In 2024, endurance runner and activist Deo Kato completed a 518-day, 7,730-mile trek between which two cities?
- Which stadium was home to the American Football League's San Diego Chargers from 1961 to 1966?
- In December 1982, which team upset the No. 1 ranked Virginia Cavaliers, 77-72, in a college basketball game in Honolulu?
- Name the West German boxer who was knocked out by Muhammad Ali in the seventh round of a 1971 non-title fight in Zurich, Switzerland.
- Which Dallas Mavericks star scored the first 60-20 triple double in NBA history when he recorded 60-21-10 against the New York Knicks in 2022?

ANSWERS

- Ben Gordon.
- Nancy Kerrigan and Tonya Harding.
- Cape Town, South Africa, to London, England.
- Balboa Stadium.
- The Chaminade Silver-swords.
- Jurgen Blin.
- Luka Doncic.



TOY BOX Memories

NEW WEEKLY SERIES!

THIS WEEK:

The Story Behind LEGO®

"Building imagination, one brick at a time."

The LEGO Group was founded in 1932 in Billund, Denmark, by Ole Kirk Christiansen, a carpenter with a passion for creating high-quality wooden toys. The name "LEGO" comes from the Danish phrase "leg godt," which means "play well."

In 1949, LEGO introduced its first plastic building bricks—but it was in 1958 that the modern LEGO brick we know today was born, with the unique interlocking design that made endless creativity possible.

From castles and space ships to cities and race cars, LEGO bricks have inspired builders of all ages for generations. No matter how much time passes, one thing never changes—the joy of building something amazing!



Still Inspiring Builders of All Ages!

OVER THE DECADES, LEGO HAS:

- Become one of the world's best-selling toys.
- Inspired movies, TV shows, video games, and theme parks.
- Encouraged STEM learning, creativity, and problem-solving.
- Remained a family favorite for more than 90 years!

Whether you're following instructions or building freestyle, LEGO lets your imagination take the lead. It's more than a toy—it's a world of endless possibilities!

Today, LEGO bricks are sold in more than 130 countries worldwide, bringing people together through the **power of play and creativity.**

DID YOU KNOW?

There are more LEGO minifigures in the world than there are people!



TOY TRIVIA!

Q: What was the name of the first LEGO theme that featured space exploration?

Answer: 1978

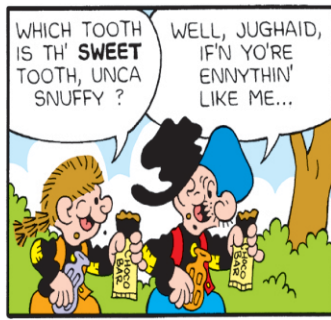
MEMORY LANE

Did you have LEGO bricks when you were a kid? What did you build? Share your memories with us!



★ OLD TOYS. BIG MEMORIES. NEW GENERATIONS.

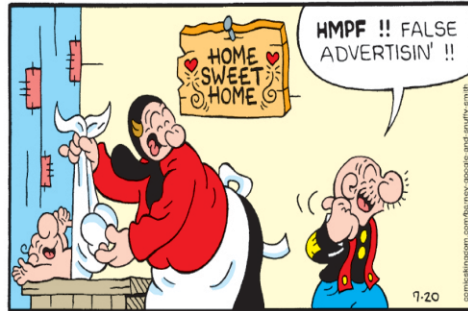
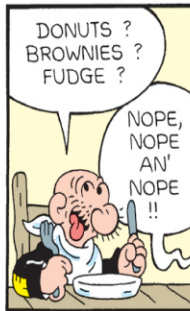
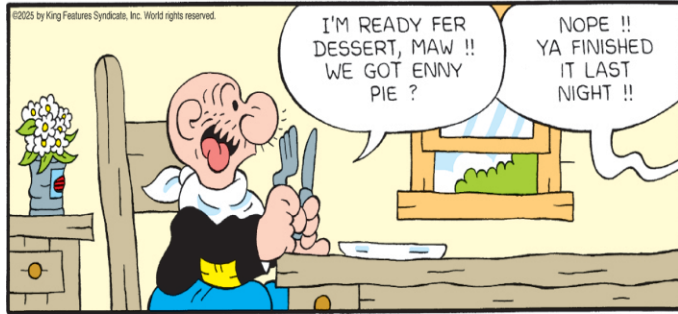
See you next week for another toy from the past!



top 10 movies

1. **Minions & Monsters**
(PG) Pierre Coffin, Trey Parker
2. **Toy Story 5**
(PG) Tom Hanks, Tim Allen
3. **Young Washington**
(PG-13) William Franklyn-Miller, Mary-Louise Parker
4. **Supergirl**
(PG-13) Milly Alcock, David Corenswet
5. **Disclosure Day**
(PG-13) Emily Blunt, Josh O'Connor
6. **Obsession**
(R) Michael Johnston, Inde Navarrette
7. **Backrooms**
(R) Chiwetel Ejiofor, Renate Reinsve
8. **Jackass: Best and Last**
(R) Johnny Knoxville, Steve-O
9. **Scary Movie**
(R) Marlon Wayans, Shawn Wayans
10. **The Invite**
(R) Seth Rogen, Olivia Wilde

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Classic Maze Toons



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Page 16



Tips for hiking with your pet

DEAR PAW'S CORNER: How do I know if my 18-month-old dog is ready to tackle a moderate to difficult hike? I'd like to take "Tab" along on a hike in the White Mountains this summer. — Jack T. in Boston

DEAR JACK: Every dog is different, even energetic dogs that love to be outdoors. Plus, there are other factors to consider before taking your dog on a hike.

Energy level: Is your dog an outdoorsy type who loves to romp and play? Does he already take long walks with you (2 to 3 miles)?

Training: Does your dog respond well to commands? Importantly, does he come immediately when called? Is he well-trained to the leash or does he tug on it?

Socialization: How does your dog react around other dogs — especially strange ones — and people? If he's calm and friendly, that's a great sign. If he's defensive, reactive or aggressive, that's not good.

Health: Does your dog have any known health issues? Does he take medication regularly?

Tab sounds like a young, healthy dog, so the last factor may not be a problem at all. But you should evaluate his training, socialization and overall fitness before tackling a long, difficult hike.

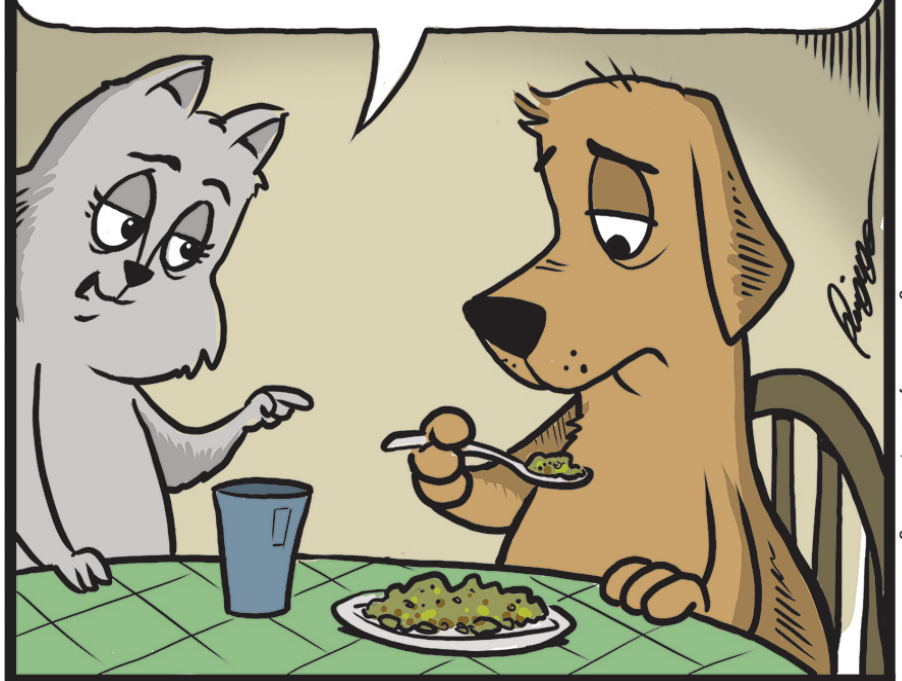
He is at an age where you can start walking him longer distances. Younger dogs have hard limits on how far they can go because their bones are still developing. Start training for the hike by tackling shorter, easy trails in your area. Gradually increase difficulty and distance, and gauge how well he progresses.

Finally, check the rules for bringing dogs on trails in the White Mountains. Most allow them, but always on-leash and under control.

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

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TELL ME WHAT YOU THINK. IT'S MY FRIEND ELMA'S SPECIAL RECIPE. HER LATE HUSBAND ATE IT ALL THE TIME.



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MAGIC MAZE ● A TREE IN THE MIDDLE

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: SMALL UPRIGHT PIANO

Appeared
Bullfighter
Caldera
Clashes

Cloaked
Configure
Firefighter
Grapplers

Legumes
Selma
Spears
Spines

Splashing
Supinely
Trashed

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VETERANS POST

by Freddy Groves

Getting community care

The VA spent over \$36 billion on community care in fiscal year 2025, and it appears to be money well spent.

The expenditures were courtesy of the 2018 MISSION Act, which lets veterans get their care out in the community from non-VA health care providers — with the VA picking up the tab. Added to that in 2025 was the Dole Act (more specifically, the Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act), which lets veterans seek care in the community without frequent medical reviews or permissions from VA medical staff.

It used to be that veterans had to get a new referral every 90 to 180 days to keep getting care out in the community. Now, for 30 categories of care — pulmonary, dermatology, podiatry and endocrinology, as a few examples — new referrals will only be needed once a year.

Veterans in three states in particular benefited from that money: Texas at \$3.3 billion, Florida at \$2.8 billion and California at \$2.1 billion.

If you've already been getting community care, find out from the community care office at your VA medical facility where in the permission and referral cycle you are so you know in advance when the next one will be required. Since most of the medical categories will only need a yearly referral, get your schedule in writing so there isn't a problem at the last minute with an expired authorization.

If you need medical treatment that the VA doesn't provide, or if the wait times at your local VA hospital are too long, or if the driving time to your VA hospital is too long, you might qualify for community care. To get specifics, call the community care office for an initial referral. If you already have a community care provider in mind, find out whether they are part of the VA network before you get care from them to be certain the VA will pay for it.

To learn more about getting medical care in your own community, go to department.va.gov/hva/community-care.



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and continue to serve
our communities.*



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★ ★ ★
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	Navy
	Marines
	Coast Guard
	Airforce
	National Guard
	Space Force

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Weekly SUDOKU

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 3-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!

Exempt

UNMIME

Bitter

CARDI

Accept

TOPAD

Grove

SOFTER

TODAY'S WORD



"It must be an exciting game — you just took a bite out of the _____!"

Peachblow Glass

For art glass collectors, a peachblow vase can be as much of a treat as a perfectly ripe peach at the peak of its season. Peachblow is one of the many types of two-tone art glass popular in the late Victorian era. The shaded glass craze began with Anberina, shading from amber to ruby, patented in 1883. Burmese glass, shading from pink to yellow, was registered in 1885.

In 1886, tonal pink shades came into vogue, thanks to the sale of a famous antique Chinese ceramic vase, today called the Morgan vase, with a mottled pink glaze described as “peachblow” or “peach bloom.” By then, many manufacturers had already perfected suitable opaque two-tone pink glass, so they capitalized on the vase’s fame with names like “Peachblow” (or “Peach Blow”), “Peach Bloom,” and “Peach Skin.” The exact colors and glassmaking techniques varied among companies; for example, the Peachblow glass by Hobbs, Brockunier & Company had an outer layer shaded from red to amber and a creamy opaque lining, while Mt. Washington Glass Company used the name for a single-layer glass shaded from pink to pale blue.

The vase pictured here, made by the English company Thomas Webb & Sons, is shaded from red to peach. It sold for \$163 at Forsythe’s Auctions. Like many pieces of peachblow glass, it has a satin finish; a velvety texture, perhaps reminiscent of a real peach’s skin, created with an acid vapor treatment.



When it comes to decorations on Victorian art glass, more is always better. This vase by Thomas Webb & Sons has the shaded peachblow, a satin finish, and gold flowers and butterflies.

imported. I have two questions: 1. Does the late 1960s fall within that date? 2. Is there a way to get an appraisal value?

A: International trade in elephant ivory was banned by the Convention on International Trade in Endangered Species (CITES) in 1989. It is legal to own ivory that was imported before then. Ivory chess sets like yours have been made in India for hundreds of years. We have seen sets from the mid-20th century valued at about \$200. Sets from the 19th century can be worth more than a thousand dollars.

To get a more precise appraisal, you may want to look for an antiques dealer in your area or contact an auction house that handles ivory. Look for specialists in Asian art. If you are planning to sell your chess set, transport it across state lines or even give it as a gift, donation, or inheritance, be sure to check both federal and state laws. Federal laws regarding ivory have been updated several times in the last decade. The U.S. Fish & Wildlife Service (fws.gov) will have the latest federal laws.



TIP: When storing dishes, glassware, and textiles, don’t use old newspapers or wrapping. The ink will come off and may leave permanent stains.



CURRENT PRICES

Fenton, Aqua Crest, vase, milk glass, blue ruffled rim, flared, pedestal foot, 11 inches, pair, \$35.

Toy, Ferris wheel, Hy-Lo, six baskets, multicolor, orange center, wood spinner, tin lithograph, Buffalo Toys, early 1900s, 15 1/2 inches, \$265.

Imperial Glass, Free Hand, vase, orange, blue pulled loops, iridescent, flared rim, tapered base, cobalt blue trim and foot, 11 inches, \$780.

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

Q: My father taught Engineering Graphics at Ohio State University during the 1960s and 1970s. One of his favorite students was from India and gifted him a carved ivory chess set sometime in the late 1960s. I know ivory is controversial, but there is a “cut off” date under which it could be



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



Now here's a tip!

by Jo Ann Derson



• **To keep the kids' sight word skills** fresh over the summer, we are playing sight word bingo practically every day now. It was really easy to make and laminate bingo cards. And I use the flash cards we got from school to "call" the words. Bingo is a win-win!



• **Potluck parties and leftovers:** Is there too much food left at the end of the party? When throwing a potluck, make sure you remind your guest to bring some take-home containers. Have them fix a few containers of "sad" supper" fhem in a few corlippy" them in a big cooler by the front door. Hang a few take-out bags on the doorknob and your pals won't forget to take their goodies home!
— M.W. in Florida



• **Kids clamoring about whose turn it is?** No fear. You've got the solution in your desk drawer. Simply write each child's name on a self-stick note, and stack them. The kid on top takes the first turn, and then peels his note off and moves it to the bottom. Easy peasy.



• **Going on a road trip this summer?** Check your tire pressure to save money. Maintaining the correct tire pressure can have a direct effect on how many miles you get to the gallon. It can save you in everyday driving, but it really adds up when traveling longer distances. Check your car's manual for the correct pressure. Or, some cars have a sticker in the door well or glove box with that information.



• **In my house, we love straws.** Because we're into recycling, we make sure to get the most out of each one. Keep a small jar at the sink, where we rinse straws before setting them in the jar to dry. Reuse at will.
— F.O. in Pennsylvania



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

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MINI SUDOKU

		6			
			4	1	
4	6		1		
6		3	5		
	5			3	

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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KNIGHT MOVES

E	R	V
E		S
E	R	P

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.

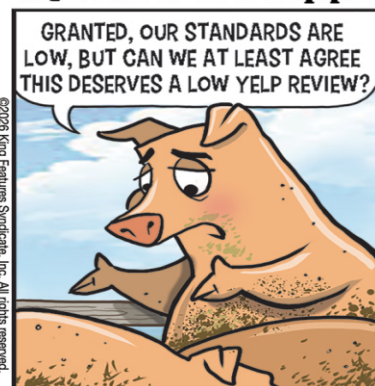
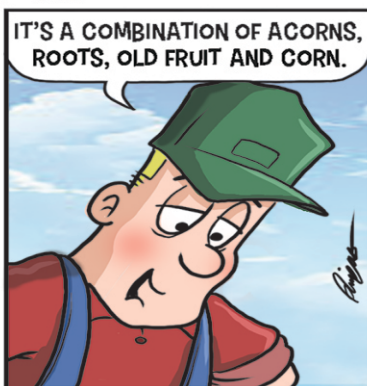
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GRIN and BEAR IT



"Our once-in-a-lifetime offer has been extended!"

Amber Waves



GOT A BUSINESS?

— LET'S GET —
PEOPLE TALKING!



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Man With Hemicrania Continua Requires Indefinite Therapy

DEAR DR. ROACH: My future son-in-law was diagnosed with hemicrania continua several weeks ago by a neurologist and is responding to indomethacin. Could you provide a prognosis for this illness? The internet says that it can take anywhere from weeks to months to years. Is this likely the case? — *M.I.L.*

ANSWER: Hemicrania continua is an unusual type of headache syndrome. It's often misdiagnosed, with 50% of people not receiving a correct diagnosis for eight years. The pain is on one side of the head (hence "hemicrania"), and the pain severity can be high, with over 70% of sufferers describing the pain as "excruciating."

Although the pain can come and go, most people have or develop continuous unrelenting pain (hence the "continua"). In some people, these episodes of continuous pain can last for weeks or months and are followed by a pain-free period. This condition is usually diagnosed and managed by a neurologist.

The bad news for your future son-in-law is that most people have this condition not merely for months or years but for the rest of their lives, so they need indefinite therapy. The good news is that people who respond to indomethacin tend to keep responding to it.

Almost 50% of people were able to decrease their dose of indomethacin — a

potent but somewhat toxic anti-inflammatory drug that can affect the stomach and kidneys. Many people need medicine (such as ranitidine) to protect their stomachs. People who can't tolerate indomethacin have other options such as melatonin, the anti-seizure drug topiramate, or nerve blocks.

DEAR DR. ROACH: I read your recent column on dry age-related macular degeneration (AMD) and the AREDS2 vitamin and mineral supplement. I'm taking a generic version of them, even though my ophthalmologist (who's a board-certified retina specialist) says that mine's in the early stages and that AREDS are only useful in later stages. But he says that there's no harm in taking AREDS before then, and perhaps it'll do some good.

I'm also taking a saffron extract, which appears to be the only thing that clinical studies have found to help during the early stages. I wonder if you have any thoughts on this. — *B.S.*

ANSWER: There was a randomized, controlled trial on saffron for mild to moderate AMD in 2019, and saffron did show modest but statistically significant improvements compared to a placebo. People who took saffron had small improvements with visual acuity (both people who were and weren't taking AREDS supplements benefited from saffron), as well as improvements with sophisticated measurements of retinal activity.

Since there weren't any significant side effects, and there's an added benefit on top of the AREDS supplements, saffron is a reasonable treatment. The dose that was studied was 20 mg per day, and I found it easily available at reasonable prices.

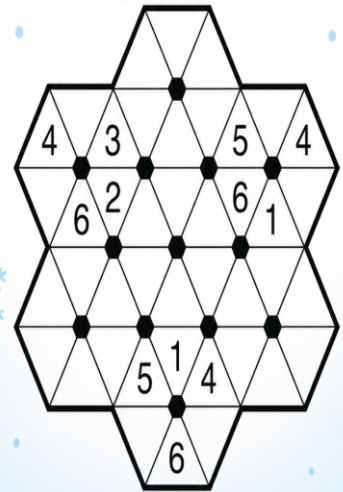
Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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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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Bring Home a Taste of Spain with Healthy No-Cook Gazpacho

Spain is one country that's on our minds with the ongoing 2026 FIFA World Cup, so why not prepare gazpacho for a "Euro Summer" feel at home? Plus, it's so easy to stir up a no-cook meal for your family on a hot July day!

The season's freshest tomatoes, cukes, peppers and onions come together in this satisfying and zesty cold Spanish soup. Let your kids harvest some of the ingredients from your family garden, or choose them in peak condition at a farmer's market. Teach your school-age children basic cutting and chopping techniques. They'll have lots of practice with this recipe!

If you don't mind turning on your oven for a few minutes, top off the soup with whimsical kid-made croutons in fun shapes. Serve it in the fanciest bowl that you normally use for special occasions. **For 4-6 servings**, here's what you'll need:

GAZPACHO

- 2 cups seeded, finely diced plum tomatoes
- 1 cup cored, seeded, finely diced yellow bell peppers
- 1/2 cup peeled, seeded, finely diced cucumbers
- 1/4 to 1/2 cup finely diced celery
- 1/4 cup minced carrots
- 1/4 cup minced celery leaves
- 1/4 cup minced yellow onion

- 2 cups tomato vegetable juice (such as V8)
- 1/2 cup clam juice (optional)
- 2 tablespoons minced chives
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Juice of one lemon
- Salt and pepper to taste



Let your child mix all the ingredients together in a large bowl. Refrigerate for at least 2 hours to chill and enhance the flavor. Scoop into a serving bowl and top with shaped croutons.

SHAPED CROUTONS

- 1 loaf French bread, sliced lengthwise with crust removed
- 3 tablespoons butter or olive oil
- 1 garlic clove, pressed
- 1 tablespoon grated Parmesan cheese (optional)
- Salt and pepper to taste



Make shapes from bread with your favorite mini cookie cutters. Combine melted butter or olive oil with garlic and salt and pepper. Brush on top of cutout bread pieces. Sprinkle with parmesan cheese (optional). Bake in an oven set to 350°F for 10 minutes.

Cook's Tip: Put freezer-safe serving bowls for gazpacho in the freezer before serving!

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 Valley
5 Unruly crowds
9 Dean's list stat
12 Pinnacle
13 Each
14 Science room
15 Show loyalty to
17 Mentalist Geller
18 Green land
19 Critic Roger
21 Finished
24 Love god
25 Parliament-arian
26 Raised children, say
30 Lucy of "Kill Bill"
31 Desert haven
32 Call — day
33 Native of Yerevan
35 Read quickly
36 Mast
37 Bracelet site
38 Pocket breads

- 40 Japanese soup
42 Hindu honorific
43 Street game
48 Pouch
49 Actress Fisher
50 Party cheese
51 "For shame!"
52 Penn or Astin
53 Harvard rival

DOWN

- 1 German article
2 Suitable
3 Floral garland
4 Surpass
5 Bryn —
6 Mayberry boy
7 Automaton, for short
8 Orbs
9 Crafter's adhesive
10 Henry VIII's Catherine
11 Slightly
16 Josh
20 "— voyage!"

- 21 First lady of scat
22 Dark film genre
23 Chicken choice
24 Actress Moran
26 Twosome
27 Botanist Gray
28 List-ending abbr.
29 "Great" dog
31 Jackie's Ari
34 Ecol. watch-dog
35 Stuck-up
37 Request
38 "Hey!"
39 Nest egg choices
40 "— 18" (Uris novel)
41 Optimist's credo
44 Mao — -tung
45 Celestial altar
46 Like Abner
47 Country music's Greenwood



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