



Week 30 ~ Edition 26

Whatever Happened To... Things Kids Today May Never Experience

Every generation has stories that make younger people stop and say, "Wait...you actually did that?" For many of us, childhood looked a lot different than it does today.

While today's kids have smartphones, streaming movies, and instant answers to almost any question, there was a time when entertainment required a little more patience—and a lot more imagination.

Remember when your parents simply told you, "Be home when the streetlights come on," and that was the only rule? Kids spent entire summer days riding bikes, building forts, catching frogs, or playing hide-and-seek until dark. There were no GPS trackers or text messages asking where everyone was every fifteen minutes.

Then there were rotary phones and long telephone cords stretched halfway across the house. If someone else was using the phone, you simply had to wait your turn. And if you called a friend, you hoped their parents didn't answer first!

Friday night was often a trip to the video rental store, where families wandered the aisles searching for the perfect VHS movie.

(Continue on page 2)

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(Continue from Front Cover)

The best movies were usually already rented, and forgetting to rewind the tape before returning it might earn you a friendly reminder—or even a small fee.

Music was another adventure. If your favorite cassette tape became tangled, you didn't throw it away. You grabbed a pencil, carefully wound the tape back inside, and hoped it still played. Somehow, it usually did.

Need directions? You unfolded a giant paper map that never seemed to fold back correctly. Need to settle an argument? You looked it up in an encyclopedia or asked someone older who "just knew."

Even photography was different. You snapped a few pictures, dropped the film off to be developed, and waited days to see whether everyone's eyes were open.

While technology has made life easier in countless ways, there's something special about remembering these everyday moments. They remind us that some of our greatest childhood adventures didn't require batteries, Wi-Fi, or a charging cable—just a little curiosity and a lot of imagination.

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.

	+		-		= 4			
+		+		-				
	-		÷		= 1			
÷		×		÷				
	+		-		= 5			
= 17		= 42		= 1				
1	2	3	4	5	6	7	8	9

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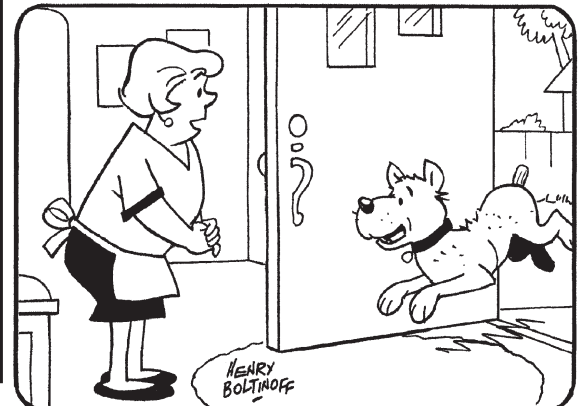
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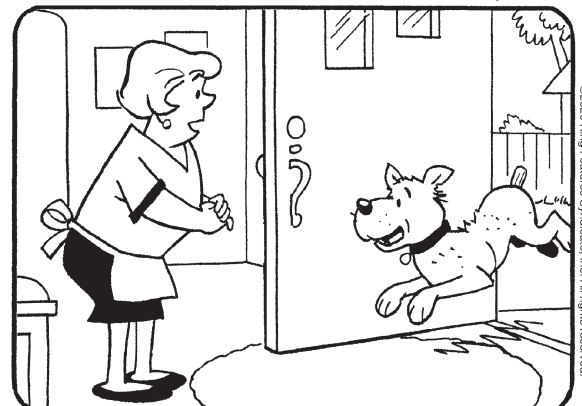
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Dog's leg is moved. 2. Woman's leg is moved. 3. Bush is reversed. 4. Arms are higher. 5. Dog's ear is different. 6. Fence has more boards.

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Salome's Stars



ARIES (March 21 to April 19)

A strong social whirl brings a new round of good times to fun-loving Rams and Ewes! Cupid's also busy aiming arrows at single Lambs who are hoping for a heart-to-heart encounter.



TAURUS (April 20 to May 20)

A romantic incident could take a more serious turn if the Divine Bovine considers meeting Cupid's challenge. Meanwhile, a professional opportunity is also about to turn up!



GEMINI (May 21 to June 20)

A bit of hardheaded realism could be just what the Twins need at this emotionally challenged time. Face the facts as they are, not as you want them to be. Good luck!



CANCER (June 21 to July 22)

Many opportunities open up, but you need to be aware of their actual pros and cons. Check them all out and make your choice from those that offer more of what you seek.



LEO (July 23 to August 22)

A more stable situation begins, allowing you to feel more secure about making important decisions. Meanwhile, be sure to meet your project deadlines so that you can move on to other things.



VIRGO (August 23 to September 22)

Congratulations! A new personal relationship thrives as you learn how to make room in your busy life for this wonderfully warm and exciting emotional experience.



LIBRA (September 23 to October 22)

A new contact opens some doors. This is the good news. But there's a caution involved: Be sure to protect your rights to your work before showing it to anyone.



SCORPIO (October 23 to November 21)

A former colleague might seek to resume a working partnership. Ask yourself if you need it. If "yes," get more information. If "no," respectfully decline the request.



SAGITTARIUS (November 22 to December 21)

Good times dominate your aspect. So, why not have a party to celebrate a loved one's success? And do invite a special person you want to get to know better!



CAPRICORN (December 22 to January 19)

The shy side of the Sea Goat soon gives way to your more assertive self. This should help you when it comes time to speak up for yourself and your achievements.



AQUARIUS (January 20 to February 18)

A new period of stability will help you deal with some recently reworked plans. Once you get your current tasks done, you can devote more time to personal matters.



PISCES (February 19 to March 20)

Things are finally much more stable these days, so you can restart the process of meeting your well-planned goals with fewer chances of interruption or delay.



BORN THIS WEEK:

You love being the brightest light wherever you are, and people love basking in your warmth and charm!



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BE THE REASON SOMEONE SMILES TODAY!

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. 4-leafed greenery | __ _ _ V _ _ _ | Late-inning pitcher | __ _ _ S _ _ _ |
| 2. Drummer Starr | R _ _ _ _ _ | Game of chance | B _ _ _ _ _ |
| 3. Cultivator | _ _ A _ _ _ _ | More secure | _ _ I _ _ _ _ |
| 4. Chitchat | _ _ _ _ T _ _ _ | Flag | _ _ _ _ N _ _ _ |
| 5. Graph | _ _ _ _ _ T | Bracelet bangle | _ _ _ _ _ M |
| 6. Sugary | _ _ W _ _ _ _ | Icy rain | _ _ L _ _ _ _ |
| 7. Nappy | _ _ _ A _ _ _ | Ladle | _ _ _ P _ _ _ |
| 8. Flying baby bringer | _ _ _ _ _ K | Shop | _ _ _ _ _ E |
| 9. By oneself | _ _ L _ _ _ _ | Make amends | _ _ T _ _ _ _ |
| 10. Water voyage | C _ _ _ _ _ | Black-and-blue mark | B _ _ _ _ _ |

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Moments in time

• On Aug. 10, 30 B.C., Cleopatra, queen of Egypt and the lover of Julius Caesar and Mark Antony, died by suicide — according to legend, by the bite of a poisonous snake — after her forces against Octavian, Rome's future first emperor, were defeated.

• On Aug. 11, 1984, President Ronald Reagan made a controversial quip while he tested a microphone prior to a scheduled radio address, saying, "My fellow Americans, I am pleased to tell you today that I've signed legislation that will outlaw Russia forever. We begin bombing in five minutes." His approval rating suffered a slight drop, but he went on to serve a second term.

• On Aug. 12, 1964, Charlie Wilson, part of the group responsible for the 1963 Great Train Robbery, one of the biggest thefts of its kind, escaped from the Winson Green Prison in Birmingham, England, with the aid of several men who broke into the facility for that express purpose. He was not recaptured until 1968.

• On Aug. 13, 1995, former New York Yankees star Mickey Mantle died of liver cancer in Dallas at the age of 63. At the time of his passing, he held many World Series records, including most home runs.

• On Aug. 14, 1585, England's Queen Elizabeth I refused sovereignty of the Netherlands to avoid a commitment to war with Spain, fearing financial losses and a dangerous precedent of supporting subjects in rebellion against their rightful monarch, Philip II of Spain.

• On Aug. 15, 2021, two weeks before American troops were set to officially withdraw from Afghanistan, Taliban leaders entered its capital, Kabul, and reclaimed power with little resistance. Video footage documented chaos during and after the withdrawal, including scenes of the Taliban celebrating with gunfire and frantic citizens chasing and clinging to departing American military planes.

• On Aug. 16, 1942, a Navy blimp flying over San Francisco Bay, searching for Japanese submarines, crash landed on a street in nearby Daly City. Though rescuers raced to the scene, they found only an empty ship, with no sign of its two pilots. Their disappearance remains unsolved.

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Americanisms



"Today's headlines and history's judgment are rarely the same."
— Condoleezza Rice

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FLASH BACK!

POP ROCK & SOUL TRIVIA

BY MICK HARPER



1 Both Frankie Avalon (in 1959) and Shocking Blue (in 1969) had different songs with the same title. What was that title?

2 Which artist had the best known version of "Snowbird"?

3 Name the singer who released "Don't Forget I Still Love You."

4 Who wrote and released "Leader of the Band"?

5 Name the song that contains this lyric: "I hope this letter finds its way to you, Forgive me love for the shame I've put you through and all the tears."

ANSWERS

1 "Venus." The Shocking Blue version topped the charts around the globe while Avalon saw his first No. 1 hit with the song.

2 Anne Murray, in 1970. It topped the adult contemporary chart in both Murray's native Canada and the U.S.

3 Bobbi Martin, in 1964. Martin was best known for her self-penned "For the Love of Him" in 1970.

4 Dan Fogelberg, in 1981.

5 "Indiana Wants Me," by R. Dean Taylor in 1970. Originally there was a siren at the beginning of the record and drivers were pulling over, thinking it was the police behind them. The record producer had to distribute copies to radio stations without the siren.

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WORD SPIRAL

S		S
	E	
O		I

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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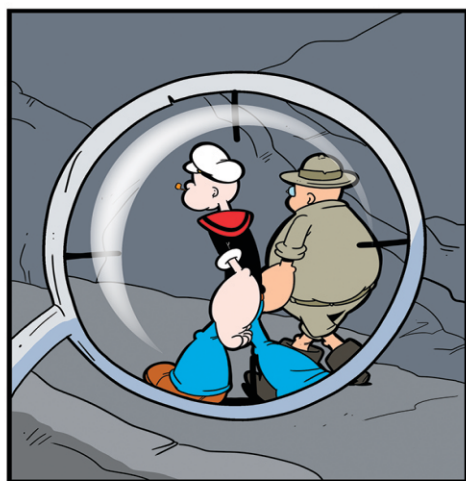
STICKELERS^[sic]

by Terry Stickels

The East River in New York City is officially known as a:

- vernal pool
- tidal strait
- rivulet
- lagoon

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FEAR KNIGHT

By: rj johnson

DOUBT? ...OR DARE!

- ♥ WLA
- YEWLEA
- ♥ DEWNA
- ♥ TLHA
- YANCOR
- ♥ ARP
- ♥ ETLA
- ♥ RWEEH
- ♥ OWH
- UNPLET
- ♥ PLAYT
- ♥ HWTA

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

Trivia test

by Fifi Rodriguez

1. GAMES: What is the goal space in the board game Candy Land?
2. GEOGRAPHY: How many countries and territories border Spain?
3. TELEVISION: What are Captain Picard's two favorite catchphrases in "Star Trek: The Next Generation"?
4. FOOD & DRINK: What is brioché?
5. CHEMISTRY: Which metal has the highest melting point?
6. LITERATURE: Who is credited as the author of "The Odyssey"?
7. U.S. STATES: Which state is home to Acadia National Park?
8. MOVIES: What is the name of Dottie's team in "A League of Their Own"?
9. COMICS: Who is the archenemy of the Fantastic Four?
10. SCIENCE: What is the thickest layer of Earth?

Answers

1. King Kandy's Castle.
2. Five — Portugal, France, Andorra, Morocco and the British territory of Gibraltar.
3. "Make it so" and "Engage."
4. A rich French bread.
5. Tungsten.
6. The poet Homer.
7. Maine.
8. The Rockford Peaches.
9. Doctor Doom.
10. The mantle.

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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
 - 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!



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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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Spain's Best-Kept Kitchen Secret

Every country seems to have one sauce its cooks can't live without. Americans reach for ketchup, ranch dressing or barbecue sauce.

The Spanish have romesco.

Pronounced "roh-MESS-koh," romesco is one of Spain's most loved culinary secrets.

Rich, silky and smoky, romesco combines roasted red peppers, tomatoes, toasted almonds, garlic and olive oil into a sauce that's savory, a little tangy and just nutty enough to make everyday, ordinary chicken, fish or vegetables taste like they came from a neighborhood cafe overlooking the Mediterranean.

Romesco comes from Catalonia, in northeastern Spain, where it has been enjoyed for generations. Like many beloved traditional recipes, romesco grew out of everyday cooking using inexpensive pantry ingredients and whatever was available.

The ingredients are wonderfully humble. Some roasted red peppers, a handful of almonds, a few cloves of garlic, a splash of vinegar and some olive oil come together in minutes. It's the kind of recipe that tastes like you spent all afternoon cooking when, in reality, your food processor did most of the work.

Ask three Spanish cooks for a romesco recipe and you'll probably get three different answers. Some include tomatoes while others don't. Some use almonds, others prefer hazelnuts. The vinegar and spices

vary from kitchen to kitchen, but roasted peppers, garlic, olive oil and nuts remain the heart of nearly every version.

Purists and penny-pinchers (like me) will roast their own peppers and tomatoes, but good quality jarred roasted peppers and canned fire-roasted tomatoes work beautifully and save enough time to make romesco a realistic weeknight recipe. If sherry vinegar isn't available, red wine vinegar works beautifully.

To Roast Your Own Peppers and Tomatoes:

Preheat the broiler and line a baking sheet with foil. Arrange 3 to 4 medium whole tomatoes and two large red bell peppers on the baking sheet. Broil 2 to 4 minutes per side, turning as needed, until the skins are blackened and blistered all over. Transfer to a bowl and cover, or place in a covered container, for 10 minutes to steam. When cool enough to handle, peel away the skins. Remove the stems, cores and seeds from the peppers, and the cores from the tomatoes before using.



www.JasonCoblentz.com

Rich, smoky romesco brings a taste of Spain to the table with roasted peppers, tomatoes, almonds, garlic and olive oil.

EASY ROMESCO SAUCE

Yield: about 2 cups

Total Time: 25 mins.

2-3 garlic cloves, chopped

1 cup raw almonds, toasted

2 thick slices (roughly 2 ounces)

baguette or country-style bread, lightly toasted

1/4 cup flat leaf parsley, packed

1 teaspoon kosher salt, more to taste

1 teaspoon smoked paprika

1/2 to 1 teaspoon red pepper flakes, to taste, optional

1 (12 ounce) jar roasted red peppers, drained

1 (14 ounce) can fire-roasted tomatoes, well drained

1/4 cup extra virgin olive oil

Juice and zest of half a lemon

1 1/2 tablespoons sherry vinegar or red wine vinegar

Using a food processor fitted with the steel blade, give the garlic cloves a good chop, stop the machine and scrape down the sides. Next add the toasted almonds, bread, parsley, salt and smoked paprika and pepper flakes to the bowl and process into a paste.

Scrape down the sides of the bowl and add the roasted peppers and tomatoes. Process until smooth. With the machine running, slowly drizzle in the olive oil and vinegar, then add the lemon juice and zest. Process until smooth, adding more olive oil if needed to reach your desired consistency. Taste and adjust seasoning to your liking. Scrape into a bowl and serve.

Keep a batch of romesco in the refrigerator, and suddenly ordinary chicken, vegetables, eggs and sandwiches become anything but ordinary.

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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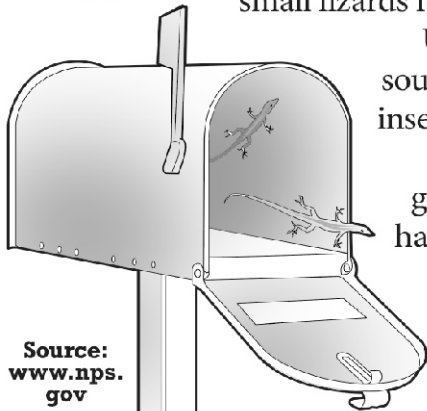
Anoles

Both the native green anole (*Anolis carolinensis*) and the non-native brown anole (*Anolis sagrei*) are small lizards found in the southeastern parts of the

United States. They compete for food sources by preying on many of the same insects, such as crickets, moths and flies.

A green anole can actually be either green or brown, and both species also have the distinctive pink-to-red dewlap they frequently display. However, brown anoles have more distinctive patterns on their skin. - Brenda Weaver

Source:
www.nps.gov



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02649

SENIOR NEWS LINE

by Matilda Charles

Just do ... something

"It's never too late to start." That's the word from a health professor at a large university on the topic of health behaviors as we age. Specifically she was talking about habits we need to prioritize in our 60s and 70s. The long-term goal: to maintain mobility and our independence as we age further.

Here are two things they suggest:

Balance - Long-term studies show that seniors who can stand on one leg for 10 seconds or more had lower rates of mortality and falls.

Take a look at the Mayo Clinic site (www.mayoclinic.org). Do a search for "balance exercises" for good ideas on how to get the most out of this. Mayo recommends aiming for holding the balance position for 30 seconds. The biggest benefits are strengthening the legs, ankles and core.

Strength training - It was pointed out that it's too easy to become weak as we age. Whether we follow the U.S. Department of Health and Human Services guidelines of getting 150 minutes of moderate aerobic exercise a week or we focus on simple at-home exercises combined with daily walking, we just need to do something.

When it comes to how many daily steps we do, that's going to depend on what "expert source" we read, because they vary. But most agree that if you've been very sedentary, try to start with 3,000 to 4,000 steps per day and ease your way up to the 6,000 to 8,000 range. If that seems like too much in a day, break it down into groups of perhaps 10 to 15 minutes at a time. It's not how many you do all at once; it's how many you do in a day or a week. It all adds up.

If you've been very sedentary, consider checking YouTube for seated chair exercises. Remember, just do something!

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★ MAIN STREET ★ WORD OF THE Week

WEEK 5

ADVENTURE



(ad-VEN-cher) • noun

★ MEANING:

An exciting or unusual experience that is fun and often new.

“ USE IT:

Going on a hike in the mountains was such an **adventure!**”

DID YOU KNOW?

The word **adventure** comes from the Latin word *adventura*, which means “a thing that is about to happen.” It was first used in English in the 1400s to describe journeys and exciting experiences.



THIS WEEK'S CHALLENGE

Try something new this week—it could be a new food, a new book, or a new place. Then tell someone all about your **adventure!**



BRAIN TEASER!

Unscramble the letters to reveal this week's word!

A D V R E T N U

SMILE OF THE WEEK



“Life is either a daring adventure or nothing at all.”

— Helen Keller



KEEP LEARNING. KEEP SMILING. KEEP IT LOCAL!



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1 THE PINE TREE STATE

Maine is nicknamed "The Pine Tree State" because of its vast forests and the majestic pine trees found throughout the state.



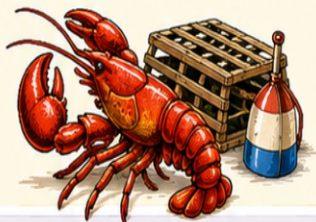
2 ACADIA NATIONAL PARK

Maine is home to Acadia National Park, the first national park east of the Mississippi River. It's famous for its stunning views, hiking trails, and rocky coastline.



3 LOBSTER CAPITAL

Maine is the leading lobster producer in the United States, supplying about 90% of the country's lobsters!



4 WINTER WONDERLAND

Maine gets more snow than any other state east of the Rockies—perfect for skiing, snowmobiling, and cozy winter fun!



5 PICTURESQUE COASTLINE

With more than 3,500 miles of coastline, Maine has beautiful beaches, charming lighthouses, and some of the most scenic ocean views in the country.



6 Fun Fact!

Maine is the top U.S. producer of blueberries and maple syrup!



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

MINI SUDOKU

1	5				
	4			6	
		5			4
			5		
6	3				1

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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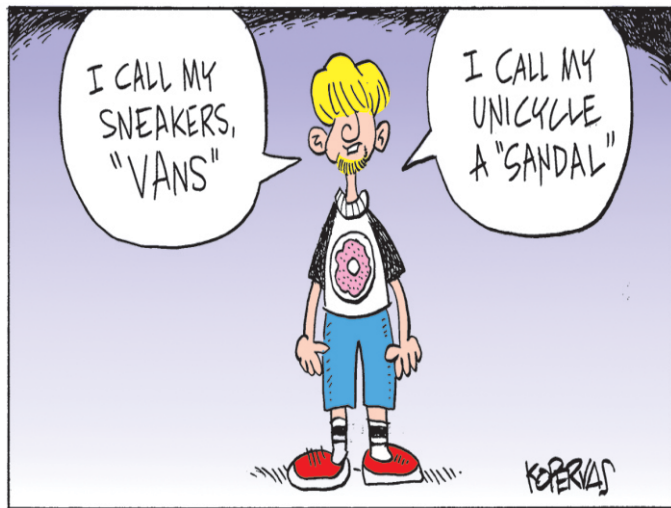
SUPPORT
YOUR
COMMUNITY



BE SEEN.
BE LOCAL.
BE THE SPOT.

HERE COMES
THE ZEN
(DOOT-N-DO-DO...)

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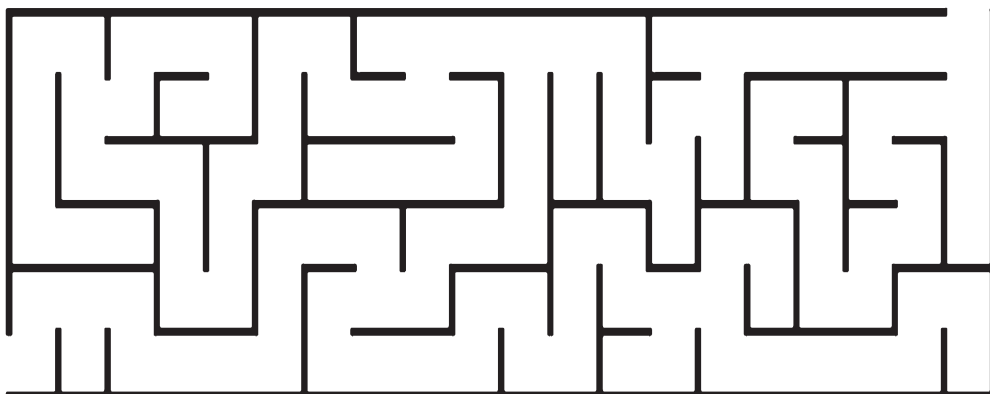
Fun Fact

The **most populous country** on earth is **India**, with over a billion and a half people. Its oldest continuously-inhabited city is Varanasi. Located in the north on the sacred river Ganges, it has a history dating back over 3,000 years.

Sources: www.worldometers.info
www.civitatis.com



Kids' Maze



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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	10	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

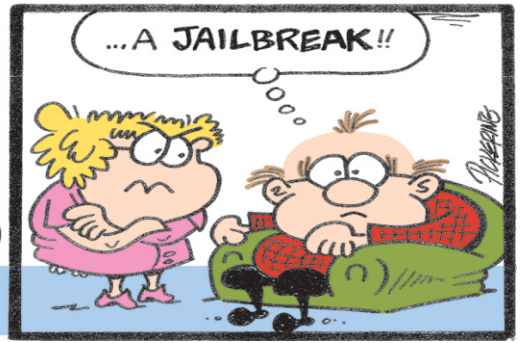
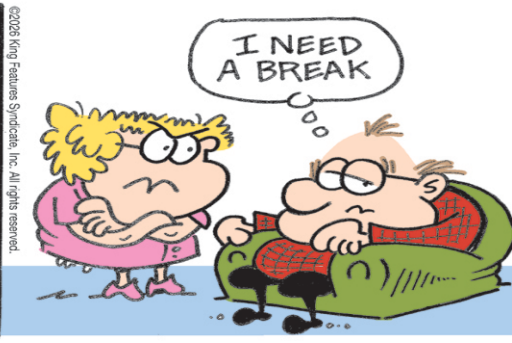
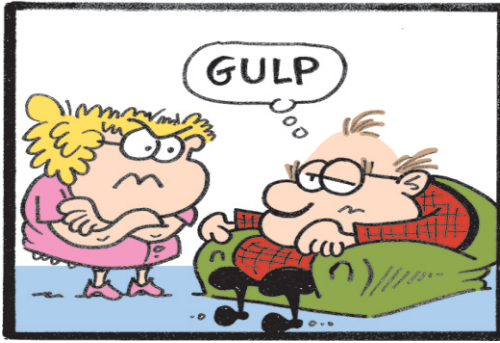
1	20	8	5	18	5	19	12	5	14	4	19	20	21	9	!	
2	1	18	4	20	19	15	14	7	5	18	9	14	7	.		
3	14	15	18	20	5	23	1	18	20	5	3	8	5	!		
4	7	5	18	5	14	20	8	9	14	3	15	13	.			

BONUS CHALLENGE!

What's the secret word?

19 9 20 20 5

Think, Decode,
and Have
Some Fun!



Wishing Well®

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

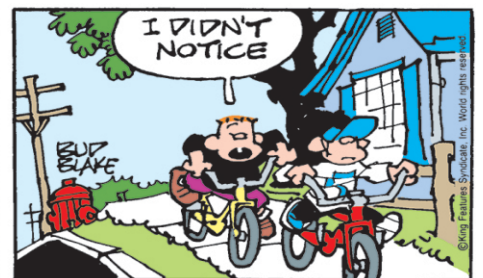
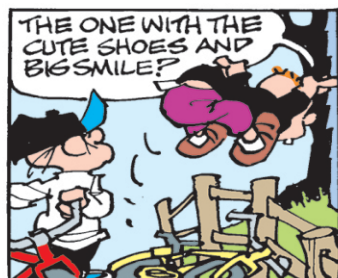
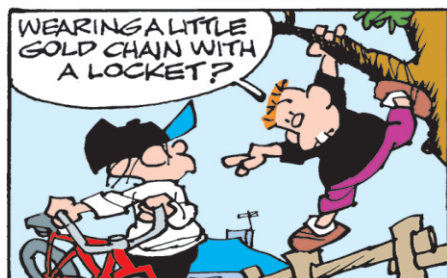
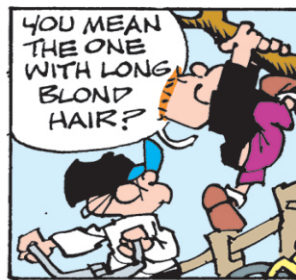
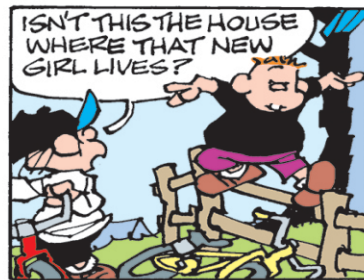
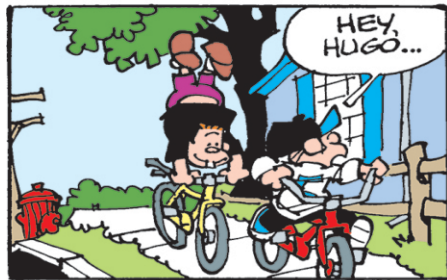
HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the 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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TIGER

by BUD BLAKE





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. In 1980, who did Major League Baseball commissioner Bowie Kuhn present with lifetime passes to any major or minor league baseball game?
2. Which team was set to join the American Basketball Association in 1975, but played only three exhibition games before being expelled from the league due to financial woes?
3. He won a Super Bowl XXXVII ring as a running back for the Tampa Bay Buccaneers. His son, a wide receiver from USC, was chosen by the Indianapolis Colts in the second round of the 2020 NFL Draft. Who are they?
4. Where was the 1942 Rose Bowl played after being relocated from California in the wake of the Pearl Harbor attack?
5. Name the Australian tennis player who won the 1987 Wimbledon gentlemen's singles championship.
6. In 1943, brothers Max, Doug and Reg Bentley played together on the same line for what NHL team?
7. Long-distance runner Emil Zatopek won three gold medals at the 1952 Helsinki Summer Olympics competing for what country?

Answers

1. The 52 hostages freed by Iran.
2. The Baltimore Claws.
3. Michael Pittman and Michael Pittman Jr.
4. Duke Stadium in Durham, North Carolina.
5. Pat Cash.
6. The Chicago Blackhawks.
7. Czechoslovakia.

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TOY BOX MEMORIES

MATCHBOX CARS

The Tiny Cars With Big Adventures

Small enough to fit in your pocket and tough enough for endless play, Matchbox cars have been a childhood favorite for generations. First introduced in 1953 by Lesney Products in England, these detailed die-cast vehicles quickly became a global sensation. Their name came from the boxes they were sold in—small, colorful packages about the size of a matchbox!

Matchbox cars were designed to look like real vehicles you'd see every day—cars, trucks, construction equipment, helicopters, boats, and more. They were 1:64 scale, which means they are about 64 times smaller than the real thing. This size made them perfect for collecting, trading, and building entire worlds of imaginative play.

In 1969, Matchbox became part of the Lesney Group, which later became part of Mattel in 1997. Even with new ownership, Matchbox has stayed true to its roots—offering high-quality toys that encourage creativity and storytelling.

Over the decades, Matchbox introduced special series like Superfast wheels, Working Rigs, and Action Drivers, adding moving parts and interactive playsets that took the fun to a whole new level.

From farm trucks to police cars, from race cars to rescue helicopters, Matchbox has inspired kids to dream, explore, and go on countless adventures—one tiny car at a time.

Today, Matchbox continues to roll on, proving that good things really do come in small packages!

TOY FACTS

- First Released: May 19, 1953
- Manufacturer: Lesney Products (now Mattel)
- Country of Origin: United Kingdom
- Original Price: 55¢ each
- Recommended Age: 3+
- Estimated Cars Sold: More than 10 billion worldwide!

DID YOU KNOW?

The very first Matchbox car was a 1948 Fordson Tractor! It was gray and cost less than a dollar in most stores.

TOY TRIVIA

Question: What was the first Matchbox car ever made?

Answer: A 1948 Fordson Tractor!

OVER THE DECADES

- 1950s:** The first Matchbox cars are introduced.
- 1960s:** More models and the "Superfast" wheels hit the track!
- 1970s:** New series like "Lesney SuperKings" and "Models of Yesteryear" become popular.
- 1980s:** Playsets and play worlds expand the fun.
- 1990s-Present:** Matchbox keeps innovating with realistic vehicles and action playsets.

MEMORY LANE

Did you have a favorite Matchbox car? Maybe it was your first car, a cool truck, or one you loved to race down the hallway. For many kids, Matchbox cars meant hours of fun, tiny adventures, and memories that still last today.

"Small cars, big adventures!"
— Matchbox



1. **The Odyssey**
(R) Matt Damon, Tom Holland
2. **Moana**
(PG) Dwayne Johnson, Catherine Laga'aia
3. **Toy Story 5**
(PG) Tom Hanks, Tim Allen
4. **Minions & Monsters**
(PG) Pierre Coffin, Trey Parker
5. **Evil Dead Burn**
(R) Souheila Yacoub, Tandi Wright
6. **The Invite**
(R) Seth Rogen, Olivia Wilde
7. **Young Washington**
(PG-13) William Franklyn-Miller, Mary-Louise Parker
8. **Obsession**
(R) Michael Johnston, Inde Navarrette
9. **Supergirl**
(PG-13) Milly Alcock, David Corenswet
10. **Disclosure Day**
(PG-13) Emily Blunt, Josh O'Connor

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Hot pavement is a danger to pets

DEAR PAW'S CORNER: Walking around the farmer's market this weekend, I confronted several people who brought their dogs into the market despite clear signage saying pets aren't allowed. The reason for the sign is that the pavement is **HOT!** Summer temperatures regularly reach 90 to 100 degrees or more. All the dogs were limping and whining because the pads on their paws were burning! Please tell your readers to leave their pets at home and respect signs that say no pets. — **Jeremy C. in Denver**

DEAR JEREMY: Absolutely! Folks, please know that pavement on a hot summer day is 40 to 50 degrees higher than the air temperature. On a hundred-degree day, pavement can reach 150 degrees Fahrenheit. In seconds, that kind of heat can cause second- and third-degree burns on a dog's paws.

Add to that the issue of ignoring "no pets" signs. The venue put up that sign for good reasons. Failure to respect that sign puts the pet owner at risk of footing the bill for any damage or injuries their dog might cause. Good pet owners respect the rules.

In the meantime, test the pavement before taking your dog out on it. Put your hand on the sidewalk or even your bare foot. If it's uncomfortably hot for you, it'll be just as bad for your dog.

Walk pets in the early morning or late in the evening. Inspect their paws after every walk for tender spots. If your dog's paws sustain a heat injury, stand them in cool water or place a cool, damp pad on each paw — don't use ice. Take them to the emergency vet if you see blisters or your dog is visibly limping.

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

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Just Like Cats & Dogs

by Dave T. Phipps

IT'S A RIDDLE. MY WIFE IS MAD BECAUSE I DON'T KNOW WHAT I DID TO UPSET HER. I CAN'T JUST GUESS OR SHE'LL HAVE 5 MORE REASONS.



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MAGIC MAZE ● WORDS ASSOCIATED WITH CHEESE

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: A SLICE OF A CHEESE WHEEL

Affinage
Casein
Cultures
Curd

Fromage
Hooping
Lactic
Rennet

Rind
Ripe
Terroir
Turophile

Wheel
Whey
Yeast

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VETERANS POST



by Freddy Groves

Applying for VA health care

I ran into a guy recently, a fellow veteran, who I hadn't talked to in years. And he was limping, badly. When I asked, he said he needed knee surgery and couldn't afford it.

I asked if he'd looked into VA health care, and he replied that he'd applied years ago and got nowhere with the VA, so he gave up.

Before we even left the store, I had my phone out and placed a call to the local VSO (veteran service officer). I got the two of them hooked up with an appointment and the VSO is going to walk my friend through all the paperwork.

It should not be this hard for a veteran to get health care.

A big problem is that many veterans tried to deal with the VA years ago, became frustrated and gave up, not realizing that things have changed.

If you were turned down for VA health care, apply again. The PACT Act has changed many things, including expanded locations for exposure to Agent Orange and two dozen new presumptive conditions. If you got hung up trying to get Community Care, try again. The rules are different now.

Or if you never had VA health care, sign up now. Go to the website (www.va.gov) and search for VA Form 10-10EZ. Check whether you're eligible for VA health care. Have your DD-214 handy and any other military paperwork you have. The online process takes about a half hour.

If you don't think you can handle the online application process yourself, look for a local VSO. See www.va.gov/get-help-from-an-accredited-representative. Or call the MyVA411 information line at 800-698-2411. They're open 24/7. You can also contact the American Legion near you or the DAV.

A VSO can do a lot of things for you: tell you about the benefits you're supposed to get, assemble documents, help with appeals and so much more.

Or call the benefits hotline at 877-222-8387 to ask about enrolling in VA health care by phone.



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

A VSO and the benefits hotline can also help you with things like:

- ★ Explaining your benefits
- ★ Helping you file disability claims
- ★ Checking your claim status
- ★ Answering questions about copays
- ★ Getting help for urgent needs



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Weekly SUDOKU

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

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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	Marines
	Coast Guard
	Airforce
	National Guard
	Space Force

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"It's _____ — I love it!"

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!

Middle
SPOON _____

Seep
CHALE _____

Copy
ONCLE _____

Pile
PHEA _____

TODAY'S WORD

Homemade Rugs

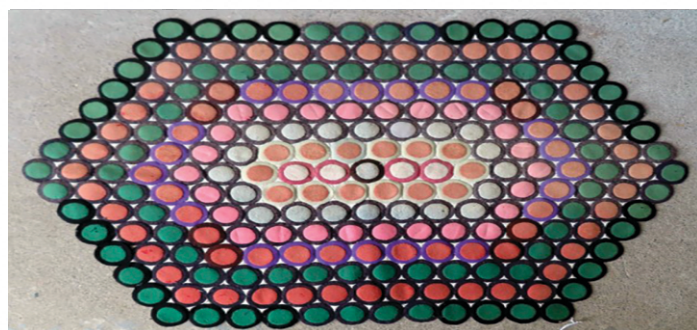
The environmentalist movement popularized the saying “Reduce, reuse, recycle” in the 1970s, but the sentiment goes back much farther than that. Historically, people avoided buying new items to save money, or simply because said new items were not as readily available to purchase as they are today. Reusing and recycling materials was done out of necessity, too, but the effect of saving resources remains the same. Rug making is one of the best examples.

Throughout the 19th century, American families had many ways of transforming fabric scraps into useful rugs. The earliest were tongue rugs, consisting of overlapping tongue-shaped scraps that completely covered a background. Button rugs, made from circles of fabric, let the background show. Penny rugs were also made from small, flat fabric circles, but, like tongue rugs, they completely cover the backing fabric.

Despite their name, penny rugs were rarely used as floor coverings; they were more likely to decorate a table, bed or mantel. Fabric scraps could also be made into pictorial hooked rugs, pulled through the backing with a hooked tool, or into braided or crocheted rugs. Rugs like these are still made by hobbyists today, and antique examples sell as folk art. This hand-sewn penny rug, probably made to be used on a table, sold for \$125 at Hyde Park Country Auctions.

Q: I am looking for assistance in appraising a rare antique 25-inch Handel table lamp. We also have several additional antique lamps and stained glass.

A: Handel lamps, made from about 1885 to 1933, are prized for decorative glass shades. They were made in several styles, including leaded glass reminiscent of Tiffany lamps, but their reverse-painted designs are the most distinctive. Handel lamps typically sell for high prices, usually more than \$500. Some sell for sever-



Homemade rugs like this penny rug have long been a favorite way to keep fabric scraps from going to waste.

al thousand dollars. The shade's size, shape, design, and base material can affect the value.

Because Handel lamps are often very valuable, we recommend contacting a national auction house specializing in decorative arts. They can provide free appraisals or advice. They may also be able to provide information about your additional lamps and glass. If you get an appraisal from an auction house, you are not obligated to sell with them.

TIP: Natural dyes were used in early rugs, but the chemical aniline dyes aren't new. They were used as early as 1870.

CURRENT PRICES

Clock, advertising, Dr. Pepper, Distinctively Different ..., red oval logo, chevron, wood grain style border, 10, 2, 4 bar indices, square, electric, 15 inches, \$120.

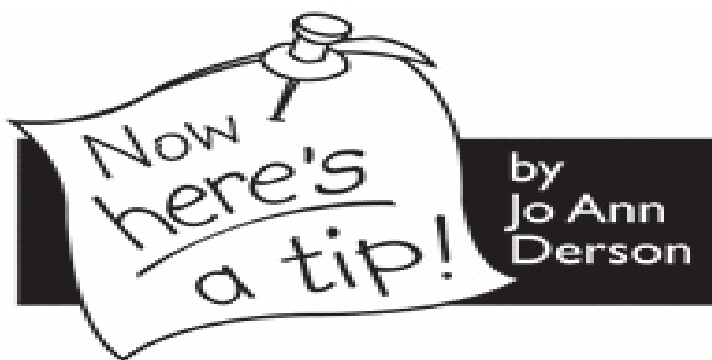
Furniture, stand, umbrella, Alfred Corneau, Rococo Revival, cast iron, pierced flower scrolls, figural supports, center plaque, Gornau Foundry, 31 x 28 inches, \$225.

Music, box, singing bird, two birds, dome cage, wind-up, Germany, early 1900s, 10 inches, \$310.

Basket, egg, oak, splint, rib woven, top handle, double woven rim, Mary Causby, 5 1/2 x 6 inches, \$2,050.

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

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• “When I needed a new tire for my truck because I ran over a nail, the shop guy suggested I purchase a slightly used tire that was closer to the age and wear of the others. I spent less on the tire, and the tires will wear evenly. They’re always looking out for me!” — O.E. in Mississippi

• When baby’s teething, try this trick from a grandma: Wet a washcloth and put it in a zip-top baggie in the freezer. When frozen, let the baby chew on it. Its texture and temperature are soothing to little gums, and it can be rinsed and refrozen easily.

• For fresh oil stains, sprinkle with kitty litter and grind into the oil with your foot or a stiff brush. Then sweep up. Repeat as necessary.

• “Hardware stores sell special bladders that can be filled and put inside a toilet tank to take up space, allowing the toilet to use less water per flush. I use a brick. Same effect.” — C.L. in Kansas

• “Dusting shelves with lots of knick-knacks can be a real chore. Try slipping a knee-high stocking over the hose of your vacuum wand. You can get very close to the items on the shelf without sucking anything up but dust. If something did get sucked up, the stocking will catch it for you. This also works for toolboxes.” — W.U. in South Carolina

• “Over-the-door shoe racks are perfect for holding a variety of cleaning products and small canisters of wipes. I have everything I need at a glance on the back of the utility-room door. I even store batteries in various sizes there.” — A.A. in Colorado

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

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Strange BUT TRUE

By Lucie Winborne



• Masculine features are more attractive to a woman during her ovulation cycle, while softer, nurturing-looking features are preferred at other times.



• NBC’s “Saturday Night Live” has won more Emmys than any other TV show.



• The verb “lynch” is generally believed to have originated with Virginia landowner Charles Lynch, who during the American Revolution conducted unauthorized trials and punishments outside the formal court system.



• According to Greek mythology, the Milky Way formed when the goddess Hera spilled milk across the night sky.



• The irresistible desire to steal books is known as bibliokleptomania.



• In the popular 18th-century “Flying Boy” experiment, English scientist Stephen Gray electrified a boy suspended by silk cords, astonishing audiences as the boy’s hair stood on end and sparks flew from his nose.



• Multiplication tables are also called the “Table of Pythagoras,” after the Ionian Greek philosopher and mathematician.



• Chewbacca’s voice in “Star Wars” was created by mixing the sounds of bears, lions, walrus and badgers.



• The University of Bologna, Italy, which was founded in 1088, is the oldest university in Europe. The term “university” was coined at its creation and it is still considered a leader in European university systems. Its notable alumni include Pope Innocent IX and Copernicus.



• The first acoustic guitars made hundreds of years ago had four, as opposed to six, strings.



• Doctors leave sponges and other medical devices inside of their patients about 6,000 times a year.



• Some critics theorize that zombies gnaw on humans because their warm flesh may have to do with a virus needing fresh DNA or some parasitic microorganisms that receives a form of nourishment from live blood cells.



• 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: “In nothing do men more nearly approach the gods than in giving health to men.” — Marcus Tullius Cicero”

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GOT A BUSINESS?

— LET'S GET —
PEOPLE TALKING!



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Roach**

An Expensive Injection Is Indicated for Prostate Cancer Patient

DEAR DR. ROACH: About six years ago, I was diagnosed with prostate cancer. I chose to have a high-intensity focused ultrasound (HIFU), which ultimately wasn't successful. I was told that surgery after an HIFU was a high-risk option, so I chose to have radiation therapy to reduce the surgical risk of side effects like incontinence.

Prior to the start of the treatments, I was given an injection of leuprolide, presumably to interfere with testosterone production. There's also an injection that's scheduled for a couple of months after the completion of the radiation. I asked if the second shot was necessary and didn't get a definite answer.

What's your opinion? Not to mention, the cost of the first shot was \$11,814, most of which was paid for by insurance. It's no wonder that insurance costs as much as it does. It can't possibly cost this much to make this injection.
— E.B.

ANSWER: I can't answer your question about whether leuprolide is necessary for you without knowing more about your type of prostate cancer. For men with high-risk prostate cancer, this hormone-blocking treatment significantly improves the possibility of a good outcome.

For men who are at a low risk or a "favorable intermediate" risk, testosterone-blocking drugs usually aren't recommended. I suspect that you have a less-favorable intermediate risk, where four to six months of testosterone-blocking treatment is usually given.

The insurance cost that you were quoted is a retail price, and insurance companies negotiate a price that's usually much lower. In fact, the charges that you see on a hospital bill have a limited relationship to what insurance actually pays.

DEAR DR. ROACH: I hear there are benefits to taking turmeric for arthritis. Can you please tell me about it? — F.R.

ANSWER: Turmeric has shown benefit as a treatment for osteoarthritis — the kind that most people get as they age. It isn't a treatment for inflammatory arthritis, such as rheumatoid or psoriatic arthritis, which requires urgent treatment to prevent permanent joint damage. This discussion refers only to osteoarthritis.

Across many trials, turmeric has shown to have the equivalent effectiveness of traditional anti-inflammatory medicines, such as ibuprofen or diclofenac (Voltaren). It appears superior to acetaminophen (Tylenol), even in a trial that directly compared the two. Turmeric helped most people with pain, stiffness and activity.

Although there are side effects that are associated with turmeric, they're generally mild. The most common symptoms are gastrointestinal, especially diarrhea, but some people note nausea or an upset stomach. The risk of side effects isn't much different from people taking a placebo (inactive) pill, and turmeric has significantly fewer side effects than anti-inflammatory drugs (and even acetaminophen).

I found a single case report of liver failure that was thought to be attributable to turmeric. Turmeric has been used as a spice for millennia and is generally regarded as safe. The active ingredient in turmeric — curcumin — is often sold as a supplement, usually with another compound to improve its absorption such as piperine (an extract of black pepper).

For my patients who want to try a supplement for arthritis, I feel comfortable suggesting that they try turmeric or its extract, curcumin. In my opinion, at least a two-week trial is needed to see if there's a benefit or if there are any side effects. A pain diary before and after starting the medicine can help a person see if they're really receiving a benefit.

 *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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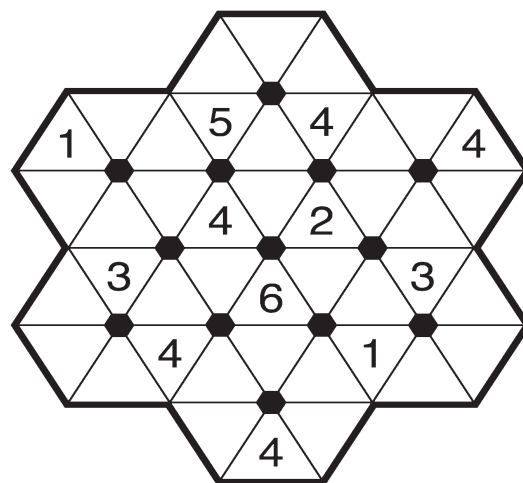
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SNOWFLAKES

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



Prepare Mini Eggplant Pizzas the Italian Way

One of the joys of raising kids is making new friends with others who are also raising kids. When my three were preschoolers, I regularly met up with neighborhood moms at the bus stop in the morning or for ballgames at the park and story time at the library. As the kids grew, so did the friendships.

Six of us still make a point of getting together throughout the seasons to celebrate our birthdays. One recent gathering was particularly memorable. Instead of meeting at a restaurant, we donned aprons in one of our kitchens and huddled around the center island for a cooking lesson that was taught by my neighbor Cristina, an energetic mom from Italy.

"To an American eye, Italy might seem the same with pasta and pizza wherever you go," she began. "But for food lovers, it's a country waiting to be discovered! Each region has its unique flavors and cooking techniques. For example, the taste of a simple ricotta cheese can vary from place to place," she said.

As she shared her passion for Italian food, she emphasized that using fresh, seasonal ingredients is the key to tasty meals. This is when she showed us how to transform eggplant into a light side dish called Pizzette di melanzane, which is common in the Campania region that she's from. Like a pizza minus the crust, these mini eggplant pizzas are tasty and versatile!

Now that eggplants are plentiful in our markets, find Campania on a map, and have fun preparing this easy and authen-

tic Italian recipe with your kids!

MINI EGGPLANT PIZZAS (PIZZETTE DE MELANZANE)

Makes 8-10 mini pizzas

- 1 large eggplant, about 1 pound
- 3/4 cup tomato puree
- 4 cloves fresh garlic, chopped
- Salt to taste
- Dried oregano to taste
- 1 cup coarsely shredded mozzarella cheese, or a 4-ounce bag
- Parmigiano Reggiano (optional)

Here's the fun: Preheat the oven to 400 F. An adult should cut the eggplant into 1/2-inch-thick rounds. Arrange them on a lightly oiled baking sheet.

As if constructing mini pizzas, let kids spoon the tomato puree over each round. Scatter the garlic and oregano, sprinkle salt to taste, and top with mozzarella. Add Parmigiano Reggiano, if you wish.



Bake rounds in the oven for 25 minutes, or until mozzarella has melted completely and bubbles. Serve immediately as a light side dish with a summer pasta salad and other fresh vegetables.

As an alternative, Cristina suggests serving the mini pizzas cold in a sandwich.

Cook's Note: If your child's like her young daughter, omit the garlic until they develop a taste for it.

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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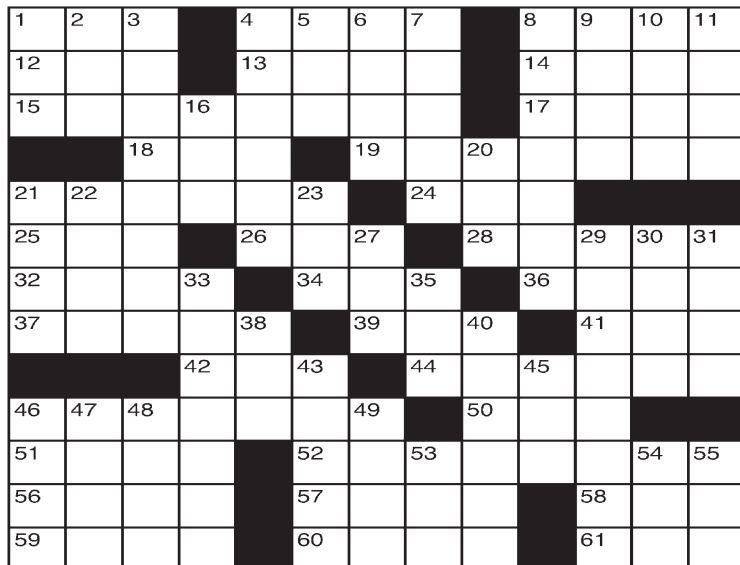
ACROSS

- 1 Photo, for short
4 Senate staffer
8 Scoff
12 Rx overseer
13 Classic theaterers
14 Bohemian
15 Tunes from Trinidad
17 Pinta's companion
18 MSN rival
19 Acapulco native
21 NAACP co-founder W.E.B.
24 Collection
25 — Cruz Kayne of "Barbie"
26 D.C. baseballer
28 Serious
32 Overlook
34 Inherited
36 "Little Caesar" role
37 Group spirit
39 Rug cleaner, briefly
41 Buddy
42 Felon's flight

- 44 Arctic shoe
46 Bitter orange liqueur
50 French monarch
51 Unsigned (Abbr.)
52 All-important
56 Male deer
57 Notes after "do"
58 Bird (Pref.)
59 Harboring a grudge
60 "I'm a klutz!"
61 Napkin's perch

DOWN

- 1 Cpl.'s subordinate
2 Wyo. neighbor
3 Utensil made from a gourd shell
4 Sturdy fabric
5 Billboards
6 Euclidean subj.
7 Relaxes
8 Custodian
9 Rocker Clapton
10 Sicilian volcano
11 Vanna's "Wheel of Fortune" colleague
16 "— -hoo!"
20 Crosses (out)
21 Title for Judi Dench
22 One
23 Droop
27 "Mazel —!"
29 Scripture-based
30 Beige
31 Castle
33 Singer Knowles
35 Highland hat
38 Pouch
40 Actress Jamie Lee
43 PC shortcut
45 Japanese pond carp
46 Mama — Elliot
47 Golden Rule word
48 Den noise
49 Black-and-white cookie
53 Little rascal
54 Hollywood's Gardner
55 Sass



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