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Week 31 ~ Edition 26

WHEN DID LIFE GET SO COMPLICATED?

A Look Back at the Little Things We Never Knew We'd Miss

Before you could pull out a phone and watch a video showing exactly how to fix something, **you just figured it out.**

Something broke? You grabbed the toolbox.

Didn't have the right part? Check the coffee can filled with random screws, nuts, bolts and washers. Every garage seemed to have one.

And if all else failed, there was always duct tape, baling wire and the famous words: **"That oughta hold."**

We learned by watching, too. You held the flashlight while Dad worked on the car, followed Grandpa around the garage or stood beside Grandma while she showed you how to sew on a button.

There weren't online tutorials. There was simply:

"Come here. I'll show you."

We tried. We messed up. We tried again.

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YOUR HOME. OUR MISSION.

(Continue from Front Page)

We tried. We messed up. We tried again.

And somewhere along the way, we learned how to fix things ourselves.

Maybe we didn't always have the right tools—or even know exactly what we were doing—but somehow...

We figured it out.



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 below once.

	+		-		= 2			
+		+		-				
	+		-		= 8			
-		÷		÷				
	-		+		= 11			
=		=		=				
1		13		1				
1	2	3	4	5	6	7	8	9

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HOCUS-FOCUS BY HENRY BOLTHOFF



Find at least six differences in details between panels.



Differences: 1. Line in sidewalk is moved. 2. Window sill is missing. 3. Rear car window is smaller. 4. House window is moved. 5. Man is thinner. 6. Briefcase is larger.

Salome's Stars



ARIES (March 21 to April 19)

Someone who knows you to be courageous and generous asks for help in getting through a crisis. Be prepared for some difficulties, but be assured that you'll overcome them.



TAURUS (April 20 to May 20)

Music and merriment dominate at this time. Go ahead and have fun — you've earned it! Meanwhile, don't be surprised if a Leo is there to share the good times with you.



GEMINI (May 21 to June 20)

Believe in yourself, and your intrepid nature will win out over any lingering timidity that has you wavering over taking a new job. Then go out and celebrate!



CANCER (June 21 to July 22)

Forget about people who are ungrateful despite all that you've done for them. Reward yourself for being the fine person you are. Buy something wonderful and have fun!



LEO (July 23 to August 22)

Someone you thought had the same warm feelings for you as you do for them suddenly turns cool. Don't press for an explanation now; this will come later.



VIRGO (August 23 to September 22)

A new path opens as you work your way through a difficult problem. Friends and family will be there to walk with you. Things begin to get brighter soon.



LIBRA (September 23 to October 22)

Your need for stability is evident as you face some unsettling choices. Weigh the pros and cons of each on a one-by-one basis until you know enough to make a decision.



SCORPIO (October 23 to November 21)

A family situation continues to tax your patience, but it's soon resolved. Stay with it. Meanwhile, someone is waiting for you to follow up on some promises.



SAGITTARIUS (November 22 to December 21)

A long-awaited career move finally gets started. Meanwhile, a family member's health problem causes some concern, but a doctor has a reassuring diagnosis.



CAPRICORN (December 22 to January 19)

A personal relationship will continue to be tense and troubled, until you surprise everyone by making a rare (for you!) first move to smooth things over.



AQUARIUS (January 20 to February 18)

Most folks perceive you as a serious, no-nonsense type. But surprise them by revealing the fun-loving side of yourself. Meanwhile, an Aries has romantic ideas!



PISCES (February 19 to March 20)

A new relationship grows stronger, but don't be pushed into a commitment before you feel like you're ready. It's better to tread water than to dive in over your head.



BORN THIS WEEK:



You have a gift for balancing fun and function. You also have a deep sense of loyalty that makes you a wonderful friend.



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Moments in time

• **On Aug. 17, 1579**, Francois, Duke of Alencon and Anjou, visited Queen Elizabeth I of England with the design of winning her hand in marriage — the only suitor to court her in person. He was 23 and Elizabeth 45. Though they became quite close, the queen's subjects heartily disapproved of the idea of a French king, and two years later Elizabeth declined the proposal with what appears to have been genuine regret. She remained single for the rest of her life.

• **On Aug. 18, 1826**, Scottish explorer Alexander Gordon Laing made his way across the Sahara and became the first European to reach the fabled trading city of Timbuktu. Merely weeks after leaving it, he was murdered in his sleep by his own Arab escorts.

• **On Aug. 19, 1914**, Elmer Rice's courtroom drama "On Trial" debuted at New York City's Campbell Theatre. It ran for 365 performances and became famous for pioneering the use of the cinematic "flashback" and reverse chronology on stage.

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• **On Aug. 20, 1957**, the U.S. Air Force's ultra-high balloon flight Project Manhigh broke the existing altitude record by reaching 101,516 feet over Minnesota and South Dakota with physician and scientist David G. Simons in an aluminum capsule suspended from a helium balloon. He was awarded the Distinguished Flying Cross for the achievement.

• **On Aug. 21, 1980**, the animal-rights organization People for the Ethical Treatment of Animals (PETA) was incorporated in a basement office in Takoma Park, Maryland.

• **On Aug. 22, 1992**, FBI sniper Lon Horiuchi, while aiming at a fleeing suspect, shot and killed Vicki Weaver during an 11-day siege at her home at Ruby Ridge, Idaho. Weaver never was unarmed and holding her infant daughter behind the door of her cabin. Horiuchi was initially charged with manslaughter but the charges were dismissed.

• **On Aug. 23, 2018**, the discovery of a bone from a 90,000-year-old hybrid human, half Neanderthal, half Denisovan and thought to be a girl of at least 13 years old, from Anuy River, Siberia, was published in Nature magazine.

Americanisms



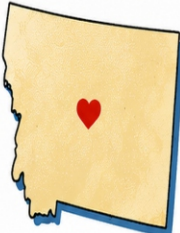
"We all have to play as a team to make the world a better place."

— *Magic Johnson*

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DID YOU KNOW?



★ About Our State ★

MONTANA

★ ★ ★ ★ ★

1 THE TREASURE STATE



Montana is nicknamed "The Treasure State" because of its rich natural resources, beautiful scenery and wide-open spaces!



4 DINOSAUR DISCOVERIES



Montana is full of dinosaur history! Fossils of T. rex, Triceratops and many more have been found here.



2 BIG SKY COUNTRY



Montana is the 4th largest state by land area, but one of the least populated. That means—BIG skies and plenty of room to roam!



5 SCENIC ADVENTURES



Glacier National Park is a must-see! Drive the Going-to-the-Sun Road for some of the most stunning views in America.



3 MORE CATTLE THAN PEOPLE



Montana has more cattle than people! It's home to ranching, rodeos and some of the best beef around.



6 Fun Fact!



Montana's state bird is the Western Meadowlark and the state animal is the Grizzly Bear!



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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. Artist's stand | ___ A ___ | Ford's flop | ___ D ___ |
| 2. Film star Marlon | ___ _ _ O | Applejack | ___ _ _ _ Y |
| 3. Bills of fare | M ___ _ | Goddess of love | V ___ _ |
| 4. Vault over | ___ R ___ | Football meeting | ___ D ___ |
| 5. Ire | ___ N ___ | Boring tool | ___ U ___ |
| 6. Horse cubicle | ___ A ___ | Motionless | ___ I ___ |
| 7. Bugs Bunny's treat | C ___ _ | Talking bird | P ___ _ |
| 8. Barnyard baby | ___ I ___ | Inspect | ___ E ___ |
| 9. Nanny | ___ T ___ | Sibling | ___ S ___ |
| 10. English nobleman | ___ R ___ | Twirler's stick | ___ T ___ |

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FLASH BACK!

POP ROCK & SOUL TRIVIA

BY MICK HARPER

★ QUESTIONS ★

- 1 Name the singer-songwriter who penned "Me and Bobby McGee."
- 2 The Dovells made the Bristol Stomp famous. Name the other dance they created that was seen in the 1988 film "Hairspray."
- 3 Who wrote and released "Don't Let the Sun Go Down on Me" in 1974?
- 4 Name the first Village People song to reach No. 1.
- 5 Name the song that contains this lyric: "If I gave you time to change my mind, I'd find a way to leave the past behind."

★ ANSWERS ★

- 1 **Kris Kristofferson.** Janis Joplin's version (recorded just days before her death) topped the charts when it was released posthumously in 1971.
- 2 **The Continental,** with the 1962 song "Do the New Continental."
- 3 **Elton John.** He cowrote with Bernie Taupin, as he did with several other of his songs, including "I Guess That's Why They Call It the Blues," "Crocodile Rock" and "Candle in the Wind."
- 4 **"San Francisco (You've Got Me)"** in 1977 on the U.S. dance chart. But it was "Y.M.C.A." that topped the charts around the globe.
- 5 **"Reason To Believe,"** by Tim Hardin, in 1965. The song became famous with Rod Stewart's cover in 1971. It's been covered by several others, including Peter, Paul and Mary.

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WORD SPIRAL

R

B

O

D

C

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

From west to east, which U.S. states touch Canada land to land (that is, with no lake or river separating the two borders)?

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BACK to SCHOOL

NEW YEAR.
NEW BEGINNINGS.
BRIGHT FUTURES.



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This weeks
Random Act of
KINDNESS



Leave a kind note
for someone.

? Trivia test by Fifi Rodriguez

- GEOGRAPHY:** How many countries border Argentina?
- GAMES:** What is a perfect score in a bowling game?
- TELEVISION:** In the animated series "Family Guy," what kind of creature is often fighting with Peter?
- COMICS:** What is the name of Batman's butler?
- FOOD & DRINK:** What ingredient gives the Greek liquor ouzo its distinctive taste?
- LITERATURE:** What are the names of Nancy Drew's best friends in the detective novel series?
- MOVIES:** What brand-name underwear does Marty McFly have in the movie "Back to the Future"?
- SCIENCE:** What is the Prime Meridian?
- U.S. STATES:** Which state is home to the Carlsbad Caverns National Park?
- ASTRONOMY:** What is the largest moon of Saturn?

ANSWERS

- | | |
|---|---|
| 1. Five: Chile, Bolivia, Paraguay, Uruguay and Brazil | 6. Bess and George. |
| 2. 300. | 7. Calvin Klein. |
| 3. Ernie, the giant chicken. | 8. An imaginary line at 0-degree longitude. |
| 4. Alfred Pennyworth. | 9. New Mexico. |
| 5. Anise. | 10. Titan. |

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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.



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.



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.



PLAY IT SAFE

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



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!



NEVER LEAVE KIDS OR PETS IN A VEHICLE

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



RESPECT WILDLIFE

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



Enjoy Summer RESPONSIBLY!

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



Did You KNOW?

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



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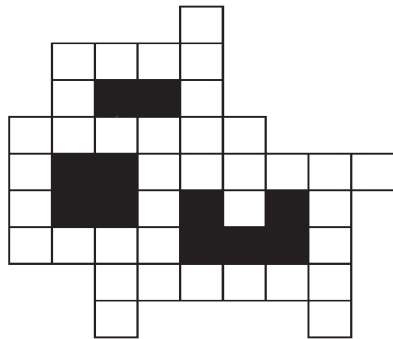
jamericanjoeskitchen.com

FEAR KNIGHT

By: rj johnson

DOUBT? ...OR DARE!

ETD
 NADILI
 HANSE
 PTAO
 YOMENT
 LYP
 ♥PSUO
 HETIG
 OSH
 ♥SEAPLE
 RYNIO
 AHPT



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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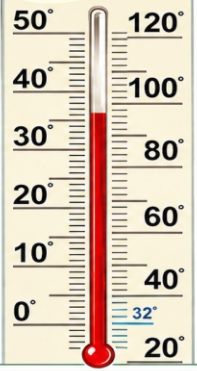
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Heat stress in plants

If the temperatures in your area are staying higher than normal, it's tempting to water your outdoor plants more often than you usually do to protect them from the heat. But this may not be helpful! Heat stress is not the same as drought, and too much water in the soil can cause fungal diseases and root rot. It may be more prudent to refresh your mulch. A three-inch-thick layer over the root zone can insulate the roots against the heat and help retain moisture in the soil longer.

— Brenda Weaver
Source: theprudentgarden.com



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Fun Fact

A study by Harvard Business School found that **giving** to other people lifted the giver's mood more than spending that money on themselves. Participants also expressed more happiness when they could witness the receiver's happiness.

Source: www.library.hbs.edu/



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Added something unexpected

Figure skate component

Move slowly

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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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02651

SENIOR NEWS LINE

— by Matilda Charles —

The danger of old cookware

When I was expecting a large crowd I needed to pull out all of my old cookware and see if I had enough pieces. Yes, I had enough pieces. No, I didn't just wash them up and start cooking. Some of the pots and pans were so old I was concerned about PFAS, PFOA and PTFE and whether my cookware was manufactured when use of those chemicals was common.

I went online, and boy, did I learn some things.

The label on my supposedly "free of PFOA" pans doesn't necessarily mean they're safe, because other chemicals could be present. It's the same with "free of PTFE," the nonstick compound used in pots and pans.

The reason: PFOA and PTFE are only two of 9,000 different PFAS chemicals.

To explain: PFAS is called a "forever chemical" because it takes nearly forever to break down in the environment and in our bodies. Long-term use can lead to serious health complications.

PFOA is where the age of some of my cookware became a problem. PFOA is now illegal to use in the manufacture of cookware and has been since 2015. A pan will be especially problematic if it has scratches or is used on high heat.

PTFE, on the other hand, is still used. It's the compound that makes our pans nonstick — and it's unregulated. And, when you heat PTFE, you get PFAS and toxic fumes.

So what do we do (other than panic) when we clearly need to replace our kitchen cookware with something that's safe to use?

If we want to change our cookware, we need to be certain we purchase pieces that really are PTFE-free and PFAS-free. Best bets are stainless steel, titanium (no coating) and ceramic-coated pieces. Be sure to research each one you consider.

To get up to speed on these chemicals before you shop, see LeafScore.com, DefendOurHealth.org, MayoClinic.org or Cancer.org.



RESOURCES: LeafScore.com, DefendOurHealth.org, MayoClinic.org or Cancer.org.

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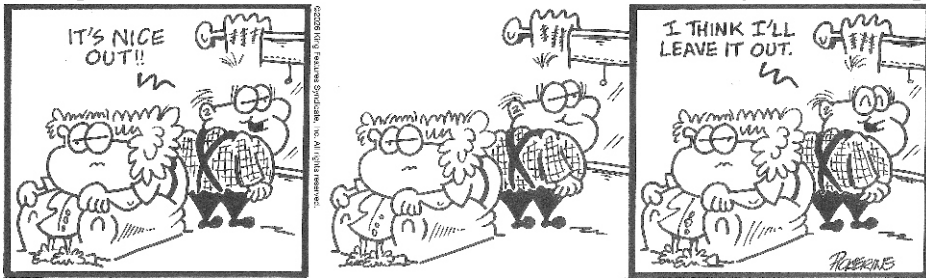
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MAIN STREET WORD OF THE Week

WHIMSICAL

(WIM-zi-kuh!) • adjective

★ MEANING:
Playfully unusual, imaginative, fun, or charming in an unexpected way.

“ USE IT:
The whimsical little shop was filled with colorful decorations and surprising treasures.”

DID YOU KNOW?
“Whimsical” comes from the word whim, meaning a sudden or playful idea.

THIS WEEK'S CHALLENGE

Do something **whimsical**!
Draw a silly picture, invent a funny character, or find a creative new way to do something ordinary.

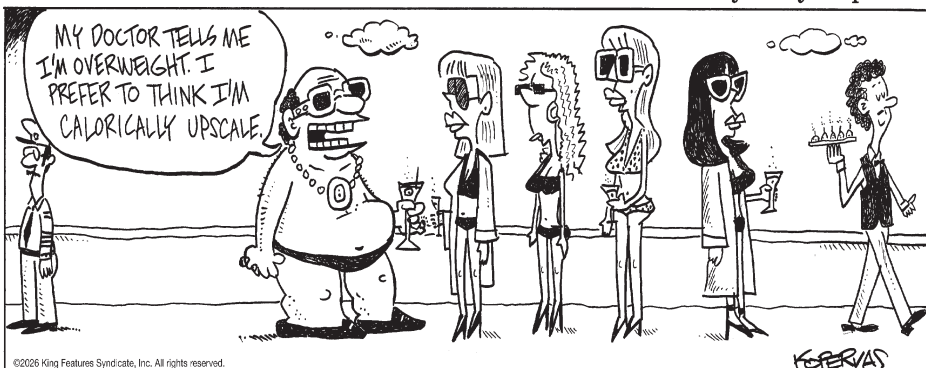
BRAIN TEASER!

Unscramble the letters to reveal this week's word!

M H I W I S C A L

SMILE OF THE WEEK

“A little imagination can make an ordinary day extraordinary.”



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

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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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.

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Sports QUIZ

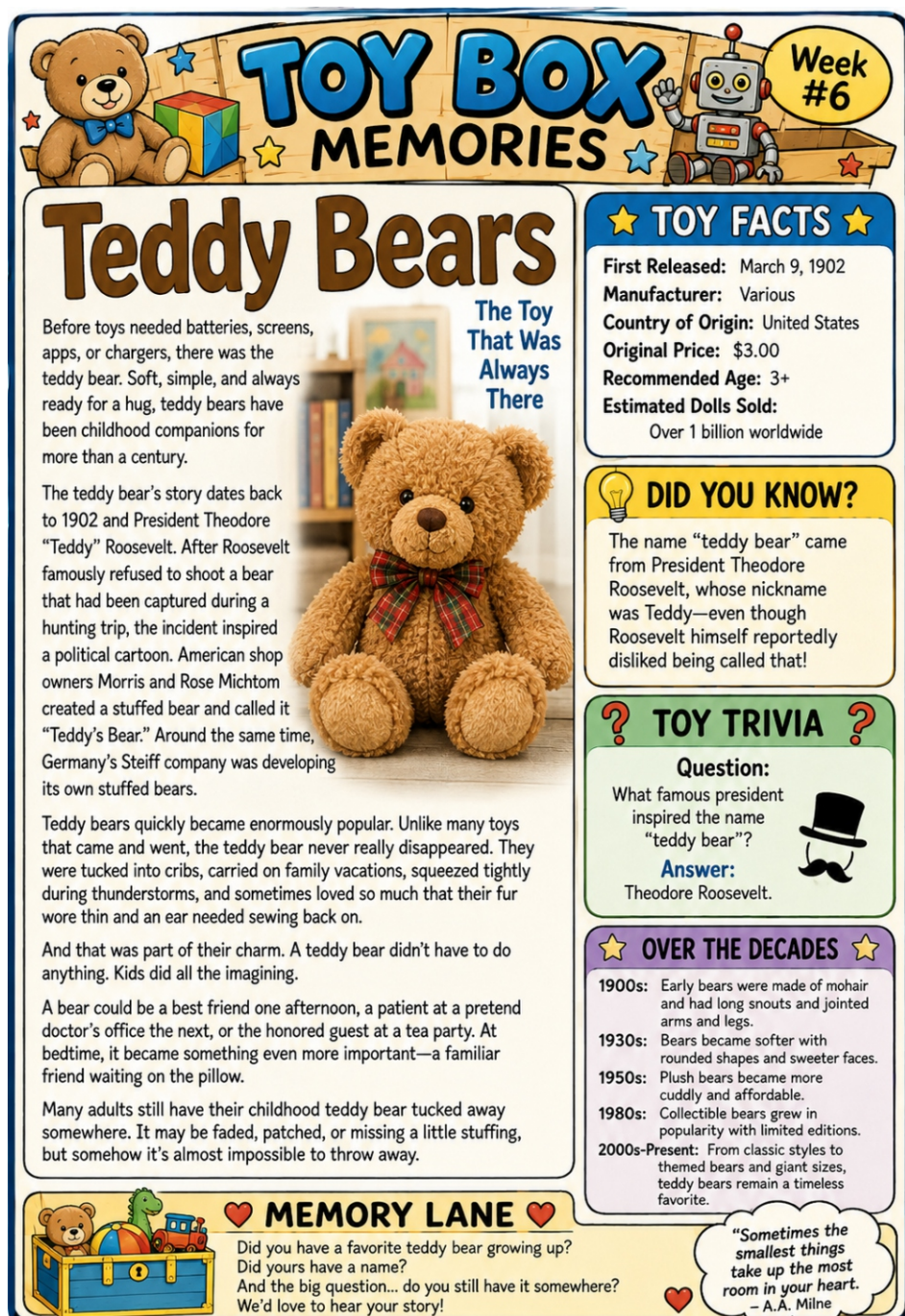
by Ryan A. Berenz

1. In January 1958, Cincinnati Bearcats college basketball star Oscar Robertson scored 56 points in a 118-54 rout and singlehandedly outscored which team?
2. In what year did the NFL establish the rule that made it illegal to grab the facemask of any opposing player?
3. Which two American men won singles titles at the two Australian Open tennis tournaments held in 1977?
4. In June 2026, which Milwaukee Brewers hurler delivered a fastball at 105.5 mph, the fastest ever recorded by a starting pitcher in Major League Baseball history?
5. Name the Georgia Bulldogs quarterback who threw four touchdowns and ran for two more in the team's 65-7 rout of the TCU Horned Frogs in the 2023 College Football Playoff national championship game.
6. What was the home arena for the San Jose Sharks during their first two NHL seasons from 1991-93?
7. Rudolf Dassler Schuhfabrik, an athletic shoe company founded in Germany in 1948, evolved into which world-famous sportswear brand?

Answers

1. The Seton Hall Pirates.
2. 1962 (previously, it was legal to grab only the ball carrier's mask).
3. Roscoe Tanner and Vitas Gerulaitis.
4. Jacob Misiorowski.
5. Stetson Bennett IV.
6. The Cow Palace in Daly City, California.
7. Puma.

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TOY BOX MEMORIES

Week #6

Teddy Bears

The Toy That Was Always There

Before toys needed batteries, screens, apps, or chargers, there was the teddy bear. Soft, simple, and always ready for a hug, teddy bears have been childhood companions for more than a century.

The teddy bear's story dates back to 1902 and President Theodore "Teddy" Roosevelt. After Roosevelt famously refused to shoot a bear that had been captured during a hunting trip, the incident inspired a political cartoon. American shop owners Morris and Rose Michtom created a stuffed bear and called it "Teddy's Bear." Around the same time, Germany's Steiff company was developing its own stuffed bears.

Teddy bears quickly became enormously popular. Unlike many toys that came and went, the teddy bear never really disappeared. They were tucked into cribs, carried on family vacations, squeezed tightly during thunderstorms, and sometimes loved so much that their fur wore thin and an ear needed sewing back on.

And that was part of their charm. A teddy bear didn't have to do anything. Kids did all the imagining.

A bear could be a best friend one afternoon, a patient at a pretend doctor's office the next, or the honored guest at a tea party. At bedtime, it became something even more important—a familiar friend waiting on the pillow.

Many adults still have their childhood teddy bear tucked away somewhere. It may be faded, patched, or missing a little stuffing, but somehow it's almost impossible to throw away.

★ TOY FACTS ★

- First Released:** March 9, 1902
- Manufacturer:** Various
- Country of Origin:** United States
- Original Price:** \$3.00
- Recommended Age:** 3+
- Estimated Dolls Sold:** Over 1 billion worldwide

💡 DID YOU KNOW?

The name "teddy bear" came from President Theodore Roosevelt, whose nickname was Teddy—even though Roosevelt himself reportedly disliked being called that!

? TOY TRIVIA ?

Question:
What famous president inspired the name "teddy bear"?

Answer:
Theodore Roosevelt.

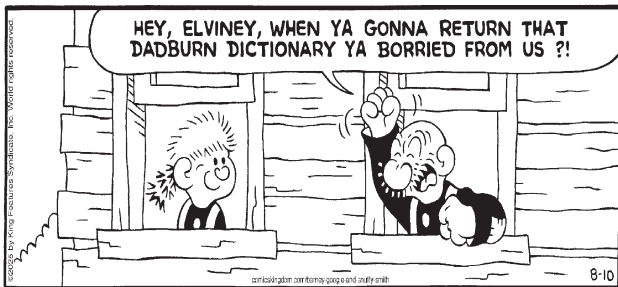
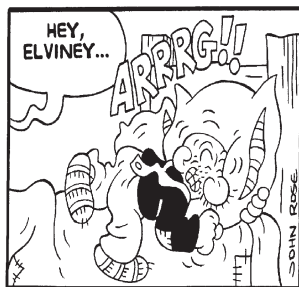
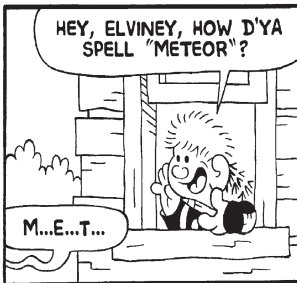
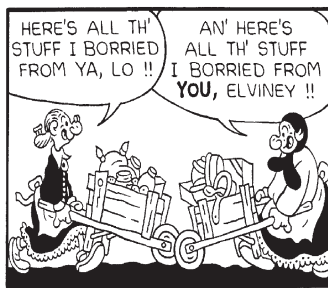
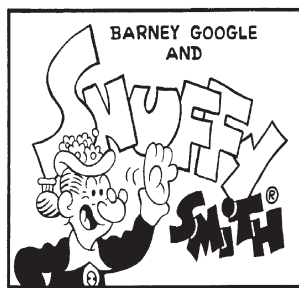
★ OVER THE DECADES ★

- 1900s:** Early bears were made of mohair and had long snouts and jointed arms and legs.
- 1930s:** Bears became softer with rounded shapes and sweeter faces.
- 1950s:** Plush bears became more cuddly and affordable.
- 1980s:** Collectible bears grew in popularity with limited editions.
- 2000s-Present:** From classic styles to themed bears and giant sizes, teddy bears remain a timeless favorite.

♥ MEMORY LANE ♥

Did you have a favorite teddy bear growing up? Did yours have a name? And the big question... do you still have it somewhere? We'd love to hear your story!

*"Sometimes the smallest things take up the most room in your heart."
— A.A. Milne*

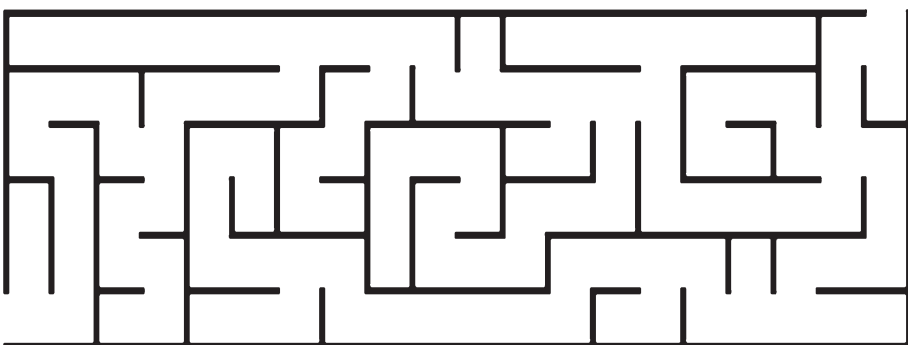


TIGER

by **BUD BLAKE**



Kids' Maze



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top 10 movies!

1. **The Odyssey** (R) Matt Damon, Tom Holland
2. **Moana** (PG) Dwayne Johnson, Catherine Laga'aia
3. **Hadestown: The Musical** (NR) Reeve Carney, André De Shields
4. **Toy Story 5** (PG) Tom Hanks, Tim Allen
5. **Minions & Monsters** (PG) Pierre Coffin, Trey Parker
6. **Evil Dead Burn** (R) Souheila Yacoub, Tandi Wright
7. **The Invite** (R) Seth Rogen, Olivia Wilde
8. **Young Washington** (PG-13) William Franklyn-Miller, Mary-Louise Parker
9. **Motor City** (R) Alan Ritchson, Ben Foster
10. **Obsession** (R) Michael Johnston, Inde Navarrette

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Itchy allergies have this hound howling

DEAR PAW'S CORNER: My 2-year-old Basset Hound, "Harlan," is allergic to something, but we aren't sure what it is. He's got hot spots, especially on his stomach and hind quarters, and he's broken the skin in some places from scratching and biting. Our veterinarian says to treat him for fleas and has prescribed an antibiotic for the scratches. I'm wondering if there is more going on. What do you recommend?

— Jake S. in Wheeling, West Virginia

DEAR JAKE: I'm sorry to hear that Harlan is suffering. Allergies can be a real pain, and finding the source can take time.

Eliminating fleas and treating the sores and hot spots is the first step in the process of determining what is causing a pet's allergic reaction. If Harlan responds well to this treatment and has no further problems, that's great. If he doesn't, the next move is to gradually rule out other potential allergens until the culprit is found.

Dogs and cats can have histamine reactions — redness, swelling, sneezing, itching — to three primary culprits: fleas, food and environment. Some very effective flea treatments have been developed over the past several years, so this is the easiest allergy to treat. Food and environmental allergies are tougher.

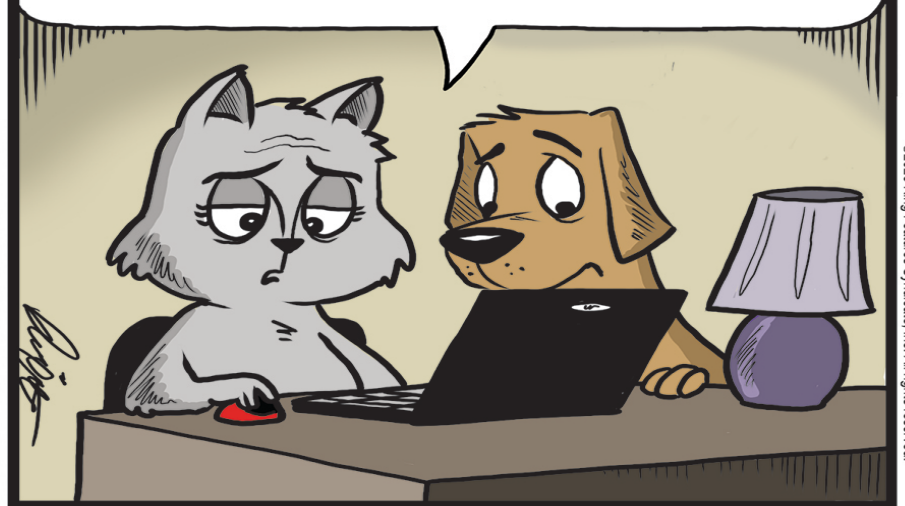
I'll address food allergies in my next column. This week, what I recommend for pet owners who are dealing with the itching, hot spots and general misery of an allergy, is to contact their vet and follow their instructions on treatment. Reduce dust and pollen inside the home by vacuuming frequently. Treat all your furry pets for fleas, if you haven't done so yet.

And get out your notebook. You'll need to write down your pet's reaction, behaviors and symptoms to start forming a picture of the allergies they may have.

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

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WE NEED TO GIVE UP AND ADMIT WE'RE NOT SMART ENOUGH TO FIGURE THIS OUT. MAYBE THE NEIGHBOR KID CAN COME OVER AND HELP.



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MAGIC MAZE

"DE" WORDS

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

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

Debark
Debarring
Debone
Debrief

Debug
Debunk
Decay
Decode

Decry
Defame
Defang
Defeat

Defend
Defuse
Demolish

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VETERANS POST

by Freddy Groves

Confusion over payment for non-VA medical care

Let's hear it for whistleblowers, especially when big money is involved, and most especially when some of that money should have gone into the pockets of veterans.

Specifically, starting in 2001, non-VA medical providers that veterans had 90 days to file for reimbursement for veterans who had sought emergency care. Then in 2022 the Cleland-Dole Act added the requirement that non-VA providers submit payment requests within 180 days for providing emergency care. However, there was no mention of veterans having that same 180-day time limit to file for reimbursement, or any time limit at all.

The VA continued, however, to apply the original 90-day payment limit.

Enter the VA Office of Inspector General because of the whistleblower. When asked, the VA identified 78,000 claims — to the tune of \$373 million — that had been denied because they didn't meet the 90-day limit. And money hadn't reviewed those 78,000 denied claims. Apparently there was confusion due to the fact that the law was written to give non-VA providers that 180 days, but not veterans.

Further confusion (or so it was said) arose because it wasn't clear whether the 90-day filing period should begin on the date of discharge, the date of a veteran's death during emergency treatment or the date it became clear that a third-party payer would not cover the claim. The VA sought clarification from the policy department ... and promptly dropped the ball, not pursuing answers.

The VA began processing those claims, leaving it to the individual claims processors to decide whether they would use the 90- or 180-day limitation.

If you need to get emergency care at a non-VA medical facility, there are some rules you need to know so it will be paid for. You can read the info at www.va.gov/resources/getting-emergency-care-at-non-va-facilities so you'll know what you should do in an emergency. For example, going to urgent care doesn't count. And someone needs to tell the VA within 72 hours that you've had a medical emergency. You can notify the VA at 844-724-7842.

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

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

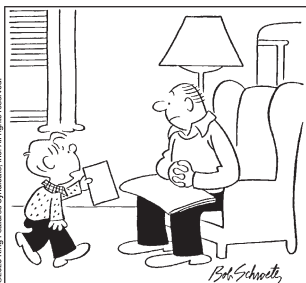
To report fraud, see www.vaog.gov/hotline/online-forms.



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



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"Bad news, Dad — my grades are pretty awful, but at least that shows that I'm not

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!

Avoid EGHED

Quench EATS

Lovely SCINCE

Follow ALIRT

TODAY'S WORD

Weekly SUDOKU

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

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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KOVEL'S® Antiques & Collecting

By Terry and Kim Kovel

Fauvism Art

Maurice de Vlaminck (1876-1958), born in Paris, was one of the painters who exhibited at the 1905 Salon d'Automne, considered the beginning of the Fauvism art movement. The name "Fauvism" came from a critic's negative reaction to the exhibition, insulting the paintings on display as the work of "wild beasts" ("fauves" in French).

Fauvism was characterized by the use of highly saturated color, abstracted shapes, and loose brushwork, a marked departure from the naturalistic, representational styles that dominated the art world at the time.

Although de Vlaminck's fame never quite reached the heights of fellow Fauvists like Henri Matisse, he had considerable success at exhibitions. Art dealer Ambroise Vollard, known for taking risks on avant-garde artists, bought his entire stock of paintings in 1906 and introduced him to ceramicist Andre Metthey.

De Vlaminck and Metthey enjoyed a fruitful collaboration for several years, producing about 300 pieces together. De Vlaminck painted the decorations on the ceramics.



Fauvist artist Maurice de Vlaminck brought his use of bright colors, simple shapes, and free brush strokes to ceramics as well as canvases.

While the style of the ceramics is different — most of de Vlaminck's best-known paintings are scenic landscapes — the vibrant colors and simple shapes that characterize his work are clearly visible.

This vase sold for \$1,905 at Fairfield Auction. Considering that oil on canvas paintings by de Vlaminck can sell for about \$20,000, it's arguably a bargain.

For other information, like the photographer's name, copyright date, publisher, or edition number. These will help you determine the values of the photographs. If they are originals, they could be very valuable, and you may want to contact an auction house that sells photographs or celebrity memorabilia for more information. If they are copies, they are probably worth fairly little; about \$10 to \$20 each.

TIP: Don't put a runner or a vase on your wooden table if it is in sunlight. Eventually the finish will fade around the ornaments and leave a shadow of the items on the wood.

CURRENT PRICES

Toy, set, Aero Circus, two airplanes, lead blimp, tower pieces, instructions, box, Newton, 16 inches, \$265.

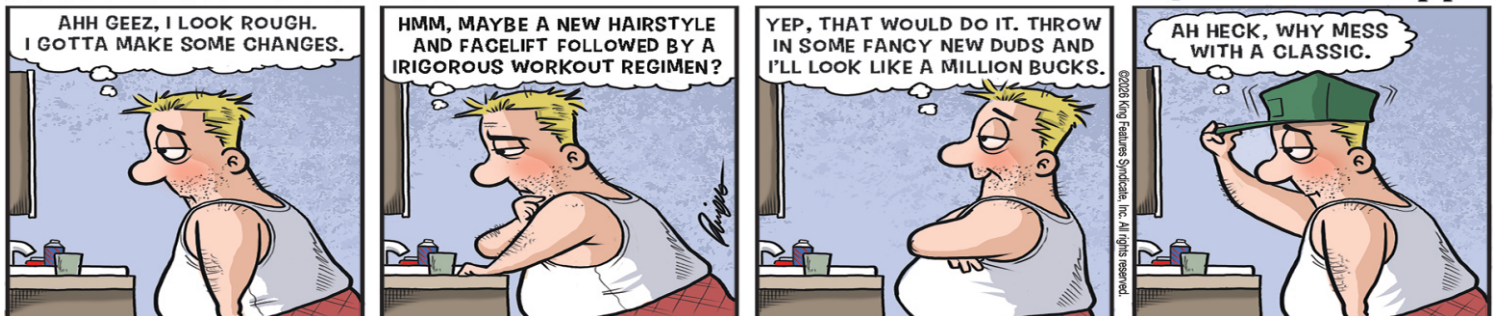
Medical, cabinet, apothecary, wood, overhanging top, 55 compartments, gilt character labels, metal mounts, shaped base, Chinese, 37 1/2 x 40 inches, \$510.

Print, Japanese, Katsushika Hokusai, The Great Wave, frame, 18 x 22 inches, \$895. 410.

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

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Amber Waves



Puzzles4Kids

by Helene Hovanec

WORD FUN

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

WHAT DO YOU CALL FLOWERS THAT ARE ALWAYS TARDY?

SPIRAL	___ PAIRS	BROWSE	___ SWORE
DASHES	___ SHEDS	GALLON	___ ALONG
PILOTS	___ SPOIL	POSIES	___ SPIES
COURSE	___ SCOUR	COBRAS	___ CRABS
		MARGIN	___ GRAIN
		BUSHEL	___ BLUSH
		CASPER	___ SPACE
		SQUEAK	___ QUAKE

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by
Jo Ann
Derson

• “I have a pair of pants I wear to garden in. The knees wore out, naturally, and I went to sew patches on the knees. I left the top of the patch open, and when needed I slip a piece of foam rubber in the knee. Magical knee pads!”

— R.E. in Oregon

• Are you great behind the lens of your camera and love animals? Consider donating your time to your local animal shelter as a pet photographer. Showing Mittens and Fido off to their best advantage can mean the difference in finding a forever home. Check with your local rescue organizations, too!

• To clean your tarnished silver jewelry, simply line a tray or shallow bowl with aluminum foil, lay the pieces on the foil and fill with a hot water and detergent solution (NOT bleach-containing). You may also use baking soda and hot water. Swish and allow the tarnish to transfer to the foil. Use a soft cloth to dry.

• “If your windshield or back window fogs over, try this trick, borrowed from the bathroom: Spread regular shaving cream over the window and wipe clean with a cloth. Buff off any streaks with newspaper. This will last a good while!” — P.P. in South Carolina

• Now is the time to tighten your cane-bottomed chairs. Flip the chair over, then soak the cane with hot water and allow it to dry fully in the sun.

• “If your plastic wrap gets sticky, place it in the refrigerator. You can even store it there to keep it easy to unroll!” — L.K. in Arizona

Send your tips to *Now Here's a Tip*,
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Strange BUT TRUE

★ By Lucie Winborne ★



• According to facial recognition software, Leonardo da Vinci's “Mona Lisa” is 83% happy, 9% disgusted, 6% fearful and 2% angry.



• The low air pressure of a twister can literally pull a person's eardrum outward.



• In 1900, motor boating was included in the Olympic Games. Only a few races were held, however, and they were eventually discontinued due to inconsistent weather and mechanical failures.



• One acre of peanuts can make 30,000 peanut butter sandwiches.



• The first Europeans to discover the Great Lakes named them the “Sweetwater Seas” and believed that China bordered their shores.



• The skin of a jellyfish is so thin that the animal can breathe through it.



• Cellist Daniel Crawford composed a musical piece for the cello in which each note represents a year on NASA's record of global average temperature, from 1880-2012.



• Between 1930 and 1935, nearly 750,000 American farms were lost through bankruptcy or sheriff sales.



• During the 18th and 19th centuries, many British and American newspapers featured elegies for dead pets. Among them, one scholar found six for monkeys, 12 for canaries, 17 for cats and 53 for dogs.



• Egyptians used vast amounts of linen to mummify a body — in fact, the fabric on one mummy from the 11th dynasty measured 9,095 feet, enough to cover three tennis courts.



• “The Star-Spangled Banner” was almost the national anthem of the United States. In 1931, Congress voted in favor of it, but the final approval was never given.



• During a 1945 storm, a Navy cargo ship lost 28,800 rubber bath toys. They still wash up on shore today, making bath toy collecting a popular hobby!



• The first TV commercial was for Bulova watches. It was broadcast on July 1, 1941, on a New York City station.



• In voodoo, a doll representing a person can be used to bring good luck or bad fortune to that person.



• Horses cannot vomit.



• The Earth makes a full trip around the Sun in 365.2422 days.



• Soda jerks were often required to pass a test to prove they could mix at least 100 different drinks.

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

”

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GOT A BUSINESS?

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'Tumor Seeding' Very Rarely Occurs During Biopsies

DEAR DR. ROACH: I read your recent column on prostate biopsies. I'm not a doctor, but I'd advise against them. My boyfriend got a biopsy in 2012, which I believe caused his cancer to spread beyond his prostate into his bones. He died three years later in 2015.

Think about this: A needle is inserted to extract cells so that they can be tested. When the needle is pulled out with its open end, and cancer is present, cells in the needle can then come out of the open end, causing cancer to spread throughout the prostate. It may be rare, but this is documented (called tumor seeding). — *B.S.*

ANSWER: I must disagree with you in the strongest possible terms. A biopsy is an essential piece of information to know how to treat a patient. Over decades and tens of millions of biopsies, there have been 42 total cases of seeding that were reported worldwide from the needle tract. This extremely rare event shouldn't prevent a man from understanding what the best treatment of his prostate cancer will be. Other studies haven't shown an association between a biopsy and a subsequent spread of the disease.

I'm very sorry about your boyfriend, but given the slow growth rate of prostate cancer, it's likely your boyfriend had prostate cancer that spread to his bones years before the biopsy was done.

DEAR DR. ROACH: I read about a new weight-loss drug that is still

in its clinical trials. It's called retatrutide, and it may have the ability to reduce body weight by as much as 28% over a relatively short period of time. What are some of the dangers of losing weight too quickly? — *B.G.*

ANSWER: I also read the initial studies on retatrutide, and I'm very impressed with the results. The level of weight loss that was seen is in the range of what's expected with bariatric surgery. It acts similar to semaglutide (Wegovy) by stimulating the GLP-1 receptor, but like tirzepatide (Zepbound), it also stimulates the GIP receptor.

Unlike either of these drugs, it also acts on a third receptor called glucagon, and this combined action has shown remarkable results, with nearly two-thirds of study subjects no longer being classified as obese while on the drug.

You're wise to ask about the side effects of so much weight loss at one time. Regardless of the underlying reason for the weight loss, there's the potential for harm whether you lose weight through medications, surgery, or careful adherence to diet and exercise. Gallstones are common during rapid weight loss, and some experts use medication to prevent them.

Bone mass can also be lost by both men and women during weight loss. Making sure that a person gets enough protein and vitamin D can reduce this, and people who are at risk (such as those who had low bone mass to begin with) may be recommended medications to prevent the progression to osteoporosis.

We've seen loss of muscle mass with the existing GLP-1 drugs. To some extent, this is because a person no longer carts around so much weight. Regular exercise, especially weight lifting, and adequate protein intake can help reduce muscle loss as well.

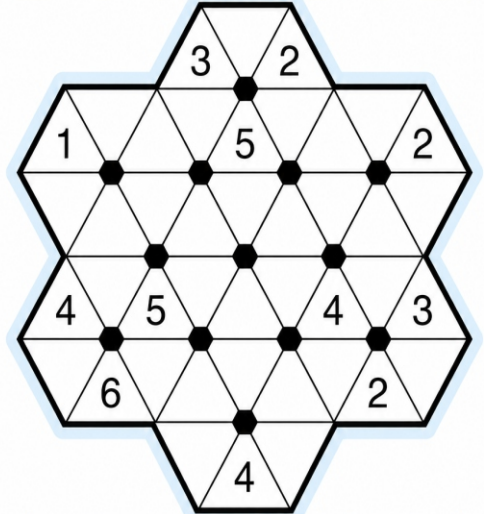
When eating only a few amount of calories to lose weight, a person needs to be careful that they get all the micronutrients they need. I recommend working with a registered dietician or nutritionist to avoid deficiencies.

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

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SNOWFLAKES by Japheth Light

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



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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DONNA ERICKSON'S BEST BITES



Make a Cool Summer Pudding From England



While the 2026 FIFA World Cup was in full swing on screens across the United States and the world, I loved how the cameras put viewers like us in the middle of the action, especially for the third-place playoff match between France and England. Amid all the excitement of England winning the high-scoring match, I began to get curious about local English food.

I decided to make a cultural experience at home and created a taste of London by preparing an old English late-summer dessert called "Summer Pudding." For the Brits, the word "pudding" ("pud" for short) actually means "dessert," and this fun recipe from across the pond can become a memorable finale to an August dinner. It's full of fresh berries, and the easy prep doesn't require any baking, so the kitchen stays cool. It's a great use for day-old bread, too!

Kids love to take part in the easy prep, so gather the ingredients and enjoy this fresh, beautiful dessert while it's still summer.

ENGLISH SUMMER PUDDING

Makes 6-8 servings

- 16 slices of day-old firm white bread without preservatives
- 1 cup sugar
- 6 cups assorted berries such as blueberries, blackberries, raspberries and strawberries
- 1 tablespoon freshly squeezed lemon juice

— Whipped cream

In a saucepan, combine berries, sugar and lemon juice. Stir over medium heat until berries release their juices, about 5 minutes. Remove from heat and drain berries over a bowl, reserving the juice.

Line the inside of a 5- to 6-cup bowl with plastic wrap. Trim and discard crusts from the bread and cut slices diagonally into 4 pieces. Dip each triangle into the juice, then arrange on the bottom and in a continuous pattern around the inside of the bowl to create a pinwheel effect. Fill any gaps with more bread, saving some for the next step.

Fill the bread-lined bowl almost to the top with the drained berries. Place a single layer of the remaining bread on top of the berries to create a cover. Spoon remaining juice evenly over the top.



Cover the bowl with plastic wrap, then set a small plate on top that fits inside the bowl. Set a heavy 2-pound can on the plate to provide weight. Refrigerate overnight.

To serve, remove the can, plate and plastic wrap, and carefully invert the colorful molded pudding onto a serving plate. Remove the plastic wrap liner. Slice into wedges with a large spoon and serve with a dollop of whipped cream.

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at www.donnaerickson.com.



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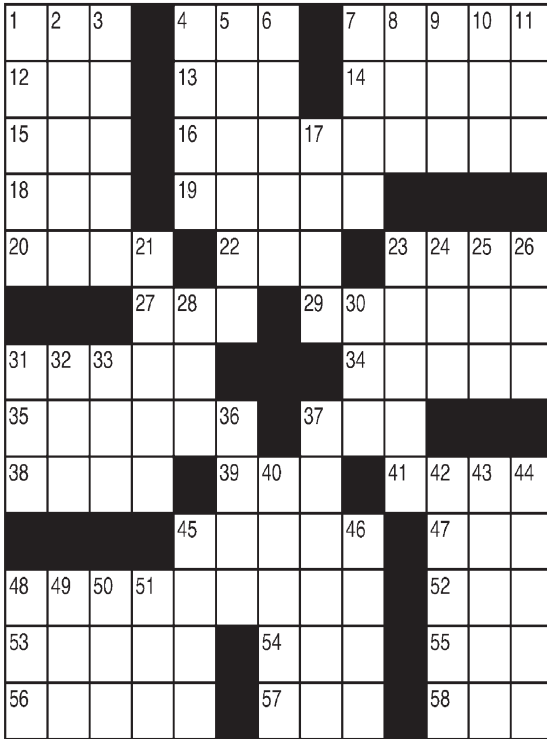
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King Crossword

ACROSS

- 1 URL ending
4 "Now I get it!"
7 Shimmering fabrics
12 Texter's "I think"
13 Young bloke
14 Mover's rental
15 H.S. proficiency test
16 Held in trust
18 Census stat
19 Wonderland visitor
20 Hindu deity
22 Moray, for one
23 Ski lift type
27 TV screen choice



- 29 Beekeeper's place
31 Blood line?
34 Sweetie
35 Monastery
37 Play part
38 Romanov ruler
39 College URL ender
41 Appear
45 Chopin piece
47 Roman
48 Branch of government
52 Puzzle
53 "— Called Wanda"

- 54 Actress Ruby
55 Before
56 Give up amateur status
57 Pink Floyd's Barrett
58 Rds.

DOWN

- 1 Humidor item
2 Alpha's opposite
3 Cable company device
4 — Romeo
5 Saluted
6 "Paper Moon" tyke

- 7 "Time" co-founder
8 Sushi fish
9 Goat's plaint
10 Where Lux. is
11 Devious
17 Bruins' sch.
21 Wedding setting
23 Leans
24 Sheepish "Hello!"
25 Branch
26 Bagel variety
28 One for the road?
30 Cpl.'s subordinate

- 31 Sternward
32 Hosp. areas
33 Estuary
36 Bigfoot's kin
37 Hollywood's Hepburn
40 Couples
42 Santa's crew
43 Tennis great Chris
44 Blends
45 Repeat
46 Sized up
48 Binge
49 "Avatar" craft
50 Chips go-with
51 Leb. neighbor

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