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Week 32 ~ Edition 26

REMEMBER WHEN GAS WAS...?

A Trip Down Memory Lane at the Pump

Remember when pulling into a gas station didn't make you nervous about looking at the total?

For many of us, seeing an old gas price sign brings back memories of road trips, first cars, family vacations, and a time when handing the attendant a few dollars could actually put a noticeable amount of gas in the tank.

But gas stations themselves were different, too.

"FILL 'ER UP!"

There was a time when you didn't even have to get out of your car.

You pulled up to the pump, rolled down your window and said, "Fill 'er up!" An attendant would pump your gas, check the oil, take a look under the hood and sometimes even clean your windshield.

Today, that sounds almost luxurious!

HOW MUCH WAS A GALLON?

Gas prices have certainly changed over the years.

(CONTINUE ON PAGE 2)



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YOUR HOME. OUR MISSION.

(Continue from Front Page)

Approximate U.S. averages give us an idea of just how different a trip to the gas station once looked:

- 1950s: Around 20–30¢ a gallon
- 1960s: Around 30¢ a gallon
- 1970s: Roughly 35¢ early in the decade, climbing significantly later
- 1980s: Often around \$1–\$1.25 a gallon
- 1990s: Frequently around \$1–\$1.30 a gallon
- 2000s: The \$2 and \$3 signs became much more familiar

Of course, prices varied depending on the year and where you lived. Still, imagine pulling into a station today and seeing:

REGULAR — 29¢

There might be a traffic jam just getting into the parking lot!

YOUR FIRST CAR

For many people, gas-price memories are connected to their first set of wheels. Maybe it was an old pickup with a bench seat. Maybe it was the family station wagon. Maybe it was a little car that rattled, squeaked and had a radio that only worked when it felt like it.

It might not have been fancy, but it represented something important: **FREEDOM**. A driver's license, a few dollars for gas and permission to stay out until a certain time could make you feel like you owned the world.

ROAD TRIPS WERE AN ADVENTURE

Before GPS, smartphones and streaming music, a road trip required a few essentials: a paper map, a cooler, snacks, a radio, and someone in the passenger seat insisting they knew exactly where you were.

"Are you sure this is the right road?" "YES!" Twenty miles later... "Maybe we should've turned back there." And, of course, there was the classic question from the back seat: "ARE WE THERE YET?" Usually asked approximately seven minutes after leaving home.

GAS STATIONS WERE DIFFERENT, TOO

Older gas stations could be destinations themselves. Some offered maps, promotional glasses, dishes, toys or other giveaways. Others had repair bays where a mechanic could take care of your car while you waited. You might know the person working there by name. You stopped for gasoline, but you might also hear the latest town news, get directions or spend a few minutes visiting. It was simply part of life.

SOME THINGS NEVER CHANGE

Cars have changed. Gas pumps have changed. Road maps have mostly been replaced by phones. And the price displayed on the giant sign certainly isn't what it used to be. But some things remain exactly the same.

We still pile into vehicles for family vacations. We still stop for snacks we probably don't need. We still debate which route is faster. And sooner or later, somebody still asks: "How much farther?"

🚗 Sometimes the cars that gave us the most trouble
also gave us the best stories. 🚗



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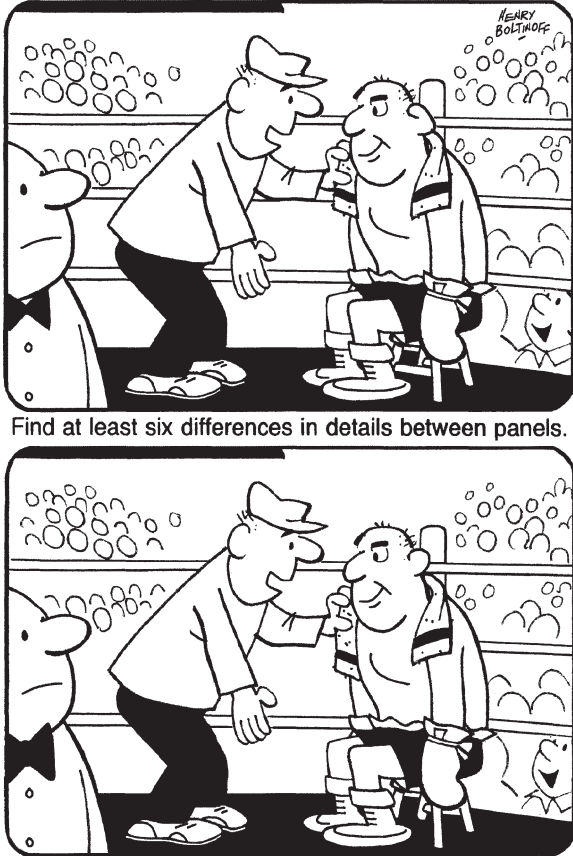
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HOCUS-FOCUS BY
HENRY BOLTINGOFF



Find at least six differences in details between panels.

Differences: 1. Towel is longer. 2. Tie is different. 3. Rope is longer. 4. Bar is different. 5. Rope is longer. 6. Man is missing. 7. Tie is different. 8. Rope is longer. 9. Bar is different. 10. Man is missing. 11. Towel is longer. 12. Tie is different. 13. Rope is longer. 14. Bar is different. 15. Man is missing. 16. Towel is longer. 17. Tie is different. 18. Rope is longer. 19. Bar is different. 20. Man is missing.

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Salome's Stars



ARIES (March 21 to April 19)

Despite your Arian penchant for wanting to tackle a problem head-on, you might want to take a little more time to see how a current situation develops. It could surprise you.



TAURUS (April 20 to May 20)

Taking on the role of peacemaker in a disruptive environment is a challenge, but you can do it. Just continue to have the same faith in yourself that so many others have in you.



GEMINI (May 21 to June 20)

Although your work schedule keeps you busy, you should make time to start preparing for an important upcoming family event that you'll want to celebrate in a special way.



CANCER (June 21 to July 22)

Home is where the Moon Child wants to be early in the week. But by week's end, a chance to travel raises your excitement level — and that of the lucky person who gets to go along.



LEO (July 23 to August 22)

Be careful not to be a copycat when dealing with someone who uses unfair or even unkind methods to reach a goal. As always, do the right thing the right way, and you'll win in the end.



VIRGO (August 23 to September 22)

An offer could have many good things attached to it that aren't apparent at first glance, including a chance to move into another career area. You might want to check out its possibilities.



LIBRA (September 23 to October 22)

With responsibilities surging both in the workplace and in the home, it's important to prioritize how you deal with them. Be patient. Pressures will begin to ease starting early next week.



SCORPIO (October 23 to November 21)

A positive reaction to a suggestion could indicate that you're on track for getting your message to the right people. Devote the weekend to catching up with the special people in your life.



SAGITTARIUS (November 22 to December 21)

A new attitude from those in charge could make things difficult for you, unless you can accept the changes without feeling as if you're being pressured into doing so.



CAPRICORN (December 22 to January 19)

Family matters once again dominate much of the week. But don't neglect your workplace duties while you deal with them. An offer to help could come from a surprising source.



AQUARIUS (January 20 to February 18)

A difficult workplace situation begins to ease, but there are still matters that need to be dealt with before it's fully resolved. There's also a more positive turn in domestic relationships.



PISCES (February 19 to March 20)

Don't let yourself be rushed into making a decision about an intriguing financial arrangement. Asking questions and checking it out now could pay off in a big way later on.



BORN THIS WEEK:



You might have a tendency to be more than a bit judgmental, but others understand that it comes from a warm, loving heart.



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Moments in time

• On Aug. 24, 1572, King Charles IX of France, influenced by his mother, Catherine de Medici, ordered the assassination of Huguenot Protestant leaders in Paris, which launched a widespread catastrophe of murders resulting in the deaths of tens of thousands of Huguenots all across the country.

• On Aug. 25, 1875, merchant navy captain Matthew Webb became the first known person to successfully swim the English Channel, in 21 hours and 45 minutes. Hailed as a national hero, a triumphal arch was erected in his honor in his hometown and The Daily Telegraph called him "probably the best-known and most popular man in the world."

• On Aug. 26, 1873, the first free kindergartener in America was started by Susan Blow in Carondelet, a suburb of St. Louis, Missouri.

• On Aug. 27, 2007, Michael Vick, a star quarterback for the Atlanta Falcons, pleaded guilty to a federal felony charge related to running a dogfighting ring. Four months later, he was sentenced to 23 months in federal prison.

• On Aug. 28, 1963, acclaimed gospel singer Mahalia Jackson helped turn Dr. Martin Luther King Jr.'s speech at the March on Washington into one of American history's most famous orations when she instructed him to "tell them about the dream, Martin" from behind the podium on the steps of the Lincoln Memorial, prompting him to put aside his notes and improvise the entire next section of it.

• On Aug. 29, 1982, Swedish-born actress and three-time Academy Award winner Ingrid Bergman died of cancer on her 67th birthday. Best known for her role as Ilsa Lund opposite Humphrey Bogart in "Casablanca," Bergman had stirred up an international scandal three decades earlier by bearing a son with Italian director Roberto Rossellini, to whom she wasn't then married.

• On Aug. 30, 2023, West Point announced that an archaeologist had taken a second look at an 1828 time capsule, opened in an earlier livestream and believed to be empty, and discovered valuable coins and a medal under sediment at its bottom.

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Americanisms



"People who love to eat are always the best people."

— Julia Child

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4 BREW CITY & MORE

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2 STATE ANIMAL: BADGER

The badger is tough, determined and hard-working—just like Wisconsinites! You might see one digging in the dirt or near its burrow in our forests and fields.

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5 CRANBERRY COUNTRY

Wisconsin produces more cranberries than any other state! These little red berries grow in marshes and are used in everything from sauces to snacks.

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3 NATURAL BEAUTY

From rolling hills and deep forests to over 15,000 lakes and two Great Lakes, Wisconsin is full of natural wonders in every season.

4 SEASONS OF PURE BEAUTY!

6 Fun Fact!

Wisconsin was the first state to adopt a state fair—way back in 1848! The tradition continues today at the famous Wisconsin State Fair.

CELEBRATE WHERE WE LIVE!

PROUD TO BE WISCONSINI!

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. Heavenly | ___ _ _ _ _ V _ _ | Divvy up | ___ _ _ _ _ D _ _ |
| 2. Certain quartet | ___ T ___ _ _ _ | Planting season | ___ P ___ _ _ _ |
| 3. Express gratitude | ___ _ A ___ _ _ | Mull over | ___ _ I ___ _ _ |
| 4. Coronet | ___ _ _ _ _ N | Multitude | ___ _ _ _ _ D |
| 5. Pendant | ___ _ _ _ _ T | Student's closet | ___ _ _ _ _ R |
| 6. Beehive | ___ P ___ _ _ _ | Bird sanctuary | ___ V ___ _ _ _ |
| 7. Lombard or Burnett | ___ _ _ _ _ L | Chocolate alternate | ___ _ _ _ _ B |
| 8. Arrogance | P ___ _ _ _ | Groom's mate | B ___ _ _ _ |
| 9. Stockholm native | ___ W ___ _ _ | Velvety leather | ___ U ___ _ _ |
| 10. Rowling's character | ___ _ T ___ _ _ | Composer Cole | ___ _ R ___ _ _ |

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FLASH BACK!

POP ROCK & SOUL TRIVIA

BY MICK HARPER



★ QUESTIONS ★

- 1 Where were the werewolves of London sipping a pina colada?
- 2 Name the artist who wrote and released "I Wanna Be Your Lover."
- 3 Which group released "We Gotta Get Out of This Place"?
- 4 Where did Canned Heat get its name?
- 5 Name the song that contains this lyric: "We're caught in a trap, I can't walk out, Because I love you too much, baby."

★ ANSWERS ★

- 1 **At Trader Vic's.** The 1978 song by Warren Zevon started as a joke suggested by Phil Everly (of the Everly Brothers) and was penned in 15 minutes. It was the recording that was difficult, taking nearly 60 attempts.
- 2 **Prince.** In 1979. The song went to No. 1 on the Hot Soul Singles chart and stayed there for two weeks.
- 3 **The Animals.** In 1965. It appeared on Rolling Stone's list of the 500 Greatest Songs of All Time.
- 4 **From Sterno,** the liquid fuel used under buffet chafing dishes.
- 5 **"Suspicious Minds,"** by Elvis Presley, released in 1969. Written and first recorded by Mark James in 1968, the song failed to chart until Presley's version became a No. 1 hit. Presley's recording was later inducted into the Grammy Hall of Fame.



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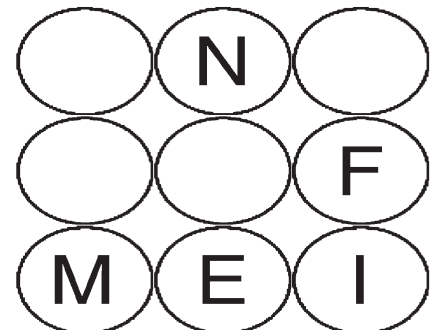


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WORD SPIRAL



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

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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.

	+		÷		= 13			
+		+		+				
	+		÷		= 3			
+		÷		-				
	-		×		= 6			
=		=		=				
23		2		3				
1	2	3	4	5	6	7	8	9

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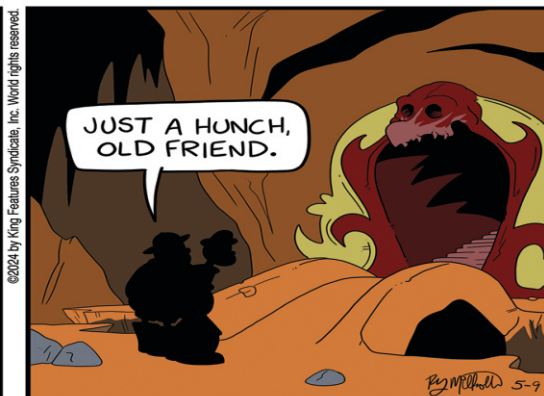
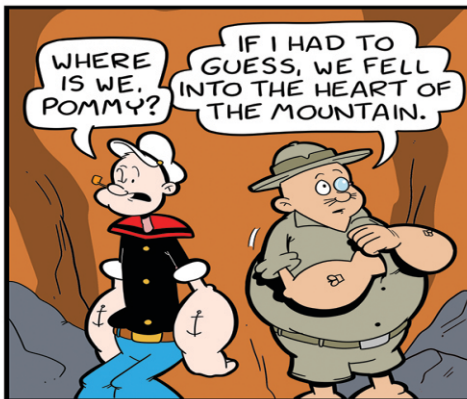
by Fifi Rodriguez

- U.S. STATES:** Which two states do not observe Daylight Saving Time?
- ANATOMY:** How many valves does the human heart have?
- MATH:** What comes after a trillion?
- GEOGRAPHY:** What is the longest river in Europe?
- TELEVISION:** What is the name of the hospital in the sitcom "Scrubs"?
- HISTORY:** Which empire did Genghis Khan rule?
- LITERATURE:** Which children's book features a character called Augustus Gloop?
- ART:** Who painted the famous work titled "Guernica"?
- MOVIES:** In which film does Sidney Poitier's character say, "They call me Mr. Tibbs"?
- ASTRONOMY:** What is the smallest planet in our solar system?

ANSWERS

1. Arizona and Hawaii.
2. Four.
3. Quadrillion.
4. The Volga River.
5. Sacred Heart Hospital.
6. The Mongol Empire.
7. "Charlie and the Chocolate Factory."
8. Pablo Picasso.
9. "In the Heat of the Night."
10. Mercury.

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FALL Safety Tips

Stay Safe While Enjoying the Season!



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
- 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 Fall 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 fall!



Did You KNOW?

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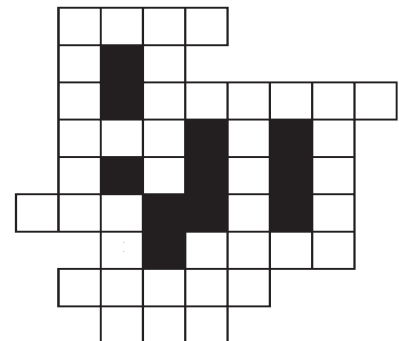
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FEAR KNIGHT
By: rj johnson
DOUBT? ...OR DARE!

GIW
WEPORD
AILEK
PEKL
WULOAT
♥ ADW
♥ AEGP
DALPI
♥ RKI
KADLET
ROLGW
♥ ERWE



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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SENIOR NEWS LINE

by Matilda Charles

Part D drug plan costs going up

Many of us avoid talking about politics, but now and then an issue comes along that needs to grab our attention.

The one we need to be concerned about now is the Medicare Part D subsidy that will expire at the end of the year and won't be offered in 2027.

It started as the Part D Premium Stabilization Demonstration and was intended for those with stand-alone Part D drug plans. The money, \$3.6 billion this year alone, was given to the drug companies to protect consumers from price spikes in the premiums. It helped 25 million beneficiaries.

And now it's going away.

What does it mean for us? Likely it means higher monthly premiums for our Part D drug plans. The pundits who talk about these things think that our monthly drug plan premiums will only go up \$10 per month. Others say it will be \$20 per month, or maybe even lower than we're paying now. At this point they're only guessing.

Between now and the end of the year we need to learn how to study the various drug plans. Become familiar with the Medicare drug plan comparison tool at www.medicare.gov/plan-compare.

And, as much as I hate to even contemplate it, we need to figure out how to shave even more from our monthly expenditures. One place to start is with the cost of our drugs.

Look for lower costs for your prescriptions at WellRx (www.wellrx.com), GoodRx (www.goodrx.com), SingleCare (www.singlecare.com) and Community Cares (www.communitycaresrx.com).

Learn how to navigate Trump's drug website (trumpix.gov), although they don't have all drugs listed yet.

Talk to the pharmacist where you get your prescriptions. Many pharmacies use a generic plan to save customers money — and the savings can be significant.

With a little preparation, we can be ready for whatever is coming.



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

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Fun Fact

The Dutch phrase “in de pekel zitten” refers to vegetables or meats left to sit in a vinegary brine.



In modern English, the phrase “in a pickle” has come to mean a difficult time, perhaps when one's only option is to sit and stew for a while.

Source: www.bonappetit.com
peterbstories.com

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Five Spot™

Investment terms

J	O	I	N	T

Knee or knuckle

Part before the singing starts

A bridge position

Unable to raise sufficient funds

Speak badly about

Offer to others

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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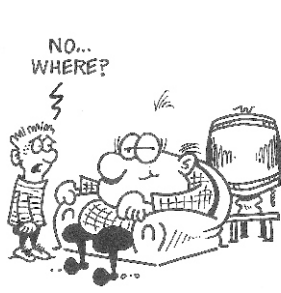
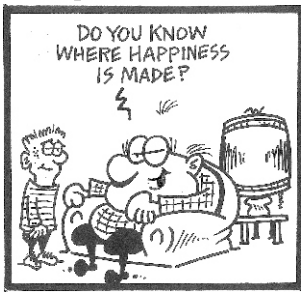
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MAIN STREET

WORD

OF THE

Week

COMPASSIONATE?

(kuhm-PASH-uh-nit) • adjective

★ MEANING:
Showing kindness, care, and concern for others.

“ USE IT:
She was **compassionate** and helped a neighbor who was having a difficult day. ”

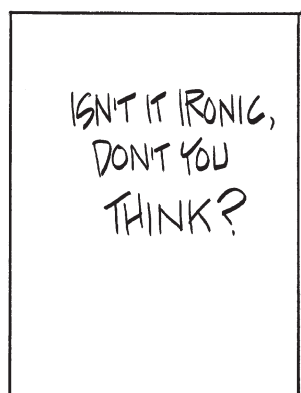
DID YOU KNOW?
Compassion comes from a Latin word meaning “to suffer with,” reminding us that kindness often begins by understanding how someone else feels.

★ THIS WEEK'S CHALLENGE:

Do one **compassionate** thing for someone without being asked.

★ SMILE OF THE WEEK:

“A little compassion can make a big difference in someone's day.”



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

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.



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- DON'T LITTER**
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Sports QUIZ

by Ryan A. Berenz

- How many wins by knockout did LaMar Clark have on Dec. 1, 1958, in a boxing tournament in Bingham, Utah?
- Name the ESPN college basketball announcer who exclaimed "Send it in, Jerome!" after the Pittsburgh Panthers' Jerome Lane shattered the backboard with a slam dunk in a 1988 game vs. Providence.
- Pitcher Juan Marichal, the first foreign-born player inducted into the National Baseball Hall of Fame, hailed from which country?
- Johan Krick won the 1981 Australian Open men's singles tennis title representing South Africa, then successfully defended his championship in December 1982 playing for which country?
- Which longtime goaltender for the NHL's Washington Capitals, nicknamed "Olie the Goalie," won the Vezina Trophy in 2000?
- In the 2003-04 NBA season, which team set the record for holding opponents to under 100 points for 38 consecutive games?
- Who caught the famous "4th and 26" pass from Donovan McNabb in the fourth quarter of the Philadelphia Eagles' overtime win over the Green Bay Packers in a January 2004 NFC divisional playoff game?

Answers

- Six.
- Bill Raftery.
- The Dominican Republic.
- The United States.
- Olaf Kolzig.
- The Detroit Pistons.
- Freddie Mitchell.

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TOY OF THE WEEK

Fun on Wheels!

RADIO FLYER WAGON

A Classic Ride for Little Adventurers



HISTORY OF THE TOY

Radio Flyer was founded by Antonio Pasin in Chicago, Illinois. In 1917, he created the little red wagon we know and love. Kids used it to haul toys, go on adventures, and help around the house.

In 1923, the company introduced the iconic "Radio Flyer" name. Over the years, the wagon became a symbol of childhood and outdoor fun.

Unlike many toys, the Radio Flyer wagon has stayed in production for more than a century!



MEMORY LANE

Did you have a wagon when you were a kid? Many parents and grandparents pulled their kids in a Radio Flyer!

Share your favorite wagon memories and keep the tradition rolling for the next generation.



TOY TRIVIA

What makes the front wheels of a Radio Flyer wagon so special?

- A. They light up
- B. They turn 360 degrees
- C. They make engine noises
- D. They float on water

ANSWER: B

The front wheels pivot 360°, making it easy to turn corners and pull in any direction!

OVER THE DECADES

- 1910s:** Antonio Pasin builds his first wooden wagon prototype.
- 1920s:** Radio Flyer name is introduced and wagons become a hit!
- 1950s:** Metal wagons replace wood, making them stronger and safer.
- 2000s:** New designs and accessories keep the wagon popular.
- Today:** A timeless classic for kids and collectors!

★ TOY RATING
★★★★☆

📅 FIRST RELEASED
1917

🌍 COUNTRY OF ORIGIN
United States

👤 RECOMMENDED AGE
1½ years and up

💰 ORIGINAL PRICE
\$2.00 (1917)
About \$60 today!

💵 TODAY'S VALUE
\$75 - \$300+ (vintage)

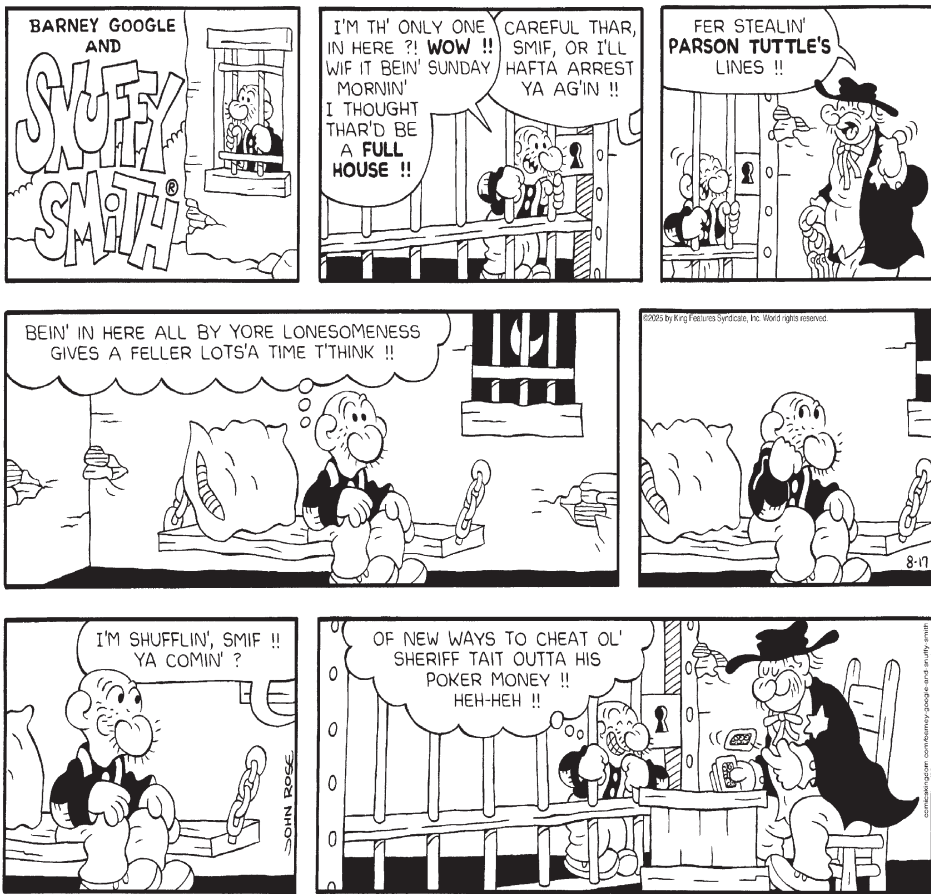
🎬 MOVIES / TV APPEARANCES
Seen in countless family photos and commercials!

🏆 FUN FACT
Radio Flyer wagons have been loved by kids for over 100 years!

★ REMEMBER WHEN? ★

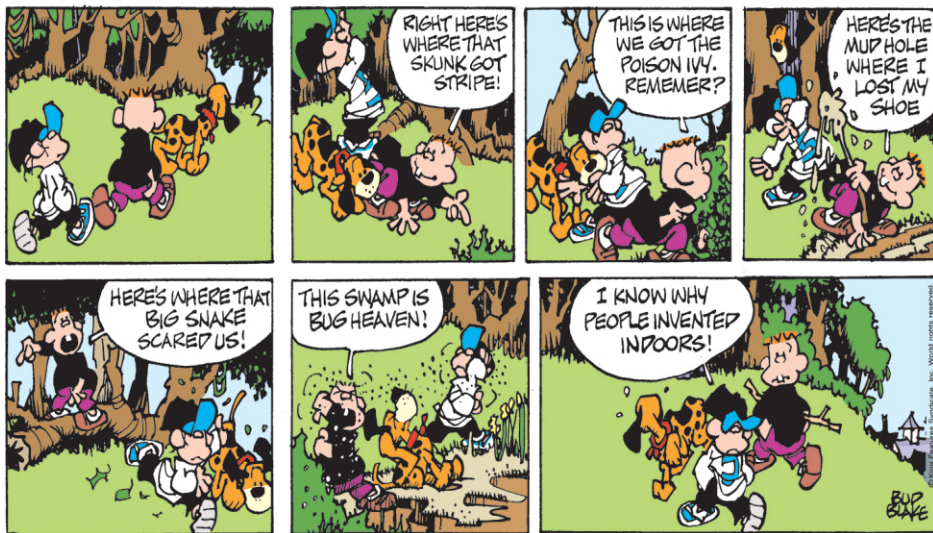
Before batteries and screens, a good old-fashioned wagon was all kids needed for hours of fun outside!



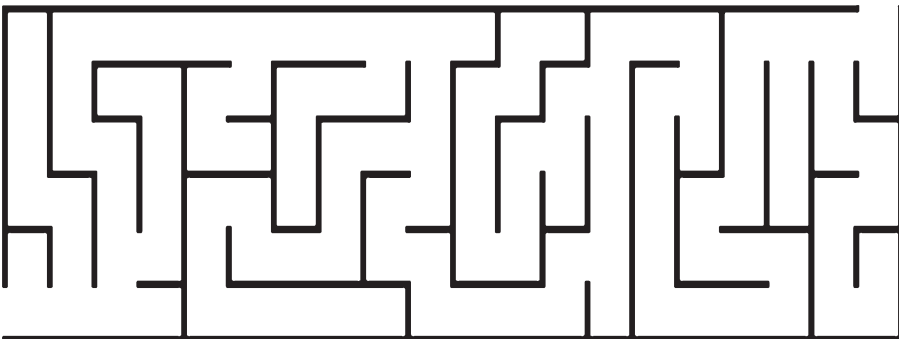


TIGER

by BUD BLAKE



Kids' Maze



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top 10 movies!

- Spider-Man: Brand New Day** (PG-13) Tom Holland, Zendaya
- The Odyssey** (R) Matt Damon, Tom Holland
- Toy Story 5** (PG) Tom Hanks, Tim Allen
- Minions & Monsters** (PG) Pierre Coffin, Trey Parker
- Moana** (PG) Dwayne Johnson, Catherine Laga'aia
- Hadestown: The Musical** (NR) Reeve Carney, André De Shields
- The Invite** (R) Seth Rogen, Olivia Wilde
- Evil Dead Burn** (R) Souheila Yacoub, Tandi Wright
- I Want Your Sex** (R) Olivia Wilde, Cooper Hoffman
- Young Washington** (PG-13) William Franklyn-Miller, Mary-Louise Parker

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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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MAGIC MAZE ● A FOUR-LETTER WORD IN THE MIDDLE

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: PROTECTION FOR THE HANDS

Appeared
Apprentice
Brainchild
Brooms

Cadillac
Chairs
Charms
Chosen

Clamps
Climbs
Comforting
Fabled

Orange
Placed
Sliced

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Just Like Cats & Dogs

by Dave T. Phipps

WELL ... I SUPPOSE AT THIS POINT THERE'S NO DEBATING IF WE LIKE IT OR MAYBE HAGGLING OVER PRICE?



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SENIOR ★ NEWS LINE

by Matilda Charles



★ Part D drug plan costs going up

Many of us avoid talking about politics, but now and then an issue comes along that needs to grab our attention.

The one we need to be concerned about now is the Medicare Part D subsidy that will expire at the end of the year and won't be offered in 2027.

It started as the Part D Premium Stabilization Demonstration and was intended for those with stand-alone Part D drug plans. The money, \$3.6 billion this year alone, was given to the drug companies to protect consumers from price spikes in the premiums. It helped 25 million beneficiaries.

And now it's going away.

What does it mean for us? Likely it means higher monthly premiums for our Part D drug plans. The pundits who talk about these things think that our monthly drug plan premiums will only go up \$10 per month. Others say it will be \$20 per month, or maybe even lower than we're paying now. At this point they're only guessing.

Between now and the end of the year we need to learn how to study the various drug plans. Become familiar with the Medicare drug plan comparison tool at www.medicare.gov/plan-compare.

And, as much as I hate to even contemplate it, we need to figure out how to shave even more from our monthly expenditures. One place to start is with the cost of our drugs.

Look for lower costs for your prescriptions at WellRx (www.wellrx.com), GoodRx (www.goodrx.com), SingleCare (www.singlecare.com) and Community Cares (www.communitycaresrx.com).

Learn how to navigate Trump's drug website (trumprrx.gov), although they don't have all drugs listed yet.

Talk to the pharmacist where you get your prescriptions. Many pharmacies use a generic plan to save customers money — and the savings can be significant.

With a little preparation, we can be ready for whatever is coming.



THE ISSUE:

The Medicare Part D subsidy that helps keep premiums down will expire at the end of 2026.



WHAT IT MEANS:

Monthly premiums for many Part D drug plans could increase in 2027.



WHAT YOU CAN DO:

- Review and compare drug plans at www.medicare.gov/plan-compare.
- Check lower-cost options at WellRx, GoodRx, SingleCare, and Community Cares.
- Check out trumprrx.gov for lower-priced medications.
- Talk to your pharmacist about generic options.



REMEMBER:

A little preparation today can help you save tomorrow.

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



RESOURCES:

- ★ www.medicare.gov/plan-compare
- ★ www.wellrx.com
- ★ www.goodrx.com
- ★ www.singlecare.com
- ★ www.communitycaresrx.com
- ★ trumprrx.gov



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Weekly SUDOKU

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

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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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

WPA Art

Under the Federal Art Project (FAP), one of many work programs in America created by the Works Progress Administration, the WPA Art Project employed more than 10,000 artists. It did art projects, such as murals for public buildings, and classes in schools, from 1935 to 1943. Art projects helped people with low incomes support their families and made works of art that were a cultural asset for all to enjoy.

If you see a piece of WPA art, such as a drawing or print, it may be sold at a low price. Signed works by artists who worked for the WPA, like Ben Shahn or John Steuart Curry, are valuable.

It can be harder to value some pieces of "craft art" that the WPA made, rather than "fine art," like weavings, pottery, furniture, or metalwork. Many craft pieces were made by local craftspeople who were trained or supervised by experienced artists and craftspeople. See an example of WPA craft art here.

The doll is a good example of WPA craft art. It was made in 1942 or 1943 at the WPA Creative Arts Center in Charleston, S.C. It is a "model" doll, one made for a project, rather than a toy for a child. Dolls like it were made for the center to teach dollmaking to local craftspeople.



Craft art doll, WPA Creative Arts Center, Charleston, S.C., 1942-1943.

Collectors and museums like WPA craft art because it was made by many people and shows America's cultural history. The doll sold at a Paul Christ Auction in 2012 for \$180.

TIP: Dolls were often made in groups. Look online to find others like yours. Compare their prices at auctions and antique shows, and check sold prices.

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

CODED RIDDLE

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

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

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

X I Z J T H S B T T T P E B O H F S P V T ?

C F D B V T F J U J T G V M M P G C M B E F T .

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by Dave T. Phipps

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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: “We make a living by what we get, but we make a life by what we give.”
— Winston Churchill

”

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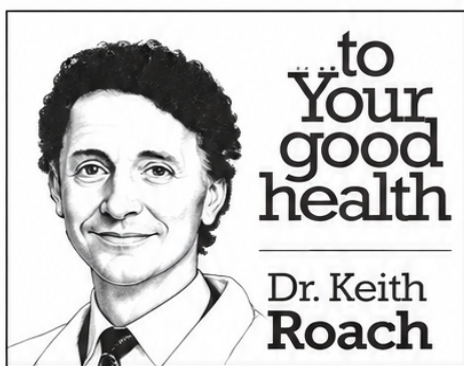


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Leg Cramps and Digit Spasms Occur Due to Lactose Intolerance

DEAR DR. ROACH: The keywords seem quite contradictory, but since about 2017, I've had tons of muscle bone spasms in legs and feet, finger and thumb spasms, leg cramps at night and while sitting, and lately jaw spasms, some triggering a very severe earache on the right. My research so far shows some similarities to low calcium, low magnesium or both.

Also I've noticed that if I completely avoid all lactose in any form (milk, cheese or all foods with lactose), I absolutely get 90% less of these spasms. There seems to be something in connection with these spasms and lactose. What do you think?

I'm an older male and lactose intolerance seems to come with age. I've cut way down on my dairy intake anyway. Some doctors say to take calcium and magnesium, but other doctors don't agree.

Dear Dr. Roach, what are your thoughts on this? Also, any other advice you have would be helpful.
— B.S.

DEAR B.S.: Muscle cramps are common, and sometimes hard to figure out. It is certainly possible that the leg cramps are due to the lack of calcium or magnesium, but if that is the reason, you should be able to take supplements that would reduce or eliminate them.

What's your opinion on having dairy products in your diet in general? You may want to talk to a dietitian about that. You need calcium, for sure.

Outside of milk and its products, our country gets plenty of calcium. I wouldn't be surprised if you get enough in your diet if you eat a variety of non-dairy foods, such as dark leafy greens, broccoli, fortified foods, and fish in which the bones are eaten. The body actually gets calcium from a variety of sources.

As for lactose, the main cause is a reduction in lactase, the enzyme that breaks down lactose. Some people start with lower levels of lactase when they are born, or the levels never reach a high level in their small intestine like other people. The reduction in lactase is a problem in about 65% of the world's people. It varies from group to group.

DEAR DR. ROACH: I have several correctable errors that will lead to grave, poor treatment due to medical misinformation that you addressed, but never brought to the forefront with a sharp decline in the medical standards practice you would have liked to see or that you were expecting and trusting. The fail in education and communication by health care entities notably harms, if not kills, many a patient.

For example, the often uncorrected graphics, there are errors in most charts you see posted in hospitals or offices. A perfect example of quality in approach to fatal that your column or a person you trust may have for you is to send an email to keithroachmd@med.cornell.edu.

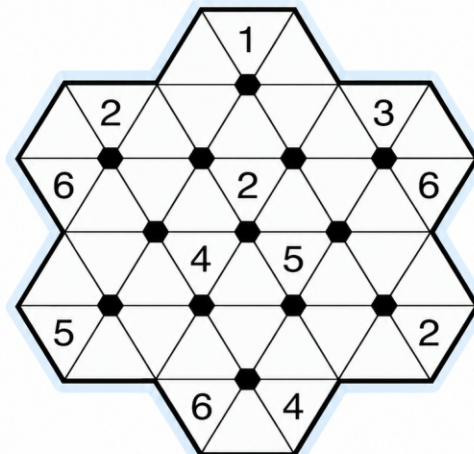
I thank you for your years of service and ask your staff to please use corrective steps and terms that we don't play games with. All our lives and happiness, peace of mind, focus, and dedication matter. As always, I'm with you. — J.B.

Dr. Roach regrets that he is unable to answer individual letters, 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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Roast Skinny Sweet Potato Fries

There's skinny this and skinny that — as in skinny jeans or a skinny latte — so I couldn't resist calling my family's favorite new version of roasted sweet potatoes: "Skinny Sweet Potato Fries."

It happened at the kitchen counter recently when a basketful of the tuberous root inspired me. Instead of cutting the sweet potatoes in wedges like I've always done for roasting vegetables, I slimmed the slices and turned them into a new experience for a tasty side to ribs, burgers, sandwiches and fish. They make a tasty and unique appetizer or a healthy snack, too.

Sweet potatoes have a rich, nutty and sweet flavor, and they're full of good-for-you beta carotene, antioxidants and fiber. Transformed into these fries, the vegetable is mouthwatering, delicious, and fun for dipping with good ol' ketchup (a kid favorite) or a tasty low-fat mayonnaise/Sriracha combo.

SKINNY SWEET POTATO FRIES

Serves 4

- 4 medium sweet potatoes approximately 5-inches long, peeled
- 1 tablespoon olive or vegetable oil
- 1 teaspoon kosher salt or to taste
- Pepper

Preheat the oven to 400 F. Cut the sweet potatoes in half lengthwise. Place them with the flat side down and cut them into thin, long slices — about a 1/4 inch thick. Place the thinly sliced pieces on their side and cut additional thin slices, making sure

Place the cut potatoes in a single layer on a nonstick or parchment-lined rimmed cookie sheet. Drizzle with olive oil, and sprinkle with salt and pepper. Toss well.

Bake for 15 minutes, rotate the sheet, and continue baking for another 10-15 minutes until golden brown and tender. Serve hot.

EXTRA SERVING IDEAS:

- **Spicy dipping sauce:**

Stir together 4 tablespoons of low-fat mayonnaise with 1 teaspoon of Sriracha hot chili sauce. Or substitute a squeeze of fresh lime juice for the sauce.



- **Garlic dipping sauce:**

Stir together 2 tablespoons of low-fat mayonnaise with 2 tablespoons of fat-free Greek yogurt and 1 clove of garlic, crushed and minced.

- **Season on the fries before baking**

with any number of herbs and spices such as thyme, parsley, cumin, chili powder or smoked paprika.



Donna Erickson creates relationships and community through food and fun.

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King Crossword

ACROSS

- 1 Sheepish "Hello!"
 4 Out of control
 8 Regretted
 12 U.S. Navy vessel
 13 — Crunch (breakfast cereal)
 14 Singer Guthrie
 15 Mel of baseball
 16 Manitoba tribe
 17 The same
 18 Cold-hardy salad veggie
 21 Whatever amount
 22 Green shade
 23 Kick out
 26 Send electronically
 27 Extinct bird
 30 Sunrise direction
 31 Future flower
 32 Border on
 33 Tipsy
 34 A Bobbsey twin
 35 Dish
 36 Cat's coat
 37 Three, in Rome
 38 Young person, metaphorically
 45 Mideast airline
 46 Bern's river
- 47 Actress Longoria
 48 Lighten
 49 Wall St. debuts
 50 Profit
 51 Times Sq. force
 52 Salamander
 53 Hosp. areas
- 8 Indian yogurt dish
 9 Language of Pakistan
 10 Power co. supply
 11 Stadium top
 19 Diplomacy
 20 — -Mex cuisine
 23 Long, skinny fish
 24 — alai
 25 Proposal fig.
 26 Gaiety
 27 CEO's degree, often
 28 Chic no more
 29 Chowd down
 31 Shopper's quest
- 32 Novelist Waugh
 34 Mother Teresa, for one
 35 Mass celebrant
 36 Mailed a tax return
 37 Toss
 38 Beheld
 39 Stage show
 40 Grate
 41 Superhero's garment
 42 Vegas game
 43 Always
 44 D.C. baseball team

DOWN

- 1 Gust
 2 Wine region
 3 Envelope abbr.
 4 Emphasize
 5 Tie the knot
 6 Autobahn auto
 7 Skateboarder's protection

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