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Week 35 ~ Edition 26

THE BEST SMELL IN THE WORLD

Some smells don't just smell good — they bring back memories.

Have you ever caught a familiar smell and suddenly found yourself thinking about a place or moment you haven't thought about in years?

Maybe it's fresh bread baking in the oven, coffee brewing first thing in the morning, or the smell of rain hitting dry ground. Certain smells have a funny way of sticking with us.

A Trip Down Memory Lane

Think about walking into Grandma's house and smelling cookies or something delicious cooking in the kitchen. Maybe your favorite smell takes you back to summer evenings, when someone in the neighborhood had a grill going and freshly cut grass filled the air.

For others, it's the smell of an old book, a campfire, a freshly opened box of crayons, or clean sheets right out of the dryer.

Sometimes the best smells aren't fancy at all. They're special because of the memories attached to them.

(CONTINUE ON PAGE 2)

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(Continue from Front Page)

Smells That Make Us Hungry

Food has to be near the top of the list.

Fresh-baked bread. Bacon sizzling in a skillet. Cinnamon rolls in the oven. Popcorn at the movie theater. Burgers cooking on the grill. Chocolate chip cookies baking.

You can almost smell them just reading the words! And every family probably has at least one dish that can fill the house with a smell everyone recognizes before they even make it to the kitchen.

The Great Outdoors

Some of the best smells don't come from a kitchen.

There's the smell after a good rain, pine trees in the mountains, a campfire on a cool evening, flowers blooming in spring, or that unmistakable smell of fall when the leaves begin to change.

Then there's freshly cut grass — a smell that can instantly remind you of summer.

Of course, anyone who has spent time around farms or ranches knows the country comes with a few other smells too... and we probably don't need to nominate those for "best smell in the world!"

The Smells We Never Forget

What's interesting is that everyone's answer will be different.

One person might choose fresh coffee. Someone else might say a baby's freshly washed hair. Another might choose the inside of a new car, the ocean, a wood-burning fireplace, or Grandma's homemade pie.

Maybe that's what makes this question so much fun.

The best smell in the world isn't necessarily the one that would win a scientific test. It's the one that makes you stop for a second, smile, and remember something good.

WHAT'S YOUR FAVORITE?

If you could bottle one smell and keep it forever, what would it be?

Fresh-baked bread? Coffee? Rain? A campfire? Fresh-cut grass? Grandma's cooking?

Something completely different?

Ask your family and friends. You might be surprised by their answers!



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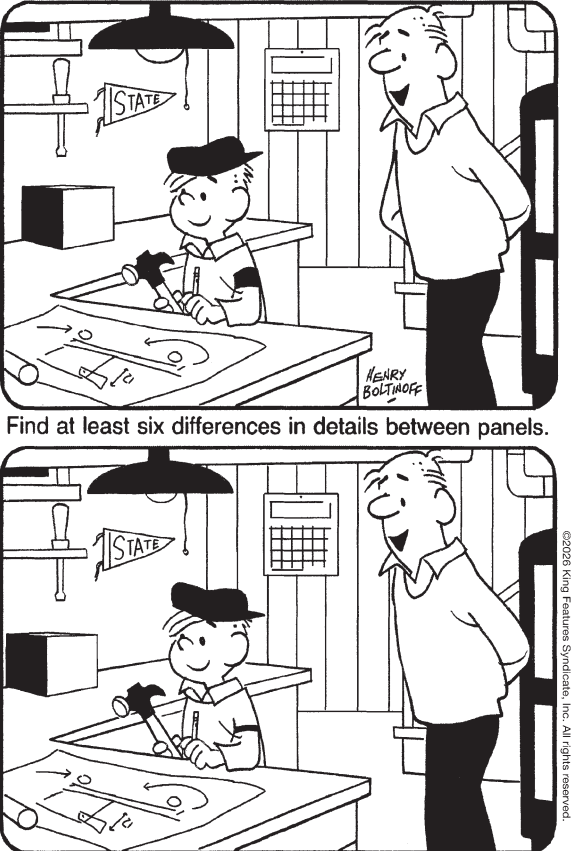
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HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Arm is not showing. 2. Hammer is longer. 3. Box on sleeve is smaller. 4. Cap is tilted back. 5. Lightbulb is smaller. 6. Stripe is moved.

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Salome's Stars



ARIES (March 21 to April 19)

A change that you hoped for is on its way. But you still need to be patient until more explanations are forthcoming. Continue to keep your enthusiasm in check.



TAURUS (April 20 to May 20)

Your social life expands as new friends come into your life. But while you're having fun, your practical side also sees some positive business potential within your new circle.



GEMINI (May 21 to June 20)

Your workplace situation continues to improve. Look for advantages that you might've missed while all the changes were going on around you. A trusted colleague can help.



CANCER (June 21 to July 22)

Resist the urge to hunker down in your bunker until things ease up. Instead, get rid of a woe-is-me attitude by getting up and getting out to meet old friends — and make new ones!



LEO (July 23 to August 22)

Now that you're back enjoying the spotlight again, you should feel reenergized and ready to take on the challenge of bringing your big, bold plans to completion.



VIRGO (August 23 to September 22)

A former friend would like to repair a relationship that you two once enjoyed. Your positive response could have an equally positive impact on your life. Think about it.



LIBRA (September 23 to October 22)

You should soon be hearing some positive feedback on a recent business move. Meanwhile, an old family problem recurs, but this time, you'll know how to handle it better.



SCORPIO (October 23 to November 21)

Resist making impulsive decisions. Stay on a steady course as you continue to work out workplace problems. Be patient. All will soon be back in balance.



SAGITTARIUS (November 22 to December 21)

You might feel confident about taking a promising offer, but continue to be alert for what you're not being told about it. Don't fret. Time is on your side!



CAPRICORN (December 22 to January 19)

Congratulations! Your self-confidence is on the rise. This could be a good time to tackle any bothersome situations that you've avoided both at home and at work.



AQUARIUS (January 20 to February 18)

You feel obligated to return a favor. (Of course, you do.) But heed advice from those closest to you and do nothing until you're certain about what's being asked of you.



PISCES (February 19 to March 20)

Your loving reassurance helped revive a once-moribund relationship. But be wary of someone who might try to do something negative to reverse this positive turn of events.



BORN THIS WEEK:

You're a wonderful matchmaker who can bring people together to form long-lasting relationships, whether they're friendships or romantic affairs.



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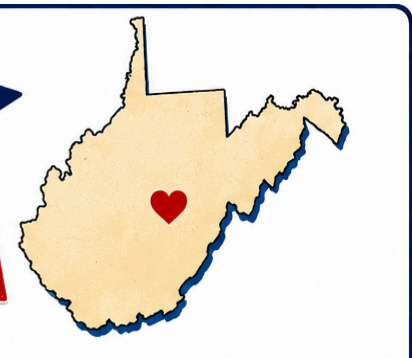
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DID YOU KNOW?

★ About Our State ★

WEST VIRGINIA



1

THE MOUNTAIN STATE

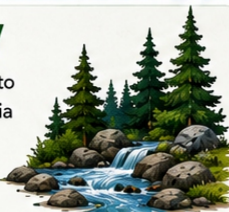
West Virginia is known as The Mountain State because of its beautiful mountains and scenic landscapes!




2

NATURAL BEAUTY

From the New River Gorge to the rolling hills, West Virginia is full of stunning views, rivers, waterfalls, and outdoor adventures!

3

RICH IN HISTORY

West Virginia became the 35th state on June 20, 1863, during the Civil War. We are the only state born out of another state!




4

ENERGY LEADER

West Virginia leads the nation in natural gas production and is also a top producer of coal—fueling homes, businesses, and industries.




5

STATE PARKS & FUN

West Virginia has 36 state parks and forests offering camping, hiking, fishing, and skiing all year round!




6

Fun Fact!

West Virginia is home to the "State Capitol that sits on a gold mine"—the dome is covered in real gold!




★ CELEBRATE WHERE WE LIVE! ★
★ PROUD TO BE A WEST VIRGINIAN! ★


Moments in time

- On **Sept. 14, 1964**, author John Steinbeck was honored with the U.S. Medal of Freedom. He had previously received a number of other honors and awards for his work, including a Pulitzer Prize in 1940 for "The Grapes of Wrath" and a Nobel Prize in Literature in 1962.
- On **Sept. 15, 1931**, a small dirigible docked briefly at the mooring mast on top of the new Empire State Building before winds forced it away. While hopes were high for the creation of an airship port in midtown Manhattan, they were never realized.
- On **Sept. 16, 1810**, Catholic priest Miguel Hidalgo y Costilla launched the Mexican War of Independence with the issue of his Grito de Dolores ("Cry of Dolores"), a tract calling for the end of 300 years of Spanish rule in Mexico, redistribution of land and racial equality. Thousands assembled at his banner of the Virgin of Guadalupe and soon after a peasant army was marching to Mexico City.
- On **Sept. 17, 1976**, NASA publicly unveiled the Enterprise, its first space shuttle, in Palmdale, California. The following year it became the first space shuttle to fly freely when it was lifted to 25,000 feet by a Boeing 747 airplane and then released to glide back to Edwards Air Force Base.
- On **Sept. 18, 1981**, the 20,000-car parking lot at Canada's West Edmonton Mall earned a spot in the Guinness Book of World Records as the largest parking lot in the world, a distinction it's held for years, though some have disagreed, saying that because the lot is half indoors and half outdoors, it's not one structure but two.
- On **Sept. 19, 1955**, after a decade-long rule, Argentine president Juan Domingo Perón was deposed in a military coup.

- On **Sept. 20, 2012**, 16 members of a dissident Amish group in Ohio were convicted of federal hate crimes and conspiracy for forcibly cutting the beards and hair of fellow Amish with whom they had religious differences.
- On **Sept. 7, 1776**, the American submersible craft Turtle attempted to attach a time bomb to the hull of British Admiral Richard Howe's flagship, Eagle, in New York Harbor, marking the first use of a submarine in warfare.
- On **Sept. 8, 1664**, Dutch Governor Peter Stuyvesant surrendered New Amsterdam, the capital of New Netherland, to an English naval squadron under Colonel Richard Nicolls. Stuyvesant hoped to resist the English but wasn't a popular ruler, and his subjects refused their support. New Amsterdam's name was changed to New York in honor of the Duke of York, who organized its capture.
- On **Sept. 9, 1939**, moviegoers at the Fox Theater in Riverside, California, were treated to an unexpected screening of Margaret Mitchell's "Gone with the Wind," shown by the theater manager as a second feature while producer David O. Selznick observed their reactions from the back of the theater. The movie was released a few months later.
- On **Sept. 10, 1960**, Hurricane Donna struck the Florida Keys as a Category 4 storm. The devastating hurricane ultimately killed more than 350 people along its full path, including more than 150 in Puerto Rico and the mainland United States, and the name "Donna" was later retired.
- On **Sept. 11, 1971**, teen idol Donny Osmond earned his first solo No. 1 hit with "Go Away Little Girl." For years afterward, the singer admitted he would "apologize for my career, for all of the cheesy music I was a part of," but eventually came to terms with it and said to himself that the music "was great for what it was, people loved it, it was incredibly successful — why should I feel bad?"
- On **Sept. 12, 1952**, residents of Flatwoods, West Virginia, while investigating a possible UFO crash, encountered a creature they described as 10 feet tall with glowing eyes and claw-like hands. Skeptics, however, dismissed their "monster" as likely an owl.
- On **Sept. 13, 2007**, the United Nations adopted the Declaration on the Rights of Indigenous Peoples, which defined the rights of Indigenous peoples to their respective ways of life and prohibited discrimination against them.

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Page 4

FLASH BACK

★ POP ROCK & SOUL ★
TRIVIA BY MICK HARPER

1. How many Grammy awards did the Beatles receive?
2. Name the artist who released "Any Day Now" in 1962.
3. Who wrote and released "It's Your Thing"?
4. Which doo-wop group had their up-tempo "Unchained Melody" used in the film "Goodfellas"?
5. Name the song that contains this lyric: "Left a good job in the city, Workin' for the man every night and day, And I never lost one minute of sleepin', Worryin' 'bout the way things might have been."

Answers

1. Out of 28 nominations, they received eight Grammys. The first was for "A Hard Day's Night" in 1965. The most recent was for "Now and Then" in 2025, where they took a 1970s demo and finished it.
2. Chuck Jackson. Several artists released covers of the Burt Bacharach song, including Elvis Presley and Percy Sledge, but it was Jackson's version that was used in the 2014 film "Inherent Vice."
3. The Isley Brothers, in 1969. They won a Grammy for Best R&B Vocal Performance by a Duo or Group.
4. Vito & the Salutations.
5. "Proud Mary," by Creedence Clearwater Revival, in 1968. The Proud Mary was a ship officially named the Mary Elizabeth, working out of Memphis.

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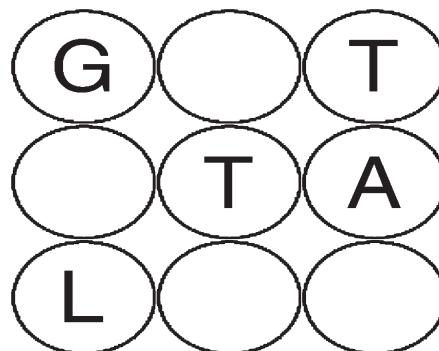


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WORD SPIRAL



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.

	+		×		= 63			
+		+		+				
	+		÷		= 6			
÷		×		×				
	+		+		= 15			
=		=		=				
7		84		72				
1	2	3	4	5	6	7	8	9

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Fun Fact

Card games have been around for centuries!

A German monk named Johannes wrote a manuscript while he lived in a Swiss monastery in 1377. In it, he described the history of playing cards, and the many games they could be used for.



Source: www.vanishingincmagic.com

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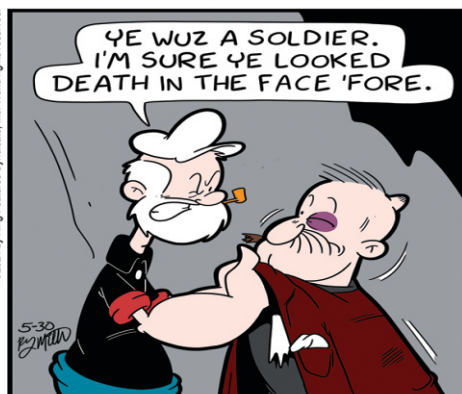
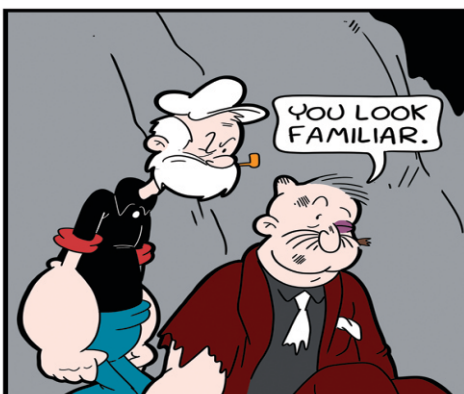
Trivia
test by Fifi
Rodriguez

- HISTORY:** When did Labor Day become a federal holiday?
- ANIMAL KINGDOM:** Which animal can hop from side to side but can't walk forward or backward?
- MOVIES:** What is the only international (non-English) movie to date that has won the Best Picture Oscar?
- LANGUAGE:** What does the Latin word "alibi" mean in English?
- FOOD & DRINK:** Which country is known for the soup called pho?
- GEOGRAPHY:** What is the largest bay in the world?
- MUSIC:** What 1996 song by Los del Río became an international dance phenomenon?
- U.S. PRESIDENTS:** Who is the only president to be elected unanimously by the Electoral College?
- SCIENCE:** How many times does the average human blink per minute?
- TELEVISION:** What is SpongeBob's pet named in the animated series "SpongeBob SquarePants"?

ANSWERS

- 1894.
- Kangaroo.
- "Parasite," 2019.
- "Elsewhere."
- Vietnam.
- Bay of Bengal.
- "Macarena."
- George Washington.
- 15 to 20 times.
- Gary.

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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?

A parked car can heat up by nearly **20°F** in just **10** minutes—even on a mild **50°F** day!



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FEAR KNIGHT

By: rj johnson

DOUBT? ...OR DARE!

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♥EVNA
VIRTEN
♥ABR
ATBI
DEENU
♥NBA
♥BALUNE
♥AIRLV
♥ESRU

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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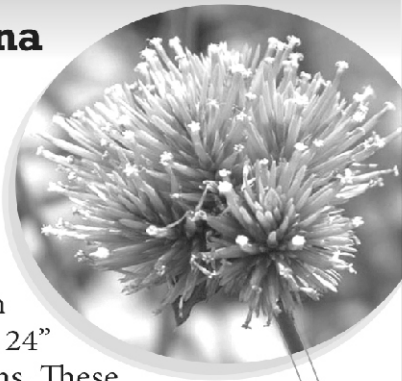
Gomphrena

This compact and colorful plant produces flowerheads that brighten any garden. It is excellent for use in freshly-cut bouquets, or dried to use in dried flower arrangements.

Gomphrena likes well-drained soil in full sun, typically growing about 12" to 24" tall. It may need support for its stems. These plants show good tolerance for drought and high heat, and do very well in borders, rock gardens or cutting gardens.

Source: www.gardening.cornell.edu

— Brenda Weaver



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Word with "birth" or "tomb"

A way to keep your spouse awake

Washing machine cycle

Pickle juice, often

Someone in leather or Lycra

A baked building product

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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02655

SENIOR NEWS LINE

by Matilda Charles

Cutting expenses

Color me shocked when my most recent electric bill spiked nearly \$50 in one month. I immediately scrutinized the bill, wondering if they hadn't credited the previous check I'd sent. But no, it was listed — and so was the increased cost of basic service, approved by the state's public utilities commission. Which only added to the cost of air conditioning during our heat waves.

Once again it's time to take a close look at ways I (and you) can save money.

Take a look through the list of TV streaming services you have and see if any are no longer worth keeping. I recently canceled a few services, while my library rents movies for free.

If you have a pet that's due for a rabies or distemper vaccine, ask the animal shelter if they have low-cost vaccination days.

No matter what drug plan you have, ask your pharmacist for the lowest possible price on your drugs. You might be surprised to learn that paying cash actually offers the lowest cost for your particular drug.

Cancel any credit cards that have a fee.

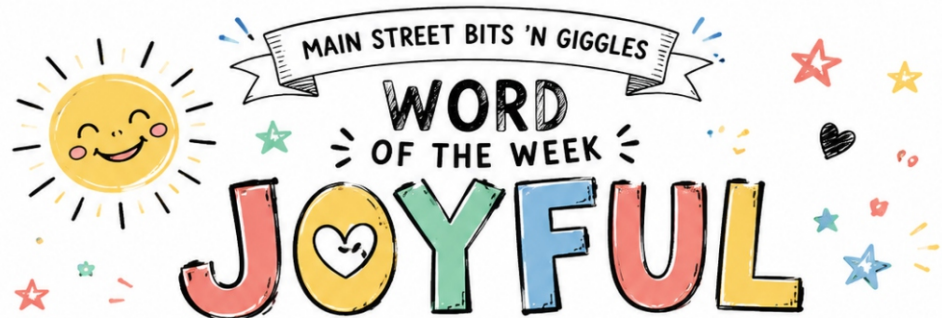
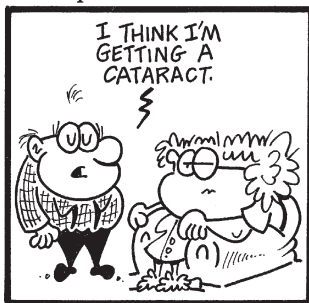
It's not too early to start thinking about holiday gift-giving. Begin by making a list and a budget. Keep an eye on sales (such as Black Friday) over the next several months.

Become familiar with senior discount days in your area. Goodwill and Salvation Army stores offer varying discounts depending on the day and location.

Apply for SNAP benefits to help with food costs. You could receive varying amounts per month, depending on your income and the number of people in your household.

And what might be the most beneficial: Ask for a senior discount anywhere you spend money. Grocery loyalty card, auto insurance, hardware store, pet store, YMCA, cellphone service ... it can all add up to significant savings.

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PRONUNCIATION:
JOY-ful

PART OF SPEECH:
Adjective

JOY SPOTTING!

Can you find 3 joyful things around you today?

1. _____
2. _____
3. _____

WHAT DOES IT MEAN?

Feeling, showing, or causing lots of happiness and delight.

USE IT IN A SENTENCE!

The children were joyful when they saw the first snowflakes of winter.



BUILD A JOYFUL WORD!

What words remind you of JOYFUL?

J - _____
O - _____
Y - _____
F - _____
U - _____
L - _____



WHICH ONE IS JOYFUL?

Circle the situation that best shows JOYFUL.

- ☐ A. Getting angry because you lost a game
- ☐ B. Laughing with your family at dinner
- ☐ C. Complaining about cleaning your room

Answer: B!

DID YOU KNOW?

The word **joy** comes from an old French word meaning delight or happiness. Adding -ful means "full of" - so **joyful** literally means full of joy!

SMILE OF THE WEEK!

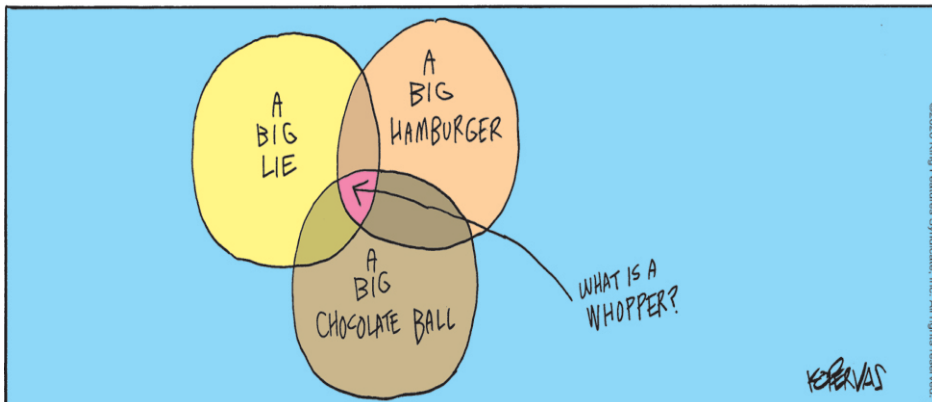
Q: What do you call a snowman who tells jokes?

A: A snow-comedian!



JOY CHALLENGE!

Spread some joy! Do one unexpected thing this week that makes another person smile. It could be giving a compliment, helping someone, leaving a kind note, or simply saying hello.



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



Sports QUIZ

by Ryan A. Berenz

- In 1981, which world-famous athlete talked a man out of jumping from the ninth-floor fire escape of a Los Angeles office building?
a) Muhammad Ali b) Magic Johnson
c) Kareem Abdul-Jabbar d) Larry Bird
- Name the Basketball Hall of Famer who has his No. 00 retired by the Boston Celtics.
a) Bill Russell b) Bob Cousy
c) Robert Parish d) Kevin McHale
- The Tartan Army is the name given to supporters of which nation's soccer team?
a) Wales b) Scotland c) Ireland d) England
- Which team, made up of Caribbean nation-states, won the ICC Men's Cricket World Cup in 1975 and 1979?
a) Australia b) West Indies c) Sri Lanka d) New Zealand
- In 2018, Brazilian surfer Maya Gabeira set a Guinness World Record for the largest wave surfed by a female. How high was the wave's face height from trough to crest?
a) 48 feet (14.63 meters) b) 56 feet (17.07 meters)
c) 68 feet (20.72 meters) d) 78 feet (23.77 meters)
- In January 1974, which team snapped the UCLA Bruins men's basketball team's 88-game winning streak?
a) UC Santa Barbara b) Notre Dame
c) North Carolina State d) Indiana
- Who scored more points in the 1970 NBA All-Star Game: Tom Van Arsdale (East) or his identical twin brother Dick (West)?
a) Tom Van Arsdale b) Dick Van Arsdale
c) They scored the same d) Neither played

ANSWERS: 1. a) 2. c) 3. b) 4. b) 5. c) 6. b) 7. b)

TOY BOX MEMORIES

WEEK 10

RUBIK'S CUBE



The Colorful Puzzle That Drove Us Crazy!

★ Toy Rating:
★★★★★
(Very Popular)

First Released:
1974

Country of Origin:
Hungary

Inventor:
Ernő Rubik

Originally Called:
The Magic Cube

Worldwide Launch:
1980

Recommended Age:
8 years and up

Original Price:
\$4.95 (in 1980)

Today's Value:
\$10 - \$25+
(depending on condition)

Movies/TV Appearances:
Featured in many films, TV shows, commercials and pop culture moments!



Twist... Turn... Turn... Solve!

DID YOU KNOW?
Ernő Rubik reportedly needed about a month to solve his own creation after scrambling it!

? TOY TRIVIA

What was the Rubik's Cube originally called?

- A. Color Cube
- B. Magic Cube
- C. Puzzle Box
- D. Twisty Cube

ANSWER: B. Magic Cube!

♥ MEMORY LANE

Did you have a Rubik's Cube?

Could you actually solve the whole thing—or were you happy just getting ONE SIDE the same color?

And be truthful...

Did you ever peel off the colored stickers and move them around so it looked like you solved it?

Twist... Turn... MAYBE TOMORROW!



Still twisting... Still awesome!

THE HISTORY OF THE TOY

The Rubik's Cube was invented in 1974 by Hungarian architecture professor Ernő Rubik. He created the cube as a way to explore movement and three-dimensional design. What started as a simple idea quickly turned into one of the most famous puzzles in history.

The puzzle was originally called the Magic Cube and began appearing in Hungarian toy stores in the 1970s. After attracting attention at international toy fairs, the Ideal Toy Company brought it to a much larger audience. In 1980, it officially became the Rubik's Cube.

The craze was on! Kids, adults and challenge seekers everywhere were twisting, turning and trying to solve it.

Today, the Rubik's Cube remains a beloved classic, proving that sometimes the simplest toys have the greatest staying power.



BY THE NUMBERS

A classic Rubik's Cube has:

- 6 colorful sides
- 9 squares on each face
- More than 43 quintillion possible arrangements!

That's 43,000,000,000,000,000+ possibilities!

★ FUN FACT

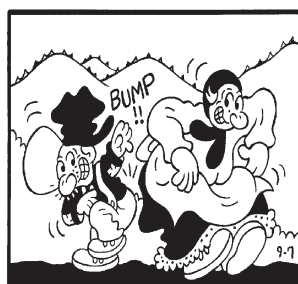
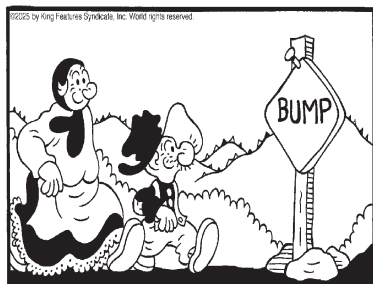
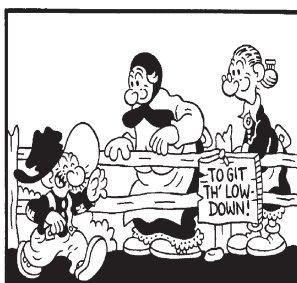
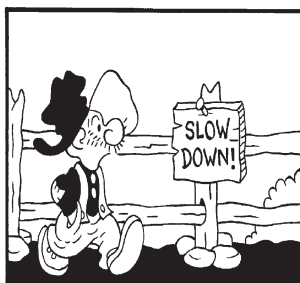
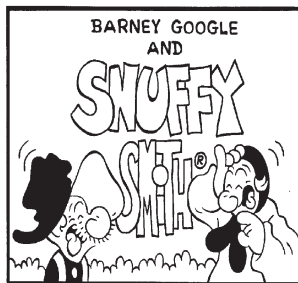


The Rubik's Cube has 43 quintillion possible combinations, but only one solution!

"Sometimes the simplest toys really do have the greatest staying power."

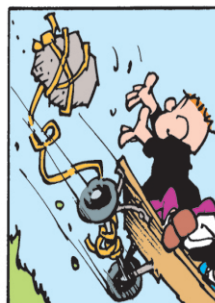
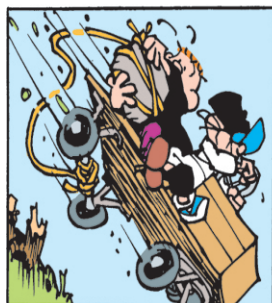
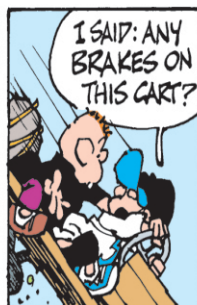
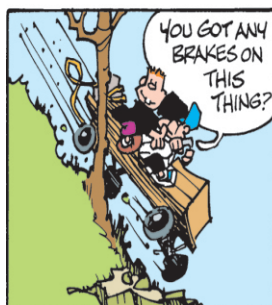


One little cube... A whole lot of memories!

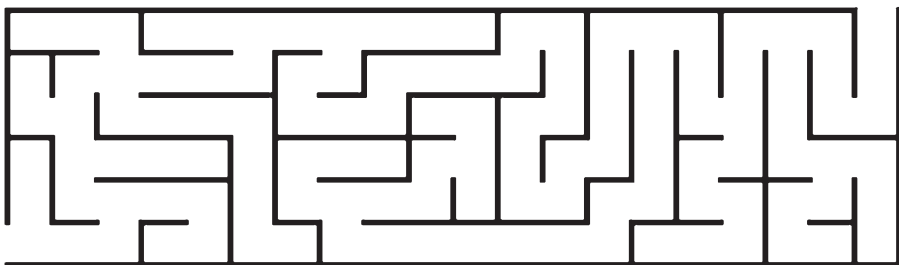


TIGER

by BUD BLAKE



Kids' Maze



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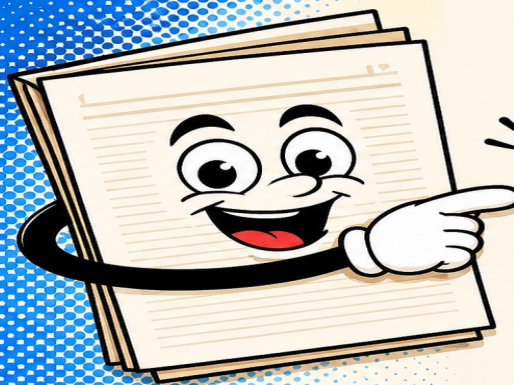
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top 10 movies!

1. **Spider-Man: Brand New Day** (PG-13) Tom Holland, Zendaya
2. **Insidious: Out of the Further** (PG-13) Amelia Eve, Island Austin
3. **The Odyssey** (R) Matt Damon, Tom Holland
4. **PAW Patrol: The Dino Movie** (PG) Carter Young, McKenna Grace
5. **The End of Oak Street** (PG-13) Anne Hathaway, Ewan McGregor
6. **Mutiny** (R) Jason Statham, Chaneil Kular
7. **Tony** (R) Dominic Sessa, Antonio Banderas
8. **The Fast and the Furious** (PG-13) Vin Diesel, Paul Walker
9. **Spa Weekend** (R) Leslie Mann, Isla Fisher
10. **Teenage Sex and Death at Camp Miasma** (R) Jack Haven, Hannah Einbinder

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**Paw's
corner**
by Sam Mazzotta

When to stop hiking with your dog



DEAR PAW'S CORNER: I recently read an article about a hiker who noticed another hiker's dog limping badly on a backwoods trail. The dog's paws were a mess, with long nails and pads that were scraped and tender. Yet the owner said that he and the dog were pressing on to the end of the trail, two days ahead. Can you please make your readers aware that dogs aren't as tough as people think they are? An injured dog can't just keep going, because minor injuries can quickly become major, life-altering injuries in the woods. Sign me — Concerned in the Smokies

DEAR CONCERNED: I'm with you on this. While most dogs are energetic and agile on short walks around the neighborhood, long-distance hikes are a whole other animal.

During any outdoor activity, your dog's well-being dictates when it's time to stop and go home. Owners should be attuned to their dog's behavior at all times. When they show early signs of getting tired, that's the time to call it a day — before they begin limping or crying in pain.

Just as with human hikers, dogs need extensive physical conditioning before tackling a long hike. Start by gradually extending daily walks over several weeks or months. Take short day hikes so your dog becomes comfortable on uneven, variable terrain. After each hike, inspect their paws, brush debris and insects off their coat, and check their skin for ticks. Monitor them after hikes. If they seem unusually tired, give them a day off to recover.

Note that puppies up to 18 months should not be taken on walks or hikes of over 2 miles. Their bones are still developing, and overuse can cause permanent injuries. Senior dogs should also cut their mileage, and close attention must be paid to their hydration and energy levels.

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

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MAGIC MAZE

**PRESIDENTS
OVER 6 FEET
TALL**

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

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

Arthur
Clinton
Ford
Garfield

Harding
Jackson
Jefferson
Johnson

Kennedy
Obama
Reagan
Roosevelt

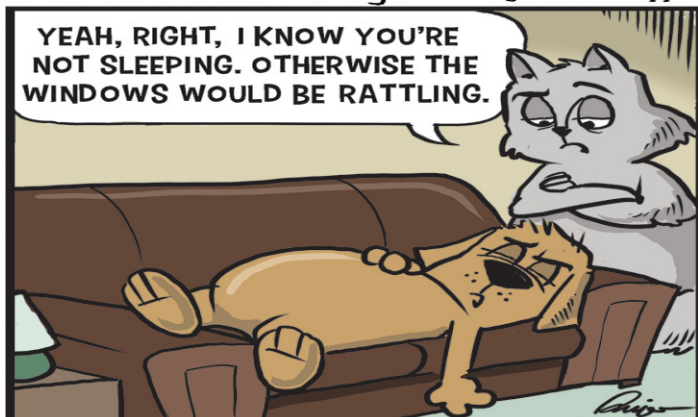
Trump
Tyler
Washington

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Just Like Cats & Dogs

by Dave T. Phipps

**YEAH, RIGHT, I KNOW YOU'RE
NOT SLEEPING. OTHERWISE THE
WINDOWS WOULD BE RATTLING.**



SENIOR ★ NEWS LINE

by Matilda Charles



Cutting expenses

Color me shocked when my most recent electric bill spiked nearly \$50 in one month. I immediately scrutinized the bill, wondering if they hadn't credited the previous check I'd sent. But no, it was listed — and so was the increased cost of basic service, approved by the state's public utilities commission. Which only added to the cost of air conditioning during our heat waves.

Once again it's time to take a close look at ways I (and you) can save money.

Take a look through the list of TV streaming services you have and see if any are no longer worth keeping. I recently canceled a few services, while my library rents movies for free.

If you have a pet that's due for a rabies or distemper vaccine, ask the animal shelter if they have low-cost vaccination days.

No matter what drug plan you have, ask your pharmacist for the lowest possible price on your drugs. You might be surprised to learn that paying cash actually offers the lowest cost for your particular drug.

Cancel any credit cards that have a fee.

It's not too early to start thinking about holiday gift-giving. Begin by making a list and a budget. Keep an eye on sales (such as Black Friday) over the next several months.

Become familiar with senior discount days in your area. Goodwill and Salvation Army stores offer varying discounts depending on the day and location.

Apply for SNAP benefits to help with food costs. You could receive varying amounts per month, depending on your income and the number of people in your household.

And what might be the most beneficial: Ask for a senior discount anywhere you spend money. Grocery loyalty card, auto insurance, hardware store, pet store, YMCA, cellphone service ... it can all add up to significant savings.



Does your furnace need an annual inspection? Does your vehicle need antifreeze and new windshield wipers?

But we can't forget the fun stuff for those cold days! A stack of books for cold afternoons, a few small craft kits, ideas for a story to be written during the annual November novel writing month (nanowrimo2.com), several exercise videos for seniors on YouTube, recipes to try, new songs to learn on the piano or guitar ... the list is only limited by your imagination!

RESOURCES:

- ★ www.medicare.gov/plan-compare
- ★ www.socialsecurity.gov
- ★ www.pueblo.com

- ★ www.aarp.org
- ★ www.caregiver.org
- ★ www.ncoa.org



THE ISSUE:

Preparing now for winter can help you stay safe, comfortable and ready when cold weather arrives.



WHAT IT MEANS:

A little planning today can save you time, money and stress when winter hits.



WHAT YOU CAN DO:

- Seal windows and check for drafts.
- Stock up on batteries and test smoke detectors.
- Make an emergency food list (3-4 days).
- Schedule furnace and vehicle checks.
- Plan fun indoor activities for winter.



REMEMBER:

A little preparation today can help you save tomorrow.

Thank you to all who leave a smile and kindness and continue to serve our communities.



Americanisms



"The artist must bow to the monster of his own imagination."

— Richard Wright

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Weekly SUDOKU

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

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

Napoleon III Furniture

Furniture styles before the 20th century are often named after the rulers or governments of the time. It follows that furniture styles, like their namesakes, are usually particular to the country or region. However, contemporary styles from different countries often share similarities.

Take the style of the Second French Empire, which lasted from 1852 to 1870, the reign of Napoleon III. It drew inspiration from many past styles from antiquity to the 18th century. Furniture was made of rich, dark wood like ebony or mahogany and adorned with inlaid patterns, often in exotic materials like lacquer or mother-of-pearl. Upholstery was lush; wood surfaces were shaped and carved.

All these characteristics — recreation of historic styles, luxurious materials, ornate decorations, all facilitated by the Industrial Revolution — could easily describe the Victorian furniture made in England and America about the same time. Still, Second Empire, or Napoleon III furniture, is its own visually distinct style. If anything, it is even more extravagant than Victorian furniture, which holds true for the furniture style in reproductions for the furniture, too.

This table, which sold for \$2,112 at John Moran Auctioneers, was made c. 2000 in the Napoleon III style. Covered in faux malachite (an opaque green stone often used in decorative arts) and heavy, intricate gilding, adorned with leafy garlands and figur-al paw feet, it is anything but subtle.



This contemporary table was made in the Napoleon III style, known for extravagant decorations.

His paintings were reproduced as lithograph prints and used for advertisements in the early 1900s. They appeared on calendars, packaging, and metal trays. Prints on paper were also sold on paper from about 1900 can sell for anywhere from \$20 to \$200, based on the rarity of the print and its condition. Check the captions on your print for any copyright dates or information. Asti prints have been reproduced, and recent prints have lower values. Vintage postcards with Asti prints generally sell for under \$10. However, prints on other media, like porcelain plaques or metal advertising trays, sell for higher prices. Asti oil paintings can sell for over \$1,000.

TIP: Do not wax any furniture that has a gilded, painted, lacquered, or flaking finish.

CURRENT PRICES

Advertising, display set, Kraft Foods, figural, circus theme, wagon, clown, tiger, horse, elephant, embossed, foil, Wonderflex Corp., c. 1970, one sheet, six pieces, \$135.

Typewriter, Underwood, black enamel, carrying case, 12 1/2 x 12 x 6 inches, \$240.

Celadon, jar, pierced lid, hardstone finial, seated figure, globular, tapered base, Chinese, 13 inches, \$900.

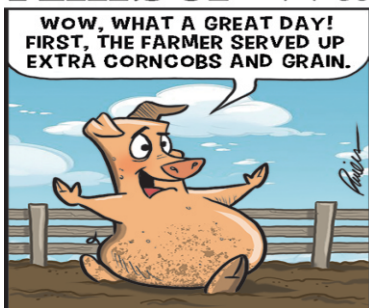
For more collecting news, tips and resources, visit www.Kovels.com

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Q: I have a print that I bought as part of a lot. It is a picture of a woman from the shoulders up. She has long brown hair and wears a red headdress with gold coins and a light green dress. The picture is signed "A. Asti." It is captioned "A Persian Beauty" and was printed in the Chicago Tribune. What can you tell me about the artist?

A: Your print is a copy of a painting by Angelo Asti, who was born in 1847. He is known for his bust portraits of women that appealed to late 19th and early 20th century tastes.

Amber Waves



by Dave T. Phipps

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 VEGGIES SHOULD YOU EAT IF YOU WANT TO RUN FAST?

HERMIT	___	MERIT	DRIEST	___	TRIED
OUNCES	___	CONES	PHOTOS	___	SHOOT
CHARMS	___	MARCH	ALERTS	___	STALE
FASTED	___	FADES	OLIVES	___	VEILS
BLAZER	___	ZEBRA	UPDATE	___	TAPED
URGENT	___	GRUNT	ITCHED	___	CHIDE
			THROBS	___	BROTH

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Strange BUT TRUE

By Lucie Winborne

- An isolated Israeli city with a high rate of deafness created their own sign language as a way of communicating.
- Pakistan was the first official Muslim nation in the world.
- An emoji of a building underneath a pink heart originally symbolized an invitation to meet at a Japanese "love hotel," where rooms can be rented by the hour.
- At many European operas, whistling actually means boo.
- The Aetherius Society, a UFO religion, was founded by George King in 1955 after he claimed interplanetary sources instructed him to become "the Voice of Interplanetary Parliament."
- Cats have more bones than humans.
- According to several legends, if someone was bitten by a suspected vampire, he or she should drink the ashes of a burned vampire.
- Rock climbing can improve emotional or attention problems, such as anxiety and ADHD.
- First performed in 1999, the Sandpaper Ballet includes a musical number that sounds just like someone scratching sandpaper.

- An EF-3 tornado near Pampa, Texas, was so strong that it drove a corn stalk into a car's radiator.
- A mother admitted to attending her clique's "chickenpox party," a social gathering where parents expose unvaccinated children to the virus, even though her daughter had been vaccinated, because she feared rejection by the group if she didn't show up.
- Nearly 90% of London's police officers don't carry firearms.
- Before the invention of electricity, the only electromagnetic wavelengths present on Earth in any significant amount were those corresponding to the colors seen in a rainbow.
- In 2005, former Washington, D.C., administrative law judge Roy Pearson Jr. sued his neighbors for \$67 million after a pair of his suit pants was accidentally sent to another location. (No, he didn't win.)
- Women lie more than men in their online dating profiles.

- Many quilts made by military soldiers were known as "convalescent quilts," since they made them while recuperating from wounds received in the line of duty.
- Nuclear rain from the Chernobyl disaster fell as far west as Ireland.
- The word LEGO comes from the first two letters of the Danish words "leg" and "godt," or "play well."
- More than half a million pet owners worldwide have chosen to implant their pets with "neuticles," which are testicular implants for a neutered pet.
- Egyptian butchers wore high heels to keep their feet free of blood and debris on the floor.
- Early in her career, model Gisele Bundchen was told she'd achieve success with cosmetic surgery to decrease her nose size. She refused and later had the last laugh by becoming one of the most highly paid models in history.

Thought for the Day: "The first wealth is health." — *Ralph Waldo Emerson*

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by
Jo Ann Derson

- This facial mask is good enough to eat. You might have a hard time deciding whether you want the facial or the snack: Mix together one mashed ripe banana with 3 tablespoons of sugar, and apply liberally to face. Leave it on for about three minutes, and rinse with warm water. Follow with your favorite moisturizer.
- The best way to soften butter is to let it stand at room temperature for 10 to 15 minutes. But if you are in a hurry, you can slice it into 1/2-inch pats and roll it between sheets of waxed paper. It will only take a minute or so." — I.V. in Connecticut
- Pet hair is best removed from upholstery with a squeegee. Drag over the upholstery or even your carpet to collect the hair into a ball. Dispose of the hair in the trash.
- "Here's my tip for using a pool noodle in the garage. We have a narrow parking area, so we cut a foam noodle in half lengthwise, then secured it to the wall where the door might hit when we get out of the car. No bumps, no chips. The noodle saves the day!" — Y.I. in Maryland
- "When you need to measure something that is sticky, like honey or peanut butter, try rinsing your measuring cup with oil, then hot water. The oily residue will make the sticky substance slide out, but it won't be oily, as the hot water rinses away any excess." — E.R. in Arkansas
- If you are moving, use small pieces of plastic wrap to keep your toiletries from spilling en route. Simply unscrew the top, cover with the plastic and reattach the lid.

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

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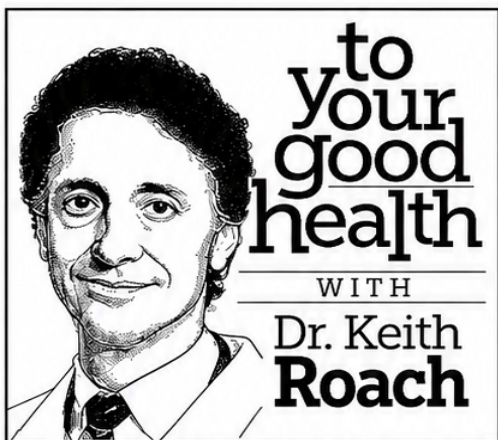


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Word-Recall Difficulty Causes Concern in 70-Year-Old Female

DEAR DR. ROACH: I'm a healthy 70-year-old female who still works full-time and plays tennis regularly. I'm 5 feet, 6 inches tall and weigh 140 pounds. My concern is my memory, especially my speech. English is my second language, but I've been in the United States for over 40 years. Words often disappear from me when I need them and come back later when the subject is closed.

When I shared my concern with my friend, I was told that nicotine patches are helpful for memory loss, even though I'm no longer a smoker. I quit smoking 15 years ago after decades of smoking. What's your opinion on nicotine patches for memory loss? — *M.M.*

ANSWER: First, occasional word-recall difficulty isn't abnormal for healthy 70-year-olds, even native English speakers. Many people who are aging normally have tip-of-the-tongue word-recall problems and usually find the word that they're looking for later. Unless you have significant progression with this problem or have other memory or thinking problems, this may be nothing to worry about.

To answer your question, nicotine patches were shown to have small improvements in memory and attention in healthy older people and in people with mild cognitive impairment (some but not all of whom will develop dementia later). But they aren't approved by the Food and Drug Administration for this purpose.

These findings are small and aren't replicated. An ongoing trial is underway and may be published soon. In the mean-

time, I don't recommend nicotine patches for memory, attention or word recall.

DEAR DR. ROACH: I'm a 76-year-old man, and I have to urinate at least every 2 hours every night. My urologist did a digital check on my prostate and found that it was of normal size. He recommended a cystoscopy. He said that they numb the penis beforehand, but I'm concerned about the pain. I forgot to ask the doctor if I could be given a strong sedative. Can they give me a sedative before this procedure? — *R.O.B.*

ANSWER: They absolutely can give you sedation for this procedure. I personally think that people shouldn't feel compelled to try to get through medical procedures without medication to make the procedure less painful, uncomfortable or scary, especially because procedures can sometimes seem this way.

Men in particular seem to have a hard time asking for relief. On the other hand, physicians are less likely to offer pain relief to women during procedures. Both men and women deserve a discussion about their options to reduce pain and discomfort.

You should discuss this well ahead of time with your urologist, who may want to have an anesthesiologist administer the sedative. People who undergo moderate sedation should have someone to help them get home and get information about how the procedure went. The sedative can make it hard for a patient to form new memories for a while, meaning that patients may forget some of the explanation they get after the procedure.

Additionally, your urologist can take steps to make the procedure more comfortable, such as adjusting the pressure of the fluid that flows through the cystoscope; allowing you to watch what's happening on the screen if you want; and allowing you to choose the music that you'd like during the procedure. These are relatively simple steps that have been proven to reduce pain, discomfort and anxiety.

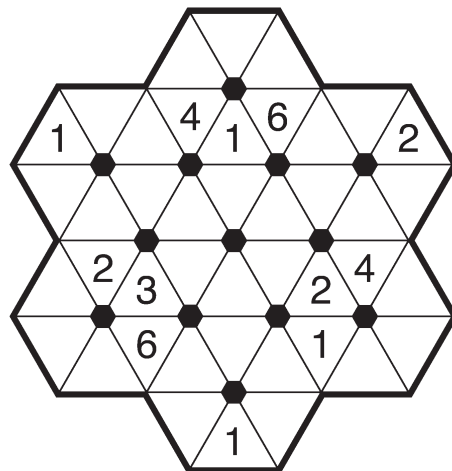
Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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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



Bring Bowls of Food To Your Table

Big bowls, tiny bowls, bowls that are just right — they're all part of the "bowl" craze that has grabbed the attention of the culinary world and landed on our kitchen tables. And I'm in! So is my son, Anders, who has a special bowl that he uses day in and day out, starting with breakfast. Come dinnertime, he uses it again and often assembles last night's leftovers, topped with veggies or herbs from the garden and grated cheese for bowl-food deliciousness! Of course, he could put everything on a plate, but bowls are unexpected, easy to hold, and simply more fun.

Robin Asbell, cookbook author of "Great Bowls of Food," says that bowl meals are colorful, and their simplicity really appeals to all ages. "They're great for families because they're so flexible and can be customized for each diner with no fuss. If someone doesn't like beets, leave them out of their bowl, or use a vegetable they prefer."

Her recipes reflect her commitment to healthy eating and trying new ingredients to make family meals interesting and tasty. Inspired with the many possibilities for creating bowls of food, I landed on a "Pizza Bowl With Soft Polenta, Spinach and Mozzarella." It's a twist on pizza and full of good-for-you ingredients, including a fall comfort food, polenta, as a base.

PIZZA BOWL WITH SOFT POLENTA, SPINACH AND MOZZARELLA

Serves 4

- 1 cup polenta
- 3 cups water
- 1/2 teaspoon salt
- 1/2 cup shredded Parmesan cheese
- 4 ounces baby spinach
- 1 cup prepared spaghetti sauce, heated
- 8 ounces fresh mozzarella, small balls or chopped
- 1/2 cup fresh basil, finely sliced

In a 2-quart saucepan, whisk the polenta, water and salt. On medium-high heat, stir until the mixture comes to a boil. Reduce heat to low and stir every 5 minutes, scraping the bottom of the pan. Cook for about 25 minutes, until thick. Stir in Parmesan cheese until melted. Keep warm.

To serve, divide the spinach between 4 bowls and top with polenta. Measure 1/4 cup of hot spaghetti sauce over each bowl and top with mozzarella. Top with shredded basil and serve.

Cook's Note: If preparing polenta in advance, transfer to a 9-inch pan after cooking, smooth the top, and let cool. To serve, reheat in the microwave, or cut in wedges and saute in olive oil until crisp and heated through.



Resources: Find Robin's books, recipes and cooking techniques at RobinAsbell.com.

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

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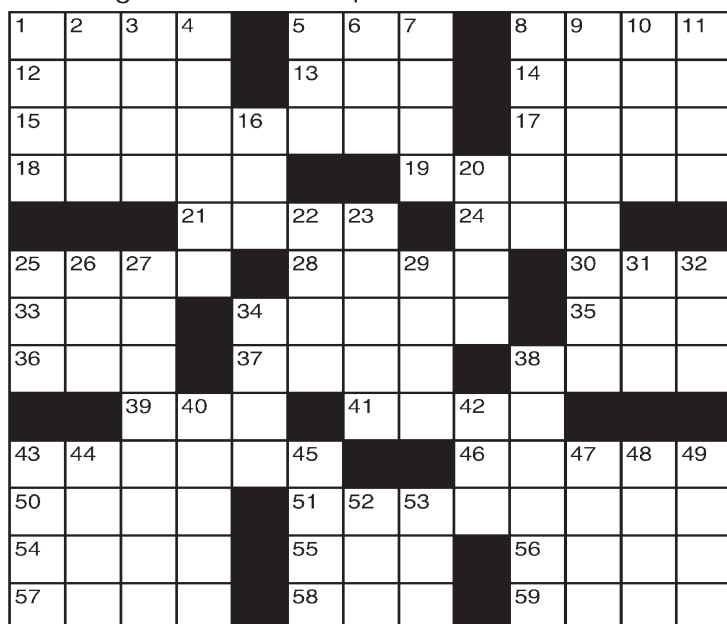
King Crossword

ACROSS

- 1 Actor Sharif
5 "Humbug!"
8 JFK guesses
12 Cape —, Portugal
13 In the style of
14 Seniors' gp.
15 Manhattan, for one
17 China (Pref.)
18 "The Sopranos" restaurateur
19 Brunch fare
21 Thick chunk
24 TV spots
25 Ancient invader
28 Uber competitors
30 Mas' mates
33 Chef Garten
34 Bo of "10"
35 Pen filler
36 — chi
37 Location
38 — B'rith
39 Young fellow
- 41 "Absolutely!"
43 Texas city
46 Caravan stops
50 Big rackets
51 Pulled-back hairdo
54 Icelandic epic
55 Chang's brother
56 "Andor" actor Diego —
57 Optimistic
58 Tic-tac-toe loser
59 Mountain ht.
- 11 Espy
16 Aviv preceder
20 Mardi Gras wear
22 Computer brand
23 Exposes
25 "Shoo!"
26 — tear (raging)
27 Hindmost parts
29 Boyfriend
31 Comic Gasteyer
32 Enjoy Aspen
34 June honorees
38 Ringo, for one
40 Analyze
42 Trigger's rider
43 Baltic feeder
44 Queen of Carthage
45 Pinnacle
47 Biblical king
48 Aachen article
49 Serb or Croat
52 Musician Yoko
53 Private aid gp.

DOWN

- 1 Sea predator
2 Heath
3 Ad agcy. client
4 Debonair
5 Sheep call
6 Boxer Laila
7 Angelic light
8 Allayed
9 Severe decline
10 "Rule, Britannia!" composer



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