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Week 37 ~ Edition 26

What Would Your Childhood Self Think of You Today?

Think back to the kid you used to be—the one who had big dreams, scraped knees, wild ideas, and absolutely no clue what adulthood was really going to be like.

What would that kid think if they could meet you today?

Would they be surprised by where you live? Would they think your job sounds exciting—or wonder why anyone would willingly go to work every day? Would they be impressed that you can drive a car, buy whatever cereal you want, and stay up as late as you please?

When we were kids, being a grown-up seemed like the ultimate freedom. No bedtime. No homework. Nobody telling us to clean our room. We imagined adulthood meant doing whatever we wanted whenever we wanted.

Nobody mentioned bills.

Or grocery shopping.

Or discovering that deciding what to make for dinner every single night would become one of life's greatest mysteries.

Somewhere along the way, many of those childhood dreams changed. Maybe you didn't become the astronaut, veterinarian, race-car driver, teacher, firefighter, singer, or professional athlete you once imagined. Life probably took a few turns you never saw coming.

But your younger self might still be pretty impressed.

(Continue on page 2)

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You've made it through difficult days you once couldn't have imagined. You've learned things the younger you didn't know you needed to learn. You've probably helped people, loved people, made mistakes, started over, laughed until you cried, and created memories that became part of your story.

And think about all the things that once seemed impossible.

Remember when driving a car looked complicated? Now you can drive while thinking about six other things at once.

Remember when having $20 made you feel rich?

Remember when staying home from school felt like winning the lottery?

Remember when summer seemed to last forever?

Your childhood self probably wouldn't care much about the size of your house, the kind of car you drive, or whether everything went according to plan. Kids don't usually measure success that way.

They might ask something much simpler:

Are you happy? Do you still laugh? Do you ever do anything just because it's fun?

Maybe this week is a good reminder to bring a little of that kid back

.Eat the ice cream. Turn the music up. Watch an old cartoon. Skip a rock across the water. Buy the silly thing that makes you smile. Call the friend who remembers who you were before adulthood got so complicated

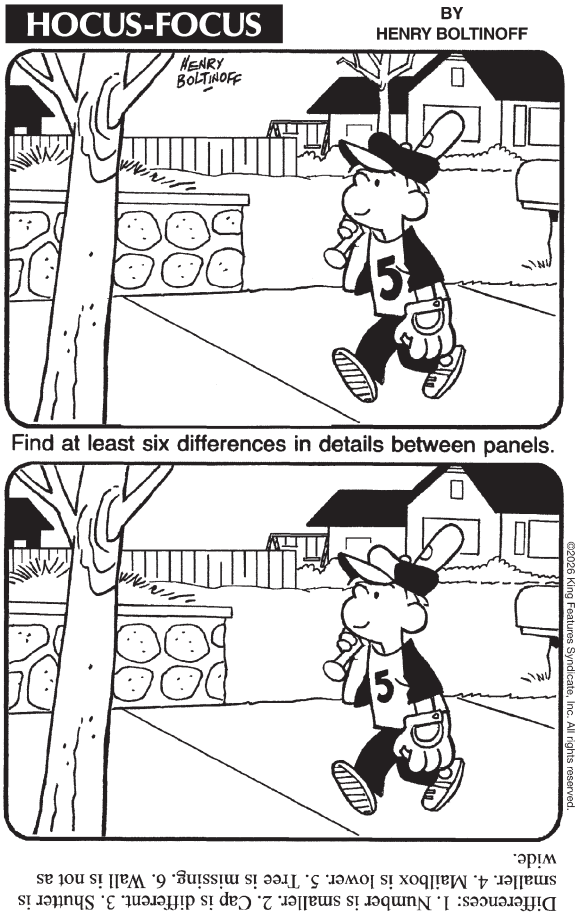
.Growing older is unavoidable.

Growing completely out of the person you once were doesn't have to be.

SMILE OF THE WEEK
Your childhood self would probably be amazed that you can buy cookies whenever you want... and disappointed that you sometimes come home with vegetables instead.







Differences: 1. Number is smaller. 2. Cap is different. 3. Shutter is smaller. 4. Mailbox is lower. 5. Tree is missing. 6. Wall is not as wide.

Salome's Stars

ARIES *(March 21 to April 19)*
With your Arian charm quotient at an almost all-time high this week (plus all the facts to back you up), you just might win over your last doubters on your proposal.

TAURUS *(April 20 to May 20)*
You might be in line for a job change that you applied for. But be advised that you could be called on to defend your qualifications against supporters of other applicants.

GEMINI *(May 21 to June 20)*
Creating a new approach to an old idea is one way to get beyond a workplace impasse. There are no such problems in your personal life, where things continue to flow smoothly.

CANCER *(June 21 to July 22)*
Be more forthcoming about your feelings concerning a proposed change either in your workplace or in your personal life. Your opinions are valuable. Don't keep them hidden.

LEO *(July 23 to August 22)*
A changing situation in your life needs more patience than you appear to be willing to offer. Allowing it to develop at its own pace is the wisest course you can take at this time.

VIRGO *(August 23 to September 22)*
With more stability in your life — both on personal and professional levels — this could be a good time to strengthen relationships with both friends and colleagues.

LIBRA *(September 23 to October 22)*
People have always relied on your integrity not only to get the job done, but to get it done right. So, don't be pressured by anyone into cutting corners to save time.

SCORPIO *(October 23 to November 21)*
While others might get rattled over unexpected changes, your ability to adapt calmly and competently helps you make a positive impression during a crucial period.

SAGITTARIUS *(November 22 to December 21)*
A changing environment might be daunting for some, but the adventurous Sagittarian takes it all in stride. Meanwhile, a friend from the past could awaken some meaningful memories.

CAPRICORN *(December 22 to January 19)*
With your self-assurance rising to full strength, the bold Goat should feel confident about opening up to new ventures, as well as new relationships.

AQUARIUS *(January 20 to February 18)*
Reaching out to someone who has been unkind to you might not be easy. But in the long run, it'll prove to have been the right thing to do. A friend offers moral support.

PISCES *(February 19 to March 20)*
Your keen insight once again helps you work through a seemingly insoluble problem in your workplace. The weekend offers a good chance to develop new relationships.

BORN THIS WEEK:

You have a penchant for finding details that others would overlook. You would make a fine research scientist, designer, or editor.

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Moments in Time

A look back at interesting events from this week in history.

- **Sept. 28, 1542**

Spanish explorer Juan Rodriguez Cabrillo became the first European to sail into San Diego Bay, which he named San Miguel and claimed for Spain. The bay was given its present name in 1602 by Sebastian Vizcaino, who was also the first person to note certain ecological features of California's coast.

- **Sept. 29, 1885**

The world's first practical public electric tramway, designed by Michael Holroyd Smith, opened in Blackpool, England, using an underground "conduit" system to supply electricity rather than overhead wires. The route is still active today, operating modern light rail vehicles.

- **Sept. 30, 1934**

St. Louis Browns coach Charley O'Leary "unretired" to good effect by becoming the oldest player to get a hit and score a run in the major leagues, at age 58.

- **Oct. 1, 1962**

Barbra Streisand signed her first recording contract with Columbia Records. Her manager, Marty Erlichman, negotiated full artistic and creative control, including the right for Streisand to choose her own songs, in exchange for a lower initial pay rate of a $20,000 advance.

- **Oct. 2, 1985**

Hollywood heartthrob Rock Hudson died of AIDS related complications, just a few months after publicly acknowledging he had the disease at a hospital in Paris where he was seeking treatment.

- **Oct. 3, 1997**

69-year-old Hall of Famer Gordie Howe, known as "Mr. Hockey" and a legend in the sport, played his first NHL game when Harry Truman was president, skated the first shift with the Detroit Vipers in their International Hockey League opener for a total of just 40 seconds but became the only professional in the sport to compete in six decades. Afterward, he thanked the Vipers for "putting up with me."

- **Oct. 4, 2011**

Michael Morton, who served 25 years in prison for the murder of his wife, Christine Morton, was released after DNA evidence implicated convicted felon Mark Alan Norwood in the crime. The prosecutor in the case later was accused of withholding evidence indicating Morton's innocence.



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OLIVE & POPEYE

By Randy Milholland



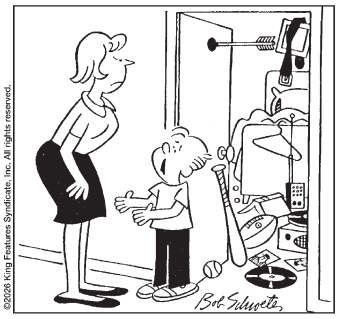
Out on a Limb

by Gary Kopervas



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"Clean up my room? You act like _ _ _ _ _ _ _ _ _ _ is just around the corner."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Chant **HAMNET**

Former **RIPOR**

Candid **SOTHEN**

Patrol **STUCO**

TODAY'S WORD

KNIGHT MOVES

A	Y	E
N		R
C	V	L

Unlock the power of chess to find the eight-letter word of the day. Choose your starting letter carefully, then move around the square in a one by two fashion to get to the next letter.

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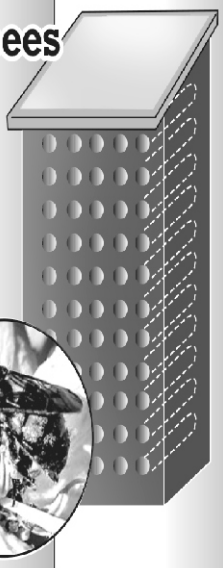
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The Garden Bug

Orchard mason bees



Shiny, dark-blue and smaller than a honey bee, the orchard mason bee can be encouraged to live in urban areas, as it is beneficial, non-aggressive and non-damaging to structures. Build it a bee house, by taking a 4x4 untreated block of wood, drilling smooth holes about 5/16" in diameter in a grid on one side, and at least 3" deep into the wood. Create an over-hanging roof, and hang it firmly at least 3 feet up.

– *Brenda Weaver*

Source: gardening.wsu.edu

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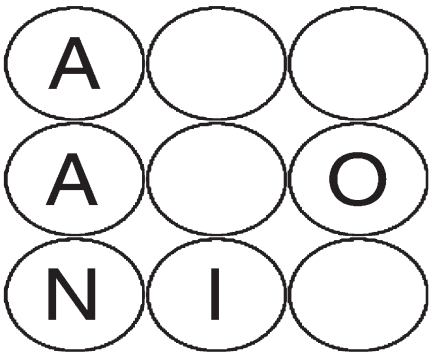
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WORD SPIRAL



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.

	+		+		= 11
+		+		+	
	−		×		= 21
÷		+		×	
	+		+		= 14
= 1		= 11		= 39	

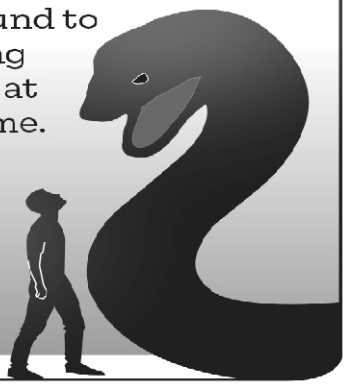
1 2 3 4 5 6 7 8 9

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Fun Fact

Titanoboa was a real species of giant snake thought to have lived 58 to 60 million years ago. It was about 45 feet long on average, and weighed about 2,500 pounds. It survived on the large crocodiles and turtles also found to be living nearby at that time.

Source: discovermagazine.com



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TOY BOX MEMORIES

YO-YO

The Classic Toy with a Spin!

Twirl Trick Play Repeat!



THE HISTORY OF THE YO-YO

The yo-yo has a long history, dating back more than 2,500 years. Versions of the toy were found in ancient Greece, and it was also popular in China, the Philippines and other cultures.

The modern yo-yo became a huge hit in the United States in the 1920s when the Duncan Toys Company began mass-producing them. Duncan yo-yos quickly became one of the most popular toys in the world, entertaining millions of kids and adults.

Over the years, the yo-yo has remained a favorite, inspiring tricks, competitions and even world champions. Today, it continues to be a classic toy that proves sometimes the simplest toys create the biggest fun!

Toy Facts

(Very Popular)

- **First Popular:** 1920s
- **Country of Origin:** United States (modern version)
- **Inventor:** Duncan Toys Company
- **Recommended Age:** 5 years and up
- **Original Price:** About $1.00
- **Today's Value:** $5 – $50+ (vintage or special editions)
- **Movies/TV Appearances:** Featured in many shows, cartoons and commercials.

DID YOU KNOW?

The longest yo-yo spin on record is over 4 hours! In 2010, John Higby kept a yo-yo spinning for 4 hours, 1 minute and 12 seconds!

TOY TRIVIA

What does "yo-yo" mean?

A. Come back
B. Spin around
C. Up and down
D. All of the above

ANSWER: D. All of the above

MEMORY LANE

Did you have a yo-yo? What tricks could you do? Did you compete with friends, or just enjoy playing for fun? Share your favorite memory!

OVER THE DECADES...

- **1920s** Duncan Toys begins mass-producing yo-yos.
- **1930s** Yo-yo contests and tricks become popular.
- **1950s** A major yo-yo craze sweeps the United States.
- **1970s** New styles and materials are introduced.
- **1990s** Yo-yo competitions and new trick techniques gain popularity.
- **2000s+** Still a favorite toy around the world, with new designs and a strong community of players.

"Good toys never get old — they just keep coming back!"

PLAY LEARN SPIN SMILE!

Trivia test

by Fifi Rodriguez

Test your knowledge!

1. **TELEVISION:** What is the name of Jon Snow's dire wolf in "Game of Thrones"?
2. **HISTORY:** Which Civil War general literally used "scorched earth" tactics in his march from Atlanta to Savannah, Georgia?
3. **MOVIES:** Which 1960s movie has the tagline, "A man went looking for America, and he couldn't find it anywhere"?
4. **GEOGRAPHY:** Which body of water includes islands known as the Seychelles?
5. **CHEMISTRY:** Which element's symbol is Sn?
6. **LITERATURE:** What is the length of a traditional sonnet?
7. **GEOLOGY:** What is a common name for calcium carbonate?
8. **FOOD & DRINK:** Which fast-food chain goes by the name Hungry Jack in Australia?
9. **U.S. PRESIDENTS:** Which president gave radio addresses that were described as "fireside chats"?
10. **ASTRONOMY:** What is the shape of the Milky Way?

ANSWERS

1. Ghost.
2. General William T. Sherman.
3. "Easy Rider."
4. Indian Ocean.
5. Tin (stannum).
6. 14 lines of poetry.
7. Limestone or chalk.
8. Burger King.
9. Franklin D. Roosevelt.
10. Spiral.

Keep Learning Every Day!

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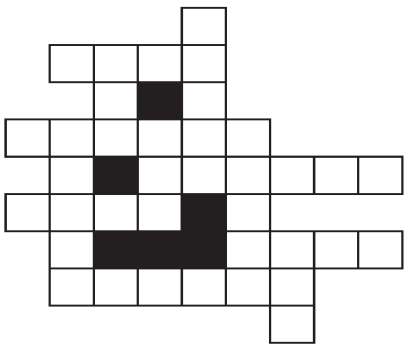


FEAR KNOT™

By: rj johnson

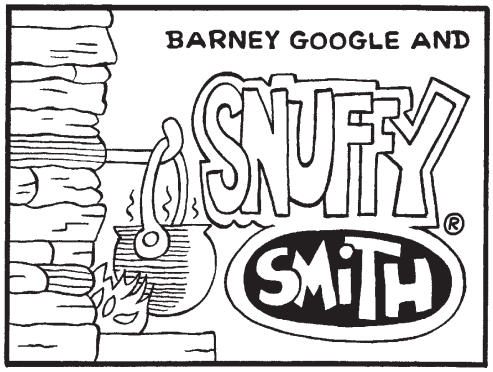
DOUBT? ...OR DARE!

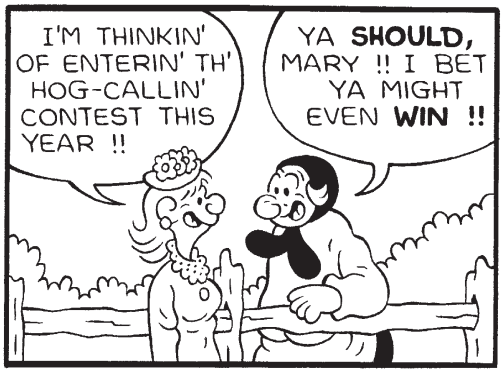
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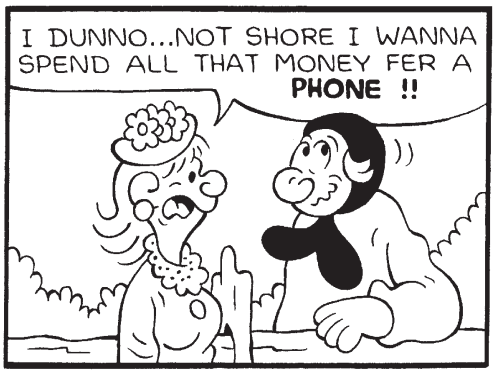


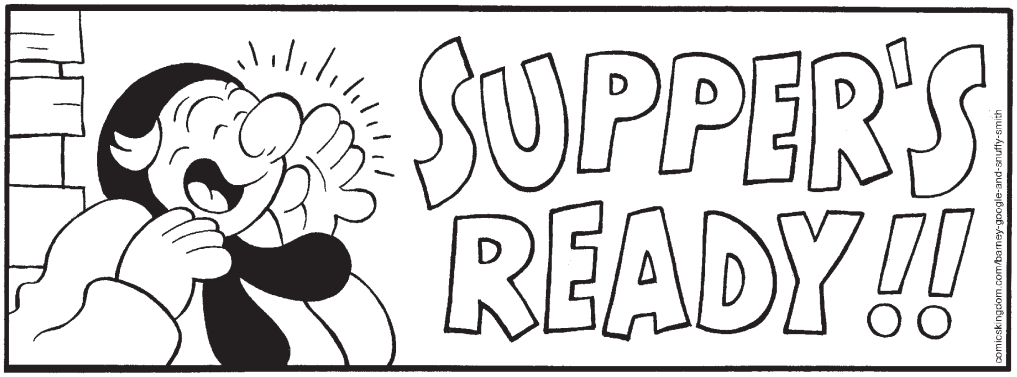
Unscramble these twelve letter strings to form each into an ordinary word (ex. **HAGNEC** becomes **CHANGE**). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ **RATHE** becomes **HATER** or **EARTH** or **HEART**). Fit each string's word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

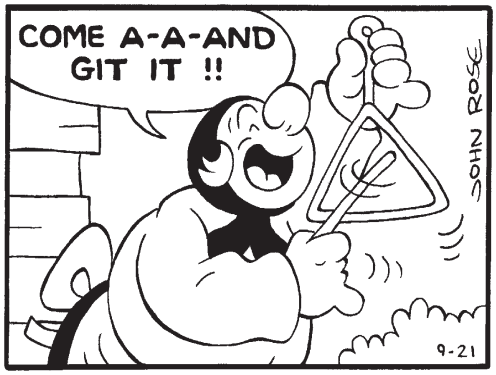
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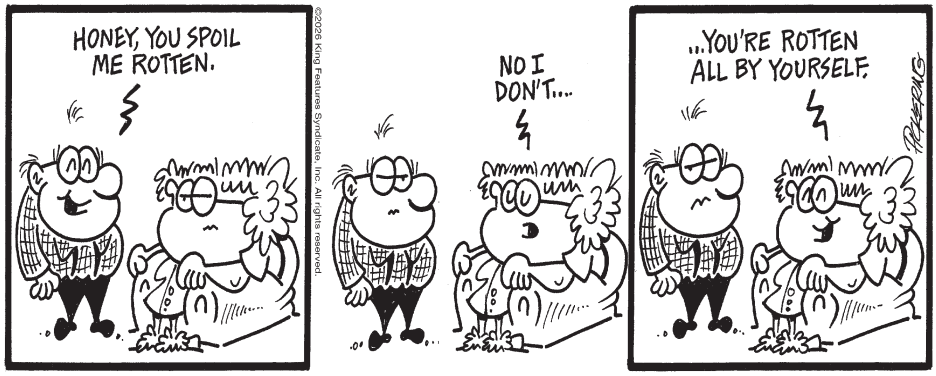








The Spats by Jeff Pickering



MAIN STREET BITS 'N GIGGLES

WORD OF THE WEEK

INSPIRE

Small Words Can Make a Big Difference!

Be Kind Be Curious Be You!

You can inspire someone today!

Pronunciation: in-SPIRE | Part of Speech: Verb

What Does It Mean?

To fill someone with new ideas, excitement, or the desire to do something.

Use It in a Sentence!

Her teacher's encouraging words inspired her to try out for the school play.

Did You Know?

Inspiring others can create a ripple effect! When you inspire someone, they might go on to inspire someone else.

Inspiration Challenge!

Do one thing this week to inspire someone:

- Share a kind word
- Tell someone you believe in them
- Give a helpful suggestion
- Be a good example
- Encourage a friend

Smile of the Week

You never know who you might inspire just by being yourself!

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: THE FRUIT OF THE OAK TREE

Arrowroot	Cassava	Millet	Rye
Bananas	Chickpeas	Oats	Sorghum
Barley	Lentils	Potatoes	Wheat
Beans	Maize	Rice	

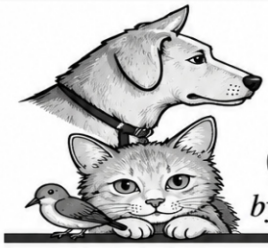
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Wishing Well®

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

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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Paw's corner

by Sam Mazzotta

Pet's dry eye may cause corneal scarring

DEAR PAW'S CORNER: My 9-year-old Terrier, "Buzzy," has developed what I think is an eye infection. She has red, irritated eyes and lots of yellowish discharge with runny tears. I called her veterinarian and will be taking her in to be seen this week. The tech on the phone told me it might also be "dry eye," which doesn't make sense with her runny eyes. What can I do to make her more comfortable ahead of the appointment? — Beth in Santa Monica, California

DEAR BETH: Gently clear away the discharge from around Buzzy's eyes with a soft washcloth dipped in warm water. Don't use soap, as this can irritate her eyes further. This will provide some relief.

The vet will check for several additional symptoms to determine what's going on.

Just as with humans, dogs and cats can develop dry eye, known in medical terms as keratoconjunctivitis sicca, or KCS. Several conditions can cause dry eye: infections, injury, certain medications, hypothyroidism or, most common, an immune disorder.

Dry eye can cause scarring of the cornea if left untreated, because the condition changes natural tears so they produce less of the "film" that protects the cornea's surface. If the damage is bad enough, your dog's vision could be

There are very effective medications to manage Buzzy's symptoms, which stimulate tear production and replace tear film. During the first phase of treatment, you may need to administer these medications every two to six hours. Antibiotics may also be prescribed to treat any secondary infection.

After this initial phase, Buzzy will probably need lifelong treatment to manage dry eye.

Here are a few tips to help care for a pet with dry eye:

- Keep the eyes clean by gently wiping away discharge with a soft, damp cloth.
- Don't use soap or products not approved by your veterinarian.
- Give medications exactly as prescribed.
- Watch for changes in redness, discharge or vision and contact your vet if symptoms worsen.
- Attend all follow-up appointments to monitor progress.
- Be patient, as long-term care is often needed.

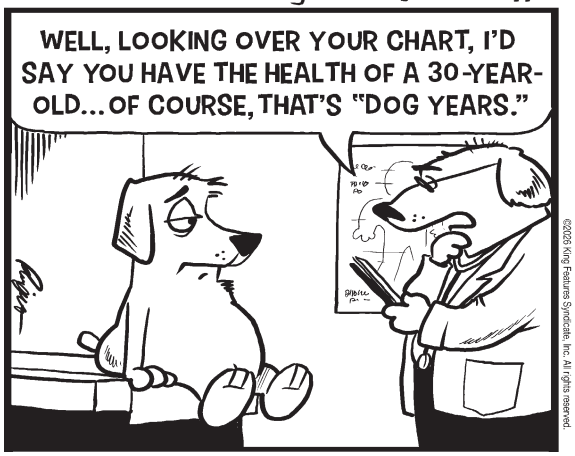
With proper treatment and care, many pets with dry eye can stay comfortable and maintain good vision.

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

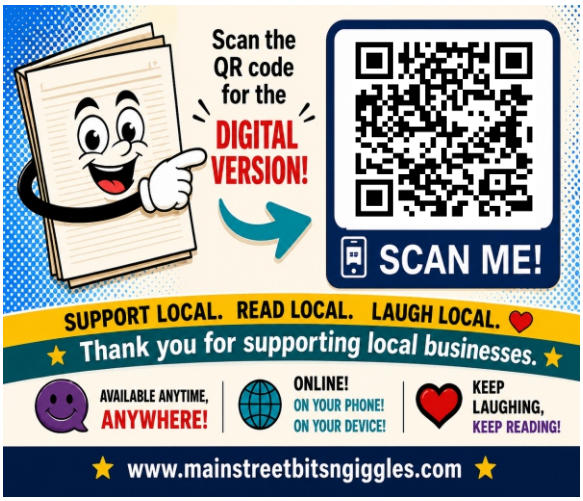
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Just Like Cats & Dogs by Dave T. Phipps



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SENIOR NEWS LINE

by Matilda Charles

Helpful Tips for a Healthier You!

Beware the supplements on TV

If you're home during the day and have spent much time with the television on, you've no doubt been inundated with advertising for supplements that promise to change your life. By the time you've heard those ads 30 times you can probably quote them word for word. And at some point you might even be tempted to just dial that number and place an order.

Don't do it.

Just because companies create slick ads that sound like they'll solve all your problems doesn't mean it's safe for you to use their products, especially if you take any prescription drugs or have a medical condition.

Supplements are not approved by the Food and Drug Administration. The FDA doesn't evaluate those types of products and doesn't conduct any trials to check their safety and recommended dosage. The supplement companies are required to tell you this in their advertising, but it's in all that tiny text at the bottom of the TV screen that's impossible to read.

Learn all you can about potential drug interactions. Go first to drugs.com and click on the Drug Interaction Checker. Type in the name of your drug. Then type in the name of whatever you're considering taking and see what it says. I tried this with one of my prescription drugs and added one of the frequently advertised products and it showed 11 potential drug interactions. There were also some possible uncomfortable side effects, even without the possible drug interactions.

Seniors are especially targeted by the manufacturers of those supplements, hoping we'll believe their slick claims if we see those ads often enough. It's a billion-dollar industry, and they want your money. Before you dial that number on the TV screen, dial your doctor's office and ask if the supplement is something you should have. Chances are they will say no.

Don't forget to talk with your pharmacist, too. They're a great resource and can alert you to possible problems with the supplements you're considering. Your health is worth more than a TV slogan.

* * *

TIP: Never take any supplement without first checking with your doctor or pharmacist, especially if you take prescription drugs or have a medical condition.

* * *



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Sports QUIZ

by Ryan A. Berenz

How Much Do You Know?

1. Peter Tom Willis, a backup quarterback for the Chicago Bears from 1990 to 1993, played college football for which team?
2. In 1958, Willie O'Ree became the first Black player in the NHL when he took to the ice for which team?
3. Major League Baseball's Outstanding Designated Hitter Award is named after which Hall of Famer?
4. Sportswriter Allison "Al" Danzig is credited with coining what term to describe a tennis serve that the opponent fails to touch?
5. In 1985, Marshall Thundering Herd player Bruce Morris scored the "Shot Herd Round the World," the longest field goal in college basketball history. What was the distance?
6. What phrase was on a T-shirt worn by Washington Bullets' head coach Dick Motta during the team's celebration of their Game 7 NBA Finals win in 1978?
7. In the 1988 Oscar-winning film "Rain Man," Raymond Babbitt (Dustin Hoffman) is a fan of which Major League Baseball team?

ANSWERS

1. The Florida State Seminoles.
2. The Boston Bruins.
3. Edgar Martinez.
4. Ace.
5. 89 feet, 10 inches.
6. "The Opera Isn't Over 'Til the Fat Lady Sings."
7. The Cincinnati Reds.



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Americanisms



"When I no longer thrill to the first snow of the season, I'll know I'm growing old."

– *Lady Bird Johnson*

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Weekly SUDOKU

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

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

Art Glass

The Mt. Washington Glass Company was one of the most important American art glass makers of the 19th century. The company started in 1837 as the Mt. Washington Glass Works in South Boston. Later, it moved to New Bedford, Massachusetts, where it operated until it merged with the Pairpoint Manufacturing Co. in 1894.

While it was in operation, Mt. Washington made art glass in many colors and finishes, like two-tone Amberina and Burmese, often embellished with gold and enamel. Its crown jewel may be the appropriately named Royal Flemish, which features panels of multiple colors outlined in gold. It was made by 1889, but the company did not patent it until 1894. Maroon is often one of the featured colors, shades of peach, pink, yellow, cream, and translucent white also appear.

The glass is further embellished with designs like flying birds, flowers, or mythical creatures. Decorations were meant to evoke the exotic or antique. Royal Flemish was rarely marked, unlike some Mt. Washington glass lines, which doesn't worry collectors; it is usually unmistakable.

Making Royal Flemish glass was a complicated process, so it was not copied by other companies. Even today, it has not been reproduced. This makes it all the more valuable. The covered jar shown here, decorated with medallions inspired by ancient Greek and Roman coins, sold for $2,280 at a Woody Auction.



Multicolor glass panels, gilt trim, and embellishments like the coin medallions on this jar give Royal Flemish art glass its regal look.

* * *

Q: **I bought a Japanese woodblock print at an estate sale. There is a handwritten note on the back that reads "Framed June 1962." I like the print, but I do not know much about this category of art. Because the marks are in Japanese, it has not been easy to find much about them through an Internet search. How can I find out if it is an old print by a known artist and what it may be worth?**

A: Japanese woodblock prints have been popular collectibles for centuries. See the advice above about prints and movie memorabilia dealers.

Print is over 30 years old. If yours was framed in the 1960s, it certainly qualifies. If there is a museum in your area with a collection of Asian art, they may be able to help you identify your print, the artist, and its age, but not its value. Remember that prints, including Japanese woodblock prints, can be reprinted over many years. Look for books on Japanese prints, also called ukiyo-e, at your library. Many auction houses and dealers that sell artwork deal in Japanese prints and may be able to help you evaluate yours. There are some auction houses like the Ukiyo-e Gallery that specialize in them.

* * *

TIP: Never use hot or cold water on glass. Use dishwashing liquid, a soft toothbrush, and a warm water. Rinse, then dry with a terrycloth towel.

* * *

CURRENT PRICES

Carnival glass, Harvest Grape, compote, marigold, scalloped rim, flared base, Indiana, 1960s, 8 1/2 inches, $30.

Textile, piano shawl, sky blue, ribbon, macrame border, diamond lattice, fringe, hand knotted, 1920s, 105 x 39 inches, $115.

Auto, sign, Goodrich, Guide Post, round, red and white, Slow Down, Safety First, porcelain, 20 inches, $480.

Bottle, Star Whiskey, cone shape, brown amber, ribbed, applied handle embossed oval, mold blown, open pontil, W.B. Crowell Jr., New York, c. 1850, 8 inches, $770.

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

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Amber Waves

by Dave T. Phipps



Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – CRAYON COLORS

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **Why do crayons go to school?**

AMBER
AQUA
BLACK
BLUE
BRONZE
COPPER
GOLD
GREEN
GREY
INDIGO
IVORY
LEMON
LILAC
ORANGE
PINK
PUMPKIN
RED
SILVER
TURQUOISE
WHITE
YELLOW

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

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Riddle answer: __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ .





Strange BUT TRUE

By Lucie Winborne

Sometimes the truth is stranger than fiction!

● **The first animal ever cloned** was the famous sheep Dolly, the singer-songwriter Dolly Parton.



● **According** to a study, dancers and choreographers reported the highest divorce rates.

● **Students are more than four** times more likely to drop out of school if they are unable to read proficiently by the third grade.



● **Early hairspray formulas often** used shellac, a resin secreted by female Kerria lacca bugs.

● **Some scientists** have speculated that a zombie apocalypse may not be impossible because humans are vulnerable to neurotoxins, parasites and viruses such as rabies, which can alter behavior and brain function.



● **Holes in crackers** allow steam and gas to escape so the product will remain flat and crisp.

● **According to Gallup, Inc.,** more people recognized the term "UFO" than remembered the name Gerald Ford in a poll taken just six months after Ford left the presidential office.



● The *Wizard of Oz*'s full name is Oscar Zoroaster Phadrig Isaac Norman Henkel Emmannuel Ambroise Diggs, which was called "Oz" because the other initials spelled P-I-N-H-E-A-D.



● Frida **Kahlo** is the only Mexican woman to have a major solo exhibition at the Louvre.



● In many early Northern European tribes slaves were forbidden from hunting since they were not allowed to own weapons or bear arms.

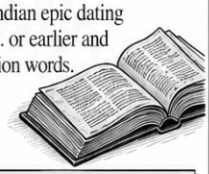


● **The first pet insurance** in **America** was purchased in 1982 to protect the dog playing the title role in "Lassie."

● **Archaeology** suggests that belt buckles were developed during the Bronze Age.



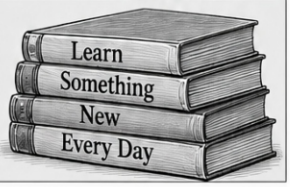
● **The longest poem** in the world is the "Mahabharata," an Indian epic dating from the 4th century B.C. or earlier and containing about 1.8 million words.



Thought for the Day:

"A computer once beat me at chess, but it was no match for me at kickboxing."

— Emo Philips



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MINI SUDOKU

A Little Puzzle Fun!

			2		
				5	3
1				4	
3		4			
	3		5		
5					1

Place a number in the empty boxes in such a way that each row across, each column down and each small 6-box square contains all of the numbers from one to six.

Good Luck!

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STICKELERS [sic].

by Terry Stickels

Match the words on the left with their meanings on the right.

1. penurious	a. dirty, filthy
2. fruition	b. realization
3. alimentary	c. resentment
4. umbrage	d. stingy
5. squalid	e. related to nourishment

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RB Soapery

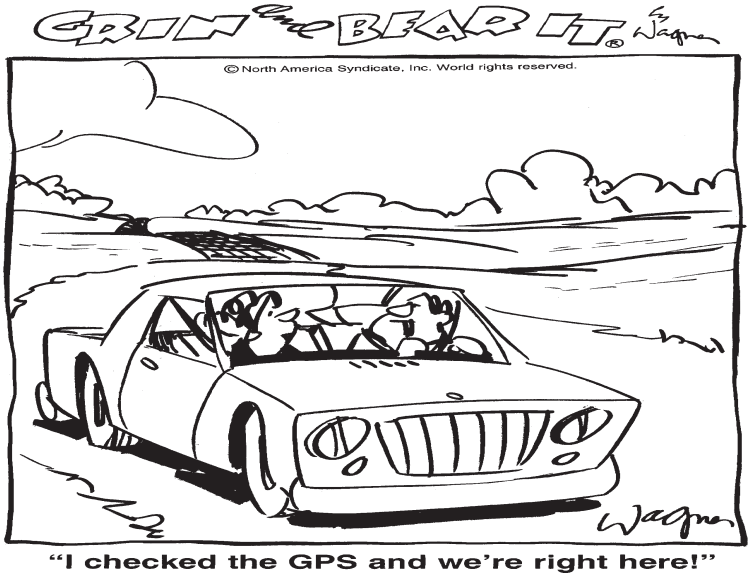
Handmade

- *Goat Milk Soap*
- *Goat Milk Lotion*
- *Beeswax Lip Balm*
- *and more!*



519 Yampa Ave.
Craig, CO 81625
970-629-1378

rbsoapery.com
rbsoapery1@gmail.com



"I checked the GPS and we're right here!"

Now here's a tip!

by Jo Ann Derson

Simple Solutions for Everyday Living!

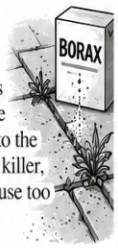
- **Remove stubborn hard water deposits:** To remove stubborn hard water deposits from a shower head (without removing it), add a cup of plain white vinegar to a zipper-top sandwich bag (or a larger bag with added vinegar to fit larger shower heads). Submerge the shower head in the vinegar and draw the bag tightly around the stem. Use a rubber band to secure the bag around the shower head. Leave overnight. Remove, scrub and shower to release the deposits.



- **Use foam plates as separators:** When moving, use foam plates as separators for your dinner plates. Use kitchen towels to wrap serving platters. If you have a box that separates glasses, drop a spice jar into each glass. Use all the space and you'll have less boxes to move. — *P.L. in South Carolina*



- **Borax for weed control:** Borax can be used to keep sidewalks free of weeds. Simply sprinkle a little Borax on the sidewalk and sweep into the cracks. This is a very effective weed killer, but it will also kill your grass if you use too much, so keep it in the cracks only!



- **Easy stripped screw fix:** Have a stripped screw? Place a wide rubber band over the head and insert your drill. The rubber band fills in the stripped spots and makes the drill catch the screw. It works most of the time. — *D.D. in Nebraska*



- **Make audio recordings or videos:** Make audio recordings or short videos of you reading your children's favorite books for them to play when you are busy doing housework, working or cooking. — *K.A. in Oregon*



- **Use a candle along a zipper:** If you have a sticky zipper, try running a candle along the zipper face, then zipping it up and down a few times.



Have a helpful tip? Send it in!

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

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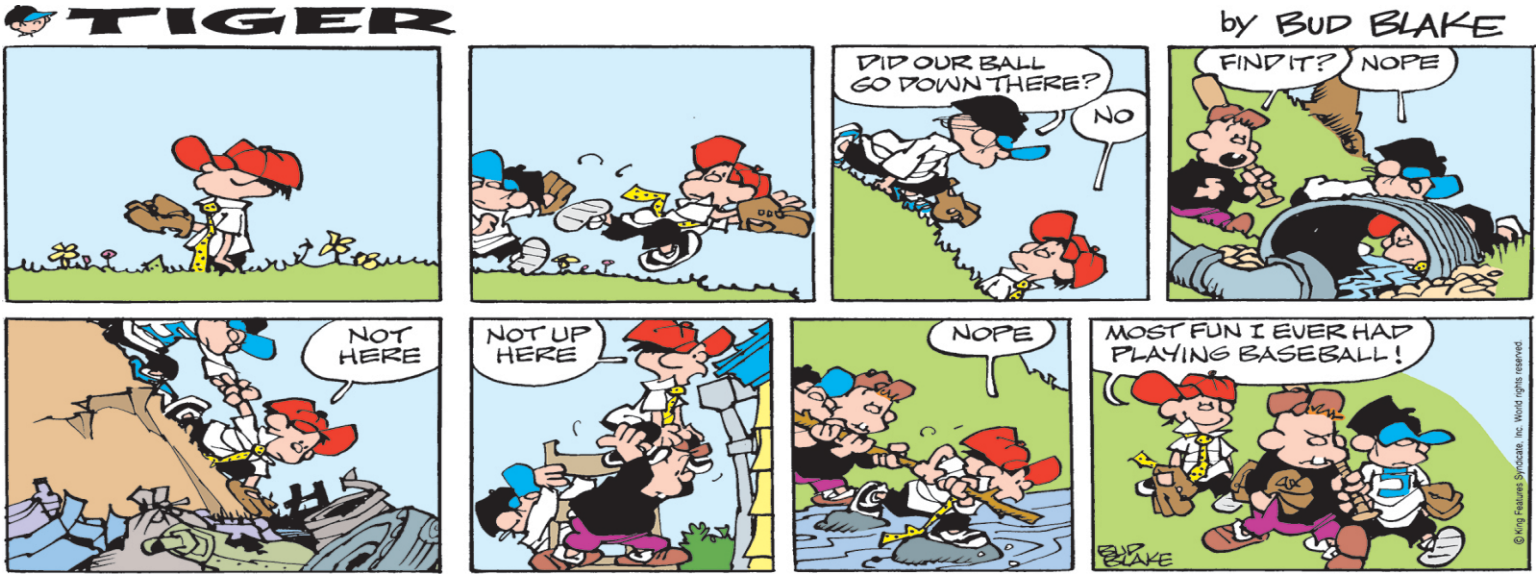
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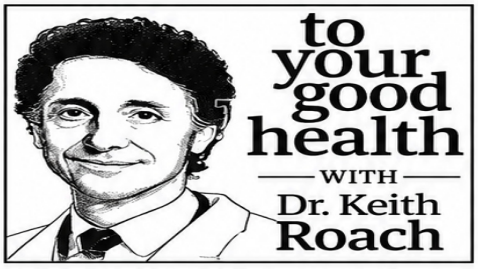
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Elder Gets Hospitalized Due to Hypercalcemia

DEAR DR. ROACH: A few years ago, at the age of 65, I was hospitalized and in critical condition with a calcium score of 14 mg/dL. After many tests, the diagnosis was hypercalcemia. After a 10-day hospital stay, I was discharged, and every test in the book was done to find the cause. All tests came back negative as to the cause, and still to this day, it isn't known what could've caused this. Any ideas? — G.V.

ANSWER: "Hypercalcemia" just means a high calcium level, and there are many causes — some of which are quite serious, including several cancers. A level of 14 mg/dL is very high. The many tests that they did makes a serious cause unlikely, and the fact that you're doing well years later confirms this.

The most common cause of high calcium is primary hyperparathyroidism, which should've been among the first tests they did. This is caused by a (usually) benign tumor in one of the parathyroid glands; there are usually four that sit on top of your thyroid gland (hence the name). Parathyroid hormone is the key regulator of calcium in the body.

I suspect that you had pseudohypercalcemia — an apparently high calcium level that is actually normal. This is caused by the abnormal protein binding of calcium, which, in turn, can be caused by abnormal protein levels in the blood. Some of these abnormal protein levels include high albumin (found with dehydration) and high immunoglobulin proteins (found with multiple myeloma). Again, since your tests are all normal now, a serious condition is very unlikely.

The classic cause of pseudohypercalcemia is leaving the tourniquet on too long when drawing blood. As the blood gets more acid from the muscles, calcium gets unbound from albumin, leading to an artifactualy high number. This can be easily confirmed by measuring ionized calcium.

* * *

DEAR DR. ROACH: I'm very nervous to take any prescriptions with black-box warnings. My urine tested positive for Pseudomonas aeruginosa. My doctor prescribed 500 mg of Cipro. Everything I read says how terrible the side effects are and how they can be delayed or show up later on in the future.

After more research, I see that water pills (I take hydrochlorothiazide) aren't necessarily safe to take with Cipro, as it can cause additional kidney strain due to your electrolytes being off. I'm not a doctor, but not much is sitting well with me.

Would you please be so kind as to share your thoughts for alternatives that would be safer to take so that1 can share them with my doctor? — L.W.

ANSWER: Pseudomonas aeruginosa is a dangerous bacteria, partially because of their extensive resistance to antibiotics. In fact, quinolones such as ciprofloxacin (Cipro) are the only reliable oral antibiotics to treat Pseudomonas. While I agree with you that quinolones are risky drugs that should only be used in limited circumstances, your only other option to treat your infection is an intravenous antibiotic.

Ciprofloxacin has several potential toxicities. I've seen hallucinations with this drug start after hours. Many people know that ciprofloxacin in particular can increase the risk of tendon ruptures. There may also be an increased risk of aortic aneurysms. However, the major risk is while the person's taking the medication, and the long-term risk after taking a week of antibiotics is quite low.

Before starting treatment, it's important to be sure that the urine is actually infected with, rather than colonized by, Pseudomonas. The presence of symptoms is critical when considering treatment.

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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FiveSpot™

Hyperbole?

S	U	P	E	R	
					Word with market or bowl
					Extra
					Records
					Breathes heavily, like a dog
					Paint finish option
					Willie Mays or Barry Bonds

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.

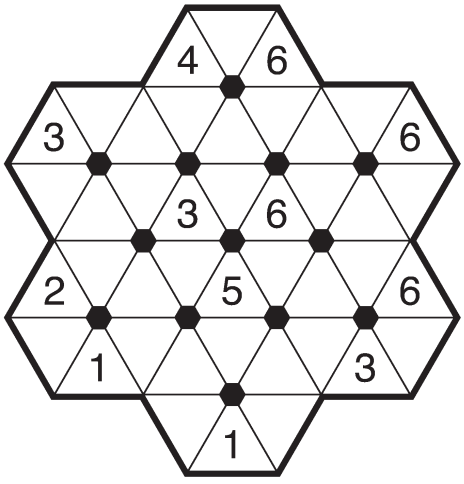
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SNOWFLAKES

by Japheth Light

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



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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DONNA ERICKSON'S

BEST BITES



Make a Family-Style Salade Nicoise

It's market time! On weekend mornings, I like to saunter through our neighborhood farmers market amid the crowds of people who, like me, are attracted to the "picked at their peak" vegetables, flowers, eggs, honey and jams in colorful stalls. Adults and kids alike visit with vendors, while friends happily bump into one another for a chat.

Since produce is overflowing at markets and grocery stores, there's no better time to make a fresh, easy-to-prepare dish that the whole family will love. I was recently inspired by my friend, Ann Francois, to make a big salade niçoise for the centerpiece of her dining table at a recent gathering with our friends.

While I have vivid memories of traveling in southern France and feasting on this country salad (which is typically composed of tomatoes, tuna, hard-boiled-egg halves, and anchovies on a bed of lettuce, dressed with a vinaigrette), Ann's version featured the addition of locally sourced new potatoes and mounds of green beans. Each ingredient was artfully arranged on a platter and served with crusty French bread.

Make this healthy salad with your kids for a light and simple-to-prepare main course. What makes it so family-friendly is that you can tweak it to suit tastes. Add artichoke hearts, capers, or grilled red peppers. Don't like anchovies? Just skip them!

SALADE NICOISE

Serves 6

- 1/2 cup extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 head Boston lettuce, separated into leaves, washed and dried
- 1 pound firm green beans, preferably French string beans (haricot verts), cooked just beyond the tender-crisp stage and chilled
- 1 pound new potatoes, cooked and halved
- 2-3 (5- or 6-ounce) cans albacore solid white tuna, drained and flaked, or grilled fresh tuna, cut into chunks
- 3 large vine-ripe tomatoes, sliced into wedges
- 3 hard-boiled eggs, halved lengthwise
- 1 cup pitted black olives
- 1 (2-ounce) can anchovy fillets, rinsed and patted dry (optional)



To make the vinaigrette, in a jar, let kids measure and shake vigorously to combine the oil, vinegar, lemon juice, mustard, garlic, salt and pepper. Set aside.

To assemble the salad, working together with your kids, arrange the lettuce over a large serving platter. Top with mounds of the green beans, potatoes, tuna, tomatoes, eggs and olives. Drape the anchovy fillets (if using) over the potatoes.

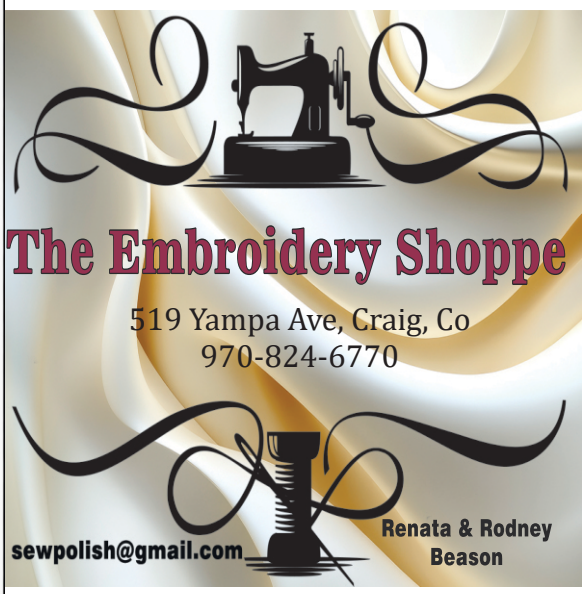
Drizzle vinaigrette over the salad and serve.

***

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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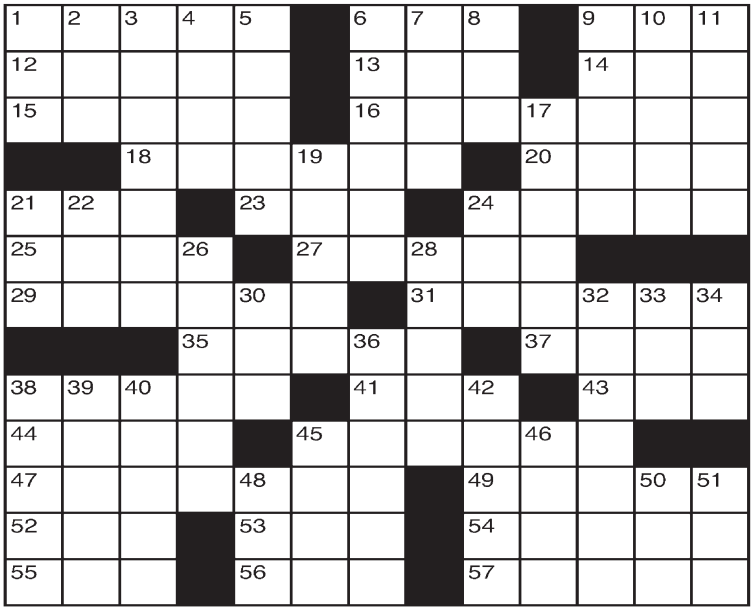
King Crossword

ACROSS

1 Ashley and Wynonna
6 Consumer protection agcy.
9 Catchall abbr.
12 Track star Bolt
13 Tic-tac-toe win
14 "The Matrix" character
15 Refuse an offer
16 Seattle suburb that's home to Microsoft
18 Credit rating publisher
20 Skin soother
21 Corp. money exec
23 Overly
24 Part of LGBTQ
25 Hit on the noggin
27 Japanese fish dish
29 Tranquil
31 Sort of dive
35 Police ID
37 Employ
38 Hairnet
41 Moray, for one
43 Past
44 Plane-related
45 Country song?
47 Archbishop Tutu
49 Stag
52 Altar affirmative
53 Reuben bread
54 More practical
55 Aachen article
56 Rowing need
57 Birch's kin

DOWN

1 Roast beef au —
2 "Suits" network
3 "Shark Tank" star — John
4 Flintstones' pet
5 Stuffed shirt
6 Gift giver's words
7 Low digits
8 Atlantic fish
9 — Holmes (Sherlock's sister)
10 Mortise partner
11 Encryptions
17 "Butterfly" singer Carey
19 Medicated
21 "60 Minutes" airer
22 Nemesis
24 Fill in — blank
26 Explosive sound
28 Bed cover
30 Wee bit
32 Tiara stone
33 Work unit
34 Old Olds
36 Census info
38 "Sexy" Beatles girl
39 "— say more?"
40 Director Welles
42 — apso (small dog)
45 Novelist Seton
46 Airline to Tel Aviv
48 Spanish gold
50 Born
51 Blunder



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