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TIDBITS® CUDDLES WINNIE THE POOH

by Janet Spencer

- When WWI began, Harry Colebourn of Winnipeg, Canada, volunteered to serve. On his way to report for duty in 1914, he encountered a man selling a young black bear cub whose mother had died. Colebourn bought the cub for \$20 (\$475 today) and brought it to England. He named the cub Winnipeg, or Winnie for short.
- The bear became his brigade's mascot. When they left for France, Colebourn placed Winnie at the London Zoo, intending later transfer to the Winnipeg Zoo. Winnie became so popular that Colebourn made her residency permanent. The gentle bear enjoyed visits from children at the zoo.

MEANWHILE

- Alan Alexander Milne of London never wanted to be a soldier; he wanted to be a writer. After being wounded in WWI, he was assigned desk duty, producing war propaganda. After the war, he worked as an editor for "Punch," a magazine of humor, satire, and political cartoons. His writing career gained momentum as he wrote 18 plays and three novels.

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WINNIE THE POOH (cont)

- The book was called “When We Were Very Young.” It was illustrated by Earnest Shepard, a cartoonist and illustrator who also worked at “Punch” magazine. It sold well.
- Alan and Daphne had one child, Christopher Robin Milne, born in 1920. Alan moved the family from London to Cotchford Farm, surrounded by fields and forests for their son to explore as he grew.
- On Christopher’s first birthday, he received a stuffed bear, which he named Edward. Following a number of visits to the London Zoo to visit Winnie, Christopher Robin changed the name of his own bear to Winnie.
- Each Christmas and birthday, the family added a new stuffed toy: Eeyore, Piglet, Kanga, Roo, and Tigger. Amused by his son’s tall tales about these toys, Alan wrote “Winnie-the-Pooh” based on his son’s actual collection. Only Owl and Rabbit were invented, inspired by wild animals that visited. The surrounding countryside serves as “The Hundred Acre Wood” and “Pooh” was the name given to a local swan.
- The book, with whimsical illustrations by Earnest Shepard, was released in 1926 and sold quickly: about 32,000 copies in the UK and 150,000 in the U.S. in one year.
- Alan Milne followed with another book of poems, “Now We Are Six” (1927), and “The House at Pooh Corner” (1928), both illustrated by Shepard. This led to a phenomenal explosion of Winnie the Pooh mania.
- Winnie the Pooh remains an iconic part of childhood. Here are some notable facts about his story.
- Pooh was originally unclothed. His red shirt was added in 1932.
- Kanga was a “he” in Milne's original notes but became the only female character in the books. (cont)





Now here's a tip!

by Jo Ann Derson

- Honey has amazing properties, and one of them is its antiseptic powers. You can even use it on pimples. Just a tiny dab will help keep the bacteria responsible for breakouts from taking over.
- Here's a workout tip: Rotate among a few pairs of running shoes to get the best life out of them. Rotating gives them a chance to dry out between wearings, and runners who practice this have a 39% lower chance of injury, according to a Luxembourg research firm.
- Got poison ivy? The maddening itch might find relief from coffee grounds or a cooled cuppa. It contains anti-inflammatories.
- "Lemon juice can bring out the flavor of mushrooms. I keep a little spray bottle that I found in the travel section of the drugstore to keep lemon juice accessible in the kitchen. I find it's good for all kinds of things, like avocados and apples. I spray the cut side to keep them from browning. It's also great for salad greens." -- T.T. in New Jersey
- "The liners from cereal boxes work really well to store pies in the freezer. They can be stapled shut." -- Y.L. in Indiana
- "Polish wall tiles in the bathroom using car wax. They will repel water really well. Just be sure that you cover the floor before you apply any wax. You do not want to polish your tub, as that is a safety hazard for sure!" -- M.W. in Missouri

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

W	I	
	H	
N		B

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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WINNIE THE POOH (cont)

- The downtrodden Eeyore the donkey once stood with his head high, supported by tight stuffing and stiffened fabric. Over time, the neck lost stuffing and drooped.
- The original stuffed bear had a mechanism that allowed it to growl.
- Illustrator Earnest Shepard based his drawings on his own son's teddy bear, Growler, not Christopher Robin's bear.
- Alan Milne's father (Christopher Robin's grandfather) operated a private boarding school, which Alan attended. One of his teachers was a young H.G. Wells, who later became an iconic science fiction author.
- The publisher of the books (Methuen Publishing) was mostly known for their non-fiction, including Albert Einstein's "Relativity, the Special and the General Theory: A Popular Exposition" published in 1920.
- Disney acquired the rights to Pooh in 1961. It is now one of Disney's most profitable franchises, earning \$3–6 billion annually—just below Mickey Mouse and above Disney Princesses and Star Wars.
- In Milne's original books, Winnie-the-Pooh was hyphenated. Disney dropped the hyphens after acquiring the character.
- Poohsticks is a simple game introduced in "The House at Pooh Corner." It involves players dropping sticks into a river from the upstream side of a bridge and then racing to the downstream side to see whose stick emerges first. This is the entirety of the game. The game was inspired by a real-life moment when Christopher accidentally dropped a pine cone into a river at a bridge in Ashdown Forest, East Sussex. This bridge, originally called Posingford Bridge, was later renamed Poohsticks Bridge in honor of the game and is now a popular tourist destination, attracting crowds of Pooh fans. (cont)

Fun Fact

Trumpets in some form have been around for thousands of years. They have been made from shells, wood, metal, or animal horns. Trumpets were often used to gather people to hear news, to send signals in battle, or to announce the coming and going of royal persons.

Source: www.sfsymphony.org





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TIDBITS QUOTE

“You're braver than you believe, stronger than you seem, and smarter than you think.” -Winnie the Pooh

WINNIE THE POOH (cont)

- Poohsticks has evolved into the annual World Poohsticks Championships, held since 1984. Sticks are provided; they must be dropped, not thrown. The winner is the first to cross the finish line at a point downstream. Entry costs £5 per stick; all fees go to charity.
- Winnie the Pooh has been translated into over 50 languages, including Latin. The Latin version, “Winnie Ille Pu” was released in 1960. The “Times” reviewed it, calling it “the greatest book a dead language has ever known” and saying that it was “a Latinist’s delight, the very book that dozens of Americans, possibly even 50, have been waiting for.” Surprisingly, it became the only Latin book ever to make the bestseller list, where it stayed for 20 weeks, going through 21 printings, and selling 125,000 copies.
- Christopher Milne grew up, got married, had a child, opened a bookstore, and wrote his autobiography. He gave his editor the entire collection of original stuffed toys. Only Roo is missing, having been lost on an outing to an orchard in 1930. In 1987, the editor donated them to the New York Public Library in Manhattan, where they are kept in a climate-controlled display. 750,000 people view them every year. When officials in England pushed for their return to Britain in 1998, Mayor Rudy Giuliani pledged to protect them at all costs, and they remain in New York.
- Alan Milne died in 1956 at the age of 74. He resented that Pooh overshadowed his career as a serious writer. Artist Earnest Shepard also regretted being known as a children’s illustrator rather than a serious artist. Christopher Robin Milne died in 1996 at age 75, harboring resentments about having lived his life in the shadow of a fictional bear. The real Winnie died in 1934, living to be 20 years old—two years older than the average American black bear in the wild. Whether she had any resentments remains unknown.



By Lucie Winborne

- Though cannibalism is, thankfully, no longer practiced, Fijians today have embraced this aspect of their history: You can buy cannibalism forks and humorous cannibal dolls in many Fijian gift shops.
- NASA defines an astronaut as someone who has flown 50 miles above sea level.
- People are more likely to die in house fires while sleeping because the sleeping brain responds poorly to smoke odors.
- The U.S. maintains a Strategic Petroleum Reserve, the largest emergency oil stockpile in the world.
- When "Harry Potter and the Prisoner of Azkaban" made its debut in Great Britain, the publisher asked stores not to sell the book until schools were closed for the day, to prevent eager reader truancy.
- The first submarine used in warfare was the "American Turtle," a small submersible invented by David Bushnell, during the American Revolution, in 1776.
- Congress gave Native Americans the right to vote in presidential elections in 1924.
- During the Great Depression, many people tried selling apples to avoid the stigma of panhandling. In New York City alone, there were as many as 6,000 such vendors.
- Beatle George Harrison's song "Blue Jay Way" has led to the repeated theft of that street sign in Los Angeles.
- The science of kissing is called philematology.
- The mimic octopus can impersonate more than 15 different marine animals, including lionfish and flatfish, to fool predators.

Thought for the Day:

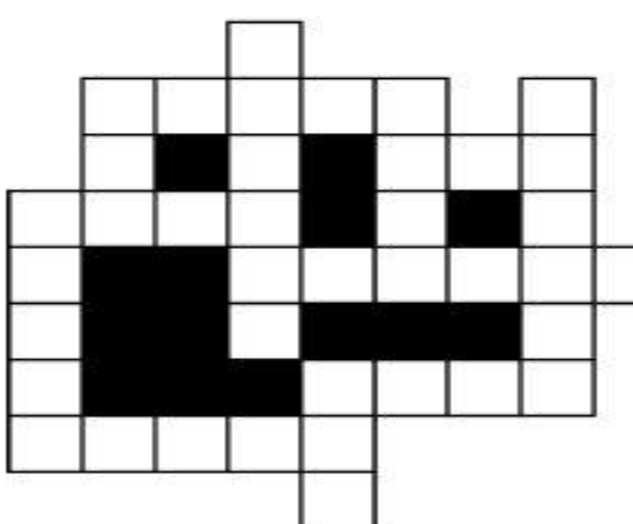
"To change the world we must be good to those who cannot repay us." -- Pope Francis
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FEAR KNIGHT

By: rj johnson

DOUBT? ... OR DARE!

UMD
MEADUS
LIENT
♥ UHMC
LAMEGA
EIR
♥ CEDI
MUTRO
MHA
SMATLO
♥ ACIMG
♥ ELDI



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.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Pocket is missing. 2. Ear is different. 3. Handle is added to pot. 4. Leg is moved. 5. Bush is smaller. 6. Blanket is smaller.

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
PHOTO CREDIT: Auction Team Breker
PHOTO CAPTION: A figural biscuit tin like this one is a kid's dream: Finish the cookies it holds, and you have a new tin toy!



Biscuit Tins

Biscuit tins, first made about 1830, were some of the earliest commercial food packages. The first tin toys were made about the same time. It wasn't too long before clever designers found ways to combine the two. Tin packaging with colorful images always caught customers' attention, and, while fashionable art styles and scenes of foreign countries appealed to adults, children were drawn to tins shaped and decorated like their favorite playthings. In the late 19th to early 20th centuries, many companies packaged their products in tins shaped like buildings, vehicles, animals, and human figures. Some packages had moving parts, just like the mechanical tin toys of the time.

This biscuit (cookie) tin, made by Dutch company J. Bekkers & Zoon about 1920, is shaped like a steamboat marked "Holland," complete with stacks, flags on masts, and lithographed details on the decks. The upper deck opens. It was intended to double as a toy; there are runners on the base, so a child could push it along the floor and pretend it was on the water. It even has a lithographed wave for added realism. Tin toys and tin packaging are both highly collectible today. This tin, which fits both categories, sold for about \$935 at an auction by the German company Auction Team Breker.

Q: I have inherited two autographed pictures of former President Harry S. Truman. One is in glass and the other is not. President Truman offered to sign these pictures for my cousin, who was a friend of his. They were signed after President Truman left office. Both pictures are in good shape. The one in glass measures 26 x 21 inches inside a 43 x 33-inch frame. The one without glass measures 21 1/2 x 25 1/2 inches in a 25 x 31 1/2-inch frame and is signed on the back. What is the best way to sell these pictures other than eBay?

A: There are several ways to sell autographed materials. Antiquarian book dealers sell them. So do some coin or stamp dealers. They also sell at general antique stores and auctions. Look for a dealer in your area. If you cannot find an appropriate one, you may want to contact an out-of-town dealer or auction house that specializes in historical materials; paper collectibles like photographs, prints, and books; or political collectibles. Autographed pictures of President Truman have sold for about \$150 to \$300 at recent auctions.

TIP: To clean a tin toy, first dust it. If it's dirty, use soap and a little water to wash it. Be sure it's completely dry before storing, and store it in a dry place, not in the basement.

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Quiz BITS

1. This Rolling Stones guitarist bought the Milne's Cotchford Farm and drowned in its swimming pool in 1969.
2. Winnie the Pooh has his own star on the Hollywood Walk of Fame. How many other fictional characters do?

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7/6	National Air Traffic Control Day
7/7	National Macaroni Day
7/8	National Video Game Day
7/9	Anti Boredom Month
7/10	Don't Step on a Bee Day
7/11	Take Charge of Change Week

CryptoQuote

AXYDLBAAXH
is **LONGFELLOW**

One letter stands for another. In this sample, **A** is used for the three L's, **X** for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

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QKMOH NMOT OGT ANM
FHZINA MLM OHM FZHAN-
HZINAW EV MOQN TOL.
- RZKKZOD EWKMH

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Hypnotic spell

T _ _ _ _ _
2. Rivulet

_ _ _ _ _ K
3. Veranda

_ O _ _ _
4. Citadel

_ _ S _ _ _
5. Every 24 hours

_ A _ _ _
6. Cool & refreshing

_ _ _ S _
7. Handgun

_ _ _ _ _ L
8. Store employee

_ _ E _ _
9. Dad

F _ _ _ _
10. Flintstone's pal

_ _ B _ _
- Cavort

P _ _ _ _
- Family of birds

_ _ _ _ _ D
- Roost

_ E _ _ _
- Livestock

_ _ T _ _
- Lacy mat

_ O _ _ _
- The very edge

_ _ _ N _
- Cylinder

_ _ _ _ _ N
- Superman Kent

_ _ A _ _
- Shaving foam

L _ _ _ _
- Distant thunder

_ _ M _ _

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

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

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DR. HOLLY CARLING AND ALICIA BALESSA



HealthBits

By Dr. Holly Carling

REMEDIES FOR
HEARTBURN, REFLUX
AND INDIGESTION

There are many remedies for the symptoms of heartburn, reflux and indigestion. While some of those are prescriptions or symptom-masking options, they do not get to the heart of why you have indigestion, heartburn or reflux in the first place. While the meds sop up excess “acids” and make you feel better, they are not solving anything. The problem is still there, still waiting for you to step in and remedy the cause. You first need to do some investigative work. Ask, “Do I have sufficient acid and alkaline enzymes to digest the foods I am eating?” If not, why not? “Do I have proper function in the stomach, small and large intestines, liver, gallbladder and pancreas to handle what I am putting into my gut?” If not, why not? “Which system isn’t doing its job?” For instance, a gallbladder that is making stones or not working properly may not be a gallbladder issue, but an issue further up, likely the stomach. Insufficiency at the stomach level could be failing to communicate proper digestive directives to the gallbladder and/or pancreas. If this is the case, taking it out does nothing to

solve the original issue – insufficiency at the stomach level.

If there is insufficiency at the stomach level, why? What does the stomach need? What is missing? Or what are you putting in it that is interfering with proper function, or causing you to use up nutrient reserves to handle?

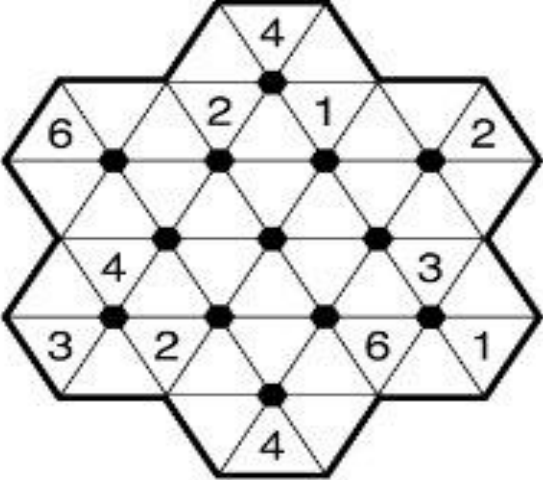
These are important questions to be asking and getting answers to, rather than to just take a drug to minimize your body’s attempt to get your attention – a.k.a. symptoms. While it is sometimes necessary to take a drug, it should only be taken for no longer than 2 weeks. Because while on them you are not really digesting, it is important to get digestion moving along quickly. I am not telling you to stop taking your acid-stopping medications. However, when you address the causative factors in your digestive distress and remedy them, you will naturally find you no longer need them. But please, don’t just stop. This is something that needs to be addressed and not allowed to progress into a more serious condition, such as Barrett’s Esophagus.

Minor digestive distress can quickly evolve into more serious digestive complaints. We don’t want to let it get that far. It is important that you learn normal digestive physiology, especially taking a look at factors that interfere with proper digestive health, then take a positive action towards changing that once and forever.

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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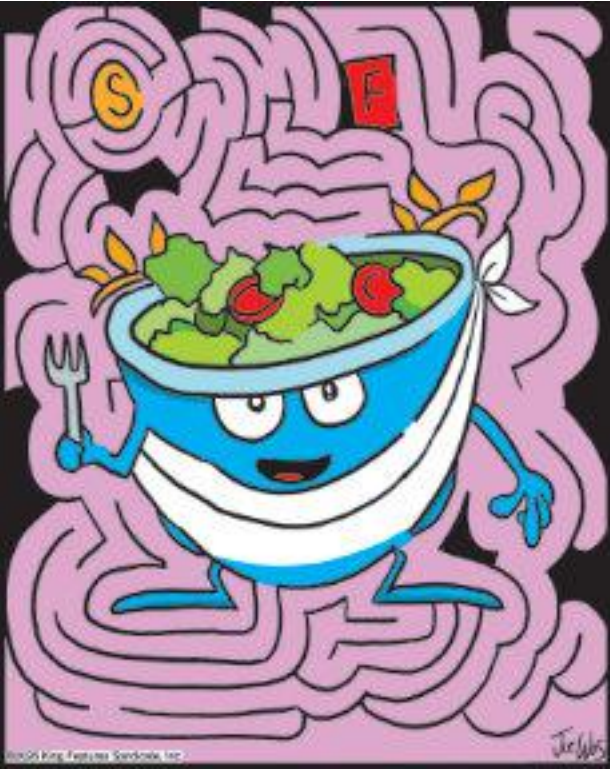


Dr. Holly Carling is a Doctor of Oriental Medicine, Licensed Acupuncturist, Doctor of Naturopathy, Clinical Nutritionist and Master Herbologist with over four decades of experience. Dr. Carling is a “Health Detective,” she looks beyond your symptom picture and investigates WHY you are experiencing your symptoms in the first place. Dr. Carling is currently accepting new patients and offers natural health care services and whole food nutritional supplements in her Coeur d’Alene clinic. Visit Dr. Carling’s website at www.vitalhealthcda.com to learn more about Dr. Carling, view a list of upcoming health classes and read other informative articles. Dr. Carling can be reached at 208-765-1994 and would be happy to answer any questions regarding this topic.

Medical/Health Disclaimer: The information provided in this article should not be construed as personal medical advice or instruction. No action should be taken based solely on the contents of this article. Readers should consult appropriate health professionals on any matter relating to their health and well- being. The information and opinions provided here are believed to be accurate and sound, based on the best judgment available to the author, but readers who fail to consult appropriate health authorities assume the risk of any injuries.

TIDBITS GOES LONG.....

Winnie-the-Pooh inspired the bestsellers “The Tao of Pooh” (1982) and “The Te of Piglet” (1992) in which author Benjamin Hoff explains principles of the Chinese philosophical school of Taoism, which praises the honey-loving bear for being an “uncarved block” who is well in tune with his inner self.



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By Freddy Groves

Fraud task force has been busy

You have to love it when criminals get caught after they think they've gotten away with their crimes. As part of the executive order (signed in March) calling for an interagency Task Force to Eliminate Fraud, the VA's Office of Inspector General (VAOIG) worked with numerous other government agencies to nail over 450 criminals. The total fraud for all the schemes was over \$6.5 billion.

Scammers on the newly created Most Wanted Fraudsters List included 90 doctors across 45 states, with authorities going as far as Cyprus, Estonia and the Philippines to bring back the thieves. In the case of the VA, the task force dismantled fraud schemes that were stealing education, health care and benefits from veterans.

Agencies that didn't talk to each other (and certainly didn't seem to cooperate with each other in the past) are now required to work together to rout out fraud and save money. It's about time.

And ideally more agencies will take a look at the VAOIG and follow their lead, or at least learn from them.

I've been a big fan of the VAOIG, and over the years I've said more than once, "Whatever their agency budget is, double it!" While other agencies appeared (at least from a user's point of view when trying to get services) to struggle to do their jobs, the VAOIG just kept moving along, going after thieves, inspecting VA facilities and uncovering the deficiencies and making recommendations. In the past 12 months alone they've made 158 reports, 741 recommendations and saved \$3.9 billion.

If you want to report fraud, waste, abuse or illegal activity related to the VA, you can submit a complaint on the VAOIG website. See www.vaoig.gov/hotline/online-forms. Click on "Frequently Asked Questions" to be sure the issue you want to report is covered by the VAOIG. If it is, click on "Submit a Complaint." If you need whistleblower protection, there is a link for that as well.

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MINI SUDOKU

		1		2	3
				1	
	3				2
			5		
	5	2			
4					

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

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By Sam Mazotta

Hydration Station: Giving electrolytes to pets

DEAR PAW'S CORNER: I often see advice for humans about staying hydrated -- by drinking lots of water, adding electrolyte supplements and so on. But I see almost no advice about keeping pets hydrated, and that's so important. Is it enough to just give my dog water throughout the day? Are there electrolytes for pets? -- Danice G. in Cincinnati

DEAR DANICE: That's a great observation! While veterinarians always emphasize the importance of keeping pets hydrated -- it's an important way for them to stay cool in the summer and maintain body temperature in the winter -- the message doesn't always seem to make it into the social media algorithm. Pets need plenty of fresh water to drink throughout the day. For healthy indoor pets, this is usually enough; no supplementation is needed.

Cats: 4 ounces of water per pound of body weight. A 10-pound cat needs 1 cup of water per day. Increasing their wet food also helps hydrate them. (Decrease dry food so their calorie intake doesn't go up.)

Dogs: 1 ounce of water per pound of body weight. A big dog needs a lot of water!

Outdoor pets, especially energetic dogs, need even more water, and an electrolyte supplement might be a good idea. Do not give them electrolytes formulated for humans! The amounts of sodium and potassium are far too high, and they taste terrible to pets. Instead, look for pet-specific electrolyte supplements. Don't give more than one per day, usually in the evening. Do not mix the supplement into their food. Your veterinarian can give precise advice on the use of electrolytes for your species and breed of pet, so give them a call first.

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By Ryan A. Berenz

1. Which team completed the largest comeback in NFL history after being down 33-0 at halftime to the Indianapolis Colts and winning 39-36 in overtime of a December 2022 game?
2. How old was PGA of America member Gus Andreone in 2014 when he recorded his eighth hole-in-one?
3. Who became the first woman to win a PDC World Darts Championship match when she bested Ted Evetts 3-2 at the 2020 World Championships?
4. Which Baseball Hall of Famer played shortstop for the New York Yankees (1941-1956) and went on to a 40-year career as a broadcaster for the team?
5. Which player scored a hat trick in a losing effort for France in the final match of the 2022 FIFA World Cup soccer tournament?
6. In December 1976, a small private airplane crashed into the upper deck 10 minutes after the completion of an NFL game at which stadium?
7. Which right winger holds the NHL record for consecutive regular-season games played with 1,064 from 2009-2023?

- Answers
1. The Minnesota Vikings.
 2. 103.
 3. Fallon Sherrock.
 4. Phil Rizzuto.
 5. Kylian Mbappe.
 6. Baltimore Memorial Stadium.
 7. Phil Kessel.
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TIDBITS
presents
TRIVIA NEWSFRONT

1. Ernest Shepard also illustrated this famous children’s book about Mole, Ratty and Badger’s efforts to help Mr. Toad.

2. The stuffed bear that became the first Winnie was purchased at this famous London department store.

3. This pop star had a hit song about Christopher Robin in 1971.

4. In the book, how does Winnie come by the name Pooh?

5. What health problem did the real bear suffer from?

THIS WEEK’S
CELEBRITY
BIRTHDAYS

P.T. Barnum7/5/1810

Sylvester Stallone7/6/1946

Ringo Star7/7/1940

Elisabeth Kübler-Ross7/8/1926

Tom Hanks7/9/1956

Arlo Guthrie7/10/1947

E.B. White7/11/1899

TIDBITS



1. Toy Story 5
(PG) Tom Hanks, Tim Allen
 2. Supergirl
(PG-13) Milly Alcock, David Corenswet
 3. Obsession
(R) Michael Johnston, Inde Navarrette
 4. Jackass: Best and Last
(R) Johnny Knoxville, Steve-O
 5. Disclosure Day
(PG-13) Emily Blunt, Josh O'Connor
 6. Backrooms
(R) Chiwetel Ejiofor, Renate Reinsve
 7. Scary Movie
(R) Marlon Wayans, Shawn Wayans
 8. BLEACH: Thousand-Year Blood War - The Calamity
(NR) Fumiko Orikasa, Masakazu Morita
 9. Masters of the Universe
(PG-13) Nicholas Galitzine, Camila Mendes
 10. Star Wars: The Mandalorian and Grogu
(PG-13) Pedro Pascal, Brendan Wayne
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Weekly SUDOKU

5	2		3	4	8		7	9
		3		6	9			
9	4		2			6		8
	1		5	2		8	6	
6			1		3		4	
						5	9	1
			9				8	
	6		8	7			5	4
		2	4	5		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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ONE
MORE
FACT

The town of White River, Ontario, where the original Winnie was first found as a cub by Harry Colebourn, hosts an annual Winnie-the-Pooh festival every August. The celebration features an historical re-enactment of the original purchase of Winnie, as well as a parade, a fish derby, a spaghetti supper, and bingo.



"Obsession" (R) -- No doubt you've heard the buzz all over the internet about this supernatural horror film! Shot with a budget of \$750,000, this film became Focus Features' highest-grossing film of all time with grosses of \$371 million. "Obsession" follows music store employee Bear (Michael Johnston), who has a crush on one of his co-workers, Nikki (Inde Navarrette). (Sounds normal enough so far.) Before hanging out with Nikki and a few other co-workers, Bear decides to buy her a novelty toy that grants one wish per person when broken. Later that evening, Bear breaks the toy himself in frustration and wishes that Nikki would "love him more than anyone in the world." Shortly after, their relationship finally turns romantic, but what follows isn't for the faint of heart. Out now to rent. (Apple TV)



"Backrooms" (R) -- Eating at the heels of the previous entry is this psychological sci-fi film starring Chiwetel Ejiofor ("The Old Guard 2") and Renate Reinsve ("Sentimental Value"). This film was produced with a budget of \$10 million and has grossed \$330 million, making it A24's highest-grossing film to date. Add on top of it that it was directed by 21-year-old Kane Parsons in his feature-length directorial debut, and it's nothing short of a filmmaking phenomenon. (Parsons also co-scored the film alongside Edo Van Breemen.) Taking place in June 1990, the film follows Clark (Ejiofor), the owner of a furniture store, who struggles with alcohol and marriage issues. While in his store, he encounters a glowing slit in one of the walls, where he's able to enter a chilling reality called "The Backrooms." Eventually, Clark fully disappears into The Backrooms, leaving none other than his therapist, Mary (Reinsve), to attempt to get him out. Available to rent on July 7. (Amazon Prime Video)

"The Five-Star Weekend" (TV-MA) -- Jennifer Garner ("The Last Thing He Told Me") leads this heartwarming drama miniseries that drops on July 9, and it's based on the 2023 novel from Elin Hilderbrand. Garner portrays food influencer Hollis Shaw, whose world gets unexpectedly turned upside down when she receives news that her husband died in an accident. Ever productive and stuck in her domestic ways, Hollis decides to host a girls' weekend at her house with four friends from different chapters throughout her life. As Hollis tries to process her grief, each of her friends grapples with obstacles of their own. Regina Hall ("One Battle After Another"), Chloe Sevigny ("After the Hunt"), D'Arcy Carden ("Sunny Nights"), and Gemma Chan ("Josephine") co-star. (Peacock)

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1. TELEVISION: What is Walter White's codename in the drama "Breaking Bad"?
2. GENERAL KNOWLEDGE: Which month of the year has the fewest letters in its name?
3. U.S. STATES: Which state is known as the Prairie State?
4. LANGUAGE: What is the British term for a bike's training wheels?
5. ASTRONOMY: What is the Earth's only natural satellite?
6. FOOD & DRINK: What is a more common name for the fruit sometimes called "alligator pear"?
7. MOVIES: What kind of creature is Thumper in the animated movie "Bambi"?
8. LITERATURE: What is the name of the python in "The Jungle Book"?
9. GEOGRAPHY: Which countries and islands make up the geographic area known as Oceania?
10. ANATOMY: What is a more common name for cerumen?

Answers

1. Heisenberg.
 2. May.
 3. Illinois.
 4. Stabilisers.
 5. The Moon.
 6. Avocado.
 7. Rabbit.
 8. Kaa.
 9. The four regions are Australasia (Australia and New Zealand), Polynesia, Melanesia and Micronesia.
 10. Earwax.
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MAGIC MAZE

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

WORDS FOUND IN "INDEPENDENCE DAY"

LYVROYLHEBXUROL
IEBYVSCQENDKHNE
BYWTROLNJNEEEGE
BYWURP(EYEPIECE)N
KIGEDBDDZDDNCIX
VSQNO DMIDENNAKI
GECIAAYADWAEUCS
QPNDLCCPJNCYPHF
ECAYXVEUEAAASEQ
PNMKJHFPEDECNAD
ECBZYXVPUTRQPOM

Caddle	Cayenne	Dine	Peace
Candied	Daddy	Eyepiece	Pecan
Canine	Danced	Needed	Penance
	Dependency	Paid	

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Make Mexican Corn Family Style

How about a quick word game with your kids? Start with "corn." There's corn on the cob, corn mazes, cornflakes, corndogs, and corny jokes. Keep going. You might even hear someone exclaim, "Can of corn!" This refers to an easy catch at the baseball field.

This summer, I've been thinking about "Mexican street corn" (elotes) -- a lightly grilled and slightly charred corn on the cob that is typically slathered with mayo, rolled in crumbles of tasty cotija (pronounced ko-TEE-hah) cheese and chopped cilantro, then drizzled with fresh lime juice. A dusting of chili powder raises the heat, if you dare! The mix of flavors is dynamic and will be memorable at your next barbecue.

Many street corn recipes call for mixing the add-ons before spreading them onto the corn, but I prefer a buffet-style toppings bar to let each guest customize their corn with their favorite textures and flavors.

Rather than cooking the husked corn on the outdoor grill, which takes time, skill and space, I opt for boiling it in a big pot on my stove, while the main course cooks on the grill. Just before we eat, I set the boiled corn on the empty hot grill until it's lightly charred on all sides.

MEXICAN CORN FAMILY STYLE

Serves 6

- 1/4 cup mayonnaise
- 3/4 cup cotija cheese, crumbled (substitute with crumbled feta or Parmesan)
- 1/4 cup cilantro, chopped
- 1 jalapeno chili, seeded and finely chopped (optional)
- Chili powder (optional)
- 2 limes, cut in wedges
- 6 ears of fresh sweet corn, shucked

Set up the toppings bar next to a stack of dinner plates. Place mayonnaise, cheese, cilantro and chopped chili in bowls. Arrange in a row on a serving table with a shaker of chili powder and a plate of cut limes at the end. Set a brush by the mayo.

Boil or steam corn until tender. Remove corn from cooking pot, pat dry, and set on hot grill. Rotate with tongs for a few minutes.

Arrange on a large platter and set alongside toppings. Invite family and guests to take a dinner plate and begin by brushing the corn with mayonnaise. Press cheese and cilantro into the mayo. Add chilies or sprinkle with chili powder if desired, then drizzle all over with squeezed lime juice. Serve hot.

Serving tip for those who prefer eating corn that is removed from the cob: Secure the end of an ear of corn in the hole of an angel food cake pan. Slice down with a sharp knife to remove the kernels; they will fall directly in the pan. 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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ARIES (March 21 to April 19) You might be the Zodiac's Sheik of Sheep, but Cupid could soon turn you into a doting little Lamb who wants to be somebody's very special someone!

TAURUS (April 20 to May 20) Your gift for creating order out of chaos might be severely tested as problems continue to arise. Be alert! Someone might be trying to undercut your efforts.

GEMINI (May 21 to June 20) A romance that seemed to have a chance for a long run could be winding down instead. Take time to assess your true feelings before attempting to restart it.

CANCER (June 21 to July 22) More allies rally around as you deal with your workplace challenger. However, things are much easier on the home front, where good news brings cheer to you and your kin.

LEO (July 23 to August 22) An unexpected complication might force you to change your usual travel plans. But instead of growling over the situation, see it as a chance for a new experience.

VIRGO (August 23 to September 22) A hazy atmosphere that you've been living under is clearing up. Things become more defined and easier to deal with. Celebrate with your special person!

LIBRA (September 23 to October 22) Expect to learn some surprising facts about some people in your life as you sort out a misunderstanding. Everyone benefits when the air is finally cleared.

SCORPIO (October 23 to November 21) Your aspects are positive for new ventures. As usual, let your sharp insight guide you as you consider a new undertaking. Travel is also favored!

SAGITTARIUS (November 22 to December 21) If you've been planning a career change, you could soon get some exciting news. Positive developments are also favored on the home front.

CAPRICORN (December 22 to January 19) A longtime relationship with a partner or spouse is put to a severe emotional test. Your strength and innate wisdom will help you get through the difficult times.

AQUARIUS (January 20 to February 18) Continue to make the needs of your loved ones your priority despite distractions. Once things are settled in your personal life, you can deal with other challenges.

PISCES (February 19 to March 20) Go with the flow and let a new relationship develop before you make a commitment. Things that you might have missed will come to the surface with time.

BORN THIS WEEK: You have a flair for the dramatic. You also have a hot temper, which you often struggle to keep under control so that you can remain the cool cat who people admire.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals L

SFDOQX MC FD FKKQXOBI

XQFIRBMD CXMN GFKABDO

FNMDO RMM NFDL SFBTLKBAQ

CKMGQXT: FD FTRQX-XBTA.

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Super Crossword

Q2 REPORT

ACROSS

1 Pet plagues

5 Keg party dispensers

13 Iranian city with a 1,200,000+ population

16 Brainpower stats

19 Cries of awe

20 Having hay fever, say

21 Italian "a"

22 Bring to court

23 More proficient than anybody else

26 Tchr.'s union

27 Figure skating leap

28 Sauna setting

29 Photo lab blowup; Abbr.

30 Barbie or Ken

31 "He wouldn't hurt —"

33 Fairly often

38 Kung — chicken

39 Extremist sect

40 Female graduates

41 Ball hitter in a certain court

47 Center or glottis lead-in

48 Old JFK jet

51 Tallinn locale

52 — Christian Andersen

53 She sang "Skyfall"

55 Grandma, in Italy

57 Sri Lankan monkey with a hatlike whorl of hair

62 Nosy sort

65 Yuletide poem opener

67 Skip out (on)

68 Business attire

69 French "the"

70 Dental buildup

73 Joked around

75 Cooler cubes

76 Competent

78 Gallivant

79 Doubt-free

80 Deep-seated

82 Cartoon short featuring a bird who was a precursor to Tweety

85 Lamp cover

88 Sheer

89 Goopy cheese

91 Designer with the fragrance Lucky Wish

95 Quaint suffix with poet

96 Reply to "Are you?"

99 Dropping extra work and "acting your wage"

101 Wicca's realm

103 Jethro — (rock band)

104 Excavate

105 NHL team that became the Colorado Avalanche

111 Saintliness

113 Draws upon

114 Nutrition fig.

115 Debt memo

116 Tear apart

117 — Lady of Fatima

118 Algebraic statement graphed as a parabola

125 Bi- plus one

126 Poet's dusk

127 Counterpart of digital (Var.)

128 Norway port

129 Kong, for one

130 1950s prez

131 Actor Clint

132 "Sheesh, close call!"

DOWN

1 Hitter Gehrig

2 Tiny particle

3 "Calm down!"

4 Suffix similar to "-ish"

5 Joan of folk

6 Letter after kay

7 English cathedral city

8 Necessary; Abbr.

9 Have faith in

10 Visibly awed

11 Relative of risotto

12 — -fi

13 Latin for "five"

14 A single block of sugar, say

15 Irate

16 Playground comeback

17 Subdue

18 Serta rival

24 Stage actress Hagen

25 Have a hunch

30 Genetic stuff

31 Vaulted church area

32 E-help pages

33 Sacred book of Islam

34 Suffix with form

35 Hanker (for)

36 Disloyal type

37 Seminal '40s computer

39 Goatee spot

42 Top-shelf

43 Pig's noise

44 Doha locale

45 Pizza chain, informally

46 Atty.'s title

48 Costume spangle

49 Channel for excess water

50 Move like a seesaw

54 Govt. lawyers

56 "Shaq —!" (O'Neal memoir)

58 Lyft rival

59 Makes lighter

60 Sch. close to Harvard

61 Heady drink

62 Dental buildup

63 Disproves

64 Land specks in the sea

66 Bank bought by Chase in 2008, in brief

71 Financier

72 "Apollo 13" director

73 Andrews of "Mary Poppins"

74 Failed to

77 Dallas-to-Nashville dir.

79 Assistant on iDevices

81 Uncluttered

83 In a — (very quickly)

84 — Dhahi (emirate)

86 Schleps

87 Deep blue dye

90 Dying rebuke from Caesar

92 Course part, in an eatery

93 Course part, in school

94 — Azalea ("Fancy" rapper)

97 Like built-up interest

98 Ordinary

99 Div. of an NBA game

100 "— Sera, Sera"

101 Drs. who deliver babies

102 Washerful

105 Sales target number

106 Seize illegally

107 Hair-raising

108 Pop diva

109 Teensy bits

110 Thick cover

111 Item in a pod

112 Being pulled

116 Regretted greatly

118 End-of-proof abbr.

119 TV actress

120 Dairy beast

121 Psyche part

122 Status —

123 Corrida cry

124 This minute

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Moments in time

THE HISTORY CHANNEL

- On July 20, 1963, Jan and Dean's song "Surf City" made it to the coveted top of the American pop charts. While its memorable opening line "Two girls for every boy!" was more wishful thinking than fact, it helped create an image of California as a paradise that featured plenty of sun, sand, endless waves and equally endless summers.
- On July 21, 365, an earthquake off the coast of Greece, estimated by modern scientists to actually have been two tremors in succession, caused a tsunami that devastated the city of Alexandria, Egypt. Approximately 5,000 people were killed and 50,000 homes destroyed.
- On July 22, 1894, the world's first automobile race took place, with 17 of 21 entrants completing the route from Paris to Rouen, France, covering a distance of 78.3 miles. The Paris-Rouen Trial paved the way for future such races and signaled the dawn of the motor age by showcasing the reliability of the automobile.
- On July 23, 1923, John Dillinger signed on with the Navy in an attempt to avoid auto theft charges. His military career was short-lived, however, as within months he had gone AWOL several times.
- On July 24, 1998, Steven Spielberg's World War II epic "Saving Private Ryan" was released in theaters. Starring Tom Hanks and Matt Damon, the film was lauded for its realism and nominated for 11 Academy Awards, earning five.
- On July 25, 1941, automaker Henry Ford penned a letter from his desk in Dearborn, Michigan, to Indian nationalist leader Mahatma Gandhi, praising him and his civil disobedience campaign that aimed to force the British colonial government out of India.
- On July 26, 1797, future American president John Quincy Adams, the son of second president John Adams, married Louisa Johnson in London, England. For more than two centuries, Louisa would be the only foreign-born first lady of the United States. In 1828, their son John would wed Louisa's niece, Mary Catherine, in the first White House wedding for a president's child.

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SENIOR NEWS LINE

By Matilda Charles

Scams against seniors are getting worse

You might want to cut out this column and keep it by your phone or computer. The reason? Scams against seniors are getting more devious by the day.

Consider:

-- The local courts aren't going to call you and say you will be arrested for not showing up for jury duty unless you pay a fine. It's a scam. The bank won't call and say you need to immediately move your money to a different account to keep it safe while they catch the thieves. It's a scam.

-- If anyone wants you to pay a fine using gift cards, it's a scam. If an urgent message pops up on your computer saying you need immediate tech support for a virus, it's a scam.

-- If a stranger asks to "borrow" your cellphone for a fast emergency call, say no. In the wrong hands, the SIM card in your phone can be swapped or stolen in seconds.

Scammers are making use of artificial intelligence (AI) to try to put things over on us and, unfortunately, they're doing a good job. From official looking documents to fake voice cloning and lost package notices, they can make us believe almost anything.

We just have to be smarter than they are:

If you get any bank-related calls, hang up. Call the bank yourself to see if they called you about a problem.

Limit the number of people and companies that have your phone number and email address. Use a throwaway email address for the times you need to provide one.

Invest in an RFID-blocking wallet to keep thieves in a crowd from being able to skim information from your credit cards.

If you think you've fallen for a scam, act quickly. Change passwords. Call the bank or credit card company to have your accounts paused. Report scam attempts to ReportFraud.ftc.gov.

Remember: You don't have to answer the phone just because it rings.

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WHAT HAPPENS IN ASSISTED LIVING?

A typical day in an assisted living community is often filled with warmth, comfort, and activities that promote both well-being and joy. It's a space where seniors can enjoy their independence while receiving the support they need, all within a nurturing environment that feels like home.

Morning: A Fresh Start

The day begins on a peaceful note. Residents can wake up at their own pace, knowing that assistance is always available if needed. A hearty breakfast is served in the dining room, where everyone can enjoy nutritious, home-prepared meals while chatting with friends. The atmosphere is warm and inviting, and it feels like catching up with family over coffee. After breakfast, residents might choose to participate in gentle exercise classes designed to energize the body and mind or catch up on current events. There might be a visit from one of the favorite pets from our pet therapy partners, or musical entertainers that invite everyone to sing along!

Mid-Morning: Activities and Social Time

After breakfast, the day opens up with a variety of engaging activities. Some may join a group for an art class or music therapy session, while others may prefer a stroll in the beautifully landscaped courtyard. There's always something to do, whether it's a book club, a

crafting session, or even a friendly game of bingo. Social events like these help create bonds among residents (and those caring for them), by keeping the atmosphere vibrant and full of life.

Afternoon: Relaxation and Recreation

After a delicious lunch, residents have time to relax or pursue personal hobbies. Some may retreat to their rooms for a nap or to enjoy a quiet afternoon of reading. Others might head to a common area to watch a movie or enjoy a card game. The community might have a scenic drive or a picnic in the park planned. Staff members are always present, offering a helping hand or friendly conversation.

Evening: A Cozy End to the Day

Dinner is another opportunity for socializing, with delicious meals tailored to different tastes and dietary needs. As the day comes to a close, residents can unwind with a variety of evening activities—like enjoying a cup of hot chocolate and watching the sun set in the courtyard together, watching a classic film, or simply relaxing in one of the walk-in bathtubs with a little Epsom salt and essential oil. The day ends on a cozy note, ensuring that everyone feels happy and at home.

In assisted living, every day is filled with moments of joy, connection, and comfort, where each resident can live life at their own pace while being part of a caring community. Call me today for a free consultation in navigating assisted living and memory care options.



Becky Georgius

Sales and Marketing Director

The Lodge Assisted Living and Memory Care Communities

208-457-3403

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!

Precise
PREPOR

Cheerleader
COMATS

Flounder
LOWLAW

Lure
CODEY

TODAY'S WORD



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Micro Crossword

By Elizabeth C. Gorski

Across

1 "Listen!"

5 UFO crew member

7 ____dovey

8 Library transactions

9 Get out of town

Down

1 Prayer ____ (mosque area)

2 Hardly friendly

3 Nadal, to Djokovic

4 Carolyn ____ (pen name of the "Nancy Drew" books)

6 Wall Street letters

1	2	3	4	
5				6
7				
8				
	9			

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TIDBITS WORD POWER

Unscramble this word:

DASHWON

The real name of the forest that the fictional Hundred Acres Wood was named after.

TIDBITS NUGGET OF KNOWLEDGE

Researchers published a report entitled "Pathology in the Hundred Acre Wood" in the Canadian Medical Association Journal's spoof issue in 2000. The satirical article assigns each character with at least one psychological disorder: Pooh has ADHD, OCD and microcephaly (due to his Very Little Brain); Piglet has generalized anxiety disorder; Eeyore suffers from depression; and Tigger has a "recurrent pattern of risk-taking behaviors."

KNIGHT MOVES

F	L	F
A		A
I	E	S

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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TIDBITS PUZZLE ANSWERS

QUIZ BITS
ANSWERS

1. 100
2. 100
3. 100
4. 100
5. 100

TRIVIA NEWS
ANSWERS

1. "The Wind in the Willows"
2. "The Wind in the Willows"
3. "The Wind in the Willows"
4. "The Wind in the Willows"
5. "The Wind in the Willows"

WORD POWER
ANSWERS

1. "The Wind in the Willows"
2. "The Wind in the Willows"
3. "The Wind in the Willows"
4. "The Wind in the Willows"
5. "The Wind in the Willows"

Weekly SUDOKU
Answer

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

SNOWFLAKES
solution

SCRAMBLERS
solution

1. Proper; 2. Mascot
3. Wallow; 4. Decoy
Today's Word
DOCTOR

KNIGHT MOVES
Answer

F	L	F
A		A
I	E	S

FAILSAFE

WORDS FOUND IN "INDEPENDENCE DAY"

Even Exchange
ANSWERS

1. Transa, Person; 2. Break, Break; 3. Parth, Parth; 4. Caste, Caste; 5. Only, Only; 6. Break, Break; 7. Mold, Mold; 8. Clerk, Clerk; 9. Father, Father; 10. Mold, Mold

CryptoQuote
answer

The clean tongue, the clear head and the bright eye are birth-rights of each day.
— William Osler

CryptoQuip
answer

Danger of an allergic reaction from walking among too many daisylike flowers: an asterisk.

Word Spiral
Answer
BANDWIDTH

Micro Crossword
Answer

H	A	R	K	
A	L	I	E	N
L	O	V	E	Y
L	O	A	N	S
F	L	E	E	

FEAR & RAGE
ANSWER

A	M	A	R	E
T	O	R	E	
M	A	L	I	S
E	N	I	E	
T	O	R	E	

Mini SUDOKU
Answer

5	4	1	6	2	3
3	2	6	4	1	5
6	3	5	1	4	2
2	1	4	5	3	6
1	5	2	3	6	4
4	6	3	2	5	1

Kids' Maze Solution

Super Crossword
Answers

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

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TO YOUR GOOD HEALTH
By Dr. Keith Roach

Glp-1 Agonists Might Help Obese Man With Drinking Habit

DEAR DR. ROACH: My brother-in-law is a lovely man, but for years, he's suffered from obesity. He also gambles and drinks alcohol too much. I hesitate to get too involved, but I recently read that the new weight-loss drugs based on GLP-1 agonists are also helpful in reducing alcohol and gambling addictions. This sounds too good to be true. Is it? -- D.N.A.

ANSWER: The evidence is very strong that GLP-1 agonists like tirzepatide (Zepbound) and semaglutide (Wegovy) help people lose weight. About 80% to 90% of people will experience a weight loss of more than 5% of their initial body weight. For people who are severely obese, people with obesity and metabolic complications (diabetes, prediabetes or metabolic syndrome), and people with other weight-related complications (sleep apnea and arthritis), the benefits of these medicines probably outweigh the risks just for the weight loss.

The evidence for GLP-1 agonists helping with alcohol use disorder is now quite strong, with studies showing significant reductions in alcohol-related hospitalizations and a reduction in problem drinking. The evidence for gambling disorders is preliminary based on the understanding of how these drugs work in the brain. There aren't any strong clinical data at this time supporting the use of GLP-1 agonists for a gambling disorder.

Still, given the clear benefits in weight reduction and problem drinking, these drugs might be a good choice for your brother-in-law -- if both he and his physician agree. It might also help with his gambling problem, which I've seen take a terrible toll on a person's social and financial life.

Finally, I was supervising a medical resident yesterday when we discussed the effect of these drugs on heart health. The evidence is also strong that these medications decrease the risk of heart disease -- both in people with and without diabetes. Multiple mechanisms have been proposed for this heart protection, but it isn't exactly clear which ones are the most important.

For those of us who lived through the approval of previous weight-loss drugs, which were later found to cause heart damage, the news about heart protection is welcome. Still, we've been using these drugs for less than 10 years, and it's wise to use them only when there's a clear benefit in doing so.

DEAR DR. ROACH: What are the long-term health risks of being exposed to fumes, such as in hair or nail salons or automobile repair shops? Can these fumes affect your internal organs? -- C.R.C.

ANSWER: The primary organ affected by fumes during occupational exposure are the lungs. Chest tightness, wheezing and allergic symptoms are common after an exposure to benzene, formaldehyde, toluene, and other substances that are commonly used in hair and nail salons -- often at levels that exceed the safe thresholds. Half of technicians in one study were affected.

Auto body and paint workers are also exposed to the same (or very similar) chemicals, and they can develop asthma at a rate that is 80 times higher than the general population. In addition to effects on the lungs, occupational exposure to these chemicals increases the risk of some cancers, especially leukemia (benzene), sinus and nasal cancer (formaldehyde), and nervous system cancers (benzene).

Although personal protection equipment can reduce these exposures, many workers don't use them regularly. Improved ventilation and less-toxic chemicals are needed to protect workers.

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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Amber Waves

by Dave T. Phipps



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