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TIDBITS® PONDERES NAMES OF CARS

by Janet Spencer
Come along with Tidbits as we discover the stories behind how cars got their names!

VOLKSWAGEN

- In the 1930s in Germany, Adolf Hitler promoted the idea of the "Reichsautobahn," a system of limited-access highways that would facilitate mass troop movements and promote travel for the populace. To go along with the new highways, he promoted the production of a mass-produced car that would be easy to afford and quick to repair. Designed in part by Ferdinand Porsche (yes, THAT Porsche), it was dubbed the "Volkswagen" meaning "people's car."
- It was also called the Käfer meaning "beetle" because of its rounded shape. Although the car went into production in 1945, the nickname of "Beetle" didn't become popular until the 1950s. The name "Beetle" was officially adopted by Volkswagen in 1968. The name has crossed into most languages. In France, it's the Coccinelle (ladybug); in Japan, it's the Bitoru (beetle); and in Russia it's the Zhuk (beetle).

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PORSCHE

- Ferdinand Porsche was born in 1875. As a young adult, he worked for a coachmaker, where he excelled in mechanical engineering, pioneering the design of gas/electric hybrid motors. In 1906, he was hired by the Daimler company in Germany, maker of the Mercedes. He designed many improvements, but was rebuffed when he suggested manufacturing a smaller, sportier model of racing car.
- In 1934, Porsche went to work for Hitler designing the Volkswagen. When the operation was suspended due to World War II, he began designing war machines: tanks, artillery, and the Panzer. When the war ended, Porsche was arrested and imprisoned for being a war criminal. The German factories he oversaw used POWs as slave labor, often working prisoners to death.
- While he was incarcerated, his son, also named Ferdinand Porsche but nicknamed Ferry, took his father's design for a compact, sporty race car to a newly-formed Italian/Austrian auto manufacturer. The company founders not only ransomed the senior Ferdinand Porsche, but also became the first manufacturers of the Porsche 356. They turned out only 49 of the cars before quitting the project as being too expensive.
- Ferry Porsche took one of the 356 models on a tour of German VW dealerships, taking paid orders in advance, then presented those orders at the VW plant in Stuttgart, Germany. Ferry thought he could probably sell about 1,500 of them. Instead, 78,000 Porsche 356s were manufactured over the next 17 years. His father was awarded a stipend for every VW Beetle sold, with over 21 million rolling off the assembly line, providing him with a comfortable income. Ferdinand Porsche died due to a stroke in 1951. Ferry carried on without him, dying at the age of 88 in 1998. (cont)



By JoAnn Derson

- Plastic grocery bags always come in handy. Try storing them in empty tissue boxes for the car or bathroom, or use an empty 12-pack soda box for more under your kitchen sink or in the garage.
- "For foot cramps at bedtime, eat a banana in the evening. I think it is the potassium in the bananas, but it has had a good effect for me. And it can't hurt to get another serving of fruit per day, right?" -- L.I. in Missouri
- "Another great use for baby powder (or corn starch): If you have a deck of cards that are stuck together, simply place them in a baggie and add a tablespoon of powder. Seal and shake, getting the dust in between the cards. When you remove the cards, shuffle them over a kitchen towel and they will be like brand new." -- R.D. in Texas
- You can fill a mop bucket with a dustpan? Yes! Use the large end of the dustpan as a funnel from the faucet over the side of the sink, where your mop bucket is waiting to catch the waterfall. The handle acts as a spout.
- You can substitute black bean puree for flour when making brownies, and it tastes so good! It's an even swap. Just make sure you rinse the canned beans well to remove added sodium, and run them through a food processor to puree.

Send your tips to Now Here's a Tip, 1800 Pembroke Dr., Suite 300, Orlando, FL 32810.
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Just Like Cats & Dogs by Dave T. Phipps



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MERCEDES

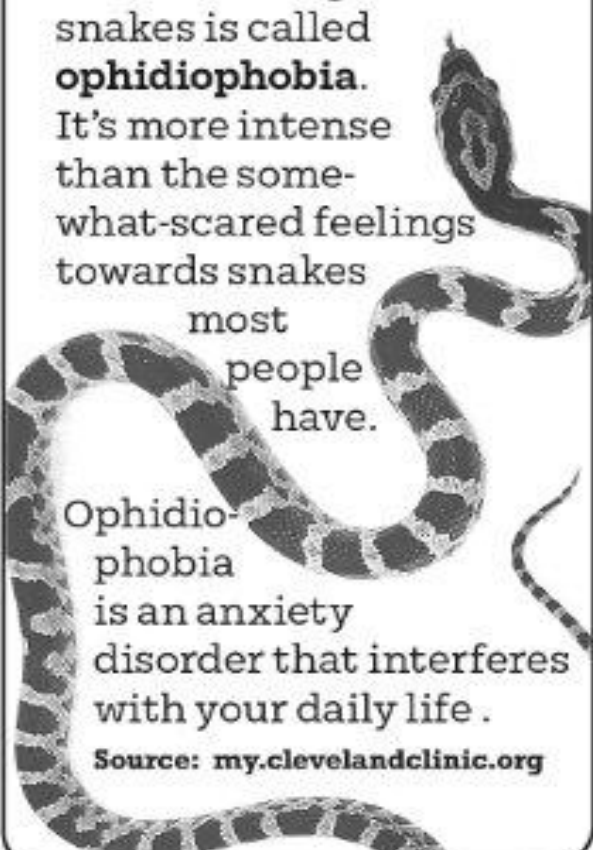
- The Latin word “merces” means “mercy.” Throughout Spanish cultures, the derivative “Mercedes” became a popular girl’s name, particularly because it was associated with the Virgin Mary. Emil Jellinek, a wealthy Australian entrepreneur, named his newborn daughter Mercedes in 1890.
- Jellinek enjoyed driving and racing fine cars at a point in history when cars were first coming on the market, and racing was a brand-new sport. After ordering a Daimler, a car manufactured by Gottlieb Daimler, he became so enamored of the vehicle that he began selling them throughout Europe. To gain publicity, he also entered them in races—and nearly always won. He always painted his daughter’s name on the racing cars, and he and his racing team became known as “Monsieur Mercedes.”
- Along the way, he offered Gottlieb Daimler plenty of advice on how to improve the car’s design. He then became a member of the company’s board. When he placed an order for 36 new vehicles for his European car dealership, he insisted that the newly revamped car be called the Mercedes, and this was done. The new model won all the races, garnering plenty of publicity. Sales went through the roof.
- After Gottlieb Daimler died, his company eventually merged with another company run by an innovator named Karl Benz. The Mercedes-Benz has been a pinnacle luxury brand ever since.

IT’S A FACT

- In the 1970s, Volkswagen went through a phase of naming its new vehicles after different types of winds. Jetta is German for jet stream; Golf translates to gulf, referring to the Gulf Stream; Passat is short for passatwinde, the German word for trade wind; and Scirocco is a desert wind. (cont)

Fun Fact

Having an extreme, overwhelming fear of snakes is called **ophidiophobia**. It’s more intense than the somewhat-scared feelings towards snakes most people have.



Ophidiophobia is an anxiety disorder that interferes with your daily life.

Source: my.clevelandclinic.org

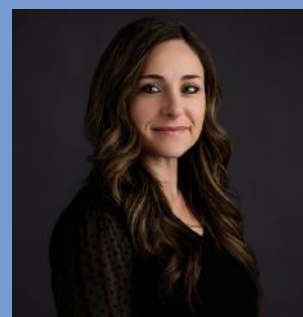


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ONE MORE FACT

In 1911, Masujiro Hashimoto founded the Kwaishinsha Motor Car Works in Tokyo to become Japan's first car manufacturer (now called Nissan). Three main investors were named Den, Aoyama, and Takeuchi. The initials from their names were used in the name of a car: the DAT. The pronunciation in Japanese meant "to dash like a rabbit." When a smaller version of the car was released, it was named the DAT-son (son of Dat) now the Datsun.

JEEP

- In 1940, the U.S. government approached car manufacturers, taking bids to produce a small 4-wheel-drive military vehicle. Ford won the contract, and began turning out "Model GP" short for "General Purpose." It's often claimed that the name for the "Jeep" sprang from the abbreviation "GP." However, the word "jeep" appeared during World War I, before the vehicle was made, referring to any unproven recruit or untested vehicle.
- Linguistic historians believe that the word Jeep actually came from a Popeye cartoon. In 1936, a cartoon depicts Popeye opening a gift sent from Olive Oyl's uncle in Africa. Out pops an energetic critter, part dog, part cat, part bear. A letter states that the creature is named Eugene, and that the only sound he can make is to repeat: "Jeep! Jeep!" Eugene the Jeep was magical, able to walk through walls and climb ceilings. It's thought the vehicle got its name for its remarkable ability to go where no other vehicle dared tread, much like Eugene the Jeep.

VOLVO

- In 1907, Swedish inventor Sven Gustaf Wingquist revolutionized the manufacture of quality ball bearings, and the manufacture of quality ball bearings revolutionized industry. Wingquist founded a ball bearing company, Svenska Kullagerfabriken ("Swedish Ball Bearing Factory"), which was later abbreviated as SKF. When the firm needed to name their line of new, improved ball bearings, they turned to Latin. The Latin word "volvere" means "to roll" and "volvo" means "I roll." This is the same root which "revolve" springs from, meaning "to roll again." By the 1920s, the expanding firm turned to manufacturing sturdy cars that could withstand the harsh Scandinavian winters and rough roads. The vehicles also carried the Volvo moniker, as it was certainly fitting. Toys & Games

Strange BUT TRUE

By Lucie Winborne

- An 1898 book predicted the Titanic's sinking 14 years before it happened.
- During the 1904 Tour de France, Maurice Gerin jumped on a train and caught a ride between cities to get ahead of the other cyclists.
- Antarctica is the world's largest desert, as it is a polar ice desert with very low precipitation.
- As a young, poor artist, Pablo Picasso once burned his own paintings to keep warm.
- The naked man orchid, aka the hanging man orchid, resembles -- yes, you guessed it -- a nude dude. Native to Mediterranean regions, it's also classified as threatened, possibly due to its popularity as an antidiarrheal, antifatulent and aphrodisiac.
- Pretzels were originally created by monks around 610 A.D. to reward children for learning prayers, with their shape designed to resemble arms crossed in prayer.
- Snake wine, a traditional alcoholic beverage found in Vietnam, China and Southeast Asia, is created by infusing whole, often venomous, snakes in rice wine or grain alcohol for months. The high alcohol content denatures the venom, making it safe for consumption, though the drink is banned in some areas.
- In 2018, scientists at Caltech played a microscopic game of tic-tac-toe built from DNA.
- The dirt on Mars is made up of dust particles just 4% the width of a human hair and contains toxic metals and other harmful compounds that can cause hormonal imbalances and serious disease.

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HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Leg is moved. 2. Design on hamper is different. 3. Club is shorter. 4. Curtain is shorter. 5. Doorway is wider. 6. Streaks on windowpane are reversed.

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TIDBITS Laughs!

A: If cars had kept up with technology like computers have, we'd all be driving \$100 cars that get 1000 mpg!

B: Yeah, but who wants a car that crashes four times a day?

CryptoQuote

AXYDLBAAXR
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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VNY QZ PY N ANRLANOO
BNKL. WZH VNY CPY, ZE WZH
VNY OZRL, ZE PJ VNY ENPY.
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4/28	Pay It Forward Day
4/29	Zipper Day
4/30	International Guide Dog Day
5/1	National Frequent Flyers Day
5/2	Scurvy Awareness Day

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1. What does the Toyota RAV4 stand for?
2. What does the Nissan LEAF stand for?

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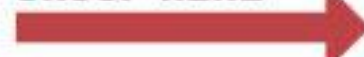
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Even Exchange by Donna Pettman

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. Small container | — A — — — — | Fence style | — I — — — — |
| 2. Chef's bib | — P — — — — | Ohio city | — K — — — — |
| 3. Portion | — H — — — — | Ogle | — T — — — — |
| 4. Peril | — — — N — — — | Short knife | — — — G — — — |
| 5. Twisted hairdo | — — — — — D | Thinking organ | — — — — — N |
| 6. Writing style | — — — — — S — | Provide evidence | — — — — — V — |
| 7. Center | M — — — — — | Brain teaser | R — — — — — |
| 8. Hatchling | — — — — — H — — — | Hit it off | — — — — — L — — — |
| 9. Resuscitate | — — — — — V — — — | Edit | — — — — — S — — |
| 10. Bracelet locale | — — — — — R — — — | Foursome card game | — — — — — H — — — |

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O	A	O	R	N	I	D	N	T	N	V	C	L
8	5	6	7	2	3	6	4	8	6	8	2	5
A	U	R	E	E	H	K	T	N	O	C	A	S
8	5	4	2	6	3	2	8	3	4	5	8	5
E	T	O	D	F	E	S	M	C	L	A	E	R
4	7	4	7	3	6	7	2	6	2	4	2	7
I	W	F	L	K	L	E	T	O	O	E	S	A
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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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HealthBits

By Dr. Holly Carling

ACUPUNCTURE PLACEBO?

Much research and personal experience say emphatically, “Acupuncture is NOT a placebo”. Richard came to see me for the sequelae of stroke. I continually tried to convince him to stop smoking, to no avail. One day he came in and said “I’ve been thinking about quitting smoking.” I said “great!” Nothing more was said as the conversation veered elsewhere, so as I treated him for the original condition, I also added additional points to stop smoking. The next week he came in and said “I’ve had the weirdest week! I have had absolutely no desire to smoke, and as a result haven’t had a single cigarette! I have no idea why!” I responded, “Well, you said you wanted to quit smoking, so I added acupuncture points geared to help you quit.” He jumped up and said “I didn’t say I wanted to quit! I said I was thinking about it!” We laughed. He quit because he had no desire, and had no knowledge I had treated him for it!

Second experience: I belonged to a group of doctors and private pilots called the Flying Samaritans. We’d travel into remote areas of Mexico and treat for free, anyone who needed care. Our clinics were equipped and staffed (when we’d come) with dentists and medical doctors mostly, and me. One day a woman there knew ear acupuncture was effective for weight loss/appetite control. When she learned there was an acupuncturist there, she spread the word and soon I had 54 women lined up for ear tacks for weight control. One person in line was the wife of one of our pilots. I treated her as I had the others.

That night at dinner her husband noted she wasn’t eating and asked why. She said “I don’t

know. I just don’t have any appetite!” He said “Do you feel well?” She said, “I feel great!” Later, when she still wasn’t eating, one of the doctors at the table repeated the same line of questioning. When he got the same response, he said (with derision) “Maybe Holly’s acupuncture for weight loss is why you have no appetite!” She said “No. She treated me for back pain!” I looked at her and said “No. You were in the line for weight loss. I treated you for appetite suppression!” Her jaw fell open and so did the doctors, who were of the mindset that acupuncture was placebo! No denying it works now!

Animals are another testimony to the effectiveness of acupuncture. They respond extremely well. Animals aren’t subject to placebo effect.

Research published in the JAMA (The Journal of the American Medical Association) found that acupuncture had significantly greater reductions in pain than both non-treatment control groups and sham-acupuncture control groups.

In a meta-analysis (review of multiple high quality studies), acupuncture was found effective for reducing pain associated with osteoarthritis, headaches, shoulder pain, musculoskeletal pain, neck pain and back pain. In addition, researchers from the Rutgers University Medical School have proven that acupuncture prevents inflammation. While sham points did not exert anti-inflammatory responses, only true acupuncture was effective in regulating both dopamine and cytokine levels and produced anti-inflammatory effects.

The bottom line...acupuncture works! Want to hear more from Dr. Carling? Check out our podcast. Search for VitalHealth4You on your favorite podcast listening app or go to vitalhealthcda.com/podcasts/-



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.

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VETERANS ★ POST ★

By Freddy Groves

Two VA grants

Two of the grants recently announced by the VA will have wide-ranging benefits for veterans.

The first, a \$16 million set of grants, supports organizations that provide adaptive sports programs for veterans and service members. Over time, the program has awarded \$160 million in grants. Whether it's for hunting, skiing, cycling or any of the dozens of sports and recreation activities (including art), the programs foster independence and a better quality of life.

The Adaptive Sports Grant Program (department.va.gov/veteran-sports/grant-program) provides the funding for non-federal entities who are experienced in running programs that include instruction and competition in adaptive sports, assistance to the coaches and recreation therapists, and so much more. Paralympic athletes can receive a monthly training allowance, and seniors have their own Golden Age games.

If your organization wants to apply for a grant, look for VA Form 10096 Adaptive Sports Grant Application and see the Grants.gov website.

If you're a veteran or service member who wants to participate in the sports or art, see department.va.gov/veteran-sports. Don't wait too long -- many of the events take place in the summer.

Second, the Highly Rural Transportation Grants (HRTG) program gives free VA health care appointment rides to veterans who live in very rural areas with fewer than seven people per square mile. The VA has announced grants totaling \$7 million for organizations (Veteran Service Organizations and State Veterans Service Agencies) who provide the transportation.

Seven people per square mile -- that's extremely rural and sparsely inhabited. The areas served include portions of Alaska, Maine, Montana, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Texas, Washington State and Wyoming.

If you're a veteran who lives in the rural parts of those states and you need transportation to VA medical appointments, go online to www.va.gov/HEALTHBENEFITS/vtp/highly_rural_transportation_grants.asp and see the list of contacts for your state. There is no cost to you for the transportation.

If your organization wants to apply for grants to become a transportation provider in a rural area, see www.va.gov/HEALTHBENEFITS/vtp/grant_applicants.asp.

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Preventing animal cruelty: You can make a difference

DEAR PAW'S CORNER: It seems like every day I see another news story about animals being rescued from terrible situations: hoarding, breeding mills and so on. I want to help, but I can't keep animals due to my apartment building's rules. What can I do? I'm tired of feeling helpless. -- Macy G., Smyrna, Georgia

DEAR MACY: You are awesome. Thank you for wanting to step in and take action to stop animal abuse. That's the first, most important step.

Now, here's the next step: You can make a difference right in your community, primarily by being watchful and noticing the pets and other animals in the neighborhood. Does a neighbor's dog look emaciated or cower around their owner? Take notes.

On your daily drive, notice the animals that you pass. Is there a house with a lot of animals living outside? If you pass a farm or barn that has livestock or horses, how do the animals look? Are their ribs showing? Do they seem neglected?

From here, take steps:

- Talk to your neighbors. Learn whether they've noticed the same things.
- Create a WhatsApp or Signal group where members can privately share information.
- Get the phone number and email address of the local authority where you can make reports about possible animal cruelty. This may be animal control or the police department.
- When you make a report, include as many details as possible.

Another way to get involved is to support your local animal shelter. Donate funds, food or bedding. Ask about volunteering a few hours a month. Shelters are often the first place that rescued animals are taken to -- and the more resources they have, the better they can respond to the needs of these victims.

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MINI SUDOKU

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	5	3		1	
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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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"Malcolm in the Middle: Life's Still Unfair" (TV-14) -- The Reboot Era has brought yet another revival of a beloved sitcom: "Malcolm in the Middle," starring Frankie Muniz, Bryan Cranston, and Jane Kaczmarek. This is a major move for Muniz, who hasn't starred in a main role for television or movies in almost two decades! This miniseries picks up almost 20 years after the end of the original series, and Malcolm (Muniz) has since distanced himself from his chaotic family to maintain some semblance of peace in his life. He now has a daughter named Leah (Keeley Karsten) and a girlfriend named Tristan (Kiana Madeira), but when Hal (Cranston) and Lois (Kaczmarek) require his presence at their 40th anniversary, Malcolm gets sucked right back in! Life's still unfair, indeed! All four episodes are out now to stream. (Hulu)

"Balls Up" (R) -- Who will volunteer as tribute to stop Mark Wahlberg from making action/comedy films where he plays the same character every time? (The answer is no one!) Quips aside, "Balls Up" stars an interesting clan of comedic actors, including Paul Walter Hauser ("Springsteen: Deliver Me from Nowhere"), Molly Shannon ("Saturday Night Live"), and Sacha Baron Cohen ("Disclaimer"). Wahlberg and Hauser play two rival co-workers at a condom company who get a little too boozed up at the World Cup Final. When their drunken shenanigans cost Brazil the game, the pair must find a way to make it out of Brazil in one piece before the fans eat them alive. Stream it now! (Amazon Prime Video)

"Funny AF with Kevin Hart" (TV-MA) -- Comedian/actor Kevin Hart ("Borderlands") hosts this new competition show that searches for the next best stand-up comedian across the nation! With the help of guest judges like Chelsea Handler, Nikki Glaser, Kumail Nanjiani, and Keegan-Michael Key, Hart travels around the country to different venues where comics present their stand-up sets, and viewers at home can vote in real time for their favorite comic. The competition was created to mimic the journey of what comedians really go through on the road, which will poise the winner to become the next stand-up superstar! Six episodes are out currently, with the next two to be released on May 4 and May 5. (Netflix)

In Case You Missed It

"Rental Family" (PG-13) -- Oscar winner Brendan Fraser ("The Whale") leads this comedy-drama film that takes place in Japan. Fraser plays an American actor named Phillip, who's based in Tokyo and struggles to find work after a successful toothpaste commercial put him on the map. But Phillip suddenly receives the offer of a lifetime through a company called Rental Family, which recruits actors to serve as stand-in family members or friends for strangers. At first, he finds the concept to be a bit odd, but as Phillip starts taking on jobs, he starts to make incredible connections with the strangers whom he encounters. The film received mostly positive reviews and is out now to stream! (Disney+)

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Weekly SUDOKU

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2		6	4		8			

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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TRIVIA NEWSFRONT

1. What is the only car model that ever outsold the VW Bug?
2. What Japanese car is named after the Zoroastrianism god of harmony and wisdom?
3. What Japanese car company started out manufacturing automated looms?
4. In 1906, Henry (a British engineer) and Charles (owner of Britain's first car dealership) teamed up to sell a luxury car named after their last names. What were their last names?
5. This luxury model was named after the French explorer who founded Detroit.



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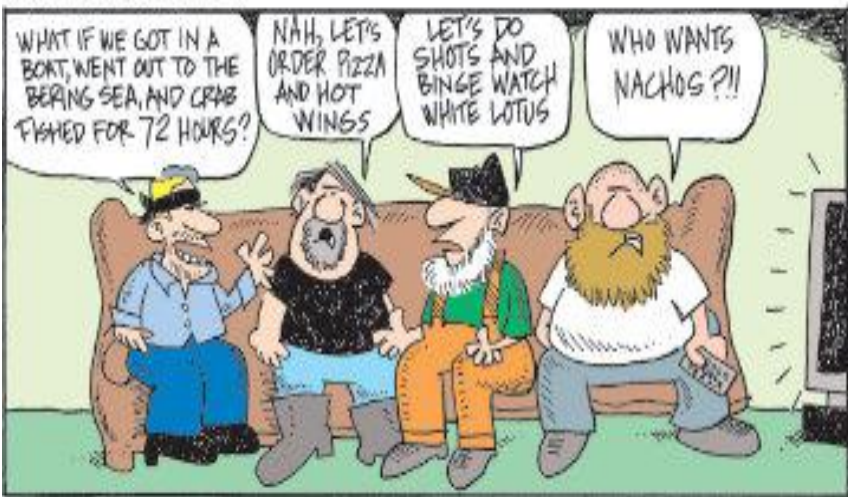
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Out on a Limb



by Gary Kopervas



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: L equals U

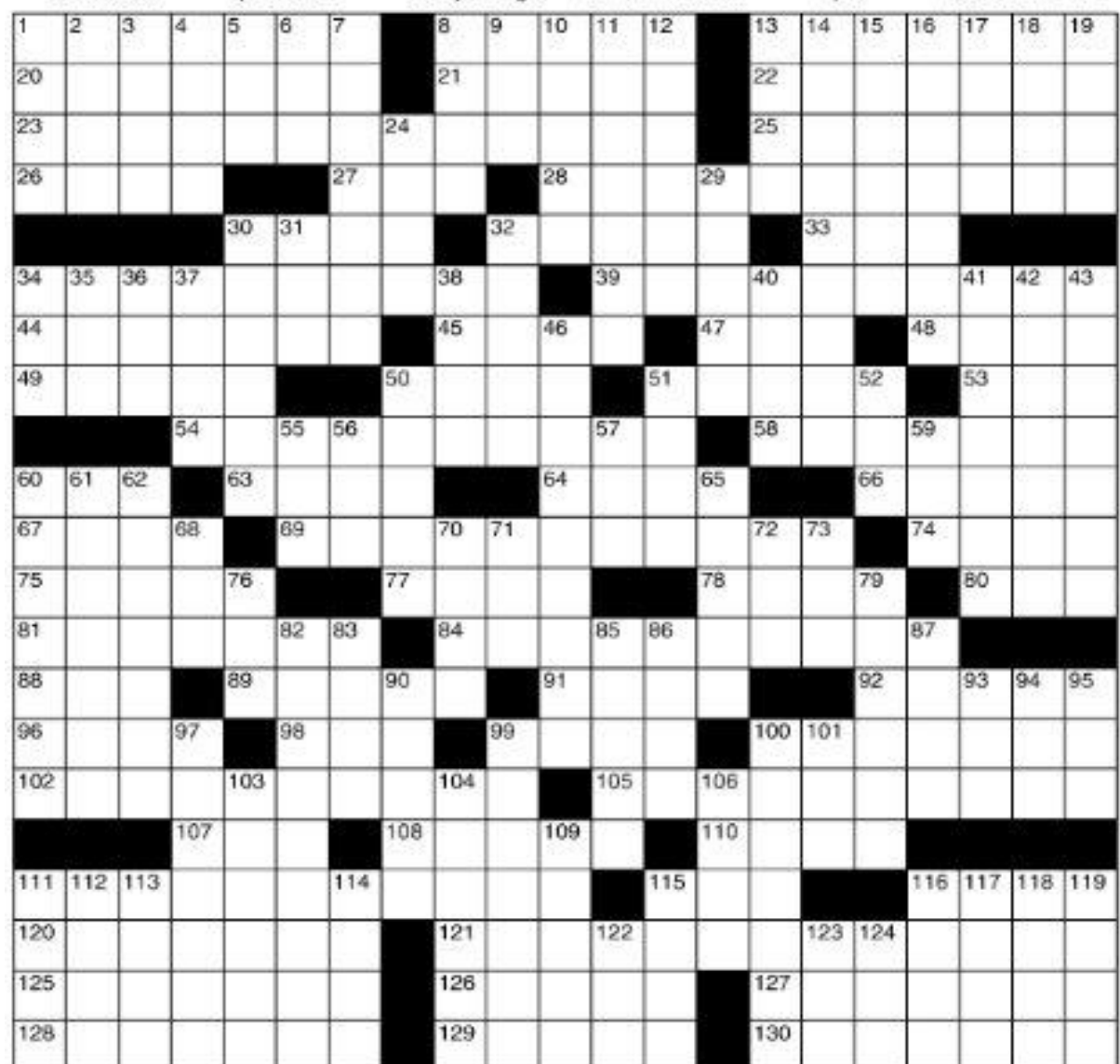
MWDG NZLGBOP FTGYTGY
 NDEDCOTBP OZP KBBGDHHD
 CEKNS-BTD KVVKTOF, HTH WD
 MDKO KNLVV-ETGSF?

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Super Crossword

CHARACTER-BUILDING

- | | | | | | |
|--|---|--|---|---|---|
| <p>ACROSS</p> <p>1 Huntsville's state</p> <p>8 "Dig in!"</p> <p>13 Watched a child for pay</p> <p>20 Recuperate</p> <p>21 Bodily trunks</p> <p>22 French writer France</p> <p>23 1983 film for which Robert Duvall won Best Actor</p> <p>25 Hold within</p> <p>26 — -Ball</p> <p>27 Bulling cry</p> <p>28 Illegal trade medium</p> <p>30 Common med. scans</p> <p>32 The Beatles' "I've Just — Face"</p> <p>33 Folk singer DiFranco</p> <p>34 Many a morning bowlful</p> <p>39 Preview release of a new product</p> <p>44 Hardship</p> <p>45 Vid shooters</p> <p>47 Relative of "BTW"</p> <p>48 Further</p> <p>49 Actress Blair</p> <p>50 "Spamalot" creator idle</p> | <p>51 Brimless cap</p> <p>53 — -to manual</p> <p>54 High roller</p> <p>58 Per the norm</p> <p>60 GQ, e.g.</p> <p>63 Entre —</p> <p>64 Other, in Acapulco</p> <p>66 Rich, nutty cake</p> <p>67 Iraqi, e.g.</p> <p>69 Tulsa's largest suburb</p> <p>74 Chap from Chelsea, e.g.</p> <p>75 Thumbs-ups</p> <p>77 "Call Jane" actress Kate</p> <p>78 Oven knob</p> <p>80 Sun — -sen</p> <p>81 Sentimental songs</p> <p>84 Coin worth two quarters</p> <p>88 Defunct U.K. record label</p> <p>89 Long (for)</p> <p>91 Active sort</p> <p>92 Aussie buds</p> <p>96 Rational</p> <p>98 "Phooey!"</p> <p>99 General — chicken</p> <p>100 Music genre for Brian Eno</p> <p>102 Ali Baba's password</p> | <p>105 South American marmoset with a tufted tail</p> <p>107 Knight, e.g.</p> <p>108 Drifts about</p> <p>110 Beehive State team</p> <p>111 Something barely recalled</p> <p>115 Here, in Lyon</p> <p>116 Knight, e.g.</p> <p>120 Crated up</p> <p>121 Cavalry soldier without heavy weaponry</p> <p>125 Arranging in rows</p> <p>126 Emollient plants</p> <p>127 Arbitrary change of mind</p> <p>128 A bit firm, as cooked pasta</p> <p>129 Snake killed by Hercules</p> <p>130 Word that can follow the starts of 11 answers in this puzzle</p> | <p>4 Be a sign of</p> <p>5 "Hail, Nero!"</p> <p>6 French sea</p> <p>7 Large, ornate wardrobe</p> <p>8 Raison d'—</p> <p>9 Member of "The Squad" in D.C., for short</p> <p>10 Family group</p> <p>11 Futile</p> <p>12 Italian sculptor Andrea</p> <p>13 Reverse side</p> <p>14 Abnormalities</p> <p>15 Daiquiri fruit</p> <p>16 Rare-earth element</p> <p>17 Drench</p> <p>18 "I cannot tell —"</p> <p>19 Circus shelter</p> <p>24 Alternatively</p> <p>29 — latte (kind of espresso)</p> <p>30 "The Mugging" novelist Ed</p> <p>31 Subj. for a theologian</p> <p>32 Done in, as a dragon</p> <p>34 Euro divs.</p> <p>35 Often-refined resource</p> <p>36 IM giggle</p> <p>37 Word before luck or struck</p> <p>38 Farmland unit</p> | <p>40 Model Banks</p> <p>41 "Take your time"</p> <p>42 Zagreb's land</p> <p>43 — -Packard</p> <p>46 Rival of Burger King</p> <p>50 Word with salts or Downs</p> <p>51 "I'm f-f-freezing!"</p> <p>52 Boy pharaoh, for short</p> <p>55 Hunk</p> <p>56 Prefix with tax or charge</p> <p>57 Greek "H"</p> <p>59 Weep audibly</p> <p>60 "Possibly"</p> <p>61 Tourist's aid</p> <p>62 Fuel conduit</p> <p>65 Zeal</p> <p>68 — Paese cheese</p> <p>70 Madeline of "Mixed Nuts"</p> <p>71 Age</p> <p>72 Often-refined resource</p> <p>73 Retail store's beginning?</p> <p>76 Declare</p> <p>79 Italian luxury cars, for short</p> <p>82 Postponing of military service</p> <p>83 Je ne — quoi</p> | <p>85 Dupes</p> <p>86 Lucy's Arnaz</p> <p>87 Picnic spoiler</p> <p>90 Weaponize anew</p> <p>93 William Shatner's "—War"</p> <p>94 Propyl ending</p> <p>95 Hog haven</p> <p>97 Trap in a net</p> <p>99 With a bit of crying</p> <p>100 Capital of ancient Syria</p> <p>101 Mrs., in Metz</p> <p>103 Substitutes (for)</p> <p>104 Dough</p> <p>106 "That hurts!"</p> <p>109 "Mon Dieu!"</p> <p>111 Greek salad cheese</p> <p>112 Blue dye</p> <p>113 Chilled</p> <p>114 Border</p> <p>115 "— miracle!"</p> <p>116 Mr., in Berlin</p> <p>117 Send out</p> <p>118 Indy 500, e.g.</p> <p>119 Lacking width and depth, for short</p> <p>122 That lady</p> <p>123 "Vengeance" actress Issa</p> <p>124 Jacuzzi site</p> |
|--|---|--|---|---|---|



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Moments in time

THE HISTORY CHANNEL

- On May 11, 1659, the Massachusetts Bay Colony passed a law banning the celebration of Christmas, with a prohibition on "feasting and similar satanic practices" accompanied by a five-shilling penalty. Nearly 40 years earlier, the governor of the Plymouth Colony, in similar Scrooge-like spirit, had actually (and personally) confiscated toys.
- On May 12, 1903, cameraman H.J. Miles filmed President Theodore Roosevelt as he rode in a parade in his honor. The resulting movie, later played on nickelodeons in arcades across the country, was unusual not just because Roosevelt was one of the first presidents to have an official activity recorded in that medium, but because his carriage was escorted by the Ninth U.S. Cavalry Regiment, an all-Black company.
- On May 13, 1920, the Socialist Party nominated Eugene V. Debs as its candidate for president in the upcoming November election, notably undeterred by the fact that he happened to be serving a decade-long sentence at an Atlanta federal penitentiary.
- On May 14, 1973, Skylab, America's first space station, was successfully launched into orbit around the earth. Eleven days later, astronauts Charles Conrad, Joseph Kerwin and Paul Weitz rendezvoused with the station, repaired a jammed solar panel and conducted scientific experiments during their 28-day stay aboard it.
- On May 15, 1982, the Paul McCartney and Stevie Wonder duet "Ebony and Ivory" grabbed the coveted top spot on the Billboard Hot 100, holding it for seven weeks and eventually becoming the biggest hit record of McCartney's post-Beatles career.
- On May 16, 1985, three scientists from the British Antarctic Survey announced, in the scientific journal "Nature," their detection of abnormally low levels of ozone over the South Pole. Within two years, 46 nations signed the Montreal Protocol, pledging to phase out substances known to cause ozone depletion.

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SENIOR NEWS LINE

By Matilda Charles

Teen teaches seniors about cyber security

Tejasvi Manoj, a 17-year-old from Texas, was named in 2025 as TIME magazine Kid of the Year. Her claim to fame? Teaching seniors how to avoid cyber scams.

Her reasoning for the task was personal -- her grandfather was nearly hit by a scammer who was pretending to be a relative demanding money. Thankfully the grandfather called another relative before he hit that "send" button. This is one brilliant young lady. Not only does she teach cyber security at senior centers, but she developed an online teaching program called Shield Seniors (www.shieldseniors.com/About-us). While the site isn't fully up and running yet, it's one we will need to keep an eye on when it does start.

Have you heard of TED Talks? TED is a platform where the best and the brightest among us give short talks on all types of topics. If you want to see this sharp young lady during her TED talk, go online to www.youtube.com/watch?v=v3800D3xHQo. If you want to hear more from her while you're on YouTube, put her name -- Tejasvi Manoj -- in the search box. You'll be impressed.

Two years ago there were 860,000 scams reported by seniors and \$4.8 billion was lost in one year alone. Why is it scammers come after us? They perceive that we have a lot of money (after all, we're retired, so we must be rich, right?)

We didn't grow up in the tech generations -- taught to handle digital devices by the age of 3 and able to easily spot scams.

We're also, to our occasional detriment, too polite and trusting when we talk to others. It makes it all too easy for a scammer to manipulate us on the phone.

To learn more about how to avoid scams, go online to the Federal Trade Commission website (ftc.gov) and put "scammers," "scams against seniors" or "senior scams" in the search box.

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I'M EXHAUSTED FROM CARING FOR MY MOM!

Caring for aging parents at home is an act of love and devotion, but it can also be emotionally and physically draining, leading to what's known as caregiver burnout. For many adult children, the responsibility of providing daily care, while balancing work, family, and personal needs, can quickly become overwhelming. This burnout doesn't happen all at once—it creeps in slowly, often unnoticed until it takes a toll on both the caregiver and the person receiving care.

Emotional and Physical Exhaustion

Caregiver burnout can leave adult children feeling emotionally drained and physically exhausted. The constant worry about their parents' health, coupled with sleepless nights and endless to-do lists, can lead to chronic stress. Many caregivers feel guilty if they take time for themselves, often ignoring their own needs. Over time, this neglect can result in fatigue, anxiety, and even depression. It's important to remember that self-care is not selfish—it's essential.

Strain on Relationships

As the demands of caregiving grow, relationships with spouses, children, and friends can suffer. Adult children may feel isolated from their social circles, as their focus becomes

entirely on caregiving. Marriages may feel strained, and the simple joy of spending quality time with family can be replaced by the constant pressure of caregiving tasks.

The Impact on Care Quality

Burnout can also affect the quality of care being provided. When caregivers are stretched too thin, they may become irritable, less patient, or more prone to making mistakes. It's difficult to provide the best care when you're running on empty.

The Importance of Asking for Help

It's crucial for caregivers to recognize the signs of burnout and seek support. Taking time for self-care allows caregivers to recharge and continue providing the love and attention their parents need—without sacrificing their own well-being. How do you find time, you ask? Whether it's simply asking family members for help sharing the load, or looking into assisted living which can provide full time care round the clock, it can make a world of difference on both of your well-being. When you are rested and refreshed, you will be more emotionally available for your loved one.

At the heart of caregiving is love, but it's essential to remember that love includes caring for yourself too! Call me today for a free consultation in navigating assisted living and memory care options.



Becky Georgius

Sales and Marketing Director

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Chance
MODARN

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SOUPED

Values
SCITHE

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Micro Crossword By Elizabeth C. Gorski

Across

- 1 Humphrey's role in "Casablanca"
- 5 Those girls, in Spain
- 7 "Come on, don't be ___ loser!"
- 8 "Top Chef" host Lakshmi, author of "Love, Loss and What We Ate"
- 9 Dooley's role in "Casablanca"

Down

- 1 Enjoy, as benefits
- 2 Ingrid's role in "Casablanca"
- 3 Oaf's
- 4 Taylor Swift hit with the lyric "it's coming back around"
- 6 Line of stitches

1	2	3	4	
5				6
7				
8				
		9		

TIPBITS WORD POWER

Unscramble this word:

GRIMHOBNAIL

This sports car designer was born under the sign of Taurus, so all his cars are named after famous bulls.

KNIGHT MOVES

E	S	O
D		M
O	B	Y

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TIPBITS NUGGET OF KNOWLEDGE

When Chevrolet unveiled the Camaro in 1966, they claimed the name was French slang for 'friend.' When French people said no such word existed, Chevrolet instead stated that a camaro was "a small, vicious animal that eats Mustangs." (The Ford Mustang was the car's competition.) It was, in fact, just a fictional word picked from a list.



TIDBITS PUZZLE ANSWERS

TRIVIA NEWSFRONT ANSWERS

1. Toyota Corolla
2. Mazda
3. Toyota
4. Henry Rollins and Charles Royce
5. Cadillac

WORD POWER ANSWER
LAMBORGHINI

Weekly SUDOKU
Answer

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

SNOWFLAKES
solution

SCRAMBLERS
solution

1. Remain; 2. Random
3. Pseudo; 4. Ethics

Today's Word
OPINION

KNIGHT MOVES
Answer

E	S	O
D		M
O	B	Y

SOMEBODY

Even Exchange
answers

1. Packet, Picket
2. Apron, Akron
3. Share, Stare
4. Danger, Dagger
5. Braid, Brain
6. Prose, Prove
7. Middle, Riddle
8. Chick, Click
9. Revive, Revise
10. Wrist, Whist

CryptoQuote
answer

There are three things you can do in a baseball game. You can win, or you can lose, or it can rain.
- Casey Stengel

CryptoQuip
answer

When country singing celebrity Roy attended black-tie affairs, did he wear Acuff-links?

MINI SUDOKU
Answer

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

Micro Crossword
Answer

R	I	C	K	
E	L	L	A	S
A	S	O	R	E
P	A	D	M	A
		S	A	M

Super Crossword

Answers

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

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TO YOUR GOOD HEALTH
By Dr. Keith Roach

A True Statement About CANCER Causes Intense Worry in Reader

DEAR DR. ROACH: I read your column every day. In a recent column, you wrote: "Since age is the major risk factor in getting cancer, it's likely that some people who were cured of their original cancer will later succumb to a different one."

This statement terrified me as I fall into this category. I had a lobectomy in 2009 to remove stage IA lung cancer that hadn't spread and for which I wasn't prescribed chemo or radiation. Annual CT scans since then have all been negative except for a pulmonary embolism in 2014, which resulted in a blood thinner prescription. I'm told that I will need to be on the blood thinner for the rest of my life.

Two years ago, my oncologist said that I could opt out of the scans and yearly visits since my chance of a recurrence was "less than 1%." (I think this was the percentage, or maybe I'm confusing it with something else she said.) Nevertheless, I decided to continue the scans and visits just to be on the safe side.

I rarely think about this cancer until it's time for a scan and a visit. However, your column shed new light on the situation, and as I said, now I'm scared to death. My first question is: Was it really necessary for you to include this statement since it was bound to frighten a great many people like me, who may not routinely worry about a 15-year-old cancer but will now most certainly worry?

My second question is: What can you say about my situation that may assuage my fears? -- J.G.

ANSWER: I'm sorry to scare you. Every cancer survivor does know that cancer can come back. However, this risk goes down over time. How much and how quickly the risk goes down depends on the type of cancer. Your oncologist is right that for non-small cell lung cancer (I'm making an assumption), the risk is very low after 18 years. You should continue to follow her advice about follow-up scans.

What I was really referring to is that a person who's had cancer is more likely to get a new and separate cancer than the average person (who has about a 25% to 30% chance of dying from cancer). So, a cancer survivor should be diligent about following recommended screenings for other cancers, such as a mammogram, colonoscopy or PSA test (as appropriate for their age and sex).

Not all people (especially women) with lung cancer are current or former smokers, but those who are or were smokers should have careful exams of their mouths and throats. Lifestyle changes can also make a big difference with cancer risk, especially diet. A mostly plant-based diet reduces the risk of many cancers, and regular exercise helps as well. This is good advice for everyone -- but especially those who have had cancer. Alcohol should be minimized or avoided entirely.

All of us live with the knowledge that we will die someday. Many people don't like to think about it, but physicians need to so that we can give our patients the best advice on how we can help them. For cancer survivors, this means being diligent about living wisely and getting the appropriate screening. It doesn't mean being obsessed with the possibility of an old cancer returning or a new cancer appearing.

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

Panel 1: A boy says, "OH BOY, THIS IS NOT GOING TO BE GOOD WHEN I SHOW MY FOLKS MY REPORT CARD." A yellow school bus is in the background.

Panel 2: The boy says, "I REALLY NEED TO USE SOME 'PSYCHOLOGICAL WARFARE.'" He is talking to a friend.

Panel 3: The boy says, "MY REPORT CARD CAME TODAY." He is holding a report card.

Panel 4: The boy says, "NOW DON'T GO BLAMING YOURSELF. YOU'RE DOING YOUR BEST." He is talking to his parents.

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