

FREE
Please Take One!

OVER 4 MILLION
Readers Weekly
Nationwide

TIDBITS®

OF KOOTENAI COUNTY, IDAHO, JUNE 10TH 2024

The Neatest Little Paper Ever Read

www.tidbitscda.com

For Ad Rates call: (208) 755-9120

tidbitscda@gmail.com

Call Yochum Landscape for an Estimate Today

- Lawn care
- Water features
- Trees
- Landscape installations and designs

www.yochums.com 208-660-9822

YOCHUM LANDSCAPING, LLC

Licensed & Bonded

TIDBITS® MOURNS FOR PASSENGER PIGEONS

by Janet Spencer

The passenger pigeon's name comes from the French "pigeon de passage" meaning "to pass by" referring to them "passing by" during migration. Once there were between 3 and 5 billion passenger pigeons in North America. Within 40 years, they were extinct.

GREAT BEGINNINGS

- Passenger pigeons gathered in large communal flocks to mate, raise their young, and feed. But when it was time to migrate, they came together in flocks that were astonishing in size. One flock seen over southern Ontario in 1866 was estimated to have been a mile wide and between 300 and 500 miles (480-800 km) long, taking 14 hours to pass overhead. It was commonly reported that the size of the flocks blotted out the sun and sounded like thunder.
- One modern naturalist estimated that if the entire population of passenger pigeons flew single-file, the flock would stretch around the globe at the equator 22 times. Many researchers feel it was the most numerous bird on earth at the time. One ornithologist believed that the sheer volume of passenger pigeons accounted for between 25% and 40% of the total population of birds in the U.S. Conservationist Aldo Leopold described their passing as "a feathered tempest."

(cont)

Pre-Season A/C Specials
Mention this ad for discounted rates!

HOW WE SERVE YOU

- Furnace & AC Installation
- Furnace & AC Repair
- Furnace & AC Maintenance
- Water Heater Installation
- Commercial Service & Installation
- Free Estimates

LEADER PREMIER DEALER

You can count on us to take care of you!

3451 W Industrial Loop, Coeur d'Alene, ID 83815, 208.664.4114, CdaSpokaneHvac.com

Cheryl Burchell
GOLDSMITHS

CHERYLBURCHELL.COM

Idaho Opal

Your trusted local jewelry service provider.

208-676-1645 1524 NW BLVD COEUR D'ALENE

Peck & Peck EXCAVATING

BOULDERS
SCREENED TOPSOIL
3 WAY MIX FOR GARDEN BEDS

Call us today at 208-773-6559

Call us for a free estimate for any Foundation needs you may have!

TAMARACK CONCRETE

208.819.4273

5077 N Building Center Dr. Coeur D Alene, ID 83815-8324

Let us stand up for you in your time of need!

SEE TESTIMONIALS ON PAGE 3

PLUMBING & INSPECTIONS
(208)651-0177

LICENSED BONDED & INSURED

PLUMBING:

- Water Heaters
- Faucets
- Hose Bibs
- Leaky Pipes
- Emergency Shut-Off
- Drain Repair/Repipe
- Water Supply Repair/Repipe
- Toilets
- Etc.

INSPECTIONS:

- Pre-Listing Inspections
- Buyer Home Inspections
- Pre-Move-In Inspection For Renters

100 WATER HEATER FLUSH WITH PLUMBING SAFETY CHECK

AFFORDABLE ROOFING & REPAIR SERVICE

Why replace your roof when you can just fix it?

RE-ROOFS and REPAIRS

Over 30 Years Experience - Licensed and Bonded

Freddie
208-704-2190

PALMER | GEORGE PLLC

ATTORNEYS AT LAW

Family Law & Criminal Defense cda.lawoffice.com

Request an initial consultation and call 208.665.5778
923 N. 3rd Street Coeur d'Alene, ID 83814

SERVING COEUR D'ALENE & NORTH IDAHO SINCE 2006

WANT TO PUBLISH A TIDBITS® IN YOUR AREA?

We provide the opportunity for success!

Call 1.800.523.3096 (US)

www.tidbitsweekly.com

Angelo's Ristorante

Open Tuesday - Saturday 4 pm - 9 pm.

Reservations Recommended

846 N. 4th St. CDA 208-765-2850

Natural Organic Ingredients... Angelo

angelosristorante.net

THE difference....find out on page 13

Welcome to a place you'll truly love to call home. The perfect choice for the the highest standard in Assisted Living.

- Comfort
- Security
- Convenience

Locally owned and operated
Call us today: 208-457-3403
www.LodgeLiving.net

The Lodge at Riverside Harbor 1, 52 N Cedar St., Post Falls, ID
The Lodge at the Fairway Forest 1, 3989 N. Player Dr., Coeur d'Alene, ID

The Lodge at Riverside Harbor 2, 58 N. Cedar St., Post Falls, ID
The Lodge at the Fairway Forest 2, 3991 N. Player Dr., Coeur d'Alene, ID

IMPACT
PAINT & COLLISION REPAIR
208-765-2805

PAINT & COLLISION REPAIR

- Approved by All Insurance Companies
- Free Estimates
- Frame Repair
- Expert Color Matching

I-CAR GOLD CLASS PROFESSIONALS

765-2805
116 E. Appleway CDA
www.impactautobodyandpaint.com

CONTACT INFORMATION FOR TIDBITS OF KOOTENAI COUNTY

EVELYN HOWE 208-755-9120

PUBLISHER

TIDBITS The Neatest Little Paper Ever Read.[®]

HOMES & Land



Evelyn Bevacqua Howe
212. W. Ironwood Dr., Suite D, # 224, Coeur d'Alene, ID 83814
Cell: 208.755.9120 Email: Tidbitscda@gmail.com www.tidbitscda.com Facebook/tidbitscda

Tini's Special Cut Meats
Coeur d'Alene, Idaho

208-772-3327

Retail Meats and Deli
Seasonings Spices
Marinades
Northwest Wine and Beer
Wild Game Processing
Mobile Butchering
Custom Smoked and Fresh Sausages

Tue - Fri 9 am - 6 pm, Sat 9 am - 5 pm
525 N. Graffiti St, Post Falls. tinispecialcutmeats.com

REACH OUT TODAY FOR A FREE HOME VALUATION!

YOUR REAL ESTATE MARKETING SPECIALIST SINCE 1994

CENTURY 21 Boutler & Associates

KOSH & SUZAN

208.660.6948 C21RealEstateTeam.com

PASSENGER PIGEON

- Their range covered most of North America, from the Rockies to the Atlantic, and central Canada to the Gulf of Mexico. They depended on vast expanses of hardwood forests of beech, oak, and chestnut for sustenance, and added berries and bugs in the summer.
- The birds could fly at sustained speeds of 60 mph (96 km/h). While roosting, they could fly far afield in search of new food sources, covering up to 100 miles (160 km) every morning and evening. This also made it easy for them to migrate long distances. In 1813, after witnessing the passing of a flock that took three days to fly overhead, ornithologist John James Audubon estimated that they could likely cross the Atlantic in three days.
- The birds had incredible maneuverability and could easily fly through dense forests where predatory birds could not navigate.
- They laid a single egg per nest. Chicks hatched after two weeks and fledged two weeks later, much faster than most other birds. This gave the passenger pigeon a head start over other birds regarding food sources and allowed them to fly to new areas to forage.
- The passenger pigeon had hyper-social tendencies. Whereas most pigeon species have one or two nests per tree, passenger pigeons had hundreds. They roosted so close together that branches broke under their weight.
- The safety-in-numbers habit of the passenger pigeon meant that normal predators like foxes and hawks could pick away at their numbers while leaving the vast majority unharmed. But it led to their demise when humans entered the mix. When massed together, they became easy prey for men who slaughtered them in atrocious numbers, especially during nesting season. And there was plenty of incentive to do so, along with increasingly easy means of getting it done. (cont)



- Family reunions are a fun and worthwhile investment. Being together with many generations is a wonderful experience. Often, these gatherings are highly scheduled, but remember to set aside time -- and a designated place -- to simply sit and talk. Here are some other great family reunion tips from our readers. -- JoAnn
- T-shirts are fun for reunion memorabilia, but we also did water bottle coozies this year, and they were a big hit. You can write your name in permanent marker on one side, and then you can keep track of your bottle. -- B.F. in Georgia
- Make sure that you schedule sitters for the little ones so the adults can relax and participate. Last year, each adult with kids (and some who just wanted to help out) took shifts to be official kid wranglers and entertainers. They did an outstanding job, and the unscheduled parents had time to reconnect with adults without divided attention, and felt good that someone was designated "in charge." -- P.G. in California
- Our family has several members with allergy restrictions and alternative food requirements. I made sure to make a list, which I made copies of and passed along to all our planned food venues. This way, there was advance notice for those who needed gluten-free and vegetarian options. -- M.S. in Florida

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

(c) 2024 King Features Synd., Inc.

PROFESSIONAL REALTY SERVICES. *It's All About The Home.*

Buy or Sell with me and 10% of my commission goes to the charity of your choice.

208-818-8744

Monika Klennert
SRES, ARB, SFR, PSA, E-PRO

Scan to Connect!



SERVING WA & ID

Just Like Cats & Dogs by Dave T. Phipps

DEAR, I KNOW YOU LOVE YOUR NEW TOY, BUT I HATE TO BREAK IT TO YOU. NOT EVEN BRAD PITT LOOKS COOL RIDING A MOWER.

PASSENGER PIGEON (cont)

- Passenger pigeons were not only easy to kill but also tasted good. The Civil War meant that soldiers and slaves needed food in times of scarcity. Pioneers and homesteaders, after barely surviving a winter, enjoyed a windfall of free pigeon pie. The telegraph was invented about the same time that the railroads were expanding, which made it easy for professional pigeon hunters to find out where the flocks were and travel there to kill them. The invention of the refrigerated boxcar in 1878 accelerated the slaughter. Birds were packed in barrels and shipped back to the cities by the boxcar load to be sold for fifty cents a dozen. A financial crisis in 1873 resulted in a depression, leaving more people than ever desperate for cheap food. The commercial pigeon industry flourished.
- Hunters found it easy to kill the greatest number of pigeons in the shortest period of time while they were nesting densely in trees. This killed the adults during the critical period of reproduction, meaning few chicks survived.
- At the same time, the birds' habitat was being systematically destroyed, as forests were cut down by timber companies cutting lumber and farmers clearing land for agriculture. With less food available, the pigeons invaded the farmers' fields. Farmers killed as many pigeons as possible to protect their crops, and used them as fertilizer. Hunters fed them alcohol-spiked grain to make them easier to capture. Fires set at the base of nesting trees drove them into nets. Pots of burning sulfur caused dazed birds to fall to the ground.
- One of the very last large nestings of passenger pigeons happened near Petoskey, Michigan, in 1878. Here, hunters killed an estimated 50,000 birds a day, which continued daily for almost five months. Over a million birds were exterminated from that flock. Yet people believed that the pigeons were inexhaustible. (cont)



MEET THAT SPECIAL SOMEONE THAT YOU TRULY DESERVE
We gladly invite you to join:
SOULMATECONNEXIONS.com

Wishing Well®

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

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.

©2023 King Features Syndicate

Let us stand up for you in your time of need!

★★★★★ Definitely five stars. Everything was handled in a prompt and professional manner from start to finish. John and Rachelle were there for me every step of the way with continuous communication through phone calls, emails, text and office meetings. While defending me in open court I have always felt safe, protected and well represented. John speaks with confidence and presents the details of the case in a calm collected manner that truly displays his years of experience and education in family law. The outcome of each case was better than I expected. Nothing but positive things to say and I can't thank them enough. - Dan G.

PALMER | GEORGE PLLC
ATTORNEYS AT LAW
Family Law & Criminal Defense cdlawoffice.com
Request an initial consultation and call 208.665.5778
923 N. 3rd Street Coeur d'Alene, ID 83814
SERVING COEUR D'ALENE & NORTH IDAHO SINCE 2006



ECOGREEN SPRINKLERS
CAN YOU HEAR THE ECO?

YOUR PARTNER IN VIBRANT LANDSCAPES!

Let EcoGreen be the catalyst for a greener, more vibrant tomorrow!


Services Offered:

- Landscape Consulting: Tailored solutions for stunning and sustainable landscapes.
- Spring & Summer Planning: Customized designs enhancing curb appeal and outdoor enjoyment.
- Spring Irrigation Turn On: Includes backflow testing for \$120.

Why Choose EcoGreen?

- Expertise: Unparalleled experience in landscape design and irrigation planning.
- Sustainability: Prioritizing eco-friendly solutions for a healthier environment.
- Customer Satisfaction: Dedicated to exceeding your expectations.

208-661-0820
WWW.ECOGREENSOL.COM
ECOGREENSPRINKLERS@GMAIL.COM



The Garden Bug
Toads

The American toad can eat up to 100 insects in one night, reducing insect damage to your plants. To attract toads to your garden, provide water in which to breed (like a small pond or a ditch), plus a moist, dark place where they can wedge their body, and soil in which to burrow that is free of pesticides, herbicides and fertilizers. If they find a house they like, they might stay for years; observe their unique spot patterns on their back to identify them. When threatened, they can secrete a toxin from lumpy glands behind their eyes, so keep children and pets away and wash your hands after any contact.

- Brenda Weaver
Sources: www.washingtonpost.com, wikiipedia

TIDBITS Laughs!

Did you hear about the pigeons that overthrew the government?
They formed a "coo".

June is Perennial Gardening Month

All Perennials 20% off
Expires 7/7/24

Hostas, Astilbe, Ferns, Grasses, Heuchera, Ligularia, Foxglove and more!

208.687.5952


Westwood Gardens

Hours: M - Sat 9-5pm, Sun 10-4pm
Behind Super 1 Foods in Rathdrum, 15825 N Westwood Dr

TIDBITS

NUGGET OF KNOWLEDGE

Male and female passenger pigeons looked different, a rare trait among the world's more than 350 species of pigeons and doves. The red breasts of males were likely a signal of superior fitness to females seeking the best mate in a crowd.



© 2024 by King Features Syndicate, Inc. All rights reserved.

Creative Healing Massage



Body Intelligence:

- Biodynamic Craniosacral Therapy
- Creative Healing Massage
- Swedish
- Deep Tissue
- Hot & Cold Stone
- Sports Massage
- Foot Reflexology


Shelley Colombini
LMT & NCBTMB

Located in Hayden
Call for appointment
208-755-7802

TAMARACK CONCRETE

Call us for a free estimate for any Foundation needs you may have!
208.819.4273

5077 N Building Center Dr. Coeur D Alene, ID 83815-8324



Weekly SUDOKU

by Linda Thistle

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

© 2024 King Features Synd., Inc.

TIDBITS presents
QUIZ BITS

1. How old was Martha the last passenger pigeon when she died?
2. What was the typical lifespan of a passenger pigeon?

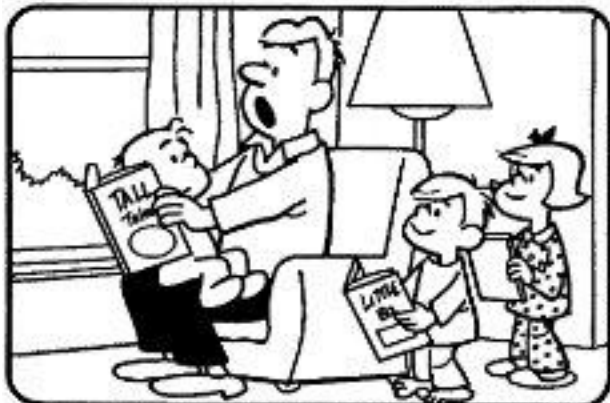
PASSENGER PIGEON (cont)

- By the 1890s, the flocks had become noticeably depleted. Now, serious conservation legislation was passed in states like Michigan and Pennsylvania. But it was far too little and much too late. Passenger pigeon numbers were in freefall. There was a steady decline in their numbers between about 1800 and 1870, and a catastrophic decline between 1870 and 1900.
- By the mid-1890s, flock sizes numbered in the dozens rather than billions. The pigeons required large flocks in order to reproduce, but their numbers had fallen below that minimum threshold. Once the population reached a critical low point, the species was doomed, even though thousands of them remained. The birds were unable to adapt to living in small flocks.
- In 1900, the Cincinnati Zoo owned one of the last flocks of a few dozen passenger pigeons. They failed to produce any fertilized eggs, and died off one by one. By 1906, there were only five left. The last remaining pigeons were a mated pair named George and Martha Washington. When George died, a reward of \$1,000 was offered to anyone who could bring in another live male passenger pigeon, but none was ever found. The American Ornithologists' Union offered \$1,500 to anyone finding a nest or nesting colony of passenger pigeons. It was futile.
- The end finally came on September 1, 1914, when Martha died in her cage at the Cincinnati Zoo. The passenger pigeon was no more. A memorial statue of Martha stands on the grounds of the Cincinnati Zoo. The Smithsonian Museum owns her preserved body.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Shade is missing. 2. The is different. 3. Lamp is moved. 4. Pillow is missing. 5. Switch is missing. 6. Pillow is different.

Strange BUT TRUE

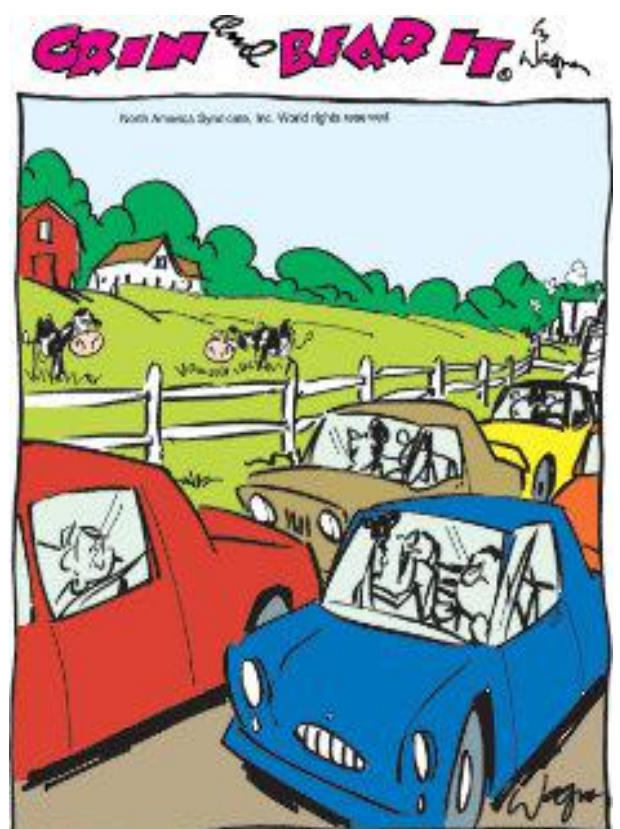
By Lucie Winborne

- The Wright brothers' first flight was shorter than the wingspan of a B-52 bomber.
- Bai Fangli, a tricycle driver for 20 years, donated 350,000 yuan to support the education of 300 poor Chinese students. He announced his last payment at the age of 90, saying that he was no longer fit for work.
- There are tea bags made to look like a goldfish swimming in your mug.
- Are you annoyed by the sounds of wheezing, whistling, chewing, drinking, crunching, slurping, finger tapping and the like? It's not just a quirk, but a psychiatric disorder called misophonia.
- A man spent five months in prison due to being unaware that his bail was just \$2.
- Kenya Railways requires that all trains stop for several minutes before crossing the Mwatate Dam in the southern part of the country. The practice was adopted on the advice of local residents after several mysterious derailments on the dam were blamed on evil spirits inhabiting the reservoir, which townsfolk claimed were angered by the trains not appeasing them by pausing in tribute.
- The world's shortest street, located in Scotland, is a mere 6 centimeters long.
- Jackie Robinson wasn't the first Black player to play Major League Baseball. That honor actually belonged to Moses Fleetwood Walker, a catcher for the Toledo Blue Stockings in 1884.
- The first volume of recipes was published in 62 A.D. by the Roman Apicius. Titled "De Re Coquinaria," it described the feasts enjoyed by the Emperor Claudius.

Thought for the Day:

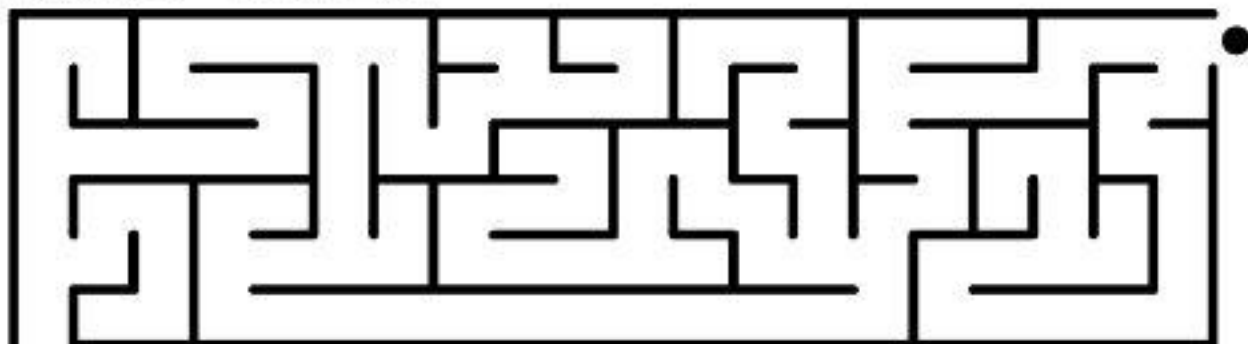
"Forever is composed of nows."
-- Emily Dickinson

(c) 2024 King Features Synd., Inc.



"For the scenic drive, you have to be in the right lane."

Kids' Maze



©2024 King Features Syndicate, Inc.

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
 PHOTO CREDIT: Kovels.com
 PHOTO CAPTION: Specimen tables combined ancient history and geology into a European souvenir that was both decorative and functional. They were popular among the wealthy in the 18th and 19th centuries.



European Souvenirs

Going on a vacation this summer? In the 18th and 19th centuries, wealthy American and European travelers made "Grand Tours" of continental Europe to view ancient ruins and collect souvenirs.

The specimen table with a top made of fragments of different types of stone or wood, often arranged as a mosaic or pattern, was a popular choice. A 19th-century Italian specimen table sold for about \$3,832 at a Bonhams auction in London. It features different colors of marble and rises on a base with fish-shaped "dolphins," a design element associated with ancient Greek and Roman sea gods.

Many varieties of Italian marble have been quarried since at least the time of the ancient Romans. Even today, Italian marble, especially from the Carrara region, is considered the best in the world in terms of purity and durability. After all, marble sculptures and monuments from ancient Rome are still standing.

Q: I'd like to know more about an art nouveau lamp I bought at a yard sale years ago. I believe it is solid brass. There is a statue of a young woman holding a branch with a couple of birds on it next to a column that holds the light bulb.

A brass label on the front reads "FEE aux OISEAUX par Hering." What can you tell me about it?

A: The title of your lamp is "Bird Fairy." It was sculpted by Elsie Ward Hering (1871-1923), an American sculptor who made bronze and other metal sculptures and vases. She studied and worked in New York in 1896 and moved to Paris in 1898. In 1900 she moved to Cornish, New Hampshire, and worked as an assistant to sculptor Augustus Saint-Gaudens. She married another assistant, Henry Hering, in 1910 and did not make many of her own works after that. The value of your lamp depends on the desirability of design, its size and its material. Solid bronze is worth more than brass, spelter or bronze-coated white metal.

TIP: Stained marble tabletops can be touched up by using paste wax and steel wool.

CURRENT PRICES

Jewelry, bracelet, cameo, woman's profile, blue Murano glass, oval, silver spiral twist frame, silver multi-chain bracelet, Patrizia Daliania, cameo 1 1/2 inches, \$75.

Clock, wall, chrome frame, white neon bulb, white on black face, round, electrified, mid-20th century, 22 x 22 x 4 1/2 inches, \$480.

Quilt, patchwork, crazy, many different fabrics cut in various shapes, triangular pieces around border, Victorian, late 1800s, 68 x 68 inches, \$550. Doll, young boy, Schoenhut, wood, carved and painted features, shaggy blond bobbed hair, spring jointed body, tan sailor suit, 20 inches, \$680. Weathervane, eagle, wings out, perched on ball, directional arrows below, copper, original gilt with old verdigris surface, American, 1800s, wingspan 39 inches, \$1,230.

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

(c) 2024 King Features Synd., Inc.



MEET OUR PROVIDER

Jordan Taylor

Pediatric Nurse Practitioner

"Partnering with families to help children live their best lives is my passion, purpose and goal every day." -- Jordan



Coeur d'Alene Clinic
1090 W Park Place

Post Falls Clinic
925 E Polston Avenue

Rathdrum Clinic
16760 N Highway 41

Kellogg Clinic
740 McKinley Avenue

SCHEDULE AN APPOINTMENT!

(208) 620-5250

myHeritageHealth.org | Follow Us!

SIT BACK AND RELAX
with a **TIDBITS** today!

TIRED? SNORING? WE CAN HELP!

Treatments for Sleep Apnea & Snoring by Dr. Erin Elliott



Call today for a consult! **208.773.4579**

We bill **MEDICAL** insurance including Medicare | sleepbetternw.com

Uncorked
 DRINKS • FOOD • BEER
 WITH FRIENDS
 EST. 2002
 Full Liquor License
 21 and over in wine lounge
 Great drinks & delicious food menu.
 A casual and energetic atmosphere that's just right to share with Family and friends!
 208-762-9463
 9443 N Government Way, Hayden, ID 83835
 Tues-Thur: 3pm - 9pm
 Fri-Sat: 1pm - 10pm

Emergency Pet Care
 208-777-2707
 Monday - Friday from 12:00PM to 8:00AM
 Open 24 hours on the Weekends
 3046 East Seltice Way, Post Falls

STICKELERS (TM)
 by Terry Stickels
 What is the fewest number of straight lines needed to intersect the middle of each point below without picking up your pencil?
 ©2024 King Features Syndicate

MY FRANCHISE CONNECTIONS
 ARE YOU UNHAPPY WITH YOUR JOB?
 WE CAN HELP YOU FIND THE PERFECT FITNESS/HEALTH FRANCHISE. WE REPRESENT OVER 1000 FRANCHISES IN THE UNITED STATES.
 WE COVER MANY DIFFERENT FRANCHISE CATEGORIES LIKE AUTOMOTIVE, BUILDING & STORAGES, CAR WASH, CHILD RELATED, COFFEE SHOPS, FOOD & RESTUARANTS, GREEN & ECO FRIENDLY, HEALTH CARE & BEAUTY SALONS, VENDING MACHINES, SPORTS, TANNING SALONS, TRAVEL, PACKING & MAILING, SENIOR CARE AND MUCH MORE!
 BOOK YOUR FREE CONSULTATION ONLINE AT MYFRANCHISECONNECTIONS.COM OR CALL/TEXT EVELYN AT 208.755.9120
 SUCCESS FRANCHISE



ARIES (March 21 to April 19) Be careful about doing someone a favor when you don't know the full story behind the request. Don't rely on someone's unsubstantiated assurances. Insist on all the facts before you act.

TAURUS (April 20 to May 20) That workplace problem still needs your attention before you can finally close the book on it. Meanwhile, a long-anticipated reunion gets closer to becoming a happy reality.

GEMINI (May 21 to June 20) You might be demanding more from others than they can give. Best advice: Have a long and frank talk to determine what the facts are. Tensions should abate as the week winds down.

CANCER (June 21 to July 22) Aspects are favorable throughout this week for making contacts that could be important to your career plans. Meanwhile, an old friend offers the advice you're seeking.

LEO (July 23 to August 22) It's time to stop licking your wounds from past mistakes. Get up and get going toward your future. Loyal friends will be there to help the Lion get back into rip-roaring shape.

VIRGO (August 23 to September 22) Take time out to go over what's expected of you before you begin your new project. Otherwise, you run the risk of pushing yourself harder than you need to.

LIBRA (September 23 to October 22) An unusual request could put you in an awkward position. Best advice: Deal with it immediately. The longer you delay, the more difficult it will be to get out of it.

SCORPIO (October 23 to November 21) You should feel recharged and ready for whatever your workaday world holds for you. The same positive energy spills over into your personal relationships.

SAGITTARIUS (November 22 to December 21) A prospect might be less than it appears to be. Like the Archer in your sign, you always aim for the truth. And this is no time to settle for less than full disclosure.

CAPRICORN (December 22 to January 19) Start doing some serious thinking about a career move that could entail more than just changing job sites. Some lifestyle changes might also be involved.

AQUARIUS (January 20 to February 18) With tensions easing at the workplace, a more positive environment once again encourages the free flow of ideas that are so typical of the always-innovative Aquarian.

PISCES (February 19 to March 20) Show some of that usually hidden steel-strong Piscean backbone and stand up for yourself if you hope to make a case for that promotion you know you deserve.

BORN THIS WEEK: You enjoy doing new things and staying ahead of the crowd. You would make a fine military leader or a sports coach.

(c) 2024 King Features Synd., Inc.



Time for summer fun with your dog

DEAR PAW'S CORNER: My dad finally let us adopt a puppy a few months ago, and I can't wait for summer vacation, when I can spend all day with him! He's got lots of energy, but we've been training him to follow commands so he doesn't run off. What are some outside games that I can play with him? -- Kerry B., Winchester, Virginia

DEAR KERRY: You're going to have a wonderful summer! It sounds like you and your family have been diligent about training your dog in basic obedience so that he'll come back to you on command, sit and stay in place. And he'll be old enough -- and have his most important vaccinations out of the way -- to stay healthy outside or when encountering other dogs.

Here's a few great off-leash games to play:

Fetch: The gold standard game for dogs remains a favorite. Just grab a tennis ball and toss it.

Frisbee: Energetic dogs can chase these flying discs all day.

Agility training: Start with simple tasks like going under or over obstacles.

Swimming: Fill a kiddie pool in the backyard and let your dog splash around on a hot day.

Tracking: Have your dog follow a line of treats to a "jackpot" (a toy or food). Extend the distance between treats each session.

Remember, only take your dog off leash in a safe area or approved off-leash location. A fenced-in backyard is ideal, but if you don't have one of those, go to a dog park or municipal, state or federal park that has an off-leash area. Some of these games, like agility and tracking, can be done on-leash. Most importantly, have fun!

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

(c) 2024 King Features Synd., Inc.



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: H equals L
 JGOE LGO XHOQ RQUBOL
 CXXOUOW XUOO HCJ-ZTQHS LI
 QZTQWSTRK, Q GTDO KSDE
 KQSW *LQEBK XCU ECLGSED!
 ©2024 King Features Synd., Inc.

Pay it Forward: Volunteer as a Habitat Family Partner



Family Partners help mentor and advocate for Candidate families in our Homeownership Program.

Call (208) 762-4663
or email volunteer@northidahohabitat.org

www.northidahohabitat.org



King Crossword

ACROSS

- 1 Tax pro
- 4 Gun the engine
- 7 Profound
- 11 Pet food brand
- 13 Enjoy Vail
- 14 Doctrines
- 15 Lotion ingredient
- 16 — Talks (online lecture series)
- 17 Iso-
- 18 Media titan Winfrey
- 20 Brief moments
- 22 Barbecue seasoning
- 24 Texas city
- 28 July 4th destinations
- 32 Santa —
- 33 Foot part
- 34 Sailor
- 36 Avenue liners
- 37 Ceremonies
- 39 New Jersey capital
- 41 Wee
- 43 URL ending
- 44 Bleak
- 46 Crazy Horse, for one
- 50 Japanese volcano
- 53 Peace, to Caesar
- 55 Handle
- 56 Unsigned (Abbr.)

1	2	3	4	5	6	7	8	9	10
11		12	13						
15			16			17			
19			19	20	21				
		22	23	24		25	26	27	
28	29	30		31	32				
33			34	35	36				
37			38	39	40				
41			42	43					
		44		45	46	47	48	49	
50	51	52		53	54	55			
56				57		58			
59				60				61	

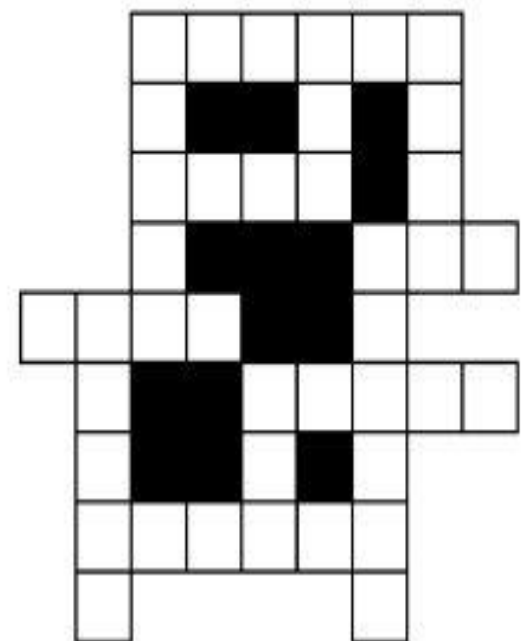
- 57 Before
- 58 "Baseball Tonight" channel
- 59 Curse
- 60 Melancholy
- 61 ID checker
- 8 Atty. s title
- 9 Outback bird
- 10 Omega predecessor
- 12 Google, for one
- 19 "Say what?"
- 21 Public health agcy.
- 23 Entreat
- 25 Bagel seasoning
- 26 Wrestling style
- 27 Grp.
- 28 Homer's son
- 29 New York canal
- 30 Part of a French play
- 31 Drunkard
- 35 Buddy
- 38 Old map letters
- 40 Hosp. sections
- 42 'Holy smokes!'
- 45 Kate of "The Martian"
- 47 Brewer's kiln
- 48 Diamond arbiters
- 49 TV's "Warrior Princess"
- 50 'Terrif!'
- 51 Italian article
- 52 TV bandleader
- 54 Deleted

DOWN

- 1 "Arrivederci!"
- 2 Insect organ
- 3 Cupid's specialty
- 4 Letters after Q
- 5 Squeezes (out)
- 6 YouTube offering
- 7 Feature of some trucks



- TYS
- BLEGNA
- ♥ SUEBA
- ♥ EONP
- YESDAW
- ♥ EWN
- GYUL
- OGEBL
- ♥ OGB
- WEGARN
- WOGLR
- ♥ ATNR



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.



LISTEN TODAY!
 FIND VITALHEALTH4YOU
 ON YOUR FAVORITE
 PODCAST APP

OR GO TO
VITALHEALTHCDA.COM/PODCASTS/



TIDBITS GOES GREEN

Every three months, Americans throw enough aluminum in the landfills to build our nation's entire commercial air fleet. The average person has the opportunity to recycle more than 25,000 cans in a lifetime. Recycling a single aluminum can saves enough energy to power a TV for three hours.

HealthBits

By Dr. Holly Carling

CAUSES AND SOLUTIONS FOR MUSCLE SPASMS

There are many reasons for muscle spasms. Some causes are trauma-induced, some are early signs (or occasionally latent signs) of a disease, some are deficiency related. Some spasms are sudden, acute and temporarily debilitating, while others can have a slow onset, and so mild you don't even know they are there at the beginning, gradually worsening and becoming chronic.

The "Charlie horse" type cramps are mostly deficiency related. They can be a result of dehydration, electrolyte/mineral imbalance or circulation related. Adequate water is essential in controlling these cramps. Hydration throughout the day (half your body weight in ounces per day), with minimal at night (to prevent bathroom sleep disruptions) is crucial. Dehydration is a common side effect of diuretics.

When the cramps are at night, at rest, it is often a calcium deficiency. Since calcium carbonate is very difficult for the body to absorb, calcium lactate is the preferred form of calcium. Combined with magnesium lactate it is even better. It is important to include a fat when you take calcium to help it get into the tissues better (like a quality fish or coconut oil).

Also, taking Vitamin D helps. Electrolyte balance is important, however, most electrolyte drinks are garbage – they are full of sugar and colorants and aren't balanced. A quality one can help. Mostly you need sodium, potassium, calcium and magnesium. A poor diet has insufficient amounts of these minerals and some things, like coffee, alcohol and sugar, can strip these important minerals from your tissues.



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

Cramps during exercise are often a sign of struggling circulation. Good circulation is important for preventing cramps and spasms and for obvious reasons. Good circulation starts with sufficient hydration, exercise, and proper viscosity (thickness or thinness of blood). Excess glucose, cholesterol, triglycerides and dehydration cause thicker blood, making it more difficult for blood to make it to the tiny peripheral vessels.

Certain medications have side effects of spasms. The worst are diuretics and asthma meds, but also some meds for Alzheimer's, blood pressure, osteoporosis and Parkinson's have those side effects.

Diseases such as cardiovascular, kidney, neuropathy, Lou Gehrig's Disease (ALS), Serotonin and Isaac's Syndromes have side effects of muscle spasms. Persistent spasms that are not clearing up should be evaluated for a more serious medical issue.

Stress, lack of sleep, exhaustion, pinched nerve or other spinal misalignment are all possible reasons for muscle spasms or cramps. Getting the right assessment by a Chiropractor, Acupuncturist and a practitioner that is thorough and putting great effort into uncovering the cause of your cramps or spasms is what is needed to resolve this issue.

Acupuncture combined with nutritional therapy is perhaps the most effective means of eliminating muscle cramps and spasms from trauma, nutritional deficiencies and resolving health challenges that are necessitating suspect medications to be consumed. Handling the underlying reason for muscles and cramps is only one of the things we do to help you recover your health.

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/

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

© 2024 King Features Synd., Inc.

NORTH STAR

RETIREMENT AND ASSISTED LIVING COMMUNITY

Call to tour today! **208-765-5505**
2340 W. Seltice Way Coeur d'Alene, ID 83814

VETERANS ★ POST ★

By Freddy Groves

Don't fall for claims scams

While there's no doubt that the PACT Act did a lot of good, opening up an additional 20 health conditions for eligibility for presumptive benefits, the sheer number of veterans who applied created delays in processing new claims. It also brought out the scammers, thieves and conmen. Those crooks offer so-called assistance with claims ... for a fee.

Fact: You do not have to pay a fee to get help with an initial disability claim. Fact: It is illegal for someone to charge you money to give any assistance in filing that claim.

The only ones who can legally help file your initial claim are the reps that have been accredited by the VA -- and they cannot charge you a fee. Whether it's an attorney or a Veterans Service Organization (VSO) rep, they must be accredited by the VA.

It will be tempting, however, to try to jump the claims line and put your trust in someone who promises to get you fast action. Don't do it. Just wait. If you sign up with a scammer (who might call himself a coach or a consultant), you'll be signing away future money. You'll be asked to sign a contract that will give the thieves a percentage of your benefit money, forever.

You might sign away tens of thousands of dollars to have someone spend a few minutes filling out a form for you. If you renege on that deal, which is a legal contract, you could be haunted by debt collectors and sued, and the scammers will have all of your personal information, including Social Security number and banking details.

If you want to file an initial claim, hook up with an accredited person that you find on this site: www.va.gov/ogc/apps/accreditation/index.asp

If you want to file a subsequent claim, do that the right away as well, with an accredited person to help. While fees can be charged for subsequent or appeals claims, those fees must be reasonable.

(c) 2024 King Features Synd., Inc.

TIDBITS
Advertise today!
Evelyn 208-755-9120

top ten

WORLD'S MOST POLLUTED CITIES

1. Dhaka, Bangladesh
2. Lahore, Pakistan
3. Patna, India
4. New Delhi, India
5. Delhi, India
6. Urumqi, China
7. Muzaffarnagar, India
8. Xi'an, China
9. Xuchang, China
10. Peshawar, Pakistan

Source: Smart Air

© 2024 by King Features Syndicate, Inc.
World rights reserved.

TAMARACK CONCRETE
Call us for a free estimate for any Foundation needs you may have!
208.819.4273
5077 N Building Center Dr. Coeur D Alene, ID 83615-8324

TIDBITS presents
TRIVIA NEWSFRONT

1. What color was a male passenger pigeon's eye?
2. What color was a female passenger pigeon's eye?
3. Did passenger pigeons mate for life?
4. What creature composed the only known group that had more individuals than the passenger pigeon?
5. Did passenger pigeons coo like doves?

Laugh a bit with TIDBITS

Q: What do you call a flatulent pigeon?
A: A tootle dove!

Get On the **"Build Calendar" NOW!** "Deluxe Trim Package" INCLUDED! On All Orders!

"Perfection & Quality" Standard On All Buildings!

"Custom Built Beautiful Storage Solutions!"

(208) 666-5618 • 1-888-533-6080

View More Beautiful Models At
SuperiorPoleBuildings.com

FCE-9E140

my FRANCHISE CONNECTIONS 208-755-9120

SUCCESS FRANCHISE

Find a Franchise Opportunity in Coeur d'Alene! Call Evelyn today!
myfranchiseconnections.com

DONE RIGHT MFD.-MOBILE HOME SERVICE AND REPAIR

**The LEADER in COMPACT HOUSING .. Modulares and Travel Trailers
Tiny Houses and RVs Too**

208-773-2322

*** * PLUMBING..ALWAYS STARTS AT \$ 25 / HOUR**

SALE!

- * SKIRTING
- * INSULATION
- ELECTRIC & GAS
- * ROOFING

* INDUSTRIAL RUBBER ROOF COATS

- * DECKS & CARPENTRY
- * DOORS, FLOORS, WINDOWS
- * AFFORDABLE INSPECTIONS

* RELEVELS, MOVING, & TIEDOWNS

- * HEATING & COOLING
- * PARTS & SUPPLIES
- * EXCAVATION & CONCRETE
- * REPAIRS, ADD-ONS, INSTALLS
- * CORRECT TECHNICAL ADVICE AND MUCH MORE !!

ASK ABOUT A FREE UNDER HOME INSPECTION

OUR ANNUAL SPRING SPECIAL

CHOOSE 3 JOBS FOR UP TO \$300 OFF

LIMITED TIME REPAIR OR REPLACE CALL NOW

ALL SINGLE STORY STRUCTURES UP TO 50 % OFF EXTERIOR PAINTING. TWO OF THE BEST PAINTS FOR OUR WEATHER! LIMITED TIME OFFER, CALL NOW!

DISCOVER THE DIFFERENCELICENSED BONDED CERTIFIED OVER 40 YEARS EXPERIENCE.....COVERING ALL OF IDAHO



By Ryan A. Berenz

1. Wang Zhizhi became the first Chinese-born player in the NBA when he joined what team in 2001?
2. Name the Basketball Hall of Famer who was a six-time WNBA All-Star, a four-time Olympic gold medalist and a three-time (as of 2024) NCAA national champion as head coach of the South Carolina Gamecocks women's basketball team.
3. What golfer incredibly holed out a bunker shot for birdie to win the 1986 PGA Championship by two strokes over Greg Norman?
4. Of Hank Aaron's 755 career home runs, how many were pitched by fellow Hall of Famer Tom Seaver?
5. What two drivers are tied for all-time wins at the 24 Hours of Daytona sportscar endurance race with five apiece?
6. What boxer knocked out former heavyweight champion Ken Norton 54 seconds into the first round of a May 1981 fight at New York City's Madison Square Garden?
7. In ice hockey, what term describes when a player controlling the puck uses a fake move to elude a defender or goalie?

Answers

1. The Dallas Mavericks.
 2. Dawn Staley.
 3. Bob Tway.
 4. Seven, the most Aaron hit off a single pitcher.
 5. Hurley Haywood and Scott Pruett.
 6. Gerry Cooney.
 7. Deke (short for "decoy").
- (c) 2024 King Features Syndicate, Inc.

GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		×		= 77			
+		+		-				
	+		+		= 7			
×		+		÷				
	+		×		= 51			
=		=		=				
56		16		1				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

©2024 King Features Syndicate, Inc.



1. TELEVISION: What is the name of the community college in the sitcom "Community"?
2. GEOGRAPHY: Which two countries in South America are landlocked?
3. HISTORY: Where did the effective end of the Civil War take place?
4. U.S. STATES: Which state comes first alphabetically?
5. FOOD & DRINK: What is an affogato?
6. MOVIES: Which movie features the character Inigo Montoya?
7. ENTERTAINERS: What is singer/songwriter Taylor Swift's middle name?
8. ANATOMY: What is the smallest organ in the human body?
9. LITERATURE: Which fantasy novel (later made into an HBO series called "Game of Thrones") features a place called Winterfell?
10. GEOLOGY: What is the most malleable metal?

Answers

1. Greendale Community College.
2. Bolivia and Paraguay.
3. Appomattox Court House, Virginia.
4. Alabama.
5. Dessert of ice cream and coffee.
6. "The Princess Bride."
7. Alison.
8. Pineal gland.
9. "A Song of Ice and Fire."
10. Gold.

(c) 2024 King Features Synd., Inc.

©2024 King Features Syndicate, Inc. All rights reserved.

"What I don't understand is why I keep looking forward to _____."

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!

Glance

KEEP

Ambie

WARDEN

Shield

FENDED

Count

CORES

TODAY'S WORD

FREE

SONICARE FOR NEW PATIENTS

with a new patient exam, x-rays and recommended cleaning

Join Our Family

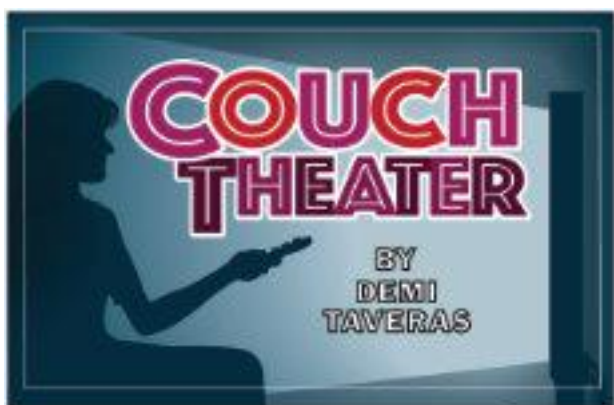


Erin Elliott, D.D.S. | Ken Lynn, D.D.S. | Kelly Harness, D.M.D.

313 N Spokane St, Post Falls, ID 83854

www.postfallsfamilydental.com

208.773.4579



BYLINE: By Demi Taveras

"Hit Man" (R) -- Glen Powell ("Anyone But You") leads this rom-com with an action twist, which seems to be right up the actor's alley. Powell plays a staffer named Gary in the New Orleans Police Department who goes undercover as a hitman with the intent of arresting the people who hire him. But when his services are requested by a battered woman named Maddy (Adria Arjona) who begs him to help her kill her husband, the last thing he expects is to fall for her. Even though he denies her request, a steamy romance develops between the two of them. Then just when it seems like Gary has the woman of his dreams, Maddy's husband is found dead, and she becomes the main suspect. Out now! (Netflix)

"Presumed Innocent" (TV-MA) -- This legal thriller miniseries led by Jake Gyllenhaal ("Roadhouse") and Ruth Negga ("Good Grief") hits streaming on June 12. Gyllenhaal immerses himself in the role of Rusty Sabich, a prosecutor at the Chicago Prosecuting Attorneys' office. Although seemingly a family man and a respectable employee, Rusty hides a mountain of secrets that dare to be revealed when his



Photo Credit: Apple TV+

Photo Caption: Jake Gyllenhaal, center, stars in "Presumed Innocent." colleague, Carolyn, ends up dead. As his co-workers and family learn that he was romantically involved with Carolyn and borderline obsessed with her, Rusty buckles up for a long battle of trying to prove himself innocent of murdering Carolyn. The first two episodes are out now, with more episodes coming every Wednesday. (Apple TV+)

"Brats" (NR) -- Andrew McCarthy ("Pretty in Pink") rallies his Brat Pack for this documentary film directed by McCarthy himself. The Brat Pack, a play on the Rat Pack from the 1950s, consisted of a group of young actors who appeared alongside each other in coming-of-age films during the 1980s. Some of these actors include Hollywood icons like Rob Lowe, Molly Ringwald, Demi Moore and Emilio Estevez. Featuring current interviews with Lowe, Moore and Estevez, among others, the documentary dives into the films that brought the Brat Pack to their special stardom -- and why, at the time, the young actors hated being known as "Brats." Premieres June 13. (Hulu)

"Nikki Glaser: Someday You'll Die" (TV-

MA) -- Shortly after she gave a killer set during the recent Tom Brady roast, comedian Nikki Glaser smartly lined up her second HBO special to hit the small screen. In this one-hour special, Glaser takes on the reality of aging as a woman, why she doesn't want kids, and how she's planning her own death well ahead of time. Although she's known for her blunt delivery and quirky relatability, her jokes fall flatter in an hour-long setting than during the shorter sets she gives at roasts. Check it out now. (Max)

(c) 2024 King Features Synd., Inc.

MAGIC MAZE ● ANIMALS WITH BUSHY TAILS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: Wile E. — and the Road Runner

- | | | | |
|---------------|----------|-----------|---------------|
| Bearcat | Husky | Pack rat | Rock squirrel |
| Gray fox | Kittens | Raccoon | Springhare |
| Gray squirrel | Marmot | Red fox | Weasel |
| Groundhog | Mongoose | Red panda | |

©2024 King Features Syndicate, Inc. All rights reserved.



Cheryl Burchell
GOLDSMITHS

Your trusted local jewelry service provider

208-676-1645 1524 NW BLVD COEUR D'ALENE
cherylburchell.com

COEUR D'ALENE SHEET METAL HEATING

Pre-Season A/C Specials
Mention this ad for discounted rates!

HOW WE SERVE YOU

- Furnace & AC Installation
- Furnace & AC Repair
- Furnace & AC Maintenance
- Water Heater Installation
- Commercial Service & Installation
- Free Estimates

FRANZ PREMIER DEALER

You can count on us to take care of you!
3451 W Industrial Loop, Coeur d'Alene, ID 83815, 208.664.4114,
CdaSpokaneHvac.com

Super Crossword

SUITABLE ACTIVITIES

- | | | | | | |
|---|---|---|---|--|---|
| <p>ACROSS</p> <p>1 Saudi, say</p> <p>5 Raptors' gp.</p> <p>8 In a stupor</p> <p>13 GMC cross-over SUV model</p> <p>19 Reduces the worth of</p> <p>21 Lead-in to a bit of bad news</p> <p>22 What (" and ") are, for short</p> <p>23 Capital of South Australia</p> <p>24 Actress Dennis leaps?</p> <p>26 Boxer Marciano begins?</p> <p>28 — Canals</p> <p>29 Thurman of film</p> <p>30 Saloon</p> <p>31 "I could — horse!"</p> <p>33 Newspaper based in McLean, Va.</p> <p>37 Racing driver Wallace does some hammering?</p> <p>42 Singer Benatar replies?</p> <p>44 This, in Lima</p> <p>45 Dancer Charisse</p> | <p>46 Waterproof canvas cover</p> <p>48 — out an existence</p> <p>49 Founder of Taoism</p> <p>51 Hair removal brand</p> <p>53 Gmail competitor</p> <p>56 Teensy</p> <p>59 Yosemite peak, in brief</p> <p>60 "... — my brother"</p> <p>61 Quarterback Bradshaw dries himself off?</p> <p>66 Reindeer kin</p> <p>67 Jurists' org.</p> <p>69 Emmy winner Baldwin</p> <p>71 Like whiteboards</p> <p>72 Actor Slater goes on vacation?</p> <p>76 Most thickset</p> <p>78 Huge hero</p> <p>79 Sink down</p> <p>80 Free TV spot, for short</p> <p>83 Comedian Buttons gains a lot of weight?</p> <p>85 "True —!" ("Yep!")</p> <p>87 Heroic tales</p> <p>89 Ending for duct or infant</p> | <p>90 Lead-in to glottis or Pen</p> <p>91 Stadium level</p> <p>93 Employed for the purpose of</p> <p>94 "Help us!"</p> <p>97 Light in signs</p> <p>99 "Son of," in 1-Across names</p> <p>101 Russo of "Big Trouble"</p> <p>102 Architect Gehry speaks?</p> <p>107 Singer Aiken wows</p> <p>110 Helicopter or glider</p> <p>111 Whittle down</p> <p>113 Lovey</p> <p>114 Tatty cloth</p> <p>115 "-ology" kin</p> <p>117 Dancer Rogers loses control?</p> <p>123 Singer Gayle plays tenpins?</p> <p>128 Niagara River source</p> <p>129 Oration of adulation</p> <p>130 10th-century German king</p> <p>131 Ester in plastics</p> <p>132 Money in the form of coins</p> <p>133 Reveals</p> <p>134 JFK guess</p> | <p>135 Agenda unit</p> <p>DOWN</p> <p>1 Jewish month</p> <p>2 Totally fix up</p> <p>3 With, in Paris</p> <p>4 Pitcher's goof</p> <p>5 Pain in the neck</p> <p>6 Accessory for a meal fit for a queen?</p> <p>7 Far offshore</p> <p>8 Mild aversion</p> <p>9 Make — buck</p> <p>10 Buddhist branch</p> <p>11 Actor George of "CSI"</p> <p>12 Dehydrate</p> <p>13 iPhone extra</p> <p>14 Freeway sight</p> <p>15 Actress Meyers</p> <p>16 Make bare</p> <p>17 Filmmaker Bergman</p> <p>18 Analyzes</p> <p>20 Put away for the future</p> <p>25 Slugger Sammy</p> <p>27 Islam, e.g.: Abbr.</p> <p>32 Fourth mo.</p> <p>34 Meth- ending</p> <p>35 "Bad boy!"</p> <p>36 Have debts</p> <p>37 Gen. at Gettysburg</p> | <p>38 "Heaven help —!"</p> <p>39 Security ticker symbol</p> <p>40 "Clao!"</p> <p>41 "... — baked a cake"</p> <p>43 On — with</p> <p>47 Takes care of</p> <p>50 Ancient Greek city</p> <p>52 Morales of "Rapa Nui"</p> <p>54 Baseball's Hershiser</p> <p>55 Greek harp player of yore</p> <p>56 "Crawling" internet bot</p> <p>57 Kay-em link</p> <p>58 Ending for Peking</p> <p>60 Pain in the neck</p> <p>62 Cave effect</p> <p>63 "Look what I just did!"</p> <p>64 Missouri tribespeople</p> <p>65 System</p> <p>68 Jessica of "7th Heaven"</p> <p>70 Reclined</p> <p>73 Wheel center</p> <p>74 Sporty auto roof</p> <p>75 Ye — Shoppe</p> <p>76 — Lankan</p> <p>77 Phone no.</p> | <p>81 Deficient</p> <p>82 Donkeys</p> <p>84 Sow's sound</p> <p>86 Opera song</p> <p>88 Lima's land</p> <p>92 Very troubled</p> <p>93 Opened, as a wine bottle</p> <p>94 — -cone</p> <p>95 Approved</p> <p>96 Sow's home</p> <p>98 Psychic skill</p> <p>100 From memory</p> <p>102 Outrageous comedies</p> <p>103 Rise on the hind legs</p> <p>104 Sock pattern</p> <p>105 Indigo dye</p> <p>106 Sappho's Greek island</p> <p>108 Writer Deighton</p> <p>109 Opening</p> <p>112 Shining</p> <p>116 Closet pest</p> <p>118 Pasty stuff</p> <p>119 Classic soda brand</p> <p>120 "I smell —!"</p> <p>121 Fir relative</p> <p>122 Appear</p> <p>124 Part of SSN: Abbr.</p> <p>125 — Fridays</p> <p>126 Vote in favor</p> <p>127 Global commerce gp.</p> |
|---|---|---|---|--|---|

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19			20				21					22							
23							24					25							
26							27			28						29			
			30				31		32		33		34	35	36				
37	38	39	40				41			42	43								
44				45			46	47				48							
49			50			51	52			53	54	55			56	57	58		
59				60			61	62				63	64	65					
66			67	68			69	70			71								
		72	73				74				75								
76	77						78				79				80	81	82		
83							84			85	86			87	88				
89						90			91	92			93						
		94	95	96			97	98				99	100			101			
102	103	104				105	106			107	108				109				
110								111	112				113						
114						115		116		117			118			119	120	121	122
123			124	125	126				127				128						
129								130					131						
132								133					134						135



Moments in time

THE HISTORY CHANNEL

- On June 24, 2005, actor Tom Cruise rattled and debated with interviewer Matt Lauer, host of NBC's morning talk show "Today," with his criticism of antidepressant medications and psychiatric therapy, calling psychiatry a "pseudoscience."
- On June 25, 1988, teenaged Debbie Gibson's song "Foolish Beat" reached the top of the Billboard Hot 100, making her the youngest person ever to write, produce and perform her own No. 1 pop single.
- On June 26, 1993, President Bill Clinton ordered U.S. warships to fire Tomahawk cruise missiles at Iraqi intelligence headquarters in downtown Baghdad, in retaliation for an Iraqi plot to assassinate former President George H.W. Bush during his April visit to Kuwait.
- On June 27, 1939, one of cinema's most famous scenes was recorded when Rhett Butler and Scarlett O'Hara parted for the last time in "Gone With the Wind." Director Victor Fleming also shot the scene using an alternate line -- "Frankly, my dear, I just don't care" -- in case film censors objected to the word "damn." They did, fining producer David O. Selznick \$5,000 for including the curse even though they approved the movie.
- On June 28, 1919, Germany signed the Treaty of Versailles with the Allies, officially ending World War I. English economist John Maynard Keynes, who attended the peace conference but left in protest of the treaty, predicted that strict terms imposed on Germany would lead to its financial collapse.
- On June 29, 1776, Edward Rutledge, one of South Carolina's representatives to the Continental Congress in Philadelphia, wrote a letter to New York Rep. John Jay expressing his anxiety over whether moderates like the two of them could "effectually oppose" a resolution for independence. Jay had business elsewhere and was unable to attend the Congress.
- On June 30, 1934, in Germany, Nazi leader Adolf Hitler ordered a bloody purge of his own political party, assassinating hundreds of Nazis whom he believed had the potential to become future political enemies. The leadership of the Nazi Storm Troopers (SA), whose 4 million members had helped bring Hitler to power in the early 1930s, was especially targeted.

SENIOR NEWS LINE

By Matilda Charles

Don't click that QR code!

Sometimes when we start seeing something nearly everywhere we go, we assume that "somebody" has checked it out and it's therefore safe to use. Not so, at least in the case of those QR codes we're seeing all over.

QR codes (short for quick-response codes) are those little squares with black squiggles in them, machine-readable codes buried in the lines of the little box. The idea is that you hold your phone over them and all the information hidden in the code will pop up for you to read. You'll spot these QR codes everywhere now: a menu posted on the door of a restaurant, a magazine ad, a factsheet with an item that you're considering purchasing, fliers put under windshield wipers in parking lots, a package delivered to your house ... even on TV ads!

How handy, you might think, to be able to instantly access that information.

Unless it's malicious code (spyware) that's been encoded into the black squiggles when it's created by scammers. If that's the case, you instantly put your phone (and all the data you have on it) in jeopardy.

That malicious code can send out emails that look like they came from you. Or it can steal all the names and numbers in your contact list. Or it can add you to a list of targets for spam phone calls. Or it can install software on your phone. The list of things that can go wrong is nearly endless if you click a malicious QR code with your phone.

Consider QR codes to be the phone equivalent of a link that you receive in an email from an unknown person or company. In other words, don't click it.

While it's possible that most of the QR codes you see wherever you go are perfectly safe, there's really no way to tell. Why take the chance?

(c) 2024 King Features Synd., Inc.

“...volunteering isn’t something to put off until you have extra time and money.

There are numerous reasons why the returns far outweigh the time you invest, especially during lean times.

I'll point out just five reasons you should consider making volunteering a part of your every day life.

1. Volunteers live longer and are healthier. Volunteers are happier and healthier than non-volunteers...
2. Volunteering establishes strong relationships. Despite all of the online connections that are available at our fingertips, people are lonelier now than ever before. Indeed, a 2010 AARP study reported that prevalence of loneliness is at an all time high, with about one in three adults age 45 or older categorized as lonely...
3. Volunteering is good for your career. People who volunteer make more money, partially because the relationships people create while volunteering can be leveraged for financial benefit...

4. Volunteering is good for society. Many businesses, and almost all mission-driven organizations, are successful only if they maintain a strong volunteer workforce...

5. Volunteering gives you a sense of purpose. Although it is not well-understood why volunteering provides such a profound health benefit, a key factor is assumed to be that volunteering serves to express and facilitate opportunities to carry out one's sense of purpose.

The very nature of volunteering means choosing to work without being paid for it...

If you aren't currently volunteering, and three in four of us aren't, there are many resources online that can help you find an opportunity. Committing even as little as one hour a week can have a profound benefit on your own life, and the organizations that rely on such help will be able to thrive..." (Dawn C. Carr, Ph.D., an assistant professor at Florida State University, is a social gerontologist whose research focuses on factors that facilitate healthy and active aging, as quoted in Psychology Today, "The Third Age".)



Linda Davis
Director of building relationships.
208.457.3403
www.LodgeLiving.net



208-661-2286

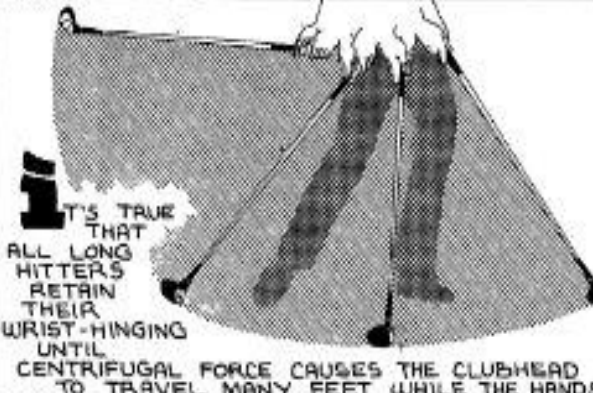
*Facebook Intuitive
Bonnie Whiting*




*Readings by phone, in person or group Readings.
Deceased loved ones, Guidance and Investigations.*

www.facebook.com/Angelwork007

Play Better Golf with JACK NICKLAUS



IT'S TRUE THAT ALL LONG HITTERS RETAIN THEIR WRIST-HINGING UNTIL CENTRIFUGAL FORCE CAUSES THE CLUBHEAD TO TRAVEL MANY FEET WHILE THE HANDS TRAVEL ONLY A FEW INCHES.




IT'S ALSO TRUE THAT THIS "LATE" WRIST UNHINGING IS PRODUCED BY STARTING THE THROUGH-SWING FROM THE GROUND UP, WITH THE KNEES AND HIPS — NEVER BY DELIBERATELY HOLDING BACK ON RELEASING THE CLUBHEAD.

TIDBITS
WORD POWER
Unscramble this word:
COWINSINS

The largest nesting colony of passenger pigeons ever found was located in this state.

Americanisms



"You cannot separate peace and freedom. Because no one can be at peace unless he has his freedom."
— Malcolm X

© 2024 King Features Syndicate, Inc.




BROTHERS FLOORING

4057 Riverbend Ave. Post Falls Id 83854

COME AND VISIT GREAT STORES!
Interstate 90, Exit 2

208-981-0068

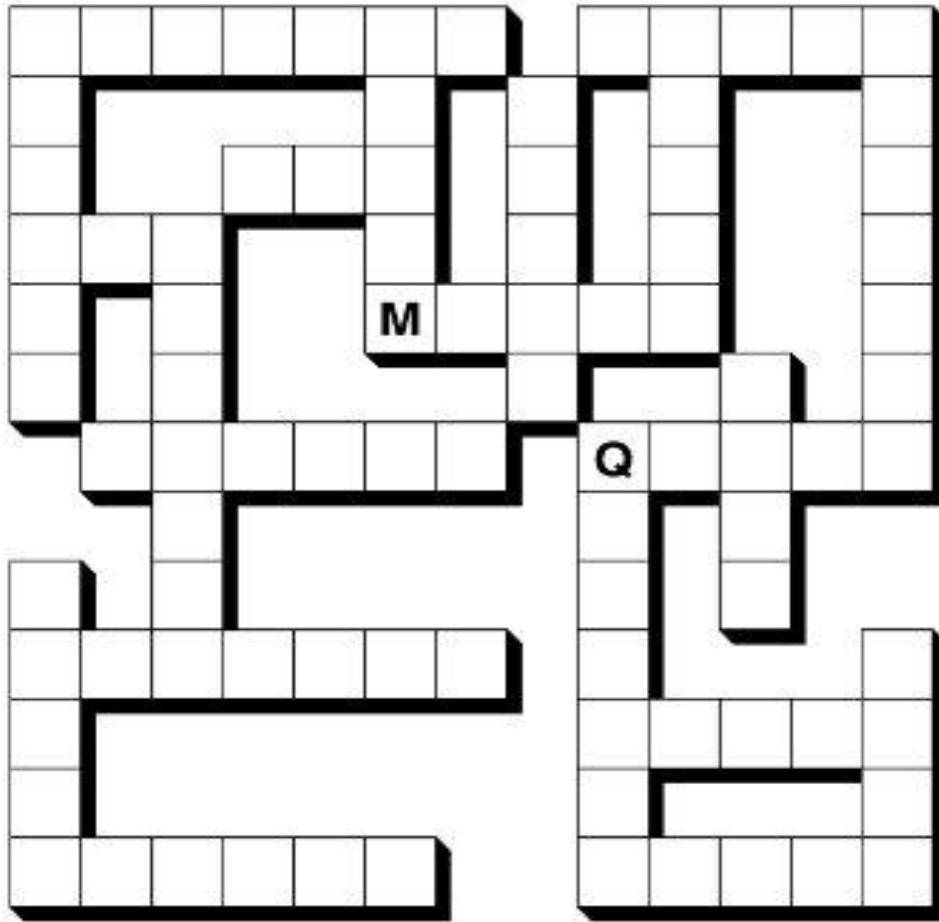


Puzzles4Kids by Helene Hovanec

CRISSCROSS – “TE” WORDS

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

- 3 Letters**
- ATE
- TEA
- 4 Letters**
- KITE
- TECH
- 5 Letters**
- ASTER
- MOTEL
- QUITE
- STATE
- STEAM
- STEEL
- TASTE
- TEETH
- WHITE
- 6 Letters**
- CENTER
- ENTERS
- REMOTE
- 7 Letters**
- ANTENNA
- CONTEST
- QUARTET
- REWRITE
- TEACHER



1. Name the only artist who made it to the top of the charts for both music and vocals.
2. Who wrote and released "Society's Child"?
3. Which trio released "Nowhere to Run" in 1965?
4. Name the artist who released an album titled "Couldn't Have Said It Better."
5. Name the song that contains this lyric: "Have you seen her? So fine and pretty, Fooled me with her style and ease, And I feel her from across the room."

Answers

1. Herb Alpert. His instrumental "Rise" (1979) and the song "This Guy's in Love With You" (1968) both topped the Billboard Hot 100 charts.
2. Janis Ian, in 1965. The song was written about interracial dating when Ian was 13 years old. It was inducted into the Grammy Hall of Fame in 2002.
3. Martha and the Vandellas. The song ended up on The 500 Greatest Songs of All Time.
4. Meat Loaf, in 2003. The album includes "Did I say That?" and "Man of Steel."
5. "Dance the Night Away," by Van Halen, in 1979. One of the co-writers had wanted to call the song "Dance, Lolita, Dance," but the idea was nixed. The song appeared on the band's second album, "Van Halen II."

(c) 2024 King Features Syndicate



1. The Garfield Movie (PG) Chris Pratt, Samuel L. Jackson
2. Furiosa: A Mad Max Saga (R) Anya Taylor-Joy, Chris Hemsworth
3. IF (PG) Cailey Fleming, Ryan Reynolds
4. Kingdom of the Planet of the Apes (PG-13) Owen Teague, Freya Allan
5. The Fall Guy (PG-13) Ryan Gosling, Emily Blunt
6. The Strangers: Chapter 1 (R) Madelaine Petsch, Ryan Bown
7. Haikyuu!! The Dumpster Battle (PG-13) Ayumu Murase, Kaito Ishikawa
8. In a Violent Nature (NR) Ry Barrett, Andrea Pavlovic
9. Ezra (R) Robert De Niro, Tony Goldwyn
10. Summer Camp (PG-13) Kathy Bates, Diane Keaton



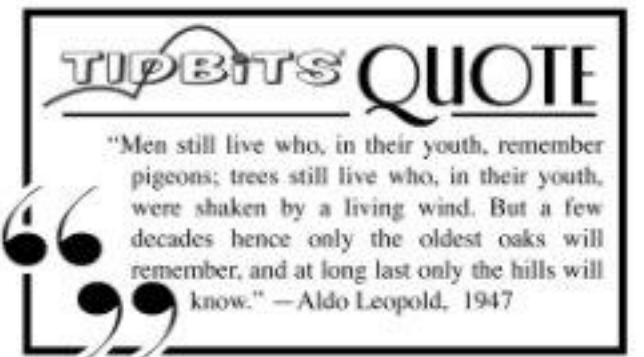
CryptoQuote

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.

KR UNH IULP ENTPJIKMS
 GMO KJ EHDDPPOE, UNH'ZP
 G SPMKHE, KJ BGEM'J IULP;
 KR UNH IULP KJ GMO KJ
 RGKCE, JIPM KJ'E XHEJ G
 IULP. – MPKC ANSGZJ

©2024 King Features Synd., Inc.



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. Paper fastener | ___ P ___ | Horse's stall | ___ B ___ |
| 2. Barely audible | ___ A ___ | Fire starter | ___ L ___ |
| 3. Livestock | ___ T ___ | Royal abode | ___ S ___ |
| 4. Morsel | ___ B ___ | Agile | ___ M ___ |
| 5. Horizontal | ___ N ___ | Writing style | ___ S ___ |
| 6. French ___ soup | O ___ | Workers' coalition | U ___ |
| 7. Run through a sieve | ___ N | Gibraltar, e.g. | ___ T |
| 8. See ya ___ | ___ R | Paint ingredient | ___ X |
| 9. Handbag | ___ R ___ | Heartbeat | ___ L ___ |
| 10. Grocery employee | ___ A ___ | Larger than | ___ I ___ |

©2024 King Features Synd., Inc.

Coeur d'Alene
VISION SOURCE[®]
cdavisionsource.com



Your vision is our passion.

As a patient, you can expect friendly and attentive care from our experienced team of eye care professionals. We leverage advanced diagnostic technology to provide modern eye care services, including comprehensive eye exams, vision correction, and more.

Schedule an appointment with an experienced eye care provider at our Coeur d'Alene optometrist office and give your vision the level of care and attention it deserves.



Coeur d'Alene
VISION SOURCE[®]

Don't let him be the one that got away.

208-765-2020

3879 North Schreiber Way Coeur d'Alene Idaho 83815