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TIDBITS® DRAWS WITH CRAYONS

by Janet Spencer
Today, children (and adults!) all over the world draw with crayons, which were made possible through the discoveries of a number of inventors. Come along with Tidbits as we color with crayons!

A WRITING IMPLEMENT

- In the 1400s, Leonardo da Vinci experimented by adding powdered pigment to beeswax, thereby inventing the pastel chalk, though the formula was not his own.
- Pencils were historically made of graphite. However, in 1795, French artist and pencil maker Nicolas-Jacques Conte was upset because the Napoleonic wars interfered with the supply chain. He stretched his limited stock by adding clay to powdered graphite to extend what he had on hand, vastly improving the pencil. He experimented by adding clay to the beeswax-and-pigment pastel chalks, inventing the world's first basic crayons. He sold them, calling them "Conte's Crayons." In French, the word "crayon" means "pencil."
- In 1864, Joseph Binney founded the Peekskill Chemical Company in upstate New York, producing charcoal and a product called lampblack (also called carbon black), a pigment made from soot. It was used to make things like ink and shoe polish. He was later joined in business by his son, Edwin, and his cousin Harold Smith. (cont)



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Q: Where do crayons go on vacation? A: Color-ado!

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CRAYONS (cont)

- In 1885, the company, now called Binney & Smith, began selling red paint colored with iron oxide, or rust. This became the most popular color for barns because it was the cheapest paint on the market. A new market for carbon black opened up when it was discovered that tires, which had previously been white, would last longer if carbon were added to the rubber. Business boomed.
- Schoolchildren throughout the country practiced writing using a flat rock called slate because paper was rare and expensive. In 1900, Binney & Smith found that by crushing a soft form of slate into a powder and then compressing it into a thin rod, they could manufacture grey-colored slate pencils for writing on black slates. They opened a factory in Easton, Pennsylvania.
- In 1902, Binney & Smith released a new product called a marking crayon. Made of wax with carbon black added, it was used in industry to mark lumber, cardboard, bricks, packaging paper, and wooden boxes. Railroads used it to mark cargo freight because it wouldn't wipe off or wash away.
- Teachers complained that the chalk they used on their blackboards made a mess with chalk dust. Chalk was brittle and terribly squeaky. In response, Binney & Smith developed "dustless chalk" made of chalk crushed to powder, mixed with crushed gypsum, then turned to a slurry with water, before being heated with melted paraffin wax mixed in and poured into molds to cool. This solved all of the chalk problems.
- Edwin Binney's wife was a school teacher. She told him that kids needed something colorful to draw with. The only crayon-type implements available were expensive imports from France. Edwin Binney and his team experimented with clays, waxes, and minerals. (cont)



- Fill your salt and pepper shakers a fourth of the way with uncooked white rice. Dry rice will allow the salt or pepper to flow more freely from the shaker. If your shaker is opaque, you can tell when it's time to add more salt or pepper when the shaker starts to rattle.
 - Mark old toothbrushes with masking tape so you can tell the difference between cleaning brushes and those you use for your teeth. You can clean a toothbrush in the dishwasher. Put it with the silverware.
 - * Because fabric softeners can leave residue in the dryer's lint trap, clean yours out at least every other month. Just scrub with plain old soap and water.
 - "Add this to the list of wonderful cleaners for wood floors: tea. Just brew a couple of cups and use the tea as you would your regular wood floor cleaner. It's nice and shiny afterward." -- P.L. in Oregon
 - Use a turkey baster to "squirt" pancake batter into your frying pan. Mix the batter as normal and unscrew the top of the baster to load. You can use it to make letters for fun kids' breakfasts. No drips!
 - If you have trouble opening the lid on glass jars, try using a pair of standard dishwashing gloves. They work to grip both the lid and the jar. They work especially well if your hands are the least bit moist. -- D.Y. in Pennsylvania
- Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.
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Just Like Cats & Dogs by Dave T. Phippe

THIS IS RIDICULOUS. I KNOW THEY SAY "THIRD TIME'S THE CHARM" BUT DOES IT HAVE TO APPLY TO MY GOLF GAME?

CRAYONS (cont)

- In 1903, the company released the first box of Crayola Crayons. It cost a nickel and contained eight crayons.
- Crayola Crayons were named after the French word for chalk, “craie,” plus “-ola,” meaning “oily,” while also being a popular suffix for things like the Victrola, Motorola, Pianola, etc. Binney’s wife invented the name.
- When the Crayola factory expanded during the 1920s, they employed people from the surrounding countryside to glue labels on each individual crayon. Horse-drawn wagons delivered boxes full of crayons and packets of labels. Each family was responsible for a single color. They would return the finished product to the factory for payment. In this way, the Pennsylvania factory supported families in the area throughout the lean times of the Great Depression. Today labels are automatically applied by machinery.
- In 1948, Crayola introduced the 48-count box arranged in “stadium seating” style.
- The Crayola Company struck a deal with Woolworths in 1949 to distribute crayons nationwide.
- By 1958, the 64-color box with a built-in crayon sharpener was released.
- An episode of “Mister Roger’s Neighborhood” aired in 1981 showed a video demonstrating how crayons are made.
- In 1996, Fred Rogers was invited to the Easton, Pennsylvania factory to pour the company’s 100 billionth crayon. The crayon, labeled “Blue Ribbon,” was the first of one million blue crayons included in the new specially designed 96-crayon box. Of those, just ten crayons sported a special all-white label entitling the finder to enter a contest to be the grand prize winner. A granny from the state of Washington won the grand prize: a bond worth \$100,000. (cont)

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2. India	8. Iran
3. United States	9. South Korea
4. Russia	10. Vietnam
5. North Korea	
6. Ukraine	

Source: Statista

21 Real Estate Facts

In 1971, the interest rate for a mortgage was 7.33%. If you waited for interest rates to drop, you wouldn’t have purchased a home until 1993. You would have rented for 22 years, waiting for rates to drop. Meanwhile, the value of real estate quadrupled. Don’t wait to buy real estate. Buy real estate and wait. Marry the house, date the rate.

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by Terry Stickels

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5		8	
			12

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Out on a Limb by Gary Kopervas

ONE, TWO, THREE, FOUR!

VERY GOODY BUT MUST YOU SCREAM SO LOUDLY?

BRUUU

BRUCE SPRINGSTEEN IN ELEMENTARY SCHOOL

TIDBITS

NUGGET OF KNOWLEDGE

One Crayola color that received a new name was originally dubbed “Indian Red.” This had nothing to do with the American Indians of North America. Instead, the color referred to a dark red favored in India. Its name was changed to “Chestnut.”

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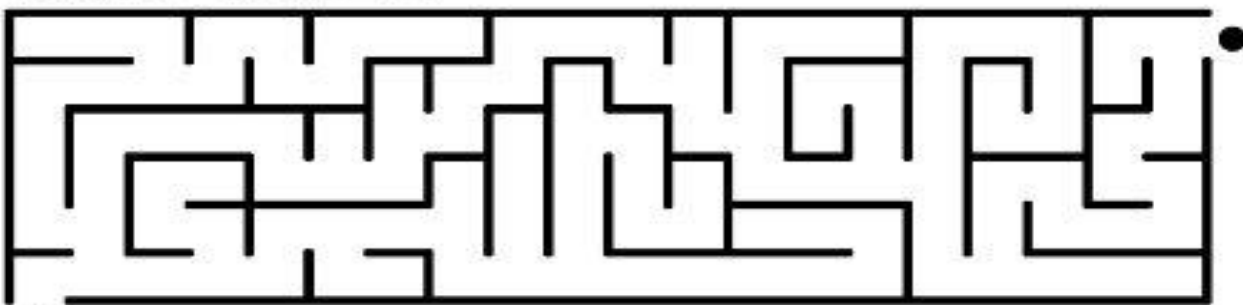



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QUIZ BITS

1. The name for this deep red color comes from the French word meaning "chestnut."
2. The name for this deep pink color is identical in Spanish, French, and English.

Kids' Maze



CRAYONS (cont)

- In 2017 Crayola announced they were releasing a new blue hue, and requested people write in with their suggestions for the name of the new blue crayon. Top of the list were "Dreams Come Blue," "Blue Moon Bliss," and "Star Spangled Blue." However, the winner chosen after all votes were cast was "Bluetiful." In conjunction with National Crayon Day, Crayola created the world's largest functional crayon to celebrate the new color. It weighs 1,352 pounds (613 kg) and is 15 feet (4.6 m) long. It's on display at the Crayola Experience crayon museum in Orlando, Florida, with a replica located at company headquarters in Easton, PA.
- Crayola now sports 120 different colors. In addition, there are special sets of unusual crayons, including shimmery pearlescent; confetti crayons with different colors embedded into each stick; glitter crayons made with real glitter; metallic, neon, and others. One set, released in 2020, is called "Colors of the World" and contains 24 different skin tones. The original crayon called "Flesh" was re-named "Peach" in 1962 to recognize that not everyone's skin is the same color.
- Pictures created with the very first crayons in 1903 remain as vibrant today as the day they were created.
- One study identified the top 20 most recognizable odors to American adults. Top on the list were coffee and peanut butter, followed by Vicks VapoRub, baby powder, lemon, cinnamon, tuna, and beer. Ranking #18 on the list was the smell of Crayola crayons.
- Interestingly enough, that distinctive crayon odor is not present in specialty colors such as neon, fluorescent, or metallic-colored crayons because their manufacturing processes are different.



By Lucie Winborne

- There's a surgical procedure called selective amygdalohippocampectomy that removes half of the brain's amygdala -- and with it, much of the patient's sense of fear.
- Obituary writers have their own awards, which are called The Grimmys.
- Londoners in the 1600s were advised to keep "fart jars" -- consisting of trapped fart odors -- on hand to combat bubonic plague. The idea was that the potent smell would somehow purify the air!
- During World War II, the term "security blanket" was slang for measures meant to keep military information secret, or covered up.
- Future Martians might marvel at the Valles Marineris (a.k.a. Mariner Valley) the same way Earthlings marvel at the Grand Canyon. The huge rift is more than eight times the length of the Grand Canyon, and four times as deep.
- The Eiffel Tower leans slightly toward the shade on sunny days.
- Forbes estimates that Barbie's Dream House would be worth around \$16 million if it were real. The three-story house has seven rooms, an elevator, a garage and a pool.
- In 1897, Indiana state legislators tried to pass a bill that would have legally redefined the value of pi as 3.2.
- A game show in Japan featured one item in a room that was replaced with a look-alike item made of chocolate or other candy. Contestants would try to find it by biting into various objects.
- The ancient Greeks believed that pearls were the hardened tears of joy from Aphrodite, the goddess of love.

Thought for the Day:

"The greatness of a man lies not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively." -- Bob Marley

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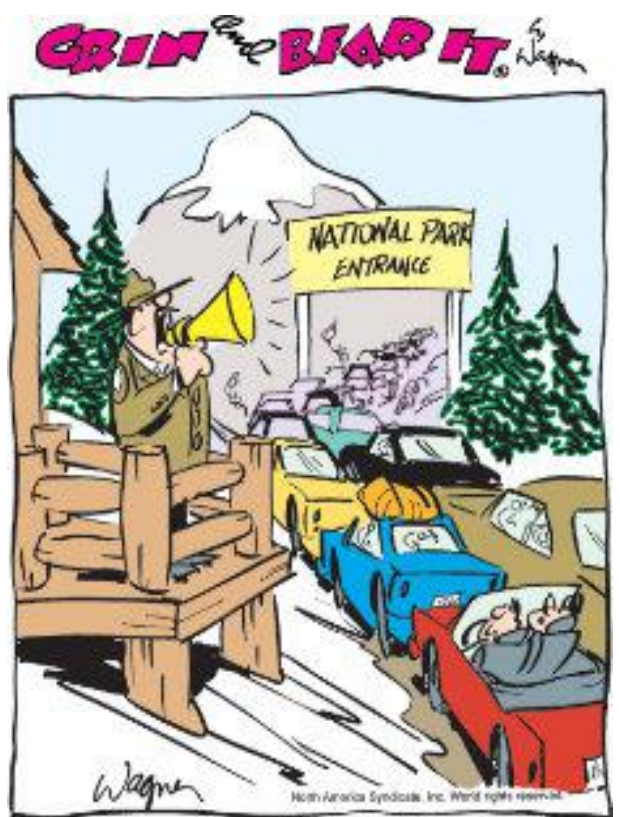
HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Leg is moved. 2. Arm is lower. 3. Fingertick is taller. 4. Face is different. 5. Shoulder pad is missing. 6. Sign is taller.



"Sorry, folks ... the great outdoors is full."

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
 PHOTO CREDIT: Kovels.com
 PHOTO CAPTION: Check state and federal laws before buying or selling anything made from animal hide or taxidermy.



Animal Hide

If a piece of furniture is described as having paw or claw feet, it usually means they were carved or molded. For some pieces, like this table, furniture "legs" and "feet" can be taken literally. The table, made of zebra hide, complete with zebra legs and hoof feet, sold for \$500 at a Hindman auction.

Buying, selling and collecting pics made of animal hides or other taxidermy requires care. It's always a good idea to check federal and state laws on selling animal parts before a sale or purchase. And once you have your piece, it takes careful cleaning and storage. Don't keep taxidermy in bright sunlight; do dust it at least every other week and keep watch for moths and other insects.

Q: Crown Distillers suggested I contact you to see if an unopened bottle from 1968 is worth anything.

A: Crown Royal is a blended Canadian whiskey that was first made in 1939 and first sold in the United States in 1964. Twentieth-century mass-produced bottles do not sell for as high of prices as 19th-century bottles, and serious bottle collectors, the ones who dig up antique bottles from old dumps, will not be interested in them. Unopened whiskey bottles from the 1940s, '50s and '60s tend to sell at house sales and estate

auctions, not at specialized bottle auctions or shows. They may also sell at sales of whiskey or liquor bottles held by national auction houses. We have seen vintage unopened Crown Royal bottles sell for about \$150 to \$200 recently. If the original box and bag are included, the price will be higher. Empty bottles sell for much less, about \$20 to \$50. If you intend to sell your Crown Royal bottle with its contents, check state and federal laws for selling alcohol.

CURRENT PRICES

Nautical, chart, mariner's, four boat diagrams, world map, star charts, portraits of historical navigators, c. 1940, 24 x 43 inches, \$40.

Match holder, two hunters, deer head crest, rabbit, game bird, cast iron, wall mount, 11 x 5 inches, \$70.

Purse, beaded, pink roses, green leaves, yellow ground, multicolor geometrics around base, drawstring top, 6 x 5 inches, \$110.

Folk art, dovecote, pine, slatted door and walls, painted blue, yellow frame, brown roof, 1800s, 20 inches, \$345.

Clock, Howard Miller, Triad, round, black dial, three circles in center, red, green, light blue, red frame, 622-414, enameled acrylic, Irving Harper, 1975, 9 inches, \$525.

Photograph, Gitanes, black and white, street scene, group of children in shadow, two on bicycles, Arles, France, frame, 25 1/2 x 21 inches, \$705.

Tool, chest, top handle, hinged side, fitted interior, drawers, door, compartments, painted brown, with tools, 1800s, 29 1/2 x 17 inches, \$2,520.

Pottery, midcentury, plate, Motifs No. 17, brushed glaze, red, white, yellow and blue shapes, black trim, marked, Madoura, Pablo Picasso, 1963, 10 inches, \$4,410.

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- Yes on Timberlake

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1. MOVIES: Which animated film was the first to be nominated for an Academy Award for Best Picture?
2. SCIENCE: What is a common name for the Aurora Borealis?
3. U.S. PRESIDENTS: Who was the third U.S. president?
4. GEOGRAPHY: Where are the Maldives (islands) located?
5. MUSIC: Who was the first woman inducted into the Rock and Roll Hall of Fame?
6. TELEVISION: What is Dorothy's job on "The Golden Girls"?
7. MATH: Which number doesn't have a Roman numeral equivalent?
8. LITERATURE: In the Harry Potter series of novels, what was Lord Voldemort's name before he changed it?
9. ANIMAL KINGDOM: Which dog breed doesn't "bark"?
10. FAMOUS QUOTES: Who wrote the poetic line about fall, "Nature's first green is gold"?

Answers

1. "Beauty and the Beast."
 2. Northern Lights.
 3. Thomas Jefferson.
 4. Indian Ocean.
 5. Aretha Franklin.
 6. Substitute teacher.
 7. Zero.
 8. Tom Marvolo Riddle.
 9. Basenji.
 10. Robert Frost, "Nothing Gold Can Stay."
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I was eating an orange this morning, but it tasted funny... so I put it back in the crayon box!



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LEO GAEZEL

"I hate to complain, Alice, but my husband thinks you're not really _____."

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!

Chic

GELATEN _____

Cavort

ENPARC _____

Ache

RAENY _____

Hollow

UFLITE _____

TODAY'S WORD



Ticks are still out well into fall

DEAR PAW'S CORNER: My dog "Austin" was recently diagnosed with Lyme disease. He's responding very well to treatment with antibiotics. Still, I'm wracking my brain as to how he was exposed. I check him for ticks every time we go out hiking, and I've never found one. I avoid trails in the deep woods during the summer months, when there's a lot of brush and ticks are out. What can I do to protect him from another tick bite? -- Zack in Asheville, North Carolina

DEAR ZACK: I'm glad to hear Austin is on the mend! Lyme disease in dogs can be very debilitating.

The most important tool in the tick-fighting arsenal is prevention. Use a flea and tick preventive treatment -- like a topical ointment or a chewable medication -- to arm your dog in advance of going outside. Oral treatments often have the added advantage of heartworm medication to prevent this dangerous transmitted disease in dogs from fleas and mosquitoes.

Avoiding the deep woods in summer is one way to reduce the chance of acquiring a tick (or three, or four), but ticks can lurk right in your yard and around the neighborhood. Keep the lawn mowed and brush trimmed back, and remove any debris piles around your property. Vacuum carpets weekly and sweep and mop the floors regularly.

Check Austin every day for ticks, even on days that you don't go out hiking. It's not unheard of to miss a tick in a dog's fur, before it's latched on to the skin -- and you have a 48-hour window to locate and remove an attached tick before Lyme exposure occurs.

Finally, talk to the vet about whether a Lyme vaccine would be a good choice for your dog.

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

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ARIES (March 21 to April 19) Mars, your ruling planet, will soon begin a journey that will open up a growing number of romantic and fun-filled possibilities. Put this surging Arian energy to good use and explore it to your heart's content.

TAURUS (April 20 to May 20) This is the time to prepare for a career move coming up next month. Update your resume. Get those proposals in shape. And don't forget to buff up that Bovine self-confidence!

GEMINI (May 21 to June 20) Your Gemini instincts will guide you to the right people who might be able to help you get over a career impasse that has been holding you back. Expect to make changes.

CANCER (June 21 to July 22) You're getting closer, but you still have a way to go before reaching your goals. Continue to stay focused, no matter how difficult it can be for the easily distracted Moon Child.

LEO (July 23 to August 22) Your Leonine pride might be keeping you from getting to the source of a disturbing situation. Don't be shy about asking questions. Remember, information is power.

VIRGO (August 23 to September 22) It's a good time to shake up your tidy little world by doing something spontaneous, like taking an unplanned trip or going on a mad shopping spree.

LIBRA (September 23 to October 22) This is a good week to get advice on your plans. But don't act on them until you feel sure that you've been told everything you need to know to support your move.

SCORPIO (October 23 to November 21) Be careful. You might be probing just a little too deeply into a situation that you find singularly suspicious. The facts you seek will begin to emerge at a later time.

SAGITTARIUS (November 22 to December 21) This is a good week to make new friends and look for new career challenges. But first, get all those unfinished tasks wrapped up and out of the way.

CAPRICORN (December 22 to January 19) Relationships need a fresh infusion of tender, loving care. Avoid potential problems down the line. Stay close to loved ones as the month draws to a close.

AQUARIUS (January 20 to February 18) Take things nice and easy as you continue to build up your energy reserves for a big change that comes in when the transformational planet Pluto reenters your sign later on next month.

PISCES (February 19 to March 20) This is the absolute right time to let those often-hidden talents shine their brightest. You'll impress some very important people with what you can do.

BORN THIS WEEK: You are impelled by a need to find the truth, no matter how elusive. You would make a wonderful research scientist or an intrepid detective.

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Weekly SUDOKU

by Linda Thistle

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

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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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: S equals Z

J LZDP Z NGZSSM GPR UVJSSFM-
NLZXPX ZVPZ VWU, CWH J
YPPX ZDIJKJGU JH. JH'N Z
CPZV HI RZFY IG.

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TIDBITS GOES GREEN

Every year, Americans throw away enough office and writing paper to build a wall 12 feet high stretching from Los Angeles to New York City. The average office worker throws away about 180 pounds of high-grade recyclable paper every year. Every ton of recycled office paper saves 380 gallons of oil.



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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

MUSCLE MOVEMENT MATTERS

If your muscles are stiff, painful, atrophying, or not supporting you during daily activities, take heart – you can restore their health. The more than 600 muscles in your body do everything from make your blood circulate, help you lift things, move around, breathe, talk and even smile.

When muscles don't do their job, it can be uncomfortable. When the bladder muscles weaken, we "leak"; if the diaphragm weakens, we get a hiatal hernia (which contributes to digestive problems); when we lack tone and muscle strength, we get hernias, muscle tears, and can be more easily injured during activities. Several things contribute to muscle health that can make the difference between a comfortable, healthy life, or one fraught with discomforts and pain.

Exercise gets the most attention, because what you don't use, you lose. Exercise is essential to keep tone, circulate blood, and improve muscle mass, which assists in keeping weight under control. Each pound of muscle burns between 50-100 calories per day, at rest, so keeping good muscles helps our weight goals.

What often gets ignored is the nutritional influence on muscles. If protein levels are insufficient, the body tends to cannibalize its own muscles to meet protein requirements. When we eat a diet high in carbohydrates, it often replaces quality proteins. Limiting carbohydrates to less than 25% of each meal helps us keep the proper proportions of proteins, as well as vegetables in our meals.

Vegetables help contribute to our mineral needs,

and the butter you put on them helps mineral absorption too.

Minerals, especially calcium, are crucial to muscle use. The process of muscle contraction is dependent upon calcium.

Utilizable calcium is important, as many forms of calcium are difficult to assimilate. Calcium lactate has the greatest absorption rate. Magnesium is also much needed for proper nerve communication to the muscle. I have athletes suck on a calcium lactate tablet every 30 minutes when training and racing. They can't believe how much better they do! Sodium and potassium are important for "membrane potential" – signals that make the muscles contract.

Essential fatty acids (EFA's) are critical to muscle health. They assist in the lock of the muscle, which gives greater power to each movement. They provide fuel to the muscle during exercise, and are needed for muscle growth, repair and development. If EFA's are missing in the diet, it could increase muscle protein breakdown, inflammation and pain (EFA's are needed to make anti-inflammatory and pain hormones), reduce nerve functioning, calcium and other mineral absorption. EFA's are essential to the healthy maintenance of blood pressure, immune health, nervous system functioning, cell membrane permeability (transporting nutrients in and out of the cells), and even essential for getting rid of unwanted fats in your body. They are also needed for sports recovery (along with vitamins and minerals). If you have muscle pain, acupuncture is great! It supports your body's own mechanism to stop pain and inflammation and has been used for thousands of years because it 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

Proving a negative?

An elderly Vietnam-era veteran is being hounded by a government agency that is insisting he pay back a loan ... a loan he never took out.

The Small Business Administration (SBA) says he took out the loan in 2021 and if he doesn't pay it back, they will take 15% of his Social Security check until it's paid for.

The veteran has tried to tell them he never applied for nor received any loan, that he hadn't owned a business (and therefore didn't qualify for a business loan), and the SBA wants him to prove it.

How do you prove a negative?

It seems that the SBA would have records of where they sent that loan money, if indeed the loan was issued. But no, they're insisting the veteran prove he didn't get the loan.

Granted, there were billions of dollars handed out to fraudsters and thieves in the SBA loan program during the pandemic. But again, how do you prove a negative?

The average monthly Social Security check this year is around \$1,782. Taking away 15% leaves \$1,514. Even before deducting that 15%, it's not a lot of money, and the veteran probably doesn't have a lot to spare at the end of the month.

At this point, taking the veteran's Social Security money is on hold -- for now -- after a local investigative reporter got involved and made calls.

But a quick look on the internet shows that this veteran is only one of many this has happened to -- people being nailed for loans they never received. When they complain, all are being told to send in a long list of financial documents, such as tax returns. At first glance it looks like a scam to steal personal information.

If you're the victim of fraud such as this, deal directly with the SBA Office of Inspector General and file a complaint. As an added step, consider submitting a FOIA request for all documents related to the problem, such as the loan application itself.

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MINI SUDOKU

	4	3			
5					
3				4	
	1		3		
		2	1		
			4		2

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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Micro Crossword

By Elizabeth C. Gorski

Across

1 Heap
5 "Hallelujah" singer and songwriter Leonard
6 "En el Arsenal" painter Rivera
7 Exams for some college srs.
8 ___ Beach, Florida

	1	2	3	4
5				
6				
7				
8				

Down

1 Asset for a job applicant
2 "A little birdie told me ..."
3 Without a ___ stand on
4 Slaughter in the Baseball Hall of Fame
5 Nero's 455

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- The human eye can distinguish more shades of this color than any other hue.
- Worldwide, this color is consistently named as the #1 favorite color.
- This color is the one most commonly found on sports team logos.
- The name for this color comes from the name of the oak bark used in processing leather.
- How many Crayola crayons are produced each day?

TIDBITS WORD POWER













Unscramble this word:

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 30' x 40' x 14' - 2 - Rollups with 30' x 12' Front Car Port	 40' x 50' x 16' Barn Style	 36' x 40' x 14' * One Large Roll Up with 2 - 12' x 40' Lean-to's
 Cabin - 14' x 30' x 8' with 4' Porch - 2-Sleep Lofts, Bath Room, Kitchen, Living Room		 40' x 40' x 16' * w/2 - 14' x 40' Lean-to's 1 - insulated 18' x 14' Metal Backed Roll Up Door

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By Ryan A. Berenz

1. Sebastian the Ibis is the mascot of what university's athletic teams?
2. What two heavyweight boxers were dueling on the Las Vegas Strip in November 1993 when James "Fan Man" Miller crashed his powered paraglider into the ring?
3. What auto-racing facility in Pennsylvania's Lehigh Valley opened in 1910 and hosted open-wheel and NASCAR races until it closed in 2004?
4. Who was captain of the 2006 Stanley Cup champion Carolina Hurricanes? (Hint: He was hired as the Hurricanes' head coach in 2018.)
5. What team selected Tennessee's Chamique Holdsclaw with the first overall pick in the 1999 WNBA Draft?
6. He has two Super Bowl rings as a cornerback for the New England Patriots. His son, also a cornerback, was a 2021 draft pick by the Los Angeles Chargers. Who is he?
7. Outfielder Andre Dawson's plaque in the National Baseball Hall of Fame depicts him wearing the cap of what team?

Answers

1. The University of Miami Hurricanes.
 2. Riddick Bowe and Evander Holyfield.
 3. Nazareth Speedway.
 4. Rod Brind'Amour.
 5. The Washington Mystics.
 6. Asante Samuel Sr.
 7. The Montreal Expos.
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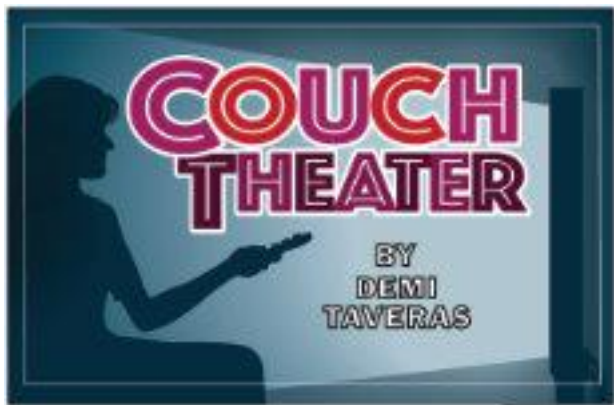


Photo Credit: Courtesy of MovieStillsDB
Photo Caption: Naomi Ackie, left, and Channing Tatum star in "Blink Twice."

"Blink Twice" (R) -- Zoe Kravitz, who recently portrayed the alluring Catwoman in "The Batman" (2022), has decided to make her directorial debut after a decades-long career in acting, and it's safe to say that we didn't know how badly we needed Kravitz as a director until now. In the age of Netflix films and Marvel blockbusters, this psychological thriller is a palette-cleanser that makes you wonder why more directors aren't making films this original, thought-provoking and refreshing. Naomi Ackie ("I Wanna Dance with Somebody") excels as timid cocktail waitress Frida, who gets whisked away with her best friend, Jess, to a billionaire's

private island. Once there, Frida and Jess are showered with anything they could possibly want, but as the days start to blur together and their recreational activities catch up to them, the girls wonder if they're caught in a trap. Remember, girls, blink twice if you're in danger! Out now to rent. (Apple TV+)

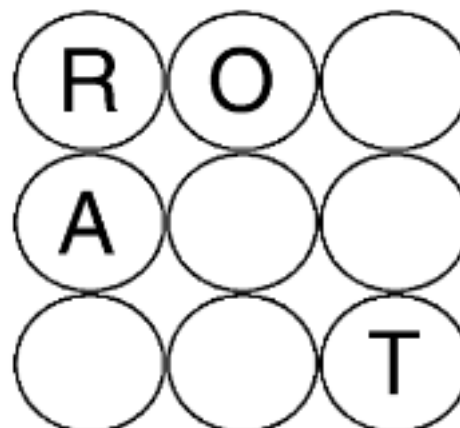
"Ezra" (R) -- Max (Bobby Cannavale) is a stand-up comedian yet to hit it big, who lives with his father, Stan (Robert De Niro). Besides his comedy, the light of Max's life is his autistic son, Ezra, even though Max often disagrees with his co-parent, Jenna (Rose Byrne), on how to help Ezra get accustomed to the outside world. After Ezra's actions accidentally cause a scare, his doctor transfers him to a special-needs school and gives him medication, much to Max's dismay. So, Max haphazardly decides to "kidnap" his son and embark on a road trip that will hopefully bring Ezra out of his own world into the real one. Tony Goldwyn ("Scandal"), who also co-stars in the film, directed this heartwarming drama out now to rent. (Amazon Prime Video)

"Hold Your Breath" (R) -- Premiering Oct. 3, this psychological thriller takes place in 1930s Oklahoma during the Dust Bowl that ravaged American farmlands. A young mother named Margaret, played by the ever-expressive Sarah Paulson ("Mr. & Mrs. Smith"), works tirelessly to protect her family against the dust storms. One night, Margaret's oldest daughter, Rose, reads the harrowing tale of The Grey Man -- a spirit who travels in the dust that makes you do terrible things if you breathe him in. Although Margaret dismisses the story at first, certain signs of a sinister presence appear throughout her rural community, eventually trickling down to her family. So, Margaret must brace herself to hold her breath and fight if she's to weather the

storm. Annaleigh Ashford ("American Crime Story") and Ebon Moss-Bachrach ("The Bear") co-star in this selection from the Toronto International Film Festival. (Hulu)

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WORD SPIRAL



Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

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WORD LADDERS

Can you go from CAUSE to NORSE in 6 words? Change one letter for each rung in the ladder.

CAUSE

NORSE

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TIDBITS QUOTE

“Life is like a box of crayons. Most people are the 8-color boxes, but what you’re really looking for are the 64-color boxes with the sharpeners the back.” -John Mayer

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B Z X B V O L O T R Q O B N M

K I C L H F B A D D B Z E I S

Y E T A R G W L V D V T K L D

R Q O S B E N B A Y N L O P O

P I S T O N D U K N T A M U R

I H F P I D C N A Z R E S O E

X W V I L U S K E R Q U F C D

O S U P E R H E A T E R O A I

X O B E R I F R N M K J I J S

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

- | | | | |
|-------------|-------------|--------------|-------------|
| Blast pipe | Coupling | Piston | Smokebox |
| Boiler | Firebox | Safety valve | Superheater |
| Cab | Grate | Sand dome | Tender |
| Coal bunker | Journal box | Side rods | |

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SENIOR NEWS LINE

By Matilda Charles

Gearing up for winter

I think I'm ready for winter. I say that with fingers crossed because, truly, around here you just never know, despite what the annual Almanac says. How about you? Are you ready to get through the coming winter?

One of the biggest and most important items on my to-do list was to find a new (and reliable) snow plow guy. It had to be someone with not only a plow on the front of his truck to take care of the heavy stuff in the driveway, but also a crew that would do the shoveling and ice chipping on the sidewalk and steps.

It's not only for my safety, keeping everything free of ice. The grocery delivery people need a safe walking surface as well. Last year I kept putting notes on the delivery order. Instead of "small bananas, please," my notes were along the lines of "BEWARE!! Ice on the sidewalk!! BEWARE!!"

As far as supplies, I've stocked up on canned goods, dry packaged foods, gallons of water, batteries and paper goods. (If you do this, keep an eye on the expiration dates of the food.) By stocking up, I'll need to go out to get groceries less often or have fewer deliveries.

And I haven't forgotten the cat. He'll be taken care of as well, with several cases and bags of his favorite food. I will, however, need to drive several towns away to the pet specialty prescription store.

And the car, scheduled for oil change and tire rotation ... check. Clear plastic on windows ... check. Batteries in the smoke detectors ... check. Mittens, hat, vest to wear under coat ... check, check, check.

A winter activity to be considered for cold weather: writing a novel. National Novel Writing Month (nanowrimo.org) began in 1999 to challenge people to complete a 50,000-word novel during the month of November. Interested? Check the website for loads of suggestions, tools and help!

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Wishing Well®

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

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

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DONNA ERICKSON'S BEST BITES

By Donna Erickson
PHOTO CREDIT: Donna Erickson

Freeze Ahead Fresh Apple Pie Filling To Remember Fall By

It's apple season! This means it's time to make your way to a local apple orchard and harvest your own. Many orchards are jam-packed with additional things to do in the crisp fall air, such as hay rides, corn mazes and walking trails. You'll be tempted with a never-ending array of treats, from apple cider to doughnuts and caramel apples. But no trip is complete without the experience of picking apples fresh off the tree with your kids and bringing them home to enjoy for snacking, applesauce-making, and our family favorite -- apple-pie baking.

One year, when we came home with an extra basketful, I thought about how great it would be to preserve the fresh taste of our favorite local apples and enjoy them in a warm apple pie come wintertime.

That's when a friend reminded me of her novel idea of freezing fresh apple pie filling in the shape of a pie pan. A few months later, when chilly, snowy days were upon us, and the family longed for the taste of fall, the frozen filling was placed in a pie shell and baked.

While you peel, core and slice apples for a pie or crisp this week, prepare some extras and freeze them. You'll be glad you did. Here's how to make ahead and freeze apple filling for a two-crust pie: Set a 22-inch sheet of wide aluminum foil over the pie pan you will use for baking. Mold it in the pan at the center point of the foil. Set a 22-inch-long piece of plastic wrap over the foil.

Peel, core and thinly slice 6 cups tart apples, then place them in a bowl. Toss with 2 tablespoons lemon juice. Stir in a mixture of 1/2 cup sugar,

1/4 cup flour, 1 teaspoon cinnamon, and 1/4



teaspoon salt.

Pour apple mixture onto the plastic wrap in the pie pan. Press firmly and form a rounded top. Bring the edges of the plastic wrap together to seal. Repeat with foil. Freeze overnight.

Remove the pie plate and set the frozen pie-shaped, apple-filling "package" in a plastic freezer bag. Freeze for up to four months.

To bake the apple pie, preheat the oven to 375 F. Set the unwrapped frozen apple filling in a 9-inch pastry-lined pan. Do not let it thaw. Dot with 1 tablespoon unsalted butter.

Place the top crust over the filling. Cut slits to vent, then seal and flute. Set on a foil-lined baking sheet. Allow 20-30 extra minutes of baking time, or bake until the filling is bubbling through the slits.

Tip: Cover loosely with foil if the crust gets too brown before the filling bubbles.

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

(c) 2024 Donna Erickson

Distributed by King Features Synd.

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. Garden plot	___ T ___	Dry out	___ R ___
2. Tall	___ O ___	Southpaw	___ E ___
3. Scrub	___ R	Talent investigator	___ T
4. Sir _____ Raleigh	W ___	Bridle	H ___
5. Fingerless glove	M ___	Infant feline	K ___
6. Go pale	___ L ___	Tree limb	___ R ___
7. Some future time	___ T ___	Pilsner	___ G ___
8. Tailor's cord	___ D	Intimidation	___ T
9. ___ monoxide	___ B ___	Milk container	___ T ___
10. Acclimatize	___ A ___	Take as one's own	___ O ___

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top 10 movies

1. Beetlejuice Beetlejuice
(PG-13) Michael Keaton, Winona Ryder
 2. Transformers One
(PG) Chris Hemsworth, Brian Tyree Henry
 3. Speak No Evil
(R) James McAvoy, Mackenzie Davis
 4. Never Let Go
(R) Halle Berry, Anthony B. Jenkins
 5. Deadpool & Wolverine
(R) Ryan Reynolds, Hugh Jackman
 6. The Substance
(R) Margaret Qualley, Demi Moore
 7. Am I Racist?
(PG-13) Matt Walsh, Robin DiAngelo
 8. Reagan
(PG-13) Penelope Ann Miller, Dennis Quaid
 9. Jung Kook: I Am Still
(NR) Jungkook
 10. Alien: Romulus
(R) Cailee Spaeny, David Jonsson
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FLASHBACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Which singer released "All Alone Am I"?
2. What was the limbo?
3. Name the singer-songwriter who released "Will It Go Round in Circles."
4. Which group released "Owner of a Lonely Heart"?
5. Name the song that contains this lyric: "I belong to another whose love has grown cold, but I promised forever to have and to hold."

Answers

1. Brenda Lee, in 1962. The original song was Greek, written for a Greek film. Lee's English language version topped the Billboard chart and stayed there for five weeks.
2. The limbo was a dance done by bending backward and moving under a horizontal pole without touching it and without touching the ground while the pole was gradually moved lower and lower.
3. Billy Preston in 1973. The song topped the charts in the U.S. and in Canada but also charted in Australia and South Africa.
4. Yes, in 1983. The song had its beginnings in South Africa when it was recorded on a 4-track tape player.
5. "Please Help Me, I'm Falling," by Hank Locklin, in 1960. After spending nine months on the country chart, the song showed up near the top of the Hot 100 chart. Several artists have released covers over the years, including the Everly Brothers and John Fogerty.

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Holidays & Observances This Week

9/29 National Women's Health and Fitness Day
 9/30 Feast of St. Jerome
 10/1 Adopt a Shelter Dog Month
 10/2 Guinea Independence Day
 10/3 Get Organized Week
 10/4 Child Health Day
 10/5 World Teacher's Day

TIDBITS

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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.

IR JMM ZE UVDLH, OVI KUJH
 IUJ JMLEJM KJLME RVI
 LUJLC RQ IUJ NJHGZF,
 SRV'MJ RBJMCRZHA ZI.
 - TREU TJHPZHE

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Amber Waves

by Dave T. Phipps



HEY THERE CHICKIE. ARE YOU READY FOR SOME FEED MIX?
 HEY THERE CHICKIE. ARE YOU READY FOR SOME FEED MIX?
 WOW, REMIND ME NEVER TO ASK THAT KID TO WRITE ME A YELP REVIEW.

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GO FIGURE!

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

	+		×		= 78			
-		-		+				
	+		+		= 8			
÷		×		÷				
	+		÷		= 1			
=		=		=				
2		28		1				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

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TIDBITS PUZZLE ANSWERS

TEMA NENEFENT
1. Gnome
2. Dine
3. Eel
4. Tail, tail end
5. London

Micro Crossword Answer

P	I	L	E	
C	O	H	E	N
D	I	E	G	O
L	S	A	T	S
V	E	R	O	

QUIZ BITS ANSWERS
1. Mucus
2. Mop

WORD POWER ANSWER
TURQUOISE

Word Spiral Answer
BAROMETER

SNOWFLAKES solution

Weekly SUDOKU Answer

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

PARTS OF A STEAM LOCOMOTIVE

Sticklers Answer

16	15	1	2
4	3	13	14
5	10	8	11
9	6	12	7

Even Exchange

- Peach, Peach
- Lofy, Lofy
- Scour, Scour
- Water, Water
- Wear, Wear
- Clanch, Clanch
- Lean, Lean
- Thread, Thread
- Carbon, Carbon
- Adap, Adap

Go Figure! answers

5	+	8	×	6	=	78
-		-		+		
1	+	4	+	3	=	8
+		×		+		
2	+	7	÷	9	=	1
-		-		-		
2				28		1

CRYPTOQUIP answer
I have a stazzy new grizzly-shaped area rug, but I keep avoiding it. It's a bear to walk on.

CRYPTOQUOTE answer
To err is human, but when the eraser wears out ahead of the pencil, you're overdoing it. — Josh Jenkins

MINI SUDOKU Answer

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

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TO YOUR GOOD HEALTH
By Dr. Keith Roach

Multiple Myeloma Patients Can Live Longer With Proper Treatment

DEAR DR. ROACH: Can someone have diffuse multiple myeloma with serious symptoms (like bone pain, pale skin, amber-colored urine, constipation, fatigue, insomnia, excessive sweating, and dizziness) and still be alive after four years? -- J.O.

ANSWER: Multiple myeloma is a type of cancer of the bone marrow. The cells in the bone marrow (called plasma cells) stop responding as they should and make large amounts of antibodies. Unfortunately, these antibodies don't help you fight off infections; they consist of a single clone that usually doesn't have any discernible activity.

What myeloma does do is crowd out the rest of the cells in the bone marrow so that the person can't make adequate red blood cells (causing pale skin and dizziness), blood-clotting cells (predisposing people to bleeding), and other immune system cells. This puts a person at a high risk for infection.

The myeloma cells can get into the bone and cause bone pain. The high metabolic activity can also cause dizziness and sweating, and many cancers cause more nonspecific symptoms like fatigue, insomnia and constipation. Myeloma can also damage the kidney.

Although myeloma is generally considered incurable, new treatments have greatly improved the prognosis. In people with the standard type of myeloma, survival is eight years with the usual treatment. With a stem-cell transplant, survival with average-risk myeloma is over 12 years. Some highly aggressive forms of myeloma have a much worse survival rate.

I don't have enough information to tell whether you have standard or high-risk myeloma. Your symptoms suggest that your disease isn't under

good control. But the majority of people treated with the best available treatments do live longer than four years.

DEAR DR. ROACH: I've had stronger body odor during the past few months and can't figure out why. I am a healthy, 69-year-old woman in great shape. There hasn't been any changes in my exercise regimen, diet or medications at all. Why is this happening? -- K.D.

ANSWER: Body odor is mostly caused by bacteria that live on the skin. These bacteria can change under a variety of conditions. One of those conditions is sweat, so a change in sweat due to a change in temperature or humidity can favor the growth of different bacteria, which affects your body odor.

It was a very hot summer for most of the country, so this could've been a possibility. Also, the regular sweat that perspires is different from the sweat we have under times of high stress or anxiety, and many people recognize that this also leads to a particular odor.

Although exercise, changes in diet, and some medications can change the bacteria that live near the sweat glands, you've eliminated all of these. Hormonal changes (most notably among adolescents) lead to different bacteria, but menopause can also have a similar effect (although age 69 typically isn't a time when we see major hormone changes in women).

Medical issues like diabetes or kidney or liver disease lead to changes in body odor that some, but not all, people can recognize. Finally, if you are living with someone, their skin bacteria can become your skin bacteria, so this is another possibility.

Regular soap and water, as well as deodorants, are effective for most people, but I've had a handful of patients who benefitted from the cleansers we use prior to surgery, like chlorhexidine gluconate. They can dramatically change the body bacteria and restore equilibrium.

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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Americanisms



"If you lose money you lose much, If you lose friends you lose more, If you lose faith you lose all."
—Eleanor Roosevelt

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Play Better Golf with JACK NICKLAUS

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TIDBITS GOES LONG.....

Purple is one of the rarest colors in nature and has historically been the most difficult color to manufacture. In ancient times, Mediterranean snails were the sole source of purple dye, and it took 12,000 snails to yield enough dye to color a piece of fabric the size of a single bedsheet. Only royalty and nobility could afford purple cloth.

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