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by Janet Spencer
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FLIGHT FACTS

- At any given moment, there are between 8,000 and 10,000 commercial airplanes in the air worldwide, carrying around 1 million passengers. If you include military and private planes, the number is closer to 15,000 to 20,000 airborne planes carrying about 2 million people.
- A recent study showed that about 87% of Americans have flown at least once.
- People 35 to 44 years old travel the most both domestically and internationally, and men fly slightly more than women.
- The U.S. leads the world in number of passengers carried per year, at about 926.74 million. China comes in second with around 659 million.
- International air traffic fell by 75% during the pandemic years of 2019-2021. Domestic air travel dropped by nearly 50%. (cont)

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FLIGHT FACTS (cont)

- Approximately 725,000 aircraft land and take off from Hartsfield-Jackson in Atlanta, Georgia yearly, just under 2,000 per day, more than any other airport.
- O'Hare Airport in Chicago has eight runways, more than any other civilian airport in the world. Hartsfield-Jackson in Atlanta has five, and the Denver Airport has six.
- American Airlines is the largest in the world in terms of number of aircraft (911). Delta is the world's largest in revenue generated (\$50+ billion). United Airlines is the largest in number of destinations served (79 domestic destinations and 111 international destinations in 74 countries).
- Approximately 784,310 people are employed by airlines in the U.S., and about 85% of those jobs are full-time.
- If you include corollary jobs such as working at airports or in a factory building planes, an estimated 10,857,000 people are employed in the aviation industry in the U.S.
- There are over 89,677 flight attendants currently employed in the U.S.
- Florida has more flight attendants than any other state, with about 1,500. That's followed by California (1,250) and Texas (1,225). The state with the fewest is South Dakota, with 24.
- The average male pilot earns about \$98,444 while the average female pilot earns approximately \$93,629.
- 78.9% of all flight attendants are women, and 21.1% are men.
- 96.6% of airplane pilots are male. Only 3.4% are female.
- About 74% of flight attendants are over 40. Around 61% of pilots are over 40. Pilots are required to retire at age 67.

(cont)



- Sometimes a tip isn't about saving time or money, but about a cleaner, healthier solution to a problem. Going green is a trend that is here to stay. And the wisdom of yesteryear is popping up all over the place. For instance, want beautiful highlights? Get a lemon and get out in the sun. Use the juice to dampen strands of your hair, then as you are out in the sun, they will lighten -- no chemicals, au natural!
- "Sunburn can be soothed with plain vinegar. For the back, arms or legs, soak a washcloth in room temperature vinegar and lay it on the affected area for 15 minutes, then rinse. For the face, soak a cotton ball and lightly dab on burned areas." -- I.E. in California
- "Bug bites can be treated with banana peel. Use a small piece of the peel laid white side down over the bite. Secure with a Band-Aid. Leave on at least 5 minutes. This works especially well for my kids, who seem to think it's fun." -- W.S. in Alabama
- "Old farm trick: I keep a spray bottle of rubbing alcohol mixed with water on my garden cart. If I think I got into some poison ivy, I spray the skin area pretty thoroughly with the alcohol. It's the oil that spreads the rash, and the alcohol stops it from spreading pretty well." -- J.J. in Florida
- Lush lips and lovely nailbeds are only as far away as your pantry. Use olive oil applied directly to lips and nails to moisturize.
- "Duct tape remedy for warts: Cover wart completely with duct tape. Leave it on for six days. On day seven, remove the tape, soak the wart and use a pumice stone or emery board to rub the dead skin off. Repeat until it's gone. No chemicals, and it takes about the same amount of time to work as expensive medicines you buy at the drugstore." -- H.V. in Virginia



FLIGHT FACTS (cont)

- The world's first regular international airline service was from London to Paris and began in 1919, only 16 years after the Wright brothers' first flight. The first trip carried one passenger (a reporter) plus a consignment delivery of leather, two grouse, and a few jars of Devonshire cream.
- The supersonic Concorde jets, the fastest commercial planes in the world, flew for only 27 years before being retired in 2003. Only 20 Concorde were manufactured; of those, only 14 flew commercially.
- The record for the greatest number of people suffering from food poisoning on a single flight was set on February 3, 1975. On that flight, 197 out of 344 passengers fell ill, with 144 requiring hospitalization. The outbreak of Staphylococci was traced to a cook at a catering facility who had an infected wound on a finger that was inadequately bandaged. The 220 ham omelets he prepared spent the next 28 hours insufficiently refrigerated.
- Today, airlines have regulations that require the pilot and co-pilot be served different meals while in flight to avoid the possibility of both becoming ill with food poisoning.
- Research by the National Transportation Safety Board in 2020 studied all aviation accidents between 2001 and 2017. It showed that 98.2% of passengers involved survived with minor or no injuries; 0.6% suffered serious injury, and only 1.3% died.
- Between 2015 and 2020, the percentage of commercial flights completed without injuries or fatalities was 99.999%. When you board a plane, you have a 1 in 816,545,929 chance of dying in a plane crash. The National Safety Council estimates the risk of an average American dying in a car accident in their lifetime is about 1 in 93.
- Smoking on airplanes was banned by the FAA in the year 2000. (cont)

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21 June 2024 Real Estate Market Update

- Absorption Rate is currently 5.20
- Median Sale Price of sold homes was \$538,500
- Average sales price of existing homes \$607,604
- average of 85 days on market
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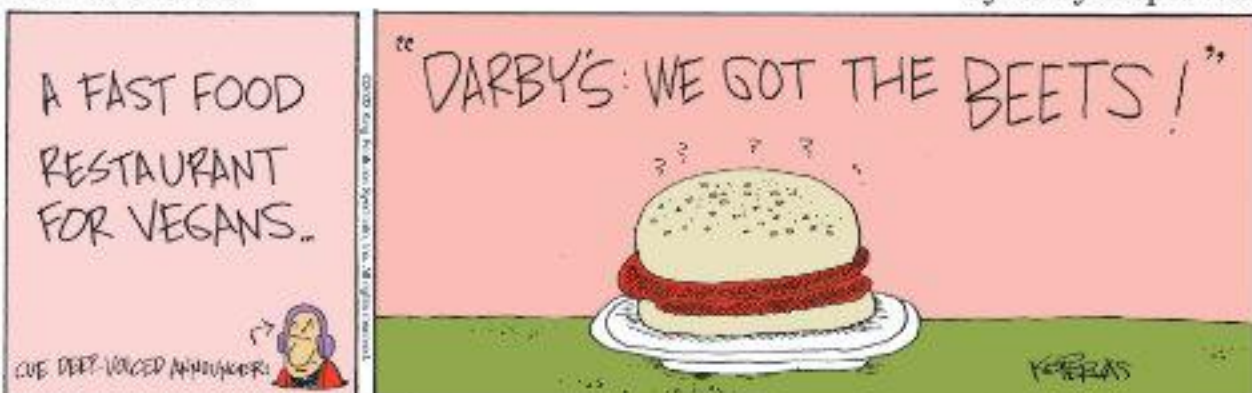


Laugh a bit with **TIDBITS**

Q: Why can't you ever trust atoms?
A: They make up everything!

Out on a Limb

by Gary Kopervas



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STICKELERS (sic)
by Terry Stickels

This alphabetic is dedicated to peaceful summer days to come ...

Remember: No word can begin with zero.


BROOK	Let: A = 9
+ TROUT	B = 1
RELAX	E = 7
	K = 6

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TIDBITS

NUGGET OF KNOWLEDGE

The tiny pinhole in an airplane window is there to regulate cabin pressure. Airplane windows are made up of three panels of acrylic. The exterior window keeps the elements out. If something happens to it, the middle pane acts as a fail-safe option. The tiny hole in the interior window, called a "bleed hole," regulates air pressure so the middle pane remains intact and uncompromised.



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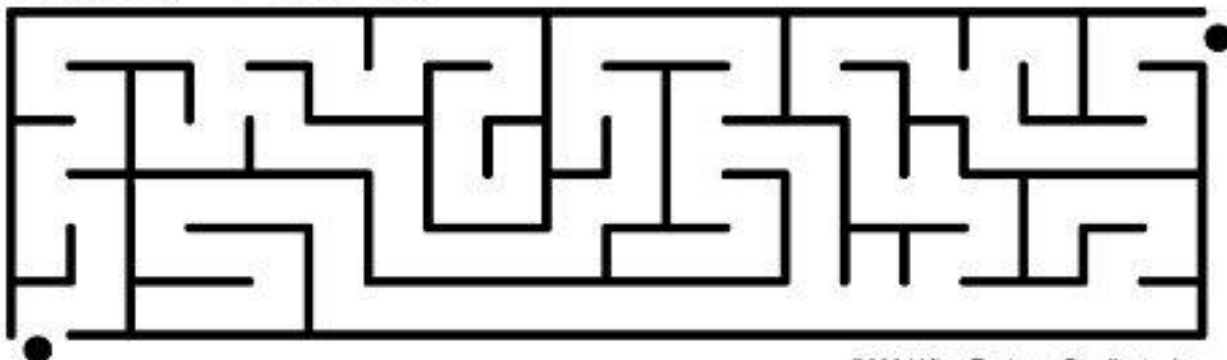
Holidays & Observances This Week

7/7	Herbal Awareness Month
7/8	Oregon Trail Week
7/9	Anti Boredom Month
7/10	Don't Step on a Bee Day
7/11	Take Charge of Change Week
7/12	International Town Criers Day
7/13	Embrace Your Geekness Day

TIDBITS presents
QUIZ BITS

1. Since 1980, how many deaths have there been on commercial flights due to turbulence?
2. How many of the passengers who died due to turbulence were not wearing seatbelts at the time?

Kids' Maze



FLIGHT FACTS (cont)

- Where is the safest place to sit? A study showed that the middle seats in the back third of the aircraft had a slight advantage, though that's also where turbulence is worst. It's also best to sit within five rows of an exit seat.
- Of the top ten safest airlines in the world, only one U.S. airline makes the list: Alaska Airlines ranks #8.
- The safest airline, with an unblemished record since the early 1950s, is Qantas of Australia. Qantas is an acronym for "Queensland and Northern Territory Aerial Services."
- Every commercial airplane can fly safely with just one engine. A Boeing 747 can glide 17,000 feet, or just over 3 miles (5.2 km) for every 1,000 feet (305 m) of altitude lost.
- All commercial pilots worldwide must speak English and pass a language proficiency test. Likewise, all Air Traffic Controllers must be able to speak English and the local language.
- Air Arabia has the highest rate of cancellations among all airlines, with a startling 91.63%.
- Jin Air of South Korea has the highest percentage of delayed flights at 85.48%. In second place is another South Korean budget airline, Jeju Air, with 64.15% of flights delayed.
- Hawaiian Airlines is the most punctual, with an on-time percentage of 87.40%. Delta Airlines comes in second with 83.56%, followed by Alaska Airlines and Spirit Airlines.
- Only 66 years passed between the first flight at Kitty Hawk in 1903 and the man's landing on the moon in 1969.
- In 2022 (the last year for which statistics are available), it's estimated that Americans got on an airplane in the U.S. 747 million times.
- There are 520 FAA control towers in the U.S.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Light is moved. 2. Shape of grille is different. 3. Ball is higher. 4. Arm is moved. 5. License plate is smaller. 6. Cap is different.

Strange BUT TRUE

By Lucie Winborne

- If you emptied a glass of water into the ocean and waited long enough to ensure that it was thoroughly mixed and distributed throughout the world's seas, then each glass of water taken from the ocean would contain around 250 molecules from that original glass.
- Euclid is the most successful textbook writer of all time. His "Elements," written around 300 B.C., has gone through more than 1,000 editions since the invention of printing.
- The Romans used poisonous lead as a sweetening agent.
- People who have had strokes in the left frontal lobes of their brains resulting in severe language loss are better able to detect lies than people without brain damage.
- Generally, centipedes do not have 100 legs. For that matter, millipedes don't have 1,000 legs. Different species of centipedes have between 30 and 346 legs, while different species of millipedes have between 40 and 750 legs.
- The east coast of Canada is closer to London, England, than the west coast of Canada.
- Sorry, Chicago, you so-called "Windy City" -- you're not the windiest city in America, or even close: That honor goes to Great Falls, Montana, with an average hourly wind speed of 13.4 miles.
- The last United States president to be born in a log cabin was James Garfield, on Nov. 19, 1831.
- What's in a name, indeed! A 1964 piece by avant-garde American composer La Monte Young is titled "The Tortoise Recalling the Drone of the Holy Numbers as They Were Revealed in the Dreams of the Whirlwind and the Obsidian Gang, Illustrated by the Sawmill, the Green Sawtooth Ocelot, and the High-tension Line Stepdown Transformer."

Thought for the Day:

"Basically, the first half of life is writing the text, and the second half is writing the commentary on that text." -- Richard Rohr
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GRIN and BEAR IT



"But seriously ..."

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
 PHOTO CREDIT: Kovels.com
 PHOTO CAPTION: You won't see a butterfly like this one in your garden! This butterfly-shaped pin sparkles with multicolored sapphires and antique-cut diamonds.



Butterfly Jewelry

In North America, summer, especially late summer, is butterfly season. Multiple generations hatch as caterpillars grow, pupate and emerge to pollinate flowers and lay eggs of their own.

If you would prefer a butterfly that lasts longer, they often appear in decorative arts and jewelry, like this pin or pendant that sold for \$594 at New Orleans Auction Galleries. Real-life butterflies are admired for the striking colors and patterns of their wings, but this pin dazzles with gemstones. Its colors come from about 1.72 carats of sapphires.

While the name of the stone is synonymous with a brilliant shade of blue, sapphires can come in many other colors, as they do here. About 2.90 carats of diamonds add more sparkle (and value!) to the pin. They are rose-cut, an old shape with irregular facets meant to preserve the original size and shape of the stone. Today, most diamonds in jewelry are brilliant-cut, a style that was developed in the 18th century to create more facets on the stone and reflect more light.

Q: A heavy wooden chest was dropped off at our local transfer location and given to us because neighbors know we like odd pieces of furniture. We had to use a forklift to move it. We think it is

a bridal chest from the early 20th century. It is 43 inches high, 78 1/2 inches long and 27 1/2 inches deep. The lid has remnants of painted pasteboard panels heavily decorated with gilding, gesso rabbits and Maltese crosses. The interior is cedar. Does it have any value?

A: Large wooden bridal chests in good condition can sell for a few hundred dollars. Size, provenance and condition, or a well-known maker, help determine price. Chests that are too heavy to move easily or are in poor condition don't sell well. The peeling pasteboard panels on your chest would be difficult to restore. A heavy European decorated bridal chest from the second half of the 19th century was up for auction last year. It was in poor condition and listed as "difficult to move." It didn't sell, even though the starting bid was listed as \$150. You might find someone who enjoys taking on a project, but the weight will keep most people from tackling it.

TIP: Wear your old jewelry, especially the pieces that look old. You will be surprised how many will ask about it.

CURRENT PRICES

Coca-Cola, sign, "For Extra Fun ... Take More Than One," woman with two packs of Coke, cardboard, easel back, 1963, 30 x 15 inches, \$85. Toy, lion, Leo, mohair, lying down, glass eyes, stitched nose, whiskers, airbrushed features, hang tag, button in ear, Steiff, 10 inches, \$120. Steuben, tazza, flared, four open scrolls around short pedestal base, round foot, George Thompson, c. 1940, 4 1/2 x 10 inches, \$255. Advertising, sign, "We Give Triple-S Blue Stamps," blue speech bubble, owl on branch, yellow ground, 47 x 34 1/2 inches, \$345. Furniture, seat, buggy, painted, green ground, scene on back, young couple, dog, horse and carriage, hilly landscape with house and trees in background, Martha Farham Cahoon, 33 1/2 x 41 x 21 inches, \$2,000. For more collecting news, tips and resources, visit www.Kovels.com

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ARIES (March 21 to April 19) You face the possibility of raising your relationship to another level. However, your partner might demand that you make some promises, for which you're not sure that you're ready.

TAURUS (April 20 to May 20) As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open up new career prospects.

GEMINI (May 21 to June 20) Confront the person who caused your hurt feelings and demand a full explanation for their actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.

CANCER (June 21 to July 22) A personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

LEO (July 23 to August 22) You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for the future.

VIRGO (August 23 to September 22) A former friend who you thought you'd cut out of your life is still affecting other relationships. Counter their lies with the truth. Your true friends are ready to listen.

LIBRA (September 23 to October 22) What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel that something is out of balance, by all means, correct it.

SCORPIO (October 23 to November 21) A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.

SAGITTARIUS (November 22 to December 21) A co-worker shares some startling news, but before you can use it to your advantage, make sure it's true. The weekend favors family matters.

CAPRICORN (December 22 to January 19) Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.

AQUARIUS (January 20 to February 18) Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help could make all the difference.

PISCES (February 19 to March 20) Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.

BORN THIS WEEK: You have a keen, insightful intellect and enjoy debating your views with others who disagree with you. You also love to solve puzzles -- the harder, the better.

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Canine Flatulence

DEAR PAW'S CORNER: My Labrador mix, "Barney," has a gas problem -- a bad gas problem. I monitor his food intake and have even tried putting him on a special diet food, but he continues to emit noxious odors -- not just after eating, but throughout the day. Barney is about 9 years old and was adopted from the shelter. Any ideas on how to solve his problem? Thanks. -- Jesse B., Independence, Mo.

DEAR JESSE: If you haven't taken Barney to the vet lately, go ahead and do so. As a senior dog, Barney could be developing some problems, including digestive issues, that manifest in a stinky way.

Take note of your dog's overall physical state and any changes in his behavior or daily routine, and report them to the veterinarian. If his coat is rough or oily, if he seems agitated, if he is constantly panting or whining, if he drinks water constantly -- these can be signs of a problem. Check his stools when he eliminates; loose or runny indicates a problem -- perhaps minor, perhaps not.

If Barney spends any unsupervised time outside, even just in the backyard, consider whether he has eaten anything he shouldn't. For example, dogs love to root around and roll in smelly carcasses and other animals' droppings, and sometimes eat them (yeah, it's gross, but there it is). He could have picked up a parasite.

Dogs also have a tendency to overeat when given the chance. Secure his dog food well and monitor his eating, just in case. Gorging on dog food or leftovers can cause a life-threatening condition.

Barney may just need a diet that is designed for senior dogs, but let the veterinarian make recommendations based on his diagnosis.

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

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by Linda Thistle

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		7			6		8	
3			2					4
	4				7		2	
		2	9					1
5				8		6		
		3		2			4	
6					5	9		
	8		1					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: Z equals S

TQJP ZQHSSL RBMJRHP MJHZRZ
SJR RCSJRQJE HPF RHDG
PCPZRCV, B TCWDF ZHL
RQJL'EJ LHGGGPS BR WV.

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King Crossword

ACROSS

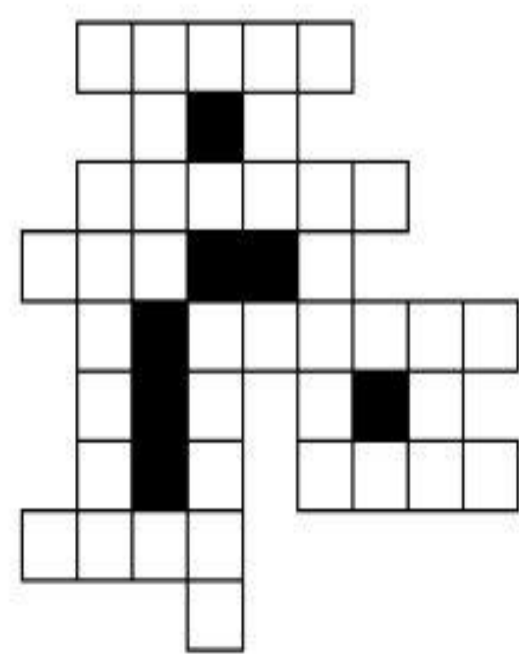
- 1 Balm target
- 4 Baseball's Ty
- 8 Get wind of
- 12 Have bills
- 13 "Beetle Bailey" dog
- 14 Sax range
- 15 Pasadena arena
- 17 Texter's "As I see it"
- 18 Complete
- 19 Newt
- 21 Ozone, for one
- 22 Elevated
- 26 Weary sounds
- 29 Watch chain
- 30 Sardonic
- 31 Slightly
- 32 In medias —
- 33 Harvard rival
- 34 Baseball's Hodges
- 35 Singer Scaggs
- 36 Avid
- 37 Proverbs
- 39 eBay offer
- 40 Haw preceder
- 41 Draw forth
- 45 Corporate symbol
- 48 Brisk tempos
- 50 Sacred bird of Egypt
- 51 Yarn
- 52 — loss
- 53 Shade

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		

- 54 Genesis garden
- 55 Rail
- DOWN**
- 1 Traditional tales
- 2 Victor's cry
- 3 Nuisance
- 4 Hooded snakes
- 5 Some Oklahoma natives
- 6 Texter's "Incidentally"
- 7 Waist-length jackets
- 8 Part of Hispaniola
- 9 Stately tree
- 10 Sports fig.
- 11 Aussie hopper
- 16 Octet count
- 20 "Terrif!"
- 23 Booty
- 24 Perry's creator
- 25 Color worker
- 26 Long story
- 27 Footnote abbr.
- 28 Arizona river
- 29 Shriner's cha-peau
- 32 Optimistic
- 33 "Get what I'm sayin'?"
- 35 Garden buzzer
- 36 Actress Brennan
- 38 Specter
- 39 Ball VIP
- 42 Grouch
- 43 Speck
- 44 Russian ruler
- 45 Ignited
- 46 Kimono sash
- 47 Martini liquor
- 49 Young bloke



- CPO
- SOMPIE
- DOCWR
- ♥ DIEL
- NEACEM
- ♥ NEO
- PWTE
- OLERM
- OWO
- DWIRNA
- ♥ EWSNI
- ♥ IREM



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



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TIDBITS GOES GREEN

Plastic is the least recycled material. About 13% of plastics are recycled. About 65% of paper and cardboard is recycled; about 50% of aluminum and steel is recycled; and about 31% of glass is recycled.

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

HEALTH INDEPENDENCE

I like being the one in control of my health. I choose the foods I eat, the exercise I employ, the remedies I use. I am in my early sixties and take no medications. I haven't had an antibiotic since I was 16, and I enjoy good health. I am an avid student, studying and researching health continually. Education is power, and I believe we all have power over our own health. To enjoy health independence is to take your power back when it comes to decision-making. To be a good decision-maker, you can't act out of emotional duress, or the antithesis of education – ignorance.

How to begin? First, accept responsibility for the condition of your health. Your health is where it is today because of decisions you have made over your lifetime. Your body doesn't just say one day "Hey! I have nothing else to do today, maybe I'll just have a heart attack!" or "I'm bored! Maybe I can stir things up by making my receptor sites resistant to insulin!" Illness also doesn't just happen when your lab work suddenly goes from "within reference range" to "abnormal" because it shifted by a tenth of a point.

Health deteriorates slowly, over time. By the time you get to the symptom, you've been having problems for a long time, but it suddenly degraded to a point that it necessitated sending

out a red flag saying "I need help!" "Your attention please!" We call that a symptom. Now, I'm not referring to things like Lyme's Disease because of a tick bite, a rash because of an allergic reaction, or a broken bone – those kinds of symptoms are different than what I'm referring to. I'm also not talking about accidents. I'm talking about acquired illnesses such as heart disease, cancer, auto-immune disease, endocrine disorders and organ dysfunction. Striving for health independence starts in your home. Getting rid of heavily processed foods, junk foods, stimulants, bad fats, sugar, etc. is a great starting place for gaining control over your health. Learning to effectively deal with stress, finding time to take care of you (not everyone else at the exclusion of yourself), and taking the time to get adequate rest are important components as well.

While I believe the most effective professional to seek to deeply inquire into the causative factor of your symptoms is a Naturopath and/or Acupuncturist and/or Chiropractor, for some of you, just admitting that you have a health problem and seeking the care of a medical practitioner, is an important first step. I once heard it said "the most dangerous 5 words are 'maybe it will go away'." I concur. While some people run to the doctor or urgent care for every sniffle, others don't go when they should. Most doctors don't care if you take alternative measures or medical measures, as long as you take some action. No action can be dangerous. You have the power to gain independence when it comes to your health. Take control today!



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

TIDBITS GOES LONG.....

The longest continuous flight without landing ended on February 7, 1959, after being aloft for 64 days, 22 hours, and 19 minutes. Done as a publicity stunt for a Las Vegas hotel, the pilot and co-pilot traveled a little over 150,000 miles (241,402 km) in a Cessna. That's equal to about six times around the Earth.

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VETERANS POST

By Freddy Groves

Stealing ... which is worse?

I don't know which is worse: stealing millions of dollars from the VA or stealing pain drugs from patients.

In one case, a pair of holistic health care center co-owners submitted claims for reimbursement for \$1.9 million in treatments before they were nabbed for health care fraud, conspiracy and filing false claims. Advertised as a chiropractor with several branch offices, the thieves billed for services that never occurred, such as hot and cold therapy, acupuncture (that was actually massages) done by others, treatments that weren't medically necessary and more.

Then there's the elderly veteran who had two small businesses. On the one hand, he claimed individual unemployability benefits from the VA (which is given when a veteran gets money equal to a 100% disability rating because he can't work). On the other hand, the guy applied for a service-disabled veteran-owned rating for his two businesses, stating that he was the owner, worked lots of hours ... and received millions of dollars in VA small business contracts. Then he applied for Social Security disability and raked in money from that, claiming he couldn't work. He'll be paying back a lot of money.

As bad as that was, this is much worse: A VA nurse pleaded guilty to taking drugs that were intended for ill and dying patients in intensive care. Most of the time she would give only a partial dose to the patient and take the rest herself. In one case, she did this 19 times over nine days to a patient. Can you imagine?

She also volunteered to take care of a particular patient so she could steal the patient's drugs. The three drugs in question were fentanyl (50 to 100 times more potent than morphine and heroin), hydromorphone (two to eight times stronger than morphine) and oxycodone, all pain medications. Maximum prison time for these crimes could be only four years. That's shameful. For denying sick and dying patients their pain medication, she deserves much more punishment than that.

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4. McAllen, Texas
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10. Augusta-Aiken, Georgia/South Carolina

Source: Kiplinger

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1. What percent of passengers never put their phones in "airplane mode"?
2. What company flies more cargo than any other?
3. The main airport in this country boasts direct flights to more countries than any other airline.
4. What age group flies the most?
5. When was the single deadliest plane crash in history?

TIDBITS
WORD POWER
Unscramble this word:
CLADSNOT

The shortest commercial flight in the world (1.7 miles / 3 km) hops from one island to another off the coast of this country.

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26' x 30' x 10' w/10' x 30' Lean-To	30' x 50' x 12' * with 12' x 50' Lean-to	40' x 60' x 16' with a 14' x 60' Lean-to
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-tos
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. The award for MVP of Major League Baseball's All-Star Game is named in honor of what Hall of Famer?
2. Name the 1972 LPGA Championship tournament winner who died of breast cancer in 1996 at age 47.
3. The Roger Crozier Saving Grace Award, presented from 2000-2007, was awarded to the best NHL goaltender in what statistic?
4. California lawyer Amy Trask served as CEO of which NFL team from 1997 to 2013?
5. Bernie "Saint" Bernard is the official athletic mascot for what New York college's athletic teams?
6. Name the martial artist and heavyweight boxer whose acting career includes roles in films "Uncommon Valor" (1983) and "Raising Arizona" (1987).
7. What former Duke Blue Devils star is the winningest head coach in Harvard Crimson men's basketball history?

Answers

1. Ted Williams.
2. Kathy Ahern.
3. Best regular-season save percentage.
4. The Oakland Raiders.
5. The Siena College Saints.
6. Randall "Tex" Cobb.
7. Tommy Amaker.

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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.

3	+		÷		=	2		
+		+		+				
	+		÷		=	6		
÷		×		+				
	+		+		=	16		
=		=		=				
7		13		13				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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1. GEOGRAPHY: What is the highest peak in Europe?
2. TELEVISION: What is the name of the town in the Netflix series "Stranger Things"?
3. LITERATURE: What is the title of the book about a little girl who lives at The Plaza Hotel in New York City?
4. GENERAL KNOWLEDGE: What is the traditional stone associated with the July birth month?
5. MYTHOLOGY: Which mythical creature has snakes for hair?
6. MOVIES: Who voices the character Joy in the animated movie "Inside Out"?
7. ANATOMY: What is the outermost layer of skin called?
8. INVENTIONS: Which blue medication, originally developed to lower blood pressure, had an unexpected effect on male patients and later was used to treat erectile dysfunction?
9. HISTORY: Who was crowned as Emperor of the Romans in 800 A.D.?
10. U.S. PRESIDENTS: Which state has produced the most presidents by birthplace?

Answers

1. Mount Elbrus.
2. Hawkins, Indiana.
3. "Eloise."
4. Ruby.
5. Medusa.
6. Amy Poehler.
7. Epidermis.
8. Viagra.
9. Charlemagne.
10. Virginia, with eight.

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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!


Honor
UPTREE

Hinder
MEDPIE

Resolve
SPARE

Initiate
CHANUL

TODAY'S WORD



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"Is it true what the neighbors are saying — that you're growing a _____?"

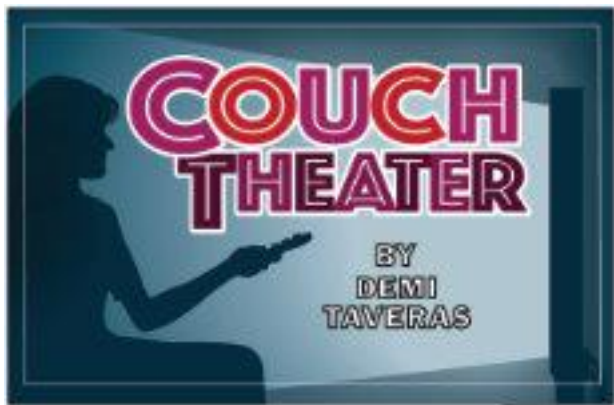


Photo Credit: Courtesy of Max
Photo Caption: Sonoya Mizuno, left, and Dakota Johnson star in "Am I OK?"

"Am I OK?" (R) -- Led by Dakota Johnson (who hopefully appreciated this project more than her recent flop "Madame Web"), this comedy-drama follows a 32-year-old woman in Los Angeles named Lucy (Johnson). Lucy struggles greatly in her romantic life, fending off advances from her male friend, Ben, and refusing to go on dates. Upset that she still hasn't figured out who she's really attracted to, Lucy accepts help from her best friend, Jane (Sonoya Mizuno), who gently pressures her to explore her sexuality. As Lucy begins discovering this different side of herself, she experiences a later-in-life coming-of-age than we normally see depicted in film and television. Kiersey

Clemons ("The Flash"), Jermaine Fowler ("Ricky Stanicky"), and Odessa A'zion ("Sitting in Bars with Cake") play supporting roles in this film, out now! (Max)

"Sausage Party: Foodtopia" (TV-MA) -- This new adult animated series is a follow-up to the 2016 movie "Sausage Party," starring Seth Rogen ("Kung Fu Panda 4"), Kristen Wiig ("Palm Royale"), and Michael Cera ("Barbie"). These voice actors are reprising their roles from the film, where they portrayed a variety of food items that come to life and try to keep themselves from being eaten. Picking up right where the movie left off, Frank the sausage (Rogen) and his friends have created a Foodtopia where all foods can live happily in harmony -- that is, until a storm comes in and wastes away their perfect utopia. Now at a loss on how to survive, Frank and his friends attempt to team up with humans to learn how to navigate their world. The series will consist of eight episodes and drops on July 11 for your viewing pleasure! (Amazon Prime Video)

In Case You Missed It

"Triangle of Sadness" (R) - This satirical black comedy directed by Ruben Ostlund won the legendary Palme d'Or when it first premiered at the 75th Cannes Film Festival back in 2022. It stars Harris Dickinson ("The Iron Claw") and Charlbi Dean ("Black Lightning") as model couple Carl and Yaya, who get invited to a luxury cruise thanks to Yaya's work as a social media influencer. The pair hold a deep resentment for each other, which only gets broadcasted on this cruise as they mingle with other out-of-touch, wealthy individuals. But when their ship gets attacked by pirates, Carl and Yaya are stranded on an island with a handful of other survivors from the ship, putting

their relationship to its most challenging test yet. Expect the unexpected in this film full of twists and turns, the unrelenting rich, and the oppressed who are desperate to feel valued. This was also Dean's last film role, having passed away at only 32 years old shortly before the movie was released internationally. Out now. (Hulu)

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MAGIC MAZE • THINGS CANADIAN

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: FURRY DAM BUILDER

- | | | | |
|----------|-------------|------------|-----------|
| Caribou | Lakes | Outdoors | Provinces |
| Flannel | Lumberjack | Parliament | Rubaboo |
| Football | Maple syrup | Politeness | Skiing |
| Hockey | Moose | Poutine | |

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Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – SECTIONS OF THE COUNTRY

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **What is the best part of the country for children?**

AREA	C	O	M	M	U	N	I	T	Y	T
BOROUGH	H	O	S	Q	U	A	R	T	E	R
CENTER	H	G	U	O	R	O	B	V	C	E
CITY	A	T	B	N	A	E	K	I	N	G
COMMUNITY	M	I	U	P	T	R	T	L	I	I
COUNTY	L	W	R	R	L	Y	E	L	V	O
HAMLET	E	A	B	D	F	A	W	A	O	N
PLACE	T	R	E	T	N	E	C	G	R	W
PROVINCE	E	D	S	S	T	A	T	E	P	O
QUARTER	T	Y	R	O	T	I	R	R	E	T
REGION										
STATE										
SUBURB										
TERRITORY										
TOWN										
TURF										
VILLAGE										
WARD										

Riddle answer: _____

TIDBITS Laughs!

Q: What do you call a freezing bear?
 A: A brrrrrr !!

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

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Super Crossword NINE FLEET

- ACROSS**
- 1 By means of
 - 4 Seizes suddenly
 - 9 Niche religion
 - 13 Cousins of rumbas
 - 19 Noah's craft
 - 20 Zellweger of "Bee Movie"
 - 21 Assistant of Frankenstein
 - 22 Mount where the 19-Across landed
 - 23 1987 comedy starring Nicolas Cage and Holly Hunter
 - 26 Set fire to
 - 27 Streisand musical film
 - 28 Diner relative
 - 29 Portion (out)
 - 31 Part of "GWTW"
 - 32 Mosque God
 - 35 Black-and-yellow stinging insect
 - 39 1993-2004 Chrysler sedan
 - 43 Thing to fly in the wind
 - 44 Pertaining to
 - 45 Seat in a bar
 - 46 Seat in a church
 - 48 Things
 - 52 Give new weapons to
 - 54 Fluctuate wildly
 - 56 Cole — (shoe brand)
 - 59 Curious pet
 - 60 Gift label
 - 61 Pro- — (some tourneys)
 - 64 Sport fish also known as "little tuna"
 - 68 "Them's the breaks!"
 - 71 Title word before "Inferno" or "Peak"
 - 72 Game to rest
 - 73 Atlanta daily since 2001
 - 77 "Game of Thrones" actress
 - 78 Charlotte — (Virgin Islands capital)
 - 79 Turning out
 - 80 Windy City airport
 - 84 Adobe Acrobat file
 - 85 "— believer!"
 - 88 Almond-hued
 - 89 Actress Olin
 - 90 Plaintiff
 - 92 Turns toward
 - 94 Darling child
 - 96 Perceive
 - 99 Imitated a sheep
 - 102 — -pedi
 - 103 "It's My Turn" singer Diana
 - 106 Small, floating cephalopod
 - 109 Device used in cardiology
 - 113 Actress Eve
 - 114 Everything
 - 115 Venus de —
 - 116 9-to-5er's shout
 - 118 Of a junction point
 - 122 Gazed angrily
 - 124 Principle of capitalism
 - 129 Showing on TV
 - 130 Work to make
 - 131 Second-largest city of India
 - 132 — out a win (just prevail)
 - 133 Distant
 - 134 Californie, par exemple
 - 135 Stellar hunter
 - 136 Abbr. that can precede nine key words in this puzzle
 - 2 "Dies —" (Mass hymn)
 - 3 Similar
 - 4 Car radiator covering
 - 5 Toon pal of Stimpy
 - 6 "The Ice Storm" director Lee
 - 7 Plastic pail or shovel, say
 - 8 Toxin fighters
 - 9 Form a rough judgment of
 - 10 Vanity
 - 11 With 15-Down, filmflaming guy
 - 12 "Lady and the —"
 - 13 Rum cocktail
 - 14 Evita's land
 - 15 See 11-Down
 - 16 Big name in faucet filters
 - 17 Solemn vows
 - 18 Expensive
 - 24 Veteran
 - 25 Casual statement of sympathy
 - 30 Comic shriek
 - 33 Fleur-de- — (iris)
 - 34 Kitchen pest
 - 36 Fabric flaw
 - 37 Bardic verse
 - 38 Rainy
 - 39 Juicy gossip
 - 40 Draft-eligible
 - 41 Coercing
 - 42 Edifice topper
 - 47 "Let's suppose ..."
 - 49 Like the study of habitats
 - 50 County in the Bay Area
 - 51 "Undo" mark
 - 53 Bryn —, Pennsylvania
 - 55 Info that's not up to date
 - 57 Pub spigot
 - 58 Preposterous
 - 62 Domestic household
 - 63 Hit hard, as the brakes
 - 65 Airline to Copenhagen
 - 66 Apnea-treating doc
 - 67 Abel's brother
 - 69 Blacklisting org. of the 1940s-'50s
 - 70 Petting zoo animals
 - 73 2008-12 Mets pitcher
 - 74 Roman 151
 - 75 Suffix with planet
 - 76 Petty quarrel
 - 77 Eight: Prefix
 - 81 Doled-out share
 - 82 French inn
 - 83 2021 is one
 - 86 Diner list
 - 87 Sale rack caveat
 - 91 Pursued speedily
 - 93 Key related to C major
 - 95 Bungle
 - 97 Lead-in to center or dermis
 - 98 Do lunch
 - 100 Gift for music
 - 101 Clunker
 - 104 Wee bit
 - 105 Note above fa
 - 107 Very strong
 - 108 One of a bowler's targets
 - 109 "Horrible" cartoon
 - 110 Actress
 - 111 Fire alert
 - 112 Credit card lure
 - 117 — -Chinese
 - 119 God, to Gigi
 - 120 Inquires
 - 121 Some blue jeans
 - 123 Brazilian city, in brief
 - 125 Hamelin pest
 - 126 Slice of time
 - 127 Yale attendee
 - 128 Pi-sigma link

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19			20					21				22					
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27						28				29	30					31	
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44				45					46	47			48		49	50	51
52				53		54			55		56	57	58			59	
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	73						74	75					76				
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122			123				124	125	126			127	128				
129							130				131					132	
133							134				135						136

Moments in time
 THE HISTORY CHANNEL

- On July 22, 1893, Katharine Lee Bates wrote the lyrics to "America the Beautiful" after admiring the view from the top of Pikes Peak in Colorado. The song's music was composed by Samuel A. Ward, a church organist and choirmaster in Newark, N.J. The two never met in person.
- On July 23, 1980, Pham Tuan became the first Vietnamese citizen as well as the first Asian in space when he flew on board the Soyuz 37 mission as an Intercosmos Research Cosmonaut. His career awards included the rare distinction of being one of the few foreigners to receive the title Hero of the Soviet Union.
- On July 24, 1915, the passenger ship SS Eastland capsized while tied to a dock in the Chicago River, killing a total of 844 passengers and crew in the largest loss of life disaster from a single shipwreck on the Great Lakes.
- On July 25, 2000, George Bush announced his selection of former Secretary of Defense Dick Cheney to be his running mate on the Republican presidential ticket. Cheney had worked under all five presidential administrations between 1969 and 1993, and Bush described him as qualified, respected and someone who shared his vision for America.
- On July 26, 1952, Argentina's first lady, Eva Peron, died of cancer at the age of 33. Shortly before her passing, she had been given the title of "Spiritual Leader of the Nation of Argentina" by the Argentine Congress, and she was also accorded a state funeral, which was generally reserved for heads of state.
- On July 27, 1866, the first permanent transatlantic telegraph cable was successfully completed, reaching from Valentia Island, Ireland, to Heart's Content, Newfoundland.
- On July 28, 2018, Wendy Tuck of Australia became the first female captain to win the Clipper Round the World Yacht Race. Afterward, in an interview with the Daily Telegraph, she said, "If one little girl sees this, sees it can be done and has a go, that will be what matters to me."

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

SENIOR NEWS LINE

By Matilda Charles

Steps to stay safe

A friend sent me a text message just as I was going out the door for a trip to the store. I replied: "Making a grocery run. Need anything?"

"No, but thank you," came the reply. "Stay safe." Stay safe.

It's been a long time since anyone has said those words to me, and it certainly wasn't in the middle of summer when they did.

In winter when roads and walkways are covered in ice, yes, someone might warn about it.

Or when sudden fog rolls in, making it nearly impossible to even see the end of the car, yes, someone coming back from town might send a text message with a warning.

But in the middle of summer, with no icy roads and no fog, someone tells me to stay safe?

Still, those two little words have caused me to take stock of my safety. Here's what I've done so far:

I've given my big ladder to a neighbor to keep from being tempted to paint the bathroom. The food in my pantry has been checked for expired dates. A grab bar has been installed in the shower and a small trip-hazard throw rug is gone. I have a shredder to deal with any old documents with personal information.

I still wear a mask when out in public (because yes, Covid really is still out there). I did a major decluttering and had many things hauled away (plus two carloads of donations to Goodwill), so there are fewer things in the house that could be considered clutter. The smoke detectors have new batteries.

I'm signed up at the rec center so I can use the indoor track. I have a pretty good (none are perfect) antivirus program on my computer. So, I should be safe, right? How about you? Are there changes you need to consider?

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“No matter the type or location of the elderly home, activities play a vital role in helping residents of all physical abilities live as fully as possible. Activities should be designed not only to honor residents preferences and needs, but also to engage body, mind and spirit.

The evidence is clear that a mixture of physical activity, intellectual challenge, socialization and spirituality or quiet contemplation contribute to a fulfilled life.

How is this implemented in various elderly home settings and what should you look for? ...

Typically activity areas are day rooms large enough to comfortably accommodate groups. Other spaces such as libraries, indoor common areas, designated outside gardens and patios can be used for a variety of small group or individual activities. Ask about the community process of including residents in decisions about activities. Important questions include:

Is the activity program manager professionally trained? How is the activity calendar devised?

Are special event flyers posted? Are accommodations made for residents who may have vision, hearing or other physical challenges? While those on the outside may look at the activity calendar and think, “too much of the same thing” remember that responding to residents preferences is the first step toward an engaging program.

Be on the lookout for variety in each of the mind, body, spirit areas:

Computers, Puzzles and memory games, Exercise programs such as tai-chi or yoga, Garden clubs Men’s breakfast groups, Sporting events, Movie nights, Shopping trips and Church services Uninterrupted quiet, private time” (SeniorHomes.com)



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



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. Abundant liquid | __ T __ | Thin biscuit | __ F __ |
| 2. Wrist adornment | __ A __ | Make a mess of | __ U __ |
| 3. Cut of beef | __ H __ | Farmyard sound | __ L __ |
| 4. Rendezvous | __ Y __ | Have faith in | __ U __ |
| 5. Day of rest | __ Y | Ice cream shop treat | __ E |
| 6. Jeopardy | __ N __ | Macbeth's prop | __ G __ |
| 7. Tote | C __ | Take to the altar | M __ |
| 8. Fireside | __ H | Vigorous and robust | __ Y |
| 9. Whittle | __ A __ | Winding road sign | __ U __ |
| 10. Inaudible speech | __ U __ | Physics interest | __ A __ |

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 always FREE!
 and FUN!

Americanisms



“Remember no one can make you feel inferior without your consent.”
 — Eleanor Roosevelt

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STAN SMITH'S TENNIS CLASS

DON'T LET HIM GET A GROOVE
 Don't let your opponent get into a rhythm. If you are in a long baseline rally and your opponent has repeatedly hit a certain shot, do something different to mix it up.

You could hit some high “moon balls” – balls that float in the air high above the net – to change the pace of the rally. Or you could hit the ball at a different target, such as short angle shots that pull your opponent out of position.

Play Better Golf with JACK NICKLAUS

WANT TO TAKE THE GUESS, WORK OUT OF THE GAME?
 IN PRACTICE, IDENTIFY WHERE YOUR DRIVES, NORMALLY FINISH, THEN STEP OFF YARDAGES FROM THE MARKERS TO THE FRONT AND REAR OF THE GREENS AND NOTE THEM ON A SCORECARD.

IN COMPETITION, PACE THE DISTANCES FROM YOUR DRIVE TO YOUR MARKER. FIGURE HOW FAR INTO THE GREEN THE HOLE IS CUT AND DO SOME SIMPLE MATH.
 KNOWING HOW FAR YOU HAVE TO HIT WILL HELP YOU SWING MORE CONFIDENTLY.

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SUCCESS FRANCHISE

top 10 movies

1. Inside Out 2
(PG) Amy Poehler, Maya Hawke
 2. A Quiet Place: Day One
(PG-13) Joseph Quinn, Lupita Nyong'o
 3. Horizon: An American Saga - Chapter 1
(R) Kevin Costner, Sienna Miller
 4. Bad Boys: Ride or Die
(R) Will Smith, Martin Lawrence
 5. Kalki 2898 AD
(NR) Prabhas, Amitabh Bachchan
 6. The Bikeriders
(R) Jodie Comer, Austin Butler
 7. The Garfield Movie
(PG) Chris Pratt, Samuel L. Jackson
 8. Kingdom of the Planet of the Apes
(PG-13) Owen Teague, Freya Allan
 9. Kinds of Kindness
(R) Emma Stone, Jesse Plemons
 10. Jatt & Juliet 3
(NR) Diljit Dosanjh, Neeru Bajwa
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FLASHBACK
POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Who released "If You Wanna Be Happy"?
2. What was the last No. 1 song the Beatles released?
3. Name the artist who wrote and released "The Diary," "Oh! Carol" and "Calendar Girl."
4. Which group wrote and released "To the Aisle"?
5. Name the 1958 song that contains this lyric: "I've laid around and played around this old town too long, Summer's almost gone, yes, winter's comin' on."

Answers

1. Jimmy Soul, in 1963. It was penned by Roaring Lion, born Rafael de Leon, who was best known for his "Ugly Woman," written in 1933.
 2. "The Long and Winding Road," in 1970 on their "Let It Be" album, right before the group broke up. Songwriter Paul McCartney penned the song on his Scotland property and objected to the changes made to the song by Phil Spector.
 3. Neil Sedaka. During the Covid pandemic, and continuing into 2024, Sedaka posted mini-concerts on YouTube. For a real day-brightener, check them out.
 4. The Five Satins, in 1957.
 5. "Gotta Travel On," by Billy Grammer. The song was likely taken from the 1927 "Yonder Comes the High Sheriff." Several artists have covered the song over the years, including Pete Seeger, Neil Young and Glen Campbell.
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Laugh a bit with TIDBITS

Q: How often do airplanes crash?
A: Just once!

TIDBITS QUOTE

"If you can walk away from a landing, it's a good landing. If you use the airplane the next day, it's an outstanding landing." - Chuck Yeager

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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.

BGUVTZ LGCU OTUBTEZ
GBBTUNHV; ZRTUT'Q K EUKEP
NH TYTULZRNHV, ZRKZ'Q RGM
ZRT INVRZ VTZQ NH.
- ITGHKUF EGRTH

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The Garden Bug

Mix together:

- 1 tablespoon of baking soda
- ½ teaspoon mild detergent
- 1 teaspoon vegetable oil
- 1 gallon of water

Natural tomato treatment

This mixture can be put into pump bottles, and sprayed onto tomato plants as a natural insect repellent or as a fungicide for blight and mildew. Be sure to shake the mixture sufficiently before each spraying. - Brenda Weaver

Source: www.usda.gov (Tomato Plant Diseases and How to Stop Them)

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Amber Waves

by Dave T. Phipps

GOING GOLFING WITH THE FELLAS. BE BACK LATER.

LAST WEEK I WAS AT SIX. TODAY I HOPE TO GET THAT NUMBER DOWN TO FOUR.

WELL, WISH ME LUCK!

YOUR DAD MEASURES HOW WELL HE PLAYS BY HOW MANY BALLS HE LOSES.

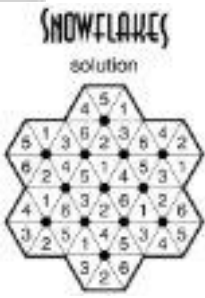
TIDBITS PUZZLE ANSWERS

TENNIS NEWSFRONT
 1. 1-7
 2. Puffin, 11-14
 3. Darius, King of 127
 4. M. J. Perry, 11-14
 5. 1-7

SCRAMBLERS
 1. Apple, 2. Impede, 3. Pate, 4. Launch
 Today's Word: **MUSTACHE**

WORD POWER
 ANSWER: **SCOTLAND**

QUIZ BITS ANSWERS
 1. Three
 2. All of them



Weekly SUDOKU
 Answer

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



Sticklers Answer
 BROOK 13556
 + TROUT + 23542
 RELAX 37098

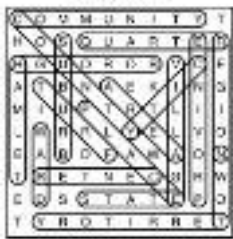
Go Figure!
 answers

3	+	7	+	5	=	2
+		+		+		
4	+	8	+	2	=	6
+		+		+		
1	+	9	+	6	=	16
7		13		13		

CryptoQuote
 Go at it boldly, and you'll find unexpected friends sharing words you and coming to your aid. -- Basil King

CryptoQuip
 When of age, Tibetan beasts get together and talk nonstop. I would say they're talking it up.

Puzzles4Kids
 Answer



Even Exchange
 1. Crust, Crust
 2. Grang, Being
 3. Approx, Approx
 4. Lingo, Lingo
 5. Powder, Powder
 6. After, After
 7. First, First
 8. Kink, Kink
 9. Place, Place
 10. Logger, Logger



Super Crossword
 Answers

TOMS	TALESE	JAIL	SLAY
ONIT	ARAGON	ARNE	TUNE
MENUCOMMAND	CITE	RITE	
BUTNO	IDI	POOR	AEGIS
SPYGLASS	CLUBSANDWICH		
	DRUID	UNIONIZE	
JACKETBLURB	STERNUM		
ADHERES	SEESTOIT	APE	
DDAY	MILKS	PARTYFAVOR	
ESP	DIDA	CILIA	IRENE
	RESERVATIONDESK		
ENSUE	VELDT	GILT	AYE
DATESQUARE	POSSE	KNOX	
ATE	UNEASIER	SCROOGE	
MEMOPAD	TABLETENNIS		
	CAKEPOPS	SICEM	
THEATERORGAN	STEINWAY		
RAINS	FLEA	OAT	NAIVE
AIDA	GILL	AFTERDINNER	
CRED	ARES	BERNIE	CARB
TYRA	GENE	SEASON	ETTA

King Crossword
 Answers
 Solution time: 26 mins.

LIP	COBB	HEAR
OWE	OTTO	ALTO
ROSEBOWL	IMHO	
ENTIRE	EFT	
	GAS	RAISED
SIGHS	FOB	WRY
ABIT	RES	YALE
GIL	BOZ	EAGER
ADAGES	BID	
	HEE	ELICIT
LOGO	ALLEGROS	
IBIS	TALE	ATA
TINT	EDEN	BAR

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TO YOUR GOOD HEALTH
 By Dr. Keith Roach

Man's Restless Legs Raise up to a Foot in the Air at Night

DEAR DR. ROACH: Do you have any recommendations to stop restless legs at night? My husband has been to many doctors to find a cause or a solution to stop them. His legs have raised up as much as a foot in the air at night, constantly jumping and causing many sleepless nights. No one seems to have a solution for him. -- J.O.

ANSWER: Restless legs syndrome (RLS) is a common condition where people have the urge to move their legs. It's usually worse at night and associated with an unpleasant sensation that is relieved by movement. People with RLS often have involuntary jerking movements of their legs during sleep, unimaginatively called "periodic limb movements of sleep."

Your husband may have these periodic limb movements without RLS, which is then considered periodic limb movement disorder. Treatment recommendations require an exact diagnosis. I often see his condition misdiagnosed or continue on for years without a diagnosis. The diagnosis is confirmed by a sleep study where the limb movements are recorded and characterized. Once the diagnosis is made, there are a few important considerations:

The first is that this condition often coincides with iron deficiency, which should be looked for and treated, if necessary. (The underlying cause for iron deficiency also needs to be found.) It may take weeks or even months after iron replacement for the leg movements to get better. Prior to medication treatment, a review of any medicines your husband takes is appropriate, as some can cause similar symptoms. Regular exercise, avoidance of caffeine and alcohol, and good sleep (ironically) can all improve symptoms in some people.

If medicine is needed, medications like pregabalin or pramipexole may be the first-line treatment, depending on the results of the sleep study and how intermittent the symptoms are. A new therapy called neurostimulation is a drug-free approach that has been shown to be effective. One device, the tonic motor activation, was approved by the Food and Drug Administration for RLS and will hopefully be available shortly.

But there are many experts in this condition. He should see a sleep medicine expert.

DEAR DR. ROACH: I was wondering if you could give me any information on idiopathic stabbing headaches. I have been having them for three months now. From what I have read, this is a long time to have this condition. I can have them anywhere from 3-50 times a day, and sometimes they go away for a day or two. They are extremely painful.

I was prescribed indomethacin, which gives some relief but doesn't fix the problem. This is a very strong NSAID, and I am tolerating it with minimal side effects. But I don't want to be on this long-term. Do you have any suggestions that might help me? -- L.L.

ANSWER: A stabbing headache is an uncommon headache syndrome. It can be hard to distinguish it from a cluster headache, but a stabbing headache does not have the characteristic eye symptoms (tearing) or nose symptoms (runny nose). Cluster headaches are seldom greater than eight per day.

There isn't a lot published on the long-term prognosis of a stabbing headache. As you found, it goes away in many people after several weeks, but some people have intermittent symptoms that last for months or sometimes years.

One alternative to indomethacin is melatonin, which is much less likely to damage the stomach and kidneys. A neurologist with expertise in headaches may have other options for you.

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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Out on a Limb

by Gary Kopervas



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