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TIDBITS® WATCHES TELEVISION

by Janet Spencer

Come along with Tidbits as we consider the history and development of television!

FAMOUS FIRSTS FOR TV

- 1922: The first electronic image transferred by wire occurs, accomplished by the Navy in Washington, D.C. It is a still image.
- 1923: The first moving image is transferred by wire, also by the Navy in Washington, D.C.
- 1925: An office boy in a laboratory becomes the first human face depicted on TV during a test demonstration of the technology.
- 1932: The BBC issues its first broadcast in the U.K. as a test. The program, featuring dancing girls, runs for four minutes and is the oldest surviving recording of broadcast television.
- 1936: The Summer Olympics in Berlin become the first sporting event on TV.
- 1938: The first commercially available television sets go on sale to the public for \$433, equal to about \$9,600 today.
- 1941: In the world's first commercial, Bulova airs a ten-second ad for its watches during a baseball game between the Brooklyn Dodgers and the Philadelphia Phillies. It features a Bulova watch over a map of the U.S., and the announcer states, "America runs on Bulova time!" Bulova paid \$9 for the ad. (cont)

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SEE TESTIMONIALS ON PAGE 3

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TIDBITS Laughs!

I just bought a TV and it says "Built In Antenna."
I don't even know where that is!

FAMOUS FIRSTS FOR TV (cont)

- 1942: Production of TV sets is suspended until 1945 due to World War II.
- 1945: The National Broadcasting Company (NBC) demonstrates the first color TV. NBC becomes the first network service in the U.S. with regularly scheduled programming.
- 1947: The first sitcom in the U.S. airs with "Mary Kay and Johnny" starring real-life couple Mary Kay and Johnny Stearns. The first kid's show is "Kukla, Fran and Ollie" quickly followed by "Howdy Doody." "Meet the Press" hits the airwaves and becomes the longest-running TV show in history.
- 1950: Nielsen Media Research begins providing television ratings data.
- 1951: The first transcontinental TV broadcast across the U.S. takes place, originating in San Francisco during the Japanese Peace Treaty Conference. "Dragnet." "Hallmark Hall of Fame," "Search for Tomorrow," and "The Roy Rogers Show" begin broadcasting. The "I Love Lucy" show is the first to be filmed in front of a live studio audience.
- 1950: Six million TV sets are now in use in the U.S. Zenith releases the first TV remote control, called "Lazy Bones." It connects to the TV via cable. "The Hank McCune Show" is the first to use a pre-recorded laugh track.
- 1952: "The Today Show" begins its run as the nation's longest-running early morning show.
- 1953: Lucille Ball gives "birth" to her son "Little Ricky" in an episode of "I Love Lucy," paralleling her real-life pregnancy with her son Desi Arnez, Jr. The word "pregnant" is never mentioned; she is always "expecting." 74% of all Americans who had a TV tuned in, a record not broken until 1956, when Elvis appeared on the "Ed Sullivan Show," with 83% of viewership. (cont)

by Jo Ann Derson

- To fix a hole in drywall that requires a healthy helping of joint compound, you can cut a piece of screen slightly bigger than the hole and tack it to the inside of the drywall. You also can wad up a piece of aluminum foil and shove it in the hole, pressing it in a bit to create a recess for the compound. The foil will keep the compound at the site of the hole, allowing it to set up instead of fall down.
- "I recently did a little work on my car, and afterward I washed and waxed it. My tools got pretty grimy, so I cleaned them too. Since I had the wax out, I used it on several of them to keep them from rusting in storage." -- via email
- Add a softener sheet to your vacuum bag or canister when you change it. While you clean, you will distribute the good smell throughout your home. You also can use a cotton ball scented with your favorite essential oil or even perfume.
- If you have trouble threading needles, try spritzing some hairspray on your finger, and twist the end of the thread. It will keep the fibers together and stiffen it enough to be easily threaded.
- It is possible to save a bit of money on car maintenance if you can't change your own oil. Learn common add-ons you will be offered at oil and lube places. Air filters are surprisingly easy to replace on your own, and so are windshield wipers. Very often, the staff of auto-supply chains will lend you tools or even assist you right in the parking lot.

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Just Like Cats & Dogs by Dave T. Phippe

AFTER EXAMINING YOUR MOUTH AND LOOKING AT THE X-RAYS, I'D SAY THE CLINICAL TERM I'D REFER TO IS "YIKES."

FAMOUS FIRSTS FOR TV (cont)

- 1953: The first issue of "TV Guide" hits the stands, featuring baby Desi Arnez, Jr. About 53% of American households have a TV.
- 1954: The first color TVs go on sale. The first color broadcast aired nationwide is the Tournament of Roses Parade in Pasadena, California, on New Year's Day. NBC's sitcom "The Marriage," starring real-life couple Hume Cronyn and Jessica Tandy, becomes the first prime-time series produced in color.
- 1954: "The Tonight Show" airs, becoming the second longest-running show on TV.
- 1955: The first game show is "The \$64,000 Question."
- 1956: Zenith introduces the "Space Command" remote control which uses ultrasound to control channel and volume.
- 1960: The presidential debate between Nixon and Kennedy is the first ever shown on TV.
- 1961: Walt Disney's "Wonderful World of Color" spurs sales of color TVs. Kennedy gives the first live televised press conference.
- 1962: The launch of the communications satellite "Telstar I" makes global transmissions possible.
- 1964: A controversial ad called "Daisy" aired by the Johnson campaign depicts a young girl obliterated by a nuke in TV's first political ad.
- 1964: The first made-for-TV movie, "See How They Run," starring Leslie Nielsen, Jane Wyatt, and John Forsythe, airs on NBC.
- 1965: Half of all programming is in color.
- 1966: 100% of prime-time shows are in color.
- 1970: RCA introduces the first electronic remote control that uses digital signals.
- 1972: Home Box Office (HBO) becomes the first paid television channel. (cont)



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Source: Niche.com

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STICKELERS
by Terry Stickels

Can you match the proper name below with the occupation traditionally associated with it?

- | | |
|-------------|-----------------|
| 1) Grover | a) arrow maker |
| 2) Fletcher | b) watchman |
| 3) Wagner | c) lead miner |
| 4) Waite | d) parish clerk |
| 5) Clark | e) wagon driver |

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Out on a Limb


by Gary Kopervas



TIDBITS

NUGGET OF KNOWLEDGE

Nearly all of the top 30 most viewed TV shows in history are Super Bowl games. Stuck in there around the edges are the first Moon landing, the last episode of M*A*S*H, Nixon's resignation, the OJ Simpson pursuit, the final episode of "Roots," the film "The Day After," the Seinfeld finale, the "Who shot J.R.?" episode of "Dallas," the Live Aid concert, and Leon Spinks vs. Muhammad Ali.



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THIS WEEK'S CELEBRITY BIRTHDAYS

Lily Tomlin	9/1/1939
Keanu Reeves	9/2/1964
Charlie Sheen	9/3/1965
Paul Harvey	9/4/1918
Raquel Welch	9/5/1942
Rosie Perez	9/6/1964
Julie Kavner	9/7/1951

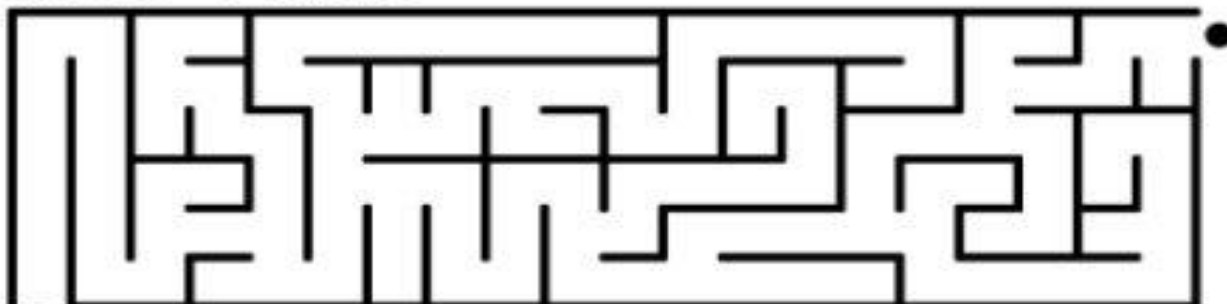


TIDBITS

TIDBITS presents **QUIZ BITS**

1. Who was the first host of "The Tonight Show"?
2. Who is the current host of "The Tonight Show"?

Kids' Maze



FAMOUS FIRSTS FOR TV (cont)

- 1973: The first partial male nudity is depicted in an episode of "M*A*S*H as Radar is in the shower when a sniper attack sends him running for cover, losing his towel. There is a brief glimpse of his rear end.
- 1975: The sitcom "Hot L Baltimore" is the first to run a "mature themes" warning. Two characters are ladies of the evening, one is an illegal immigrant, and two are gay lovers, the first gay couple ever depicted on TV.
- 1975: The first navel on TV belongs to Cher, during "The Sonny and Cher Comedy Hour."
- 1977: The first VCRs and VHS tapes go on sale.
- 1979: ESPN launches the first all-sports channel and Nickelodeon is the first channel devoted to kid's programming.
- 1980: CNN becomes the first 24-hour news channel. The first remotes using infrared technology go on sale.
- 1981: MTV debuts.
- 1987: The first universal remote, designed by Steve Wozniak, hits the market.
- 1990: Primestar becomes the first North American direct-broadcast satellite service.
- 1994: By now 99% of all American households own a TV.
- 1996: DVD players and DVD movies are introduced. The first movie ever commercially released on DVD is "Twister."
- 1997: Netflix is founded. The first plasma TVs are introduced.
- 2006: The Hollywood movie "The History of Violence" starring Viggo Mortensen, Ed Harris, and William Hurt becomes the final movie ever released on VHS.
- 2016: The last company to manufacture VCRs goes out of business.

Strange BUT TRUE

By Lucie Winborne

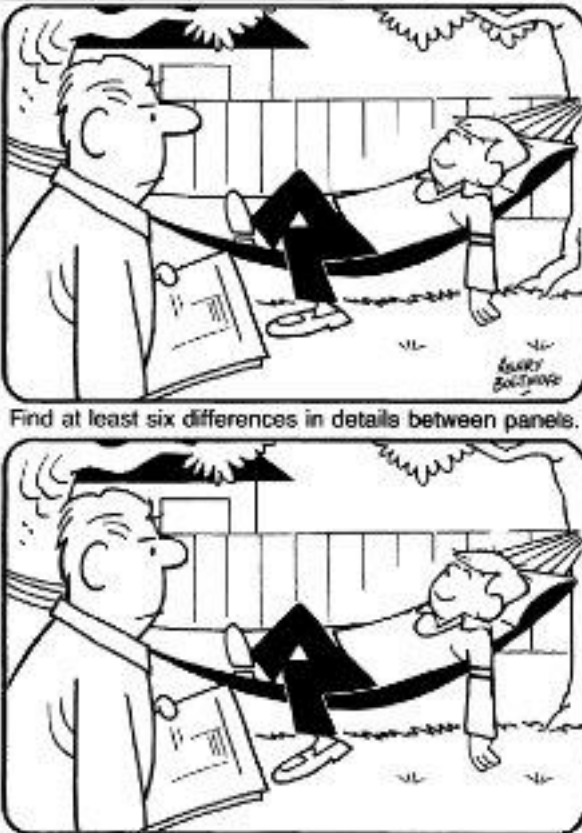
- When he's not busy predicting the weather at Gobbler's Knob, PA, America's most famous groundhog, Punxsutawney Phil, lives in the town Library with his wife, Phyllis.
- LEGO has an underground vault with every set ever made.
- Though he's today regarded as one of history's greatest orators, Dr. Martin Luther King Jr. received a "C" in public speaking while a student at Crozer Theological Seminary.
- Prior to the invention of the internet, Nintendo employed game counselors whom players could ring for advice and assistance with navigating a game.
- Through the years, folks have come up with euphemisms for pooping, but surely Icelanders rank among the top contenders with "ad tefla vid pafann," roughly translatable as "playing chess with the pope."
- Kea parrots spread warbles when they're in a good mood, making them the first known non-mammal species to communicate with infectious laughter.
- Theodore Roosevelt's daughter Alice, who was generally known for being a bit of a handful, had a pet snake named Emily Spinach that she enjoyed toting about the White House in her purse and taking out at unexpected moments.
- Actor Bela Lugosi was buried in full Dracula costume.
- The White House Press Briefing Room was built over what used to be an indoor swimming pool, installed for Franklin D. Roosevelt in 1933.
- Female cicadas have been known to confuse the roar of power tools for mating calls, sometimes swarming people using lawn mowers.

Thought for the Day:

"Even if you are on the right track, you will get run over if you just sit there." -- Will Rogers

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HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Arm is longer. 2. Foot is moved. 3. Nose is smaller. 4. House is not as wide. 5. Leaves are missing. 6. Tree trunk is different.

GRIN and BEAR IT by Wagner



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"We look at a loss of this magnitude as a learning experience, Mr. Figby!"

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
 PHOTO CREDIT: Kovels.com
 PHOTO CAPTION: Sometimes the newest fashions repeat what came before -- lucky for antique collectors! Decorations on this contemporary sofa suggest the ornate design styles of the 18th century..



Italian furniture

With its carved giltwood trim and rich velvet upholstery, this sofa would look right at home among the opulent Baroque and extravagant Rococo styles of the 18th century. It was made much more recently, in fact, by Jumbo Collection, a contemporary Italian furniture company that was founded in 1985. It sold for \$1,188 at a Hindman auction.

Contemporary Italian furniture may be associated with postmodern, avant-garde trends like Radical Design, Studio Alchimia and Memphis, but older styles are always coming back. Rococo style was revived, like many other past design styles, in the 19th century, and came back into fashion once more in the early 20th century. Today's design may tend towards minimalism; the simple, functional mid-century modern look is popular, but the pendulum always swings back; decorations like elaborate carving, gilded trim and lush fabrics may come back again before we know it!

Q: I was given this medicine cabinet by a dentist many years ago. Any idea on what it would be worth?

A: Medical and dental equipment, including cabinets, are popular with collectors. Value depends on their size, condition, material and

unusual features like rotating cases or other movable parts. Your cabinet is by Clark & Roberts, a company that made dental cabinets, exam tables and other medical furniture in the early 20th century. A cabinet by Clark & Roberts sold at auction a few years ago for about \$500. More recently, similar cabinets by other or unknown manufacturers have sold for about \$200 to \$700. Having the label with the maker's name increases the value. Asking prices online can go from about \$400 to over \$1,000. An auction house or dealer who specializes in medical or dental collectibles may be able to give you a more precise estimate.

TIP: Don't retouch gold leaf picture frames or other gold trim with anything but real gold leaf.

CURRENT PRICES

Pottery vase, Hopi, globular, red glaze, sgraffito, figure looking up, corn stalk, symbols, signed, Ellsworth Nampeyo, 3 inches, \$190.

Wooden, model, mathematical, cone, segmented, teacher's, five sections, midcentury, 10 inches, \$300. Inkstand, silver, two cut glass inkwells, ewer-shaped candlestick, tray with pen rest, repousse leafy scrolls, Henry Wilkinson & Co., 6 x 9 1/2 x 6 inches, \$470. Cash register, National, Model 415, Empire pattern, "Amount Purchased" on crest, panel with hand pointing to price, plated brass, wood base, c. 1908, 24 x 18 1/2 x 15 1/2 inches, \$615. Music, sign, trade, Gordon Green, Violinist, Teacher of the Violin, white lettering, black ground, violin at left side, painted, hanging loops, c. 1910, 14 3/4 x 26 inches, \$705. Imari, bowl, cobalt blue wave shaped panels, red and white flowers and birds, ormolu mounts, bronze dore, pierced leafy scrolled handles, rim and base, 11 1/2 x 15 inches, \$850. Furniture, table, Mastercraft style, Trilobe, rectangular glass top, two lacquered brass bases, triangular, concave sides, mid-century, 28 x 81 x 48 inches, \$3,840.

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

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1. GEOGRAPHY: How many lakes are in the Great Lakes Basin?
2. MOVIES: What is the little girl's last name in the film "Matilda"?
3. TELEVISION: What is the name of the teacher on the animated kids' series "The Magic School Bus"?
4. LITERATURE: In which historic period is Jack London's novel "Call of the Wild" set?
5. U.S. CITIES: Which city's nickname is "City by the Bay"?
6. ANATOMY: How much of the human body is made up of water?
7. SCIENCE: What is heliology?
8. HISTORY: Which world leader's birth name is Jorge Mario Bergoglio?
9. ASTRONOMY: In what year did a U.S. astronaut land on the moon?
10. ENTERTAINERS: Which famous actor who starred in "The Notebook" was once a member of "The Mickey Mouse Club"?

Answers

1. Five.
 2. Wormwood.
 3. Ms. Frizzle.
 4. 1890s Klondike Gold Rush.
 5. San Francisco, California.
 6. About 60%.
 7. Scientific study of the Sun.
 8. Pope Francis.
 9. 1969.
 10. Ryan Gosling.
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King Crossword

ACROSS

- 1 Sch. supporters
- 5 White House monogram
- 8 Young cow
- 12 Stellar musician
- 14 Hodgepodge
- 15 Soften
- 16 Harvest
- 17 Auction signal
- 18 Calif. NFL team
- 20 Harmful gas
- 23 Batting practice area
- 24 "Lucky Jim" author
- 25 With gusto
- 28 — de deux
- 29 Sports bar fixture
- 30 Candied veggie
- 32 Gullets
- 34 Knucklehead
- 35 Grecian vessels
- 36 Walking sticks
- 37 Radiator sounds
- 40 Soap unit
- 41 "Rhyme Pays" rapper
- 42 Playwright Wilder
- 47 Stadium top

1	2	3	4	5	6	7	8	9	10	11	
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41					42	43			44	45	46
47					48						
49					50				51		

- 48 Statistical anomalies
- 49 Wife of Geraint
- 50 To the — degree
- 51 "Toodle-oo!"

DOWN

- 1 USMC rank
- 2 Uncle (Sp.)
- 3 Prince Valiant's son
- 4 Shorthand pros
- 5 Cobra feature
- 6 Away from NNE
- 7 Freight weights
- 8 Intersection
- 9 Downwind
- 10 Tale teller
- 11 Dandies
- 13 Japanese noodle
- 19 " — a Kick Out of You"
- 20 Knock
- 21 Latin 101 word
- 22 Platter
- 23 Broadway rosters
- 25 Chicago suburb
- 26 Rhone city
- 27 Harvard rival
- 29 Ripped
- 31 Peaks (Abbr.)
- 33 Oxidized
- 34 "Rats!"
- 36 Poet Sandburg
- 37 Conceal
- 38 PC picture
- 39 Big rig
- 40 This and that
- 43 Grass shack
- 44 Chai, e.g.
- 45 Leftover bit
- 46 Code-breaking gp.



Fight back against fleas

DEAR PAW'S CORNER: My apartment has been infested with fleas all summer! I'm so frustrated. My two cats are suffering from hot spots and patchy fur because of the flea bites, and I've constantly got bites all over my legs. I don't want to give my cats flea medicine because I heard it is dangerous to their health. What can I do to get rid of these fleas? -- Cara J. in Macon, Georgia

DEAR CARA: You're going to have to plan an all-out assault on the flea infestation, and do it as soon as possible.

Talk to your veterinarian about the health risks and benefits of various flea and tick treatments. Ticks can give your cats heartworm and tapeworm. Your cats' health is at greater risk right now from not doing anything than they would be from an effective treatment.

Next, get rid of the fleas and their eggs in your house with a complete cleaning and treatment. Take down the curtains and wash and dry them. Wash all your bedding and clothes. Dust from ceiling to floor. Vacuum the carpets thoroughly. Wash all mats and put out in the sun to dry. Clean every corner of the apartment. Clean fabric furniture with a steam cleaner. Flip the sofa and vacuum up all the dust bunnies and dirt.

Finally, with the cats sequestered in a safe room, treat the carpet to kill remaining fleas and their eggs. You can use a direct spray or an insecticide that is sprinkled into the carpet and vacuumed up.

This all-out assault will nearly wipe out the fleas in your home. But they can (and will) come back. To keep them on the retreat, vacuum twice a week, wash your cats' bedding weekly, and make sure the cats get their flea/tick/heartworm medication on schedule.

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

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ARIES (March 21 to April 19) This might surprise you, but you're not always right about everything. A troubled loved one needs you to be less demanding and more understanding. Kindness encourages openness.

TAURUS (April 20 to May 20) Your Bovine instinct guides you well this week. A change of heart might be the wisest course to take. A trusted friend offers good advice, so listen closely.

GEMINI (May 21 to June 20) Be more sensible where money is concerned. An urge to splurge needs to be put aside for now. Later, you'll be able to indulge yourself with the things you want.

CANCER (June 21 to July 22) A past health problem recurs and needs attention. It might not be serious, but your family and friends deserve reassurance. Meanwhile, you get news about a job opening.

LEO (July 23 to August 22) A romantic encounter with a loving Libra could make the Lion a happily purring Feline this week. Be open to Cupid's encouraging signals. In addition, a workplace change is coming.

VIRGO (August 23 to September 22) This is a good week for mending fences with family and friends. Put those minor irritations behind you and rebuild those once-precious relationships.

LIBRA (September 23 to October 22) An investment opportunity needs closer scrutiny. You're not getting all the information you need. On another note, a personal relationship bodes far more positive potential.

SCORPIO (October 23 to November 21) Someone might try to get you to reveal a secret that you vowed to keep sacred. Stick with your commitment to your promise and reject all attempts to get you to give it up.

SAGITTARIUS (November 22 to December 21) This is a good time to change some longstanding routines. Let yourself be more flexible in adapting to new situations. You'll appreciate what happens next.

CAPRICORN (December 22 to January 19) A chance to travel opens up. Consider asking someone who has recently become very special in your life to go with you. Good things are always better when shared.

AQUARIUS (January 20 to February 18) A neighbor is revealed as the source of some upsetting events, but you need to be wary of a confrontation until you have absolute proof. Other neighbors can help.

PISCES (February 19 to March 20) A business decision needs to be made. Be aware that what you decide will affect a close associate. Talk it over with them before making your move.

BORN THIS WEEK: Money is strong in your aspect. You not only know how to make it, you also know how to enjoy it.

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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TIDBITS GOES GREEN

Recycling cardboard only takes 75% of the energy needed to make new cardboard. Over 90% of all products shipped in the U.S. are shipped in corrugated boxes, which totals more than 400 billion square feet of cardboard. Nearly 80% of all retailers and grocers recycle their cardboard



CryptoQuip

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

Clue: K equals P

XTOYF KGTKUFWM WTAWFGAYAQ

VUF SFXYNF TZ JA TADYAF

XTAFM VGJANZFG NFGOYWF:

"Y NFF SFJS KJMKJD."

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VITALHEALTH4YOU DR. HOLLY CARLING AND ALICIA BALLEJA

HealthBits

By Dr. Holly Carling

FINDING CLARITY IN YOUR SEARCH FOR HEALTH

So often I hear from a patient “I wish I would have come in for care long before this, but I didn’t know it was available!” So many have searched for answers to their health challenges, trying this internet recommendation or that blog advise, only to wind up even more frustrated. They go to their assorted doctors because “something is off” – they don’t feel very well... and they can’t find anything wrong, or their answer is drugs or surgery.

The search for health can be daunting. For every plausible suggestion, there is conflicting information, causing doubt and more confusion. My hope is that this article clarifies things for you.

First, you need to ask questions. The number one question is “why?” “Why do I have this symptom?” “What is my body trying to tell me?” “What compensatory mechanism is in play?” The body doesn’t do something for no reason. Symptoms are red flags. What are they trying to tell you?

Medicine today has changed the way we see health and illness. In ancient China, doctors only got paid when their patient was well, and did not get paid when they were sick. That worked then, but with all the bad stuff we do to our bodies today, we practitioners don’t have enough control for that to work. Too much nasty stuff



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.

around us! So, it’s up to us to take control of our own health.

Conventional medicine has done wonders for saving the lives of babies born with defects that otherwise would have died, for saving the lives of people with powerful drugs after traumatic injury or illness and extended the lives of others who otherwise would have died sooner of a chronic illness. So why is there a need for clarity in health, or even a question as to which direction to go?

Because some want to take greater responsibility for their health and just need direction. Some prefer not to mask their symptoms with drugs or take drugs to counteract the side effects of the other drugs they are taking. Some prefer to eliminate the problem, not just take a medication to enable them to live with their problem.

Asking “why” is often the first step. You can take any of 2 or 3 dozen medications for heartburn and reflux, but wouldn’t it be better to take care of why you have it in the first place? If your body has become a resting place for a chronic viral infection, why not make it less hospitable and push the unwanted guests out?

Alternative medicine is for those who are listed above. If you are one of those who are willing to give up or tweak some of your lifestyle habits for better health, then acupuncture, nutritional therapy, herbal medicine, naturopathy, chiropractic and the many other natural care modalities are probably for you. If you want clarity for your health, ask the question, “What am I willing to do to get well?”

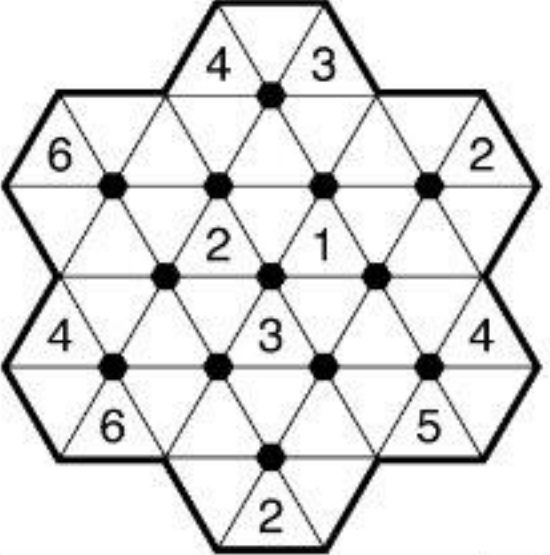
TIDBITS Laughs!

I read a book about the relatively low gravity on Mars. I couldn’t put it down!

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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VETERANS ★ POST ★

K2 presumptives: Too late for too many

Sixteen thousand veterans who served at K2 are now eligible for expanded Department of Veterans Affairs benefits. This will be welcome (and overdue) news for many.

K2, also known as Karshi-Khanabad and Camp Stronghold Freedom, was an Uzbekistan airbase used from 2001 to 2005 during Operation Enduring Freedom after the Sept. 11 attacks.

The VA is now making Gulf War illnesses a presumptive in those who served at K2, recognizing that those who served there were exposed to "several contaminants of concern" and ensuring that exposures to those toxins are taken into account for K2 veteran claims -- all good steps forward.

But it wasn't always so. A 2015 study detailed all the multiple types of cancer among those who'd served at K2. The VA rejected the information and claimed there was no high rate of cancer even though there had been many documented cases.

A 2020 congressional study, however, opened up some previously classified documents that showed the toxins and hazards were very real and so were the health consequences:

Kerosene, jet fuel, contaminated soils that could "cause adverse health effects," particulate matter, uranium, elevated levels of tetrachloroethylene, burn pits, jet fuel plumes, radiation exposure, asbestos in the soil and more.

One of the veterans who testified before the committee said that they'd constantly been told there was no risk from the toxic exposures. Further, any high environmental readings were blamed on faulty test equipment.

A Deployment Health Clinical Center (now the Psychological Health Center of Excellence) advice sheet instructed medical staff to "listen actively" when returning service members expressed concerns about exposure to toxins at K2. "It often helps rapport if you thank them" for their service, it says. But meanwhile, yeah, they tried to abate radiation in the soil with more soil dumped on top, and you walked around in glowing green water and breathed in jet fuel fumes. But hey, the protective measures were effective, and would you like a mental health consultation?

If you're an ill K2 veteran or a surviving family member, call the VA. Don't wait until they call you.

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MINI SUDOKU

					5
4				6	
	6		3		
		1		4	
				2	
	5				4

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

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Micro Crossword

By Elizabeth C. Gorski

Across

- Connectors to the WWW
- "Final Four" org.
- "Oh Sherrie" singer Steve
- They get hit on during rock concerts?
- Baseball stat

	1	2	3	4
	5			
6				
7				
8				

Down

- Like argon, chemically
- Cancel, as a launch
- Italian city known for its prosciutto
- "What ___ thou, noble heart?" (Shakespeare)
- Hi-tech organizer

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TIDBITS presents TRIVIA NEWSFRONT

- What was the first song ever played on MTV?
- What was the first thing ever broadcast on HBO, in 1975?
- What band was banned from TV after dropping the F-word numerous times during a live set?
- Name the company that was the first to advertise lacy underwear on live models instead of mannequins.
- In what year did TV surpass newspapers as American's main source of news?

TIDBITS WORD POWER

Unscramble this word:

OOUULLHN

The SS Minnow's infamous three-hour tour took off from which city in "Gilligan's Island"?

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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-to's
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By Ryan A. Berenz

1. What cyclist representing Great Britain won the Tour de France in 2013 and three straight times from 2015-17?
2. Comedian, actor and entertainer Bill Cosby was awarded a track and field scholarship to what university in 1961?
3. What member of the 1996 Stanley Cup champion Colorado Avalanche is the all-time leader for goals, assists, points and games played by a Latvian in the NHL?
4. Name the tight end for the Los Angeles Raiders who led the NFL in receptions twice with 92 in 1983 and 95 in 1986.
5. A fictional TV network called ESPN8: "The Ocho" was introduced in what 2004 sports comedy film starring Ben Stiller and Vince Vaughn?
6. Daniel Wiffen, gold medalist in the men's 800-meter freestyle swim at the 2024 Paris Olympics, competed for what country?
7. Name the Anaheim Angels third baseman who was named MVP of the 2002 World Series?

Answers

1. Chris Froome.
 2. Temple University.
 3. Sandis Ozolins.
 4. Todd Christensen.
 5. "DodgeBall: A True Underdog Story."
 6. Ireland.
 7. Troy Glaus.
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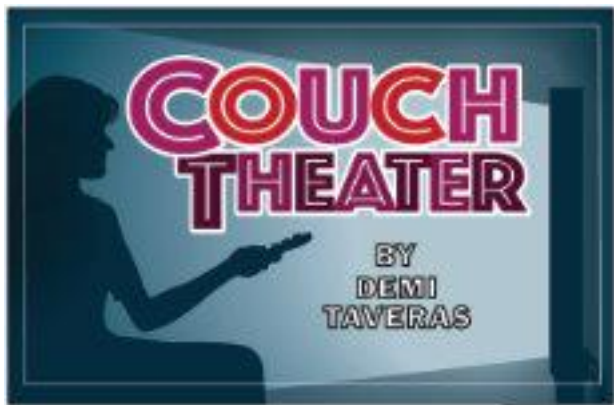
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"The Perfect Couple" (TV-MA) -- This mystery-drama series features quite the cast to bring author Elin Hilderbrand's characters alive. Nicole Kidman stars as Greer Garrison Winbury, a novelist and the proud matriarch of her wealthy family. As her son, Benji, prepares to marry a woman named Amelia in an extravagant wedding, a body is suddenly discovered in Nantucket Harbor just before the ceremony is set to begin. With everyone in the wedding party now a suspect, the Winbury family gets put under a microscope, revealing secrets that Greer has been desperate to keep hidden. Liev Schreiber ("Asteroid City"), Dakota Fanning ("The Watchers"), and Meghann Fahy ("The White Lotus") co-star in the six-episode series, premiering Sept. 5. (Netflix)

"A Quiet Place: Day One" (PG-13) -- Academy-Award-winning actress Lupita Nyong'o leads this apocalyptic horror film, which co-stars Joseph Quinn ("Stranger Things"), Alex Wolff ("Hereditary"), and Djimon Hounsou ("A Quiet Place Part II"). Serving as a prequel to the two "A Quiet Place" films, this installment picks up in New York City during the first invasion of the blind

extraterrestrial creatures that hunt humans with their exceptional hearing. A hospice patient named Sam (Nyong'o) first encounters these terrifying creatures while on an outing with her nurse, Reuben (Wolff). The creatures' attack on the city forces the pair (along with Sam's cat, Frodo) to enter survival mode and find a way to leave the island of Manhattan without accidentally signing their own death warrants. Out now to rent. (Amazon Prime Video)

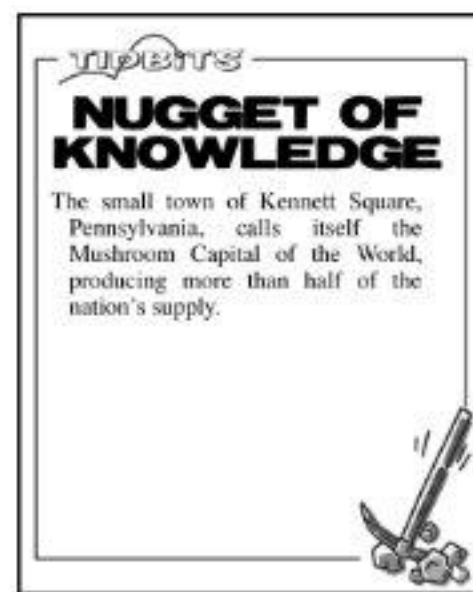


Photo Credit: Courtesy of MovieStillsDB
Photo Caption: Maika Monroe stars in "Longlegs."

"Longlegs" (R) -- This horror-thriller film grossed \$101 million in the box office against a less-than-\$10-million budget, making it the highest-grossing independent film of the year. Set in the 1990s, Maika Monroe ("God Is a Bullet") plays FBI agent Lee Harker, who gets assigned to several murder-suicide cases occurring in Oregon. All of these murder cases resulted in a father killing his family, then himself, and a letter signed by Longlegs. As Lee and her supervisor William Carter (Blair Underwood) follow clues that lead them closer to the murderer, a strange connection from Lee's childhood resurfaces, and she realizes that Longlegs might be closer to her than she originally thought. Alicia Witt ("Alice") and the

illustrious Nicolas Cage ("The Surfer") round out the rest of the cast. Out now to rent. (Apple TV+)

In Case You Missed It
"Normal People" (TV-14) -- This Irish miniseries dubbed as a "romantic psychological drama" launched the careers of Daisy Edgar-Jones ("Twisters") and Paul Mescal (upcoming in "Gladiator II"), who are on their way to becoming modern-day movie stars. Based on the acclaimed novel by Sally Rooney, the series follows two classmates, Marianne (Edgar-Jones) and Connell (Mescal), who are in very different places within their secondary school's social food chain. Popular and carefree, Connell enjoys his solid group of friends, while the outspoken, headstrong Marianne turns others off with her blunt outbursts to students and teachers alike. But with Connell's mom serving as Marianne's housekeeper, the two inevitably cross paths and strike up a rare, tender romance. All 12 episodes are out now. (Hulu)
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I was on the TV last night!
When I'm drunk I sleep anywhere!

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

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

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Dependent	Exemptions	Luxury tax	Tax evasion
Dividends	Flat tax	Refund	Wages
e-file	Interest	Sin tax	

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- | | | | | | |
|---|--|--|--|--|---|
| <p>ACROSS</p> <p>1 Asteroid
belt's largest
body</p> <p>6 Ooze</p> <p>10 Lavish party</p> <p>14 PC peripheral</p> <p>19 "Halt!" at sea</p> <p>20 Forearm
bone</p> <p>21 Nagging pain</p> <p>22 Amtrak train</p> <p>23 Part of a
cylinder lock
preventing
motion</p> <p>25 Lectures
aided by
blackboards</p> <p>27 Concerning</p> <p>28 Gigi's "yes"</p> <p>29 Working stiff</p> <p>30 "Bad Guy"
singer Billie</p> <p>31 Wrestler's
leg lock</p> <p>35 Pop rocker
Turner</p> <p>36 Co. big shot</p> <p>37 Eye. to poets</p> <p>38 — Dhabi</p> <p>39 Egg-shaped</p> <p>41 Instant lawn</p> <p>44 Manor</p> <p>46 Original
name of the
comic strip
"Popeye"</p> <p>49 French
painter
Camille</p> | <p>51 San Diego
baseballer</p> <p>52 Pulsate</p> <p>53 Reversed one</p> <p>56 Arizona tribe</p> <p>59 Burglarize</p> <p>60 Twosome</p> <p>62 Adhesive-roll
containers</p> <p>66 Study of light</p> <p>67 Actor's signal</p> <p>68 "Angel"
singer Yoko</p> <p>69 Simple chord</p> <p>70 Flaky dessert</p> <p>71 Bit of body
art, informally</p> <p>72 Being staked</p> <p>74 Inoculation
creation</p> <p>77 Siblings'
daughters</p> <p>78 Noted coach
Parseghian</p> <p>79 Scientology's
— Hubbard</p> <p>80 With
84-Across,
think piece in
a newspaper</p> <p>81 Lug along</p> <p>82 — Taco
(frozen treat)</p> <p>84 See
80-Across</p> <p>87 Edible fungus
whose cap
has not yet
opened</p> <p>92 Sunday
paper extra</p> | <p>96 That. to Lucia</p> <p>97 Forest, brush
or desert</p> <p>98 Pothole filler</p> <p>99 Inclined (to)</p> <p>100 "The Thin-
ning" actress
— Marie
Johnson</p> <p>101 — diagram
(logic image)</p> <p>102 Posting of
off-topic
replies on an
internet forum</p> <p>105 Wearable gift
shop item</p> <p>108 BLT spread</p> <p>110 — -mo replay</p> <p>111 Oklahoma
tribe</p> <p>112 Women's
shoe parts
that are wide
at the top and
bottom and
narrower in
the middle</p> <p>114 Nine featured
items in this
puzzle may
be found in
these</p> <p>117 Eyelike
openings</p> <p>118 Bill blocker</p> <p>119 Ormani, e.g.</p> <p>120 Relative of
largo</p> <p>121 Clear
kitchen wrap</p> | <p>122 British school
since 1440</p> <p>123 Skillets, e.g.</p> <p>124 Lung or
heart</p> <p>DOWN</p> <p>1 "Ya get it?"</p> <p>2 Makes
evident</p> <p>3 Went hogwild</p> <p>4 Eleanor of
kiddle lit</p> <p>5 Erwin of
early films</p> <p>6 District
outside a city</p> <p>7 Novelist Bret
Easton —</p> <p>8 Boise-to-
 Fargo dir.</p> <p>9 Golf target</p> <p>10 Confronted</p> <p>11 Reverberate</p> <p>12 Larger — life</p> <p>13 Moray, e.g.</p> <p>14 Day play, say</p> <p>15 City near
Orlando</p> <p>16 Hoagie shop</p> <p>17 Deer cousins</p> <p>18 Make pulp of</p> <p>24 Boxer
Michael</p> <p>26 Rock guitarist
Richards</p> <p>29 Chubby</p> <p>32 Spain's
Hernando
de —</p> <p>33 "I knew it!"</p> | <p>34 Kimono sash</p> <p>35 London art
gallery</p> <p>39 Like some
strict Amish</p> <p>40 "Come" and
"go," e.g.</p> <p>41 "Get the
lead out!"</p> <p>42 Tooth
flossing, e.g.</p> <p>43 Really hated
target</p> <p>46 Sporty car
roof option</p> <p>47 Tell
everything</p> <p>48 Be next to</p> <p>50 Really, really</p> <p>53 "No way!"</p> <p>54 Wary</p> <p>55 Light musical
work for the
stage</p> <p>57 Baseballer
with a record
4,256 hits</p> <p>58 Close enough
to get</p> <p>60 Penny, e.g.</p> <p>61 Intl. oil group</p> <p>63 Medicine
amount</p> <p>64 Pen fluids</p> <p>65 PBS'
"Science Kid"</p> <p>70 Many
groaners</p> <p>73 "Power"
rapper</p> | <p>74 Biblical book
after Micah</p> <p>75 Work
in verse</p> <p>76 Playthings</p> <p>82 "Get the
lead out!"</p> <p>83 Big name
in lawn
products</p> <p>85 Draw off via
a tube</p> <p>86 Oppositionist</p> <p>88 Ohio city or
college</p> <p>89 Jazz chord</p> <p>90 Boating tool</p> <p>91 Mine metal</p> <p>93 Giving
a thrill</p> <p>94 Manicotti
cheese</p> <p>95 Confronts</p> <p>99 Does improv</p> <p>101 Cello cousin</p> <p>102 Boxer Mike</p> <p>103 Egypt's —
High Dam</p> <p>104 Jestng sort</p> <p>105 General —
chicken</p> <p>106 Stray-
rescuing gp.</p> <p>107 Part of mph</p> <p>108 Confront</p> <p>109 Choir voice</p> <p>113 Actress
Arden</p> <p>114 Devitalize</p> <p>115 Bit of history</p> <p>116 Day- — paint</p> |
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- On Sept. 16, 1951, 19 people enjoying an air show in Colorado were tragically killed when a monoplane performing stunt maneuvers crashed into the crowd at a Colorado air show. The pilot was performing a snap roll when a wing caught on the ground and propelled the craft into spectators.
- On Sept. 17, 2006, an E. coli outbreak, blamed on spinach, occurred in the United States. The vegetable was recalled from stores and three deaths were attributed to the outbreak.
- On Sept. 18, 1973, future president Jimmy Carter filed a report with the National Investigations Committee on Aerial Phenomena, claiming he had seen a UFO several years previously in Leary, Georgia, which he described as a silent ball of light that changed size, brightness and color over a period of 10-12 minutes.
- On Sept. 19, 1995, The New York Times and The Washington Post published the Unabomber's 35,000-word manifesto, as in June he had said he would kill again if they did not do so by a specific deadline. The FBI hoped the publication might help reveal his identity.
- On Sept. 20, 1881, following the assassination of James Garfield, Vice President Chester Arthur was inaugurated on Sept. 20, 1881, becoming the third person to serve as president in that year. Interestingly, Garfield's assassin wrote to Arthur from jail, taking credit for his promotion into the White House.
- * On Sept. 21, 1955, eight women launched America's first lesbian-rights group, the Daughters of Bilitis, initially as a social alternative to the frequently raided bar scene. The group eventually grew into a national advocacy organization.
- On Sept. 22, 1828, Shaka, founder of the Zulu Kingdom of southern Africa, was murdered by his two half-brothers after his mental illness threatened to destroy the Zulu tribe. Although at first a brilliant military organizer, his grief at losing his mother in 1827 led him to enact strange laws, including a prohibition against planting crops and using milk, and to order the execution of all pregnant women and their husbands. The crisis came when he sent his army on an extensive military operation, and upon their returning exhausted, immediately commanded them out again.

SENIOR NEWS LINE

By Matilda Charles

Massive data breach

The word going around is that hackers have stolen 2.9 billion Social Security numbers, which means everyone. And now it appears all that information, including other personal information, has been released on the internet. That batch of data can include not only Social Security numbers, but names, phone numbers, current and former addresses, lists of relatives and more.

It's time to get very, very serious about protecting our personal data, our identity, our banking information and everything else. Although the horse is out of the barn when it comes to that information being released, there are still steps we can take to try to protect ourselves.

Don't carry your Social Security card in your wallet. Leave it at home, perhaps in an envelope inside a cabinet where you can access it easily.

Change your passwords. Use not only letters but numbers and symbols in your new passwords.

When you get a Medicare statement about any medical treatment you've had, go over it carefully to be certain there's nothing listed that you didn't get.

Be more cautious than ever about answering the phone. It's possible for thieves to fake the number they're calling from, and they can appear to be from your bank or another company you know. Never answer any questions about your personal information.

Be suspicious about any email you receive that asks for personal information. Don't click any links and just delete the email.

Send for your credit reports (or get them online) to check all your information. Put a freeze on all three credit bureaus at the same time. Those are TransUnion, Equifax and Experian. With a freeze, no one will be able to open a new account in your name because no one can check your credit. If necessary, you can do a temporary freeze lift if you're applying for credit somewhere. All three credit bureaus have this option available by phone.

Of all the data breaches we've had, this is the worst.

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“Aging Parents, the New Children”

Our guests at The Lodge Assisted Living are facing this new normal head-on. Helpful insights are in the following article as quoted on Fox Business, Health Care Section “As a nation, we are aging rapidly. According to the U.S. Census Bureau, Americas 65-and- over population is projected to nearly double to 88 million by 2050.

This means that in families across the country, kids and parents are going to be switching roles. As parents age, they are becoming their own kids’ children in many respects, requiring time and care as well as sometimes creating a financial burden.

One issue is that aging parents can lose their mental faculties. The Alzheimer’s Association says that every 65 seconds, someone in the U.S. develops Alzheimer’s disease (now the sixth-leading cause of death). This can create additional long-term care needs for parents, meaning an emotional and financial burden on adult children.

Even parents who age without severe mental incapacitation may not be able to remember things sharply, or their physical limitations may create difficulties in living independently. So, you must know your parents’ long-term plans and how they will affect you. What can you do to make sure that you are prepared as your parents age? Below are some places to assist

you today and as your parents go through the aging cycle.

1. Have a family discussion. Talking to your parents now may be uncomfortable but will save

you significant stress, time and even money down the road...

2. Put family affairs in order. My team and I created the Future File system as a roadmap to help with gathering information, from medical history to powers of attorney to information on bills and subscriptions. As we worked on the system, we realized you need to organize information with your parents as early as possible...

3. Figure out parents’ long-term financial needs. The financial implications of aging and passing are staggering. It is extremely expensive to provide care for aging parents...

4. Stay involved. As parents age, watch for signs of anything that might be off...

While the challenges of an aging parent may not have been your vision for your middle-age years, some good planning today can help make it easier for you and your family to deal with the future.” Carol Roth is creator of the Future File legacy planning system, a “recovering” investment banker and a New York Times bestselling author.

For guidance, questions, and tours of The Lodge Assisted Living, call Linda Davis 208-755-3637.



Linda Davis
Director of building relationships.
208.457.3403
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. Pituitary, e.g.	__ L __ __ __	\$1000	__ R __ __ __
2. Designer Ralph	__ __ __ __ N	Hardy's partner	__ __ __ __ L
3. Diplomatic agent	__ V __ __	Take pleasure in	__ J __ __
4. Super jolly	__ E __ __ __	Take to the altar	__ A __ __ __
5. One or the other	E __ __ __ __	Fade, like a flower	W __ __ __ __
6. San ____ Zoo	__ E __ __	Outback wild dog	__ N __ __
7. January birthstone	__ __ __ N __	Artist's attic	__ __ __ R __
8. Redeemed a check	__ __ __ __ D	Kidney-shaped nut	__ __ __ __ W
9. Like a sharp wind	__ __ __ S __	Mason's piece	__ __ __ C __
10. Trench	__ I __ __ __	From Holland	__ U __ __ __

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Americanisms



“This nation will remain the land of the free only so long as it is the home of the brave.”
—Elmer Davis

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top 10 movies

1. Deadpool & Wolverine
(R) Ryan Reynolds, Hugh Jackman
 2. Alien: Romulus
(R) Cailee Spaeny, David Jonsson
 3. It Ends with Us
(PG-13) Blake Lively, Justin Baldoni
 4. Blink Twice
(R) Naomi Ackie, Channing Tatum
 5. The Forge
(PG) Aspen Kennedy, Cameron Arnett
 6. Twisters
(PG-13) Daisy Edgar-Jones, Glen Powell
 7. Coraline
(PG) Dakota Fanning, Teri Hatcher
 8. The Crow
(R) Bill Skarsgard, FKA twigs
 9. Despicable Me 4
(PG) Steve Carell, Kristen Wiig
 10. Inside Out 2
(PG) Amy Poehler, Maya Hawke
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FLASHBACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Who wrote and released "Turn the Page" in 1973.
 2. Which artist released "Let's Get It On"?
 3. Who wrote and released "Summer in the City"?
 4. Which artist wrote and released "When Doves Cry"?
 5. Name the song that contains this lyric: "Please lock me away and don't allow the day, Here inside where I hide with my loneliness."
- Answers
1. Bob Seger. It was released on the Silver Bullet Band's "Back in '72" album but was never released as a single until 1976.
 2. Singer-songwriter Marvin Gaye, in 1973. The song topped the Billboard Pop chart where it stayed for two weeks and the Soul chart where it stayed for eight weeks.
 3. John Sebastian of the Lovin' Spoonful in 1966. During recording, they brought in city sounds such as car horns and added them to the final version. It finally made the list of the 500 Greatest Songs of All Time in 2011.
 4. Prince, in 1984. It was his first No. 1 single.
 5. "A World Without Love," by Peter and Gordon, in 1964. It was written by Beatle Paul McCartney but released to Peter and Gordon because McCartney didn't think it was appropriate for the Beatles.
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TIDBITS QUOTE

"When television is good, nothing — not the theater, not the magazines or newspapers — nothing is better. But when television is bad, nothing is worse." -Newton Minow, head of FCC, 1961

THIS WEEK'S CELEBRITY BIRTHDAYS

Christian Slater	8/18/1969
Tipper Gore	8/19/1948
Al Roker	8/20/1954
Kenny Rogers	8/21/1938
Cindy Williams	8/22/1948
Shelley Long	8/23/1949
Mike Huckabee	8/24/1955

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by Dave T. Phipps



Panel 1: "OK, SON, I'M GOING TO TEACH YOU EVERYTHING I KNOW ABOUT FOOTBALL."
Panel 2: "NOW GO DEEP AND I'LL CHUCK YOU THE BALL!"
Panel 3: "THAT'S IT! KEEP GOING! NOW I'LL HIT YOU IN THE HANDS WITH MY SPIRAL!"
Panel 4: "OK, SO I ACTUALLY DON'T KNOW THAT MUCH."

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.

Q VQOOI RLTG LZ EPG
ZOGPY LP RGQXPLPM,
GQXPLPM, QPH IGQXPLPM.
— RLRRLLQP MLZV

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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.

	+		÷		= 1			
-		+		+				
	+		+		= 12			
×		×		+				
	+		-		= 7			
=		=		=				
12		36		20				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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TIDBITS PUZZLE ANSWERS

TRIVIA NEWSFRONT

1. "Who Killed the Radio Star" by The Bopkins.
2. "The Fly in My Soup" - Michael Aspel vs. FC Invaders.
3. The Sex Pistols, in 1976.
4. Pappa in 1967.
5. FRO, opening by the assassination of JFK.

Micro Crossword
Answer

I	S	P	S	
N	C	A	A	
P	E	R	R	Y
D	R	U	M	S
A	T	B	A	T

SNOWFLAKES
solution

WORD POWER
ANSWER
HONOLULU

Weekly SUDOKU

Answer

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

Go Figure!

answers

4	+	1	+	5	=	1
-		+		+		
2	+	3	+	7	=	12
x		x		+		
6	+	9	-	8	=	7
=		=		=		
12		36		20		

MIN SUDOKU

Answer

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

Super Crossword

Answers

CERES	SEEP	FETE	MODEM
AVAST	ULNA	ACHE	ACELA
PINTUMBLER	CHALK	TALKS	
INRE	OUI	PEON	EILISH
SCISSORSHOLD	TINA		
CEO	ORB	ABU	OVATE
ESTATE	THIMBLE	THEATRE	
COROT	PADRE	BEAT	
ICON	HOPI	ROB	COUPLE
TAPEDISPENSERS	OPTICS		
CUE	ONO	TRIAD	PIE
ATRISK	NEEDLE	PUNCTURE	
NIECES	ARA	LRON	OPED
TOTE	CHOCO	ESSAY	
BUTTON	MUSHROOM	INSERT	
ESA	BIOME	TAR	APT
VENN	THREAD	H	JACK
TSHIRT	MAYO	SLO	OTOE
SPOOLHEELS	SEWING	KITS	
OCULI	VETO	ARAB	LENTO
SARAN	ETON	PANS	ORGAN

King Crossword

Answers

Solution time: 22 mins.

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

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TO YOUR GOOD HEALTH
By Dr. Keith Roach

DVT Patient Switches to Aspirin With Good Results

DEAR DR. ROACH: I am an 81-year-old female who has been on Xarelto for years due to deep vein thrombosis (DVT). I also have an inferior vena cava (IVC) filter. I read that low-dose aspirin (325 mg) is just as effective in preventing clots in the legs as Xarelto, which is very expensive. My doctor advises against changing to aspirin, but won't give me an explanation as to why.

I switched anyway, and the redness in my foot disappeared. After one month of taking 325 mg of coated aspirin daily, I have no symptoms and actually feel better. What are your thoughts? -- A.B.

ANSWER: Although aspirin is better than nothing, it has been proven to be less effective than Xarelto and similar medicines in people who are at risk for blood clots. In a yearlong trial comparing the two, recurrences of DVT (a blood clot in the deep veins of the leg) occurred in just over 1% of people taking Xarelto and in 4.4% of people taking aspirin. (This study used low-dose aspirin -- 100 mg -- rather than the full-dose of 325 mg that you are taking.) The risk of bleeding was about the same among the aspirin group and the Xarelto group.

Aspirin is an anti-inflammatory, which may be why the redness in your foot disappeared. I doubt it had anything to do with a blood clot.

For people at a high risk, I recommend against changing from a more-effective medicine like Xarelto to aspirin. In your case, you are

protected against a blood clot in the lung by your filter, which is designed to catch any clot before it can get to the lung. Unfortunately, the IVC filter slightly increases the risk of a recurrence of a blood clot in the legs, so it's important to keep taking medication to reduce your risk.

Given the serious nature of a blood clot, I can't recommend disregarding your doctor's advice, although you deserve a thorough explanation from your doctor. If the main issue for your wanting to change medications is the expense, you might ask your doctor if there are less-expensive alternatives that would still be as effective as Xarelto. The manufacturer also offers a program to help with expenses.

DEAR DR. ROACH: I am a 67-year-old woman in good health. I have been taking omeprazole for at least 10 years, and it was originally prescribed to help chronic cough. With all the talk of an increased dementia risk from this medication, what is the safest way to wean off of it? -- C.H.

ANSWER: There is some evidence that proton-pump inhibitors like omeprazole increase dementia risk. But the evidence isn't strong, and there are studies that haven't shown a risk. Still, omeprazole and similar drugs do have the potential for long-term side effects, and it is always worth a periodic trial off of the medicine to see whether it is still needed.

If you and your physician agree to stop the medication, my usual recommendation is to cut the dose in half for a week, then take it every other day for another week before stopping. People on a high dose may need to cut the dose in half twice.

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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TIDBITS GOES LONG.....

The first toilet depicted on TV was in an episode of "Leave it to Beaver" in 1957. Wally and Beaver order a baby alligator from the back of a magazine and must keep it hidden from their parents. Censorship rules did not allow a toilet to be on TV, so producers skirted the issue by showing Wally dropping the baby gator into the toilet tank without showing the toilet bowl.

Play Better Golf with JACK NICKLAUS

LOOPING THE CLUB MEANS CHANGING ITS PLANE AT SOME POINT IN THE SWING.

A LOOP THAT BRINGS THE CLUB MORE TO THE INSIDE OF THE TARGET LINE AS THE DOWN-SWING BEGINS ISN'T ALL BAD.

NEVERTHELESS, THE GAME IS EASIEST WHEN THE BACKSWING AND THROUGHSWING MATCH EACH OTHER.

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