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TIDBITS® STUDIES SOME FAMOUS PETS

by Kathy Wolfe

We love our pets! Nearly 70% of us have an animal in the home, and, according to a survey, 90% of pet owners think of their pets as members of the family. For some, pets go way beyond cats and dogs, as you'll see as you read these Tidbits' facts.

- American soldier Lee Duncan was on a World War I battlefield in France when he happened upon a litter of German Shepherd puppies abandoned in the trenches. Duncan brought the pups back to America and began training them. One of dogs became Rin-Tin-Tin, starring in 22 Warner Brothers films from 1922 to 1932. Rin-Tin-Tin's descendants – Jr., III, and IV – were also stars, with Rin-Tin-Tin IV starring in the celebrated TV series, "The Adventures of Rin-Tin-Tin," from 1954 to 1959. Duncan was a natural-born trainer, training more than 5,000 war dogs for the U.S. Army K-9 Corps during World War II.
- Actor George Clooney gifted his girlfriend a Vietnamese potbellied pig, which grew to 300 lbs. (136 kg). Max was frequently seen on Clooney's movie sets, was allowed to sleep in his master's bedroom, and grunted and squealed when his breakfast was late. When Clooney's romance went south, Max stayed for the next 18 years, until the pig's death at age 19.

turn the page for more!



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FAMOUS PETS (continued):

- Actor Nicolas Cage has owned several exotic pets, including an octopus for which he paid \$150,000. His two albino king cobras, Moby and Sheba set him back \$276,000. Cage kept a supply of antidote in his home in the event that he was bitten by the cobras, considering that he would have just 15 minutes to live without it. His menagerie also included a five-foot-long Asian water monitor lizard, a shark, and a crocodile. Cage was forced to surrender them all when faced with a \$14 million IRS settlement for unpaid taxes.
- The Roman Emperor Nero was the owner of a pet tigress named Phoebe, a fighting brute he rescued from a match at the Coliseum. She was housed in a luxurious golden cage in the emperor's palace, but was often allowed to roam free and dine at the table with guests. Those who offended or opposed Nero ran the risk of becoming Phoebe's dessert.
- A white Japanese white Akita dog has been memorialized for his incredible loyalty to his owner. In 1924, Tokyo University professor Hidesaburo Ueno took Hachiko to live with him in Tokyo. Every day, Hachiko met Professor Ueno at the train station after the commute home from the University. The dog always turned up at the exact time of the train's arrival. In 1925, while delivering a lecture to his class, Ueno suffered a cerebral hemorrhage and died at work. For nearly ten years after his master's death, Hachiko waited at the station for his return. As commuters recognized the pattern, Hachiko was fed and given treats, and the Akita became a national symbol of loyalty. A bronze statue of this devoted canine stands at Tokyo's Shibuya Station.
- Oprah Winfrey's five spaniels will have no trouble surviving if anything happens to their owner. These canines are protected by a \$30 million trust, a small fraction of her estimated net worth of \$2.5 billion.



- It's tough to eat home-cooked meals as a single eater. Most recipes are geared for multiple portions, and you probably don't want to eat the same thing for five days straight. Try this: Get together with some friends and have a potluck. Each guest brings an entree and at least two side dishes, in extra-large portions, and his or her own leftovers containers. Split the food up amongst the guests, packaged as meals. Everyone can cook once and eat for a week.
- "If your baby gets very rashy on her backside, try to give her some 'air time' each day. Just an hour a day with no diaper has made a big difference in my baby girl's rash." -- H.P. in Illinois
- "Leftover dry erase calendars make good bingo card bases. Cut out a five by five section, and use a permanent marker to fill the squares with small random numbers. Make matching call cards from the unused squares. Place the call cards in a sandwich baggie and the rest in a larger plastic bag. Include a couple dry erase markers, and you have a set that can be used anywhere (ours is in the car) over and over again." -- E.W. and S.D. in Oregon
- Control kids' artwork with a digital photo album. Take photos of the best pictures of the month, then arrange them in a scrapbook template and print them out. Keep the pages in a three-ring binder. Label with the child's name.

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Just Like Cats & Dogs by Dave T. Phipps



FAMOUS PETS (continued):

- Monkeys have been the pet of choice for several celebrities, but not with the best outcomes. Michael Jackson purchased his chimp Bubbles from a research clinic, and brought his pet along with him on tour, with Bubbles even enjoying tea with the mayor of Osaka, Japan. Jackson frequently dressed Bubbles in a costume identical to his own, taught him how to moonwalk, and put him to bed in a special crib on Jackson's ranch. When Bubbles became large and aggressive, he was moved to a Florida primate sanctuary. A relative gifted singer Justin Bieber with a capuchin monkey, Mally, on his birthday, and Bieber took his pet on tour to Germany. Unbeknownst to Bieber, the capuchin is an endangered animal in Germany, and authorities confiscated the animal, and charged Bieber \$8,000 to cover the costs of moving Mally to a zoo. Elvis Presley had numerous pets, including donkeys he kept in an empty swimming pool and a turkey named Bowtie, but his favorite was his chimpanzee, Scatter. Scatter accompanied the King on tour, but was unruly and out of control, biting the crew and even swigging whiskey when left unsupervised. The chimp was sent back to Graceland, where it's alleged that a cleaning lady poisoned him after being bitten severely.
- Taylor Swift might be described as a "cat lady," as she is the happy owner of three felines, all of which are named after television/movie characters. Cat #1 is Olivia Benson, named after actress Mariska Hargitay's character in the "Law & Order" TV series. Kitty Meredith Grey takes her name from the female doctor in "Grey's Anatomy," played by Ellen Pompeo. Her third cat is Benjamin Button, named for Brad Pitt's character in the 2008 movie, "The Curious Case of Benjamin Button."

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Weekly SUDOKU
by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Paper is missing. 2. Foot is moved. 3. Collar is added. 4. Phone is moved. 5. Desk legs are longer. 6. Man is standing straighter.

Holidays & Observances This Week

- 4/21 Kindergarten Day
- 4/22 National Jelly Bean Day
- 4/23 National Library Day
- 4/24 International Guide Dogs Day
- 4/25 DNA Day
- 4/26 Audubon Day
- 4/27 Babe Ruth Day

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Some positive news from the Community Library Network!

It is nearly time for the annual Friends of the Community Library Network Spring Book Sale at the Hayden Library. Save the dates. Friday, April 26th, 3pm-7pm and Saturday, April 27th, 10am – 3pm. A wide variety of genres: fact, fiction, history, literature, cooking, DIY projects and more will be available for purchase. There is a large inventory of Native American historical and cultural books, as well as books on railroads, aircraft, sailing, photography, construction, quilting, and horses. Donations include many rare, collectible books and sets of "Great Courses" and "Great Books of the Western World". All books are clean and in excellent condition. The Friends, a volunteer, not for profit group, meets the 2nd Tuesday of each month at 1pm-2pm. Proceeds from books sold support the children's, teen, and adult programs at local libraries within the Community Library Network. A big thank you to our library patrons who have donated books throughout the year to support library programs. Please drop by April 26th and 27th, browse, buy, and support your libraries.



By Lucie Winborne

- The Aztec death whistle produces a horrifying sound sometimes described as "the scream of a thousand corpses."
- "Miracle" berries stop human taste buds from discerning sourness for about 30 minutes.
- Beginning in June of 1979, as Skylab's re-entry approached, many American newspapers jokingly proposed "Skylab insurance," which would pay their subscribers for death or injury caused by flying orbiter fragments.
- There's a territory in Costa Rica called Territorio de Zaguates, or Land of the Strays, which is basically a huge, no-kill dog shelter where one can hike for free with the canines.
- And while we're on the subject of dogs: "Dogfooding" is the term for using a company's product to gain the trust of customers. It's said a dog food company president ate a can of the firm's food in a shareholders meeting to demonstrate that "if it's good for me, it's good for your dog." We'll take his word for it, thank you.
- The fertilizer used by the tobacco industry is radioactive.
- In 1970, actor Bill Murray joked to a fellow airline passenger that he had two bombs in his bag. The jest backfired when U.S. marshals searched his luggage, discovered \$20,000 worth of marijuana, and arrested him.
- The Black Diamond is a rare (and expensive) apple, with its jet-black hue, sweeter-than-honey taste, and crispness unmatched by any other apple. But don't look for it in your local grocery store; you'll only find this gem in Tibet.
- De-scented skunks make great pets, similar to ferrets. They're extremely docile and can even learn tricks and be called by name.
- Louis Chevrolet died bankrupt and poor working as a mechanic for the company he started.

Thought for the Day:

"Don't spend time beating on a wall, hoping to turn it into a door."

-- Coco Chanel

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The Garden Bug

Ferns generally prefer soil that is more acidic than alkaline, with lots of decaying organic matter and filtered light. Ferns prefer a highly moist environment, such as in a wetlands or along a water source, so if rain is infrequent in your area, try to induce wet conditions in your garden by watering enough to keep the top 6 inches of soil moist but not soggy. - Brenda Weaver

Source: gardenerspath.com

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TIDBITS Laughs!

Son: Dad, I want to get a pet spider from the pet store, but they are really expensive.

Dad: No worries, Son. I can get a real cheap one off the web.

FAMOUS PETS (continued):

- Napoleon Bonaparte's wife Josephine kept a primate, a female orangutan that joined her at the dinner table attired in a white cotton dress. The ape supposedly had flawless manners and had a love of turnips. Josephine also kept an emu, black swans, and several kangaroos.
- In 2020, the Guinness Book of World Records introduced a new category to their line-up, that of "Most Followers on Instagram for a Cat." It came as the result of Nala, a Siamese-tabby mix owned by Varisiri Methachittiphan, affectionately known as Pookie. Pookie rescued 5-month-old Nala from a Los Angeles animal shelter and, upon the advice of her sister in Thailand, began documenting Nala's adorable charm on Instagram in 2012. Her postings were an instant hit, and by 2019, Nala had more than 4.2 million fans on the site. The number now tops 4.5 million and the feline has a net worth of \$100 million. In addition to the enormous amounts of paid advertising she generates, Nala has her own cat food line. In 2019, the cat was also named TikToker of the Year, getting the better of four human competitors.
- Actress Audrey Hepburn met her pet fawn, Pippen, on the set of "Green Mansions," a 1959 film with a script that called for Hepburn's character to followed around by a small fawn. In the off-hours, in order to foster a relationship with the animal for the film, Hepburn took Pippen home and fed her from a baby bottle. When filming was concluded, Hepburn kept the deer, giving her a bed in a custom-made bathtub, although Pippen sometimes slept in Hepburn's bed. Pippen was a guest at parties, and was also taken to the grocery store.

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KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
 PHOTO CREDIT: Bunch Auctions
 PHOTO CAPTION: This majolica stool was made in the 20th century. It is square instead of the antique barrel shape but still shows the influence of the 19th-century style.



Majolica Stools

May means warmer weather, flowers blooming and more time spent outdoors, especially in the garden. It's a place to sit, relax and enjoy the view of your beautiful plants and the birds and butterflies they attract.

Garden seats have been used for centuries. Early garden seats in China, called zuodun, literally "a block to sit on," were shaped like barrels with a stretched skin top held in place with nails. Later garden seats were made of porcelain but had the same barrel shape and featured decorative rows of bumps to resemble the old nail heads.

In 19th-century Europe and America, majolica, an earthenware pottery with thick, colorful tin glaze, was a popular material for garden seats, planters and other garden furnishings. They often had three-dimensional nature-themed decorations. However, majolica is fragile, prone to chipping and cracking, so it should be brought inside during inclement weather or kept indoors. Victorians often kept majolica pieces in conservatories, or greenhouses, so they could be part of a nature setting without being exposed to the elements.

Majolica stools are still sought as decorative

items. This one that sold for \$160 at Bunch Auctions was made in the 20th century, but shares the vivid colors and three-dimensional decorations of its Victorian predecessors.

Q: I have several copperware casseroles that have worn spots and probably need to be re-tinned. How can I find a place to get this done without needing to ship them? Is it dangerous to use these pieces as they are?

A: Don't use the casseroles if the tin lining is worn off. Direct contact with tomatoes or other acidic food can cause small amounts of copper to leach into the food. If you live near a big city, you might find a local metal repair shop that does re-tinning. If there is no one near you, you can find other places online. The company that made the copperware, or a store near you that sells similar pieces, might be able to recommend someone who does re-tinning. If you can't get the pieces re-tinned, just use them as display items.

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ARIES (March 21 to April 19) You're doing better on a flexibility issue, but you still need to loosen up a bit to show that you can be less judgmental and more understanding about certain sensitive matters.

TAURUS (April 20 to May 20) Your personal aspect continues to dominate this week, but try to make time to deal with important career-linked matters as well. A change of plans might occur by the weekend.

GEMINI (May 21 to June 20) Excuses are not really needed for much of the confusion occurring this week. However, explanations from all parties could help in working things out to everyone's satisfaction.

CANCER (June 21 to July 22) A surprising (but pleasant) recent turn of events continues to develop positive aspects. But be prepared for a bit of a jolt on another issue that needs attention.

LEO (July 23 to August 22) Creating a fuss might bring you the attention that you want. But are you prepared for all the explaining you'd have to do? Better to use more subtle ways to make your bid.

VIRGO (August 23 to September 22) With education continuing to be a strong factor this week, this could be the time to start learning some new skills that can later be applied to a bid for a potential career move.

LIBRA (September 23 to October 22) You might do well to reconsider some of your current priorities before you get so deeply involved in one project that you neglect meeting the deadline on another.

SCORPIO (October 23 to November 21) With an important decision looming, you need to be careful about the information you're getting. Half-truths are essentially useless. Get the full story before you act.

SAGITTARIUS (November 22 to December 21) Find out what everyone's role is expected to be before accepting a workplace proposal. Getting all the facts now could prevent serious problems later on.

CAPRICORN (December 22 to January 19) A flexible position on a workplace matter could be the best course to follow during the next several days. A personal issue also benefits from an open-minded approach.

AQUARIUS (January 20 to February 18) Involving too many people in your workplace problem can backfire. Remember: Allegiances can shift. Ask trusted colleagues for advice, but don't ask them to take sides.

PISCES (February 19 to March 20) Before submitting your suggestions, take more time to sharpen the points that you want to make. The clearer the presentation, the more of a chance it has to get approved when submitted.

BORN THIS WEEK: Your clear sense of who you are gives you the confidence you need for tackling difficult situations.

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By Sam Mazzotta

How to Greet Other Dogs on the Street

DEAR PAW'S CORNER: I adopted a sweet but somewhat rambunctious little mutt, "Karla," who is about 13 months old. The problem is that she wants to jump and bark at other dogs when we're out for a walk. How can I calm her down?
-- Jen in Duluth, Georgia

DEAR JEN: Reactivity is natural behavior for a puppy that loves to play with other dogs, but of course, it's not desirable behavior. Jumping and barking can trigger an aggressive response from some dogs, or stress out other dogs. It can scare humans.

Fortunately, it's a behavior that you can moderate with a specific, daily training regime that will teach Karla to stay calm on the leash.

First, gather your tools: A sturdy leash that is about 5 feet long (no retractable leashes allowed), a harness and a pocketful of Karla's favorite treats, cut into tiny pieces. I recommend the harness over a collar because it allows you to strongly control Karla if she starts jumping, without risking an injury to her throat.

Next, teach and reinforce three crucial commands: sit, stay and heel. From the moment you put on Karla's harness and leash, to when you take them off at the end of the walk, she needs to follow your commands. Karla should sit calmly while you attach and remove the leash. During the walk, she should remain next to you, with a little slack in the leash. If she starts to tug ahead, stop, command her to sit and, once she sits, start off again, giving the command "heel."

Keep the training positive, and remember that it will take time and consistency. As she learns what you expect from her, Karla will become a great walking companion.

Readers, how do you keep your dog calm on a walk? Let us know at ask@pawscorner.com.

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- ⑨ Meet low to moderate income requirements (see chart)
- ⑨ Agree to work with a family mentor
- ⑨ Complete financial education & "sweat equity" volunteer hours (lots of options available!)

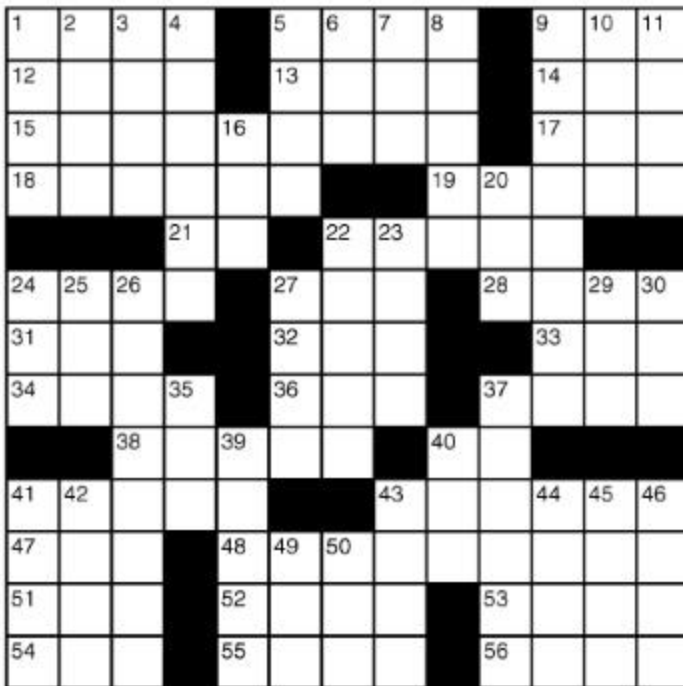
Family Size	Monthly Gross Income Range	Annual Gross Income Range
1	\$1,775 - \$3,460	\$21,300 - \$41,520
2	\$1,775 - \$3,953	\$21,300 - \$47,436
3	\$2,500 - \$4,446	\$30,000 - \$53,352
4	\$2,500 - \$4,940	\$30,000 - \$59,280
5	\$2,680 - \$5,340	\$32,160 - \$64,080
6	\$2,680 - \$5,733	\$32,160 - \$68,796
7	\$3,265 - \$6,126	\$39,180 - \$73,512
8	\$3,265 - \$6,527	\$39,180 - \$78,324



King Crossword

ACROSS

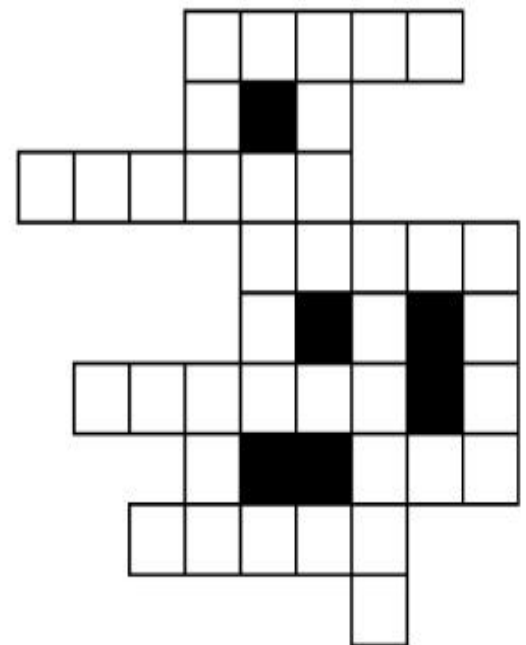
- 1 "House" actor Omar
- 5 Nick and Nora's dog
- 9 Mountain pass
- 12 Mend socks
- 13 "— to differ!"
- 14 Flamenco cheer
- 15 Marmaduke, for one
- 17 Allow
- 18 Realm
- 19 Protuberances
- 21 French article
- 22 Filled fully
- 24 Gear teeth
- 27 Understood
- 28 Hoodwink
- 31 Scary cry
- 32 Flying saucer
- 33 Perch
- 34 Attempt
- 36 Knock
- 37 School support orgs.
- 38 Object (to)
- 40 Battery size
- 41 Ibsen's Gabler
- 43 Golfer Sorenstam
- 47 Land in la mer
- 48 Bruce Springsteen hit
- 51 JFK regulator
- 52 "Her" actress Rooney



- 53 Taj Mahal site
 - 54 Unwell
 - 55 Melville mariner
 - 56 Detergent
- ### DOWN
- 1 Rim
 - 2 Italian cheese, for short
 - 3 Ready, as for surgery
 - 4 Slowpokes
 - 5 Staffer
 - 6 Govt. loan agcy.
 - 7 Toe count
 - 8 Representative
 - 9 Pricey powder
 - 10 Sheltered
 - 11 Favorites
 - 16 Three, in Rome
 - 20 British ref. work
 - 22 To date
 - 23 Perched on
 - 24 "NCIS" aier
 - 25 Sound of delight
 - 26 Bargain
 - 27 Mentor
 - 29 Zadora of "Hairspray"
 - 30 Roswell visitors
 - 35 Slugger Williams
 - 37 Bamboo eaters
 - 39 Molten rock
 - 40 Some
 - 41 LP player
 - 42 Israeli airline
 - 43 Basra resident
 - 44 Shakespeare villain
 - 45 Actress Sedgwick
 - 46 Pronto
 - 49 — -di-dah
 - 50 Mouths (Lat.)



- OEH
- MATSLO
- EFTRO
- ♥ETRI
- ♥TRALEH
- GRI
- ♥HSGA
- LEOHL
- ♥RFO
- ERFTOG
- ♥ERAGE
- ♥GEOL



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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STICKELERS (sic)
 by Terry Stickels

How many anagrams can you find for the words below?

- 1) subtle
- 2) cater
- 3) recounts
- 4) paternal

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HealthBits

By Dr. Holly Carling

WITH HEAVY HEART: CARDIOVASCULAR DISEASES

Cardiovascular diseases are one of the leading causes of death in the U.S. and other countries. This saddens me. So many of the heart challenges we have today are both preventable and treatable. Taking care of the various aspects of cardiovascular health of which we have control isn't that hard and should be considered a no-brainer.

Most people, when considering heart disease, only think of cholesterol and heart attacks. But you can have problems with the vessels, such as peripheral vascular disease, rheumatic heart disease, stroke, heart attack, deep vein thrombosis, coronary artery disease (narrowing) and aorta disease. Also, in a similar vein, valve weaknesses and incompetencies. You can have problems with the muscle, resulting in congestive heart failure – CHF (either from over-stretched heart muscle or thickened heart muscle), rheumatic heart disease damage, and cardiomyopathy (diseased muscle which may include CHF as above or result from viral or bacterial infection). Pericardial disease (protective sac that surrounds the heart) is in its own category. Congenital heart disease is in the category that we work to keep it under control as much as possible. Complex congenital heart disease children didn't used to survive to be adults, but as more and more are now, there is a new field of cardiac medicine that specializes in this field. As all other heart disease is acquired,

meaning it developed after birth, and we have control over its expression, congenital heart disease is treated entirely differently and deserves its own specialist physician.

Nutrition is one of the most obvious ways we can control heart health. In fact, the heart is the most sensitive to nutritional changes in the body. Nutrition can be used in both acquired and congenital heart disease.

Diets high in healthy fats and low in fried or hydrogenated, vegetable or grain oil fats is really important. In fact, there is supposed to be a healthy layer of fat around the heart itself to protect it. But the type of fat consumed can make a world of difference in the health of the heart.

Dietary minerals – minerals specifically from plants – are essential in heart health. They control the rhythm and rate of the heartbeat, they are necessary for proper contractility of the heart, including regulating blood pressure. Vitamins such as Vitamin D and especially Vitamin B are crucial for muscle and valvular tone and blood pressure regulation.

Just as important as including heart healthy nutrients, is avoiding heart weakening consumables. Sugar, as it tends to strip vitamins and minerals from the body absolutely needs to be avoided. Coffee/caffeine, alcohol (a super-refined sugar), and bad fats lead the list of heart-destroying consumables.

Beyond all that, there is so much we can do to help our cardiovascular system.

Want to hear more from Dr. Carling? Check out our podcast. Search for VitalHealth4You on your favorite podcast listening app or go to vitalhealthcda.com/podcasts/



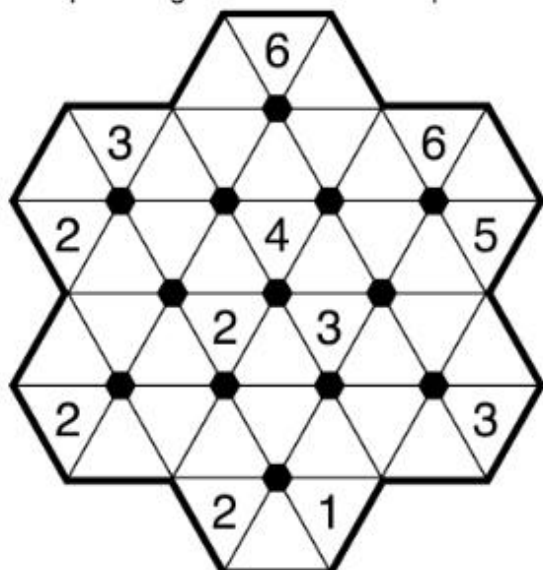
Dr. Holly Carling is a Doctor of Oriental Medicine, Licensed Acupuncturist, Doctor of Naturopathy, Clinical Nutritionist and Master Herbologist with over four decades of experience. Dr. Carling is a "Health Detective," she looks beyond your symptom picture and investigates WHY you are experiencing your symptoms in the first place. Dr. Carling is currently accepting new patients and offers natural health care services and whole food nutritional supplements in her Coeur d'Alene clinic. Visit Dr. Carling's website at www.vitalhealthcda.com to learn more about Dr. Carling, view a list of upcoming health classes and read other informative articles. Dr. Carling can be reached at 208-765-1994 and would be happy to answer any questions regarding this topic.

Medical/Health Disclaimer: The information provided in this article should not be construed as personal medical advice or instruction. No action should be taken based solely on the contents of this article. Readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided here are believed to be accurate and sound, based on the best judgment available to the author, but readers who fail to consult appropriate health authorities

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 ★

By Freddy Groves

Stolen Valor, Stolen Benefits

How, one wonders, does something like this happen? How does a civilian collect \$146,000 in VA benefits for allegedly having been wounded and held a prisoner of war in Iraq when he's never even served in the military?

It's one thing to walk around with fake military medals pinned to your chest or to tell tall tales in a bar, but how does all the rest slip by? And for so long?

The story: A civilian has been charged with taking education, health and disability benefits after he claimed to be a Marine who was wounded in combat and held as a prisoner of war in Iraq. He claimed to have been wounded in an IED (improvised explosive device) attack and was then captured. He claimed he'd been awarded the Purple Heart, Prisoner of War medal and several others.

To apply for all those benefits and cash, he would have needed a DD214 as well as other paperwork. To keep from delaying the handing out of benefits and cash, the VA lets veterans use their own documents when they submit applications.

Sometimes people lie and turn in fake documents. Over time he turned in a pile of those fake documents, including the DD214 and certificates for his stack of alleged medals.

But that's where this criminal's story should have fallen apart. I can see accepting a veteran's initial documents to get him started on the benefits, but to let the fraud go on for five long years? Surely someone could have looked up the details to verify the Purple Heart and prisoner of war status? Did no one bother to check to see if he'd even been in the military?

Eventually the criminal got greedy and applied for educational benefits on top of the cash he received each month for his alleged physical injuries, receiving monthly subsistence payments and payments to the university.

If that wasn't enough, he then applied for an increase in the disability payments.

How is it no one spotted this fraud long ago?

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top ten

NFL Teams With Most Super Bowl Wins

- 1/2 New England Patriots, 6
Pittsburgh Steelers, 6
- 3/4 San Francisco 49ers, 5
Dallas Cowboys, 5
- 5/6/7 Kansas City Chiefs, 4
Green Bay Packers, 4
New York Giants, 4
- 8/9/10 Denver Broncos, 3
L.A./Oakland Raiders, 3
Washington Commanders, 3

Source: ProFootballNetwork.com

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- In the ____ Disney film "Cinderella," the name of the family dog was ____.
- A Golden Retriever owned by "Golden Girls" star ____ inherited \$5 million following his owner's death.
- Demi Lovato named her dog after the superhero ____.
- In the long-running TV series, "Friends," Ross' pet monkey was named ____.
- Which U.S. President owned the cocker spaniel named Checkers?

TIDBITS presents
QUIZ BITS

- Name the Flintstones' family pet.
- What is the name of Harry Potter's pet owl?

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



- By Ryan A. Berenz
1. Name the 2011 WNBA Rookie of the Year who won four championships from 2011-17 with the Minnesota Lynx.
 2. What Kansas City Chiefs wide receiver caught the game-winning touchdown in overtime to seal the Chiefs' 25-22 victory over the San Francisco 49ers in Super Bowl LVIII?
 3. What golf course on Long Island, New York, hosted the U.S. Open Championship in 1896, 1986, 1995, 2004 and 2018?
 4. Tennis player Andre Agassi was married to what model/actress from 1997-99?
 5. What motorsports track, site of the Formula 1 United States Grand Prix beginning in 2012, is located in Austin, Texas?
 6. Who was head coach of the Oakland/Los Angeles Raiders when the team won Super Bowls XV and XVIII?
 7. In the 1970s, sports figures Bob Uecker, Joe Frazier, John Madden, Boog Powell, Bubba Smith, Billy Martin and George Steinbrenner appeared in TV commercials for what brand of beer?

Answers

1. Maya Moore.
2. Mecole Hardman Jr.
3. Shinnecock Hills Golf Club.
4. Brooke Shields.
5. Circuit of the Americas.
6. Tom Flores.
7. Miller Lite.

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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.

DIFFICULTY: ★

	-		×		= 18			
-		-		+				
	-		×		= 20			
÷		÷		×				
	+		+		= 13			
=		=		=				
1		1		90				
1	2	3	4	5	6	7	8	9

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- By Fifi Rodriguez
1. LITERATURE: What are the names of the four sisters in "Little Women"?
 2. U.S. STATES: Which northeastern state has a desert?
 3. MOVIES: Which long-running movie series features the character Legolas?
 4. ANATOMY: What does the lacrimal gland produce?
 5. GEOGRAPHY: Ellesmere Island belongs to which nation?
 6. SCIENCE: Which of the human senses is most closely related to memory?
 7. LANGUAGE: What does the Latin phrase "ad meliora" mean?
 8. TELEVISION: Which TV sitcom features a mom named Rainbow Johnson?
 9. THEATER: Who wrote the play "A Little Night Music"?
 10. MUSIC: Which alternative rock band went by the name of The Warlocks before becoming famous?
- Answers**
1. Meg, Jo, Beth and Amy.
 2. The 40-acre Desert of Maine.
 3. "The Lord of the Rings" and "The Hobbit" trilogies.
 4. Tears.
 5. Canada.
 6. Smell.
 7. "Toward better things."
 8. "Black-ish."
 9. Stephen Sondheim.
 10. The Grateful Dead.
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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.

SIMOKBIM SEM CXML RXB
 IMNMYLM OAXLM OCC. YS
 QYCC KBILYLM CXGV
 OHSMI RXBI VXXU EMOCS
 EOK LOGYKEMU.
 - XV TOGUYGX

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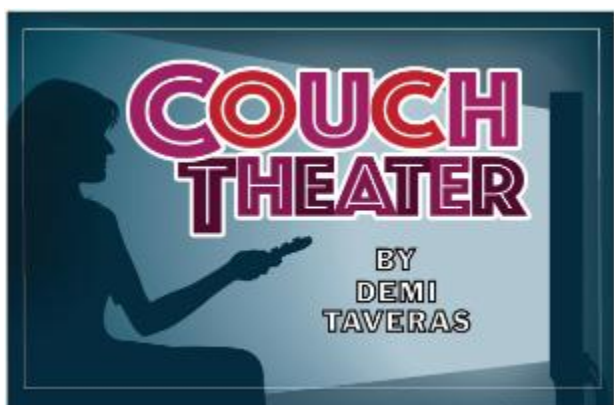


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By Demi Taveras

"Migration" (PG) -- From the animation studio Illumination, who brought us movies like the "Despicable Me" franchise and "The Super Mario Bros. Movie," comes a new animated experience about a family of ducks! Mack Mallard (Kumail Nanjiani) is an anxious father whose greatest fear is putting his family in harm's way, but his wife, Pam (Elizabeth Banks), is desperate to see the world with their kids, Dax and Gwen. After much convincing and meeting another flock of ducks who are heading to Jamaica, Mack decides that it's time for the family to leave their pond for a much-needed adventurous voyage! Danny DeVito, Keegan-Michael Key and Awkwafina are just some of the actors who lend their voices to this amusing film fit for the whole family. Out now. (Peacock)

"Thank You, Goodnight: The Bon Jovi Story" (TV-MA) --

Photo Credit: Courtesy of Hulu
Photo Caption: "Thank You, Goodnight: The Bon Jovi Story" is a docuseries about one of the biggest rock bands of the past 40 years."

This four-part docuseries



tells the story of one of the biggest rock-and-roll bands, Bon Jovi. Featuring personal videos, unreleased demos and rare photos that have never been seen, the series spans across 40 years, culminating at the point where front-man Jon Bon Jovi had to receive vocal cord surgery. It dives into the start of Bon Jovi as just a few kids in New Jersey and leads into their eventual skyrocket rise into global fame. Of course, interviews with the current and former members of the band are included, such as David Bryan, Tico Torres, Phil X, Hugh McDonald and Richie Sambora. But keep an eye out for another New Jersey local, Bruce Springsteen. Premieres April 26. (Hulu)

"Tiger" (PG) -- The latest Disney nature film is out now, and its focus is the ferocious, fast and majestic animal tiger. Taking place in the vast jungles of India, the documentary follows a young tigress named Ambar as she raises her family of cubs. Viewers can follow along this tiger family's journey toward survival in a challenging environment that is chock-full of "mysteries, surprises and dangers." Indian actress Priyanka Chopra Jonas lends her soothing voice to serve as the narrator for "Tiger." The film is out now for all animal admirers to enjoy! (Disney+)

"Brandy Hellville & the Cult of Fashion" (TV-MA) -- It's quite the week for documentaries! The final selection for this week is an eye-opening, original documentary from HBO that explores the fast-fashion brand Brandy Melville. The clothing company took off thanks to the help of social media sites like Instagram and Tumblr, where thousands of teens would post pictures in Brandy Melville's clothes and instantly garner lots of attention from other

teens worldwide. However, the company's practices are put under the microscope in this doc, due to allegations of discrimination and inappropriate behavior with minors that track back to the brand's founder and CEO Stephan Marsan. Out now. (Max)

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TIDBITS

NUGGET OF KNOWLEDGE

Carl Spitz was the owner of a female Cairn Terrier named Terry, who began her film career in 1934 in the movie "Ready for Love," followed closely by a role in "Bright Eyes" with child star Shirley Temple. Terry appeared in 23 movies, but she's most famous for her role as Dorothy Gale's pet Toto in the 1939 classic "The Wizard of Oz." Spitz, who had developed a method of using silent hand signals in training animals, received \$125 per week (about \$2,200 in today's money) during filming. Terry did her own stunts and was seriously injured during "Oz" when a Winkie guard unintentionally stepped on her paw, resulting in a bad sprain.





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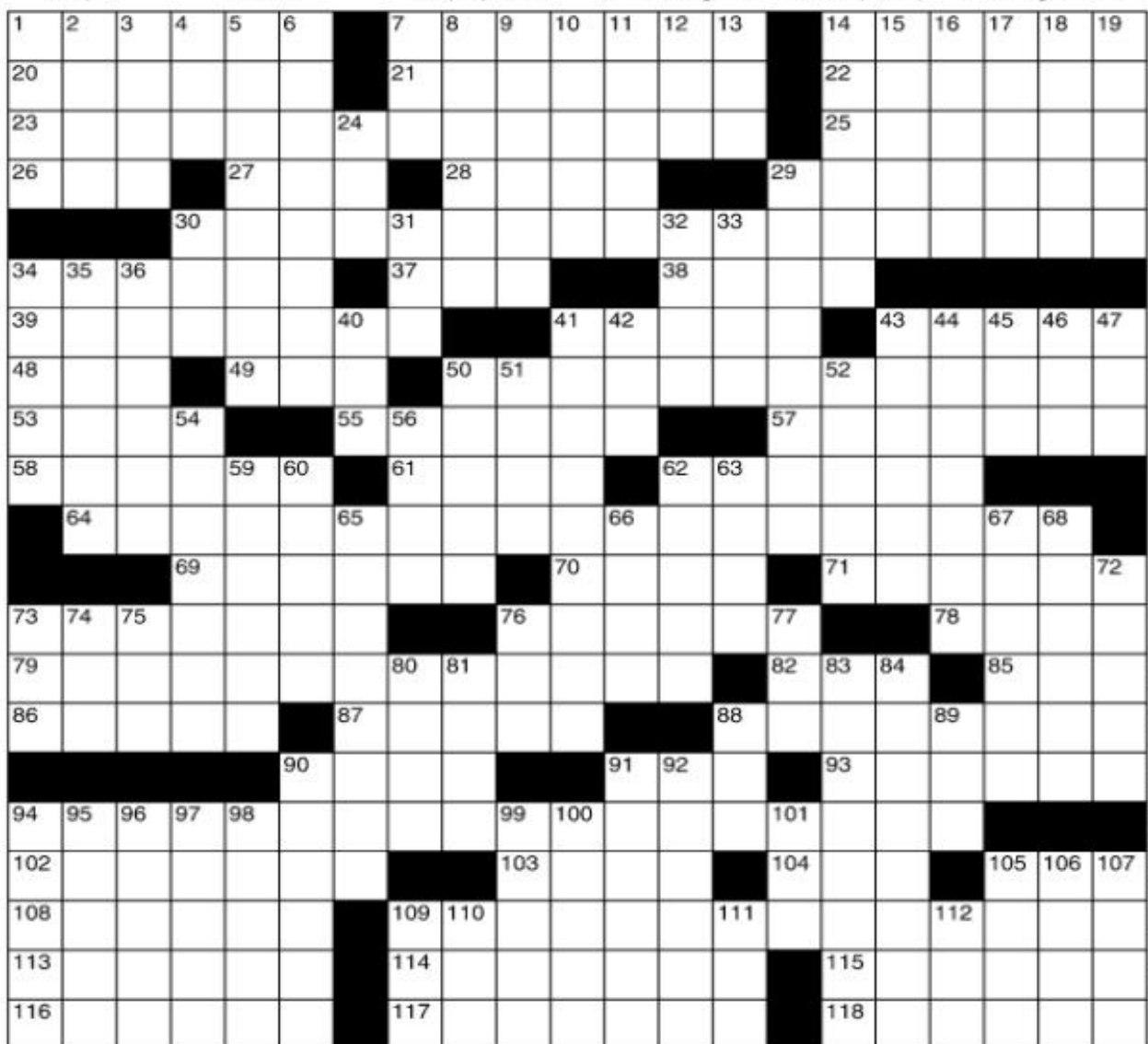
TIDBITS
Laughs!

Q: What advice do you get from a librarian?
A: Believe in your shelf!

Super Crossword

SOLVING DA PUZZLE

- | | | | | | |
|---|--|---|---|---|--|
| <p>ACROSS</p> <p>1 Theater district</p> <p>7 Butcher's cleaver</p> <p>14 Winter melon variety</p> <p>20 Replacing, with "of"</p> <p>21 Privy person</p> <p>22 Ill-willed sorts</p> <p>23 Arranged cheddar brands in order of sharpness?</p> <p>25 Arctic jacket</p> <p>26 Capitol fig.</p> <p>27 Collectible toon frame</p> <p>28 Per each unit</p> <p>29 Set to move forward, as a car</p> <p>30 Boldly courageous after January 1?</p> <p>34 Second shoot of a scene</p> <p>37 Nevertheless</p> <p>38 "— -daisy!"</p> <p>39 Paleolithic period</p> <p>41 Letter-shaped track in metalworking</p> <p>43 Attach, as to a lapel</p> | <p>48 Pre-TiVo machine</p> <p>49 — Lanka</p> <p>50 Comparable in humility to one particular sorority member?</p> <p>53 Quick glance</p> <p>55 Not durable</p> <p>57 Groups of four</p> <p>58 Underscore</p> <p>61 Law school beginner</p> <p>62 Think up</p> <p>64 Big Steinway played by your father's father?</p> <p>69 Condo policy about animals</p> <p>70 Dime, e.g.</p> <p>71 Passover feasts</p> <p>73 Canonized seventh-cen. pope</p> <p>76 Hotel bar</p> <p>78 Tug sharply</p> <p>79 Wrapping a wound on the noggin?</p> <p>82 Sit-up targets</p> <p>85 Chou En- —</p> <p>86 2003 #1 hit for OutKast</p> <p>87 Artist's stand</p> | <p>88 Raconteur's offering</p> <p>90 "... and — it all over again!"</p> <p>91 Young boy</p> <p>93 Complained petulantly</p> <p>94 Lion's hunting recollections?</p> <p>102 River in central Jersey</p> <p>103 Certain shade provider</p> <p>104 Certain shade provider</p> <p>105 Chinese chairman</p> <p>108 More asinine</p> <p>109 Reversible fabric used during operations?</p> <p>113 Rich, filled pastry</p> <p>114 Daughter on "Bewitched"</p> <p>115 And others, to Caesar</p> <p>116 Rages</p> <p>117 — & Gamble</p> <p>118 Confirm officially</p> | <p>3 Ladd or Alda</p> <p>4 Pot cover</p> <p>5 Petit four and Sally Lunn</p> <p>6 Piercing spot, often</p> <p>7 Prefix with air</p> <p>8 Coop up</p> <p>9 Fireplace receptacle</p> <p>10 Secure with string, say</p> <p>11 Skilled</p> <p>12 Ballot marks</p> <p>13 Afore</p> <p>14 Lon of old horror films</p> <p>15 Classic root beer brand</p> <p>16 Raconteur's offering</p> <p>17 Eagle's nest</p> <p>18 Cry to a prima donna</p> <p>19 Interrogator</p> <p>24 Part of REO</p> <p>29 Put into office</p> <p>30 Ex-veep</p> <p>31 "Science Guy" Bill</p> <p>32 Island dance</p> <p>33 Heroic poetry</p> <p>34 Answers an evite, e.g.</p> <p>35 "And so on and so on": Abbr.</p> <p>36 Bullfight hero</p> <p>40 PC image file</p> | <p>41 High-voltage transformer</p> <p>42 Cloudland</p> <p>43 Peppermint — (York treat)</p> <p>44 "Bring it on!"</p> <p>45 Nuggets' org.</p> <p>46 Unusual</p> <p>47 "Stillmatic" rapper</p> <p>50 Prized Chinese vases</p> <p>51 The "E" of FEMA: Abbr.</p> <p>52 Big jumps</p> <p>54 Eisenhower's successor</p> <p>56 Politico Trent</p> <p>59 Floor-scrubbing robot brand</p> <p>60 Old photo tint</p> <p>62 Carding at a club, e.g.</p> <p>63 "Well, shoot!"</p> <p>65 Held back</p> <p>66 Adjective follower, often</p> <p>67 Comedian Kevin</p> <p>68 Very fancy</p> <p>72 Did the slopes</p> <p>73 "Quit talking!"</p> <p>74 No-frills shirt</p> <p>75 Set (down)</p> | <p>76 Bigger than med.</p> <p>77 Suffix with Ecuador</p> <p>80 Groove for receiving the end of a board</p> <p>81 Not worth — (valueless)</p> <p>83 Perplex</p> <p>84 Structured frameworks</p> <p>88 Big fuss</p> <p>89 Belittle, informally</p> <p>90 Ill-fated flier of myth</p> <p>91 Actor Joseph Gordon- —</p> <p>92 "Cocoon" co-star Don</p> <p>94 Bluenoses</p> <p>95 Charged toward</p> <p>96 Poet's Muse</p> <p>97 Casual eatery</p> <p>98 Best players</p> <p>99 — -Croatian</p> <p>100 Sorcery</p> <p>101 Family mem.</p> <p>105 African nation</p> <p>106 "Not likely!"</p> <p>107 Thumbs-up</p> <p>109 Motor oil additive brand</p> <p>110 Nasser's fed.</p> <p>111 River of Bern</p> <p>112 Yoga surface</p> |
|---|--|---|---|---|--|



Moments in time

THE HISTORY CHANNEL

- On May 6, 1979, more than 65,000 anti-nuclear power demonstrators marched on the U.S. Capitol in protest against more nuclear power plants. Consumer advocate Ralph Nader had described nuclear power as "our country's technological Vietnam." The group was formed after the accident at the Three Mile Island nuclear plant.
- On May 7, 1934, the Pearl of Lao Tzu, almost 10 inches around and weighing about 14 pounds, was found by a diver in a giant clam in the Palawan Sea. Gemologists did not consider it to be a true pearl, however, as it did not have the iridescence of true pearls.
- On May 8, 1988, Stella Nickell, who put cyanide in Excedrin capsules, including her husband's, as well as five additional bottles she placed on store shelves in the Seattle area, was convicted of her husband's murder and that of Susan Snow, who had ingested one of the capsules and died instantly.
- On May 9, 2005, the Thorp processing plant in Sellafield, U.K., experienced a leakage of about 20 tons of nuclear material via a cracked pipe. While the leak was contained and didn't impose a risk to the public, the estimated cost to repair the damage was expected to fall heavily on taxpayers.
- On May 10, 1899, singer/actor/dancer Fred Astaire was born in Omaha, NE. Widely considered the most influential dancer in the history of film, his stage and subsequent movie and television careers spanned a total of 76 years.
- On May 11, 2006, a Chinese website called Baidupedia was launched in China. The American website Wikipedia had been growing in popularity in China until the government banned it in 2005. Baidupedia was set to feature a similar format of a user-created encyclopedia, though it would be subjected to far heavier self-censorship in order to remain in good standing with the country's government.
- On May 12, 1981, following the death of IRA hunger striker Bobby Sands on May 5, a second striker, 25-year-old Francis Hughes, died of starvation in Northern Ireland's Maze Prison.

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

SENIOR NEWS LINE

By Matilda Charles

Walking Is Beneficial

We need to move more. They call it an inactive lifestyle when we get very little exercise and do a lot of sitting. Whether we're sitting in front of a computer, or watching TV, or even riding in a car for long hours, sitting is sitting, and too much of it isn't good for us.

Here are just a few medical problems that can come from too much sitting around: diabetes, high blood pressure and osteoporosis. And stroke and high cholesterol and the list goes on.

Are you ready to get moving yet? It's easy to start. Walking can be one of the most beneficial forms of exercise, and the benefits can be life changing: stronger bones and muscles, lower blood sugar, improved quality of sleep and much more.

Ask your doctor how many steps you need to take each day and how many minutes of exercise you need per week because -- believe it or not -- there is a risk of too much exercise. The often-quoted 150 minutes of exercise per week or 10,000 steps per day might not apply to you.

If you doctor adheres to the standard advice (thousands of steps per day), fear not. The internet is loaded with suggestions and videos aimed at seniors, and it's a good place to start for walking ideas.

If you live in a building with an elevator, stop it one floor below where you normally get off. Walk up the rest of the way.

If you have a big box store near you, use the aisles as your personal track, or make a circuit of the store once or twice.

Leave your car at the other end of a parking lot.

If you're just now beginning a walking program, start small but set attainable goals. And as always, when you exercise, stay hydrated!

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MAGIC MAZE ● PLACES IN WESTERN AUSTRALIA

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: LASSIE'S BREED

- | | | | |
|---------|-----------|----------|-----------|
| Albany | Busselton | Harvey | Tom Price |
| Augusta | Derby | Karratha | Two Rocks |
| Broome | Esperance | Newman | York |
| Bunbury | Geraldton | Perth | |

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“Helping New Residents Fit In”

Nancy writes:

‘Will my Mom fit in?’ I imagine anyone who works with families considering moving their loved one into a community has heard this question. Our natural instinct is to assure the family that YES, of course they will! In my experience, most often times they do. However, finding ways to help make that acclimatization happen more quickly for new residents can mean the difference between them becoming a long-term resident or quickly moving out. Coming from the perspective of not only someone who has helped other families in this situation, but also as the adult daughter of parents who recently moved into senior living, I want to share some ideas on how to assist new residents to quickly make new friends and adapt to their new life in a community...

I found in my experience, the personal touch makes the difference. By working just as hard to learn the likes/dislikes of a senior as you did about their care needs, you have a great chance

of knowing how you can help bring them joy! Spend time asking questions like ‘Prior to retiring, how did your Mom spend her spare time?’, ‘When you were growing up did your Dad belong to any civic or community groups?’, ‘After retiring, what did your loved one do during the day?’, ‘What’s your Mom’s favorite topic of conversation?’ You will get to know the ‘person’ not just the ‘patient’ and will hopefully get ideas on what is meaningful to them...

Nancy has aptly described our driving philosophy as we create a family of caregivers and residents in each of our homes!!

If you know someone who would like to join our circle of caregivers in one of our homes, please contact Linda at 208-755-3637 or linda@lodgeliving.net. We even have gorgeous onsite studio apartments which include meals and all utilities as a part of our employment package. We are delighted to schedule around school commitments for our employees who are reaching ever upward. Call us!!



Linda Davis

Director of building relationships.

208.457.3403

www.LodgeLiving.net

Amber Waves



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!

Junk	<input type="text"/>	<input type="text"/>
CARPS	<input type="text"/>	<input type="text"/>
Divide	<input type="text"/>	<input type="text"/>
HEARS	<input type="text"/>	<input type="text"/>
Lure	<input type="text"/>	<input type="text"/>
PARENT	<input type="text"/>	<input type="text"/>
Rant	<input type="text"/>	<input type="text"/>
ATIRED	<input type="text"/>	<input type="text"/>

TODAY'S WORD

TIDBITS GOES LONG.....

Sixth President John Quincy Adams received an unusual gift from the Revolutionary War hero, the Marquis de Lafayette, that of an alligator. The reptile took up residence for several months in the East Room bathroom.

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1. Name the three Chipmunks. Which one wanted the hula hoop for Christmas?
2. Which artist wrote and released "Honey Don't"?
3. Was there a real MacArthur Park, as in the song written by Jimmy Webb and recorded by Richard Harris?
4. What was the first release by Bread?
5. Name the song that contains this lyric: "If you want it you can have it, That's what you said, But I don't want the things that you leave behind."

Answers

1. Alvin, Simon and Theodore. It was Alvin who wanted the hula hoop. The animated singing trio was first created in 1958 with the novelty song "Christmas Don't Be Late."
2. Carl Perkins in 1956. The song was issued as a b-side to "Blue Suede Shoes" and has been covered by dozens of artists over the years.
3. Yes, in Los Angeles. The song includes all the things Webb saw around him when he was at the park, including cake left out in the rain.
4. "Dismal Day," which got a fairly dismal response when it was released in 1969, only reaching No. 127 on the charts.
5. "Heaven Help Me," by Deon Estus, in 1989. "Heaven" was a single from his only album, "Spell."

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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: P equals W


QNQDOVC PXM CXGXCXRKX
PNCZ GYOOXF PYLT VCLYKOXW
VMNDL LTX PNCOF'W SVCYNDW
XSYOW: PYKZXF-QXFYV.

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Laugh a bit with **TIDBITS**

My parrot, Nickel, just passed away.
Now I have a Nickel-less cage.

THIS WEEK'S
CELEBRITY BIRTHDAYS



Tony Romo	4/21/80
Jack Nicholson	4/22/37
George Lopez	4/23/61
Kelly Clarkson	4/24/82
Al Pacino	4/25/40
Channing Tatum	4/26/80
Sheena Easton	4/27/59

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Ice cream portion	__ C __ _	One-mast sailboat	__ L __ _
2. Beginning	__ _ S __	Electrical plug	__ _ L __
3. Park chair	__ E __ _	Group of grapes	__ U __ _
4. Talking bird	P __ _ _	Treat for Bugs Bunny	C __ _ _
5. Paired with gin	__ _ N __	Subject	__ _ P __
6. Eat voraciously	__ _ _ R	Pious	__ _ _ T
7. Bracelet location	__ R __ _	Old card game	__ H __ _
8. Beautiful	__ _ V __	Secluded	__ _ N __
9. Stockholm native	__ W __ _	Velvety leather	__ U __ _
10. Dirty look	__ _ R __	Open space	__ _ _ D

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TIDBITS PUZZLE ANSWERS

TRIVIA NEWSFRONT ANSWERS

1. Brian
2. Ricky White
3. Roman
4. Marcel
5. Richard Nixon

QUIZ BITS ANSWERS

1. Tina
2. Hubrig

WORD POWER ANSWER
HIPPOPOTAMUS

SNOWFLAKES solution

PLACES IN WESTERN AUSTRALIA

Sticklers Answer

- 1) subtle — bluest, subtil, bustle
- 2) cater — caret, crate, trace, react, carte
- 3) recounts — continue, trances, counters
- 4) paternal — prenatal, parental

CryptoQuip answer

Popular web reference work filled with articles about the world's various evils: Wicked-pedia.

CryptoQuote answer

Treasure the love you receive above all. It will survive long after your good health has vanished. — Og Mandino

Even Exchange answers

1. Place, Place
2. Break, Break
3. Towel, Towel
4. Daily, Daily
5. Canyon, Canyon
6. Soda, Soda
7. Photo, Photo
8. Fader, Fader
9. Rough, Rough
10. Para, Para

Weekly SUDOKU Answer

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

Go Figure! answers

8	-	5	x	6	=	18
-	-	-	+	-	-	-
7	-	2	x	4	=	20
÷	÷	÷	x	÷	÷	÷
1	+	3	+	9	=	13
=	=	=	=	=	=	=
1	1	1	1	1	1	90

FEAR & KNIGHT answer

Super Crossword

Answers

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

King Crossword

Answers

Solution time: 25 mins.

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

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TO YOUR GOOD HEALTH
By Dr. Keith Roach

Looking at the Causes Behind Mobility Issues

DEAR DR. ROACH: I am 79 and can move around without any problem. I walk five days a week, and my weight is normal. However, it seems to me that many people -- some younger than I am -- have mobility problems. I wonder what causes this problem. Is it lack of exercise, genes, weight, etc.? -- E.G.

ANSWER: Be very grateful that you can move around without a problem, as most people in their late 70s do have mobility issues. The most common reason is osteoarthritis, but there are many causes, such as neurological diseases, cardiovascular issues and other types of arthritis. While it is true that not exercising can lead to poor mobility, most of the time, it isn't a person's fault that they have difficulty with mobility. Arthritis can happen to a person of any weight and at any level of exercise.

Exercise helps the vast majority of people improve their mobility, but there are exceptions. Many people with myalgic encephalomyelitis/chronic fatigue syndrome are intolerant of exercise, and overdoing it can lead their condition to worsen. This syndrome has also been known as systemic exertion intolerance disease. Well-meaning physicians, friends and family might have recommended exercise to a patient, which could have caused them to have a flare-up.

Although being very overweight increases the risk of arthritis, having a normal weight doesn't prevent its development. Genetic influences are very complicated, but they also have a role in the development of osteoarthritis. Osteoarthritis

can also come about as a result of significant trauma to a joint.

DEAR DR. ROACH: I am an 80-year-old woman who recently had a right hip replacement. Shortly after surgery, I required around-the-clock oxygen support at home. I am able to go without supplemental oxygen all day and only occasionally use the spirometer. But how do I go about not needing oxygen at night? Is there something more I could be doing?

When I use the spirometer, I can bring the oxygen level up. Is this all I need to do when the oxygen level drops? -- S.R.

ANSWER: This is very concerning to me, and I am worried that something might have happened at the time of surgery. A sudden change in the ability to breathe or maintain your oxygen level at the time of joint replacement surgery is suspicious for a pulmonary embolism -- a blood clot to the lungs. With great care, the risk for this has decreased to about 1 in 200 people.

Pneumonia is always a concern after surgery, and in 80 year olds, the common symptoms of fever, cough, or shortness of breath are sometimes absent. You need an evaluation for both of these possibilities (and other less-common causes of post-operative low oxygen that I don't have the space to go into).

However, the fact that your oxygen level goes up when using the spirometer (a device that encourages deep inhalations) suggests part of the problem is a collapse of some of the tiny air sacs of the lung.

You should start with a visit to your regular doctor right away.

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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