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TIDBITS® WEARS BIRKENSTOCKS

by Janet Spencer

A family of German shoemakers revolutionized footwear as we know it. Birkenstocks appealed to people not because of their thick and chunky looks but because they foster long-term emotional attachment. A Birkenstock CEO once called it "love at second sight." Popular among beatniks, tree-huggers, and the back-to-nature crowd, Birkenstocks carry a reputation of social consciousness, all while enjoying a level of name-brand recognition that exceeds nearly any other shoe. How did this happen? Come along with Tidbits as we wear Birkenstocks!

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BIRKENSTOCK HISTORY

- One thing that sets Birkenstocks apart from all other shoe companies is that it's been handed down from father to son since before the U.S. was established. The birth of Birkenstocks stretches back to 1774 when Johann Birkenstock was licensed as a shoemaker in Germany. But the story really got started with Johann's great-great-grandson Konrad.
- Konrad, who ran two shoe shops in Frankfurt, invented the world's first insole in 1896, followed by the first flexible arch support in 1902. He called his creation a "fussbett," meaning "footbed," and it set the stage for all that followed. (cont)

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BIRKENSTOCKS (cont)

- Konrad's insole was designed to mimic the natural contours and curves of the human foot. In a day and age when all shoe soles were completely flat, this was the start of everything that sets Birkenstocks apart. By 1925, demand for these insoles was so great across Europe that it warranted the purchase of a large factory in Friedberg, Germany.
- Konrad's son Carl joined the business and began offering training courses and lectures about foot health to cobblers and podiatrists.
- Carl's son Karl was the first to expand the Birkenstock line from insoles to shoes by designing a shoe around his grandfather Konrad's contoured insole and flexible arch support, turning it into an orthopedic shoe.
- The original Birkenstock shoe was released in 1964. The ergonomic design was meant to cradle and protect the foot. This model of shoe, named "The Madrid," served as the prototype for all Birkenstock styles to come.
- Birkenstock shoes were available only in Europe, but all that changed because of a woman with sore feet. Margo Fraser was a German citizen living in California. In 1966, she traveled to a health spa in Bavaria. She was suffering from a lot of foot pain. She was given a pair of Birkenstocks as therapy, and the pain disappeared. Inspired by the health benefits of the shoes, she asked the company if she could import them to America. They granted her distribution rights.
- Fraser found that shoe stores refused to carry them because they were ugly. Then she got the idea to sell them at health fairs and health food stores, asking that they be displayed beside the granola. This idea was a pivotal moment in the history of Birkenstocks because it resulted in the shoe's iconic association with hippies, liberals, and flower children. (cont)



- Summer to schooltime can be quite a transition for some kids. Begin setting a regular routine well before the first day of school. At least a week before (two if you can), have your kids go to bed at a regular time and wake as if they were going to school. Challenge them to complete their morning routine in time to "catch the bus" to a playground breakfast date.
- "Packing the lunchboxes used to be a pain in our family. But we take time on the weekend to pre-bag snacks and sides, and decide what kinds of sandwiches we will have for the upcoming week. One person makes the sandwiches and the kids get to choose their sides and snacks from the prepped choices." -- E.A. in Virginia
- When purchasing school supplies, remember that paper, pencils, etc., typically aren't on sale midyear, so stocking up is a good idea. Just make sure the deal you are getting is a good one. Then put it away for distribution later!
- "I lay out my school clothes and even my hairbrush and stuff to get ready. I put my shoes and socks by the front door. I am always ready before my sister, and I get to watch TV while she is running around." -- R.G. in Florida
- * "Pint-size water bottles are great for refilling with milk. The milk boxes at the grocery store are so expensive, and this way, I can control how chocolatey the chocolate milk is." -- C.C. in Oregon

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

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Just Like Cats & Dogs by Dave T. Phipps

OK, ON SECOND THOUGHT, FOR OUR VACATION HOW ABOUT WE GO SOMEWHERE A LOT COLDER INSTEAD.



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BIRKENSTOCKS (cont)

- Margo Fraser’s distribution company was the only firm allowed to import Birkenstock products into the U.S. until 2007. She played a huge role in Birkenstock’s global success.
- A two-strap model called the Arizona debuted in 1973 after Karl Birkenstock tested the prototype on employees. Today, a third of all Birkenstocks sold are the Arizona.
- Whereas most shoe companies come out with new styles every year in a bid to increase sales, Birkenstock limited itself to occasional variations on the basic design. They never moved production to places like China or Mexico but kept everything where it all began: in Germany, one of the world's greenest countries with some of the best labor laws.
- The company grew slowly until the late 1980s when it found a foothold in the athletic/comfort shoe market. Between 1989 and 1992 the company grew 500%. Between 1992 and 1994, Birkenstock sold more shoes than it had in the previous 20 years.
- Birkenstocks are made of only three basic parts – strap, sole, and footbed – so they are easy for any competent cobbler to repair. They are already extremely durable, and their ability to be repaired can make the shoe nearly immortal. A single pair can last a lifetime, which is not bad for a shoe that retails between \$50 and \$150.
- Birkenstocks do have some drawbacks. They are not designed for prolonged exposure to water, so they don’t make a good beach shoe. They are also not suitable for wearing during strenuous physical activity or sports.
- The company gets a boost every time a celebrity is seen wearing them: Kate Moss, Gwyneth Paltrow, Madonna, Tanya Tucker, Shaquille O’Neal, Harrison Ford, Wesley Snipes, and even Martha Stewart. (cont)

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8. Russian
9. Portugese
10. Indonesian

Source: DidYouKnow.org

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21 June 2024 Real Estate Market Update

- Absorption Rate is currently 5.20
- Median Sale Price of sold homes was \$538,500
- Average sales price of existing homes \$607,604
- average of 85 days on market
- 2,453 active listings

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STICKELERS
by Terry Stickels

AB and DE are parallel.
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What is the measure of ∠ ACD?

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Out on a Limb

by Gary Kopervas

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Holidays & Observances This Week

| | |
|------|---------------------------|
| 7/20 | Special Olympics Day |
| 7/21 | National Woodie Wagon Day |
| 7/22 | Rat Catchers Day |
| 7/23 | Hot Enough For Ya Day |
| 7/24 | Cousins Day |
| 7/25 | National Salad Week |
| 7/26 | Liberia Independence Day |
| 7/27 | National Hypnosis Day |

TIDBITS presents
QUIZ BITS

1. What is the main material used in Birkenstocks?
2. Where does that material originate?

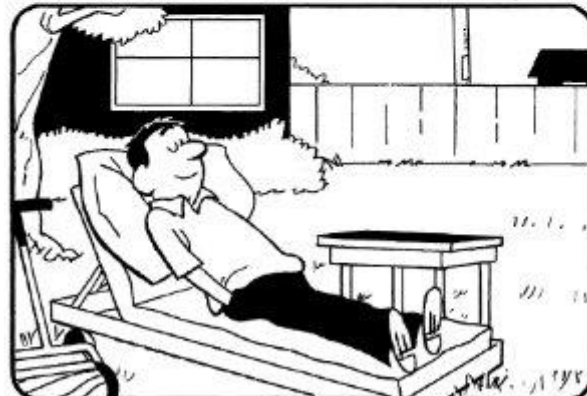
BIRKENSTOCKS (cont)

- In 2012, Birkenstock's popularity jumped when fashion designer Phoebe Philo of Céline lined Birkenstocks with mink, put them on the runway, and called it the "Furkenstock." This sparked a deluge of luxury knock-offs that spurred the sale of the real thing as fashionistas found that comfy shoes could also be chic. Vogue magazine raved about the new trend, saying, "There's nothing better than a really pretty dress with an ugly shoe."
- In 2021, the company was worth \$4.9 billion. In 2022, 30 million pairs of Birkenstocks were sold, with estimated revenue of \$1.27 billion. The company's customer base is 30% baby boomers and 31% millennials.
- Today, these iconic shoes are sold in about 100 countries and are available in around 800 different sizes, styles, and colors. The company added waterproof models made out of synthetics. There's even a leather-free vegan option. In 2018, PETA presented the company with its Libby Award for being the "Most Animal-Friendly Shoe Company."
- Today, the Birkenstock corporation is owned by L. Catterton, a company backed by the French conglomerate LVMH (Louis Vuitton - Moët Hennessy) which is, ironically enough, just the sort of high-fashion outfit that Birkenstock always shunned.
- It's been said that when Birkenstocks first found their footing among the anti-nuke health-nut counterculture, the concern was not over what they looked like so much as whether the shoes helped align the chakras. They were the shoe of the opposition; they were the kale of footwear. And yet, Birkenstocks eventually transcended these stereotypes and became an icon of practical value. The shoes are high quality, they're timeless, and most importantly, they're comfortable.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Table leg is moved. 2. Pillow is larger. 3. Telephone pole is moved. 4. Bush is smaller. 5. Fence boards are wider. 6. Man's legs are longer.

Strange BUT TRUE

By Lucie Winborne

- Venus is the only planet to spin clockwise.
- Around 600 B.C., a Greek athlete by the name of Protesilaus threw a discus 152 feet from a standing position. His record remained unbroken for over 2,000 years, until Clarence Houser threw a discus 155 feet in 1928.
- The nursery rhyme "Humpty Dumpty" doesn't state that Humpty Dumpty was an egg.
- In the 1950s, Quaker Oats devised a clever marketing scheme in which the company bought 19.11 acres in the Yukon, divided them into 21 million parcels of just a square inch apiece, and included deeds to the tiny plots in boxes of Puffed Wheat and Puffed Rice.
- A game of bridge contains 53,644,737,765,488,792,839,237,440,000 possible ways in which the cards can be dealt.
- To encourage his fellow Norsemen to settle a large, snow-and-ice-covered island he discovered in the year 982, Eric the Red called it Greenland. The ploy worked.
- Niagara Falls is slowly eroding by 1 to 2 feet per year. Since their formation some 12,000 years ago, the falls have already withdrawn 7 miles upstream, and if that rate continues, they should meet up with Lake Erie, about 20 miles from their present site, within the next 35,000 years.
- In movies and television, scientists are more likely to suffer a violent death than members of any other profession.
- The lead-acid battery, the type most commonly used in cars, was invented by Martha C. Weston, who patented it in 1859 when she was only 17 years old.
- Lemons float, but limes sink.

Thought for the Day:

"I believe ambition is not a dirty word. It's just believing in yourself and your abilities. Imagine this: What would happen if we were all brave enough to be a little bit more ambitious? I think the world would change."

- Reese Witherspoon

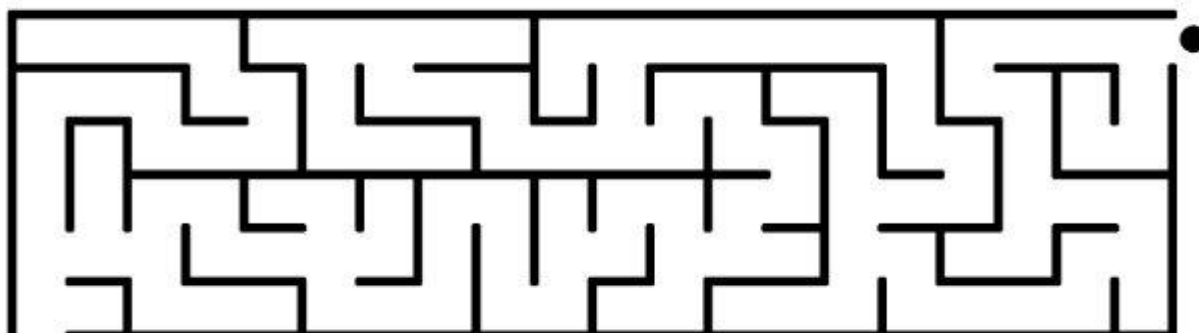
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GRIN and BEAR IT



"Me? Were you talking to me?"

Kids' Maze



KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
 PHOTO CREDIT: Kovels.com
 PHOTO CAPTION: The Merrick Thread Company is known for its spool cabinets with rotating displays behind glass. They tend to sell for higher prices than the typical chest-of-drawers spool cabinet.



Advertising Icons

In the old days when clothes were sewn and mended at home, spools of thread were household essentials. You would see a spool cabinet in any country store, usually on the counter. They were shaped like a miniature chest of drawers, with lettering on the front of each drawer, often on a plaque or window, telling you the company's name, the type of thread and colors of thread stored in that drawer.

This one is a different style -- which may be one reason why it sold for \$1,063 at an auction by Case Antiques. It is cylindrical, with a stenciled glass door that leaves the contents visible. A revolving case ensures that you can get a look at everything inside. When it was filled with spools of thread, customers' eyes must have been drawn to the colors and motion.

Merrick, the thread company this cabinet advertises, was known for this type of display. In 1893, Merrick Thread Co. was sued by Coats, another thread company that would later become J&P Coats Ltd., which is still producing thread today. Coats claimed that Merrick thread spools were marked with a design too similar to theirs, creating confusion between the two companies' products. The case was dismissed.

However, considering the patent date of 1897 on this cabinet, its unusual design may have been intended to assert Merrick's identity.

Q: I have an old gooseneck lamp. It's in good condition and it works, but the finish is worn. Here is what's on the back: "Magic Arm Co. PAT. 2665.870." Would you be able to let me know if it's worth anything?

A: A "Magic Arm" is an adjustable, articulated arm often used in drafting lamps. These lamps were kept on or attached to drafting tables or drawing boards for artists, designers and engineers. The magic arm gives the user more control and precision over where the light is focused, which helps when you are working with small details. The term is used by multiple companies that make drafting lamps and other design supplies today. Acme made Magic Arm drafting lamps in the mid-20th century. Vintage drafting lamps have sold at recent auctions and in online shops for \$50 to \$200, depending on their size and condition.

TIP: An unglazed rim on the bottom of a plate usually indicates it was made before 1850.

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Pottery, bowl, Hopi, round, turned-in rim, cream ground, geometrics around upper body, black, solid brown, speckled brown, signed, Cheryl Naha Nampeyo, 10 1/4 inches, \$150.

Glass-blown, tumbler set, diagonal stripes and multicolor canes, two each of yellow, blue, pink, green, signed, Black Sheep studio, c. 1996, 4 1/4 inches, eight pieces, \$270.

Bicycle, wicker and bamboo frame, front basket, hand brakes, marked, Wuxing, 37 x 54 x 25 1/2 inches, \$900.

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

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Traveling With a Pet: Car Edition

DEAR PAW'S CORNER: We're taking a road trip across the country and bringing our dog "Frankie" with us. He's about 6 years old and well trained, but has never been beyond the front yard. How can we keep him comfortable on our journey? -- Linda P. in Trenton, New Jersey

DEAR LINDA: A road trip sounds like fun! And the key to your dog having a great time is to plan, plan, plan.

First, make sure that Frankie's vaccinations are up to date and that his license tag and identifying information are securely attached to his collar. It's not a bad idea to microchip your dog, too -- in case he runs off and his collar gets detached. Carry a copy of his vet records with you, too.

Next, start planning the road trip with Frankie in mind.

- Plan rest breaks and build them into your travel time. Check along the route that you'll be traveling for pet-friendly rest areas where you can walk dogs (on leash) during stretch breaks. You'll want to stop every two to three hours.
- Look for pet-friendly accommodations along the route. If you're camping, check the campsite rules -- not all of them allow pets!
- Pack a bag just for Frankie that has his medications, food (especially if he eats specialty pet food), favorite toys, extra blanket and extra leash.
- Make sure Frankie is safe and secure in the car. Bigger dogs do better in a kennel cage set up in the back of your SUV or the folded-down back seat, with a padded bed to lie down on.
- If Frankie suffers from anxiety or tends to get sick in the car, talk to the vet about medication to ease his symptoms.

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

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ARIES (March 21 to April 19) A misunderstanding tests the temperament of the sometimes headstrong Aries. But instead of blowing your top, take time for a pleasant diversion while things cool down.

TAURUS (April 20 to May 20) A workplace problem could make the divine Bovine see red. But talk it out before you consider walking out. Some surprising facts emerge that can change your earlier focus.

GEMINI (May 21 to June 20) You face a choice between ignoring your uneasy feelings about your relationship with a special person and demanding explanations. A close friend offers wise counsel.

CANCER (June 21 to July 22) A change you'd been hoping for carries an unexpected complication. Stay the course, and things will work themselves out. Be sure to make time for family and friends.

LEO (July 23 to August 22) Aspects favor spending time with loved ones. On the job, new ideas are generally welcomed, but some demands for change could cause problems. Be ready to defend your choices.

VIRGO (August 23 to September 22) Good news: A workplace problem is close to being resolved with results that should please everyone. Take time off to indulge in your love of fun and games.

LIBRA (September 23 to October 22) Most of the time, you are the most unflappable person around. But be ready to be thrown off-balance in the nicest way when Cupid takes aim in your direction.

SCORPIO (October 23 to November 21) It's not often that someone tries to "sting" the sharp-witted Scorpion, but it can happen. Continue to be skeptical about anything that seems too good to be true.

SAGITTARIUS (November 22 to December 21) Your strong sense of self-esteem helps you serve as a role model for someone who needs personal reassurances. Meanwhile, your efforts pay off in an unexpected way.

CAPRICORN (December 22 to January 19) Someone close considers revealing a painful secret. Withhold any judgment. Instead, open your generous heart, and offer dollops of your love and understanding.

AQUARIUS (January 20 to February 18) Your talents as a peacemaker are called upon once more as an old problem reemerges with new complications. Move cautiously in order to avoid falling into hidden traps.

PISCES (February 19 to March 20) The artistic side of yourself is enhanced with the reception given to your new project. Use this success as encouragement toward fulfilling your larger goals.

BORN THIS WEEK: Your natural sense of leadership is combined with a deep sense of responsibility. People trust you to give them both guidance and understanding.

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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: **W** equals **L**

KH E FYXCJ COBCB AYTJ
UPABKXEW HKCROBB WOZOW,
K JOXQYR PO KB WYYQKRS EC
CPO ZKSYJ UKXCTJO.

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Weekly SUDOKU
by Linda Thistle

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

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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HealthBits

By Dr. Holly Carling

AUTO-IMMUNE “EAT ME” SIGNAL

Every day, our body self-destructs billions of cells from every tissue in the body, and every day the body makes new ones to replace them. This self-destruct mechanism is called apoptosis, a pre-determined cell death. After the death of the cells, the body sends phagocytes to come and gobble them up and clear them from the body.

As long as that continues unhindered, we are healthy. But if there is a defect preventing the cells from dying in a timely manner, or a defect in the clearance, or inability to keep up with the clearance, now we have a problem. We call it autoimmunity.

The professional phagocytes are amazing. They are able to tell the difference between dead cells and alive ones, and only gobble up the dead ones. Smart guys! Somewhere along the line, we think the dead cells release a chemical that says “eat me”, but are still not clear which chemical it is, but suspect a couple of nutrients. No surprise there.

So often, we look at autoantibodies (the antibodies that now go after the host) as being bad guys. While the havoc they create causes many health issues for us, there may be a different way to look at it. More and more diseases are considered autoimmune. Dr. Mark Anderson says “It’s not that there are so many autoimmune diseases – it’s that so many diseases reach the autoimmune phase.” I think

that is a very important point, and one that deserves more attention.

As is usual for me to say: we should be asking “WHY?” Why are our diseases progressing to an autoimmune phase? What is the body trying to do? What is blocking it, or what is it missing that is circumventing healing?

The body certainly is not programmed to turn against its own tissues, so what is amiss? Why are we, as a human race in general, falling apart in our health? Why is every disease progressing at alarming rates?

Diseases that once were “adult onset” diseases or health issues you didn’t have until you are “old”, are now occurring in children. And domesticated animals too!

In order to answer this question, we have to delve into the insults inflicted upon our bodies. Air pollution, water pollution, and foods that are so depleted that even bugs don’t bother them! We have too much stress – job stress, relationship stresses, electromagnetic stresses, physiologic stresses, mental and emotional stresses, and the list goes on. When we are stressed, we tend to drop the things most helpful – like exercise, good food and time to relax. Then replace them with things more harmful – more time on electronics, fast foods, sugar, alcohol, coffee – anything to make us feel more alive and forget the stresses in our life. What is wrong with us? It’s like we as a whole are on self-destruct mode instead of just our cells. So, back to our cells: It turns out there are many things we can do to get our immune system to behave appropriately. If you are struggling with an auto-immune disease, come to Vital Health. We’re here to help.



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

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

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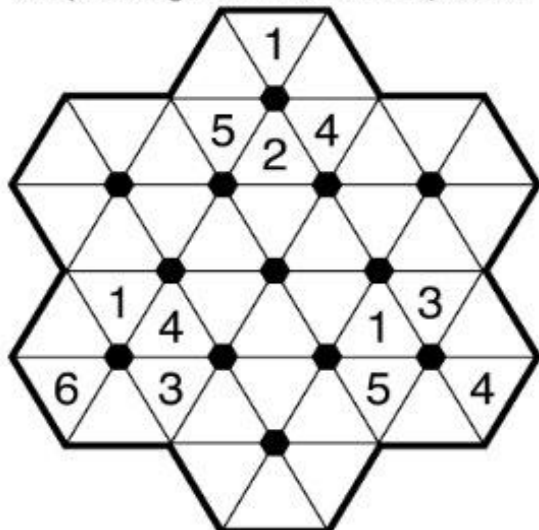
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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

VETERANS ★ POST ★

By Freddy Groves
Blue Angels

Did you ever see the Blue Angels when you were younger? There's something about their fantastic flight demonstration show that can make a kid out of any of us -- again.

I had the opportunity to see the Blue Angels again recently. Even at my age, and knowing the maneuvers were going to be perfectly executed, I held my breath during the Opposing Solos, when two F/A-18 Hornets approach each other on what appears to be a collision course, passing belly to belly with only inches to spare.

My personal favorite, though, in spite of the carefully choreographed maneuvers of the Hornets, is the awe-inspiring Fat Albert, a hefty Lockheed-Martin C-130T Hercules. Fat Albert is deceptively agile. With solid-fuel rockets attached to the back, Fat Albert can be 1,000 feet off the ground in 15 seconds.

Here are a few Blue Angels tidbits:

- Did you know they were named after a bar? They were called the "Navy Flight Exhibition Team" until a team member made a trip to New York and saw a magazine ad for a nightclub called Blue Angel.
- They've gone through a number of different planes since their inception in 1946: Hellcat, Bearcat, Panther, Cougar, Tiger, Phantom II, Skyhawk and F/A-18 Hornet, used since 1986.
- In spite of the speeds reached, the pilots don't use G-suits to keep blood from pooling in the legs (which causes the pilot to black out momentarily). Instead, the pilots rely on muscle contractions to keep blood flowing.

There are only two more shows in November, when the season ends, but plenty of time to plan next year's vacation around a Blue Angels show in 2008. Make a point to take a kid (or two or three) with you -- of any age.

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top ten

Leading Causes of Death in the U.S.

1. Heart disease
2. Cancer
3. Accidents (unintentional injuries)
4. Covid-19
5. Stroke
6. Chronic lower respiratory diseases
7. Alzheimer's disease
8. Diabetes
9. Nephritis, nephrotic syndrome and nephrosis
10. Chronic liver disease and cirrhosis



Source: CDC

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TRIVIA NEWSFRONT

1. What recent historical event boosted Birkenstock's popularity?
2. What recent movie boosted Birkenstock's popularity?
3. A pair of Birkenstocks that once belonged to this celebrity inventor sold at auction for \$218,000
4. What percent of Birkenstock customers are women?
5. How many pairs of Birkenstocks does the average customer own?

TIDBITS
WORD POWER
Unscramble this word:
NOZAMA
Birkenstock ended its relationship with this company in 2017 due to the sheer number of cheap knock-off counterfeits.

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30' x 40' x 16' 2' Overhangs-Wainscoat
26' x 30' x 10' w/10' x 30' Lean-To
30' x 50' x 12' • with 12' x 50' Lean-to
40' x 60' x 16' with a 14' x 60' Lean-to
30' x 40' x 14' • 2 - Rollups with 30' x 12' Front Car Port
40' x 50' x 16' Barn Style
36' x 40' x 14' • One Large Roll Up with 2 - 12' x 40' Lean-tos
Cabin • 14' x 30' x 8' with 4' Porch • 2-Sleep Lofts, Bath Room, Kitchen, Living Room
40' x 40' x 16' • w/2 - 14' x 40' Lean-to's 1 - insulated 18' x 14' Metal Backed Roll Up Door

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



By Ryan A. Berenz

1. As of the 2020 Tokyo Games, what country has won the most Olympic gold medals in men's field hockey?
2. What country defeated the U.S. Men's Basketball Team 89-81 in the semifinals of the 2004 Athens Olympic tournament?
3. At the 2012 London Games, Pavlos Kontides won the first Olympic medal, a silver, for the Mediterranean island nation of Cyprus. In what sport did Kontides compete?
4. What country swept the medals in the women's 100-meter dash at the 2020 Tokyo Summer Olympics?
5. After being criticized for racing against horses to make money, what Olympic athlete said, "I had four gold medals, but you can't eat four gold medals."
6. America's Victor Montalvo and Lithuania's Dominika "Nicka" Banevic are elite athletes competing in what Olympic sport?
7. During the 1960s, Tamara Press won two Olympic gold medals in the shot put and one gold medal in the discus throw competing for what country?

Answers

1. India, with eight.
 2. Argentina.
 3. Sailing.
 4. Jamaica.
 5. Jesse Owens.
 6. Breaking, or breakdancing.
 7. The Soviet Union.
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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: ★★★

| | | | | | | | | |
|----|---|---|---|---|---|----|---|---|
| | - | 2 | × | | = | 9 | | |
| + | | + | | + | | | | |
| | + | | ÷ | | = | 2 | | |
| × | | ÷ | | ÷ | | | | |
| | + | | × | | = | 63 | | |
| = | | = | | = | | | | |
| 56 | | 8 | | 2 | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

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1. TELEVISION: What is the longest-running talk show on television?
2. GENERAL KNOWLEDGE: In terms of letter count, what is the longest month of the year?
3. MOVIES: Which famous action movie is set on Amity Island?
4. SCIENCE: What is heliocentrism?
5. ANIMAL KINGDOM: What kind of horses are featured in Budweiser beer ads?
6. U.S. STATES: Which state's nickname is "The Land of 10,000 Lakes"?
7. FOOD & DRINK: How many goodies are in a baker's dozen?
8. INVENTIONS: Who invented the battery?
9. LANGUAGE: What does an ampersand symbol signify?
10. GEOGRAPHY: In which desert is Las Vegas, Nevada, located?

Answers

1. "The Tonight Show" debuted in 1954.
2. September.
3. "Jaws."
4. It is the idea that the Earth and other planets orbit the Sun.
5. Clydesdale.
6. Minnesota.
7. 13.
8. Alessandro Volta.
9. The conjunction "and."
10. Mojave Desert.

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"Something smells good. Are we having _____?"

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!

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Concede **IDELY**

Flurry **PASTE**

TODAY'S WORD



By Demi Taveras



Photo Credit: Apple TV+
Photo Caption: From left, Tadhg Murphy, Roger Jean Nsengiyumva, Lisa Kudrow, Kal-El Tuck, Kiera Thompson and Rune Temte star in "Time Bandits."

"2024 Paris Olympics" (NR) -- On July 26, the Summer Olympic Games kick off in Paris! Through its streaming service, NBC will provide 7,000 hours of Olympic Games coverage as the 17 days of sports events commence. We know that for sports like basketball, gymnastics and swimming, viewers from all across the world will be glued to their screens, but don't forget to check out the many other sports (39 in total) that will be available to stream, such as fencing, skateboarding, track and field, and volleyball. There's even a "Multiview" option so that fans can watch up to four events at one time. And if you miss an event

that you really wanted to see, there will be many chances to catch up on the Games' best moments with segments like "Gold Zone" and "Primetime in Paris." (Peacock)

"Time Bandits" (TV-PG) -- This new fantasy-adventure series is an adaptation of the 1981 film of the same name by Terry Gilliam. In just 10 episodes, viewers of all ages can travel through time with a fearless group of thieves - and an 11-year-old history geek named Kevin (Kal-El Tuck). Failing to fit in at school due to his niche interests, Kevin is told by his family to let go of "the past" and focus on what's right in front of him. But when Kevin discovers a time-traveling portal in his wardrobe, any attempt to curb his love of history goes out of the window as he finds himself face-to-face with Vikings, pirates, cavemen and more! Created by and starring Taika Waititi ("Thor: Love and Thunder"), this series premieres July 24. (Apple TV+)

"Cult Killer" (R) -- Alice Eve ("She's Out of My League") leads this crime thriller film out now on streaming. Eve portrays private investigator Cassie Holt, the lucky mentee of renowned investigator Mikeal Tallini (Antonio Banderas). When Mikeal is suddenly murdered, Cassie takes on the case, with a driving motivation to exact revenge on Mikeal's killer. Relying on all the knowledge that her mentor showed her, Cassie grasps for any leads she can find to solve his case, no matter how dangerous or deadly. Seems like your average, cut-and-dry thriller, right? Perhaps this was the reason behind its abysmal box-office earnings. Or maybe it was its uninspiring movie poster that looks like it belongs in the back of a Blockbuster in 2004. (Hulu)

In Case You Missed It

"Bodies Bodies Bodies" (R) -- This A24 film feels like a fever dream, to put it simply, and those who watch A24 know that this usually comes with the territory. Starring Amandla Stenberg ("The Acolyte") and Pete Davidson ("Saturday Night Live"), the film follows a group of friends who host a hurricane party at their wealthy friend's estate. Throughout their night of partying, one friend, Sophie (Stenberg), convinces her friends to play their favorite murder-mystery game: Bodies Bodies Bodies. The game begins but stops unexpectedly once one friend is found dead. Expect Gen-Z humor, the brutality of a slasher, and an ending that not even the best sleuth could guess. (Netflix)

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MAGIC MAZE ● ISLANDS IN THE INDIAN OCEAN

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: FLIGHTLESS ANTARCTIC BIRD

- | | | | |
|-----------|------------|---------|---------------|
| Bird | Garden | Mayotte | Prince Edward |
| Carnac | Madagascar | Pemba | Seal |
| Christmas | Maldives | Penang | Sri Lanka |
| Comoros | Mauritius | Praslin | |

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Puzzles4Kids by Helene Hovanec

CRISSCROSS – RHYMES WITH "NEW"

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

3 Letters

- DEW
- GNU
- MOO
- OOH
- WHO
- YOU

4 Letters

- GREW
- HUGH
- SHOO
- STEW
- WHEW

5 Letters

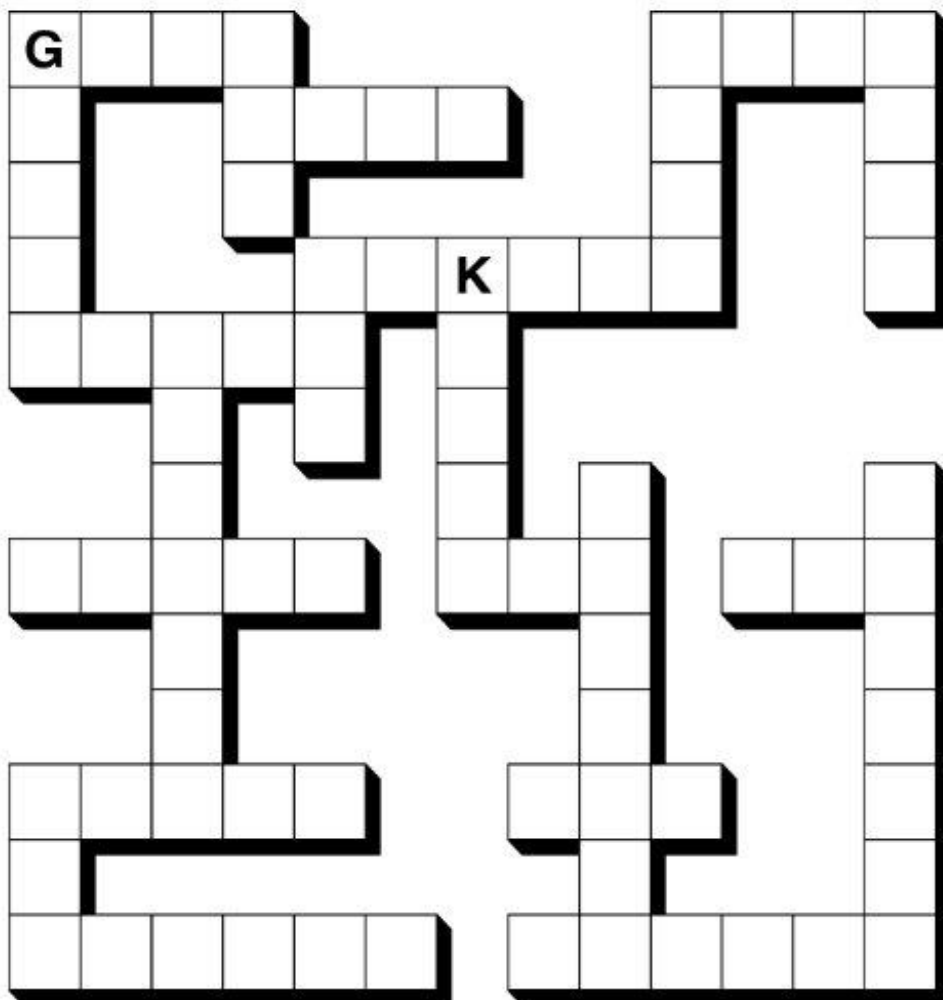
- GET TO
- KAZOO
- OUTDO
- SIOUX
- YAHOO

6 Letters

- BOO-BOO
- MAKE DO
- UNGLUE

7 Letters

- OUGHT TO
- THROUGH
- WHERE TO?



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TIDBITS Laughs!

Q: What do Germans wear with their Birkenstocks?
 A: Birken socks!

Wishing Well®

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

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Super Crossword PHONY-BALONEY

- ACROSS**
- 1 Wearing nightclothes, for short
 - 6 Meanie's look
 - 11 In addition
 - 15 Eyelid hair
 - 19 Steel, e.g.
 - 20 Ancient Greek region
 - 21 Empty spaces
 - 22 World's fair
 - 23 Illegal detention
 - 25 Columbus is its capital
 - 26 British actor Guinness
 - 27 "Mind your — business!"
 - 28 High, round collar not folding over on itself
 - 31 Without any variety
 - 35 Ingest
 - 36 Boston NBAer, for short
 - 37 Paint job made to look like marble, wood, etc.
 - 41 New Nintendo console of 2012
 - 43 Big antlered beast
 - 47 Opposite of dep., in an airport
 - 48 Thin porridge
 - 50 Saw against the main grain, as wood
 - 52 Bit of money seized by a Secret Service agent
 - 58 Ecol. monitor
 - 59 Middays
 - 60 Tiny arachnid
 - 61 J. — Hoover
 - 64 Like overdue birthday wishes
 - 67 Bill & Ted went on one in a 1991 film
 - 70 Wombs
 - 71 Bible book after Prov.
 - 74 Q-V linkup
 - 75 "Spider-Man" director Sam
 - 76 Wedlock not based on love
 - 79 Cheer up
 - 81 Burros, e.g.
 - 82 — occasion (never)
 - 83 Paris' river
 - 84 Toronto-to-Montreal dir.
 - 85 Prada or Fendi replica, maybe
 - 91 "Beloved" novelist Toni
 - 94 Buc, Bronco or Niner
 - 95 Beatty of film
 - 97 Cindy Brady player Susan
 - 98 Former jets to the U.K.
 - 101 Bit of non-needed body art
 - 105 Sour plum
 - 107 Stage star Hagen
 - 109 Title for Kate Middleton
 - 110 Component of a coated glass-bead bracelet, perhaps
 - 117 Even score
 - 118 Forum attire
 - 119 In the past
 - 120 Apt cry of disbelief for this puzzle
 - 125 Coagulate
 - 126 Rebuke from Caesar
 - 127 Like a dweeb
 - 128 About, before a date
 - 129 At this place
 - 130 Lather (up)
 - 131 Gather up
 - 132 Hoodwinked
 - 5 Whole lotta
 - 6 Knightly title
 - 7 Bulblike base of a stem
 - 8 — cat (two-base game)
 - 9 Neighbor of Minn. and Ill.
 - 10 Jewish potato pancake
 - 11 Relative of a guinea pig
 - 12 Lion portrayer Bert
 - 13 Feature of Betty Boop's hair
 - 14 "— Mio"
 - 15 Crude sheds
 - 16 Car shaft
 - 17 Project detail, for short
 - 18 Sell at a pawnshop
 - 24 Opponent
 - 29 "I taut I — a puddy tat!"
 - 30 Shade trees
 - 31 Flip — coin
 - 32 DEA worker
 - 33 Irish money
 - 34 Bring about
 - 38 Some flawed garments: Abbr.
 - 39 Add-on to the end of a wd.
 - 40 Bit of a bray
 - 42 Most polar
 - 44 Sea nymph
 - 45 Sovereign
 - 46 Letter two before iota
 - 49 VIP vehicle
 - 51 Margarine
 - 53 Deprives of weapons
 - 54 "Sorry, too busy"
 - 55 Bodily digit
 - 56 Big striped cat, in French
 - 57 A/C output qts.
 - 62 Landscape painter Asher Brown —
 - 63 Like low-quality eggs
 - 64 City transport
 - 65 Alcohol in liquor
 - 66 Landlords or landladies
 - 67 Empty
 - 68 Having protruding hearing organs
 - 69 Yang go-with
 - 72 Sings gently
 - 73 U.S. pres., militarily
 - 77 Inquires
 - 78 "Continue"
 - 80 Architect Maya
 - 83 Chiang Kai —
 - 84 Broody rock genre
 - 86 investigate pryngly
 - 87 Very loudly, in music
 - 88 Miami loc.
 - 89 Stud money
 - 90 Old Storms and Trackers
 - 92 Paraphrase
 - 93 On Sunset Blvd., e.g.
 - 96 Two, in Chile
 - 99 Maintenance job on a car
 - 100 Indy sponsor
 - 102 Ballet outfit
 - 103 Something very easy
 - 104 Vegas casino
 - 106 Some Siouan speakers
 - 108 MetLife rival
 - 110 Concern for a dermatologist
 - 111 Concern for a dermatologist
 - 112 Horror film lab assistant
 - 113 Twice tetra-
 - 114 "Psst" cousin
 - 115 — avis
 - 116 Some old Fords
 - 121 The "S" of GPS: Abbr.
 - 122 Hosp. zones
 - 123 Ideal serve
 - 124 Young fella
- DOWN**
- 1 Global finance org.
 - 2 Teacher's union, in brief
 - 3 Old TV ministry inits.
 - 4 2002 "Friday the 13th" sequel

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



Moments in time
THE HISTORY CHANNEL

- On Aug. 5, 1981, President Ronald Reagan began firing 11,359 air-traffic controllers who'd gone on strike two days before, after negotiations with the federal government to raise their salaries and shorten their workweek failed. His action, which many regarded as extreme, significantly slowed air travel for months.
- On Aug. 6, 1930, New York Supreme Court Judge Joseph Force Crater vanished on the streets of Manhattan, setting off a massive investigation that captured the nation's attention and earned him the notable title of "the missingest man in New York." Crater was declared legally dead nine years later. But although evidence surfaced in 2005 that he may have been murdered, the case was never officially solved.
- On Aug. 7, 1782, Gen. George Washington created the "Badge for Military Merit," today better known as the Purple Heart, a decoration consisting of a purple, heart-shaped piece of silk edged with a narrow binding of silver and the word "Merit" stitched in silver across the face, designed to be presented to soldiers for "any singularly meritorious action."
- On Aug. 9, 2010, Steven Slater, a JetBlue flight attendant, bade his job goodbye in astonishing style by sliding down his plane's emergency escape chute while the aircraft was stopped near the terminal gate at John F. Kennedy International Airport. Slater claimed his exit was prompted by a rude passenger's behavior, and became a media sensation.
- On Aug. 10, 1957, Dr. W.E. Peterson was confident that the invention of "protective milk" could cure illnesses including cancer, rheumatoid arthritis, rheumatic fever and even the common cold. Peterson had been experimenting with injecting bacteria into cow's udders to produce immunity in those who drank the milk, but it had not been tried out on large groups of people.
- * On Aug. 11, 1984, South African runner Zola Budd collided with American favorite Mary Decker at the Olympic Games in Los Angeles, causing Decker to fall and drop out of the race. The crowd began booing, and Budd, who many believed would be a medal winner with Decker, ended up in seventh place.

SENIOR NEWS LINE

By Matilda Charles

Downgrading to a Simpler Phone

Tired of having a fancy cellphone with all the bells and whistles that are confusing to use? Want a phone that makes a call, takes a call, snaps a few pictures and sends text messages, but nothing else? Yes, me too.

I've discovered many, many features on my cellphone that I either do not use, cannot use or will not use. The "location finder" that will pinpoint where I am is a bit scary. The ability to surf the internet and read email via a phone is lost for me if I can't even read the screen. A phone with a "digital wallet" that keeps credit card info and allows purchases right from the phone is risky. And do I really want a "health" feature that stores my data?

I'm on the hunt, therefore, for a simple phone that is used for basic communication.

Does this mark me as "old," no longer wanting to deal with all the fancy features of a phone? No. Many in the younger generations are burned out on the fancy (expensive) smartphones and being on social media for too many hours every day. They're opting for what they call the cheaper "dumb" phones that only have basic features and use cheaper data plans.

That's not to say all of the non-smartphones will be suitable. There's the problem, on many of them, with the keyboard where three letters are assigned to each key. To type a "c" in a text message, you need to hit the key three times. Others, however, have the QWERTY keyboard, just like a computer. And some of those phones do have internet access and email.

If you'd like to consider leaving the world of fancy, expensive cellphones behind, make a list of the features you absolutely need to have, and there's sure to be a minimalist phone just for you.

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The Lodge at Riverside Harbor in Post Falls, and The Lodge at Fairway Forest in Coeur d'Alene

are lovingly referred to as "homes". Homes with hearts that beat for their local communities.

Our residents, our caregivers, our owners, our families have a long history of putting their shoulders to the wheel to volunteer in our community.

The benefits to givers and receivers of community service are widely known. "Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country. The intangible benefits alone—such as pride, satisfaction, and accomplishment—are worthwhile reasons to serve."

(www.nationalservice.gov/serve-your-

community/benefits-volunteering)

We had quite the Christmas of giving as our residents made hundreds of free bookmarks for children accessing our public libraries. Last fall we sent letters of appreciation to our military serving overseas. Our Valentine's Day party was one to remember! We chair committees raising funds for causes such as a cure for Alzheimer's disease. We serve in our churches, Our chambers, our 4H, and more!! Yes, our hearts beat strong for our community!!

We 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. And, 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



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. Aesop's specialty | F _ _ _ _ _ | Kitchen slat | T _ _ _ _ _ |
| 2. Steve or Dean | _ _ _ _ T _ _ | Gaye or Lee | _ _ _ _ V _ _ |
| 3. Compass direction | N _ _ _ _ _ | Value | W _ _ _ _ _ |
| 4. Pancake topping | _ U _ _ _ _ | Improved | _ E _ _ _ _ |
| 5. Bullwinkle, e.g. | _ _ O _ _ _ | Mickey, e.g. | _ _ U _ _ _ |
| 6. Dash | _ _ _ _ _ T | Planting season | _ _ _ _ _ G |
| 7. Larder | _ _ N _ _ _ | Bakery treat | _ _ S _ _ _ |
| 8. Wednesday's dad | _ _ _ _ _ Z | Andy's pal, ___ Pyle | _ _ _ _ _ R |
| 9. Bird sanctuary | A _ _ _ _ _ | Spooky | E _ _ _ _ _ |
| 10. Closet accessory | _ A _ _ _ _ | Food longing | _ U _ _ _ _ |

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TIDBITS GOES LONG.....

In 2019, actress Frances McDormand was a presenter for the Academy Awards. For the occasion, she wore a berry pink silk gown. Underneath, she wore custom-made neon-yellow Birkenstocks. She said of Birkenstocks that they had "literally formed me physically and philosophically."

Americanisms

"Beautiful young people are accidents of nature, but beautiful old people are works of art."
 — Eleanor Roosevelt

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STAN SMITH'S TENNIS CLASS

GOOD TOSS, GOOD SERVE

Don't be afraid to catch a bad toss. Bad tosses will usually lead to bad serves. The serve is the one shot in tennis where **you** get to decide when to hit it, so take your time. Take a deep breath and focus your concentration before you begin your serve.

I've seen many advanced players catch a toss several times before they get it right. So don't feel shy about catching a toss. Remember, it takes a good toss to hit a good serve. Common errors on the toss include throwing the ball too low or not far enough out into the court.



Play Better Golf with JACK NICKLAUS

EVEN IN PRACTICE AND FUN ROUNDS, I NEVER HIT A SHOT WITHOUT KNOWING EXACTLY WHAT I WANT TO DO WITH THE BALL. FIRST I OBSERVE, THEN I PLAN, THEN I EXECUTE.



IN ADDITION TO PRODUCING BETTER SHOTS, I'VE FOUND THIS REGIMEN HELPS EASE COMPETITIVE PRESSURE. THE MORE I CONCENTRATE ON SHOTMAKING SPECIFICS, THE LESS OPPORTUNITY MY MIND HAS TO WANDER ON TO FEAR-PRODUCING THOUGHTS.

MY FRANCHISE CONNECTIONS



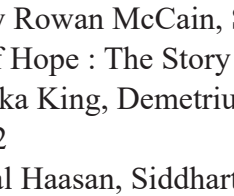
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top 10 movies

1. Despicable Me 4
(PG) Steve Carell, Kristen Wiig
 2. Longlegs
(R) Maika Monroe, Nicolas Cage
 3. Inside Out 2
(PG) Amy Poehler, Maya Hawke
 4. A Quiet Place: Day One
(PG-13) Joseph Quinn, Lupita Nyong'o
 5. Fly Me to the Moon
(PG-13) Scarlett Johansson, Channing Tatum
 6. Bad Boys: Ride or Die
(R) Will Smith, Martin Lawrence
 7. Horizon: An American Saga - Chapter 1
(R) Kevin Costner, Sienna Miller
 8. MaXXXine
(R) Charley Rowan McCain, Simon Prast
 9. Sound of Hope : The Story of Possum Trot
(PG-13) Nika King, Demetrius Grosse
 10. Indian 2
(NR) Kamal Haasan, Siddharth
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FLASHBACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Name the artist who wrote and released "Rock Me on the Water."
 2. Jerry Eubanks, Toy Caldwell and George McCorkle were founding members of which band?
 3. Which artist released "Lipstick on Your Collar"?
 4. Who wrote and released the hit "No Myth"?
 5. Name the song that contains this lyric: "Thanks for the times that you've given me, The memories are all in my mind."
- Answers
1. Jackson Browne, in 1972. Several other artists released covers of the song, including Linda Ronstadt, Johnny Rivers and Brewer & Shipley.
 2. The Marshall Tucker Band, created in the early 1970s. The band got its name from a keyring for the rehearsal space they'd rented. Marshall Tucker, a blind piano tuner, had been the previous tenant.
 3. Connie Francis, in 1959. The song was intended as the B-side to "Frankie," but was promoted as a double-sided single, and "Lipstick" climbed higher on the charts than "Frankie."
 4. Michael Penn, in 1989. Penn later won an MTV award for Best New Artist.
 5. "Three Times a Lady," by the Commodores in 1978. The song, written by Lionel Richie, was the group's first No. 1 hit, staying at the tops of the Hot 100, Soul and Adult Contemporary charts for weeks.
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TIDBITS QUOTE

"Do-gooders are easily overlooked. We're supposed to be soft, touchy-feely types, who wear Birkenstocks, compost everything, and write poetry by candlelight." -Nancy Lublin

THIS WEEK'S CELEBRITY BIRTHDAYS

| | |
|----------------|-----------|
| Robin Williams | 7/21/1952 |
| Danny Glover | 7/22/1947 |
| Don Imus | 7/23/1940 |
| Jennifer Lopez | 7/24/1970 |
| Estelle Getty | 7/25/1924 |
| Kevin Spacey | 7/26/1959 |
| Bobbie Gentry | 7/27/1942 |

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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.

KB OGSKKQL SAP OBGGBY
BKDQLI, YFKDBNK XQFAC
OGSKKQLQP SAP OBGGBYQP
FA KNLA, FI XNK S IKSKQ
BO DSGO QAVBRTQAK.
- VSAQ SNIKQA

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The Garden Bug

Only a relatively small number of plants are responsible for the allergies of millions of people in North America every year. Listed below are some of the "pollen factories" most likely to cause itching, sneezing, watery eyes, coughing, nasal discharge and headaches.

| | |
|-----------------------|---|
| Ragweed | throughout North America |
| Mountain cedar | Arkansas, Missouri, Oklahoma, and Texas |
| Ryegrass | throughout North America |
| Maple | throughout North America |
| Elm | throughout most of North America |
| Mulberry | throughout the United States |
| Pecan | Southern states in the U.S. |
| Oak | throughout North America |

Source: www.healthline.com — Brenda Weaver

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Amber Waves

by Dave T. Phipps



OK, BOYS, BREAKFAST IS ON THE TABLE. YOU HAVE 10 MINUTES TO GET DOWN HERE.

NOT SURE WHAT MOTIVATES ME TO GET UP EARLY IN THE MORNING, HUNGER OR FEAR.

TIDBITS PUZZLE ANSWERS

TRIVIA NEWSFRONT ANSWERS
 1. The mid-20th-century style during the Great Depression.
 2. "Banks"
 3. Steve Jobs
 4. 72 percent
 5. Three

SCRAMBLERS SOLUTION
 1. Service 2. Concrete
 3. Field 4. Score
 Today's Word: VISITORS

WORD POWER ANSWER
 AMAZON

Quiz BITS ANSWERS
 1. Cork shavings
 2. Winesies in Portugal

SNOWFLAKES solution

Weekly SUDOKU Answer

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

ISLANDS IN THE INDIAN OCEAN

Go Figure! answers

| | | | | | | |
|----|---|---|---|---|---|----|
| 3 | - | 2 | x | 9 | = | 9 |
| + | | + | | + | | |
| 4 | + | 6 | ÷ | 5 | = | 2 |
| x | | ÷ | | ÷ | | |
| 8 | + | 1 | x | 7 | = | 63 |
| = | | = | | = | | |
| 56 | | 8 | | 2 | | |

Sticklers Answer
 The answer is 80°.

- Even Exchange answers**
- | | |
|-------------------|-------------------|
| 1. Bushed, Bushel | 6. Heart, Heard |
| 2. Amber, Ember | 7. Vault, Fault |
| 3. Freed, Fried | 8. Squirm, Squirt |
| 4. Martin, Merlin | 9. Flock, Frock |
| 5. Danger, Dagger | 10. Baton, Bacon |

CryptoQuip answer
 If a doctor tests your physical fitness level, I reckon he is looking at the vigor picture.

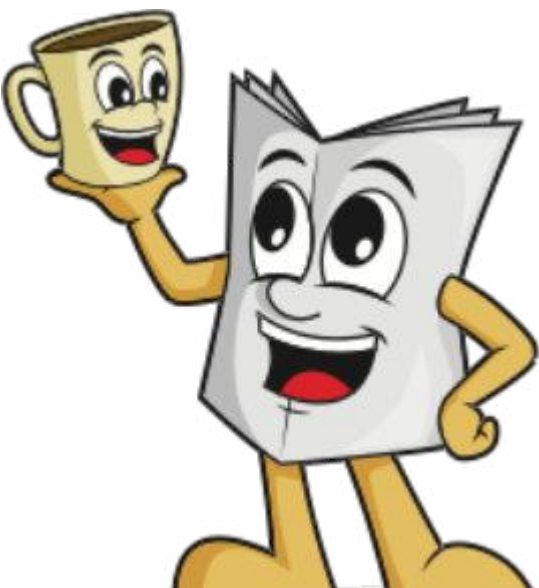
CryptoQuote answer
 To flatter and follow others, without being flattered and followed in turn, is but a state of half enjoyment.
 — Jane Austen

Puzzles4Kids Answer

Super Crossword

Answers

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



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TO YOUR GOOD HEALTH
 By Dr. Keith Roach

Debilitating Menstrual Pain Might Be Due to Endometriosis

DEAR DR. ROACH: I'm a woman who has had terrible experiences with menstruation. I've probably seen two dozen different gynecologists, and I complained to every one of them about my painful periods. Not even a painkiller was prescribed.

Most of them seem to think that debilitating pain is part of being female. This pain is so bad that it is incapacitating. I've missed work and school because of it. I would throw up anything that I tried to eat or drink for a full day. It drives me nuts that everyone can empathize with a migraine headache, but no one has empathy for someone with menstrual cramps.

Once, I told the nurse practitioner that I had a really painful episode, and she asked, "Why didn't you come into the office? You might have ruptured something." Had I come into the office, it would have required an ambulance. By then, I had heard about endometriosis. I asked her if she thinks I have it, and she said, "Oooh, you probably do. You'd have to get laparoscopic surgery to know."

Well, that would have been great to know 40 years ago. I could have gotten the surgery and spared myself years of agonizing pain. Did I explain myself incorrectly all those times when talking to my doctors? It's too late for me (thankfully, I'm past all this), but please help us learn how to talk to our doctors in order to get through to them. These are not your garden-variety cramps that can be treated with Midol. -- S.N.

ANSWER: I am very sorry to hear of your experiences, and I'm glad you have written to try to help others avoid this outcome. While it is true that most women have discomfort during menstruation, some women experience a lot

more than discomfort, and what you had is not typical at all for dysmenorrhea.

When a woman has pain that doesn't respond to the first-line treatments, such as a heating pad and regular exercise, most primary care doctors, including gynecologists, consider pain medication as well as a trial of hormone treatment (such as combined oral contraceptives -- "birth control pills"). I'm honestly surprised you weren't ever recommended these treatments, even though I have heard horrific stories of pelvic pain being ignored before.

If pain medication and hormone treatment are inadequate, it's time for a primary care doctor like me to refer the patient to a specialist. The specialists I choose are gynecologists who have special expertise and training in pelvic pain. They consider multiple reasons for this persistent pain, including adenomyosis, fibroids and endometriosis.

With endometriosis, there are lesions outside the uterus near the ovaries, pelvic ligaments, bladder, or the lining of the pelvic wall in the cul-de-sac (an anatomical structure in the pelvis). Just like the endometrial tissue in the uterus, these lesions outside the uterus react to hormone levels, and at the time of menstruation, they can typically cause pain or pressure, bowel or bladder issues, painful sex, fatigue, and other symptoms.

While I can't be sure that you had endometriosis, it is the most likely diagnosis. The diagnosis is often supported by an ultrasound, not usually by surgery at first. Medical treatments for endometriosis (such as GnRH-analogue drugs or aromatase inhibitors) are generally preferred to surgery, but surgery is still necessary sometimes.

I am concerned about your having seen two dozen gynecologists. One should have been enough to treat you with increasing levels of aggressiveness. I'd advise women in your situation to seek out a gynecologist with expertise in pelvic pain.

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.

Out on a Limb by Gary Kopervas

NOW, WHERE DID I HIDE THE TWO HIKERS I SURPRISED ON THE TRAIL THE OTHER DAY? WAS IT THE CAVE? OR THE TREE FORT?

FORGET!

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