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TIDBITS® GOES ICE SKATING

by Janet Spencer

Around the same time pyramids were being built in Egypt, early Scandinavians were strapping things to their feet and sliding across ice. Ice skating evolved over the centuries, from primitive to space-age, and is now enjoyed by millions. Come along with Tidbits as we journey through the history of skating!

SKATING HISTORY

- The oldest ice skates ever found were extracted from the bottom of a lake in Switzerland and carbon-dated to 3000 B.C., making them over 5,000 years old.
- However, it's thought that a primitive form of skating first became common around Finland around 4,000 years ago.
- The first skates were made of long animal bones cut flat on the bottom and polished smooth, with holes drilled for straps to attach them to the foot. Wooden poles thrust between the legs provided propulsion.
- Skating was likely not so much for sport as it was a means of transportation, as Finland has about 187,888 lakes, and it's easier to cross them in the winter on skates.
- The oldest known skates with metal blades, made of copper, were found in Scandinavia and date back to about 200 A.D. The next metal blades appeared on the scene in the 13th century, attached to wooden blocks strapped to the foot.

(cont)



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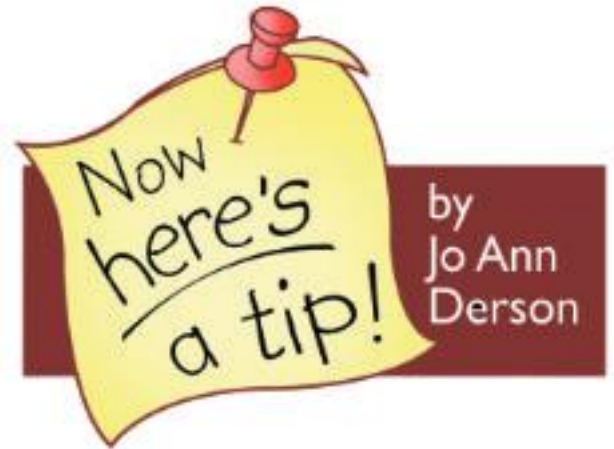
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SKATING (cont)

- By the 1500s, blades curved upwards at the toe to prevent the tip from getting stuck in the ice.
- In 1850, Edward Bushnell was the first to craft blades out of steel, which could be clamped onto any shoe. Now skates could be mass-produced cheaply. Skating gained popularity.
- Around 1865, ballet dancer Jackson Haines was the first to introduce graceful moves and athletic jumps to skating, turning it into an art form and laying the foundation of figure skating. He improved skates by screwing the blades directly to the boots and added the "toe pick," a serrated edge that adds grip.
- The world's first commercially successful artificially frozen ice rink was installed in London in 1876. It was designed by a meat distributor who had invented a method of freezing meat to survive long sea journeys.
- The first rink in the U.S. opened in New York City in 1879, making skating a year-round activity. As ice rinks spread, competitive sport skating flourished.
- The first organization designed to officially govern the rules of skating was the National Skating Association of Great Britain in 1879. The U.S. followed in 1886 with the National Amateur Skating Association.
- Then Madge Syers showed up at the World Championships in 1902. The judges wanted to ban her, but she challenged them to point out the place in the rulebook where women were prohibited from competing. No such rule existed. They had to let her compete.

(cont)



- "I have added an additional shower curtain bar in my tub. I hang up my towels and washcloths there to air dry, and they are out of sight behind the shower curtain. It's very convenient." -- A reader
- "I have small candy dishes out in my home, and I like to keep them filled with goodies throughout the year, but now, when I have little children over, I put them up high and let parents know that they and the children are welcome to have as much as they like. The parents appreciate this, as the children sometimes like to overindulge." -- D.A. in Rhode Island
- Unexpected company on the way? Throw clutter in a laundry basket and stash. Clear the sink of dirty dishes; take out the garbage; clean the faucets, sink and mirror in the bathroom most likely to be used; and, finally, sweep or vacuum the floors. This should not take long, but these moves will maximize the feeling of cleanliness in your house.
- "When traveling, let your host/hostess know of any serious health problems or allergies you may have and what to do in case of an emergency." -- M.W. in Saskatchewan Canada

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SKATING (cont)

- Madge Syers came in second place. The first-place winner, Swedish skater Ulrich Salcho, offered Madge his gold medal, saying she was the best skater. She refused it.
- The ISU re-wrote the rulebook to prohibit women from competing against men, and formed the Ladies World Championship. At the 1908 London Olympics, Madge Syers won the gold. She later scandalized spectators by skating in calf-length skirts, cut appallingly short so judges could see her fancy footwork.
- The term “figure skating” originated because competitions involved testing skaters to see how accurately they could carve designs on the ice, including figure 8s, roses, stars, and crosses. This exercise was boring for spectators and was eventually dropped.
- The popularity of ice skating boomed due to Sonja Henie of Norway. It’s not just that she won more medals than any other skater before or since, racking up three Olympic gold medals, ten World Champion medals, and six European Champion medals. It’s also because Henie discarded the tradition of stiff and stuffy routines while wearing long black skirts and somber black skates. Instead, Henie’s thrilling routines incorporated short skirts, gleaming white skates, athletic jumps and spins, and ballet moves performed to music.
- Henie became a media darling, headlining a traveling ice show and starring in ten Hollywood movies in the 1930s and 1940s.
- The popularity of ice rinks burgeoned, yet resurfacing the ice was tedious and time-consuming until Frank Zamboni came along. He was an innovative refrigeration genius who owned an ice plant in Paramount, California.
- In 1939, he built the Paramount Iceland skating rink next to his ice factory and subsequently invented the ice resurfacing machine, naming it after himself and patenting it in 1953. (cont)

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top ten
Most Popular Films on NETFLIX

1. Red Notice
2. Don't Look Up
3. The Adam Project
4. Bird Box
5. Leave the World Behind
6. The Gray Man
7. Damsel
8. We Can Be Heroes
9. The Mother
10. Glass Onion: A Knives Out Mystery

Source: Netflix

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STICKELERS
 Terry Stickers

Can you find the 12-letter word hidden in the grid below?

A	E	G
V	A	X
A	T	A
R	Z	N

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TIDBITS

NUGGET OF KNOWLEDGE

Many classic skating moves were named after those who invented them: Alois Lutz, Axel Paulsen, Ulrich Salcho. The camel spin was likely developed by an Australian skater named Campbell.

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SKATING (cont)

- A Zamboni scrapes off the top layer of ice and then sprays a layer of hot water at 140 to 145°F (60 to 63°C). The hotter the water, the better the ice.
- While rehearsing for an upcoming performance of the Hollywood Ice Revue, Sonja Henie was introduced to Frank Zamboni's resurfacing machine. She was so impressed that she bought her own, taking it everywhere on tour. This increased its popularity.
- Zamboni's Paramount Iceland skating rink is still open for business today. An estimated 12,000 Zambonis are in use worldwide.
- The fastest recorded spin on ice skates is 342 revolutions per minute by Olivia Oliver of Canada in 2015. That's almost 6 turns per second.
- Today, the world's largest indoor ice rink is in the city of Nizhny Novgorod in Russia. It has a surface area of 135,625 ft² (12,600 m²), which is a little over three acres. It can accommodate 15,000 spectators.
- The record for the longest distance skated in 24 hours belongs to Martinus Kuiper of the Netherlands. He skated 339.67 miles (546.65 km) at Alkmaar, Netherlands, on December 12 and 13, 1988. That's about 14 miles (22.5 km) every hour.
- Whether you're skating on a winter day, watching Olympic skating events from your recliner, or enjoying a hockey game, remember the long line of innovators who turned skating into not only a fun frolic on a winter's day but also a long list of fascinating competitive sports.



By Lucie Winborne

- NASA's first interplanetary CubeSats, a pair of briefcase-size spacecraft called Mars Cube One, or MarCO, which flew by Mars in 2018, were named for the Pixar characters Wall-E and EVE.
- Figure skate blades were originally made of animal bones.
- Dolphin calves are typically born tail first, so they don't drown during the birthing process.
- Christian Louboutin manufactured a limited edition shoe for brides. They had baby-blue soles to give the bride "something blue," but the company ceased production after copyright issues.
- It takes Pluto 248.09 years to make one orbit around the sun.
- And speaking of shoes ... England's Queen Elizabeth II had hers broken in for her by her personal assistant and senior dresser. The idea was that she couldn't afford for her shoes to be uncomfortable or give her blisters while on official business.
- Jim Henson made his first Kermit puppet using his mother's old coat and two halves of a ping pong ball.
- Bacon was used to make explosives during World War II.
- Peter Pan creator James Barrie used to act as if he were his dead brother, David, to cheer his mother by dressing in his brother's clothes and whistling like his sibling used to do. On one such occasion, his mother thought for a moment that David had actually returned from the dead.
- Automobile tires were originally white.
- The Caesar salad was actually invented in Tijuana, Mexico, in 1927. Hotel Caesar owner Caesar Cardini wanted to make dinner for friends but didn't have a lot of available options, so he tossed lettuce into a bowl with a dressing made from whatever he could find at the moment.

Thought for the Day:

"I always wanted to be somebody, but now I realize I should have been more specific."

-- Lily Tomlin

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HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Cup is another. 2. Saucer is missing. 3. Nose is smaller. 4. Tilt is different. 5. Stool is missing. 6. Mouth is open.

WORD LADDERS

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

MIXED

SIZED

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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Taunt **PINES**

Feral **TUBER**

Adhere **TICKS**

Rule **RENIG**

TODAY'S WORD

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
 PHOTO CREDIT: Kovels.com
 PHOTO CAPTION: A wooden table like this one is as different as can be from a glass vase or a pottery figure, but Emile Galle brought his skill and art nouveau style to all three.



Industrial Design

One of the most popular and often most expensive categories of collecting is known as design. Sometimes called modern or industrial design, the term refers to the work of 20th and 21st century manufacturers who brought their distinctive style to various types of furnishings and housewares, from furniture to lamps to decorative sculptures to functional appliances.

Industrial design took off in the mid-century modern era shortly after World War II (think of Charles and Ray Eames, Isamu Noguchi, Alvar Aalto, etc.), but artisans were working in multiple media before then.

Emile Galle, a pioneer of the art nouveau movement that started in the 19th century, is famous for his glass, ceramics and furniture. He is best known for the cameo glass made by the studio he founded in Nancy, France, in 1873. His glass had the graceful curving shapes, Japanese influence and natural elements like flowers and plants that characterize art nouveau. So did his furniture. This tea table by Galle, with scrolling legs, scalloped edges and inlaid cherry blossoms, sold for \$2,800 at a Rago auction.

Q: I have a piece of pottery 8 inches tall and 9 inches in diameter with no maker's mark. The

pattern is similar to Weller Knifewood pottery with a carved squirrel, owl and raven in leafy tree branches. Can you help me find the manufacturer or value?

A: Weller pottery is not always marked. Weller started making art pottery in the early 1900s. Designer Rudolph Lorber created several art pottery lines for the company, including Knifewood, which was introduced by the 1920s. A 1921 catalog described Knifewood as having "the effect of which is suggested by the name." The various pieces have all the appearances of being carved out of wood by a sharp knife." Designs have matte or high-gloss glazes and feature woodland scenes with animals like dogs, squirrels and birds. Unmarked Weller vases like yours tend to sell for about \$200 to \$300. Generally, the more three-dimensional elements, the higher the price.

TIP: Don't try to clean an oil painting unless you are an expert.

CURRENT PRICES

Plastic, tray, Bakelite, Pavement, rows of pink circles, transfer printed, George Nelson, Bolt-A-Best, c. 1956, 13 1/2 x 10 1/2 inches, three pieces, \$195.

Toy, car, racing, Super Hot Rod, open top, driver, red, yellow, light blue, flashing lights, battery operated, friction, box, Marx, 1950s, 11 1/2 x 4 x 5 inches, \$250.

Tole, tea cannister, black, parcel gilt, armorial, shield flanked by griffins, red and white details, rectangular base, mounted as lamp, 21 x 10 x 10 inches, pair, \$1,280.

Silver-sterling, tea service, pear shape, animal head spout, artichoke finial, server, bone handle, stand, coffeepot, teapot, sugar and creamer, oval tray, six pieces, \$1,320.

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

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THIS WEEK'S CELEBRITY BIRTHDAYS



Mackenzie Phillips	11/10/1959
Demi Moore	11/11/1942
Neil Young	11/12/1945
Whoopi Goldberg	11/13/1949
Prince Charles	11/14/1948
Ed Asner	11/15/1929
Lisa Bonet	11/16/1967

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King Crossword

ACROSS

- 1 Platters
- 6 Chum
- 9 Club —
- 12 Put on — (act)
- 13 Expert serve
- 14 Navarro of "The View"
- 15 Gettysburg general
- 16 William on "Star Trek"
- 18 Vatican term
- 20 Folklore monster
- 21 Blackbird
- 23 Airport screening org.
- 24 Offered one's seat
- 25 Taverns
- 27 Plant life

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			

- 29 Perfect place
- 31 Zesty dips
- 35 Blood line?
- 37 Model in a bottle
- 38 Future oak
- 41 Luau instrument
- 43 Canine greeting
- 44 Wander
- 45 Pencil end
- 47 Subtle variation of color
- 49 Spanish snacks
- 52 Feedbag morsel
- 53 Memo letters
- 54 Levels
- 55 SSW opposite
- 56 Feeling down
- 57 Transmits
- 8 Tony winner
- 9 Salonga
- 9 Chutney fruit
- 10 January, to Juan
- 11 Challenged
- 17 Sums
- 19 Equally distant
- 21 Dhahi predecessor
- 22 Rebel Turner
- 24 Madrid Mrs.
- 26 Went easy on
- 28 Japanese seaport
- 30 Bit of physics
- 32 Hone
- 33 Football filler
- 34 Suntan lotion letters
- 36 Overblown
- 38 Incendiary crime
- 39 "Over There" composer
- 40 Egg-shaped
- 42 — Park, Colorado
- 45 "May It Be" singer
- 46 Roof edge
- 48 Conditions
- 50 Moreover
- 51 Snake's sound

DOWN

- 1 River blocker
- 2 British verb ending
- 3 NPR's Ari
- 4 Musical finale
- 5 Used a broom
- 6 Computer language
- 7 Needing a massage

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By Fifi Rodriguez

- 1. MOVIES: In the movie "The Shawshank Redemption," what is Andy Dufresne's occupation before he was imprisoned?
- 2. LITERATURE: Which of Shakespeare's plays features the characters of Rosencrantz and Guildenstern?
- 3. TELEVISION: Which 2000s TV drama starred a character named Jack Bauer?
- 4. U.S. PRESIDENTS: What was First Lady Jacqueline Kennedy's maiden name?
- 5. HISTORY: Which dynasty built the Forbidden City in China?
- 6. MYTHOLOGY: What is the name of the mythical creature who is half man and half horse?
- 7. CHEMISTRY: What is aqua regia?
- 8. GEOGRAPHY: Where was the ancient region of Mesopotamia mostly located?
- 9. ANATOMY: Where are the alveoli located?
- 10. FOOD & DRINK: What is hummus mostly made of?

Answers

- 1. Banker.
- 2. "Hamlet"
- 3. "24."
- 4. Bouvier.
- 5. Ming Dynasty.
- 6. Centaur.
- 7. A corrosive mixture that can dissolve gold.
- 8. Iraq.
- 9. Lungs.
- 10. Chickpeas.

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DEAR PAW'S CORNER: I'm 16 and love pets -- I have a dog, cat and an iguana already -- and I want to start my own pet sitting business. What is the best way to start? How do I get customers? Do I need a license or something? -- Jeannie H., Pittsburgh

DEAR JEANNIE: Pet sitting can be a great business to get into. Every pet owner needs someone to watch their pet from time to time: long workdays, vacations, illness and so on. However, it's a business that carries a lot of responsibility. Being reliable is very important and is essential to building your reputation as a sitter that pet owners can trust.

I recommend a trial period first, with a couple of neighbors or your parents' friends. This will give you an idea of what the job entails, how long it takes to care for each pet, and can open your eyes to opportunities. For example, a neighbor who works from home may not need a sitter, but their dog could use an extra walk in the afternoon.

At the same time, study up on the requirements for running a business. Entrepreneurship courses are often available for free through your local library or at the Small Business Association (where you can also find a business mentor).

Most states don't have a licensing requirement for pet sitters, but you can get a certification through Pet Sitters International (petsit.com), or the National Association of Professional Pet Sitters (petsitters.org). These organizations offer a wealth of information -- including how to find clients.

Most of all, have fun! You're getting into this business because you love pets, and that will be a big factor in your success.

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

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ARIES (March 21 to April 19) A long-sought workplace change could be happening soon. Consider reworking your ideas and preparing a presentation just in case. Meanwhile, a personal relationship takes a new turn.

TAURUS (April 20 to May 20) Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some who you doubted would ever join you.

GEMINI (May 21 to June 20) Your workload is still high, but good news! You should start to see the daylight by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it!

CANCER (June 21 to July 22) Regardless of how frustrating things are, keep that "Crab" under control. A cutting comment you might think is apt right now will leave others hurting for a long time to come.

LEO (July 23 to August 22) Be more sensitive to the emotions of loved ones who might feel left out while you're stalking a new opportunity. Be sure to make it up to them this weekend. A nice surprise could be waiting.

VIRGO (August 23 to September 22) The gregarious Virgo rarely has a problem making new friends. But repairing frayed relationships doesn't come easily. Still, if it's what you want to do, you'll find a way. Good luck!

LIBRA (September 23 to October 22) A misunderstanding with a partner or spouse needs to be worked out before it turns into something really nasty. Forget about your pride for now and make the first healing move.

SCORPIO (October 23 to November 21) Communication dominates the week. Work out any misunderstandings with co-workers. Also, get back in touch with old friends and those family members you rarely see.

SAGITTARIUS (November 22 to December 21) As busy as your week is, make time for someone who feels shut out of your life. Your act of kindness could later prove to be more significant than you might have realized.

CAPRICORN (December 22 to January 19) Congratulations! Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities aspect. Enjoy them with family and friends.

AQUARIUS (January 20 to February 18) Your generosity of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping this line of communication open eventually pays off.

PISCES (February 19 to March 20) You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new pursuit of facts to counter what you believe is an insidious exercise in lying.

BORN THIS WEEK: You believe in loyalty and in keeping secrets. All things considered, you would probably make a perfect secret agent.

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Weekly SUDOKU
by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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TIDBITS presents
Quiz BITS

1. Where in New York City was America's first skating rink located?
2. Where is New York City's skating rink located now?

CryptoQuip

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

Clue: K equals F

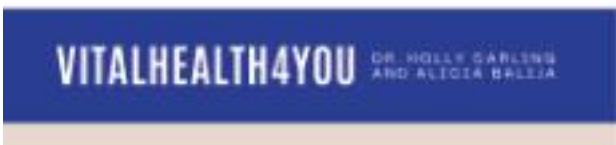
RK SDF CMRVCSWP QGCHCQSWHL
CHW PHCDM FM SGW LCVW
QCHSFFM KHCVW, R'P QCUU
SGWV QWU VCSWL.

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SNOWFLAKES

by Japheth Light

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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HealthBits

By Dr. Holly Carling

DIVERTICULITIS OR DIVERTICULOSIS?

Diverticulosis is a disease that frequently shows up in colonoscopies, and diverticulitis frequently shows up in the emergency room. It seems that most people report having it, but don't know which. Diverticula found in the colon is caused by weakening of the intestinal wall, causing a little pouch, generally about the size of a marble to push out. This is not necessarily a problem but is an indication of weakening bowel tissues (more on that later). The problem arises when it either tears or becomes infected, either of which would likely result in inflammation. It may also be associated with significant abdominal pain, fever, nausea and constipation (or occasionally diarrhea). This can be very painful and alarming, and if ignored, could result in a rupture causing peritonitis – a serious medical emergency.

The question we should be asking is WHY? Why is the intestinal wall weak? Why does it tear? What causes it to flare?

First the weakness. There are several reasons why the intestinal wall can be weak. The majority of diverticuli is found in the descending colon – the end (not very end) of the colon before fecal material passes. Constipation with its associated bearing-down pressure is one cause. That can be associated with inadequate fiber intake, inadequate water intake to keep the fiber contents moving, and inadequate fat resulting in insufficient amount of bile to move things along (or a missing gallbladder resulting in insufficient bile).

The concurrent problem is a weakening of the

tissue itself. Loss of tissue integrity due to inadequate protein, mineral and/or fat in the diet should also be considered. As the body does its daily maintenance and repair of tissues, if there isn't enough raw materials for the body to use to repair the tissue – well, you can't make something from nothing! The definition of degeneration is when your tissues are breaking down faster than they are rebuilding. Diverticulosis is an indication of a degenerative process.

What causes it to flare, depends on whether it is a tear or not. Straining or sticky gut contents due to inadequate fiber can contribute to tearing in a weakened tissue state. The most likely issue will be infection. Problematic foods can settle in the little pouches and if they hang out there too long, they can start to decompose and cause an infection. Tiny seeds like on the walls of strawberries, or greens like lettuce can irritate the diverticuli, also causing inflammation. Foods generally recommended to avoid if you have diverticulitis don't usually cause the disease, rather aggravates it, spring-boarding it from diverticulosis to diverticulitis.

Using acupuncture to correct digestion from the top level (stomach), down, is the best approach I have found. Because acupuncture also reduces pain, swelling and inflammation, it is a great choice. Acupuncture also supports immune function to help minimize infection. However, if you are in serious pain, you need to go to the emergency room first, then we can use acupuncture, nutrition and herbal medicine to correct the problem.

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



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

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

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By Freddy Groves

Homeless programs and services

Back in March, the Department of Veterans Affairs announced its goal of getting 41,000 homeless veterans into housing during this fiscal year. As of this time, they not only reached that goal, but exceeded it. Nearly 48,000 homeless veterans have permanent housing now.

The numbers are impressive. Not only did they exceed the intended number, but they surpassed their goal of keeping veterans in that housing, aiming for 95% who stayed. They reached 96% this year.

The VA's Housing First approach considers stable housing to be the first and most important in the whole menu of services and help that a veteran can receive. The model promotes the theory that getting veterans into stable housing should be first in the list of priorities, with other concerns -- such as completing an alcohol program or beginning treatment for mental health issues -- to be addressed afterward and not as a requirement to receiving housing services.

The housing program has a number of services, including working with HUD to provide vouchers to get into privately owned housing. Additionally, there are case managers who connect veterans to support services such as mental health treatment, legal services, health care, job training, counseling for substance abuse and employment services. The Housing First approach seems to be working, because veteran homelessness has been reduced over 50% since the program started in 2010.

For low income veterans with families, the VA has support services and case management that includes preventing homelessness or finding other housing. Go online to www.va.gov/homeless/ssvf/index.html for more information. One additional form of help is available at the nearest VA medical center, where homeless coordinators can provide connection to all the homeless services.

If you are a homeless veteran, or are at risk of becoming homeless, call the National Call Center for Homeless Veterans at 877-4AID-VET (877-424-3838) for help.

You can also go to the VA's homeless services webpage at www.va.gov/HOMELESS/housing.asp. On that same page, scroll to the bottom for 24/7 chat and a link to the nearest VA medical center.

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Make Candied Walnuts for Snacking and Giving
I was in a hurry while I was recently sifting through my gadget drawer for holiday cookie cutters when my mom's classic metal nutcracker, wedged in the back corner, caught my eye. It gave me pause, as I was suddenly a kindergartner again, transported to my childhood home during the holidays in Santa Rosa, California.

The walnut trees in our backyard produced a bumper crop that year, and it was my job to crack the nuts. With all the strength I could muster, I split them in two, and Mom pried out the nutmeat with a pick. We filled brightly painted tin coffee cans and wrapped them in big sheets of red cellophane, cinched together with festive bows and gift tags that read "From Our House to Yours."

As the years pass, California walnuts continue to make an appearance during the holidays, often doctored up with sugar and spice. Here are two of our favorite family recipes for yummy candied walnuts that give the healthy nut a festive taste for snacking and for gift-giving -- if you have any left! The recipes come together in minutes on your stovetop. For the best results, use an inexpensive candy thermometer. An adult should do the cooking while the kids enjoy decorating containers and gift tags.



CANDIED WALNUTS WITH YOGURT

- Makes about 3 cups
- 1/2 cup granulated sugar
 - 1 cup light brown sugar (packed)
 - 1/2 cup plain yogurt
 - 1 teaspoon vanilla
 - 2 cups walnut halves or large pieces
 - Butter, or line a baking sheet with parchment paper

Combine sugars and yogurt in a medium saucepan. Cook over medium heat, stirring constantly until mixture reaches a soft ball stage (235 F on candy thermometer).

Add vanilla and cool until mixture begins to thicken. Add nuts and stir until covered.

Spread out nuts on baking sheet to cool.

CANDIED WALNUTS WITH CINNAMON SPICE

- Makes about 4 cups
- 1 cup sugar
 - 1/2 teaspoon salt
 - 2 teaspoons orange zest
 - 1 teaspoon cinnamon
 - 5 tablespoons milk
 - 1 tablespoon orange juice
 - 3 cups walnut halves or large pieces
 - Butter, or line a baking sheet with parchment paper

Combine sugar, salt, orange zest, cinnamon, milk and juice. Cook over medium heat, stirring constantly until mixture reaches a soft ball stage (235 F on candy thermometer).

Add nuts. Cook over low heat, stirring until most of the syrup sticks to the nuts.

Spread out nuts on baking sheet until cool.

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

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TIDBITS WORD POWER
Unscramble this word:
AFRESHET
An early meaning of the English word "animation"

MINI SUDOKU

	4			1	
2					
3			1		
		1	4		3
4					
			5	2	

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

	1	2	3	4
	5			
6				
7				
8				

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- Across**
- 1 "Miracle" team of 1969
 - 5 Jumble
 - 6 "Humble" rapper Kendrick ____
 - 7 Hagar's pooch, in the comics
 - 8 "____ Bulba" (Gogol novella)
- Down**
- 1 Disney princess voiced by Auli'i Cravalho
 - 2 Elsie's significant other
 - 3 Bejeweled headpiece
 - 4 Breeds
 - 6 D-Day vessel, for short

Laugh a bit with **TIDBITS**

Q: Why shouldn't you tell jokes while ice skating?
A: Because the ice might crack up!

TIDBITS presents TRIVIA NEWSFRONT

1. Speed skating for men was added to the Olympics for men in 1924. When was it added for women?
2. When was ice dancing added to the Olympics?
3. Ice hockey for men was included in the Winter Olympics in 1924; when was it added for women?
4. What is the record for the most spins a skater has completed on one foot without stopping?
5. Are the blades on speed skates longer or shorter than the blades on figure skates?

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By Ryan A. Berenz

1. What Chicago-area golf course hosted the U.S. Open in 1949, 1975 and 1990, the PGA Championship in 1999 and 2006, and the Ryder Cup in 2012?
2. Junior Bridgeman, who became a successful businessman following his 12-year NBA career from 1975-87, has his No. 2 jersey retired by what team?
3. What company, formed in 1998, pioneered TV graphics technology like the 1st & Ten line for football, RACEf/x for NASCAR and PITCHf/x for baseball?
4. What college football team plays its home games in Vaught-Hemingway Stadium at Hollingsworth Field?
5. The 2024 Chicago White Sox set a new modern-era Major League Baseball record for losses in a single season with how many?
6. What Middle Eastern nation's soccer team won consecutive Asian Football Confederation Asian Cup titles in 2019 and 2023?
7. What is the minimum number of darts needed to complete a "perfect leg" in 501-point darts?

Answers

1. Medinah Country Club.
 2. The Milwaukee Bucks.
 3. Sportvision.
 4. The Ole Miss Rebels.
 5. 121 (the 1962 New York Mets previously held the record with 120 losses).
 6. Qatar.
 7. Nine.
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FEAR KNIGHT

By: rj johnson

DOUBT? ...OR DARE!

YIC

NICAMA

CHOIM

♥ YERL

POIYAM

♥ IPH

♥ ASRE

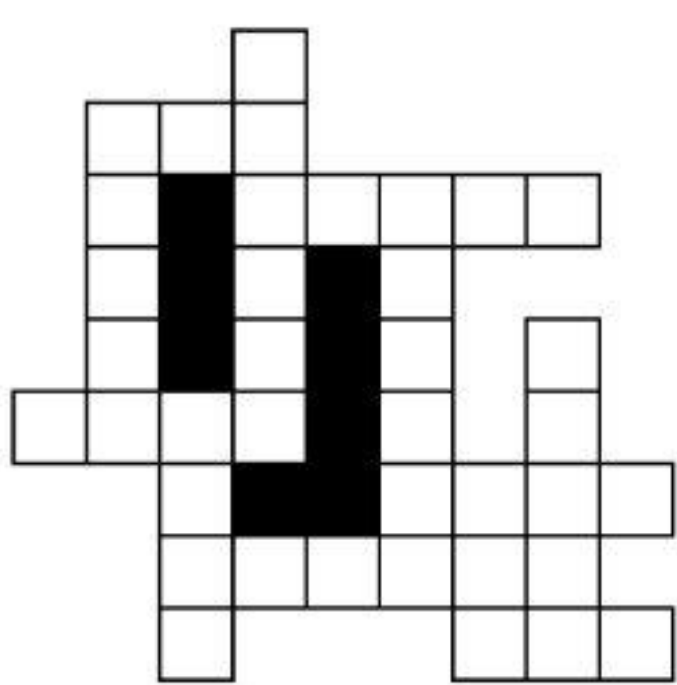
NENIA

♥ PYA

OLDIUM

CAHPR


♥ IERM



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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.

Americanisms



“In America nobody says you have to keep the circumstances somebody else gives you.”

— Amy Tan

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TIDBITS

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The Garden Bug

Growing garlic

The best time to plant garlic is in the fall. Plant the individual garlic cloves with the peels intact, pointy ends up, 2 inches deep and 6 inches apart, in very well-draining soil. The cloves will form roots, but little top growth, before the ground freezes solid. Sprinkle seedless straw 5 to 8 inches deep over the planted cloves. It will pack down over the winter to about 2 inches, and will help to keep the weeds down during the growing season. Early next spring, your garlic will be ready to send up tiny green shoots as the ground thaws. — Ronla Weaver

Source: www.almanac.com



"My Old Ass" (R) -- Maisy Stella ("Nashville") and Aubrey Plaza ("Agatha All Along") play two versions of the same person for this fun coming-of-age film, which was produced by Margot Robbie ("Barbie") and her husband, Tom Ackerley. Stella portrays the freshly 18-year-old Elliot, who has nothing figured out besides where she's going to college. On the eve of her birthday, Elliot decides to take hallucinogenic mushrooms with her friends, and while she's tripping out, a 39-year-old version of herself (Plaza) materializes in front of her. At first, this discovery unnerves younger Elliot, but when older Elliot proves herself to be very useful, younger Elliot finds great comfort in this strange bond with her own self. Available now to stream. (Amazon Prime Video)

"Olivia Rodrigo: GUTS World Tour" (TV-MA) -- Pop star Olivia Rodrigo kicked off her very first world tour earlier this year, with 97 shows spanning across North America, Europe, Asia and more. The Guts World Tour, aptly named to support her second studio album, Guts (2023), features a setlist with songs from the aforementioned album, as well as some major hits from her first album, which launched her singing career back in 2021. This film encapsulating Rodrigo's latest tour was shot

during the two dates she performed at Intuit Dome in Inglewood, California, and is now available for all the "Livvies" to sing their hearts out to! (Netflix)



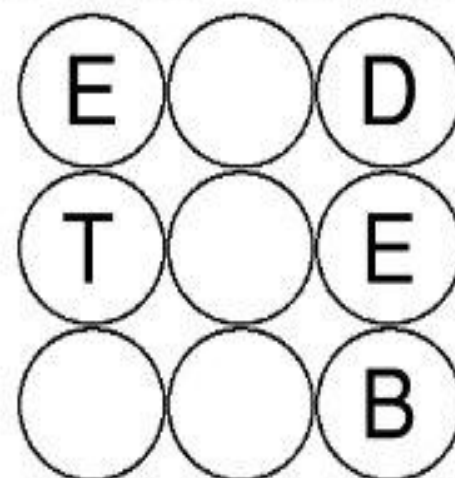
Photo Credit: Courtesy of MovieStillDB
Photo Caption: Chris Pine, left, and Danny DeVito star in "Poolman."

"Poolman" (R) -- Veteran actor Chris Pine ("Dungeons & Dragons: Honor Among Thieves") decided to make his directorial debut with a comedy-mystery film, which is available now to stream. Pine also stars as the main character, Darren Barrenman, who is a pool cleaner for his apartment complex, The Tahitian Tiki. In his free time, Darren is an advocate and activist for several causes, which has gotten him on the bad side of city councilor Toronkowski. But when the councilor's assistant, June, secretly divulges Toronkowski's corruption to Darren, he agrees to set aside his pool pole to become an amateur detective. Unfortunately, most of the reviews sounded off about the film's shortcomings, so Pine will have to go back to the drawing board if he plans to continue directing. (Hulu)

"Music by John Williams" (PG) -- There's no question that a movie isn't complete without its score and soundtrack, and this is definitely the

case for many of the projects that composer John Williams has worked on over his seven-decades-long career. Williams is a five-time Academy Award winner, having won Best Score for "Fiddler on the Roof," "Jaws," "Star Wars," "E.T." and "Schindler's List," and has been nominated a whopping 54 times! (second only to Walt Disney.) This documentary highlights some of Williams' greatest works and also features interviews from frequent collaborator Stephen Spielberg; actors Ke Huy Quan and Seth MacFarlane; and, of course, John Williams himself. Out now! (Disney+)
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WORD SPIRAL



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

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TIDBITS QUOTE

"Society is like a large piece of frozen water; and skating well is the great art of social life." -Letitia Elizabeth Landon

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XWUDAXURPMJGDBA
NINDXVSAQNKIFLD
ALCXRMTSVTQOMAJ
HSOFCAA YGYWURNP
NOMCLSVELNJHFC D
BNPPNSORZXOVTAR
QOAMKIGRAYSLISH
FLHDBVLOEHZYWTV
TRGQOENTLTREBLE
KYRADNAUQSNAVEI
HFENOTSERCDA CAZ

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

Antero	Elbert	La Plata	Quandary
Blanca	Evans	Lincoln	Torreys
Castle	Grays	Longs	Uncompahgre
Crestone	Harvard	Massive	

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Super Crossword

WAX SHOP

- ACROSS**
- 1 Cheer shouts
 - 5 Specialty of Penn & Teller
 - 10 Meddles, with "in"
 - 15 Golfer Snead and politician
 - 26-Across
 - 19 On the ocean
 - 20 Port in Japan
 - 21 TV's Winfrey
 - 22 "Zip- — -Doo-Dah"
 - 23 Start of a riddle
 - 26 Four-term Georgia senator
 - 27 Cal's meat
 - 28 Make a dining surface of
 - 29 Fastening bars with crosspieces
 - 31 Hog hangout
 - 33 Riddle, part 2
 - 38 Kotb of morning TV
 - 40 In this place
 - 41 Sun Yat- —
 - 42 Travel bags
 - 43 Nice scent
 - 45 Government bigwig
 - 47 Deer — (street sign)
 - 48 Riddle, part 3
 - 53 More tightly packed
 - 58 In the habit of
 - 59 Common origami birds
 - 61 Pass on
 - 62 Durance of "Smallville"
 - 66 Astronaut Buzz
 - 68 Own
 - 69 Riddle, part 4
 - 75 Shine
 - 76 Alleviation
 - 77 Worshiper of Jah, for short
 - 78 Bits of Viking script
 - 80 Decelerate
 - 82 Ultimatum ender
 - 87 Bonuses
 - 89 Riddle, part 5
 - 93 Robert of "The Sopranos"
 - 95 Twin brother of Jacob
 - 96 Clear mist from
 - 97 Sci-fi writer L. — de Camp
 - 101 Place to get a mud wrap
 - 104 To be, in Toulon
 - 106 Sahara-like
 - 107 End of the riddle
 - 111 Directed
 - 112 In last place, say
 - 113 Plastic wrap
 - 114 Rock bassist Quatro
 - 116 Stork's kin
 - 117 Riddle's answer
 - 124 Fork feature
 - 125 Extracts juice from
 - 126 Olympics award
 - 127 Depraved emperor
 - 128 Wise off to
 - 129 Ballerina's field, in France
 - 130 Affirmative answers
 - 131 Gas brand in Canada
 - 9 Military pupil
 - 10 Infant's sock
 - 11 Northern part of an urban area
 - 12 Robbins of "underground comix"
 - 13 Tic- — -toe
 - 14 Kind of sheepdog
 - 15 Maalox's company
 - 16 Grown-ups
 - 17 Crème de —
 - 18 Feels
 - 24 Furry "hand"
 - 25 Slangy refusals
 - 30 Ray who portrayed the scarecrow in "The Wizard of Oz"
 - 31 Famed orca, once
 - 32 Bagel shape
 - 34 Faith faction
 - 35 Rice-shaped pasta
 - 36 On or about
 - 37 56, to Caesar
 - 39 In the hub of
 - 44 One- — (brief drama)
 - 46 Part of R&R, for short
 - 47 Nissan model until 2015
 - 49 More peeved
 - 50 Amount of food carried in a cafeteria
 - 51 50%
 - 52 Slashed words of choice
 - 54 Old soda brand
 - 55 Czech, e.g.
 - 56 Roof feature
 - 57 Seedy loaves
 - 60 Perches
 - 63 3/15, e.g.
 - 64 Stiff shirt part
 - 65 It's negatively charged
 - 67 Sleep aid brand
 - 69 Hideous giant
 - 70 Continuous change
 - 71 It might be boldface
 - 72 Fancy jug
 - 73 Prurient
 - 74 Capacitance unit
 - 79 Broadway's "Miss —"
 - 81 Edgar Allan —
 - 83 Pair for vision
 - 84 Rescue ropes
 - 85 Sleep noisily
 - 86 Goaded (on)
 - 88 Habitually lazy sort
 - 90 Tiny fraction of a min.
 - 91 Cat, in Spain
 - 92 Sound from a 91-Down
 - 94 Always, to poets
 - 97 Cracks
 - 98 Extreme fear
 - 99 Cello bow rub-ons
 - 100 Liqueur flavorings
 - 101 Cramps, e.g.
 - 102 Sentence structure
 - 103 — Sea (salt lake in Asia)
 - 105 1950s Fords
 - 108 C.S. Lewis lion
 - 109 Foe
 - 110 Chevy Tahoe, e.g.
 - 115 Web mag
 - 118 Grassy tract
 - 119 Spot
 - 120 Spots
 - 121 Actress Issa
 - 122 52-wk. spans
 - 123 Lav, in Leeds
- DOWN**
- 1 Coarse
 - 2 Campfire residue
 - 3 Large amount of medicine
 - 4 Surfeit
 - 5 Bread
 - 6 Horse relative
 - 7 Gun, slangily
 - 8 1950s prez

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19				20					21						22				
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124																			
128																			



Moments in time
 THE HISTORY CHANNEL

- On Nov. 25, 1990, following a severe thunderstorm on Thanksgiving Day, Washington State's historic Lacey V. Murrow Memorial Bridge broke apart and sank to the bottom of Lake Washington. Its disintegration was slow enough for news crews to capture the entire event on camera and broadcast it to a fascinated audience throughout western Washington.
- On Nov. 26, 1864, Oxford mathematician Charles Lutwidge Dodgson, better known to us today by his pen name, Lewis Carroll, sent a handwritten manuscript called "Alice's Adventures Under Ground" to 12-year-old Alice Liddell. One of the earliest stories written solely to amuse rather than teach children, it became a beloved and much-adapted classic and is still the author's best-known work.
- On Nov. 27, 2005, Aerosmith's Steven Tyler and Joe Perry of Aerosmith, along with rapper 50 Cent and other notable music celebs, took to the stage as featured performers in New York City's Rainbow Room at the \$10 million bat mitzvah of 13-year-old Elizabeth Brooks.
- On Nov. 28, 1582, 18-year-old William Shakespeare and 26-year-old Anne Hathaway paid a 40-pound bond for their marriage license in Stratford-upon-Avon. Their first child, daughter Susanna, followed six months later.
- On Nov. 29, 1942, coffee was added to the list of rationed items in the U.S. in spite of its record production in Latin American countries, due to high demand for the bean as well as shipping needed for other purposes.
- On Nov. 30, 1954, a 7-inch meteorite weighing eight and a half pounds crashed through the roof of Elizabeth Hodges's house in Sylacauga, Alabama, bounced off a radio, and struck her hip as she slept on her living room sofa. Although badly bruised on her hip and leg, she was not permanently injured.
- On Dec. 1, 2020, South Korea, which normally requires its men to enlist in the military by the time they turn 28, passed a law to defer such service until age 30 for K-pop stars who have "elevated the country's cultural influence around the world."

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SENIOR NEWS LINE

By Matilda Charles

Ready to volunteer?

Have you considered what you'll do with your spare time in the New Year? How about volunteering? There are so many ways we can step up.

AmeriCorps Seniors (americorps.gov/serve/americorps-seniors) provides opportunities to over 200,000 seniors every year to go into the community and give back. If there's an interest, there's likely a place that needs help.

The Foster Grandparent Program hooks up seniors and children ranging from premature babies all the way to young teenage mothers.

In the Seniors RSVP Program, seniors are matched with organizations that help others in the community.

The Senior Companion Program pairs a volunteer with another senior who needs help with daily living activities.

What do we seniors get out of volunteering? We gain new skills or improve the ones we already have as we share our experience. We can earn a small stipend. We can lessen our isolation and feelings of loneliness as we interact with others. And we experience better health, including mental health with a decrease in anxiety and depression.

The only eligibility requirement is that volunteers must be age 55 and older.

If you're interested in exploring volunteering opportunities, go online to the AmeriCorps website and click on the Pathfinder. Put your state or area of interest in the search box. You'll be shown lists of agencies that can use your volunteer help as well as the email contact and website for those agencies.

You might end up teaching a child to read, or volunteering as an aide in a kindergarten class. You might help another senior with tasks he or she can no longer do, such as laundry or writing letters to family. You could work behind the counter at a recreation center signing out basketballs. You might sort vegetables in a food bank. The opportunities are nearly endless.

If you need inspiration, look at the National Service Reports for your state to see what others have been doing.

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If I get Dementia...

If I get Dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. It is

MY reality and I'll be much happier for it.

If I get Dementia, don't argue with me about what is true for me versus what is true for you.

If I get Dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me, but you are still familiar to my heart.

If I get Dementia, and can no longer use utensils, do not start feeding me. Instead, switch me

to a finger-food diet, and see if I can still feed myself. Help me be independent.

If I get Dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.

If I get Dementia, I don't want to be treated like a child. Talk to me like the adult that I am.

If I get Dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.

If I get Dementia, ask me to tell you a story from my past.

If I get Dementia, and I become agitated, take the time to figure out what is bothering me. I may not be able to express that I am in pain or am hungry.

If I get Dementia, treat me the way that you would want to be treated.

If I get Dementia, make sure that there are

plenty of snacks for me in the house. I may not feel hungry, but the sight of my favorite foods might remind me to eat.

If I get Dementia, don't talk about me as if I'm not in the room. I can hear you.

If I get Dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.

If I get Dementia, make sure I always have my favorite music playing within earshot.

If I get Dementia, and I like to pick up items and carry them around, help me return those items to their original places.

If I get Dementia, don't exclude me from parties and family gatherings.

If I get Dementia, know that I still like receiving hugs or handshakes.

If I get Dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week.

It's not your fault, and you've done your best. Find a great new assisted living or memory care community for me to live and come visit me with fresh energy and love.

If I get Dementia, remember that I am still the person you know and love."

-unknown author

Call me today for a free consultation in navigating assisted living and memory care options.



Becky Georgius
Sales and Marketing Director
The Lodge Assisted Living and
Memory Care Communities
208-457-3403

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 MISTLER. Do not change the order of the letters.

- | | | | |
|----------------------|---------------|------------------------|---------------|
| 1. Delay leaving | __ I __ _ _ _ | More time-consuming | __ O __ _ _ _ |
| 2. Sound of thunder | __ _ M __ _ _ | Flintstone's neighbor | __ _ B __ _ _ |
| 3. Fake | __ H __ _ _ _ | Large spring blossom | __ E __ _ _ _ |
| 4. Scorch | __ _ _ G __ _ | From the time of | __ _ _ C __ _ |
| 5. Chess pro | M __ _ _ _ _ | Spring holiday | E __ _ _ _ _ |
| 6. Echo | __ _ P __ _ _ | Warm up leftovers | __ _ H __ _ _ |
| 7. Line of vehicles | __ _ _ _ O _ | Communicate | __ _ _ _ E __ |
| 8. Early philosopher | __ _ A __ _ _ | Mickey's canine friend | __ _ U __ _ _ |
| 9. Necklace ornament | __ _ _ _ _ T | Gym closet | __ _ _ _ _ R |
| 10. Pancake mix | __ A __ _ _ _ | Sour-tasting | __ I __ _ _ _ |

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Wishing Well®

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

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

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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: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		+		= 12			
+		+		+				
	+		+		= 13			
×		×		+				
	+		×		= 99			
=		=		=				
28		35		22				
1	2	3	4	5	6	7	8	9

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1. Which group released "Rag Doll"?
2. Name the artist who wrote and released "Dreamy Eyes."
3. Which group released "Green-Eyed Lady"?
4. Who wrote and released "Cracklin' Rosie"?
5. Name the song that contains this lyric: "If I could take my pick of all the girls I've ever known, Then I'd come and pick you out to be my very own."

Answers

1. The Four Seasons, in 1964. The song spent two weeks at the top of the Hot 100 chart and reached No. 1 in Canada as well.
 2. Johnny Tillotson, in 1958. The song was his first single and made it on to the Hot 100 chart. Tillotson penned several more hits over the years, including "Poetry in Motion."
 3. Sugarloaf, in 1970. A few years ago an old tape was found of the group's live performance in 1975. It was remastered and turned into a vinyl album titled "Sugarloaf Live 1975." It's available online.
 4. Neil Diamond, in 1970.
 5. "Never Be Anyone Else But You," by Ricky Nelson, in 1959. Nelson's song has been covered by several artists, including internationally, over the years. The song has recently been used in a TV commercial for chicken noodle soup.
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1. **Venom: The Last Dance**
(PG-13) Tom Hardy, Juno Temple
 2. **The Wild Robot**
(PG) Lupita Nyong'o, Pedro Pascal
 3. **Smile 2**
(R) Naomi Scott, Rosemarie DeWitt
 4. **Conclave**
(G) Ralph Fiennes, Stanley Tucci
 5. **Here**
(PG-13) Tom Hanks, Robin Wright
 6. **We Live in Time**
(R) Andrew Garfield, Florence Pugh
 7. **Terrifier 3**
(NR) Lauren LaVera, David Howard Thornton
 8. **Bhool Bhulaiyaa 3**
(NR) Kartik Aaryan, Vidya Balan
 9. **Singham Again**
(NR) Ajay Devgn, Kareena Kapoor
 10. **Beetlejuice Beetlejuice**
(PG-13) Michael Keaton, Winona Ryder
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Amber Waves

by Dave T. Phipps



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.

IJGZTBZS VZO IAAM QAJ S
EGGT YG LA. INY YVAM, W'QA
IAAM QAJ S EGGT YG IJGZTBZS.
- AYVAP LAJLZM

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