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## TIDBITS® PLAYS WITH THE YOYO

by Janet Spencer

The yoyo first appeared in the historical record around 500 B.C. It was a popular toy across Europe and Asia for centuries. Since then, it's enjoyed a tremendous revolution. Come along with Tidbits as we play with yoyos!

### THE UPS AND DOWNS OF IT

- The yoyo's popularity burgeoned in the 1920s due to a man named Pedro Flores. Flores grew up playing with yoyos in his native Philippines, but he brainstormed a major improvement to the design: instead of attaching the string to the center of the spool with a knot, he looped it around the yoyo's axle so it would spin freely. Now, instead of merely going down and then up, the toy could perform in amazing ways. Pedro Flores pioneered the world of yoyo tricks and stunts.
- When Flores immigrated to the U.S. in the 1920s, he got a job working at a California hotel. During quiet moments, he would practice tricks with his yoyo, attracting a lot of attention. Soon they owned a set of three yoyo factories located in Santa Barbara, Hollywood, and Los Angeles. (cont)

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**YOYO (cont)**

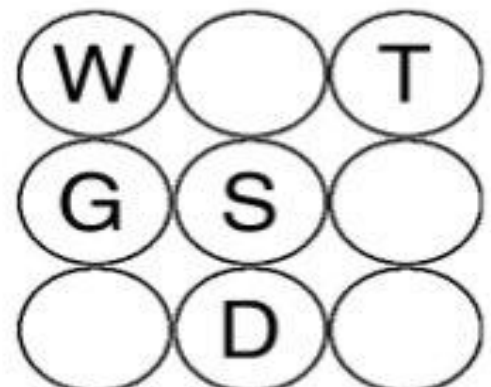
- Flores found that the best way to promote sales was to have yoyo experts give exhibitions in front of crowds. Next, he began organizing yoyo competitions, inviting the best yoyo artists to compete for prizes. Sales soared.
- One audience member was a man named Donald Duncan. Duncan was an expert in marketing, with several successful ventures already under his belt: his first empire was in the manufacture and promotion of parking meters; his next venture was inventing the ice cream truck under the name "Good Humor." When he saw the yoyo in action for the first time, he knew he could make a fortune off this toy.
- Although Flores had patented the design, he had not trademarked the name. Duncan quickly applied to trademark the name "yoyo." Then, in 1929, Duncan bought out Flores lock, stock, and string.
- In the midst of the Great Depression, Duncan hired yoyo experts to travel the country putting on yoyo exhibitions and promoting yoyo contests. He stipulated that if a yoyo man worked for him for 7 years, receiving good pay all the while, that when their contract concluded, he would pay for their college education, as much college as they wanted. These yoyo guys traveled the country, giving demonstrations at community centers, libraries, schools, shopping plazas, and theaters. They dressed well, drove nice company cars, ate at top restaurants, and garnered massive amounts of attention and publicity wherever they went. Yoyo fever swept the nation. Winners of the contests sometimes went on to become Duncan yoyo demonstrators.
- One of Duncan's most effective ideas involved approaching William Randolph Hearst, who owned newspapers across the country. (cont)



- Having a yard sale? Here's a great way to put out extra signs when you don't have a way to stake them into the ground: "Write your sign advertising your yard sale on the sides of a big box. Place it where you want it, and add a large rock to the inside, then tape shut. We did this when we had no poles to tape signs to or any other way to get them to stand up. It worked really well!" -- D.R. in Georgia
- Avoid calling the pediatrician's office on Monday mornings for routine business. Wait until the afternoon. All the parents with mildly sick children over the weekend will be calling to consult with the doctor and nurses first thing when the office opens.
- If you drop an egg, sprinkle with salt before you attempt to clean it up. The salt binds the whites, which will not spread, making pickup easier!
- "My kids had kind of an obsession with colorful duct tape in the past year, and we made some "beach bags" to keep our electronics safe at the pool, lake and beach. We carefully covered a variety of sizes of zip-top self-sealing bags with the tape, creating tough, colorful pouches in which we can store cellphones, etc., to keep them safe from water damage." -- W.L. in North Carolina
- The best time of day to water your lawn is the evening. The cooler temperatures allow the water to sink into the soil instead of evaporating with the heat of the day. Always follow your city or county guidelines on watering times for your area.

Send your tips to Now Here's a Tip, 1800 Pembroke Dr., Suite 300, Orlando, FL 32810.  
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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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"I'll put you on hold while I try to calm him down."

**YOYO (cont)**

- Duncan asked Hearst to give him whatever leftover unsold space he had in the newspaper to advertise upcoming yoyo contests. The catch was that to enter the contest, an entrant had to sell at least two subscriptions to the local paper. When Hearst agreed to test this plan out in the Chicago area, over 50,000 new subscriptions rolled in over the next six weeks. Who was best at selling newspaper subscriptions? Paperboys. Who was interested in practicing yoyo tricks? Paperboys. Who was most invested in winning the bikes and radios being given away as contest prizes? Paperboys.
- Duncan also improved the design in periodic leaps of technology. By 1950, wooden yoyos sported carved ribs, which improved spin. Plastic yoyos came on the scene in 1960. Next, the “clam-shell” halves of the yoyo were reversed, so they now faced outward in a butterfly shape, which improved stability. Then aluminum yoyos were developed, followed by titanium. Duncan started advertising on TV in the early 1960s. In 1962, Duncan sold 45 million yoyos at a time when there were only around 40 million children in the U.S.
- However, there were glitches along the way. One Duncan employee left Duncan in 1937 and went on to found his own toy company, Royal Tops, selling tops and yoyos. Pedro Flores joined the company, and they went into competition with Duncan. Duncan sued, claiming that the word “yoyo” was trademarked and that they were infringing it. The court case dragged on for years before the court finally ruled in favor of Royal Tops. In 1965, the court held that the word “yoyo” was now in the public vernacular, like thermos or aspirin, and was no longer protected by trademark law. Duncan, dragged down by legal fees, declared bankruptcy shortly afterwards. (cont)



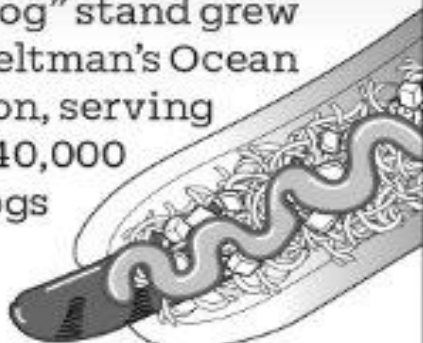
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# Fun Fact

In 1867, on Coney Island, New York, an immigrant named Charles Feltman invented the first “hot dog bun,” enabling beachgoers to enjoy his “Frankfurter” sausages without needing plates or silverware. Over the next 60 years, Feltman’s “hot dog” stand grew into Feltman’s Ocean Pavilion, serving up to 40,000 hot dogs each day.



Source: [www.feltmansofconeyisland.com](http://www.feltmansofconeyisland.com)

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**TIDBITS QUOTE**

“When I was six, all I could think about was Ding Dongs and yoyos.” –Aaron Paul

**YOYO (cont)**

- Fortunately, the Flambeau Plastics Company, which had long been Duncan’s plastic supplier, bought the company in 1968. Although Pedro Flores died in 1964 before seeing how the court case turned out, and Duncan himself died in 1971, the yoyo’s popularity dipped only slightly before resurging. Still, the Duncan Yo-Yo Company was the top producer of yoyos for 35 years, claiming 85% of the entire U.S. yoyo market during that time.
- With fresh leadership now at the helm, innovations quickly improved the design of the yoyo. There were whistling yoyos, light-up yoyos, and glow-in-the-dark yoyos.
- The science of the yoyo rapidly pushed forward. Silicon O-rings enhanced the grip, accelerating the spin. Precision-balanced aluminum rims helped it spin as fast as the blades inside a jet engine. Brass axles contributed to longer spin times. Then came the internal clutch, released as “Yomega, the yoyo with a brain.” The ball-bearing-based transaxle was next. It reduced friction, which did more to improve yoyo performance than anything since Pedro Flores’ looped string. Whereas the record for the longest spin time for a single throw from a yoyo with a standard axle stood at 51 seconds, the record for the ball-bearing-based transaxle now stands at over 30 minutes. This, of course, opened up a world of new possibilities for fancier tricks.
- The first modern world yoyo championship was held in 1992. This was followed by the formation of the American Yo-Yo Association in 1993. Today, regional, country-wide, and national championships are held every year, with winners reaping great rewards, all thanks to Pedro Flores and Donald Duncan, who kick-started a crazy craze that continues today.

**Strange BUT TRUE**

By Lucie Winborne

- Chuck Norris had his own line of jeans called "Action Jeans."
- At the time of its release, Grand Theft Auto 5 is the most expensive video game ever made -- \$265 million in production costs.
- Diet Coke isn't a modified form of Coke, but a totally different recipe.
- A brand of anti-chafing foot powder won a 1967 mayoral election in Picoaza, Ecuador. Its platform? The product was touted as potentially bringing hygiene and well-being to the town of 4,000.
- The youngest soldier in the American Civil War was a 9-year-old boy from Mississippi, while the oldest was an 80-year-old man from Iowa.
- After the 9/11 tragedy in 2001, cyclist David Hale Sylvester began bicycling-and-hugging tours all over the world and staged multiple "hug parties" on three continents. As of 2021, he had hugged more than half a million people.
- Australian tennis player Samuel Groth once served a ball that was clocked at an astonishing 163.6 mph.
- Danish, Anglo-Saxon and Norman men were known for elaborate hairstyles and grooming, sometimes even before battle.
- According to practitioners, shiatsu massages should always be given with the recipient lying on the floor rather than on a table or chair.
- Tilapia are painted on ancient Egyptian tomb walls and included in a spell in the Egyptian Book of the Dead to help the deceased take their place in the sun boat. hought for the Day: "Time you enjoy wasting was not wasted." -- John Lennon

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**FEAR KNIGHT**

By: rj Johnson

DOUBT? ... OR DARE!

AYG  
♥ AGREEN  
♥ SNOAR  
♥ AEMS  
NYSDUA  
NEH  
♥ ANLE  
♥ DIGLE  
♥ NYA  
HAMENT  
♥ ARTSO  
♥ NSGI

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.

**HOCUS-FOCUS** BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Label is different. 2. Bow tie is missing. 3. Sign is smaller. 4. Napkin holder is missing. 5. Far is smaller. 6. Sleeve is shorter.

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# KOVELS' ANTIQUES & COLLECTIBLES

PHOTO CAPTION: This Duncan Phyfe recamier is attributed to Phyfe himself, thanks to its close resemblance to his



documented works.

## Duncan Phyfe Furniture

Some designers become so popular that their name becomes synonymous with their style. This can make matters confusing for collectors. Duncan Phyfe furniture is one of the most famous examples. Cabinetmaker Duncan Phyfe (1768-1854) came to America in 1784, served in an apprenticeship in Albany, New York, and had his own workshop by 1792. He made furniture in many styles popular in the late 18th to early 19th centuries, including Sheraton, Empire, Regency, and Rococo Revival. By the 20th century, however, "Duncan Phyfe" referred to a reproduction of Empire style. The name was, and still is, frequently attached to the style of drum table with sweeping legs, and to a type of drop-leaf table popular in the 1930s.

The best way to recognize an authentic piece of Duncan Phyfe furniture is by its label. Phyfe was one of the first American cabinetmakers to mark his pieces with a paper label. Unfortunately, paper labels tend to deteriorate over time. This classical recamier sofa, which sold for \$4,305 at Brunk Auctions, did not have a label or identifying marks. However, it was attributed to Duncan Phyfe and dated to about 1840 because of how closely its design, including proportions, matches confirmed Phyfe pieces.

Q: I purchased this larger size hourglass (about 15-minute timer) from the gift shop of the

Pirates of the Caribbean ride at Magic Kingdom at Disney World in April 1976. Unfortunately, it has no marking or labels anywhere. It has no damage whatsoever. Do you know of any collectors who might be interested in this piece? Other than a Disney collector, I believe it would have limited interest.

A: You are right that a Disney collector would be the best buyer for your hourglass. Fortunately, there are plenty of Disney collectors out there! While Disney memorabilia, including theme park souvenirs, can be found at many auctions, particularly toy auctions, and antique stores, there are some auction houses that specialize in it. You may want to contact an auction house like Van Eaton Galleries (vegalleries.com) or Hake's Auctions (hakes.com), both of which hold auctions dedicated to Disney memorabilia. Your hourglass could be worth hundreds of dollars to the right buyer. A souvenir hourglass from the Haunted Mansion ride sold for \$130 at an auction in 2024. A Pirates of the Caribbean souvenir mug from about 1990 sold for \$380 at another auction.

TIP: When replacing old upholstery, look at the marks left by the tacks. Round tack holes indicate a date after 1880.

### CURRENT PRICES

Advertising, tip tray, Wolverine Supply & Mfg. Co., scenic graphic, factory, yellow ground, red rim, tin lithograph, 5 x 6 1/2 inches, \$55. Lampshade, gold iridescent glass, painted scene, trees, water, c. 1900, 12 1/2 inches, \$75. Sports, baseball, figure, Willie Mays, San Francisco Giants, holding glove, Major League Baseball Stars, box, Hartland, 1950s, \$195. Paper, book, "A Tale of Two Cities," Charles Dickens, illustrated, hardback, green boards, gilt lettering, T.B. Peterson & Bros., Philadelphia, 1859, 9 x 6 inches, \$510.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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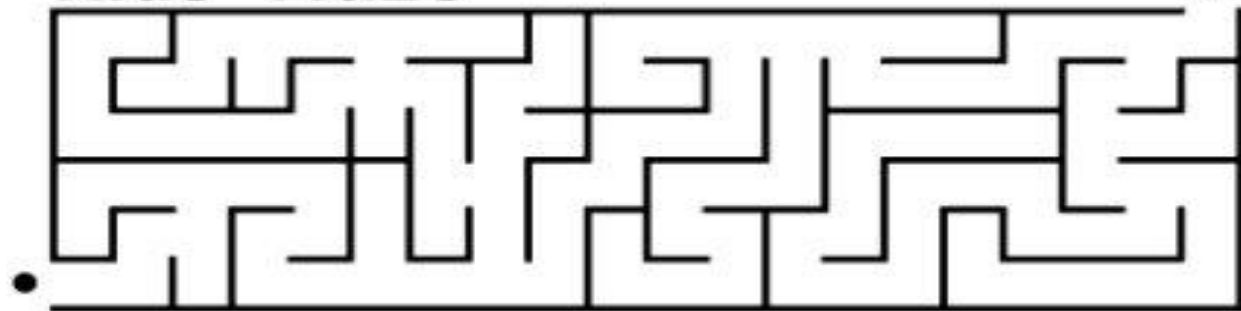
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## Kids' Maze



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**QUIZ BITS**

1. In 1916, this magazine was the first to use the term "yo-yo" in print when it published instructions on making the toy at home.
2. This magazine got on the yo-yo bandwagon in 1929 with the printed instructions on how to make one of the new "Filippino yo-yo."

Holidays & Observances This Week

6/21 Organic Day  
6/22 Mirth Day  
6/23 Let It Go Day  
6/24 Celebration of the Senses Day  
6/25 Take Your Dog to Work Day  
6/26 National Descendants Day  
6/27 Decide to be Married Day

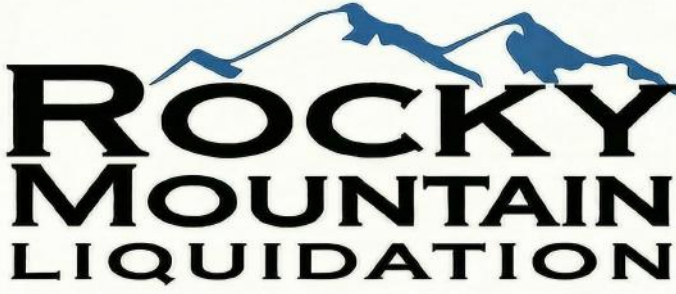
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AXYDLBAXR  
is LONGFELLOW

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.

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FLI JQLFCJLX.  
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## Even Exchange by Donna Pettman

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

- |                      |             |                |             |
|----------------------|-------------|----------------|-------------|
| 1. Hold responsible  | ___ _ _ M _ | Knife's edge   | ___ _ _ D _ |
| 2. Bowling score     | ___ _ _ K _ | Zebra's mark   | ___ _ _ P _ |
| 3. German river      | ___ _ I _ _ | Swiss river    | ___ _ O _ _ |
| 4. Excuse            | R _ _ _ _   | Spring or Fall | S _ _ _ _   |
| 5. Milk container    | ___ _ R _ _ | Ohio city      | ___ _ N _ _ |
| 6. Skirt fold        | ___ _ _ T   | Beg            | ___ _ _ D   |
| 7. Spiritual request | ___ R _ _ _ | Actor          | ___ L _ _ _ |
| 8. Ms. Degeneres     | E _ _ _ _   | Actor Woody    | A _ _ _ _   |
| 9. Out of date       | ___ _ A _ _ | Shoulder wrap  | ___ _ O _ _ |
| 10. Irish greenery   | ___ _ O _ _ | Shrewd         | ___ _ E _ _ |

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

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VITALHEALTH4YOU DR. HOLLY CARLING AND ALICIA BALLEJA

### 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

### 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 autoimmunediseases – 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 Herbiologist 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](http://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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# VETERANS ★ POST ★

By Freddy Groves

## Veteran discounts

Are you taking advantage of the discounts available to you as a veteran? Discounts let you keep cash in your wallet, and there are more deals out there than you might imagine.

One of my favorites is the 10% discount from Lowe's and Home Depot. With summer, there are always projects, always a new hardware item or tool I need, and that discount helps. As an FYI, there's no limit to how many discounts I can get at Lowe's, but there is an annual limit at Home Depot. (I've never hit it.)

There is a Bass Pro Shop discount on outdoor gear, as well as one for firearms and ammo. Look for discounts at L.L. Bean. T-Mobile will save you 40% on family phone lines and 50% off Paramount+, which will get you new movies, sports and Showtime.

Travel, restaurants, music events, you name it, there's a veteran discount available.

One thing to consider is how you'll prove you're a veteran when you try to claim your discount. Many places will just accept your VA health card. Some will want your Veteran ID card, and all states have the veteran designation on your driver's license. To get this, check your state's requirements. You might need to show up at a DMV with a copy of your DD214 when you apply for the veteran designation. This is very handy to have, by the way, as many places will take that as proof of your veteran status.

Quite a few companies are going with SheerID as a means of proving your veteran status and getting a discount. SheerID handles identification for all types of groups, including students, first responders, seniors and veterans.

Check out SheerID as best you can, which you should always do before giving anyone your private information (support.sheerid.com/en-US/help-center). Check out their webpage on military verification to see what documents you'd have to show. Be sure you're comfortable with it before you sign up.

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**DEAR PAW'S CORNER:** It is I, Oliver le Chat, informing you that we, ze cats of the planet Earth, are on the verge of world domination! We have many demands, but we are starting with just one: declare cats the greatest species ze world has ever seen! Yours balefully -- Oliver (the Cat)

**DEAR OLIVER:** OK, OK, fine! In honor of Cat World Domination Day on June 24, I'll do my best.

Cats are perhaps the greatest hunters, per capita, the world has ever seen. Sparrows and small creatures fall between their paws. Family dogs cower when they hear the yowl of the mighty hunter. They win the hearts of humans with a simple tiny "mew."

The genome of the cat is 95.6% tiger. Cats were once worshiped as tiny temperamental gods in Egypt. If they'd been better respected in medieval Europe, the Black Death that raged from 1346-1353 CE might not have happened. (It was spread by rats.) Today, the cat is the most popular pet in the U.S., with at least 74.2 million prowling living rooms across the country.

Cats have more bones than humans: 230 vs. 206. They can jump up to six times their length. And they have twice the amount of neurons in their cerebral cortex as dogs.

Now, don't get jealous, Oliver, but Stubbs, a ginger cat, served as honorary mayor of Talkeetna, Alaska, from 1997 to 2017.

Thanks to their association with humans, better overall care (including spaying and neutering), the lifespan of cats has steadily increased and is currently 13 to 17 years! Now put down the catnip before someone gets hurt.

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**MINI SUDOKU**

5				1	
		2		3	5
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1					3
			1		4

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

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By Ryan A. Berenz

1. Which NBA expansion team began its inaugural 1988-89 season by losing its first 17 games?
2. Lennox Lewis was handed the WBC heavyweight championship in 1992 after which boxer refused to fight him in a mandatory title defense?
3. Name the South Korean golfer who won the 2020 U.S. Women's Open by one stroke after scoring birdies on the last three holes.
4. Which two college football teams compete for the Arch Rivalry Trophy?
5. Which Rhode Island-based team played in the NFL from 1925 to 1931 and won the 1928 NFL championship?
6. Former NFL linebacker Spencer Paysinger inspired which sports drama TV series that premiered on The CW in 2018?
7. He served as president and CEO of the Green Bay Packers from 1989 to 2006. His son is a college basketball and NFL play-by-play announcer for CBS. Who are they?

Answers

1. The Miami Heat.
  2. Riddick Bowe.
  3. A Lim Kim (Kim A-lim).
  4. The Illinois Fighting Illini and the Missouri Tigers.
  5. The Providence Steam Roller.
  6. "All American."
  7. Bob and Kevin Harlan.
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**THIS WEEK'S CELEBRITY BIRTHDAYS**

Edward Snowden	6/21/1983
Kris Kristofferson	6/22/1936
June Carter Cash	6/23/1929
Jeff Beck	6/24/1944
June Lockhart	6/25/1925
Michael Vick	6/26/1980
Helen Keller	6/27/1880

TIDBITS

TIDBITS presents **TRIVIA NEWSFRONT**

1. Did Pedro Flores invent the word "yoyo"?
2. The world's most expensive yoyo sold for \$16,000 because it was autographed by what president?
3. In what state is the National Yoyo Museum?
4. Were yoyos ever used as weapons in ancient times?
5. What is the fastest time to knock a coin off the ears of 15 people using a yoyo?



1. Disclosure Day  
(PG-13) Emily Blunt, Josh O'Connor
  2. Obsession  
(R) Michael Johnston, Inde Navarrette
  3. Scary Movie  
(R) Marlon Wayans, Shawn Wayans
  4. Backrooms  
(R) Chiwetel Ejiofor, Renate Reinsve
  5. Masters of the Universe  
(PG-13) Nicholas Galitzine, Camila Mendes
  6. Star Wars: The Mandalorian and Grogu  
(PG-13) Pedro Pascal, Brendan Wayne
  7. Michael  
(PG-13) Jaafar Jackson, Nia Long
  8. BTS World Tour Arirang in Busan  
(NR) BTS, j-hope
  9. The Furious  
(R) Miao Xie, Joe Taslim
  10. Stop! That! Train!  
(R) Brock Hayhoe, Paul Scheer
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**"House of the Dragon: Season 3" (TV-MA) --** Fans of the "House of the Dragon" series have been waiting two years for this season premiere, and because much of the second season was a build-up to the third season. Eight episodes long, the season kicked off on June 21 with episodes premiering every Sunday night at 9 p.m. ET. Heads of Team Black, Matt Smith ("The Death of Bunny Munro") and Emma D'Arcy ("Rhoda"), are back in their respective roles of Daemon and Rhaenyra as they brace themselves for war against Team Green. At the end of last season, viewers learned that Otto Hightower was taken captive, Rhaena finally found her wild dragon, and "King" Aegon and Larys fled the city together in secret. Get your flagons of wine and mead ready for what should be a memorable season! (HBO Max)

**"Little Brother" (R) --** Guess we've lived long enough to see John Cena ("Heads of State") go from playing the funny guy in a buddy comedy to playing the serious one! (What range, am I right?) In this film premiering June 26, Cena plays Rudd, a type-A real estate agent who lives an orderly life with his wife (Michelle Monaghan) and sons. When he receives sudden news that his estranged "brother," Marcus (Eric Andre), was in a car accident, the incident leads them to reconnect. The thing is ... Marcus isn't really Rudd's brother; they met as kids through a "Big Brother, Little Brother" program. So, when Marcus starts causing havoc in Rudd's perfect life, Rudd wonders if having a brotherly bond is worth all this trouble. Ego Nwodim ("Saturday Night Live") and Christopher Meloni ("IF") co-star. (Netflix)

**"Strung" (TV-MA) --** This latest Peacock original film is a psychological thriller from Blumhouse Productions, led by Chloe Bailey ("Fight Night: The Million Dollar Heist") and Lynn Whitfield ("Eyes of Wakanda"). Bailey plays a violinist named Layla, who signs on to be a live-in music tutor for a young girl from a wealthy family. Upon meeting the young girl, Layla is put off by an odd mask that the girl carries, as well as an ominous air that permeates the house. On top of this, the girl's mother, Jasmine (Coco Jones), becomes increasingly hostile toward Layla, leaving her to think that she made a terrible mistake in taking this job. Lucien Laviscount ("People We Meet on Vacation") and Anna Diop ("The Man in My Basement") co-star in the film, which premieres on June 26. (Peacock)

**"Queens of the Dead" (TV-MA) --** This campy zombie-comedy film is a great watch for Pride Month, and hopefully, it'll pave the way for more queer horror in the future. Led by Katy O'Brian ("Love Lies Bleeding"), the film takes place on the night of a giant warehouse party in Bushwick. Club owner Dre (O'Brian) is scattered in her preparation for the party, which makes her warehouse the prime spot for a zombie attack. Later that night, as zombies start blending into the chaos of the party, drag queens, club kids and disco dolls are forced to join forces and put up a gnarly fight against the monsters. Premieres June 26. (Hulu)

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**Weekly SUDOKU**

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 3-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ◆◆**

◆ Moderate    ◆◆ Challenging  
◆◆◆ HOO BOY!

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**ONE MORE FACT**

The popularity of the yoyo got a boost in 1986 when comedian Tommy Smothers of the Smothers Brothers made his debut appearance as the "Yo-Yo Man" on the Johnny Carson Show. This was followed by a Smothers Brothers Yo-Yo Man Instructional Video released in 1988 which sold over 200,000 copies. Yoyos made numerous appearances on the Smothers Brothers Comedy Show in 1988 and 1989.



1. TELEVISION: Which TV sitcom features a pet pig named Arnold Ziffel?
2. GEOGRAPHY: Which three countries make up Scandinavia?
3. MONEY: When was the euro currency introduced?
4. MEDICAL TERMS: What is a more common name for myocardial infarction?
5. MYTHOLOGY: Who is the Egyptian god of the underworld?
6. MOVIES: What is the building whose steps Rocky Balboa climbs triumphantly in the movie "Rocky"?
7. GENERAL KNOWLEDGE: Which three signs of the Zodiac are considered to be water signs?
8. GAMES: How many wooden blocks are in a game of Jenga?
9. U.S. STATES: Which state is home to the Petrified Forest National Park?
10. ANATOMY: Which system in the human body is responsible for hormone production and regulation?

Answers

1. "Green Acres."
2. Denmark, Sweden and Finland.
3. 1999.
4. Heart attack.
5. Osiris.
6. The Philadelphia Museum of Art.
7. PISCES, CANCER and SCORPIO.
8. 54.
9. Arizona.
10. Endocrine.

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**MAGIC MAZE ● INTERESTING WORDS**

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

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

Bowyang	Discombobulate	Mugwump	Snoof
Bumfuzzle	Ganzo	Ornery	Wabbit
Codswallop	Kerfuffle	Quire	Xertz
Collop	Malarkey	Skedaddle	

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### Make Delicious Slow-Cooker Yogurt

We're a yogurt-loving family! We wake up to it topped with crunchy granola and fruit, or it gets whirled with other good stuff in the blender for energy-packed, to-go smoothies! It's an easy-to-pack car travel snack and the basic ingredient in homemade popsicles. Everyone around the dinner table enjoys rich, lemony-flavored yogurt over summer berries for dessert.

No wonder my ears perked up when a friend said she makes yogurt in her slow cooker! "Hmm," I thought. "Why add yogurt-making to my already busy schedule when I can just pick it up at the store?" Then, when curiosity took over, I did some research to test it out.

Much to my amazement, after a couple of easy steps in two timed intervals in the afternoon, I woke up the following morning to perfect, creamy, organic yogurt. Lots of it! Astounded, I ladled the more-than-we-could-use bounty into mason jars and shared the creamy deliciousness with my neighbors. Now they're hooked!

Lesson learned: The next time around, I halved my original recipe and got a yield of 7 cups. Give it a try with your kids. It's cost-effective and nutrient-rich, and it also provides a memorable experience in kitchen science!

#### SLOW-COOKER YOGURT

Makes 7 cups

- 8 cups whole milk (I use organic)
- Food thermometer for testing milk temperature
- 1/2 cup whole-milk, unflavored (plain) yogurt with live/active cultures for starter
- Thick bath or beach towel
- Storage containers with lids
- Mid-afternoon, pour milk into your slow cooker and turn setting to low. Cover. Set a timer for 2 1/2 hours.

At 2 1/2 hours, use a kitchen thermometer to check that milk has reached 180-185 F.

Turn off, unplug, cover, and let the milk temp drop to around 115 F. Skim any milk film off the top of the milk with a spoon.

Remove 1 cup of the warmed milk and combine with room temperature yogurt in a small bowl. Gently stir.

Pour the mixture into the slow cooker and stir with a couple of strokes.

Cover and wrap the towel all around the slow cooker to help insulate. Culture 8-12 hours overnight.

In the morning, stir yogurt and ladle into storage containers. Refrigerate at least 4 hours before eating. Save 1/2 cup to use as a starter for your next batch.

Cook's Note: For variety, make Greek-style yogurt. Spoon 2 cups of the slow-cooker yogurt into a strainer lined with cheesecloth or coffee filters. Let the liquid (whey) drip through for about 30 minutes. Makes 1 1/4 cups of yummy, thick yogurt. Delicious!

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at [www.donnaerickson.com](http://www.donnaerickson.com).

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**ARIES (March 21 to April 19)** Get your facts together and become familiar with them before you have to face up to a certain meeting. The better prepared you are, the easier it will be to make an important impression.

**TAURUS (April 20 to May 20)** New information might warrant changing your mind about a recently made decision. Never mind the temporary confusion it might cause. Acting on the truth is always preferable.

**GEMINI (May 21 to June 20)** Creating a loving atmosphere for those you care for could pay off in many ways. Expect to hear some unexpected but very welcome news that can make a big difference in your life.

**CANCER (June 21 to July 22)** Stepping away from an old and seemingly insoluble problem might be helpful. Use the time to take a new look at the situation and perhaps work out a new method of dealing with it.

**LEO (July 23 to August 22)** You're still in a favorable goal-setting mode. However, you might need to be a little more realistic about some of your aims. It's best to reach for what's currently doable. The rest will follow.

**VIRGO (August 23 to September 22)** A setback is never easy to deal with, but it could be a boon in disguise. Recheck your proposal and strengthen the weak spots. Seek out advice from someone who has "been there and done that."

**LIBRA (September 23 to October 22)** Coming up with a new way of handling a tedious job-regulated chore could lead to more than just a congratulatory memo once the word reaches the "right people." Good luck!

**SCORPIO (October 23 to November 21)** What you might call determination, someone else might regard as stubbornness. Look for ways to reach a compromise that won't require a major shift of views on your part.

**SAGITTARIUS (November 22 to December 21)** You're still in a vulnerable mode vis-a-vis "offers" that sound too good to be true. So, continue to be skeptical about anything that can't be backed up with provable facts.

**CAPRICORN (December 22 to January 19)** Thrift is still dominant this week. What you don't spend on what you don't need will be available for you to draw on should a possible (albeit temporary) money crunch hit.

**AQUARIUS (January 20 to February 18)** Staying close to home early in the week allows for some introspection about your social life. Sort out your feelings before rejoining your fun-time fellows on the weekend.

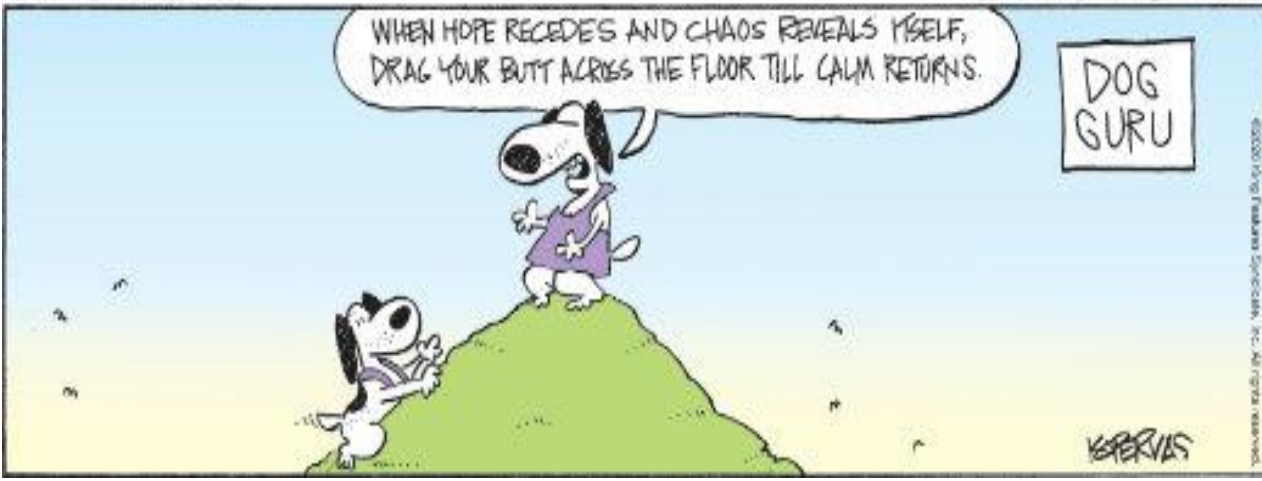
**PISCES (February 19 to March 20)** It can be a bit daunting, as well as exciting, to find yourself finally taking action on a long-delayed move for a change. It helps to stay with it when others rally to support you.

**BORN THIS WEEK:** Your love of home and family provide you with the emotional support that you need to find success in the outside world.

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Out on a Limb

by Gary Kopervas



Super Crossword

U2

- ACROSS**
- 1 Sleep out in a tent
  - 7 Nutrition std.
  - 10 Fishing throw
  - 14 Alpaca's kin
  - 19 "Moonlight" actress Harris
  - 20 Suffix of element names
  - 21 Analogy words
  - 22 Ancient Athens or Sparta, e.g.
  - 23 Construction vehicles with tilting beds
  - 25 Chooses a finger over a pacifier
  - 27 Before, in verse
  - 28 "The Raven" writer
  - 29 German art songs
  - 30 Qatari capital
  - 31 1920s-'30s American mobster
  - 36 Young lady
  - 38 "Bali —"
  - 39 Slugger Gehrig
  - 40 Plant swelling
  - 42 How food is often fried
  - 44 Title dragon of a '70s kids' show
  - 50 Silly sorts
  - 53 French suffix with jardin
  - 54 Neighbor of Venus
  - 56 Fish-tailed males of myth
  - 57 Hi-tech "appt. book"
  - 58 Radical type
  - 60 1040 org.
  - 62 Suffix with ball or bass
  - 63 Roman 901
  - 66 Northern French river
  - 68 Roofing piece
  - 70 Essential (to)
  - 72 Stiff-bristled bath item
  - 74 Dazed from a heavy blow
  - 76 Incentive
  - 77 GI no-shows
  - 79 Small needle cases
  - 80 Suffix with Canton
  - 81 Turkey Day vegetable
  - 82 GI R&R center
  - 83 Racecar fuel
  - 85 Articulate
  - 87 River crafts
  - 89 "Cool beans!"
  - 91 Get weary
  - 92 No-bake pie base
  - 96 Some heirs' cash sources
  - 99 Concerning kidneys
  - 100 Brooklyn art institute
  - 102 Granola bit
  - 103 Big bush bird
  - 104 Apiece
  - 107 Brand of popcorn with peanuts
  - 114 Part of UTEP
  - 116 Deep and hoarse, as a voice
  - 118 — de toilette
  - 119 Hugs, in a love letter
  - 120 "Painful to face the reality!"
  - 122 Speechless from shock
  - 126 Very mad
  - 127 Actor Liu of "Shang-Chi and the Legend of the Ten Rings"
  - 128 Mined matter
  - 129 Séance state
  - 130 Stocking fiber
  - 131 Padlock part
  - 132 Oozy gunk
  - 133 Alternatives to Cokes
  - 7 Big name in photocopiers
  - 8 Blue Devils' sch.
  - 9 Mornings, in brief
  - 10 Inhabitant
  - 11 Tennis great Arthur
  - 12 Seven-card poker variety, e.g.
  - 13 Marisa of film
  - 14 Vinyl albums, in brief
  - 15 Booming
  - 16 Liquor
  - 17 Russia's Gorbachev
  - 18 Tears into
  - 24 Scannable ID in a market
  - 26 "It's cold!"
  - 29 U.K. "Inc."
  - 32 Sleuth's aid
  - 33 Great athletes get elected to it: Abbr.
  - 34 54-Across orbits it
  - 35 Headed out
  - 37 Compared with
  - 41 Daisy relatives, for short
  - 43 Mother Teresa, e.g.
  - 44 Place for a fanny pack
  - 45 Censors, as part of a text
  - 46 With 122-Down, rodent with a bark-like cry
  - 47 Ready
  - 48 Ankle bone
  - 49 Eurasian mountains
  - 51 Horse to bust
  - 52 Suffocate
  - 55 Homer, e.g.
  - 58 Not for sale
  - 59 Matt of "Friends"
  - 61 Taken-back auto, for one
  - 63 Village People album with the song "Y.M.C.A."
  - 64 Kind of roof with four sloping sides
  - 65 Sort
  - 67 Addition total
  - 69 "Eureka!" moments
  - 70 As originally placed
  - 71 Minions' leader in "Despicable Me"
  - 72 Fresno-to-L.A. dir.
  - 73 Gossipy tidbit
  - 75 Pertaining to an arm bone
  - 78 Got the gold
  - 82 Gorbachev's fed.
  - 84 How- — (DIY manuals)
  - 86 "Of course!"
  - 87 Nashville awards org.
  - 88 Great elation
  - 90 Rebuke to "Brute"
  - 91 Ballet attire
  - 92 Entered stealthily
  - 93 Wed again
  - 94 Anomalous
  - 95 Affixes to a corkboard, e.g.
  - 97 Cargo weight
  - 98 Relatives, informally
  - 101 Test out
  - 105 Frau's "Alas!"
  - 106 Pulverize
  - 108 Prefix with biology
  - 109 Tiny role
  - 110 Wheel middle
  - 111 Verbs' counterparts
  - 112 Spherical bacteria
  - 113 Improves superficially, with "up"
  - 115 Filmmaker Preminger
  - 117 24/7 sources of \$20 bills
  - 121 Cackling bird
  - 122 See 46-Down
  - 123 Inits. at Indy
  - 124 Half of sei
  - 125 Jay-Z's genre

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120						121													
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130																			

### 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: V equals S

U P S Y M V S S V N Q S X P M Y O  
 E S B W W Z K L X S B Y F O S X X P S  
 L E O S X N S Q G S W W M V P M X,  
 M K E Z "P N U B F N E Y B G W S!"

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## Moments in time

THE HISTORY CHANNEL

- On July 6, 1900, Warren Earp, youngest of the famous gunfighting Earp brothers, was murdered at the Headquarters Saloon in Willcox, Arizona, by John Boyett. Reportedly, Warren had imbibed too much alcohol and begun abusing some of the customers. While Boyett was tried for murder, he was declared innocent on the grounds of acting in self-defense.
- On July 7, 1456, Joan of Arc's conviction for heresy was overturned at an appeal proceeding held at the archbishop's palace in Rouen, France. Sadly, she had been burned at the stake 25 years earlier.
- On July 8, 1853, Commodore Matthew Calbraith Perry sailed into Japan's Tokyo Bay with a squadron of four American vessels. At first officials refused to speak with him, but under threat of attack they accepted letters from President Millard Fillmore, making the U.S. the first Western nation to establish relations with Japan since the country declared itself closed to foreigners two centuries previously.
- On July 9, 1948, baseball star Satchel Paige made his Major League debut with the Cleveland Indians, becoming, at age 42, the oldest rookie in the sport's history. As he notably remarked, "Age is a question of mind over matter. If you don't mind, it don't matter."
- On July 10, 1962, the United States Patent Office issued Swedish engineer Nils Bohlin a patent for his three-point automobile safety belt. Consisting of two straps joined at the hip level and fastened into a single anchor point, it reduced injuries by holding both the upper and lower body and decreasing the impact of the swift deceleration that occurred in a crash.
- On July 11, 1978, a truck carrying liquid gas crashed into a wall at a campsite of vacationers in San Carlos de la Rapita, Spain, resulting in an explosion that killed more than 200 people, with others suffering severe burns. The crash's cause was unknown, though some witnesses reported seeing a fire on the vehicle prior to the accident.
- On July 12, 1990, two days after Mikhail Gorbachev was re-elected head of the Soviet Communist Party, Boris Yeltsin, president of the Republic of Russia, announced his resignation from the party.

# SENIOR NEWS LINE

By Matilda Charles

## Skimmer scams

Scammers are creative, you have to give them that. They come up with ways to steal from us that we've never thought about.

One new alleged scam involves a task we do frequently: pump gas into our car.

This scam has the thief inserting a tiny screw into the cradle where the nozzle rests on the pump. When you let go of the handle after pumping your gas and put it back in the cradle, it hasn't really released. The machine thinks it's still in the middle of a transaction. The minute you drive away, a scammer can come along and continue pumping gas into his own vehicle, leaving you with the bill for it.

The good news? This scam is a hoax. While it's all over the internet, it's (apparently) not a real scam.

However, there are genuine scams involving sales anywhere you put your credit card into a machine. Beware of the following:

**Credit card skimmers:-** Similar to what you'd look for at the ATM at your bank's drive-up, these little gadgets can read your card information or steal your PIN. Do an online search for "How to spot a credit card skimmer." People who just want to help: If you've finished pumping gas and someone approaches you saying they will put the handle back, don't fall for it. This person won't put the handle all the way back into the pump (similar to the screw scam), making the machine think it's still an active transaction. When you drive off, they'll fill their own vehicle.

**Self-checkout at the big box store:** Before you start scanning your items, be sure there is nothing left on the screen from the previous customer. It's possible for them to scan an item and leave the transaction unfinished, until you come along and include their item in your own purchase.

As always, be aware.

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## DOES MY DAD NEED ASSISTED LIVING OR MEMORY CARE?

Deciding between assisted living and memory care can feel overwhelming, especially when you're thinking about the well-being of someone you love or yourself. It's an emotional journey, but understanding the difference between these two types of care can help you make a decision that brings peace and comfort.

**1. Balancing Independence with Support**  
Assisted living is designed for those who may need some help with daily tasks like dressing, bathing, or medication management but still value their independence. If your loved one enjoys being active and social but occasionally needs assistance, assisted living could be the perfect balance. It offers a supportive environment while still allowing them to lead a fulfilling and independent life with access to care when needed.

**2. Focusing on Memory and Safety**  
Memory care is more specialized, offering a secure, compassionate environment for those living with Alzheimer's, dementia, or other memory-related conditions. If your loved one is struggling with memory loss, confusion, or disorientation, memory care provides a structured, nurturing space with professionals who understand their unique needs. These communities are designed to create a sense of comfort, safety, and stability for residents who

might feel anxious or disoriented in everyday environments.


**3. Considering Safety and Peace of Mind**  
When safety becomes a concern—such as wandering or forgetting to turn off the stove—memory care provides round-the-clock support in a secure setting. Knowing your loved one is cared for in a safe, warm community can offer a sense of relief and peace.

**4. Assessing the Level of Care**  
It's important to recognize when a bit of extra help is needed. A good place to start is by talking to your loved one's primary care provider. Share your concerns about day-to-day needs and let them help assess whether assisted living or memory care might be the better option. If your loved one is still able to communicate their needs, but could use assistance, assisted living is a great option. If they need more constant care and supervision, or have lost the ability to express their needs or desires, memory care is likely the best choice.

Trust your heart and the professionals to help guide you as to what your loved one needs. There are no right and wrong decisions, but educating yourself on the options available will help you make the choice that feels right for their care and happiness. 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



### SCRAMBLERS

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

Irony  
**AIRSET**   

Deal  
**DACCOR**   

Slice  
**CAVER**   

Expand  
**DRAPES**   

**TODAY'S WORD**



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**Micro Crossword**

By Elizabeth C. Gorski

**Across**

- 1 Bit of rain
- 5 Window dressing
- 6 Churchill's smoke
- 7 Basketball great Caitlin, Time Magazine's 2024 Athlete of the Year
- 8 D-Day carriers

	1	2	3	4
5				
6				
7				
	8			

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**Down**

- 1 "Boring" purchase at a hardware store?
- 2 Sitar compositions

- 3 Eye-grabbing museum works
- 4 Job benefits
- 5 Nero's 700

**TIDBITS WORD POWER**

Unscramble this word:

ICANTICINN

Beth Johnson set the record for the world's largest yoyo in 2012. It measured over 11 feet in diameter, and weighed 4,620 lbs. It was demonstrated in this Ohio city.

**KNIGHT MOVES**

O	V	C
R		K
O	O	E

Unlock the power of chess to find the eight-letter word of the day. Choose your starting letter carefully, then move around the square in a one by two fashion to get to the next letter.

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**TIDBITS NUGGET OF KNOWLEDGE**

In 1968, antiwar activist Abbie Hoffman pulled out a yoyo and "walked the dog" while testifying before a congressional committee. He was found in contempt of court for his actions. This rates as the most severe reprimand ever issues resulting for playing with a yoyo.

**TIDBITS PUZZLE ANSWERS**

**WORD POWER ANSWER**  
CINCINNATI

**QUIZ BITS ANSWERS**  
1. Florida Zephyr  
2. Pines State

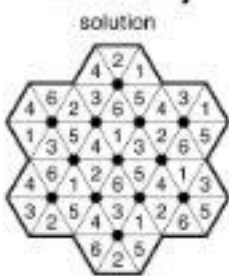
**TRIVIA ANSWERS**  
1. No, you can't read it as forward.  
2. Richard Nixon  
3. California  
4. No, but you can cross it up to make up a paper.  
5. 37 seconds

**Weekly SUDOKU**

Answer

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

**SNOWFLAKES**



**SCRAMBLERS**

solution  
1. Satire; 2. Accord  
3. Carve; 4. Spread  
Today's Word  
**DIVORCE**

**KNIGHT MOVES**



**INTERESTING WORDS**



**Even Exchange**

- Answers
1. Slava, Slade
  2. Stella, Slips
  3. Rhina, Rhona
  4. Reason, Season
  5. Carlon, Carlon
  6. Peat, Peat
  7. Poppy, Poppy
  8. Ellen, Allen
  9. Stele, Stele
  10. Clover, Clover

**CryptoQuip**

answer  
When I see something really cute and get the urge to embellish it, I cry "How adorable!"

**CryptoQuote**

answer  
Each time dawn appears, the mystery is there in its entirety.  
— Rene Daumal

**Word Spiral**

Answer  
**WATCHDOGS**

**Micro Crossword**

Answer

S	O	T	O	
R	E	S	E	W
I	N	T	E	L
P	O	E	M	S
E	R	O	S	

**FEAR & WISDOM**

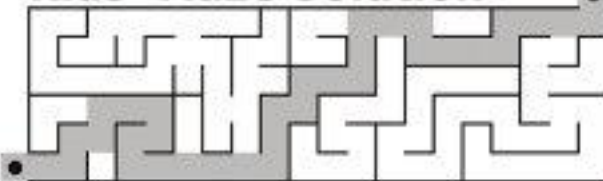


**MINI SUDOKU**

Answer

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

**Kids' Maze Solution**



**Super Crossword**

Answers

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

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**TO YOUR GOOD HEALTH**  
By Dr. Keith Roach

**High Cortisol Causes Patient To Feel Awful Amid Normal Tests**

**DEAR DR. ROACH:** I've been feeling just awful. My doctor put me through the normal tests, and all were good. A neurologist recommended that I get a cortisol test. I did, and it showed a high cortisol level. I'd never heard of this. Would you explain what high cortisol is, how it's treated, and if there are any natural cures or therapies? -- S.K.

**ANSWER:** Cortisol is a critical hormone that is needed for the function of many body systems. Without cortisone, the body can't respond to stress, and a stressful event can literally kill a patient.

A medical condition called Addison's disease is when the body can't make cortisol (a type of steroid called a glucocorticoid). People with this condition need to take replacement cortisol or a synthetic form daily, and they need to take higher doses when under stress to prevent this. Addison's disease was most often caused by tuberculosis, but the leading cause of Addison's is an autoimmune disease of the adrenal cortex (where cortisone is made). People usually feel weak and tired with Addison's.

Cushing's syndrome is the opposite, where the body makes too much cortisone. The most common cause for this is a benign tumor. In Cushing's syndrome, the list of possible symptoms is seemingly endless, but fatigue and muscle weakness, weight gain in the abdomen but muscle loss in the limbs, and skin and hair changes are common. People can experience the same problem when taking high doses of cortisol or similar steroids such as prednisone, hydrocortisone or dexamethasone.

A cortisol level of 18 isn't diagnostic of Cushing's but almost certainly excludes Addison's disease. Depending on the time of day, cortisol levels can be between 5-25

mcg/dL, so a level of 18 mcg/dL in the morning may be normal. People with high levels of stress tend to have high to normal cortisol levels.

In contrast, a level of 18 mcg/dL at bedtime would be a very concerning sign for Cushing's. If your doctors were worried about Cushing's, additional testing could be recommended such as a 24-hour urine cortisol test, a bedtime salivary cortisol test, or checking the blood cortisol after suppressing its release with medication.

An endocrinologist is the expert in making the diagnosis and treating diseases of the adrenal hormones, including Addison's and Cushing's.

**DEAR DR. ROACH:** I'm 77 years old and concerned about getting a prostate biopsy. My last PSA test jumped from 2.25 to 3.75 ng/mL, and an MRI came back healthy and normal with a PI-RADS code of 2. My urologist suggested a biopsy to be sure that everything is OK, but he also felt comfortable if I wanted to wait six months and get another PSA test done.

I am in good health, exercise regularly, and am not on any medications. Also, can strenuous bike riding affect my PSA score? -- W.B.

**ANSWER:** A PI-RADS score of 2 means that there's a small chance of clinically significant prostate cancer. The best estimate of your risk is between 4% and 6%. One question I'd ask is whether you'd undergo surgery if a biopsy showed cancer. Surgery is associated with a worsened quality of life; erectile dysfunction and incontinence are common shortly after surgery and persist in many men.

The evidence suggests that in men over 75, surgery doesn't improve their length of life. In a large study, the length of life was actually decreased in men over 75. Radiation treatment is a reasonable alternative for men with symptomatic prostate cancer, so in the unlikely event that you develop symptoms from prostate cancer, this would be a reasonable approach.

Also, bike riding (250 miles over four days) had an increase of less than 0.1 ng/mL for a PSA test. 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](mailto:ToYourGoodHealth@med.cornell.edu).

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**Amber Waves**

by Dave T. Phipps

Panel 1: A boy shows a girl a drawing. "Mom, take a look, we got to bring home the work we did in art class."  
Panel 2: The boy shows the girl a drawing of a green horse. "This one's a green horse with a laser cannon for a head and big octopus fingers."  
Panel 3: The girl looks at the drawing. "That one's just a cupcake with feet and one big eye."  
Panel 4: The boy looks at the girl. "Obviously I've got talent. The school counselor asked if she could keep some for her files."



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