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TIDBITS® SNIFFS CHANEL N°5

by Janet Spencer

Who knew there could be so much behind a perfume? Come along with Tidbits as we learn the story behind one of history's most famous perfumes, and the name behind it.

A SUCCESS STORY

- Coco Chanel is the name behind Chanel N°5. She was a dress designer long before the perfume came along. In a time when women wore corsets, maintained hourglass figures, and donned excessively ornamental dresses, Chanel designed clothing with elegantly simple lines. She shortened skirts, added pockets, and created her own empire in a business dominated by men. "Luxury must be comfortable, otherwise it is not luxury."
- Coco Chanel lived the quintessential rags-to-riches tale. Born in a poor house in France in 1883, she was the daughter of a laundrywoman and a street vendor. Her given name of Gabrielle Chanel was misspelled on the birth certificate as Chasnel; she never corrected it because she didn't want people snooping into her impoverished past. She and her five siblings lived in a one-room tenement.
- When she was 11, her mother died. Her father sent her brothers to work as farm laborers, while she and her sisters went to an orphanage run by a convent. This is where she learned to sew and embroider.

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COCO CHANEL (cont)

- When she turned 18, she lived in a boarding house for Catholic girls. She worked as a seamstress during the day and sang in a club at night. She picked up her nickname of Coco, possibly because of a song she sang "Ko Ko Ri Ko" or possibly because it's short for "cocotte" which is French for a kept woman.
 - Coco Chanel learned quickly that as a young attractive woman, she could get ahead by being a kept woman. Her list of lovers made headlines on a regular basis.
 - One of her first male admirers was a textile heir. While living with him, she began designing hats as a hobby. Through him, she met many high-society women who loved her hats. With financial help from her English polo player boyfriend, she opened a hat shop in 1910. She was forbidden from selling dresses there because there was already a dress shop in the building. She got a lucky break when a famous French actress wore her hats both in a play and in photo shoots.
 - In 1918, she opened a dress shop at 31 Rue Cambon in the most fashionable neighborhood in Paris, which remains today. Chanel hired her sister and aunt to model her designs, parading through town. Wealthy women, tired of confining clothing, flocked to her shop. Soon she had more than 300 employees and her line of line of Haute Couture swept Paris. By 1927 Chanel owned five buildings on this street.
 - In 1920, at the outset of the Flapper era, Coco Chanel introduced "the little black dress" to prove that black could be so much more than funeral attire. She had another big hit in 1925 with a three-piece tweed suit for women, dubbed "the Chanel suit." Women had never worn tweed before. She dressed women in traditionally male colors of grey, blue, and brown. She also popularized costume jewelry.
 - By the late 1920s, she was worth millions and employed over 2,000 people.
- (cont)



- "My roses really look beautiful. When I am cutting stems to put in a bouquet, I use a clothespin to grip the stem. It saves me from getting pricked by thorns, because it has a bit of reach to it." -- L.E. in Georgia
 - For even distribution in sowing seeds for your garden, use a saltshaker for tiny seeds. You can get a cheese shaker for larger seeds, if necessary.
 - To keep your brick walkway clear of grass and weeds, sprinkle salt in the cracks.
 - "If you have to cut a nylon cord or shoelace, you can use a flame to melt the end into a nub that won't run or fray. Use a little heat and press it together on a hard surface very briefly. It works fast!" -- R.S. in Maine
 - To get shower doors squeaky clean, use a paste of baking soda and water to scrub stubborn water stains, then rinse the whole thing with straight white vinegar. Put the vinegar in a spray bottle and spray well, then rub off with a sponge. Rinse with plain water.
- Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.
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Americanisms

"No one comes from the earth like grass. We come like trees. We all have roots."
— Maya Angelou

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THIS WEEK'S CELEBRITY BIRTHDAYS

Emma Thompson	4/14/1959
Emma Watson	4/15/1990
Charlie Chaplin	4/16/1889
Victoria Beckham	4/17/1974
Jeff Dunham	4/18/1962
Kate Hudson	4/19/1979
Carmen Electra	4/20/1972

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Scan to Connect!

Just Like Cats & Dogs by Dave T. Phipps

THIS IS SO WEIRD HAVING YOU HERE. USUALLY RIGHT ABOUT NOW ME AND THE GUYS WOULD BE COMPLAINING ABOUT THE WIIII... WIFI.

COCO CHANEL (cont)

- Grand Duke Dmitri Pavlovich Romanov, cousin of Russia's Tsar Nicholas II, assisted in the assassination of Rasputin and was subsequently banished from Russia. Ending up in Paris, he became the latest of Coco Chanel's paramours.
- He was friends with Ernest Beaux, the official perfumer to the Russian imperial family. Coco Chanel had been considering developing her own signature scent and felt it would make an appropriate thank-you gift to the ladies purchasing her dresses. When Beaux gave her ten sample scents to choose from, she chose the fifth one. The number five had always been her lucky number. Chanel N°5 was born.
- At the time, perfumes were generally a single scent. Ladies either smelled like lilacs, roses, or violets. Chanel challenged Beaux to create a perfume that "smelled like a woman, and not like a rose." Beaux's creation contained no less than 80 ingredients, including rose, jasmine, sandalwood, and vanilla. Chanel N°5 was introduced on the 5th day of the 5th month in 1921. It quickly became the most popular perfume in the world.
- When it was first released, a deal was struck where investors Pierre and Paul Wertheimer would do the production and marketing; Théophile Bader, the owner of a chain of upscale department stores, would provide the sales outlets; and Coco Chanel would lend her name. The Wertheimer brothers got a 70% cut; Bader got 20%; and Chanel got 10% of all sales made in France.
- Coco Chanel spent the next 40 years regretting this business decision, while doing everything she could to get a better cut. Lawsuit followed upon lawsuit, all ending in failure for her. She slandered their name, came up with a competing perfume, and was unceremoniously kicked off the board of directors. (cont)

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Holidays & Observances This Week

- 4/14 National Dolphin Day
- 4/15 Take a Wild Guess Day
- 4/16 Day of the Mushrooms
- 4/17 Bat Appreciation Day
- 4/18 Autism Awareness Day
- 4/19 Go Fly a Kite Day
- 4/20 Lima Bean Respect Day

Weekly SUDOKU
by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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HOCUS-FOCUS BY HENRY BYLTINOFF

Find at least six differences in details between panels.

Differences: 1. Spoon is missing. 2. Box is different. 3. Collar is missing. 4. Mouth is different. 5. Refrigerator handle is not as long. 6. Oven handle is missing.

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Friends of the Community Library Network

Some positive news from the Community Library Network!

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



By Lucie Winborne

- It is impossible for a human to sneeze during sleep due to a bodily state called REM atonia.
- For 200 years tomatoes were considered poisonous in Europe. In reality, their acidity was dissolving poisonous metals like lead from plates.
- Scientists investigating the occasional appearance of thousands of dead fish on the banks of an African river eventually discovered that the cause was huge numbers of hippos pooping in the water.
- Actor Danny DeVito used to be a beautician.
- Ten thousand years ago, everyone's eyes were brown until someone living by the Black Sea developed a genetic mutation that turned brown eyes blue.
- In 2007, a gorilla escaped from his exhibit, grabbed and mauled a nearby woman, and then attacked a restaurant. Later it was later revealed that the woman had been making eye contact and smiling at the primate several times a week, something zookeepers had warned her not to do.
- Freelance diamond setter Raffi Stepanian found he could collect enough bits of carelessly dropped diamonds, rubies, platinum and gold on the sidewalks of New York City's Midtown Diamond District to earn a living.
- In April of 2018, scientists at the Gladstone Institutes in California completely erased Alzheimer's disease damage in human cells by altering the structure of a single protein.
- The most expensive photograph ever sold, "Rhein II," a basic picture of the lower Rhine river under an overcast sky that had been digitally altered to remove dog walkers and a factory building, was purchased in 2011 for a cool \$4.3 million.
- Research has shown that taller people are happier but shorter people live longer.

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Groundcover plants provide dense soil cover, retard weed growth and prevent soil erosion. They can be woody or herbaceous, clumping or running, evergreen or deciduous. With many colors and textures to choose, they can define and unify a landscape, or soften hardscapes such as walks, steps and driveways. - Brenda Weaver

When selecting a ground cover, consider these choices:

- Tall or low in height
- Moist conditions or dry
- Sun or shade-loving
- Showy flowers or less showy
- Clay or sandy soil
- Seasonal or evergreen

Sources: urbanext.illinois.edu www.greenwoodnursery.com

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COCO CHANEL (cont)

- When World War II began, Coco shut down her fashion industry, but perfume sales continued to increase. The perfume factory was in the hands of the Wertheimer brothers, who were Jewish. German law at the time forbade Jews from owning any business. Coco tried to use that against them to wrest control of the company. However, they secretly transferred the company's ownership to a Christian man in America. When the war ended, the company was transferred back to them. Coco's contract was renegotiated in 1947, with Coco receiving 2% of worldwide sales. This made her one of the richest women in the world.
- At the beginning of the war, Coco fell in love with a Nazi officer. He granted her permission to continue to live in her Ritz apartment while the German army set up headquarters in the Ritz Hotel. At the end of the war, Coco Chanel was accused of being a Nazi collaborator. Following her arrest, Winston Churchill intervened to secure her release.
- To win favor, she offered a free bottle of Chanel N°5 to any American soldier to take home to their wives. The lines stretched for blocks. The net result was thousands of American women clamoring for the perfume. However, Coco and her German boyfriend fled to Switzerland to escape accusations and harassment. She did not return to Paris to reopen her fashion industry until 1954.
- In 1971 Coco Chanel died of a heart attack in her Ritz apartment where she'd lived for 30 years. She was 87 and designed until she died.

TIDBITS Laughs!

Everybody at the family reunion came down with food poisoning— runs in the family!

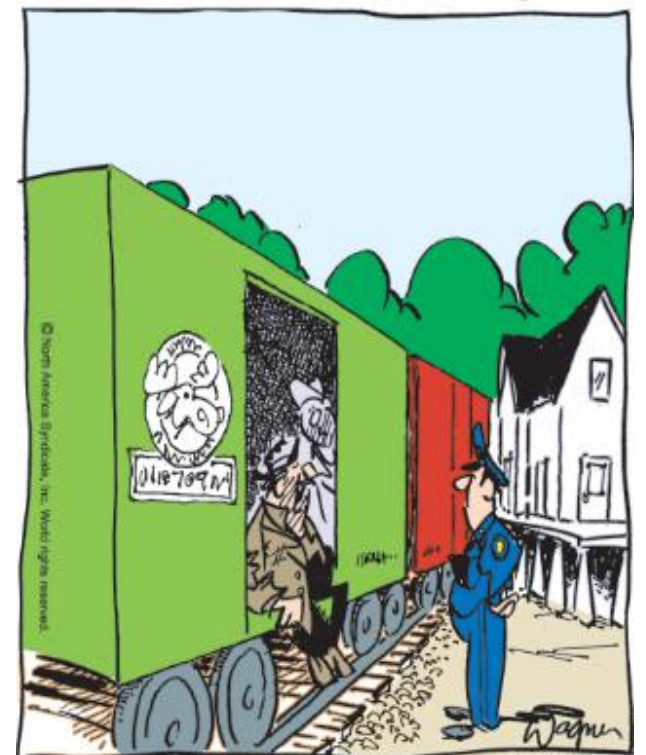
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BYLINE: By Terry and Kim Kovel
PHOTO CREDIT: Kovels.com
PHOTO CAPTION: The embroidered figures on this 17th-century box were made with a technique called stumpwork that shows the embroiderer's advanced skill.



Embroidered Textiles

Textiles are fragile and need special care. Dust, light, insects and moisture can damage them. Antique textiles in good condition are rare and often sell for high prices.

This needlepoint casket was made about 1660 in England and sold for \$17,920, nearly three times its low estimate, at Morphy Auctions. A closer look shows that the colorful people, plants and animals stitched onto the fabric are three-dimensional, making the stitching even more complex. This tricky technique, called stumpwork, required padding the stitches to make the designs stand out.

All forms of embroidery, including stumpwork, were popular in England throughout the 1600s. Richly embroidered textiles and the items made from them grew more popular as more people could afford them. Many surviving examples of embroidery, including some museum-quality pieces, were made by amateurs, probably girls or young women. Girls would learn embroidery at a young age and practice their stitches with samplers, another popular collectible. Elaborately embroidered boxes like these may

have been projects for girls learning embroidery to show their mastery of the skill.

Q: You had an article about a "Back to the Future" VHS tape selling for thousands of dollars. What auction houses or other outlets might be interested in buying or selling VHS tapes or LPs?

A: The VHS tape that sold for a record \$75,000 was a sealed copy of the original 1985 film from a collection owned by Tom Wilson, who played "Biff" in the film. Factors contributing to the high price include the popularity of the film and the actor who owned the tape. Desirability, rarity and condition determine price. An unopened or sealed copy is more valuable than a used copy. Most VHS tapes sell for less than \$10. Vinyl records have become popular again. Many are worth less than a dollar, but sought-after albums, including those from the 1960s and '70s, are worth more. You can find prices online for both VHS tapes and LPs by searching sites like valueyourmusic.com or discogs.com. Look for "sold" prices on eBay. There are stores that buy and sell old VHS tapes and LPs. They can tell you which ones are worth more than a few dollars. They'll give you about half what they expect to sell them for.

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Cane, carved figure of fisherman with net, crustacean and fish, varnished wood, resin and green stone accents, D.P. Dahlquist, 20th century, 37 1/2 inches, \$190. Advertising sign, Perrier, c'est fou (it's crazy), stylized woman's face with bottles as eyes, wild yellow hair, red ground, heavy paper, linen backing, signed by artist Bernard Villemot, holes for hanging at top, 1970s-1980s, 26 x 18 inches, \$685. Stoneware jug, cobalt blue bird and flowers, stamped White's Utica, bulbous, tapered, two high curled handles, marked at top, 5 gallons, 17 inches, \$1,375. For more collecting news, tips and resources, visit www.Kovels.com



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ARIES (March 21 to April 19) A little wool-gathering is OK, but don't let that dreamy state linger beyond midweek, when you'll want to be ready to take on new workplace responsibilities.

TAURUS (April 20 to May 20) Love rules the week for single Bovines seeking romance. Attached pairs also find new joy in their relationships. The 29th should bring news about a business opportunity.

GEMINI (May 21 to June 20) Home becomes the center of a new social whirl, as you show off your talent for hosting great parties. You can expect to impress a lot of people who've never seen this side of you.

CANCER (June 21 to July 22) The Moon Child might have to raise those powers of persuasion up a notch to get a still-wary colleague to agree to go along with your plans. Finding more facts to back up your position helps.

LEO (July 23 to August 22) Hold off trying to fix the blame for an apparent mishandling of a work situation. A full investigation could reveal surprising facts on how and why it really happened.

VIRGO (August 23 to September 22) Your ability to see the details that others might overlook gives you an advantage in assessing an offer that possibly seems too good to be true. A trusted colleague has advice.

LIBRA (September 23 to October 22) Expect to be called on once again to act as the peacemaker in a long-simmering dispute that suddenly flares up. Offer advice, but be careful to stay out of the fray.

SCORPIO (October 23 to November 21) Your organizational skills help you line up your priorities so that you get things done without added pressure. The weekend could hold a special surprise.

SAGITTARIUS (November 22 to December 21) New ventures are favored, but don't launch yours before rechecking all the facts and sources. Also, be sure that you can rely on support from certain people.

CAPRICORN (December 22 to January 19) Don't be pushed into renegotiating an agreement, even though it might help avoid a potential impasse. Get legal advice before you sign or agree to anything.

AQUARIUS (January 20 to February 18) Helping others is what Aquarians do so well. But this time, someone wants to help you. Expect to hear some news that will both surprise and delight you.

PISCES (February 19 to March 20) Things go so swimmingly by mid-week that you're tempted to take on more tasks. Best advice: Finish what you have now, then enjoy a well-earned relaxing weekend.

BORN THIS WEEK: Your understanding of human nature helps you make wise decisions that are appreciated by all. You would make a fine judge.



When Tick Removal Goes Wrong

DEAR PAW'S CORNER: After taking my Terrier "Hank" for a walk around my subdivision yesterday, I noticed when taking off his leash that a tick had attached itself to the back of his neck! I don't even know where it came from; we stayed on the sidewalk. I quickly tried to remove it with tweezers, but Hank is kind of a wiggly guy, and just as I tugged on the tick, he moved and the body of the tick broke off! It looks like the tick's head is still embedded in his skin. What can I do? Will this hurt Hank? -- Joe K. in Sarasota Springs, New York

DEAR JOE: Since the tick's body was removed, and you noticed it pretty quickly, Hank's risk of contracting a tick-borne illness is low. However, an infection might develop where the tick's head is still embedded.

Treat the bite spot with an over-the-counter antibiotic ointment. Monitor the spot for a few days. There may be a little redness around the bite area as the skin reacts to the foreign object, and with luck, the head may be pushed out enough for you to grab it with the tweezers and remove.

When should you contact Hank's veterinarian? If you aren't able to remove the tick head after a few days, it's time to make an appointment with the vet. Or, if the redness spreads or if Hank seems distressed, lethargic or otherwise out of sorts, get him to the vet right away.

Removing a tick as soon as it's found is important, because even though dogs can be vaccinated against Lyme Disease, other tick-borne diseases can be transmitted to your pet. Ticks are becoming active earlier in the year, so consider starting flea and tick prevention earlier, too.

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

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TIDBITS WORD POWER

Unscramble this word:

VARYSTINKS

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

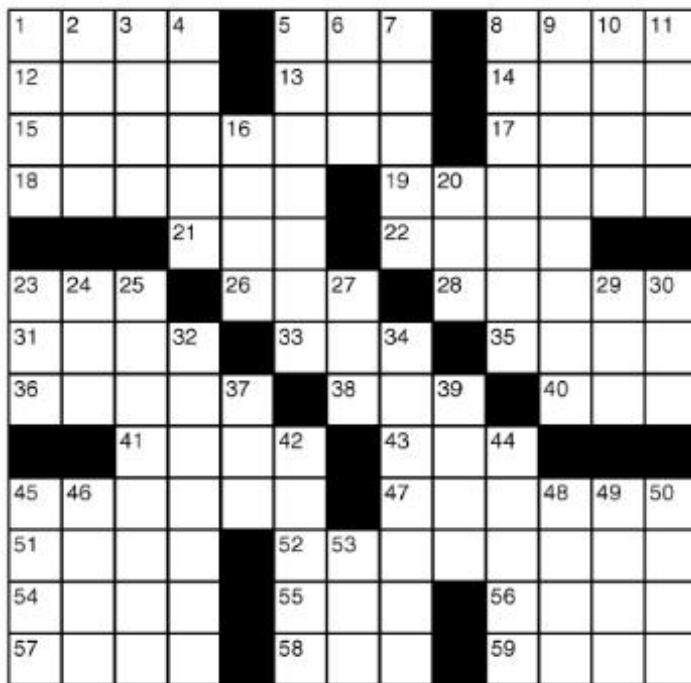
Family Size	Monthly Gross Income Range	Annual Gross Income Range
1	\$1,775 - \$3,460	\$21,300 - \$41,520
2	\$1,775 - \$3,953	\$21,300 - \$47,436
3	\$2,500 - \$4,446	\$30,000 - \$53,352
4	\$2,500 - \$4,940	\$30,000 - \$59,280
5	\$2,680 - \$5,340	\$32,160 - \$64,080
6	\$2,680 - \$5,733	\$32,160 - \$68,796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



King Crossword

ACROSS

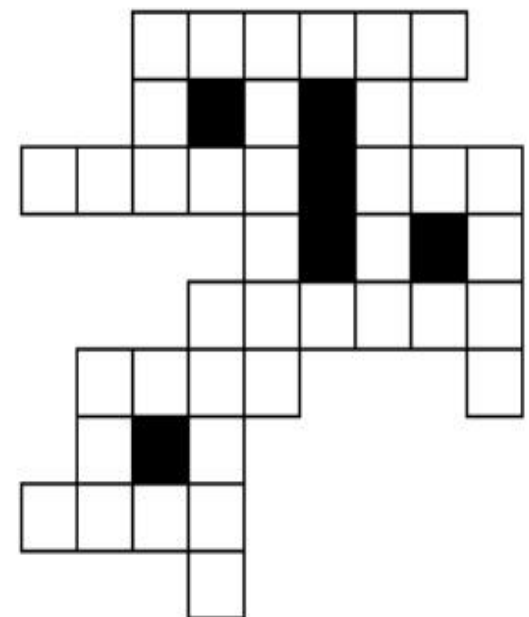
- 1 Siren
- 5 Cagers' gp.
- 8 Halt
- 12 Eventful periods
- 13 Cleric's tunic
- 14 Jared of "House of Gucci"
- 15 Persistence
- 17 Privy to
- 18 Tar
- 19 Laid down the lawn
- 21 Cattle call
- 22 Crystal gazer
- 23 Not "dis"
- 26 Scale abbr.
- 28 Impetus
- 31 Crunchy cookie
- 33 Chef Garten
- 35 Faux pas
- 36 Reddish dye
- 38 PC screen type
- 40 Salty expanse
- 41 Leave an impression?
- 43 Gear tooth
- 45 Salsa ingredient
- 47 Chopin pieces
- 51 Say it's so
- 52 Stresses
- 54 Hindu royal
- 55 911 responder
- 56 Tizzy
- 57 Sax range



- 58 — Angeles
- 59 JFK postings
- DOWN**
- 1 Nov. honorees
- 2 Bailiwick
- 3 — -pedi
- 4 Sacred song
- 5 Capital of Kenya
- 6 Crunchy sandwich
- 7 Void
- 8 Small burgers
- 9 Curly strands
- 10 Oklahoma tribe
- 11 Frogs' hang-out
- 16 Hip
- 20 British ref. work
- 23 Homer's cry
- 24 "Right you —!"
- 25 Multi-family dwelling
- 27 NBC weekend show
- 29 Compete
- 30 Ecol. watchdog
- 32 Toronto's province
- 34 Emphasizes
- 37 Play segment
- 39 Pixels
- 42 "Monopoly" buy
- 44 Appearance
- 45 Skater Lipinski
- 46 Ellipse
- 48 Word of warning
- 49 Author Bagnold
- 50 Bygone fliers
- 53 Punk-rock subgenre



- GPU
- CALGEN
- AFTLE
- ♥APLE
- ♥TOPLAR
- ILN
- LGFU
- ♥EPCRA
- ♥GTO
- FATOLA
- AGPNA
- ♥ETAN



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



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STICKELERS (tele)
 by Terry Stickels

The grid below is arranged in a logical sequence. Can you figure out the logic and fill in the boxes that have question marks?

4	0	6	5	3
2	8	1	2	2
1	5	7	6	3
?	4	5	3	?

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HealthBits

By Dr. Holly Carling

ACUPUNCTURE: AN OLD STANDBY THAT WORKS

We often view acupuncture as a new method of healing. However, it is one of the oldest. It has been developed, refined, and instituted as the primary healing modality in China for thousands of years. Conventional medicine as we know it today has only been around approximately 150 years. The changes in conventional medicine have been drastic over past decades. It truly is amazing. However, there is some deep comfort in the old-time, tried and true. It is a historical fact that the old snake oils of the past, that didn't work, were quickly run out of town. Acupuncture, instead, is enjoying a resurgence, as more research is demonstrating the effectiveness of this remarkable healing art. Acupuncture is practiced by physicians who are schooled not only in conventional medicine, but Oriental Medicine as well. Oriental Medicine is an umbrella term that encompasses several healing modalities used originally in Asian countries. Acupuncture is one of those modalities, as is herbal medicine and nutrition. Other less common techniques include cupping, Moxibustion (a heat treatment), Tui Na (a massage/manipulation technique) and several others may be used as well. Acupuncture students take essentially the same courses as medical doctors such as anatomy, physiology, chemistry, biology, geriatrics, cardiology, oncology, etc., even surgery and pharmacology. Although acupuncturists don't use pharmacology or surgery in practice, it is important that they understand it so they can appropriately treat patients who utilize both. An

acupuncturists internship involves treatment with acupuncture techniques and herbal medicine whereas medical doctors focus on medications, surgery or radiation as their means of treating.

Acupuncture in other countries is quite different. In China when you go to a hospital, you will find an Acupuncture Department alongside the Physical, Occupational, and Respiratory Therapy departments, with equal usage. Next to the Medication Pharmacy is the Herbal Pharmacy. A patient generally arrives with 2 prescriptions - hands one to the herbal pharmacist, the other to the medication pharmacist.

Legal requirements for practicing acupuncture vary from state to state. Most schools require a Bachelors of Science degree to matriculate, and a minimum of a Masters Degree in Acupuncture to become licensed. Some acupuncturists also have a doctorate degree (ie. Doctor of Oriental Medicine). As of 2005 doctorate degrees has become more the norm than the exception. Acupuncture schools go through a rigorous accreditation process which is carried out by a private agency. Medical doctors and other health care providers can sometimes practice acupuncture with as little as 100 hours of training (whereas Licensed Acupuncturists are required to have 2500 to 4000 hours of training). Most states allow acupuncturists to practice without the need of a referral from a medical doctor.

Acupuncture has withstood the test of time. It has enjoyed its popularity because it works. Want to hear more from Dr. Carling? Check out our podcast. Search for VitalHealth4You on your favorite podcast listening app or go to vitalhealthcda.com/podcasts/



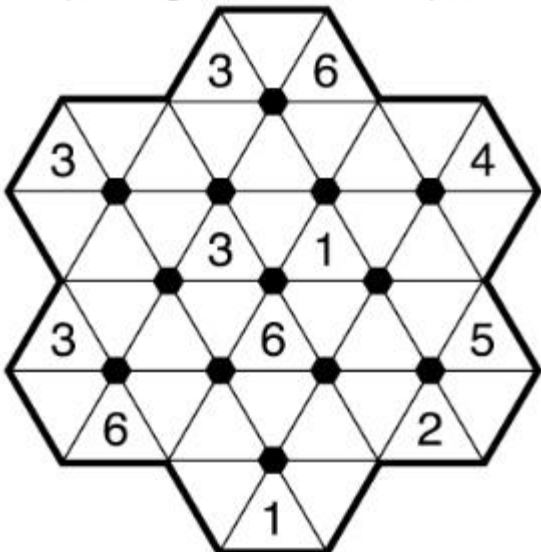
Dr. Holly Carling is a Doctor of Oriental Medicine, Licensed Acupuncturist, Doctor of Naturopathy, Clinical Nutritionist and Master Herbologist with over four decades of experience. Dr. Carling is a "Health Detective," she looks beyond your symptom picture and investigates WHY you are experiencing your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

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

SNOWFLAKES

by Japheth Light

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



DIFFICULTY THIS WEEK: ◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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VETERANS ★ POST ★

By Freddy Groves

Compensation for Service-Related Conditions

Service-connected injuries and conditions for which you can receive compensation can be either physical or mental. But there's no one-size-fits-all when it comes to how much compensation you can receive. Whether it's hearing loss or depression, or cancer or PTSD, each one has a different rating, which results in a different level of compensation.

The Department of Veterans Affairs disability rating you are assigned after being approved is based on the severity of your condition. Your compensation will be based partially on that and partially on whatever else might increase that compensation, such as having a family or a disabled spouse, or if you've suffered severe disability or loss of limbs.

And from there it gets even more complicated.

It's possible for your rating to change over time if your condition worsens, but even when combining multiple ratings (conditions) it's nearly impossible to reach 100% disability.

Increasing your final rating by combining smaller ratings (for multiple conditions) is difficult because there are rules, charts and math to consider. There is combining the numbers, converting, rounding up or down to the nearest 10. For example, you can't take a 20% rating and a 60% rating and come up with an 80% rating. In this case, the actual combined rating equates to 68%, but it's rounded up to 70% ... because the chart says so.

Combining three or more disabilities is even more complicated. And nowhere on that chart is a rating of 100% disability.

A 100% disability rating, if given, can be temporary (until your condition clears up or gets better) or permanent if given for severe conditions such as blindness or loss of limb. But reaching that level without those severe conditions is difficult enough that whole legal websites across the internet are devoted to that one effort: getting a 100% disability rating.

To wade through the disability compensation ratings and benefits, go to www.benefits.va.gov/compensation/rates-index.asp#howcalc.

The ratings calculator can be found at www.va.gov/disability/about-disability-ratings.

The VA is currently taking 158 days to make decisions about claims.



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top ten

MOST NASCAR WINS

1. Richard Petty
2. David Pearson
3. Jeff Gordon
4. Darrell Waltrip
5. Bobby Allison
6. Jimmie Johnson
7. Cale Yarborough
8. Dale Earnhardt
9. Kyle Busch
10. Kevin Harvick

Source: Motorsport.com

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1. This famous actress played Coco Chanel in the 1969 Broadway musical "Coco."
2. This famous actress played Coco in the 2008 movie "Coco Chanel."

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

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1. How much does the perfume cost per ounce?
2. Worldwide, how often is a bottle of Chanel No. 5 sold?
3. Coco Chanel was once arrested for doing this.
4. This famous actor was the first man to advertise Chanel No. 5
5. The perfume bottle was patterned after this.

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



By Ryan A. Berenz

1. In 2002, first baseman Hee-seop Choi became the first Korean-born position player in Major League Baseball when he debuted with what team?
2. Australia's Vern Schuppan won what prestigious sportscar endurance race in 1983?
3. Six days after winning the 1997 Stanley Cup championship, what Detroit Red Wings defenseman's hockey career was ended by injuries sustained in a limousine crash?
4. What Southern Miss Golden Eagles running back was named Offensive MVP of the 2024 East-West Shrine Bowl? (Hint: His father played running back for 16 NFL seasons.)
5. What team selected Notre Dame quarterback Rick Mirer with the second overall pick in the 1993 NFL Draft?
6. Kenyon Martin, the New Jersey Nets' No. 1 pick in the 2000 NBA Draft, played for what college basketball team?
7. Heisman Trophy winner Jameis Winston was cited in 2014 for shoplifting \$32 worth of what seafoods from a Tallahassee, Florida, grocery store?

Answers

1. The Chicago Cubs.
 2. The 24 Hours of Le Mans.
 3. Vladimir Konstantinov.
 4. Frank Gore Jr.
 5. The Seattle Seahawks.
 6. The University of Cincinnati Bearcats.
 7. Crab legs and crawfish.
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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: ★★★

	+		-		= 11			
+		+		+				
	-		÷		= 1			
÷		+		×				
	+		-		= 2			
=		=		=				
4		15		54				
1	2	3	4	5	6	7	8	9

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1. MOVIES: Which dramatic film features the character "V"?
2. GEOGRAPHY: Luzon belongs to which island nation?
3. LANGUAGE: What is the Latin phrase for "before the war"?
4. U.S. STATES: Which state has the most national parks?
5. LITERATURE: Which 1950s novel includes the line, "Nothing behind me, everything ahead of me, as is ever so on the road."
6. CHEMISTRY: What kind of gas makes a drink bubbly?
7. TELEVISION: Which sitcom features a mom named Debra Barone?
8. MUSIC: What was the former name of the English band Muse?
9. SCIENCE: What are the gaps between nerve cells called?
10. THEATER: Who wrote the play "The Crucible"?

Answers

1. "V for Vendetta" (2005).
 2. The Philippines.
 3. Antebellum.
 4. California, with nine.
 5. "On the Road" by Jack Kerouac.
 6. Carbon dioxide.
 7. "Everybody Loves Raymond."
 8. Rocket Baby Dolls.
 9. Synapses.
 10. Arthur Miller.
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CryptoQuote

AXYDLBAAXR
is **LONGFELLOW**

One letter stands for another. In this sample, **A** is used for the three L's, **X** for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

FSJIP MU TVYRTZMDIO
SKZH JQIK JSPO TKO OIIO
QTBI KSY FTPYIO VSAFTKH.
— QTKKTQ TPIKOY

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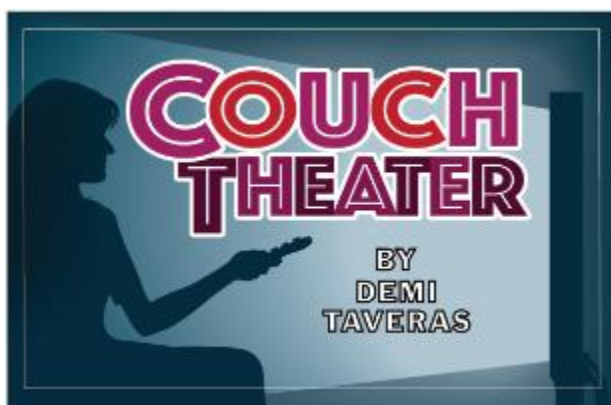


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By Demi Taveras



Photo Credit: Courtesy of MovieStillsDB

Photo Caption: Wyatt Russell, left, and Kerry Condon star in "Night Swim."

"The Sympathizer" (TV-MA) -- Based on the novel of the same name by Viet Thanh Nguyen, which won a Pulitzer Prize, this seven-episode miniseries tells the story of a North Vietnam spy in the South Vietnam army during the Vietnam War. This spy, called the Captain (Hoa Xuande), is forced to flee with his general to the United States near the end of the war. Now living among a community of South Vietnamese refugees, the Captain continues to act as a spy against them and report back to Viet Cong. With so many loyalties pulling him every which way, the Captain finds himself at a crossroads, unsure which of his alliances are the most true. Sandra Oh and recent Academy Award winner Robert Downey Jr. co-star in the series. The first episode is out now, with new episodes every Sunday. (Max)

"Under the Bridge" (TV-MA) -- Another miniseries that releases on streaming this week is a true-crime drama starring Riley Keough ("Daisy Jones & the Six") and Lily Gladstone ("Killers of the Flower Moon"). Keough portrays writer Rebecca Godfrey, who hears about the death of a 14-year-old girl named Reena Virk (Vritika Gupta). Reena supposedly joined her friends at a party but never returned home, leaving the local police at a loss as to how she died. Determined to write a novel about Reena, Rebecca works tirelessly alongside police officer Cam Bentland (Gladstone) to see if they can connect the dots about what happened under the bridge. The first two episodes premiere April 17, with new episodes every Wednesday. (Hulu)

"Night Swim" (PG-13) -- So far in 2024, it's been a quiet year for horror movies, but if there's been anyone who always has something spooky cooking up his sleeve, it's producer Jason Blum from Blumhouse Productions. His latest film follows a family of four called the Wallers, who happen upon the perfect new home for their household. Since the father, Ray, has an illness that can be improved upon with the swimming pool the home offers, the Wallers quickly decide to purchase the house. However, as Ray's illness starts to go into remission, certain oddities begin to occur, like his kids getting attacked in the pool by some strange phenomenon and their cat going missing. Soon, the Wallers come to realize that their residence has a sinister history that is about to repeat itself. Out now. (Peacock)

In Case You Missed It

"Bob Marley: One Love" (PG-13) -- Kingsley Ben-Adir takes on the role of reggae legend Bob Marley in this biopic out now to rent! Taking

place from the mid-1970s through the 1980s, the film walks viewers through the struggles that Marley had to overcome to bring his musical vision to life. From assassination attempts on his life to leaving Jamaica for his protection, Marley undergoes many trials and tribulations just because he chooses to take a stand for peace. His story is undoubtedly remarkable, and with his family producing the film, it was told in a way that commands respect. But the film still felt standard overall, missing certain visual and cinematic elements that could have propelled it to a different level. (Apple TV+)


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Laughs!

What do you call perfume that doesn't smell?
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Super Crossword

APPLICATION PROCESS

- | | | | | | |
|---|---|--|--|--|--|
| <p>ACROSS</p> <p>1 Big trucks</p> <p>5 "Serial" podcast host Koenig</p> <p>10 Brothers Wyatt, Virgil and Morgan</p> <p>15 Like GI garb, often</p> <p>19 Woeful things</p> <p>20 Bingham of "Baywatch"</p> <p>21 Slobber</p> <p>22 Nivea rival</p> <p>23 Outfit</p> <p>26 Lasses</p> <p>27 All upset, with "up"</p> <p>28 "... flaw — feature?"</p> <p>29 Actor Knotts</p> <p>30 Wrung (out)</p> <p>32 Deli classic</p> <p>33 Bother a lot</p> <p>35 Frank of rock</p> <p>38 Outward display of courage</p> <p>40 Attachable with a click</p> <p>42 Hits, as a fly</p> <p>44 Fill with love</p> <p>45 "The X Factor," e.g.</p> <p>47 Congeal</p> <p>49 Short sleeps</p> <p>50 Diane once of NPR</p> <p>51 Gentlemen</p> <p>53 Breather</p> <p>56 Apple option</p> <p>59 Cow sound</p> | <p>62 Primer for a wall, e.g.</p> <p>67 Names anew</p> <p>70 Outdoor enclosure for a tabby</p> <p>72 Abundant</p> <p>73 Cow sound</p> <p>74 Despot Amin</p> <p>75 It's often played during a massage</p> <p>78 "Let us spray," e.g.</p> <p>79 Recognize</p> <p>80 Central Asia's — Sea</p> <p>81 Honking birds</p> <p>82 Old Jewish ascetic</p> <p>84 Snootiness</p> <p>87 Cur's warning</p> <p>89 Snake's warning</p> <p>90 Not bogus</p> <p>91 Small plateau</p> <p>93 Give relief to</p> <p>96 Choir female</p> <p>99 Responses to massages</p> <p>101 Something revealed by a scale</p> <p>107 Fly without a co-pilot, e.g.</p> <p>110 Like a famed Vatican chapel</p> <p>112 Roll around in mud or dust</p> <p>113 Mascara, e.g.</p> | <p>115 Writer</p> <p>117 Ethiopia's — Selassie</p> <p>118 Ovid's lang.</p> <p>119 Tubers often candied</p> <p>120 Engine speed meas.</p> <p>121 By way of</p> <p>123 Tattooist's supply</p> <p>124 Otherwise</p> <p>126 What eight answers in this puzzle might say if they could talk?</p> <p>131 Increase, with "up"</p> <p>132 Internet sales</p> <p>133 Increase, with "up"</p> <p>134 Villain in "The Avengers"</p> <p>135 609-homer Sammy</p> <p>136 AC— (big name in auto parts)</p> <p>137 Promotes heavily</p> <p>138 Leg joint</p> | <p>3 Pertaining to an opening of the larynx</p> <p>4 Former jet to JFK</p> <p>5 Mix, as batter</p> <p>6 Desi of Desilu Studios</p> <p>7 Sleazy paper</p> <p>8 King topper</p> <p>9 Furry feet in back</p> <p>10 Biblical utopia</p> <p>11 Shirt part</p> <p>12 Clemente of baseball</p> <p>13 Oompah band genre</p> <p>14 Shirt part</p> <p>15 Tooth on a gearwheel</p> <p>16 A Gulf state</p> <p>17 Patroller around a food court</p> <p>18 Bivalve mollusks</p> <p>24 Sweltering summer day</p> <p>25 Ivory, e.g.</p> <p>31 Lion's hideout</p> <p>34 Fast glance</p> <p>36 Burnt residue</p> <p>37 Gp. once led by Arafat</p> <p>38 Raft wood</p> <p>39 Soda brand</p> <p>41 Utmost</p> <p>43 Dickens' miser</p> <p>46 Opposite of lge.</p> <p>48 Three, to Fifi</p> | <p>52 Slippery road condition</p> <p>54 "The Hunger Games" escort</p> <p>55 Blueprint data, in brief</p> <p>56 From Dublin or Cork</p> <p>57 Jason's wife, in myth</p> <p>58 "Ta-tal," in Tours</p> <p>60 Central Florida city</p> <p>61 Crayon stuff</p> <p>63 Less of a lie</p> <p>64 Louvre Pyramid architect</p> <p>65 Adjectives modify them</p> <p>66 Message-leavers' cues</p> <p>68 Astronomer Tycho —</p> <p>69 Mattress brand</p> <p>71 Fierce female feline</p> <p>76 1972 Eric Clapton hit</p> <p>77 Chinese menu letters</p> <p>83 Aussie girl</p> <p>85 Newlywed man</p> <p>86 "Got it, man"</p> <p>88 San Luis —</p> <p>92 Slightly excessive</p> <p>94 "How cute!"</p> | <p>95 Ugly foe of Popeye</p> <p>96 Neverending</p> <p>97 Not deserting</p> <p>98 Frightful flies</p> <p>100 Like always</p> <p>102 "Ode — Grecian Urn"</p> <p>103 Costa — Sol</p> <p>104 Use as a skating surface</p> <p>105 Mount — College (Elaine Chao's alma mater)</p> <p>106 12-year-old kid, say</p> <p>108 Set in place</p> <p>109 Gave the nod</p> <p>111 — City (Ohio town named for William Henry Harrison's moniker)</p> <p>114 Theatricalize</p> <p>116 Like sheep</p> <p>120 Move, to a Realtor</p> <p>122 Tattooist's supplies</p> <p>125 Green org.</p> <p>127 Ocasek of The Cars</p> <p>128 Endeavor</p> <p>129 Spying setup</p> <p>130 Big name in civ. rights</p> |
|---|---|--|--|--|--|

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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135					136							137						138



Moments in time

THE HISTORY CHANNEL

- On April 29, 2004, the World War II Memorial opened in Washington, D.C. The granite and bronze monument stands on 7.4 acres on the former site of the Rainbow Pool at the National Mall, between the Washington Monument and the Lincoln Memorial.
 - On April 30, 1993, tennis player Monica Seles was stabbed between the shoulder blades by Gunter Parche during a match in Hamburg. Parche, a fan of German tennis star Steffi Graf, apparently hoped that by injuring Seles, his idol would be able to regain her No. 1 ranking.
 - On May 1, 1963, Gloria Steinem published the first half of "A Bunny's Tale" in SHOW magazine, recounting her brief stint as a Bunny in Manhattan's Playboy Club. Steinem's undercover reporting revealed a culture of misogyny and exploitation behind the glamorous facade of Hugh Hefner's empire.
 - On May 2, 1924, Patrick Mahon was arrested at London's Waterloo train station on suspicion of murder. He was executed later that year for killing his pregnant mistress, but an important innovation resulted from the crime scene: The officers, who had no gloves, were forced to handle the victim's remains with their bare hands. After the investigation, rubber gloves became standard equipment at murder scenes.
 - On May 3, 1980, 13-year-old Cari Lightner of Fair Oaks, California, was walking to a church carnival when she was struck and killed by an out-of-control car driven by an intoxicated Clarence Busch. Her death led her mother, Candy Lightner, to found the organization Mothers Against Drunk Driving (MADD), which would grow into one of the country's most influential nonprofit organizations.
 - On May 4, 1776, Rhode Island, which was founded by the most radical religious dissenters from the Puritans of Massachusetts Bay Colony, became the first North American colony to renounce its allegiance to King George III. It would also be the last state to ratify the new American Constitution more than 14 years later.
 - On May 5, 1816, the first published poem by John Keats, the sonnet "To Solitude", appeared in the London journal The Examiner. Keats' sadly brief but overall brilliant span of work includes "Ode on a Grecian Urn," "La Belle Dame Sans Merci" and "Ode to a Nightingale."
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SENIOR NEWS LINE

By Matilda Charles

Spring Cleaning and Safety

It's time to begin my annual spring cleaning, and this year it's going to be a bit different. Instead of just sticking with the window cleaning, closet organizing and dryer vent vacuuming type of activities, I'm going to concentrate on safety.

Grab bar in the shower: I'm going to bite the bullet and admit I probably should have one. I'll hire a handyman to make sure it's done right with the screws put into the studs so it won't come out.

New batteries in the smoke and carbon monoxide detectors: While the handyman is here, I'll have him install them because, yes, I've given up ladders.

Small rug: The little rug I have in front of the kitchen sink has to go. It has a curled corner, and while I've managed not to trip on it, I need to remove it.

The pantry: After stocking up on extra items for the last few years because of the Covid pandemic, it's time to be sure I didn't let any items slip past their expiration date. I'll need to pull out every single thing and check the dates. This will include olive oil, spices, rice and all canned goods. In the laundry room this will include bleach, which can go stale and lose potency. (I'll need to look up the production codes to see when it was manufactured. After one year, it's probably degraded.)

Clutter: Yes, I've let certain things accumulate. I let myself get lazy over the winter about taking stacks of magazines to recycling (mostly because of the ice that always surrounds the recycling bins downtown). But they have to go.

Drugs: Expired drugs will need to go to the drop-off for disposal so they don't end up in a landfill.

Consider whether you want to add these ideas to your own spring cleaning list this year.

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MAGIC MAZE ● — TIME

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: A FAST MARCHING PACE

- | | | | |
|-----------------|-----------|----------|-----------|
| Arrival | Four-four | Prime | Standard |
| Central | Hawaii | Reaction | Travel |
| Daylight saving | Mountain | Show | Universal |
| Eastern | Pacific | Small | |

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“Wisdom, Culture, Love, and Story-telling”

A text from a resident’s family member received recently really struck my heart...

“I’m so ashamed of our Youth Centric Society. There is so much wisdom, culture, love and story-telling that is being wasted and lost, simply disregarded...” Rory Steward in the November 9, 2013, “Guardian” reflects as follows. “...ours is the first generation to draw our deepest fulfilment from our own descendants. Some of my friends imply that all that matters is what happens to their families, in the lives behind their own front doors.

We have become reluctant to make sacrifices, except on the altar of our children. And what is the purpose of our children’s lives? Their own children. And so on, all the way down.

But instead of focusing overwhelmingly on the interests of the next generation, politicians should give more space to the previous generation. We should begin by allowing older people to take far more political responsibility in local communities....

Our older population is the most impressive, self-sacrificing and imaginative part of our entire community. They are almost the last people who belong to political parties, the last

who maintain our churches, the most generous and dedicated supporters of all our charities. They are our last fragile link to deeper history. They are also people who can find themselves in extremes of poverty (fuel poverty, in particular), of isolation, of loneliness and of hopelessness in the wait for death, unimaginable to anyone younger. We are not respecting them and, as a society, we are not making use of their extraordinary talents...

If we are looking for redemption for the young, and a mission for our society, it could be in our care for the older generation: finding fulfilment and delight in relationships with the elderly and in helping the elderly. We should admire and learn from them. This is possible. On every street corner in Kabul, you can see a teenager in stonewashed jeans raising his head from scowling at his phone and moving with genuine delight to talk to an older person. I would like to see us begin to do the same here.

Instead of building a world that’s only fit for our children, I would like to see us building a world fit for our parents...”

Rory Stewart is Conservative MP for Penrith For guidance, questions, and tours of The Lodge Assisted Living, call Linda Davis 208-755-3637.



Linda Davis
 Director of building relationships.
 208.457.3403
www.LodgeLiving.net

Amber Waves



"Please explain to her that a fresh start does NOT mean a new _____!"

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!

- Erupt: TRUBS
- Associate: BENGOL
- Odd: DIWER
- Startle: ACRES

TODAY'S WORD

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1. Which group had a hit with "Rock and Roll Is Here to Stay"?
2. How much did the Beatles earn for their appearances on "The Ed Sullivan Show" in 1964?
3. Which artist was literally a one-man band?
4. Who sang the theme song in the film "What's New Pussycat"?
5. Name the song that contains this lyric: "I don't know what he does to make you cry, But I'll be there to make you smile."

Answers

1. Danny & the Juniors, in 1958. They were originally known as the Juvenaires, until DJ Dick Clark suggested a name change.
2. They earned \$2,400 for each of three performances. That's worth about \$24,000 today.
3. Trent Reznor. He could play all the instruments but would temporarily hire other musicians while on tour to play with him under the name Nine Inch Nails. He must be doing something right because he's netted 13 Grammy nominations.
4. Tom Jones, in 1965. It was nominated for an Academy Award in 1966 for Best Original Song.
5. "All I Have to Give," by the Backstreet Boys in 1998. The song reached Top Ten charts around the globe, topping charts in Spain, Hungary and Zimbabwe, of all places. It only reached No. 5 in the U.S.

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TIDBITS
Laughs!

Q: What is a tree's favorite shape?
A: A tree-angle!

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: Z equals Y

ZHS FKORRZ WYHSRCQ'U
CDWFKJOF C UYKWK PDQK
LKHLRK PFHN UYK LDQK UFKK
WUOUK. NDQC ZHSF NODQKFW!

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Laugh a bit with **TIDBITS**

Q: Which TV station smells the best?
A: Chanel 5

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 MΔSTER for an I, you get MISTER. Do not change the order of the letters.

1. Jab with a fork	___ _ _ _ C _	Nobel winner Curie	___ _ _ _ R _
2. Snap into	___ R ___ _	Dreary	___ L ___ _
3. Drying cloth	___ _ _ _ L	Pisa sight	___ _ _ _ R
4. Every 24 hours	___ A ___ _	Lacy mat	___ O ___ _
5. Gorge	___ _ _ Y ___	Big gun	___ _ _ N ___
6. Salt	S ___ _ _ _	Speaker's platform	P ___ _ _ _
7. Investigate	___ _ _ B _	Writing style	___ _ _ S _
8. More rapidly	___ _ S ___ _	Hesitate, fumble	___ _ L ___ _
9. Coarse	___ _ _ _ H	Baton	___ _ _ _ E
10. City of Light	___ _ _ I _	Hair divisions	___ _ _ T _

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TIDBITS PUZZLE ANSWERS

TRIVIA NEWSFRONT ANSWERS

- 8 months
- Sun
- Two feet thick
- Geddy
- Spain

QUIZ BITS ANSWERS

- Red triangle
- 10 lbs. (+5 lbs)

WORD POWER ANSWER
PHILIPPINES

Weekly SUDOKU Answer

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

Go Figure! answers

7	+	6	-	2	=	11
+		+		+		
5	-	1	÷	4	=	1
÷		+		×		
3	+	8	-	9	=	2
=		=		=		
4		15		54		

FEAR & KNIGHT answer

GLANCE
OF A PUG
O E U
PATROL
NEAT
I G
PLEAN

Super Crossword

Answers

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

King Crossword Answers

Solution time: 24 mins.

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

SNOWFLAKES solution

TIME

Sticklers Answer
The grid forms a simple addition problem. The missing numbers are 8 and 8.

CryptoQuip answer
40,653
28,122
+ 15,763
84,538

You really shouldn't disregard these fine people from the Pine Tree State. Mind your Mainers!

CryptoQuote answer
Power is actualized only when word and deed have not parted company. -- Hannah Arendt

Even Exchange answers

- Place, Place
- Break, Break
- Towel, Towel
- Daily, Daily
- Canyon, Canyon
- Sodium, Sodium
- Prose, Prose
- Fader, Fader
- Rough, Rough
- Para, Para

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TO YOUR GOOD HEALTH
By Dr. Keith Roach

Vocal Cord Becomes Paralyzed After a Cold

DEAR DR. ROACH: My daughter, 45, has had a paralyzed left vocal cord for about a year now. We have been to an ear, nose and throat (ENT) doctor who ran at least a half dozen tests, including several scans. These didn't show a reason for the problem, and everything else appeared to be normal. She had a cold before this happened, and we were treating her for a lingering sore throat.

The doctor has told us that there is nothing to be done to unfreeze the vocal cord. I would love your opinion on this matter, as she has a lot of pain associated with it, and she coughs trying to get out what feels stuck in there. -- K.P.

ANSWER: Paralysis of the vocal cord is often the result of damage to the nerve that leads to the vocal cord; there's one on each side. The left side is particularly vulnerable and may be damaged during surgery (especially thyroid surgery), but a big fear is that a mass (especially a cancerous one) can damage the nerve and cause paralysis of the vocal cord. This is why her doctor did a CT scan.

There are other less-common causes, such as nerve damage from other occurrences (stroke and multiple sclerosis); inflammatory diseases (lupus and others); and infections (such as Lyme disease). It sounds like the ENT doctor looked for other possibilities such as these. (But if not, then it should be done.)

When a cause can't be found, we call it "idiopathic unilateral vocal cord paralysis." This often seems to happen after a viral infection, and it sounds like your daughter might have had one.

Many people with this condition get better by themselves during the first year, but now that it has been about a year for her, she isn't likely to get better without treatment.

I am not an expert in treatment, but ENT surgeons have several types of surgical interventions to improve hoarseness, cough and discomfort. It's time to go back to her ENT doctor or get referred to an expert in the surgical treatment of this condition.

DEAR DR. ROACH: If exercise helps new arteries to grow, would it also help new veins to grow and alleviate varicose veins? -- M.D.

ANSWER: It's a good thought, but unfortunately, exercise does not make the body grow new arteries, which are the large blood vessels that bring oxygen-rich blood to our organs and muscles. Exercise increases the size of the arteries and can help keep them from getting stiffer with age. Exercise in combination with a good diet can also help keep them from getting blocked.

In addition, exercise can help with varicose veins, but once again, it isn't because the body grows new veins. Varicose veins are dilated veins that occur due to damage in the tiny valves inside the veins. Without those valves, the venous blood can pool under the effects of gravity, causing the veins to swell.

Exercise helps because of the pump effect of the intermittent muscle contraction, which forces blood back into the large veins and ultimately back into the heart. Exercise, compression stockings and elevation are among the most important lifestyle changes for varicose veins.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Out on a Limb

by Gary Kopervas





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- Stanley Mortensen

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- Rep. Dale Hawkins - Seat B
- Sen. Phil Hart

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- Rep. Jordan Redman - Seat B
- Sen. Doug Okuniewicz

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