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TIDBITS® GOES TO

SLEEP

by Janet Spencer

An average human being living a typical lifespan will spend between 25 and 30 years in bed. Come along with *Tidbits* as we fall asleep!

DROWSY vs DRUNK

- One sleep study involved giving alcohol to adults until they reached the legal limit of 0.08. Another group of adults was kept awake all night long. Then the two groups were given a series of concentration tests. Which group would perform better? Both groups were cognitively impaired to the same degree. After 22 hours without sleep, human performance is impaired to the same degree as someone who is legally drunk.

- When a person gets jet lag after flying through multiple time zones, their body resets to the local time at a steady rate of one hour per day. Therefore, if they've switched to a time zone that's 8 hours ahead of their body's local time, it will take 8 days to adjust. It is easier to adjust to a new time zone when travelling east (falling asleep earlier than normal) than west (staying up later than normal).

- There's a difference between sedation and sleep. Sleeping pills encourage sedation but tend to interfere with the deepest sleep, resulting in grogginess and fatigue the following day.

SLEEP TIGHT

- Falling asleep is precipitated by a drop in body temperature by several degrees. To encourage sleep, it's helpful to sleep in a cool room rather than a hot room. A hot bath is also helpful because it dilates blood vessels near the skin's surface, facilitating the dissipation of body heat. A bedroom temperature of around 65°F is ideal.

- Natural levels of melatonin increase in the body as daylight decreases and are further triggered by the drop in ambient temperature after the sun sets.

- Vigorous exercise does not necessarily promote deep sleep. However, deep sleep promotes the ability to achieve vigorous exercise the following day. Sleep influences exercise more than exercise influences sleep. Exercising immediately before bed can hinder sleep because it raises the body's core temperature at the exact time the body wants it to decrease.

DREAMING

- Back in the 1960s, an experiment was run on a group of young adults. They slept with elec-

Continued on page 2

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Sleep (continued)

trodes attached to their heads. When the brain wave pattern indicated that they had begun REM sleep, during which dreaming occurs, they were awakened and then allowed to return to sleep. They were allowed all the sleep they wanted but were never allowed to dream. The experiment was scheduled to continue for 7 nights in a row. Still, by the end of the 3rd night, the test subjects were already experiencing mental health symptoms similar to psychosis and paranoia, indicating how important dreaming is to our well-being.

- Alcohol inhibits REM sleep. What is known as “delirium tremens” in alcoholics is actually pent-up REM deprivation forcefully breaking to the surface in terrifying waking dreams.

AWAKENING

- Being suddenly wrenched from sleep by an alarm clock causes a spike in blood pressure and an acceleration in heart rate, prompted by the fight-or-flight response. Hitting the snooze button multiple times subjects the body to this assault over and over again.
- A Japanese study following 5,000 students showed a direct correlation between the amount of sleep a child got and how well they did in school. Those who tested with a higher IQ got up to an hour more sleep each night than those who scored lower.
- 80% of public high schools in the U.S. start classes before 8:15 a.m. Of those, nearly 50% start before 7:20 a.m. Some school bus routes pick up their first students at 5:30 a.m.
- A high school in Edina, Minnesota shifted school start times from 7:30 a.m. to 8:30 a.m. The school-wide SAT scores subsequently rose from 605 to 761.
- When high schools in Teton County, Wyoming, shifted from 7:30 a.m. to 9:00 a.m., traffic accidents involving drivers aged 16 to 18 dropped by 60%.
- In a study, volunteers were deliberately infected with a common cold virus. Their sleep was also controlled. For those who were allowed to sleep for a long time, only 18% developed a cold. For those who were allowed only 5 hours a night, 50% did.
- One specialty alarm clock blares a siren while simultaneously exploding a burst of blocks across the bedroom. The siren will not shut off until all the blocks are retrieved and returned to the clock. Another alarm clock also serves as a shredder and will shred any pre-loaded dollar bills unless the alarm is shut off. Still another inventive alarm clock will automatically connect with your bank to make a \$10 donation to your most-hated political organization for every minute that it takes you to get out of bed.

SLEEP STUDY

- In one series of sleep studies, two groups of students were asked to memorize the names attached to pictures of people. Afterwards, one group was allowed to nap, while the other group was kept awake. When tested later that day, the group that had napped had 20% better recall. The experiment was repeated, but the

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first group was only allowed non-REM sleep that night while the other was only allowed REM sleep. It turned out that the non-REM group had better recall.

- Next, the students were asked to memorize the names of faces and then were put into an MRI machine while they were quizzed on their ability to remember the names. The MRI showed a particular area of the brain lighting up, called the hippocampus, where short-term memories are stored. They were sent home to sleep as much as they wanted. The next morning, they were once again tested while in the MRI. This time, the same information was being retrieved, but the effort was lighting up an entirely different area of the brain – the neo-cortex, where long-term memories are stored. Overnight, the brain had moved the information to another region of the brain for storage.
- In the final experiment, students were given a long list of various words. Sometimes they were instructed to REMEMBER this word, as in “This will be on the test!” Sometimes they were instructed to FORGET the word: “This word will not be on the test!” Then they were given the chance to take a nap. After the nap, they were tricked and told they were to write down as many words as they possibly could, regardless of whether they had been told to remember the word or forget it. By a huge majority, they were able to recall the words they’d been told to remember. But in spite of the boost provided by the nap, they generally forgot the words they were instructed to forget.

SENIOR NEWS LINE

by Matilda Charles

Recall: Rice Products Might Contain Glass

A recent food recall for one manufacturer includes a list of fried rice, ramen and dumpling products that is 23 pages long. The list covers lot numbers and production dates going back many months. With 50 items per page, that comes to 1,100 items. The problem? They all might have glass in them.

The additional concern? They were sold under several brand names, including as the house brand for two big chains. One of those alone has a recall for over 30 million pounds of the rice products.

But there’s more. We also have a BBQ sauce with undeclared allergens, the cat food without enough vitamin B1, dog treats with salmonella and cottage cheese that contains milk that wasn’t pasteurized.

It’s not only food items that are currently on recall lists. We have baby monitors that can catch fire while charging, the bath foam that can forcefully eject pieces (three injuries so far) when opened and the metal wire grill brushes that can break off and attach to the grill or food.

Vehicles aren’t being left out. Ford is recalling transit vehicles because the brake pedal can come apart and fail. (Free inspection and repair, however.) Certain 2025-2026 Subaru vehicles are being recalled due to fuel leak, which can cause a fire. (Again, there’s a free repair.) BMW has damaged air conditioning wire harnesses, which can cause a fire. Kia Telluride, which has power front seats, are recalled because they might not restrain occupants in a crash.

To find the list of rice products that might contain glass, go to www.fsis.usda.gov/recalls. At this writing, there is a banner across the top of the page, and it’s classified as a Class 1 (High) recall.

Make it a weekly habit to take a look at recall sites, such as www.fsis.usda.gov (food), fda.gov (food and drugs), www.cpsc.gov/recalls (consumer products) and www.recalls.gov (a variety of products, food and medicine). Keep an eye on vehicle recalls at www.nhtsa.gov/recalls (you’ll need your VIN). Stay safe!

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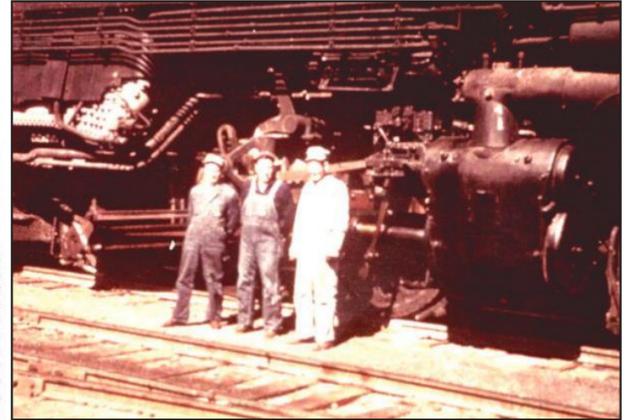
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In April of 1974 I hired out with Burlington Northern Railroad on a tie-gang going from Vancouver to Wishram, Washington replacing the worn out railroad ties. Wishram is about 100 miles East of Vancouver. And I walked nearly every step of it as a “Gandy” (A railroad Track laborer).

The Spokane, Portland & Seattle Railway (SP&S) was Incorporated in 1905, it was a joint venture by the Great Northern Railway and the Northern Pacific Railway to build a railroad along the north bank of the Columbia River. The SP&S merged into the Burlington Northern in March 1970. In 1995 Burlington Northern Railway merged with the Santa Fe Railway to form BNSF Railway.

In it’s hey-day Wishram was a crucial junction as it served as a major location for switching engines, fueling and repairing anything that needed fixing that they could handle.

Originally Wishram was named “Fallbridge” but was later changed to Wishram to honor the Wishram tribe of Native Americans.

A drive up to Wishram is an absolutely beautiful drive for an afternoon, then you can cross over to Orgon at The Dalles to take the freeway back home to good old Vancouver USA!

Original Photos of Wishram in the mid 1940s given to me by a Wishram resident way back in the 1970s.



The MainLine After my years on Burlington Northern Railroad and my thirty years as editor of The Railroad Evangelist magazine that was founded in 1938 upon my retirement in 2024 I decided to write a book of my Railroad experiences. It is available on Amazon.com or Barnsandnoble.com. Just type in my name “Joe H Spooner” if your are interested. You can also contact me vie email: rrjoe@comcast.net

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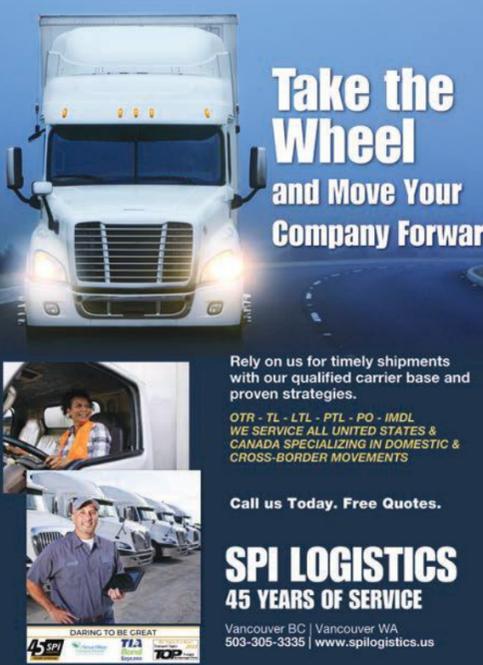
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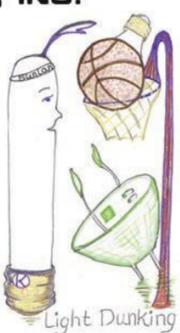
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Holidays & Observances This Week

- 3/15 Act Happy Day
- 3/16 Freedom of Information Day
- 3/17 Doctor-Patient Trust Day
- 3/18 Awkward Moments Day
- 3/19 Anonymous Giving Week
- 3/20 French Language Day
- 3/21 International Day of Forests

THIS WEEK'S CELEBRITY BIRTHDAYS

Fabio	3/15/1961
Jerry Lewis	3/16/1925
Nat King Cole	3/17/1919
Queen Latifah	3/18/1975
Bruce Willis	3/19/1955
Mister Rogers	3/20/1928
Matthew Broderick	3/21/1962



Moments in time
THE HISTORY CHANNEL



* On March 16, 1827, "Freedom's Journal," America's first Black-owned-and-run newspaper, debuted in New York City. A mix of news, service and abolitionist advocacy, it was distributed in 11 states, Canada, Haiti and the U.K.

* On March 17, 461 A.D., Christian missionary, bishop and apostle of Ireland St. Patrick died at Saul, Downpatrick, Ireland after 40 years of living in poverty, teaching and traveling, during which time he converted thousands of Irish and built churches around the country.

* On March 18, 1911, composer Irving Berlin copyrighted "Alexander's Ragtime Band," a multimillion-selling hit that helped turn American popular music into a major international phenomenon.

* On March 19, 1931, the Nevada state legislature voted to legalize gambling in an attempt to lift the state out of the Great Depression's tough times. Today, state gambling taxes account for the lion's share of Nevada's overall tax revenues.

* On March 20, 1345, scholars at the University of Paris alleged the Black Death was born of what they called "a triple conjunction of Saturn, Jupiter and Mars in the 40th degree of AQUARIUS." Also known as the Plague, it cut a swath across Europe, the Middle East and Asia during the 14th century and left an estimated 25 million dead in its wake.

* On March 21, 1956, James Wong Howe became the first Asian American to win an Academy Award, for Best Cinematography for "The Rose Tattoo," starring Anna Magnani and Burt Lancaster. According to Smithsonian Magazine, Howe claimed a knack for making "old stars young, plump stars thin, ordinary faces beautiful."

* On March 22, 1999, 22-year-old Cynthia Vigil Jaramillo was discovered running naked and with a padlocked metal collar around her neck down an unpaved road near Elephant Butte State Park in New Mexico. She had been abducted three days earlier in Albuquerque by David Parker Ray and Cynthia Lea Hendy, who brought her to their mobile home, where she was raped and tortured. While law enforcement agents believed Ray had many more victims, he was never charged with or convicted of murder and died in custody in 2002 on the way to beginning a 200-year sentence for kidnapping.

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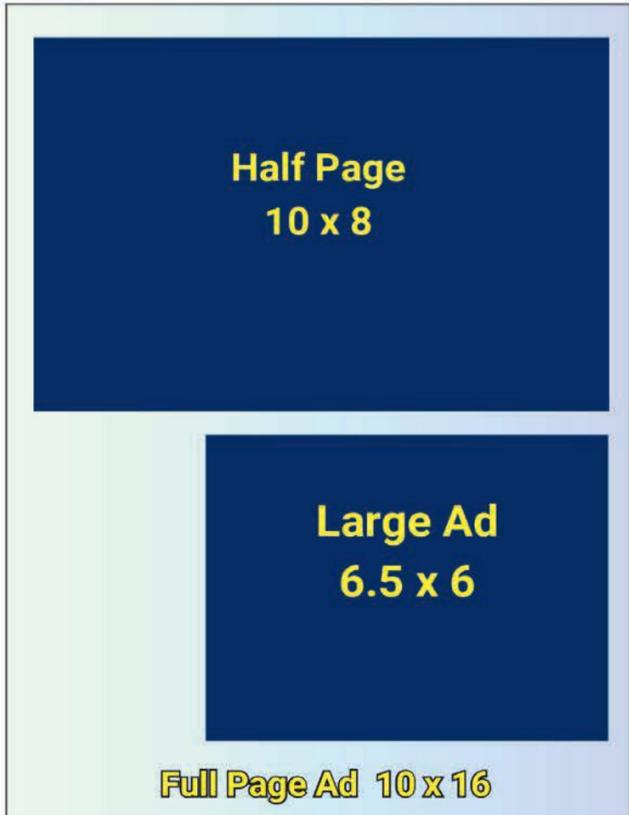
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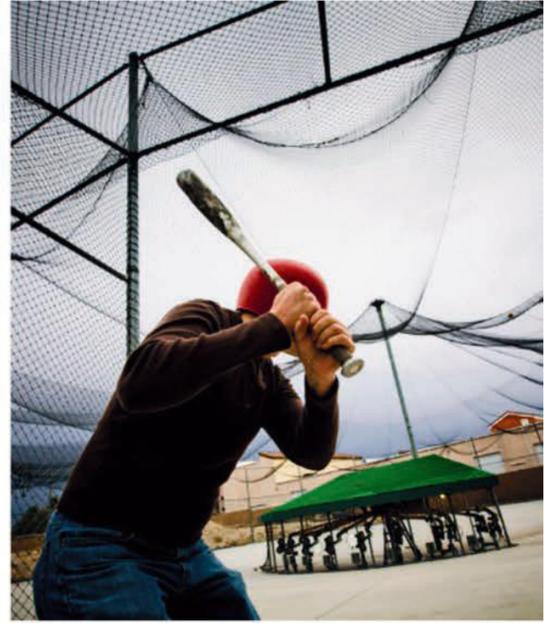
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- Outraged Rage Room
- The Marshall House

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Battle Ground

- NW Ambush Extreme Sports
- Strike Zone Batting Cages



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www.whyracingevents.com
Time: 9:00 AM
Price: Varies



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Date: March 21, 2026
Location: Water Resources Education Center
Address: 4600 SE Columbia Way, Vancouver, WA 98661
Time: 11:00 AM to 2:00 PM
Price: Free



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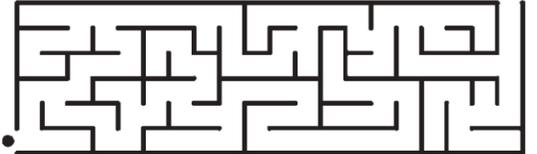
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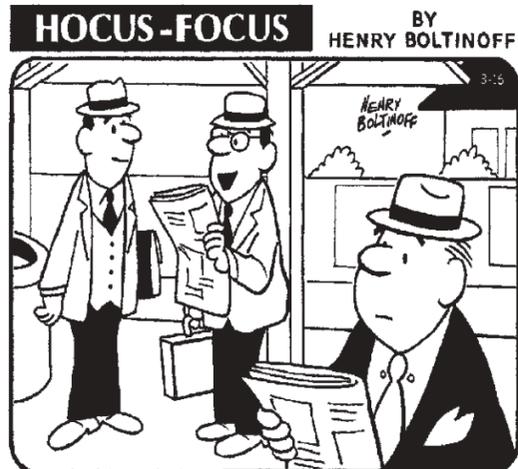
*Limit 1 per customer. Present coupon to attendant for redemption.



Kids' Maze



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Find at least six differences in details between panels.



Differences: 1. Hair is different. 2. Briefcase is different. 3. Vest is missing. 4. Elbow patch is added. 5. Newspaper is larger. 6. Bush is moved.

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: C equals E

JDCE G LUPCUADCK OW IPOL
 USJIPK UDC ADZPAD LGEHCPL,
 WSZ OGHDU LIW G JIL
 PCIADGEH US UDC ADSGP.

TIPBITS
WORD POWER
 Unscramble this word:

CLEARSPONY

One out of every 2,000 people suffer from this sleep disorder.

Super Crossword

**DOWNWARD
TREND**

- | | | | | |
|--|--|--|---|---|
| <p>ACROSS</p> <p>1 Baldwin and Guinness</p> <p>6 Pines' cousins</p> <p>10 Google Play buy</p> <p>13 In recent times</p> <p>19 A ton of, in Tijuana</p> <p>20 All over</p> <p>21 Outstanding examples on display</p> <p>23 Hot and bubbling</p> <p>24 All over</p> <p>25 Adds a little dash to?</p> <p>26 Ballpoint topper</p> <p>28 Kind of tide</p> <p>30 Nighttime light from a clear sky</p> <p>31 Creole cooking pod</p> <p>32 Actor Flynn</p> <p>34 — standstill</p> <p>35 Writer Fleming</p> <p>36 Doll's call</p> <p>38 Bean curd</p> <p>40 Person with a mouth-related nervous habit</p> <p>44 In a crowd of</p> <p>45 Some breads and whiskeys</p> | <p>46 Equine beast</p> <p>47 Blaze fighter's helmet</p> <p>51 Facilities for processing a paddy product</p> <p>53 Pep rally yells</p> <p>55 Big bay windows</p> <p>56 Cope (with)</p> <p>57 See 33-Down</p> <p>59 Env. directive</p> <p>61 Back of the neck</p> <p>62 Revolutionary Guevara</p> <p>64 Baking pans</p> <p>66 Tall conifer of California</p> <p>68 Revise copy</p> <p>69 — Cola</p> <p>71 This instant</p> <p>72 — Zedong</p> <p>73 Grand — wine</p> <p>74 Clamors</p> <p>75 Cyber-chuckles</p> <p>76 French painter</p> <p>78 1996 running mate</p> <p>80 Once named</p> <p>81 Rival of Hertz</p> <p>82 Long period</p> <p>83 Haiku, e.g.</p> <p>85 Gavel noise</p> | <p>87 Low-status, as labor</p> <p>89 Treatment tablet</p> <p>91 Like fattening food</p> <p>95 Be the chairperson</p> <p>97 Plato's "T"</p> <p>98 Toward the mouth, to an anatomist</p> <p>99 Bungee, e.g.</p> <p>100 Large plant with fronds</p> <p>102 Hershey's toffee bar</p> <p>103 Long periods</p> <p>104 Turkey Day tuber</p> <p>107 — -mo</p> <p>108 Slack-jawed</p> <p>110 Actress Chaplin</p> <p>112 Strangely beautiful quality</p> <p>116 German for "genuine"</p> <p>117 Quick-to-build house</p> <p>120 Very strictly organized</p> <p>122 Rx orders</p> <p>124 World-weary</p> <p>125 Navy aerobic team</p> <p>126 A Great Lake</p> <p>127 Singer</p> | <p>128 Sloping</p> <p>129 Decompose</p> <p>130 Oct. preceder</p> <p>131 Bob of folk</p> <p>DOWN</p> <p>1 "Do I need to draw you —?"</p> <p>2 Garage job</p> <p>3 Recession singer with the 1994 #1 hit "Stay"</p> <p>36 Tamish</p> <p>37 Pal, in Paris</p> <p>39 Olive of comics</p> <p>41 "Baloney!"</p> <p>42 Goof up</p> <p>43 Held in check</p> <p>48 Likely to run into adversity</p> <p>49 Of Swiss peaks</p> <p>50 African fly</p> <p>52 Wrestling pad</p> <p>54 Wall Street fluctuation</p> <p>58 Witty Bombeck</p> <p>60 Lacerated</p> <p>62 Letter-shaped vise</p> <p>63 Vacuum cleaner brand</p> <p>65 Lymph —</p> <p>67 Dingbat</p> <p>70 Help</p> | <p>77 Form a group</p> <p>79 Golf norm</p> <p>84 Planet's livable zone</p> <p>86 Overly modest type</p> <p>88 Smog soils it</p> <p>90 Actress — Flynn Boyle</p> <p>92 Philosopher — tzu</p> <p>93 Investment option, in brief</p> <p>94 Investment options, in brief</p> <p>96 Trapping morays, say</p> <p>101 Promote</p> <p>104 California's — Buena Island</p> <p>105 Skating leaps</p> <p>106 Media bigwig</p> <p>109 Peaks</p> <p>111 Formed into a ball</p> <p>113 "— yellow ribbon ..."</p> <p>114 Somali supermodel</p> <p>115 Prefix with drama</p> <p>118 Laos' home</p> <p>119 "It's — real!"</p> <p>121 June hrs.</p> <p>123 Stage design</p> |
|--|--|--|---|---|

Strange BUT TRUE

By Lucie Winborne

- * Adding bubbles to your bath keeps the water warm for a longer amount of time.
- * To perform Kermit's early swamp scene in "The Muppet Movie," Jim Henson had to spend a day in a 50-gallon steel drum under a pond.
- * Wakes were originally held in case the apparently deceased returned to life.
- * Giraffes have the highest blood pressure of any mammal.
- * Because the speed of Earth's rotation changes over time, a day in the age of dinosaurs was 23 hours long.
- * The Pyramid of Khufu at Giza, the largest Egyptian pyramid, weighs as much as 16 Empire State buildings.
- * A stork shot by a hunter in Germany in 1822 was found with a Central African spear piercing its throat, providing scientists with the first evidence for long-distance bird migration.
- * Soccer stars Cristiano Ronaldo and Lionel Messi were born 869 days apart, and their respective eldest sons were also born exactly 869 days apart.
- * The SkyWheel in Helsinki is the only Ferris wheel in the world featuring a sauna in one of its gondolas.
- * "To Have and Have Not," starring Humphrey Bogart and Lauren Bacall, was made into a movie after director Howard Hawks told Ernest Hemingway he could make a great film from what Hemingway called his worst book.
- * Peru is the only country whose English-language name can be typed on a single row of a standard QWERTY keyboard.

Thought for the Day: "An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves." -- Bill Vaughan

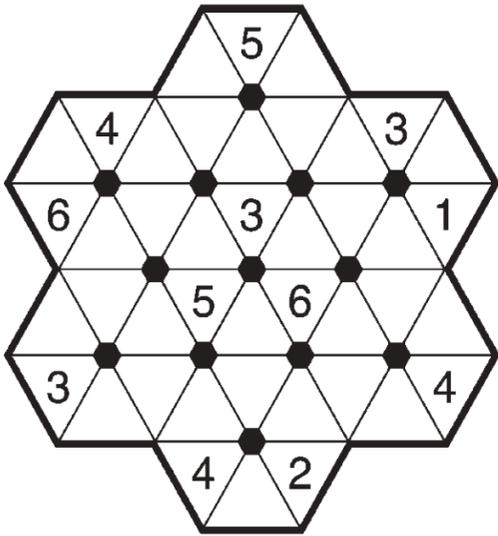
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19					20				21		22							
23					24				25									
26					27	28		29	30									
		31				32			33	34					35			
36	37				38	39			40	41			42	43				
44					45				46			47			48	49	50	
51				52					53		54	55						
		56					57	58		59	60			61				
62	63			64		65		66	67					68				
69			70		71			72			73			74				
75					76			77			78			79		80		
81					82				83	84			85		86			
87					88			89	90		91	92				93	94	
95						96		97			98				99			
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112				113	114				115	116				117			118	119
120									121			123		124				
125											126			127				
128								129			130						131	

Puzzles and Games

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

MAGIC MAZE ● WHERE WE KEEP CASH

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

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

- Art
- Bonds
- Checking
- Cookie jar
- Crypto
- Freezer
- Mattress
- Money belt
- Piggy bank
- Purse
- Safe
- Savings
- Stocks
- Vault
- Wallet



"Can anybody beat a pair of _____?"

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!

Decay
SNOWER

Layer
RITE

Remove
SEARE

Banish
LEXIE

TODAY'S WORD

Every Thursday an auction starts or ends at www.BigAlsAuction.com

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

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

Weekly SUDOKU

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

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!

TIPBITS presents TRIVIA NEWSFRONT

1. What percent of Americans routinely fail to get the recommended amount of sleep, 7 to 9 hours?
2. What percent of Americans routinely get about 6 hours of sleep per night?
3. This substance is the world's most widely used stimulant.
4. This substance is one of the world's most widely traded commodities.
5. This word comes from the Latin "circa" meaning around, and "diem" meaning day.

STICKELERS (sic)

How many words can you form from the letters a, c, e, p, r and s?

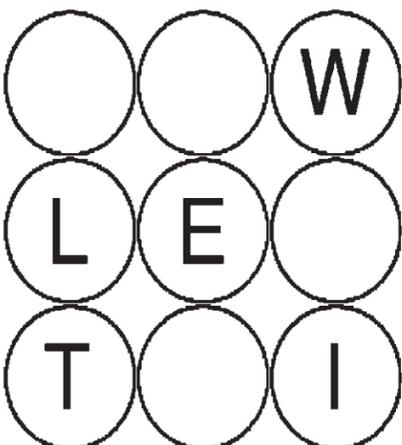
Use all six letters once and only once for each word.

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. Billfold | W _ _ _ _ _ | Baryshnikov's dance | B _ _ _ _ _ |
| 2. Prank | _ _ P _ _ _ | Provide food | _ _ T _ _ _ |
| 3. Country | _ A _ _ _ _ | Idea | _ O _ _ _ _ |
| 4. Reader's _____ | _ _ G _ _ _ | Part from | _ _ V _ _ _ |
| 5. Thames or Seine | _ _ _ _ R | Rosie's target | _ _ _ _ T |
| 6. Hair stylist | _ A _ _ _ _ | Carpet style | _ E _ _ _ _ |
| 7. Pasture growth | _ _ A _ _ _ | Twelve dozen | _ _ O _ _ _ |
| 8. Throw a horseshoe | _ I _ _ _ _ | Repair torn jeans | _ A _ _ _ _ |
| 9. Ned or Warren | _ _ _ T _ _ | _____ and the Beast | _ _ U _ _ _ |
| 10. Shady alcove | _ _ B _ _ _ | Knight's gear | _ _ M _ _ _ |

WORD SPIRAL



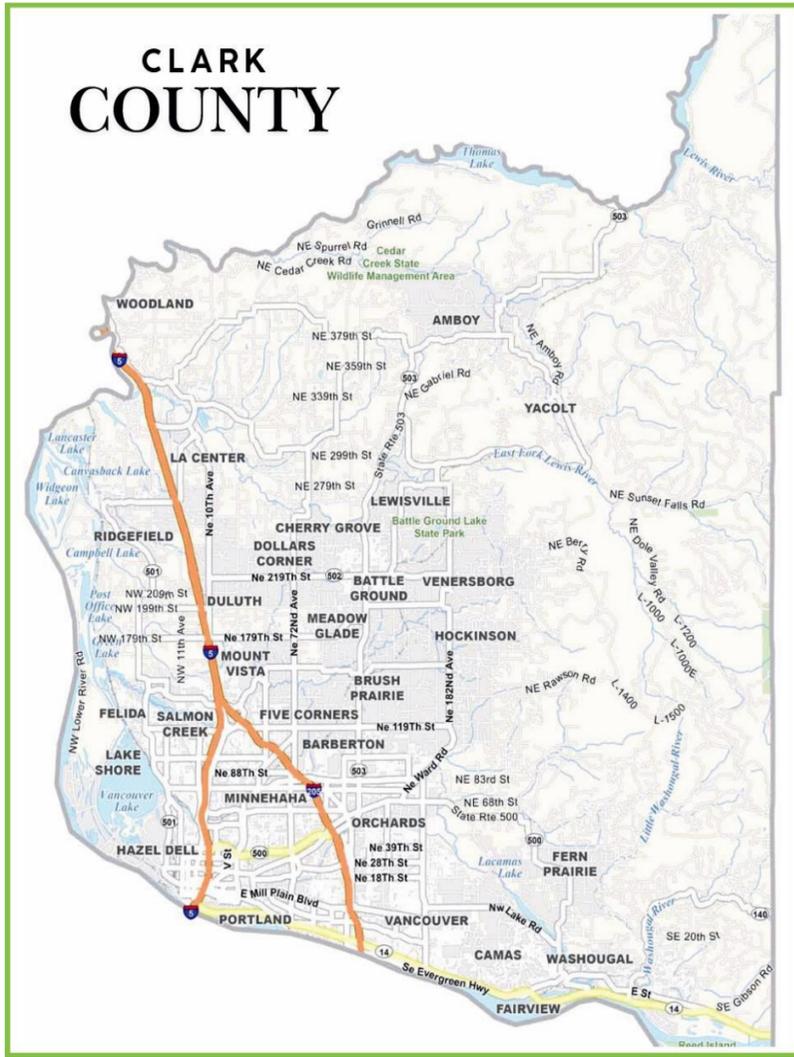
Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

TIGER

by BUD BLAKE



Living in Clark County



Clark County History

Clark County, Washington, is the oldest county in the state and has a rich history that dates back thousands of years. Long before European settlers arrived, the Chinook and Cowlitz tribes inhabited the region, thriving along the Columbia River with a culture based on fishing, trade, and natural resource management.

In 1792, British explorer Captain George Vancouver became the first European to document the area, followed by the Lewis and Clark Expedition in 1805. The Hudson's Bay Company established Fort Vancouver in 1825, making it a center for the Pacific Northwest's fur trade and regional commerce under the leadership of Dr. John McLoughlin.

As American settlers arrived via the Oregon Trail in the 1840s, tensions grew between British and U.S. interests until the Oregon Treaty of 1846 placed the region under American control. Clark County was officially created in 1845 as part of Oregon Territory and became part of Washington Territory in 1853.

Do you want to buy or sell a house?



Madison Heimbigner
Real Estate Agent

Hey there, I'm Madison Heimbigner, your friendly Realtor who knows Clark County like the back of my hand because it's been my home from day one. Since 2019, I've been passionately working with clients to find their perfect homes and spaces. There's nothing that brings me more joy than helping others achieve their real estate dreams.

When I'm not assisting clients, you can often find me deeply involved in volunteering - giving back to the community is a true passion of mine. I believe in making the real estate journey as enjoyable as it is successful! So, whether you're searching for your first home or looking to make a move I'm here to guide you with expertise and a smile.

 (360) 553-5083

 madison.evergreenrealestatepartners.com

 2700 E Evergreen Blvd., Vancouver, WA 98661



SCAN ME





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Why You Say It

'Ride Shotgun'



Should you ever be asked to ride shotgun on a fundraising campaign or some other enterprise, you will be expected to keep your eyes peeled for trouble.

That is precisely what the shotgun-toting guard did in the Old West. Usually assigned a seat beside the driver, the fellow who rode shotgun paid little or not attention to passengers or to horses. He stayed busy looking for signs of outlaws like Jesse James or for Indians, and kept his weapon at the ready in case it had to be used. The shotgun rider continues to be a vital member of the team which may face unexpected problems on the way to a goal.

Excerpts taken from the book written by Webb Garrison

Move It On Over: Stories and Songs of
HANK WILLIAMS
A Musical History Presentation
by Joel Underwood

PROVIDENCE ACADEMY
MARCH 26, 2026, 6:00 PM

Location: Providence Academy
Address: 400 E. Evergreen Blvd., Suite #105
Time: 6:00 PM to 8:00 PM
Price: \$25.00
Visit - thehistorictrust.org/calendar



Sports Quiz

By Ryan A. Berenz

1. What NASCAR driver, 1970 Grand National Series champion, quit in the middle of the 1973 Talladega 500 because he'd heard a voice telling him to get out of the car?
2. Before joining the Florida Gators in 1990 and leading them to a national championship in 1996, Steve Spurrier was head coach of what college football team from 1987-1989?
3. The 2003 Presidents Cup golf tournament was declared a 17-17 tie after three undecided playoff holes between what two golfers?
4. What Pennsylvania sportswear manufacturer was the official supplier of uniforms and apparel to Major League Baseball teams from 2005-2019?
5. Who created the Greater Oakland Professional Pigskin Prognosticators League in the early 1960s and became widely known as the father of modern fantasy sports?
6. What professional football league played only eight of the scheduled 10 weeks in its lone 2019 season and included teams like the Orlando Apollos, Arizona Hotshots, Salt Lake Stallions and San Diego Fleet?
7. A case of the yips for a baseball fielder is named after which Los Angeles Dodgers second baseman who struggled to complete routine throws to first and committed 30 errors in 1983?

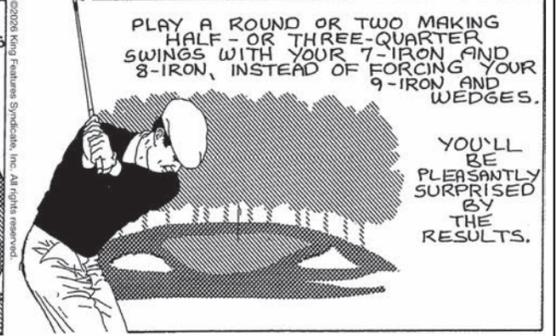


1. MOVIES: Who is the director of the Oscar-winning movie "Parasite"?
2. FOOD & DRINK: What is miso?
3. LITERATURE: What are the names of the romantic couple in "Wuthering Heights"?
4. GENERAL KNOWLEDGE: Which city's nickname is "Pearl of the Orient"?
5. HISTORY: In what year were the first modern Olympic Games held?
6. U.S. PRESIDENTS: Before becoming president, Barack Obama served as a senator from which state?
7. GEOGRAPHY: Which peninsula is the largest in the world?
8. MYTHOLOGY: Who is the Greek god of war?
9. MUSIC: Who composed the opera "The Ring of Nibelung"?
10. ACRONYMS: In computer emails, what does the acronym "CC" stand for?

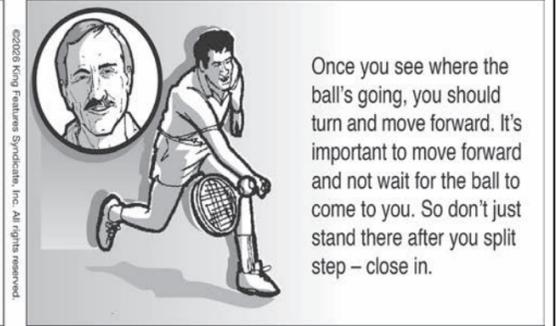
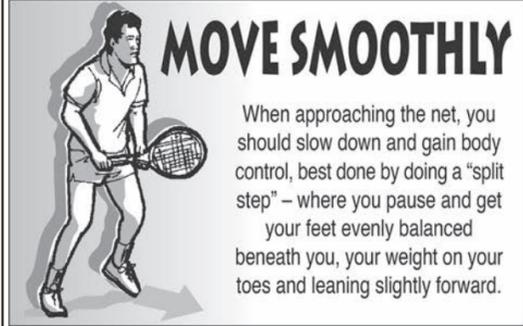
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STAN SMITH'S TENNIS CLASS



INTERESTING SPORTS FACTS THAT HAPPENED IN MARCH

- On March 2, 1962, Wilt Chamberlain scored an astonishing 100 points in a single game for the Philadelphia Warriors – an NBA record that still stands today.
- March 29, 1984 marked the relocation of the Baltimore Colts to Indianapolis, creating the Indianapolis Colts franchise as fans know it today.
- On March 31, 1985, Wayne Gretzky broke his own NHL record by scoring his 200th point of the season – a milestone no other player has reached.
- March 28, 1995: Michael Jordan announced his return to the Chicago Bulls with the simple two-word statement: "I'm back."
- On March 3, 1875, the first official indoor ice hockey game was played in Montreal, laying the groundwork for the modern sport.
- March is synonymous with NCAA Division I Men's Basketball Tournament, better known as "March Madness," one of the most thrilling and unpredictable tournaments in sports.
- On March 30, 1974, Hank Aaron hit his 714th career home run during spring training, tying Babe Ruth's legendary mark just days before breaking the record in April.

TIDBITS
Have a local sports story to share? Or want to highlight an athlete?
Email us today! joan@clarkbits.org



Jump For Joy Horse Show
Date: Mar 28 - Mar 29, 2026
Clark County Event Center

Jump for Joy with the Fox Hills Pony Club, one of the Oregon Region's oldest clubs. Founded in 1977, Fox Hills now calls the Ridgefield, Washington area home and welcomes riders from across Southwest Washington and Oregon.

Location: Dr. Jack Giesy Arena

Saturday, March 28: 8:00 AM - 5:00 PM
Sunday, March 29: 8:00 AM - 3:00 PM

Show details are subject to change. For more information, please visit:
foxhillponyclub.weebly.com

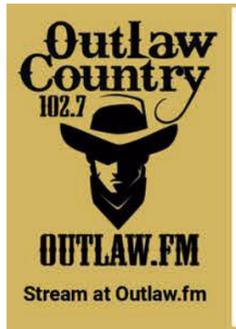
3STEP Volleyball PNW Championship
Date: Apr 04 - Apr 05, 2026
Clark County Event Center

The 3Step Volleyball PNW Championship brings together teams from across the region for a weekend of competitive play, teamwork, and high-energy matches at the Clark County Event Center.

Location: Exhibit Hall A, B, & C

Saturday, April 4 7:00am to 10:00pm
Sunday, April 5: 7:00am to 6:00pm

Event times and details are subject to change. For more information, please visit www.threestep.com



OUTLAW COUNTRY RADIO

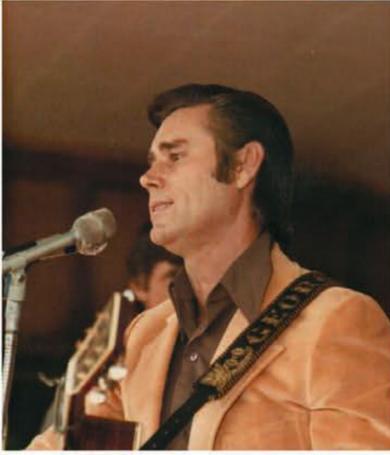
"The Best Little Country Station West of the Rockies" All Classic Country Radio Station

Outlaw Country Radio is a non-profit organization that relies on donations and sponsorships. The station is operated by volunteers and funded by listeners and underwriters.

Leonard Myers, Station Director
len@outlaw.fm
360.605.3502



Connect with us on SM



George Jones was one of country music's most unmistakable voices—an artist whose emotional depth and storytelling ability set a standard few have ever matched. Born on September 12, 1931, in Saratoga, Texas, Jones grew up listening to gospel and the sounds of the Grand Ole Opry on the radio. Those early influences shaped a singing style that would later deliver heartbreak, honesty, and humor with remarkable authenticity.

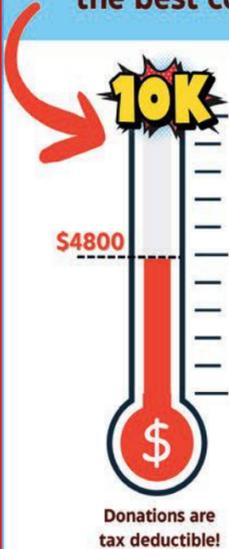
Jones first gained attention in the 1950s with honky-tonk hits like "Why Baby Why," but his career truly blossomed over the next several decades as he recorded a string of classic songs. His voice—rich, expressive, and instantly recognizable—made listeners feel every word he sang. Songs such as "He Stopped Loving Her Today," widely regarded as one of the greatest country songs ever recorded, cemented his reputation as the ultimate interpreter of heartbreak.

Despite his musical brilliance, Jones' life offstage was often turbulent. Struggles with alcohol and personal challenges became part of his legend, sometimes threatening to derail his career. Yet his resilience and passion for music repeatedly brought him back to the spotlight. Along the way, he also recorded memorable duets with artists including his former wife, Tammy Wynette, creating timeless songs that blended romance and drama.

Over a career that spanned more than five decades, Jones earned numerous awards and was inducted into the Country Music Hall of Fame in 1992. To fans and fellow musicians alike, he became known simply as "The Possum," a nickname that reflected both his humble personality and his iconic status in country music.

When Jones passed away in 2013, he left behind a legacy of songs that continue to define traditional country music. More than just a singer, George Jones was a storyteller whose voice carried the weight of real life—love, loss, and redemption—making him one of the most revered figures in the history of country music.

Support Outlaw Country Radio in raising funds to expand our reach, enhance coverage, and share the best country music with more listeners!



We're about half way to our goal!

With your support we have been able to purchase a transmitter, antenna and a shelter. As we reach our goal, we hope to expand our on air coverage in Spring 2026.

Thank you for your support!
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Email joan@outlaw.fm for more information.



ASTORIA CRAB & WINE FEST WARRENTON

April 25th to 27th
Clatsop County Fairgrounds

The Astoria Warrenton Crab and Wine Festival is held annually on the last weekend of April, at the Clatsop County Fair & Expo Center. The Astoria-Warrenton Area Chamber of Commerce (AWACC) coordinates this event which, held annually since 1982, features around 150 vendors of hand-crafted arts, coastal cuisine, Oregon wine and local brews. The festival is a major fundraiser for not only the AWACC, but dozens of community organizations that participate in the event. The festival also draws traffic to hundreds of small businesses, from Crab Fest vendors and performers to local hotels, restaurants and shops in the surrounding region.

Cape Disappointment Lighthouse

Cape Disappointment is the oldest functioning lighthouse on the West Coast. Completed in 1856, the Cape Disappointment Lighthouse guides sailors into the mouth of the Columbia River from the south.

Visit: Evergreencoastwa.com

North Head Lighthouse

North Head Lighthouse was built to provide an aide to navigation for ships approaching from the north. Those ships could not see Cape Disappointment lighthouse, two miles to the south, in time to safely enter the Columbia River channel.

Visit: northheadlighthouse.com

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Keeping Pets Safe from Poisons

DEAR PAW'S CORNER: We had a scary incident a few weeks ago. Our puppy "Terah" got into the cabinet under the kitchen sink and chewed on a plastic spray bottle with cleaning solution in it. When the plastic cracked liquid went everywhere, and she licked up quite a bit of it. I caught her just after it happened and rushed her to the emergency vet. By the time we got there, she was shaking, drooling and vomiting. Terah stayed there for two days, getting IV fluids, and she was still weak and not very hungry when we brought her home. She's doing very well now, and I am putting child-safe locks on all the cabinets! Please warn your readers to keep pets away from cleaning products and other poisons. I never thought my puppy would chew through a spray bottle. -- Billy in Asheville, North Carolina

DEAR BILLY: Thank you for this important reminder. Puppies are curious and love to chew on just about everything. The best way to keep them safe is to use "exclusion" measures like cabinet locks, high shelves and baby gates to prevent them from accessing cleaning products. Cleaning products aren't the only danger to dogs, cats and other mammals in the house. Foods like avocados, onions, garlic, chocolate and grapes (including raisins) can be deadly. Xylitol, a sweetener used in sugar-free candies but also in unexpected places like peanut butter, is especially dangerous.

Some plants are deadly to cats and dogs and should be kept out of the house or well out of reach. And medications are another huge danger if left out where a pet can reach.

Next week, I'll go over the common symptoms of poisoning and what to do if you suspect your pet has ingested something poisonous. Meantime, you can find a list of substances to keep away from your pets at fairfaxvet.com/pet-poison-control-foods-and-substances-to-keep-away-from-your-dog-or-cat

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

EMAIL YOUR PET'S PHOTO AND A SHORT DESCRIPTION TO PETBITS@CLARKBITS.ORG FOR A CHANCE OF YOUR PET BEING FEATURED

Meet Mrs. Wigglesworth

Mrs. Wigglesworth is an 8yr old calico tabby rescue cat. She loves a cozy lap, she's lazy, loves to garden and sit outside in the sun. Oh, and she has ATTITUDE!!

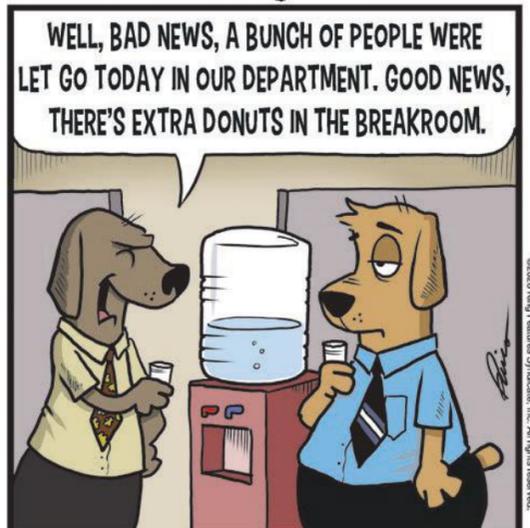
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 130 SE 192nd Ave, Vancouver, WA 98683
 INFORMATION@FURRYFRIENDSWA.ORG

Just Like Cats & Dogs by Dave T. Phipps



PET ADOPTION

Give a furry friend a forever home and adopt a pet today.

Dora
Animal ID: 174015

I'm affectionate, highly intelligent and listen to instructions. I enjoy relaxing with my people or a chew toy. I'm a playful, enthusiastic companion.

Bruce
Animal ID: 119897

I'm a sweet little guy who is just the most interested in pets, scratches, and rolling on soft surfaces.

Humane Society
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cchmuseum.org

SPRING EQUINOX NATIVE ART MARKET

SATURDAY, MARCH 21
11 AM - 3 PM

The Clark County Historical Museum is delighted to host the Spring Equinox Native Art Market on Saturday, March 21, 2026, from 11:00 a.m. to 3:00 p.m. at the museum.

This dynamic community event will feature 17 gifted local Indigenous artists and vendors, blending returning favorites with exciting new participants. Visitors can shop a wide selection of handcrafted pieces, including original artwork, jewelry, beadwork, crafts, and other Indigenous-created goods. Whether you are looking for something meaningful for your home or a one of a kind gift, the market offers an inspiring range of work rooted in tradition and creativity.

The afternoon will also include a live performance by internationally acclaimed Native American flutist Dr. Sherrie Davis, whose music will add a powerful and uplifting element to the celebration.

Admission to the museum will be free during the event, inviting guests to explore exhibits that share and preserve the stories of Southwest Washington's diverse communities.

For more information, please contact the museum at 360-993-5679.



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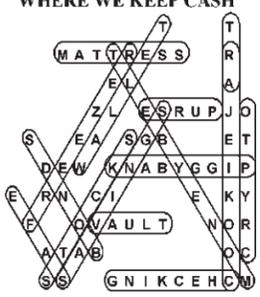
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ANSWERS

Sports Quiz Answers

- Bobby Isaac.
- The Duke Blue Devils.
- Tiger Woods and Ernie Els.
- Majestic Athletic.
- Bill Winkenbach.
- The Alliance of American Football (AAF).
- Steve Sax ("Steve Sax Syndrome").

WHERE WE KEEP CASH



Trivia Answers

- Bong Joon Ho.
- Fermented soybean paste.
- Heathcliff and Catherine.
- Manila, Philippines.
- 1896 in Greece.
- Illinois.
- Arabian Peninsula.
- Ares.
- Richard Wagner.
- Carbon Copy (once used in typewriters).

Weekly SUDOKU

Answer

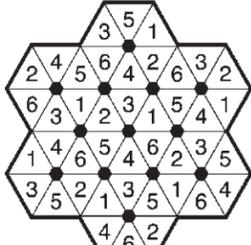
7	5	4	9	3	2	6	1	8
1	9	6	5	7	8	2	4	3
2	3	8	6	1	4	9	7	5
8	4	3	2	6	7	5	9	1
9	1	5	4	8	3	7	6	2
6	7	2	1	9	5	3	8	4
4	6	9	3	5	1	8	2	7
5	8	1	7	2	6	4	3	9
3	2	7	8	4	9	1	5	6

Even Exchange answers

1. Wallet, Ballet	6. Barber, Berber
2. Capar, Caper	7. Grass, Gross
3. Nation, Noion	8. Pitch, Patch
4. Digest, Divest	9. Beatty, Beauty
5. River, Rivet	10. Arbor, Armor

SNOWFLAKES

solution



SCRAMBLERS

solution

- Worsen; 2. Tier
- Erase; 4. Exile

Today's Word
SIXES

TRIVIA NEWSFRONT ANSWERS

- 65%
- 30%
- Caffeine
- Coffee
- Circadian

WORD POWER

ANSWER

NARCOLEPSY

CryptoQuip

answer

Word Spiral Answer

WAISTLINE

When I stretched my arms toward the church singers, you might say I was reaching to the choir.

Stickelers Answer

Here are the words we found: recaps, capers, pacers, parsec, spacer, scrape, crapes

Super Crossword

Answers

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



GIVE THE GIFT OF



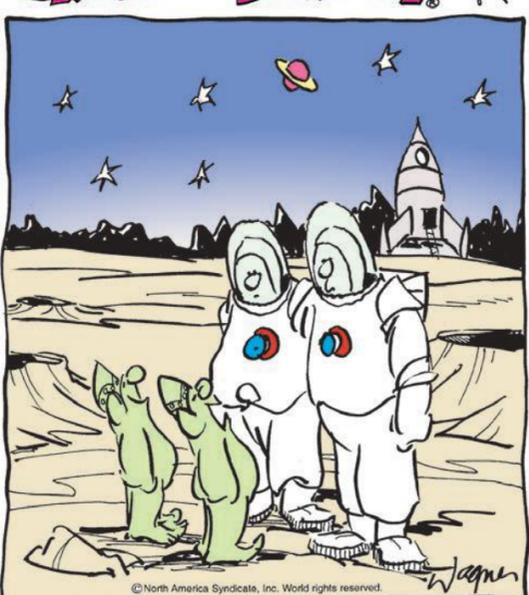
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