

www.tidbitscda.com For Ad Rates call: (208) 755-9120 tidbitscda@gmail.com

**Call Yochum Landscape for an Estimate Today**

- Lawn care
- Water features
- Trees
- Landscape installations and designs

www.yochums.com 208-660-9822

**YOCHUM LANDSCAPING, LLC**  
Licensed & Bonded

## TIDBITS® VISITS IDAHO

by Janet Spencer

Idaho boasts some amazing geographical features. Come along with Tidbits as we take a tour of the state!

### IDAHO GEOGRAPHY

- At Hagerman Fossil Beds National Monument near Hagerman, Idaho, visitors can find a greater variety of preserved species from the Pliocene age than any other place on Earth. There are over 180 animal species here, along with 35 plant species. Eight of the species uncovered here have never been found anywhere else, and another 43 species were found here first. The Hagerman horse, similar to an ancient zebra, is Idaho's state fossil. Archaeologists speculate that this great concentration of animals gathered around a drying lake during a time of extreme drought, dying of dehydration some 3.5 million years ago.
- At the Fossil Bowl near Clarkia, well-preserved leaves, insects, fish, and flowers have been entombed in soft clay for the past 15 million years. For a fee of \$10, amateur archaeologists can easily pry the layers apart, taking as many ancient fossilized leaves as they care to dig up. Some of them even retain their original brilliant colors until the moment they hit the air and turn black.

(continued)

**PLUMBING & INSPECTIONS**  
(208)651-0177

LICENSED BONDED & INSURED "TUB"

**PLUMBING:**  
Water Heaters  
Faucets  
Hose Bibs  
Leaky Pipes  
Emergency Shut-Off  
Drain Repair/Repipe  
Water Supply Repair/Repipe  
Toilets  
Etc.

**INSPECTIONS:**  
Pre-Listing Inspections  
Buyer Home Inspections  
Pre-Move-In Inspection For Renters "REX"

**100 WATER HEATER FLUSH WITH PLUMBING SAFETY CHECK**

**Cheryl Burchell**  
GOLDSMITHS  
CHERYLBURCHELL.COM

*Idaho Opal*

*Your trusted local jewelry service provider.*

208-676-1645 1524 NW BLVD COEUR D'ALENE

**Peck & Peck**  
EXCAVATING

**BOULDERS  
SCREENED TOPSOIL  
3 WAY MIX FOR GARDEN BEDS**

Call us today at 208-773-6559

**TAMARACK CONCRETE**

Call us for a free estimate for any Foundation needs you may have!

208.819.4273

5077 N Building Center Dr. Coeur D Alene, ID 83815-8324

Let us stand up for you in your time of need!

**PALMER | GEORGE PLLC**  
ATTORNEYS AT LAW  
Family Law & Criminal Defense cdalawoffice.com  
Request an initial consultation and call 208.665.5778  
923 N. 3rd Street Coeur d'Alene, ID 83814  
SERVING COEUR D'ALENE & NORTH IDAHO SINCE 2006

SEE TESTIMONIALS ON PAGE 3

Tim's Special Cut Meats  
Coeur d'Alene, Idaho

208-772-3377

Retail Meats and Deli  
Seasonings Spices  
Marinades  
Northwest Wine and Beer  
Wild Game Processing  
Mobile Butchering  
Custom Smoked and Fresh Sausages

Tue - Fri 9 am - 6 pm, Sat 9 am - 5 pm  
525 N. Graffiti St. Post Falls. timsspecialcutmeats.com

**AFFORDABLE ROOFING & REPAIR SERVICE**

Why replace your roof when you can just fix it?

**RE-ROOFS and REPAIRS**  
Over 30 Years Experience - Licensed and Bonded

**Freddie**  
208-704-2190

**WANT TO PUBLISH A TIDBITS IN YOUR AREA?**

We provide the opportunity for success!

Call 1.800.523.3096 (US)

www.tidbitsweekly.com

**Angelo's Ristorante**

Open Tuesday - Saturday 4 pm - 9 pm.  
846 N. 4th St. CDA

Reservations Recommended  
208-765-2850

Natural Organic Ingredients... Angelo

angelosristorante.net

**The LODGE ASSISTED LIVING**

**THE difference....find out on page 13**  
Welcome to a place you'll truly love to call home. The perfect choice for the the highest standard in Assisted Living.

- Comfort
- Security
- Convenience

Locally owned and operated  
Call us today: 208-457-3403  
www.LodgeLiving.net

The Lodge at Riverside Harbor 1, 52 N Cedar St., Post Falls, ID  
The Lodge at the Fairway Forest 1, 3989 N. Player Dr., Coeur d'Alene, ID

The Lodge at Riverside Harbor 2, 58 N. Cedar St., Post Falls, ID  
The Lodge at the Fairway Forest 2, 3991 N. Player Dr., Coeur d'Alene, ID

**IMPACT**  
PAINT & COLLISION REPAIR  
208-765-2805

**PAINT & COLLISION REPAIR**

- Approved by All Insurance Companies
- Free Estimates
- Frame Repair
- Expert Color Matching

**I-CAR GOLD CLASS PROFESSIONALS**

**765-2805**  
116 E. Appleway CDA  
www.impactautobodyandpaint.com

**CONTACT INFORMATION FOR TIDBITS OF KOOTENAI COUNTY**

**EVELYN HOWE** 208-755-9120

**PUBLISHER**

**TIDBITS**  
The Neatest Little Paper Ever Read!

**HOMES & Land**

Evelyn Bevacqua Howe  
212. W. Ironwood Dr., Suite D, # 224, Coeur d'Alene, ID 83814  
Cell: 208.755.9120 Email: Tidbitscda@gmail.com www.tidbitscda.com Facebook/tidbitscda

**IDAHO GEOGRAPHY (cont)**

- For over a century, Idaho's Silver Valley in the panhandle near Coeur d'Alene led the world in the production of silver, lead, and zinc. Approximately one billion ounces of silver came out of the region. Today, Mexico is the world leader in silver production.
- At Lava Hot Springs near Pocatello, the water has been flowing out at 110° F for an estimated 50 million years. The waters feed a number of nearby pool complexes, bathhouses, and water parks.
- Along the Thousand Springs Scenic Route, there truly are nearly a thousand springs bursting out of the canyon walls. The water makes its way from an aquifer near Arco, taking about 200 years to travel the 400 miles (644 km), averaging 10 to 30 feet per day as it moves through subterranean passageways.
- Big Springs near Island Park pumps out 92,000 gallons (35,000 l) of water every minute. The water forms a river called Henry's Fork, named for fur trapper Andrew Henry who established a trading post here.
- Archaeological excavations at the Wilson Butte Cave near the town of Eden have uncovered artifacts carbon-dated at 14,500 years old, making them among the oldest evidence of human habitation in the New World ever found.
- The Snake River drops over 8,500 feet (2591 m) in elevation over its entire length. It is the largest tributary of the Columbia River.
- The Snake River has been flowing for about six million years, gradually etching Hells Canyon deeper each year. Then, about 14,700 years ago, a giant lake called Lake Bonneville drained catastrophically all at once. This phenomenal deluge transformed the topography of the region all the way to the Pacific Ocean. It gave greater shape and depth to Hells Canyon. (cont)



- My best tip for the beach? A laundry basket and a bungee cord. I put my cooler, bags and sand toys in the basket and pull it along the sand using the bungee. It has worked for me many times -- and it's so convenient to keep things corralled in! Here's more tips on beach vacationing. -- JoAnn
- Must-haves at the beach: Zipper-top bags for trash and clothespins to clip a napkin down so it won't blow away!
- "Freeze bottles of water (take out a sip or two to allow the ice to expand) and juice boxes or pouches before you head out to the beach (or anytime you're taking a cooler). They will act as ice packs to keep food and snacks cool, and double as refreshing beverages along the way!" -- A.A. in Florida
- "My eyesight started to falter a few years ago, and I had found that my glasses slipped and were uncomfortable during seaside trips. I dearly love to read, and have since discovered audiobooks, or books on tape. I download them to a digital music player and can listen all day if I like. It also allows me to people-watch and even doze off! I am almost 80, so I can do that if I feel like it!" -- R.A. in Connecticut
- "I keep an empty gallon jug in the trunk of my car. When I go to the beach, if there's no shower, I can fill it with water at a faucet and get a good rinse there before I leave." -- L.G. in Mississippi
- "I bring a thin nylon bag to the beach in case I go shopping or collect shells, etc. It folds and zips down really small, so it takes up no room, but has come in handy most times that I've gone to the shore." -- T.T. in New York

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

(c) 2024 King Features Synd., Inc.

**REACH OUT TODAY FOR A FREE HOME VALUATION!**

**YOUR REAL ESTATE MARKETING SPECIALIST SINCE 1994**

**CENTURY 21** Beutler & Associates

**KOSH & SUZAN**

208.660.6948 C21RealEstateTeam.com

**my FRANCHISE CONNECTIONS** 208-755-9120

**SUCCESS** **FRANCHISE**

Find a Franchise Opportunity in Coeur d'Alene! Call Evelyn today!

myfranchiseconnections.com

**PROFESSIONAL REALTY SERVICES** SERVING WA & ID

*Buy or Sell*  
with me and 10% of my commission goes to the charity of your choice.

**208-818-8744**

**Monika Klennert**  
SRES, ARB, SFR, PSA, E-PRO

Scan to Connect!

**Just Like Cats & Dogs** by Dave T. Fhipps

OK, I HAVE CONFIRMATION FROM THE DELIVERY DRIVER AND AFTER A THOROUGH FORENSIC EXAM, I CAN CONFIRM THERE ARE NO ONIONS!

**IDAHO GEOGRAPHY (cont)**

- The Snake River runs 1,078 miles (1,735 km) and is the 9th largest river in the U.S. Of its total length, 779 miles (1,254 km) are within the border of Idaho, from where it enters at Wyoming to where it exits at Washington. This is the longest stretch of river within a single state outside Alaska.
- Although Idahoans often boast that Idaho is home to North America's deepest canyon at Hells Canyon, a closer look shows that is untrue. From the Snake River to the top of the tallest peak, He Devil Mountain, it's a distance of 7,900 feet (2408 m). That is quite a bit more than the Grand Canyon, which is 5,500 feet (1,676 m) from river to rim at the deepest point. However, Kings Canyon in California's Sierra Nevada range is even deeper, rising from the level of the Kings River to the top of Spanish Mountain, which towers 8,240 feet (2,511 m) above the river.
- Because Shoshone Falls presents an impenetrable barrier to fish navigating up the river, a tremendous number of salmon, trout, and sturgeon gather at the foot of the waterfall to spawn, which historically provided a good source of food for tribes living in the area. The number of fish has since been greatly diminished due to the number of dams on the Snake River.
- On October 28, 1983, an earthquake that measured 7.3 on the Richter scale roared through the Lost River area near Challis. Although it was stronger than the California quakes in 1989 and 1994, it only killed two people because the region is so sparsely inhabited. Off U.S. Highway 93 there's a viewing area where travelers can see the scarp heaved up by the quake. It's 21 miles (34 km) long and up to 14 feet (4.3 m) high. Mount Borah, the tallest peak in the state, gained 2 feet (0.6 m) in elevation after the quake, now standing at 12,662 feet (3859 m).

(cont)

**NEXT ONLINE AUCTION IS JULY 19-24**



**AUCTION NORTHWEST, LLC**



We are ready to consign your equipment, vehicles, tools, ATV's, building supplies & more!

We strive to continue to provide a great experience to both our consignors and our buyers.

We are located at 3156 N Beck Rd. Open Tues-Fri 8am-4pm (Monday's by appointment).

**HiBid**  
We will begin posting items online June 24th



<https://auctionnorthwestllc.hibid.com/>

*Let us stand up for you in your time of need!*

★★★★★ My parents and I hired Mr. Palmer 4 years ago to help with my legal situation, and all I can say is wow. Mr. Palmer fights and fights hard, he does what's in best interest of you as the client and is so good with his words when presenting evidence, testimony, whatever that may be. His paralegal and him are also on top of everything. We constantly got emails with updates of my situation and what the next step is. He also never missed any court hearing which you would hope for in an attorney. I highly recommend going through this law office whether its with Mr. Palmer or Mr. George. Pleasant experience, once again Thank You Mr. Palmer!!!!

**PALMER | GEORGE PLLC**  
ATTORNEYS AT LAW  
Family Law & Criminal Defense [cdlawoffice.com](http://cdlawoffice.com)

Request an initial consultation and call 208.665.5778  
923 N. 3rd Street Coeur d'Alene, ID 83814  
SERVING COEUR D'ALENE & NORTH IDAHO SINCE 2006

**21 June 2024 Real Estate Market Update**

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

**"YOUR REALTOR FOR LIFE"**



**Angie Dethloff**  
208-659-5918  
[angie@21goldchoice.com](mailto:angie@21goldchoice.com)  
[AngieDSellsHomes.com](http://AngieDSellsHomes.com)

**TIDBITS Laughs!**


Idaho potatoes are the most peeling!

**TIDBITS**  
We support Local Business!  
Advertise today!  
Evelyn 208-755-9120



**TIDBITS NUGGET OF KNOWLEDGE**

Worldwide, there are 32 different climate zones. Peru has more climate zones than any other place, with 32. Many of the eastern states in the U.S. have only one; most others have two. Idaho has 13 climate zones.



*June is Perennial Gardening Month*

**All Perennials 20% off**  
Expires 7/7/24

Hostas, Astilbe, Ferns, Grasses, Heuchera, Ligularia, Foxglove and more!



208.687.5952

**Westwood Gardens**

**Hours: M - Sat 9-5pm, Sun 10-4pm**  
Behind Super 1 Foods in Rathdrum, 15825 N Westwood Dr



**ECOGREEN SPRINKLERS**  
CAN YOU HEAR THE ECO?

**YOUR PARTNER IN VIBRANT LANDSCAPES!**

**Services Offered:**

- **Landscape Consulting:** Tailored solutions for stunning and sustainable landscapes.
- **Spring & Summer Planning:** Customized designs enhancing curb appeal and outdoor enjoyment.
- **Spring Irrigation Turn On:** Includes backflow testing for \$120.

*Let EcoGreen be the catalyst for a greener, more vibrant tomorrow!*

**Why Choose EcoGreen?**

- **Expertise:** Unparalleled experience in landscape design and irrigation planning.
- **Sustainability:** Prioritizing eco-friendly solutions for a healthier environment.
- **Customer Satisfaction:** Dedicated to exceeding your expectations.

208-661-0820  
WWW.ECOGREENSOL.COM  
ECOGREENSPRINKLERS@GMAIL.COM

*Creative Healing Massage*



**Body Intelligence:**

- Biodynamic Craniosacral Therapy
- Creative Healing Massage
- Swedish
- Deep Tissue
- Hot & Cold Stone
- Sports Massage
- Foot Reflexology


Located in Hayden  
Call for appointment  
208-755-7802

Shelley Colombini  
LMT & NCBTMB

**TAMARACK CONCRETE**

Call us for a free estimate for any Foundation needs you may have!  
208.819.4273

5077 N Building Center Dr. Coeur D Alene, ID 83815-8324



TIDBITS presents **QUIZ BITS**

1. How many dams are on the Snake River of Idaho?
2. What percent of Idaho's electricity is generated by dams on the Snake River?

**IDAHO GEOGRAPHY (cont)**

- The town of Island Park sits in the middle of a huge caldera (volcanic basin) that's 15 miles (24 km) wide. Experts estimate the volcano here erupted continuously for thousands of years before collapsing.
- Craters of the Moon National Monument in Southern Idaho showcases the results of lava flows formed by a series of eight volcanic events that occurred in spurts between 15,000 and 2,100 years ago. Much of the lava here oozed through cracks in the surface, called a fissure eruption. There are also 25 different cinder cones throughout the region. At Hell's Half Acre Lava Field, visitors can walk through lava tubes formed when flows of lava cooled and solidified on the outside while the hot magma inside continued to flow, leaving huge empty lava caves behind. The size of this national monument – 1,100 square miles (2,859 sq/km) – is nearly equal to the size of the state of Rhode Island. The area is so rugged that astronauts trained here to practice for moon landings. There are places where trees, incinerated by the heat of the lava, left perfectly formed molds behind.
- The opal mines in Clark County are the only place in North America where opals are present in large enough numbers to make commercial mining worthwhile.
- The trees at Roosevelt Grove of Ancient Cedars are around 2,000 years old.
- The Frank Church–River of No Return Wilderness is the largest designated wilderness area in the lower 48 states.
- The Spiral Highway north of Lewiston climbs up in a series of 64 switchbacks, gaining nearly 2,000 feet (610 m) in elevation in 7.3 miles (11 km). From the time it was completed in 1917 until Highway 95 bypassed it in 1979, it was the only road going north out of Lewiston.

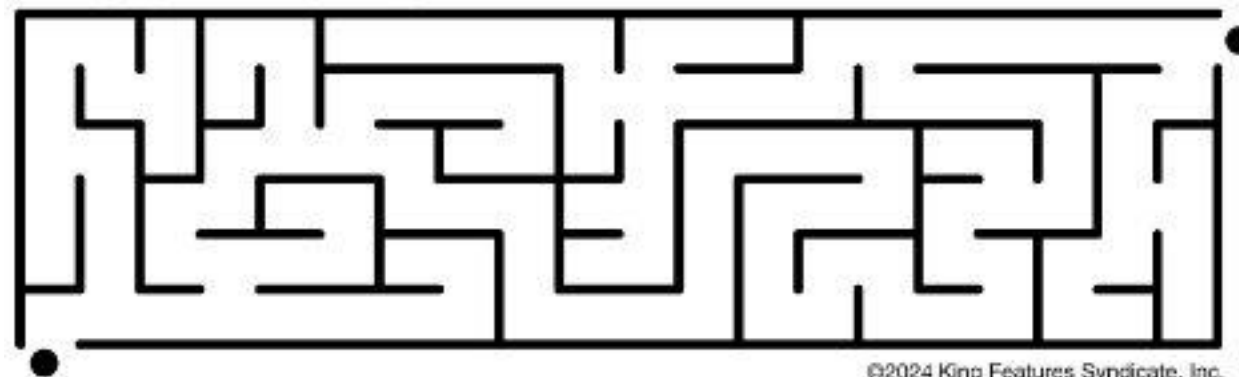
**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Legs are moved. 2. Hair is different. 3. Dog's leg is missing. 4. Cap is turned around. 5. Tongue is added. 6. Apron is missing.

**Kids' Maze**



**Strange BUT TRUE**

By Lucie Winborne

- A 5-month-old fetus has 200,000,000,000 brain cells, but by birth half of them have been lost.
- Superstitious folks understandably took note in Santa Clara, California, on Oct. 22, 1931, when the Gamma Eta Gamma legal fraternity was partially destroyed by fire: The house was located at 1313 Franklin Street, its phone number was Santa Clara 13, and the postman wore badge number 13! The damage sustained to the house was even estimated at \$13,000.
- An AK-47 is depicted on the flag of Mozambique.
- Einstein's ideas on relative acceleration were partly inspired by a guy who fell off a roof in Berlin. Surviving without injury, he told the physicist that he had not felt the effects of gravity.
- Until the 17th century, the word "upset" meant to set up (i.e., erect) something.
- The oldest recorded death sentence is found in the Amherst papyri, a list of state trials of ancient Egypt dating to 1,500 B.C. A teenage boy, convicted of "magic," was ordered to kill himself by either poison or stabbing.
- Apart from humans, the Asian elephant is the only mammal that can stand on its head.
- In 2002, the Nevada state legislature authorized a license plate depicting a mushroom cloud from an exploding nuclear bomb to commemorate nuclear weapons tests conducted in the state's desert between 1945 and 1992. The Department of Motor Vehicles, however, rejected it.
- Soviet craftsman Nikolai Syadrisky carved a set of chess figures that were so small they could only be distinguished when magnified 2,000 times with a microscope.

**Thought for the Day:**

"In any given moment we have two options: to step forward into growth or step back into safety." -- Abraham Maslow

(c) 2024 King Features Synd., Inc.

**GRIN and BEAR IT**



Wagner

"And to my gold-digger wife, I leave my pick and shovel."

# KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel  
 PHOTO CREDIT: Kovels.com  
 PHOTO CAPTION: This lamp resembles the famous Tiffany lamps of the early 20th century. Its mushroom motif and asymmetrical curves recall the stylized nature shapes of art nouveau.



## Art Nouveau

In design, the line between art and science isn't always clearly drawn. This has been true for centuries. One of the most influential figures in the art nouveau movement of the late 19th to early 20th century was a scientist, not an artist.

Beginning in 1889, biologist Ernst Haeckel published a series of books called "Art Forms in Nature" that captured the geometric structure and intricate beauty of sea life, microscopic organisms, plants, animals and insects. While art nouveau designs are stylized and exaggerated, especially human figures, the influence of nature, especially as captured by Haeckel, is clear in the organic asymmetrical shapes and the use of plants, animals, birds and insects as subjects or motifs.

This lamp shaped like a cluster of mushrooms with long stems and graceful curving shapes may not have been made in the art nouveau period, but it is definitely art nouveau style. Its leaded glass shades, bronze base and nature inspiration are reminiscent of Tiffany lamps, themselves emblematic of art nouveau, but

compared to them, it was a bargain. While authentic Tiffany lamps can sell for record-setting prices of thousands of dollars, this mushroom lamp sold for \$344 at a Hindman auction.

**Q:** My mom has a Furby Baby in its original box and is wondering what it could be worth and how to sell it.

**A:** Furby and Furby Babies are battery-operated electronic toys that can "talk." The toys have their own language, "Furbish," but can learn to speak English and several other languages. Furby was created by Dave Hampton and Caleb Chung. They sold the rights to the toy to Tiger Electronics Inc., which became part of Hasbro in 1998. Furby quickly became "the toy" to have and millions were sold. Furby Babies were introduced in 1999. They are smaller and know more phrases. They were made in 25 different colors. Hasbro stopped making the original toys in 2000 but has made new Emoto-Tronic Furby toys since then. Furby Babies sell today for about \$20 to \$40 without a box and \$40 to \$60 in the original box.

**TIP:** When moving, stuff glasses and cups with crumpled paper, then wrap in bubble wrap.

### CURRENT PRICES

Doll, china, shoulder head, flat top, molded hair, painted black, blue eyes, bead necklace, cloth body, jointed, leather lower arms and boots, lacy dress, 27 inches, \$105.

Poster, travel, Besancon La Mouillere, woman and two children in summer clothes, buildings and landscape in background, multicolor, lithograph on paper, frame, Lucien Pillot, c. 1925, 40 x 25 inches, \$160.

Musical instrument, ukulele guitar, S1 Uke, soprano, mahogany, applied neck joint, C.F. Martin, 30 x 10 inches, \$610.

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



MEET OUR PROVIDER

## Jordan Taylor

Pediatric Nurse Practitioner

*"Partnering with families to help children live their best lives is my passion, purpose and goal every day." -- Jordan*



**Coeur d'Alene Clinic**  
1090 W Park Place

**Post Falls Clinic**  
925 E Polston Avenue

**Rathdrum Clinic**  
16760 N Highway 41

**Kellogg Clinic**  
740 McKinley Avenue

**SCHEDULE AN APPOINTMENT!**

**(208) 620-5250**

[myHeritageHealth.org](http://myHeritageHealth.org) | Follow Us! |

*SIT BACK AND RELAX with a TIDBITS today!*

# TIRED? SNORING? WE CAN HELP!

Treatments for Sleep Apnea & Snoring by Dr. Erin Elliott



Call today for a consult! **208.773.4579**  
 We bill **MEDICAL** insurance including Medicare | [sleepbetternw.com](http://sleepbetternw.com)

**Uncorked**  
WITH FRIENDS  
EST. 2003  
Full Liquor License  
21 and over in wine lounge  
Great drinks & delicious food menu.  
A casual and energetic atmosphere that's just right to share with Family and friends!  
Tues-Thur: 3pm - 9pm  
Fri-Sat: 1pm - 10pm  
208-762-9463  
9443 N Government Way, Hayden, ID 83835

**Emergency Pet Care**  
208-777-2707  
Monday - Friday from 12:00PM to 8:00AM  
Open 24 hours on the Weekends  
3046 East Seltice Way, Post Falls

**STICKERS** (TM)  
by Terry Stickers  
How many of the words below are misspelled, if any?  
MINUSCULE  
BATALLION  
SHIRTAIL  
MILLENNIUM  
IRRESISTIBLE  
LIAISON  
HARASS  
©2024 King Features Syndicate

**Weekly SUDOKU**  
by Linda Thistle

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

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!  
© 2024 King Features Synd., Inc.



**ARIES (March 21 to April 19)** Temper your typical Arian urge to charge into a situation and demand answers. Instead, let the Lamb's gentler self emerge to deal with a problem that requires delicacy.

**TAURUS (April 20 to May 20)** You are aware of what's going on, so continue to stand by your earlier decision, no matter how persuasive the counterarguments might be. Money pressures will soon ease.

**GEMINI (May 21 to June 20)** By all means, have fun and enjoy this newly expanded social life. But don't forget some people are depending on you to keep promises that are very important to them.

**CANCER (June 21 to July 22)** You need to wait patiently for an answer to a workplace problem instead of pushing for a decision. Remember, time is on your side. A financial matter also needs closer attention.

**LEO (July 23 to August 22)** You now have information that can influence a decision you planned to make. But the clever Cat will consult a trusted friend or family member before making a major move.

**VIRGO (August 23 to September 22)** Good news: You're finding that more doors are opening for you to show what you can do, and you don't even have to knock very hard to get the attention you're seeking.

**LIBRA (September 23 to October 22)** Your gift for creating order out of chaos will help you deal with a sudden rush of responsibilities that would threaten someone who is less able to balance their priorities.

**SCORPIO (October 23 to November 21)** Congratulations! Your energy levels are coming right back up to normal -- just in time to help you tackle some worthwhile challenges and make some important choices.

**SAGITTARIUS (November 22 to December 21)** The sage Sagittarian should demand a full explanation of inconsistencies that might crop up in what had seemed to be a straightforward deal.

**CAPRICORN (December 22 to January 19)** A conflict between obligations to family and your job can create stressful problems. Best advice: Balance your dual priorities so that one doesn't outweigh the other.

**AQUARIUS (January 20 to February 18)** Don't guess, speculate or gossip about that so-called "mystery" situation at the workplace. Bide your time. An explanation will be forthcoming very soon.

**PISCES (February 19 to March 20)** Boredom might be creeping in and causing you to lose interest in a repeat project. Deal with it by flipping over your usual routine and finding a new way to do an old task.

**BORN THIS WEEK:** You can warm the coldest heart with your lyrical voice and bright smile. You find yourself at home wherever you are.

(c) 2024 King Features Synd., Inc.



By Sam Mazzotta

**How to remove a tick from your pet**

**DEAR PAW'S CORNER:** While checking my little Terrier, "Fritz," after a walk, I found one small tick just hanging on his fur. I don't know what I would have done if it had attached itself to his skin. What's the procedure? Should I rush him to the vet if a tick attaches itself? -- Carla in Albany, New York

**DEAR CARLA:** Excellent work in checking Fritz's coat right away after your walk! Ticks are so common now that it's important to check after every outdoor foray, even if your dog never leaves the sidewalk. A tick check is a fast way to make sure -- just by running your hand along your pet's coat, down and then up.

You do not need to rush your dog to the vet for an embedded tick. You can remove it yourself. Here's how:

- Grab a pair of tweezers and a magnifying glass. If you have surgical gloves and a tick remover tool, even better.
- Have another person hold your dog still while you locate the embedded tick.
- Carefully grasp the tick with the tweezers as close to the dog's skin as possible, near its head.
- Slowly, steadily pull the tick out. Don't jerk. Place the tick into a plastic bag with a little isopropyl alcohol.
- Clean the dog's skin with a dab of isopropyl alcohol and apply antibiotic ointment.

After removing the tick, monitor your dog for a few days and keep an eye on the bite area to make sure an infection doesn't develop. If you notice changes in his behavior, signs of illness or the bite area gets infected, then it's time to see the vet, and bring the tick along in a plastic bag. Send your tips, comments or questions to ask@pawscorner.com.

(c) 2024 King Features Synd., Inc.



**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: F equals T  
Z'P OIYMPYAUCE FZMOV YR  
WJNZIS IY TJMOOM JIV FWAU  
UFMASSCZIS RZIJITZJCC.  
Z IOOV J NYTJFZYII!  
©2024 King Features Synd., Inc.

# Pay it Forward: Volunteer as a Habitat Family Partner



**Family Partners help mentor and advocate for Candidate families in our Homeownership Program.**

Call (208) 762-4663  
or email [volunteer@northidahohabitat.org](mailto:volunteer@northidahohabitat.org)

[www.northidahohabitat.org](http://www.northidahohabitat.org)



## King Crossword

**ACROSS**

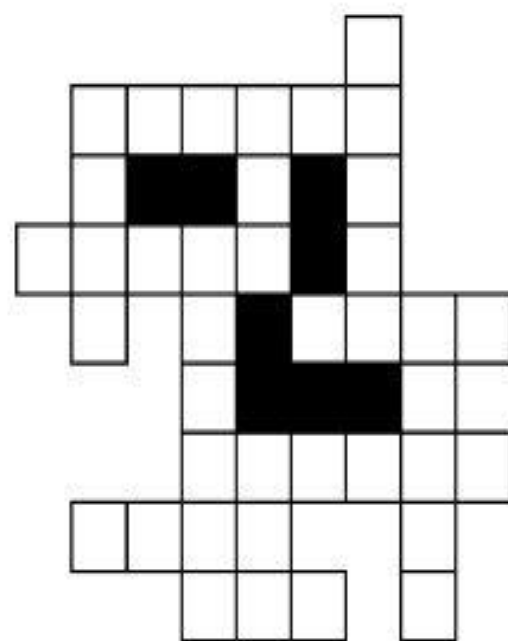
- 1 Mortgage again, for short
- 5 Carried out
- 8 Classic Fords
- 12 Golf bag item
- 13 King, in Cannes
- 14 Black-and-white cookie
- 15 Candidate
- 17 Texas city
- 18 Fall flowers
- 19 Activate
- 21 Wee bit
- 22 Elevator name
- 23 Enjoy the Alps
- 26 "Family Guy" daughter
- 28 "Have —!"
- 31 Teller's partner
- 33 '60s war zone
- 35 Canyon sound
- 36 Loses color
- 38 eBay offer
- 40 Badge metal
- 41 Computer debut of 1998
- 43 Wrong (Pref.)
- 45 Tranquil
- 47 Circular window
- 51 War god
- 52 Cancel a choice
- 54 Pudding variety

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18						19	20			
			21			22				
23	24	25		26		27		28		29 30
31			32		33		34		35	
36				37		38		39		40
		41			42		43		44	
45	46					47		48	49	50
51					52	53				
54					55			56		
57					58				59	

- 55 Greek H
- 56 Hardy cabbage
- 57 Deeds
- 58 Radiator sound
- 59 Lovers' quarrel
- DOWN**
- 1 Morning co-host Kelly
- 2 Messes up
- 3 Yard fraction
- 4 Map within a map
- 5 City on the Elbe
- 6 Winter Games org.
- 7 "Same here"
- 8 Like some jeans
- 9 Cut across
- 10 1920s art style
- 11 Anon
- 16 Baby carriage
- 20 Actress Hagen
- 23 Suntan lotion letters
- 24 Mauna —
- 25 Roundabout
- 27 Prattle
- 29 Sushi fish
- 30 Great weight
- 32 Archrivals
- 34 Brunch cocktails
- 37 — Diego
- 39 "Monopoly" cubes
- 42 Surrenders
- 44 Mopes
- 45 Poet Teasdale
- 46 Idle of Monty Python
- 48 Bound
- 49 Golden State sch.
- 50 Editor's "keep it"
- 53 UFO crew



- OEG
- ♥ HOSTER
- ♥ IGDL E
- EDGR
- ♥ ORINGE
- ♥ OTG
- NOTI
- ♥ ERTSE
- ♥ DGO
- ♥ NAGERD
- ♥ RNWGO
- OHRE



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.



**LISTEN TODAY!**  
 FIND VITALHEALTH4YOU  
 ON YOUR FAVORITE  
 PODCAST APP

OR GO TO  
[VITALHEALTHCDA.COM/PODCASTS/](http://VITALHEALTHCDA.COM/PODCASTS/)



**TIDBITS GOES GREEN**

Five plastic bottles (PET) recycled provides enough fiber to create one square foot of carpet or enough fiber fill to fill one ski jacket. Americans throw away 2.5 million plastic bottles every hour. Recycling one ton of plastic bottles saves the equivalent energy usage of a two-person household for one year.

# HealthBits

By Dr. Holly Carling

## HOW TIRED IS TOO TIRED?

The words “I’m tired” come out of the mouth of most new patients I see for treatment. I usually ask “WHY” are they so tired, and how tired are they? Many answer that they have just the “normal tiredness that everyone has”. Well, for the most part, there is no such thing as “normal tiredness”, because not everyone suffers from it. So how tired is too tired, and when is tiredness to a level that it needs to be addressed?

The problem with tiredness is that there is no concrete way of measuring it. Because it is difficult to measure and a lot of people appear to be “okay” despite their tiredness, it often gets pushed off as “depression”. I have too many patients who were put on antidepressant medications because the medical community was unable to define why they were tired, so passed it off as depression, despite the patient voicing to the contrary.

Sleep of course, is the first consideration when it comes to being tired. Fewer people, it seems, sleep well anymore. If you are having a difficult time falling asleep, wake during the night for any reason (unless you go back to sleep within a few minutes and you wake only once), sleep lightly or have a difficult time arising in the morning, chances are your sleep is contributing to your fatigue. There are solutions for every one of these causes.

What you consume can impact your energy. If

you are consuming stimulants such as coffee, caffeinated teas, alcohol, energy drinks, sodas and other sugary consumables, you are messing with your energy systems and likely making it worse. They seem to help in the short run, but the damage they do could spiral you down, making you more and more tired over time. Addressing the reasons for fatigue necessitating these stimulants, gets you off the roller coaster. There are many medical reasons for tiredness, so a very thorough health/medical exam should be the first priority. Going deep into your health history leading up to this point in time gives lots of cues as to what the underlying mechanism is for your tiredness. Blood work and a health exam are important.

If your fatigue is relentless, is limiting you, or if it is accompanied with other symptoms such as chest pain, breathlessness, digestive disorders, abnormal bleeding, or you simply don’t feel well; If working out leaves you more tired, you are not productive at work or home, or you simply can’t think straight, it’s time to get checked out.

It could be something like a bacterial or simple viral infection, or something more serious such as a serious viral infection, heart, kidney or lung disease, cancer or any number of problems.

Don’t just put up with tiredness and fatigue. Ignoring it isn’t a good idea. Seek the care of a practitioner that is willing to dig deep to find out what is wrong and get it handled. You don’t have to suffer.

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/](http://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](http://www.vitalhealthcda.com) to learn more about Dr. Carling, view a list of upcoming health classes and read other informative articles. Dr. Carling can be reached at 208-765-1994 and would be happy to answer any questions regarding this topic.

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

**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

© 2024 King Features Synd., Inc.

# NORTH STAR

RETIREMENT AND ASSISTED LIVING COMMUNITY



Call to tour today!

208-765-5505

2340 W. Seltice Way Coeur d’Alene, ID 83814



# VETERANS ★ POST ★

By Freddy Groves

## Benefits and health care for female veterans

The VA health care signed up over 53,000 female veterans in the past year, the biggest enrollment increase ever for women. But it's not just the VA chasing the numbers ... the VA has the services and facilities to provide the care female veterans need.

Among other things, female veterans under age 40 who had toxin exposure have access to breast cancer screenings and mammograms. (Breast cancer is a presumptive under the PACT Act.) In addition, screenings can be scheduled for colon, lung, skin and cervical cancers.

General health screenings can include blood pressure, diabetes, osteoporosis, as well as the whole array of standard immunizations such as flu, tetanus, Covid and more.

Reproductive and maternity care services are also available, with maternity care being handled by a coordinator who offers support for care within and outside of VA health care.

Female veterans also have a special call center. Call 1-855-VA-WOMEN (1-855-829-6636) Monday through Friday, 8 a.m. to 10 p.m. and Saturday, 8 a.m. to 6:30 p.m. There is also an online chat.

The call center can point you in the right direction for a wide variety of questions: enrolling in VA health care, what care options are available near you, eligibility, disability ratings, benefits including education and home loans, and more.

Their help extends to reporting harassment at VA, complaints about medical staff at VA, infertility services and help for military sexual trauma.

If you don't know where to start, begin with the call center. Or call your closest facility and ask for the Women Veterans Program Manager. Every VA medical facility has one.

For a long list of the services available for female veterans, go to [www.womenshealth.va.gov/WOMENSHEALTH/overview.asp](http://www.womenshealth.va.gov/WOMENSHEALTH/overview.asp)

If you're a female veteran who hasn't connected with the VA, either for health care or benefits, consider contacting the call center or the WVP manager at the closest facility and getting started.

(c) 2024 King Features Synd., Inc.


# top ten

## World's Most Profitable COMPANIES

1. MicroStrategy Inc.
2. VICI Properties
3. Emerson Electric
4. First Citizens BancShares
5. Texas Pacific Land Corp.
6. Ares Capital Corp.
7. CME Group
8. VeriSign
9. Visa
10. Banco de Chile

Source: Yahoo Finance

© 2024 by King Features Syndicate, Inc. World rights reserved.




**TAMARACK CONCRETE**  
Call us for a free estimate for any Foundation needs you may have!  
**208.819.4273**  
5077 N Building Center Dr. Coeur D Alene, ID 83615-8324

TIDBITS presents  
**TRIVIA NEWSFRONT**

1. Idaho's border with Canada is the shortest of any state, equal to the length of how many football fields?
2. What percent of the world's commercially-raised trout comes from Idaho?
3. Idaho's Hells Canyon is 125 miles (210 km) long. Is the Grand Canyon longer or shorter than that?
4. How many roads cross over Hells Canyon?
5. Shoshone Falls on the Snake River drops 212 feet, (65 m). Is it higher than Niagara Falls?

TIDBITS  
**WORD POWER**  
Unscramble this word:  
**MANGYHEWMI**

This famous writer did much of his writing in Idaho, when he wasn't at the Florida Keys.



*Hurry & Get* On the **"Build Calendar" NOW!** "Deluxe Trim Package" INCLUDED! On All Orders!

**"Perfection & Quality" Standard On All Buildings!**

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

**"Custom Built Beautiful Storage Solutions!"**  
**(208) 666-5618 • 1-888-533-6080**  
View More Beautiful Models At  
**SuperiorPoleBuildings.com**

FCE-9E142

my FRANCHISE CONNECTIONS 208-755-9120

SUCCESS

FRANCHISE

Find a Franchise Opportunity in Coeur d'Alene! Call Evelyn today!  
[myfranchiseconnections.com](http://myfranchiseconnections.com)

## DONE RIGHT MFD.-MOBILE HOME SERVICE AND REPAIR

**The LEADER in COMPACT HOUSING .. Modulares and Travel Trailers  
Tiny Houses and RVs Too**

**208-773-2322**

**\* PLUMBING..ALWAYS STARTS AT \$ 25 / HOUR**

**SALE!**

- \* SKIRTING
- \* INSULATION
- ELECTRIC & GAS
- \* ROOFING

\* INDUSTRIAL RUBBER ROOF COATS

- \* DECKS & CARPENTRY
- \* DOORS, FLOORS, WINDOWS
- \* AFFORDABLE INSPECTIONS

\* RELEVELS, MOVING, & TIEDOWNS

- \* HEATING & COOLING
- \* PARTS & SUPPLIES
- \* EXCAVATION & CONCRETE
- \* REPAIRS, ADD-ONS, INSTALLS
- \* CORRECT TECHNICAL ADVICE AND MUCH MORE !!

**ASK ABOUT A FREE UNDER HOME INSPECTION**

**OUR ANNUAL SPRING SPECIAL**

**CHOOSE 3 JOBS FOR UP TO \$300 OFF**

**LIMITED TIME REPAIR OR REPLACE CALL NOW**

**ALL SINGLE STORY STRUCTURES UP TO 50 % OFF EXTERIOR PAINTING. TWO OF THE BEST PAINTS FOR OUR WEATHER! LIMITED TIME OFFER, CALL NOW!**

**DISCOVER THE DIFFERENCE ....LICENSED BONDED CERTIFIED OVER 40 YEARS EXPERIENCE.....COVERING ALL OF IDAHO**



By Ryan A. Berenz

1. What Boston Red Sox catcher hit a walk-off home run in the 12th inning to give the Sox a 7-6 win over the Cincinnati Reds in Game 6 of the 1975 World Series?
2. What Pro Football Hall of Fame running back had his No. 3 jersey retired by the Green Bay Packers?
3. How many panels are there on a traditional Adidas Telstar truncated icosahedron soccer ball?
4. Name the Finnish NHL player who was captain of the Montreal Canadiens from 1999-2009.
5. Basketball Hall of Fame referee Dick Bavetta holds the record for number of NBA games officiated with how many?
6. Where did Pro Football Hall of Famers Lem Barney, Walter Payton, Robert Brazile and Jackie Slater play college football?
7. What is the circumference in inches of the ball used in the "blooperball," "cabbageball" or "Chicago ball" variant of softball?

**Answers**

1. Carlton Fisk.
2. Tony Canadeo.
3. 32 (12 black pentagons and 20 white hexagons).
4. Saku Koivu.
5. 2,635 (all consecutive).
6. Jackson State University.
7. 16 inches.

(c) 2024 King Features Syndicate, Inc.

## 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: ★★**

	-		×		= 27			
-		+		-				
	+		+		= 19			
÷		×		÷				
	+		÷		= 5			
=		=		=				
1		30		1				
1	2	3	4	5	6	7	8	9

©2024 King Features Syndicate, Inc.



1. HISTORY: What is America's first colony?
2. ENTERTAINERS: Which actress' mother is actress Melanie Griffith and grandmother is actress Tippi Hedren?
3. U.S. PRESIDENTS: Which president is the only one born on Independence Day?
4. GEOGRAPHY: In which country is the Mont-Saint-Michel medieval monastery located?
5. SCIENCE: What does a kelvin measure?
6. ASTRONOMY: Which star is the brightest in the sky?
7. MUSIC: What are the first names of the Gibb brothers who formed The Bee Gees?
8. AD SLOGANS: Which company's slogan is "You're in good hands"?
9. MYTHOLOGY: What did Prometheus steal from the gods, resulting in his eternal punishment?
10. ANIMAL KINGDOM: What is a baby turkey called?

*Answers*

1. Jamestown, Virginia.
2. Dakota Johnson.
3. Calvin Coolidge was born on July 4, 1872.
4. Normandy, France.
5. Temperature.
6. The Dog Star, Sirius.
7. Barry, Robin and Maurice.
8. Allstate.
9. Fire.
10. A poult.

(c) 2024 King Features Synd., Inc.

## 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!

Distress

**MAIDSY**

Deplete

**RANDI**

Spree

**BEGIN**

Gorge

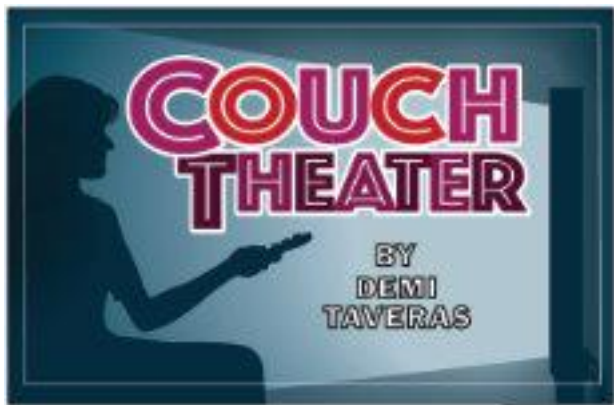
**FATES**

**TODAY'S WORD**

\_ \_ \_ \_ \_

**"Your wife claims to have \_\_\_\_\_ but she may just be pulling a fast one."**





By Demi Taveras  
Photo Credit: Apple TV+  
Photo Caption: Isabel DeRoy-Olson, left, and Lily Gladstone star in "Fancy Dance."

**"A Family Affair" (PG-13)** -- From the producers of "Anyone but You," this rom-com is led by quite the interesting trio -- Nicole Kidman ("Expats"), Zac Efron ("The Iron Claw"), and Joey King ("The Kissing Booth" trilogy) -- with Kathy Bates and Liza Koshy co-starring. King plays Zara, the personal assistant to celebrity Chris Cole (Efron), while Kidman plays Brooke, Zara's widowed mother. Upon learning that her boss of two years is hooking up with her mother, Zara understandably undergoes a bit of a crisis, especially knowing firsthand how much of a selfish man Chris can be. Amid Zara's protests, Brooke and Chris' relationship starts to deepen, as Brooke acknowledges that she hasn't felt this way in years since the death of her husband. So, will Zara continue to stand in her mother's way, or will Nicole Kidman get her happily ever after with Zac Efron? (Who would've thought!) Find out on June 28. (Netflix)

**"Red Right Hand" (NR)** -- In this action-thriller film out on June 28, Orlando Bloom dons

a Southern accent to become Cash, a hardworking man who is just trying to live a quiet life with his niece and brother-in-law after the death of his sister. But his past wasn't as clean as his present, and the presence of the kingpin Big Cat (Andie MacDowell) in his town is a reminder of that tragic past. But when Cash finds out that his brother-in-law owes Big Cat a hefty sum of \$100,000, Big Cat starts showing her claws and terrorizes their family. So, Cash is left with no choice but to fall back into her trap, and he promises to do three jobs for her to repay the debt. Despite his honorable intentions, he quickly realizes that he underestimated the mercy Big Cat will show and buckles up to finally put the kitty down. (Hulu)



**"Fancy Dance" (R)** -- Erica Tremblay makes her feature directorial debut with the perfect actress to lead this emotional drama. Taking place on the Seneca-Cayuga Nation Reservation, Lily Gladstone ("Under the Bridge") stars as Jax, an aunt who is helping prepare her 13-year-old niece, Roki (Isabel DeRoy-Olson), for an upcoming powwow. Because Roki's mother recently went missing

again, this powwow holds a special importance to Roki, and Jax tries her best to step up in Roki's mother's place. But law enforcement fails to show any desire to find Roki's mother, rather showing an interest in Jax's criminal background that they think makes her an unsuitable guardian. Even though they force Roki to live with her close-minded grandparents, the renegade Jax sneaks Roki out to embark on a journey to find her mother in time for the powwow. This moving film premieres June 28. (Apple TV+)

(c) 2024 King Features Synd., Inc.

**MAGIC MAZE ● STARS IN THE SKY**

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: A BOOK OF MAPS

- |            |          |            |          |
|------------|----------|------------|----------|
| Amansinaya | Irena    | Peacock    | Tianguan |
| Copernicus | Izar     | Polaris    | Vega     |
| Fang       | Kang     | Rasalhague | Wasat    |
| Hoggar     | Lionrock | Solaris    |          |

©2024 King Features Syndicate, Inc. All rights reserved.

**Puzzles4Kids** by Helene Hovanec

**RIDDLE SEARCH – LET'S WORK OUT!**

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **How does T-Rex feel after exercising?**

- BEND
- BOLT
- BOUNCE
- CATCH
- CLIMB
- COOL DOWN
- CYCLE
- DIVE
- HOP
- JOG
- JUMP
- LEAP
- MOVE
- PULL
- PUSH
- SPEED
- STEP
- STRETCH
- THROW
- TRAIN
- TRY OUT
- TUMBLE
- WALK
- WARM UP

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

Riddle answer: \_ \_ \_ \_ \_ .

**Wishing Well®**

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

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.

©2023 King Features Syndicate





**Post Falls FACTORY STORES**

**BROTHERS FLOORING**

4057 Riverbend Ave. Post Falls Id 83854  
**208-981-0068**

COME AND VISIT GREAT STORES!  
 Interstate 90, Exit 2



Pre-Season A/C Specials  
 Mention this ad for discounted rates!

**HOW WE SERVE YOU**

- Furnace & AC Installation
- Furnace & AC Repair
- Furnace & AC Maintenance
- Water Heater Installation
- Commercial Service & Installation
- Free Estimates

LEARNX PREMIER DEALER

You can count on us to take care of you!  
 3451 W Industrial Loop, Coeur d'Alene, ID 83815, 208.664.4114,  
 CdaSpokaneHVAC.com

**Super Crossword**

**CABINET-MAKING**

- ACROSS**
- 1 Cha-cha's cousin
  - 6 Chain selling dog chains
  - 11 Honeycomb unit
  - 15 Molar point
  - 19 Ring around a lagoon
  - 20 Sag down
  - 21 Medley
  - 22 Concerning
  - 23 Basketball guarding strategy
  - 25 Not dependent on eyesight
  - 27 U.S. Navy petty officers
  - 28 What a moving body has
  - 30 Massey of movies
  - 33 Lith. was one until 1991
  - 34 Run for a long football pass
  - 35 Gym class
  - 42 Sts. and aves.
  - 43 Remini of "Fired Up"
  - 44 Decorative wheel cover
  - 45 Put an — (cease)
  - 47 Higher-ranking
  - 49 Ballet garb
  - 50 Emergency removal, for short
  - 52 Construction girder
  - 56 Commoners, collectively
  - 58 Transaction of business via e-devices
  - 61 Volcano in Japan
  - 63 — Jose
  - 64 "Luck Be a Lady" composer Frank
  - 65 Enter
  - 69 Work contrasted with a desk job
  - 73 To be, in Marseilles
  - 74 Belly
  - 76 Mao — -tung
  - 77 Investments for later yrs.
  - 79 Nickname for Michigan
  - 83 Eggnog spice
  - 88 Typed (in)
  - 89 Trial run
  - 90 Supplies with a staff
  - 92 Oyster's prize
  - 93 Cars for VIPs
  - 95 Big arteries
  - 97 "Auld Lang —"
  - 98 Police alert, for short
  - 101 Flight travel
  - 105 Arab leaders
  - 107 Really cold
  - 108 Sparkly crown
  - 109 Fitting retribution
  - 114 Composer Jean-Philippe —
  - 118 Possess with shallow passion
  - 119 Eight U.S. ones are featured in this puzzle
  - 122 Fishing spool
  - 123 Eternally
  - 124 Verdugo of "Panama Sal"
  - 125 Art film, often
  - 126 Water swirl
  - 127 Maple fluids
  - 128 First-string athletic group
  - 129 Ceases
  - 5 Nickname for Yale University
  - 6 Adobe file suffix
  - 7 Sooner than
  - 8 Honky- — music
  - 9 Mozart's "— Fan Tutte"
  - 10 Loses one's inhibitions
  - 11 Iran- — Affair
  - 12 Race created by H.G. Wells
  - 13 "The Mod Squad" cop
  - 14 Amor, for one
  - 15 Scouted before a heist
  - 16 Loan shark
  - 17 Put on, as a play
  - 18 Corals, e.g.
  - 24 Cain's eldest
  - 26 Submitted by the deadline, say
  - 29 PC panic button
  - 31 Seagoing: Abbr.
  - 32 Egg-white protein
  - 35 Prune-to-be, perhaps
  - 36 Acronym for many vacuum cleaner filters
  - 37 Barks shrilly
  - 38 Outer: Prefix
  - 39 Paint crudely
  - 40 Audio equipment brand
  - 41 With a variety of hues
  - 46 Like sumo stars
  - 48 Ring official
  - 50 Israeli carrier
  - 51 — cava
  - 53 Once, quaintly
  - 54 PC brand
  - 55 Paltry
  - 57 Part of Babylonia
  - 59 Dot in the sea
  - 60 Erin of "Happy Days"
  - 62 Custodial worker
  - 65 Stare stupidly
  - 66 Double-reed woodwind
  - 67 In a lazy way
  - 68 Inventive
  - 70 Salt Lake City athletes
  - 71 Admin. aide
  - 72 "A —!" ("Adieu!")
  - 75 Press release packet
  - 78 Have dinner
  - 80 Hawk's home
  - 81 "Famous" cookie guy
  - 82 Pool cover
  - 84 Bible division
  - 85 Polite request beginner
  - 86 Cube creator Rubik
  - 87 Valley
  - 91 Agra dress
  - 94 Blunders
  - 95 "Got a guess?"
  - 96 Onset
  - 98 Reach for the sky
  - 99 Gave a buzz
  - 100 Bellyached
  - 102 Choir platforms
  - 103 Behave
  - 104 Partner of Athos and Porthos
  - 106 Rome's home
  - 110 Joe in a mug
  - 111 Lone Star sch.
  - 112 Ancient Brit
  - 113 Duel sword
  - 115 Prefix that's the opposite of 38-Down
  - 116 "Take — from me"
  - 117 Functions
  - 120 Comedian Gasteyer
  - 121 Aries' symbol

**DOWN**

- 1 Labyrinthine
- 2 Dip — in the water
- 3 Part of MSG
- 4 Ugly blotches

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



**Moments in time**  
 THE HISTORY CHANNEL

- On July 8, 1918, Ernest Hemingway was working as an ambulance driver for the American Red Cross while serving on the Italian front in World War I when he was struck by an Austrian mortar shell as he handed out chocolate to soldiers in a dugout.
- On July 9, 1993, British forensic scientists announced a positive identification of the remains of Russia's last czar, Nicholas II, his wife, Czarina Alexandra, and three of their daughters. Mitochondrial DNA was used on the family's bones, which had been excavated from a mass grave near Yekaterinburg two years earlier.
- On July 10, 1985, conservation group Greenpeace's flagship, the Rainbow Warrior, sank in New Zealand's Auckland Harbor after French agents in diving gear planted a bomb on the vessel's hull. The ship had been preparing for a protest voyage to a French nuclear test site in the South Pacific.
- On July 11, 2005, Hurricane Dennis blasted onto the East Coast near Pensacola Beach with a storm surge of 15 feet, wiping out power for over 1 million in Florida and Alabama, with Mississippi also being declared a disaster zone along with those two states. The hurricane had already hit Cuba, the Dominican Republic and Haiti earlier in the week, causing 21 fatalities and massive property damage.
- On July 12, 1967, race riots broke out in Newark, New Jersey, after a Black cab driver was arrested and beaten by police. The riots resulted in 24 deaths, 1,100 wounded, 1,300 people arrested and property losses in excess of \$5 million. The violence was believed to have been triggered by a number of factors, including rumors that the cabbie had died and charges that the police involved were brutally racist, along with poor mayoral leadership.
- On July 13, 1920, the U.S. Post Office banned customers from mailing children and animals. While it's hard to believe such a ruling would even be necessary, officials wisely decreed it so after several cases involving parents dispatching a child and one person posting a skunk!
- On July 14, 1953, Egyptian politician Rawya Ateya became the first female parliamentarian in the Arab world.

# SENIOR NEWS LINE

By Matilda Charles

## Beware the pepper

Oh my goodness. There's an electric stove that turns itself on, with the heating elements spontaneously getting hot! Or the temperature changes all by itself!

And there is a garden tiller that, due to a faulty instruction manual, can come apart with the tines posing a laceration hazard when the machine is used.

And there is a vinegar cleaning solution that's so caustic there is a risk of chemical burns in consumers.

These warnings come courtesy of the Consumer Product Safety Commission ([www.cpsc.gov/recalls](http://www.cpsc.gov/recalls)).

In the case of the stove, the manufacturer is stepping up with a free inspection and repair.

The manufacturer of the tiller is sending out new assembly instructions.

The remedy for the caustic vinegar cleaning solution, however, is less than satisfactory. The response is to stop using it and send away for a new warning label to paste on the bottle.

Other recent recalls on the CPSC website include defective crib bumpers that can obstruct breathing, a pool drain cover that can entrap swimmers, a smoke and carbon monoxide detector that doesn't work, kids' pajamas that are a burn hazard and eyelid wipes for dogs that are full of bacteria.

So many defective products! And without product safety alerts we might never know, until someone we know gets hurt.

A few hints:

Before you buy a product, check online for any safety alerts.

Save your receipts when you buy products, especially those that are complicated enough to come with a user manual. Tape the receipt inside the front cover of the manual or keep a folder of receipts for products you purchase.

To stay safe, sign up for product recall alerts. Besides the CPSC website, check [www.recalls.gov](http://www.recalls.gov) for an even wider selection of product types and, [foodsafety.gov](http://foodsafety.gov) for food alerts. Right now they have a salmonella alert for black pepper.

Black pepper? Who would have suspected something was wrong with pepper.

(c) 2024 King Features Synd., Inc.

**Americanisms**

"In the truest sense, freedom cannot be bestowed; it must be achieved."  
— Franklin D. Roosevelt

© 2024 King Features Syndicate, Inc.

## A past story from the Lodge, "THE DAY THE MOOSE FAMILY CAME TO VISIT"

One of our Post Falls home's residents heard a rustling outside her window in the early morning hours and imagine her surprise when she spotted a momma moose and her twins! Even better, the three visitors spent the entire day circling both homes to the delight of residents, caregivers, and visitors alike.

It is not surprising to any who know The Lodge that this little family would feel safe in our environs. Love abides and abounds both inside and out. There is so much life inside the houses, and then to see the forest creatures outside of the houses was just amazing for everybody!!

If you, like this moose family would like to join our circle of caregivers please contact Linda at 208-755-3637 or [linda@lodgeliving.net](mailto:linda@lodgeliving.net). We even have gorgeous onsite studio apartments which include meals and all utilities as a part of our employment package. And, we are delighted to schedule around school commitments for our employees who are reaching ever upward.



**Linda Davis**  
*Director of building relationships.*  
**208.457.3403**  
[www.LodgeLiving.net](http://www.LodgeLiving.net)



## Even Exchange by Donna Pettman

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

1. Fake	___ _ _ _ Y	Cell or landline	___ _ _ _ E
2. Confess	___ P ___ _	Give in	___ L ___ _
3. Dapper	___ U ___ _	Remove whiskers	___ H ___ _
4. Goddess of war	___ _ _ _ A	Greek capital	___ _ _ _ S
5. Veranda	___ R ___ _	Kangaroo's pocket	___ U ___ _
6. Danube or Tiber	___ _ _ _ R	Rosie's pin	___ _ _ _ T
7. Deputy Fife	___ _ _ N ___	Goes with hops	___ _ _ L ___
8. Swamp	M ___ _ _	Severe	H ___ _ _
9. Forgive	___ _ _ D ___	Singer Dolly	___ _ _ T ___
10. Designate	___ _ _ _ T	Give permission	___ _ _ _ W

© 2024 King Features Synd., Inc.

### STAN SMITH'S TENNIS CLASS

#### PLACEMENT OVER POWER

It's a common error to try and hit the smash with too much power, thinking you need to overpower the opponent to win the point. Your overhead should be hit with moderate power. Try to maintain a smooth swing.

#### ON THE OVERHEAD

Smart players will hit the overhead with less brute force and instead try for precise placement. It's more effective to hit the overhead with half the power, but angled to the side – try aiming at where a service line meets a sideline.

### Play Better Golf with JACK NICKLAUS

ALWAYS THINK "ACCELERATE" THEN STROKE FIRMLY ON SHORT PUTTS WHEN YOU'RE UNDER PRESSURE.

FIRST, BOLD STROKING "FITS" YOUR STRONG ADRENALIN FLOW AT SUCH MOMENTS.

SECOND TRYING TO "DIE" THE BALL INTO THE HOLE WHEN YOUR NERVES ARE TIGHT MAKES IT VERY TOUGH TO KEEP HEAD ACCELERATING THROUGH THE BALL.

**MY FRANCHISE CONNECTIONS**

ARE YOU UNHAPPY WITH YOUR JOB? WE CAN HELP YOU FIND THE PERFECT FITNESS/HEALTH FRANCHISE. WE REPRESENT OVER 1000 FRANCHISES IN THE UNITED STATES.

WE COVER MANY DIFFERENT FRANCHISE CATEGORIES LIKE AUTOMOTIVE, BUILDING & STORAGE, CAR WASH, CHILD RELATED, COFFEE SHOPS, FOOD & RESTUARANTS, GREEN & ECO FRIENDLY, HEALTH CARE & BEAUTY SALONS, VENDING MACHINES, SPORTS, TANNING SALONS, TRAVEL, PACKING & MAILING, SENIOR CARE AND MUCH MORE!

BOOK YOUR FREE CONSULTATION ONLINE AT [MYFRANCHISECONNECTIONS.COM](http://MYFRANCHISECONNECTIONS.COM) OR CALL/TEXT EVELYN AT 208.755.9120

SUCCESS FRANCHISE

**top 10 movies**

1. Inside Out 2  
(PG) Amy Poehler, Maya Hawke
  2. Bad Boys: Ride or Die  
(R) Will Smith, Martin Lawrence
  3. Kingdom of the Planet of the Apes  
(PG-13) Owen Teague, Freya Allan
  4. The Garfield Movie  
(PG) Chris Pratt, Samuel L. Jackson
  5. IF  
(PG) Cailey Fleming, Ryan Reynolds
  6. The Watchers  
(PG-13) Dakota Fanning, Georgina Campbell
  7. Furiosa: A Mad Max Saga  
(R) Anya Taylor-Joy, Chris Hemsworth
  8. The Fall Guy  
(PG-13) Ryan Gosling, Emily Blunt
  9. The Strangers: Chapter 1  
(R) Madelaine Petsch, Ryan Bown
  10. The Lord of the Rings: The Fellowship of the Ring  
(PG-13) Elijah Wood, Ian McKellen
- (c) 2024 King Features Synd., Inc.

**FLASH BACK**  
POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Who was Stu Sutcliffe?
2. What was the name of Elvis Presley's first movie?
3. "Twist and Shout" and "Ask Me Why" were on which Beatles album?
4. Which group wrote and released "It's Your Thing"?
5. Name the song that contains this lyric: "Well, I came across a child of God, he was walking along the road."

Answers

1. Sutcliffe was the original bass guitarist of the Beatles, sometimes known as the Fifth Beatle. He was also a painter and preferred to head in that direction instead of stay in music. He died of a brain hemorrhage at the age of 22 while studying at an art college in Germany.
  2. "Love Me Tender," in 1956. It was to be titled "The Reno Brothers" until Presley's recently released "Love Me Tender" song went gold and the film title was changed. Originally, his was a small part, but due to demand, Presley's role expanded.
  3. Their debut album, "Please Please Me," in 1963.
  4. The Isley Brothers, in 1969.
  5. "Woodstock," by Crosby, Stills, Nash & Young, in 1970. Written by Joni Mitchell, the CSNY cover tells the story of making a journey to the Woodstock festival, held at Max Yasgur's farm in Bethel, New York.
- (c) 2024 King Features Syndicate

**TIDBITS Laughs!**

When I went out with my girlfriend the other night, I wore a pink T-Shirt. She said I looked like a flamingo. So I had to put my foot down.

**TIDBITS QUOTE**

"Idaho: Wild, wonderful, and perfectly baked!" -anonymous

**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.

S WUSFO XYJR-WGBOBUSOX  
AYIUHXY S UL XG GROYP  
UJGFY, AYIUHXY S UL OQY  
WYBXGF S TFGN AYXO.  
- RBSVU TUQJG

©2024 King Features Synd., Inc.

**The Garden Bug**

The earliest fireworks were developed in China from 960 to 1279, during the Song dynasty. The firework displays that resembled flowers were named after them, such as peonies, dahlias and chrysanthemums.

**Fireworks in the garden**

These days you can find many flowers available for your garden that resemble fireworks and include the words "fireworks" or "firecracker" in their commercial name. The much-loved crossandra is known as "firecracker flower," and russelia is known as "firecracker plant."

- Brenda Weaver

Sources: [natureswayflorida.com](http://natureswayflorida.com), [monrovia.com](http://monrovia.com), [southernliving.com](http://southernliving.com)

© 2024 by King Features Syndicate, Inc. World rights reserved.

**ADULT WAREHOUSE**

YOUR PLEASURE IS OUR BUSINESS

509-534-5494 | 3355 E TRENT AVE SPOKANE

**Amber Waves** by Dave T. Phipps

NICE, SUMMER IS HERE. THE FLOWERS ARE ALL BLOOMED AND BRIGHT RED.

AND LOOK AT THE SOUTH PASTURE. IT IS SUCH A VIBRANT SHADE OF GREEN.

WOW, THAT SKY IS A DAZZLING BLUE AND THAT SUN IS A BRIGHT....

BLINDING STARK WHITE AND YELLOW WITH PURPLE POLKA DOTS AND SWIRLS.

**TIDBITS PUZZLE ANSWERS**

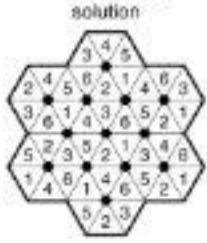
**CRUDA NEWSWORD**  
 1. 10 letters  
 2. 4 letters  
 3. Letter in 27 other words  
 4. You can also use the word when making tea  
 5. The Speed Folio says it's 70 cc

**SCRAMBLERS**  
 solution  
 1. Dining 2. Diner  
 3. Wings 4. Fruit  
 Today's Word:  
**AMNESIA**

**WORD POWER**  
 ANSWER  
**HEMINGWAY**

**QUIZ BITS**  
 ANSWERS  
 1. 15  
 2. 200

**SNOWFLAKES**

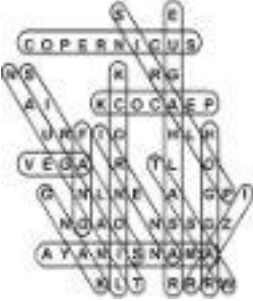


**Weekly SUDOKU**

Answer

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

**STARS IN THE SKY**



**Go Figure!**

Answers:

7	-	4	x	9	=	27
-	+	-	-	-	-	-
5	+	6	+	8	=	19
+	x	+	+	+	+	+
2	+	3	+	1	=	5
1		30		1		

**Sticklers Answer**

BATTALION has two T's and one L.

**CryptoQuiz**

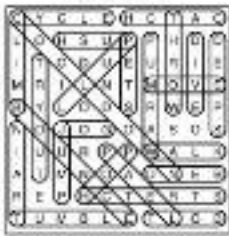
I'm notoriously fazed of having no color and thus struggling miserably to read a word!

**CryptoQuote**

I paint self-portraits because I am so often alone, because I am the person I know best. -- Frida Kahlo

**Puzzles4Kids**

Answer



**Riddle Answer:**

Dino-sons.

**Even Exchange**

- Answers:
- Piano, Piano
  - Piper's Pilot
  - Race, Race
  - Atlas, Atlas
  - Park, Park
  - Rain, Rain
  - Benny, Benny
  - Mary, Mary
  - Paradise, Paradise
  - Ally, Ally

**FEAR & KNIGHT**  
 answer



**Super Crossword**

Answers

MAMBO	PETCO	CELL	CUSP
ATOLL	DROOP	OLIO	ASTO
ZONED	DEFENSE	NONV	ISUAL
YEOMEN	KINETIC	ENERGY	
ILONA	SSR	GODEEP	
PHYSICAL	EDUCATION	RDS	
LEAH	HUBCAP	ENDTO	
UPPER	TUTU	EVAC	IBeam
MASSSES	MOBILE	COMMERCE	
FUJI	SAN	LOESSER	
GOIN	MANUAL	LABOR	ETRE
ABDOMEN	TSE	IRAS	
WOLVERINE	STATE	NUTMEG	
KEYED	TEST	MANS	PEARL
LIMOS	AORTAS	SYNE	
APB	AIR	TRANSPORTATION	
SHEIKS	ICY	TIARA	
POETIC	JUSTICE	RAMEAU	
INFATUATE	DEPARTMENT	S	
REEL	EVER	ELENA	INDIE
EDDY	SAPS	ATEAM	STOPS

**King Crossword**

Answers

Solution time: 24 mins.

REFI	DIR	LTDS	
IRON	ROI	OREO	
PROSPECT	WACO		
ASTERS	TURNON		
TAD	OTIS		
SKI	MEG	ASEAT	
PENN	NAM	ECHO	
FADES	BID	TIN	
IMAC	MIS		
SERENE	OCULUS		
ARES	DESELECT		
RICE	ETA	KALE	
ACTS	SSS	SPAT	

**Your go-to destination for fun facts, puzzles, and all-around entertainment!**

Ads Start at \$20 a week! TIDBITS is a low cost way to advertise your Business, Service or Events. Call us Today!

**TIDBITS**

**TO ADVERTISE CONTACT EVELYN AT 208-755-9120** tidbitscda.com

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

**Medicines Usually Maintain Efficacy Past Their Expiration Dates**

DEAR DR. ROACH: I recently tested positive for COVID using an expired home test, and I self-isolated for five days. I also realized every Tylenol, antihistamine, DayQuil, NyQuil and allergy pill that I had was past its expiration date. Some were only expired by a few months, but most were expired by two to four years. I guess I don't get sick often.

My question is: Before I dispose of these, how effective are they, and are any of them dangerous to use? -- K.L.

ANSWER: Drug manufacturers are required to make expiration dates, and they guarantee that the drugs are what they say they are and are effective until a certain date (at least if they are properly stored in a cool and dark area). This does not necessarily mean that they become ineffective or dangerous after expiring, and many drugs have been proven to maintain efficacy for years or decades after the printed expiration date.

A military study found that 90% of drugs are still effective 15 years after expiration. It is rare for a drug to become dangerous; however, the tetracycline class of antibiotics is one where toxicity has been found.

In general, if a drug is a few months to a year past its expiration date, it is probably OK. (Liquid drugs, nitroglycerin and insulin are notable exceptions.) But at some point, you have to ask yourself whether it is worth the small risk of the medicine being less effective, especially for inexpensive over-the-counter (OTC) drugs.

Also, COVID test kits may have an extended expiration date. The Food and Drug Administration maintains a list at [tinyurl.com/COVIDTestKitExpire](https://tinyurl.com/COVIDTestKitExpire).

DEAR DR. ROACH: Can you comment on N-acetyl cysteine (NAC), an OTC supplement for psychiatric illness? I am interested in its safety and effectiveness and whether there are any side effects or cautions when taking it.

Also, what is the safe daily dosage, and how long does it take for benefits to occur? -- L.B.

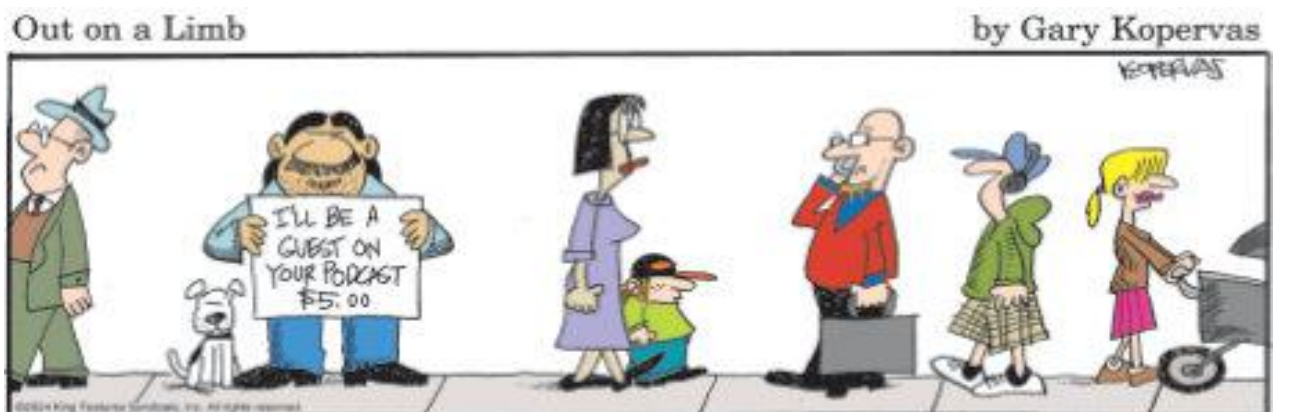
ANSWER: NAC has been intravenously used for many years in medicine as a specific antidote to acetaminophen toxicity. It is also used via inhalation to thin out thick mucus so that it can be coughed out. As you say, several recent studies have looked at its effectiveness with a variety of mental health issues, including depression, obsessive-compulsive disorder, and cannabis use disorder. Although there is a risk of a severe allergic response when used intravenously, it is generally safe when used orally. Some studies have looked at the effectiveness of NAC by itself, while others looked to see whether NAC can improve outcomes in combination with the standard treatments.

Although the literature is mixed, I say that there is promise with this treatment. When I recommend it, it is most commonly with patients who do not want to use the standard treatments or who want the lowest possible dosage. The dose used in most studies is 1-3 grams daily.

In one well-done study that looked at adults with major depression, the group who combined NAC with the standard treatment showed superiority over those who received the standard treatment alone. The difference was seen after 20 weeks of treatment. Not all studies showed a benefit.

I want to emphasize that an OTC supplement, no matter how promising, is not a substitute for medical care, especially psychiatric care. If you have a mental health issue, ask your mental health provider about NAC.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).  
 (c) 2024 North America Synd., Inc.



# North Idaho's Premier Permanent Lighting Solution.



## Never Hang Lights Again!



**Call now for a  
Free Estimate!**

Take advantage of our summer discounts before prices go up for the holiday rush.



**nitrimlight@gmail.com • northidahotrimlight.com • (208) 561-1585**

**FREE**

# SONICARE FOR NEW PATIENTS

with a new patient exam, x-rays and recommended cleaning

## Join Our Family



**Erin Elliott, D.D.S. | Ken Lynn, D.D.S. | Kelly Harness, D.M.D.**