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## TIDBITS® TELLS STREET STORIES

by Janet Spencer  
How do streets come by their names? With humor and imagination! Come along with Tidbits as we drive down some strange streets!

- STRANGE STREETS**
- At a small town in West Virginia, residents gathered to take a vote on what the municipality should be called, now that they had their very own post office. "We should choose an odd name!" someone shouted. The unincorporated settlement of Odd, West Virginia, is where you'll find Odd Road.
  - You might not think that there's anything peculiar about a street named Ocean View Drive, until you realize it's located in the landlocked city of Morgantown, West Virginia, which is about 276 miles (445 km) from the nearest ocean.
  - Ticklenaked Pond Road leads to Ticklenaked Pond near Ryegate, Vermont. The name is likely either the poorly pronounced version of the Delaware Indian word "taugamochek" meaning "little beavers," or the similarly mispronounced version of "took-nock-ett" meaning "riverbank."

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**STREET STORIES (cont)**

- In New Orleans, Louisiana, some streets in the historic French Quarter are named for royal houses of France. Many people mistakenly believe that Bourbon Street was named after the liquor, but it's really named after the House of Bourbon, who was the ruling dynasty of France when the city was built. (Later, a county in Kentucky was named Bourbon County, and they invented the drink.) Likewise, Burgundy Street was named for the House of Burgundy rather than the wine. (The wine was developed in the area of France where the Burgundy family lived.) Other streets named for royalties include Dumaine, Toulouse, Conti, Dauphine, and Chartres.
- Outside Caldwell, Idaho, in the 1930s, Morris and Laura Lamb wanted to have the road in front of their farm paved, but had reached nothing but dead ends. Mrs. Lamb solved the problem by graciously inviting Idaho Governor Ben Ross and his lovely wife Edna to dine with them, at their house, on their unpaved road. By the time the governor reached the Lamb farm, his jowls had been thoroughly jounced. As he ate Mrs. Lamb's delicious chicken dinner, he agreed that if the Lamb family would grade and gravel the road, he would see that it was paved. Thus, Chicken Dinner Road was named.
- In 1962, Elvis Presley starred in a movie called "Follow That Dream." It was filmed in and around Inglis, Florida. Today, Follow That Dream Parkway bisects the town, attracting Elvis fans from all over. (cont)



- "Planning a new roof? Go light on the color for cooling benefits. Check with your home insurance company to see what discounts it might offer for different styles or options, like upgraded hurricane clips or fire retardant materials." -- R.E.W. in Tennessee
- Cut a cord of firewood in the spring and cure it yourself. Store it away from the house and properly care for the wood by stacking it where it will have access to the sun and wind to dry it. Let it season for six months or longer, and you'll have firewood ready when the temperatures drop again.
- "If you are melting chocolate in your microwave, do yourself a favor: Line the bowl with wax paper or parchment paper. The chocolate is still easily stirrable, but when you take it out, you can lift and scrape all the chocolate off the paper so that none is wasted!" -- A.A. in Florida
- Check bagged frozen vegetables with the squeeze test: If it is hard and solid, it has thawed and refrozen, so you should choose another bag.

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STREET STORIES (cont)

- Curtis Springer was a radio evangelist, faith healer, and quack. What he needed was a hot spring spa where he could heal sick people and relieve them of their money. However, lacking a hot spring, he settled in the middle of California’s Mojave Desert, where he heated his own well water and claimed it was an all-natural mineral hot spring. He named the road leading to his compound Zzyzx Road (pronounced ZIE-zix), a totally made-up name, because he wanted to have “the last word in health.” In the mid-1970s, he was found to be squatting on the land illegally and evicted, yet Zzyzx Road remains.
- The Latin verb “boāre” means “to roar, bellow, or call loudly.” This gives us the word “Boo!” as when jumping out to scare someone, a term that has been widely adopted by many languages. The root word “boo” results in other scary things, including “the boogeyman.” Therefore, Booger Branch Road in Knott County, Kentucky, follows a scary or haunted creek bottom.
- Lick Skillet Road in Lawrenceburg, Kentucky, winds its way through an area where “lickskillet” was once slang, describing people so poor they had to lick the skillet clean.
- In 1931, two guys in Arkansas did a comedy skit for their local Lions Club. It was so popular that they did the same skit for the local radio station. This eventually led to a 25-year run of a nationwide radio show called “Lum & Abner.” In the show, the characters discussed the goings-on in their fictional hometown of Pine Ridge, Arkansas, where the locals typically gathered at the Jot ‘Em Down General Store. Not surprisingly, various municipalities started up their own (real) versions of the Jot ‘Em Down store, often arranged so that farmers could keep a tab and pay for everything once the harvest was in. Jot Em Down Road in Gainesville, Georgia, resulted from this scenario. (cont)

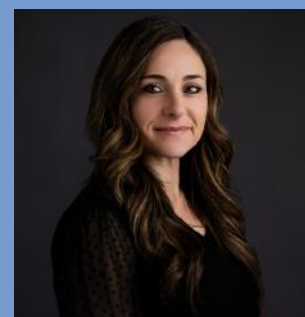


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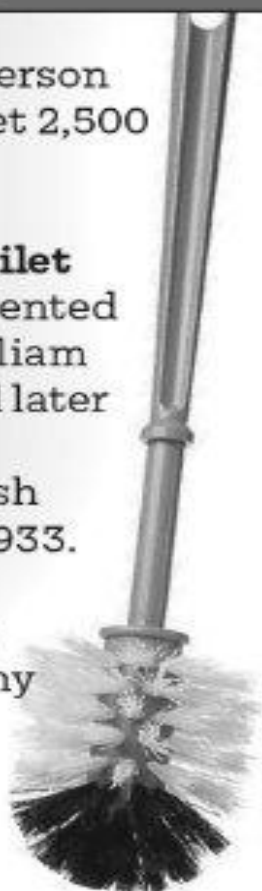


## Fun Fact

The average person visits the toilet 2,500 times a year.

The **plastic toilet brush** was invented in 1932 by William C. Schopp and later patented by the Addis Brush Company in 1933.

In 1890, Scott Paper Company introduced toilet paper in a roll.



Source: [www.conwayservices.net](http://www.conwayservices.net)

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**TIDBITS QUOTE**

"Often, bumpy roads lead to beautiful places." -Dave Martinez

**STREET STORIES (cont)**

- In Fountain, CO, an HOA insisted that a small local road needed to be officially named. Because it was actually a private driveway, the owners felt this was unnecessary. Pressure was relentless, so they finally named their driveway A Dog Will Lick His Butt But Won't Eat A Pickle Road. Because it's on private property, it's not shown on any maps.
- A street in Jenkins Township, Pennsylvania, is named Divorce Court. East Peoria, Illinois, does it one better with its Supreme Court, District Court, Appellate Court, and Circuit Court. Wildwood, Missouri, has a Kangaroo Court. And don't forget Basketball Court in Holly Springs, Mississippi, or Squash Court in Beaufort, South Carolina.
- There's no place like Kno Place in Rapid City, South Dakota, just outside Black Hills National Forest. Or you could live on Haviture Way in Eugene, Oregon. Uptha Road is located outside the town of Casco, Maine.
- Toe Jam Hill Road on Bainbridge Island, Washington, is a mispronunciation of an early settler named Torjoram, a Hebrew name.
- Washington, D.C. named 50 streets after each of the 50 states, which is why the White House is located at 1600 Pennsylvania Ave.
- In Columbus, Ohio, Chittenden Avenue near Ohio State University is informally referred to as "Chit", reflected in local event names such as "ChitShow" and "ChitFest".
- An online poll asked readers to submit the silliest names for roads that they knew of. The hands-down winner was Psycho Path, a private road near Traverse City, Michigan.
- Gravy Train Lane in Topeka, Kansas, leads to the dog food factory. Doggie Drive is nearby.
- Seniomsed Avenue in Des Moines, Iowa, is pretty weird, as if it's a foreign language, or a strange family name. But it's really just "Des Moines" spelled backwards.

**Strange BUT TRUE**

By Lucie Winborne

- "Octlantis" is an underwater city off the coast of Australia where octopuses have built homes and formed communities.
- Skin cancer is the world's most common cancer.
- When a 1994 power outage in Los Angeles knocked out city lights, many residents were able to see the Milky Way for the first time and were so confused by the sight that they called 911.
- Theophilus Van Kannel was inspired to invent the revolving door because he disliked opening doors for women.
- Cocoa powder was once used as a makeup foundation.
- Prior to 1949, the grass on tennis courts was kept at 2 inches long, until a player was bitten by a snake. Now it's a safer 5/16 of an inch.
- The tension of the 230-odd strings on a grand piano exerts a combined force of 20 tons on the instrument's cast-iron frame.
- Chickpeas and almonds contain nearly as much protein as steak.
- Hiroshima and Nagasaki are no longer radioactive, largely because the bombs that struck them never touched the ground but detonated in the air.
- Steven Blumberg stole 23,000 rare books from 268 libraries across the U.S., at a value of \$5.3 million, earning him the nickname "Book Bandit" and the distinctive title of America's most successful book thief. be in an office clique.
- Thought for the Day: "It is the supreme art of the teacher to awaken joy in creative expression and knowledge." -- Albert Einstein

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**HOCUS-FOCUS**                      BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Leg is moved. 2. Vacuum is moved. 3. Blinds are higher. 4. Drawer is larger. 5. Back of chair is higher. 6. Bottom of chair is different.

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ANOT VNOZSMOZNUMW MUP  
OIMUJYNIVMOZNUMW GNEDI  
– ZU WNSD.  
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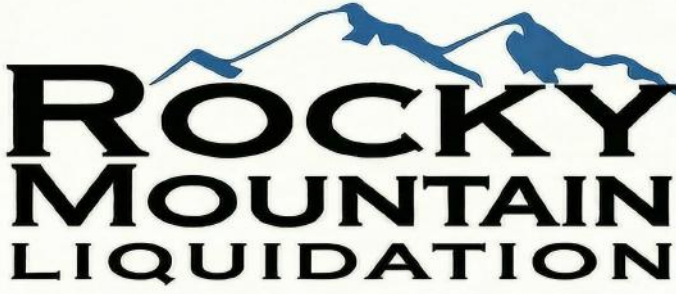
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5/11	Eat What You Want Day
5/12	Limerick Day
5/13	Small Business Week
5/14	Dance Like a Chicken Day
5/15	International Day of Families
5/16	Love a Tree Day

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2. What is the second most popular geographic feature found in street names?



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## Even Exchange by Donna Pettman

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

- |                      |              |                      |              |
|----------------------|--------------|----------------------|--------------|
| 1. Derrick           | __ _ _ N _   | Wooden enclosure     | __ _ _ T _   |
| 2. Meditation        | __ R _ _ _   | Actor or team member | __ L _ _ _   |
| 3. Gut feeling       | __ _ N _ _   | Pigeon enclosure     | __ _ T _ _   |
| 4. Torrent of rain   | __ _ _ _ G _ | Hoodwink             | __ _ _ _ D _ |
| 5. Aesop's specialty | F _ _ _ _    | Kitchen furniture    | T _ _ _ _    |
| 6. Modify            | __ _ _ E _   | Church platform      | __ _ _ A _   |
| 7. Smallest finger   | __ _ N _ _   | Hard to please       | __ _ C _ _   |
| 8. Energetic         | __ I _ _ _   | Attractive           | __ O _ _ _   |
| 9. Clothes holder    | __ _ _ _ E _ | Airplane garage      | __ _ _ _ A _ |
| 10. Underage person  | __ _ _ _ R   | North Dakota city    | __ _ _ _ T   |

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

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



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## SNOWFLAKES

by Japheth Light

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

**DIFFICULTY THIS WEEK:** ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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# HealthBits

By Dr. Holly Carling

## THAT TIME OF LIFE: MENOPAUSE

When we are young, we can't wait to reach that time of life when our monthly "curse" (as some term it) is over with, we can start thinking in terms of retiring in the next decade or so, and life taking on a more calm, wizened pace. But then when we get there, well, it isn't quite what we thought. Symptoms such as hot flashes, night sweats, emotional instability and even moodiness, reduced desire for sex, vaginal dryness, irregular periods, heavier periods, trouble sleeping, forgetfulness, and an increase of health issues, all seem to combine against us and threaten to steal the very joy out of this time of life.

Is there anything we can do about it, or are we just stuck with this lot in life? Yes, and no. Yes, there are many things we can do to try to mitigate many of these symptoms, so, therefore, you are not just stuck with this lot in life!

Start with the simple things: sugar frequently will trigger hot flashes. Test it out. Go 2 weeks without sugar, then eat one of your favorite sugary "treats". For many, it is a real eye-opener. Other triggers include hot foods and drink, especially coffee, tea (especially caffeinated), soups, alcohol (especially wine), spicy foods, smoking, heat (hot showers, sauna's, blow dryers, heaters, hot weather), excess activity like exercise and stress. The more of the above you can eliminate, the better.

Helpful foods include eating healthy fats, especially avocado, high fat fish, raw nuts, butter, olive oil, coconut oil and other healthy fats. Make sure you avoid the bad vegetable,

soy, canola, margarine and other hydrogenated or partially hydrogenated oils. Many vegetables and fruits are helpful for balancing estrogens, but be cautious if you have or have had estrogen-dependent cancer. Cruciferous, green leafy veggies and root veggies are all good vegetables. Avoid soy, even though it has estrogen-enhancing qualities.

Stress is a big trigger. Stress releases hormones that can cause an imbalance in sex hormones and make your peri-menopausal and menopausal symptoms worse. Relaxation techniques, meditation, yoga, tai chi or qi gong are all helpful activities to keep stress manageable. Don't forget to take care of your adrenal glands as they are critical to your response to stress.

Using treatment methodologies that enhance your body's ability to manage stress and help hormonal balance is pretty important for many reasons at this time of life. Acupuncture is an effective means of balancing hormones. In a Menopause issue in June 2016 entitled "Acupuncture in Menopause (AIM) study: A Pragmatic, Randomized Control Trial", it concluded: "We found that a course of acupuncture treatments was associated with significant reduction in VMS [of menopause], and several quality-of-life measures, compared with no acupuncture, and that clinical benefits persisted for at least 6 months beyond the end of treatment."

You don't have to live with menopausal symptoms. There is a lot you can do to resolve your symptoms.

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 assume the risk of any injuries.

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# VETERANS ★ POST ★

By Freddy Groves  
**The Star Act**

The Major Richard Star Act seeks to allow 55,000 combat-injured veterans (who have less than 20 years of service) to receive their full pay at the same time they get disability benefits. The explanation on the website for the U.S. Senate Committee on Veterans' Affairs on the history of the act reads like a tennis match, and you could get whiplash watching the ball being volleyed back and forth. We have the vote in the Senate going from the Committee to a vote that was blocked by the Republicans as something we can't afford ... to the Democrats who offered a compromise motion about floor time for the vote ... back to the Republicans ... back to the Democrats ...

Currently, for those who don't have their 20 years, there's a reduction in pay in exchange for disability benefits, and that's what the Star Act can fix.

It's mind-boggling to consider: You serve your country and end up so combat-injured you can't continue and you are medically retired. Then, the rules say, you have to decide between DoD retirement benefits and VA disability benefits. And for every VA dollar, they take away a DoD dollar.

Needing to calculate having VA-disability dollars deducted from DoD pay benefits doesn't help veterans decide their financial future, but passage of the Star Act would.

The Star Act says injured veterans should at least be given a choice of getting Combat-Related Special Compensation (CRSC) or their regular retirement pay plus the Concurrent Retirement and Disability Pay (CRDP) service-connected disability compensation. There are financial considerations of all types between the two. One example is that CRSC is not subject to division with a former spouse and CRDP is. CRSC is not taxable; CRDP is. One requires 20 years of service, and one requires 50% disability instead of 10% and being at least 60 years old. There's a lot that goes into the decision.

If you're in a position of needing to decide which financial route to go, see the info at [www.dfas.mil/RetiredMilitary/disability/comparison](http://www.dfas.mil/RetiredMilitary/disability/comparison).

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CANCER in pets: Early signs every owner should know

DEAR PAW'S CORNER: When my cat developed cancer, the only symptom he had was weird. "Manny" started jumping up on the kitchen table and staring at me while I made dinner! He never jumped up on the table or kitchen counters before. I thought it was cute and would just scold him and put him down, but he would jump right back up. We were very lucky that his annual checkup took place soon after he started doing that. I told the vet about the behavior, and she ordered an additional blood test, which showed there was a problem. My cat is being treated for lymphoma and is doing very well. So I don't think a sudden change in behavior is just "cute," pay attention! -- Linda R., Saratoga Springs, New York

DEAR LINDA: I'm so glad to hear that Manny is doing well! Lymphoma is usually very responsive to chemotherapy, and cats experience few side effects in most cases.

- Cats are especially good at hiding illness -- it's instinctively built in. Plus, some illnesses mimic other diseases, or just present as quirky behavior changes.
- Symptoms of possible cancer in pets can be subtle, so contact your pet's veterinarian if you notice any of the following: changes in behavior or eating habits; loss of interest in favorite activities; lameness or indications of pain; unexplained weight loss; abdominal swelling; lumps or bumps on their skin that change over time; persistent vomiting or diarrhea; bleeding; difficulty eating, breathing or swallowing; or sores that won't heal.

Many of these symptoms show up in diseases other than cancer, which is why it's important to have your pet evaluated by a vet to determine the cause and get the correct treatment.

Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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**MINI SUDOKU**

		4	5		
	6			4	
		2	3	6	
5					
				5	2

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

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**"Ready or Not 2" (R)** -- The sequel to "Ready or Not" (2019), a comedy-horror film that catapulted Samara Weaving ("Borderline") into "scream queen" territory, is out now to rent after pulling in three times its budget in theaters. (Not bad!) Weaving reprises her role as Grace MacCaullay, and the sequel picks up moments after the events of the last film. Grace has just survived the ritual where she was supposed to meet her end and reunites with her younger sister, Faith (Kathryn Newton), while she recovers in the hospital. However, a council including six elite families hears wind of Grace's successful escape and manages to kidnap both Grace and her sister for another round of games. Sarah Michelle Gellar ("I Know What You Did Last Summer") and Elijah Wood ("Yellowjackets") joined the cast this time around. (Apple TV+)

**"Remarkably Bright Creatures" (PG-13)** -- This film, led by Sally Field ("80 for Brady") and Lewis Pullman ("Wishful Thinking"), is based on the novel of the same name by Shelby Van Pelt. Although it's dubbed a "mystery drama," there's a heartwarming human element to the film due to Field's and Pullman's endearing performances, as well as the subject matter at hand. Field plays Tova, an elderly widow who works the night shift at her local aquarium. When a young man named Cameron (Pullman) begins working alongside her, they form an unlikely bond as she helps him to find his father. Colm Meaney ("The Panic") and Alfred Molina ("Harold and the Purple Crayon") co-star in the film, which is out now to stream. (Netflix)

**"Lurker" (R)** -- We have a bit of horror this week, we have a tearjerker, and now we have this arthouse film starring Theodore Pellerin ("Beau Is Afraid") and Archie Madekwe ("Saltburn"). "Lurker" follows retail worker Matthew (Pellerin), who's working at a clothing store in Los Angeles when a popular musician named Oliver (Madekwe) wanders in. The two hit it off and become fast friends (not unlike the beginning of "A Star Is Born"), to the point that Oliver offers a spot to Matthew in his entourage as a documentarian. Infatuated with the idea of being adjacent to a celebrity, Matthew accepts, only to begin spiraling as Oliver's infatuation with him loses steam just as quickly as it started. Premieres May 15. (HBO Max)

**"Tucci in Italy: Season 2" (PG)** -- Back for another season is this National Geographic series hosted by Stanley Tucci, which is perfect timing considering that Tucci is currently on a roll with a bunch of press for "The Devil Wears Prada 2." In this season, the 65-year-old actor explores five new regions in the country that his family has descended from, including Naples and Campania, Sicily, Le Marche, Sardinia, and Veneto. Tucci also visits the world's smallest kingdom on Tavolara Island, whose king owns a seafood restaurant called Da Tonino. Tucci told People magazine, "In Italy, food is never just food. It's memory, identity and, sometimes, a full-blown argument." All episodes are available to stream on May 12. (Disney+)

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**Weekly SUDOKU**

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

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

**DIFFICULTY THIS WEEK: ♦♦**

♦ Moderate   ♦♦ Challenging  
♦♦♦ HOO BOY!

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1. What is the most common street name in the U.S.?
2. What is the most common street name in the U.S. that is not numerical?
3. Where does Main Street rank in the top ten most popular American street names?
4. What president has more streets named after him than any other President?
5. What is the most popular tree to have a street named for it?



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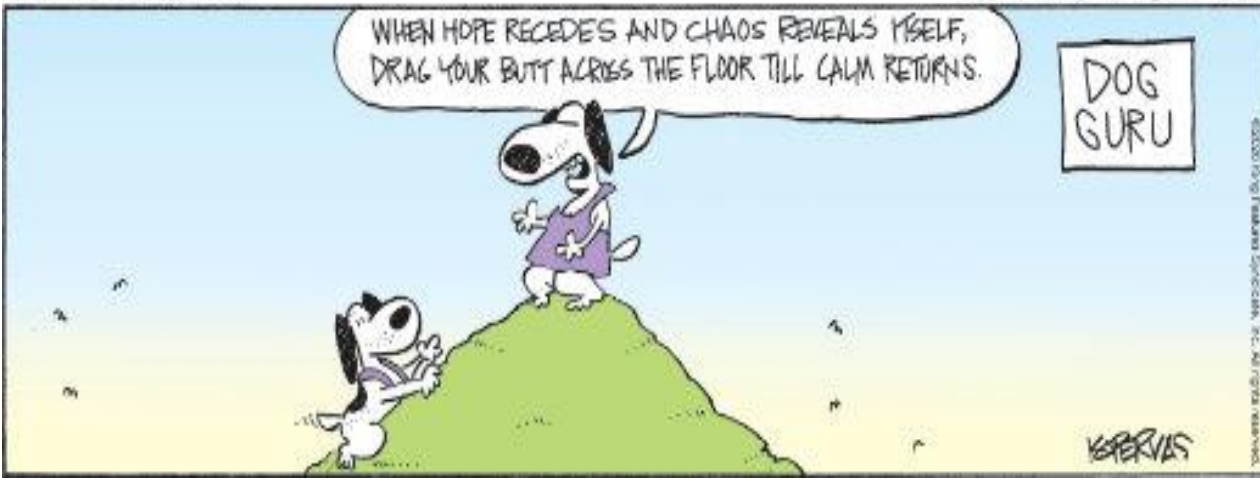
## Join Our Family



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

Out on a Limb

by Gary Kopervas



### 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 R

PT BI NCDFY CSAPKS P CSZMRS  
 FD MRS FYLF YSCN ZCDB L  
 JLMCSJ FCSS, ADTFCLCI FD  
 KDKMJLC NLI JSLZ.

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## Super Crossword

### REGRESSION ANALYSIS

- |  |  |  |  |   |   |
|--|--|--|--|---|---|
| <p><b>ACROSS</b></p> <p>1 Bourbon brand</p> <p>8 Belly area</p> <p>15 Girlfriend, in Genoa</p> <p>20 Pertaining to the womb</p> <p>21 Spiced Starbucks selection</p> <p>22 Autos for test-driving</p> <p>23 Food, clothes or money [actress Danes]</p> <p>25 Greek market of old</p> <p>26 DC-10, e.g.</p> <p>27 Lariat feature</p> <p>28 Rushes about wildly</p> <p>30 Marketed</p> <p>31 Grain tower</p> <p>32 Like a skimpy swimsuit [actor Perry]</p> <p>35 Church area</p> <p>37 Powders mixed into liquids, e.g.</p> <p>38 Research ctr.</p> <p>39 Shoes worn with tutus [designer McCartney]</p> <p>44 Tenth mo.</p> <p>46 Perjurer's confession</p> <p>47 Fork prong</p> | <p>48 Pop singer Rita</p> <p>49 Mai — (drink)</p> <p>52 Young morays, say</p> <p>54 Huge Asian mammal [justice Kagan]</p> <p>60 Tijuana-to-Vegas dir.</p> <p>61 Add- (extras)</p> <p>63 Olive — (military uniforms)</p> <p>64 Small lakes</p> <p>65 — Jima</p> <p>67 Having supple arms and legs [jazzman Davis]</p> <p>72 Nuptial vow</p> <p>73 Moving spryly</p> <p>75 Smoothly polite</p> <p>76 Neighbor of TV's Homer</p> <p>78 Surg. sites</p> <p>80 Roomy place to house vehicles [actress Jones]</p> <p>85 Vacation spot</p> <p>87 Swallowed</p> <p>88 Little fellow</p> <p>89 Performs like ice Cube</p> <p>91 Initial venture</p> <p>92 1040 info</p> | <p>93 Small, springy apparatus [director Scorsese]</p> <p>98 Zenith</p> <p>101 Almsgiving</p> <p>103 Othello's false friend</p> <p>104 Antipollution law [singer Grande]</p> <p>106 — -Alt-Del</p> <p>108 Major- (butler)</p> <p>112 Gives one's approval</p> <p>113 Persia, today</p> <p>114 Showed anew</p> <p>115 Ellipses</p> <p>116 What the eight featured celebrities in this puzzle are doing?</p> <p>121 Edit further, perhaps</p> <p>122 State of joy</p> <p>123 Bones near tibiae</p> <p>124 Bottom-of-barrel residue</p> <p>125 Fabray of Broadway</p> <p>126 Greek Week guy</p> | <p>3 Lead or tin</p> <p>4 "I'm Sorry" singer</p> <p>5 The Emerald Isle</p> <p>6 Singer DiFranco</p> <p>7 Most soft, dry and crumbly</p> <p>8 "Solid Gold" host Marilyn</p> <p>9 Breakfast chain, for short</p> <p>10 Flow barrier</p> <p>11 Discharge from the military, informally</p> <p>12 Skater Midori</p> <p>13 Minks' kin</p> <p>14 Femme —</p> <p>15 Modify</p> <p>16 #1 song, say</p> <p>17 "The Father" actress Poots</p> <p>18 Tools for fruit preparation</p> <p>19 How bedding is often packaged</p> <p>24 IM chuckle</p> <p>29 City near Bangalore</p> <p>31 Booming jet of old, in brief</p> <p>32 Jazz genre</p> <p>33 Bitter brew</p> <p>34 Karel Capek sci-fi play</p> <p>36 Actor Pascal</p> <p>37 Floored it</p> | <p>39 Good, in Nice</p> <p>40 From dusk to dawn</p> <p>41 Dynamo</p> <p>42 52, to Flavius</p> <p>43 Hotel cousin</p> <p>45 Lil' Abner creator Al</p> <p>48 Ashley or Mary-Kate</p> <p>49 Cooked in a clay oven, as naan</p> <p>50 Neighbor of a Spaniard</p> <p>51 Part of TGIF</p> <p>53 NBC skit show, in brief</p> <p>55 Lazy sort</p> <p>56 Meyers of "Kate &amp; Allie"</p> <p>57 "Rambo" site, for short</p> <p>58 Decline</p> <p>59 — polloi</p> <p>62 "What a pity!"</p> <p>66 Bullfight yell</p> <p>68 Your and my</p> <p>69 Droop down</p> <p>70 Mendes of movies</p> <p>71 Berlin article</p> <p>73 — discount</p> <p>74 Long, thin fish</p> <p>77 Clear of mist</p> <p>79 Eye sore</p> <p>81 High-kicking French dance</p> <p>82 Dilettantish</p> <p>83 Long, thin fish</p> | <p>84 Org. enforcing the 104-Across</p> <p>86 First post-band album, perhaps</p> <p>90 Vodka brand</p> <p>92 Marine snail with no shell</p> <p>93 Cooking wine</p> <p>94 Lyricist Gershwin</p> <p>95 Actor Cage, to friends</p> <p>96 "Addams Family" cousin</p> <p>97 Compadre</p> <p>98 Harmony</p> <p>99 Shamrock, e.g.</p> <p>100 Threat</p> <p>102 Guys contracted by the Mafia</p> <p>105 Bird hangouts</p> <p>106 Wading bird</p> <p>107 Tic — (mint)</p> <p>109 Toothbrush brand</p> <p>110 Region of China</p> <p>111 In tune</p> <p>113 "— Rhythm"</p> <p>114 Country's McEntire</p> <p>117 Mo. neighbor</p> <p>118 Native suffix</p> <p>119 Tiny objection</p> <p>120 Space station until 2001</p> |
|--|--|--|--|---|---|

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
20							21								22					
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26						27					28		29							
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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



## Moments in time

THE HISTORY CHANNEL

- On May 25, 1660, exiled English King Charles II set out for Dover to assume the throne and bring an end to more than a decade of military rule. He entered London in triumph four days later, on his 30th birthday, and would reign for nearly 25 years before his death from what was likely kidney failure in 1685.
- On May 26, 1865, Confederate General Edmund Kirby Smith, commander of the Confederate Trans-Mississippi division, surrendered, one of the last Confederate generals to do so, under terms similar to that of Robert E. Lee at Appomattox Court House in Virginia. He was the last surviving full Confederate general until his death in 1893.
- On May 27, 1887, the Hells Canyon Massacre took place when two groups of Chinese workers, employed to search for gold in the Snake River in what is now Idaho, were ambushed and murdered by a gang of seven white men known to be horse thieves, who then made off with several thousand dollars worth of gold
- On May 28, 1957, National League owners voted unanimously to allow the New York Giants and the Brooklyn Dodgers to move to San Francisco and Los Angeles, respectively, at the mid-season owner's meeting in Chicago, Illinois.
- On May 29, 2003, actor/comedian Bob Hope celebrated his 100th birthday. In a public Hollywood ceremony, city officials renamed the intersection of Hollywood Boulevard and Vine Avenue Bob Hope Square, and several 1940s-era U.S. planes flew overhead. Hope's health was too poor for him to attend, but three of his children and some show-business colleagues, including Mickey Rooney, were there to honor him.
- On May 30, 1967, following years of suppression under Nigeria's military government, the breakaway state of Biafra proclaimed its independence from the West African country.
- On May 31, 2009, Millvina Dean, the last survivor of the Titanic sinking, died at age 97. Nine weeks old at the time of the disaster, she was rescued with her mother and brother but her father was not. The family had intended to relocate to Kansas City, but returned to London.



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**Micro Crossword** By Elizabeth C. Gorski

Across

- 1 iPhone download
- 4 Tree bumps
- 6 "Turandot" highlights
- 7 Ghost's favorite hangout?
- 8 Computer bailout key

	1	2	3	
4				5
6				
7				
	8			

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Down

- 1 Subtle glows
- 2 Toyota hybrid
- 3 Third course?
- 4 Scrooge's outcry
- 5 Aviation's Concorde, briefly

**TIDBITS WORD POWER**

Unscramble this word:

HATINGSNOW

The town of George, in this state, in the heart of cherry country, has streets named after different types of cherries.

**TIDBITS NUGGET OF KNOWLEDGE**

Ma'ipalaoa Road (pronunciation unknown) is found in the town of Maili on Oahu. It dead-ends at Surfer's Beach Park. It's a Hawaiian word referring to unmentionable parts of a whale. We do not know why this street is named that.

**KNIGHT MOVES**

T	E	M
A		A
R	E	C

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

**TIDBITS PUZZLE ANSWERS**

<b>TRIVIA KENNYONT</b> 1. Gator (from the movie 'The Waterboy') 2. Fox 3. To 4. Mountain 5. Cat (from the movie 'The Cat in the Hat')	<b>QUIZ BITS</b> ANSWERS 1. Lake 2. Hill	<b>WORD POWER</b> ANSWER WASHINGTON
--	---	---

**Weekly SUDOKU**  
Answer

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

**SNOWFLAKES**  
solution

**KNIGHT MOVES**  
Answer

T	E	M
A		A
R	E	C

MACERATE

**SCRAMBLERS**  
solution  
1. Deign; 2. Noise  
3. Barrage; 4. Cordial  
Today's Word  
**OBEDIENCE**

**Even Exchange**  
answers

- |                   |                   |
|-------------------|-------------------|
| 1. Crane, Crate   | 6. Alter, Altar   |
| 2. Prayer, Player | 7. Pinky, Picky   |
| 3. Hunch, Hutch   | 8. Lively, Lovely |
| 4. Deluge, Delude | 9. Hanger, Hangar |
| 5. Fable, Table   | 10. Minor, Minot  |

**CryptoQuip**  
answer

In my broth recipe I refuse to use that herb from a laurel tree, contrary to popular bay leaf.

**CryptoQuote**  
answer

There's enormous power — both motivational and transformational power — in love.  
— Bishop Michael Curry

**MINI SUDOKU**  
Answer

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

**Micro Crossword**  
Answer

A	P	P		
B	U	R	L	S
A	R	I	A	S
H	A	U	N	T
E	S	C		

**Super Crossword**

Answers

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

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

**Sixty-Year-Old Woman Is Mysteriously Unable To Gain Weight**

**DEAR DR. ROACH:** I have a sister who is in her mid 60s and has a very low weight. She cooks a lot but doesn't eat much. Is there something to suggest to make her gain some weight? She weighs 80 pounds and is 5 feet, 2 inches tall. By contrast, I'm 5 feet, 4 inches tall, and weigh 150 pounds. I'm worried that if she gets sick, she won't have anything to live off of. -- P.L.W.

**ANSWER:** With all the recent press about GLP-1 medicines helping people to lose weight, there's been much discussion about the health risks of being obese. However, there are health risks of being underweight as well. In fact, the health risk of being as underweight as your sister (a BMI level of 14) is about the same as the overall health risk of a person with a BMI of 50. (For her, this would equate to being about 300 pounds.)

I don't know why she isn't gaining weight, but there are many possibilities. Weight loss due to psychiatric diseases like major depression and anorexia nervosa is common and underdiagnosed. Some diseases keep people from absorbing nutrients, especially celiac or Crohn's disease. People can lose calories through their urine (diabetics), while others use up their calories too fast (due to high thyroid levels, advanced cancer, etc.). There are many other less-common possibilities.

One critically important issue is to be sure of how much your sister is eating. It sounds like she isn't eating much, which makes some issues

more likely than others. While there are appetite stimulants, I don't use these unless I understand what is causing the problem. A careful evaluation by a general physician is called for. \*\*\*

**DEAR DR. ROACH:** Can you say more about potassium and chronic kidney disease (CKD)? I have stage 3 CKD with a glomerular filtration rate (GFR) in the mid-40s. I like to have a banana for breakfast; is it bad for me? -- S.B.

**ANSWER:** CKD is separated into different stages depending on the estimated GFR, which signifies the overall function of the kidney. A normal GFR is considered to be 90 or higher, and people who have kidney disease and a normal GFR are considered to be in stage 1. Stage 2 CKD is having a GFR between 60-89; stage 3a is between 45-59; stage 3b is between 30-44; stage 4 is between 15-29; and stage 5 is considered to be 15 or less.

Most people with stage 3a CKD don't have trouble with the modest potassium load from a banana, but high levels of blood potassium become much more problematic when a person has a GFR that is below 45. Your regular doctor or kidney specialist (you should have one if you don't already) should be periodically testing your blood.

If your potassium level is already high, you may be recommended to reduce your intake of high-potassium foods. However, a plant-based diet that is rich in these foods helps to protect you against the progression of kidney disease, so I wouldn't limit these foods unless your specialist tells you that it's time.

Even with early-stage CKD, I wouldn't use a potassium-based salt substitute without talking to your doctor first, who will likely want to look at a recent blood test.

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

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**Amber Waves**  
by Dave T. Phipps

DAD!!

DAD, I NEED YOUR HELP!

HOW THE HECK DO YOU WORK THE FIRE EXTINGUISHER?



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<input checked="" type="checkbox"/> BEN TOEWS
<b>IDAHO STATE REPRESENTATIVE SEAT 4A</b>
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