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by Janet Spencer
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- WEIRD WAYS**
- The bola spider has an interesting evolutionary history. The spider used to spin a normal spider web in order to capture mainly moths. The moths developed detachable scales that break off in the web, allowing the moth to escape. The bola spider developed a spider lasso: they attach a sticky patch of spider silk to the end of a throwing line, which it hurls at the moth as it flutters past. Furthermore, the bola spider emits a scent that mimics the pheromones of a female moth, attracting male moths who are expecting to find a mate. The bola spider can even mimic the pheromones of two different species of moth, one which is active early in the evening and one which is active later at night.
 - The spider-tailed horned viper, native to Iran, hides among the rocks of the desert with only the tip of its tail poking out. The tail, instead of having a rattle like a rattlesnake, sports a perfect imitation of a big juicy spider. When birds swoop in expecting an easy spider snack, the snake strikes, and helps itself to a bird for dinner. (cont)

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MEAN MEALS

- The geographic cone snail lives in tropical coral reefs and sports a shell decorated with map-like patterns. Because it's a slow-moving snail and its prey is quick-moving small fish, it has come up with a remarkable series of weapons. First, when fish school nearby, it floods the water with insulin. Not its own insulin, but a different formula of insulin. When fish swim through this cloud, they become sluggish and confused as their blood sugar levels become unstable. Now the cone snail launches a built-in net, reeling them towards its mouth. Then it deploys the final blow. Specialized teeth have been modified to act as poison-filled harpoons. Each fish in the net receives a killing blow this way, and the cone snail feasts. Because geographic cone snails have a very pretty shell, humans have died when picking up live specimens and receiving the cone snail's specialized venom.
- Another type of aquatic cone snail shoots harpoons filled with a chemical cocktail at potential meals. The chemicals overload the neurons of the unlucky fish, causing them to go haywire and fire continuously. The fish essentially taser itself to death.
- So what's a slow-moving centipede-like worm supposed to do to catch some supper? If it's smart like the velvet worm of Trinidad, it modifies two front legs, turning them into glue-spewing cannons that launch a string of sticky strands up to 8 inches away. The glue solidifies almost immediately. Up to 11% of the velvet worm's entire body mass is made up of stored glue, which can be dispensed in large or small amounts depending on the size of the prey. The worm's body is covered with extremely sensitive velvety hairs that can sense the slightest air movement, from the fluttering of a moth's wings to the footfalls of a nearby beetle. (cont)



- Peas, spinach, sweet potato, squash and carrots can be pureed and added to baked goods to increase fiber and nutrients. They are especially useful in soups to thicken a broth without adding fat. You can sneak some veggies into unexpected places, too -- like cookies, pancake batter and pasta dishes, or make a flavorful sandwich spread.
 - "Juice ice cubes in water is good for you. It hydrates without a lot of sugar, while still tasting a little bit sweet." -- F.R. in Alabama
 - It's easy to sort hardware using a muffin pan. If you get a pan that has 12 depressions, you can line nails and screws and such in a line according to size, making it even more convenient.
 - "When you get a new pair of running shoes, spray the insides with spray starch. We have always done this and it keeps them fresher longer." -- S.M. in Indiana
 - Lettuce will last longer if you store it in the crisper drawer in a clean paper bag.
 - Tubes make it easy to access toothpaste when they are full, but it's sometimes hard to get that last bit out. Here's a tip from C.W. in Oregon: "To get the last part of the tube of toothpaste to come out, run the tube under warm water for a few seconds. There's more in the tube than you think!"
- Send your tips to Now Here's a Tip, 1800 Pembroke Dr., Suite 300, Orlando, FL 32810.
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AMAZING METHODS

- Archerfish lurk near the surface of calm mangrove swamps and spit streams of water at insects that alight on low-hanging branches. The stream knocks them off their perch and into the water, where they are devoured. The archerfish must calculate not only the refraction of the water, but also the effect of gravity as the jet of water bends downward. Furthermore, they direct the stream of water so that the first part of the jet moves more slowly than the second part of the jet. The faster-moving rear half pushes the slower-moving front half into a blob of water, hitting the prey with greater force, like a bucket full of water instead of a hose stream.
- The Australian tiger beetle has been clocked running at 5.6 mph (9 km/h). The fastest humans can run at a rate of about 6 body lengths per second. A cheetah’s top speed equals about 16 body lengths per second. However, a tiger beetle can run at 480 body lengths per second. This would be equal to a human running 480 mph (772 km/h). The purpose behind the speed is to overtake slower prey, as well as outrunning predators.
- The assassin bug ambushes prey, lancing it with lethally sharp mouth parts that inject poison. After the assassin bug sucks its victim dry, it glues the dead, dried husks onto its back, until it’s topped by a heap of vanquished foes. Why? This disguises the assassin bug’s scent, allowing it to approach more unsuspecting victims. Another benefit is that it makes the assassin bug unpalatable to potential predators. Furthermore, the assassin bug will lurk above the entrance to an ant or termite colony, dangling one of their dead comrades in the doorway. The colony is quick to dispose of dead and dying members, and rushes to do the clean-up work – only to find themselves the next victim. (cont)

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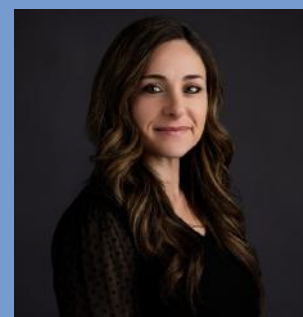


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ATROCIOUS ADAPTATIONS

- The sea lamprey is an eel whose mouth and several tongues are lined with hundreds of sharp teeth. The lamprey clamps onto a passing fish and uses its teeth to scrape out a donut-sized piece of flesh from its side. The lamprey will completely replace all of its teeth up to 30 times in a two-year period. Invasive sea lampreys have devastated local fisheries throughout the Great Lakes. They were aided in their quest for world domination by a man-made canal that allowed ships and lampreys to bypass the barrier of Niagara Falls, thereby opening up new, vulnerable territories to the invaders. Today, fisheries biologists strive to keep their population in check by capturing them en masse, sterilizing the males and releasing them back to the water, and shipping the females off "for research purposes."
- Termites devour not only all kinds of wood and wood products, but also wool, horns, ivory, rubber, plastic, and manure. They have been known to eat the corks right out of wine bottles. One kind of Panamanian termite can gnaw through lead sheathing on cables and even eats through concrete. Voracious Australian termites can reduce an abandoned ranch to dust in a matter of a few years.
- The tarsal bones are located in the ankles and feet. A small primate native to Southeast Asia is called the tarsier because its ankle bones are ridiculously elongated. The tarsier is the smallest primate on the planet, fitting easily into the palm of the hand. However, the extraordinarily long foot bones enable it to jump 15 feet (4.6 m) in a single leap. This would be equal to a human long-jumping 180 feet (55 m). Sticky pads on their fingers prevent them from falling when they land, while also aiding in the capture of the insects that make up the entirety of their diet.

Strange BUT TRUE

By Lucie Winborne

- Eastern Russia serves breakfast when western Russia serves dinner.
- If you are born blind due to lesions in the brain (congenital cortical blindness), rather than lesions in the eye (congenital peripheral blindness), you apparently can't become schizophrenic.
- Words have a lifespan of anywhere between 1,000 and 20,000 years.
- While inducting Bob Dylan into the Rock & Roll Hall of Fame, Bruce Springsteen noted that he first heard Dylan's song "Like a Rolling Stone" in the car with his mother, who liked the music but after a minute looked at her son and said, "That boy can't sing."
- The Oscar statue must always appear in an upright, vertical position and cannot be dressed, altered, rotated, stretched or embellished in any way.
- Oak trees are more prone to being struck by lightning than any other tree.
- Broccoli contains more protein per calorie than steak.
- After the beloved TV series "I Love Lucy" ended, Desi Arnaz offered Vivian Vance (Ethel) and William Frawley (Fred) their own spin-off called "The Mertzes," but Vance declined, primarily because she didn't want to work one-on-one with Frawley. The pair's onscreen chemistry notably didn't mirror their offscreen relationship.
- Lint can be used as a highly efficient fire starter.

Thought for the Day:

"What is a weed? A plant whose virtues have never been discovered."

-- Ralph Waldo Emerson

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HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Page is added to newspaper. 2. Hat is smaller. 3. Arm is shorter. 4. Pillow is different. 5. Curtin is not as wide. 6. Curtain is not as wide.

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
 PHOTO CREDIT: Guyette & Deeter, Inc.
 PHOTO CAPTION: Decoys by the Mason Decoy Factory, like this Challenger-grade mallard duck, are some of the most famous and most desirable among collectors.



Duck Decoys

When spring returns, mallard ducks are a common sight on the water. In any season, you can find them in duck decoy collections and auctions. This mallard drake decoy sold at Guyette & Deeter, Inc., specialists in sporting collectibles, for \$1,125. It was made by the Mason Decoy Factory of Detroit, which operated from 1896 to 1924 and is still celebrated by decoy collectors today.

Founder William James Mason had been making decoys by hand for years when he started his company. When he died in 1905, the company passed to his son Herbert, who used his business skills to expand the operation. One of Herbert's innovations was the introduction of the inexpensive Standard grade of decoys. Before that, the company had made only two grades: the highest quality Premier and the slightly less detailed, less expensive Challenger. The decoy pictured here is Challenger grade. All grades of Mason decoys are sought by collectors today.

Q: I have two antique firearms that I would like to have valued. One is an antique rifle. Its markings are "1873 Torino." The other is a shotgun marked "1879 Piepee." They have been used as an interesting display where my husband (now deceased) mounted them on a brick wall above the fireplace, where they got a lot of attention from any workmen in my home. There are a couple of people who are interested in purchasing them, but I have no idea of what they are worth. Can you help me with that, or tell me where I can get this information?

A: If you intend to sell your antique firearms, the first step is to check your local and state laws. Laws about selling firearms, even antiques, can be very strict. The gun marked "1873 Torino" was probably made at the Turin arsenal in Italy in 1873. Many guns made there were later modified for use in World War I. "Piepee" may be "Pieper," for Henri Peiper, a Belgian company that made guns from the late 1800s to early 1900s. The 1879 reference on your shotgun may be the year the gun was made or the year its design was patented. We suggest you contact a local gun dealer and tell them what you have and that you would like to sell your guns. To find a reputable dealer, check reviews and ask for references. You could also contact an auction house; there are many that hold firearms auctions and provide appraisals. Your situation is a good reminder to all readers to discuss with their loved ones the value and significance of all prized collections while still alive, providing supporting paperwork if possible. It is far easier to determine what to do with an item while we are alive, rather than leaving it up to a loved one to deal with it after we're gone.

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Majolica, umbrella stand, turquoise blue ground, two birds, storks, raised leg, fish in beak, cattails, brown trim, 1880s, 21 inches, \$750.

Cut glass, lamp, mushroom shape shade, peaked top, hanging prisms, baluster base, spread foot, electric, 26 inches, \$840.

For more collecting news, tips and resources, visit www.Kovels.com

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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. Geometrical figure | ___ A ___ | English landowner | ___ I ___ |
| 2. ___ con carne | ___ I ___ | Put in the refrigerator | ___ L ___ |
| 3. Paper boundary | ___ G ___ | Lee or Gaye | ___ V ___ |
| 4. Canoe oar | P ___ | Cowboy's seat | S ___ |
| 5. Cherub | ___ L ___ | Wrath | ___ R ___ |
| 6. Like snow | ___ T ___ | Whimper | ___ N ___ |
| 7. Land property | ___ T ___ | In actual fact | ___ L ___ |
| 8. Noggin | ___ U ___ | Knack | ___ I ___ |
| 9. Gadget | ___ G ___ | Ponder | ___ K ___ |
| 10. Wanted sign | ___ S ___ | Railroad attendant | ___ R ___ |

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

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



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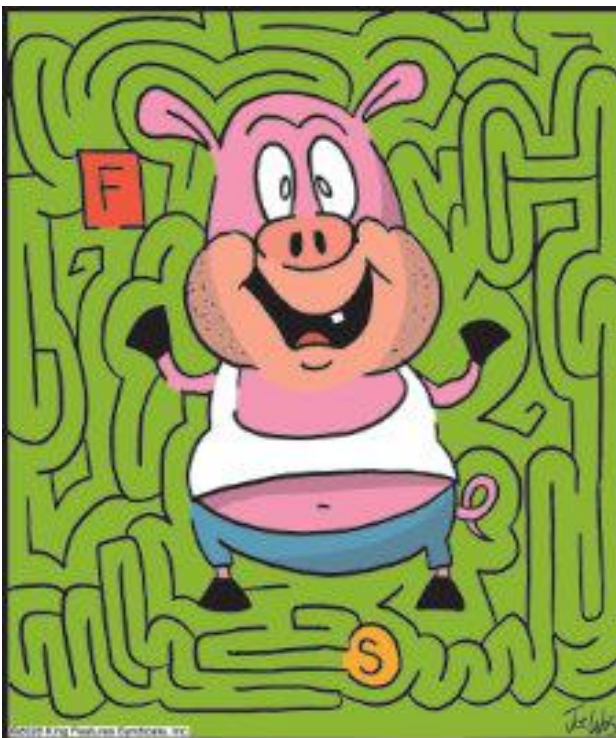
by Japheth Light

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

DRIVING THROUGH FATIGUE

No one, to my knowledge, has ever walked into a car dealer and asked for the slowest car they have. That their preferred model was slow to start, slow to get up and go, and just moseys' along. No, we want fast! That is no truer than with our own personal get up and go. No one wants to be tired, have a hard time getting up in the morning, have to consume coffee or do something to get their engines roaring every day. But for many, it seems for most, that is the case today.

Addiction to coffee, sugar and other substances to get moving and feel alive seems to be the American way.

We are typically so tired, that we no longer even realize we're tired, and most don't realize that they are using foods, drinks and other substances to keep them up. I'm amazed at how many people, having been treated at our clinic, tell me that until they started to feel so much better, they didn't realize how far down they had gone in energy levels. Others come in for seemingly unrelated symptoms and report their energy is "fine." As we treat the underlying cause of their primary symptom, they find their energy is up, and that they hadn't even realized how low it actually was. We can adapt amazingly well when we have to.



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

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

But at some point, the engine gets so sluggish, you can barely eek performance out of it.

I remember one patient, decades ago, who came in with chronic fatigue. She was so tired all the time that even her car was tired! I know that sounds funny, but it would appear to be so. In a 6 month period of time,

she was involved in an industrial injury, followed by 6 car accidents, all rear-end collisions! (Try sorting that one out between insurance companies!). She hadn't been able to work in years, was unable to have children, she was having relationship issues as a result of her fatigue, and was just unable to participate in life. It took time, but we were able to get her back to life again. She became the lively, intelligent woman her husband married her for and was able to work again. We put measures in place to make sure that when followed, she'd never get herself into that kind of a jalopy again.

There are many reasons why fatigue may be hindering a quality life for you. Like your car, there are vital components that if they are not working properly, things are going to run pretty sluggishly. You may be chortling, glugging, sputtering, and just creeping along, just trying to get through your daily destinations.

Life doesn't have to be that way. You need a health mechanic – one with the proper diagnostic tools to assess where the breakdowns are, and know how to get you first off the starting line!

TIDBITS GOES LONG.....

There are 15 different families of carnivores, including classifications that include wolves, dogs and foxes; weasels, badgers, and otters; bears; skunks; raccoons; seals; red pandas; walruses; cats, tigers, and lions; hyenas; mongooses; and more.

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By Freddy Groves

Second amendment no longer trampled

For the first time in three decades, the VA will no longer assist the FBI in depriving veterans of their right to own firearms.

This is a very big deal.

For too long, any veteran who needed fiduciary help to manage his finances was reported to the FBI's National Instant Criminal Background Check System (NICS) and was deemed a "prohibited person." There went the veteran's right to own a firearm -- all because he needed help writing a check for his electric bill.

Yes, a fiduciary does more than just make payments. Their job is to protect the veteran who can't manage financial affairs because of age, injury or disease. A fiduciary is appointed only after medical determination that the veteran is in need of help. The fiduciary then undergoes a background check, credit report check and more to be certain who is going to be managing the veteran's affairs.

The fiduciary then (apparently) spends a lot of time filling out forms, submitting information, verifying school attendance for any dependents, reporting on illnesses and medical conditions, and so much more.

Needing help managing finances shouldn't mean that a veteran cannot own a firearm -- but it has, for decades.

Being denied approval to own a firearm, courtesy of the FBI's NICS, can be for any number of serious reasons, such as having domestic violence convictions, being put in a mental institution and being addicted to controlled substances. Nowhere on the list is needing assistance with writing monthly checks or doing paperwork.

And now, finally, the VA is going to right this wrong.

Additionally, the VA is going to be sure the FBI goes back and removes any of the info that saw past veterans deprived of their right to own a firearm after being reported to NICS. Plus the ATF (Bureau of Alcohol, Tobacco, Firearms and Explosives) is going to review its own rules to be certain veterans' rights aren't being trampled this way.

It's about time.

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Toy Poodle Barks Almost Nonstop

DEAR PAW'S CORNER: My 6-month-old toy poodle, "Jenks," is incredibly cute, but he has a sharp, loud bark for such a little guy -- and he barks almost nonstop when we're home. I know anxiety is an issue with many small breeds, and I'm wondering how I can best address this. -- John, via email

DEAR JOHN: It's worth looking into. Contact Jenks' veterinarian to discuss the issue, as I'm sure you'll get a number of different suggestions ranging from behavior training to antianxiety medication.

Jenks is still pretty young. How much time does he spend alone at home? If you have to be out for eight hours or more, you may want to have someone -- a friend or a pet sitter -- come in to check on him, take him out to pee and play a little bit.

You also should establish a routine that he can count on, one that includes plenty of time spent with him either playing or training. Both of these are times when he's getting your full attention and positive reinforcement, as well as a way to work off some of that puppy energy that's also behind the barking.

As your puppy matures into an adult, he may mellow out somewhat. But in the meantime, it's up to you to provide structure and training to reinforce the behavior you want in Jenks. If these efforts don't seem to improve the constant barking, talk with your vet about addressing his anxiety with medication.

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

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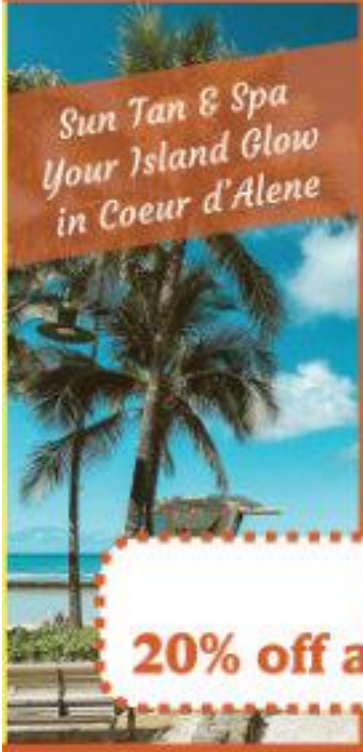
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						Comedian's salute
						Type of power
						Food grinder
						Domain
						Finish 1 st , 2 nd , or 3 rd

Solve each row by replacing one letter from the answer above or below and scrambling to make a new word. When complete, the top and bottom words will have no letters in common.

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TIDBITS
presents
TRIVIA NEWSFRONT

1. Which kind of fish is the smartest?
2. Which are smarter: carnivores or herbivores?
3. Are coyotes, wolves, or foxes the smartest?
4. What state has the greatest number of spider bites?
5. How many spiders will you accidentally swallow while asleep over the course of your lifetime, on average?

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"No Other Choice" (R) -- From Park Chan-wook, director of the twisty erotic thriller "The Handmaiden" (2016), this South Korean thriller received three nominations at the Golden Globes but was unfortunately overlooked by the Oscars. Fortunately, however, it is impossible to overlook lead actor Lee Byung-hun, whom you might recognize as the Front Man from Netflix's hit series "Squid Game." Lee, once again, shows off his excellence in playing a complete psychopath; he portrays a veteran employee who gets laid off from his papermaking job and becomes desperate to land another high-paying job. This desperation propels him into dangerous action as he decides to literally take out the rest of the competing candidates. Out now to rent. (Amazon Prime Video)

"Sentimental Value" (R) -- The film distributor Neon has had great success with its foreign-language films this year. In addition to the previous film being one of Neon's successes for 2025, this Norwegian drama received a whopping nine nominations for the Oscars, including Best Picture. Its second-billed actor, Stellan Skarsgard ("Dune: Part Two"), also received the Golden Globe for Best Supporting Actor this year. Also starring Elle Fanning ("A Complete Unknown") and Renate Reinsve ("The Worst Person in the World"), "Sentimental Value" is an emotional storytelling of a fractured relationship between two daughters, an actress and a historian, and their filmmaking father. As he attempts to get his latest project off the ground, he and his daughters are pushed to find common ground after years of estrangement. Out now to rent. (Apple TV+)

"The 32nd Annual Actor Awards" (TV-PG) -- Formerly known as the Screen Actors Guild (SAG) Awards, the newly named Actor Awards ceremony is available to stream now. Like other popular award shows that refuse to provide fresh faces for the crowd, the ceremony was hosted by actress Kristen Bell ("Nobody Wants This") for the third time. "One Battle After Another" led the film category, while Seth Rogen's "The Studio" led the TV noms. The supporting role categories are the most surprising ones to watch since the Critics Choice Awards, Golden Globes and BAFTAs all selected different actors for this award so far. Meanwhile, Harrison Ford ("Star Wars," "Indiana Jones") received the Life Achievement Award for his legendary feats in Hollywood. (Netflix)

"DTF St. Louis" (TV-MA) -- This new HBO series is led by David Harbour ("Stranger Things"), Jason Bateman ("Black Rabbit"), and Linda Cardellini ("Nonnas"). Described as a dark comedy miniseries, the show follows co-workers Floyd (Harbour) and Clark (Bateman), who are best buds minus the fact that Clark is secretly having an affair with Floyd's wife. After Clark successfully convinces Floyd to download a dating app called DTF St. Louis, Floyd shockingly ends up dead. With investigators now probing into his life, Clark must supply them with as much information as possible without giving up the fact that he was double-crossing his friend. The first episode is available now, with the subsequent six premiering on Sundays. (HBO Max)

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1. U.S. STATES: Which state is home to the Acadia National Park?
2. U.S. PRESIDENTS: Which president was an avid dog breeder who gave his hunting hounds funny names like "Sweet Lips" and "Madam Moose"?
3. MOVIES: Who is the antagonist of "Shrek" in the first animated movie?
4. LITERATURE: What is the pseudonym of the 20th-century author who was born Adeline Virginia Stephen?
5. TELEVISION: What's the family's last name in the TV sitcom "The Middle"?
6. HISTORY: Which famous nurse was known as the Lady with the Lamp?
7. GEOGRAPHY: Ringgit is the common currency in which Southeast Asian country?
8. ANATOMY: Which human organ stores bile?
9. LANGUAGE: What does the Latin phrase "Cogito, ergo sum" mean in English?
10. MATH: What is the next prime number after 7?

- Answers
1. Maine.
 2. George Washington.
 3. Lord Maximus Farquaad.
 4. Virginia Woolf.
 5. Heck.
 6. Florence Nightingale.
 7. Malaysia
 8. The gallbladder.
 9. "I think, therefore I am."
 10. Eleven (11).
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MINI SUDOKU

	3				
6		4			
5					1
			5		4
	6			4	
		1			6

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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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.

	+		+		= 10			
+		+		+				
	+		÷		= 2			
+		+		÷				
	-		-		= 1			
=		=		=				
14		17		6				
1	2	3	4	5	6	7	8	9

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STICKELERS™

by Terry Stickels

Below are four squeezer puzzles. Can you find the correct word to be placed in the middle of each to create two new words, one front-end, one back-end? Here's an example of how it works:

ever **GREEN** horn

- 1) sound _____ coach
- 2) guide _____ age
- 3) king _____ man
- 4) ram _____ ridge

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MAGIC MAZE ● LEAFY GREENS

ATROLJGEBYWSURC
PLENNEFNYSKISBHG
DBUCHICORYZEAEX
VSQGMHKKIERGVE
CAYWUCUEETDCSIQ
PNLJKREGGFREDC
AYCOLLARDGREENS
XVBUABESECUITTEL
QPNKBEQUINOAMKJ
HHCANIPSEFCWBZY
XVCSNEERGPINRUT

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: POPEYE'S FAVORITE FOOD

Arugula	Chard	Fennel	Quinoa
Beet greens	Chicory	Kale	Turnip greens
Bok choy	Collard greens	Leek	Watercress
Cabbage	Endive	Lettuce	

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SENIOR NEWS LINE

By Matilda Charles

Are you paying for subscriptions you don't use? Remember when you signed up on a trial basis for a subscription, app or streaming service, then decided you didn't like it and never used it? Are you still paying for that?

They say that many of us have nearly \$20 per month in unused products, coming to hundreds per year, that we've forgotten about -- but we're still paying for.

With spring cleaning coming up in a few months, it's a good time to also clean up our expenses. The way to get started on identifying services you aren't using is with your monthly checking and credit card statements. Ideally you're also saving at least a year of both, because some subscriptions and services only bill annually and won't show up on your monthly statements.

Go through those statements and be sure you can identify each and every item. The annual ones might be hard to spot, but it's worth finding them as most are on automatic renewal.

With some items such as a weekly newsletter, it might be going to a temporary email address you created and then forgot about.

Next to the deduction or expense on your credit card or bank statement should be a company name and phone number. Call them! Ask for the service or subscription to stop immediately, and ask for a partial refund. You might get some money back!

Another clue is to go back through your junk email. It's possible your subscription was waylaid and you never saw it.

For the future, it's not that you should never again sign up on a trial for a service or product, but that you need to beware of when it will expire and you'll start being charged. Make a note on your calendar to decide whether you want to keep going (and be charged) or contact them in advance to have it stopped.

Remember, it's your money!

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I'M EXHAUSTED FROM CARING FOR MY MOM!

Caring for aging parents at home is an act of love and devotion, but it can also be emotionally and physically draining, leading to what's known as caregiver burnout. For many adult children, the responsibility of providing daily care, while balancing work, family, and personal needs, can quickly become overwhelming. This burnout doesn't happen all at once—it creeps in slowly, often unnoticed until it takes a toll on both the caregiver and the person receiving care.

Emotional and Physical Exhaustion

Caregiver burnout can leave adult children feeling emotionally drained and physically exhausted. The constant worry about their parents' health, coupled with sleepless nights and endless to-do lists, can lead to chronic stress. Many caregivers feel guilty if they take time for themselves, often ignoring their own needs. Over time, this neglect can result in fatigue, anxiety, and even depression. It's important to remember that self-care is not selfish—it's essential.

Strain on Relationships

As the demands of caregiving grow, relationships with spouses, children, and friends can suffer. Adult children may feel isolated from their social circles, as their focus becomes

entirely on caregiving. Marriages may feel strained, and the simple joy of spending quality time with family can be replaced by the constant pressure of caregiving tasks.

The Impact on Care Quality

Burnout can also affect the quality of care being provided. When caregivers are stretched too thin, they may become irritable, less patient, or more prone to making mistakes. It's difficult to provide the best care when you're running on empty.

The Importance of Asking for Help

It's crucial for caregivers to recognize the signs of burnout and seek support. Taking time for self-care allows caregivers to recharge and continue providing the love and attention their parents need—without sacrificing their own well-being. How do you find time, you ask? Whether it's simply asking family members for help sharing the load, or looking into assisted living which can provide full time care round the clock, it can make a world of difference on both of your well-being. When you are rested and refreshed, you will be more emotionally available for your loved one.

At the heart of caregiving is love, but it's essential to remember that love includes caring for yourself too! Call me today for a free consultation in navigating assisted living and memory care options.




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Sales and Marketing Director

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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!

Sane: RESCU [] [] [] []

Melody: DOHRC [] [] [] []

Coach: ETCHA [] [] [] []

Smell: THENCS [] [] [] []

TODAY'S WORD

[] [] [] [] [] [] [] []



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ARIES (March 21 to April 19) Keep an open mind about a suggestion that you see as unworkable. Give it a chance to prove itself one way or another. The results could surprise both supporters and detractors.

TAURUS (April 20 to May 20) News about an upcoming venture causes you to make some last-minute adjustments in your plans. But the extra work will pay off as you come to learn more about the potential benefits of opening up.

GEMINI (May 21 to June 20) A more positive aspect grows out of your determination to reach your immediate goals. Continue to keep your focus sharp and on target by steering clear of petty quarrels and other pesky problems.

CANCER (June 21 to July 22) Avoid adding to an already turbulent situation by acting as a voice of reason. You might have to shout over the tumult, but your words will ultimately be heard and heeded.

LEO (July 23 to August 22) The possibility of a new acquisition always makes LEO's eyes light up. But be careful that what you see is what you want. Appearances can often be deceiving.

VIRGO (August 23 to September 22) No matter how much you might feel that you're in the right, resist saying anything that could reignite a still-unresolved situation. Let the matter drop and move on.

LIBRA (September 23 to October 22) Help with a personal problem comes from an unexpected source. You might also find that workplace pressures ease. Use this period of calm to restore your spent energies.

SCORPIO (October 23 to November 21) You might have to share the credit for a project that you're working on. But there'll be enough credit to go around, and your efforts will be recognized and rewarded.

SAGITTARIUS (November 22 to December 21) Details need to be dealt with before you can move on to another area. Make sure you don't leave any loose ends that could later cause everything to unravel.

CAPRICORN (December 22 to January 19) News about a change in the workplace carries with it a challenge you could find difficult to resist. Check it out. It could be what you've been waiting for.

AQUARIUS (January 20 to February 18) Allowing your artistic nature to fully express itself will help restore your spirits and put you in the mood to take on a new career challenge. Meanwhile, a LIBRA creates excitement.

PISCES (February 19 to March 20) Expect to happily plunge right into a hectic social whirl starting at the week's end. Your aspects favor new friendships, as well as the strengthening of old relationships.

BORN THIS WEEK: Your spiritual strength is an inspiration to others. You give people around you the faith to go after what they want.

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Weekly SUDOKU

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

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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TIDBITS NUGGET OF KNOWLEDGE

Meal memory: A rat, after witnessing a goody being buried, will remember the spot only for a few seconds. A chimp, however, will go directly to the spot and retrieve the reward after 16 hours.



1. Which singer-songwriter released "Bring It on Home to Me"?
2. Name the artist who released "Bop."
3. Which group released "Down on the Corner"?
4. "We Built This City" was the debut single for which band?
5. Name the song that contains this lyric: "Saving nickels, saving dimes, Working til the sun don't shine, Looking forward to happier times."

Answers:

1. Sam Cooke, in 1962. The song didn't top the charts until The Animals released their cover in 1965 and it went to No. 1 in Sweden.
 2. Dan Seals, formerly of England Dan & John Ford Coley, in 1985. After leaving the duo, Seals had 11 chart-toppers, including "Meet Me in Montana" with Marie Osmond.
 3. Creedence Clearwater Revival, in 1969. Penned by band member John Fogerty, the song was first released on their "Willy and the Poor Boys" album.
 4. Starship, in 1985. Co-written by Bernie Taupin (writing pal of Elton John), the song climbed charts around the globe. However, Rolling Stone pegged it as one of the worst songs of the '80s.
 5. "Blue Bayou," by Roy Orbison in 1961. Linda Ronstadt followed with a cover in 1977, and the song has been used in several films, including "American Made" starring Tom Cruise in 2017.
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TIDBITS WORD POWER
 Unscramble this word:
 TISOVERNICE

The official name for a creature that eats mainly bugs

KNIGHT MOVES

U	A	L
L		T
C	A	Y

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

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TIDBITS PUZZLE ANSWERS

TRIVIA NEWSFRONT ANSWERS

1. Sharks
2. Carnivores, but omnivores are weaker still.
3. Coyotes are omnivore that wolves, which are weaker than lions.
4. Arctans
5. None

WORD POWER ANSWER
INSECTIVORE

SNOWFLAKES
solution

LEAFY GREENS

KNIGHT MOVES
Answer

ACTUALLY

U	A	L
L		T
C	A	Y

Sticklers Answer

- 1) sound STAGE coach
- 2) guide LINE age
- 3) king FISHER man
- 4) ram PART ridge

Five Spot

S	P	D	R	T
R	O	A	S	T
S	D	L	A	R
H	O	L	A	R
R	E	A	L	M
H	E	D	A	L

MINI SUDOKU
Answer

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

Weekly SUDOKU
Answer

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

Go Figure!
answers

1	+	5	+	4	=	10
+		+		+		
7	+	9	÷	8	=	2
+		+		÷		
6	-	3	-	2	=	1
=		=		=		
14		17		6		

Even Exchange
answers

1. Square, Squish	6. White, Whine
2. Chill, Chill	7. Really, Really
3. Margin, Marvin	8. Skat, Skat
4. Piddle, Saddle	9. Thing, Think
5. Angel, Anger	10. Poster, Porter

SCRAMBLERS
solution

1. Curie; 2. Chord
3. Teach; 4. Stench

Today's Word
DESSERT

CryptoQuip
answer

Florida resort town in which everybody loves singing sacred hymns of praise: Psalm Beach.

Super Crossword

Answers

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

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TO YOUR GOOD HEALTH
By Dr. Keith Roach

Understanding Why People Still Die of Pneumonia

DEAR DR. ROACH: Why do people still die of pneumonia? With all the advances that we've seen in modern medicine, losing anyone to this ailment seems like such a waste. Is it a question of pneumonia being difficult to pin down because of the root cause, whether it's bacterial, viral or fungal? Is it due to a delayed diagnosis and/or delayed treatment? Is it the development of drug-resistant pneumonia strains?

I just don't get why people still die from pneumonia or from "complications" of pneumonia. I'm a 73-year-old stroke and cancer survivor who is in relatively good health. How can I best avoid getting pneumonia myself? -- D.K.

ANSWER: Pneumonia is an infection of the lungs that is sometimes called a "lower respiratory tract" infection to distinguish it from an "upper respiratory infection," like bronchitis. The majority of pneumonias are bacterial or viral, but fungal pneumonia is a rare cause that is usually seen in hospitalized patients.

You did a very good job of identifying some of the reasons why people still get very sick (and even die) of pneumonia. But an important additional reason is that there are some bacteria that grow very fast and are able to overwhelm the body's immune system within days. It is often true that late medical attention allows the infection to progress to the point where we still lose patients from pneumonia, even with all that modern medicine can offer.

Another reason is that when people are very frail, either because they are very old or have other underlying health conditions, the body's defenses are weak. Antibiotics can only do so much; doctors still rely on the body to do most of the work by getting rid of the infection.

Drug resistance is a big problem, especially inside hospitals. I have seen cases where the

bacteria are resistant to all the available antibiotics. There has been a race between the ingenuity of drug developers and bacterial evolution, and our ingenuity has been slowing down lately, with fewer types of antibiotics being discovered and released. Avoiding the unnecessary use of antibiotics helps reduce resistance.

The easiest thing a person over 50 can do to avoid pneumonia is to get the available vaccines, especially the pneumococcal vaccine (PCV20 or PCV21, called Prevnar). But for a person with health issues in their 70s, you should get the respiratory syncytial virus (RSV) and COVID-19 vaccines. Because influenza damages the lung's ability to fight off infections, getting pneumonia after the flu is particularly dangerous, so the annual flu vaccine remains important.

Smoking also damages the lung's ability to fight off infections, so quitting smoking reduces pneumonia risk. Excess alcohol consumption also predisposes people to pneumonia, so men shouldn't exceed two drinks at a time (one drink for women).

Proper nutrition and good dental health are important for everyone. Diabetics should have their diabetes under good control. Chronic liver, lung, kidney and heart disease all predispose people to infections, so making sure that these are optimally managed reduces the risk further. Both cancer and its treatments can affect the immune system.

People who are at risk for pneumonia should know the signs and seek medical care quickly if pneumonia is suspected. Although the classic symptoms of fever, cough, and shortness of breath can occur at any age, older people often experience confusion and a low fever. Their heart rates are often raised.

Some symptoms can be subtle -- new falls, incontinence, and loss of energy. A significant, unexplained change in overall functioning might signify a serious infection like pneumonia and deserves an evaluation.

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

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Amber Waves
by Dave T. Phipps

Panel 1: "IT'S FREEZING OUT. ALL THIS WINTER STUFF I BOUGHT ONLINE IS BARELY ENOUGH."

Panel 2: "I GAVE THE FELLAS MY CARD NUMBER. THEY CAN'T STILL BE PICKING OUT CLOTHES?"

Panel 3: "THEIR ORDER HAS TO BE HERE BY NOW."

Panel 4: "IF YOU'RE WANTING TO USE THE TANNING BED, GET IN LINE."



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