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TIDBITS® TALKS GEOGRAPHY

by Janet Spencer
Come along with Tidbits as we whiz around the world discovering random fascinating facts about geography!

GEOGRAPHIC FACTS

- Damascus, capital city of Syria, is the oldest continuously inhabited city in the world, having been established around 3000 B.C.
- The world's oldest maps date back to ancient Babylon (located in what is now called Iraq) which were made in around 900 BC.
- Praia do Cassino ("Casino Beach") in Brazil is the world's longest unbroken stretch of beach, reaching over 150 miles (241 km).
- If you stretched out Norway's coastline, it would reach around the Earth at the equator twice, with a little left over. It's the second-longest coastline on the planet, after Canada.
- Canada has the longest coastline in the world, approximately 125,567 miles (202,080 km).
- In Britain, the official definition of a "heat wave" is for the temperature to match or exceed 77°F. (25°C) for three days.

(cont)



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GEOGRAPHY FACTS (cont)

- Greenland and Iceland are just 205 miles (330 km) apart. Which of the two has the greatest amount of forested land? Iceland by far.
- Iceland, which is divided by the North American and European tectonic plates, expands down the middle by nearly 2 inches (5 cm) per year as the plates widen.
- Where is the world's largest desert? Antarctica. It's bigger than the Sahara, the Arabian Desert, and the Australian outback combined. It's bigger than all of Europe.
- Africa's Sahara Desert, larger than the entire continental United States, has sand dunes that can reach heights of over 500 feet (152 m).
- The Dead Sea is nearly 10 times saltier than the ocean, so salty that floating is easy and diving is impossible.
- There are more than 130 active volcanoes spread out across Indonesia, earning it the title of the "Volcano Capital of the World."
- The world's lowest-lying country, with the lowest high point in the world, is the Maldives. This widespread chain of 26 atolls in the Indian Ocean has an average ground-level elevation of around 4 ft 11 in (1.5 m) above sea level. Its highest natural point is only 7 ft 10 in (2.4 m) above sea level, making it the world's lowest-lying country. Some giraffes stand taller than that. The Maldives is the smallest country in Asia. Its land area is only 115 sq mi (298 sq. km.) but this is spread over roughly 35,000 sq. mi. (90,000 sq. km.) of the sea, making it one of the world's most spatially dispersed countries.

(cont)

STICKELERS TM

by Terry Stickels

If the day before yesterday is three days after Tuesday, what day is it today?

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"Then I apologize for hitting on you. ... I didn't know you were my wife."

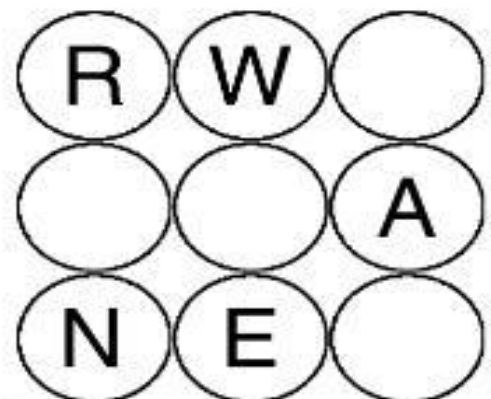


- A grill tip just in time for summer: When you need to cook something that needs covering (say, chicken) alongside something that does not (like hot dogs), simply invert an aluminum roaster/cake pan over the needs-covering item. You can purchase smaller size pans that can be reused.
- "I have a tip about taking medicine. Regardless of the size of the pill, I always feel as if it is stuck in my throat. I have started to have a chunk of banana after taking a pill. I don't get that stuck feeling anymore." -- T.B. in New Hampshire
- "The sticky residue from price tags can be really annoying. I use WD-40 to get it off. Works every time for me!" -- J.K. in Alabama
- "Painting stairs? This tip will save your life! Paint every other step to start with. When they are dry, go back and paint the others. This way, you can use the staircase anytime during your project. This is particularly important if the stairs are the only way to get to bed after a long day of painting!" -- I.L. in Nevada
- Mix a quarter cup of salt in with 2 tablespoons of bath wash for a sudsy, refreshing, skin-soothing salt scrub.
- To travel with pleated skirts, use this packing trick: Turn the skirt inside out, and straighten all the pleats. Then tape the bottom so that all the pleats are held together. Next, feed the skirt into a leg of pantyhose with the foot cut off. You end up with a nice tube, which you can tuck into the sides of your luggage.

Send your tips to Now Here's a Tip, 1800 Pembroke Dr., Suite 300, Orlando, FL 32810.

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WORD SPIRAL



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

- Russia, the largest country on the planet, spans 11 time zones. (Keep in mind that Earth is split into 24 time zones, one for each hour of the day.) So when the western side of the country is sitting down to breakfast, the eastern side is eating dinner. Russia is about 5,600 miles (9,012 km) wide, which is about the distance from Miami to Los Angeles and back.
- Russia accounts for 11% of the world’s landmass. It’s about twice the size of Australia and the U.S., and larger than Pluto.
- Russia and China each touch 14 other countries.
- Continents shift at about the same rate as your fingernails grow.
- 90% of the Earth’s population lives in the northern hemisphere.
- Australia is wider than the Moon.
- The Amazon produces 20% of the oxygen on the planet.
- Samsung is responsible for about 20% of South Korea’s GDP.
- Australia has 10,685 mainland beaches.

STATE FACTS

- Boston and Austin are the only two U.S. state capitals with rhyming names.
- The only state where coffee beans grow is Hawaii.
- California has more people than all of Canada.
- Craters of Diamonds State Park in Arkansas is the only park in the U.S. where visitors can mine for diamonds and keep them.
- Colorado is the only state in the U.S. where every part of its territory is above 1,000 meters (3,280 feet) in elevation.
- South Carolina is the only state with a large-scale commercial tea plantation.

(cont)


Fun Fact

Every three seconds, somewhere in the world a baby is born.

A baby has 300 separate bones at birth but by adulthood has only 206. Some bones, like the skull, fuse together over time.

Babies are born with soft kneecaps.

Source: doc.vortala.com



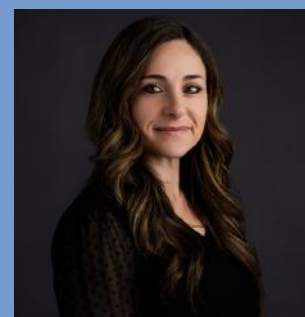


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TIDBITS QUOTE

"Sometimes I think war is God's way of teaching us geography."
-Paul Rodriguez

GEOGRAPHY FACTS (cont)

- How many islands make up the Hawaiian Islands? There are 137 of them, stretching out across 1,500 miles (2,414 km) of the Pacific Ocean. The eight biggest ones make up what we usually think of when we think of Hawaii.
- The word "archipelago" denoting a string of islands springs from the Latin "archi" meaning arch, and "pelagus" meaning pool, sea, or abyss.
- Kentucky is home to the Mammoth Cave System, which is the longest known cave system in the world, with more than 400 miles (640 km) of known passageways. There are more caves in Kentucky than anywhere else in the world.
- Maine is the only state that shares its border with only one other U.S. state (New Hampshire).
- Tennessee is one of only two states that is bordered by eight other states: Kentucky, Missouri, Arkansas, Mississippi, Alabama, Georgia, North Carolina, and Virginia.
- Missouri also borders eight other states: Arkansas, Illinois, Iowa, Kansas, Kentucky, Oklahoma, Tennessee, and Nebraska.
- Vermont is the only state without any buildings taller than 124 feet (38 m). Decker Towers, located in Burlington, is an 11-story apartment building.
- Wisconsin is the only state with an official state microbe, Lactococcus lactis, used in cheese making.
- What state reports the greatest number of UFO sightings? California, due simply to its size and population. When adjusted for population, Washington state and Vermont report the most sightings per capita.
- Los Angeles County, with 9.8 million people, has a bigger population than 41 states. It's the most populous county in the U.S.

Strange BUT TRUE

By Lucie Winborne

- In 1960, the average life expectancy of a person with Down syndrome was 10 years. By 2007, the average had risen to 47 years.
- The world's oldest emergency phone number is the U.K's 999 number, introduced on June 30, 1937.
- Snakes evolved from a four-legged reptilian ancestor, probably a small, burrowing, land-bound lizard, approximately 100 million years ago. Some, such as pythons and boas, still have traces of back legs.
- Jupiter contracts by about 2 centimeters per year as it radiates internal heat into space.
- The Zimbabwean dollar bank note holds the record for the greatest number of zeros shown (100,000,000,000,000).
- During the Middle Ages, people tried a number of ways to cure the black plague, including avoiding bad thoughts, eating and drinking in moderation, and not abusing the poor.
- The five-second rule is, sadly, a myth, since bacteria can live after four weeks on carpet.
- In 1946, two partners in a leading pest control company were tried by a British military court, convicted and hanged on genocide charges, the argument being that they must have realized the amount of Zyklon B they provided to concentration camps far exceeded that needed for delousing.
- The Greek dramatist Menander once wrote that, "No chaste woman ought to make her hair yellow." Guess he preferred brunettes.
- If the U.S. Army were a city, it would be the 10th largest in the country, having more people than popular cities such as San Francisco; Jacksonville, Florida; and Austin, Texas.Synd., Inc.

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Find at least six differences in details between panels.

Differences: 1. Mirror is longer. 2. Arm is longer. 3. Nose is different. 4. Windshield shape is different. 5. Windshield wiper is added. 6. Bush is missing.

KOVELS' ANTIQUES & COLLECTIBLES

BYLINE: By Terry and Kim Kovel
 PHOTO CREDIT: Rachel Davis Fine Arts
 PHOTO CAPTION: A traveling dresser set like this kept a Victorian gentleman sure of his status wherever he went.

Victorian accessories

Father's Day is a time to treat Dad to the finer things in life. What could be finer than accessories for a Victorian gentleman? Maybe the box that holds them. This Victorian gentlemen's traveling dresser set, which sold for \$243 at an auction by Rachel Davis Fine Arts, includes nine bottles and jars to hold the various lotions, colognes, pomades, hair oils, and other personal products that a well-to-do man of the late 19th century couldn't do without.



The Victorians even invented household items to accommodate gentlemen's hair products. The antimacassar, a small piece of cloth draped over the back of a chair, protected furniture from hair oil. Mustache cups had a small ridge to keep a well-groomed mustache safe from damage while the gentleman drank a cup of hot tea. And, of course, the containers that held these products did not escape the Victorian love of decoration.

Many of the glass jars in this traveling set have silver plate lids, a favorite Victorian material. The box is rosewood, one of the favored woods of the period, with a mother-of-pearl escutcheon. It even has a few secrets: The lining of the lid folds down to reveal a mirror, and a hidden drawer pulls out of one side.

Q: What is the value of my Victrola VV-210 by the Victor Talking Machine Co., Camden, NJ? It has a serial number V2887 and is in a low wooden cabinet with two front doors.

A: The Victor Talking Machine Company was founded in Camden, New Jersey, in 1901. They introduced the Victor-Victrola, the first phonograph with the horn concealed inside the cabinet, in 1906 and created a more affordable line in 1910. The VV-210 was made from 1922 to 1925.

At the time, phonographs were losing popularity to radios, so Victor created the VV-210 as an inexpensive machine with a fashionable cabinet to entice customers. It was extremely popular; the company produced an estimated 212,000 units. Some made near the end of the run have an "E" at the beginning of the serial number, for "electric," or an "S," which identified a radio-compatible version, in an attempt to keep up with emerging technology.

Today, the VV-210 is worth about \$50 to \$250, depending on condition. Cabinets with walnut or custom-painted finishes sell for higher prices. Mahogany and oak finishes are common. A collector's club like the Antique Phonograph Society (antiquephono.org) may have more information.

TIP: To clean a veneered box or one made of porcupine quills or matchsticks, use a vacuum cleaner hose covered with a nylon stocking.

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Popeye, boat, cloth sail, blue graphic, Popeye with spyglass, wood hull, keel, rudder, 24 x 20 inches, \$85.

Lamp, whale oil, glass font, drop burner, cone base, weighted, saucer bobèche, strap handle, 1800s, 10 inches, \$185.

Blenko, sculpture, fish, stylized, green crackle glass, open mouth, applied clear fins and tail, c. 1970, 17 inches, pair, \$545.

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

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by Dave T. Phipps

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1. Which state name has only one syllable?
2. What state has more earthquakes than any other?

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5/25	National Missing Children's Day
5/26	Sorry Day
5/27	Cellophane Tape Day
5/28	International Hamburger Day
5/29	Learn About Composting Day
5/30	National Mint Julep Day

CryptoQuote

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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. Knight's garb | ___ M ___ | Gazebo | ___ B ___ |
| 2. Light breeze | ___ A ___ | Wander aimlessly | ___ I ___ |
| 3. Customer | ___ ___ ___ N | Squad | ___ ___ ___ L |
| 4. Lawnmower's target | ___ R ___ | Goblet | ___ L ___ |
| 5. Conduct | M ___ ___ | Flag | B ___ ___ |
| 6. Christmas plant | ___ O ___ | Mountainous | ___ I ___ |
| 7. Stumble | ___ A ___ | Coffeemaker paper | ___ I ___ |
| 8. Palomino or pinto | ___ ___ S ___ | Crowd | ___ ___ D ___ |
| 9. Terrier breed | ___ ___ ___ N | Egypt's capital | ___ ___ ___ O |
| 10. Snowy season | ___ ___ T ___ | Victor | ___ ___ N ___ |

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L	N	U	V	D	E	B	R	A	E	R	N	B
7	2	7	2	7	4	6	8	6	4	5	3	6
A	T	T	H	I	E	D	E	S	C	O	T	E
2	4	8	2	7	6	3	8	7	6	4	8	4
I	O	T	N	V	N	F	I	E	D	M	D	E
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K	U	R	Y	L	E	I	N	N	O	P	U	
4	2	4	7	3	6	3	7	5	6	4	7	4
W	G	N	E	D	R	A	R	G	E	E	I	D
3	5	3	7	3	7	3	5	3	5	3	5	3
Y	L	S	O	A	D	H	I	E	F	A	E	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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VITALHEALTH4YOU DR. HOLLY CARLING AND ALICIA BALLEZA

HealthBits

By Dr. Holly Carling

THE HEALTH DETECTIVES

We, at Vital Health, use the phrase “We are the Health Detectives” quite often. But what does that mean?

Because we live in a world of sometimes “simple” solutions when it comes to health challenges, we miss the bigger picture of what may be causing the problem in the first place. For instance, if we have a headache, we just take Ibuprofen, aspirin or whatever works to get rid of it. We don’t generally stop and ask “but what is causing my headache?” We just respond by taking an antidote. Maybe you have heartburn and you just take an acid-stopping drug, or joint pain and you take an anti-inflammatory. But what is causing these symptoms?

That is where the Health Detectives concept comes in. We are looking for causation. There are many causes for headaches. Headaches can be caused from dehydration, sinus congestion, hormonal imbalances, toxicity issues, neck problems or even something serious. Taking an aspirin when it is a dehydration, sinus congestion, hormonal imbalance, etc. may help temporarily, but will it remedy the problem? It is critical to find the WHY.

Let’s relate it to our car. In order to drive effectively, you need wheels, an engine, a steering wheel and a frame to keep it all together. If you are missing pieces, such as the axles, you won’t go far. If your car isn’t

working, you’re likely to take it to a mechanic who will run diagnostics on it, find the problem, then fix it. It is no different in the body. We have lots of working parts that need to work harmoniously together. Yeah, we can lose a body part, such as a gallbladder and your body will still function, but not like it used to. We can lose the tires and still have the wheels, but does it still drive the same?

When our car has a problem, a warning indicator lights up to tell us there is a problem. Our bodies have warning indicators too – they’re called “symptoms”. Just as we wouldn’t put a piece of duct tape over the warning indicator light in our car, we shouldn’t do that with our body either. Taking ibuprofen or an acid-stopping med or anti-inflammatory drug is akin to the duct tape. Our body can be complex. It generally tells us in more than one way what is wrong. Putting the symptoms together is like putting together the pieces of a puzzle. Every symptom is a piece. The best way to treat someone is to treat the picture, and all it reveals to us, at the same time, rather than treat the puzzle piece – the individual symptom. It takes detective work to see how all the pieces fit together to come up with a causative factor, and then treat that.

Going beyond the normal diagnostics and delving deeper into things that can go wrong is what Health Detectives do.

Also, putting it all together like a puzzle and treating the picture is what Vital Health does.

Want to hear more from Dr. Carling? Check out our podcast. Search for VitalHealth4You on your favorite podcast listening app or go to vitalhealthcda.com/podcasts/



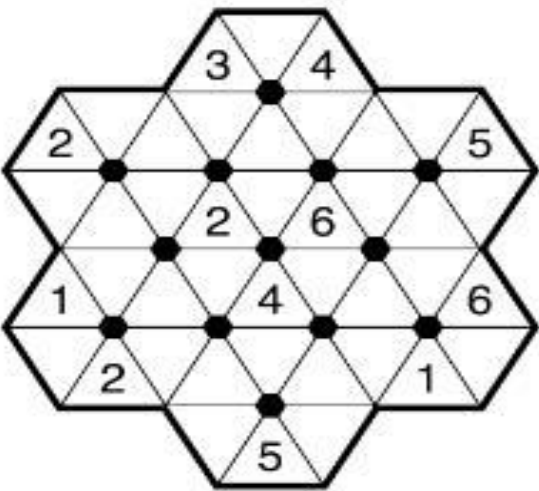
Dr. Holly Carling is a Doctor of Oriental Medicine, Licensed Acupuncturist, Doctor of Naturopathy, Clinical Nutritionist and Master Herbologist with over four decades of experience. Dr. Carling is a “Health Detective,” she looks beyond your symptom picture and investigates WHY you are experiencing your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

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

SNOWFLAKES

by Japheth Light

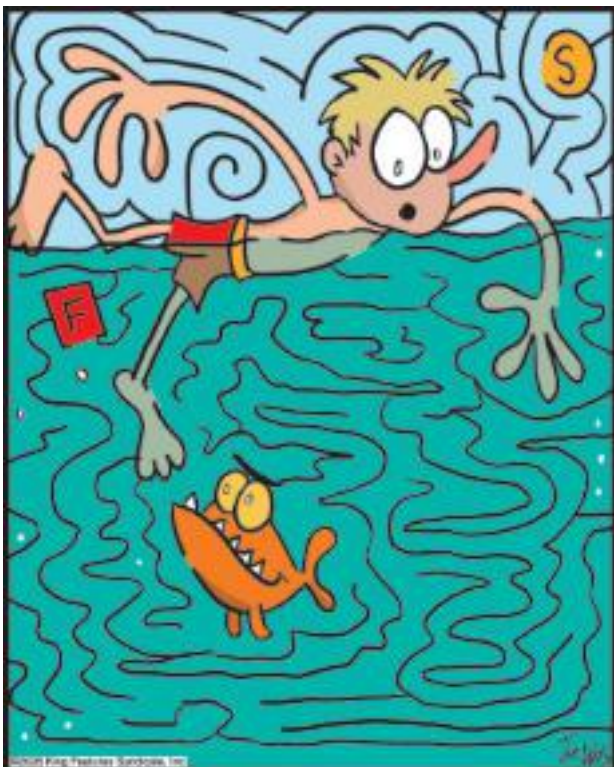
There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆


◆ Easy ◆◆ Medium ◆◆◆ Difficult

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VETERANS ★ POST ★

By Freddy Groves

When the perps get what they deserve

It's rare that we're able to look under the hood of the court cases when thieves that steal from the VA are caught and sentenced. But here we have a case, thanks to online documents, that allows us to do just that.

The crime: A man put together a scheme that involved billing the VA and Medicare through eight different companies for medical items the patients didn't need. They used overseas call centers to prey on disabled veterans and the elderly, paid kickbacks, laundered money, falsified documents and bilked the government (and taxpayers) out of a cool \$197 million. He was caught, arrested, went to trial and could have received the max sentence of 35 years in prison. The 29-page presentencing document (the defense attorney's last stab at eliciting a short sentence from the judge) is an interesting piece of legalese and heartstring pulling.

Twenty-nine pages of why his client should not be given the max 35 years -- many pages of complicated math to calculate prison sentences ("calculated offense levels"), sentence lengths assigned to certain behaviors by other courts and the labeling of eight levels of criminal activity as "a single course of conduct."

The perp was at the head of a group that bilked the government out of \$197 million. That's not a single course of conduct.

I was also not swayed by the many pages describing the perp's small town upbringing, the perp rushing to his mother's side when she needed surgery, having two children and a widowed mother, raising his niece when her family couldn't ...

No, I'm not impressed. All those things could be said of millions of people.

Most of us manage to go our whole lives without soliciting, defrauding, conspiring, forging, bribing, etc. And most of us manage to go our whole lives without attempting to swindle the government out of \$197 million.

I was heartened that, for once, the courts did not apply a hand-slap punishment, which seems so prevalent nowadays. The perp received a sentence of 16 years 4 months, forfeiting \$17 million and paying back \$111 million.

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One tiny chip, one big lifeline for lost pets

DEAR PAW'S CORNER: I take my two pups, "Roscoe" and "Pekoe," to a free clinic to save money on their annual shots. When I took them this time, the vet told me that I should microchip them in case they ever escape. I think it's a money grab. What do you think? -- Margie M., Oviedo, Florida

DEAR MARGIE: A microchip is worth considering, even if it seems unlikely that your pets will escape the house or yard. We can't always predict what will happen in life. For example, what if you get into a car accident and your dogs escape through the open door? What if a neighbor leaves the back gate open?

Microchipping can greatly increase the chance that your dogs will be reunited with you should they escape. An American Veterinary Medical Association study found that lost microchipped dogs were identified and returned 52.2% of the time, and microchipped cats 38.5% of the time, compared to 21.9% and 1.8%, respectively.

• It's also a safe, nearly painless procedure; the chip is inserted just under the skin, either on the left side of the neck or between the shoulder blades. Afterward, you must register the chip with a reputable database -- instructions are usually included with the post-procedure pamphlets that the vet will give you. You can learn more here: www.pumpkin.care/post/microchipping-dogs-cats.

Keep a collar on each of your dogs, with an ID tag and their vaccination tag on the D-ring, even if you decide not to microchip them. This provides fast identification without having to run a microchip scanner over the pet -- something that is normally available only at shelters and vet offices.

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

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MINI SUDOKU

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	5			4	
6					
5					1
				6	4

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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By Ryan A. Berenz

1. What retired U.S. Air Force lieutenant general was named Major League Baseball Commissioner in 1965 but was forced to resign in 1968?
2. What Czechoslovakian tennis player ended Martina Navratilova's 74-match winning streak and her bid for a calendar Grand Slam at the 1984 Australian Open?
3. What NFL stadium set a new Guinness World Record for the loudest crowd roar when it hit 142.2 dB in September 2014?
4. Major League Baseball's Rule 7.13, prohibiting catchers from blocking baserunners at home plate, is informally named after what former San Francisco Giants catcher?
5. "Welcome to the legendary Pit, a mile high and louder than ..." is a phrase painted on the tunnel walls of what college basketball team's home arena?
6. In 1942, the first artificial nuclear chain reaction took place at the University of Chicago's Stagg Field, on a court used for what sport?
7. What university band has been the official host band of the Indianapolis 500 auto race since 1919?

Answers

1. William Eckert.
 2. Helena Sukova.
 3. The Kansas City Chiefs' Arrowhead Stadium.
 4. Buster Posey.
 5. The University of New Mexico Lobos.
 6. Squash.
 7. The Purdue All-American Marching Band.
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1. Michael
(PG-13) Jaafar Jackson, Nia Long
 2. The Devil Wears Prada 2
(PG-13) Meryl Streep, Anne Hathaway
 3. Obsession
(R) Michael Johnston, Inde Navarrette
 4. Mortal Kombat II
(R) Adeline Rudolph, Karl Urban
 5. The Sheep Detectives
(PG) Hugh Jackman, Brett Goldstein
 6. The Super Mario Galaxy Movie
(PG) Brie Larson, Virginia Dare Jelenic
 7. Project Hail Mary
(PG-13) Ryan Gosling, Sandra Hüller
 8. Top Gun
(PG) Tom Cruise, Anthony Edwards
 9. In the Grey
(R) Henry Cavill, Jake Gyllenhaal
 10. Is God Is
(R) Kara Young, Mallori Johnson
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"The Four Seasons: Season 2" (TV-MA) -- Viewers who caught season 1 of this slice-of-life dramedy series should be excited that another round of the four seasons lands in our laps on May 28! Season 2 kicks off after the passing of Steve Carell's ("Rooster") character, Nick, and his friends (portrayed by Tina Fey, Will Forte and Colman Domingo) are naturally grieving his passing -- each in their own special and different way. But they still vow to keep up their tradition of vacationing together, along with Nick's ex-wife (played by Kerri Kenney-Silver) and his expecting girlfriend (Erika Henningsen). Fey teased to Netflix, "They have to learn to re-form as a group in a different configuration." Whatever the configuration, I'm sure it'll be entertaining to watch! (Netflix)

"Summer House: Season 10 Reunion" (TV-MA) -- If you are in the Bravo realm and have been watching the recent scandal unfold, you'll be just as hyped as the rest of "Summer House" fans to finally watch the season 10 reunion. The first episode of the three-part reunion premieres May 26, when Andy Cohen ("Watch What Happens Live") will ask intense personal questions to the cast. Stars Amanda Batula and West Wilson recently rocked the internet when news of a romantic affair between the two surfaced online. Criticism from fans stems from Batula being a close friend of co-star Ciara Miller, who is Wilson's ex-girlfriend and still somewhat intertwined with Wilson herself. Not to mention, Batula's still technically married to Kyle Cooke, who's been the main star of the show since season 1. Talk about messy! Can't wait! (Peacock)

"Mother Mary" (R) -- One of A24's latest releases didn't do so hot at the box office, scraping together \$3 million against a \$20 million budget. (Luckily, its main star also just had another major movie release.) Anne Hathaway ("The Devil Wears Prada 2") leads this psychological drama film about a pop icon named Mother Mary, who reconnects with her former best friend, Sam (Michaela Coel), on the night of her comeback performance. The performance is meant to smooth over a previous accident, where Mary was suspected of trying to commit suicide on stage. Although Sam's grown to resent Mary after their fallout, she agrees to design her a dress for the performance. Through this vulnerable moment, the two friends can repair the wound that infected their friendship -- and release a few emotional demons as well. Out now to rent. (Amazon Prime Video)

"Forbidden Fruits" (R) -- This comedy-horror film is based on a stage play written by Lily Houghton and landed a handful of young actresses to tell its story on the big screen. Lili Reinhart ("Riverdale") stars as a girl named Apple, who works with her friends Fig (Alexandra Shipp) and Cherry (Victoria Pedretti) at a clothing store in a Dallas shopping mall. When Pumpkin (Lola Tung), a girl from the pretzel counter at the food court, expresses her interest in working at the store, Apple reveals that their trio is a coven of witches. To work at the store, Pumpkin must be initiated and follow Apple's rules to a T. But little do the other girls know that Pumpkin has a secret of her own. The film is out now to rent and features Emma Chamberlain ("YOLO") and Gabrielle Union ("Goat") in smaller roles. (Fandango at Home)

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Portland, Oregon is named after Portland, Maine. The Oregon city's name was decided on a coin toss between Portland and Boston.

THIS WEEK'S CELEBRITY BIRTHDAYS

Frank Oz	5/24/1944
Ralph Waldo Emerson	5/25/1803
John Wayne	5/26/1907
Wild Bill Hickok	5/27/1837
Marco Rubio	5/28/1971
Bob Hope	5/29/1903
Wynonna Judd	5/30/1964

TIDBITS

TIDBITS presents TRIVIA NEWSFRONT

1. Which is longer: Maine's coastline, or California's?
2. What is the only state with a population under 600,000?
3. Which is the only state named after a president?
4. Which is the only state without a natural lake?
5. Which is the only state where the east and west boundaries are rivers?

Weekly SUDOKU

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

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. ANIMAL KINGDOM: What is a female fox called?
2. HISTORY: In what year was the first iPhone released?
3. MOVIES: What was the first U.S. movie to be rated PG-13?
4. GEOGRAPHY: What is the southernmost capital city in the world?
5. U.S. STATES: Which state is home to the world's largest cave system?
6. GENERAL KNOWLEDGE: What category of writing are the Hugo and Nebula Awards given for?
7. TELEVISION: In what year did the comedy show "Saturday Night Live" debut?
8. MATH: What is a polygon with seven sides?
9. LITERATURE: What city is the setting for Shakespeare's "Romeo and Juliet"?
10. ENTERTAINERS: Which New Jersey city has a statue of singer Frank Sinatra?

Answers

1. A vixen.
 2. 2007.
 3. "Red Dawn," 1984.
 4. Wellington, New Zealand.
 5. Kentucky.
 6. Science fiction and fantasy.
 7. 1975.
 8. Heptagon.
 9. Verona, Italy.
 10. Hoboken, New Jersey.
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Make Chocolate Zucchini Cake As An Afternoon Snack

"You can have your cake and eat zucchini, too," said Josh Plank when I wandered over to a landscaping project he was digging into in my neighbor's yard. I knew he had a garden of his own, so I eagerly asked what I should do with three humongous 18-inch-long zucchini. Without skipping a beat, he said, "Bake a chocolate zucchini cake."

What? "Yep, a cake," he said. "It's the ultimate dessert my mom made when I was a kid. An Austrian neighbor gave it to her and said to pass it on. And that's what she did. Now I make it and share it with friends."

He emailed me a simple list of ingredients. When asked for directions, he said to stir the ingredients in order, one by one, with a wooden spoon in a big bowl. No mixer, no fuss! Stir together family fun with this kid-friendly recipe, and serve with cold glasses of milk, colorful napkins and straws for a special snack!

CHOCOLATE ZUCCHINI CAKE

- 1/2 cup soft butter
- 1/2 cup canola or vegetable oil
- 1 3/4 cups granulated sugar
- 2 eggs at room temperature
- 1 teaspoon pure vanilla extract
- 1/2 cup sour milk (Stir together 1/2 cup milk and 1/2 tablespoon white vinegar. Let it sit for 15 minutes.)
- 2 1/2 cups all-purpose flour
- 4 heaping tablespoons unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon ground cloves
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 cups grated zucchini (If using an extra-large, firm zucchini, remove the seeds.)
- 1/2 cup semisweet chocolate chips

Topping Ingredients:

- 1/2 cup chopped nuts
- 1/2 cup chocolate chips

Grease and flour a 9-by-13-inch pan. Preheat oven to 350 F after sour milk is prepared. In a large bowl, stir together butter, oil and sugar for a few minutes, until light. Add the eggs one at a time, until well-blended. Stir in vanilla and the sour milk.

Meanwhile, another child may measure and sift the flour, cocoa, baking soda, cloves, cinnamon and salt. Add to the large bowl and stir gently until mixed. Add zucchini and chocolate chips, and stir until just combined.

An adult should spoon the batter into the pan, sprinkle the topping, and bake for 40-50 minutes, until a cake tester comes out clean.

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at www.donnaerickson.com. (c) 2026 Donna Erickson
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ARIES (March 21 to April 19) An apparent act of injustice might turn out to be either an error in judgment or just plain stupidity. So, calm down, cool off, and let the explanations roll out.

TAURUS (April 20 to May 20) It's upsetting when someone you trusted has failed you. But with new opportunities ahead, you'll soon be too busy to feel even a wee bit sorry for yourself.

GEMINI (May 21 to June 20) A sense of uncertainty could be a good reason to change your position on an important matter. Someone close might try to talk you out of it, but it's your decision to make.

CANCER (June 21 to July 22) Being too zealous in pursuing your goal could create some resistance. Try to be more mindful of what you ask people to do, and they'll be more likely to do it.

LEO (July 23 to August 22) Things change as you go from being ignored to being Lionized once again. This is a good time to reintroduce some previously rejected ideas to a more receptive audience.

VIRGO (August 23 to September 22) Someone new in your life creates both anticipation as well as anxiety. Avoid the potential for misunderstandings by watching what you say and how you say it.

LIBRA (September 23 to October 22) Watch your budget so that you don't overspend now and have less to invest when the time is right later on. Also, arrange to share your weekend with someone special.

SCORPIO (October 23 to November 21) The temptation to involve yourself in a friend's or family member's personal problems is laudable. But get the facts before you make a firm commitment.

SAGITTARIUS (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done -- and done well.

CAPRICORN (December 22 to January 19) You've reached an important point in the ongoing pursuit of your goals. You now might want to consider letting someone you trust join you on your journey.

AQUARIUS (January 20 to February 18) You've been going through a spate of uncertainty involving people you care for. But it might be time to take a stand on a position that you feel sure you can defend.

PISCES (February 19 to March 20) Treading water keeps you busy, but it won't get you where you need to go. It's time to stop making excuses and start moving ahead toward your goals.

BORN THIS WEEK: You see life as both creative and pragmatic. You'd be a fine artist -- and also a successful one.

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MAGIC MAZE • A LATE ENDING

GBYWUIRPIV R N K I G
 P D B Z C S X N I V E E E S
 Q A O S M O F O K T G T T T I
 G E L L C L L A A Y U A A A W
 U S Q A A P L E N L L L L L
 J H F T T T F T A U A U U O P
 E C E E A E A Y M T T M S C X
 V U S Q D L P U N M E I N O K
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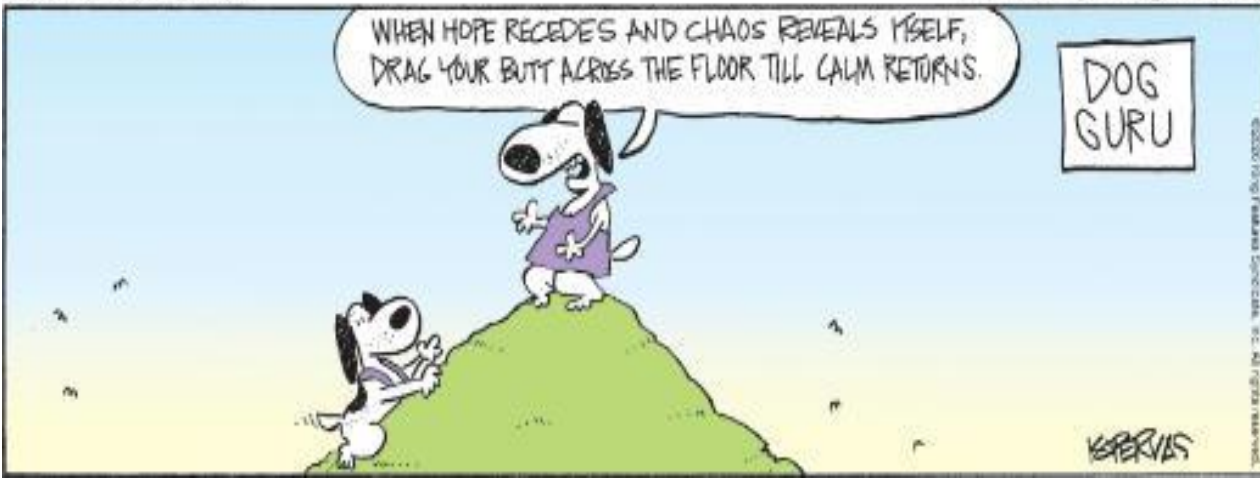
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: TO EXPAND WITH AIR

Accumulate	Correlate	Isolate	Simulate
Chocolate	Deflate	Palate	Slate
Collate	Emulate	Plate	Violate
Conflate	Insulate	Regulate	

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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

D-PARTING

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| <p>ACROSS</p> <p>1 PlayStation 3 competitor</p> <p>4 Prefix for "bird"</p> <p>7 Man-to-man term of endearment</p> <p>13 Luau skirt</p> <p>19 Native (to)</p> <p>21 Modern way to shop</p> <p>22 Neckwear clasp</p> <p>23 Noteworthy septet of piers?</p> <p>25 Spanish fleet</p> <p>26 Worship</p> <p>27 Publicly revealing Edison's secret?</p> <p>29 Bottom-row PC key</p> <p>30 Recipe qty.</p> <p>32 Overly</p> <p>33 Eggs' shapes</p> <p>34 Successfully trap a moray?</p> <p>41 Shrek is one</p> <p>43 "There oughta be —!"</p> <p>44 Dozing</p> <p>47 Spellbound</p> <p>51 "This works like a charm!"</p> <p>55 Up-to-the-minute</p> <p>57 Director Ang</p> | <p>58 Like family-friendly films</p> <p>59 Pres. after FDR</p> <p>62 Bring a Ferris wheel to a complete stop?</p> <p>65 Scrape (by)</p> <p>66 Charlotte —, Virgin Islands</p> <p>69 Internet ID</p> <p>70 TV host Philbin</p> <p>71 Like a king who has wild mood swings?</p> <p>76 Burns a little</p> <p>77 Army NCO</p> <p>78 Teensy bit</p> <p>79 Noted period</p> <p>81 Ruling eagle sitting in her high nest?</p> <p>84 Org. giving tows</p> <p>85 Iridescent button materials</p> <p>88 Architect I.M. from China</p> <p>89 "Avengers: Age of —" (2015 Marvel film)</p> <p>91 Government revenue sources</p> <p>93 Ukraine port</p> <p>96 Basketry willows</p> | <p>99 Shout</p> <p>100 Mask</p> <p>102 Wish you had never met the star of "Firestarter"?</p> <p>107 Curved (restaurant)</p> <p>110 — Fridays (restaurant)</p> <p>113 Bank acct. amount</p> <p>114 Uncooked</p> <p>115 Response to a question about "Swan Lake"?</p> <p>119 1996 #1 hit for Los del Rio</p> <p>124 Funnel-shaped bloom</p> <p>125 People with unorthodox opinions about a girl in Wonderland?</p> <p>127 Quick raids</p> <p>128 Cringed</p> <p>129 Sugar alcohol used as a sweetener</p> <p>130 Tiny amounts</p> <p>131 Goes hastily</p> <p>132 From — Z</p> <p>133 Pop/soul singer Des'—</p> | <p>2 Suffering, figuratively</p> <p>3 — -Kit (police face-maker)</p> <p>4 Part of ACLU: Abbr.</p> <p>5 — voce</p> <p>6 "High Rollers" rapper</p> <p>7 See</p> <p>109-Down</p> <p>8 With the wish (of)</p> <p>9 Actress Summer of "Serenity"</p> <p>10 Encircled with a band</p> <p>11 Not suitable</p> <p>12 Like many simple questions</p> <p>13 TDs or RBI</p> <p>14 Loud warning device</p> <p>15 Eliminator</p> <p>16 Former first lady Michelle</p> <p>17 Rafael of tennis</p> <p>18 Lawn surface</p> <p>20 Suffix of nationalities</p> <p>24 Amsterdam is its cap.</p> <p>28 Sticky gunk</p> <p>31 Island setting</p> <p>35 Appellation</p> <p>36 Dressed</p> <p>37 Bible book before Zechariah</p> | <p>38 Prefix with light</p> <p>39 Pipe joint</p> <p>40 Foliage unit</p> <p>42 Stan of jazz</p> <p>45 Region of pre-Roman Italy</p> <p>46 Viewed intently</p> <p>48 Some wheel adjusters</p> <p>49 Animal's "family tree"</p> <p>50 Golf pegs</p> <p>51 Deep anger</p> <p>52 Pay attention</p> <p>53 Sault —, Mich.</p> <p>54 Replace with</p> <p>56 Bud of Cooperstown</p> <p>60 Some roofing specialists</p> <p>61 Up to, in brief</p> <p>63 Suffix with southwest</p> <p>64 Outdoor gear retailer</p> <p>67 Large city in Iraq</p> <p>68 Raised RRIs</p> <p>72 "Either he goes — go!"</p> <p>73 Mao — -lung</p> <p>74 Diva Sumac</p> <p>75 Boomer's kid</p> <p>76 Mafia chief</p> <p>80 Horse cousin</p> <p>82 Campus area</p> | <p>83 Film genre</p> <p>86 Skillfully</p> <p>87 Tranquil</p> <p>90 Modern, in Munich</p> <p>92 Scottish port</p> <p>94 Vamish resin</p> <p>95 Judy glance</p> <p>97 Make more offspring</p> <p>98 Govt. loan agency</p> <p>101 LAX guess</p> <p>103 — mater</p> <p>104 Collier's tram</p> <p>105 Really bug</p> <p>106 Discarded PCs or TVs</p> <p>107 At the stern</p> <p>108 Barber's tool</p> <p>109 With 7-Down, the original "It" girl</p> <p>111 Chews on</p> <p>112 Town on Long Island's South Shore</p> <p>116 Russian news agency</p> <p>117 Chablis, e.g.</p> <p>118 Ovid's "Lo!"</p> <p>120 Brand of athletic shoes</p> <p>121 "— la vie"</p> <p>122 Slangy suffix with buck</p> <p>123 Cup edge</p> <p>126 ER staffers</p> |
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Moments in time

THE HISTORY CHANNEL

- On June 8, 793, in the first recorded Viking attack in Europe, Norse invaders launched a raid of looting and murder on England's Lindisfarne monastery, with contemporary accounts describing "dreadful forewarnings" that included "fiery dragons flying in the sky."
- On June 9, 1893, the interior of Ford's Theatre, where Abraham Lincoln was assassinated in 1865, collapsed, killing 22 people. An investigation revealed that a pier had given way during excavation in the basement for an electric-light plant.
- On June 10, 1881, "War and Peace" author LEO Tolstoy, conflicted by his wealthy landlord responsibilities and a desire to give up his property and wander the land as an ascetic, disguised himself as a peasant and began a pilgrimage to a monastery. He had started giving away his possessions and announced that the public owned his works, but his wife, understandably concerned for their children's financial stability, gained control of the copyrights for all his work published prior to 1880.
- On June 11, 1919, 3-year-old racehorse Sir Barton won the Belmont Stakes, Preakness Stakes and Kentucky Derby in a single season, making him the first horse to earn what would become known as the American Triple Crown -- a particularly impressive feat since he had never achieved a career win until that year's Kentucky Derby.
- On June 12, 1974, Little League Baseball Inc. announced its intention to "defer to the changing social climate" by permitting girls to play ball. The decision came after the organization lost a series of lawsuits in New Jersey and was faced with increasing legal challenges in other states as well.
- On June 13, 1962, Stanley Kubrick's film adaptation of Vladimir Nabokov's famously controversial novel "Lolita" premiered in New York. Even its advertising posters posed a query that was no doubt on a lot of people's minds: "How did they ever make a movie of 'Lolita'?" The answer was "with extensive changes" -- to Kubrick's admitted chagrin.
- On June 14, 2017, James Hodgkinson walked onto a baseball field at Eugene Simpson Park in Alexandria, Virginia, and opened fire on politicians, wounding House GOP Whip Steve Scalise of Louisiana and four others, after asking a passing congressman whether Republicans or Democrats were practicing.

SENIOR NEWS LINE

By Matilda Charles

Forgotten subscriptions

Here's a short quiz. What do the following have in common: the local car wash, vitamins, printer ink, credit monitoring and razors.

The answer: They can all be subscription goods or services. And all of them could be expenses you're paying for without being aware.

Per the research, our downfall is when the payments for those subscriptions are set to auto pay, either monthly or annually, making them easy to miss or forget. The research group asked participants to guess how much they spent on subscriptions. The actual spending turned out to be two times the estimate.

There are so many more: air filters, tech support, exercise bike online classes, meal kit delivery and internet access. And more: extended warranties, big box store memberships and exercise apps.

You can reclaim some of your money with a little work. Go through a year of bank and credit card statements to look for recurring charges. Did you sign up for a trial subscription and forget to cancel? Did the price of a subscription go up without you knowing? Have you previously asked to cancel but it wasn't done?

Even if you don't find that you have forgotten subscriptions, you could be overpaying for the ones that you do want. Example: By changing to a smaller cellphone plan, I was able to cut \$20 off my monthly cost. Example: By changing to a movie streaming service that included ads, I was able to save \$10 per month. Example: I was able to save \$15 per month by canceling a movie service that I didn't use often enough to justify keeping it. These three alone come to \$45 of my money that I get to keep. That's \$540 per year.

To be considered: The research showed that many seniors have as many as a dozen forgotten subscriptions they're still paying for.

Do you have any?

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DOES MY DAD NEED ASSISTED LIVING OR MEMORY CARE?

Deciding between assisted living and memory care can feel overwhelming, especially when you're thinking about the well-being of someone you love or yourself. It's an emotional journey, but understanding the difference between these two types of care can help you make a decision that brings peace and comfort.

1. Balancing Independence with Support
Assisted living is designed for those who may need some help with daily tasks like dressing, bathing, or medication management but still value their independence. If your loved one enjoys being active and social but occasionally needs assistance, assisted living could be the perfect balance. It offers a supportive environment while still allowing them to lead a fulfilling and independent life with access to care when needed.

2. Focusing on Memory and Safety
Memory care is more specialized, offering a secure, compassionate environment for those living with Alzheimer's, dementia, or other memory-related conditions. If your loved one is struggling with memory loss, confusion, or disorientation, memory care provides a structured, nurturing space with professionals who understand their unique needs. These communities are designed to create a sense of comfort, safety, and stability for residents who

might feel anxious or disoriented in everyday environments.

3. Considering Safety and Peace of Mind
When safety becomes a concern—such as wandering or forgetting to turn off the stove—memory care provides round-the-clock support in a secure setting. Knowing your loved one is cared for in a safe, warm community can offer a sense of relief and peace.

4. Assessing the Level of Care
It's important to recognize when a bit of extra help is needed. A good place to start is by talking to your loved one's primary care provider. Share your concerns about day-to-day needs and let them help assess whether assisted living or memory care might be the better option. If your loved one is still able to communicate their needs, but could use assistance, assisted living is a great option. If they need more constant care and supervision, or have lost the ability to express their needs or desires, memory care is likely the best choice.

Trust your heart and the professionals to help guide you as to what your loved one needs. There are no right and wrong decisions, but educating yourself on the options available will help you make the choice that feels right for their care and happiness.

Call me today for a free consultation in navigating assisted living and memory care options.



Becky Georgius
Sales and Marketing Director
The Lodge Assisted Living and Memory Care Communities
208-457-3403

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!

Honest: ROMAL

Reduced: KNURSH

Village: LATHEM

Groan: ACKER

TODAY'S WORD



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Micro Crossword By Elizabeth C. Gorski

Across

- Jack's companion, in rhyme
- Hoax
- Tenth Greek letter
- "Better Call ____" ("Breaking Bad" spinoff)
- "The Waste Land" monogram

Down

- POTUS to whom Leonard Bernstein dedicated his "Kaddish" symphony
- Nest egg choices
- Splash against
- Southern constellation or the Latin word for "wolf"
- Valley

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TIDBITS WORD POWER

Unscramble this word:

EERIEBLURBS

Maine produces more of this agricultural product than any other state.

TIDBITS NUGGET OF KNOWLEDGE

The Statue of Liberty, located on Ellis Island, is considered to be a New York City landmark in spite of the fact that it's actually located in New Jersey waters.

KNIGHT MOVES

T	E	A
P		Z
L	E	S

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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