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SEE TESTIMONIALS ON PAGE 3

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TIDBITS® TAKES PENICILLIN

by Janet Spencer

Before penicillin, there was no effective treatment for infections. Hospitals were full of people dying from infections. Come along with Tidbits as we celebrate the discovery and development of penicillin!

AN ACCIDENTAL DISCOVERY

- Alexander Fleming was a Scottish medical researcher working for St. Mary's Hospital in London. His project was to grow as much Staphylococcal microbes as possible, so that experiments could be run on how to kill staphylococcus infections. Fleming was growing the infectious microbe using a seaweed extract called agar in petri dishes.
- In 1928, he left for a long weekend trip. When he returned to his lab, he found that one of the petri dishes had been knocked askew so the lid was partially open. This had allowed mold spores floating in the air to descend upon the agar, contaminating his staphylococcus culture. He was surprised to see that the invading mold had killed the staphylococcus culture wherever it grew. Examining it, he found it was a common strain of mold from the genus Penicillium.
- Flemming isolated the mold, grew more of it, then experimented to see how many other species of bacteria it could kill. The answer was LOTS.

(cont)

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

SEE TESTIMONIALS ON PAGE 3

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Q: Why did Alexander Fleming invent penicillin?
A: Because Alexander was phlegming!

CONTACT INFORMATION FOR TIDBITS OF KOOTENAI COUNTY



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PENICILLIN (cont)

- Fleming wrote a paper about his accidental discovery in 1929 and distributed samples of the Penicillium mold widely to other researchers, hoping someone could take this discovery further. The problem was that extracting the anti-microbial substances from the mold was very difficult.
- A few years later, researcher Earnest Chain at Oxford, England, happened upon Fleming's paper and began his own experiments with the penicillin mold. His boss, a biochemist named Howard Florey, helped him refine techniques to extract tiny amounts of penicillin from the mold. Their colleague, biochemist Norman Heatley, discovered better ways of purifying penicillin.
- On May 25, 1939, the team injected 8 mice with a virulent strain of Streptococcus. Four of the mice were then injected with a dose of penicillin while the other four were not. The following day, all four control mice were dead, while all four treated mice were alive. Chain declared this to be "a miracle," which was true.
- An article in "The Lancet" published in August of 1940 described their process and the results.
- By 1941, they had enough penicillin to treat one person. It needed to be a person who would otherwise die, because they had no idea if large doses of penicillin would kill a human or not. A British policeman named Albert Alexander had a raging infection that was spreading quickly. He was delirious and close to death. The effects of the first dose of penicillin was miraculous; he was soon nearly back to normal. Unfortunately, the limited supply of penicillin ran out on the fourth day. Albert's infection roared back to life, killing him. Still, the experiment proved the effectiveness of penicillin as an antidote to infection. (cont)



- Sometimes dry erase markers and permanent markers look the same in a hurry. Ever grabbed a marker to write a note on a dry erase white board and found that it wouldn't wipe off? To remove permanent marker from a white board, try using a pencil eraser. Rub lightly on the marker areas only, working from the outside in. It should come off.
- Rusty bicycle handles can be unsightly and a pain. Make a paste of salt and lemon juice (three parts salt, one part lemon juice), and use it to rub the rust away with a dry cloth.
- What will you do with all that candy from trick-or-treating? Make your holiday cookie plans now, and you can freeze some for later baking use.
- "If you have magazines or books that you are finished reading, perhaps you'd consider donating them to local seniors centers. You can look in the yellow pages to see if there are any near you. Often, the seniors are grateful to have new reading material." -- T.C. in Florida
- Many more of us are using the reusable fabric shopping bags nowadays. A few cities have banned the use of plastic bags for retail shops. These bags are much better for the environment, and can hold a lot more groceries per bag. One thing many people forget to do is wash them. You can take out the plastic insert (if there is one) and toss them in the washing machine. Hang to dry and you're carrying around a much cleaner bag!

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

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Just Like Cats & Dogs by Dave T. Phipps

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PENICILLIN (cont)

- With World War II raging, penicillin was needed more than ever. Britain was so preoccupied with the war that there were few facilities to conduct research. Instead, efforts were shifted to the U.S. where Peoria, Illinois, had one of the nation's largest facilities to ferment molds.
- Florey and Heatley went to Illinois in June of 1941 with samples of the penicillin mold. Fearing their cultures could be lost, stolen, or confiscated, they secretly covered their coats with mold spores so they could grow new mold if their samples disappeared. With the help of the U.S. Department of Agriculture, huge vats soon nourished the flourishing growth of the penicillin mold.
- There are many members of the Penicillin family, and researchers hoped to find a strain that would yield a greater amount of the bacteria-killing substance. They asked the government to have soil samples sent in from every place in the world where U.S. soldiers were stationed. All of these new penicillin strains were tested, but none proved worthy. Then a lab assistant brought in a cantaloupe she'd found at the local market right there in Peoria. It had a golden mold growing on it and she wondered if it would be helpful. After scraping off the mold, the people in the lab ate the melon, and then tested the mold. To their astonishment, it yielded 200 times more penicillin than other strains had. To this day, every bit of penicillin ever administered has sprung from that moldy cantaloupe.
- On March 14, 1942, the first American patient was successfully cured with penicillin, provided by the U.S. pharmaceutical company Merck. Half of the total available supply was used to cure Anne Miller of Connecticut of sepsis. By June of 1942, there was enough penicillin in the U.S. to treat ten patients. (cont)

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4. China
5. Brazil
6. Australia
7. India
8. Argentina
9. Kazakhstan
10. Algeria

Source: Britannica

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STICKELERS (TM)
by Terry Stickels

What's the missing number based on the logic demonstrated in the first four boxes?

7	11	20	46
3	5	1	29
4	8	14	29

8	
-1	0
	?

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Out on a Limb by Gary Kopervas

CORN HENSE

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TIDBITS

NUGGET OF KNOWLEDGE

When a bacterium reproduces by splitting itself in half, it leaves small holes in the cell walls of both halves. The bacteria then build a "scaffold" that covers the holes, and uses that scaffold to seal the holes closed. Penicillin works by preventing bacteria from forming that scaffold. The holes cannot be closed, the bacteria cannot reproduce, and death results.

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1. What percent of people are allergic to penicillin?
2. What is the only medical advance that has saved more lives than penicillin?

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Shelley Colombini
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PENICILLIN (cont)

- After much experimentation, an injectable, mass-produced form of penicillin was soon ready. American pharmaceutical companies were churning out massive amounts of penicillin within a year.
- The speed at which penicillin became widely available was amazing. In 1941, the U.S. did not have enough to treat a single person. At the end of 1942, enough penicillin was available to treat almost 100 patients. By September of 1943, there was enough to distribute among the Allied Armed Forces worldwide, including 2.3 million doses delivered in time for the invasion of Normandy in the spring of 1944.
- Bacterial pneumonia killed 18% of fallen soldiers in World War I, but in World War II, it killed less than 1% of soldiers.
- Production of the drug in the U.S. jumped from 21 billion units in 1943, to 1,663 billion units in 1944, to over 6.8 trillion units in 1945. Manufacturing techniques improved, leaping from one-liter flasks with less than 1% yield to 10,000-gallon tanks at 80-90% yield between 1938 and 1945.
- By 1949, the price had dropped from \$20 per 100,000 units in 1943 to less than ten cents.
- After the war, the American government removed all restrictions on its use, and as of March 15, 1945, penicillin was available to any American who needed it.
- Alexander Fleming received 189 honors during his lifetime for his accidental discovery and even has a crater on the Moon named after him. In 1945 he shared the Nobel Prize along with Ernst Chain and Howard Florey. In his acceptance speech, Fleming warned that over-use of this new antibiotic might have dangerous implications if microbes developed resistance. This prediction came true far more quickly than Fleming could ever have imagined.

Strange BUT TRUE

By Lucie Winborne

- According to 19th-century Welsh tradition, any infant whose nails are cut before the age of 6 months will become a thief.
- In 1974, the Journal of Applied Behavior Analysis published a paper titled "The Unsuccessful Self-Treatment of a Case of 'Writer's Block.'" It contained a total of zero words.
- Every second, a large hurricane releases the energy of 10 atomic bombs.
- Female kangaroos can stop the development of their joeys in a process called embryonic diapause, which allows them to give birth when conditions are right, or wait until another joey has left their pouch.
- In parts of Europe, people believe that if you light a cigarette from a candle, a sailor will die.
- Researchers at the University of Arizona discovered that the ability to see the color red comes from a gene attached to the X chromosome. Since women have two of those chromosomes, they perceive the red-orange spectrum better than men.
- Bubble gum was originally pink because that was the only food dye available in the factory where it was made.
- The term "sabotage" originated from French textile workers throwing their wooden clogs, known as "sabots," into machinery to protest industrialization and automation in the 19th century.
- All newspapers in the British Library were ironed by hand to ensure a clear image before they were microfilmed.
- The 1967 Outer Space Treaty forbids any nation from trying to own the moon.
- During WWI, German measles were called "liberty measles" and dachshunds became "liberty hounds."

Thought for the Day:

"Sometimes people try to turn back their odometers. Not me, I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved."

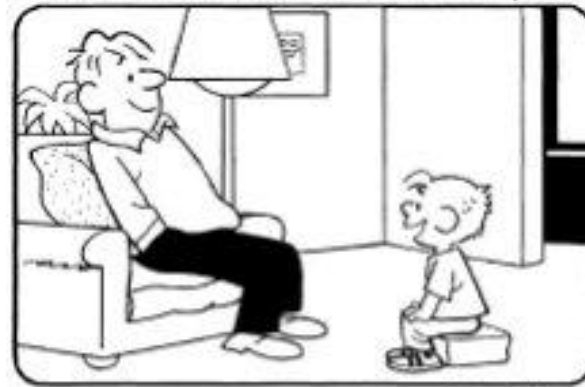
-- Will Rogers

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HOCUS-FOCUS BY HENRY BOLTINOFF



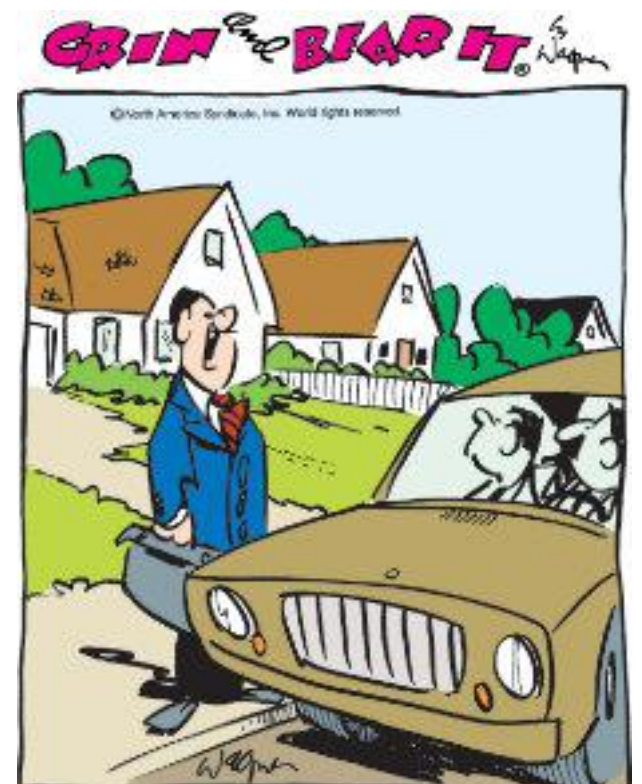
Find at least six differences in details between panels.



Differences: 1. Lamp is moved. 2. Arm of chair is different. 3. Wall is wider. 4. Picture frame is thicker. 5. Pillow is different. 6. Boy's hair is different.

THIS WEEK'S CELEBRITY BIRTHDAYS

Marie Osmond	10/13/1959
Roger Moore	10/14/1928
Sarah, Duchess of York	10/15/1959
Tim Robbins	10/16/1958
Margot Kidder	10/17/1958
Chuck Berry	10/18/1926
John Lithgow	10/19/1945

"You can't kick me out of the car pool. ... It's MY car!"

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
 PHOTO CREDIT: Kovels.com
 PHOTO CAPTION: The postcard is from 1911, but the scene of a costumed child with jack-o'-lanterns and black cats on a moonlit night wouldn't look out of place at a Halloween celebration today.



Halloween Art Style

Happy Halloween from Kovels! Or, in the words of this postcard, "A Merry Halloween." Despite the antiquated greeting and old-fashioned art style, this card has familiar Halloween icons you might see on today's decorations: a child in costume, jack-o'-lanterns, an owl, black cats and a full moon --complete with a face, of course. The art style is characteristic of the early 1900s, and the postmark on the reverse dates it to 1911. So does its one-cent stamp. You would have to spend considerably more on a postcard like this today: It sold for \$100 at a Matthew Bullock auction.

Q: I have 16 Dunbar Sweet Ada line bar glasses hand-painted with two men that say what I just said on them. I can find similar items, but cannot find these anywhere. I would appreciate knowing what they might be worth.

A: Dunbar Glass operated in Dunbar, West Virginia, from 1913 to 1953. They are known for their drinking glasses, pitchers and cocktail

shakers. We have seen some sellers attribute the same Sweet Ada-Line design to the Wheeling Decorating Company, another West Virginia company that was in operation about the same time. Wheeling decorated glass that was made and marked by other factories. Your set of glasses is probably worth about \$100. Large sets of decorated glassware do not often sell for high prices.

TIP: Put a piece of plastic jewelry under hot water and, when warm, smell it. Bakelite smells like formaldehyde, celluloid smells like camphor (mothballs) and Galalith, a 1920s plastic, smells like burnt milk. Lucite does not smell.

CURRENT PRICES

Haeger, planter, Halloween, figural, pumpkin, jack-o'-lantern, smiling face, eyelashes, orange ground, ribbed, 6 x 6 x 4 inches, \$50.

Halloween figurine, Happy Ghost, shaded orange ground, smiling face, raised arms, Happy Halloween, black cat sitting on jack-o'-lantern, painted, art glass, signed, dated, Kim Barley, Fenton, 2015, 6 inches, \$190.

Halloween costume, orange jumpsuit, allover black print, jack-o'-lanterns, bats, crescent moons, cap, ruffle around neck and cuffs, matching hat, black eye mask, child's, 44 inches, \$205.

Stand, IBM dictating machine, walnut plywood, lacquered Masonite, chrome-plated steel, aluminum, four legs, caster feet, Eliot Noyes and Associates, c. 1960, 24 x 14 x 15 inches, \$1,385.

Halloween toy, mechanical, fiddle player, jack-o'-lantern face, painted, papier-mache, fabric clothes, 8 inches, \$3,565.

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

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1. ANIMAL KINGDOM: What is a group of walking penguins called?
2. MOVIES: What was the first movie to be adapted from one of Stephen King's novels?
3. GEOGRAPHY: How many time zones does Australia have?
4. LITERATURE: Which country is featured in Sir Walter Scott's historical novels?
5. HISTORY: How many essays are in The Federalist Papers?
6. SCIENCE: Who created the Periodic Table?
7. TELEVISION: What is the reality series "The Deadliest Catch" about?
8. PSYCHOLOGY: What irrational fear is represented in the condition called pogonophobia?
9. U.S. STATES: What is the only state with a one-syllable name?
10. MUSIC: Which branch of the U.S. military did Elvis Presley serve in?

Answers

1. A waddle.
2. "Carrie."
3. Three main time zones.
4. Scotland.
5. 85.
6. Dmitri Mendeleev.
7. Crab fishermen in the Bering Sea.
8. Fear of beards.
9. Maine.
10. Army, 1958-60.

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TIDBITS
Laughs!

Have you heard about the rising political tensions between yogurt and penicillin? One side is probiotic, and the other is antibiotic. They're calling it a culture war!

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- Sen. Ben Toews

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- Rep. Tony Wisniewski - Seat B
- Sen. Carl Bjerke

VOTE NOV 5th OFFICIAL KCRCC RECOMMENDED

NORTH IDAHO COLLEGE

- William Lyons - Zone 3
- Greg McKenzie - Zone 4
- Michael Angiletta - Zone 5

KOOTENAI SOIL & WATER

- Wesley Evans
- Walter Jon Groth
- Paul Mahlow
- Richard Meyer

PROPOSITION 1

- VOTE NO!

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- Yes on Northern Lakes
- Yes on Timberlake

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"I can't wait to see what Walter gives me for our _____ anniversary!"

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!

Native ANTENI _____ _____ _____ _____

Adore VOLE _____ _____ _____

Allure LOGRAM _____ _____ _____

Ideal OLDME _____ _____

TODAY'S WORD



How to help pets in the aftermath of Hurricane Helene

DEAR PAW'S CORNER: I'm heartbroken seeing the destruction in North Carolina, Florida, Georgia and South Carolina after Hurricane Helene. There must be a lot of lost, hungry and suffering pets. I want to fill my truck and trailer with pet food and drive it to where it's most needed, but I'm not sure where to go. Do you have any advice? -- Maggie in upstate New York

DEAR MAGGIE: It is heartwarming knowing that you and other pet owners want to do something positive for people and their pets in these areas that have been so hard hit.

As I write this, organizations from across the country are getting in place, setting up in strategic locations so that they can distribute aid, assist with rescues and help recover those lost to this storm. With many major highways cut, travel is nearly impossible in North Carolina, and very difficult elsewhere.

The best thing that you can do right now is to stay put. Instead of driving supplies to disaster areas, start a fundraising drive and donate cash to an organization that is actively helping pets and their owners.

For example, the ASPCA is working with the Humane Society in Charlotte, North Carolina, to evacuate rescue and foster dogs from Asheville and surrounding areas. The Humane Society of the United States is doing likewise. Both organizations are helping owners with pet food and medical care, and providing shelter to animals without families.

Donating to these major organizations, or selecting a local shelter or rescue group in these areas to support now and in the months to come, will help immensely.

Clarification: In a previous column on ticks, it was implied that ticks transmit heartworm. They do not; however, they can transmit tapeworms.

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

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ARIES (March 21 to April 19) The high standards you set for yourself don't always translate into the behavior you expect from others. A relationship problem can be resolved if you're more flexible and less judgmental.

TAURUS (April 20 to May 20) Not enough party bids to satisfy the Bovine's fun-loving side this week? Go ahead and throw one of your own. Then prepare for some serious work coming up early next week.

GEMINI (May 21 to June 20) A new and intensely productive cycle kicks in on the 30th. Be careful not to get too stressed out, though. Make time to restore your energy by relaxing with family and friends.

CANCER (June 21 to July 22) This could be a good time to share some of your plans with those closest to you. Their comments could give you some added insight into how you might accomplish your goals.

LEO (July 23 to August 22) An attack of self-doubt might be unsettling for the usually super-assured Feline. But it could be your inner voice telling you to hold off on implementing your plans until you've reassessed them.

VIRGO (August 23 to September 22) This is a great time for you to reward yourself for all your hard work, specifically by taking a trip you haven't spent months carefully planning to somewhere you never thought you'd be going. Embrace spontaneity!

LIBRA (September 23 to October 22) Some misunderstandings resist being resolved, but your sincerity in wanting to soothe those hurt feelings wins the day. By month's end, a relationship should begin to show signs of healing.

SCORPIO (October 23 to November 21) A hectic job schedule begins to ease by the end of the month -- just in time to blow off all that work-generated steam on Halloween. Meanwhile, a family situation runs into an unexpected complication.

SAGITTARIUS (November 22 to December 21) A cutting remark in the workplace needs to be handled with finesse. Remember, how you respond could determine the depth of support you gain from colleagues.

CAPRICORN (December 22 to January 19) Once again, that Capricornean stubborn streak sets in and could keep you from getting much-needed advice. Fortunately, it lifts by next week, just in time for you to make an informed decision.

AQUARIUS (January 20 to February 18) A surprise trip early in the week could lead to other unexpected offers when you return. Word to the wise: Avoid talking too much about this until you've made some decisions.

PISCES (February 19 to March 20) Learning dominates the week for perspicacious Pisceans who are always looking to widen their range of knowledge. Looking ahead, a series of important job-linked commitments begins next week.

BORN THIS WEEK: Your sense of humor and cheerful personality generate good feelings and goodwill everywhere you go.

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Weekly SUDOKU

by Linda Thistle

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

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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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: G equals O

FVQS HGWBC RGW HQBB SVK
GUKJVKQC ZGMKR MKKCKC SG
ZQTMSQTM Q ZGUTME OSQTJFQR?
KOHQBQSTME HGOSO.

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TIDBITS GOES GREEN

Thirty-five million tons of yard trimmings (including grass, leaves, and tree and brush trimmings) are generated in the U.S. annually. Each year, only 12% of the yard trimmings produced are composted.



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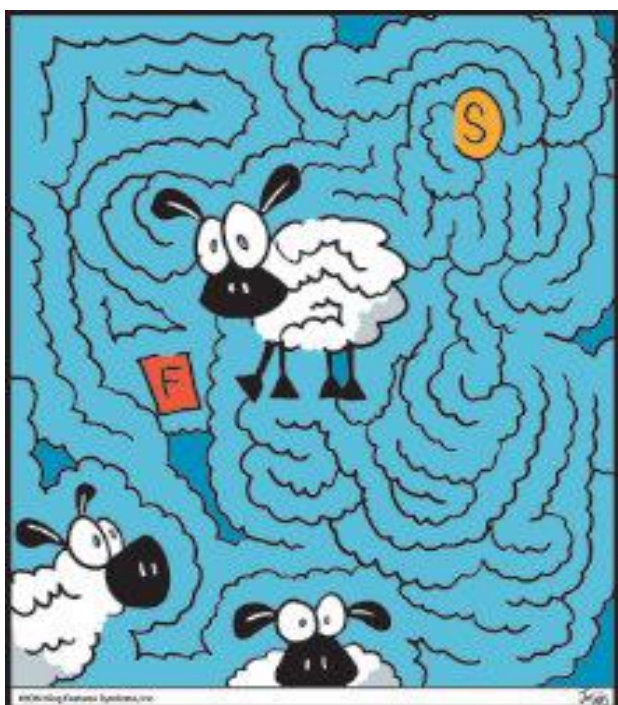
by Japheth Light

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

ACUPUNCTURE TO IMPROVE FERTILITY

Acupuncture to improve fertility and the chance of having a healthy baby is not new. It is one of the oldest fertility treatments ever. It has been practiced for thousands of years. It still is, because it works.

Infertility is not simple. There are many reasons why you can't conceive, and although conventional doctors look at several of the reasons, there are many that are difficult to delineate via lab tests or exploratory surgery. That's where acupuncture and naturopathy come in. Generally, when the person has gone through substantial emotional and financial investments towards medicalized fertility treatments, and finds they are not working, is when they start looking around for other answers.

But the right questions have to be asked. Beyond the physical and hormonal aspects of fertility, what are other causes?

This question extends to the inability to keep a pregnancy as miscarriages can be just as emotionally crushing as well.

Many times the answer is multi-faceted. Acupuncturists look at fertility, or the lack thereof, with different eyes. We look at the tongue, details about the color and flow of blood during the menstrual cycle (and not just the usual suspects!), the pulse and other physical or functional attributes. We look at biological, nourishment, environmental, and physical elements as well as lifestyle habits. Patients are listened to and treated as individuals with unique factors that contribute to infertility.

But does acupuncture alone work? Dr. Raymond

Chang, director of Meridian Medical is a medical doctor that apprenticed in China to combine conventional medicine with acupuncture. He told WebMD that "acupuncture stimulates egg function without the use of fertility medications. When you compare the pregnancy rates for an egg producing drug such as Clomid to acupuncture alone, the rates are equal - 50% chance of pregnancy in three months for general patients". The nice part about acupuncture is there are not the side effects. This was acupuncture alone. When combined with nutrition and herbal medicine, the results increase exponentially.

Acupuncture can also be used in conjunction with conventional infertility therapies. A study done in Denmark found that "Acupuncture administered on the day of ET (embryo transfer) significantly improves the reproductive outcome in women undergoing IVF or ICSI treatment for infertility. The rates of positive pregnancy tests, clinical pregnancies, and ongoing pregnancy or delivery were all significantly higher than those in the control group". This is because certain neurotransmitters are released during acupuncture that effect pituitary gonadotropin secretion, ovarian follicular growth, fertility, and ovulation.

By creating a healthy reproductive environment the chances of getting pregnant increase. There is no magic pill, no one time treatment, no 100% guarantee. However, addressing the multiplicity of factors involved, and using a multi-dimensional approach, such as acupuncture and nutritional therapy, puts the odds of successful conception back with the couple.

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.

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VETERANS POST

By Freddy Groves

Get ready for 2025 adaptive sports and arts

Over 15,000 veterans will be able to take advantage of the Department of Veterans Affairs' Adaptive Sports Program courtesy of nearly \$16 million in grants that have been handed to 91 organizations across the country. The current program runs until September 2025, and disabled veterans will be able to participate not only in adaptive sports, but in therapeutic arts as well.

The national, regional and community grant recipients host a wide variety of programs, ranging from SCUBA to wheelchair basketball to archery to skiing to equine therapy and so much more.

Check out department.va.gov/veteran-sports for the highlights of some of the sports, clinics and games that will be offered. For even more info, click on the Fact Sheet link. Whether it's Golden Age games (for those over age 55, May 31 - June 5, 2025) or sports clinics, if you see something you're interested in, don't wait. Contact those who sponsor the events and find out about how to participate.

If you're hesitant to explore the possibilities for next year, keep in mind that in many cases, the clinics and training are ongoing! For competition next year, you need to start now! If you're training and participating at a high level, in some cases there are stipends and monthly training allowances if you qualify.

Take a look at Move United (moveunitedsport.org) and click on Warfighters. Their goal is to provide adaptive sports opportunities to severely wounded warriors. At this point, over 19,000 veterans have participated in the group's 65-year history. Over 70 sports are offered: adaptive badminton, football, fishing, rock climbing and more. Whether the disability is from brain injury, burns, spinal cord or visual impairment, it doesn't matter if the disability was due to combat. If you have questions, you can give them a call at 301-217-0960.

And then there are the volunteers. You're needed. Apply now. The events and training can't take place without you. Call the organization that you're interested in supporting and get started now.

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MINI SUDOKU

4			3	6	
				1	
			6		
		2			5
5					
	6	4	2		

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

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Micro Crossword

By Elizabeth C. Gorski

Across

- Hockey great Gretzky
- Spam folder item
- Moving day needs
- Funny Fanny
- Words of approval

Down

- Award touted as "the Internet's highest honor"
- "That's ____" (song from "Moonstruck")
- Vertical line on a graph
- Blue Ivy, to Solange
- Faith Hill's "Someone ____ Dream"

1	2	3	4	5
6				
7				
8				
9				

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TIDBITS presents TRIVIA NEWSFRONT

- In December of 1942, survivors of this famous Boston fire were the first burn patients to be successfully treated with penicillin.
- In 1942, Harry Lambert became the first Brit saved by penicillin. What was his ailment?
- What was the first country to make penicillin available for civilian use?
- How long does a dose of penicillin remain in the body before being excreted by the kidneys?
- What was Alexander Fleming's original name for penicillin?

TIDBITS WORD POWER

Unscramble this word:

FRECKLELORE

This philanthropic foundation, established by an American industrialist, paid for the passage of Florey and Heatley from Oxford, England to Peoria, Illinois.

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DISCOVER THE DIFFERENCELICENSED BONDED CERTIFIED OVER 40 YEARS EXPERIENCE.....COVERING ALL OF IDAHO



By Ryan A. Berenz

1. Name the University of Oregon Ducks basketball star who was selected No. 1 overall by the New York Liberty in the 2020 WNBA Draft.
2. What former CBS and ESPN sportscaster founded sports media content company Walk Swiftly Productions in 2017?
3. What study, first published in 1995, retroactively established rankings for college basketball teams from 1895-1948 before national polling existed?
4. Which legendary Hawaii Rainbow Warriors quarterback had more NCAA career yards passing: Timmy Chang or Colt Brennan?
5. Rangers, Celtic, Dundee, Hibernian and Aberdeen are clubs competing in the top division of what soccer league?
6. In 2011, Charl Schwartzel became the third golfer from what country to win the Masters?
7. Name the "skeletal" offensive formation in American football - popular in the 1970s and '80s - that features a quarterback, a fullback and two halfbacks.

Answers

1. Sabrina Ionescu.
 2. Bonnie Bernstein.
 3. The Premo-Porretta Power Poll.
 4. Chang, with 17,072 (Brennan had 14,193).
 5. Scottish Professional Football League.
 6. South Africa.
 7. The wishbone.
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FREE

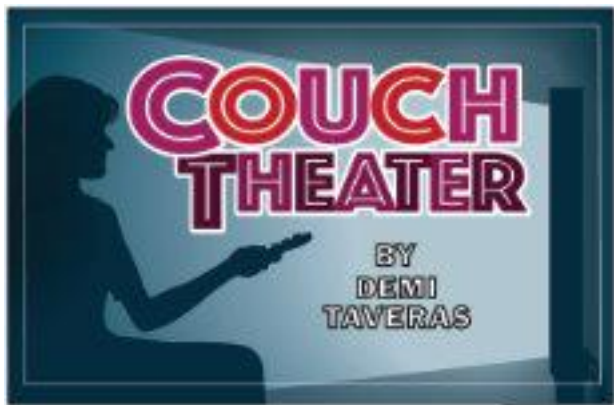
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"IF" (PG) -- John Krasinski ("A Quiet Place") wrote, produced, directed, and voiced a character in this fantasy comedy that's fit for the whole family. Led by Cailey Fleming ("Loki") and Ryan Reynolds ("Deadpool & Wolverine"), "IF" follows 12-year-old Bea (Fleming), who moves into her grandmother's apartment as her father awaits heart surgery. One day, Bea starts seeing unfamiliar creatures who are accompanied by a man named Cal (Reynolds). After they give her quite a scare, Cal explains that he works with the matchmaking agency to give imaginary friends, aka IFs, new homes before they disappear. So, Bea decides to embark on an adventure with Cal to help the IFs find their new children. A few voices in the cast you might recognize are Blake Lively, Emily Blunt, George Clooney, Matt Damon and Steve Carell, among many others. Out now. (Amazon Prime Video)

"Woman of the Hour" (R) -- Anna Kendrick ("Pitch Perfect") chose to make her directorial debut with a dicey crime thriller that is based on the true story of serial killer Rodney Alcala. Taking place in 1978, the film picks up just as aspiring actress Cheryl Bradshaw (Kendrick) lands a gig on a dating show called "The Dating

Game." As the bachelorette, she gets to interview three potential suitors on the show, one of them being Rodney himself. After Rodney successfully charms her, Cheryl wins a date with him, but romance will be the furthest thing from her mind once she realizes that she could be his next victim. Tony Hale ("Veep") and Daniel Zovatto ("Station Eleven") co-star in the film, which releases on Oct. 18. (Netflix)

"Caddo Lake" (PG-13) -- This hair-raising thriller hails from producer M. Night Shyamalan and stars Dylan O'Brien ("Saturday Night") and Eliza Scanlen ("The First Lady"). Scanlen, who's no stranger to the thriller genre, plays a young woman whose 8-year-old sister, Anna, mysteriously vanishes at Caddo Lake. Even though her family searches tirelessly to find her, the clues behind Anna's disappearance are few and far between. Meanwhile, a young man (O'Brien) returns to his family home near Caddo Lake, which triggers violent memories of when his mother died in an accident on the lake. Could these two tragic stories actually be intertwined?



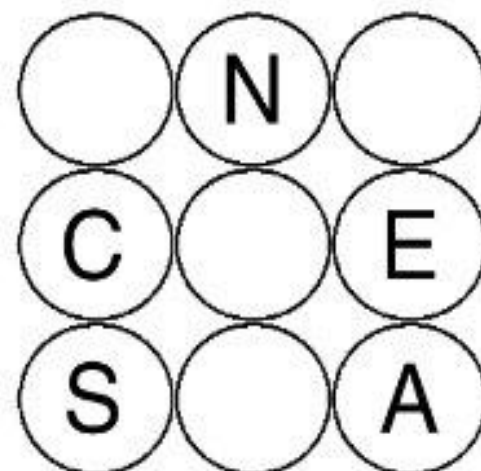
Watch now to find out. (Max)

Photo Credit: Apple TV+ Photo Caption: Cate Blanchett, left, and Sacha Baron Cohen star in "Disclaimer."

"Disclaimer" (TV-MA) -- It seems that we have an abundance of suspenseful thrillers rather than typical horror this spooky season!

This new psychological-thriller series was written/directed by Alfonso Cuaron ("Roma") and based on the 2015 novel of the same name. The extraordinary Cate Blanchett ("Tar") stars as Catherine Ravenscroft, a celebrated journalist known for revealing hidden truths within different institutions. But when a newly released novel includes her as a character, a deeply hidden truth of her own is publicized for the world to read about. The first two episodes are out now, with subsequent episodes being released every Friday. Fun fact about the series: Finneas O'Connell, who frequently collaborates on music with his sister, Billie Eilish, composed the score. (Apple TV+) (c) 2024 King Features Synd., Inc.

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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TIDBITS QUOTE

"I grew up thinking that it was immoral to idealize the past because, in the past, there was slavery and no penicillin."
-Elif Batuman

MAGIC MAZE ● — BILL

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

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

- | | | | |
|---------------|---------|---------|-------|
| Appropriation | Horn | Overdue | Spoon |
| Duck | Hotel | Pawnee | Tax |
| Electric | Kaiser | Pecos | Way |
| Hand | Medical | Play | |



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Super Crossword

HOOKED-UP HYBRIDS

- ACROSS**
- 1 17-year locusts, e.g.
 - 8 Intercode
 - 14 Errant
 - 20 Lovingly, on music scores
 - 21 Daintily small
 - 22 Planet shape
 - 23 Big baboon, Andean spitter, showy parrot
 - 25 Jewel units
 - 26 Nov. lead-in
 - 27 "Gloria in Excelsis —"
 - 28 Lapel inserts
 - 29 Begin a losing streak
 - 30 Serengeti grazer, long-billed bird, sticky-tongued predator
 - 36 Houston coll.
 - 38 Singer Sumac
 - 39 Singer Irene
 - 40 Part of NYSE
 - 41 "Love Me or Leave Me" singer Ruth
 - 43 Great anger
 - 46 — loss
 - 48 Kanga's son
 - 49 Mountain cat, plated burrower, marine crustacean
 - 56 Comic Daniel
 - 57 "La Cage — Folles"
 - 58 Grizzlies, e.g.
 - 59 Overjoys
 - 63 "Funny Girl" director William
 - 65 Contend (for)
 - 66 Aggressive shorebirds
 - 67 Arctic cetacean, swamp snapper, arboreal ape
 - 73 Not allresco
 - 74 Tea holder
 - 75 Like dunes
 - 76 City of south India
 - 77 Founder of Bolshevism
 - 79 Suffix with hotel
 - 80 Writers Tan and Lowell
 - 84 Pink wader, forest anthropoid, aquatic sucker
 - 88 Hasty escape
 - 91 Riser at dawn
 - 92 Pester
 - 93 Singer Willie
 - 94 Tuba material
 - 97 Lunch, e.g.
 - 100 Tree of Iowa
 - 103 Milk, in Mexico
 - 104 Scavenging dog, woolly Peruvian, leaf-munching crawler
 - 109 Onion relatives
 - 110 Low cards
 - 111 "Botch- —" (old hit song)
 - 112 High card
 - 115 "Monster" star Charlize
 - 116 Prairie canine, destructive insect, colorful fish
 - 120 Successively
 - 121 Fought one-on-one
 - 122 "Agreed"
 - 123 Wee
 - 124 Accent
 - 125 Made of clay
- DOWN**
- 1 Hunter's garb, in brief
 - 2 Apple desktop
 - 3 Website notice to get customer service
 - 4 Ending for dull
 - 5 Palme — (Cannes film award)
 - 6 Digression
 - 7 Exclusively
 - 8 Health facility
 - 9 Arizona city
 - 10 Online sales
 - 11 Lunch on the grass, e.g.
 - 12 Lake feeding the Mississippi
 - 13 Part of NYSE
 - 14 Chichi scarf
 - 15 Interstices
 - 16 Larynx locale
 - 17 One showing houses
 - 18 Erté's genre
 - 19 "Agreed"
 - 24 Weaver's frame
 - 29 Biting pests
 - 31 Equine sound
 - 32 Yellowfin, say
 - 33 Remunerated
 - 34 Kuwaitis, e.g.
 - 35 "Notorious" film studio
 - 36 Four-sided geom. shape
 - 37 Langston Hughes poem
 - 42 Ill-defined situations
 - 44 BBQ meat bit
 - 45 Altitude
 - 47 Exited right after chowing
 - 50 Ruminates
 - 51 Skating leap
 - 52 Milk, in France
 - 53 Treats often dipped in milk
 - 54 Somber song
 - 55 Sauce brand
 - 60 Hanoi holiday
 - 61 Noted time
 - 62 IRS datum
 - 63 Ridge on a fingerprint
 - 64 Grow mature
 - 66 Actress Parrish of "Pretty Little Liars"
 - 67 Pick-up-sticks logic game
 - 68 One or more
 - 69 Aves.
 - 70 Kin of "Art!"
 - 71 Hammered musical disk
 - 72 Stair support
 - 77 First form fill-in, often
 - 78 Gp. backing arms
 - 80 Cop — (haggle in court)
 - 81 Nickname for the Devil
 - 82 Michelle of "Tomorrow Never Dies"
 - 83 Auld lang —
 - 85 Ailment causing swelling
 - 86 Horror film assistant
 - 87 Pell- — (chaotic)
 - 88 JFK follower
 - 89 Weaver of Greek myth
 - 90 Heavy knife
 - 95 Vail trail
 - 96 Revels in
 - 98 Illustrate via pantomime
 - 99 Trial figure
 - 101 On — with
 - 102 2006 world figure skating champion Meissner
 - 105 Singer Kravitz
 - 106 Actor Peter O'—
 - 107 "Rufus M." author Eleanor
 - 108 Camera brand
 - 113 Mötley —
 - 114 Make at work
 - 115 Little bird
 - 116 LP replacers
 - 117 Mag staff
 - 118 Blue Jays, on sports tickers
 - 119 Doc treating tonsillitis

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
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123								124						125				



Moments in time
 THE HISTORY CHANNEL

- On Oct. 28, 1961, rocker Chuck Berry began his second court trial for allegedly transporting a minor, in this case Janice Escalante, across state lines for immoral purposes in violation of the Mann Act, after he took her on the road with his traveling show. He was convicted and served three years in prison, where he studied accounting and continued to write songs.
 - On Oct. 29, 1619, Sir Walter Raleigh, an English adventurer, writer and former favorite courtier of Queen Elizabeth I, was beheaded in London 15 years after a sentence of death was brought against him for conspiracy against King James I.
 - On Oct. 30, 1811, Jane Austen's now classic novel "Sense and Sensibility" made its debut on the literary stage, albeit anonymously "by a Lady." Only a small circle of people, including the Prince Regent, knew her true identity. It was a success upon publication and has been adapted many times for the stage, cinema and television.
 - On Oct. 31, 1997, 33-year-old Violet Palmer became the first woman to officiate an NBA game (the Dallas Mavericks vs. the Vancouver Grizzlies), calling it a "dream come true" after "a lot of hard work." The announcement of her achievement, however, drew little reaction from the crowd.
 - On Nov. 1, 2023, the Collins Dictionary announced AI as the most notable word of that year because it "has accelerated at such a fast pace and become the dominant conversation of 2023."
 - On Nov. 2, 2011, the Chinese spacecrafts Shenzhou 8 and Tiangong-1 space lab joined in orbit, marking a first for the country and an event critical to its plans for a future space station.
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WORD LADDERS

Can you go from FETCH to PORCH in 6 words?
 Change one letter for each rung in the ladder.

FETCH

PORCH

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SENIOR NEWS LINE

By Matilda Charles

Medicare for 2025

Have you made your Medicare decisions yet for 2025? The period for open enrollment runs from Oct. 15 to Dec. 7, and by now you should have received your 2025 handbook "Medicare & You" if you're already signed up.

Between Oct. 15 and Dec. 7 you can make any changes to your existing plans, such as a different Part D drug plan or a new Medicare Advantage plan.

Some things to keep in mind about Medicare:

If you have a Medicare Advantage plan and make changes, they will take effect on Jan. 1, 2025.

If you have a Medicare Advantage plan, you cannot also have a supplemental plan. Deciding between the original Medicare, an Advantage plan and a supplemental can be one of the toughest decisions about being on Medicare, and your answer will be determined by your own health status and your expectations about the coming year.

Advantage plans can give you lots of benefits you won't get from original Medicare, such as vision and dental -- but a supplemental plan will help with medical costs and pick up what Medicare doesn't. An Advantage plan will cover everything original Medicare covers, but each plan is different and you'll be limited to a network.

Supplemental plans also vary, but often pick up the 20% of the costs that original Medicare doesn't, as well as the co-pays or deductibles, and you can choose your own doctor. A plan might cost you several hundred dollars per month, and you're required to have original Medicare as well.

Confused? You're not alone. If you need help deciding between the original Medicare, a Medicare Advantage plan or a supplemental plan with original Medicare, do your homework and consider asking for advice. You can call Medicare (800-633-4227), or you can call the State Health Insurance Assistance Program (www.shiphelp.org) in your area.

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HOW DO YOU KNOW WHEN IT'S TIME FOR ASSISTED LIVING?

Deciding when it's time for a loved one to move to assisted living can be challenging. Although we may notice the signs that they are physically or mentally declining, we may also have a feeling of anxiety and guilt over respecting that person's wish to stay home. Still, there are certain signs that can help you recognize when an assisted living community might be the perfect choice for a loved one's safety and well-being.

One of the key indicators is recognizing a decline in daily activities, such as difficulty with personal hygiene, dressing, or managing medications. If your loved one is struggling with these tasks and requires frequent assistance, it may be time to consider assisted living, where they can receive support with daily routines and round the clock needs.

Another sign is increasing safety concerns. If your loved one has experienced frequent falls, wandering, or is at risk of getting lost or injured, their living situation might no longer be safe. Assisted living communities provide a more secure environment designed to help prevent such accidents.

Cognitive decline, particularly in cases of dementia or Alzheimer's, can also signal the need for more structured care. Memory loss, confusion, and difficulty managing time or money can make it unsafe for them to live independently. Assisted living communities often have specialized programs to help residents with cognitive impairments maintain

a high quality of life.

Social isolation and loneliness are also key factors to consider. If your loved one is home alone for the majority of their days because they no longer drive, or their family or caretakers are at work, they may yearn for conversation and companionship. Maybe they are no longer engaging in their regular activities or seem withdrawn? Assisted living can help foster your loved one's mental health and independence by providing social interaction with events and activities of all different natures.

Ultimately, it's about evaluating your loved one's overall health, safety, and well-being. If you notice a consistent decline in their ability to manage daily life, an assisted living community can offer a balance of independence and care, ensuring they receive the necessary support while maintaining a fulfilling life. Consulting your loved one's healthcare professionals can also help guide and support this important decision. Often, families may not even think about assisted living until an illness or emergency forces the decision. Many communities have waitlists, so do your research in advance. Not being prepared about your choices can limit your options to the best communities available when needed.

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

GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		-		= 5			
+		-		+				
	-		×		= 24			
+		×		×				
	+		+		= 21			
=		=		=				
11		35		99				
1	2	3	4	5	6	7	8	9

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Wishing Well®

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

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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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. Palace	___ S ___	Livestock	___ T ___
2. Fern leaf	___ D	Forward facing	___ T
3. Oceangoing	___ E	Harbor	___ A
4. Jinni	___ I	Rap, Jazz or Rock, e.g.	___ R
5. Chap	___ E	Pursue	___ O
6. Turn in one's notice	R ___	Draw up plans	D ___
7. Barnyard baby	___ I	Confirm	___ E
8. Capital of Portugal	___ B	Boxer Sonny	___ T
9. Group of lions	P ___	Wedding day star	B ___
10. Peace prize giver	___ B	Work of fiction	___ V

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1. Name the original artist to release "You Light Up My Life."
2. Who wrote and released "Like a Prayer"?
3. Which artist penned and released "Two Hearts"?
4. Name the artist who released "Straight Up."
5. Name the song that contains this lyric: "One night in a disco on the outskirts of Frisco, I was cruisin' with my favorite gang."

Answers

1. Kacey Cisyk, a classically trained opera singer of Ukrainian heritage, for the soundtrack of the film of the same name in 1977. This was followed by a cover by Debby Boone that stayed at No. 1 on the charts for 10 weeks. The song went on to win several awards, including a Grammy for Song of the Year.
2. Madonna, in 1989. Pepsi cut a \$5 million deal with Madonna and used the song in one of their commercials.
3. Phil Collins, in 1989. The song was used in the soundtrack for the 1988 film "Buster." Collins also played the lead in the heist comedy film.
4. Paula Abdul, in 1988.
5. "He's the Greatest Dancer," by Sister Sledge in 1979. The song, originally intended for Chic to record, topped the Billboard Dance Club



1. **Joker: Folie à Deux**
(R) Joaquin Phoenix, Lady Gaga
 2. **The Wild Robot**
(PG) Lupita Nyong'o, Pedro Pascal
 3. **Beetlejuice Beetlejuice**
(PG-13) Michael Keaton, Winona Ryder
 4. **Transformers One**
(PG) Chris Hemsworth, Brian Tyree Henry
 5. **Speak No Evil**
(R) James McAvoy, Mackenzie Davis
 6. **Sam and Colby: The Legends of the Paranormal**
(NR) Sam Golbach, Colby Brock
 7. **White Bird**
(PG-13) Ariella Glaser, Orlando Schwerdt
 8. **Deadpool & Wolverine**
(R) Ryan Reynolds, Hugh Jackman
 9. **The Substance**
(R) Demi Moore, Dennis Quaid
 10. **Megalopolis**
(R) Adam Driver, Giancarlo Esposito
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Amber Waves



CryptoQuote

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

XZ VIO ZXGT XM XG VIOP
BSYPM MI QYPS ZIP
HIDSUITV SAHS, VIO LXAA
BYES HOQQSSTST.
- DYVY YGKSAIO

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TIDBITS PUZZLE ANSWERS

Micro Crossword
Answer

WAYNE
EMAIL
BOXES
BRICE
YESSES

QUIZ BITS
ANSWERS

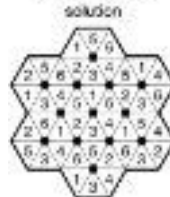
1. Location: 2. Fossiliferous

WORD POWER
ANSWER: **ROCKY MOUNTAIN**

WORD LADDER
ANSWER: **FECK, BECK, BEACH, BOACH, POUCH, PORCH**

Word Spiral
ANSWER: **ARSCONDER**

SNOWFLAKES
solution



Weekly SUDOKU
Answer

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

Go Figure!
answers

2 + 6 - 3 = 5
+ - +
4 - 1 x 8 = 24
+ x x
5 + 7 + 9 = 21
= = =
11 35 99

Even Exchange
answers

1. Cards, Cards
2. Fossil, Fossil
3. Marine, Marine
4. Denis, Denis
5. Feline, Feline
6. Raize, Raize
7. Giza, Giza
8. Liban, Liban
9. Price, Price
10. Nobel, Nobel

CryptoQuip
answer

What could you call the overhead money needed to maintain a moving stairway?
Escalating costs.


CryptoQuote
answer

If you find it in your heart to care for somebody else, you will have succeeded.
— Miya Angelou

Super Crossword
Answers

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

Americanisms



“Smart is knowing if you’re dumb. Knowing when to shut up and to listen to people that are smarter than you.”
— Chris Rock

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TO YOUR GOOD HEALTH
By Dr. Keith Roach



Endometrial Biopsy Indicated for Woman With Blood in Urine

DEAR DR. ROACH: About three months ago, I bled a bit while urinating. This was the first (and only) time in over 30 years that this happened since I went through menopause. An ultrasound was performed, and they found a mildly thickened endometrium (6.1 mm) with scattered cystic change and without focal lesion. My gynecologist is suggesting an endometrial biopsy. I am concerned because I have no symptoms other than kidney stones. I'm due to see a urologist, but even with my kidney stones, I have no symptoms. I am 80 and concerned about anesthesia. Should I go ahead with the biopsy? -- L.O.

ANSWER: A thickened endometrium is concerning for uterine cancer. The most common symptom of uterine cancer is abnormal uterine bleeding. This usually takes the form of red, pink or brown spotting. However, it sounds like you had blood in your urine, which is more concerning for kidney stones than uterine bleeding.

Your ultrasound is abnormal; 5 mm is the maximum thickness for a normal endometrium. Getting a biopsy is clearly the recommended procedure, as it gives guidance on the next steps. Still, your risk of uterine cancer is small. You do not have to proceed with the biopsy if you do not want to.

An endometrial biopsy is an in-office procedure with minimal risk. My textbooks say there is minimal pain, but my patients tell me this isn't always the case. You don't have to receive anesthesia; you can take pain medication (such as naproxen), get a local anesthetic, or do both. I've had several patients who've requested a nerve block and were very happy with their decision.

If the biopsy shows cancer of the endometrium, surgery is the preferred treatment, but radiation is also a possibility for some people.

DEAR DR. ROACH: I have always been a runner, but foot pain has kept me from running in the past few years. Now I have severe pain, even when walking. An MRI showed nothing wrong. The foot and ankle specialist I saw did X-rays and found a large bone spur. He said that surgery to remove the bone spur could get me to walk and run again.

I'm 70 and unanxious to have surgery, and the surgeon says he does many of these surgeries with a good outcome. What do you think? -- E.W.

ANSWER: Insertional Achilles tendinopathy is a cause of foot pain where the Achilles tendon is inserted into the calcaneus, the heel bone. This problem frequently occurs with runners, especially those with tight calf muscles. The damage done to the tendon sometimes causes a reaction in the bone, causing an osteophyte (a bone spur).

Conservative management includes rest, ice and physical therapy to help with strength and flexibility. Anti-inflammatory medicines may be helpful. Splinting at nighttime, orthotics, or special shoes are also helpful for some people. Prior to considering surgery, experts will consider shockwave treatment, although it's not clear how effective this is.

If surgery is considered, there are several different techniques, and your surgeon will pick what they think is best for you and what they have the most expertise in. Patient satisfaction rates are reported to be between 86%-95% with surgery.

Given the fact that your life has already been affected, and the likelihood that your pain and decreased ability to exercise is likely to worsen, you should seek more aggressive treatment. If physical therapy and other nonoperative treatments have failed, I recommend you strongly consider surgery.

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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Play Better Golf with JACK NICKLAUS



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TIDBITS GOES LONG.....

The word "penicillin" comes from the Latin word for "paint brush" because under a microscope, the mold looks very much like a paint brush. The same word gave us "pencil" because people wrote with small brushes dipped in ink before the invention of pencils.

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