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## TIDBITS® WATCHES TOY STORY

by Janet Spencer  
Come with Tidbits as we watch Toy Story!

### THE MAKING OF TOY STORY

- Pixar was formed in 1979, originally part of George Lucas' Lucasfilm. The division was tasked with developing computer technology for use in the film industry. In 1986, Pixar was sold to Steve Jobs, who employed about 40 people at the time. Their first film using the newly developed Computer Animation Production System was a 2-minute short that featured the now-familiar Pixar lamp ("Luxo") playing with a ball. It was released in 1986.
- In 1995, "Toy Story" was the world's first computer-animated feature film. Released on Thanksgiving weekend, it opened at #1 at the box office and went on to become the year's highest-grossing film, earning \$192 million domestically and \$362 million worldwide. Pixar's initial public offering took place just days later, on November 28. It was the largest IPO of the year.

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#### TOY STORY (cont)

- The sheer value of newly created computer animation programs can be seen when comparing two films made just one year apart. The original 1994 version of "The Lion King" required the work of 800 employees and cost \$45 million. The following year, "Toy Story" employed only 110 people and cost just \$30 million.
- The animation files for this movie took up roughly 600 gigabyte at a time when the typical consumer PC came with a 250 MB hard drive. External hard drives had not yet been invented. The 100 MB Zip drive had just been introduced. Today, the movie, including all of the extras, fits on an 8-GB DVD.
- To recap the story: A boy named Andy has a room full of toys that come to life whenever his back is turned. Their leader is a cowboy doll, Sheriff Woody (voiced by Tom Hanks). Andy's upcoming 6th birthday party has everyone worried that he will receive a toy that he loves more than he loves them. As they suspect, his newest toy, Buzz Lightyear (voiced by Tim Allen) causes jealousy. However, all the toys have to join ranks to face obstacles and solve problems. Most troublesome is the boy next door, the evil Sid (named after Sid Vicious) who likes to torture and dismember toys, and who toy-naps Woody and Buzz. Then there's also the problem of Andy moving to a new house, causing outrageous trouble.
- Within the movie, Andy's toy Woody is an action figure with a tie-in to a fictitious TV show called "Woody's Roundup." In the TV show, Woody and his sidekicks, Jesse, Stinky Pete, and Bullseye, work together to solve mysteries and catch bad guys. This fictional show within the fictional Toy Story universe aired from 1949 to 1957 but was cancelled shortly after Sputnik, the world's first satellite, launched into space. (cont)



- Save the peels from your oranges and dry them at a low temperature in the oven. You can add them to a pot of coffee or tea for a flavor boost that is refreshing and delicious.
- "If your tomato garden is experiencing caterpillars, try planting dillweed near to your tomato plants. It can provide a diversion, allowing your tomatoes to grow!" -- Y.F. in Florida
- Cure your color in new garments (especially dark-colored or bright-colored) by soaking the item in cold, salty water before washing. Make sure that the fabric will allow!
- "Take good care of quality paint brushes, and they will take care of you! Wash thoroughly in soapy water and be certain to rinse very well. After the brush is washed, combine enough water to cover the bristles and add 2 tablespoons of fabric softener. Swish for a minute or two, being sure to get it in the brush good, then hang to drip dry. Before you use the brush to paint, simply rinse the fabric softener away." -- M.E. in Washington
- Baking soda can be used as a tooth scrub, and it's particularly effective against stains, as it is a mild abrasive.
- "When you are dusting, don't forget the light bulbs. Dusty light bulbs can contribute to less-bright lighting and can shorten the life of your bulbs. Turn lights off when you are not using them. You will save electricity that way." -- A.L. in Oklahoma

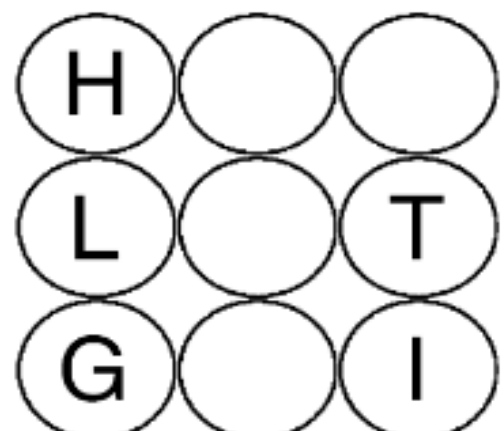
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### GRIN and BEAR IT



"I'll do the talking, Roscoe!"

### 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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**TOY STORY (cont)**

- The theme of Andy favoring Buzz (a spaceman) over Woody (a cowboy) speaks to a cultural change spurred by the advent of the space race. Little boys stopped wanting to be cowboys and started wanting to be astronauts. "The Lone Ranger" gave way to "Star Trek." This is why Andy's toys were worried about becoming obsolete and being left behind, or worse: donated to Goodwill.
- When Woody and Buzz are trapped in Sid's house and trying to escape, Woody is held captive underneath a milk crate, which is held down by a heavy toolbox. When Buzz tips the toolbox over, we see that it is labelled 'Binford'. This is a nod to Tim Allen (who provided the voice of Buzz) who was starring at the time in a sitcom called "Home Improvement." In that show, he hosts a show called "Tool Time" which is sponsored by the fictional Binford Tool Company
- One clue that the evil neighbor Sid was bad news was that the carpet in his house was identical to the carpet in the Overlook Hotel from the movie "The Shining." Sid was always seen wearing a skull t-shirt. When Sid returned for Toy Story 3, by now an adult, he was working as a garbage man, still wearing the same skull t-shirt.
- In one scene, Woody and Buzz enter the Pizza Planet restaurant in search of Andy. Sid can be seen in the arcade playing "Whack-an-Alien," a spoof of whack-a-mole. Baby aliens are popping up from the abdomen of an astronaut-like figure, a nod to the 1979 film "Alien" and a terrifying scene for Buzz.
- In the film, a rusty, rundown old beater of a pick-up truck plays a key role as the Pizza Planet delivery vehicle. This same wreck of a broken-down truck has appeared in all of the "Toy Story" sequels and has made cameo appearances in most other Pixar movies as well. (cont)

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Remove roots that girdle the base of the trunk

Remove a competing "leader" at the top

Remove odd and crowded branches, and two growing from one spot

Remove branches growing towards the main trunk or having narrow angles

Remove branches low on the trunk or sweeping down to the ground

**Trimming tree branches**

Source: [extension.umd.edu](http://extension.umd.edu)

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## Fun Fact

The species *Turritopsis Dohrnii*, now known as the **immortal jellyfish**, was first described in 1883. One hundred years later, researchers learned that if they grew the young polyps of this creature into the mature form of the species (called a medusa), and that mature form was stressed, it would physically revert itself back to the immature polyp stage.

Source: [www.nhm.ac.uk](http://www.nhm.ac.uk)



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**TIDBITS GOES LONG.....**

Pixar was able to render less than 30 seconds of the film per day. In their most productive week, the Pixar team completed 3.5 minutes of animation. The film was about 80 minutes long.

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**TIDBITS QUOTE**

“In the realm of toys and games, we don't grow older, we level up. And every level is a celebration of curiosity, imagination, and the joy of discovery.”  
Will Wright, creator of The Sims

**TOY STORY (cont)**

- The name of the real estate agency selling Andy's home is Virtual Realty, a punny version of “virtual reality.”
- Ronald Lee Ermeley played the part of the crusty drill instructor in the film “Full Metal Jacket.” In “Toy Story” he voiced the part of the commander of the flank of green plastic soldiers who were sent on a reconnaissance mission to scope out Andy’s birthday party.
- Woody uses a baby monitor to communicate with the green plastic army men. When interference drowns out communication, the static is a mix of R2-D2 whistles and beeps, a nod to Pixar’s George Lucas roots.
- Pixar wanted to have Barbie in a role similar to the hardened warrior Sarah Conner in the “Terminator” movies. Mattel refused, wanting to protect Barbie’s reputation. After the film's success, however, Barbie (and Ken) appeared in the sequels.
- Pixar asked for permission to use G.I. Joe in the film. However, when Hasbro found out the plot called for Sid to blow up G.I. Joe with a rocket, they refused permission. Instead, a generic G.I. Joe look-alike called Combat Carl was launched instead. Combat Carl did not survive.
- In several scenes, Luxo, the iconic Pixar desk lamp, can be seen in the background.
- Randy Newman wrote the film's signature tune, “You've Got a Friend in Me,” in just one day. He got an Oscar nomination for it. The Oscar went to “Can You Feel the Love Tonight” by Elton John in “The Lion King.”
- The movie received a 100% approval rating on Rotten Tomatoes. In fact, all the sequels did too—except for Toy Story 3, which received a score of 99%.
- This was the third animated Disney film to earn an Oscar. The first two were “Snow White and the Seven Dwarfs” (1937) and “Who Framed Roger Rabbit” (1988).

**Strange BUT TRUE**

- Lucie Winborne
- Dark hair may turn red or blond in cases of severe protein deficiency.
- In the first half of the 20th century, cigarette makers touted the weight-loss aspects of their products, with one 1929 advertisement proclaiming, "Light a Lucky and you'll never miss a sweet that makes you fat."
- To escape predators, some sea cucumbers can eject their internal organs. Fortunately, they can also regrow them.
- The word Islam is often translated as "peace through submission to God."
- In 1980, Shakuntala Devi earned a Guinness World Record for fastest multiplier when she correctly multiplied two 13-digit numbers in 28 seconds.
- After a few people showed up to conventions nude in the 1970s and 1980s, cosplay organizers created the "No Costume is No Costume" rule, under which attendees must have complete coverage equivalent to a standard swimsuit over their private areas.
- Mozart's sister Maria Anna was a talented pianist in her own right, but after she reached marriageable age, she was not allowed to perform in public.
- In 2010, a NASA astronaut took a piece of Newton's apple tree aboard the space shuttle Atlantis to celebrate the 350th anniversary of The Royal Society, a scientific organization Newton once led.
- The universe has no known center.

**Thought for the Day:**

"I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful." -- Bob Hope

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**FEAR KNIGHT**  
By: rj johnson  
DOUBT? ... OR DARE!

ENF  
RAUCET  
ERMHU  
♥ BLEO  
EMEFLA  
OCO  
♥ OENT  
BEALF  
♥ RBO  
ARMLOT  
♥ ORNLE  
♥ VREO

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

**HOCUS-FOCUS** BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Strap on golf bag is different. 2. Box is thicker. 3. Staff railing is different. 4. Door opening is wider. 5. Pocket on golf bag is moved. 6. Mouth is open.

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# KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel  
 PHOTO CREDIT: Jeffrey S. Evans & Associates  
 PHOTO CAPTION: The first "jump hour" watch, which displayed the hour and minute as discrete digits, was invented in 1883.

## Jump Hour Watches

Take a moment and picture a pocket watch. Are you thinking of a hunting case watch with elaborate relief decorations and an engraved monogram? A minimalist open-faced watch with a 14K gold case? Maybe a chain and a fancy fob? One thing is safe to assume: The watch probably tells time with hands on a dial. "Jump hour" watches like the one pictured here show that isn't always the case.

The jump hour, or jumping hour, watch movement was patented in 1883 by Josef Pallweber, an Austrian engineer. This new type of mechanism included rotating discs with the numerals for the hours and minutes. Windows in the watch face reveal the appropriate numeral. Instead of the familiar hand sweeping the watch's face in one fluid movement, the hours appear to "jump" from one discrete number to the next, like today's digital timekeepers.

The jump hour mechanism was extremely complicated, so not many were made. They experienced a resurgence in the 1920s, when their sleek look and nod to advancing technology fit in with the art deco movement. Jump hour watches from any time are still rare. Unsurprisingly, they sell for high prices at auctions. This one, a Swiss watch with a gunmetal case from about 1900, had a presale estimate of \$80 to \$120 at an auction by Jeffrey S. Evans & Associates. It sold for \$960, more than surpassing expectations.

**Q:** I have a small china doll. Its surface is rough and not glossy. The hair is sculpted with short curls and painted blond. The face is painted with blue eyes, and socks and shoes are painted on. The arms and legs are attached with wire. The only mark is the word "Germany" on the back. How old is it, and how much is it worth?

**A:** Your doll is made of bisque, an unglazed porcelain. Collectors call dolls like yours "all-bisque" to distinguish them from bisque-headed dolls, which are larger, mounted on bodies made of material like wood, leather, or composition, and usually have a maker's mark. Sometimes small dolls like yours are called "penny dolls" or "dollhouse dolls." Dolls were marked with the name of their country after 1891. All-bisque dolls were made up to the mid-20th century. Dolls like yours are usually worth about \$20 to \$30.

Unusual features, like a molded hat, or an identifiable maker can increase the value. For more information, look for books like "The Collector's Encyclopedia of Dolls" by Dorothy S., Elizabeth A., and Evelyn J. Coleman or Patricia Smith's "Album of All-Bisque Dolls" at your library, or contact a collector's club like the United Federation of Doll Clubs Inc. (ufdc.org) or a doll auction.

**TIP:** Vintage watches should be cleaned regularly, probably once a year.

### CURRENT PRICES

Toy, train set, Lionel, The Liberty Special, electric, 027 gauge, box, 20 x 30 inches, \$60.

Textile, panel, embroidered, center phoenix, corner spandrels, dark blue border, silk, frame, Chinese, c. 1900, 233 x 33 inches, \$125.

Quezal, vase, flared neck and foot, King Tut, iridescent, pulled swirls, label, drilled as lamp base, early 20th century, 12 1/2 inches, \$560.

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

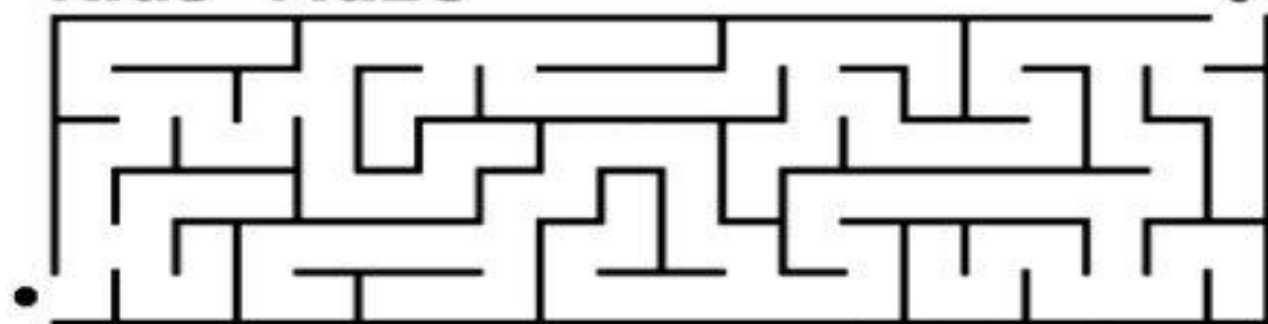
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## Kids' Maze



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1. What is Sheriff Woody's last name?
2. What is Andy's last name?

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- 6/8 National Taco Day
- 6/9 Donald Duck Day
- 6/10 Ballpoint Pen Day
- 6/11 National Corn on the Cob Day
- 6/12 Red Rose Day
- 6/13 National Weed Your Garden Day

## CryptoQuote

AXYDLBAXR  
 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.

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 PDNM, YX NBYFHL DABN GDR.  
 PEBH YX YL RHLODIBH, GDR  
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 - QNQSYPH ONDABNS

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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. Mannerly         | ___ T ___ | Crime squad           | ___ C ___ |
| 2. Made from milk   | ___ R ___ | Per diem              | ___ L ___ |
| 3. Take heed        | ___ T ___ | Beginner              | ___ V ___ |
| 4. Wallpaper glue   | ___ E ___ | Linguine or fettucine | ___ A ___ |
| 5. Bend in the road | ___ V ___ | Witch's whammy        | ___ S ___ |
| 6. Regular customer | ___ N ___ | Walk the beat         | ___ L ___ |
| 7. Exchanges        | T ___     | Teacher's scores      | G ___     |
| 8. On no account    | ___ V ___ | More modern           | ___ W ___ |
| 9. Secluded         | ___ N ___ | Attractive            | ___ V ___ |
| 10. Up and about    | ___ K ___ | Cognizant             | ___ R ___ |

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

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### SNOWFLAKES

by Japheth Light

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

**DIFFICULTY THIS WEEK:** ◆  
 ◆ Easy ◆◆ Medium ◆◆◆ Difficult

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## HealthBits

By Dr. Holly Carling

### A PAIN IN THE NECK

Have you ever been accused of being a pain in the neck? Or, rather, do you have a pain in the neck? Neck pain is the third most common type of pain, with more than 1 in 4 Americans suffering. Pain can have a profound effect on the quality of life for those who experience pain chronically or intensely.

Those who hurt tend to be more irritable or short-tempered, impatient, fatigued, anxious, depressed, or try to limit social contact or activities that may exacerbate their symptoms. Many times pain affects sleep, and with sleep deprivation comes an increase in any of these issues.

Neck pain can come from a traumatic event, or over time due to deterioration of the spine, muscle spasms, and even seemingly “simple” incidences. We can whiplash the neck when in a car whose driver suddenly accelerates, or riding a horse that is bucking (and of course if bucked off). Any time the neck is thrust forward or backwards suddenly, whiplash can occur. Auto accidents get the most credit for whiplashes, but stepping off a curb or being knocked harshly, can cause one. Some expect that a low-impact car accident can’t do much damage, but that is quite the contrary. Symptoms can take 24-48 hours to appear, and at times a couple of weeks later.

Many people hold stress in their neck and it becomes increasingly tighter and tighter, causing new problems: headaches, neuropathy, acute spasms that may lead to torticollis, and



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

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

other conditions. Headaches caused by neck discomfort lead many to seek resolution of their neck pain because it now effects their productivity or enjoyment of life. Acupuncture is a common choice.

According to WebMD: “The author of one study, Dominik Irnich, MD, tells WebMD that, “acupuncture is widespread in the world. Western medicine is wonderful and successful, but in many, many chronic conditions ... there is a lack of success, and Eastern medicine methods may be the right choice. ... [Our] study shows that acupuncture is more effective than one of the most customary treatments for chronic neck pain [that is, massage].” Irnich is an anesthesiologist specializing in pain therapy at the University of Munich and the German Medical Acupuncture Association.”

Acupuncture has some known mechanisms for the effectiveness in its treatment for pain. In the brain, there are several naturally occurring opioids that reduce pain. These are released with acupuncture, via the central nervous system.

Acupuncture at the point of pain helps the body with pain in that specific area. Neurotransmitters and neuro-hormones are released that also have a role in the perception of pain. Acupuncture also helps the immune and healing mechanisms in the body. Acupuncture is known historically for its ability to reduce muscle spasms and swelling, commonly associated with pain.

If you are ready to get rid of the pain in the neck in your life, try acupuncture – it works!

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

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# VETERANS ★ POST ★

By Freddy Groves

## Only 24 notes

There are over 400 funerals each day at the National Cemeteries. Depending on the veteran and the location of the cemetery, the honors are likely to include two uniformed members of the military, folding and presentation of the flag, three rifle volleys, a horse-drawn caisson and the playing of Taps. At a very minimum, we expect this. We expect to hear Taps at a veteran funeral. It's part of how we say goodbye, hearing the National Song of Remembrance.

In some parts of the country, however, especially in rural cemeteries, there aren't enough buglers, and Taps is played via a CD recording or a special electronic gadget inserted into a bugle that plays a prerecorded Taps. Live buglers are, of course, preferred.

Can you help? Are you willing to be a bugler at veteran funerals in your area?

Before you decline, consider: If you took a semester of band, even in junior high, you're halfway there. If there is a bugle (or trumpet) in your attic, you're halfway there. Is there a high school or college with a music department near you? The department head will help you fine tune the playing of Taps. Best of all, there are only 24 notes in Taps.

Take a look at the organizations that provide buglers for veteran funerals:

-- Bugles Across America ([www.BuglesAcrossAmerica.org](http://www.BuglesAcrossAmerica.org)) has been providing this service for 26 years now. Read about Tom Day and why he started the group. According to the most recent Bugler's Post newsletter, last year the group's buglers provided 32,000 hours of their time. Members have provided Taps at 350,000 funerals since the group began in 2000. They have volunteer buglers in 49 states; only South Dakota is missing from the list.

-- Taps For Veterans ([www.TapsForVeterans.org](http://www.TapsForVeterans.org)) is headed up by former military musicians. See the website for more information and how to audition.

At this point, one-quarter of living veterans are over the age of 65; the number of veteran funerals is not going to decline anytime soon.

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## Rattlesnakes are a risk for pets, but not the only one

**DEAR PAW'S CORNER:** I moved from a suburb to the mountains a couple of months ago, and while my dogs are thrilled to have several acres to run free on, I'm terrified that they will be bitten by rattlesnakes. A neighbor said that they are plentiful out here. How can I prevent this, and what do I do if they get bitten? -- Larry in Tennessee

**DEAR LARRY:** While there is always a risk of a dog getting injured by something out in the countryside, it's important not to let fear get the best of you. Instead, focus on prevention. Here are some of the things you can do to minimize their overall risk of injury -- from snakes and other potential risks.

Train your dogs to come when you call them; if your property is big enough that they run out of sight, train them to respond to a whistle, which carries much farther.

Rattlesnakes (and other snakes) hang out in messy debris piles, wood stacks and crevices with overhangs. They stay out of sight (they're much more afraid of you and your dogs) unless they are threatened. Clear debris piles off of your property, and stack your firewood on a raised platform, at least 5 feet from your home's foundation.

If your dogs consistently run to one location on your property, follow them and find out what's so interesting. An animal lair or deer run can be very interesting to dogs, but the same location can attract bigger predators.

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

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**MINI SUDOKU**

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By Ryan A. Berenz

1. On Jan. 1, 2006, which New England Patriots player made the first successful drop kick in the NFL since 1941 when he scored an extra point in the final game of his career?
2. What NBA team defeated the Soviet Union national basketball team 127-100 in the final of the 1987 McDonald's Open tournament?
3. In September 1964, which National League team was in first place by 5 1/2 games, but went on a losing skid (including 10 straight losses) and ended up tied for second?
4. What award, first presented by the National Association of Sports Officials in 1988, honors an individual or organization that has made significant contributions to the betterment of officiating?
5. What two players shared the United States Lawn Tennis Association's men's singles No. 1 ranking in 1973?
6. What Major League Baseball pitcher was also a medical student who twice (in 1976 and 1978) went into the stands to give aid to a fan suffering from a heart attack?
7. Name the two in-state college football rivals who played to a 0-0 tie in a rainy, turnover-plagued game in November 1983 known as the "Toilet Bowl."

Answers

1. Doug Flutie.
  2. The Milwaukee Bucks.
  3. The Philadelphia Phillies ("Phold of '64").
  4. The Gold Whistle Award.
  5. Stan Smith and Jimmy Connors.
  6. Doc Medich.
  7. The University of Oregon Ducks and Oregon State University Beavers.
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**THIS WEEK'S CELEBRITY BIRTHDAYS**

Bear Grylls	6/7/1974
Barbara Bush	6/8/1925
Johnny Depp	6/9/1963
Judy Garland	6/10/1922
Gene Wilder	6/11/1933
Anne Frank	6/12/1929
Mary-Kate Olsen	6/13/1986

TIDBITS

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1. This was the only toy that appeared in the film that wasn't still in production when the film came out.
2. How many Oscar nominations did the film receive?
3. How many Oscars did the film win?
4. What man was inspiration for Buzz Lightyear's name?
5. How old was John Morris when he voiced the part of Andy?



1. Backrooms  
(R) Chiwetel Ejiofor, Renate Reinsve
  2. Obsession  
(R) Michael Johnston, Inde Navarrette
  3. Star Wars: The Mandalorian and Grogu  
(PG-13) Pedro Pascal, Brendan Wayne
  4. Michael  
(PG-13) Jaafar Jackson, Nia Long
  5. The Breadwinner  
(PG) Nate Bargatze, Mandy Moore
  6. The Devil Wears Prada 2  
(PG-13) Meryl Streep, Anne Hathaway
  7. Pressure  
(PG-13) Andrew Scott, Brendan Fraser
  8. The Sheep Detectives  
(PG) Hugh Jackman, Brett Goldstein
  9. Passenger  
(R) Jacob Scipio, Lou Llobell
  10. Mortal Kombat II  
(R) Adeline Rudolph, Karl Urban
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**"Michael" (PG-13)** -- Antoine Fuqua, director of "Training Day" and "The Equalizer" films, undertook the assignment of a lifetime by signing on to direct this biographical film about the King of Pop, Michael Jackson. Jaafar Jackson portrays his legendary celebrity uncle, with this being his very first acting role! The film picks up with the start of the Jackson 5 at Motown, trickling into the years where Michael emerged as a prominent solo artist with albums like "Off the Wall" and "Thriller." Surprisingly, the film culminates in 1988, decades before Michael passed away, as he embarks on the Bad World Tour. Obviously, due to its abrupt ending and viewers' responses, a second movie was confirmed by Lionsgate Films in May. While the performances of the cast can be praised, specifically Jaafar and Colman Domingo ("Euphoria") as Joe Jackson, this "biopic" leans more toward a jukebox musical due to its omission of Michael's sexual assault allegations and the nuances that made him the controversial yet iconic figure he is today. Available to rent on June 9. (Fandango at Home)

**"Cape Fear" (TV-MA)** -- This hair-raising psychological thriller series stars a trio of incredible actors -- Javier Bardem ("F1"), Amy Adams ("Nightbitch"), and Patrick Wilson ("The Conjuring: Last Rites"). Produced by powerhouse directors Martin Scorsese and Steven Spielberg, "Cape Fear" is based on the novel "The Executioners" by John D. MacDonald and has two film adaptations from 1962 and 1991 that precede it. Bardem plays Max Cady, an ex-convict who gets released from prison after serving a sentence for a crime that he didn't commit. When Anna (Adams) and Tom (Wilson), the attorneys who represented him in court, hear word that Max is walking free once again, they begin to fear for their lives and the lives of their children because Max seems dead set on getting his revenge! The first two episodes are out now to stream. (Apple TV+)

**"Earth, Wind & Fire (To Be Celestial Vs. That's The Weight of The World)" (TV-MA)** -- This documentary film out now to stream dives deep into the bestselling Chicago band Earth, Wind & Fire, who's had sales of more than 90 million records worldwide! Although their start began in 1969, their music continues to sound loudly today, especially songs like "September," "Boogie Wonderland," and "Let's Groove." In the doc, viewers get to see archives of visual, audio and written material from the band, as well as appearances from public figures like Barack Obama, Lionel Richie, H.E.R., Stevie Wonder, and more. Musician and filmmaker Questlove directed and produced this project, and he also helped compile the music for the doc alongside composer Raymond Angry. (HBO Max)

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**Weekly SUDOKU**

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

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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**ONE MORE FACT**

The character of Andy is named for Andries "Andy" Van Dam, a Brown University professor and computer science and animation pioneer who taught many of the makers of this film. Woody was named for Woody Strode, a noted actor who appeared in many westerns in the 1950s.

Laugh a bit with TIDBITS

Q: What beer do the cast of Toy Story drink?  
A: Buzz Light!



1. TELEVISION: Who is the long-time host of the reality show "Survivor"?
2. MOVIES: What is the song playing when the lead characters dance the twist in "Pulp Fiction"?
3. U.S. STATES: The first president, George Washington, was born in which colony that would later become a state?
4. GEOGRAPHY: Which South American country controls Easter Island?
5. MYTHOLOGY: To which mythological character is the Parthenon dedicated?
6. LITERATURE: Which war is the background for Anthony Doerr's novel "All the Light We Cannot See"?
7. MATH: What is the sum of the first five prime numbers?
8. INVENTORS: Which inventor developed more than 300 products from peanuts?
9. MUSIC: Who won Album of the Year at the 2026 Grammys?
10. HISTORY: In what year did U.S. women earn the right to open credit cards in their own names?

- Answers
1. Jeff Probst.
  2. "You Never Can Tell," Chuck Berry.
  3. Virginia.
  4. Chile.
  5. The Greek goddess Athena.
  6. World War II.
  7. 28 (2 + 3 + 5 + 7 + 11).
  8. George Washington Carver.
  9. Bad Bunny.
  10. 1974.
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### Serve up Caesar Salad Family-Style

Romaine hearts that are sliced in half with the stems attached, drizzled with oil and lemon juice, then tossed on the grill for a couple of minutes is and has been a clever, tasty side dish recipe that I snagged from my West Coast friends years ago. But now this popular idea of serving up romaine halves deserves another family-friendly presentation, so I decided to approach the idea with a classic Caesar salad in mind.

I halved the romaine hearts, but instead of firing up the grill, I let the kids arrange the crisp lengths cut side up on a huge platter. They then artistically topped each half with my fresh, homemade Caesar-like dressing (minus the traditional anchovy fillets and raw egg yolks) and capers and bacon bits for a tasty twist. Kids can cut pieces of bacon with kitchen scissors and let them fall as they may across each serving before they toss on the croutons. Success!

As an extra bonus, each portion goes from the serving platter to the plate without serving spoons, as guests "hand pick" their salad at the handy stem.



#### CAESAR SALAD FAMILY-STYLE

- Serves 6
- 3 medium romaine lettuce hearts, cut in half lengthwise with the stem in place
  - 1/2 cup salad dressing (below)
  - 1/2 cup shredded Parmesan
  - Bacon bits, capers, cherry tomatoes (optional)
  - Freshly ground black pepper
  - 2 cups croutons

Arrange romaine halves on a large platter. Spoon dressing over each half. Sprinkle with Parmesan. Add capers, bacon, cherry tomatoes and pepper according to taste. Top with croutons.

#### FAMILY-FRIENDLY CAESAR DRESSING

- 1 garlic clove, peeled and chopped
- 1/2 cup mayonnaise
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon black or white pepper
- 1/2 teaspoon salt

Combine ingredients in blender and process until well-blended. Cover and chill for at least 1 hour.

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at [www.donnaerickson.com](http://www.donnaerickson.com).

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**ARIES (March 21 to April 19)** Things that usually come easily and quickly for the ARIES Lamb might need more of your time and attention during the next several days. Try to be patient as you work things out.

**TAURUS (April 20 to May 20)** A changing situation can create some complications. But if you apply your sensible Bovine mind to what seems to be a hopeless tangle of confusion, you'll soon sort things out.

**GEMINI (May 21 to June 20)** Creating a new look for your surroundings is fun. Expect to hear mostly positive comments on your efforts, as well as some well-intended suggestions that you might want to note.

**CANCER (June 21 to July 22)** Maybe you'd rather do anything else than what you're "stuck with" right now. But if you stop complaining, you might see how this could lead to something with real potential.

**LEO (July 23 to August 22)** Even a proud LEO ultimately recovers from hurt feelings. However, a damaged relationship might never heal unless you're willing to spend more time and effort in trying to work things out.

**VIRGO (August 23 to September 22)** There are lots of changes on the horizon, so be prepared to make some adjustments in your usually fine-tuned life. One change might even impact a personal decision that you've been putting off.

**LIBRA (September 23 to October 22)** Being the dependable person you are could work in your favor for a project that requires both skill and accountability. But check this out carefully -- there could be a hidden downside.

**SCORPIO (October 23 to November 21)** A temperamental outburst about a mishandled project causes some fallout. Be sure to couple an apology with an explanation. A new opportunity beckons by week's end.

**SAGITTARIUS (November 22 to December 21)** Changing horses midstream is usually unwise -- but sometimes necessary. Examine your options carefully before making a decision. A trusted colleague offers good advice.

**CAPRICORN (December 22 to January 19)** While much of your time is involved with business matters, more enjoyable opportunities open up by week's end. Enjoy yourself, but be careful that you don't overspend!

**AQUARIUS (January 20 to February 18)** A "revelation" expands your perspective on what is really going on in the workplace. What you learn could make a difference in your career path. Continue to be alert for more news.

**PISCES (February 19 to March 20)** Not wanting to make waves might be the safest way to deal with a difficult situation. But no substantive changes can be made unless you share your assessments with others.

**BORN THIS WEEK:** You have a way of talking to people that makes them want to listen. You could find a successful career in politics.

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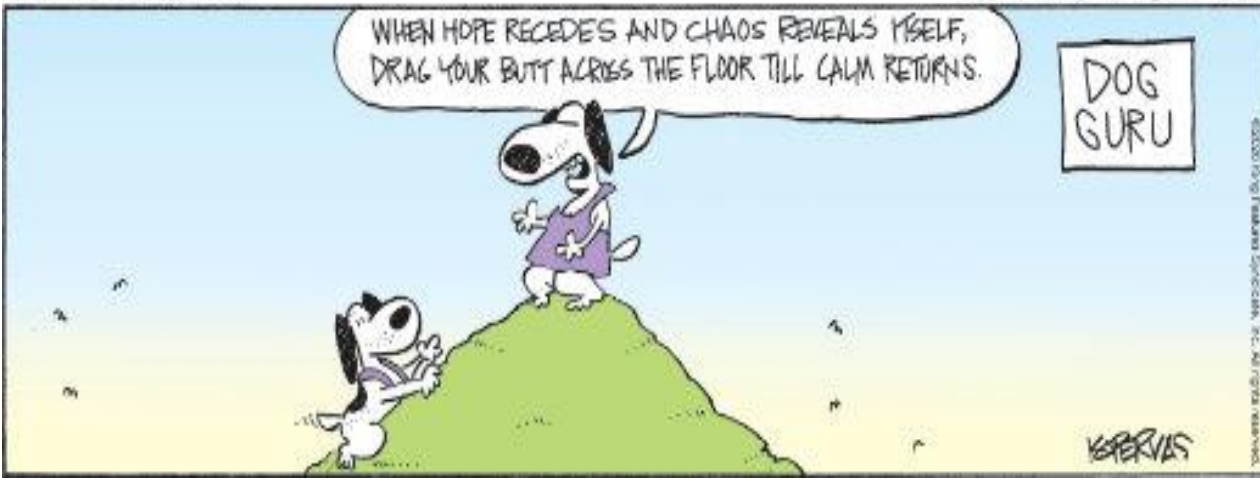
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: CARRIES YOUR CLUBS

Body	Garbage	Punching	Sleeping
Diplomatic	Grab	Rosin	Tote
Ditty	Gym	Shopping	Trash
Doggie	Overnight	Shoulder	

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Out on a Limb

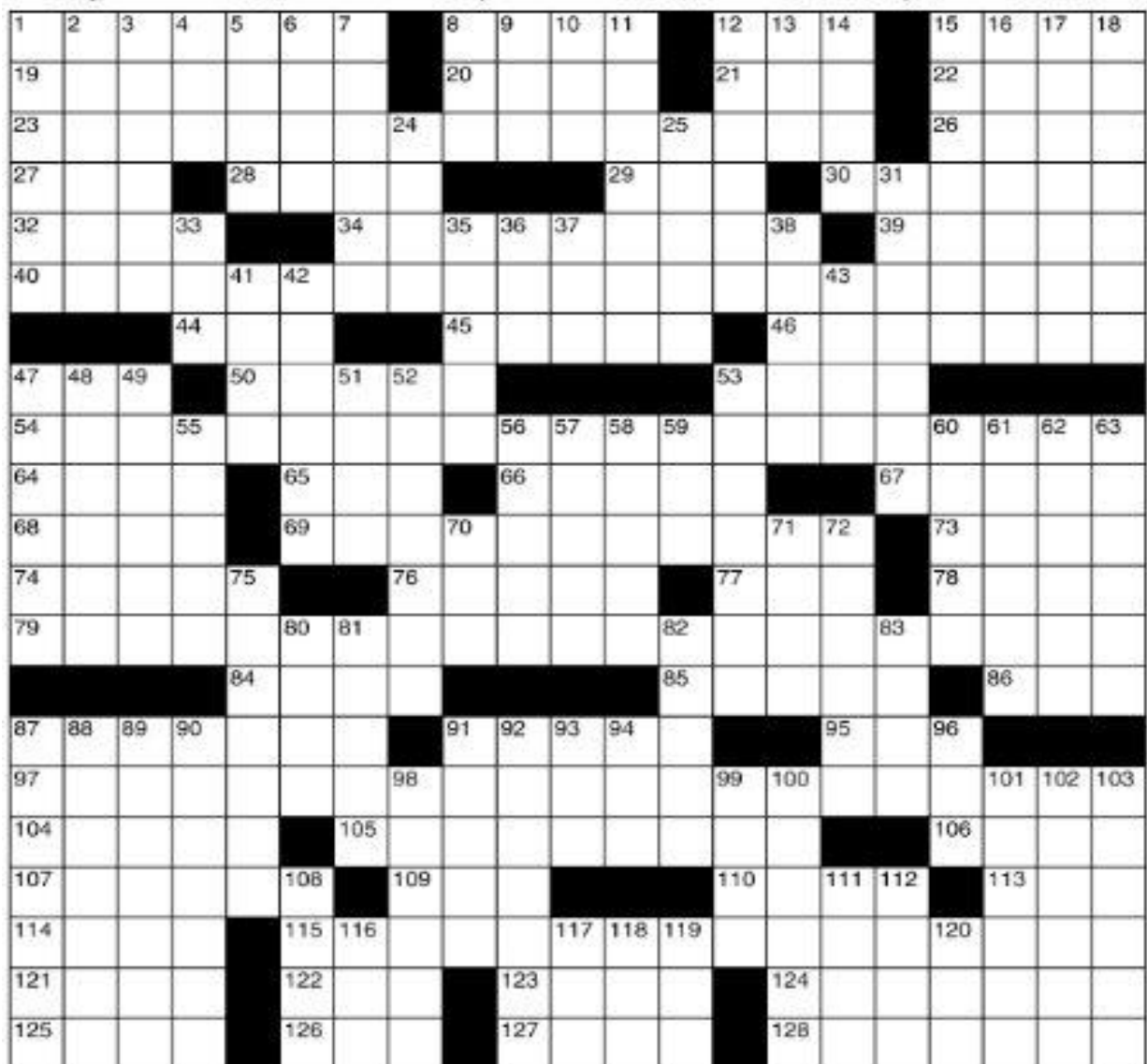
by Gary Kopervas



Super Crossword

FLAVOR NOT TO SAVOR

- ACROSS**
- 1 Film blooper compilation
  - 8 Illinois and Iowa's trees
  - 12 "Bali —"
  - 15 Bushy hairdos, for short
  - 19 "Stephen," in Paris
  - 20 Cookie often twisted apart
  - 21 Boat mover
  - 22 Engrossed
  - 23 Start of a riddle
  - 26 Concerning
  - 27 Mil. title
  - 28 Lysol target
  - 29 D.C. insider
  - 30 Contribute one's share
  - 32 Kitchen pests
  - 34 Starts litigation
  - 39 Stop on —
  - 40 Riddle, part 2
  - 44 "— Misérables"
  - 45 Taking way too much, in brief
  - 46 Loud weather events, for short
  - 47 Inner city, informally
  - 50 Leopard markings
  - 53 "Eso —" (Paul Anka song)
  - 54 Riddle, part 3
  - 64 Cave effect
  - 65 Bovine beast
  - 66 Celebrity astrologer
  - 67 Ornit, as a vowel
  - 68 College head
  - 69 Acrobats' springy apparatuses
  - 73 3/15, e.g.
  - 74 Map book
  - 76 Artist Dufy or film director
  - Walsh
  - 77 Critical hosp. area
  - 78 Lock lips
  - 79 Riddle, part 4
  - 84 Tiny charged things
  - 85 "It wouldn't — first time"
  - 86 Poppa
  - 87 Intraparty rifts
  - 91 Vast South American plain
  - 95 Football coach
  - Parseghian
  - 97 End of the riddle
  - 104 Awaken
  - 105 Arizona waterway with the Roosevelt Dam
  - 106 Vikings' tale, perhaps
  - 107 Novelist Hemingway
  - 109 Original "King Kong" studio
  - 110 Cast forth
  - 113 Moose's kin
  - 114 Art gallery in London
  - 115 Riddle's answer
  - 121 Drummer Burke or pitcher
  - Labine
  - 122 Iraq export
  - 123 Full of zeal
  - 124 Before now
  - 125 The lady's
  - 126 Norm: Abbr.
  - 127 Sort
  - 128 Lutz or Axel performers
  - DOWN**
  - 1 "— at the Moon"
  - (1951 Hank Williams song)
  - 13 Partner of 8-Down
  - 14 — -Z ('80s Camaro)
  - 15 "Yep, alas"
  - 16 More hoarse
  - 17 Ideal condition
  - 18 High-minded sorts?
  - 24 Duet plus one
  - 25 Juvenile
  - 31 Must exist
  - 33 Longtime NBC show inits.
  - 35 Unconfined
  - 36 "77 Sunset Strip" actor
  - Bymes
  - 37 Biol. or anat.
  - 38 Schleppe
  - 41 Composer/ pianist John
  - 42 Facet
  - 43 Actress Rae of "Vengeance"
  - 47 Employed for the purpose of
  - 48 Head for very quickly
  - 49 So as to be 50% less
  - 51 — about (around)
  - 52 Hinders
  - 53 Detective Phil Fish's wife on "Fish"
  - 55 Achieved victory in
  - 56 Sitting on — the world
  - 57 Love, in Paris
  - 58 "ER" actor
  - Eriq La —
  - 59 Prefix with cycle or state
  - 60 "This pleases me!"
  - 61 Cleaned a little, with "up"
  - 62 Texas or Ukraine city
  - 63 Owned (up)
  - 70 Actress West
  - 71 Genuine, in Germany
  - 72 Of a similar kind to
  - 75 Rustling sounds
  - 80 Place to live
  - 81 Tech. schools
  - 82 Channel for hoops fans
  - 83 Zeus' wife
  - 87 Elongate
  - 88 Hymn with harmonies
  - 89 Poltergeist, e.g.
  - 90 "Evidently ..."
  - 91 Oompah band music
  - 92 Coin-op cafeteria
  - 93 Bus. bigwig
  - 94 Letter after epsilon
  - 96 Reactions to cute babies
  - 98 Maude's partner in a 1971 film
  - 99 Intrusive plant
  - 100 Military forces
  - 101 Edmund Spenser's "The — Queene"
  - 102 More hideous
  - 103 Los Angeles hoops team
  - 108 "Terrible" time for tots
  - 111 Writer Dinesen
  - 112 Reid of "Sharknado"
  - 116 #1 song, e.g.
  - 117 Climbing vine
  - 118 Pointer
  - 119 Lofty poem
  - 120 Diner sandwich, for short



### 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: A equals C

YWBFJ JNNFXDE GLDIWSUJ  
WDBO WY YWWI JSAG LJ  
AGNIILP, AWBCO, CPXN LDI  
YNUL: AGNNJN-CNEELPJ.

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## Moments in time

THE HISTORY CHANNEL

- On June 22, 1611, after a winter spent trapped by ice in what is now northeastern Canada's Hudson Bay, the starving crew of the Discovery launched a mutiny against their captain, English navigator Henry Hudson, setting him, his teenage son, and seven of his supporters adrift in a small open boat. They were never seen again.
- On June 23, 1956, Gamal Abdel Nasser was elected the first president of the Republic of Egypt. Nasser had overthrown the country's monarchy four years earlier, in a military coup, and was the sole candidate on the ballot. His new constitution, making Egypt a one-party socialist state with Islam as its official religion, was also almost unanimously approved by voters.
- On June 24, 1374, a "dancing plague" swept through Germany, causing medieval villagers to writhe and whirl uncontrollably and leaving many people in a state of exhausted collapse in the streets or dead from heart attacks and strokes. The cause is still unknown, though ergot poisoning, mass hysteria and religious devotion have all been suggested.
- \* On June 25, 1910, Congress passed the Mann Act, which was ostensibly intended to keep young women from being enticed into prostitution, but was more about a way to make various types of consensual sexual activity a crime.
- June 26, 1948, American and British pilots began delivering food, water, clothing, medicine and fuel by airplane to Berlin after the city was isolated by a Soviet Union blockade. Some in President Harry Truman's administration had called for a military response to the blockade, but Truman believed such an action could incite another world war.
- On June 27, 1985, the American Association of State Highway and Transportation Officials decertified the iconic Route 66, which in its heyday stretched about 2,400 miles over a span of eight states from Chicago, Illinois, to Santa Monica, California, and voted to remove all its highway signs.
- On June 28, 2007, the bald eagle was removed from America's List of Endangered and Threatened Wildlife.

# SENIOR NEWS LINE

By Matilda Charles

## Playing games for brain health

Playing brain games can go a long way to helping us stay sharp, improve brain health, strengthen memory and slow cognitive decline. They can help us focus our attention, process information more quickly and recall facts. Whether they are logic, word, number, memory, card or any other type of game, playing can give our brains a boost — and we don't even have to leave home!

The AARP Games Center ([www.aarp.org/games](http://www.aarp.org/games)) is a great place to sample free games. There are various forms of solitaire, mahjong, lots of crossword and word games and trivia. If you're an AARP member and you sign in, there are even more games. Look for the Staying Sharp section for extra games.

Games for the Brain ([www.gamesforthebrain.com](http://www.gamesforthebrain.com)) is an interesting site that doesn't require any registration. It appears that the games are created by a guy in Germany, but you'll also find familiar games like Chinese checkers and Minesweeper.

As a general rule, look for online games that don't require you to set up an account, where you can just play by going to that website. But if you really want to play the games on a certain site and signing up is required, take a look at their privacy policy to see what information they collect about you. Set up a new email address that you only use for games.

If you prefer to add a social aspect to your game playing, check your local senior center and library for game days where you can play against others. Ask about card games, bingo, chess and checkers, Scrabble or even jigsaw puzzles done as a group.

If money is not a concern, consider a membership at the BrainHQ site ([www.brainhq.com](http://www.brainhq.com)). Their games are backed by years of research into improving cognitive function, but be sure to read their privacy policy.

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## WHAT HAPPENS IN ASSISTED LIVING?

A typical day in an assisted living community is often filled with warmth, comfort, and activities that promote both well-being and joy. It's a space where seniors can enjoy their independence while receiving the support they need, all within a nurturing environment that feels like home.

### Morning: A Fresh Start

The day begins on a peaceful note. Residents can wake up at their own pace, knowing that assistance is always available if needed. A hearty breakfast is served in the dining room, where everyone can enjoy nutritious, home-prepared meals while chatting with friends. The atmosphere is warm and inviting, and it feels like catching up with family over coffee. After breakfast, residents might choose to participate in gentle exercise classes designed to energize the body and mind or catch up on current events. There might be a visit from one of the favorite pets from our pet therapy partners, or musical entertainers that invite everyone to sing along!

### Mid-Morning: Activities and Social Time

After breakfast, the day opens up with a variety of engaging activities. Some may join a group for an art class or music therapy session, while others may prefer a stroll in the beautifully landscaped courtyard. There's always something to do, whether it's a book club, a crafting session, or even a friendly game

of bingo. Social events like these help create bonds among residents (and those caring for them), by keeping the atmosphere vibrant and full of life.

### Afternoon: Relaxation and Recreation

After a delicious lunch, residents have time to relax or pursue personal hobbies. Some may retreat to their rooms for a nap or to enjoy a quiet afternoon of reading. Others might head to a common area to watch a movie or enjoy a card game. The community might have a scenic drive or a picnic in the park planned. Staff members are always present, offering a helping hand or friendly conversation.

### Evening: A Cozy End to the Day

Dinner is another opportunity for socializing, with delicious meals tailored to different tastes and dietary needs. As the day comes to a close, residents can unwind with a variety of evening activities—like enjoying a cup of hot chocolate and watching the sun set in the courtyard together, watching a classic film, or simply relaxing in one of the walk-in bathtubs with a little Epsom salt and essential oil. The day ends on a cozy note, ensuring that everyone feels happy and at home.

In assisted living, every day is filled with moments of joy, connection, and comfort, where each resident can live life at their own pace while being part of a caring community. 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

Use scorable 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!

Part		
MOULDE		
Perform		
CANTE		
Keen		
AGREE		
Lift		
SHOTI		

**TODAY'S WORD**



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**Micro Crossword** By Elizabeth C. Gorski

**Across**

- 1 Bit of rain
- 5 Window dressing
- 6 Churchill's smoke
- 7 Basketball great Caitlin, Time Magazine's 2024 Athlete of the Year
- 8 D-Day carriers

**Down**

- 1 "Boring" purchase at a hardware store?
- 2 Sitar compositions
- 3 Eye-grabbing museum works
- 4 Job benefits
- 5 Nero's 700

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**TIDBITS WORD POWER**

Unscramble this word:

IQOLERNVTSUIT

The first iteration of Woody had him as this kind of a doll.

**TIDBITS NUGGET OF KNOWLEDGE**

The name of "Pixar" is a combination of "pix" meaning "pictures" combined with the suffix -ar as in sonar, radar or laser.

**KNIGHT MOVES**

R	D	H
A		A
F	M	N

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

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**TIDBITS PUZZLE ANSWERS**

**QUIZ BITS**  
ANSWERS  
1. Word Play  
2. Test Drive

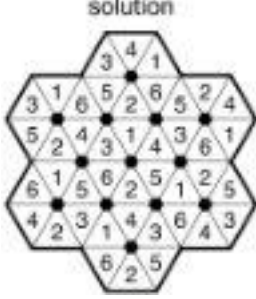
**WORD POWER**  
ANSWERS  
VENTUREQUIST

**TRINA NEWFRONT** Answers  
1. Sticky Ding  
2. Purr  
3. Clio, a "Special Achievement Award"  
4. Buzz Aldrin, the second man to walk on the Moon  
5. 7

Weekly SUDOKU  
Answer

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

SNOWFLAKES  
solution

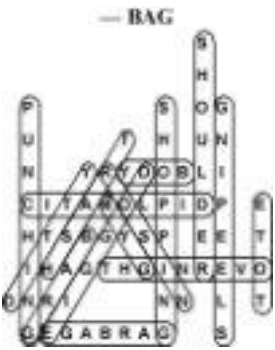


**SCRAMBLERS**  
solution  
1. Module; 2. Enact  
3. Eager; 4. Hoist  
Today's Word  
**AUDITOR**

KNIGHT MOVES  
Answer

R	D	H
A		A
F	M	N

FARMHAND



**Even Exchange**  
answers  
1. Police, Police  
2. Dairy, Dairy  
3. Not so, Novice  
4. Paste, Paste  
5. Curio, Curio  
6. Patron, Patron  
7. Trades, Trades  
8. Newer, Newer  
9. Lonely, Lonely  
10. Awful, Awful

CryptoQuip  
answer

I would certainly not recommend that tailor to anyone else. He didn't suit me well.

Word Spiral  
Answer  
HALTINGLY

Micro Crossword  
Answer

D	R	O	P	
D	R	A	P	E
C	I	G	A	R
C	L	A	R	K
L	S	T	S	

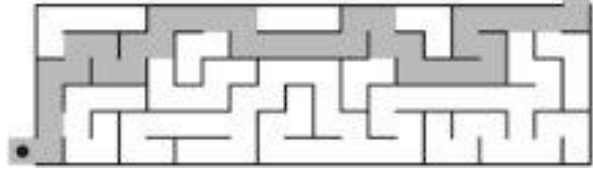
FEAR & RAGE  
answer

E	D	D				
R	A	R	U	M	O	F
N	O	T	E	R	O	B
R	E	F	E	M	A	L
L	O	B	E	L		

MINI SUDOKU  
Answer

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

Kids' Maze Solution



Super Crossword

Answers

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

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

**Sudden and Dramatic Weight Loss Causes Concern in Woman**

**DEAR DR. ROACH:** I am a 75-year-old woman with a weight problem. My weight used to fluctuate from 130-160 pounds. Then I started to notice that I was losing weight slowly but surely on my regular diet. My doctor did not have an answer. Soon I got down to 95 pounds. My family urges me to eat more than I feel comfortable with. I weigh 104 pounds today. Do you have any idea what could be causing this dramatic weight loss? I still struggle with keeping my weight up to 105 pounds! My height is 5 feet, 4 inches tall, and I really am quite "bony." Thank you for any help you can give me. -- A.S.

**ANSWER:** When we see dramatic weight loss like yours (greater than 5% to 10% is generally considered important, and yours is greater than 30%), we think about a few important categories. Of course, some of these aren't appropriate for you, but I want to give you an idea of what goes through a doctor's head when we see a person with this much weight loss:

Unfortunately, cancer tends to leap to our minds, even though it's not the most common cause. A full-body scan isn't usually indicated or helpful. Instead, a careful and focused history and physical exam will often give clues as to whether cancer is likely.

In addition, doctors want to make sure that the person is up-to-date with their age-appropriate screenings, which include breast and colon cancer screenings in a 75-year-old woman. In a person with a history of smoking, I always consider lung cancer and will usually order at least an X-ray.

A condition that is commonly forgotten when thinking about weight loss is the inability to absorb food properly, and celiac disease is the most common disease to cause this. Diarrhea is common but not always present with this condition.

People can lose calories through their kidneys as well, and diabetes is by far the most likely cause of this, although there are rare other causes. Excess urination is universal in uncontrolled diabetes but can be minimized by the patient.

Endocrine disorders, especially hyperthyroidism, often cause weight loss. Mental health issues, especially depression, are very commonly associated with weight loss. Anorexia nervosa is uncommon but not impossible in older adults.

Any serious disease -- heart, lung, liver and others -- can also cause serious weight loss. Some medications can cause unexpected weight loss as well.

Chronic infections are another important cause of unexplained weight loss. Tuberculosis, HIV and viral hepatitis are the most common, but there are many uncommon and rare infections.

As adults get older, some degree of weight loss is expected, but it is the degree and speed of the weight loss that needs to be considered when deciding whether this is a serious medical issue. Since it sounds like your weight loss has come on quickly, this is more concerning but a bit less so since it seems like it has stabilized. Still, were you my patient, I'd recommend a more thorough evaluation than it sounds like you've had.

I learned a valuable lesson after I made a home visit to give a patient a thorough medical evaluation about her continued weight loss. I found that she had inadequate food at home and was too embarrassed to tell me.

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

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**Amber Waves**

by Dave T. Phipps

OK, PEPPER, I GIVE UP. YOU WON'T FETCH THE FRISBEE, A BALL OR EVEN THE STICK.

I CAN'T SEEM TO GET YOU TO ROLL OVER OR EVEN PLAY DEAD.

YOU KNOW HOW FRUSTRATING IT IS WHEN DESPITE MY BEST EFFORTS YOU REFUSE TO LISTEN?

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