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by Janet Spencer

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SEA MONKEY BUSINESS

- The Wham-O company had recently tried their hand at selling “instant fish: just add water.” A lump of dried mud contained the dormant egg of a killifish. When placed in water, the egg hatched, and the fish grew. However, the product failed because demand exceeded supply, orders went unfilled, and the product flopped. Around the same time, the Ant Farm became all the rage. So the precedent was there: you could sell science to kids using actual life-forms. The stage had been set. All it needed was the right entrepreneur, the right idea, and the right critter.
- One day, Harold walked into a pet shop and noticed that they were selling live brine shrimp as pet food: just scoop some out, put them in a bag of water, and take them home to feed to your fish. Harold also noted that the brine shrimp, officially known as Artemia salina, could be purchased as eggs to be grown at home. (Cont)

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SEA MONKEY BUSINESS (cont)

- Harold figured out how to package up a miniature brine-shrimp farm and sell it to kids for only 49 cents. Although he took the idea to all the biggest toy distributors, he was turned down flat; they had already been burned by Wham-Os "instant fish." He couldn't afford TV ads. Instead, Harold decided to go directly to the customer, bypassing both the middleman and the parents. He bought ads in the back of comic books: Send in 49 cents and receive in the mail an envelope containing "Instant Life."
- When the product hit the market in 1957, it was called simply "Instant Life." Kids were expected to provide their own fishbowl. The kit included a packet of water conditioner, a packet of eggs, and a packet of food. Following the instructions, children added the "magic crystals" to tap water, waited a day, added the eggs, waited 7 days, and then started adding the food.
- The first packet contained mostly salt and chemicals to balance the pH of tap water, but it also (secretly) included eggs. Waiting a day before adding the second packet allowed enough time for the secret first batch of eggs to hatch. The second packet, added the next day, contained more eggs – but it also contained a small amount of blue-green dye. When the dye hit the water, it made yesterday's tiny hatchlings more visible in the water, thus living up to the claim of "instant life!" The third packet contained powdered spirulina algae and yeast, highly nutritious for growing brine shrimp.
- Harold later labelled them as "exotic Saskatchewan brine shrimp" before coming up with the name "Sea Monkeys" because they have a curly tail, like a monkey. The newly-named Sea Monkeys hit the market in 1962, now priced at \$1. The kit included a tiny plastic aquarium with built-in magnifying lenses. (cont)



- Quinoa is a popular grain alternative. It's very small and requires rinsing before cooking to remove potentially bitter residue. Here's a great trick to rinse your quinoa without losing half of it to the holes in your colander: Use a French press coffeemaker. The fine mesh and pouring spout make rinsing a breeze.
 - To halve a lot of cherry tomatoes, try sandwiching them between two plastic lids. Press down lightly and slice through the opening to make short work of them.
 - "Candle nubs -- the little bit left when the candle has burned down all the way -- can be easily removed from a candleholder by setting the whole thing in the freezer for 10-15 minutes. The wax surface hardens and shrinks, making it easier to chip out. Same goes for linens that have wax drips: freeze and chip away, then use a degreasing spot cleaner." -- Y.G. in Arkansas
 - Easily thread a needle with hairspray. Spritz the end of your thread with a little high-hold hairspray and pull taut. It will be much easier to thread this way.
 - "Fun get-together project for kids: Have everyone doodle on a large poster board. At the end of the night, you can trace a puzzle pattern and cut it up, making a large floor puzzle. You can bring these out at the next play date. The smaller the children, the larger the pieces!" -- A.L. in Florida
- Send your tips to Now Here's a Tip, 1800 Pembroke Dr., Suite 300, Orlando, FL 32810.
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Just Like Cats & Dogs by Dave T. Phipps

OK, PERHAPS IT WAS BAD TIMING FOR ME TO TELL YOU HOW MUCH I MISSED YOU WHILE YOU WERE OUT OF TOWN.



SEA MONKEY BUSINESS (cont)

- Now Harold's dilemma was that the sea monkeys tended to die too quickly. He went to marine biologist and micro-crustacean expert Anthony D'Agostino for help. He was the perfect guy to begin cross-breeding brine shrimp to create a new hybrid that was heartier, larger, and longer-lived. It was officially named Artemia NYOS, an abbreviation of the New York Ocean Science Laboratory where it was created.
- Harold hired comic book artist Joe Orlando to help him with marketing. Orlando later became vice president of DC Comics and associate publisher of MAD magazine. Orlando drew a happy sea monkey family, with their wide smiles, pot bellies, and tiny crowns. There was a disclaimer in fine print: "Caricatures shown not intended to depict actual creatures" which was widely ignored.
- The instruction manual that came with the kit made all kinds of claims: that Sea Monkeys would follow commands, learn tricks, dance, play, be hypnotized, play baseball, and run races. In reality, the only thing Sea Monkeys do is flit around in the water, eating algae, and occasionally mating. But they will gravitate towards light, such as a flashlight. And they always swim against the current, so they could "race" and "play baseball" when placed in little plastic mazes with water flowing through.
- Of course, there were many little "extras" that could be purchased. There was the "wrist aquarium" and the "aquarium necklace" so you could squirt a few sea monkeys into a sealed plastic water bubble and take them with you. There were all sorts of different shapes and sizes of tanks: tanks shaped like submarines, tanks that glowed in the dark, tanks with bumpy bottoms which gave algae more room to grow.

(cont)



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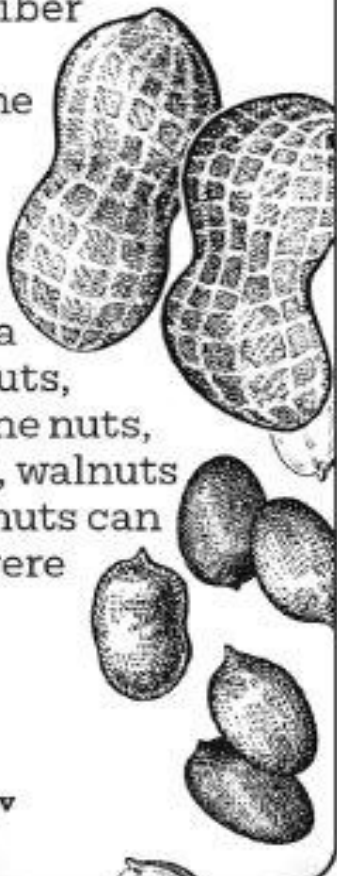


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Nuts can be great sources for protein, vitamins, minerals, fiber and more. But for some people, almonds, cashews, hazelnuts, Macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts and other nuts can trigger severe or deadly adverse allergic reactions.



Source: nih.gov

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Q: What do Sea Monkeys eat?
A: Fish and ships!

SEA MONKEY BUSINESS (cont)

- There was also an entire selection of specialty packets: vitamins, super-food, growth stimulator, mating powder, medicine, and even a “banana” dessert.
- Another packet called “Sea Diamonds” was billed as toys that the Sea Monkeys would play with. This was actually a packet of tiny plastic shards, which floated to the surface or sank to the bottom of the tank depending on the salinity level. Given the right conditions, the plastic bits would float in the middle of the tank, which was billed as “magic!” However, Sea Monkeys may flit past the “diamonds” but never truly interacted with them as claimed. They mostly served as a substrate for algae to cling to.
- Nearly all of these extra specialty packets were filled with salt, eggs, and algae. They all cost a dollar or two, and were advertised in the back of the 32-page instruction manual included with every kit.
- By now, Harold was awash with orders for Sea Monkeys, so he added products: X-Ray glasses, Hypnosis glasses, and glasses that would let you see underwater. He sold the “Crazy Crab” which was actually a live hermit crab shipped in a box. There was even “hairy paper” which would sprout hair through a chemical reaction. Harold eventually held nearly 200 patents.
- In the 1950s, Harold Braunhut changed his name to Harold von Braunhut because he wanted to sound less Jewish and more German. He tried a get-rich scheme and actually got rich. With his riches, he supported the Ku Klux Klan and the Aryan Nation. He was once quoted as saying, “Hitler wasn’t a bad guy, he just got bad press.” Harold von Braunhut died in 2003 at the age of 77 as a result of a bad fall.
- Today, the Sea Monkey empire continues, now owned by the Transcience company.

Strange BUT TRUE

By Lucie Winborne

- The chess-playing supercomputer Deep Blue could calculate 100 to 200 billion different positions in less than three minutes.
- One study found that people who drank sugary soda daily had shorter telomeres -- linked to aging -- equivalent to about 4-5 additional years.
- Each spacecraft headed for Mars gets a thorough cleaning beforehand as a precaution against contamination from Earth.
- Forget about naming your new baby IKEA in Sweden, thanks to the country's 1982 naming law prohibiting monikers that "can be supposed to cause discomfort" for the ones saddled with them.
- "Star Wars" sage Yoda was partially modeled from a photo of Albert Einstein.
- During the Cold War, Ronald Reagan and Mikhail Gorbachev agreed to lay aside their differences in the event aliens ever invaded Earth.
- Waste fat from bacon was turned into glycerin and used to make explosives during World War II.
- In 1674, the Women's Petition Against Coffee declared that the popular beverage was turning British blokes into "useless corpses" and proposed that anyone under the age of 60 should be banned from consuming it.
- In the United States, lawyers are the third-least trusted professionals, ranking higher only than lobbyists and business executives.

Thought for the Day:

"Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it." -- M. Scott Peck
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Find at least six differences in details between panels.

Differences: 1. Picture is moved. 2. Arm is lower. 3. Plates are moved. 4. Chair is taller. 5. Table is wider. 6. Boy is taller.

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
 PHOTO CREDIT: Rachel Davis Fine Arts
 PHOTO CAPTION: Wiener Werkstatte ceramics had modern designs and were often marked for the artist who created them as well as for the workshop.



Wiener Werkstatte

When the Arts and Crafts movement thrived first in the British Isles and then in the United States, Vienna, Austria, had the Wiener Werkstatte (Vienna Workshop). Founded in 1903 by designer Josef Hoffmann, painter Koloman Moser and financier Fritz Waerndorfer, the workshop, which lasted until 1932, was a cooperative community of artisans making all kinds of decorative and functional products. Everything from tableware to postcards to furniture to jewelry was made from quality materials with innovative, artistic designs.

Like the modern designers that came later in the 20th century, many Wiener Werkstatte artists worked in multiple media. For example, Erna Kopriva studied architecture with Josef Hoffmann at the School of Arts and Crafts in Vienna, where she later taught printing. However, the ceramics she made at the Wiener Werkstatte, where she worked from about 1919 to 1928, may be her most famous works. Their geometric shapes and vivid colors reflected the workshop's modern sensibilities and fit the art deco style of the time. They are often valuable today. This one sold at Rachel Davis Fine Arts for \$3,072, more than twice its high estimate.

Q: I would like to know the value of my old wooden duck toy. There is a mama duck with three ducklings on a string. Mama has a yellow-orange beak and a hat, and the babies have yellow beaks. All their heads turn.

A: You have a Quacky Family toy, which was made by Fisher-Price from about 1940 to 1958. Production was stopped during World War II.

From 1940 to 1942, the ducks had rubber bills and were held together with rubber connectors that allowed children to change the order of the ducklings. From 1946 to 1948, the ducks had felt bills and were connected with wooden dowels. In 1948, a version with metal connectors was introduced. Starting in 1949, the ducks had plastic bills. The original retail price for the Quacky Family in 1940 was 50 cents. Today, they sell for about \$25 to \$50.

TIP: Put ceramic saucers or glass or plastic plant holders under vases of flowers or potted plants. There are inexpensive throwaway plastic dishes that have a rim and are exactly the right size and shape for a plant.

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Textile, bell pull, embroidered, flowers, pink roses, white daisies, scrolling leaves, gold tone trim, tassel, silk, 55 inches, \$100.

Sewing, kit, thimble, enameled scene, thread holder, silver case, pink enamel, guilloche waves, hallmarks, Norway, 2 1/2 inches, case, \$205.

Advertising, bin, McLaughlin's Coffee, No. 99, dome top, multicolor graphics, coffee cup, leafy branch with berries, red trim, tin, 22 1/2 x 18 inches, \$235.

Candy container, glass, boat, swan, gold paint, rabbit, yellow chick, on water, molded, rectangular base, 2 x 4 x 1 inches, \$560.

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

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4/1	Earthquake Preparedness Month
4/2	Children's Book Day
4/3/	1860 Pony Express Day
4/4	404 Day Message Not Found

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.

FML PANUSGLT VXL DKOI;
RJVVVNUM PANUSGLT VXL
TKJG.
- OKJMGFT HFWFAVXJA

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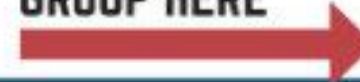
Cool: Fashionably attractive or impressive (well, at least we think so!).

Connections: A relationship in which a person, thing, or idea is linked or associated with something else - like ensuring life is Fun and Meaningful!

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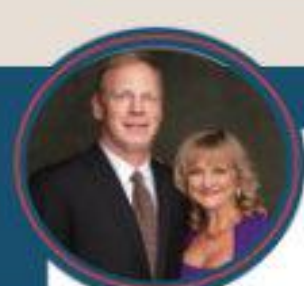


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Even Exchange by Donna Pettman

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. Curly-haired dog | P _ _ _ _ _ |
| 2. 39 th President | C _ _ _ _ _ |
| 3. Dish | _ _ _ T _ |
| 4. Group of sheep | _ L _ _ _ |
| 5. Wilt | W _ _ _ _ |
| 6. Large book | _ _ _ V _ |
| 7. Skimpy beachwear | _ _ _ _ _ I |
| 8. Egypt's capital | _ _ _ _ _ O |
| 9. Backbone | _ _ _ N _ |
| 10. Modest and retiring | _ _ _ M _ |

- | | |
|------------------------|-------------|
| Pasta segment | N _ _ _ _ _ |
| Negotiate a trade | B _ _ _ _ _ |
| Location | _ _ _ C _ |
| Fancy dress | _ R _ _ _ |
| Or's partner | E _ _ _ _ |
| Peace prize giver | _ _ _ B _ |
| Using a two-wheeler | _ _ _ _ _ G |
| Toto's kind of terrier | _ _ _ _ _ N |
| Railroad stake | _ _ _ K _ |
| Space telescope | _ _ _ B _ |

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

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



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SNOWFLAKES

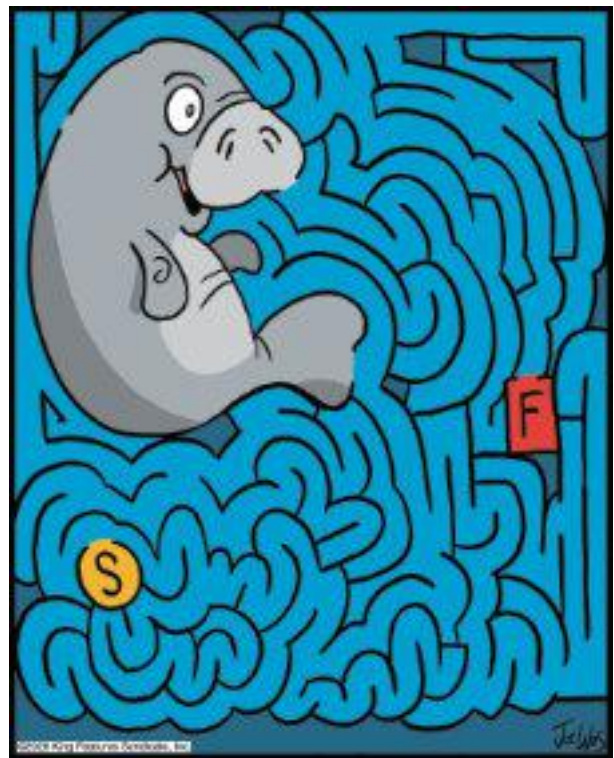
by Japheth Light

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

YOUR GALLBLADDER MATTERS

So often we are duped into believing that the gallbladder, appendix, uterus, tonsils and other organs don't matter; that we can live "just as well" without them. Is that really true? I personally don't believe that God made a mistake and gave us worthless organs. Every organ matters, and every organ is made to function until the end of our lives if we take care of them. But we don't, and far too frequently, these "unnecessary" organs get surgically removed and life is supposed to go on like nothing happened.

All our organs do matter, and the gallbladder is no exception. The gallbladder functions as a holding chamber that collects the bile, then concentrates it so that when fat is consumed it releases a flood of it, drenching the fat with these important enzymes. The liver, where the bile is produced, also uses bile and the gallbladder to remove toxic waste. This is waste from natural biological processes and from the foods we eat. When the gallbladder is gone, the fat is no longer saturated with bile for proper emulsification, and the liver loses one of its two pathways of elimination. Production and release of bile still occurs drip by drip, handling some of the fat, but the main process is gone. There is no more concentration of bile, nor saturation of fat.

Of the more than 1/2 million Americans annually that have their gallbladders removed, 40% still have the same symptoms that brought them to their doctors in the first place. Most people with gallstones never have symptoms their entire life, and many who are symptomatic, don't even have gallstones. 12% will have "Bile Dumping Syndrome" or chronic diarrhea after their gallbladder is removed. This is due to the sporadic release of bile into the intestines, now that the control mechanism, the Sphincter of Oddi, is gone along with the gallbladder.

After the gallbladder is removed, you may have problems digesting fats (good and bad ones). Because the good fats are vital to making hormones, (especially the ones needed for brain function, sex hormones and others), are needed for calcium metabolism and for proper utilization of fat soluble Vitamins A, D, E & K, you could have a deficiency in these areas, causing a range of symptoms and problems.

There are many reasons for gallbladder symptoms, some of which can be quite serious, but many of which are controllable via good dietary habits. While there are true gallbladder emergencies, if you are between events, there is much you can do to restore health to your gallbladder. If you've already had your gallbladder out, there are things you can do to support better fat utilization, but it will never be as good as the original thing. If you still have symptoms after gallbladder removal, there are several things at our disposal to help.



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.

TIDBITS GOES LONG.....
 One of the biggest salmon ever caught was nabbed in the Kenai River in 1985 and weighed just over 97 lbs. (44 kg). That's about equal in weight to a typical American 6th grader. The normal weight is about 20 lbs. (9 kg).

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VETERANS ★ POST ★

By Freddy Groves

Is there no way to uncover fraud?

How is it a scammer can impersonate a veteran for over 30 years and not get caught?

Not only did this thief collect Social Security under the veteran's name, but he got medical care from the VA. And he didn't exactly behave during all those years -- he was convicted of multiple serious crimes along the way.

When he was finally nabbed, he was living in VA-provided homeless/transitional housing and getting food, clothing, services and transportation. His impersonation was discovered when he was trying to get health care at a VA medical center.

At this point he's in the pen awaiting sentencing, charged only with making false statements, which can get him as little as five years in prison (after committing fraud for 30 years?) and be fined a quarter of a million dollars.

Consider all the possible points where the thief's identity could have been revealed: the Social Security data base, VA records being compared with the real veteran, criminal records ...

Then there was another thief, this time a woman, who not only stole over \$1 million from the VA, but also pulled her sister and son into the scam.

This scammer managed to get disability benefits by claiming she couldn't walk, was partially paralyzed and bedridden, and needed care around the clock.

The truth? She was able to buy a second home and go on fancy international trips. The son and sister said they were caring for her around the clock, while they were actually working at real jobs and she was traveling alone. This fraud went on for 12 years.

The penalties? The scammer is only getting 17 months in prison. The sister was sentenced to only time served and the son to 14 months.

Is there no way to check, no way to uncover this level of fraud before the hit to the American taxpayers reaches a million dollars? It would only take one photo of her trotting off to catch a plane, right?

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Getting ahead of flea & tick season

DEAR PAW'S CORNER: Last summer, the flea infestation on my pets was the worst I've ever seen. I don't use topical flea and tick treatments because I'm worried about their toxicity in pets. I don't want to get bit up by fleas again this year. What do you recommend? -- Judith L. in Hiram, Georgia

DEAR JUDITH: The battle against fleas and ticks can seem never-ending. Ticks pose an even deeper threat, as many of them carry serious diseases like Lyme and babesiosis. As the weather warms up, flea activity heats up as well.

To reduce the problem, attack it from multiple angles and do so before the summer sets in.

Bathe and comb out your pets to remove any dormant fleas or their eggs. Check them for attached ticks, especially if they spend any time outdoors.

Clean your home thoroughly. Pick up everything off the floor so you reach every spot. Vacuum as far into crevices as possible and along the wall where the carpet or flooring meet. Empty the vacuum outside the house immediately afterward.

Next, move your pets to a separate room and sprinkle a flea powder that contains diatomaceous earth over your carpet and along the edges of vinyl or laminate floors. Use a broom to brush the powder deep into carpet and crevices. Vacuum. Repeat this in every room of your home. (Pets can come back into a treated room after vacuuming.)

I recommend treating your furniture, especially sofas, the same way. Wash all curtains, rugs and bedding.

Clean your home weekly and reapply flea powder at least once a month. Check your pets for ticks every time they come inside the house, and brush their coats daily to remove fleas and their eggs.

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

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Laugh a bit with **TIDBITS**

Q: What do Sea Monkeys eat?
A: Fish and ships!

Weekly SUDOKU

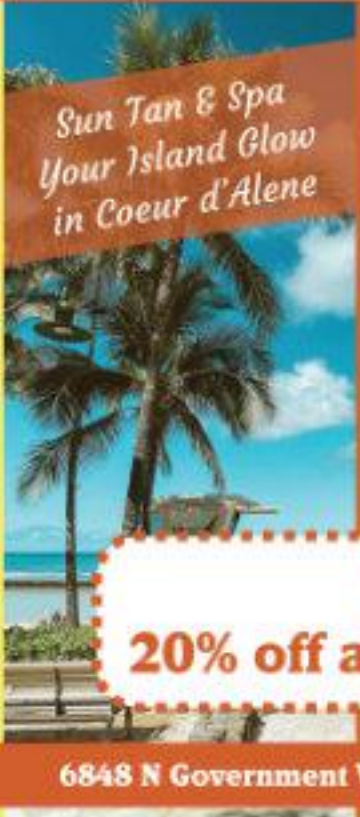
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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By Ryan A. Berenz

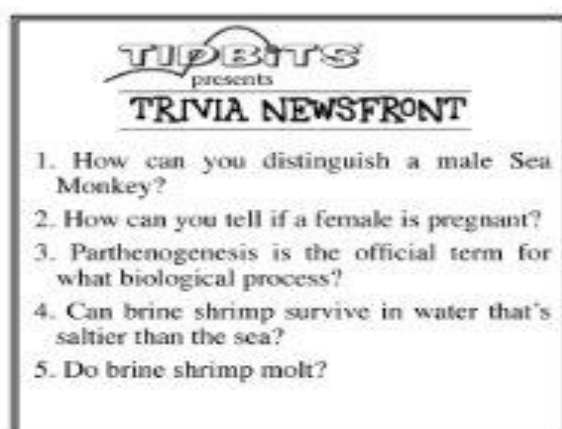
1. Fred Lynn, the first player to win American League Rookie of the Year and MVP in the same season, accomplished the feat in 1975 as a member of what team?
2. At the 1956 Melbourne Summer Olympics, which rower from the Soviet Union dropped his silver medal in Lake Wendouree? (It was later recovered by a local teenager.)
3. Which NFL team holds the single-game record for the most penalty yards with 212 in a 1999 game versus the Baltimore Ravens?
4. Hilary Knight, a five-time Olympian on the U.S. Women's Hockey Team, played for what college team from 2007-2012?
5. Which organization, established in 1976, promotes a version of baseball for blind and low-vision players?
6. What two legendary sportscasters were first paired in the CBS booth for an NFL game on Nov. 25, 1979?
7. In the 1946 "Looney Tunes" cartoon "Baseball Bugs," what team was losing to the Gas-House Gorillas 42-0 before Bugs Bunny entered the lineup?

Answers

1. The Boston Red Sox.
 2. Viktor Ivanov.
 3. The Tennessee Titans.
 4. The University of Wisconsin Badgers.
 5. The National Beep Baseball Association (NBBA).
 6. Pat Summerall and John Madden.
 7. The Tea Totalers.
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1. Project Hail Mary
(PG-13) Ryan Gosling, Sandra Hüller
 2. Hoppers
(PG) Piper Curda, Bobby Moynihan
 3. Dhurandhar The Revenge
(NR) Ranveer Singh, Akshaye Khanna
 4. Ready or Not 2: Here I Come
(R) Samara Weaving, Kathryn Newton
 5. Reminders of Him
(PG-13) Maika Monroe, Tyriq Withers
 6. Scream 7
(R) Neve Campbell, Courteney Cox
 7. GOAT
(PG) Caleb McLaughlin, Gabrielle Union
 8. Undertone
(R) Nina Kiri, Adam DiMarco
 9. The Pout-Pout Fish
(PG) Nick Offerman, Miranda Otto
 10. Wuthering Heights
(R) Margot Robbie, Jacob Elordi
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"Send Help" (R) -- Director Sam Raimi, who has quite the range with films like the "Spider-Man" and "Evil Dead" trilogies, went back to horror for this new survival thriller starring Rachel McAdams ("Are You There God? It's Me, Margaret.") and Dylan O'Brien ("Anniversary"). McAdams plays a corporate strategist named Linda, who gets passed over for a promotion by her boss Bradley (O'Brien) for his fraternity brother. After attempting to get him to change his mind, Linda is offered a seat on his plane to Bangkok for a business trip. However, their plane crashes in the Gulf of Thailand during a storm, and the only survivors are her and Bradley. With their dynamic now turned on its head, Bradley is forced to rely on Linda's insane survival skills to get them off the island. Out now to rent! (Apple TV+)

"The Moment" (R) -- This mockumentary film is a satire of British pop artist Charli XCX's life. The version of Charli XCX in this film is very similar to the one we know, who smashed the charts during summer 2024 with her "Brat" album, but viewers get a behind-the-scenes look at the chaotic tail end of her album cycle. After getting hit with shady brand deals and being forced to work with an objectifying and pretentious filmmaker named Johannes (Alexander Skarsgard), Charli is at her wit's end with a project that she now considers "cringe" but must continue to promote. Other celebrities that make cameos in the mockumentary include Kylie Jenner ("The Kardashians"), Julia Fox ("Him") and Rachel Sennott ("I Love LA"). Out now to rent. (YouTube)

"Bait" (TV-MA) -- This thriller/drama/comedy series not only stars Riz Ahmed ("The Phoenician Scheme"), but it was written by him as well. Ahmed plays Shah Latif, an up-and-coming actor in London who lands his big break as the new James Bond. Now thrust immediately into the spotlight, Shah struggles with the difficult disadvantages of fame, like paparazzi and internet comments, which send him into a bit of an existential crisis. The series feels like a character study on what it's like to suddenly wake up as a celebrity in modern times. All six episodes are out now to stream. (Amazon Prime Video)

"Pizza Movie" (PG-13) -- Gaten Matarazzo, known for his portrayal of Dustin in "Stranger Things," leads this comedy film alongside Sean Giambrone ("The Secret Life of Pets 2"). The film follows two college roommates Jack and Montgomery, who find a mysterious box of "mints" in their dorm on a tragically lame night. They discover that these mints are actually hallucinogenic drugs, and with the burden of higher education weighing on them, Jack and Montgomery have no choice as college students but to indulge! But when the high proves to be too intense for them, they learn that the only solution to properly come down is to eat pizza, so viewers watch along as the boys attempt to overcome their trip. (Clearly the writers of this film were high, too.) Look out for appearances from Sarah Sherman ("Saturday Night Live") and Daniel Radcliffe (of the "Harry Potter" franchise) as the Butterfly. Premieres April 3. (Hulu)

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Out on a Limb

by Gary Kopervas



CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: A equals B

SR BNJ LWBZVK LRRUJWX,
KBSUUJV LDT XSDPKUJC LVJ
LUU PZZT AFTTSJK, S
KFMMZKJ BNJC'VJ AJD MLUK.

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Super Crossword LANGUAGE GROUP

- | | | | | | |
|--|---|--|--|--|--|
| <p>ACROSS</p> <p>1 Knee, elbow or shoulder problem</p> <p>9 Pop's Easton</p> <p>15 Koranic faith</p> <p>20 Make hostile</p> <p>21 "Omoo" writer Melville</p> <p>22 Cheese, in Chihuahua</p> <p>23 Instruments such as maracas and congas</p> <p>25 Slow-moving mollusk</p> <p>26 "Little" girl in "Hairspray"</p> <p>27 Comment just after waking</p> <p>28 Certain Fed</p> <p>30 "Nuts!"</p> <p>31 Angry rock subgenre</p> <p>33 Loose-skinned citrus fruit</p> <p>38 Upper-left PC key</p> <p>41 Anxious condition, for short</p> <p>43 Tranquillity</p> <p>44 City in Ohio</p> <p>45 Famed ethnic fighters</p> <p>49 Uncool character</p> <p>51 Big meales</p> <p>52 Pop's Celine</p> <p>53 See 13D-Across</p> | <p>54 Gas brand in Canada</p> <p>58 Speller's clarifying words</p> <p>59 Mrs., in Essen</p> <p>60 Rembrandt, Vermeer or Hals</p> <p>64 Hush-hush</p> <p>66 Horse father</p> <p>67 Like galaxies</p> <p>68 "Well now!"</p> <p>70 Alternative to Kool-Aid or Hi-C</p> <p>74 One or more</p> <p>75 Israelites' Promised Land</p> <p>77 Makes illegal</p> <p>78 To a great degree</p> <p>80 The Bollywood film industry</p> <p>83 "Ask — questions ..."</p> <p>84 Self-motivation mantra</p> <p>87 Snow vehicle</p> <p>88 Bumped into</p> <p>89 "Je t'—" ("I love you," in Paris)</p> <p>90 Tranquillity</p> <p>91 Skip off to the altar</p> <p>94 Adar, Nissan and Tishri</p> <p>97 Flax-colored</p> | <p>100 Precious (disinfectant)</p> <p>102 Match unit</p> <p>103 5 and 10, but not V and X</p> <p>108 Rejections</p> <p>110 Short note</p> <p>111 Bandleader Amaz</p> <p>112 LAX listings</p> <p>114 Gp. for people 50 and up</p> <p>118 Intermingle</p> <p>120 Apt directive for solvers of this puzzle</p> <p>125 Debate topic</p> <p>126 "Pata Pata" singer</p> <p>127 Frat party dispensers</p> <p>128 Make fun of</p> <p>129 Mystery</p> <p>130 With 53-Across, section of the northern Atlantic</p> | <p>7 Bullet point</p> <p>8 Blood fluid</p> <p>9 Mu — shrimp</p> <p>10 "— So Fine"</p> <p>11 Lifesaving sites, in brief</p> <p>12 Political exile</p> <p>13 2020 U.S. Open winner Osaka</p> <p>14 Former U.N. chief Kofi</p> <p>15 Mensa stats</p> <p>16 Most fancy duds</p> <p>17 Found out, to Brits</p> <p>18 Italian cheese</p> <p>19 Liquefied by heat</p> <p>24 IRS hree</p> <p>29 Central point</p> <p>32 Cuts, as a lawn</p> <p>34 Sign gas</p> <p>35 — es Salaam, Tanzania</p> <p>36 Pack-carrying equine</p> <p>37 Actress Issa or Charlotte</p> <p>38 Blogger Klein</p> <p>39 "Je —" ("I am," in Paris)</p> <p>40 Decorative enamelware</p> <p>42 "Celebrity Rehab" host</p> | <p>46 — Reader (magazine)</p> <p>47 Rodeo lasso</p> <p>48 Debt note</p> <p>49 Jan. preceder</p> <p>50 Infant's cry</p> <p>53 Stair part</p> <p>55 Lost tabbies</p> <p>56 Oscar winner Penn</p> <p>57 Paris airport</p> <p>59 Swiss money</p> <p>60 Entertainer Ross or Rigg</p> <p>61 Banquet liquid holders</p> <p>62 PC shortcut</p> <p>63 Tennis' Arthur</p> <p>65 Indian tea</p> <p>66 Old Thailand</p> <p>68 Folkie Phil</p> <p>69 Hard rain</p> <p>71 "Likely story!"</p> <p>72 "I volunteer!"</p> <p>73 "I haven't gotten word yet"</p> <p>76 Extra benefit</p> <p>79 Legal claim on property</p> <p>81 Little demon</p> <p>82 Originally named</p> <p>83 Former space station</p> <p>85 Nagging pain</p> <p>86 Bird's refuge</p> <p>89 "— -Ca-Dabra" (1974 hit song)</p> | <p>90 Sport played on horseback</p> <p>92 Maui gift</p> <p>93 Like much music of the '90s</p> <p>94 Bit of a giggle</p> <p>95 Corn serving</p> <p>96 Godzilla or Grendel</p> <p>97 Stratagem</p> <p>98 Ultimatum ending</p> <p>99 City near San Diego</p> <p>100 Mendeleev who created the periodic table</p> <p>104 Self-description after a lifestyle change</p> <p>105 Runner Bolt</p> <p>106 Zodiac lion</p> <p>107 Ticket ends</p> <p>109 Decaf brand</p> <p>115 A long time</p> <p>116 Floor decor</p> <p>117 Mexican money</p> <p>119 Inferior grade</p> <p>121 Smoked thing, for short</p> <p>122 Omelet meat</p> <p>123 Sumac of song</p> <p>124 Assoc.</p> |
|--|---|--|--|--|--|

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Moments in time

THE HISTORY CHANNEL

- On April 13, 1012, a ransom of 48,000 pounds was paid by King Aethelred the Unready and British authorities to the Viking army led by Thorkell the Tall for the liberation of Canterbury, after a raid on the city and the capture of Alphege, Archbishop of Canterbury, who was murdered a few days later because he refused to let his followers pay for his release.
- On April 14, 1831, 74 soldiers from the 60th Rifle Corps, marching in step, caused the Broughton Suspension Bridge in Manchester, England, to collapse when their rhythmic footsteps led to the snapping of a poorly forged iron bolt in the bridge's supporting stay-chains. Around 40 men were thrown into the Irwell River, but there were no fatalities, as the water was shallow. The unexpected incident led, however, to the British army's prohibition of marching in unison while crossing bridges.
- On April 15, 1911, Walter "the Big Train" Johnson pitched a record-tying four strikeouts in a single inning for the Washington Senators.
- On April 16, 1946, auto racer Arthur Chevrolet, brother of Chevrolet auto namesake Louis Chevrolet, died at the age of 61 by hanging himself in his garage in Slidell, Louisiana, following a long struggle with depression.
- On April 17, 1961, the Bay of Pigs invasion began when a CIA-financed and trained group of Cuban refugees landed in Cuba and attempted to topple Fidel Castro's communist government. The mission failed completely, ending in the deaths of more than 100 and the capture of more than 1,100 men.
- On April 18, 2012, Dick Clark, the TV personality and producer best known for hosting "American Bandstand," died of a heart attack at age 82 in Santa Monica, California. Affectionately dubbed "America's Oldest Teenager," he also hosted the annual holiday show "New Year's Rockin' Eve" and headed an entertainment empire that developed game, awards and talk shows, as well as made-for-TV movies and other programs.

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SENIOR NEWS LINE

By Matilda Charles

Don't fall for scam emails

I received an email from a company that I use for computer repair and malware protection. No surprise there; they've sent me annual emails over the years when it was time to renew the service. I opened the email and it was an invoice indicating they would be charging my credit card several hundred dollars today!

But I took a closer look. The area code of the phone number at the bottom of the invoice was not for the state where the real company is located. The address at the bottom of the invoice was for yet another state. The amount was wrong. The name of my service plan was wrong. And I knew that my subscription wasn't due to renew for several months. The email asked me to click a link to contact them to verify the information.

In other words, a typical scam involving a large amount of money and an urgency (today!) designed to get me to act quickly before I could think it through. To be sure, though, I called the real company using a number I knew, not the one in the email. Yes, they said, it was a scam, and yes, my account was fine. They were able to check my account and quoted to me information that I knew was accurate -- the upcoming renewal date and the amount. They thanked me for letting them know and had me forward that email to their fraud department.

The question, of course, is whether the scammers really know I have a service plan with that company. Probably not. Chances are they send millions of those emails hoping someone will respond.

Bottom line with emails: Know your business transactions and subscriptions. Know when they are due to renew. Beware even if it's a company you know. Don't click anything. And call the company if you aren't sure it came from them.

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DOES MY DAD NEED ASSISTED LIVING OR MEMORY CARE?

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

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

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

might feel anxious or disoriented in everyday environments.

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

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

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

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



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

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Refuge: **MUSALY**

Misbare: **BHIRDY**

Crazy: **RABUDS**

Grieve: **ROMUN**

TODAY'S WORD



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Micro Crossword By Elizabeth C. Gorski

Across

- Son in "Death of a Salesman"
- "Slumdog Millionaire" star Dev
- Splendor
- Improvise on stage
- Calendar box

Down

- Like Lex Luthor or Mr. Clean
- "___ you so!" (gloater's comment)
- L'Oreal hair color brand
- Exciting airshow maneuver
- Org. for Woods and Els

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TIDBITS WORD POWER

Unscramble this word:

MAINGOLF

These birds turn pink because they eat pink-colored brine shrimp

TIDBITS NUGGET OF KNOWLEDGE

The children's show "The Amazing Live Sea-Monkeys" aired on CBS in 1992. The series—which starred Howie Mandel as a professor who accidentally enlarges three Sea-Monkeys to human size—aired in the U.S. and Australia and lasted just 11 episodes.

KNIGHT MOVES

A	E	R
E		Z
N	C	D

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

WORD POWER
ANSWER
FLAMINGO

TRINA NEWSBENT
1. Males have whiskers under their chin
2. She develops a belly full of eggs
3. A female bird that lays her own eggs
4. Yes, up to 30 times taller
5. Yes

Weekly SUDOKU
Answer

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

SNOWFLAKES
solution

SCRAMBLERS
solution
1. Asylum; 2. Hybrid
3. Absurd; 4. Mourn
Today's Word
BUY-BUY

KNIGHT MOVES
Answer

A	E	R
E		Z
N	C	D

CREDENZA

Even Exchange
answers

- | | |
|-------------------|--------------------|
| 1. Poodle, Noodle | 6. Novel, Nobel |
| 2. Carter, Barter | 7. Bikini, Biking |
| 3. Plate, Place | 8. Cairo, Cairn |
| 4. Flock, Frock | 9. Spine, Spike |
| 5. Wither, Either | 10. Humble, Hubble |

CryptoQuip
answer

If the actors Affleck, Stiller and Kingsley are all good buddies, I suppose they're Ben pals.

CryptoQuote
answer

Age wrinkles the body; quitting wrinkles the soul.
— Douglas MacArthur

Super Crossword

Answers

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

Holidays & Observances This Week

- 3/29 National Mom & Pop Business Owner's Day
- 3/30 National Doctor's Day
- 3/31 National Bunsen Burner Day
- 4/1 Earthquake Preparedness Month
- 4/2 Children's Book Day
- 4/3/ 1860 Pony Express Day
- 4/4 404 Day Message Not Found

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TO YOUR GOOD HEALTH
By Dr. Keith Roach

By Dr. Keith Roach
Diabetic Ulcer Still Hasn't Healed Properly After a Month

DEAR DR. ROACH: I have a diabetic nonhealing ulcer on my right heel. I was told that the blood circulation in my foot isn't very good, which is why the ulcer isn't healing.

Five years ago, I had a nonhealing ulcer in my left heel. It got infected, and the infection went into my heel bone. After several months, I agreed to an amputation. But this time, I was prescribed antibiotics with bandage changes that happen every two or three days. The ulcer hasn't healed now for over a month. Is it still possible that healing could take place? -- L.H.

ANSWER: I hope so. Most diabetic ulcers can be healed if they are treated the right way early enough. We really want to avoid amputations as they are bad for your function and cause worse outcomes later on.

One major issue is poor blood flow to the area. People with diabetes may develop poor blood flow due to large arteries being blocked, or when the small vessels aren't working well. If there are blockages in the large vessels, such as the femoral artery or one of its branches, then a vascular surgeon may be able to bypass the blockage. Newer techniques of angioplasty and stents may also be used and are less invasive and risky. An angiogram is usually necessary to determine whether this approach would be useful.

If the poor blood flow is due to the small vessels, then surgical approaches aren't as important as medication and proper wound care. Diabetes needs to be meticulously managed with blood sugar levels kept in the normal range as much as possible; a continuous glucose monitor can help determine if your regimen is adequate.

I cannot recommend highly enough an experienced wound care nurse, who is the expert in managing nonsurgical wounds (and postsurgical wounds, too). The pressure must come off of the heel.

Nonhealing diabetic foot ulcers are one of the clearest indications for hyperbaric oxygen therapy. This therapy isn't available to everyone, but it can be very useful in addition to standard therapy. Finally, antibiotics are guided by the results of wound cultures. These cultures need to be done by an expert to get the correct results.

DEAR DR. ROACH: I'm a 78-year-old white male who is a nonsmoker; I am 5 feet, 6 inches tall, weigh 135 pounds, and consider myself to be in excellent health. A diagnosis from a recent bone density scan showed that my FRAX 10-year probability of a major osteoporotic fracture was 11.6%, and my probability of a hip fracture was 7.3%. I exercise seven days a week and believe that my diet is excellent. My standard blood panel results are always normal in all categories. Would it be advisable for me to take Fosamax at a 70-mg dosage? -- C.Y.

ANSWER: The FRAX score is the easiest way of understanding the results of a bone density scan. Even though the odds are that in 10 years, you won't have had a fracture, your risk of a hip fracture is high enough that most experts recommend treatment to lower your risk.

Generally speaking, treatment is recommended with a FRAX score above 20% for any major osteoporotic fracture or a score that is more than 3% for a hip fracture. Your risk for a hip fracture is significantly above the recommended threshold, even though your overall risk isn't, which leads me to suspect that your hips are preferentially affected by osteoporosis.

If medication is recommended, a bisphosphonate such as alendronate (Fosamax) would be the first-line treatment for men, and 70 mg weekly is a common dosage.

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

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Amber Waves

by Dave T. Phipps



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