



FREE
Please Take One!

OVER 4 MILLION
Readers Weekly
Nationwide

TIDBITS®

OF KOOTENAI COUNTY IDAHO, JULY 20TH 2026



(208) 719-0009 Hayden
(208) 457-7077 Post Falls
Open 7 days a week

Fu-Ki
Fu-Ki Japanese
Steakhouse + Sushi

3885 N. Government Way Hayden Idaho 83835
1500 E. Selkirk Way, Post Falls, ID 83854

www.tidbitscda.com

For Ad Rates call: (208) 755-9120

tidbitscda@gmail.com



SECURED ACCESS

PROTECT. CONTROL. PERFORM.

Innovative Access Solutions for Homes & Businesses

- Garage Doors
- Service & Maintenance
- Gates & Gate Openers
- Loading Dock Equipment
- Siding, Barn Doors
- Business Carded Systems
- Smart Home & Smart Business
- Advanced Recognition Tech



SAME DAY SERVICE GUARANTEED
A Full Business Day (Mon-Fri)

24/7 EMERGENCY SERVICE

SECURE TODAY. SMARTER TOMORROW.

Contact Us: 208-916-5643

Our Location: 5077 N. Building Center Dr., Coeur d'Alene ID 83814



Call Yochum Landscaping for an Estimate Today

- Lawn care
- Water features
- Trees
- Landscape installations and designs



www.yochums.com 208-660-9822

YOCHUM LANDSCAPING, LLC
Licensed & Bonded



DANGEROUS TREES REMOVED

DOWN ONLY TREE SERVICE

ONLY \$350 PER TREE

- ANY TREE, ALMOST ANY SIZE, ANYWHERE!
- FULLY GUARANTEED SERVICE
- SAME-DAY SERVICE
- FULLY INSURED

★ 25+ YEARS OF EXPERIENCE ★

SERVING NORTHERN IDAHO & EASTERN WASHINGTON

208-208-7789 | 208-948-1526

AFFORDABLE ROOFING & REPAIR SERVICE

Why replace your roof when you can just fix it?

RE-ROOFS and REPAIRS

Over 30 Years Experience - Licensed and Bonded



Freddie
208-704-2190

TIDBITS® MEETS EPONYMNS

by Janet Spencer

The word “eponym” springs from two ancient European words. “No-men” (as in “nomenclature”) became both “name” and “nym” as in antonym, synonym, and acronym. The prefix “epi” or “epo” is Greek, meaning “upon” or “beside” as in epicenter, epidural, and epinephrine.

PEOPLE WHO BECAME WORDS

• Jean Nicot was the French ambassador to Portugal in 1559. He had dinner with a friend who was a botanist. The botanist showed Jean a new plant growing in his garden whose seeds he had gotten from a sailor who brought them back from a trip to the New World. The natives enjoyed smoking the leaves in pipes. The pipes were called “tabago” in the Caribbean language, leading to the plant being named “tobacco.” Jean took seeds and cuttings back to France with him, convincing himself that the plant had miraculous medicinal properties. It wasn’t until 1828 – more than two centuries after Nicot’s death – that chemists isolated the active (and addictive) substance in tobacco leaves, now called nicotine.

(cont)

SERVING COEUR D'ALENE • HAYDEN • POST FALLS • AREAS

SPRING CLEANING SIGN-UP IS NOW OPEN!



BOLTZ PRESSURE WASHING



BRING YOUR PROPERTY BACK TO LIFE THIS SPRING

Winter left grime, algae, and dirt everywhere. Let Boltz Pressure Washing blast it away and make your home look NEW again.

- ✓ HOUSE WASHING ✓ ROOF WASHING
- ✓ DRIVEWAYS & SIDEWALKS ✓ GUTTER CLEANING

PROFESSIONAL • FAST • LOCALLY OWNED

CALL OR TEXT TODAY: 208-477-1319

BOOK EARLY → SPING SLOTS FILL FAST

BOLTZpw.COM

ROOFS • GUTTERS • SIDING • CONCRETE

WANT TO PUBLISH A TIDBITS® IN YOUR AREA?

We provide the opportunity for success!

Call 1.800.523.3096 (US)

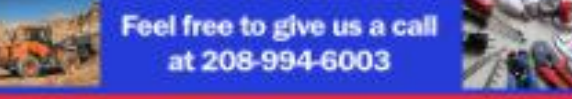
www.tidbitsweekly.com



AUCTION NORTHWEST, LLC

We are ready to consign your equipment, vehicles, tools, ATV's, building supplies & more!

Feel free to give us a call at 208-994-6003



auction-nw.com

Located at 3156 N Beck Rd, Hauser Idaho
Open Tues-Fri 8am-4pm (Monday's by appointment).



Peck & Peck EXCAVATING



BOULDERS SCREENED TOPSOIL

3 WAY MIX FOR GARDEN BEDS

Call us today at 208-773-6559



Cheryl Burchell GOLDSMITHS

CHERYLBURCHELL.COM



Idaho Opal

Your trusted local jewelry service provider.

208-676-1645 1524 NW BLVD COEUR D'ALENE



LIBRANDI OUTDOOR POWER

FORMERLY AMERICAN MOWER & SAW. FAMILY OWNED FOR 45 YEARS!

UNDER NEW OWNERSHIP/MANAGEMENT!

OUTDOOR POWER EQUIPMENT SALES & SERVICE

- Commercial and Residential product lines
- Tune-ups, Sharpening, Major and minor repairs.
- Pick-up and delivery available.

9786 N. GOVERNMENT WAY, HAYDEN, ID 83835
208.772.4556

Entering our home shouldn't feel like leaving yours

Call 208.457.3403 and ask for a tour!

Locally Owned & Operated



The Lodge ASSISTED LIVING

AWARD-WINNING Assisted Living

www.LodgeLiving.net

- Homestyle Meals
- Large Private Suites
- Private Bathrooms
- On-Site Salon
- Gardening Beds
- Personalized Care

Three Convenient Communities:

The Lodge at Riverside Harbor 1 & 2, 52 & 58 N. Cedar Street, Post Falls, ID

The Lodge at Fairway Forest 1 & 2, 3989 & 3991 N. Player Dr., Coeur d'Alene, ID

The Lodge at Bristol Heights, 2220, 2230, 2240 & 2250 W. Prairie Ave, Coeur d'Alene, ID



For more info see page 13

IMPACT

PAINT & COLLISION REPAIR

208-765-2805

PAINT & COLLISION REPAIR

● Approved by All Insurance Companies

● Free Estimates

● Frame Repair

● Expert Color Matching

765-2805

116 E. Appleway CDA

www.impactautobodyandpaint.com

N

AUCTION NORTHWEST, LLC

We are ready to consign your equipment, vehicles, tools, ATV's, building supplies & more!

Feel free to give us a call at 208-994-6003

auction-nw.com

Located at 3156 N Beck Rd, Hauser Idaho
Open Tues-Fri 8am-4pm (Monday's by appointment).

SPRING CLEANUP SIGN-UP IS NOW OPEN!

BOLTZ JUNK REMOVAL

CLEAR OUT THE CLUTTER THIS SPRING

Tired of that Old furniture, appliances, electronics or just JUNK? BOLTZ CAN BE THERE LIGHTNING FAST

- ✓ FURNITURE REMOVAL
- ✓ GARAGE CLEANOUTS
- ✓ ESTATE CLEANOUTS

YOUR JUNK IN OUR TRUCK

AFFORDABLE • FAST • LOCALLY OWNED

CALL OR TEXT TODAY: 208-477-1319

BOOK EARLY → SPRING SLOTS FILL QUICKLY

BOLTZpw.COM

APPLIANCES • YARD WASTE • E-WASTE • TRASH

TIM'S

SPECIAL CUT MEATS



(208)772-3327

525 N. Graffiti Street Post Falls, ID 83854

CONTACT INFORMATION FOR TIDBITS OF KOOTENAI COUNTY



EVELYN HOWE : 208-755-9120



Evelyn Bevacqua Howe 208- 755-9120
212. W. Ironwood Dr., Suite D,# 224, Coeur d'Alene, ID 83814
Cell: 208.755.9120 Email: Tidbitscda@gmail.com www.tidbitscda.com Facebook/tidbitscda

PEOPLE WHO BECAME WORDS

- During the Winter War of World War II, the Soviets consistently bombed Finland at the behest of Soviet foreign minister Vyacheslav Molotov. Molotov insisted to the Soviet press that he was dropping “bread baskets” upon the good people of Finland, not bombs. The Finnish people fought back with a simple incendiary device involving gasoline inside a glass bottle with a rag for a wick. These were formidable when lit on fire and hurled against invading tanks. The Finnish prime minister insisted that these “drinks” were designed to go along with Molotov’s “bread baskets.” Today, they are known as Molotov cocktails.
- In the 9th century A.D. in Persia (now Iran) there lived a mathematical genius whose name was Muhammad ibn Musa al-Khwarizmi. Although it sounds like a mouthful, his name breaks down into Muhammad (his given name) ibn Musa (the son of Musa meaning Moses) al-Khwarizmi (from the region of Khwarazm). When his works on mathematics and arithmetic were translated into Latin in the 12th century, his name was shortened and Latinized as Algoritmi, with “algorism” referring to his method of calculations. After the word passed through French and then into English, it evolved into the current version, which denotes any well-defined procedure or set of rules for solving a problem. Ultimately, then, a phrase that essentially means “that guy from Khwarasm” (a region now located in Uzbekistan) came into our language as algorithm.
- While he was at it, Muhammad ibn Musa al-Khwarizmi wrote a book called “Kitab al-Jabr wa-l-Muqabala,” which roughly translates as "The Compendious Book on Calculation by Completion and Balancing." The middle of that title, “al-jabr,” means “reunion of broken parts” and results in our word algebra.

(cont)

GRIN and BEAR IT.



"I could have been a bigger success than you could have been!"



- "I have stained coffee cups. My hands have arthritis, and it's hard to wash them by hand. A young woman at church suggested I purchase a small bottle of dishwasher soap. The kind you put in a dishwasher, even though I don't have one. I squirt a little in the cup and add hot water. It sits while I wash up the other dishes and then swishes right out." -- T.T. in Missouri
- "Check your area to see if vocational schools offer low-cost or free auto repairs. Sometimes you can have work done for the cost of parts so that students can be trained on your issue." -- R.E. in North Carolina
- "For the summer I fill a gym-size duffel bag with "spontaneity supplies" and keep it in the trunk of my car. It includes swimsuits for all family members, a blanket and cups, plates and silverware for a picnic. Now, if we find we have some unexpected free time, we can go to the beach or pool, or have a picnic by just picking up some sandwich supplies from the closest grocery store!" -- via e-mail
- You can use a clean paper milk carton to pour batter for pancakes. The spout makes it easy to pour and reduces splatter.
- "I got tired of always looking for the dustpan, and so I put a magnet on the back of it. It sticks right on the side of the fridge, right next to the broom." -- L.M. in Kentucky

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

(c) 2026 King Features Synd., Inc.

WORD SPIRAL

W		T
	R	
T	E	

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.

©2026 King Features Syndicate

PEOPLE WHO BECAME WORDS

- Joseph, born in Germany in 1883, was a sickly child who devoted himself to strengthening his stamina. He moved to England, where he became a bodybuilder, prizefighter, circus performer, and self-defense instructor. While incarcerated at an internment camp in England during WWI, he taught his fellow detainees a series of exercises involving highly controlled movements. After moving to New York City following the war, he set up a studio where he trained dancers and performers in his methods, which were named after him: the Joseph Pilates Method.
- Sam Maverick was a Texas rancher in the 1800s who was notoriously negligent in branding his calves. This caused more than a few disputes, because unbranded calves who became separated from their mothers were considered to be the property of whoever branded them first. A “maverick” first meant any unbranded calf. Today, it indicates anyone who refuses to adhere to the standard policies of the group to which they belong.
- Before people knew what bacteria were, it was understood that exposure to air caused preserved foods to go bad, and that foods stored inside jars needed to be sealed against the intrusion of air. Jars of preserves were sealed by applying a layer of wax to the rim, so the flat top formed a tight seal. Other materials used as seals included linen, cork, a rubber gasket, or animal fat. But tinsmith John Mason invented a two-part lid that fit tightly atop a glass jar. The secret was that the outer ring of the zinc lid screwed onto the threaded top of the jar, the world’s first screw-top jar. The inner circle of the lid, when pressed downward, expelled extra air in the jar, and if it popped up, that indicated that the contents had gone bad. Mason patented his Mason jar in 1858, yet never made much money off it, dying a pauper in 1902.

Fun Fact

The practice of cooking batter on a heated pan is common in almost every culture around the globe. Americans and Canadians love their **pancakes** (also called flapjacks, hotcakes or griddlecakes). Koreans have kimchi-jeon, India has appam, Russians have oladyi, the Netherlands have pannenkoeken, Colombia and Venezuela have arepas, etc.

Source: www.kulickspancakerecipes.com



© 2026 by King Features Syndicate, Inc.
World rights reserved.



Formerly American Mower & Saw. Family owned for 45 years! Under new ownership/management!

Authorized Scag Power Equipment Dealer
Servicing Most Power Equipment Product Lines
Authorized Honda, Echo & Husqvarna Dealer
Professional Saw & Blade Sharpening Service

9786 N. Government Way • Hayden, ID
208.772.4556 • librandioutdoorpower.com
New hours Mon-Fri 7am-5:30pm • Sat 9am-3pm

Independently Owned and Operated



Mr. Rooter
PLUMBING
a neighbourly company

Licensed Bonded & Insured



Residential & Commercial Plumbing	Septic System
Emergency Services	Water Filter and Softener
Remodeling Services	Gas Line Repair & Replacement
Garbage Disposals	Water Heaters
Sewer and Drain Cleaning	Trenchless Sewer Line Repair and Replacement
Irrigation Systems	

We are here to serve you call 208-668-0007
Email: Spokane.owner@mrrooter.com www.mrrooter.com/cda

Your go-to destination for fun facts, puzzles, and all-around entertainment!



Ads Start at \$20 a week!

TIDBITS is a low cost way to advertise your Business , Service or Events. Call us Today!

TIDBiTS

TO ADVERTISE CONTACT EVELYN AT 208-755-9120 tidbitscda.com



BEFORE **AFTER**



PRECISION PROS
ROOF COATING & PAINTING
MAKE YOUR ROOF GREAT AGAIN!

★ 4th Generation Roof Restoration Experts ★
Metal Roof Coating • Screw Replacement • Leak Prevention

2,800+ Color Options

Commercial | Residential | Agricultural

Industry-Leading 5-Year Warranty

Don't Replace — RESTORE & SAVE THOUSANDS TODAY!

208.643.2172

www.precisionprospainting.com



Concrete Flatwork
Commercial / Residential / 35 yrs. Experience

Decorative Stamps • Driveways • Walkways • Steps
Patios • Covered Patios • Foundations • Footings



208.956.0020
License RCE-66389

TIDBITS QUOTE

“First the doctor told me the good news:
I was going to have a disease named
after me.” — Steve Martin

PEOPLE WHO BECAME PLACES

- The town of West, Texas, is (confusingly) located in eastern Texas. This berg of 2,500 people was named for Thomas West, a local landowner and the city’s first postmaster. If you’re in the area late in summer, stop by to enjoy the WestFest, celebrating West’s Czech heritage.
- There is a park in southern Chicagoland called “Waterfall Glen,” which does actually feature some manmade waterfalls along the length of Sawmill Creek, constructed by the Civilian Conservation Corps in the 1930s. However, the park was named after Seymour “Bud” Waterfall, an early president of the Forest Preserve District’s Board of Commissioners.
- In New York City, the bridge called the Outerbridge Crossing is the westernmost bridge. It connects Staten Island to New Jersey. Yes, it is the outermost bridge, but it’s actually named for Mr. Eugenius Harvey Outerbridge, the first chairman of the New York Port Authority. They missed their chance to name it the Outerbridge Bridge.
- Main Street in San Francisco’s South Beach / Rincon Hill neighborhood is not a particularly important thoroughfare. It was named after Charles Main, an early businessman who later became the director of the San Francisco Central Railroad. The location where Main Street lies was originally underwater until major landfill projects built it up.
- Townsville is a city on the north-eastern coast of Queensland, Australia, with a population of around 200,000 people. It was named after Robert Towns, a ship’s captain who discovered the site, founded the town, named it after himself, and built the city using a form of slavery called indentured servitude, which often involved kidnapping his own supply of “servants” from nearby islands.

TIDBITS
always FREE!
and FUN!



By Lucie Winborne

- According to facial recognition software, LEOnardo da Vinci's "Mona Lisa" is 83% happy, 9% disgusted, 6% fearful and 2% angry.
- The low air pressure of a twister can literally pull a person's eardrum outward.
- In 1900, motor boating was included in the Olympic Games. Only a few races were held, however, and they were eventually discontinued due to inconsistent weather and mechanical failures.
- One acre of peanuts can make 30,000 peanut butter sandwiches.
- The first Europeans to discover the Great Lakes named them the "Sweetwater Seas" and believed that China bordered their shores.
- The skin of a jellyfish is so thin that the animal can breathe through it.
- Cellist Daniel Crawford composed a musical piece for the cello in which each note represents a year on NASA's record of global average temperature, from 1880-2012.
- Between 1930 and 1935, nearly 750,000 American farms were lost through bankruptcy or sheriff sales.
- A man once sued Anheuser-Busch with the claim that the company's ads misrepresented his potential attractiveness to the opposite sex, if he would just drink their beer.
- The Persian epic "Explanation of Chatrang and the Invention of Nard" tells the story of chess being introduced to the royal court by an envoy from India.

Thought for the Day:

"You've got to get to the stage in life where going for it is more important than winning or losing." -- Arthur Ashe
(c) 2026 King Features Synd., Inc.

J BROWS BEAUTY
PMU ARTISTRY

Wake up
Beautiful
EVERY DAY

10 YEARS LOOK YOUNGER

BRING A FRIEND
AND GET A
BIG DISCOUNT
ON OUR PERMANENT MAKEUP



BROWS



LIPS



EYELINER

WILL LAST
1-3
YEARS

Starting at
\$199

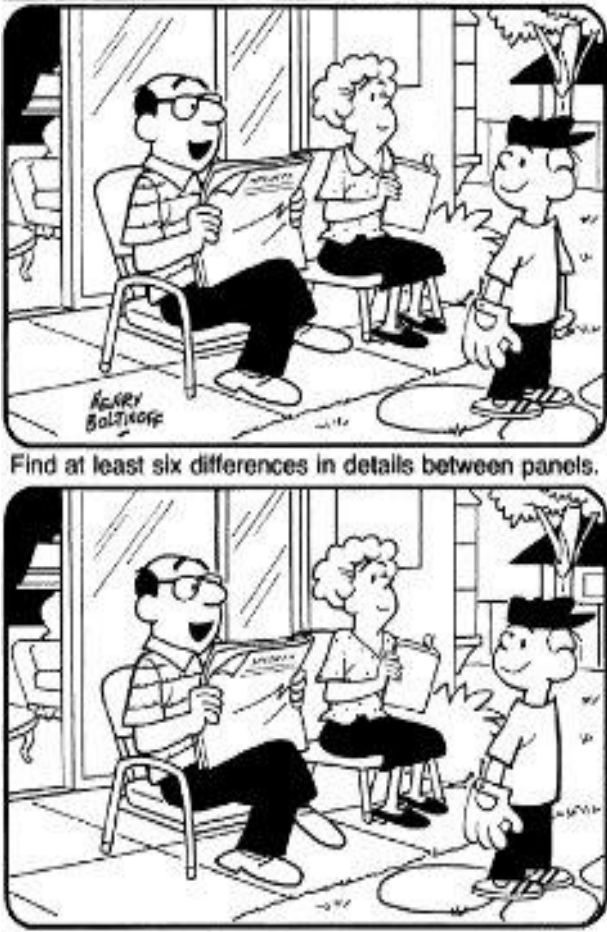
Only at
J BROWS BEAUTY
PMU ARTISTRY



SCAN TO BOOK
YOUR APPOINTMENT

J Brows Beauty
jbrowsbeautyusa
jbrowsbeauty.glossgenius.com
+1 (208) 889-6499

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Foot is moved. 2. Collar is missing. 3. Arm is not showing. 4. Lamp is larger. 5. Window is added to house. 6. Back of chair is smaller.

KOVELS' ANTIQUES & COLLECTIBLES

BYLINE: By Terry and Kim Kovel



PHOTO CREDIT: Tremont Auctions
PHOTO CAPTION: Mount Fuji may be in the background of this paneled screen, but its size and iconic appearance make its impact enormous.

Mountain Art

August 11 is Mountain Day in Japan. It was first officially observed in 2016, but mountains have held extremely important roles in Japanese art and culture for much longer. Mount Fuji, Japan's highest mountain, is one of the country's most celebrated sights. Associated with deities in ancient times, it is a World Heritage Site today and draws crowds of tourists and climbers. The eight-panel screen shown here, which sold for \$248 at Tremont Auctions, depicts a landscape in ink on gold paper, dominated by Mount Fuji's iconic snow-capped peak. A group of figures walks along the foreground among hills, trees, and water. This is a procession of daimyo, regional feudal lords, making their way to Edo, the capital of Japan, renamed Tokyo in 1868. These processions were a popular subject in art, and long, paneled screens were an especially effective medium for depicting them. These screens were still made after the Edo period; the screen shown dates to about 1900. Mount Fuji often appears in the background of these scenes, as it does here. In addition to the beauty and symbolism of the mountain itself, it offers a sense of scale, making the figures look small in comparison and indicating how long their journey was.

Q: I have a "Cox-Roosevelt Club" campaign button and would like to know its value. Could you please advise? It has photographs of both candidates' faces in blue and the words are in red.

A: If your button is authentic and in good condition, you have something extremely valuable. Political button collectors describe buttons from the 1920 Presidential campaign for James M. Cox and his running mate, Franklin Delano Roosevelt, in terms like "holy grail," "unicorn," or "crown jewel." They are extremely rare. Relatively few were made, and even fewer have survived in perfect condition. We recommend contacting a specialist in political memorabilia, like Hake's Auctions (hakes.com). In 2024, a 1-inch diameter Cox-Roosevelt Club button like yours sold at Hake's Auctions for more than \$30,000! Details like size, manufacturer, and even positioning of the image are important. Turn your button around and check the curl (the part that meets the metal backing) for a manufacturer's name. The button that sold at Hake's was made by and marked for M.F. Shafer & Co. Looking at the curl is one of the easiest ways to spot a reproduction button; they are often marked with dates later than the campaign they picture or even the word "Reproduction" or "Repro."

TIP: Some types of fumes can damage paper. Don't store your collection near the kitchen, garage, barbecue pit, or freshly painted areas.

CURRENT PRICES
Fiesta, mixing bowl set, nesting, orange, yellow, green, flared lip, horizontal ridges, largest, 6 1/2 x 10 inches, three pieces, \$75.
Disneyana, toy, sparkler, Mickey Mouse, black and white, Chein, 1930s, 5 1/2 inches, \$215.
Store, sign, Old Fashion Ice Cream, light blue and black lettering, scrolling trim, cream ground, painted, wood, two-sided, frame, 24 x 51 inches, \$300.

For more collecting news, tips and resources, visit www.Kovels.com
(c) 2026 King Features Synd., Inc.

Creative Healing Massage

Body Intelligence:

- Biodynamic Craniosacral Therapy
- Creative Healing Massage
- Swedish
- Deep Tissue
- Hot & Cold Stone
- Sports Massage
- Foot Reflexology

Located in Hayden
Call for appointment
208-755-7802

Shelley Colombini
LMT & NCBTMB

The Children's Warehouse: New and Gently used items

Tuesday-Saturday 10:00-5:00
2120 N 3rd Street in the Warehouse
Everythingbabycda@gmail.com
facebook.com/profile.php?id=100057480407095

REACH OUT TODAY FOR A FREE HOME VALUATION!

YOUR REAL ESTATE MARKETING SPECIALIST SINCE 1994

KOSH & SUZAN
208.660.6948 C21RealEstateTeam.com

Kids' Maze

©2026 King Features Syndicate, Inc.

TIDBITS presents **QUIZ BITS**

1. The last name of Mr. Candido, who developed a portable pump for hot tubs for therapeutic use.

2. Frank's last name, who invented a machine to resurface ice rinks.

Holidays & Observances This Week

7/19	National Deiquiri Day
7/20	National Lollipop Day
7/21	National Junk Food Day
7/22	National Mango Day
7/23	Hot Enough For Ya Day
7/24	Cousins Day
7/25	National Salad Week

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.

VFNKN EVK VKA, BGA CN

XVFOW, RPK OFFAN EVK

XKRRKV RPEW EWU WCLPR

FW RPK RFOW,

— KEVZ ACXXZKN HV.

©2026 King Features Synd., Inc.

ROCKY MOUNTAIN LIQUIDATION

- You never know what you'll find -

30 - 70% OFF RETAIL PRICES

Mens, Womens & Children Clothing

MENTION THIS AD for an additional 10% OFF!

Decor • Furniture

- Electronics
- Bath & Body
- Kitchen Items
- Home Decor
- Toys/Games
- Outdoor

...and much more!

OPEN 7 DAYS A WEEK

Mon-Fri: 10am-6pm
Sat-Sun: 10am-5pm

11407 N Government Way, Hayden, ID
208.772.0168

COOL CONNECTIONS CDA DOES BUSINESS WITH PEOPLE WE TRUST



COOL CONNECTIONS CDA
CONNECT - SUPPORT - GROW

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!

Contact:
tidbitscda@gmail.com, Cell: 208.755.9120

What's important is that we connect - that we join together, to support each other in creating a rich and meaningful life, now.

JOIN OUR FACEBOOK GROUP HERE



Stacey Mann
201 E 6th Avenue
Post Falls ID 83854
208-763-4355
petalpusherspf.com



Petal Pushers Nursery



Angie Dethloff
Realtor
Century 21 Beutler & Associates
208-659-5918
angie@21goldchoice.com
AngieDSellsHomes.com



Karla O'Neill
National Mattress and Furniture
509-290-0838 mobile
208-762-0800
411 W Haycraft Ave, Suite 1A,
Coeur d'Alene, Idaho,
cdamattress.com



Judey Brown, Realtor
ABR, AHS, CNE, EPRO, RSPS, SFR
Coldwell Banker Schneidmiller Realty
Sterling Society Award
Circle of Excellence Award
208-699-2727
www.downtownjudedybrown.com



Dana & Charles Specht
Wealth Management Advisor
Managing Director
Office: (208) 518-3855
FAX: (208) 209-5272
www.cwsinvest.com
E-Mail: Dana@cwsinvest.com



Leslie Janney
Affari Travel
cruiselandair29@gmail.com
208-210-9285
facebook.com/Affaritravel/



Winifred Adams
Medical Intuition/Quantum Healing
Radio Show Host at Making Life
Brighter Radio on Voice America Media,
Variety Channel
For contact info, please check out
www.makinglifebrighter.com



Jenn Profumo
Independent cabi Stylist & Team Leader
925-784-4706
jennprofumo@gmail.com
jenniferprofumo.cabionline.com



Kim Brown
Agency Manager | National Field Trainer
Advantage Profit Systems
KimBrownAPS@gmail.com
208-964-2978
AdvantageProfitSystems.com
Hiring in all 50 states!



Crissy Schinmann
Realtor
208.651.7353
Licensed in Idaho & Washington
BusyCrissy@kw.com



Cheryl Freeman
with "A Better life"
cdfreema@msn.com
cherylfreeman.goherbalife.com



WALDO Interior Design & Painting
Trisha Waldo
208.512.4418
trisha@waldointeriors.com
waldointeriors.com





TONI PALMER
REAL ESTATE

Toni Palmer
Realtor
Cell: 509.789.0422
Tonipalmerrealty@gmail.com
ToniPalmerRealty.com





VPC ELECTRIC

Amanda Burnett
Office Manager & Business Operations
VPC Electric
844-715-7233
vpcelectrician.com





International Association of Colon Hydrotherapy
I-Act Member

Sara McDrummond
Lavage Renewal
Colon Hydrotherapy and Electro-lymphatic Therapy
sara@lavagerenewalcolonics.com
208-626-6995
3895 N Schreiber Way, Suite 600, CDA
(Located in the Wellness Center of CDA)
lavagerenewalcolonics.com





Total Body Flow Massage

LaVonne Ayoub, LMT
Master Massage Therapist
Total Body Flow Massage
Premiere In-Home Massage Services
Licensed in Idaho & Washington
MAS-4251 / MA 60252097
TotalBodyFlowMassage.com
lavonneayoub@pm.me
208-277-7889





LUXURY SEASONAL PORCH DECORATING

Jessica Christensen
Luxury Seasonal Porch Decorating
Currently booking for Fall discounts for returning customers for the Winter season!
208-797-0131
Follow facebook.com/the.sarava.life





Keystone Integrity Partners

Lisa Arellano
Keystone Integrity Partners
Accounting services
KeystoneIntegrityPartners@gmail.com
208-964-9698
34 plus years of trusted accounting, auditing, and compliance experience.
www.keystoneintegritypartners.com





HOME for SALE

Samantha Jones
ID & WA Broker, Realtor
208.770.0305
360.241.7940
Sam@SammyJProBroker.com





Beauty MAFIA

Reina Moore
Beauty Mafia Salon and Spa
350 W Bosanko Ave,
Coeur d'Alene, ID 83835
(208) 719-9263

Our Services

- Hair Cuts & Styling
- Color & Highlights
- Balayage & Ombré
- Hair Extensions
- Perms & Relaxers
- Keratin Treatments
- Facials & Skincare
- Waxing Services
- Manicure & Pedicure
- Makeup Application
- Bridal Packages

Where Beauty Meets Luxury





Park Lane JEWELRY

Gretchen Renning
208-640-1314
Sketching87@gmail.com
Phone number (208)640-1314
Join my VIP Group on Facebook!

Give to join my VIP group!

Jewelry that tells your story

- Trendy, stylish & affordable jewelry
- High-quality pieces designed to last
- Perfect for everyday wear or special occasions
- Great for gifting... or treating yourself!
- Join my VIP group for exclusive offers, new arrivals & more!



COOL CONNECTIONS CDA DOES BUSINESS WITH PEOPLE WE TRUST

WE ARE GROWING! JOIN THE FACEBOOK!

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. Small river	__ T __ _ _ _	Shriek	__ C __ _ _ _
2. Wave summit	__ _ E __ _	Bread edge	__ _ U __ _
3. Poe's bird	__ _ _ _ N	Tangle and snag	__ _ _ _ L
4. Speaker's lectern	P __ _ _ _	Table salt	S __ _ _ _
5. Tonsil location	__ _ _ O __ _	Menace	__ _ _ E __ _
6. Farmyard sound	__ _ U __ _	Use a mouse	__ _ I __ _
7. Keep	__ _ _ _ _ N	Put up for sale	__ _ _ _ _ L
8. Frighten	__ _ A __ _	Tally	__ _ O __ _
9. Blokes	__ _ _ P __	Pandemonium	__ _ _ O __
10. Late morning meal	__ _ U __ _	Large twig	__ _ A __ _

Wishing Well®

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

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

CHECK OUT OUR
PODCAST!



 **LISTEN TODAY!**
FIND VITALHEALTH4YOU
ON YOUR FAVORITE
PODCAST APP

OR GO TO
VITALHEALTHCDA.COM/PODCASTS/

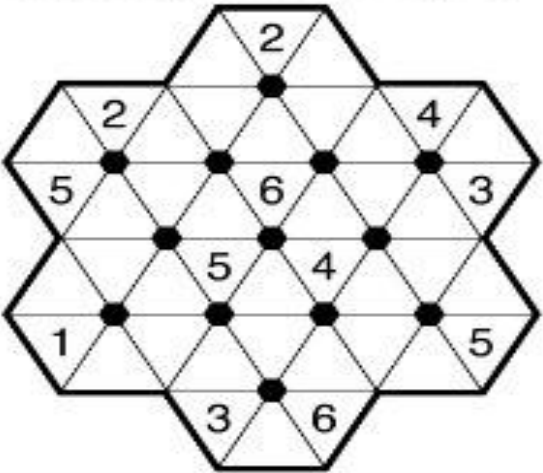
VITALHEALTH4YOU

DR. HOLLY CARLING
AND ALICIA BALESA

SNOWFLAKES

by Japheth Light

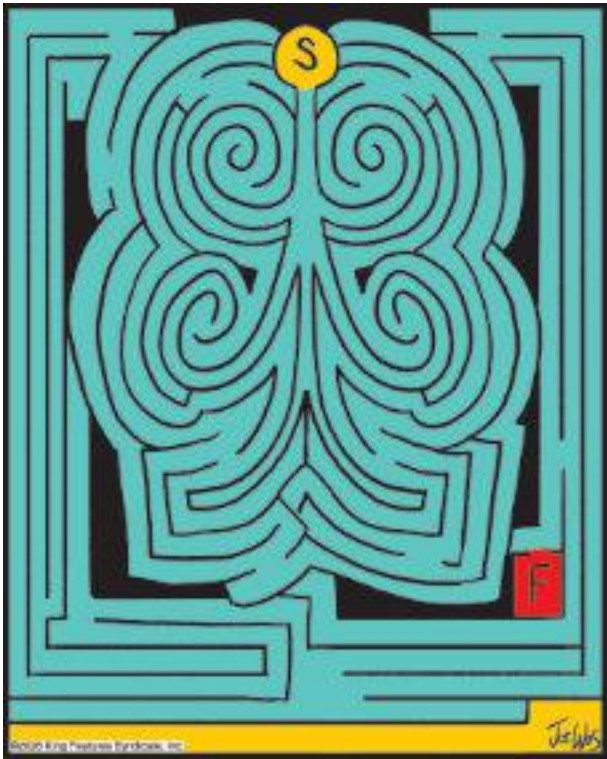
There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

© 2025 King Features Synd., Inc.





HealthBits

By Dr. Holly Carling

AUTO-IMMUNE “EAT ME” SIGNAL

Every day, our body self-destructs billions of cells from every tissue in the body, and every day the body makes new ones to replace them. This self-destruct mechanism is called apoptosis, a pre-determined cell death. After the death of the cells, the body sends phagocytes to come and gobble them up and clear them from the body.

As long as that continues unhindered, we are healthy. But if there is a defect preventing the cells from dying in a timely manner, or a defect in the clearance, or inability to keep up with the clearance, now we have a problem. We call it autoimmunity.

The professional phagocytes are amazing. They are able to tell the difference between dead cells and alive ones, and only gobble up the dead ones. Smart guys! Somewhere along the line, we think the dead cells release a chemical that says “eat me”, but are still not clear which chemical it is, but suspect a couple of nutrients. No surprise there.

So often, we look at autoantibodies (the antibodies that now go after the host) as being bad guys. While the havoc they create causes many health issues for us, there may be a different way to look at it. More and more diseases are considered autoimmune. Dr. Mark Anderson says “It’s not that there are so many autoimmune diseases – it’s that so many diseases reach the autoimmune phase.” I think



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.

NORTH★STAR

RETIREMENT AND ASSISTED LIVING COMMUNITY



Call to tour today!

208-765-5505

2340 W. Seltice Way Coeur d’Alene, ID 83814



By Freddy Groves

The VA OIG at work

The VA's Office of Inspector General (OIG) took a close look at expenditures for pharmaceuticals for one year and discovered that some of the money wasn't spent as required. Specifically, the VA spent \$11.7 billion on drugs during that year, and \$11.4 billion was spent correctly via prime vendor contracts. However, 3% (\$322.5 million) was spent outside the required contract. While it's a fraction of the whole amount, three hundred million is still three hundred million.

The purchasing rules say that employees have to document their attempts at finding the required drugs before they go straight to open market buying. Without compliance with those rules, the budget goes out the window, not to mention the potential for fraud.

The OIG had recommendations for the Veterans Health Administration and, truthfully, the VHA should have been embarrassed to have to be told those things: establish guidance for staff, do routine assessments of purchases and develop a way to keep an eye on purchases made outside the contracts.

Meanwhile the OIG has continued to go after the scammers who think they'll never get caught.

Such as the thief who impersonated a veteran for 30 years, stealing benefits, medical care and drugs. Prior convictions included stolen property, grand larceny, sale of drugs, forgery and more. When he was finally nabbed, he was staying in housing for veterans using the stolen name.

Then there is the husband and wife team who allegedly ran a drug abuse recovery program. They thought they could get away with wire fraud and excessive billing.

And how about the company that billed both Medicaid and the VA for sleep studies that had been done by unqualified personnel, studies that were never done at all, and forged referrals? This went on for four years.

Sleep studies fraud must be a big thing, because at the same time there was another case across the country that had netted the thieves in excess of \$2 million.

To report fraud, see www.vaoig.gov/hotline/online-forms.

(c) 2026 King Features Synd., Inc.



By Sam Mazotta

The grim statistics on lost pets

DEAR PAW'S CORNER: My cat "Grimsby" got out of my apartment through a hole in the patio screen last summer. I put flyers all over the neighborhood and posted on social media, but he never returned and was never found. I did not microchip Grimsby, and he didn't have a collar on when he escaped -- since he was a completely indoor cat, I assumed he didn't need any of that. Please warn your readers that even indoor cats can escape and get lost. -- Ciara J. in Lakeland, Florida

DEAR CIARA: I'm so sorry to hear that Grimsby hasn't yet been found. Thank you for your story, which illustrates why indoor cats need to wear ID at all times and why microchipping is recommended. According to a 2012 study, about half to three-quarters of lost cats are eventually found. Lost dogs are found and returned at a much higher rate of 71% to 97%. However, a 2018 study found that cats are much less likely to be returned to their owners after going missing for more than 90 days. Many end up in shelters, where they may be euthanized.

What should you do if your cat or dog escapes?

- Act fast. Pets are recovered most often within the first week of disappearing, but only if the owners start searching immediately.
- Put up signs and notices. Social media posts and paper signs are still effective according to all studies of lost pet recovery.
- Engage your neighbors. Knock on doors, make phone calls and let everyone in the vicinity know that your pet has gone missing.
- Contact local shelters and rescues. Surprisingly, shelters have a low return-to-owner rate -- unless a pet is microchipped.

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

com.(c) 2026 King Features Synd., Inc.

Aspen Veterinary Service

URGENT CARE
No Appointment Needed

Vaccines
Spays & Neuters
All Emergencies
And All Veterinary Care

HOURS
Mon, Thu & Fri: 8am - 6pm
Sat & Sun: 10am - 6pm
3046 E Seltice Way, Post Falls, ID 83854
Phone: (208) 777-2707

REVERSE MORTGAGE

A Better Way to Retire!
Local representative, free information

Larry Waters
NMLS #400451
p 208.762.6887
lwaters@mutualmortgage.com
Serving Idaho and Washington

Mutual of Omaha
REVERSE MORTGAGE

© Equal Housing Lender
Mutual of Omaha Mortgage, Inc. NMLS ID 1025894. FL Mortgage Lender Service License ML09827. ID Mortgage Broker License MBL 208023894. WA Consumer Loan Company License CL 1025894. These materials are not from, or approved by HUD or FHA. Subject to credit approval. For licensing information, go to: www.mutualmortgage.com #1098777034

TIDBITS
Advertise today!
Evelyn 208-755-9120

MINI SUDOKU

			1		
6	4			2	
2					1
		4			
	2				
		3	4		

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

© 2026 King Features Synd., Inc.

HAWAIIAN SUN
Tan & Spa

*Sun Tan & Spa
Your Island Glow
in Coeur d'Alene*

- ★ Premium tanning beds & custom spray tans
- ★ Relaxing spa services to refresh & renew
- ★ Friendly, local team that makes you feel at home

SPECIAL OFFER
20% off any packages or memberships

6848 N Government Way Unit #104 Dalton Gardens, ID 83815 (208) 762-8267



By Ryan A. Berenz

1. Name the legendary jockey who rode Ferdinand to victory at the 1986 Kentucky Derby and 1987 Breeders' Cup Classic.
2. The IX Cup is the championship game of which football league that began play in 2019?
3. Which businessman purchased the NFL's Miami Dolphins, and founded Major League Baseball's Florida Marlins and the NHL's Florida Panthers in the early 1990s?
4. Who edged David Malukas by 0.0233 seconds to win the 2026 Indianapolis 500 in the closest finish in race history?
5. Which team selected Tennessee Volunteers wide receiver Peerless Price in the second round of the 1999 NFL Draft?
6. Name the Dutch footballer who decided to miss the 1978 FIFA World Cup and retire from international competition after a 1977 kidnapping attempt against him and his family.
7. In 1989, who did the Associated Press name as its 1980s Athletes of the Decade?

Answers

1. Bill Shoemaker.
 2. The Women's National Football Conference.
 3. Wayne Huizenga.
 4. Felix Rosenqvist.
 5. The Buffalo Bills.
 6. Johan Cruyff.
 7. Wayne Gretzky and Martina Navratilova.
- (c) 2026 King Features Syndicate, Inc.



ONE MORE FACT

Joseph was a doctor and politician during the French Revolution. He was opposed to capital punishment, but doubted reform was possible, so he advocated to at least put people to death quickly and painlessly instead of the customary hatchet jobs which beheaded people with dull axes. His solution was adopted in 1791 as France's sole method of execution, and used all the way up until 1977: the Guillotine.

TIDBITS presents TRIVIA NEWSFRONT

1. This flower was named after Scottish botanist Alexander Garden.
2. This flower was named after German botanist Leonhart Fuchs.
3. This flower was named after Swedith botanist Anders Dahl.
4. This flower was named after German botanist Johann Gottfried Zinn.
5. This flower was named after French botanist Pierre Magnol.



1. Moana
(PG) Dwayne Johnson, Catherine Laga'aia
 2. Minions & Monsters
(PG) Pierre Coffin, Trey Parker
 3. Toy Story 5
(PG) Tom Hanks, Tim Allen
 4. Evil Dead Burn
(R) Souheila Yacoub, Tandi Wright
 5. Young Washington
(PG-13) William Franklyn-Miller, Mary-Louise Parker
 6. Obsession
(R) Michael Johnston, Inde Navarrette
 7. Supergirl
(PG-13) Milly Alcock, David Corenswet
 8. Disclosure Day
(PG-13) Emily Blunt, Josh O'Connor
 9. Backrooms
(R) Chiwetel Ejiofor, Renate Reinsve
 10. Gail Daughtry and the Celebrity Sex Pass
(R) Fred Melamed, Zoey Deutch
- (c) 2026 King Features Synd., Inc.

Weekly SUDOKU

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

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!

© 2026 King Features Synd., Inc.

THIS WEEK'S CELEBRITY BIRTHDAYS



Benedict Cumberbatch	7/19/1976
Carlos Santana	7/20/1947
Robin Williams	7/21/1951
Danny Glover	7/22/1946
Don Imus	7/23/1940
Jennifer Lopez	7/24/1970
Estelle Getty	7/25/1924



"72 Hours" (R) -- Comedian/actor Kevin Hart ("Jumanji: Open World") leads this comedy film releasing on July 24, and he's got a handful of fellow comedians who round out the rest of the cast, including Marcello Hernandez, Ben Marshall and Kam Patterson (all of whom you might recognize from "Saturday Night Live"). Hart plays Joe, a 40-year-old business executive who's feeling desperate to cling to his remaining youth. So, when Joe gets added to a group chat for a three-day bachelor party with twenty-somethings, he's overjoyed that he gets a chance to reconnect with his inner rager. But it doesn't take long for poor Joe to realize in those mere 72 hours that he's in way over his head. (Netflix)

"The Sheep Detectives" (PG) -- This family-friendly film, out now, isn't just a fun blend of a mystery and comedy movie that's appropriate for all ages; it features a stacked ensemble cast that is full of familiar faces and voices. Taking place in a small English village, a shepherd named George (Hugh Jackman) reads murder-mystery novels to his flock of sheep each night. When George suddenly passes away and is found outside his trailer, the sheep overhear the local police's hunch that it was a murder. With an extensive background in mystery-novel sleuthing, George's sheep are convinced that they can track down the murderer themselves. The live-action cast features names like Nicholas Braun ("Succession"), Emma Thompson ("Dead of Winter"), and Hong Chau ("Wuthering Heights"), while the voice cast includes Bryan Craston ("Chili Finger"), Julia Louis-Dreyfus ("Thunderbolts") and Regina Hall ("The Five-Star Weekend"). (Amazon Prime Video)

"Lucky" (TV-MA) -- Under her production company Hello Sunshine, Reese Witherspoon ("You're Cordially Invited") serves as an executive producer for this new crime-thriller miniseries, which just premiered the first two episodes out of its seven-episode season. Starring Anya Taylor-Joy ("The Super Mario Galaxy Movie") as the titular character, this series follows Lucky Armstrong -- a con artist who pulls off a multi-million-dollar heist with her husband/partner-in-crime, Carey (Drew Starkey). When Carey goes missing with the money the very next day, Lucky is forced to live on the run from her boss, Priscilla (Annette Bening), who's also her mother-in-law and was expecting the money. Oh, and the FBI's hot on her heels as well. Sounds like Ms. Armstrong is not-so-lucky! (Apple TV)

"Marc by Sofia" (PG-13) -- Director Sofia Coppola ("Priscilla") just released her first feature-length nonfiction film! The topic? TITLE: None other than American fashion designer Marc Jacobs. With footage that leads up to his 2024 paper doll runway show, Coppola interviews her close friend about his early life, his creative process, and the details of how he produces a show. Jacob also speaks about his time at Parsons School of Design in New York and working for Perry Ellis. Other faces who appear in the doc include actress Chloe Sevigny ("The Five-Star Weekend"), musician Kim Gordon, filmmaker Spike Jonze ("Her"), and former model/creative director Grace Coddington. Out now! (HBO Max)

(c) 2026 King Features Synd., Inc.



1. ANATOMY: How many vertebrae are in the human spine?
2. U.S. CITIES: Which city is home to the Gateway Arch, known as the tallest arch in the world?
3. TELEVISION: Which 1970s sitcom introduced a neighbor named Phyllis Lindstrom?
4. HISTORY: When was the first heart transplant performed?
5. GEOGRAPHY: Where are the Cape Verde islands located?
6. MOVIES: Which 1991 film featured a villain named Max Cady?
7. MUSIC: When did Taylor Swift's second studio album ("Fearless") win the Country Music Association's Album of the Year award?
8. SCIENCE: What is nephology?
9. MEASUREMENTS: What instrument is used to measure the depth of oceans?
10. ANIMAL KINGDOM: What is a baby deer called?

Answers

1. 33.
 2. St. Louis, Missouri.
 3. "The Mary Tyler Moore Show."
 4. 1967.
 5. Off the west coast of Africa.
 6. "Cape Fear."
 7. 2009.
 8. The scientific study of clouds.
 9. An echo sounder or fathometer.
 10. A fawn or calf.
- (c) 2026 King Features Synd., Inc.

TIDBITS

Advertise Today

tidbitscda.com

Evelyn 208-755-9120

MAGIC MAZE • WINGS

CLJHFDDBYXVDTRPB
OMKIGNIWTSEWGAE
BUFFALOWINGSSTGG
KDGNIWPALNNWNN
BCZXWURTIIRIIII
QOANLEJWINWWGWW
FDCBDATYGXEXWLT
VTSWGHRAKUPOLF
SPITGNIWATLEDUE
NNLIKNIITJIBGFGL
GERSGNIWNEKCIHC

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: OFFICES OF THE POTUS

Batwing	Delta wing	Redwing	Wing-tips
Blue-winged	Gull wing	Right wing	Wingback
Buffalo wings	Lapwing	Take wing	Wingding
Chicken wings	Left wing	Waxwing	

©2026 King Features Syndicate, Inc. All rights reserved.



Prepare a Summer-Style Blueberry Pie
Fresh blueberries peak at this time of year, so it's time to make good use of them. Not only are they versatile and delicious, but they are nutritional standouts due to being high in antioxidants.
Pick your own, or purchase a basket at the market and start thinking with your kids of all the ways that you can enjoy blueberries from morning until night. Sprinkle them on cereal, toss them in a muffin batter, or create smiley faces on top of pancakes and waffles for happy food art to start the day! Combine them in a fruit salad for lunch, eat a handful for an afternoon snack, or stir them into yogurt fruit pops.
As a sweet finale to any summer day, enjoy my family's favorite blueberry pie! The uncooked berries in the recipe, combined with lemon juice and zest, create a zingy, fresh flavor. This recipe is very easy to prepare at the last minute with your kids when friends come by, or when you want to bring a crowd-pleasing summer dessert to a potluck picnic. You simply prepare the blueberry filling on the stovetop and pour it into a prepared pie crust. Chill, and it's ready to serve!
I top each slice with a dollop of fresh whipped cream, or I serve a scoop of vanilla ice cream on the side. Yum! It's like a taste of summer.



EASY FRESH BLUEBERRY PIE
Makes 1 pie
• 4 cups fresh blueberries, rinsed and stems removed (Let kids go through them to pick out any crushed or overripe berries.)
• 3/4 cup sugar
• 1/2 cup water
• 3 tablespoons cornstarch
• Pinch of salt
• 1 tablespoon freshly squeezed lemon juice
• 1/2 teaspoon grated lemon zest (optional)
• 1 (9-inch) pie crust, baked
In a medium saucepan, gently stir together 2 cups blueberries, sugar, water, cornstarch, and a pinch of salt. Bring to a boil, reduce heat, and stir constantly until thick and clear. It'll be a luscious dark-purple color.
Stir in lemon juice and zest, then gently fold in the rest of the blueberries. Cool slightly.
Pour the thick filling into the pie shell. Let set or chill before serving. Serve with whipped cream or vanilla ice cream.
Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at www.donnaerickson.com. (c) 2026 Donna Erickson
Distributed by King Features Synd.



ARIES (March 21 to April 19) You face the possibility of raising your relationship to another level. However, your partner might demand that you make promises that you're not sure you're ready for.

TAURUS (April 20 to May 20) As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open up new career prospects!

GEMINI (May 21 to June 20) Confront the person who caused your hurt feelings and demand a full explanation for their actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.

CANCER (June 21 to July 22) A personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

LEO (July 23 to August 22) You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for future use.

VIRGO (August 23 to September 22) A former friend who you thought you'd cut out of your life is still affecting other relationships. Counter their lies with the truth. Your friends are ready to listen.

LIBRA (September 23 to October 22) What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel that something is out of balance, by all means, correct it.

SCORPIO (October 23 to November 21) A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.

SAGITTARIUS (November 22 to December 21) A co-worker shares some startling news, but before you use it to your advantage, make sure that it's true. Meanwhile, the weekend favors family matters.

CAPRICORN (December 22 to January 19) Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.

AQUARIUS (January 20 to February 18) Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help could make all the difference.

PISCES (February 19 to March 20) Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.

BORN THIS WEEK: You have a keen, insightful intellect and enjoy debating your views with others who disagree with you. You also love to solve puzzles -- the harder, the better.

(c) 2026 King Features Synd., Inc.

Out on a Limb



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: K equals L

SFDOQX MC FD FKKQXOBI

XQFIRBMD CXMN GFKABDO

FNMDO RMM NFDL SFBTLKBAQ

CKMGQXT: FD FTRQX-XBTA.

©2026 King Features Synd., Inc.

Super Crossword

OPENING SEQUENCE

- ACROSS**

1 Off-guard way to be caught

9 Bread has a lot of them

14 Anchorage locale

20 Aspire to something specific

21 Love, in Lido

22 Hoped for

23 Founder of the Miracles

25 Lodged

26 Pulley part

27 With long suffering

29 Rajah's wife

30 Alternatives to Cokes or Pepsis

33 — -mo

34 Twice LI

35 Raptor's claw

36 Record player

41 Ape in an arcade game

43 1307-27 king of England

44 Prefix with natal or con

46 Comic book shriek

47 Thick deli cut

48 This, in Baja

50 Olduvai Gorge pale-ontologist

57 Beer cask
- 58 Removes (oneself)

60 Veteran

61 Europe's "Eternal City"

62 French battle site of '44

63 Doesn't skip, as an event

65 Reagan appointee

67 Antonin

67 Speak frankly

71 Jungle gym

73 Film director

May

74 1954-76 Dodgers manager

Walter

76 T-man Eliot

77 Outing ruiner

78 "How was — know?"

79 Self-server

81 Some IRA contents

84 Master of the dog Pluto

88 Sundown's direction

89 Accepted

90 China's Long March leader

91 2012 Best Director Lee

93 Alternative to Match or OkCupid

95 It's pushed in an ice rink
- 101 Tart gin cocktail

103 Once-popular anesthetic

104 Certain pipe shape

105 Maple fluid

106 Tax return ID

107 Tiger's sound

108 Restricting freedom of thought

111 Work site welfare org.

115 Poppas' partners

117 "Arrow's Fall" novelist

121 Of high peaks

122 "Rapture" singer Baker

123 All aspects considered

124 Fitting one inside another

125 A-bomb trial

126 Index entries ... or what 10 answers in this puzzle have?
- 7 It may get plugged up

8 Pig food

9 Jenner of reality TV

10 Prenatal exam

11 Suitor's flower

12 Rodeo horse

13 Submitted, as an entry

14 Out of whack

15 Taoism's —-tzu

16 Inuit parka

17 Fr. resort port

18 Really into

19 Appending

24 Bottom

28 In this way

30 — Nabisco (old corp.)

31 World Champion Bull of 2009

32 Clip, as a coupon

35 Young kid

36 Study fixture

37 Not in use

38 Gala bagful

39 Hailed car

40 Thing flown in the wind

41 Scooby- —

42 Wiggling fish

45 Otherwise

49 "Still I Rise" poet Maya

51 Until this time
- 52 Element #26

53 Saudis, say

54 Nut with caffeine

55 Kuwaiti royal

56 Positive votes

58 Env. alert

59 Santa's bagful

62 Short-limbed lizard

64 Urban haze

65 Reel from a wallop

66 Certain skin bulge

67 Time in office

68 Jai —

69 Secular

70 Green Hornet's valet

72 Fried stuffed dumplings

75 Many a new driver

78 "Pass the ball to me!"

80 Crawl (with)

81 Diner worker

82 Concluded

83 Vodka brand

85 Part of ER: Abbr.

86 "Huzzah!"

87 Cinch — (trash bag brand)

89 Sister station of Flix, in brief
- 92 Give the evil eye to

94 — Tin Tin

95 Politico Cain

96 "Troy" actor

Peter

97 Bites, as a horse at the bit

98 Muppet frog

99 Tracey of "Mrs. America"

100 Patron

102 Apple debut of 2010

105 Splinter groups

108 Opposite of new

109 Spreadable cheese

110 It may get plugged up

111 Eight, in Baja

112 Alternative to Heath, candy-wise

113 Clutched

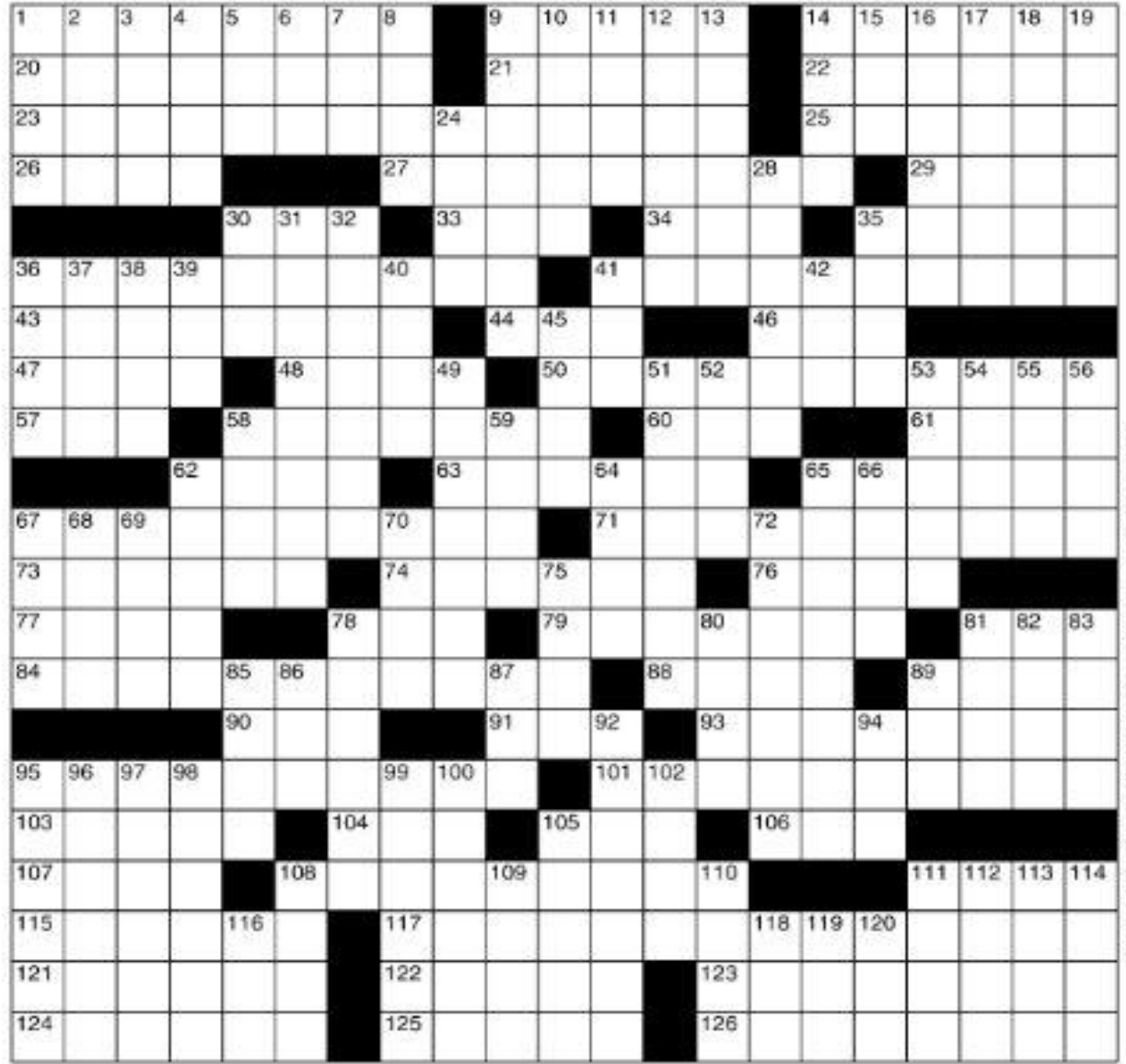
114 Positive votes

116 Netflix's "Anne With —"

118 Opposite of NNW

119 Install, as tile

120 "How cute!"



- On Aug. 3, 1923, Calvin Coolidge was sworn in as the 30th president of the United States, hours after the death of President Warren G. Harding, who had died suddenly of a heart attack or stroke while on vacation in California. Coolidge's oath was administered by his father, a notary public, under the light of a kerosene lamp while he was visiting family in Vermont.
- On Aug. 4, 1790, the first U.S. Congress authorized the construction of 10 vessels to patrol American ports from Massachusetts to Georgia. The United States Coast Guard, originally known as the Revenue Marine and then the Revenue Cutter Service, was the idea of Alexander Hamilton and designed to intercept marine smugglers and collect tariffs on imported goods.
- On Aug. 5, 1948, American diver Sammy Lee earned a gold medal at the London Olympics two days after his friend and fellow diver Vicki Draves won hers. They were the first Asian Americans to win Olympic gold medals for the United States. Draves was also the first woman to take home gold medals in both springboard and platform diving.
- On Aug. 6, 1890, William Kemmler, convicted of murdering his lover, Matilda Ziegler, with an axe, became the first person to be executed by electric chair, at New York's Auburn Prison. Inventor George Westinghouse notably opined that "they would have done better with an axe."
- On Aug. 7, 1987, Lynne Cox, clad in just a swimsuit, entered the near-freezing waters of Little Diomed in Alaska. Two hours and 16 minutes later she had crossed the international dateline and completed the first recorded swim from the United States to the Soviet Union, ending at Big Diomed in the Bering Strait.
- On Aug. 8, 1844, Brigham Young was chosen to be the next leader of the Mormon Church, following the mob assassination of the church's founder, Joseph Smith, and his brother Hyrum six weeks earlier.
- On Aug. 9, 1973, NASA asked Skylab astronauts to share a housefly-sized piece of their filet mignon with two spiders, Anita and Arabella, on the astronauts' mission so the arachnids could maintain their experimental work on spinning webs in zero-G.

SENIOR NEWS LINE

By Matilda Charles

Calculating our 2027 Social Security

There is talk among the experts who track these things that the Social Security Cost of Living Adjustment (COLA) will rise 3.8% for 2027. This is down slightly from their guess of 3.9% just two months ago.

In other words, we can't take that estimated increase in our Social Security benefit to the bank just yet. There is room for change between now and October, when the official 2027 figures come out based on July, August and September numbers. One thing that's not likely to change, however, is that seniors are struggling, especially the over 24 million of us who have only Social Security for income.

One thing that many of us object to is the method used to calculate Social Security increases each year. Those increases are based on the CPI-W, or Consumer Price Index for Urban Wage Earners and Clerical Workers. That index measures the spending habits of people who receive more than half of their income from clerical or hourly jobs. According to the Department of Labor, the average person in that group is 40 years old -- much younger than the typical Social Security recipient. That's not us. Consumers in that age group spend in different ways, more on transportation and clothing, while we spend a bigger chunk of our income on health care and prescription drugs.

Many of us, therefore, keep asking why the alternative CPI-E (Consumer Price Index for the Elderly) isn't used to calculate Social Security increases. The answer: The Bureau of Labor Statistics considers the CPI-E to be experimental. After all these years, with so many millions of us on Social Security, we're an experiment?

Take a look at the Senior Citizens League website (seniorsleague.org) and scroll through the articles, especially their recent survey of seniors and income. Their goal is to protect our benefits, whether it's Social Security, Medicare or for veterans. Their numbers are solid and can be trusted.

(c) 2026 King Features Synd., Inc.

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!

Swarm	V O D E R	P E T R O	R E I N S	S L A C A R
Device				
Alarm				
Rogue				

TODAY'S WORD



 **Heritage Health**
CENTER FOR HEALTHY LIVING

ACCEPTING NEW PATIENTS!

- Therapy Services
- Psychiatric Services
- Recovery Services
- Neurobehavioral Services

Monday - Friday: 8:00 a.m. to 5:00 p.m.

3700 West Seltice Way, Coeur d'Alene

myHeritageHealth.org

Follow Us!



TIRED? SNORING? WE CAN HELP!

Treatments for Sleep Apnea & Snoring by Dr. Erin Elliott



Call today for a consult! **208.773.4579**
We bill MEDICAL insurance including Medicare | sleepbetternw.com

MY FRANCHISE CONNECTIONS

ARE YOU UNHAPPY WITH YOUR JOB? WE CAN HELP YOU FIND THE PERFECT FITNESS/HEALTH FRANCHISE. WE REPRESENT OVER 1000 FRANCHISES IN THE UNITED STATES.

WE COVER MANY DIFFERENT FRANCHISE CATEGORIES LIKE AUTOMOTIVE, BUILDING & STORAGES, CAR WASH, CHILD RELATED, COFFEE SHOPS, FOOD & RESTUARANTS, GREEN & ECO FRIENDLY, HEALTH CARE & BEAUTY SALONS, VENDING MACHINES, SPORTS, TANNING SALONS, TRAVEL, PACKING & MAILING, SENIOR CARE AND MUCH MORE!

BOOK YOUR FREE CONSULTATION ONLINE AT MYFRANCHISECONNECTIONS.COM OR CALL/TEXT EVELYN AT 208.755.9120

Schedule a free consultation
<https://scheduler.zoom.us/evelyn-howe/consulting>

ADULT WAREHOUSE

YOUR PLEASURE IS OUR BUSINESS

509-534-5494 | 3355 E TRENT AVE SPOKANE

Micro Crossword

By Elizabeth C. Gorski

Across

1 Hockey player's objective

5 "Don't Touch My Hat" singer Lovett

6 Adjective that's for the birds?

8 Equine with stripes

9 Sizing up

Down

1 Donut coating

1	2	3	4	
5				
6				7
8				
9				

© 2026 King Features Syndicate, Inc.

2 Cry of dismay

3 Suspect's claim

4 Discover

7 Bug, in a way

TIDBITS WORD POWER

Unscramble this word:

DEALROT

The last name of Jules, an acrobat who invented the stretchy skin-tight garment that now carries his name.

TIDBITS NUGGET OF KNOWLEDGE

Draco, a lawmaker in Athens around 621 B.C., wrote a code of law where the punishments for breaking the rules were so excessively harsh and severe that his measures were said to be "draconian."

KNIGHT MOVES

T	D	C
K		S
E	O	A

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.

TIDBITS PUZZLE ANSWERS

QUIZ BITS
ANSWERS

1. Drove
2. Trope
3. Sirens
4. Rascal

WORD POWER
ANSWER
LEOTARD

TRUMP NEWSSTORY
ANSWERS

1. Canada
2. France
3. China
4. Russia
5. Mexico

Weekly SUDOKU
Answer

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

SNOWFLAKES
solution

SCRAMBLERS
solution

1. Drove; 2. Trope
3. Sirens; 4. Rascal

Today's Word
RETIRED

KNIGHT MOVES
Answer

T	D	C
K		S
E	O	A

STOCKADE

WINGS

Even Exchange
ANSWERS

1. Sirens, Sirens
2. Great, Great
3. Raven, Raven
4. Potions, Potions
5. Throat, Throat
6. Quack, Quack
7. Robins, Robins
8. Score, Score
9. Chews, Chews
10. Brunch, Brunch

CryptoQuote
answer

Roses are red, mud is brown, the woods are better than any night on the town.
— Earl Dibbles Jr.

CryptoQuip
answer

I could not think of the name of that basic chemical substance. I had an elemental block.

Word Spiral
Answer
WATTMETER

Mini SUDOKU
Answer

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

More Downward
Answer

1. Hockey player's slapshot
2. Fire / torch
3. Mallet / mallet
4. Lament
5. And / and / and
6. Be / be / be
7. Bolder with wings
8. Pump up
9. Day
10. First / first

By Elizabeth C. Gentry

1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10

Kids' Maze

Super Crossword

Answers

UNAWARES	CARBS	ALASKA
SETAGOAL	AMORE	WANTED
SMOKEYROBINSON	ROOMED	
ROPE	PATIENTLY	RANI
RCS	SLO	CII
TALON		
DISCJOCKEY	DONKEYKONG	
EDWARDI	NEO	EEK
SLAB	EST	LOUISLEAKEY
KEG	ABSENTS	PRO
ROME		
STLO	GOESTO	SCALIA
TALKTURKEY	MONKEYBARS	
ELAINE	ALSTON	NESS
RAIN	ITO	EGOTIST
CDS		
MICKEYMOUSE	WEST	TOOK
MAO	ANG	EHARMONY
HOCKEYPUCK	LIMERICKEY	
ETHER	ELL	SAP
SSN		
ROAR	UNLIBERAL	OSHA
MOMMAS	MERCEDESLACKEY	
ALPINE	ANITA	ASAWHOLE
NESTED	NTEST	KEYWORDS

ADVERTISE IN TIDBITS TODAY

Your go-to destination for fun facts, puzzles, and all-around entertainment!

Ads Start at \$20 a week!

TIDBITS is a low cost way to advertise your Business, Service or Events. Call us Today!

TO ADVERTISE CONTACT EVELYN AT 208-755-9120

tidbitseda.com

TO YOUR GOOD HEALTH

By Dr. Keith Roach

Daily Productive Cough Causes Patient To Wonder About COPD

DEAR DR. ROACH: I decided to practice using an inhalation spirometer, partly because I have a daily productive cough (small amounts three to four times a day). I smoked a pack of filtered cigarettes a day from ages 17-29. I smoke marijuana now.

My scoliosis is quite complex and has taken over 4 inches off my height. But at age 75, I volunteer as a stable hand for 6-8 hours a week, and they say that I'm the hardest-working volunteer! I'm lean and fit.

I do three inhalation tests in a row, and it's always 2,400 mL. Do I have chronic obstructive pulmonary disease (COPD), and should I report this to my primary care physician? He doesn't know about my current marijuana consumption. -- C.R.

ANSWER: The diagnosis of COPD is made based on symptoms (usually shortness of breath, cough, and sputum production); frequent exacerbations of breathing troubles; and abnormalities on breathing tests (or if there's no other explanation). Your history of smoking tobacco and cannabis are compatible with a diagnosis of COPD, but you'd need pulmonary function testing in a lab.

The device that you have (which I think is an incentive spirometer) is very helpful for expanding the lungs, and it's especially used after surgery. But the number doesn't tell me a lot about your lung function.

The problem with COPD is that breathing gets obstructed, and although obstruction occurs with both inspiration and exhalation, it's mostly when a person breathes out that symptoms occur. Some people have cough or sputum

production without having any trouble breathing. This is most compatible with chronic bronchitis, which is one of the most common presentations of COPD; the other is emphysema.

Scoliosis, which is curvature of the spine, can cause a completely different lung disease called restrictive disease. With restrictive diseases, it's not airflow that's the primary problem; it's the lung volume. With severe chest-wall deformities like scoliosis and kyphosis (when the spine is bent forward, sometimes called a "dowager's hump"), the lungs can't expand fully.

I'd discuss your lung symptoms with your physician, who'll consider sending you in for pulmonary function tests. These tests will tell you whether you have an obstructive disease, like COPD, or a restrictive disease. You should tell your doctor about your cannabis use; he should know and be professional about it.

If you do have COPD, I recommend against smoking cannabis. Although the evidence isn't as strong that smoking cannabis causes COPD the way that smoking tobacco does, I still recommend against it in people with lung disease. If you want to use cannabis, take a gummy, since this doesn't potentially harm your lungs the way that smoking does.

DEAR DR. ROACH: I've noticed that when I wipe the cap of my glass water bottle, there's a dark gray or black material inside the cap after I've refilled it. Is this mold? Should I stop refilling the water bottle? -- D.D.

ANSWER: The cap of your glass water bottle is made from aluminum. When you open and close the cap, the aluminum metal is exposed to air, where it reacts with oxygen to form aluminum oxide. This is the black material that you're wiping off the cap. Aluminum oxide is inert and passes through the body, so you don't need to worry about it.

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.

(c) 2026 North America Synd., Inc.
All Rights Reserved

Amber Waves

by Dave T. Phipps



Beautiful. Simple. Affordable.

Post Falls, ID 208.457.8880

FREE

SONICARE FOR
NEW PATIENTS

with a new patient exam, x-rays and
recommended cleaning

Join Our
Family



Erin Elliott, D.D.S. | Ken Lynn, D.D.S. | Kelly Harness, D.M.D.