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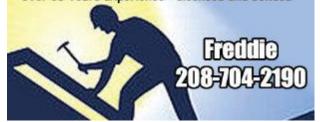


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#### TIDBITS® INVESTIGATES **CREEPY CRAWLIES**

by Kathy Wolfe

This week, Tidbits offers the facts on some weird and sometimes disturbing creatures that creep and slither.

- Tapeworms are nothing to joke about. These horrid little parasites, which can reach lengths of 12 feet, can infiltrate your intestines, and drain the body's nutrients for years without a person's knowledge. They typically enter the body through raw or undercooked meat, most commonly beef, pork, and freshwater fish. A tapeworm's head has suction cups and tiny hooks that attach to the lining of the intestines. While the most common symptoms are diarrhea, nausea, weakness, or a mild stomach ache, some people have no symptoms at all. Left untreated, the result can be anemia, vitamin B-12 deficiency, jaundice, chest pains, and even paralysis and seizures, and in some cases, death. It's not just humans affected by tapeworms. Dogs, cats, birds, fish, hyenas, antelope, wolves, moose and even whales can get them.
- The leafcutter ant can lift 50 times its weight with its mouth. That's the same as a human lifting a car with the mouth! The ant's specially-adapted jaws enable it to saw leaves, flowers, and foliage with their chainsaw-like mandibles that vibrate 1,000 times per second. The colonies of the leafcutters can contain up to 10 million ants, with some nests as large as 6,460 square feet.





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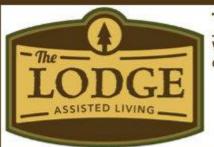




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#### **CREEPY CRAWLIES (continued):**

- You don't want to mess with the giant Peruvian centipede, the world's largest centipede. These crawlies measure 12 inches (30 cm) long, with up to 23 body segments. They don't inch along the ground as you would suppose, but are fast and aggressive creatures that easily overpower their prey of snails, worms, scorpions, tarantulas, and even small lizards, frogs, snakes, birds, and mice. They've been spotted climbing cave walls, where they hang upside-down from the roof by their back legs, and strike out at flying bats. All of this is accomplished by their two front appendages, which contain nasty claws filled with toxic venom. The carnivorous centipedes inject their prey, immobilizing it immediately. Although rare, the venom is capable of killing a human.
- The Goliath bird-eater spider could produce arachnophobia in anyone! This South American tarantula is the world's heaviest spider and in second place for largest leg span. It measures nearly a foot wide and is covered in barbed hairs that are extremely painful when attaching to another creature. Their strong one-inch-long fangs can easily slice through flesh. When the prey fights to free itself, this arachnid releases toxic venom that paralyzes the victim. As the spider approaches its prey, it rises up on its hind legs as a means of intimidation. It then rubs its hairy legs together creating a hissing noise that can be heard 15 feet (4.6 m) away. Although its name implies that this spider's main diet is birds, it mainly dines on frogs, insects, and rodents. Its venom is nontoxic to humans, although a bite can cause some pain and swelling. The Goliath has become a popular exotic pet, with a lifespan in captivity between 10 and 15 years, although some have been documented at 20 years.



- What's the best way to keep sheet sets together? Tuck all the pieces in a matching pillowcase, of course.
- Need to hull strawberries? Try using a straw. You position the straw at the bottom of the strawberry, then push up toward the stem. It works quickly and well.
- If you mount a magnet strip in your bathroom or on your vanity, you can use it to hold bobby pins or metal barrettes. Or mount a ribbon to hold all kinds of hair clips.
- Baby leg protectors are cute. And cheap, if you have some old athletic socks. Cut off the ends, slip over baby's legs, and watch cutie scoot across the floor.
- If your entertainment electronics have a clock that is too bright, cover it with plain tape. You will still be able to read the time, but the tape will lessen the glare.
- My in-laws have a vaulted ceiling, and there is a corner that even the longest-handled duster won't reach. My brilliant son had an idea to get down the cobwebs that had accumulated there. He used a rubber band to secure a dish towel around a tennis ball. Then he just tossed it at the area repeatedly. I can't believe how well it worked.
- \* If new denims are too stiff, add half a cup of salt to your wash water along with the regular detergent.

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

by Dave T. Phipps

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Just Like Cats & Dogs

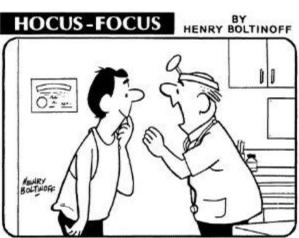




#### **CREEPY CRAWLIES (continued):**

- There are more than 400,000 known species of beetles, nearly 40% of all insects and 25% of all known animal species. It's estimated that there could be as many as 2 million total species. Of the 400,000, 5,000 of them are types of ladybugs, also referred to as ladybird beetles. Not all ladybugs are red or orange with seven black spots. Some are striped or have no markings at all. The markings are to indicate to predators that they don't taste good! When ladybugs are threatened, the joints in their legs release an oily, disgustingtasting fluid. Ladybugs are carnivorous, capable of eating up to 5,000 insects in their lifetime. They're an asset to farmers because they eat aphids and other crop-damaging pests. In fact, that's how they got their name. Years ago, when European farmers were plagued by pests in their fields, they prayed to the Virgin Mary for relief. Ladybugs wiped out the infestation, and the farmers called them the "beetle of Our Lady." The average lifespan of a ladybug is 2 to 3 years.
- Fireflies are also a type of beetle, with more than 2,000 different species of these tiny lightning bugs. Fireflies are bioluminescent, meaning they produce light, a process accomplished by an enzyme known as luciferase. A chemical reaction called chemiluminescence occurs in the firefly's light organ when oxygen combines with calcium, adenosine triphosphate, and the enzyme. Their colors vary according to species, and include vellow-green, orange, turquoise, and bright poppy red. The glow has several purposes – drawing in prey, attracting a mate, and warning off predators. People in the western United States might say there are no fireflies in their part of the country, but there are! Not all species have the ability to produce light, and glowing fireflies are seldom seen west of the Rocky Mountains.





Find at least six differences in details between panels.



counter is moved, 6. Watch is added. lower. 3. Pocket is different, 4. Cabinet door is wider. 5. Bottle on Differences: I. Arm is moved. 2. Neck opening of undershirt is

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#### Holidays & Observances This Week

3/24 Palm Sunday

3/25 National Medal of Honor Day

3/26 Spinach Day 3/27 World Theatre Day Barnum & Bailey Day 3/28

3/29 Good Friday

## Weekly SUDOKU

#### by Linda Thistle



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

#### DIFFICULTY THIS WEEK: ◆

 Moderate ◆◆ Challenging ♦ ♦ ♦ HOO BOY!

#### 3/30 World Bipolar Day





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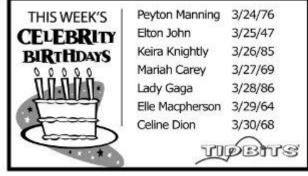






#### **CREEPY CRAWLIES (continued):**

- The bombardier beetle may be very small, less than an inch (2.5 cm) long, but it has no trouble keeping its predators at bay. When threatened, this unusual creature shoots its enemies with a jet of hot, stinging liquid. This defense mechanism is engaged when the beetle's two abdominal chambers mix their natural chemicals in another chamber on its backside to produce a boiling spray of benzoquinone. This corrosive liquid is fired through the abdominal tip, with the ability to rotate 270 degrees to aim at foes. There are upwards of 40 different species of bombardier beetles in the United States.
- When you hear the loud chirp of a male cricket, it's either establishing and defending its territory or trying to attract a female. The cricket is rubbing its wings together very fast to produce the sound. The warmer the temperature, the faster the chirp. The volume of a cricket's chirp can reach up to 100 decibels. A male cricket can be quite aggressive with a rival, even reaching physical combat including wrestling. If the cricket loses a leg during the battle, it has the ability to regenerate a new one. The cricket can leap 30 times its length, which would be the equivalent of a human jumping a football field. There are 900 species of crickets worldwide, with some living up to a year. In China and Japan, they are a symbol of good luck and abundance.



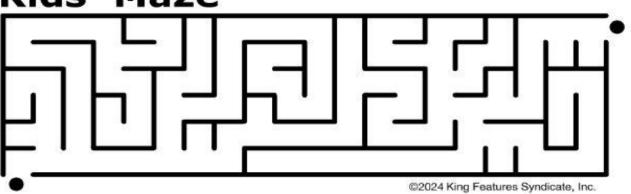
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## Kids' Maze



Strange BUT TRUE

By Lucie Winborne

- Residents of the Galapagos island of Floreana use a barrel of disorganized mail in place of a formal postal system. Tourists are responsible for sorting through the mail and grabbing any parcels they can deliver on the way to their destination.
- In curling, good sportsmanship and politeness are essential. Congratulating opponents on plays and abstaining from trash talk are part of what's known as the "Spirit of Curling."
- Apollo 17 astronaut Harrison Schmitt was allergic to moon dust.
- According to the record-holder for tallest waffle stack, Guinness World Records has a 40-page document defining what a waffle is. (Frankly, we think we could have managed it in just 30.)
- Alaska is simultaneously the westernmost and easternmost state.
- High schools and universities in New Zealand are allowed to keep up to a pound of uranium on the premises for educational purposes.
- Marie Curie's notebooks are still radioactive.
- In 2010, rock band Nickelback approached Dark Horse Brewery about having their beer featured in a video, which would have provided great exposure for the small Michigan company. They declined, however, as "none of us at the brewery really care for the band."
- An ordinance in Gainesville, GA, states that everyone must eat fried chicken, "a culinary delicacy sacred to this municipality, this county, this state, the Southland and this republic," with their hands. The tongue-incheek law began as a publicity stunt aimed at getting folks to think of Gainesville as the fried chicken capital of the world.
- Polar bears gain more than 400 pounds during pregnancy.

#### **Thought for the Day:**

"If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late." -- Henny Youngman

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"I'll tell you the same thing my father told me. ... Go ask your mother."

By Terry and Kim Kovel PHOTO CREDIT: Kovels.com PHOTO CAPTION: Figural cocktail shakers, like this silver-plated rabbit, were popular in the 1920s and '30s and have been reproduced more recently.

#### **Advertising Icons**

At first glance, this silver standing rabbit chewing on a silver carrot has a few things in common with Easter collectibles. It's metal, like



the tin or iron Easter bunnies made as toys or doorstops. Like a candy container, it is hollow with a removable lid so it can hold a consumable treat. But unlike most Easter collectibles, which tend to be made for children, this rabbit has a decidedly adult purpose: It's a cocktail shaker.

The word "cocktail" appeared in print to refer to a mixed drink about 1806. Today's cocktails have their roots in the Prohibition era of the 1920s to the 1930s. Speakeasies created mixed drinks to disguise the unpleasant taste of bootleg liquor.

Cocktails became more popular as people started making them at home. Silver manufacturers quickly realized they could make cocktail shakers as luxury items. Figural shakers were especially stylish and continue to please collectors. Animal figures are always popular in decorative arts, and cocktail shakers are no exception. The animal's neck is a convenient point for the lid to detach, and a beak or snout provides a spot for a spout.

A buyer paid \$6,150 for this rabbit cocktail shaker at Morphy Auctions. The carrot in its mouth is a removable cap for its spout.

**Q:** I have several salt and pepper shakers I would like to get appraised. Do you know someone who can do that? I live in Canada.

A: There are several major appraisal associations that list appraisers by specialty and area. We've listed them before, and you can find them in the Business Directory on Kovels.com. First, decide what kind of appraisal you need. The value for insurance purposes may require a written appraisal by an expert. If you want to know what the salt and pepper shakers are selling for today, check online prices, including sold prices on websites like eBay. If the salt and pepper shakers are silver, they are worth at least the meltdown value of silver. Don't forget, the value for insurance purposes is a retail price and can be different from the price you will get if you want to sell them.

#### **CURRENT PRICES**

World War II poster, Join Red Cross, four U.S. military men in uniform marching with Red Cross nurse, R.C. Kauffmann, c. 1942, 14 1/2 x 19 1/2 inches, \$150.

Stoneware crock, cobalt blue wreath, stamped J. Burger Jr., Rochester, N.Y., straight sides, thick banded rim, ear handles, 4 gallons, 11 1/4 inches, \$295.

Wood carving, sculpture, Angel, abstract angular form, David Fels, 1983, 61 3/4 x 29 inches, \$475.

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

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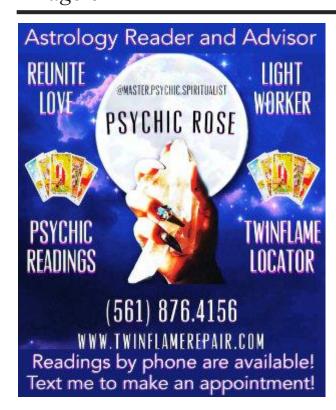
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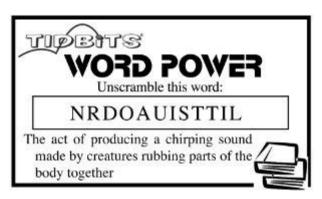
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ARIES (March 21 to April 19) You might feel a little sheepish about admitting your feelings for a certain someone. But do it anyway. Your sincerity will make the right impression.

TAURUS (April 20 to May 20) It's a good time to clean out the clutter in your home. It's also a good time to sort out personal priorities and make decisions about certain relationships.

**GEMINI (May 21 to June 20)** Avoid getting caught up in conflicting advice, even from trusted friends and family members. You need to dig for your own facts and make choices accordingly.

**CANCER (June 21 to July 22)** Conflicting aspects cause some confusion, both on the job and in your personal life. Try to keep your balance as you work things out to your benefit.

LEO (July 23 to August 22) Money matters become especially taxing for many Leos this week. Pay careful attention to details so that you can avoid more complicated financial problems later on.

VIRGO (August 23 to September 22) Don't let regret for a past, rash act keep you from moving on. Meanwhile, a good friend reaches out to help you, and a family dispute needs to be resolved quickly.

LIBRA (September 23 to October 22) Someone you thought was an ally suddenly creates on-the-job problems. Wait for the fuss and fury to end before going ahead with your plans.

SCORPIO (October 23 to November 21) You're moving into a more favorable period in your personal life. Continue to be patient and allow those pesky problems to work themselves out.

**SAGITTARIUS (November 22 to December 21)** Ask questions about a financial matter in your family. Don't rely on reassurances. Insist on proof that all is as it should be. And if isn't, why not?

CAPRICORN (December 22 to January 19) Personal relationships continue to improve. Vital information comes in about a matter that you almost gave up on. Ask a trusted friend for advice on a major purchase.

AQUARIUS (January 20 to February 18) Your financial situation continues to improve. Meanwhile, a family member makes demands on your time. Give what you can, but save some for yourself. You need it.

PISCES (February 19 to March 20) That romantic attraction you've tried to ignore grows stronger. In addition, a former business associate turns up with important news that could affect your financial future.

**BORN THIS WEEK:** You have a quiet strength that often surprises people. You are sensitive to the needs of others, even if you sometimes ignore your own.

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## Flea Onslaught Strikes Early in the Season

**DEAR PAW'S CORNER:** I can't believe it -it's only March, and my cat Flicker is already
scratching himself silly with fleas! He has
terrible skin reactions to flea bites. How can I
get rid of them? -- Jesse B., Oak Ridge,
Tennessee

**DEAR JESSE:** Flea infestations are awful, aren't they? As the seasons change and the weather warms up, flea activity rises, and pet owners start seeing more evidence of fleas on their pets and around their homes.

Fleas aren't just annoying. They can carry diseases that are transmissible to pets and humans. Tapeworms and cat scratch disease are just two of the potential ills that a flea infestation can bring into your home.

Tackle a flea problem head-on, and don't wait -because it will continue to get worse as the summer approaches.

Because of Flicker's allergic reaction to flea bites, he needs direct treatment to repel fleas and prevent them from latching on to his fur again. Talk to his veterinarian about the most effective flea treatments. For example, a monthly or quarterly topical flea treatment may be a good option. Oral medication as pills or chewables is also very effective.

The vet may also recommend medication to clear up his current skin issues.

Reduce the risk of another flea infestation by making your home difficult for fleas to exist in.

- Have your home treated for fleas by a pest control service.
- Pick up clutter from the floor and replace any plush or felted toys with new ones.
- Vacuum twice a week to pick up fleas and their eggs.
- Repair or replace damaged window and door screens.
- Remove any debris piles near your home, and shift wood piles farther away.

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

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It's time for Spring cleaning! Take the time to go through your closet, the garage, and under the stairs to purge unwanted items. Make three piles – Trash, Sell, and Donate – and divert as much as possible from the landfill.

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4	\$2,500 - \$4,940	\$30,000 - \$59,280
5	\$2,680 - \$5,340	\$32,160 - \$64,080
6	\$2,680 - \$5,733	\$32,160 - \$68,796
7	\$3,265 - \$6,126	\$39,180 - \$73,512
8	\$3,265 - \$6,527	\$39,180 - \$78,324
	20,64%0 - 12,65%	Tars and the second sec



## King Crossword

#### **ACROSS**

- 1 Weighing device
- 6 Sitar tunes 11 Fearful
- 12 Using the
- Internet 14 Eagles'
- homes 15 Julianne and Demi
- 16 Away from SSW
- 17 Auto style
- 19 Wager
- 20 Food regimen
- 22 Cariou of Broadway
- 23 Visibility hindrance
- 24 Cancel
- 26 Journeys
- 28 Head of st.
- 30 Animal doc 31 "Lolita" author
- 35 Summary
- 39 Plow pullers
- 40 Felon's flight 42 Sitarist Shankar
- 43 Soccer's Hamm
- 44 Prom duds
- 46 Heavy weight
- 47 E-business
- 49 Boring type
- 51 New citizen, perhaps

- 11 12 14 15 16 20 23 24 32 37 38 47 48 49 51 52 54 53
- 52 Is anxious about
- 53 Messy places 10 Allergy sea-
- 54 Leaks slowly

#### DOWN

- 1 Picturesque
- 2 Life's work
- 3 Onassis nick-
- name
- 4 Cask sediment
- '50s Ford
- Peter the
- Great, e.g. Shortly
- 25 choy 27 " - outta
- here!" 8 Day- - paint 29 Library array © 2024 King Features Synd., Inc.

Rob

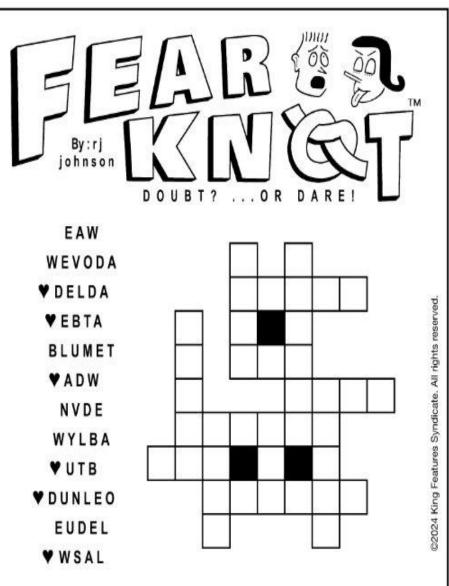
Patel

21 Yank at

18 "Lion" star

23 Misanthrope

- 9 Car safety 31 — plume 32 Wise sayings
- feature 33 "Scram!"
- son sound 34 Preventive 11 Hourglass fillshot, in slang 36 40 winks
  - "Melrose 37 Sidesteps Place" actor 38 Lipstick
    - shades 41 Repairs
    - 44 Rent
    - 45 Foolproof 48 Hollywood
    - trickery (Abbr.) 50 Ruby or Sandra



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





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Take a look at this sequence:

9 55 38 93 67 95 78 ?

Which of the three numbers below should logically replace the question mark in the sequence above?

97 38 89

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# By Dr. Holly Carling

#### FOOD AND ARTHRITIS

So often, we think that our bad food choices only affect our digestion, and maybe diabetes as well. But does food have a direct bearing on our joints? Absolutely!

The food we eat isn't just about satisfying a piece of meat in our mouths called a tongue. It is about nourishing our

tissues to keep them strong, flexible, and supportive to our frame for the rest of our lives. After all, we only get one body in this lifetime. Is it going to last us with ease and comfort, or be a torture to us for years or even decades? One important deciding factor is what we put in our mouths.

On a very regular basis, when I ask my patients how they are doing, someone responds "You were right! I learned for affects my joints." Fill in the blank. Most of the time it's sugar: "You were right! I had a candy bar and now my joints are swollen and painful!" Or "I ate wheat..." or "I ate potatoes..." Being aware of how food affects you is the first step in overcoming inflammation of the joints.

We often hear about the "nightshade family" – the family of inflammatory foods which consist of tomatoes, potatoes, eggplant and peppers. A large number of arthritis sufferers find that eating those, does, indeed, affect their

joints negatively. However, although they are inflammatory to many, it doesn't mean they are to you. The best thing to do is test it out: go 100% off all of them for two weeks. Be careful that you don't accidently eat pepper as a seasoning or as an ingredient in a spice blend. After 2 weeks, test one thing at a time. Eat it for breakfast, lunch and dinner for a full day. See how your joints feel that day and the next. Then add another until you have tried them out and either identified a culprit or ruled them out.

Other foods can be inflammatory as well: gluten is a big one. Some also react to dairy products. Anything that you have a sensitivity to can increase inflammation in general in your body, not just your joints.

Likewise, there are foods that are helpful to the joints. You need vitamin C to build collagen, so high vitamin C foods can be helpful. Be careful not to eat the wrong form as in most supplements. You want a food-source of vitamin C, not ascorbic acid, the isolated kind.

That is only the tip of the iceberg. Eating not only the right variety of foods can help arthritis, but the right preparation as well.

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



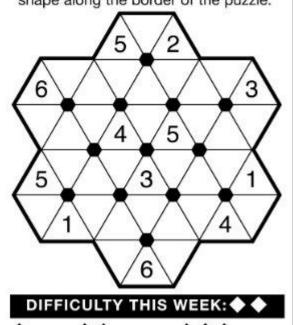
Dr. Holly Carling is a Doctor of Oriental Medicine, Licensed Acupuncturist, Doctor of Naturopathy, Clinical Nutritionist and Master Herbologist with over four decades of experience. Dr. Carling is a "Health Detective," she looks beyond your symptom picture and investigates WHY you are experiencing your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

at 208-765-1994 and would be happy to answer any questions regarding this topic.

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

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.



Easy ◆◆ Medium ◆◆◆ Difficult

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# VETERANS ★ POST ★

By Freddy Groves

#### Fraud and Theft

Not all the thefts and fraud the Office of Inspector General uncovers runs into the millions. But a stolen dollar is a stolen dollar, and the Department of Veterans Affairs OIG will go after it, no matter the size.

Take the perp who stole used precious metals that were supposed to be recycled. This dental tech at a VA facility nabbed the metals and sold them to a third party. He could get 10 years in prison and a possible fine of \$250,000 ... all for the \$17,000 he made passing along stolen metals.

Then there were the 44 doctors, who should have known better, who have to pay back \$5.7 million that they netted from a fraudulent self-referral program. The eye and ear clinic broke the law that bars them from referring patients to facilities where they have a vested interest and financial relationship. It's called the Stark Act, and it keeps physicians from sending their patients to places where they know they'll get a monetary return, instead of caring more about the patients' actual health.

Then there was the couple who, for seven years, submitted over 100 fictitious applications claiming that their company was providing services to veterans in need of aid and attendance. Aid and attendance is giving assistance to homebound veterans who need help with everyday basic functions, like eating, bathing and taking medications.

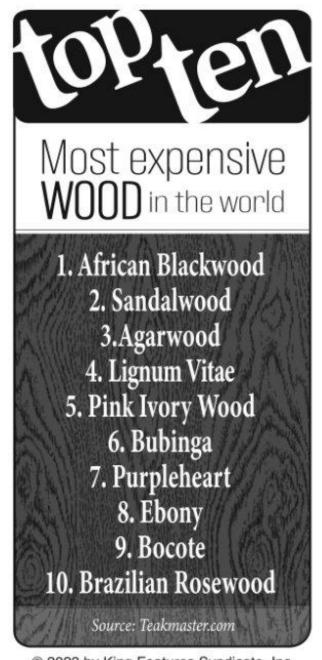
This couple hunted up veterans and surviving spouses and got the needed information, like DD-214s, bank docs and others. Over 70 veterans were approved for funds, and the couple took over \$2 million while the veterans themselves got only a portion of that. The couple could get a max of 20 years in prison and a \$250,000 fine ... each. As of this writing, their company web information still pushes the aid and attendance angle and describes how they will submit all the documents to the VA.

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- 1. The Spanish word is "Cucaracha." What is it?
- 2. What is the only insect that can turn its head 180 degrees?
- 3.Helmintophobia is the fear of \_\_\_\_\_
- 4. What is the name given to the flashing part of fireflies?
- 5. How many eyes do most spiders have?



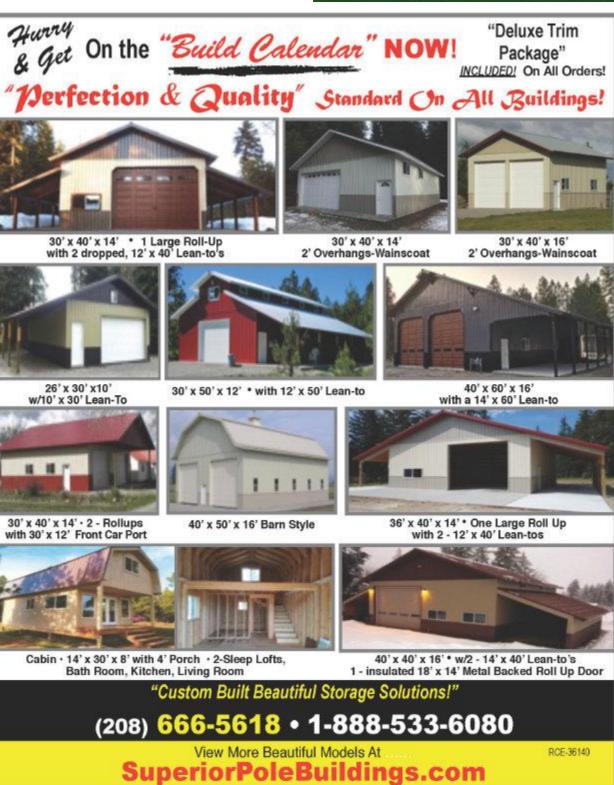
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- 1. What is the name given to someone who studies insects?
- 2. How many eyes do caterpillars have?





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By Ryan A. Berenz

- 1. Pitcher Masanori Murakami, the first Japanese player to play on Major League Baseball club, debuted in 1964 with what team?
- 2. The Cresta Run is a natural toboggan track located in what Swiss mountain resort town? (Hint: It hosted Winter Olympics in 1928 and 1948.)
- 3. George "Punch" Imlach won four Stanley Cups (1962-64, '67) as head coach of what NHL team?
- 4. In 2021, Formula 1 held its first race on the Jeddah Corniche Circuit located in what country?
- 5. Who was the first three-time winner of golf's Masters tournament?
- 6. Warren Beatty starred as Joe Pendleton, backup quarterback for the Los Angeles Rams, in what 1978
- 7. In 2014, thieves stole nine World Series rings, two MVP plaques and other memorabilia worth over \$1 million from a Little Falls, New Jersey, museum dedicated to what Baseball Hall of Famer?

#### Answers

1. The San Francisco Giants.

2. St. Moritz.

3. The Toronto Maple Leafs.

4. Saudi Arabia.

5. Jimmy Demaret (1940, '47, '50).

6. "Heaven Can Wait."

7. Yogi Berra.

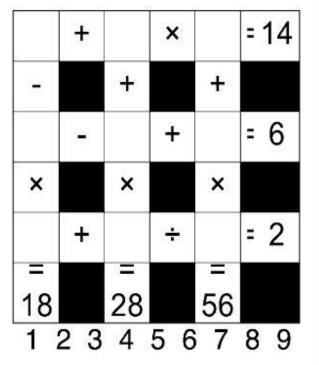
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## **GO FIGURE!**

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

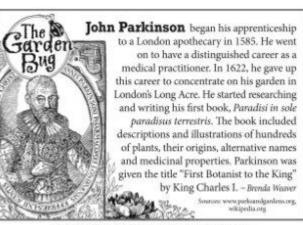
#### DIFFICULTY: \*\*\*

★ Moderate ★★ Difficult \*\*\* GO FIGURE!



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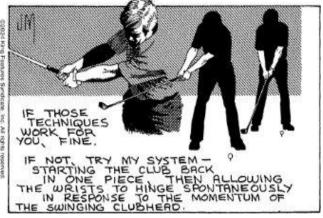
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#### Play Better Golf with JACK NICKLAUS





## 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.

XBUMSJSOCQ OR CVSBQ

LCS KOSGCMS IBXOS JQE

NCRS KOSGCMS VJMNS.

BQLNORG UXCZBXY

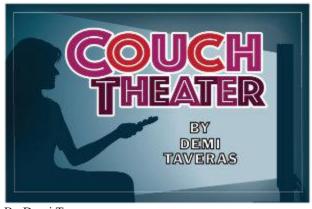
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By Demi Taveras



Photo Credit: Courtesy of Hulu Photo Caption: Joey King, left, and Logan Lerman star in "We Were the Lucky Ones."

"We Were the Lucky Ones" (TV-MA) -- After starring in the 2022 film "Bullet Train" together, Joey King and Logan Lerman reunite to lead this new eight-episode series based on the historical novel written by Georgia Hunter. King and Lerman respectively portray Halina and Addy Kurc, two siblings in a Jewish family of seven who live in Poland at the start of World War II. The large family inevitably gets separated as the war carries on, taking them far away from home and spreading them across continents. Amid the tragic circumstances they're forced to endure, the Kurc family is determined to keep their resilience and reunite with each other once the war ends. The first three episodes premiere March 28. (Hulu)

-- Is it the end of Jason Momoa's "Aquaman"? In December 2023, Momoa told "Entertainment Tonight" that if the audience loves the sequel, "there's a possibility" of a third film getting greenlit. But after negative reviews and the film only making \$434 million against a budget of \$215 million, it doesn't look too good. In the sequel, Momoa stars as Arthur Curry four years after the events of the first movie. Now a married family man, Arthur splits his life between the land and sea, while Black Manta still seeks revenge in the shadows. When he learns of Manta's plans, Arthur breaks Orm, his half-brother, out of prison to join him in the fight

against Manta. Amber Heard, Yahya Abdul-Mateen II and Nicole Kidman reprise their roles

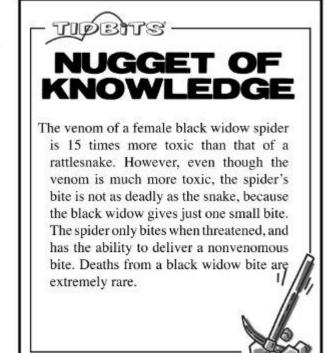
from the first film. Out now. (Max)

"Aquaman and the Lost Kingdom" (PG-13)

"Palm Royale" (TV-MA) -- In this periodcomedy miniseries based on "Mr. & Mrs. American Pie" by Juliet McDaniel, Kristen Wiig ("Wonder Woman 1984") takes on the role of Maxine Simmons. Maxine is a woman desperate to join high-society life in 1969 Palm Springs, California, after getting dumped by her husband and social circle. She sets her sights on the Palm Royale, an exclusive club whose elite members are dripping with glamour and vanity. But if she truly wants to get to the top of the Palm Royale, Maxine must sacrifice parts of herself to become the person she wishes to be. The series co-stars Ricky Martin ("The Assassination of Gianna Versace"), Laura Dern ("Big Little Lies") and the legendary Carol Burnett. The first three episodes are out now! (Apple TV+)

"Road House" (R) -- Almost 35 years after the 1989 film "Road House" starring Patrick Swayze and Sam Elliot released, a reimagining starring Jake Gyllenhaal and Conor McGregor has made its way to streaming. Gyllenhaal takes on the lead role as Dalton, a former UFC fighter who gets hired to work as a bouncer at a roadhouse in the Florida Keys. The joint attracts a great number of rowdy customers, but none are a match for Dalton's fists. However, when news of Dalton's immaculate butt-kicking hits the ears of Ben Brandt (Billy Magnussen), the heir of a criminal empire, Ben will stop at nothing to shut Dalton and the roadhouse down. For anyone who loves nonstop action, this one's for you! Out now. (Prime Video)

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Q: What insect is always red and covered in spots but is never sick?

A: A ladybug!

Did you hear about the ladybug who fell in love with a bedbug? They were married in the spring!

## Super Crossword

#### PHONY-BALONEY

#### **ACROSS** 48 Thin porridge 50 Saw against 1 Wearing nightclothes, the main for short grain, as 6 Meanie's look wood 11 In addition 52 Bit of money 15 Eyelid hair seized by 19 Steel, e.g. a Secret 20 Ancient Greek region

21 Empty

23 Illegal

spaces

22 World's fair

detention

25 Columbus is

its capital

Guinness

27 "Mind your -

business!"

28 High, round

collar not

on itself

31 Without

35 Ingest

36 Boston

short

37 Paint job

2012

beast

folding over

any variety

NBAer, for

made to look

26 British actor

- Service agent 58 Ecol. monitor 59 Middays 60 Tiny arachnid 61 J. — Hoover
- 64 Like overdue birthday wishes 67 Bill & Ted went on one
- in a 1991 film 70 Wombs 71 Bible book after Prov.
- 74 Q-V linkup 75 "Spider-Man" director Sam 76 Wedlock not based on
- love 79 Cheer up 81 Burros, e.g. occasion

(never)

maybe

- 83 Paris' river like marble, wood, etc. 84 Toronto-to-Montreal dir. 41 New 85 Prada or Nintendo console of Fendi replica,
- 43 Big antlered 91 "Beloved" novelist Toni 94 Buc, Bronco 47 Opposite of dep., in an or Niner 95 Beatty of film

- 97 Cindy Brady player Susan 98 Former jets to the U.K.
- 101 Bit of non-needled body art 105 Sour plum
- 107 Stage star Hagen 109 Title for Kate
- Middleton 110 Component of a coated glass-bead bracelet, perhaps
- 117 Even score 118 Forum attire 119 In the past
- 120 Apt cry of disbelief for this puzzle 125 Coagulate
- 126 Rebuke from Caesar 127 Like a dweeb 128 About, before
- a date 129 At this place 130 Lather (up) 131 Gather up

132 Hoodwinked

- DOWN 1 Global finance org. 2 Teacher's union, in brief
- 3 Old TV ministry inits. 4 2002 "Friday the 13th sequel

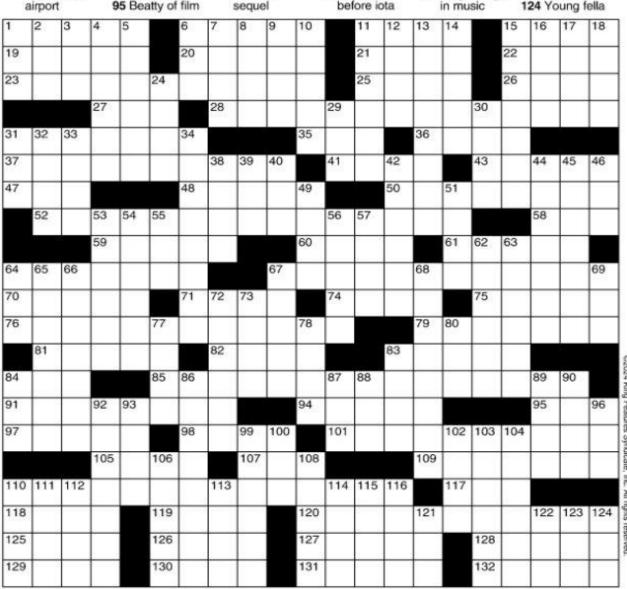
- 5 Whole lotta 6 Knightly title 7 Bulblike base of a stem
- 8 cat (twobase game) 9 Neighbor of Minn. and III. 10 Jewish
  - potato pancake 11 Relative of a guinea pig 12 Lion portrayer
  - Bert 13 Feature of Betty Boop's hair 14 "- Mio"
  - 15 Crude sheds 16 Car shaft 17 Project detail,
  - for short 18 Sell at a pawnshop 24 Opponent
  - 29 "I taut I a puddy tat!" 30 Shade trees 31 Flip — coin
  - 32 DEA worker 33 Irish money 34 Bring about 38 Some flawed garments:
  - Abbr. 39 Add-on to the end of a wd.
  - 40 Bit of a bray 42 Most polar 44 Sea nymph
  - 45 Sovereign 46 Letter two before iota

- 49 VIP vehicle 51 Margarine
- 53 Deprives of weapons 54 "Sorry, too busy
- 55 Bodily digit 56 Big striped cat, in French 57 A/C output
- qtys. 62 Landscape painter Asher Brown -
- 63 Like lowquality eggs 64 City
- transport 65 Alcohol in liquor 66 Landlords or
- landladies 67 Empty 68 Having
- protruding hearing organs
- 69 Yang go-with 72 Sings gently 73 U.S. pres., militarily
- 77 Inquires 78 "Continue" 80 Architect Maya
- 83 Chiang Kai-84 Broody rock
- genre 86 Investigate pryingly 87 Very loudly,

- 88 Miami loc.
- 89 Stud money 90 Old Storms and Trackers
- 92 Paraphrase
- 93 On Sunset Blvd., e.g. **96** Two, in
- Chile 99 Maintenance job on a car
- 100 Indy sponsor 102 Ballet outfit 103 Something
- very easy 104 Vegas
- casino **106** Some Siouan
- speakers 108 MetLife rival
- 110 Concern for a dermatologist
- 111 Concern for a dermatologist 112 Horror film
- lab assistant 113 Twice tetra-
- 114 "Psst" cousin
- 115 avis
- 116 Some old Fords 121 The "S" of
- GPS: Abbr.
- 122 Hosp. zones 123 Ideal serve 124 Young fella

## Moments in time THE HISTORY CHANNEL

- On April 8, 1930, baseball legend Babe Ruth signed a two-year contract for a then enormous sum of \$160,000 with the New York Yankees, prompting the team's general manager, Ed Barrow, to predict (with, of course, now laughable inaccuracy) that "No one will ever be paid more than Ruth."
- On April 9, 1860, French inventor Édouard-Léon Scott de Martinville used his phonautograph, the earliest known sound recording device, to capture himself singing the French folk song "Au Clair de la Lune."
- On April 10, 2001, mercy killings became legal in the Netherlands following the Dutch senate's controversial approval of a bill legalizing euthanasia for patients with unbearable terminal illness.
- On April 11, 1951, President Harry Truman fired Gen. Douglas MacArthur as commander of the United Nations and U.S. forces in the Far East after he made public statements calling for an attack on mainland China if Communist forces failed to lay down their arms in Korea.
- On April 12, 1877, with a well-justified fear of ricocheting foul balls (not to mention being hit by a bat), Harvard's Alexander Tyng wore a converted fencer's mask for a baseball game in Lynn, MA, becoming the first-known player to don a catcher's mask. While the new gear initially drew taunts from fans, designer Fred Thayer's patent for the device was approved the following January.
- On April 13, 1964, Sidney Poitier became the first Black actor to win the coveted Best Actor Oscar for his role as laborer Homer Smith, who assists a group of poor East German nuns with building a church, in "Lilies of the Field." Three years later, he was Hollywood's top box office draw.
- On April 14, 2010, Neil Armstrong criticized the Barack Obama administration's strippeddown space plans in an open letter co-signed by Apollo commanders James Lovell and Eugene Cernan, describing the president's proposals as "devastating." Supporters, however, insisted that the accelerated rocket program would set new goals for American efforts in outer space.
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SIT BACK AND RELAX with a TIDBITS today!

# SENIOR NEWS LINE

By Matilda Charles

#### **Staying Safe**

I never thought this kind of thing would happen where I live: A woman was kidnapped in front of a store, in broad daylight, by a man carrying a gun.

It's hard to even type those words, so shocked am I to learn of it.

To cut to the chase, the woman is thankfully fine, although no doubt rattled and upset. After being forced to drive the kidnapper to another location, she was able to drive away safely after he fled the vehicle.

Still, it might not have turned out that way.

I can't count the thousands of times I've gone to that same store, or strolled down the main street to the ice cream shop, or come out of a restaurant ... at night ... and never been afraid. After all, the relative safety in this area is why I moved here. But there are no guarantees that things will stay the same, are there?

That woman's experience has been a life changer for me, unfortunately.

I now carry my wallet and cellphone in an inside coat pocket. If a thief wants my purse, he can have it, with no hesitation that might cause him to do bodily harm to me.

I'm now paying more attention to what's around me -- people in parking lots, people milling around -- instead of just going on my merry way oblivious to my surroundings.

If I'm headed to the car, my keys are in my hand. Once in the car, I lock the doors, something I've never felt compelled to do.

I trust my instincts if something makes me uneasy. After a recent trip to a store, I waited a minute and walked out with a couple of college students after asking if I could walk across the parking lot with them. They were pleased to escort me all the way to my car.

Stay safe out there and beware of what's going on around you.

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#### HIMALAYAN MAGIC MAZE

LJGEBLEYWOURPBN KIGDHBZSXYTVSAO CHOOYUOMTKAGING ECTSEREVEPANNDK Y S(K A N C H E N J U N G A)W EUGANGOTRISNERK Q P N L J I H F E C K P A P A YXVUSQRMANASLUP NMKJHFEDCNMBZNY XVUHTANRADEKUCT ROULAKAMPBTNOHM

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: EARTH'S HIGHEST MOUNTAIN

Badrinath Bandarpunch Cho Oyu Gangotri

Kanchenjunga Kangto Kedarnath

Lhotse Makalu Mana Peak Manaslu

Nuptse Yangra



#### A past story from the Lodge, "THE DAY THE MOOSE FAMILY CAME TO VISIT"

One of our Post Falls home's residents heard a rustling outside her window in the early morning hours and imagine her surprise when she spotted a momma moose and her twins! Even better, the three visitors spent the entire day circling both homes to the delight of residents, caregivers, and visitors alike.

It is not surprising to any who know The Lodge that this little family would feel safe in our environs. Love abides and abounds both inside and out. There is so much life inside the houses, and then to see the forest creatures outside of the houses was just amazing for everybody!!

If you, like this moose family would like to join our circle of caregivers please contact Linda at 208-755-3637 or linda@lodgeliving.net. We even have gorgeous onsite studio apartments which include meals and all utilities as a part of our employment package. And, we are delighted to schedule around school commitments for our employees who are reaching ever upward. Call us!!





Linda Davis Director of building relationships. 208.457.3403 www.LodgeLiving.net



- 1. AD SLOGANS: What company advertises its clothing with the ad slogan, "Quality never goes out of style"?
- 2. SCIENCE: What is the tallest grass in the
- 3. MOVIES: What is the name of the camp in "Friday the 13th"?
- 4. GEOGRAPHY: What is the term when two water streams join to form a larger stream?
- 5. INVENTIONS: What is Tim Berners-Lee credited with inventing?
- 6. ANATOMY: Where are the quadriceps located?
- 7. LITERATURE: Which poet wrote a sixvolume biography of President Lincoln?
- 8. TELEVISION: Timothy Lovejoy is a minister on which animated TV series?
- 9. ANIMAL KINGDOM: Yaks are native to which region?
- 10. U.S. PRESIDENTS: Before he was elected president, which of the founding fathers attended the coronation of Napoleon at Notre Dame Cathedral?

Answers

- 1. Levi's.
- 2. Bamboo.
- 3. Camp Crystal Lake.
- 4. Confluence.
- 5. World Wide Web.
- 6. Thighs.
- 7. Carl Sandburg.
- 8. "The Simpsons."
- 9. Tibet, China.
- 10. James Monroe and his wife Elizabeth.
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## CryptoQuip

for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

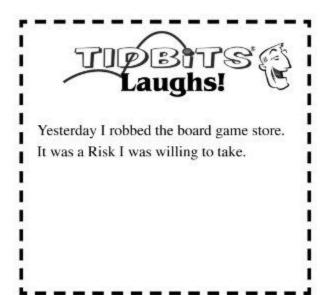
Clue: Q equals F

WQRGM RNG HWVGXZRXVXSJKR QJZJKNGE EJSSJZS FH RNWR IWVFWPVG QXKKJV, NG SWIG JR RNG PMFKN-XQQ.

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- company?
- A: Because they are always down to earth.

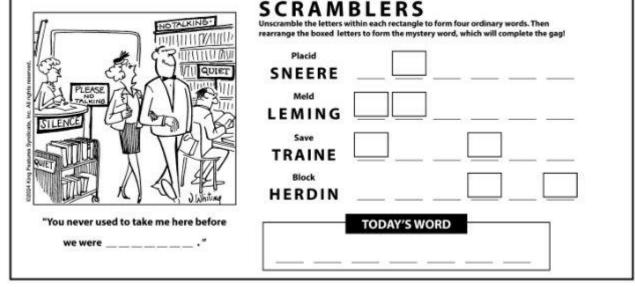




- 1. Which female artist released "Everybody's Somebody's Fool"?
- 2. Name the first No. 1 single by England Dan & John Ford Coley.
- 3. Which two actors are mentioned in "Key Largo" by Bertie Higgins?
- 4. Which song is Chris de Burgh most known
- 5. Name the song that contains this lyric: "Does she love me, with all her heart, should I worry, when we're apart?"

#### Answers

- 1. Connie Francis, in 1960. The ballad topped international charts in Canada, New Zealand and Norway, as well as in the U.S. Francis released a German language version called "Die Liebe ist ein seltsames Spiel," but it was speeded up as a polka.
- 2. "I'd Really Love to See You Tonight," in 1976. Unfortunately the duo didn't stay together long, with Dan Seals going out on his own.
- 3. "Bogie and Bacall." Humphrey Bogart and Lauren Bacall starred in the film "Key Largo" in
- 4. "Lady in Red," in 1986. Popular around the globe, it won an ASCAP Pop Music Award in 1988 for the Most Performed Song.
- 5. "A Lover's Question," by Clyde McPhatter in 1958. McPhatter's version, co-written by Brook Benton, spent a week at the top of the R&B
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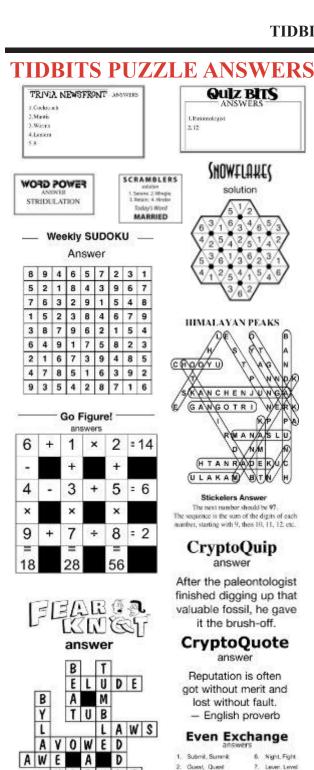


## Even Exchange by Donna Pettman

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.

<ol> <li>Put forward</li> </ol>	B	Pinnacle	M
2. Visitor	G	Mission	Q
3. Stuffed shirt	D _	Trim the shrubs	N
<ol><li>New York player</li></ol>	E	Tugged	D
5. Simmer	A	Black-and-blue mark	U
6. Evening	N	Box	F
7. Machinery arm	R	Steamroll	L
8. Bank employee	_ E	More statuesque	_ A
9. Existing	v _	Similar	K
10. Canonized one	_ A	Stretch of activity	_ T

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#### **Super** Crossword

Yankeo, Yankeo

Teller, Taller

Alive, Alike

NODULE

							770													
								A	hn	SH	er	S								
1	N	P	J	S		S	C	0	W	L		A	L	S	0		L	Α	S	Н
М	E	T	Α	L		1	0	N	1	A		G	A	P	S		E	X	P	0
F	A	L	S	E	A	R	R	E	s	T		0	Н	1	0		Α	L	E	C
			0	W	N		М	0	C	K	T	U	R	T	L	E	N	E	C	K
0	N	E	N	0	T	E				E	A	T		C	E	L	T			
F	A	U	Х	F	1	N	1	S	Н		W	1	T	U		M	0	0	S	E
A	R	R				G	R	U	E	L			C	R	0	S	S	C	U	T
	С	0	U	N	T	E	R	F	E	1	Т	В	1	L	L			E	P	A
			N	0	0	N	S			М	1	T	E		E	D	G	A	R	
В	E	L	A	T	E	D			В	0	G	U	S	J	0	U	R	N	E	γ
U	T	E	R	1		E	С	C	L		R	S	Т	U		R	A	1	М	1
S	н	A	M	М	A	R	R	1	A	G	E			G	L	A	D	D	E	N
	A	S	S	E	S		0	N	N	0			s	E	1	N	E			
Ε	N	E			K	N	0	C	K	0	F	F	Н	A	N	D	В	Α	G	
М	0	R	R	1	S	0	N			N	F	L	E	R				N	E	D
0	L	s	Е	N		s	S	Т	S		F	Α	K	E	T	Α	T	Т	0	C
Ė			S	L	0	E		U	T	Α				D	U	C	Н	E	S	S
1	M	1	Т	Α	T	1	0	N	P	Ε	Α	R	L		T	1	E			ı
T	0	G	A		0	N	C	E		T	Н	A	T	S	U	N	R	Ε	Α	L
C	L	0	T		E	T	T	U	H	N	E	R	D	Y	Ė	C	T	R	С	A
Н	E	B	E		S	0	A	P		A	M	A	S	S		Н	0	S	E	D

## King Crossword Answers

#### Solution time: 21 mins.

	S	С	Α	L	Ε		R	Α	G	Α	S	
S	С	Α	R	Е	О		0	Ν	$\Box$	_	Ν	Е
Α	Ш	R	_	Е	S		М	0	0	R	Е	S
Ν	Ν	Е		S	ш		Α	Ζ		В	Е	Т
D	_	Е	Т		$\Box$	Е	Ν		Ι	Α	Z	Е
S	O	R	$\supset$	В		٧	0	Υ	Α	G	Е	S
			G	0	٧		٧	Ε	Т			
Z	Α	В	0	Κ	0	٧		R	Ш	С	Α	Р
0	Х	Ш	Z		$\neg$	Α	Μ		ĸ	Α	٧	_
М	_	Α		$\vdash$	$\supset$	Χ	Е	S		Т	0	Z
D	0	Т	С	0	Σ		Ζ	$\supset$	О	Ν	_	Κ
Ε	М	-	G	R	Е		D	R	Е	Α	D	S
	S	Т	Τ	Ε	S		S	Ε	Ε	Р	S	

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#### **Lone Star Tick Bites Cause** Alpha-Gal Syndrome

DEAR DR. ROACH: I was recently diagnosed with alpha-gal syndrome (AGS). I live in the country, but I do not remember having a tick on me. My husband and I are very cautious and always check for them. I am struggling to understand what exactly are my symptoms, and what I can and cannot eat. I don't know if I am someone who can have dairy or not.

The biggest challenge seems to be eating out. If I order chicken, fish or vegetables and they are cooked on the same grill as meat, then they are not safe to eat due to cross contamination. Also, dairy, lard and whey are in many food items. Is there a specialist I should consult? My doctor seems to know about some of this, but is unable to answer many of my questions. Any information you can share would be helpful. --

**ANSWER**: AGS is an allergy to galactosealpha-1,3-galactose, a carbohydrate allergen found in all mammalian meats, such as beef, pork and lamb. The allergy can be serious as people develop symptoms, including various syndromes like skin itching and rashes; gastrointestinal symptoms; and even anaphylaxis, a severe allergy syndrome of cardiovascular collapse.

These reactions are delayed compared to other typical allergic responses, with people often developing symptoms the night after consuming meat -- about two to six hours after consumption. A blood test for alpha-gal allergies can confirm the diagnosis. These symptoms usually begin after getting bitten multiple times by a Lone Star tick. The tick has alpha-gal in its saliva, which triggers

the sensitivity. Many medical professionals are unaware of this newly described condition (40% reported never having heard of the syndrome), which can prevent a diagnosis from being made in a timely fashion.

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Because the condition is new, there are some factors that we don't really understand about it, like why some people tolerate muscle meat from an animal but react strongly to organ meat. There just aren't answers to some of the questions that you might be asking. For example, milk, whey and gelatin sensitivity have been described with AGS, but not lard (at least that I could find).

Sometimes a person tolerates cooked meat but is intolerant of raw (or barely cooked) meat. Some people lose the allergy over time (usually a few years), but additional tick bites may bring it back.

The ideal specialist in this case is an allergist. You should certainly have and know how to use an epinephrine injector in case of a severe reaction.

#### **DEAR DR. ROACH**: A dietician

recommended that I drink six glasses of water every day. I tend to drink most of the water in the morning and early afternoon. My husband thinks I should drink it "equally" throughout the day. His logic is that I don't retain enough water to stay properly hydrated throughout the evening and night. Does timing really matter? -- C.R.

**ANSWER:** Your body has a system in place to hold onto water so that you don't need to drink it during the night. Unless you are losing unusually high amounts of water (as you would in a very dry and hot environment, for example), there is no reason to hydrate at night. Most people realize that doing so will cause you to visit the bathroom rather than sleep. 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

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