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TIDBITS® CUDDLES TEDDY BEARS

by Janet Spencer

Come along with Tidbits as we find out about where teddy bears come from!

THE START: A BORDER DISPUTE

- Where the Mississippi River empties into the Gulf, it creates shallow shoals, small islands, and brackish channels along the river delta. Oysters thrive in this warm, shallow marine environment. Although the border between the states of Louisiana and Mississippi is clearly drawn by the river, their fishing boundaries are less clear. Oystermen from Louisiana wanted to keep Mississippi oystermen out of their waters. The dilemma was where to set the boundary in the waters of the Gulf. For help, President Theodore Roosevelt was consulted.
- When presented with the injured, frightened bear, Roosevelt made the decision not to shoot, describing this as “unsportsman-like.”




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For more info see page 13

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TEDDY BEARS (cont)

- The bear did not get a happy ending after Roosevelt left. Instead, the guide put it out of its misery. History does not mention if Roosevelt found a healthy bear to shoot.
- This story hit the newspapers and was trumpeted as a fine example of the president’s character in late 1902. A political cartoonist drew a sketch depicting Roosevelt refusing to shoot the tethered bear, calling it, “Drawing the line in Mississippi.” The title had a double meaning: Roosevelt was in Mississippi to draw the line between states, and he drew the line by refusing to shoot a helpless bear.
- While this story was unfolding in the U.S., another story was taking shape across the Atlantic. In Germany, a woman named Margarete Steiff set up her own dress shop in 1877, making and selling her own designs. She constantly needed pin cushions, so she fashioned one shaped like a tiny elephant. Children were delighted by the whimsical creation, so she started making more of them and selling them to her clients for their kids.
- In 1890, she mailed the first Steiff catalogue, featuring not only her dresses but also small stuffed elephants, monkeys, donkeys, horses, camels, pigs, mice, dogs, cats, rabbits, and giraffes. Bears were not included because Margarete felt they were too scary. Customers could purchase the finished product or buy a pattern to make their own. The stuffed toys quickly became more popular than the dresses. By 1893, Margarete had set up a factory to produce tiny stuffed animals.



- This facial mask is good enough to eat. You might have a hard time deciding whether you want the facial or the snack: Mix together one mashed ripe banana with 3 tablespoons of sugar, and apply liberally to face. Leave it on for about three minutes, and rinse with warm water. Follow with your favorite moisturizer.
- "The best way to soften butter is to let it stand at room temperature for 10 to 15 minutes. But if you are in a hurry, you can slice it into 1/2-inch pats and roll it between sheets of waxed paper. It will only take a minute or so." -- I.V. in Connecticut
- Pet hair is best removed from upholstery with a squeegee. Drag over the upholstery or even your carpet to collect the hair into a ball. Dispose of the hair in the trash.
- "Here's my tip for using a pool noodle in the garage. We have a narrow parking area, so we cut a foam noodle in half lengthwise, then secured it to the wall where the door might hit when we get out of the car. No bumps, no chips. The noodle saves the day!" -- Y.I. in Maryland
- "When you need to measure something that is sticky, like honey or peanut butter, try rinsing your measuring cup with oil, then hot water. The oily residue will make the sticky substance slide out, but it won't be oily, as the hot water rinses away any excess." -- E.R. in Arkansas
- If you are moving, use small pieces of plastic wrap to keep your toiletries from spilling en route. Simply unscrew the top, cover with the plastic and reattach the lid.

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

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WORD SPIRAL

G		T
	T	A
L		

Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

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TEDDY BEARS (cont)

- To make the bears less scary, Margarete designed them with button eyes, smiling mouths, and cute noses. This innovative bear quickly became their best-selling product.
 - Back in the U.S., Russian immigrants Rose and Morris Michtom owned a candy shop in Brooklyn. They saw the news about Roosevelt’s bear encounter and the cartoon sweeping the nation. Inspired, Rose, who had sewn a few stuffed bears for their children, put them in the front window with a price tag and a sign: “Teddy’s Bears.” The toys sold immediately. She made more, and again they sold out; soon, she could not keep up with the demand. To address this, Morris sent one of the bears, along with a letter, to President Roosevelt asking permission to name the toys after him. Roosevelt replied that it was fine with him, though he doubted the venture would amount to much. Nevertheless, he kept the bear prominently displayed for the rest of his presidency. Building on their success, Rose and Morris quit the candy business and set up a factory to mass-produce the bears, naming their new enterprise the Ideal Novelty and Toy Company.
 - With the sudden popularity of teddy bears, a buyer for a New York-based toy importer noticed the Steiff bear at a toy fair in 1903. He ordered 3,000 to be sent to the U.S. Soon, visitors who flocked to the boardwalks in New Jersey’s seaside resorts were taking home teddy bears as prizes. Children bought them as souvenirs. Women’s magazines featured ads for bear accessories and printed patterns for sewing bear clothes. In 1906, a single Manhattan store sold more than 60,000 teddy bears. In 1907, Steiff produced 974,000 bears and still could not keep up with demand. Ideal was turning them out at a similar rate as well. Books, songs, and even a 1907 feature film marked the rising popularity of teddy bears.
- (cont)

Fun Fact

Card games have been around for centuries! A German monk named Johannes wrote a manuscript while he lived in a Swiss monastery in 1377. In it, he described the history of playing cards, and the many games they could be used for.



Source: www.vanishingincmagic.com

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TIDBITS QUOTE

“A bear teaches us that if the heart is true,
it doesn't matter much if an ear drops
off.” -Helen Exley

TEDDY BEARS (cont)

- Yet, trouble was brewing in the peaceful land of teddy bears. By 1907, the bear had become so popular that it sparked a brief but intense moral conundrum. The Reverend Michael G. Esper, a Catholic priest in Michigan, declared from his pulpit that teddy bears were “horrible monstrosities” which, by supplanting the “good old dolls” would distract little girls from their purpose, which was to bear children. Childless marriages would sweep the nation. Birthrates would fall. The nation – if not the world – would fail because of the evil influence of the teddy bear leading little girls astray. The news of the fiery sermons made headlines coast to coast, sparking discussion. The nation paid attention for a brief moment before returning to the teddy bear tea party.
- Ideal Toys became America’s biggest doll manufacturer. The company expanded into toys and board games. They created hundreds of popular toys, including such classic items as Wetsy Betsy, Thumbelina, Mouse Trap, View-Master, the Magic 8-Ball, Ker-Plunk, and Rubik’s Cube.
- In 1963, Benjamin Michtom, son of Rose and Morris, led the Ideal Toy Company. To mark the teddy bear’s 60th birthday, he wanted to give an original bear to a Roosevelt descendant. Alice Roosevelt refused, saying, “What does a 79-year-old doll want with a 60-year-old bear?” But Kermit Roosevelt allowed his children, Mark and Ann, to pose with it. The children were reluctant to part with the bear and tried to hide it. In 1964, the bear was presented to the Smithsonian for safekeeping.

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BYLINE: By Lucie Winborne

- An isolated Israeli city with a high rate of deafness created their own sign language as a way of communicating.
- Pakistan was the first official Muslim nation in the world.
- An emoji of a building underneath a pink heart originally symbolized an invitation to meet at a Japanese "love hotel," where rooms can be rented by the hour.
- At many European operas, whistling actually means boo.
- The Aetherius Society, a UFO religion, was founded by George King in 1955 after he claimed interplanetary sources instructed him to become "the Voice of Interplanetary Parliament."
- Cats have more bones than humans.
- According to several legends, if someone was bitten by a suspected vampire, he or she should drink the ashes of a burned vampire.
- Rock climbing can improve emotional or attention problems, such as anxiety and ADHD.
- First performed in 1999, the Sandpaper Ballet includes a musical number that sounds just like someone scratching sandpaper.
- An EF-3 tornado near Pampa, Texas, was so strong that it drove a corn stalk into a car's radiator.
- A mother admitted to attending her clique's "chickenpox party," a social gathering where parents expose unvaccinated children to the virus, even though her daughter had been vaccinated, because she feared rejection by the group if she didn't show up.

Thought for the Day:
"The first wealth is health."
-- Ralph Waldo Emerson
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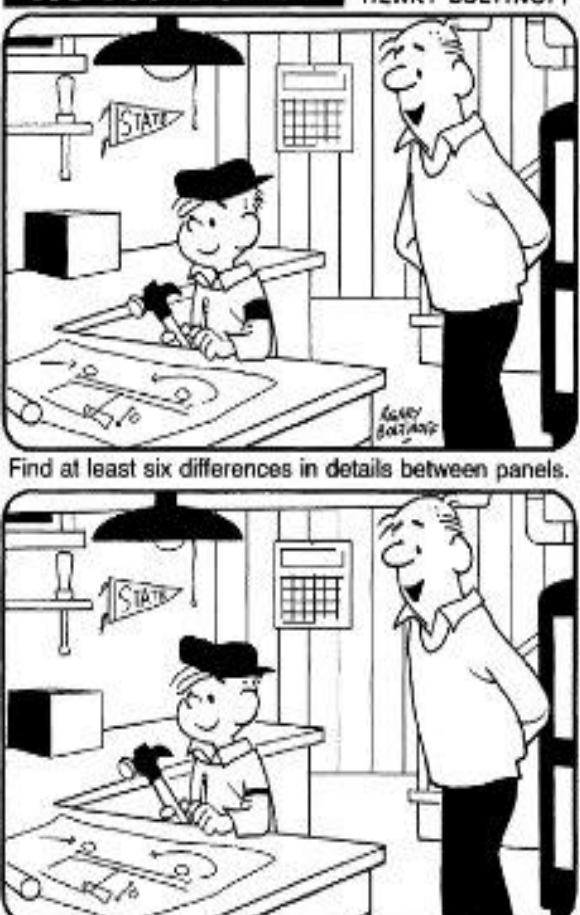
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Find at least six differences in details between panels.

Differences: 1. Arm is not showing. 2. Hammer is longer. 3. Box on sleeve is smaller. 4. Cap is tilted back. 5. Lightbulb is smaller. 6. Stripe

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
Napolean III Furniture

Furniture styles before the 20th century are often named after the rulers or governments of the time. It follows that furniture styles, like their namesakes, are usually particular to the country or region. However, contemporary styles from different countries often share similarities.

Take the style of the Second French Empire, which lasted from 1852 to 1870, the reign of Napoleon III. It drew inspiration from many past styles from antiquity to the 18th century. Furniture was made of rich, dark wood like ebony or mahogany and adorned with inlaid patterns, often in exotic materials like lacquer or mother-of-pearl. Upholstery was lush; wood surfaces were shaped and carved.

All these characteristics -- recreation of historic styles, luxurious materials, ornate decorations, all facilitated by the Industrial Revolution -- could easily describe the Victorian furniture made in England and America about the same time. Still, Second Empire, or Napoleon III furniture, is its own visually distinct style. If anything, it is even more extravagant than Victorian furniture, which holds true for the furniture style in reproductions and revivals, too.

This table, which sold for \$2,112 at John Moran Auctioneers, was made c. 2000 in the Napoleon III style. Covered in faux malachite (an opaque green stone often used in decorative arts) and heavy, intricate gilding, adorned with leafy garlands and figural paw feet, it is anything but subtle.

Q: I have a print that I bought as part of a lot. It is a picture of a woman from the shoulders up. She has long brown hair and wears a red headdress with gold coins and a light green dress. The picture is signed "A. Asti." It is captioned "A Persian Beauty" and was printed in the Chicago Tribune. What can you tell me about the artist?

A: Your print is a copy of a painting by Angelo Asti, who was born in 1847. He is known for his bust portraits of women that appealed to late 19th and early 20th-century exoticism. His paintings were reproduced as lithograph prints and used for advertisements in the early 1900s. They appeared on calendars, packaging, and metal trays. Prints on paper were also given away as advertising premiums.

Asti prints on paper from about 1900 can sell for anywhere from \$20 to \$200, based on the rarity of the print and its condition. Check the captions on your print for any copyright dates or information. Asti prints have been reproduced, and recent prints have lower values. Vintage postcards with Asti prints generally sell for under \$10. However, prints on other media, like porcelain plaques or metal advertising trays, sell for higher prices. Asti oil paintings can sell for over \$1,000.

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Advertising, display set, Kraft Foods, figural, circus theme, wagon, clown, tiger, horse, elephant, embossed, foil, Wonderflex Corp., c. 1970, one sheet, six pieces, \$135. Typewriter, Underwood, black enamel, carrying case, 12 1/2 x 12 x 6 inches, \$240.



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CryptoQuote

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In 2000, Steiff designers teamed up with Louis Vuitton to create a teddy bear with eyes made of sapphire and diamonds, and with real gold trim. It sold at an auction in Monaco for \$2.1 million, the world's most expensive teddy bear.

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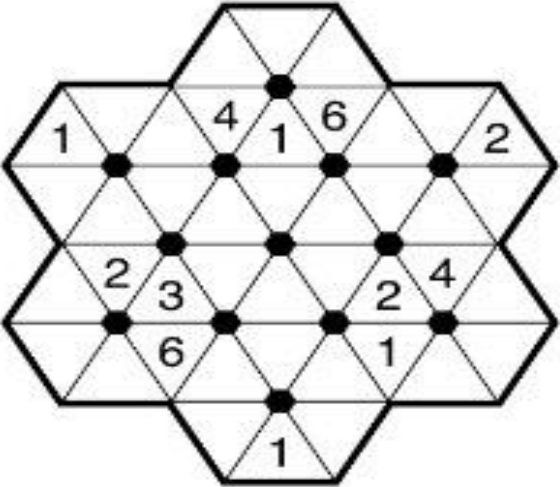
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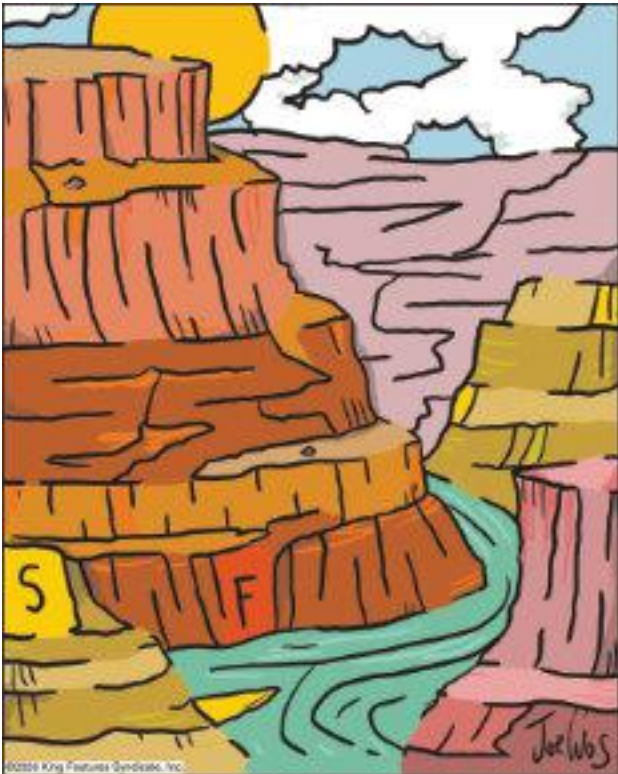
SNOWFLAKES
by Japheth Light

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



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

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HealthBits

By Dr. Holly Carling

THINGS YOU NEED TO
KNOW ABOUT PROSTATE
HEALTH

Many men suffer from prostate problems and don't even know it. Some statistics say that by the age of 60, 50% of men have urinary issues related to their prostate. That goes up to 90% by age 80. How do you know if you have prostate issues? Let's start with the most basic: gender. Only men have prostate glands. I know some of you are thinking "no, duh!", but not everyone knows this. I remember once a woman coming in as a new patient and told me she had prostatitis. She said, "before you say anything, I've done lots of research on the internet and I am absolutely convinced this is what I have". After hearing her out, I had to give her the news: women don't have a prostate gland. I still remember the look on her face.

Next, what does it do? It makes some of the fluid in semen that carries sperm from the man's gonads, to be discharged during sex. It also works to keep semen from spilling into the urethra and is responsible for metabolism of a hormone (transforming testosterone to DHT – dihydrotestosterone).

But, as with any other system in the body, things can go awry. Symptoms include: Frequent or urgency to urinate, bathroom trips during the night, difficulty starting or stopping urine flow (or dribbling), weak stream or a urine stream that starts and stops, and/or feeling like the bladder doesn't empty. If it progresses, it can

evolve into a urinary tract infection, difficulty urinating (even to the point that you may have to go to the ER to be catheterized), or even blood in the urine.

Benign Prostatic Hyperplasia, or BPH, is when the prostate enlarges, causing the symptoms mentioned above.

An enlarged prostate doesn't necessarily mean there is a health issue, as it is common with aging. Also, you can have prostate problems and barely any enlargement. However, any of these symptoms warrant investigation. BPH means that it is benign, not cancerous. It is not necessarily a risk for cancer, but the symptoms of BPH and prostate cancer can be similar, so they shouldn't be ignored. Fortunately, there are things you can do to reduce prostate enlargement: First, a review of medications may be in order as they can have a negative impact on prostate health. The primary ones include diuretics, antihistamines, antidepressants and sedatives.

Eat well. Junk foods, especially those containing sugar and hydrogenated fats and other bad fats, processed meats and alcohol can be problematic for the prostate. Caffeine can cause increased urination and urinary frequency, and increase bladder contractions.

Exercising regularly, urinating when the urge hits and not waiting, keeping your lower torso warm, and reducing your stress are helpful. In addition, a meta-analysis of acupuncture for moderate to severe BPH showed significant improvement and warrants investigation of this proven method for treatment of prostate concerns. If you are struggling with prostate challenges, come to Vital Health. We're here to help.



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

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

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By Freddy Groves

Successes at the VA

The VA is making great progress in serving veterans. The latest score card shows things going in the right direction.

For example, since the beginning of January 2025, they've opened 40 new healthcare facilities and completed 82 million direct care appointments. During that time they reduced the backlog of veterans waiting for benefits by over 70%.

When it comes to community care appointments, they completed 59 million in 2025. A big push, started at the end of 2025, cleared the backlog of healthcare applications for 900,000 veteran spouses, survivors, caregivers and dependents.

They managed to provide over 3 million appointments outside of normal hours, giving veterans the option of early morning, evening and weekend appointments.

Over 215,000 veterans have been enrolled in VA healthcare just this year alone.

For 2026 they've earmarked \$4.8 billion to fix and repair healthcare facilities, to include modernization of the electronic health record systems and building upgrades such as elevators and boiler plants.

More than 51,000 homeless veterans were helped into permanent housing last year.

The VA managed to save \$24 million per year just by centralizing the payroll system for VA employees, money that can now be spent in other areas.

But the big-ticket item, one that will have a major impact, is that the VA managed to get \$10.44 billion in drug price reductions this year alone -- the biggest price reduction they've ever had. This started with President Trump and his push for lower drug costs. For the civilian population, they just announced the largest drug price reduction in over 60 years after requesting the world's 17 largest drugmakers to lower prices to what they charge other countries. It's said this could save \$529 billion over the next 10 years.

I'll be the first in line to point the finger of blame at the VA for things that go wrong, but seeing this list, it's clear they're doing many, many things right.

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MINI SUDOKU

	1			6	
2				4	5
	5	1			
			5		
		2	6		

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

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When to stop hiking with your dog

DEAR PAW'S CORNER: I recently read an article about a hiker who noticed another hiker's dog limping badly on a backwoods trail. The dog's paws were a mess, with long nails and pads that were scraped and tender. Yet the owner said that he and the dog were pressing on to the end of the trail, two days ahead. Can you please make your readers aware that dogs aren't as tough as people think they are? An injured dog can't just keep going, because minor injuries can quickly become major, life-altering injuries in the woods. Sign me -- Concerned in the Smokies

DEAR CONCERNED: I'm with you on this. While most dogs are energetic and agile on short walks around the neighborhood, long-distance hikes are a whole other animal. During any outdoor activity, your dog's well-being dictates when it's time to stop and go home. Owners should be attuned to their dog's behavior at all times. When they show early signs of getting tired, that's the time to call it a day -- before they begin limping or crying in pain.

Just as with human hikers, dogs need extensive physical conditioning before tackling a long hike. Start by gradually extending daily walks over several weeks or months. Take short day hikes so your dog becomes comfortable on uneven, variable terrain. After each hike, inspect their paws, brush debris and insects off their coat, and check their skin for ticks. Monitor them after hikes. If they seem unusually tired, give them a day off to recover. Note that puppies up to 18 months should not be taken on walks or hikes of over 2 miles. Their bones are still developing, and overuse can cause permanent injuries. Senior dogs should also cut their mileage, and close attention must be paid to their hydration and energy levels. Send your tips, comments or questions to ask@pawscorner.com.

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By Ryan A. Berenz

1. In 1981, which world-famous athlete talked a man out of jumping from the ninth-floor fire escape of a Los Angeles office building?

2. Name the Basketball Hall of Famer who has his No. 00 retired by the Boston Celtics.

3. The Tartan Army is the name given to supporters of which nation's soccer team?

4. Which team, made up of Caribbean nation-states, won the ICC Men's Cricket World Cup in 1975 and 1979?

5. In 2018, Brazilian surfer Maya Gabeira set a Guinness World Record for the largest wave surfed by a female. How high was the wave's face height from trough to crest?

6. In January 1974, which team snapped the UCLA Bruins men's basketball team's 88-game winning streak?

7. Who scored more points in the 1970 NBA All-Star Game: Tom Van Arsdale (East) or his identical twin brother Dick (West)?

Answers

1. Muhammad Ali.

2. Robert Parish.

3. Scotland.

4. The West Indies Windies.

5. 68 feet (20.72 meters).

6. The Notre Dame Fighting Irish.

7. Dick, with eight points (Tom had five points).

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ONE

MORE

FACT

The Billy Possum was a plush toy created after William Howard Taft won the 1908 United States presidential election. Intended to replace the teddy bear, the possum was chosen because of Taft's love for "possum and taters", a symbol of southern pride. However, the Billy Possum plush toy didn't achieve the same level of popularity or enduring legacy as the teddy bear.

TIDBITS

presents

TRIVIA NEWSFRONT

1. This bear originally inhabited London Zoo.

2. This bear was named after the London railway station where he was found.

3. This bear is a stand-up comedian on the Muppet Show.

4. This set of 10 bears was originally designed for greeting cards but went on to star in numerous feature films.

5. This animatronic talking bear was the hit of the 1985 toy season.



1. Spider-Man: Brand New Day (PG-13) Tom Holland, Zendaya
2. Insidious: Out of the Further (PG-13) Amelia Eve, Island Austin
3. The Odyssey (R) Matt Damon, Tom Holland
4. PAW Patrol: The Dino Movie (PG) Carter Young, Mckenna Grace
5. The End of Oak Street (PG-13) Anne Hathaway, Ewan McGregor
6. Mutiny (R) Jason Statham, Chaneil Kular
7. Tony (R) Dominic Sessa, Antonio Banderas
8. The Fast and the Furious (PG-13) Vin Diesel, Paul Walker
9. Spa Weekend (R) Leslie Mann, Isla Fisher
10. Teenage Sex and Death at Camp Miasma (R) Jack Haven, Hannah Einbinder
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Weekly SUDOKU

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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THIS WEEK'S

CELEBRITY

BIRTHDAYS



Warren Buffet	8/30/1930
Richard Gere	8/31/1949
Gloria Estavan	9/1/1957
Keanu Reeves	9/2/1964
Charlie Sheen	9/3/1965
Paul Harvey	9/4/1918
Raquel Welch	9/5/1942

TIDBITS



"Star Wars: The Mandalorian and Grogu" (PG-13) -- Sometimes a film can have a notable director such as Jon Favreau ("The Lion King"), popular lead stars like Pedro Pascal ("Fantastic 4: The First Steps") and Jeremy Allen White ("The Bear"), and even a score composed by an Oscar winner like Ludwig Goransson ("The Odyssey") -- and still not meet box-office expectations! It certainly didn't meet Disney's, as it was the lowest-grossing live-action "Star Wars" film of all time. This sci-fi film is a continuation of the three-season series "The Mandalorian" (2019-2023), which follows bounty hunter Din Djarin (Pascal) and his foundling, Grogu. Instead of a fourth season, its creators decided to move toward a feature film about the duo, who get recruited by the New Republic to rescue Rotta the Hutt (White). Stream it on Sept. 2! (Disney+)

"Mayday" (PG-13) -- Ryan Reynolds is back on our screens after the successful third installment of his "Deadpool" franchise! Trading in his skintight red suit for a United States Air Force uniform, Reynolds plays pilot Troy "Assassin" Kelly in this action-comedy film out on Sept. 4. After ejecting himself from his plane to survive a head-on collision, Troy lands in the Russian wilderness and quickly encounters ex-KGB carpenter Nikolai Ustinov (Kenneth Branagh). Nikolai, who greatly admires the American government and culture, agrees to help Troy get outside of enemy lines. Of course, even with their combat skills and the power of their two heads combined, it won't be an easy feat. (Apple TV)

"The Runner" (PG-13) -- Having gone under the radar for a bit after the catastrophe that was "Snow White" (2025), Gal Gadot has found herself in a new lead role for an action thriller that's way more up her alley. Gadot portrays Maia, an attorney, mother and running enthusiast. In the middle of her normal run after dropping her son, Noah, off to school, she receives what she assumes is an ordinary call from him, until she hears a man on the other end of the line. Startled, Maia listens intently as the caller tells her that he has abducted Noah, and only if she follows each of the caller's rules will Noah get to live. Damian Lewis ("Pressure") and Alfred Enoch ("The Critic") co-star. Premieres Sept. 2. (Amazon Prime Video)

In Case You Missed It

"The Man Will Burn" (TV-MA) -- This four-part documentary series that's out now on streaming takes on the radical weeklong desert festival known as Burning Man. Originating in 1986 on Baker Beach in San Francisco, Burning Man has since evolved into a large-scale event consisting of more than 70,000 participants. Now held at its iconic venue of Black Rock City, Nevada, the festival brings together people from around the world with a foundation of 10 main principles: radical inclusion, gifting, decommodification, radical self-reliance, radical self-expression, communal effort, civic responsibility, leaving no trace, participation, and immediacy. The series explores its history, the nonprofit that organizes the festival, and how celebrity culture has infiltrated Black Rock City. (HBO Max)

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1. HISTORY: When did Labor Day become a federal holiday?
2. ANIMAL KINGDOM: Which animal can hop from side to side but can't walk forward or backward?
3. MOVIES: What is the only international (non-English) movie to date that has won the Best Picture Oscar?
4. LANGUAGE: What does the Latin word "alibi" mean in English?
5. FOOD & DRINK: Which country is known for the soup called pho?
6. GEOGRAPHY: What is the largest bay in the world?
7. MUSIC: What 1996 song by Los del Rio became an international dance phenomenon?
8. U.S. PRESIDENTS: Who is the only president to be elected unanimously by the Electoral College?
9. SCIENCE: How many times does the average human blink per minute?
10. TELEVISION: What is SpongeBob's pet named in the animated series "SpongeBob SquarePants"?

Trivia answers

1. 1894.
2. Kangaroo.
3. "Parasite," 2019.
4. "Elsewhere."
5. Vietnam.
6. Bay of Bengal.
7. "Macarena."
8. George Washington.
9. 15 to 20 times.
10. Gary.

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F O R D E A R T H U R S S R K

Q B R W A S H I N G T O N E C

P A N M O K O J H I F E H L A

H M C N B Z Y O X V L U O Y J

T A R D L E I F R A G C J T Q

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

Arthur	Harding	Kennedy	Trump
Clinton	Jackson	Obama	Tyler
Ford	Jefferson	Reagan	Washington
Garfield	Johnson	Roosevelt	



Bring Bowls of Food To Your Table

Big bowls, tiny bowls, bowls that are just right -- they're all part of the "bowl" craze that has grabbed the attention of the culinary world and landed on our kitchen tables. And I'm in! So is my son, Anders, who has a special bowl that he uses day in and day out, starting with breakfast. Come dinnertime, he uses it again and often assembles last night's leftovers, topped with veggies or herbs from the garden and grated cheese for bowl-food deliciousness! Of course, he could put everything on a plate, but bowls are unexpected, easy to hold, and simply more fun. Robin Asbell, cookbook author of "Great Bowls of Food," says that bowl meals are colorful, and their simplicity really appeals to all ages. "They're great for families because they're so flexible and can be customized for each diner with no fuss. If someone doesn't like beets, leave them out of their bowl, or use a vegetable they prefer."

Her recipes reflect her commitment to healthy eating and trying new ingredients to make family meals interesting and tasty. Inspired with the many possibilities for creating bowls of food, I landed on a "Pizza Bowl With Soft Polenta, Spinach and Mozzarella." It's a twist on pizza and full of good-for-you ingredients, including a fall comfort food, polenta, as a base.

PIZZA BOWL WITH SOFT POLENTA, SPINACH AND MOZZARELLA

Serves 4

- 1 cup polenta
- 3 cups water
- 1/2 teaspoon salt
- 1/2 cup shredded Parmesan cheese
- 4 ounces baby spinach
- 1 cup prepared spaghetti sauce, heated
- 8 ounces fresh mozzarella, small balls or chopped
- 1/2 cup fresh basil, finely sliced

In a 2-quart saucepan, whisk the polenta, water and salt. On medium-high heat, stir until the mixture comes to a boil. Reduce heat to low and stir every 5 minutes, scraping the bottom of the pan. Cook for about 25 minutes, until thick. Stir in Parmesan cheese until melted. Keep warm.

To serve, divide the spinach between 4 bowls and top with polenta. Measure 1/4 cup of hot spaghetti sauce over each bowl and top with mozzarella. Top with shredded basil and serve.

Cook's Note: If preparing polenta in advance, transfer to a 9-inch pan after cooking, smooth the top, and let cool. To serve, reheat in the microwave, or cut in wedges and saute in olive oil until crisp and heated through.

Resources: Find Robin's books, recipes and cooking techniques at RobinAsbell.com.

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at www.donnaerickson.com.

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Distributed by King Features Synd.



ARIES (March 21 to April 19) A change that you hoped for is on its way. But you still need to be patient until more explanations are forthcoming. Continue to keep your enthusiasm in check.

TAURUS (April 20 to May 20) Your social life expands as new friends come into your life. But while you're having fun, your practical side also sees some positive business potential within your new circle.

GEMINI (May 21 to June 20) Your workplace situation continues to improve. Look for advantages that you might've missed while all the changes were going on around you. A trusted colleague can help.

CANCER (June 21 to July 22) Resist the urge to hunker down in your bunker until things ease up. Instead, get rid of a woe-is-me attitude by getting up and getting out to meet old friends -- and make new ones!

LEO (July 23 to August 22) Now that you're back enjoying the spotlight again, you should feel reenergized and ready to take on the challenge of bringing your big, bold plans to completion.

VIRGO (August 23 to September 22) A former friend would like to repair a relationship that you two once enjoyed. Your positive response could have an equally positive impact on your life. Think about it.

LIBRA (September 23 to October 22) Resist making impulsive decisions. Stay on a steady course as you continue to work out workplace problems. Be patient. All will soon be back in balance.

SCORPIO (October 23 to November 21) You might feel confident about taking a promising offer, but continue to be alert for what you're not being told about it. Don't fret. Time is on your side!

SAGITTARIUS (November 22 to December 21) People dear to you might be planning a way to show appreciation for all that you've done for them. Accept the honor graciously. Remember, you deserve it.

CAPRICORN (December 22 to January 19) Congratulations! Your self-confidence is on the rise. This could be a good time to tackle any bothersome situations that you've avoided both at home and at work.

AQUARIUS (January 20 to February 18) You feel obligated to return a favor. (Of course, you do.) But heed advice from those closest to you and do nothing until you're certain about what's being asked of you.

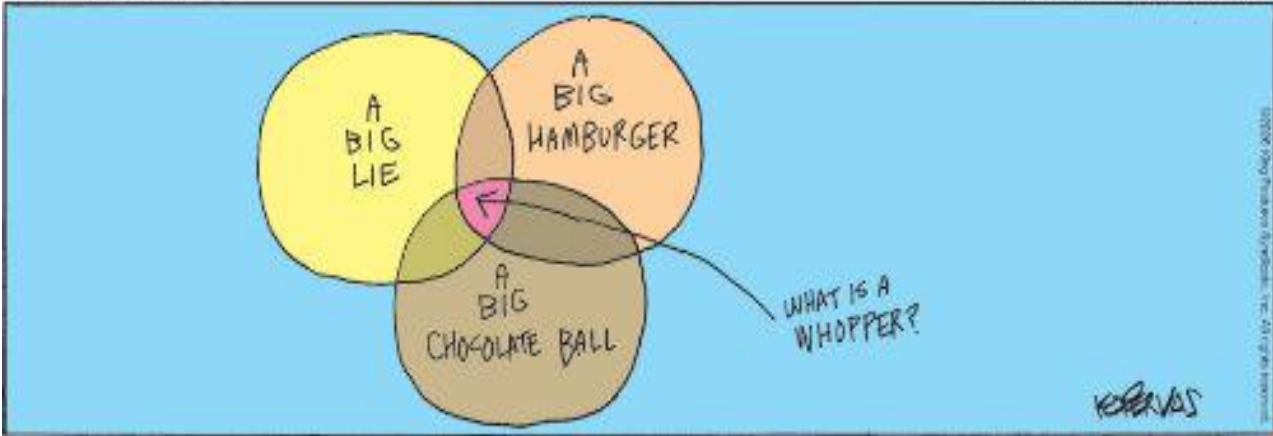
PISCES (February 19 to March 20) Your loving reassurance helped revive a once-moribund relationship. But be wary of someone who might try to do something negative to reverse this positive turn of events.

BORN THIS WEEK: You're a wonderful matchmaker who can bring people together to form long-lasting relationships, whether they're friendships or romantic affairs.

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Out on a Limb

by Gary Kopervas



CryptoQuip

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

Clue: N equals P

YJK NKYWYWAS BRM NVKMKSYKL

BWYJ YJK MYVASEKMY

NVAYKMYAVM RY YJK YAN.

WY'M WS LWMMSYWS AVLKV

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Super Crossword

FELINE FROM AFAR

ACROSS
1 More serious, as a matter
7 It's hidden by head hair
12 Quivered
20 Sure to succeed, as a proposition
21 Marisa of "Cyrus"
22 César Fitz or Conrad Hilton
23 Immediately
24 Of the hipbone
25 With great happiness
26 Start of a riddle
29 Breathe hard and fast
30 Seat of Kansas' Allen County
31 Whale like Shamu
35 Bouncer's age-verifying duty
39 — Park (site of Edison's lab)
41 Shock absorbers, of sorts
44 Riddle, part 2
47 Overly affected
48 Two, in Spain
49 Certain blood type, in brief
50 Quantity; Abbr.
51 Egyptian sun god
53 Fiber-yielding plant
56 Charlotte — (rich dessert)
58 Erwin of old films
61 Web portal since '95
62 Riddle, part 3
66 Mailed, e.g.
68 Pen name
70 Tiny, informally
71 Riddle, part 4
74 Really binges, briefly
77 Atlanta-to-Tampa dir.
78 Dog's tether
79 Edict
80 Expend all of
82 Lay (down)
83 84-Down of Bart Simpson
85 "Indubitably!"
87 Dazzling effects
91 End of the riddle
97 Signs up
98 Fishing line attachments
99 Private school
100 Personal manner
101 Chimney stuff
102 Skewed view

DOWN
1 Chew like a rat
2 Horror film director Eli
3 Emollient plant juice
4 Gold-winning skier Lindsey
5 Locked place where people solve puzzles to find the key
6 People staging old battles, say
7 Clown's leg lengthener
8 E. — (bacterium)
9 Lady friend, in France
10 On a slant
11 Small flute
12 Iota preceder
13 Do deep massage therapy on
14 And the like; Abbr.
15 Portion (out)
16 Ignored, informally
17 Pan topper
18 Sinuous fish
19 Parched
27 Egyptian sacred cross
28 Truckloads
32 Goes over, as old issues
33 Sevastopol natives, e.g.
34 Deputy; Abbr.
35 Hairy TV cousin
36 Whoop-de—
37 Co. VIP
38 Owns, to Shakespeare
39 L-P link
40 Mag VIPs
41 Big Mac base
42 Wombs
43 Fill with steam
45 Mag revenue sources
46 Cry to a baby who makes a boo-boo
52 Potentially offensive, in brief
53 Attacked aggressively
54 Business coll. subject
55 Repair
57 Neighbor of Nor. and Fin.
58 Dir. 45 degrees from 77-Across
59 "Madam Secretary" star
60 Perturb
62 Rig on a road
63 Panther
64 Med. insurers
65 "Ready Player One" co-star Sheridan
67 "J to — L-O!" (Lopez album)
69 Until now
72 Dots on ocean maps
73 Switch gears
75 Become less intense
76 In the current state
80 Land with a 50-star flag
81 Said "guilty" or "not guilty"
82 Apple discard
84 Bro's sibling
85 Hearty laugh
86 Three in "maximum"
88 "Botch- —" (1952 hit)
89 Pro — (for now)
90 Pigs' hangout
92 Makes an allusion to
93 Sneaker, e.g.
94 Horn honkers
95 A baker may wear a mitt to handle one
96 Longtime depilatory brand
101 Singer Patti or Sam
102 Greyhound transports
104 Deputy
105 Body part with a cap
106 Brooklyn Bridge's river
107 Legendary snow beast
108 Doing the task
109 — II (Gillette razor)
110 Starchy tropical root
111 Plug-in auto
112 Repose
113 Sit-up targets
114 Lyricist Gershwin
115 Seating tier



- On Sept. 14, 1964, author John Steinbeck was honored with the U.S. Medal of Freedom. He had previously received a number of other honors and awards for his work, including a Pulitzer Prize in 1940 for "The Grapes of Wrath" and a Nobel Prize in Literature in 1962.
- On Sept. 15, 1931, a small dirigible docked briefly at the mooring mast on top of the new Empire State Building before winds forced it away. While hopes were high for the creation of an airship port in midtown Manhattan, they were never realized.
- On Sept. 16, 1810, Catholic priest Miguel Hidalgo y Costilla launched the Mexican War of Independence with the issue of his Grito de Dolores ("Cry of Dolores"), a tract calling for the end of 300 years of Spanish rule in Mexico, redistribution of land and racial equality. Thousands assembled at his banner of the Virgin of Guadalupe and soon after a peasant army was marching to Mexico City.
- On Sept. 17, 1976, NASA publicly unveiled the Enterprise, its first space shuttle, in Palmdale, California. The following year it became the first space shuttle to fly freely when it was lifted to 25,000 feet by a Boeing 747 airplane and then released to glide back to Edwards Air Force Base.
- On Sept. 18, 1981, the 20,000-car parking lot at Canada's West Edmonton Mall earned a spot in the Guinness Book of World Records as the largest parking lot in the world, a distinction it's held for years, though some have disagreed, saying that because the lot is half indoors and half outdoors, it's not one structure but two.
- On Sept. 19, 1955, after a decade-long rule, Argentine president Juan Domingo Perón was deposed in a military coup.
- On Sept. 20, 2012, 16 members of a dissident Amish group in Ohio were convicted of federal hate crimes and conspiracy for forcibly cutting the beards and hair of fellow Amish with whom they had religious differences.

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SIT BACK AND RELAX
with a TIDBITS today!

SENIOR NEWS LINE

By Matilda Charles

Cutting expenses

Color me shocked when my most recent electric bill spiked nearly \$50 in one month. I immediately scrutinized the bill, wondering if they hadn't credited the previous check I'd sent. But no, it was listed -- and so was the increased cost of basic service, approved by the state's public utilities commission. Which only added to the cost of air conditioning during our heat waves.

Once again it's time to take a close look at ways I (and you) can save money.

Take a look through the list of TV streaming services you have and see if any are no longer worth keeping. I recently canceled a few services, while my library rents movies for free. If you have a pet that's due for a rabies or distemper vaccine, ask the animal shelter if they have low-cost vaccination days.

No matter what drug plan you have, ask your pharmacist for the lowest possible price on your drugs. You might be surprised to learn that paying cash actually offers the lowest cost for your particular drug.

Cancel any credit cards that have a fee.

It's not too early to start thinking about holiday gift-giving. Begin by making a list and a budget. Keep an eye on sales (such as Black Friday) over the next several months.

Become familiar with senior discount days in your area. Goodwill and Salvation Army stores offer varying discounts depending on the day and location.

Apply for SNAP benefits to help with food costs. You could receive varying amounts per month, depending on your income and the number of people in your household.

And what might be the most beneficial: Ask for a senior discount anywhere you spend money. Grocery loyalty card, auto insurance, hardware store, pet store, YMCA, cellphone service ... it can all add up to significant savings.

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WHAT HAPPENS IN ASSISTED LIVING?

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

Morning: A Fresh Start

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

Mid-Morning: Activities and Social Time

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

crafting session, or even a friendly game of bingo. Social events like these help create bonds among residents (and those caring for them), by keeping the atmosphere vibrant and full of life.

Afternoon: Relaxation and Recreation

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

Evening: A Cozy End to the Day

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

In assisted living, every day is filled with moments of joy, connection, and comfort, where each resident can live life at their own pace while being part of a caring community. Call me today for a free consultation in navigating assisted living and memory care options.



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

SCRAMBLERS

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 page!

Restore	PRARIE		
Virtue	REMIT		
Ramcor	RUGGED		
Tether	SHALE		

TODAY'S WORD



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Micro Crossword

By Elizabeth C. Gorski

Across

1 Some lighters or pens

5 Curved image in Amazon's logo

6 Dutch cheese city

7 Vacant, as a flat

8 Log choppers

	1	2	3	4
5				
6				
7				
8				

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Down

3 Writes software

4 Smack a baseball

5 Oaxaca water

TIDBITS WORD POWER

Unscramble this word:

CHOLERATIP

The official word meaning "one who loves bears" from the Latin word for bear.

TIDBITS NUGGET OF KNOWLEDGE

The world's largest teddy bear measures 63 ft 8 in (19.41 m) in length and was constructed in México in 2019. The bear was displayed at the local stadium in the city of Xonacatlán. The bear was dubbed Xonita, after the town.

KNIGHT MOVES

Y	N	R
D		R
A	O	I

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

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TIDBITS PUZZLE ANSWERS

YOUR KNOWLEDGE Trivia

1. President Ford
2. Polio
3. Pope
4. Car Wash
5. Fish Recipe

WORD POWER
ANSWER
ARCTOPHILE

QUIZ BITS
ANSWERS

1. Nostradamus 500
2. 200

Weekly SUDOKU

Answer

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

SNOWFLAKES

solution

SCRAMBLERS

Solution

1. Repair; 2. Merit
3. Grudge; 4. Leash

Today's Word

UMPIRES

KNIGHT MOVES

Answer

Y	N	R
D		R
A	O	I

ORDINARY

PRESIDENTS OVER 6 FEET TALL

Word Spiral Answer

TAILLIGHT

MINI SUDOKU

Answer

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

Micro Crossword

Answer

	B	I	C	S
A	R	R	O	W
G	O	U	D	A
U	N	L	E	T
A	X	E	S	

CryptoQuip

answer

The petition was presented with the strongest protestors at the top. It's in dissenting order.

CryptoQuote

answer

The first step to get what you want is to get rid of what you don't. — Paulo Coelho

Super Crossword

Answers

GRAVER	SCALP	TREMLED
NOLOSE	TOMEI	HOTELIER
ATONCE	ILIAC	ELATEDLY
WHENANAL	ALIENCAT	FLEW
	PANT	IOLA
ORCA		
IDCHECK	MENLO	BUFFERS
TOEARTH	HANDGOT	OUTOFHIS
TOOTOO	DOS	ONEG
AMT		
HORUS	HEMP	RUSSE
STU	MSN	SPACESHIP
WHAT		
SENT	PSEUDONYM	FEENY
WASHIS	COMMAND	ODS
SSE		
LEASH	FIAT	USEUP
SET	LISA	YES
ECLATS		
TOTHE	FIRSTHUMAN	SHEMET
ENLISTS	HOOKS	ACADEMY
MIEN		
SOOT	BIAS	
	TAKEMETO	YOURLITTER
AIRSINAI	EVEN	STRACE
BROADCAST	RETIE	TIARAS
SAWTEETH	SNITS	ESCORT

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TO YOUR GOOD HEALTH

By Dr. Keith Roach

By Dr. Keith Roach

Word-Recall Difficulty Causes Concern in 70-Year-Old Female

DEAR DR. ROACH: I'm a healthy 70-year-old female who still works full-time and plays tennis regularly. I'm 5 feet, 6 inches tall and weigh 140 pounds. My concern is my memory, especially my speech. English is my second language, but I've been in the United States for over 40 years. Words often disappear from me when I need them and come back later when the subject is closed.

When I shared my concern with my friend, I was told that nicotine patches are helpful for memory loss, even though I'm no longer a smoker. I quit smoking 15 years ago after decades of smoking. What's your opinion on nicotine patches for memory loss? -- M.M.

ANSWER: First, occasional word-recall difficulty isn't abnormal for healthy 70-year-olds, even native English speakers. Many people who are aging normally have tip-of-the-tongue word-recall problems and usually find the word that they're looking for later. Unless you have significant progression with this problem or have other memory or thinking problems, this may be nothing to worry about.

To answer your question, nicotine patches were shown to have small improvements in memory and attention in healthy older people and in people with mild cognitive impairment (some but not all of whom will develop dementia later). But they aren't approved by the Food and Drug Administration for this purpose.

These findings are small and aren't replicated. An ongoing trial is underway and may be published soon. In the meantime, I don't recommend nicotine patches for memory, attention or word recall.

DEAR DR. ROACH: I'm a 76-year-old man, and I have to urinate at least every 2 hours every night. My urologist did a digital check on my prostate and found that it was of normal size. He recommended a cystoscopy. He said that they numb the penis beforehand, but I'm concerned about the pain. I forgot to ask the doctor if I could be given a strong sedative. Can they give me a sedative before this procedure? -- K.O.B.

ANSWER: They absolutely can give you sedation for this procedure. I personally think that people shouldn't feel compelled to try to get through medical procedures without medication to make the procedure less painful, uncomfortable or scary, especially because procedures can sometimes seem this way.

Men in particular seem to have a hard time asking for relief. On the other hand, physicians are less likely to offer pain relief to women during procedures. Both men and women deserve a discussion about their options to reduce pain and discomfort.

You should discuss this well ahead of time with your urologist, who may want to have an anesthesiologist administer the sedative. People who undergo moderate sedation should have someone to help them get home and get information about how the procedure went. The sedative can make it hard for a patient to form new memories for a while, meaning that patients may forget some of the explanation they get after the procedure.

Additionally, your urologist can take steps to make the procedure more comfortable, such as adjusting the pressure of the fluid that flows through the cystoscope; allowing you to watch what's happening on the screen if you want; and allowing you to choose the music that you'd like during the procedure. These are relatively simple steps that have been proven to reduce pain, discomfort and anxiety.

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

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Amber Waves

by Dave T. Phipps

Panel 1: A farmer stands in a field, looking up at the sky. He says, "WOW, WHAT A GREAT DAY! FIRST, THE FARMER SERVED UP EXTRA CORNCOBS AND GRAIN."

Panel 2: The farmer is now sitting on the ground, looking down at a small pile of corn. He says, "THEN I WAS ABLE TO GET A NICE SHADY SPOT IN THE MUD FOR AN AFTERNOON NAP."

Panel 3: The farmer is now standing in a field, looking up at the sky. He says, "AT THIS POINT I DON'T THINK ANYTHING COULD WRECK A PERFECT DAY LIKE THIS."

Panel 4: The farmer is now sitting on the ground, looking down at a small pile of corn. He says, "DID YOU WATCH THE NEWS TODAY? I WAS WRONG."



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