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TIDBITS® SAYS LET'S DANCE!

by Kathy Wolfe

This week, Tidbits invites you to grab your dancing shoes and swirl, dip, and shuffle as we look into several well-known and not-so-well-known dances from around the world.

- Hawaii's traditional hula dance began as a method of storytelling, with chanting accompanied by drums and rattles. Hip movements and hand gestures expressed the significance of the chant. The Polynesian culture performed hula to honor their mythological gods and goddesses. The rise and fall of hands would signify ocean waves while spreading the fingers might symbolize the opening of a flower. Stomping feet might represent volcano eruption. Physically-demanding training was required to become a "kahiko," the early hula dancers.
- Russian and Ukrainian Cossacks have been performing the Cossack dance, also known as the Hopak, since the 15th century, when the Cossack military warriors used the dance to celebrate victory in battle. This folk dance requires a high degree of strength, skill, and athleticism for the performance of leaps, kicks, splits, and turns. The familiar low squat with outward kicks is known as the "prisyadka." Cossack dancers typically don dark, heavy wool coats, voluminous trousers, and Persian lamb or sheepskin hats.

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LET'S DANCE! (continued):

- There are several dances we might loosely classify as "Latin," and each is significant in its own way. Salsa has its origins in Cuba, incorporating components of Mambo, Cha Cha, and Rumba. It's performed to upbeat music and features fast, intricate footwork along with "shimmies," kicks, and spins. Flamenco's roots are in 15th-century Andalusia, a region of southern Spain. Flamenco is more than dancing – it's a form of storytelling through personal experience and emotions. In addition to the intricate footwork ("zapateado"), there is also singing, known as "cante," and "toque," the guitar playing that provides the foundation of the melody and rhythm. There's plenty of fast foot stomping and graceful heel clicks. Although our first impression of Flamenco is the dancing, early performances were strictly singing. The Tango originated in the late 1800s in Argentina, while the Samba grew out of Brazilian traditions.
- Classical guitar played in a syncopated rhythm provides the foundation for the Bossa Nova, a dance that has its beginnings in Rio de Janeiro, Brazil in the late 1950s. The calm blend of samba and jazz give the dance an exotic swaying feel. The term translates from the Portuguese language, meaning "new trend." Perhaps the most famous Bossa Nova song is the Grammy-winning "The Girl from Ipanema," the vocal debut of Brazilian singer Astrud Gilberto.
- Although the foundation of what we call line dancing is from 19th-century folk dancing, its modern popularity is credited to the country western music of the 1970s. The synchronized steps, such as grapevine, shuffle, jazz box, heel digs, skate steps, scuffs, pivots, and toe struts, are performed in unison by a group. Billy Ray Cyrus' "Achy Breaky Heart" became a popular tune for line dancers, and the film "Urban Cowboy" further popularized the dances.



By JoAnn Derson

- Soaking window decals with baby wipes will soften the adhesive, allowing you to remove a decal from glass easier.
- "Potty training can be stressful for both the child and the parent. We tried many things, but in the end, you have to wait for the child to want to train. One thing that helped keep our daughter motivated was a sticker chart. Be bought all kinds of stickers, and whenever she used the potty, she would get to choose a sticker to put on the chart. We would remark on how many stickers she had and the variety, which made her feel successful!" -- D.R. in Iowa
- "Last week, we found my son's favorite sippy cup half-filled with sour milk under the couch. I washed it very well with hot soapy water, but it still smelled bad. I stuffed the cup with newspaper pieces and screwed the top back on. The newspaper absorbed the smell. I took about a week, but it's back in use." -- T.L. in Texas
- "My pup loves to ride in the car, and my car seats love his hair, too. Seems like it's impossible to get out! A vacuum didn't work, so my neighbor suggested I use dish gloves. Just put a latex rubber glove on your hand and wipe over seats. A very lightly damp sponge can work as well." -- P.I. in Washington
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Laugh a bit with TIDBITS

Dance for hours = yep.
Run for 5 minutes = nope.

LET’S DANCE! (continued):

- The waltz traces its origins to late-18th-century Austrian ballrooms. The name of this graceful and elegant dance is derived from the German word “walzen,” which translates “to turn or to roll.” The smooth, gliding and flowing steps are performed to music with a ¾ time signature. The waltz was considered somewhat scandalous when first introduced due to the physical closeness of the partners, described as “shameless cavorting,” and was declared “inappropriate for polite society.” It was very fashionable in Viennese courts in the 1780s, reaching England in 1791. Austrian composer Johann Strauss composed hundreds of waltzes, including his most recognized, “The Blue Danube.”
- Several hit songs of the early 1960s propelled the popularity of the high-energy dance of that decade known as the Watusi. A Los Angeles soul group released “The Watusi” to great success in 1961, followed by a Philadelphia vocal quartet, the Orlons, who recorded “The Wah-Watusi” in 1962, a song that remained on the Hot 100 for 14 weeks. Part of the ‘60s dance craze, the Watusi was inspired by the traditional cultural dance of Africa’s Tutsi people, and featured rhythmic footwork and vigorous hip and arm movements in a “no-touch” style. The dance hit its peak around 1963, before its popularity declined in the mid-1960s.
- Four days after Charles Lindbergh’s successful non-stop flight from New York to Paris in 1927, folks were dancing the “Lindbergh Hop,” soon shortened to the “Lindy Hop,” referring to Lindbergh’s “hop” across the Atlantic. The Lindy combined several popular dances based on the African-American dances of Harlem’s Savoy Ballroom with European partner dances. The jitterbug is sometimes considered synonymous with the Lindy Hop, but adds swing moves, the Charleston (popularized in 1923), acrobatic lifts, and jive.

Fun Fact

The Mariana Trench in the Pacific Ocean is over 1,500 miles long and almost 7 miles deep. Mankind has explored further and much more often into outer space than we have ever yet ventured into the Trench’s very cold, very dark depths. Mount Everest would fit very comfortably down in it, and still have water above it.



Source:
www.scientificamerican.com



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TIDBITS QUOTE

“Great dancers are not great because of their technique, they are great because of their passion.” -- Martha Graham

LET’S DANCE! (continued):

- It’s believed that belly dancing has its origins in ancient Egypt, where depictions of female dancers swaying are represented in their art. There is also evidence of the dance in Turkey dating to the 1400s. Those in the Middle East call it “raqs shargi,” which is Arabic for “dance of the east,” with its focus on hip and torso motions, shimmies, rolls, and vibrations, along with props such as finger cymbals and veils. Their costume is referred to as a “Bedlah,” the Arabic word for “suit.” The dance is typically part of Middle Eastern wedding ceremonies. Modern belly dancing was first performed at the 1893 Chicago World’s Fair, where it was first referred to as belly dancing. In Europe, it had been named “Danse du ventre,” which translates from the French for “dance of the stomach.”
- The word “ballet” is a translation from the Italian word “ballare.” It simply means “to dance.” Ballet originated in the Italian Renaissance court in the 1400s, with the first documented ballet performed in 1489 during the wedding festivities of the Duke of Milan and Isabella of Aragon. It didn’t come to the stage as an art form for nearly 100 years. Dancers didn’t wear tutus and slippers, and just dressed in the fashions of the times which meant formal gowns for women. The dance spread to France and became a love of King Louis XIV, who founded the Academie Royale de Danse in 1661, an institution that established the techniques of posture and positions of classical ballet. There are five main ballet positions, variations of foot placement – heels together or one heel in front of another, direction of toes, or parallel feet.

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By Lucie Winborne

- On average, it takes between 12 to 14 dates before couples will trade house keys.
- In 1915, the Kansas legislature introduced a bill that would make it a misdemeanor for a woman under age 44 to wear lipstick because it would "create a false impression."
- The rocket frog can jump more than six feet by releasing energy it stores in its tendons.
- While several companies claim to be America's oldest soft drink brand, including Moxie, Dr Pepper, Vernors Ginger Soda and Hires Root Beer, all of which were created in the late 19th century, the inventor of carbonated water was Swedish chemist Joseph Priestley, in 1767.
- The Grand Canyon is so large that it can be seen from space.
- When language barriers caused confusion during international soccer tournaments, English referee Ken Aston was inspired to create the yellow and red card system while sitting at a traffic light. The cards were introduced at the 1970 World Cup.
- Ancient Romans sent slaves into the mountains to collect snow that they flavored with fruits and juices to create their own version of ice cream.
- Sunlight hitting Earth for one hour contains more energy than the world uses in a year.
- In 2013, the Chicago Sun-Times laid off 28 of its full-time photographers and trained its reporters to take their own iPhone photos.
- Bees contribute to more than \$15 billion worth of crops every year through pollination.

Thought for the Day:

"One thorn of experience is worth a whole wilderness of warnings." -- James Russell Lowell

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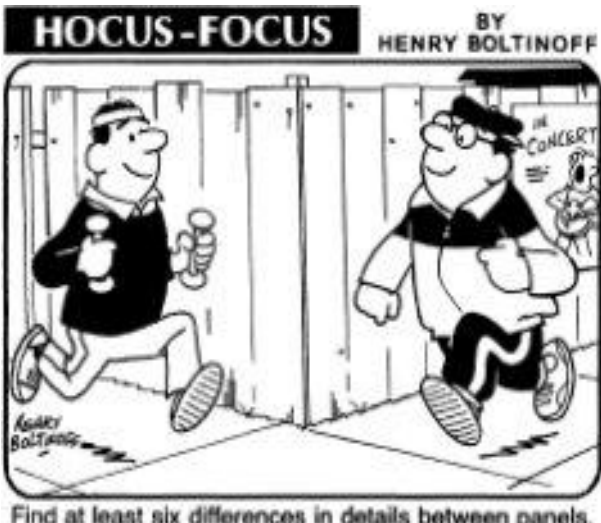
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Differences: 1. Arm is raised. 2. Poster is smaller. 3. Weight is missing. 4. Cup is reversed. 5. Line in sidewalk is moved. 6. Leg is moved.

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
PHOTO CREDIT: Chupp
Auctions & Real Estate
PHOTO CAPTION: Farm
calculators like this one by
International Harvester show that
farming, like most fields of work,
takes a good understanding of
math.



Farm Calculators

It's not just a classroom cliché to say that math is everywhere, from planning a budget to decorating a room. Even careers that aren't directly connected to math require plenty of it. Take agriculture. Today, an online search can bring up farm calculator apps designed to help determine, for example, how much fertilizer a field requires, fuel efficiency of farm equipment, or predictions for product yields.

Farm calculators have existed long before apps, of course. This vintage piece, which sold at Chupp Auctions & Real Estate for \$120, has calculations regarding livestock on one side and plant crops on the reverse. The dials turn to calculate the values. It was one of several types of farm calculators made and sold by International Harvester (IH), which was in business from 1902 to the mid-1980s.

Other calculators of theirs include simple cards printed with charts of a truck's miles per gallon; slide or dial calculators made of cardboard or tin that helped determine harvest rates and yields; and electric calculators sized for a pocket or desktop and marked with the company's logo. They were an effective form of advertising. In addition to being a useful tool, these calculators implied that International Harvester was the solution to whatever problem a farmer had.

Q: In my late mother's effects, I found two small

binders designed to hold 14 45-rpm records each. One or two of the sleeves are empty. All the records in them are by well-known artists of the 1940s and 1950s (Glenn Miller, Doris Day, Al Martino, etc.) and a few well-known labels (Columbia, Capitol, etc.). Are these relatively recent creations worth nothing or might at least some of them have value?

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8/26	Women's Equality Day
8/27	National Cinema Day
8/28	National Bow Tie Day
8/29	National Sarcoidosis Day

TIDBITS presents

Quiz BITS

1. Name the composer of Swan Lake, Sleeping Beauty, and the Nutcracker ballets.
2. Zydeco Dance, a combination of Cajun, African, and Caribbean genres, originated in the Creole communities of the U.S. state of _____.

CryptoQuote

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TIDBITS GOES LONG.....

On October 29, 1998, the Space Shuttle Discovery carried 400 million brine shrimp eggs into space. The eggs spent nine days in space and, when they were hatched eight weeks later, the creatures showed no ill effects from their journey.

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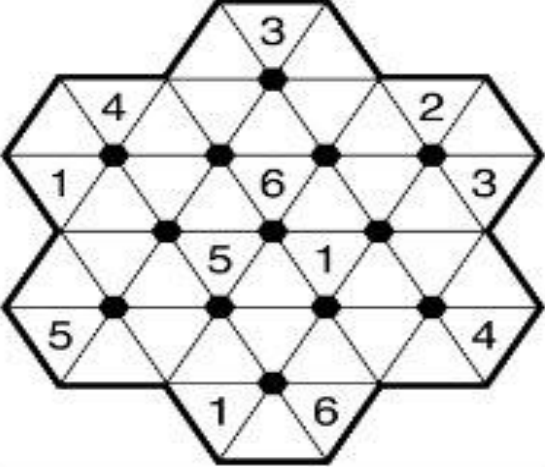
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AND ALLIEA BALESSA

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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By Dr. Holly Carling

FINDING CLARITY IN YOUR SEARCH FOR HEALTH

So often I hear from a patient “I wish I would have come in for care long before this, but I didn’t know it was available!” So many have searched for answers to their health challenges, trying this internet recommendation or that blog advise, only to wind up even more frustrated. They go to their assorted doctors because “something is off” – they don’t feel very well... and they can’t find anything wrong, or their answer is drugs or surgery.

The search for health can be daunting. For every plausible suggestion, there is conflicting information, causing doubt and more confusion. My hope is that this article clarifies things for you.

First, you need to ask questions. The number one question is “why?” “Why do I have this symptom?” “What is my body trying to tell me?” “What compensatory mechanism is in play?” The body doesn’t do something for no reason. Symptoms are red flags. What are they trying to tell you?

Medicine today has changed the way we see health and illness. In ancient China, doctors only got paid when their patient was well, and did not get paid when they were sick. That worked then, but with all the bad stuff we do to our bodies today, we practitioners don’t have enough

control for that to work. Too much nasty stuff around us! So, it’s up to us to take control of our own health.

Conventional medicine has done wonders for saving the lives of babies born with defects that otherwise would have died, for saving the lives of people with powerful drugs after traumatic injury or illness and extended the lives of others who otherwise would have died sooner of a chronic illness. So why is there a need for clarity in health, or even a question as to which direction to go?

Because some want to take greater responsibility for their health and just need direction. Some prefer not to mask their symptoms with drugs or take drugs to counteract the side effects of the other drugs they are taking. Some prefer to eliminate the problem, not just take a medication to enable them to live with their problem.

Asking “why” is often the first step. You can take any of 2 or 3 dozen medications for heartburn and reflux, but wouldn’t it be better to take care of why you have it in the first place? If your body has become a resting place for a chronic viral infection, why not make it less hospitable and push the unwanted guests out?

Alternative medicine is for those who are listed above. If you are one of those who are willing to give up or tweak some of your lifestyle habits for better health, then acupuncture, nutritional therapy, herbal medicine, naturopathy, chiropractic and the many other natural care modalities are probably for you. If you want clarity for your health, ask the question, “What am I willing to do to get well?”



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

New clinical trials at the VA

The VA has started two important trials.

The first trial, titled "Psilocybin Intervention for Veterans Overcoming Treatment-Resistant Depression," is to determine the effectiveness as well as the safety of a compound that's used to treat depression and post-traumatic stress disorder: psilocybin.

Psilocybin is a mushroom, more commonly known as "magic mushrooms," that converts to psilocin in the body, altering brain activity. Its use as a solution to mental health conditions that haven't responded to previous treatment is hoped to bring relief to sufferers.

The trial will compare two different dosages and study how they affect depression levels, PTSD and side effects. They will be held at five different VA locations: Birmingham VA Health Care System, Tuscaloosa VA Medical Center, VA Portland (Oregon) Health Care System, Corporal Michael J. Crescenz VA Medical Center and VA Puget Sound Health Care System.

The other new trial will take a diabetes drug, semaglutide, a GLP-1 receptor agonist, and explore its use as treatment for alcohol use disorder. Semaglutide appears to affect the rewards part of the brain. Researchers took their clues from a prior study that concluded that GLP-1 helped with alcohol, cannabis, cocaine, nicotine and opioid use disorders, following study participants for up to three years.

There are over 400,000 veterans who've been diagnosed with alcohol use disorder, and GLP-1 has been shown to reduce the rate of emergency hospital visits, hospitalizations and other adverse outcomes. The goal of the trial is to determine whether it can reduce alcohol use disorder in veterans.

The study ("Cessation or Reduction of Alcohol Consumption in Veterans") will be held at 18 VA medical centers starting with an initial enrollment of 600 veterans. Participants will either receive a placebo or semaglutide shot every week for 24 weeks while researchers track the outcomes.

To learn about participating in either trial, contact your nearest VA medical center or look for the trial by name at ClinicalTrials.gov.

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MINI SUDOKU

	6				
		2		1	
	2				
			3	6	
1			2		5
	5				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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By Sam Mazotta

Environmental allergies affect pets and people

DEAR PAW'S CORNER: The vet says my dog "Wyatt" has hay fever and should be kept inside the house when pollen counts are high. She also says my cat "Snowball" is allergic to something inside the house. Does that mean she has to stay outside? Sign me -- Confused in Crystal Lake, Illinois

DEAR CONFUSED: Dealing with pet allergies can be frustrating and confusing. But don't toss the cat outside yet.

Allergic reactions caused by pollen, dust and other things in the environment (known as atopic dermatitis) are more common in pets than many owners realize. But they can be managed with a veterinarian's help.

Symptoms of hay fever and other environmental allergies can include frequent sneezing; irritated, runny, itchy eyes; a runny nose; scratching much more than usual; and even a rash on the paws or face. Dogs may frantically lick between their paws to ease the itching. Excess scratching can cause sores and hot spots on a pet's skin, which can get infected.

Vets diagnose atopic dermatitis by its symptoms and common factors, like the time of year they occur. You can help with this by writing down everything you notice about your pet, including symptoms, behavior and their daily activities.

They'll create a treatment plan based on the severity of symptoms. Steroids may be prescribed short-term to reduce inflammation. Antibiotics or antifungals will clear any secondary infections caused by scratching and chewing. Longer-term treatment may include allergy shots (hyposensitization, a type of immunotherapy), medication to reduce immune response and omega-3 supplements. These can all take a few months to be effective, so your pets may need additional treatment for acute symptoms in the interim.

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

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By Ryan A. Berenz

1. Which team defeated the DeVry Hoyas 258-141 in January 1992 in the highest-scoring NCAA basketball game in history?
2. What barrier did Bernice Gera break at a minor league baseball game between the Geneva Senators and the Auburn Phillies in June 1972?
3. Name the St. Louis Blues player who had the tip of his left index finger severed from blocking a slapshot in a December 1990 game against the Chicago Blackhawks.
4. Reilly the Bona Wolf is the mascot of which New York university's athletic teams?
5. CBS Television City studio complex in Los Angeles was built on the site of which stadium that was demolished in 1952?
6. Name the Hungarian brothers who both became placekickers in the NFL in the 1960s.
7. In 1981, which boxer was mugged outside a Detroit bar and had \$45,000 in clothes, jewelry and gold teeth stolen from him?

Answers

1. The Troy State Trojans.
2. She became the first woman to umpire a professional baseball game.
3. Paul Cavallini.
4. The St. Bonaventure Bonnies.
5. Gilmore Stadium.
6. Pete and Charlie Gogolak.
7. LEO n Spinks.

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**ONE
MORE
FACT**

Jennifer Aniston is the most requested celebrity to appear on the popular "Dancing with the Stars," but has never competed since the show's premiere in 2005.



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TRIVIA NEWSFRONT

1. What dance did musical artist Van McCoy urge listeners to perform in his 1975 disco hit?
2. Name the French folk dance that incorporates quick, skipping steps by dancers wearing wooden clogs.
3. What dance is usually performed to the song "Boot Scootin' Boogie"?
4. Which dance requires you to "put your left foot in, put your left foot out"...and "turn yourself about"?
5. What ballet technique involves dancing on the extreme tip of the toe in special shoes?



1. Spider-Man: Brand New Day
(PG-13) Tom Holland, Zendaya
 2. The Odyssey
(R) Matt Damon, Tom Holland
 3. One Night Only
(R) Monica Barbaro, Callum Turner
 4. Toy Story 5
(PG) Tom Hanks, Tim Allen
 5. Super Troopers 3
(R) Kevin Heffernan, Paul Soter
 6. Minions & Monsters
(PG) Pierre Coffin, Trey Parker
 7. Moana
(PG) Dwayne Johnson, Catherine Laga'aia
 8. Ice Cream Man
(NR) Charlie Zeltzer, Eli Roth
 9. The Invite
(R) Seth Rogen, Olivia Wilde
 10. CatVideoFest 2026
(NR) A Bunch of Cats
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Weekly SUDOKU

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

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**



Shelley Long	8/23/49
Chad Michael Murray	8/24/81
Blake Lively	8/25/87
Macauley Culkin	8/26/80
Patrick J. Adams	8/27/81
Jack Black	8/28/69
Elliott Gould	8/29/38





"Toy Story 5" (PG) -- The third-highest-grossing film of 2026 is officially available to rent on Aug. 18, after a box-office run of \$1.096 billion against its \$250 million cost. (Pixar needed the money back since this installment is also one of the most expensive animated films ever made!) Tom Hanks, Tim Allen and Joan Cusack, respectively, reprise their roles as iconic characters Woody, Buzz Lightyear and Jessie; meanwhile, Conan O'Brien ("If I had Legs I'd Kick You") joins the cast as Smarty Pants, a toy that assists with potty training, and Greta Lee ("Past Lives") enters the series as Lilypad "Lily," a frog-themed tablet. The film, which takes place two years after "Toy Story 4," follows our favorite group of toys and their latest debacles as electronics start to take over their playtime with their current owner, Bonnie! Fun fact: Scarlett Spears, who now voices Bonnie, also played Young Glinda in last year's "Wicked: For Good." (Amazon Prime Video)

"Outer Banks: Season 5" (TV-MA) --



The wait is almost over for the series finale of this hit 2020 series! Fans have followed these characters from the Outer Banks of North Carolina to the Bahamas, South America and Morocco, and they've even had to say "goodbye" to a much-beloved main character, Rudy Pankow's JJ Maybank. Season 5 kicks off right after JJ's death with his friends drowning in grief, but the Pogues are still determined to track down JJ's killer, his biological father Chandler Groff (J. Anthony Crane), as well as the mythical artifact of the Blue Crown. The Pogues are still getting run out of their own town, and with no other people left to help them besides Sarah's deranged brother, Rafe (Drew Starkey), they embark on yet another unbelievable adventure full of close calls with death and spur-of-the-moment action! Look for all 10 episodes of season 5 to premiere on Aug. 20. (Netflix)

"The Invite" (R) -- This comedy-drama film out now to rent is Olivia Wilde's third directorial feature film, following her 2022 psychological thriller "Don't Worry Darling." Wilde also stars in the film, with just three of her fellow actors rounding out the cast -- Seth Rogen ("The Studio"), Penelope Cruz ("The Bride!"), and Edward Norton ("A Complete Unknown"). "The Invite" takes place over the span of one night in a San Francisco apartment owned by married couple Joe (Rogen) and Angela (Wilde). To Joe's surprise and dismay, Angela has invited their noisy upstairs neighbors over for dinner. But when neighbors Pina (Cruz) and Hawk (Norton) arrive for dinner, the night takes quite an unexpected turn for Joe and Angela, as they receive an extremely alluring invite of their own. (Fandango at Home)

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1. TELEVISION: Which musical instrument does Leonard play in "The Big Bang Theory"?
2. MUSIC: In what year did the Woodstock music festival take place?
3. MOVIES: Which horror movie features a character named Ellen Ripley?
4. HISTORY: When did the French Revolution begin?
5. FOOD & DRINK: What is carpaccio?
6. U.S. STATES: How many states border Mexico?
7. GAMES: How many wooden blocks are in the game of Jenga?
8. GEOGRAPHY: What is the longest mountain chain in the world?
9. ART: Who painted the "Mona Lisa"?
10. MATH: How many sides does a hexagon have?

Answers

1. Cello.
2. 1969.
3. "Alien."
4. 1789.
5. Thinly sliced raw meat or fish.
6. Four: California, Arizona, New Mexico and Texas.
7. 54.
8. The Andes in South America.
9. Leonardo da Vinci.
10. Six.

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: A FIELD OF GRAPEVINES

Cinch	Foothold	Halyard	Perimeter
Clinch	Footman	Lanyard	Smile
Diameter	Footwear	Mileage	Yardarm
Footage	Grinch	Milestone	

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Prepare 24-Hour Refrigerator Pickles

On a recent afternoon when my son texted me to check in, I nimbly replied with sticky fingers, "I'm preoccupied with taking pics of pints of pickled" While laughing at the preponderance of P's, I accidentally pressed send. He immediately wrote back, "Pickled peppers? ... Ha!" Hmm, OK, so I may have left the peppers out of this recipe, but keeping with the "Peter Piper picked a peck of pickled ..." verse that took us back to his childhood, I simply replied, "Perhaps."

Word play and food play are interchangeable with kids, no matter their age. Preparing pickled veggies this time of year is the perfect antidote for using and enjoying the abundance of fresh, tender and tasty produce in our gardens and markets. You and your kids can create full jars to stack in the refrigerator in less than an hour for a month of tasty sides.

- Discover (like my family) that the vegetables will be sweet like bread and butter pickles but pack more flavor than the traditional grocery-store fare. Here's how to "pickle it" all:

24-HOUR PICKLES

Makes 6 pints

For the brine:

- 5 cups distilled white vinegar
- 5 cups sugar
- 2 tablespoons kosher salt
- 1/4 cup mustard seed
- 1 tablespoon celery seed
- 1 tablespoon black peppercorns
- 6 bay leaves
- Fresh dill (optional)
- For the vegetables:
 - 3 cucumbers, sliced in discs or quartered lengthwise
 - 6 medium carrots, peeled and quartered lengthwise
 - 2 big handfuls of green beans
 - 1 medium cauliflower, broken into pieces
 - 2 onions, halved and sliced

In a saucepan, combine the first six brine ingredients and bring to a boil, stirring until sugar is completely dissolved.

Place the vegetables in a large bowl. An adult should pour the hot brine mixture over the vegetables. Cool. Transfer equally to six clean jars, tucking a bay leaf and dill (if you choose) in each one. Screw lids on tightly and place in the refrigerator.

Refrigerate for 24 hours before serving. Keep refrigerated and use within one month.

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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ARIES (March 21 to April 19) Be careful not to allow the backers of a new financial "deal" to pull the wool over the Lamb's eyes. It could hold fewer plusses and more negatives than you were first led to believe.

TAURUS (April 20 to May 20) It's a good idea to finish all incomplete tasks so that you can devote your attention to next week's projects. The weekend could hold surprises for romantic Fernandas and Ferdinands!

GEMINI (May 21 to June 20) A workplace suggestion you made a while ago that you might've forgotten could come back with a request to turn it from an idea to a reality. Meanwhile, your social life picks up considerably this weekend.

CANCER (June 21 to July 22) Someone from the past could return with an intriguing opportunity for a future project. By all means, check into it, but don't neglect your current responsibilities.

LEO (July 23 to August 22) Keeping your claws sheathed and using good humor to counter someone who's bad-mouthing the Big Cat isn't easy. But it's the best way to avoid more problems down the line.

VIRGO (August 23 to September 22) A workplace situation could improve if you're less critical and more supportive of those who are, after all, trying to do their best. Let them know that you're there to help when necessary.

LIBRA (September 23 to October 22) A new job offer might not carry all the benefits that you're seeking. Make sure that you know what you're entitled to, what's off the table, and what's negotiable before you make a decision.

SCORPIO (October 23 to November 21) A social obligation that you'd rather get out of could hold some surprisingly positive aspects. Why not go and see it for yourself? Also, a family member makes a curious request.

SAGITTARIUS (November 22 to December 21) Before tackling a new project awaiting you at home or on the job, take time out for some much-deserved pampering to help lift your spirits and restore your energy levels.

CAPRICORN (December 22 to January 19) Your social calendar begins to fill up more quickly than you expected, which is great. You deserve to enjoy some good fun after so much time spent on serious matters.

AQUARIUS (January 20 to February 18) A domestic situation continues to improve, thanks to all the tender, loving concern that you've shown. A colleague makes a questionable move that you might want to check out sooner rather than later.

PISCES (February 19 to March 20) A sudden turn in a romantic relationship calls for both a rational and passionate response. Keep the love level high, but also find out why the problem arose in the first place.

BORN THIS WEEK: You often set high standards for others. But to your credit, you also set the same expectations for yourself. You'd be an excellent coach or mentor.

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: L equals Y

EXFSXFHIG AF EXLA MKXM'Q

XJJFAZHEXMGPL KXPTOXL

MAOXFV HMQ GZJHFXMHAI

VXMG: EHVVPG-XSG QJFGXV.

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Super Crossword

TOOTIN' MAD

- ACROSS**

1 Lie down in rest

7 Pedometer unit

11 Trial fig.

14 Pig in a kids' series

19 A bit coarse, as humor

20 — sapiens

21 Informal talks

23 Personae non — (unwelcome sorts)

24 At the summit

25 Nielsens, e.g.

26 Start of a riddle

29 Granola bit

30 Goose of Hawaii

31 Many a craft brew, in brief

32 — center (play area)

33 Thu. follower

36 "That's — blow!"

38 Riddle, part 2

43 Suffix with billion

45 High-IQ crew

46 Harp relatives

47 Uncouth sorts

50 Oriz of "Ugly Betty"

52 City near Seattle

56 Riddle, part 3

62 Hat for Indiana Jones

63 Esther of "Good Times"

64 China's Chou En- —

65 Uncertainties

68 Very last part

70 Opus

72 Freaks out

75 Gore, Roker and Pacino

76 Relative of .edu or .org

78 Base for head hair

80 Like many Coast Guard rescues

81 Riddle, part 4

86 Feature of the word "jot"

87 Execs' mag

88 Idea sources

89 Skylit lobbies

92 Project deets

96 James of "Alien Nation"

98 End of the riddle

103 Pirate's drink

107 Bunch

108 "Deck the Halls" contraction

109 Mined stuff

110 Egyptian canal

112 Year, in Brazil

113 Riddle's answer

119 Like the work of insurance risk calculators

121 "Bye-bye!"

122 Walk really quietly

123 Lambastes

124 Pre-'91 empire

125 "7 Rings" singer

126 Applesauce brand

127 "Fancy that!"

128 Chinese dog, in brief

129 Became taut

DOWN

1 Singer Belle or Spektor

2 Lengthy reprimand

3 Beseech reverently

4 Preminger of film

5 Former teen idol Cassidy

6 Glasses and contacts

7 Unselfish sort

8 Carry around

9 Like theatrical behavior

10 Appear like a jack-in-the-box

11 Last part of some plays

12 Saloon

13 Castle tower

14 Org. against leather

15 Estrada of "CHiPs"

16 Miss terribly

17 Tent stake

18 Hoofed beast

22 Nickname for Louis Armstrong

27 Make beloved

28 Sculling tools

34 Comic Issa

35 SSNs, e.g.

37 Artist Andy

39 Iconic "Dragnet" line

40 Granola bits

41 Often-tickled Muppet

42 With 48-Down, "Barry Lyndon" star

44 French river or depart-ment

47 U.K.'s counterpart to an Oscar

48 See 42-Down

49 A bit strange

51 Neither's partner

53 Ocean east of Ga.

54 Mined stuff

55 Columbus citizen

57 Mexican general Villa

58 Donovan of "Clueless"

59 Decide (to)

60 Decompose

61 "— Cousins" (Elvis Presley film)

66 Grazing area

67 Doesn't leave

69 Mail slot spot

71 Plaza Hotel girl

73 Rho follower

74 Botching it up

77 "Rocky III" co-star

79 Wordplay bit

82 "That so?"

83 Persian ruler

84 Like a snoop

85 Build up, as interest

89 Piercing tool

90 Even if, in brief

91 Snare drum sound

93 Inadequate

94 Annual basketball contest on the Continent

95 Silk nightdress

97 Proficient in

99 Pong maker

100 Clamping down on

101 Lordly home

102 Beachward

104 Believers in Jah, informally

105 Common soccer score

106 Conk out, as a machine

111 Old name of the Congo

114 "Hooper" star Reynolds

115 Junior miss

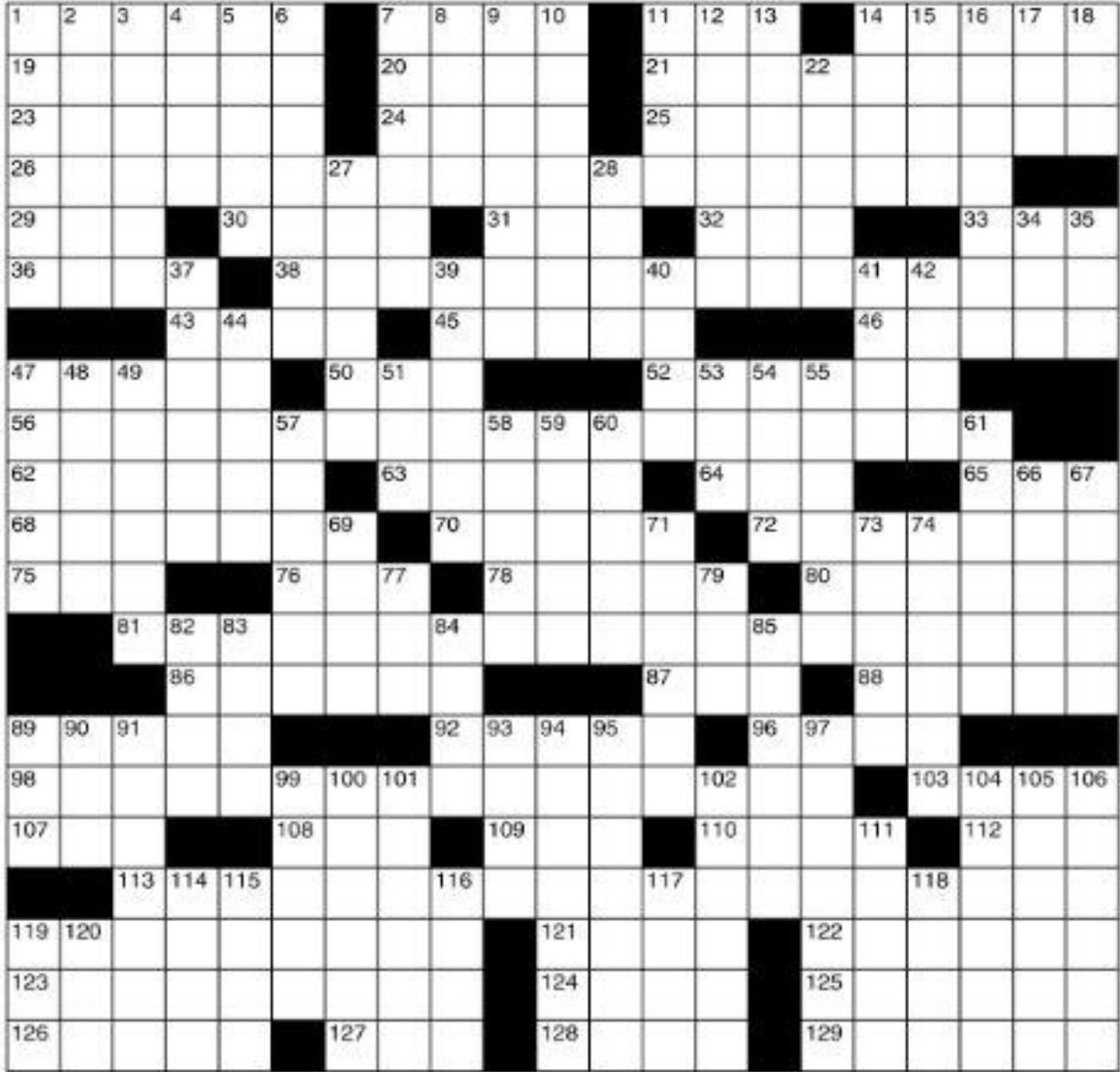
116 Big ice mass

117 Bit of work

118 Revolve

119 It's pressed for cash

120 Co. big shot



- On Aug. 31, 2005, the World Music Awards honored Destiny's Child as the best-selling female group of all time, having sold more than 50 million records globally, including four No. 1 hits and 10 top-10 songs on the Billboard Top 100.
- On Sept. 1, 1917, American soldier Stull Holt wrote a letter home in which he described some of his battlefield experiences on the Western Front in Verdun, France. The most arresting part of his missive recounted being struck by a shell containing poisonous gas, which he likened to "the extreme terror of the man who goes under in the water and will clutch at a straw."
- On Sept. 2, 1945, Vietnamese communist Ho Chi Minh declared Vietnam's independence from France hours after Japan's surrender in World War II, though it would take another 30 years for his vision of a united communist Vietnam to become a reality.
- On Sept. 3, 1935, professional bowler Andrew Varipapa, considered by many "the greatest one-man bowling show on Earth" for his trick shot artistry still emulated by modern bowlers, set a record of 2,652 points in 10 games.
- On Sept. 4, 476 A.D., Romulus Augustulus, the last emperor of the Western Roman Empire, was deposed by Odoacer, a German barbarian who declared himself the king of Italy, presaging what many historians consider the fall of the Roman Empire.
- On Sept. 5, 1957, New York Times writer Gilbert Millstein delivered a rave review for "On the Road," the second novel by a Columbia University dropout Jack Kerouac. As his girlfriend, writer Joyce Johnson, quipped to a reporter, "Jack went to bed obscure and woke up famous." Though he wrote a total of more than 25 books, "On the Road" remains his most noteworthy.
- On Sept. 6, 1651, King Charles II of England, after losing the Battle of Worcester and his attempt to reclaim the British throne, disguised himself by cutting his hair, staining his skin with walnut oil, donning peasant clothes, and spending a day hiding in an oak tree while searchers passed beneath him, before eventually making a successful escape to France.

SENIOR NEWS LINE

By Matilda Charles

When will salads be safe to eat?

I'll be the first to admit that when I recently strolled through the vegetable aisles at the store, trying to decide what to buy, my overriding feeling was one of concern.

A show of hands: How many have avoided salad products for several weeks now? Between iceberg lettuce causing a massive cyclospora parasite outbreak because the defective product was sent to retailers and restaurants, we also have jalapeno peppers and cucumbers with salmonella.

They say (they, being the experts) that while we should avoid bagged salads, it's OK to eat whole head lettuce as long as we throw away the outer two or three leaves and then wash the rest under running water.

For right now, I'm going to pass. Those same experts concede that completely washing cyclospora off lettuce leaves is very difficult. Buying from your local farmers markets might be the best bet right now, until this cyclospora outbreak goes away.

Listeria has surfaced, with the producer voluntarily expanding its own recall, and the list of potential bagged items affected is long: green beans, bell peppers, yellow and zucchini squash, and cucumbers. The produce was sold at a wide variety of retailers across many states.

But it's not only salads that are a problem right now. There are the 1.5 million dozen eggs contaminated with salmonella and sold under different brand names.

And we have organic blueberries with E. coli.

And pistachio nut butter, made in Italy and sold by a big box store, that's contaminated with salmonella.

Our best bet: Sign up for email alerts that will tell us quickly what foods are being recalled. Start with the FDA (www.fda.gov/food), and include alerts from the USDA (www.fsis.usda.gov/recalls) and FoodSafety (www.foodsafety.gov). Consumer Reports (www.consumerreports.org) will send phone alerts for food recalls if you sign up. Put "food safety alerts" in the search box.

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DOES MY DAD NEED ASSISTED LIVING OR MEMORY CARE?

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

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

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

might feel anxious or disoriented in everyday environments.

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

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

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

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



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

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M. Schwartz

"When Stanley speaks, everyone..."

SCRAMBLERS

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

Alarm	SNORES			
Ripe	RUMATE			
Truth	POGLES			
Heir	ICONS			

TODAY'S WORD



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Micro Crossword

By Elizabeth C. Gorski

Across

1 Hammer head?

5 Iroquoian language

7 Love, to Luciano

8 Thompson who played Diane Nash in "Selma"

9 Considerable, as a discount

1	2	3	4	
5				6
7				
8				
9				

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- Down

1 Breezy talks

2 "Network" director Sidney

3 Turned up
- 4 "Losing feels ____ than winning feels good" (Vin Scully)

6 Tide type

TIDBITS WORD POWER

Unscramble this word:

REHRPOOYCHGA

The sequence of steps and movements in dance

TIDBITS NUGGET OF KNOWLEDGE

The 1987 movie "Dirty Dancing" told the story of Frances "Baby" Houseman falling in love with her dance instructor Johnny Castle while vacationing at a Catskills resort in 1964. The film featured Jennifer Grey and Patrick Swayze dancing to "I've Had the Time of My Life," and became the first film to sell a million copies on video.

KNIGHT MOVES

L	C	E
R		U
R	L	S

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

TRIVIA MENTOR

1. The Brady
2. The Brady
3. The Brady
4. The Brady
5. The Brady

QUIZ BITS

1. The Brady
2. The Brady

WORD POWER

ANSWER
CHOREOGRAPHY

Weekly SUDOKU

Answer

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

SNOWFLAKES

solution

SCRAMBLERS

Solution

1. Sensor; 2. Mature
3. Gospel; 4. Scion

Today's Word
LISTENS

KNIGHT MOVES

Answer

L	C	E
R		U
R	L	S

CRULLERS

MEASURED WORDS

CryptoQuote

answer

Life is too short to miss out on the beautiful things, like a double cheeseburger.

— Channing Tatum

CryptoQuip

answer

Margarine or mayo that's approximately halfway toward its expiration date: middle-age spread.

Micro Crossword

Answer

C	L	A	W
H	U	R	O
A	M	O	R
T	E	S	S
S	T	E	E

Kids' Maze Solution

Super Crossword

Answers

REPOSE	STEP	ATT	PEPPA
EARTHY	HOMO	CAUSERIES	
GRATAE	ATOP	TVRATINGS	
IFYOUWERETO	QVERTAKE		
NUT	NENE	IPA	REC
ALOW	ADRIVER	ON	THE
	AIRE	MENSA	LYRES
BOORS	ANA	TACOMA	
ANDHEPROCEEDS	TO	HONK	
FEDORA	HOLLE	LAI	IFS
TAILEND	PIECE	LOSES	IT
ALS	COM	SCALP	AIRSEA
	HISHORN	NATYOU	ANGRILY
	SHORTO	INC	MINDS
ATRIA	SPECS	CAAN	
WHATHAVEYOU	HEARD	GROG	
LOT	TIS	ORE	SUEZ
	ABLAST	FROM	THE
ACTUARIAL	CIAO	TIPTOE	
TEARS	INTO	USSR	ARIANA
MOTTS	GEE	PEKE	TENSED

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TO YOUR GOOD HEALTH

By Dr. Keith Roach

Weakness and More Persist in Woman After Gallbladder Removal

DEAR DR. ROACH: I have a friend who had gallstones and ultimately got her gallbladder removed. When they went in, they saw lots of infections, cleaned her out, and put drains in her liver. She's been feeling awful and weak, and she wants to get a second opinion. Which type of specialist should she see? -- D.L.G.

ANSWER: Treatment for a complex problem like hers often takes a team of specialists -- in this case, certainly a surgeon and very likely a gastroenterologist and an infectious disease specialist. The ideal person to see now might be any of these specialists, especially one who saw her in the hospital and knows her case. However, it sounds like she may have lost confidence in the team who initially treated her. Getting a useful second opinion would require getting this specialist the information that they'd need, which would include imaging studies, operative reports and microbiology reports at a minimum. A surgeon is unlikely to be interested unless it's clear that further surgery may be necessary, so I suggest that she starts with a generalist or a gastroenterologist.

I've been involved in cases where a person who had a complex hospital course at a different medical system was admitted to my inpatient service, and getting the necessary information required many hours of work. With electronic medical records that can communicate with each other (sometimes), this can be done much more easily now. It's more feasible in the inpatient setting, but I hope your friend doesn't get any

sicker that she needs to go in the hospital.

DEAR DR. ROACH: My son's going to be spending several weeks on a lake. I was looking at a permethrin-impregnated sleeping bag liner, and I'm wondering if this type of treated sleeping bag is good to prevent bites from various insects. Is it worth the money? -- J.M.M.

ANSWER: Permethrin-impregnated clothing is highly effective. Studies have shown an 80% to 90% reduction in bites when it's used. (Permethrin can't be used on skin as it's inactivated by skin oils.) Sleeping bag liners and bed nets aren't as well-studied, but they're still recommended by expert groups.

While I can't answer whether it's worth the money to you, I'd want myself or my child to have as much protection as possible. The permethrin in factory-applied gear lasts longer than self-applied permethrin, but it'll gradually become less effective, especially when it gets exposed to sunlight and oxygen.

The cost for a sleeping liner online was about \$80 when I checked. A bottle of spray is about \$25 and lasts for about six weeks on clothing or gear. There's an additive effect of using permethrin-impregnated products and topical skin repellants, and I certainly recommend both. I think it'd be worth it just to avoid itchy and unpleasant mosquito bites.

If he's going to be in an area with high amounts of tick-borne diseases (like Lyme disease, ehrlichiosis or babesiosis), I'd say that the sleeping liner would help prevent an infection, which could potentially ruin his time on the lake or even cause health issues that might require him to leave.

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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by Dave T. Phipps



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