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TIDBITS® PAINTS ON NAIL POLISH

by Janet Spencer

Come along with Tidbits as we paint our nails!

PAINTED NAILS

- Perhaps as long as 5,000 years ago, Chinese royalty during the Ming Dynasty began staining their fingernails with various mixtures of beeswax, gelatin, and colored flower petals. Red was reserved for high-status citizens; paler, neutral colors were for ordinary people. The practice of coloring fingernails became widespread across different civilizations over many eras. In Egypt and India, henna was used. Mummified pharaohs had their nails painted with henna. Nefertiti and Cleopatra also used henna to dye their nails. In Babylon, soldiers dyed their nails black before going to battle, to be more intimidating. By the 1500s, Aztecs and Incas started adding pictures of eagles drawn on nails using sticks and natural dyes, thought to have been used as war totems. The nails would be covered with a white coating, and the eagle design would be drawn in red.

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A: Tickle its undercoat!



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NAIL POLISH (cont)

- In 1878, Mary Cobb opened the first nail salon in the U.S., located in Manhattan. She charged \$1.25 for a manicure, and her clientele ranged from socialites to showgirls. She improved manicure methods, wrote helpful guides, sold manicure kits, expanded into cosmetics and skin care, and invented the emery board to shape nails. Her business savvy led her to sell her products through the burgeoning Five & Dime markets. By 1900, her business was one of the world’s largest female-owned businesses.
- In 1911, Chicago chemist Northam Warren invented a formula that would gently dissolve the cuticle rather than requiring it to be cut away or scraped off. He called the product Cutex. The product sold well, and he later invented the first acetone-based nail polish remover, which he sold along with a selection of the world’s first translucent paint-on nail polishes. These lacquer-based nail polishes replaced the various oils and powders that were rubbed in and buffed out. The Cutex company rose to prominence, as Warren bought out various other cosmetic companies along the way.
- The next advancement in nail polish came as a result of World War I. During and after the war, U.S. forces took over German chemical plants. Along the way, they discovered the patented formula for nitrocellulose, a quick-drying lacquer that was being used to provide cars with smooth, durable paint. By the early 1920s, DuPont was using this technology to produce shiny cars in a rainbow of colors.
- French make-up artist Michelle Menard, admiring the glossy paint job on a red sports car, wondered why this same varnish couldn’t be used on fingernails too. She was working at a cosmetic company at the time, and took the idea to a co-worker named Charles Revson. (cont)



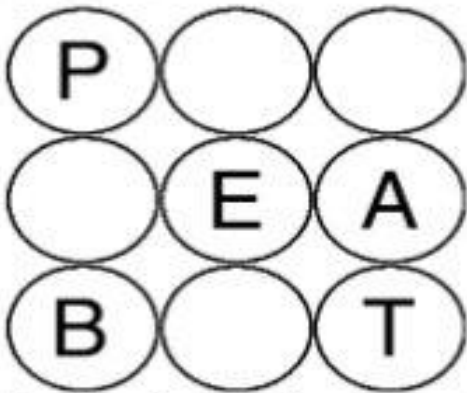
By JoAnn Derson

- When you make a chicken in the crockpot, use this trick to have it come out moist and delicious: Prepare the bird as normal, rinsing and patting dry, then seasoning. Ball up six to eight wads of aluminum foil. Enough to cover the bottom of the crockpot. Put the bird in breast side up on top of the foil balls. The chicken should not be touching the sides of the pot. Cook on low for 6-8 hours for a succulent dinner!
- "To use the last of the peanut butter in a glass jar, simply add your morning oatmeal for a yummy flavored breakfast. Or add sliced bananas and a couple tablespoons of milk for a delicious dessert!" -- J.S. in Kansas
- To help kids in both becoming responsible for the food choices they make and being a helpful member of the household, encourage them to choose a family meal each week, and to help prep or even cook the meal according to his or her ability. Experts say this is a good opportunity to talk about nutritional choices and the impact of different food-preparation techniques.
- "If you purchase sodas or other drinks that are linked together with plastic rings, do the little critters a favor: Cut open the loops with scissors so that there are no rings for animals or sea life to get caught in." -- A.A. in Florida* Lightly squish your toilet paper roll as you put a new one on. It will not spin as freely but still functions, meaning less waste.

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

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WORD SPIRAL



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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NAIL POLISH (cont)

- Charles Revson thought adapting automotive paint for use on fingernails was a great idea. He teamed up with his brother Joseph and chemist Charles Lachman to found their own company in 1932, selling enamel-based nail polish. The brothers wanted to name the company after themselves, but added an “L” to the company’s name in honor of Lachman, becoming Revlon.
- Revlon was the first to offer a full-bodied opaque color rather than a translucent tint. The company convinced women that the shade of the lipstick must match the shade of the nail polish. Their sales focused on hair salons at a time when women were flocking there to have their nails done. Next they expanded into department stores. The price point was higher than any other polish, setting them apart as a luxury brand. The revenue allowed them to purchase expensive full-color spreads in fashion magazines. Soon Revlon offered more colors than any other company, dubbing them with romantic names: Fire and Ice, Plum Lightning, Moon Drops. Revlon flourished throughout the Depression and World War II when women who were making great sacrifices still made room for small indulgences. The company grew into one of the largest cosmetics companies in the U.S., offering skin care, hair care, and makeup.
- In 1957, dentist Frederick Slack tore his thumbnail painfully while he was at work. To repair the damage, he used aluminum foil and dental acrylic from his dental lab to hold everything in place while it healed. He was amazed at how much the dried acrylic patch looked like a real fingernail. Later he teamed up with his brother to market a product that he first envisioned would help people stop biting their nails, while also repairing broken nails, only later discovering the wide market for artificial acrylic nails. (cont)

Fun Fact

The year 2019 has become the standard by which all years are judged, as far as the film industry is concerned. With the year’s global take of over \$39 billion in movie ticket sales, 2019 set the record for worldwide box-office success.

Source: [boxofficemojo.com](https://www.boxofficemojo.com)



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miracle, And our world is
almost beautiful again ...”
— Dan Wilson

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FACT

Black Diamond King is the world's most expensive nail polish. Priced at \$250,000, it is made with 267 carats of black diamonds ground into dust to make a sparkly sheen.

- NAIL POLISH (cont)
- In the 1950s, polish became a full-on fashion accessory. In Technicolor glory on the silver screen, stars like Marilyn Monroe, Rita Hayworth, and Lana Turner made red nails iconic, symbolizing elegance and allure.
 - American make-up artist Jeff Pink needed a solution for actresses and fashion models who needed elegant nails – but didn't have time to switch polish colors between wardrobe changes. In the 1970s, he developed "The French Manicure," in which the nails are buffed to a high natural shine, while the half-moons at the base of the nails and the white tips remain untouched.
 - In the 1970s, immigrants flocking to New York City set up salons in such abundance that manicures became affordable and accessible. What was once a luxury became as common as a haircut.
 - By the 2020s, there was an explosion in nail art including stencils, magnetic polish, nail pens, stickers, glitter and sequined top coats, glow-in-the-dark, color-changing, micro beads, scented nail polish, and more.
 - The year was 1924 when French hair stylist Antoine de Paris shocked the world and promoted his line of nail polishes by scandalously painting each one of his fingernails a different color.
 - Olympic runner Florence Griffith Joyner was denied a spot on the 200-meter relay team in 1984 because her flamboyantly bejeweled 6-inch acrylic nails were judged to be too long to pass the baton. Coaches feared a fumble. Regardless, she went on to win the silver medal in the 200-meter race that same year—a race in which no baton was passed. Even today, the records she set for the women's 100 meters and women's 200 meters still stand.

- Strange BUT TRUE
- By Lucie Winborne
- Most commercial airplanes are painted white to reflect solar radiation, which helps keep the aircraft cooler and reduces potential damage to the fuselage. White paint also weighs less.
 - Some snakes have hipbones, showing they once had four legs like their lizard cousins.
 - More English words begin with the letter "s" than any other.
 - According to seasonal relationship patterns in Facebook profiles, autumn is the season in which more singles change their status to "In a Relationship" or "Engaged" than the yearly average.
 - It took just three years from the time Thomas Edison began selling his incandescent light bulb for technological advances to allow lamp prices to drop by more than 90%.
 - While Plymouth, Massachusetts, is traditionally held to be the site of the first Thanksgiving, at least 12 American locations claim the honor, including places in Texas, Florida, Maine and Virginia.
 - Becoming a perfumer takes at least 20 years.
 - Mummies were in demand as medicine during the European Middle Ages. One such use involved boiling a mummy and using the oils to treat bruising, stomach aches and a number of other issues.
 - Author Norman Mailer nearly stabbed his second wife to death after she criticized him for fighting guests. During his trial, he described the assault as some sort of artistic experiment.
 - A species of bird called the maleo uses the heat from volcanic sand to incubate its eggs.

Thought for the Day:

"Your most unhappy customers are your greatest source of learning." -- Bill Gates
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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Arm is shorter. 2. Saw blade is longer. 3. Hat is different. 4. Finger is moved. 5. Leg is moved. 6. Tree is thinner.



- 1. Verity
(R) Anne Hathaway, Dakota Johnson
 - 2. Resident Evil
(R) Austin Abrams, Zach Cherry
 - 3. Heart of the Beast
(PG-13) Brad Pitt, J.K. Simmons
 - 4. Digger
(R) Tom Cruise, Riz Ahmed
 - 5. Primetime
(R) Robert Pattinson, Merritt Wever
 - 6. Forgotten Island
(PG) H.E.R., Liza Soberano
 - 7. Avengers: Endgame
(PG-13) Robert Downey Jr., Chris Evans
 - 8. Practical Magic 2
(PG-13) Sandra Bullock, Dianne Wiest
 - 9. Drishyam: The Conclusion
(NR) Ajay Devgn, Tabu
 - 10. Spider-Man: Brand New Day
(PG-13) Tom Holland, Zendaya
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	1	7	2	5	6	4		
	4	5						2
				6	9			
6	9			7	2	5		
	7				1			
1	6			8		2		
	5		7	2				
								4

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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CryptoQuote

AXYDLBAAXR is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

ZYMWRKF MGF ZXFT QRTKZQ

MGF HZETRTJ BRE RW BII

BQBWG QRMG BTJFIW.

— EROGBEK QRIUYE

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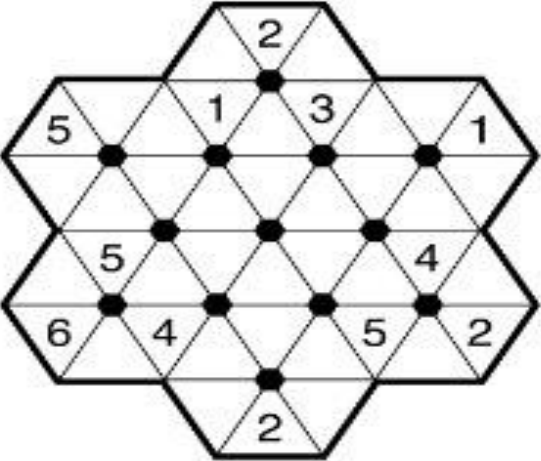
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DR. HOLLY CARLING
AND ALICIA BALESSA

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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 **HealthBits**

By Dr. Holly Carling

NO HEADACHE IS “NORMAL”

Headaches and migraines are so pervasive in society today that many people refer to headaches as a “normal headache”. There is no such thing as a “normal headache”. No headache is normal. All headaches are red flags signaling that something is wrong. To ignore it or to take a medication for it is like putting a piece of duct tape over the warning indicator light in your car. True, you can no longer see the light/feel the headache, but the problem is still there. Without correction, things can get worse. Obviously, if you have a headache that is so consuming that you can’t function, use your medications, but don’t stop there. So much can be done to identify the causative factors underlying the headache. After identifying it, there are many options to eliminating them, not just covering them up. One major cause of headaches is stress. Stress is part of the “fight or flight” mechanism. Many chemical changes occur during this response causing changes in the blood vessels that can cause headaches. Some people experience them as adrenaline skyrockets in a sudden stressful event. In addition to migraines, stress can cause chronic “tension” headaches that can interfere with the ability to concentrate, remember important details or simply cause fatigue. Environmental factors can have an impact on head pain. Bright lights, flickering of fluorescent lights, televisions or computer monitors can trigger a headache. Noxious fumes such as turpentine, benzene, formaldehyde, carbon dioxide and even many perfumes can trigger a migraine. Extremes of any sense – sound, light, smells, etc can trigger a headache. Headaches can be triggered by exertion such as straining, lifting or even bending. Weather changes are common triggers especially when there is a barometric change due to a weather front. Those who suffer from headaches and migraines are familiar with most of the triggers. What is more important is to differentiate between causes and triggers. Most causes fall into 3 general categories: Nutrition. Poor diet (junk food, processed foods, chemicalized foods) and diets low in quality nutrients underlie most of the causes of headaches and migraines. Vitamin, mineral and protein deficiencies predominate. Toxicity. There are a multitude of environmental factors that can add up and stress the system, leading to a myriad of health conditions, and headaches are no exception. Structural changes: Tight muscles, inflammation, swelling, spinal misalignment and pinched nerves all can contribute to headaches and migraines. Just as there are many things that can trigger a migraine or headache, there are many effective, natural remedies that can reach deep into the causative factors. I’ve been successfully helping people eliminate their headaches and migraines for nearly four decades. Helping people with headaches and migraines is so satisfying because I’m able to make such a significant difference in their lives. Know that you don’t have to just suffer through it. There is hope. Want to hear more from Dr. Carling? Check out our podcast. Search for VitalHealth4You on your favorite podcast listening app or go to vitalhealthcda.com/podcasts/



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

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

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By Freddy Groves
Check on your buddies

Grab your calendar, including the new one for 2027, and on the 22nd of every month through the year, make a note for that day: Buddy Check. The reason: veteran suicides.

The VA has taken major steps to address veteran suicides. Last year alone they fielded 1.3 million chats, texts and calls to the Veterans Crisis Line. They've launched Risk ID, a program that evaluates veterans and spots the red flags for at-risk veterans. They've spent millions on grants for suicide prevention programs.

But they can't do everything.

Buddy Check 22 was started years ago as a reminder that the rate of veteran suicides was shockingly high -- the latest report indicates that we're still losing 17 veterans per day to suicide -- but we can do something about it. And that includes you.

The note on your calendar will be your reminder to reach out to another veteran and check in. It's not hard. You can give them a call and ask how they're doing. You can send a text message saying you're thinking about them. You can invite them out for coffee or lunch. You can stop by and take a tray of coffee and donuts to snack on while you get caught up.

Pull in your friends, too. Enlist their help in expanding the list of veterans that are contacted every month.

If something doesn't sound (or feel) right when you check on a fellow veteran, you can provide resources for help.

To learn more about Buddy Check 22, see www.militaryveteranproject.org/buddycheck22. Take a look at the American Legion's Buddy Check information (www.legion.org/advocacy/be-the-one/buddy-check). Learn how to spot the danger signs and what to do about it.

Keep this information below in your wallet for when you need to support another veteran:

VA Crisis Line number: Dial 800-273-8255, then press 1. (Or dial 988.) Open 24/7.

Veteranscrisisline.net: Chat online or send a text to 838255.

As a reminder, you don't need to be enrolled in VA healthcare to get help there.

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Pet sitting adventures: Bark, meow... baa?

DEAR PAW'S CORNER: I work part time as a pet sitter, which fits in well with my full-time college schedule. Dogs and cats I can handle, but recently I got a request to pet sit a flock of sheep! The owner said that they can pretty much take care of themselves, and that their two sheepdogs monitor the flock. But I was nervous about it; what if a sheep gets sick?

I decided, what the heck? The money was good, it was only for a week, and I'd have a unique experience to talk about. But before accepting, I talked directly with the owner to get more details and allay my fears. Who should I contact if a sheep or a dog gets sick? What was the feeding schedule? Were any of them currently on medication, and how was it administered? Were there any neighbors who could help if I had trouble?

The owner had no problem answering my questions and helping me get ready for the job. I spent an uneventful week at their small farm, got to romp around outside with the dogs, and met their neighbors, who have all added me to their contact list as a pet sitter.

By pushing past my fears about caring for a different type of animal, I gained a new skill, several new clients and had a great time.

I just wanted to pass this along to say that if any of your readers are considering becoming pet sitters, go for it. And don't be afraid to take on the occasional new experience -- as long as you get enough information upfront before committing. -- Haley L., Burlington, Vermont
DEAR HALEY: That is fantastic, and congratulations on the successful experience! Thank you for sharing it.

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

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

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- By Ryan A. Berenz
1. Actor Carl Weathers ("Rocky") played for which NFL team from 1970 to 1971?
 2. Red Holzman was head coach of which NBA team for two separate stints from 1967 to 1977 and 1978 to 1982?
 3. Which racetrack hosted the Formula 1 French Grand Prix 18 times from 1971 to 2022?
 4. Baseball Hall of Famers Branch Rickey, Ty Cobb, Christy Mathewson and George Sisler served in what specialized unit of the U.S. Army during World War I?
 5. Rachael Gunn, the Australian breakdancer whose performance sparked controversy at the 2024 Paris Summer Olympics, was known by what competitive name?
 6. What heavy object did pro wrestler Jim Neidhart throw 11 feet, 2 inches at the Calgary Stampede rodeo festival to win a contest and earn a new nickname?
 7. Which Hockey Hall of Famer played 18 NHL seasons from 1971 to 1989, scored 731 career goals and appeared in 1,348 games, but never played in a Stanley Cup Final?

Answers

1. The Oakland Raiders.
2. The New York Knicks.
3. Circuit Paul Ricard.
4. The Chemical Warfare Service.
5. Raygun.
6. An anvil.
7. Marcel Dionne.

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TIDBITS presents

TRIVIA NEWSFRONT

1. Do fingernails grow faster in cold weather or warm weather?
2. Do fingernails grow fastest on the dominate hand or the non-dominant hand?
3. Do fingernails grow fastest in youth or old age?
4. Do fingernails grow fastest at night or during day?
5. Do men's or women's nails grow fastest?

TIDBITS QUOTE

"Now, as a writer, the whole world is your nail polish display, and what's more, you can help yourself. A thrilling, colorful array of gorgeous human peculiarity revolves before your eyes, and you still can't quite believe it's all yours for the taking." -Lynn Coady



Timeless art deco style

The first Sunday in November is the time to turn your clocks back an hour. This year, you might want to look back a century, too. The International Exhibition of Modern Decorative and Industrial Arts in Paris ended in November 1925, making art deco, the style it exhibited, officially antique at 100 years old. Its appeal is still going strong; dealers, decorators, and trend watchers have noticed a surge of interest in art deco in recent years.

The hundredth anniversary of the exhibition may be a factor, or maybe it's just that the sleek lines and geometric shapes of art deco are truly timeless. This ATO electric clock sold for \$1,020 at Schmitt Horan & Co. Dated to about 1930, its antique status may be debatable, but it is an exceptional piece of art deco-style. The stepped Bakelite base, echoed in the shape of the hands, combines characteristic shapes and materials of the era. The stylized chrome numerals still look modern.

The clock was designed by French horologist LEO Hatot (1883-1953), who established the ATO trademark in 1920. Known for his clocks and watches, which often overlap with jewelry and sculpture, Hatot is one of the quintessential French art deco designers. His electric clocks earned him the Grand Prix at the 1925 exhibition.

Q: I have an interesting old picture I bought along with some antique prints. It shows an indoor scene with a woman holding a baby in a room that looks like a parlor. It looks like a black and white photograph, but some parts are in color. It does not include a title or any information about the artist. Was it hand-colored? Can you tell me anything about it? How can I find out about the photographer?

A: Hand-tinted photographs were popular in the early 20th century. Many photographers made them, and many have been reprinted since then. The book "Early Twentieth Century Hand-Painted Photography: Identification and Values" by Michael and Susan Ivankovich (Collector Books, 2005) is a good comprehensive guide to these photographers. The Wallace Nutting Collectors Club (wallacenutting.org) focuses on one of the most famous of these photographers but may have information on other creators of hand-colored photographs.

Even if you can't confirm a photographer for your picture, you might be able to narrow down a date. The woman's clothing and hairstyle may provide clues, as does the furniture and decorations in the room, especially if any technology, like a telephone or phonograph, is visible.

CURRENT PRICES

Peanuts, telephone, Snoopy & Woodstock, Snoopy standing, holding receiver, yellow, red base, keypad, box, ATC, \$65.

Clock, advertising, General Electric, figural, refrigerator, round dial, four-footed, electric, Warren Telechron, 9 x 5 x 3 inches, \$280.

Rug, Heriz, center medallion, light blue, rust red field, ivory spandrels, banded border, midnight blue, 20th century, 10 feet 4 inches x 7 feet 11 inches, \$1,375.

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



"VisionQuest" (TV-14) -- The second spin-off series from 2021's "WandaVision," which followed former Avengers members Wanda Maximoff (aka Scarlet Witch) and Vision, is set to premiere its first two episodes on Oct. 14! "VisionQuest" follows the resurrected White Vision from "WandaVision," who has all of the original Vision's memories but lacks "his virtue." Vision spends his time in the "Mindspace," where Tony Stark's past creations live, including the main villain in the second "Avengers" film - Ultron, played by James Spader ("The Blacklist"). It isn't long, however, before a bounty is placed on Vision's head, forcing him to go on the run alongside a peculiar teenager named Thomas Shepherd (Ruaridh Mollica). The remaining six episodes will be released every Wednesday following its premiere. (Disney+)

"Coyote vs. Acme" (PG) -- This comedy film takes us back to the universe of "Looney Tunes" to get reacquainted with a long-beloved villain: Wile E. Coyote. But this time around, Wile E. gets to tell his story! After failing to catch his nemesis the Road Runner for the umpteenth time, Wile E. decides to speak with a personal injury attorney about his issues with Acme and its faulty products. (He could've thought of this sooner.) He teams up with a meek lawyer named Kevin Avery (Will Forte), who quickly realizes that this will be quite a memorable case for him when Wile E. refuses to settle. Not to mention, Kevin's rival from law school, Buddy Crane (John Cena), is the acting lawyer for Acme and determined to shut them up with money. After a successful run in theaters, it's out now to rent! (Fandango at Home)

"Masterplan" (PG-13) -- **Stanley Tucci** ("The Devil Wears Prada 2") leads this heist film co-starring Simona Tabasco ("The White Lotus") and Victor Belmondo ("Bastion 36"). In the film, Tucci portrays a former master thief named Roger who's decided to come out of retirement for the job of a lifetime. (Where have I heard this before? Maybe every heist film ever?) But this job, which isn't your average heist, requires the expertise of two specific people: an Italian cybercrime expert named Chiara and a French explosives specialist named Jay. Why them? Chiara and Jay are also Roger's children -- long-lost siblings who have never met before. Now they get to reunite with their father and bond as thieves in a family dynamic that they've never experienced. Should be easy enough! Did I happen to mention that they're stealing the Mona Lisa? Check it out on Oct. 16. (Amazon Prime Video)

"Below" (TV-MA) -- This supernatural thriller miniseries is the only spooky pick for this week's titles, but trust me, the hair-raising vibes are real with this one! Led by a trio who are used to horror -- Josh Hartnett ("Trap"), Mackenzie Davis ("Speak No Evil"), and Charlie Heaton ("Stranger Things") -- this six-episode series takes place in Snook's Arm, Canada, a remote town by the sea. When a large iceberg suddenly appears by the town's harbor, mysterious things begin occurring throughout the town, with signs pointing toward a sea creature in the water. But one fisherman, Calvin (Hartnett), is unwavering in his resolve to protect his family and his town.



By Fifi Rodriguez

1. ANIMAL KINGDOM: How many eggs does an average queen bee lay in a day?
2. LITERATURE: Who wrote the novel "The Kite Runner"?
3. MOVIES: What is the main character's name in "Ratatouille"?
4. ANATOMY: How much of the adult human body is made of water?
5. GEOGRAPHY: How many countries make up Central America?
6. SCIENCE: How old is the Earth?
7. TELEVISION: Which decade is the drama "Mad Men" primarily set in?
8. GAMES: In U.S. Monopoly, which properties are the least expensive?
9. GENERAL KNOWLEDGE: What color is citrine, a type of quartz?
10. MATH: What's the Arabic equivalent of the Roman numerals XXXIX?

Trivia answers

1. 1,000 to 2,000 a day.
 2. Khaled Hosseini.
 3. Remy.
 4. 55%-60%.
 5. Seven: Guatemala, Honduras, El Salvador, Belize, Costa Rica, Nicaragua and Panama
 6. 4.54 billion years.
 7. The 1960s.
 8. Mediterranean Avenue and Baltic Avenue, \$60 each.
 9. Yellow.
 10. 39.
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TIDBITS presents

Quiz BITS

1. Approximately how many nail salons are there in New York City?

2. Where should you keep nail polish to prolong its lifespan to the max?

MAGIC MAZE ● SHE'S IN THE MIDDLE

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W U S L I Q E S V L A H S P H

N L J H L S H E D S S S L N S

F E C A Y E H E H I X I E E A

V U S (C A S H E W S) Q F H H W

P N M K L S L S R J D S S S H

F E C O A L B Z G Y A E U A Y

X V B B S U T R Q G P O B M L

K I A H R E N E H S E R F G E

Find the listed words in the diagram. They run in all directions: forward, backward, up, down and diagonally. Unlisted clue hint: GUIDES YOU TO YOUR SEAT

Abashedly	Bolshevik	Fishery	Seashells
Ashen	Bushels	Fishy	Washers
Ashes	Cashews	Freshener	Wishers
Bedsheets	Eggshells	O'Shea	

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Put "World's Best Granola" on Your Breakfast Menu

Homemade granola is tasty to eat any time of day, but in our family, it's a staple for fall breakfasts with nonfat plain yogurt and fresh fruit. Not only is granola a nutritious start to the day with its wholesome blend of heart-healthy oats and chopped nuts, but a handful makes a satisfying after-school treat with a glass of milk. Plus, a few spoonfuls add crunch to a scoop of ice cream for an evening dessert!

Granola is so easy to prepare that you and your kids can make this recipe in a jiffy -- just under an hour. While one child measures and stirs together the dry ingredients in a big bowl, another can measure, pour and stir the liquids in another. Combine all of the ingredients in the big bowl, and voila! The just-sweet-enough mixture is ready for you to spread on a baking sheet and place in the oven.

Give it a try and see why the fresh taste of this homemade granola rivals any packaged mixture.

"WORLD'S BEST GRANOLA"

Yields about 5 cups

-- 3 cups old-fashioned rolled oats (not quick-cooking)

- 1/2 cup brown sugar
 - 1 teaspoon cinnamon
 - 1/2 teaspoon baking powder
 - 1/2 teaspoon salt
 - 1/2 cup coarsely chopped almonds
 - 1/2 cup coarsely chopped pecans
 - 1/4 cup canola oil
 - 1/2 teaspoon vanilla
 - 2 egg whites, slightly beaten
 - 1/2 cup raisins
- Here's the fun: Preheat the oven to 350 F. Line a rimmed baking sheet with parchment paper, or spray with nonstick spray.
- Combine the oats, brown sugar, cinnamon, baking powder, salt and nuts in a large mixing bowl.
- Stir together the oil, vanilla and egg whites in a small bowl. Add to dry ingredients and toss well.
- Spread the mixture evenly on the baking sheet. Bake until golden brown, about 25-30 minutes. Cool completely; stir in raisins and store in an airtight container.
- Cook's Note: If you wish, substitute 1/4 cup pure maple syrup and 1/4 cup honey for the brown sugar. Combine with liquid ingredients before tossing with dry ingredients.
- Creative Tip: Let kids draw a label to tape or glue to the outside of a plastic storage container or glass jar. It might say "The Johnsons' World's Best Granola."

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

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ARIES (March 21 to April 19) Your moodier side might emerge this week. But the dark period should pass in time for the party-loving Lamb to go on a happy gambol with some very special people this weekend!

TAURUS (April 20 to May 20) Yet again, you show your skill at being able to indulge in your love of the arts this week while still taking care of practical matters, including some still-unfinished business matters.

GEMINI (May 21 to June 20) A potential change might appear to be what you've been looking for. In any event, consider both the negative as well as the positive possibilities before making any sort of decision.

CANCER (June 21 to July 22) Relationships continue to dominate your aspect this week on a mostly positive level, with just a few problem areas to smooth over. Also, try to be flexible about travel plans.

LEO (July 23 to August 22) You love being on center stage, and while you absolutely purr at the sound of all the praise, be careful not to take on too many commitments at the expense of time spent with loved ones.

VIRGO (August 23 to September 22) You might feel that you need to get involved in a matter concerning a friend or relative. But while the issues appear to be cut and dried, they might not be. Get more facts before you act.

LIBRA (September 23 to October 22) A suggestion about a policy change could create heated reactions. Keep your mind open and resist joining in with naysayers, unless they can show a real basis for their position.

SCORPIO (October 23 to November 21) While potential career changes warrant your interest, don't ignore your current job responsibilities. A personal relationship can also benefit from more of your attention.

SAGITTARIUS (November 22 to December 21) Don't guess at what the facts might be if you hope to make the best decision possible. The wise course is to ask direct questions and act on the answers that you get.

CAPRICORN (December 22 to January 19) Your efforts involving a pesky problem should soon show positive signs of being resolved. This will allow you to shift some of your focus in another direction.

AQUARIUS (January 20 to February 18) While you enjoy well-deserved praise for getting a difficult job done, there's no time to relax. A new challenge looms. Expect more support from a once-strong critic.

PISCES (February 19 to March 20) You might still have some explaining to do about your decision, but support grows as you continue to make your case. You might also want to start making plans for the upcoming holidays.

BORN THIS WEEK: You insist on making decisions based on facts, not on popular opinions. Have you considered a career in science?

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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: O equals R

AVSPO YGW YVR JWHKPUUPQ
DW KOPJBRPUX DBHP DW DGP
RPJWIQ VIXDGBIM RGP
JWWSPQ: APDDX JUWJSPO.

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Super Crossword

BROTHERLY POSSESSIONS

- ACROSS
- 1 Unsettles

9 Beginning of a process

16 Opposed to

20 Woman from Madrid's land, to Madrid natives

21 Relatives of grapefruits

22 Cut of beef

23 Start of riddle #1

25 Pea holders

26 Kyoto coin

27 Actress Longoria

28 Astern

29 Diameter halves

30 Middle of riddle #1

37 Star of "10"

40 Foe of Spinks

41 Most polar

42 End of riddle #1

48 Second-rate

49 Suffix with glob or duct

50 Spicy

51 V-shaped cut

55 Hand-talking syst.

56 90 degrees from norte

58 Intend to do

61 Great sorrow

62 "That's it!"

65 Answer to riddle #1

69 Humility

72 Mensa stats

73 Performs in front of

74 Start of riddle #2

79 Casino stake

80 Flaky dessert

81 Unit of a sentence

82 Tell — story (try to evoke sympathy)

84 Undergrad dogs.

87 Drinking aid

90 Part of ENT

91 Actress Ortiz

92 Actor Skeet or drummer Lars

95 Middle of riddle #2

100 Warship fleet

103 "I'll take that as —"

104 Civil War general Grant

105 End of riddle #2

111 Kicked in seed money

112 Bottom line

113 Chum

114 Crunches work them

117 Injure badly

118 Answer to riddle #2

125 Hotel chain

126 Greek

127 Ate lunch or dinner

128 Former rival of Nintendo

129 Tranquil and carefree

130 "Yes, it's true, alas"

DOWN

1 Like many wet lawns

2 "This —" (telephone response)

3 Arch across

4 Pic on a chest, maybe

5 Mom's bro

6 Jumping Aussie critter

7 Feature of a cloudless day

8 Balm

9 Secret agent

10 As well

11 Very tall bird

12 Praline ingredient

13 1957-91 king of Norway

14 "Affliction" star Nick

15 Course for U.S. immigrants

16 "Scarface" star

17 Strip of pasta

18 Neatens up

19 Refuse to yield

24 Pappy

29 Puerto —

30 Te- — (giggles)

31 Municipal laws; Abbr.

32 Yeshiva teacher

33 Scarce

34 Styled after

35 Victory

36 Fruit drink brand

37 — Raton

38 Avian hooters

39 Genetic structure with "rungs" of base pairs

43 Novel writer, e.g.: Abbr.

44 Pooch pest

45 Gabfest

46 Charged atoms

47 Sink as low as

52 Drill attachments with spiraling grooves

53 Paint layer

54 Sub in a deli

57 Reaping tools

58 Arouse

59 Misplaced

60 Pittsburgh Steelers' org.

63 Whack down

64 Burning residue

66 Waterways, to Mexicans

67 "— Four" (Beatles)

68 Dark deli bread

69 Atlas features

70 Handling the matter

71 Strike gently

75 Part of UAE

76 Uncovered

77 Sharp pain

78 Morales in movies

83 Horn for taps

85 Nagging pain

86 "— Out of My League"

88 The universe of universities

89 Walked through water

91 After a while

93 Distance unit in astron.

94 Optimistic

96 Road gunk

97 On the — (escaping)

98 Yoko of art

99 Roast that may include chopped cashews or almonds

100 Los —, New Mexico

101 Title anew

102 Beating at chess

106 When many a driver stops

107 Touchy- —

108 To any extent

109 Jungle beast

110 Sister of Malia Obama

114 On a mattress, say

115 Squeezing snakes

116 WWII battle site in Normandy

118 X, to Greeks

119 — Aviv

120 Kin of mono-

121 — room (Ping-Pong place)

122 Prez #32

123 Car club inits.

124 Stat involving wt. and ht.
-
-
- Moments in time
THE HISTORY CHANNEL
- On Oct. 26, 1774, the First Continental Congress sent a petition to England's King George III informing him that if not for the oppressive acts forced upon the colonies by the British Parliament, the American people would be standing behind British rule.
 - On Oct. 27, 1975, Bruce Springsteen became the first rock musician to appear on the covers of both TIME and Newsweek magazine in a single week. This feat, which was usually limited to presidents or other world leaders, fueled the energy behind his third album, "Born to Run," and helped make him a household name.
 - On Oct. 28, 1834, a group of European settlers led by the governor of Western Australia attacked a Bindjareb Noongar camp, killing somewhere between 11 and 80 people. The incident became known as the Pinjarra Massacre and was the culmination of escalating tensions between Australian Aboriginal peoples and settlers during the colony's early years.
 - On Oct. 29, 2024, a study published in the journal Antiquities revealed the discovery of an enormous, 1,500-year-old Mayan city hidden in the jungles of Mexico's Yucatan peninsula. It contained more than 6,000 structures, including pyramids like the ones at Chichen Itza.
 - On Oct. 30, 1896, the Boston Symphony Orchestra debuted Amy Beach's "Gaelic Symphony," the first by an American female composer to garner public attention. Beach cited the "simple, rugged and unpretentious beauty" of Irish tunes as her inspiration for the piece.
 - On Oct. 31, 1961, five years after Soviet leader Nikita Khrushchev denounced Stalinism and the "personality cult" of Soviet rulers at the 20th Party Congress, Joseph Stalin's embalmed body was secretly removed from the tomb of his predecessor, Vladimir Lenin, in Moscow's Red Square, and reinterred near the Kremlin wall.
 - On Nov. 1, 1512, Michelangelo's famous ceiling frescoes in the Sistine Chapel were first exhibited to the general public in Vatican City. Commissioned by Pope Julius II, they spanned thousands of square feet, included more than 300 figures, and took several years to complete.
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SENIOR NEWS LINE

By Matilda Charles

Saving money -- it's worth the effort

Have you applied for assistance through Low Income Home Energy Assistance, also known as LIHEAP? The program is available in all 50 states and is managed by the states. Therefore, there are different eligibility levels in each state as well as different cutoff dates to apply.

Take a look at their main website (liheapch.acf.gov) and look up the specifics for your state. Click on "State Snapshots" to find information on the minimum and maximum available per person, the total funding for your state and more. While the application process can be cumbersome (lots of paperwork and numbers to provide), it can be worth it.

Have you applied for Supplemental Nutrition Assistance Program (SNAP) benefits for help with buying groceries? At this writing, the work requirements are changing. It used to be that those under age 54 must do some amount of work each month, approximately 20 hours per week. Now it's changing and the cutoff is age 64 -- below that age, you must work or volunteer. It's worth checking into because even one person, depending on income, can get approximately \$300 per month.

As is typical with any program, applying can be complicated. Start with the SNAP directory (www.fna.usda.gov/snap/state-directory) to find your state's information. You'll likely need documents such as utility bills, proof of identity and more.

Call churches in your area to ask if they have a food bank. (It doesn't matter if you don't attend a particular church -- they probably won't ask.)

Take advantage of the loyalty programs at your local grocery stores. Watch the sales flyers to help you decide where to shop each week and keep a small notebook with a list of the prices you usually pay. Find out if your stores have senior hours where groceries can be as much as 10% off.

Saving money can mean a bit of work, but it's worth it!

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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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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!

Curve	MECABR				
Balance	SOFFET				
Cover	CEPTAR				
Trend	DIET				

TODAY'S WORD



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Micro Crossword

By Elizabeth C. Gorski

Across

1 White House VIP

5 Euphoric feelings

7 "Dreaming ____" (ballad by Tejano singer Selena)

8 Reservation residence

9 Scraps

Down

1 Snapshot

2 More plentiful

3 Pharaoh's land

4 Closet items that are always a foot long?

6 Basketball star Bird

1	2	3	4	
5				6
7				
8				
9				

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TIDBITS WORD POWER

Unscramble this word:

AHYPINGACHOO

The Greek word for chronic nail-biting, meaning literally "claw-eater"

TIDBITS NUGGET OF KNOWLEDGE

Fish scales and mica dust yield a frosted look. Powdered aluminum, silver, and gold add a metallic sheen. Microscopic nylon fibers contribute strength, while proteins, gelatins, and vitamins nourish the nail.

KNIGHT MOVES

L	S	R
O		P
A	A	T

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 NEWSFRONT ANSWERS

1. Worm weather
2. Dominant hand
3. Youth
4. Dry
5. Men's

Quiz BITS ANSWERS

1. 4000
2. 15th 1840s

WORD POWER ANSWER

ONYCHOPHAGIA

MINI SUDOKU

Answer

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

SNOWFLAKES

solution

SCRAMBLERS

Solution

1. Camber; 2. Offset
3. Carpet; 4. Tide

Today's Word

DEBRIEF

KNIGHT MOVES

Answer

L	S	R
O		P
A	A	T

PASTORAL

BROADWAY SHOWS THAT OPENED IN 2024

Word Spiral Answer

PALATABLE

MINI SUDOKU

Answer

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

Micro Crossword

Answer

P	R	E	S	
H	I	G	H	S
O	F	Y	O	U
T	E	P	E	E
O	R	T	S	

CryptoQuote

answer

Outside the open window
the morning air is all
awash with angels.
— Richard Wilbur

CryptoQuip

answer

Climbing structure with
rungs that receives
fabulous reviews:
a ladder of
recommendation.

Super Crossword

Answers

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

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TO YOUR GOOD HEALTH

By Dr. Keith Roach

Woman Weighs Peritoneal Dialysis Against Hemodialysis

DEAR DR. ROACH: My daughter, age 44, has had chronic kidney disease since she was 10 years old. She had a renal transplant at 23, then another at 32. The second graft started gradually failing a year back. In January, she was diagnosed with ovarian cancer.

This past month, she had a total hysterectomy, along with the removal of malignant tumors and nodules. She's since been on hemodialysis without any output of urine. What are the possibilities with peritoneal dialysis? Will this enable her to have a near-normal life? -- R.S.

ANSWER: Peritoneal dialysis uses the immense lining of the abdominal wall (the peritoneum) to act as a kind of kidney. A special dialysis fluid is instilled into the peritoneal space through a catheter. Excess potassium and acid, along with metabolic toxins that are normally removed by the liver, get diffused into the peritoneum and the dialysis fluid. The fluid is then drained through a second catheter, which removes these unwanted chemicals from the body.

This may be repeated multiple times at night through an automated machine (continuous cycler peritoneal dialysis, or CCPD). It can also be done manually throughout the day (continuous ambulatory peritoneal dialysis, or CAPD). I've asked many kidney experts which type of dialysis they'd want if they needed it, and most preferred peritoneal dialysis to hemodialysis. (The only ones who didn't prefer peritoneal dialysis wanted home-based hemodialysis.)

The main issue for your daughter is the surgical scarring from her ovarian cancer surgery. Scars greatly reduce the amount of peritoneal tissue

for fluid to diffuse across and limit the effectiveness of peritoneal dialysis. Furthermore, some women with ovarian cancer have cancer disease within the peritoneum itself, which would make peritoneal dialysis a bad option due to concerns with the cancer treatment and the risk of infection.

Experts recommend a peritoneal catheter via laparoscopic surgery, which would allow the surgeon to see if she's a good candidate for peritoneal dialysis. Her cancer surgeon and kidney specialist need to discuss this.

DEAR DR. ROACH: My granddaughter, who's only 18, experiences crashes with her blood pressure. She has to put on compression hose before she even gets out of bed, and she also requires a very strict diet. I know she gets these IV drinks that have something to do with salt.

I also know she had a lot of tests done, and a tilt table test showed postural orthostatic tachycardia syndrome (POTS). I'm not sure which medicine they're giving her; is this something that you can look into? -- R.W.

ANSWER: POTS has been more frequently diagnosed within the past five years, and experts believe that it's a frequent result of COVID infections, especially in younger women. Different people may have different major symptoms with POTS. For people who have low blood pressure, like your granddaughter, compression stockings as well as plenty of salt and water are the first-line treatments.

A graded exercise program helps many people but can be a problem for some. Medication isn't always needed, but midodrine and fludrocortisone are sometimes used symptomatically. However, these need to be used with caution. Most people will gradually improve, but there's a subset of people who may continue to have symptoms for even longer than a year.

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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