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TIDBITS® GAWKS AT CARGO CRASHES

by Janet Spencer

In 84% of accidents involving a tractor trailer, the trucker is not at fault. Yet, everyone has bad days, including truckers. Here are some of the more memorably bad, bad days for truckers!

BAD DAYS ON THE HIGHWAYS

- Many bad puns were made when a truck driver in Arkansas scraped the top of his load against the bottom of a low bridge, peeling the trailer open like a tin can. He was carrying DiGiorno and Tombstone frozen pizzas, which spilled all over the highway. It took crews about four hours to clean the pizza off the Hawaiiin, which probably made drivers pretty cheesed. It’s not completely clear if the moon hit the driver’s eye or if the truck lost control after coming over a crust. Luckily, nobody was injured, but we’re sure the driver is in some pretty deep dish. There was also another vehicle involved in the accident that had to be taken away on a flatbread. “It’s pepperoni pizza, there’s pizza sauce, there’s cheese, you name it, it’s all over the highway,” said a local cop who responded to the scene. (cont)

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CARGO CRASHES (cont)

- A foundry in Wisconsin created a marine engine destined to be installed in a Navy ship. It weighed 200 tons. The foundry shipped it by train to San Diego in 2007, where it arrived at the rail depot without issue. From there, it needed to be taken on a flatbed truck several miles to the shipyard. The job was undertaken in the middle of the night to avoid traffic, as the truck could only move at a walking pace. Unfortunately, the load slipped off the truck and landed with a 200-ton boom. Three parked cars were flattened, including a Dodge sedan and Ford Aerostar; no one was injured. A buried 16-inch (41 cm) cast-iron water pipe burst, flooding the area. The hole gouged out by the impact was six feet (1.8 m) deep. The wreck blocked off the only entrance to the shipyard, and 3,000 dock workers who arrived for their shift the next morning were turned away. It took the coordinated efforts of three cranes to lift the engine out of the hole and onto a different truck. No word on whether the engine was still under warranty.
- In January of 2017, a semi became separated from its trailer, spilling 38,000 pounds (17,236 kg) of sea-foam green glass marbles near Indianapolis, Indiana. Sergeant John Perrine of the Indiana State Police Department posted an image of the wrecked trailer with thousands of marbles spilled onto the embankment, saying, “A truck driver has lost his marbles ... Literally, 38,000 pounds of them, on I-465 South Bound at the 41 mile marker.” Industrial-sized vacuums were used to clean up the mess, and traffic resumed in about three hours. The marbles were being shipped to a factory to be used for industrial purposes.
- A truck traveling from the mint to the bank overturned in Italy in 2010, spilling its entire load of coins worth an estimated \$2 million. It took about 15 minutes for law enforcement to secure the area. In that time, about \$10,000 worth of coins were stolen by motorists.

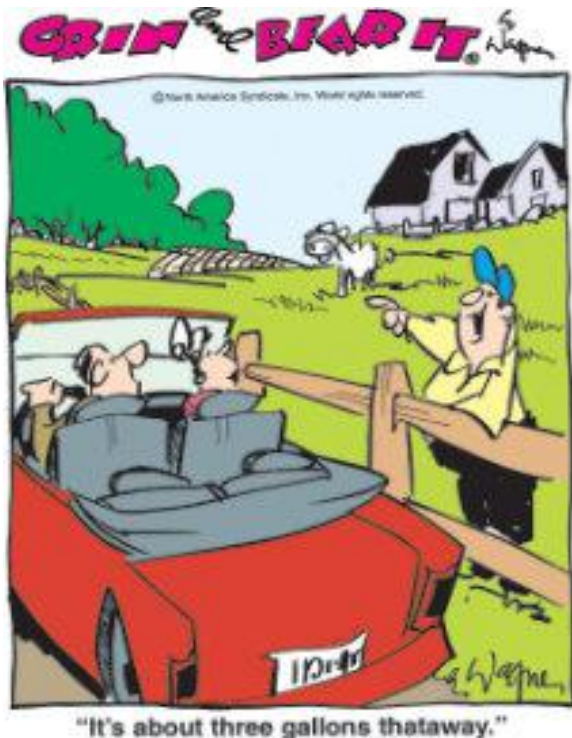
(cont)



- "I have a pair of pants I wear to garden in. The knees wore out, naturally, and I went to sew patches on the knees. I left the top of the patch open, and when needed I slip a piece of foam rubber in the knee. Magical knee pads!" -- R.E. in Oregon
- Are you great behind the lens of your camera and love animals? Consider donating your time to your local animal shelter as a pet photographer. Showing Mittens and Fido off to their best advantage can mean the difference in finding a forever home. Check with your local rescue organizations, too!
- To clean your tarnished silver jewelry, simply line a tray or shallow bowl with aluminum foil, lay the pieces on the foil and fill with a hot water and detergent solution (NOT bleach-containing). You may also use baking soda and hot water. Swish and allow the tarnish to transfer to the foil. Use a soft cloth to dry.
- "If your windshield or back window fogs over, try this trick, borrowed from the bathroom: Spread regular shaving cream over the window and wipe clean with a cloth. Buff off any streaks with newspaper. This will last a good while!" -- P.P. in South Carolina
- "If your plastic wrap gets sticky, place it in the refrigerator. You can even store it there to keep it easy to unroll." -- L.K. in Arizona

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

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WORD SPIRAL

	R	B
O	D	
		C

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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CARGO CRASHES (cont)

- Hagfish are also known as slime eels. They got that name because their main self-defense mechanism is the ability to disgorge enough slime to fill a 5-gallon bucket within moments of being threatened. This slime either strangles the potential predator or causes it to lose interest. Hagfish are harvested along the coast of Washington state and are often shipped, live, to Korea, where they are considered a delicacy. In 2017, a truck driver screeched to a sudden halt when he encountered unexpected road construction. The truck tipped and disgorged the entire load of 7,500 live hagfish onto the highway outside Portland, Oregon. Every eel spewed 5 gallons (18 L) of slime, disrupting traffic for hours. The knee-deep mess required bulldozers and fire hoses to clean up.
- A truck took a curve too quickly and flipped over on a Colombian highway in 2007. The truck was mostly empty at the time. However, the force of the crash peeled the roof and sides off the cargo area, revealing the cocaine that had been hidden in the walls and roof of the truck. The driver was not injured, but he was certainly arrested.
- Bee hives are often shipped around the country, moved from place to place following the seasonal need for crop pollination. One load containing an estimated 14 million bees worth \$92,000 were being transferred from California to North Dakota when the truck's front wheel slipped off the edge of the pavement. The driver overcorrected, and the result was bee hives spread across an Idaho highway in the middle of the night. Professional beekeepers were quick to respond to the wreck, salvaging about half of the load before dawn broke, when traffic picked up, and the bees became more active. Police advised motorists to keep their windows rolled up as they passed through the area.

(cont

Fun Fact

A study by Harvard Business School found that **giving** to other people lifted the giver's mood more than spending that money on themselves. Participants also expressed more happiness when they could witness the receiver's happiness.

Source: www.library.hbs.edu/



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“There is more credit and satisfaction in being a first-rate truck driver than a tenth-rate executive.” -B. C. Forbes

CARGO CRASHES (cont)

- When a truck driver forgot to properly close the back of his truck in 2012, the result was 24 tons of sardines spilled across a highway in Poland. Not happy about being stuck with the cleanup, the police billed the driver \$7,500.
- In Northern Ireland, a truck carrying several tons of mackerel overturned, dumping the fish two feet deep (61cm) in a farmer’s field. The smell lingered for days, and the fish had to be cleaned up by local authorities.
- In 2004, a 60-ton, 56-foot-long (17 m) sperm whale beached on the shore of Taiwan and died. It drew quite a crowd as it lay decomposing on the sand because it was very obviously male. Marine biologists at nearby National Cheng Kung University decided they would like to perform a necropsy on it. Instead of traveling to the shore to study it, they hired a flatbed truck to bring it to them. While it was passing through the Tainan neighborhood, the corpse exploded catastrophically due to the pressure of gas build-up. Things were particularly stinky and slippery for quite a while. What remained of the whale was nevertheless taken to the university for study.
- A family was in the middle of moving when they tied their 11-year-old son’s collection of Legos to the top of the van. On the way, the straps came loose on I-79 in West Virginia, leaving an estimated 38,000 Lego bricks scattered across the highway. It was night, it was raining, and there was not much that could be done to retrieve that many Legos in those kinds of conditions. Police were notified because anyone who has stepped on a Lego in the middle of the night knows that they are perfectly capable of puncturing a tire. When the news hit the papers the next morning, the Mom confessed to being responsible, adding that her son was “absolutely heartbroken” at the loss. Kind strangers responded not only by mailing the kid replacement Legos but also by pitching in cash to help.



Strange BUT TRUE

- First cousins may marry in Utah, but only after age 65.
- The first Star Trek series was originally marketed as "Wagon Train to the Stars," after the popular 1957 western TV series "Wagon Train."
- To cut down on high pollution levels, car owners in San Jose, Costa Rica, are prohibited from driving into the city one day out of the week. That day corresponds to the last number on their car's license plate.
- Chickens can see color better than humans.
- Simply thinking about sex can trigger sneezing in some people. Scientists think this may be due to crossed nerve signals in the automatic nervous system.
- Los Angeles has more museums than any other city in the world.
- The sun is actually white. It appears yellow from Earth because our atmosphere tints it that hue.
- Cats don't have a sweet tooth. A genetic mutation prevents our feline friends from tasting sweetness, making them indifferent to sugary foods.
- After pornography, ancestry websites are the most commonly visited on the internet.
- In 1955, Vietnamese Prime Minister Ngo Dinh Diem printed his ballots on red paper, which the Vietnamese consider a very lucky color, and the ballots for his opponent on green paper, which is considered just the opposite. (He won, but not because of color.)
- Being in love and being high on cocaine activate the same portions of the brain.

Thought for the Day:

"You cannot have a positive life and a negative mind." -- Joyce Meyer
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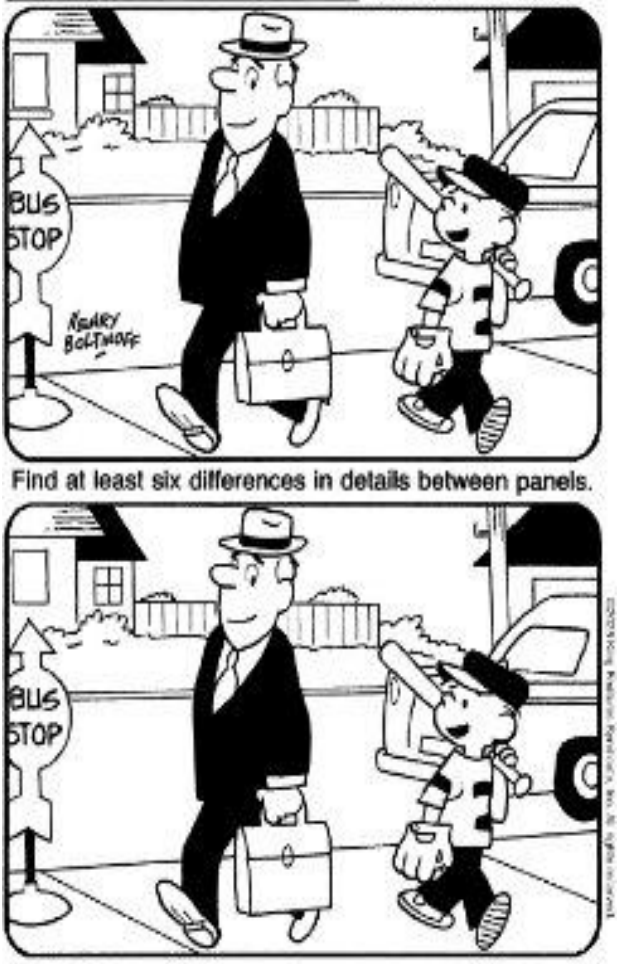
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Differences: 1. Lane in sidewalk is moved. 2. Window sill is missing. 3. Rear car window is smaller. 4. House window is moved. 5. Man is thinner. 6. Briefcase is larger.

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
PHOTO CREDIT: Fairfield Auction
PHOTO CAPTION: Fauvist artist Maurice de Vlaminck brought his use of bright colors, simple shapes, and free brush strokes to ceramics as well as canvases.



Fauvism Art

Maurice de Vlaminck (1876-1958), born in Paris, was one of the painters who exhibited at the 1905 Salon d'Automne, considered the beginning of the Fauvism art movement. The name "Fauvism" came from a critic's negative reaction to the exhibition, insulting the paintings on display as the work of "wild beasts" ("fauves" in French). Fauvism was characterized by the use of highly saturated color, abstracted shapes, and loose brushwork, a marked departure from the naturalistic, representational styles that dominated the art world at the time. Although de Vlaminck's fame never quite reached the heights of fellow Fauvists like Henri Matisse, he had considerable success at exhibitions. Art dealer Ambroise Vollard, known for taking risks on avant-garde artists, bought his entire stock of paintings in 1906 and introduced him to ceramist Andre Metthey. De Vlaminck and Metthey enjoyed a fruitful collaboration for several years, producing about 300 pieces together. De Vlaminck painted the decorations on the ceramics. While the subject matter is different -- most of de Vlaminck's best-known paintings are scenic, but his ceramics often feature flowers, like the vase pictured here -- the vibrant colors and simple shapes that

characterize his work are clearly visible. This vase sold for \$1,905 at Fairfield Auction. Considering that oil on canvas paintings by de Vlaminck can sell for about \$20,000, it's arguably a bargain.

Q: I found some old black-and-white photographs of famous musicians in my basement. The names of the musicians are printed underneath the picture. I have Louis Armstrong, Ray Charles, Stevie Wonder, and Muddy Waters. Can you help me find out how much they are worth?

A: Photographs of famous musicians like the ones you listed have been widely reproduced. You said the pictures have the musicians' names printed on them, so check for other information, like the photographer's name, copyright date, publisher, or edition number. These will help you determine the values of the photographs. If they are originals, they could be very valuable, and you may want to contact an auction house that sells photographs or celebrity memorabilia for more information. If they are copies, they are probably worth fairly little; about \$10 to \$20 each.

TIP: Don't put a runner or a vase on your wooden table if it is in sunlight. Eventually the finish will fade around the ornaments and leave a shadow of the items on the wood.

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8/16	National Roller Coaster Day
8/17	Black Cat Appreciation Day
8/18	National Fajita Day
8/19	National Aviation Day
8/20	Children's Eye Health Month
8/21	Poet's Day
8/22	National Tooth Fairy Day

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Quiz BITS

1. What company is the nation's largest trucker?
2. What company is the nation's second largest trucker?

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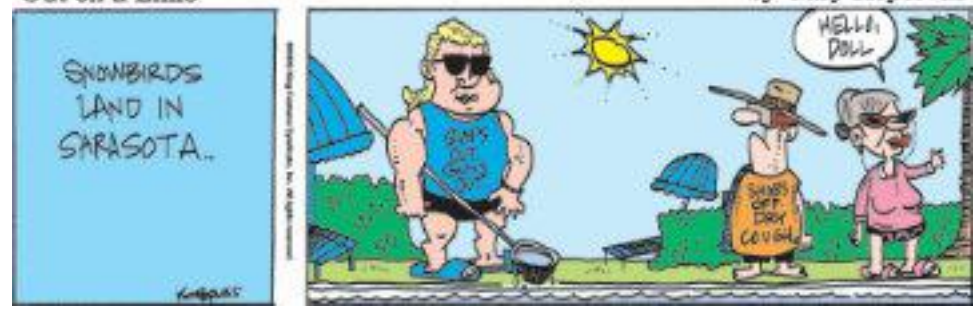
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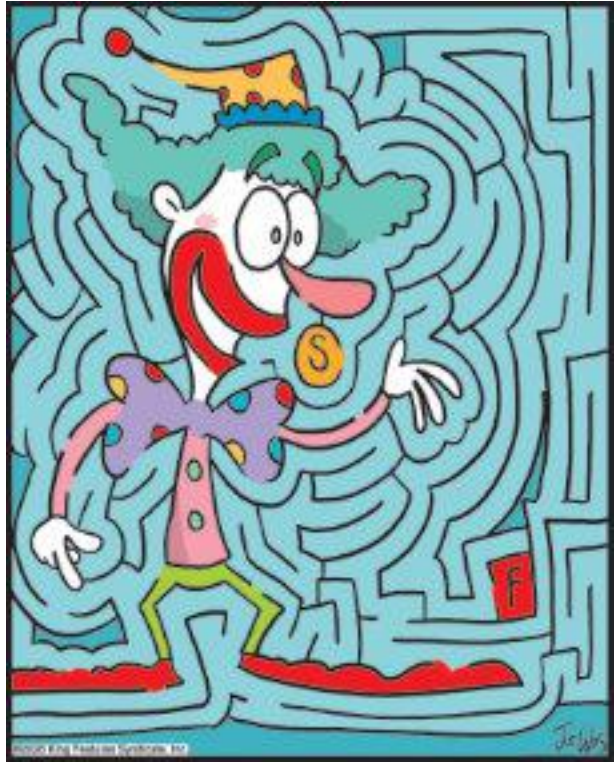
SNOWFLAKES

by Japheth Light

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

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

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HealthBits

By Dr. Holly Carling

COMBATING STRESS, ANXIETY AND DEPRESSION

No matter what we do to combat it, stress exists. Frequently a cycle of stress, anxiety and depression engulfs us in what seems to be an impenetrable mire of mud, cutting off our very breath! How do we break loose and come out on top?

How can we go through life with a sense of clarity, calmness and peace? First and most important is to turn to God.

We’ve been told that God will help when we’ve done all we can on our part. So what more can we do?

We first need to understand stress, anxiety and depression and what we do have control over.

Stress is interpreted by the body as a “fight or flight” response. Anything not needed to fight the perceived danger or flee from it, is shut down. In other words, we don’t need (for example) digestion or immunity to fight or run, so they are,

for the most part, shut down. So are other bodily functions. This is why a prolonged stress response can eventually kill you!

“Depression” is a generalized term that can mean loneliness, sadness, overwhelm, disappointment, melancholy, fear, etc. It is important to differentiate the real emotion,

rather than to use the generalized label, “depression” because it gives you power to do something about it. For example, if you were lonely, you could call a friend, join a bowling league or participate in a church activity. But when you simply use the term “depression”, you have fewer options.

“Anxiety” is also a blanket term that can mean fear, apprehension, worrying or nervousness. It can be mild and unsettling, or severe and both exhausting and debilitating. It can also have a serious impact on life. Anxiety is often triggered by stress, or by negative “self-talk”. Anxiety is often referred to as “Generalized Anxiety Disorder” or “GAD”. If left unchecked, it can develop into a panic disorder.

All the above, stress, anxiety and depression, have similar traits and underlying causes. Fortunately, help is available from different resources. When severe and overtaking your life, drugs are an option. Psychologists and biofeedback therapists are indispensable for supporting you in overcoming unreasonable thought patterns. Exercise is also helpful.

However, the most helpful is to support the body physiologically. Nutrition is an important factor. Your brain requires certain minerals, amino acids and healthy fats for proper function. In fact, if the raw materials necessary for making the various brain chemicals/hormones are not present, well...we can’t make something out of nothing! To have healthy brain chemistry, we have to have healthy raw materials in our diet.

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

Confusion over payment for non-VA medical care

Let's hear it for whistleblowers, especially when big money is involved, and most especially when some of that money should have gone into the pockets of veterans.

Specifically, starting in 2001, non-VA medical providers and veterans had 90 days to file for reimbursement for veterans who had sought emergency care. Then in 2022 the Cleland-Dole Act added the requirement that non-VA providers submit payment requests within 180 days for providing nonemergency care. However, there was no mention of veterans having that same 180-day time limit to file for reimbursement, or any time limit at all.

The VA continued, however, to apply the original 90-day payment limit.

Enter the VA Office of Inspector General because of the whistleblower. When asked, the VA identified 78,000 claims -- to the tune of \$373 million -- that had been denied because they didn't meet the 90-day limit. And no, they hadn't reviewed those 78,000 denied claims. Apparently there was confusion due to the fact that the law was written to give non-VA providers that 180 days, but not veterans.

Further confusion (or so it was said) arose because it wasn't clear whether the 90-day filing period should begin on the date of discharge, the date of a veteran's death during emergency treatment or the date it became clear that a third-party payer would not cover the claim. The VA sought clarification from the policy department ... and promptly dropped the ball, not pursuing answers.

The VA began processing those claims, leaving it to the individual claims processors to decide whether they would use the 90- or 180-day limitation.

If you need to get emergency care at a non-VA medical facility, there are some rules you need to know so it will be paid for. You can read the info at www.va.gov/resources/getting-emergency-care-at-non-va-facilities so you'll know what you should do in an emergency. For example, going to urgent care doesn't count. And someone needs to tell the VA within 72 hours that you've had a medical emergency. You can notify the VA at 844-724-7842.

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MINI SUDOKU

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6	3				
4			6		
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5		6			
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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 Sam Mazzotta

Itchy allergies have this hound howling

DEAR PAW'S CORNER: My 2-year-old Bassett Hound, "Harlan," is allergic to something, but we aren't sure what it is. He's got hot spots, especially on his stomach and hind quarters, and he's broken the skin in some places from scratching and biting. Our veterinarian says to treat him for fleas and has prescribed an antibiotic for the scratches. I'm wondering if there is more going on. What do you recommend? -- Jake S. in Wheeling, West Virginia

DEAR JAKE: I'm sorry to hear that Harlan is suffering. Allergies can be a real pain, and finding the source can take time.

Eliminating fleas and treating the sores and hot spots is the first step in the process of determining what is causing a pet's allergic reaction. If Harlan responds well to this treatment and has no further problems, that's great. If he doesn't, the next move is to gradually rule out other potential allergens until the culprit is found.

Dogs and cats can have histamine reactions -- redness, swelling, sneezing, itching -- to three primary culprits: fleas, food and environment. Some very effective flea treatments have been developed over the past several years, so this is the easiest allergy to treat. Food and environmental allergies are tougher.

I'll address food allergies in my next column. This week, what I recommend for pet owners who are dealing with the itching, hot spots and general misery of an allergy, is to contact their vet and follow their instructions on treatment. Reduce dust and pollen inside the home by vacuuming frequently. Treat all your furry pets for fleas, if you haven't done so yet.

And get out your notebook. You'll need to write down your pet's reaction, behaviors and symptoms to start forming a picture of the allergies they may have.

Send your tips, comments or questions to ask@pawscorner.com. (c) 2026 King Features Synd., Inc.

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By Ryan A. Berenz

1. In January 1958, Cincinnati Bearcats college basketball star Oscar Robertson scored 56 points in a 118-54 rout and singlehandedly outscored which team?

2. In what year did the NFL establish the rule that made it illegal to grab the facemask of any opposing player?

3. Which two American men won singles titles at the two Australian Open tennis tournaments held in 1977?

4. In June 2026, which Milwaukee Brewers hurler delivered a fastball at 105.5 mph, the fastest ever recorded by a starting pitcher in Major League Baseball history?

5. Name the Georgia Bulldogs quarterback who threw four touchdowns and ran for two more in the team's 65-7 rout of the TCU Horned Frogs in the 2023 College Football Playoff national championship game.

6. What was the home arena for the San Jose Sharks during their first two NHL seasons from 1991-93?

7. Rudolf Dassler Schuhfabrik, an athletic shoe company founded in Germany in 1948, evolved into which world-famous sportswear brand?

Answers

1. The Seton Hall Pirates.

2. 1962 (previously, it was legal to grab only the ball carrier's mask).

3. Roscoe Tanner and Vitas Gerulaitis.

4. Jacob Misirowski.

5. Stetson Bennett IV.

6. The Cow Palace in Daly City, California.

7. Puma.

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ONE MORE FACT

Over-the-road truck engines are designed to travel more than one million miles before being retired, whereas car engines are expected to go just 200,000 miles. The average big rig carries 80,000 pounds of freight at one time.

TIDBITS presents

TRIVIA NEWSFRONT

1. What percent of truckers are women?

2. How old is the average trucker?

3. What percent of all vehicles on the road are trucks?

4. What percent of gasoline consumed in the U.S. is used by trucks?

5. What is the average fuel mileage for an 18-wheeler?



1. The Odyssey
(R) Matt Damon, Tom Holland
2. Moana
(PG) Dwayne Johnson, Catherine Laga'aia
3. Hadestown: The Musical
(NR) Reeve Carney, André De Shields
4. Toy Story 5
(PG) Tom Hanks, Tim Allen
5. Minions & Monsters
(PG) Pierre Coffin, Trey Parker
6. Evil Dead Burn
(R) Souheila Yacoub, Tandi Wright
7. The Invite
(R) Seth Rogen, Olivia Wilde
8. Young Washington
(PG-13) William Franklyn-Miller, Mary-Louise Parker
9. Motor City
(R) Alan Ritchson, Ben Foster
10. Obsession
(R) Michael Johnston, Inde Navarrette
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Weekly SUDOKU

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7		1	3		8	6		4
		8	2					
	2		1		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

Madonna

8/16/1958

Robert DeNiro

8/17/1943

Robert Redford

8/18/1936

Orville Wright

8/19/1871

Al Roker

8/20/1954

Kenny Rogers

8/21/1938

Cindy Williams

8/22/1948

TIDBITS



"The Shards" (TV-MA) -- Teen drama lovers, you continue to be fed this year, and this latest thriller series hails from none other than creator Ryan Murphy ("The Beauty") and screenwriter Bret Easton Ellis ("American Psycho"). This series is based on Ellis' semi-autobiographical novel from 2023 and takes place in 1981 Los Angeles. Igby Rigney ("Devil in Disguise: John Wayne Gacy") lands his first main role in a TV series as he plays 17-year-old Ellis during his senior year of prep school. He feels like he's on top of the world with his girlfriend and group of friends, until the arrival of a new student named Robert (Homer Gere) shakes up their dynamic. Simultaneous with Robert's arrival is the unexpected presence of a serial killer named the Trawler, who begins abducting people across the city. The first two episodes premiere on Aug. 5. (Hulu)

"The Devil's Mouth" (PG-13) -- Speaking of teen dramas, this survival thriller film features a cast with a couple of actors who got their big breaks in one! Lana Condor ("To All the Boys") and Gavin Casalegno ("The Summer I Turned Pretty") star alongside Kathryn Newton ("Ready or Not 2") as a group of friends who wish to have one last adventure together in Thailand before graduating from college. So, the friends decide to sign up for a guided swim tour through a cave system called The Devil's Mouth. All is well upon entering the cave, until they probe deeper into the cave and discover a deadly bull shark. With it out for blood, these amateur cave dwellers will have to play the longest waiting game of their lives to see if they can escape this hell in one piece. Out now. (Amazon Prime Video)

"You, Me & Tuscany" (PG-13) -- Halle Bailey ("The Color Purple") and Rege-Jean Page ("Black Bag") lead this oh-so-romantic comedy film premiering on Aug. 7. Bailey plays Anna, a young chef who put her culinary aspirations on hold after the death of her mother. After spending the night with an Italian man named Matteo (Lorenzo de Moor), who mistakenly tells her about his empty villa in Tuscany, Anna impulsively decides to fly to Tuscany and stay in Matteo's villa without his knowledge. Once there, she immediately gets caught by his relatives and, to save face, states that she's Matteo's fiancée. While this appeases his family momentarily, she also encounters Matteo's cousin, Michael (Page), and feels an intense romantic connection with him. Talk about trouble in Tuscany! (Peacock)

"Alley Cats" (TV-MA) -- This British adult-animated series comes from the mind of Ricky Gervais ("The Office"), which we all should know by now is a perverse and hysterical place. The series follows a gang of feral cats, led by a large orange cat named Gus (Gervais), as they spend their time frolicking in alleys, neighborhoods, cemeteries and parking lots. While these cats do ordinary cat things like play-fight, scratch up furniture, and jump on people, they also ponder their existence and what it really means to be a beautiful ball of fluff in such a dangerous world. The six-episode series premieres on Aug. 7. (Netflix)

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- 1. GEOGRAPHY: How many countries border Argentina?
- 2. GAMES: What is a perfect score in a bowling game?
- 3. TELEVISION: In the animated series "Family Guy," what kind of creature is often fighting with Peter?
- 4. COMICS: What is the name of Batman's butler?
- 5. FOOD & DRINK: What ingredient gives the Greek liquor ouzo its distinctive taste?
- 6. LITERATURE: What are the names of Nancy Drew's best friends in the detective novel series?
- 7. MOVIES: What brand-name underwear does Marty McFly have in the movie "Back to the Future"?
- 8. SCIENCE: What is the Prime Meridian?
- 9. U.S. STATES: Which state is home to the Carlsbad Caverns National Park?
- 10. ASTRONOMY: What is the largest moon of Saturn?

Answers

- 1. Five: Chile, Bolivia, Paraguay, Uruguay and Brazil
 - 2. 300.
 - 3. Ernie, the giant chicken.
 - 4. Alfred Pennyworth.
 - 5. Anise.
 - 6. Bess and George.
 - 7. Calvin Klein.
 - 8. An imaginary line at 0-degree longitude.
 - 9. New Mexico.
 - 10. Titan.
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YTSORFEDWSRVAAT

RQONLBKDIHHBMFF

DCAZUXWVUSRQEEQ

NMKGJIHFESUFEDDE

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Unlisted clue hint: TO UNFREEZE

Debarb

Debaring

Debone

Debrief

Debug

Debunk

Decay

Decode

Decry

Defame

Defang

Defeat

Defend

Defuse

Demolish

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Make a Cool Summer Pudding From England

While the 2026 FIFA World Cup was in full swing on screens across the United States and the world, I loved how the cameras put viewers like us in the middle of the action, especially for the third-place playoff match between France and England. Amid all the excitement of England winning the high-scoring match, I began to get curious about local English food. I decided to make a cultural experience at home and created a taste of London by preparing an old English late-summer dessert called "Summer Pudding." For the Brits, the word "pudding" ("pud" for short) actually means "dessert," and this fun recipe from across the pond can become a memorable finale to an August dinner. It's full of fresh berries, and the easy prep doesn't require any baking, so the kitchen stays cool. It's a great use for day-old bread, too!

Kids love to take part in the easy prep, so gather the ingredients and enjoy this fresh, beautiful dessert while it's still summer.

ENGLISH SUMMER PUDDING

- Makes 6-8 servings
- 16 slices of day-old firm white bread without preservatives
 - 6 cups assorted berries such as blueberries, blackberries, raspberries and strawberries
 - 1 cup sugar
 - 1 tablespoon freshly squeezed lemon juice
 - Whipped cream

In a saucepan, combine berries, sugar and lemon juice. Stir over medium heat until berries release their juices, about 5 minutes. Remove from heat and drain berries over a bowl, reserving the juice.

Line the inside of a 5- to 6-cup bowl with plastic wrap. Trim and discard crusts from the bread and cut slices diagonally into 4 pieces. Dip each triangle into the juice, then arrange on the bottom and in a continuous pattern around the inside of the bowl to create a pinwheel effect. Fill any gaps with more bread, saving some for the next step.

Fill the bread-lined bowl almost to the top with the drained berries. Place a single layer of the remaining bread on top of the berries to create a cover. Spoon remaining juice evenly over the top.

Cover the bowl with plastic wrap, then set a small plate on top that fits inside the bowl. Set a heavy 2-pound can on the plate to provide weight. Refrigerate overnight.

To serve, remove the can, plate and plastic wrap, and carefully invert the colorful molded pudding onto a serving plate. Remove the plastic wrap liner. Slice into wedges with a large spoon and serve with a dollop of whipped cream.

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) Someone who knows you to be courageous and generous asks for help in getting through a crisis. Be prepared for some difficulties, but be assured that you'll overcome them.

TAURUS (April 20 to May 20) Music and merriment dominate at this time. Go ahead and have fun -- you've earned it! Meanwhile, don't be surprised if a LEO is there to share the good times with you.

GEMINI (May 21 to June 20) Believe in yourself, and your intrepid nature will win out over any lingering timidity that has you wavering over taking a new job. Then go out and celebrate!

CANCER (June 21 to July 22) Forget about people who are ungrateful despite all that you've done for them. Reward yourself for being the fine person you are. Buy something wonderful and have fun!

LEO (July 23 to August 22) Someone you thought had the same warm feelings for you as you do for them suddenly turns cool. Don't press for an explanation now; this will come later.

VIRGO (August 23 to September 22) A new path opens as you work your way through a difficult problem. Friends and family will be there to walk with you. Things begin to get brighter soon.

LIBRA (September 23 to October 22) Your need for stability is evident as you face some unsettling choices. Weigh the pros and cons of each on a one-by-one basis until you know enough to make a decision.

SCORPIO (October 23 to November 21) A family situation continues to tax your patience, but it's soon resolved. Stay with it. Meanwhile, someone is waiting for you to follow up on some promises.

SAGITTARIUS (November 22 to December 21) A long-awaited career move finally gets started. Meanwhile, a family member's health problem causes some concern, but a doctor has a reassuring diagnosis.

CAPRICORN (December 22 to January 19) A personal relationship will continue to be tense and troubled, until you surprise everyone by making a rare (for you!) first move to smooth things over.

AQUARIUS (January 20 to February 18) Most folks perceive you as a serious, no-nonsense type. But surprise them by revealing the fun-loving side of yourself. Meanwhile, an ARIES has romantic ideas!

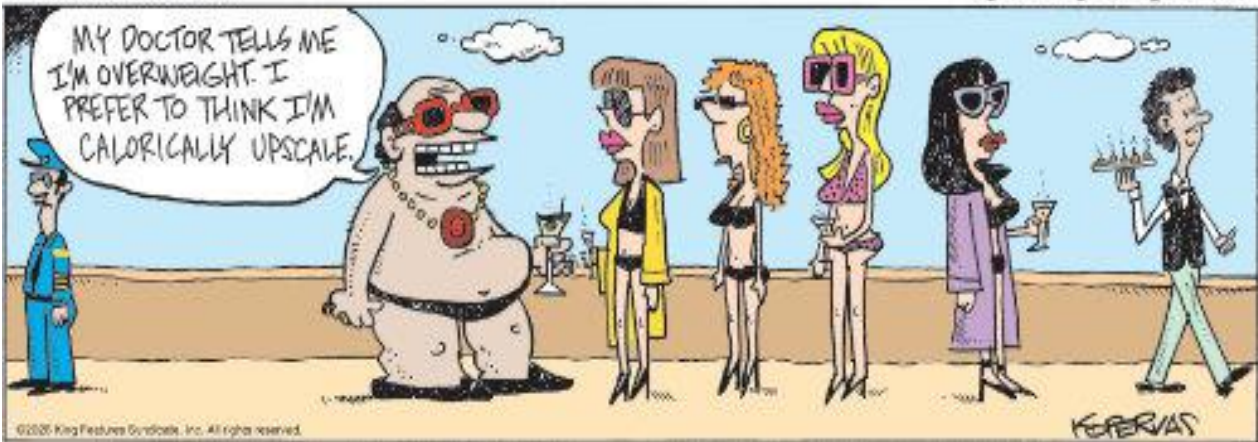
PISCES (February 19 to March 20) A new relationship grows stronger, but don't be pushed into a commitment before you feel like you're ready. It's better to tread water than to dive in over your head.

BORN THIS WEEK: You have a gift for balancing fun and function. You also have a deep sense of loyalty that makes you a wonderful friend.

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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: G equals R

VL NZPGP QPGP S OVBRY
GPEVHVBR Y HGBRO LBRXCPC
AD BXP BL NZP APSNEPY,
QBREC NZPD AP EPXXBXVNPY?

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Super Crossword

ODD DUCKS

- ACROSS**

1 Arctic footwear item

9 Triaging concern

15 "Rope- —" (Ali ring tactic)

20 Study of forces acting on mechanisms

21 Twinkled

22 Adversary

23 Brief seconds

24 Diane plays her role flawlessly?

26 See 61-Across

27 Dandy dudes

28 On guard

29 Foxx amuses his audience?

34 Flock babies

37 Droop

39 Phone button abbr.

40 Special span

41 Granola snack option

43 Flood preventer

44 Muscles called "guns"

47 Paul acts in a serious film?

50 Military pupils

52 One of a pair of sense organs

53 Expiators

54 Elmer greatly anticipates catching Bugs Bunny?

57 Favored ones

60 "Hence ..."

61 With 26-Across, maker of Tater Tots

62 Philadelphia's La — University

63 WWII battle city in France

64 Adaptable truck, in brief

65 Christ, in Cremona

67 Oldham fashions clothes?

70 Cheer shouts

74 Court org.

76 "Look at Me" novelist Jennifer

77 Bunk

79 Gunk

80 "ATM" rapper

83 Small warbler

84 Wynonna puts out her first album?

86 Orchestrate

88 Miracle- —

90 Brown ermines

91 Roger describes a news event?

96 "C'mon, quit it!"

98 "It's all clear"

99 Lightning source, informally

100 TV "Science Guy" Bill

102 Put in a juicer

103 One of a pair of sense organs

104 Cultural spirit

105 Billy steps off his ship?

109 Flow inventor John

111 Swiss mounts

112 "— had it!"

113 Jason bounces the basketball?

117 Kitchen tools

122 Architect Jones

123 — d' (head-waiter)

124 Cubic — (lake diamond)

125 De Mille the dancer

126 Less than retail

127 How this puzzle's nine longest answers are viewed?

2 Writer Analis

3 Carry- — (flight totes)

4 Sweaty, say

5 Straitlaced

6 Indian tongue

7 Scale's span

8 Road curve

9 Certain opening for a bolt

10 Elated bliss

11 Gives help

12 German link

13 Rx request

14 Suffix with lime or Gator

15 Seed casings

16 Belly flop, say

17 Unusually big

18 People eating meals, e.g.

19 High trains

25 Maze-running rodent

27 Mrs., in Berlin

29 Burglarize

30 Gourmet

31 Tenths of centuries

32 "Judge —" (Stallone film)

33 Slip up

34 Piece of mail: Abbr.

35 Court org.

36 Mothers, informally

38 Undercoat for an oil painting

42 Skilled sorts

43 Evening eats

45 People who are hooting it

46 Rock layers

48 — Moines

49 Perfectly

51 Song for one

54 Hazy stuff

55 Not as young

56 Pigeon perch, maybe

58 Yale for whom Yale is named

59 "I swear —!"

63 Capitol fig.

64 No longer bothered by

66 Remove the cargo from

68 Hazard

69 Motions "yes"

71 "Equus" actress Jenny

72 Time in a Jacuzzi, e.g.

73 "Rescue us!"

75 Road curve

78 "The Lady" star Michelle

80 Farr or Foxx

81 Fighting for change

82 Called for a pizza, say

83 Like Cardiff natives

84 Write hastily

85 City in Iraq

87 Go- — (no idler)

89 Climbing roses

92 "Am — blame?"

93 Refusals

94 Cuts off

95 Pink Floyd's Barrett

97 Evening hrs.

101 Add while proofing

104 Paul who published many math papers

106 Surprise win

107 Tennis legend Chris

108 Park seat

110 Threshold

111 Counter-tenor

113 Rio carmaker

114 "— bad boy!"

115 Slugging club

116 Razor brand

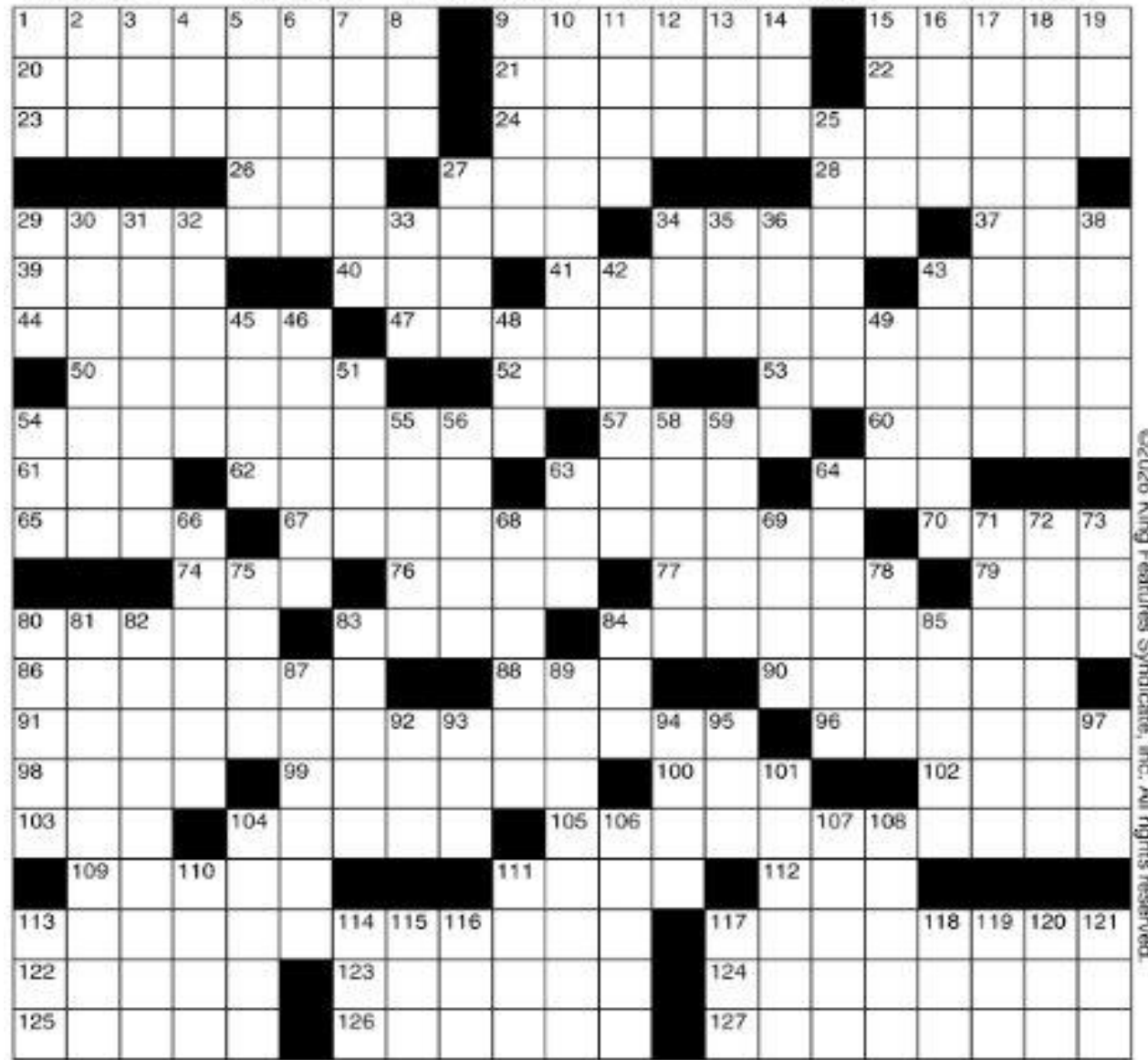
117 Israeli weapon

118 College org. of sisters

119 Suffix with opal

120 Tell fibs

121 Mournful



Moments in time THE HISTORY CHANNEL

- On Aug. 17, 1579, Francois, Duke of Alencon and Anjou, visited Queen Elizabeth I of England with the design of winning her hand in marriage -- the only suitor to court her in person. He was 23 and Elizabeth 45. Though they became quite close, the queen's subjects heartily disapproved of the idea of a French king, and two years later Elizabeth declined the proposal with what appears to have been genuine regret. She remained single for the rest of her life.
- On Aug. 18, 1826, Scottish explorer Alexander Gordon Laing made his way across the Sahara and became the first European to reach the fabled trading city of Timbuktu. Merely weeks after leaving it, he was murdered in his sleep by his own Arab escorts.
- On Aug. 19, 1914, Elmer Rice's courtroom drama "On Trial" debuted at New York City's Candler Theatre. It ran for 365 performances and became famous for pioneering the use of the cinematic "flashback" and reverse chronology on stage.
- On Aug. 20, 1957, the U.S. Air Force's ultra-high balloon flight Project Manhigh broke the existing altitude record by reaching 101,516 feet over Minnesota and South Dakota with physician and scientist David G. Simons in an aluminum capsule suspended from a helium balloon. He was awarded the Distinguished Flying Cross for the achievement.
- On Aug. 21, 1980, the animal-rights organization People for the Ethical Treatment of Animals (PETA) was incorporated in a basement office in Takoma Park, Maryland.
- On Aug. 22, 1992, FBI sniper Lon Horiuchi, while aiming at a fleeing suspect, shot and killed Vicki Weaver during an 11-day siege at her home at Ruby Ridge, Idaho. Weaver was unarmed and holding her infant daughter behind the door of her cabin. Horiuchi was initially charged with manslaughter but the charges were dismissed.
- On Aug. 23, 2018, the discovery of a bone from a 90,000-year-old hybrid human, half Neanderthal, half Denisovan and thought to be a girl of at least 13 years old, from Anuy River, Siberia, was published in Nature magazine.

SENIOR NEWS LINE

By Matilda Charles

The danger of old cookware

When I was expecting a large crowd I needed to pull out all of my old cookware and see if I had enough pieces.

Yes, I had enough pieces. No, I didn't just wash them up and start cooking. Some of the pots and pans were so old I was concerned about PFAS, PFOA and PTFE and whether my cookware was manufactured when use of those chemicals was common.

I went online, and boy, did I learn some things. The label on my supposedly "free of PFOA" pans doesn't necessarily mean they're safe, because other chemicals could be present. It's the same with "free of PTFE," the nonstick compound used in pots and pans.

The reason: PFOA and PTFE are only two of 9,000 different PFAS chemicals.

To explain: PFAS is called a "forever chemical" because it takes nearly forever to break down in the environment and in our bodies. Long-term use can lead to serious health complications.

PFOA is where the age of some of my cookware became a problem. PFOA is now illegal to use in the manufacture of cookware and has been since 2015. A pan will be especially problematic if it has scratches or is used on high heat.

PTFE, on the other hand, is still used. It's the compound that makes our pans nonstick -- and it's unregulated. And, when you heat PTFE, you get PFAS and toxic fumes.

So what do we do (other than panic) when we clearly need to replace our kitchen cookware with something that's safe to use?

If we want to change our cookware, we need to be certain we purchase pieces that really are PTFE-free and PFAS-free. Best bets are stainless steel, titanium (no coating) and ceramic-coated pieces. Be sure to research each one you consider.

To get up to speed on these chemicals before you shop, see LeafScore.com, DefendOurHealth.org, MayoClinic.org or CANCER.org.

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HOW DO YOU KNOW WHEN IT'S TIME FOR ASSISTED LIVING?

Deciding when it's time for a loved one to move to assisted living can be challenging. Although we may notice the signs that they are physically or mentally declining, we may also have a feeling of anxiety and guilt over respecting that person's wish to stay home. Still, there are certain signs that can help you recognize when an assisted living community might be the perfect choice for a loved one's safety and well-being.

One of the key indicators is recognizing a decline in daily activities, such as difficulty with personal hygiene, dressing, or managing medications. If your loved one is struggling with these tasks and requires frequent assistance, it may be time to consider assisted living, where they can receive support with daily routines and round the clock needs.

Another sign is increasing safety concerns. If your loved one has experienced frequent falls, wandering, or is at risk of getting lost or injured, their living situation might no longer be safe. Assisted living communities provide a more secure environment designed to help prevent such accidents.

Cognitive decline, particularly in cases of dementia or Alzheimer's, can also signal the need for more structured care. Memory loss, confusion, and difficulty managing time or money can make it unsafe for them to live

independently. Assisted living communities often have specialized programs to help residents with cognitive impairments maintain a high quality of life.

Social isolation and loneliness are also key factors to consider. If your loved one is home alone for the majority of their days because they no longer drive, or their family or caretakers are at work, they may yearn for conversation and companionship. Maybe they are no longer engaging in their regular activities or seem withdrawn? Assisted living can help foster your loved one's mental health and independence by providing social interaction with events and activities of all different natures.

Ultimately, it's about evaluating your loved one's overall health, safety, and well-being. If you notice a consistent decline in their ability to manage daily life, an assisted living community can offer a balance of independence and care, ensuring they receive the necessary support while maintaining a fulfilling life. Consulting your loved one's healthcare professionals can also help guide and support this important decision. Often, families may not even think about assisted living until an illness or emergency forces the decision. Many communities have waitlists, so do your research in advance. Not being prepared about your choices can limit your options to the best communities available when needed.

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



"Bad news, Dad — my grades are pretty awful, but at least that shows that I'm not..."

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!

Avoid	EGHED		
Quench	EATS		
Lovely	SCIENCE		
Follow	ALIRT		

TODAY'S WORD



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Micro Crossword

By Elizabeth C. Gorski

Across

1 Spring meltdowns

6 "Whoopee!"

7 They may be placed on a property

8 Montana, to Pierre

9 Fabric flaws

Down

1 Perry who directed Netflix's 2024 war drama "The Six Triple Eight"

2 Port-au-Prince's nation

3 "You're in ____ of trouble!"

4 Customs

5 ABBA hit single of 1975

1	2	3	4	5
6				
7				
8				
9				

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TIDBITS WORD POWER

Unscramble this word:

AALRSY

An estimated 32% of trucking costs go towards this.

TIDBITS NUGGET OF KNOWLEDGE

90% of all food consumed in the U.S. is hauled in refrigerated trucks at some point between the farm, the factory, and the store. Add that to 83% of all agricultural produce, 65% of pharmaceutical essentials, and 91% of all timber and lumber products.

KNIGHT MOVES

B	U	U
C		S
S	M	C

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

QUIZ BITS
ANSWERS

1. UNFO
2. MID-60s

WORD POWER
ANSWER:
SALARY

TRICKY NIGHTMARE answer

1. Wake Up
2. M
3. ME
4. LIE
5. No Page

Weekly SUDOKU
Answer

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

SNOWFLAKES
solution

SCRAMBLERS
solution

1. Hedge; 2. Sate
3. Scenic; 4. Trail
Today's Word
CHEATING

KNIGHT MOVES
Answer

B	U	U
C		S
S	M	C

SUCCUMBS

"DE" WORDS

CryptoQuote
answer

The advantage of working day and night is that you earn enough to pay the doctor when you break down. — Speaker Unknown

CryptoQuip
answer

If there were a pious religious group founded by one of the Beatles, would they be Lennonites?

Word Spiral
Answer
BACKBOARD

MINI SUDOKU
Answer

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

Micro Crossword
Answer

T	H	A	W	S
Y	A	H	O	O
L	I	E	N	S
E	T	A	T	
R	I	P	S	

Kids' Maze Solution

Super Crossword
Answers

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

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TO YOUR GOOD HEALTH
By Dr. Keith Roach

'Tumor Seeding' Very Rarely Occurs During Biopsies

DEAR DR. ROACH: I read your recent column on prostate biopsies. I'm not a doctor, but I'd advise against them. My boyfriend got a biopsy in 2012, which I believe caused his cancer to spread beyond his prostate into his bones. He died three years later in 2015.

Think about this: A needle is inserted to extract cells so that they can be tested. When the needle is pulled out with its open end, and cancer is present, cells in the needle can then come out of the open end, causing cancer to spread throughout the prostate. It may be rare, but this is documented (called tumor seeding). -- B.S.

ANSWER: I must disagree with you in the strongest possible terms. A biopsy is an essential piece of information to know how to treat a patient. Over decades and tens of millions of biopsies, there have been 42 total cases of seeding that were reported worldwide from the needle tract. This extremely rare event shouldn't prevent a man from understanding what the best treatment of his prostate cancer will be. Other studies haven't shown an association between a biopsy and a subsequent spread of the disease.

I'm very sorry about your boyfriend, but given the slow growth rate of prostate cancer, it's likely your boyfriend had prostate cancer that spread to his bones years before the biopsy was done.

DEAR DR. ROACH: I read about a new weight-loss drug that is still in its clinical trials. It's called retatrutide, and it may have the ability to reduce body weight by as much as 28% over a relatively short period of time. What are some of the dangers of losing weight too quickly? -- B.G.

ANSWER: I also read the initial studies on retatrutide, and I'm very impressed with the results. The level of weight loss that was seen is in the range of what's expected with bariatric surgery. It acts similar to semaglutide (Wegovy) by stimulating the GLP-1 receptor, but like tirzepatide (Zepbound), it also stimulates the GIP receptor.

Unlike either of these drugs, it also acts on a third receptor called glucagon, and this combined action has shown remarkable results, with nearly two-thirds of study subjects no longer being classified as obese while on the drug.

You're wise to ask about the side effects of so much weight loss at one time. Regardless of the underlying reason for the weight loss, there's the potential for harm whether you lose weight through medications, surgery, or careful adherence to diet and exercise. Gallstones are common during rapid weight loss, and some experts use medication to prevent them.

Bone mass can also be lost by both men and women during weight loss. Making sure that a person gets enough protein and vitamin D can reduce this, and people who are at risk (such as those who had low bone mass to begin with) may be recommended medications to prevent the progression to osteoporosis.

We've seen loss of muscle mass with the existing GLP-1 drugs. To some extent, this is because a person no longer carts around so much weight. Regular exercise, especially weight lifting, and adequate protein intake can help reduce muscle loss as well.

When eating only a few amount of calories to lose weight, a person needs to be careful that they get all the micronutrients they need. I recommend working with a registered dietician or nutritionist to avoid deficiencies.

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

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Amber Waves

by Dave T. Phipps

Panel 1: A man looks in a mirror and says, "AHH GEEZ, I LOOK ROUGH. I GOTTA MAKE SOME CHANGES."

Panel 2: The man is at a hair salon, saying, "HMM, MAYBE A NEW HAIRSTYLE AND FACELIFT FOLLOWED BY A RIGOROUS WORKOUT REGIMEN?"

Panel 3: The man is at a clothing store, saying, "YEP, THAT WOULD DO IT. THROW IN SOME FANCY NEW DUDS AND I'LL LOOK LIKE A MILLION BUCKS."

Panel 4: The man is wearing a green military-style hat and says, "AH HECK, WHY MESS WITH A CLASSIC."



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