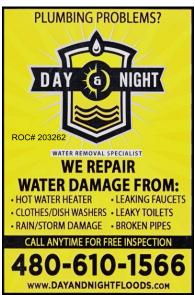
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WRINKLE IN TIME

A five year old was standing in the reception line waiting to greet his great, great aunt who was celebrating her 100th birth-

dav.

When it was his turn to extend his congratulations, the youngster just stared intently at the old woman's wrinkled face.

"Don't you have something to say to your great, great aunt?" coaxed his mother.

Peering intently at the 100 year old lady the young boy said, "You're dead, aren't vou!"

A GOOD HIDING

There was a guy telling his friend that he and his wife had a serious argument the night before.

"But it ended," he said, "when she came crawling to me on her hands and knees."

"What did she say?" asked the friend.

The husband replied, "She said, 'Come out from under that bed, vou coward!"



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HAND ME THAT PASS OR I'LL PUNT YOU

"Football is not a contact sport - it is a collision sport. Dancing is a contact sport." Duffy Daugherty; Michigan State

After USC lost 51-0 to Notre Dame, his post game message to his team: "All those who need showers, take them." John McKay; USC

"If lessons are learned in defeat, our team is getting a great education." Murray Warmath; Minnesota

"The only qualifications for a lineman are to be big and dumb. To be a back, you only have to be dumb." Knute Rockne; Notre Dame

"It isn't necessary to see a good tackle. You can hear it." Knute Rockne; Notre Dame

"We live one day at a time and scratch where it itches." Darrell Royal; Texas

"We didn't tackle well today but we made up for it by not blocking." John McKay; USC

"Three things can happen when you throw the ball, and two of them are bad." Darrell Royal; University of Texas

"I've found that prayers work best when you have big players." Knute Rockne; Notre Dame

"Gentlemen, it is better to have died a small boy than to fumble this football."
Heisman





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NEW JERSEY, GEORGIA, DELAWARE, PENNSYLVANIA, AND CONNECTICUT WERE THE FIRST TO SIGN U.S. CONSTITUTION





Moments in time THE HISTORY CHANNEL

* On April 22, 2000, 6-year-old Elian Gonzalez, who was the sole survivor of an abortive attempt by 13 other Cuban citizens to enter America as illegal immigrants, was taken by a S.W.A.T. team from his Miami relatives. Following a number of court bat-



tles, the child was returned to his father, Juan Miguel Gonzalez.

* On April 23, 1898, Spain declared war on the U.S. after rejecting its ultimatum to withdraw from Cuba. Following the declaration, the American Asiatic Squadron, under Commodore George Dewey, engaged the Spanish Pacific squadron under Admiral Patricio Montojo y Pasarón in the Philippines' Manila Bay, and decimated the Spanish squadron.

* On April 24, 1942, singer/actress/film producer Barbra Joan



Streisand was born in Brooklyn, N.Y. Her breakthrough came with the lead role in the 1964 Broadway musical "Funny Girl." In 1968, the movie version of the role earned her an Academy Award for Best Actress. To date, Streisand has sold more than 140 million albums and won 10 Grammys.

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On April 26, 1928, Filipino immigrant Pedro Flores opened the Yo-yo Manufacturing Company in Santa Barbara, CA. By November 1929, he was operating two additional factories in Los Angeles and Hollywood, which to-

gether produced 300,000 yo-yos daily.

n * On April 25, 2006, Iran's Ayatollah Ali Khamenei said that his country was happy to share its nuclear

technology with other nations, during a meeting with the visiting Sudanese president. U.S. Secretary of State Condoleezza Rice condemned the comments, and Iran's top nuclear negotiator threatened to suspend its cooperation with the U.N.'s nuclear watchdog if the country was threatened with sanctions.

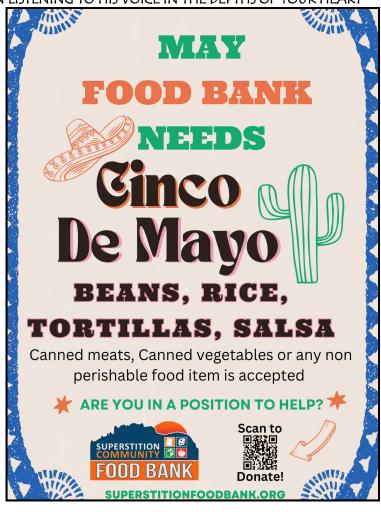
* On April 27, 1971, eight members of the Welsh Language

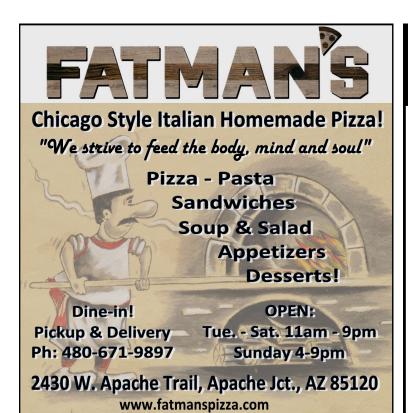
Society were accused of conspiring to damage, remove or destroy English-language

road signs in Wales.

* On April 28, 1789, Fletcher Christian led a mutiny against William Bligh aboard the HMS Bounty and set him and 18 loyal crew members adrift in a 23-foot open boat, but the men survived a 47-day voyage to the Dutch East Indies and returned to England to report the mutiny. Christian and the rest of the crew eventually settled on Pitcairn Island and Tahiti.

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- 1. **GEOGRAPHY:** The island of Ibiza belongs with which European country?
- 2. **ANIMAL KINGDOM:** What is a group of flamingos called?
- 3. **MOVIES:** What is the name of the island terrorized by a shark in "Jaws"?
- 4. **U.S. STATES**: Which state capital has the highest elevation in the United States?
- 5. **ANATOMY:** Where is the corpus collosum located?
- 6. **LITERATURE:** Who wrote the children's book "Where the Wild Things Are"?
- 7. **TELEVISION:** Which 1970s TV show had a spinoff hit with "Laverne & Shirley"?
- 8. **MATH**: How many sides does a dodecagon have?
- 9. ASTRONOMY: Which one of the planets in our solar system has the Great Red Spot?
- 10. **U.S. PRESIDENTS:** Which president ended the military draft?

8. 12. 9. Jupiter. 10. Richard Nixon. (c) 2024 King Features Synd., Inc.

brain. 6. Maurice Sendak. 7. "Happy Days." Answers

1. Spain.

2. A flamboyance.

3. Amity Island.

4. Santa Fe, New Mexico.

5. In the brain. It connects the two hemispheres of the

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Three months down the track there is a major drama, everything goes wrong - the usual stuff - and the manager feels very threatened by it all. He remembers the parting

words of his predecessor and opens the first envelope. The message inside says "Blame your predecessor!" He does this and gets off the hook.

About half a year later, the company is experiencing a dip in sales, combined with serious product problems. The manager quickly opens the second envelope. The message read, "Reorganize!" This he does, and the company quickly rebounds.

Three months later, at his next crisis, he opens the third envelope. The message inside says "Prepare three envelopes".



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- 5 Enterprise letters
- 8 Stuffing herb
- 12 Taunt
- 13 Aussie hopper
- 14 Hockey legend Phil, to fans
- 15 Home of the **Packers**
- 17 Compared to
- 18 Congeal
- 19 Sturdy tree
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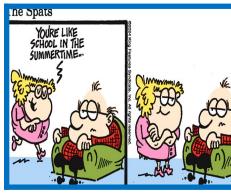


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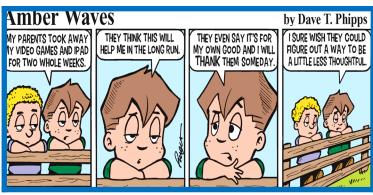
CryptoQuip

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.

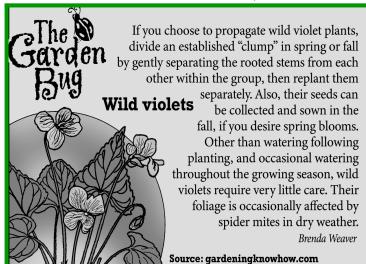
Clue: Z equals R

FN E LZEKH DN OMFKEPEZU FB JKDPK RD LU ZUBFBREKR RD LZUEJFKC, FR MEB E CDDH OZEOJ ZUODZH.

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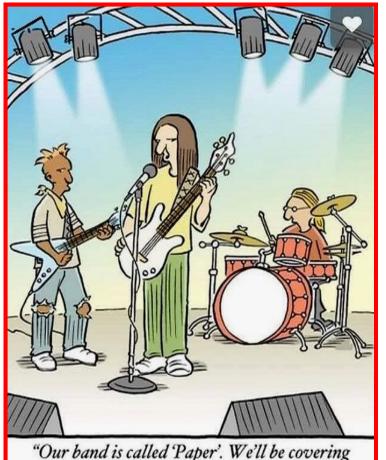


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Daily Post Events (Monday) - Euchre 12:00pm - "Burger Night"

Queen of Hearts 5-7:30pm - Karaoke w/Todd 5-9:00pm (Tuesday) - DARTS 1:00pm - Texas Hold'um / 5:00pm (Wednesday) - 500 CARDS @ Noon / Bar Bingo 4:00pm (Thursday) - EUCHRE 12:00pm / DARTS 1:00pm Music by Desert King 11am-3:00pm / Music by Hilery 5-9:00pm (Friday) "Fish & Steak Night" 5-7:00pm - (50/50 Drawing 7:00pm) Live Music 5-9pm (Fri. 04/05 Roadhouse Wranglers) - (Fri. 04/12 Rusty Wagon) (Fri. 04/19 Reign-N-Country) - (Fri. 04/26/Last Train to the Dakotas) (Saturday) 500 CARDS 12:00pm / Texas Hold'm 5:00pm (Sunday) - Bar Bingo 1:00pm / Jam Session 5-8pm (Reign-N-Country 04/07 - 04/14 - 04/21 - 04/28)

Monthly Post Events

Mon. 04/01 MOAC Mtg. 5pm @ 7968 Tue. 04/02 Planning Mtg. 5:30pm Fri. 04/05 Joy of Painting Class 10:00am / Feather Party 5-7pm Sat. 04/06 Dept. Pres. Bambi & Cmdr. Bill's Homecoming 5-9pm Tue. 04/09 Post & Aux Meeting 6:00pm (Post & Aux Elections) Installation of Officers after meeting, food for attendees. Sun. 04/014 Dist.10 Convention @ 9399 10am meetings 1pm Installation of Officers

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Reign-N-Country	Reign-N-Country	Canyon Band	Canyon Band	Canyon Band
04/09	04/10	04/11	04/12	04/13
Shift Works	Shift Works	Roadhouse Wranglers	Roadhouse Wranglers	Roadhouse Wranglers
04/16	04/17	04/18	04/19	04/20
The Dakotas	The Dakotas	3-Speed	3-Speed	3-Speed
04/23	04/24	04/25	04/26	04/27
Roadhouse Wranglers	Roadhouse Wranglers	Reign-N-Country	Reign-N-Country	Reign-N-Country
04/30 Audrey Hicks	05/01 Audrey Hicks			



Find at least six differences in details between panels.



6. Bite is missing from sandwich. box. 3. Sleeve is rolled up. 4. Leak is moved. 5. Pipe is thinner. Differences: I. Railing is different. 2. Handle is added to lunch

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Blue | 3 Speed | Stand Fan

> Reg. \$41.99

ITEM# 205038 164550

4 Wheel Garden Cart



Reg. \$162.00



Green Thumb PRO 7 Pattern Spray Nozzle

Req.

\$17.99

Airwick 8oz Spray

Reg.

\$153.99

Reg. \$1.79

ITEM# 749497

Rayovac 30pk AAA Batteries



П

\$17.99



ITEM# 344575

Reg.

\$6.99



Green Thumb

11 17.5oz

II Wasp Spray

Reg. \$5.99

| Mouse & Insect Glue Traps

II Baited, 4-Pk.

Reg.

CATCHMASTER

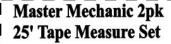
GLUE TRAPS

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ITEM# 177128

2oz Fuel Revitalizer

Reg. \$12.99





Reg. \$22.99

Reg.

\$79.99

ITEM# 211901

Master Mechanic 20V | Mini Folding Knife

Reg.

ITEM# 250437

Combo Wrench Set 11pc SAE/MET

Reg. \$40.99



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18PC Assorted

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2pk Master Mechanic

Bungee Cord Set | 1x10 Inch Ratchet Tie-Downs |

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Reg. \$7.79

Reg.

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■ ITEM# 218959



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Dr. Keith Roach

CONSTANT ALEVE AND IBUPROFEN CONSUMPTION CAN CAUSE DAMAGE

DEAR DR. ROACH: My husband, age 70, had been diagnosed with osteoarthritis in his neck, for which he would take Aleve to relieve his discomfort when needed. Just before Christmas last year, his back began hurting so much that he went to his doctor, who said to get up and move more. (We have always exercised and remained active in life, but he did slow down due to his pain.) My husband then added ibuprofen to the Aleve he was already using. His doctor said that the pain is due to osteoarthritis in his midback area. Apparently, there is nothing to do for it but take Extra Strength Tylenol at the recommended dose. Ibuprofen or Aleve isn't recommended because it causes liver and kidney damage. So, we bought Tylenol, and he used this medication instead of his usual. But his pain only got worse. So, this morning, he switched back to Aleve and ibuprofen. It is what helped before and is helping again now. In addition,

he is using a drug-free Aleve Direct Therapy pad that uses waveform technology. He also uses Icy Hot pain relief cream and a heating pad. These reduce his pain, but his back continues to hurt since before the holidays. Our question is, should he use Aleve and ibuprofen instead of the Tylenol that doesn't seem to help? He has actually used Aleve for a very long time. He just had his blood tested, and the doctor said his liver and kidneys are good. Is there anything more we can do to relieve his osteoarthritic pain? It is hard to see my husband in so much discomfort when he was previously a very active, pain-free man. -- S.F.A.

ANSWER: Osteoarthritis in the neck is a common and painful condition, and there are not always good treatment options. In terms of medicine, anti-inflammatory medicines, like Aleve or ibuprofen (Advil and many other brands), can be very helpful for some people. However, taking both doesn't improve pain relief. It does increase the risk of toxicity, so he should never take two antiinflammatory medicines -- choose just one. Tylenol helps some people, but in my experience, most people do better with antiinflammatories instead of Tylenol. Tylenol does have a smaller risk of side effects. In addition to liver and kidney problems, Aleve and similar medicines can cause stomach problems, ranging from mild upset to life-threatening ulcers; though, this is uncommon with over-the-counter doses. I often recommend a trial of Tylenol to see if it is as good as the anti-inflammatories. Since it's not for your husband, he should tell his doctor this, and it seems reasonable for him to go back to taking Aleve alone. However, I can't tell you to disregard his physician's advice. Some people benefit from Tylenol on top of Aleve. Beyond pain medicines, the Aleve Direct Therapy pad uses electricity to relieve pain without medicine. It's fine to combine this therapy with medicines. Creams -whether they are anti-inflammatory, menthol and camphor, or topical anesthetics -- provide some relief, but they tend to be better on the hands, wrists and knees than the neck. Though, they still may be worth trying in combination with medicines. In more severe cases, injections can be used before considering surgery.

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. (c) 2024 North America Synd., Inc. **All Rights Reserved**

WITH THE PRICE OF APPLES THESE DAYS, YOU MIGHT AS WELL CALL THE DOCTOR

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- 1. Is the book of 3 Corinthians (KJV) in the Old or New Testament or neither?
- 2. Who was praised for his beauty "from the sole of his foot even to the crown of his head"? Absalom, Elisha, Pekah, Tola
- 3. What camp saw 185,000 of its soldiers slaughtered by an angel of the Lord? Assyrian, Midianite, Philistine. Persian
- 4. From Genesis 1:30, what is the first color mentioned in the Bible? Purple, Red, Green, Yellow
- 5. Which city's wall fell down flat at the shout of Joshua's army? Tarsus, Jericho, Corinth, Sardis
- 6. From 2 Kings, who became king of Judah at age 8? Abijam, Rehoboam, Marcus, Josiah

ANSWERS:

- 1) Neither
- Absalom
- Assyrian
- Green
- Jericho
- Josiah

Comments? More Trivia? Gift ideas?

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CryptoQuip

answer

If a brand of chinaware is known to be resistant to breaking, it has a good crack record.

IDEAS ARE ONE THING, AND WHAT HAPPENS IS ANOTHER

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	Answers									Answer												
Solution time: 23 mins.								}.	r	4	5	6	1	8	3	2	9	7				
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Thurs. April 4th Club & Planning Meeting 5:30 & 6pm Mon. April 8th Post & Aux Elections 7pm Tue. April 9th Nat'l Former POW/MIA Recognition Day, - Cake @ Bingo 2pm -

Tue. April 16th Tax Sympathy Day \$5.00 Grill Cheese w/ Tomato Soup Lunch Special. Wed. April 17th Patriotic Art Awards Banquet 6pm Sat. April 20th Instillation of New Officers 12 pm Pot Luck to follow -

7968 Sun. Members Hold'Um 12pm / Aux Bingo 4pm. Mexican Mondays 11:am - 1:30pm www.vfwpost7968.org (Tues) - Post Bingo 2pm / (Fri) - Post or Aux Bingo 2pm Tuesday - Broasted Chicken & Burgers 5:00-7pm Tuesday - Friday Lunch Specials 11-1:30pm Thursday-Wings & Things! 5-7pm / Karaoke w/Todd 5pm Fri. - Ribs, Shrimp or Cod Dinner 5-7:00pm Entertainment 5-9pm Sat. - Ribeye Steak, Shrimp or Chicken Tenders 5-7pm Sat. Queen of Hearts 5-7:30pm / Sat. Entertainment 5-9pm



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04/09 Sam & the Band	04/11 Karaoke w/Todd	04/12 Red Door	04/13 Triple Play
04/16 Country Legends	04/18 Karaoke w/Todd	04/19 Roadhouse Wranglers	04/20 Roadhouse Wranglers
04/23 Rush Street	04/25 Karaoke w/Todd	04/26 Rusty Wagon	04/27 Rusty Wagon
04/30 Bustin Loose			

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by Freddy Groves

VA BY THE NUMBERS

The Department of Veterans Affairs has been going all out to provide expanded access to care to veterans. They're calling it Access Sprints, and it means they're scheduling more appointments at night and on weekends, as well as scheduling more veterans into their daily schedule.

The effort seems to be showing progress. Just this year so far the VA has had 25,000 more new patients than they did during the same period last year. Appointments increased by 11%.

Per the stats, 12% fewer new patients had to wait over 20 to 28 days to get an appointment, and 14% fewer new patients are having to wait to see community providers because of wait time eligibility. This is on top of the care they provided in 2023 in over 116 million appointments.

Other 2023 stats are equally impressive. The crisis line took over 1 millions calls, over 33,000 veterans received emergency care in suicide crises and 5.5 million dental procedures were completed for over 560,000 patients.

Nearly 5 million veterans were screened for toxin exposure, an important step in monitoring their health. (As of March 5, 2024, veterans exposed to toxins and meeting other requirements have become eligible for VA health care, even before enrolling for other VA benefits. This means those who were in the Vietnam War, Gulf War, Iraq, Afghanistan, the Global War on Terror or any other combat zone since Sept. 11. Any who weren't deployed but who trained and were exposed here in the U.S. are included in eligibility.)

Even the non-medical efforts saw success: Ten million veterans have individual pages in the online digital Veterans Legacy Memorial website, with over 5 million of those being created in the last year, and 5.6 million policyholders got life insurance coverage.

The VA was able to hire over 61,000 staffers to provide care to the increased number of veterans seeking health care, bringing the total to over 400,000.

Not a bad year for the VA ... and veterans.

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