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- 'If things keep going the way they are, it's going to be impossible to buy a week's groceries for \$30.00.'
- 'Some nut thinks a man will play golf on the moon by the end of the century.'
- 'New cars cost so much. It won't be long before \$1,500 will only buy a used one.'
- 'If they raise the minimum wage to \$1.00, nobody will be able to hire help.'
- 'Who would have thought gas would someday cost 29 cents a gallon.'
- 'Next thing you know, boys will be wearing their hair as long as the girls.'
- It wouldn't surprise me if someday baseball players will be making more than the President.'



- 'Things are so tough nowa-days. I see where a few married women are having to work to make ends meet.'
- No one can afford to be sick anymore, at \$35.00 a day in the hospital it's too rich for my blood.'
- 'If they think I'll pay 50 cents for a hair cut, forget it.'



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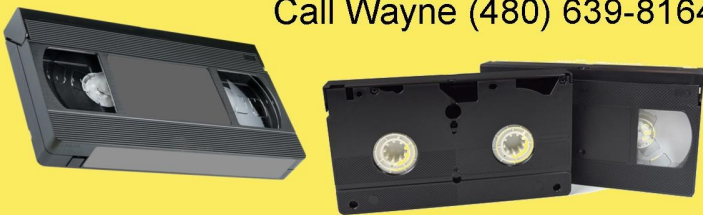
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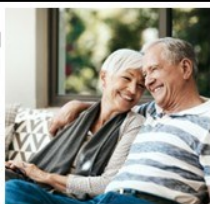


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AT EASE

* One day an airman, an Army soldier, and a Marine were talking about the hardships they faced during their last deployment.

>Airman: "The worst was when the air conditioner broke in our tent and it was 110 degrees outside!"

>Soldier: "No way, you guys had air conditioners?!"

>Marine: "Wait!. You had tents?"

* One of the reasons the Air Force, Army, Navy, and Marines bicker is because they don't talk the same language. For example, here's what happens when each of them is told to "secure a building".

>The Army will post guards around the building.

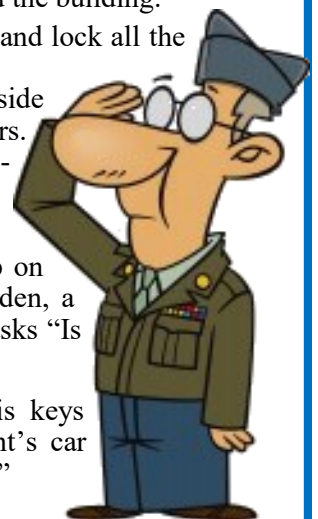
>The Navy will turn out the lights and lock all the doors.

>The Marines will kill everyone inside and then set up headquarters.

>The Air Force will take out a five-year lease with an option to buy at the end.

* A general gets stuck in his Jeep on the side of the road. All of a sudden, a lieutenant pulls up, hops out, and asks "Is your car stuck sir?"

The general climbs out, hands his keys over, and slides into the lieutenant's car before saying, "Nope. But yours is."



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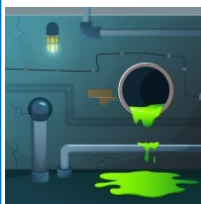
Moments in time THE HISTORY CHANNEL

* On May 13, 1958, Vice President Richard Nixon's car was attacked and nearly overturned by an angry crowd shouting anti-American slogans as Nixon traveled through Caracas, Venezuela, during a goodwill trip through Latin America. None of the car's passengers were injured and the driver was able to speed away to safety.

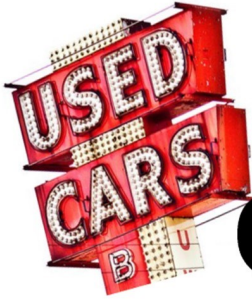


* On May 14, 1904, the first Olympic Games to be held in the United States opened in St. Louis, Missouri. The Games had initially been awarded to Chicago, but were later given to St. Louis to be staged in connection with the St. Louis World Exposition. Unfortunately, the Games were poorly organized and overshadowed by the fair.

* On May 15, 2009, General Electric, one of America's most prestigious corporations, finally began its government-mandated efforts to clean up New York's Hudson River, after decades of environmental damage and legal wrangling. The company had dumped harmful chemicals into the river for years and spent a fortune trying to avoid a cleanup.



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ONE SINGLE GRATEFUL THOUGHT RAISED TO HEAVEN IS A MOST EFFECTIVE PRAYER

* On May 16, 1975, Norma Armistead checked into a Los Angeles hospital with a newborn infant she claimed to have given birth to at home. But when it became clear she hadn't, and another woman turned up dead nearby with the baby she was carrying cut from her body, Armistead was arrested for murder and sentenced to life in prison.

* On May 18, 1593, an arrest warrant was issued for Christopher Marlowe after fellow playwright Thomas Kyd claimed that "heretical" documents found in his room were actually written by Marlowe. Arrested two days later, Marlowe bailed out but died in a bar brawl on May 30.

* On May 17, 1885, Apache leader and medicine man Geronimo escaped from an Arizona reservation. After a year and a half of running, he and his 38 remaining followers surrendered the following September. Geronimo was relocated to Florida before finally being freed two years later.

* On May 19, 1943, British Prime Minister Winston Churchill and President Franklin Roosevelt set a date of May 1, 1944, for the cross-Channel landing that would become D-Day. Due to bad weather, it was rescheduled for June 6 instead.



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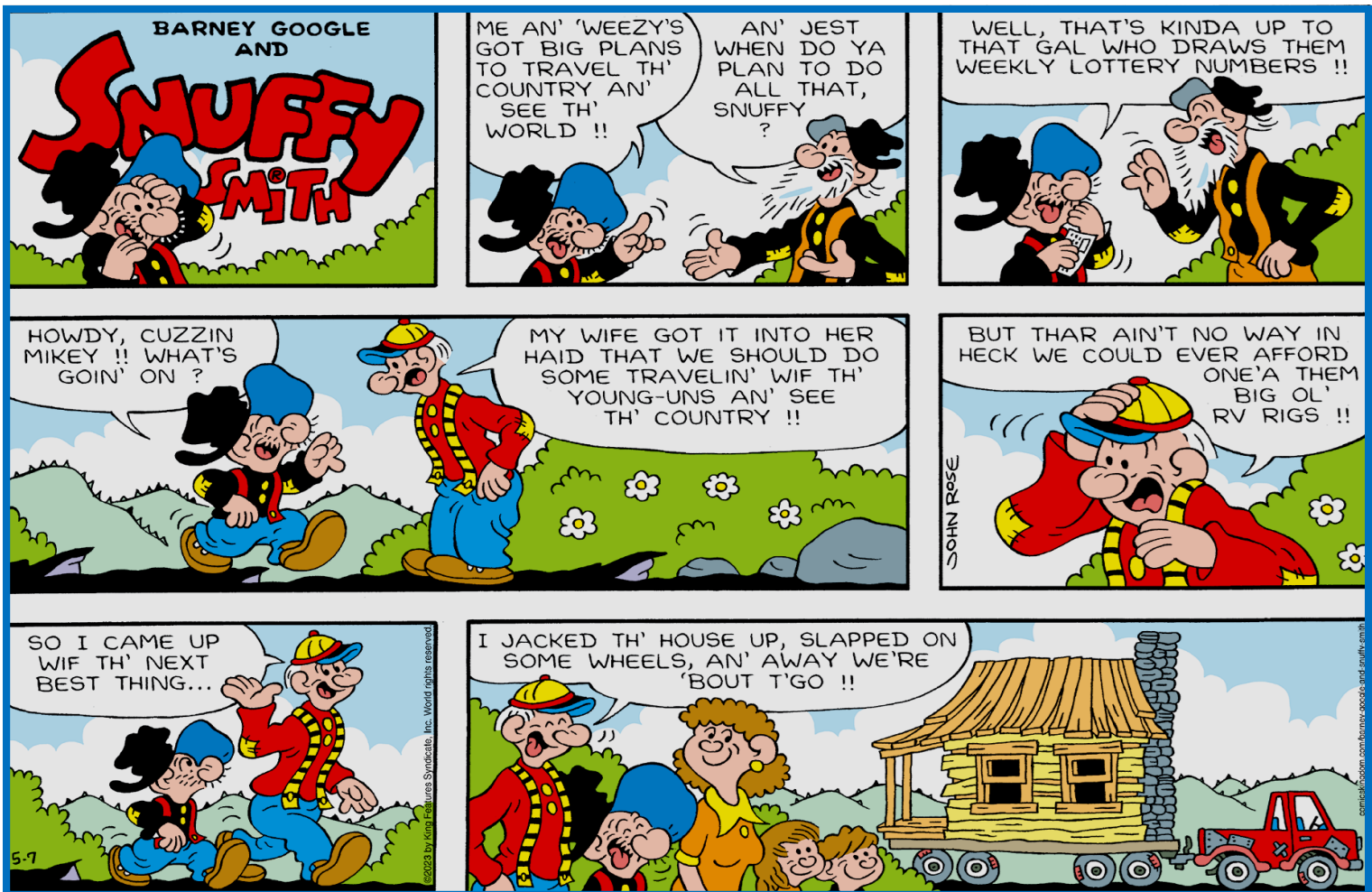
www.DrAlexFoote.com

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Which of the Great Lakes is smallest in surface area?
2. TELEVISION: Which sitcom has the theme song, "Where Everybody Knows Your Name"?
3. ANATOMY: Which part of the human body is involved with ACL surgery?
4. GAMES: What is the victim's name in the U.S. version of the board game "Clue"?
5. ANIMAL KINGDOM: What is the world's largest species of frog?
6. SCIENCE: What do isobars indicate?
7. LITERATURE: In the novel "Don Quixote," who is the human companion to the title character?
8. MOVIES: In which movie did actor Bill Murray live the same day over and over?
9. THEATER: Who is believed to be the first actor in a Greek drama?
10. MUSIC: What is the name of Beyonce's 2024 country album?

(c) 2024 King Features Synd., Inc.
10. "Cowboy Carter."
poet
9. Thespis, 6th-century
8. "Groundhog Day."
7. Sancho Panza.
6. Atmospheric pressure.

Answers
1. Lake Ontario.
2. "Cheers."
3. The knee.
4. Mr. Boddy.
5. Goliath frog.



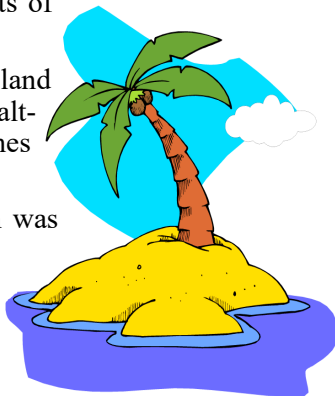
MY COOKING FOR MY FAMILY WAS GOING TO BE A SURPRISE BUT THE FIRE TRUCKS RUINED IT



MAURITIUS

- Population 1.3 million
- Mauritius is a small island in the Indian Ocean, east of Madagascar

- The island of Mauritius is renowned for having been the only known home of the dodo. The bird became extinct around 1700...about 80 years after Europeans arrived.
- Mauritius has had one of the world's faster-growing economies. In part because of its success in attracting foreign investors.
- Sugarcane is the chief crop, and it is grown on 90% of the country's arable land
- Mauritius is surrounded by coral reef
- The island has a tropical, rainy climate and mountains that reach to the dizzy heights of 3,000 feet in elevation
- Mauritius is a fascinating, island slice of paradise with cobalt-blue seas, white sandy beaches and luxury hotels
- Mark Twain wrote, "Heaven was copied after Mauritius."
- Mauritian Creole is the primary language of 86.5 per-cent of residents



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6:00 PM - 9:00 PM

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King Crossword

ACROSS

- 1 Scene stealer
- 4 Pilgrimage to Mecca
- 8 Auction
- 12 Carte lead-in
- 13 Pakistani language
- 14 Currier's partner
- 15 Florida city
- 17 Clothing store section
- 18 Intimidates, with "out"
- 19 Apprehend
- 21 Shade
- 22 Pictures
- 26 Throat affliction
- 29 Sault — Marie
- 30 Fib

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
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37			38			39				
			40			41		42	43	44
45	46	47			48	49				
50					51			52		
53					54				55	

- 31 Cobra feature
- 32 IRS employee
- 33 Exceptional
- 34 Mornings, briefly
- 35 "Oy —!"
- 36 Duck down
- 37 "Pop Goes the —"
- 39 Evening hrs.
- 40 Chopping tool
- 41 Portugal's place
- 45 Apple computers
- 48 Hit song by Shawn

- Mendes and Camila Cabello
- 50 "Oops!"
- 51 Walked (on)
- 52 Standard
- 53 Infatuated
- 54 Bohemian
- 55 Swiss peak

- 7 "Walk on the Wild Side" actress Moore
- 8 "The Lion King" lion
- 9 "Hail!"
- 10 Actor Cariou
- 11 Curved letter
- 16 Yearned
- 20 Soul, to Camus
- 23 Pleased
- 24 Green land
- 25 Crystal gazer
- 26 "Candida" playwright
- 27 Hefty book
- 28 Activist Parks

- 29 Covert agent
- 32 Piano's cousin
- 33 Stair part
- 35 Puzzle
- 36 Represent
- 38 Malia's sister
- 39 Wine grape
- 42 TV host Kelly
- 43 Slanted type (Abbr.)
- 44 Org. for seniors
- 45 Coffee holder
- 46 "Caught ya!"
- 47 Gear tooth
- 49 Goof up



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THE PROBLEM ISN'T THAT OBESITY RUNS IN MY FAMILY. IT'S THAT NO ONE RUNS IN MY FAMILY.

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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✓	May	11th
✓	June	8th
✓	July	13th
✓	Aug	10th
✓	Sept	14th
✓	Oct	12th

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I BACKED A HORSE LAST WEEK AT TEN TO ONE. IT CAME IN AT QUARTER PAST FOUR



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May 2024



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Monday 5:00-7:00pm • (Tuesday Closed)

Wednesday 8-10am / 3:30- 5:30pm • (Thursday Closed)

Friday 8-10am / 4:30pm-7:00pm • Saturday 8:00-10:00am

Sundays 8:00-10:00am / 12:30pm - 2:30pm / 5:00-7:00pm

Monday- Friday "Canteen Lunch" 11:00am-1:00pm



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'em / 5:00pm

(Wednesday) - 500 CARDS @ Noon / Bar Bingo 4:00pm

(Thursday) - EUCHRE 12:00pm / DARTS 1:00pm

Music by Desert King 11am-3:00pm

(Friday) "Fish & Steak Night" 5-7:00pm - (50/50 Drawing 7:00pm)

Live Music 5-9pm (Fri. 05/03 Roadhouse Wranglers) - (Fri. 05/10 Reign-N-Country)

(Fri. 05/17 Rusty Wagon) - (Fri. 05/24 Last Train to the Dakotas)

(Fri. 05/31 Reign-N-Country)

(Saturday) 500 CARDS 12:00pm / Texas Hold'em 5:00pm

(Sunday) - Bar Bingo 1:00pm / Jam Session 5-8pm

(Reign-N-Country 05/05 - 05/12 - 05/19 - 05/26)

Monthly Post Events

Fri. 05/03 Joy of Painting Class 10:00am

Mon. 05/06 MOAC Mtg. 5pm @ 9399

Tue. 05/07 Planning Mtg. 5:30pm

Wed. 05/08 Service Officer Training 10am-3pm

Mon. 05/12 Mothers Day Breakfast 8-10am / Free to all Moms!

Tue. 05/14 Post & Aux Meeting 6pm

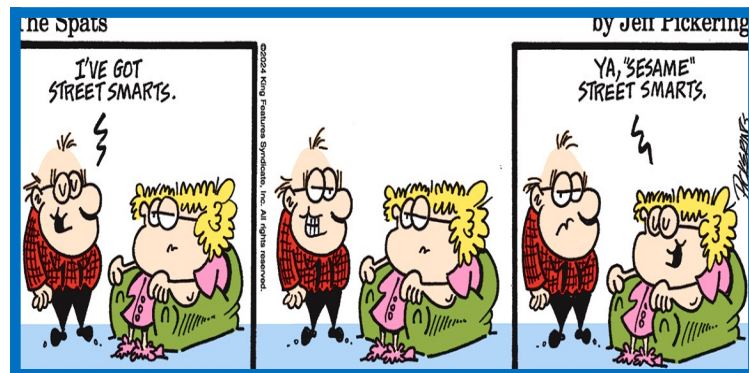
Sat. 05/18 Armed Forces Day / Happy Hour All Day!

Sun. 05/19 Dist. Planning Mtg. @ Post 7401 Chandler 10am

Mon. 05/27 Memorial Day / Happy Hour All Day!

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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: Y equals B

UCPX QCBOWOIP YVLX QIPKG

IK KEC GOLCG VS SVWVG'

ECILG KEIK IPC GEIQCL WOMC

BEDTMG VS YIMCL YPCIL:

CIP WVIUCG.

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05/07 Roadhouse Wranglers	05/08 Roadhouse Wranglers	05/09 Gray Wolf	05/10 Gray Wolf	05/11 Gray Wolf
05/14 Canyon Band	05/15 Canyon Band	05/16 Shift Work	05/17 Shift Work	05/18 Shift Work
05/21 Audrey Hicks	05/22 Audrey Hicks	05/23 Roadhouse Wranglers	05/24 Roadhouse Wranglers	05/25 Roadhouse Wranglers
05/28 Rusty Wagon	05/29 Rusty Wagon	05/30 Audrey Hicks	05/31 Audrey Hicks	06/01 Audrey Hicks

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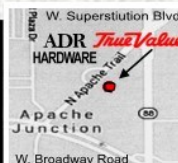
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Apple Cider Vinegar Is a Surprising Help for Blood in Urine

DEAR DR. ROACH: Recently, I had anal cancer and was treated with chemo and radiation. The radiation burned my insides and severely damaged most of my internal organs. One of the aftereffects was occasional blood and small clots in my urine. A few months ago, both the frequency and amount of blood, especially the clots, increased dramatically. The size and number of the clots got so large that they blocked my urethra. During a visit to my urologist, he looked into my bladder and declared it "angry." Then he told me the same thing every doctor has told me about every problem caused by my treatment: "It was caused by the radiation, and there is nothing that can be done." Shortly after this, I began to take unfiltered apple cider vinegar in hopes that it would improve my digestive problems. It helped a little, but the big difference was that I have not had a single recurrence of either blood or clots in my urine. Can you tell me if this is due to the vinegar or if it is just a

coincidence? -- A.G.

ANSWER: No, I can't definitively tell you whether the vinegar helped. It was probably by chance, but let me explain a little about it. Rectal cancer is often treated with radiation, or combined chemotherapy and radiation, either prior to or after surgery. The dose of radiation is quite high compared to some other cancers, and the complications can be significant. In addition to damage to the bowel and bladder, radiation treatment can damage the bones and bone marrow, leading to poor blood-cell production, infertility, premature menopause, and more cancer years later. On the other hand, radiation is used when it is expected to improve the cure rate of cancer. Still, the side effects can be challenging. Hemorrhagic cystitis (bleeding from the bladder) can be caused by chemotherapy or radiation. It may start within a few months or as long as 20 years after radiation. I am surprised your urologist did not offer any treatments, as there are certainly ones available. Although none of the currently available systemic drugs are proven to be very effective, hyperbaric oxygen is one treatment that is, at least, moderately effective. Medicines placed into the bladder and laser bladder treatments are sometimes tried as well. I was unable to find any study that evaluated the effectiveness of apple cider vinegar. I am skeptical, but reports like yours of apparent improvement associated with its use might convince a researcher to conduct a study to determine whether it really is effective.

DEAR DR. ROACH: I am presently taking 300 mg of gabapentin once daily for neuropathy, which had become increasingly severe with burning, itching, and pins and needles. It is helping, but not 100%. I still need ice packs at night for relief sometimes. Do you have any suggestions for alternative treatment? -- B.R.

ANSWER: Gabapentin is an effective drug for painful neuropathy, whether the cause is known or not. However, its side effect of sedation limits its use, and the medicine needs to be advanced slowly to be tolerated. In my experience, 300 mg once daily is not adequate for most people, but 300 mg three times daily is effective for many. The recommended dose in one type of severe neuropathy, postherpetic neuralgia, is 1,200 mg three times daily. It may take months to be able to get to this dose. I have also had some success with anti-inflammatory medicines as an adjunctive treatment.

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

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TRIVIA
by Wilson Casey

1. Is the book of Simon (KJV) in the Old or New Testament or neither?
2. How many chosen men of Israel did Saul take with him to the wilderness of Ziph to search for David? 12, 100, 200, 3000
3. From 1 Samuel 3, whose voice did Samuel think it was when he first heard God calling him? Jonathan, Saul, Ahiah, Eli
4. The word of God is quick, and powerful, and sharper than any ...? Tongue, Knife, Two-edged sword, Wit
5. In Genesis 26, where did Isaac stay when there was a famine in the land? Gerar, Endor, Sychar, Lydda
6. What insect was a plague on the Egyptians? Wasp, Locust, Flea, Cockroach

ANSWERS:
1) Neither
2) 3000
3) Eli
4) Two-edged sword
5) Gerar
6) Locust

Find expanded trivia online with Wilson Casey at www.patreon.com/triviaguy.
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CryptoQuip answer

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heads that are shaped like
chunks of baked bread:
ear loaves.

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Answers

Solution time: 26 mins.

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

Weekly SUDOKU

Answer

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



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VETERANS ★ POST ★

by Freddy Groves

AVOIDING FORECLOSURE WITH VA HELP

At the end of May, the Department of Veterans Affairs will start a new program called VASP, Veterans Affairs Servicing Purchase, to help over 40,000 veterans stay in their homes when facing foreclosure.

If you have a VA home loan, and if you're active duty, a veteran or a surviving spouse, you could be eligible for help through VASP if you're in serious financial trouble. VASP will come in and buy out your loan, modify it and then handle it as a direct VA loan. One of the best parts is that you'll get a fixed 2.5% interest rate. (As of this writing, a standard 30-fixed mortgage rate is 7.9%.)

VASP is not something you apply for. Instead, the mortgage companies will put in requests to the VA to help veterans they've identified as having problems with their loans. You'll have to do your part by being in touch with your lender. If VASP is the best option, they will be responsible for submitting your name to the VA. If you have a problem with your lender, call the VA at 877-827-3702 and press 4.

For the specifics of VASP, go to benefits.va.gov/WARMS/M26_4.asp and select Chapter 9, VA Purchase.

For general information about VA home loans, if you've never had a VA home loan, download the buyer handbook at www.benefits.va.gov/homeloans/index.asp. Start with the Eligibility section.

If you're just starting the process of buying a home, you'll need your Certificate of Eligibility (COE), which will tell a lender that you have that benefit either for the first time or again after you've paid off a previous VA home loan.

Then send for your credit reports either at AnnualCreditReport.com or by calling 877-322-8228. If there are any errors in your credit history, the time to get them resolved is at the beginning of your home buying experience, not after you've already picked out a home and have mentally moved in. Get your ducks in a row first.

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