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Two show stallions are arguing over who should take best of breed. The first says, "Granted you are the closest I have ever seen to my equal, but my legs are just a bit straighter than yours, and, you know, the legs are of prime importance. No foot, no horse!"

The second horse says, "I'll allow your legs are just a bit better than mine, but mine are the legs I was born with. I know for a fact you had thousands of dollars of corrective work. Your foals will inherit your natural legs, not your genius farrier!"

The first horse mulls this for a moment, then says, "You're right. I stand corrected."

BEATEN AT YOUR OWN GAME

A man runs into a friend at the gas station late one afternoon. "Hey, what's up?" said the friend. The man replies sullenly, "Not much, ... my wife beat me up this morning."

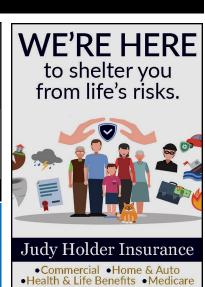
"Your wife beat you up?" the other asks.

"Yeah," said the man, "she hadn't done it for a long time, but she used to beat me up every morning."

> "Don't you think you should get some help?... You know, report this to the police or something?" the other replies earnestly.

> Looking his friend right in the eye he says, "Why would I do that? I like it when she gets up before I do. She might make me breakfast."







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XA child's behavior will improve in proportion to the distance she is away from the parent.

#Two is equal to two, except when referring to time. Two minutes of

tantrum lasts 20 times as long as two minutes of quiet time.

> #The choice of a preschooler's best friend corresponds directly to the distance the friend lives from your house.

₩A child's enjoyment of a popular entertainment will be inversely proportionate to the parent's enjoyment.

▶ ₩A child will always eat exactly what she has loved for

the past year unless it is the only food in the fridge.

#The ease with which a toddler acquires the ability to say a word increases with its likelihood to embarrass a sailor.

#The chance of a surprise visit by your parents-in-law is directly proportional to the size of the mess in your home.









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Moments THE HISTORY CHANNEL

* On July 22, 1893, Katharine Lee Bates wrote the lyrics to "America the Beautiful" after admiring the view from the top of Pikes Peak in Colorado. The song's music was composed by Samuel A. Ward, a church organist and choirmaster in Newark, N.J. The two never met in person.

* On July 23, 1980, Pham Tuan became the first Vietnamese citizen as well as the first Asian in space when he flew on board the Soyuz 37 mission as an Intercosmos Research Cosmonaut. His career awards included the rare distinction of being one of the few foreigners to receive the title Hero of the Soviet Union.

> * On July 24, 1915, the passenger ship SS Eastland capsized while tied to a dock in the Chicago River, killing a total of 844 passengers and crew in the largest loss of life disaster from a single shipwreck on the Great Lakes.

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I'VE READ THE LAST PAGE OF THE BIBLE, IT'S ALL GOING TO TURN OUT ALRIGHT - BILLY GRAHAM

* On July 25, 2000, George Bush announced his selection of former Secretary of Defense Dick Cheney to be his running mate on the Republican presidential ticket. Cheney had worked under all five presidential administrations between 1969 and 1993, and Bush described him as qualified, respected and someone who shared his vision for America

* On July 26, 1952, Argentina's first lady, Eva Peron, died of cancer at the age of 33. Shortly before her passing, she had been given the title of "Spiritual Leader of the Nation of Argentina" by the Argentine Congress, and she was also accorded a state funeral, which was generally reserved for heads of state.

> * On July 27, 1866, the first permanent transatlantic telegraph cable was successfully completed, reaching from Valentia Island, Ireland, to Heart's Content, Newfoundland.

* On July 28, 2018, Wendy Tuck of Australia became the first female captain to win the Clipper Round the World Yacht Race. Afterward, in an interview with the Daily Telegraph, she said, "If one little girl sees this, sees it can be done and has a go, that will be what matters to me."

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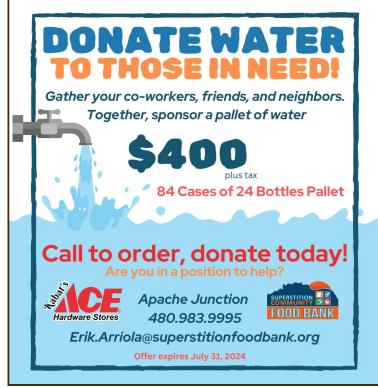
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- 1. **GEOGRAPHY:** What is the highest peak in Europe?
- 2. **TELEVISION:** What is the name of the town in the Netflix series "Stranger Things"?
- 3. **LITERATURE:** What is the title of the book about a little girl who lives at The Plaza Hotel in New York City?
- 4. **GENERAL KNOWLEDGE**: What is the traditional stone associated with the July birth month?
- 5. **MYTHOLOGY:** Which mythical creature has snakes for hair?
- 6. **MOVIES:** Who voices the character Joy in the animated movie "Inside Out"?
- 7. **ANATOMY:** What is the outermost layer of skin called?
- 8. INVENTIONS: Which blue medication, originally developed to lower blood pressure, had an unexpected effect on male patients and later was used to treat erectile dysfunction?
- 9. **HISTORY:** Who was crowned as Emperor of the Romans in 800 A.D.?
- 10. **U.S. PRESIDENTS:** Which state has produced the most presidents by birthplace?

6. Amy Poehler. 7. Epidermis. 8. Viagra. 9. Charlemagne. 10. Virginia, with eight. (c) 2024 King Features Synd., Inc.

Answers I. Mount Elbrus. 2. Hawkins, Indiana. 3. "Eloise." 4. Ruby. 5. Medusa.

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Crossword **ACROSS** 1 Balm target Baseball's Ty 14 8 Get wind of 15 17 16 12 Have bills 13 "Beetle 18 Bailey" dog 14 Sax range 22 15 Pasadena 27 arena 17 Texter's "As I see it" 34 35 18 Complete 19 Newt 21 Ozone, for one 22 Elevated 26 Weary 46 47 48 sounds 29 Watch chain 30 Sardonic 31 Slightly 54 53 32 In medias -

54 Genesis garden

55 Rail

DOWN

1 Traditional tales

snakes

natives

iackets

6 Texter's

Oklahoma

"Incidentally"

7 Waist-length

5 Some

- 39 eBay offer 2 Victor's cry 40 Haw preceder 3 Nuisance 4 Hooded
- 41 Draw forth

33 Harvard rival

34 Baseball's

35 Singer

36 Avid

Hodges

Scaggs

37 Proverbs

- 45 Corporate symbol
- 48 Brisk tempos
- 50 Sacred bird of Egypt
- 51 Yarn
- 52 loss
- 53 Shade

- 8 Part of Hispaniola 9 Stately tree
- 10 Sports fig.
- 11 Aussie hop
 - per 16 Octet count

 - 20 "Terrif!"
 - 23 Booty
 - 24 Perry's creator
 - 25 Color worker
 - 26 Long story 27 Footnote
 - abbr.
 - 28 Arizona river
 - 29 Shriner's chapeau

32 Optimistic

55

- 33 "Get what I'm savin'?"
- 35 Garden buzz-
- 36 Actress Brennan
- 38 Specter
- 39 Ball VIP
- 42 Grouch
- 43 Speck
- 44 Russian ruler 45 Ignited
- 46 Kimono sash
- 47 Martini liquor 49 Young bloke

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— Frank Zappa

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Weekly **SUDOKU**

by Linda Thistle

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

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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'um 5:00pm (07/16, 07/23, 07/30)

(Wednesday) - 500 CARDS @ Noon / Bar Bingo 4:00pm (Thursday) - EUCHRE 12:00pm / DARTS 1:00pm Music by Desert King 11am-3:00pm

(Friday) "Fish Night" 5-7:00pm (Saturday) 500 CARDS 12:00pm / Darts 1:00pm / Texas Hold'um 5:00pm 07/06, 07/20 (Sunday) - Bar Bingo 1:00pm

Live Music 5-9pm

(Fri. 07/05 Reign-N-Country) - (Fri. 07/12 Last Train to Dakotas) (Fri. 07/19 Audrey Hicks) - (Fri. 07/25 Roadhouse Wranglers)

Monthly Post Events

Mon. 07/01 Club Committee Mtg. 9:30am / MOCA Mtg. 5pm 9399 Tue. 07/02 Veterans Day Parade Mtg. Noon / Planning Mtg. 5:30pm Thurs. 07/04 Independence Day, Flag @ 8:00am Fri. 07/05 Joy of Painting Class 10:00am Wed. 07/09 Post & Aux Meeting 6pm Sun. 07/14 District Mtg. @ 7968 9am

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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 S

TQJP ZQHSSL RBMJRHP MJHZRZ

SJR RCSJRQJE HPF RHDG

PCPZRCV, B TCWDF ZHL

RQJL'EJ LHGGBPS BR WV.

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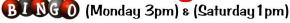
Our Kitchen is Open! / "Daily Specials"

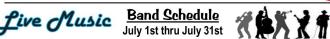
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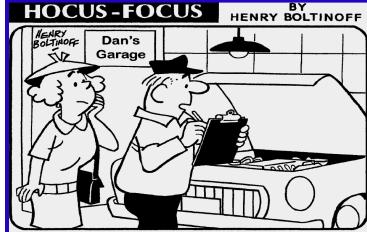
'Queen of Hearts" Tuesday Night 7:00 pm ' "Tickets On Sale at the Bar"



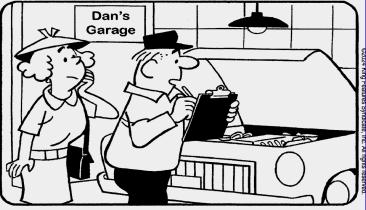




Tue 5-9pm	Wed 5-9pm	Thurs 5-9pm	Fri 5-9pm	Sat 5-9pm	
07/02 Canyon Band	07/03 Canyon Band	07/04 Reign-N-Country Roadhouse Wranglers	07/05 Roadhouse Wranglers	07/06 Roadhouse Wranglers	
07/09	07/10	07/11	07/12	07/13	
Rusty Wagon	Rusty Wagon	Shift Work	Shift Work	Shift Work	
07/16	07/17	07/18	07/19	07/20	
The Dakotas	The Dakotas	Shure Fire	Shure Fire	Shure Fire	
07/23	07/24	07/25	07/26	07/29	
Reign-N-Country	Reign-N-Country	3-Speed	3-Speed	3-Speed	
07/30 Roadhouse Wranglers	07/31 Roadhouse Wranglers				



Find at least six differences in details between panels



Cap is different. 3. Belt is higher. 4. Arm is moved. 5. License plate is smaller. Differences: I. Light is moved. 2. Shape of grille is different.

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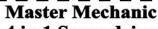
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MAN'S RESTLESS LEGS RAISE UP TO A FOOT IN THE AIR AT NIGHT

DEAR DR. ROACH: Do you have any recommendations to stop restless legs at night? My husband has been to many doctors to find a cause or a solution to stop them. His legs have raised up as much as a foot in the air at night, constantly jumping and causing many sleepless nights. No one seems to have a solution for him. -- J.O.

ANSWER: Restless legs syndrome (RLS) is a common condition where people have the urge to move their legs. It's usually worse at night and associated with an unpleasant sensation that is relieved by movement. People with RLS often have involuntary jerking movements of their legs during sleep, unimaginatively called "periodic limb movements of sleep." Your husband may have these periodic limb movements without RLS, which is then considered periodic limb movement disorder. Treatment recommendations require an exact diagnosis. I often see his condition misdiagnosed or continue on for years without a diagnosis. The diagnosis is confirmed by a sleep study where the limb movements are recorded and characterized. Once the diagnosis is made, there are a few important considerations: The first is that this condition often coincides with iron deficiency, which should be looked for and treated, if necessary. (The underlying cause for iron deficiency also needs to be found.) It may take weeks or even months after iron replacement for the leg movements to get better. Prior to medication treatment, a review of any medicines your husband takes is appropriate, as some can cause similar symptoms. Regular exercise, avoidance of caffeine and alcohol, and good sleep (ironically) can all improve symptoms in some people. If medicine is needed, medications like pregabalin or pramipexole may be the first-line treatment, depending on the results of the sleep study and how intermittent the symptoms are. A new therapy called neurostimulation is a drug-free approach that has been shown to be effective. One device, the tonic motor activation, was approved by the Food and Drug Administration for RLS and will hopefully be available shortly. But there are many experts in this condition. He should see a sleep medicine expert.

DEAR DR. ROACH: I was wondering if you could give me any information on idiopathic stabbing headaches. I have been having them for three months now. From what I have read, this is a long time to have this condition. I can have them anywhere from 3-50 times a day, and sometimes they go away for a day or two. They are extremely painful. I was prescribed indomethacin, which gives some relief but doesn't fix the problem. This is a very strong NSAID, and I am tolerating it with minimal side effects. But I don't want to be on this long-term. Do you have any suggestions that might help me? -- L.L.

ANSWER: A stabbing headache is an uncommon headache syndrome. It can be hard to distinguish it from a cluster headache, but a stabbing headache does not have the characteristic eye symptoms (tearing) or nose symptoms (runny nose). Cluster headaches are seldom greater than eight per day. There isn't a lot published on the long-term prognosis of a stabbing headache. As you found, it goes away in many people after several weeks, but some people have intermittent symptoms that last for months or sometimes years. One alternative to indomethacin is melatonin, which is much less likely to damage the stomach and kidneys. A neurologist with expertise in headaches may have other options for you.

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

SUFFERING PRODUCES PERSEVERANCE; PERSEVERANCE, CHARACTER; AND CHARACTER, HOPE - ROMANS 5:1-5

Morning Checklist: Clothed? Ah sufficiently. /s? Yep just found 'em. Coffee cup? Full. Sanity? Sanity? And we have a runner.



- 1. Is the book of Pharisee (KJV) in the Old or New Testament or neither?
- 2. In Matthew 21, to what type of tree did Jesus say, "Let no fruit grow on thee henceforward forever"? Cedar, Oak, Apple, Fig
- 3. From 2 Corinthians 6, what did Paul warn Christians about being "yoked" with? Debt, Unbelievers, Shame, Abundance
- 4. In biblical times, what was a tambourine or small hand drum called? Timbrel, Cornet, Tartu, Cymbal
- 5. Jonah was in the belly of the great fish how many days and nights? 2, 3, 5, 8
- 6. Who was the father of Michal? David, Titus, Saul, Stephen

ANSWERS:

1) Neither 2) Fig

Unbelievers 4) Timbrel

Three

Saul

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online. (c) 2024 King Features Synd., Inc.

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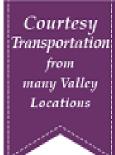
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WHEN SOMETHING GOES WRONG IN MY LIFE, I JUST SAY 'PLOT TWIST' AND MOVE ON

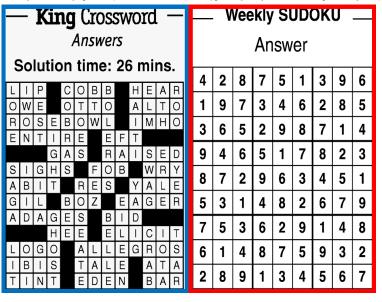
CryptoQuip

answer

When shaggy Tibetan beasts get together and talk nonstop, I would say they're yakking it up.



FAITH HAS TO DO WITH THINGS THAT ARE NOT SEEN AND HOPE WITH THINGS THAT ARE NOT AT HAND - AQUINAS







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"THE HOLY SCRIPTURES ARE LETTERS FROM HOME" - AUGUSTINE OF HIPPO

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VFW Post 7968 July Events - WE ARE NOW A NON SMOKING POST -



Thurs. July 4th Flag @ 12:00 Annual BBQ & Festivities Mon. July 8th Post & Auxiliary Meetings 7pm Wed. July 10th Local Candidates Form 6pm Thurs. July 11th Club & Planning Meeting 5:30 & 6pm Sun. July 14th Post Training 9:00am / Dist. 10 mtg. 10:00am 7968 Wed. July 17th Aux. Chicken Alfredo Dinner 5-7pm Sat. July 27th Nat'l Korean War Veterans Day Flag @ 12pm

7968 www.vfwpost7968.org



Sun. Members Hold'Um 12pm / Aux Bingo 4pm. TACO Mondays 11:am - 1:30pm (Tues) - Post Bingo 2pm / (Fri) - Post or Aux Bingo 2pm Tuesday - Friday Lunch Specials 11-1:30pm Thursday-Wings & Things! 5-7pm / Karaoke w/Todd 5pm Fri. - Special, Cod Dinner / Shrimp Basket 5-7:00pm Band @ 5pm Sat. - Ribeye Steak, Shrimp Dinner or Chicken Tenders 5-7pm Sat. - Queen of Hearts 5-7:30pm / Sat. Entertainment 5-8pm



	Thursday	Friday	Saturday				
Δ	07/04 Independence Day	07/05 Triple Play	07/06 Canyon State Band				
db. T - ≟	07/11 Karaoke w/Todd	07/12 Rusty Wagon Band	07/13 Rusty Wagon Band				
	07/18 Karaoke w/Todd	07/19 Roadhouse Wranglers	07/20 Roadhouse Wranglers				
	07/25 Karaoke w/Todd	07/26 Shift Work	07/27 Shift Work				
250 S. Phelps Drive, Apache Junction 85120 More Info. Call: 480-671-6239							

POST

by Freddy Groves

STEALING ... WHICH IS WORSE?

I don't know which is worse: stealing millions of dollars from the VA or stealing pain drugs from patients. In one case, a pair of holistic health care center co-owners submitted claims for reimbursement for \$1.9 million in treatments before they were nabbed for health care fraud, conspiracy and filing false claims. Advertised as a chiropractor with several branch offices, the thieves billed for services that never occurred, such as hot and cold therapy, acupuncture (that was actually massages) done by others, treatments that weren't medically necessary and more.

Then there's the elderly veteran who had two small businesses. On the one hand, he claimed individual unemployability benefits from the VA (which is given when a veteran gets money equal to a 100% disability rating because he can't work). On the other hand, the guy applied for a servicedisabled veteran-owned rating for his two businesses, stating that he was the owner, worked lots of hours ... and received millions of dollars in VA small business contracts. Then he applied for Social Security disability and raked in money from that, claiming he couldn't work. He'll be paying back a lot of money.

As bad as that was, this is much worse: A VA nurse pleaded guilty to taking drugs that were intended for ill and dying patients in intensive care. Most of the time she would give only a partial dose to the patient and take the rest herself. In one case, she did this 19 times over nine days to a patient. Can you imagine?

She also volunteered to take care of a particular patient so she could steal the patient's drugs. The three drugs in question were fentanyl (50 to 100 times more potent than morphine and heroin), hydromorphone (two to eight times stronger than morphine) and oxycodone, all pain medications. Maximum prison time for these crimes could be only four years. That's shameful. For denying sick and dying patients their pain medication, she deserves much more punishment than that.

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