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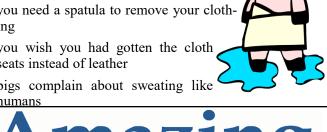
the politicians take their hands out of your pockets to fan themselves

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# Moments in time THE HISTORY CHANNEL

\* On March 24, 1882, German scientist Robert Koch discovered the bacterium responsible for tuberculosis. Regarded today as the "father of modern bacteriology," Koch was awarded the Nobel Prize in Physiology and Medicine in 1905.

\* On March 21, 1928, President Calvin Coolidge presented Charles Lindbergh with the Congressional Medal of Honor for "displaying heroic courage and skill as a navigator, at the risk of his life, by his nonstop flight in his airplane, the Spirit of St. Louis, from New York City to Paris, France, 20-21 May 1927, by

is, from New York City to Paris, France, 20-21 May 1927, by which Capt. Lindbergh not only achieved the greatest individual triumph of any American citizen but demonstrated

that travel across the ocean by aircraft was possible."

\* On March 20, 1922, Hubert Work gave an order that all American homes need to be equipped with

an item that the majority of us undoubtedly take for granted today: a mailbox. Work was the country's U.S. Postmaster General, and failure to comply with the order carried a penalty of giving up one's mail delivery.

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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: Q equals L

HGDV QFRBDQ MFJD RO HPLG F KMGDJD LT CQPJCQFJ GPK MTJDWX OFBLVDB, PL HFK F CTTQ-GFBWX OQFV.

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MY KIDS LAUGH BECAUSE THEY THINK I'M CRAZY. I LAUGH BECAUSE THEY DON'T KNOW IT'S HEREDITARY

\* On March 22, 1978, Karl Wallen-Puerto Rico.

da, founder of the Flying Wallendas, fell from a tightrope 10 stories to his death during a promotional appearance for the Pan American Circus. The 73-year-old acrobat was crossing between the two towers of the Condado Plaza Hotel in San Juan,

On March 23, 1973, Yoko Ono was granted permanent residence in the United

States. However, the good news did not extend to her husband, former Beatle John Lennon. He was issued a 60-day notice to leave the country.

- \* On March 26, 2019, former First Lady Michelle Obama's memoir, "Becoming," surpassed 10 million copies in sales just four months after its publication. It had already become America's best-selling book in 2018 after a mere 15 days.
- \* On March 25, 1995, Howard G. (Ward) Cunningham, an

American computer programmer and pioneer in both design patterns and extreme programming, introduced the wiki, or "user-editable website." Today, Wikipedia is the world's most well-known and widely used wiki.

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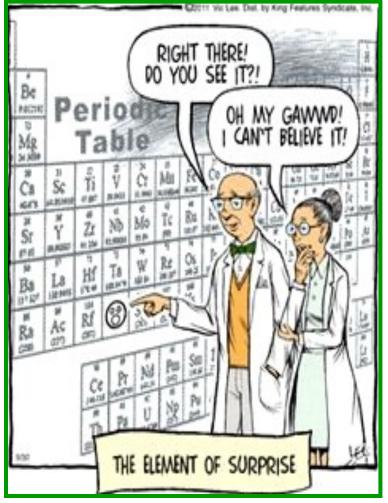
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OFTEN THE MOST POWERFUL PEOPLE, TRAGICALLY FAIL TO SEEK GOD'S GUIDANCE



#### PAR FOR THE COURSE

An 80-year old man's doctor is amazed at what good shape the guy is in and asks, "What do you do for exercise?"

"I golf," says the old guy, "that's why I'm in shape. I'm on the fairways before sunrise and all is well."

"Well," says the doctor, "How old was your Dad when he died?" "Who said my Dad's dead?"

The doctor is amazed. "You mean you're 80 years old and your Dad's still alive. How old is he?"

"He's 100 years old," says the old golfer. "In fact he golfed with me this morning, that's why he's still alive

he's a golfer too.'

"Well," the doctor says, "that's great, but I'm sure there's more to it. How old was your grandfather when he died?"

"Who said my grandpa's dead?"

Stunned, the doctor asks, "Your grandfather's still living! Incredible, how old is he?"

"He's 118 years old," says the old golfer. The doctor is getting frustrated at this point, "So, I guess he went golfing with you this morning too?"

"No. Grandpa couldn't go this morning because he's getting married today."

"Getting married!!" yelled the doctor. "Why would a 118 yearold guy want to get married?"

"Who said he had a choice?"



#### Speedy Spanish Rice Is Easy, Versatile and Delicious

This week we have a very popular one-pot meal seasoned with a little bit of versatility. This family-friendly dinner is an extremely inexpensive yet soul-satisfying meal. It comes together fast, making it perfect for busy weeknight dinners. And one skillet? Yes, please and thank you!

The real beauty of the recipe is you can substitute any kind of protein for the hamburger I used. You could use ground or shredded turkey, pork, chicken, or go meatless with beans or meat-free crumbles. This makes it a perfect recipe to have on repeat, knowing you can make it with whatever is on sale this week.

Using brown rice in this recipe boosts nutrition and fiber. But because brown rice takes 45 minutes to cook, this speedy recipe calls for pre-cooked rice. Considering it takes the same 45 minutes to make four cups of brown rice or 12 cups of brown rice, I recommend making a big pot o'rice then dividing and freezing it into meal-ready portions. Anything that helps get a healthy meal on the table quickly is a good thing.

If you prefer white rice or don't happen to have cooked rice on hand, I've included the white rice quick fix.

#### SPEEDY SPANISH RICE

Yield: 4 servings

Total Time: 20 minutes

What You'll Need:

1 pound (85/15) ground beef

Salt and pepper to taste

1 (16 ounce) bag frozen pepper and onion blend, thawed

1 (8 ounce) can tomato sauce

1 (14.5 ounce) can diced tomatoes with green chilies

1 teaspoon ground cumin

1 teaspoon chili powder

1/2 teaspoon garlic powder

1/4 teaspoon salt

3 cups cooked brown rice (see note below)\*

1 cup cheddar or Mexican blend cheese, shredded

Chopped green onions and/or cilantro, optional

#### Here's How:

In a large skillet, over medium-high heat, cook hamburger, breaking it into crumbles, until beef is no longer pink. Season with salt and pepper to taste. Drain the excess fat and liquid from the pan. You don't have to drain it all; a little liquid is good. Next, add the onion and pepper blend and cook until the onion is translucent. Stir in the tomato sauce, tomatoes and seasonings; bring to a boil. Add rice; heat through, stirring occasionally. Let this simmer for at least 5 minutes to marry the flavors. Before serving, sprinkle cheese on top and cover with a lid for a minute to melt the cheese. Garnish with green onions and cilantro, if desired. And trust me, you desire. Serving suggestions: All you need is a big salad and call it done.

\*Note: If you don't have pre-cooked rice, just add 1 cup of uncooked white rice (not brown, it takes too long) and 2 cups chicken broth when you add the tomatoes and bring to a boil. Cover and reduce heat to a simmer for 20 minutes. Continue as written above.

This popular dish has many variations. I believe every family has their own "perfect and only" way to prepare Spanish rice. Here's a list of items you could add, and no one would be mad at you: green or black olives; corn; sour cream; green chilis; pinto, black or red kidney beans. And more cheese. We always need more cheese, please.

What's the difference between Spanish rice and Mexican rice? Spanish rice gets its yellow color from saffron (which is ridiculously expensive!). Mexican rice, meanwhile, takes on a unique reddish orange color by adding cumin and chili powder.



THIS SPANISH RICE DISH IS COMFORTING AND DELICIOUS

No matter how you make it, you'll love this simply comforting delish Spanish dish.

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website Divas On A Dime -- Where Frugal, Meets Fabulous! Visit Patti at www.divasonadime.com and join the conversation on Facebook at DivasOnADimeDotCom. Email Patti at divapatti@divasonadime.com

PHOTO CREDIT: www.JasonCoblentz.com

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- 1. FOOD & DRINK: Which U.S. city is known for its square pizzas with crunchy corners?
- 2. TELEVISION: Which character became a fugitive in the final season of "The Office"?
- 3. GEOGRAPHY: Which of the Great Lakes lies entirely within the United States?
- 4. LITERATURE: Which famous novelist wrote his last book in crayon due to poor eyesight?
- 5. GAMES: What are the two most valuable letters in Scrabble?
- 6. MOVIES: Which movie series features a character named Ellen Ripley?
- 7. LANGUAGE: What is a "schwa"?
- 8. GENERAL KNOWLEDGE: Which nation is credited for being the top beer-drinking country in the world?
- 9. ANATOMY: What is a common name for the axilla?
- 10. ANIMAL KINGDOM: What do you call an ant's home?

(c) 2023 King Features Synd., Inc. 10. A nest or formicary. 9. Armpıt. 8. Czech Republic.

seuted by an upside-down 7. Unstressed vowel repre5. Q and  $\Sigma$  (10 points each). 4. James Joyce.

3. Lake Michigan. 2. Creed Bratton. 1. Detroit.

Answers



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REMEMBER THE DAYS YOU PRAYED FOR THE THINGS YOU HAVE NOW

Tidy

35 Rock

38 Brainv

cutter

36 Very long time

37 Possesses

41 Small barrel

Planner"

fans

Field 46 Bicycle type

48 N. Mex.

neighbor

Lingus

42 "The Wedding

actress, to

45 New York's -

Workshop

# Just Like Cats & Dogs by Dave T. Phipps HEY, THIS IS A GREAT MOVIE! IT'S ABOUT TIME THEY MADE A BOOK FROM IT!



#### King Crossword ACROSS Two-wheeler Bumped into 14 8 Pack (down) 15 16 12 Ireland 3 Peyton's brother "The Time Machine" 28 | 29 people Octopus arm 7 Lunch hour 33 8 Request 9 IV measures 36 20 Must-haves 21 Chai, e.g. 39 43 22 Vagrant 46 More recent Goddess of 48 49 50 wisdom 30 Tehran's 52 53 country 50 Pitt of 29 Packed away plant Sly one

"Moneyball"

53 Round Table

1 Test version

4 Tolkien crea-

2 Enrages

ture 5 Pilgrimage

site

7 Dead heat

homes

9 Medicinal

8 Some urban

51 Carry

52 Layer

**DOWN** 

titles

10 Disposition

11 Bowling tar-

gets

16 Computer

brand

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of iazz

24 Mound stat

6 Building wings 26 Trim the grass 43 Tragic king

28 Moving day

rental

Oldsmobile

23 Pen tip

25 Pallid

27 Old

3 Neck problem 22 Beiderbecke

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20 Convent man-

for cooking

21 Prepare meat 39 Surrealist

31 Summer cool-

34 Drunkard

35 Droops

37 Ford or

Hudson

38 Ella's style

Joan

40 Bickering

41 Fall (over)

"Boston

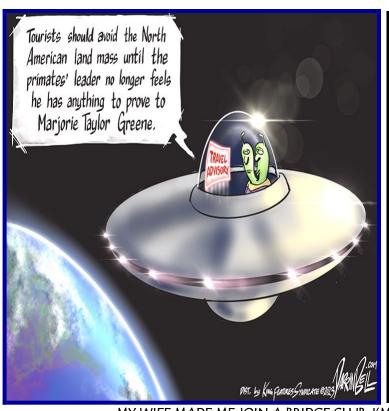
Public"

44 Probability46 Light touch

47 "Frontline"

airer

42 Ryan of





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### Weekly SUDOK

by Linda Thistle

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

### **DIFFICULTY THIS WEEK:**

Challenging Moderate HOO BOY!

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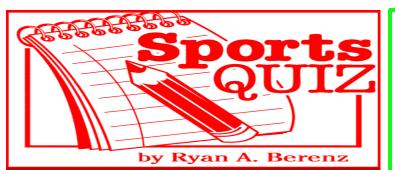
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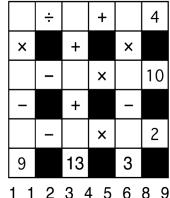
- 1. For what college team did 1994 first-overall NBA Draft pick Glenn "Big Dog" Robinson play?
- 2. He played tight end for the Denver Broncos (1986) and Green Bay Packers (1987-88). His brother played linebacker for the Kansas City Chiefs (1986-91) and Seattle Seahawks (1993). Who are they?
- 3. In 1942, President Franklin D. Roosevelt wrote a letter to Major League Baseball Commissioner Kenesaw Mountain Landis encouraging him to play the season during World War II. The letter is known by what name?
- 4. In 1965, what Basketball Hall of Famer was traded from the San Francisco Warriors to the Philadelphia 76ers for Connie Dierking, Lee Shaffer, Paul Neumann and cash?
- 5. What national team won the first two World Baseball Classic tournaments held in 2006 and 2009?
- 6. Name the Minnesota North Stars player who died two days after suffering head injuries in a 1968 NHL game.
- 7. What tennis star from the Czech Republic won her only Grand Slam singles title by defeating Nathalie Tauziat at Wimbledon in 1998?

Answers

1. The Purdue Boilermakers.
2. Joey and Dino Hackett.
3. The Green Light Letter.
4. Wilt Chamberlain.
5. Japan.
6. Bill Masterton.
7. Jana Novotna.
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### GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.



**DIFFICULTY:** ★★

★ Moderate ★★ Difficult ★★★ GO FIGURE!

12345668

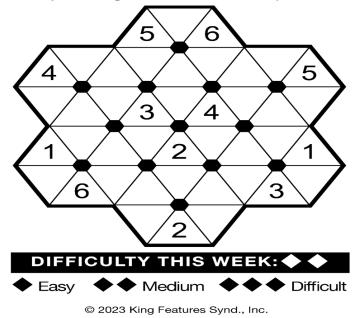
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REJOICE ALWAYS, AND PRAY WITHOUT CEASING

### SNOMTFURE?

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.



PLEASE DON'T THROW YOUR CIGARETTE BUTTS ON THE FLOOR, THE COCKROACHES ARE GETTING CANCER

# Amber Waves THE PIGS DON'T SEEM TO BE EATING AS MUCH AS THEY USUALLY DO. MAYBE I SHOULD CHANGE UP THE MENU A BIT? BUT WHAT WOULD I ADD? WHAT WOULD I ADD? A LITTLE SALT WOULDN'T KILL YAL

### **Stickelers Answer**

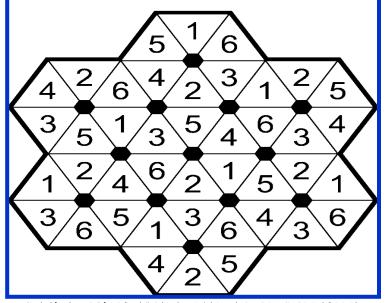
1-d, 2-e, 3-b, 4-a, 5-c

#### Go Figure! answers 1 1 4 + × + 6 4 10 × 9 2 8 2 × 13 9

PHOBOPHOBIA IS THE FEAR OF BEING AFRAID

### **SHOMELTHRES**

solution



'LACHANOPHOBIA" MEANS 'AFRAID OF VEGETABLES'



Match the words on the left with their respective meanings on the right.

- 1. canard
- 2. draconian
- 3. moil
- 4. hegemony
- 5. protean
- a. leadership, predominance
- b. work hard
- c. changeable in shape or form
- d. a falsehood
- e. rigid, severe

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### SENIOR NEWS LINE

### by Matilda Charles

### FUNERAL PLANNING: DON'T BE RUSHED

One life event we don't want to think about having to do for a loved one is planning a funeral. But sometimes we must, and it can be stressful and loaded with the potential to be scammed in some way.

A small amount of help is coming. The Federal Trade Commission wants online funeral pricing. And it makes sense. When you need to organize a funeral, emotions are running high. You won't be at your best when it comes to thinking about pricing and services.

Back in 1984, the FTC created the Funeral Rule, but it only requires funeral homes to show lists of the prices of caskets and any outer burial containers, such as a grave liner. And it was only required that a potential customer be given those prices in person, certainly not by phone. To make it worse, funeral homes only had to show pictures or the item itself after the prices were disclosed.

By then, of course, you were at the funeral home, unhappy and sad and stressed. The last thing you wanted to do is treat it like a car purchase and shop around. So you signed the paperwork on the spot, possibly paid too much and maybe didn't get the items and services you wanted.

There are a few ways to ensure that your vulnerability at that time isn't exploited.

Before you leave the house to organize a funeral, go online to check local funeral home websites. They might be among the very few to actually post pricing and services.

Take someone with you.

Get the price list (in writing) of what the funeral home offers.

Before you sign any paperwork, contact the Funeral Consumers Alliance (funerals.org) and get their advice. There's a group in every state. On their website, click on "Consumers" and scroll down to "Don't Know Where To Begin? Start Here." Remember: Take your time.

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### HARD TO TELL

A Brunette and a Blonde are getting ready to leave for work. The brunette gets in the driver's seat and the blonde gets in the passen-

ger's seat.

The brunette says, "We're late, so you watch out the back window for cops."

As she speeds down the road she asks the blonde, "So, do you see any cops?"

The blonde replies, "Yes."

The brunette says, "Are they behind us?"

"Yes."

"Are they close?"

m "Yes."

"Are they going to stop us?"

"I don't know."

The brunette says, "Well, are their lights on?"

The blonde replies, "Yes. No. Yes. No. Yes. No. Yes. No... "



**HOCUS-FOCUS** 

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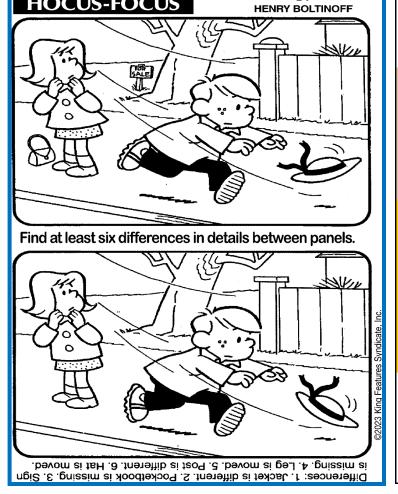
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#### RECREATIONAL TIANEPTINE HAS POTENTIAL FOR ABUSE



**DEAR DR. ROACH:** I've been hearing about tianeptine being sold at gas stations. Is it dangerous? -- S.F.

ANSWER: Like so many substances, tianeptine can be a useful drug when prescribed and taken correctly (it's used in several countries for depression), but it is indeed dangerous when used recreationally. Its use has been banned in several (unfortunately not all) states across the U.S. It is sold (yes, especially at gas stations) as a dietary supplement. Because it acts on the same receptor as morphine, when used at high doses far beyond the medically approved dose, it has potential for abuse and even overdose, with a handful of deaths ascribed to its use. I recommend in the strongest possible terms against its recreational use and hope it is completely banned soon.

**DEAR DR. ROACH:** I have severe pain in my right shoulder. I have seen two orthopedists and received X-rays, MRI scans and a cortisone injection, which didn't work. Both surgeons recommended a shoulder replacement. I am taking three adult aspirins each morning (I am allergic to NSAIDs), which makes the pain go away. Is this safe? I am 83 and otherwise healthy. -- J.B.

**ANSWER:** Aspirin is a type of non-steroidal anti-inflammatory drug and has the toxicities common to all the drugs in that group, including an increased risk for bleeding and potential damage to the stomach and kidneys. But it has additional toxicities beyond NSAIDs like ibuprofen, especially at higher levels. I am very cautious about prescribing aspirin and generally prefer other anti-inflammatory medicines.

However, people have long taken aspirin -- sometimes at much higher doses -- usually without problems. The fact that you are taking it only once a day reduces the toxicity, but I have to say I am surprised the benefit is lasting all day.

The risk of toxicity is higher at older ages. At 83, you are at a significantly higher risk (seven times the risk) than younger people. Most of the data on exactly what your risk is comes from people taking low-dose aspirin (81 mg, not the 975 mg you are taking), so I can't give you an evidence-based answer. But, for men in their 80s taking low-dose aspirin, about 1.5% will have a serious bleeding event per year. Your risk will be significantly higher due to the much-larger dose you are taking. However, one has to consider both the benefits of the aspirin treatment (the pain being gone is the best possible outcome) and the toxicity of other possible treatments, such as surgery (which is very significant).

There are many classes of NSAIDs, with very different chemical properties, and it is likely there is another type of NSAID you could safely take, with a lower risk than the dose of aspirin you are currently on. On the other hand, you can't get any better effectiveness, at least in terms of pain, and the absolute risk is still fairly small, so I'm not sure I recommend you change. I am always very cautious about recommending surgery to someone in their 80s when there is an effective medication available to treat the issue.

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) 2023 North America Synd., Inc. All Rights Reserved

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# 181081LE TRIVIA by Wilson Casey

- 1. Is the book of Athens (KJV) in the Old or New Testament or neither?
- 2. In 2 Kings, which prophet's word caused Syrian soldiers to be struck blind? Gad, Jubal, Solomon, Elisha
- 3. Where were Saul and Jonathan's bodies nailed to a wall? Troas, Nob, Beth-shan, Sychar
- 4. On fleeing from Jezebel, which prophet hid in a cave? Elijah, Nathan, Daniel, Amos
- 5. Which converts burned their books of magic? Philistines, Ephesians, Hittites, Canaanites
- 6. In which book is the phrase, "Holier than thou"? 1 Kings, Ezra, Amos, Isaiah

#### ANSWERS:

- 1) Neither
- 2) Elisha
- 3) Beth-shan
- 4) Elijah
- 5) Ephesians 6) Isaiah 65:5

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online. (c) 2023 King Features Synd.,

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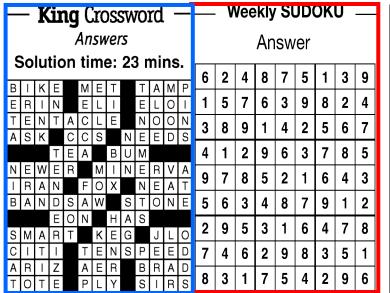
MY SOUL WAITS IN SILENCE FOR GOD ONLY, MY HOPE IS FROM HIM

When Laurel came up with a scheme to flimflam his comedy partner, it was a fool-Hardy plan.

answer

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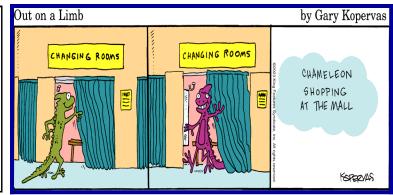
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NEVER PUT A QUESTION MARK WHERE GOD PUT A PERIOD





By Lucie Winbourne

\* Believe it or not, cows can be potty trained -- and, it is said, with less trouble than toddlers. It's called MooLoo training, and involves not a toilet, but a special pen with artificial grass. But ✓ why bother? The practice helps the environment by re-

ducing air and water pollution and even planet warming.

The J.W. Westcott II is a boat that delivers mail to ships at sea. Operating out of Detroit, it's the

only floating zip code in America.

- \* In 1931, German engineer Richter Raketenrad built a bike with 12 rockets mounted to its back wheel and reached a speed of 90 kph before his invention exploded and threw him off. While that was, sadly, the end of the rocket bike, Raketenrad himself suffered only a few scrapes.
- \* Kintsugi is the Japanese art of putting broken pottery pieces back together with gold.
- \* For over a year in the mid-2000s, members of the group Untergunther broke into the French Pantheon to repair a clock that had been broken for four decades. They later received court time for the effort but were somewhat vindicated when member Jean-Baptiste Viot, a clock restorer, was hired to repair it in 2018 after further neglect.

\* Researchers have found that approximately 97% of people are keeping a secret at any given time, with the average person keeping around 13.

\* In 2008, a former high school star athlete escaped a crime scene by using Craigslist to hire a dozen identically dressed (and unwitting) civilians to stand at the exact place and time of the arrival of the armored car that he planned to rob.

Thought for the Day: "Challenges are gifts that force us to search for a new center of gravity. Don't fight them. Just find a new way to stand." -- Oprah Winfrey

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