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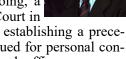
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# Moments THE HISTORY CHANNEL

\* On April 1, 1988, a federal judge in Little Rock, Arkansas, dismissed a sexual harassment case against President Bill Clinton, stating it had no "genuine issues" worthy of a trial. Although Clinton had denied any wrongdoing, a unanimous ruling by the U.S. Supreme Court in



May 1997 allowed the case to proceed, establishing a precedent permitting sitting presidents to be sued for personal conduct that allegedly occurred before they took office.

- \* On April 2, 1863, a bread riot occurred in the Confederate capital of Richmond, Virginia, when angry people demanded bread from a bakery wagon before wrecking nearby shops. The mob only dispersed after Confederate President Jefferson Davis made a personal plea and threatened to use force to break it up.
- \* On April 3, 1944, the U.S. Supreme Court ruled 8 to 1 that African Americans could not be barred

from voting in the Texas Democratic primaries. The court stated that discrimination against Blacks violated the 15th Amendment and that political parties were not private associations.

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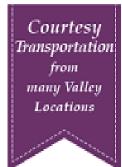
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THE STONE WAS ROLLED AWAY FROM THE TOMB, NOT TO LET JESUS OUT, BUT TO ALLOW US TO ENTER

\* On April 4, 1802, American social reformer Dorothea Dix was born in Hampden, Maine. Dix founded a home for girls in Boston while she was still just a teenager and later passionately campaigned for humane conditions in jails and insane asylums.

\* On April 5, 2008, actor Charlton Heston, who won an Oscar for his starring role in "Ben-Hur,"

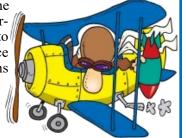
> died of Alzheimer's disease at his home in Beverly Hills. Heston notably played Michelangelo, El Cid, and other heroic figures in Hollywood movies of the 1950s and 1960s.

\* On April 7, 1712, a rebellion of 27 Black slaves took place in New York City, with nine whites shot as they attempted to put out a fire started by the slaves. The state militia was called out to capture the rebels, and 21 were executed while the remaining six committed suicide.

\* On April 6, 1917, following a vote by Congress approving a declaration of war, the U.S. entered World War I in Europe. Four days earlier, President Woodrow Wilson cited Germany's violation of its pledge to suspend unre-

stricted submarine warfare in the North Atlantic and the Mediterranean, as well as its attempts to entice Mexico into an alliance against America, as his reasons for requesting the declaration.

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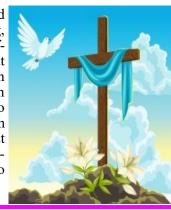
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#### THOUGHTS FROM C.S. LEWIS

- \* "The more we let God take us over, the more truly ourselves we become - because He made us. He invented us. He invented all the different people that you and I were intended to be...It is when I turn to Christ, when I give up myself to His personality, that I first begin to have a real personality of my own." - C.S. Lewis
- \* "To have faith in Christ means, of course, trying to do all that He says. There would be no sense in saying you trusted a person if you would not take his advice. Thus if you have really handed yourself over to Him, it must follow that you are trying to obey Him. But trying in a new way, a less worried way. Not doing these things in order to be saved, but because He has begun to save you already. Not hoping to get to Heaven as a reward for your actions, but inevitably wanting to act in a certain way because a first faint gleam of Heaven is already inside you." - C.S. Lewis
- \* "It would seem that Our Lord finds our desires not too strong, but too weak. We are halfhearted creatures, fooling about with drink and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased" - C.S. Lewis





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A COMEBACK IS STRONGER THAN A SETBACK



"The ballplayer who loses his head, who can't keep his cool, is worse than no ballplayer at all."

Lou Gehrig

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- 1. **LITERATURE:** What is the name of the kingdom in "The Princess Bride"?
- 2. **GENERAL KNOWLEDGE:** In British royalty, what is King Charles' family name?
- 3. **TELEVISION:** Which TV sitcom features Sheldon's catchphrase "Bazinga!"?
- 4. **U.S. STATES**: Which U.S. state is home to the Awatovi Ruins, a national historic landmark?
- 5. **HISTORY:** According to a WWII government slogan, what sinks ships?
- 6. **GEOGRAPHY**: What is the name of the small principality that lies between Spain and France?
- 7. **ANATOMY:** Which part of the brain controls hunger?
- 8. **LANGUAGE:** The Latin word "caput" refers to what part of the human anatomy?
- 9. **SCIENCE**: Which color has the longest wavelength in the visible spectrum?
- 10. **FOOD & DRINK:** What is the primary alcohol used in margaritas?

7. Hypothalamus. 8. The head. 9. Red. 10. Tequila. (c) 2024 King Features Synd., Inc.

6. Andorra.

1. Florin. 7. Hyp 2. Mountbatten-Windsor. 8. The 3. "The Big Bang Theory." 9. Red. 4. Arizona. 10. Ted 5. Loose lips. 2024

Answers



## **Lunchtime Liberation: Let Quinoa Power Up Your Midday Meal**

In the hustle and bustle of life, the midday meal often becomes an afterthought, relegated to hurried sandwiches or uninspired leftovers. Want to transform your lunch hour into a comforting moment of culinary pleasure and practicality? Enter quinoa, the unsung hero of the lunch prep scene.

Quinoa (pronounced KEEN-wah) is a versatile grain-like seed that has been a staple in South American cuisine for centuries. What sets quinoa apart is its exceptional nutritional profile, boasting high levels of protein (8 grams per cup!), fiber and essential nutrients like iron and magnesium.

Preparing salads with quinoa not only elevates the nutritional profile of your salads, but also streamlines your weekday routine. Picture this: a Sunday afternoon spent prepping a week's worth of quinoa salads, loaded with vegetables, ready to grab and go for the week ahead.

With its nutty flavor and fluffy texture, quinoa serves as a blank canvas for endless culinary creations.

#### **SIMPLY QUINOA**

Yield: 4 cups
Total Time: 27 minutes
1 cup quinoa
1 3/4 cups water, chicken broth or vegetable broth
1/2 teaspoon salt

Start by rinsing the quinoa under cold water to remove any bitter saponins. Saponins are natural compounds in quinoa that can impart a bitter taste if not rinsed off before cooking. A fine mesh sieve works well for this.

In a medium pot, combine the quinoa and water. Bring this to a boil, cover and reduce the heat. Simmer gently for 15 minutes. Remove the pot from the heat and let it rest, covered, for 10 more minutes. Then remove the lid and fluff with a fork, et voila -- perfectly cooked quinoa ready to be incorporated into a variety of salads. Store refrigerated for up to five days or in the freezer for up to two months.

Instant Pot directions: Combine 1 cup rinsed quinoa with 1 1/2 cups water, pressure cook on HIGH for 1 minute. Allow natural release. Fluff and enjoy.

On its own, quinoa is quite bland. For the most flavor, combine the warm quinoa with a flavorful dressing right away.

#### **SOUTHWEST QUINOA SALAD (pictured)**

For Dressing:
3 tablespoons fresh lime juice
1 tablespoon Dijon mustard

1/3 cup extra-virgin olive oil
1 teaspoon chili powder
1/4 cup shallot or green onion, minced
2 tablespoons cilantro, minced
Kosher salt and black pepper, to taste
For Salad:
3 to 4 cups quinoa
1 red pepper, diced
1 (14.5 ounce) can black beans, drained and rinsed
1 (14.5 ounce) can corn
1/2 cup green onion, sliced
1 to 2 cups chicken, cubed or shredded
For serving, optional -- tomatoes, avocado

In a large bowl, whisk the dressing ingredients with a generous pinch of salt and pepper. Add quinoa to the dressing and mix to coat. Add the other salad ingredients and fold together until evenly mixed. This salad will keep for up to five days. For serving, add tomatoes and avocado.

More quinoa salad ideas: For salads you should measure with your heart, add chicken if desired.

Caprese: Dress quinoa with Italian dressing and tomatoes, add mozzarella pearls, fresh basil leaves.

Mediterranean: Dress quinoa with Greek salad dressing, add cucumber, red onion, kalamata olives, lemon juice, parsley.

Curry: Dress quinoa 1/2 cup each olive oil and lemon juice with 1 tablespoon curry powder. Add shredded carrot, red pepper, red onion and green onions.

Tabbouleh: Dress quinoa with 1/2 cup each olive oil and lemon juice, add peas, red onion, red pepper, parsley and fresh mint.

Let quinoa revolutionize your lunch routine with its convenience, nutrition and cost-effectiveness. This proves that wholesome eating doesn't have to break the bank or sacrifice flavor.



Savor this colorful Southwest quinoa salad
-- a lunchtime delight!
PHOTO CREDIT: www.JasonCoblentz.com

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

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## **King** Crossword

#### **ACROSS**

- 1 Gold-loving king
- 6 Soviet space station
- 9 Actress
- **Dennings** 12 "That - I
- ask" 13 Longoria of TV
- 14 Writer LeShan
- "What mean?"
- Journal
- 18 Singer Timberlake
- 20 Monster
- 21 Med. plan option
- 23 Sweetie
- 24 Different
- 25 Exile isle
- 27 Russian villa
- 29 Deceived
- 31 There
- 35 Rocker
- Adams 37 Harvard
- rival
- 38 City near Venice
- 41 Prefix with gender
- 43 Shrill bark 44 Teensy bit
- 45 Frenzied
- 47 Pampering places

- 13 14 16 19 20 25 26 28 32 33 34 29 39 38 47 48 49 51 52 53 54
- 49 Dizzying 6 Islamic holy designs citv 7 Infamous tsar 33
- 52 Dad on "Black-ish"
- 53 Swiss canton 9 IRA relative 54 Bellini opera 10 Worship
- 55 Feminine side 11 Greedy sort 56 Favorite
- 57 Idyllic spots
- **DOWN**

55

- 1 Central
- 2 Equal (Pref.) 3 Nine-to-five
- gigs 4 Matty of
  - baseball

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- 22 Roman 1051 24 Discoverer's call

  - tions
- 28 Doubter

Shaft of light

17 Plant science

19 Hot rum

drink

21 Skirt edge

45 Aesopian also-ran

32 Workplace perk, maybe

Yalie

34 Gym unit 36 Nails the test

38 Rice field

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39 Arcade pio-

40 Senior mem-

42 14 pounds

46 Apple product

10

- 26 Photo collec- 48 Young dog
  - 50 LBJ's successor
- 5 Melting snow 30 Notable time 51 Prof's aides







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I DON'T CARROT AT ALL ABOUT HOW MANY CHOCOLATE BUNNIES I'M EATING

## Weekly **SUDOK**l

## by Linda Thistle

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

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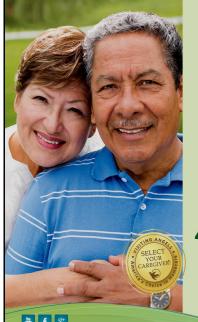
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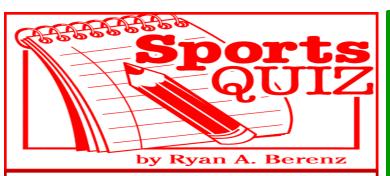
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**iii f** 8⁺



- 1. What speedy outfielder became the fifth Negro leagues player in the National Baseball Hall of Fame when he was inducted in 1974?
- 2. Who did "Terrible" Terry Norris defeat in a 1991 boxing match at New York City's Madison Square Garden to retain his WBC light middle-weight title?
- 3. In 1895, William G. Morgan invented a sport he called "Mintonette." What is the sport known as today?
- 4. What NCAA men's basketball team had a record 32-game losing streak at home from 1988-91?
- 5. What now-demolished venue was home to the NBA's Dallas Mavericks (1980-2001) and the NHL's Dallas Stars (1993-2001)?
- 6. Patty Smyth, singer for the 1980s rock band Scandal, married what tennis legend in 1997?
- 7. What Oklahoma Sooners basketball star was selected No. 2 overall by the Indiana Pacers in the 1985 NBA Draft?

Answers

1. James "Cool Papa" Bell.

2. Sugar Ray Leonard.

3. Volleyball.

4. The University of New Hampshire Wildcats.

5. Reunion Arena.

6. John McEnroe.

7. Wayman Tisdale.

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## **GO FIGURE!**

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.

## 

= 63

#### **DIFFICULTY:** ★

★ Moderate ★★ Difficult ★★★ GO FIGURE!

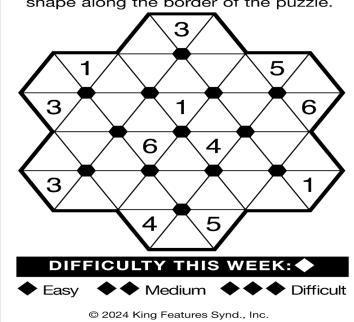
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ADVERSITY IS AN OPPORTUNITY FOR HEROISM -MARV LEVY

## **SHOMELTURES**

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.



"EASTER IS IMPORTANT TO ME, IT'S REPRESENTS GOD'S SECOND CHANCE." - REBA MCENTIRE

# DAD SAYS I SHOULDN'T BE AFRAID OF THAT BULLY WHO'S BUGGING US AT SCHOOL. MY MOM THINKS I DON'T NEED TO BE AFRAID OF THE DARK. TO BE AFRAID OF THE DARK. ARE AND BECOME FEARLESS. WY MOM THINK WE ARE? HEY, HOW HIGH UP DO YOU THINK WE ARE?

### Stickelers Answer

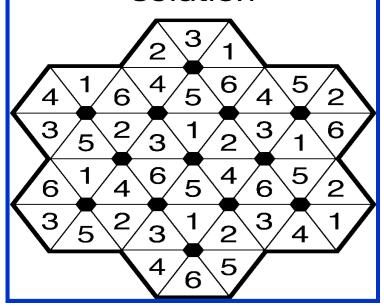
One way to solve this problem is to divide the pie in half with one cut, then divide it into fourths with another cut, then pile the four pieces on top of one another and divide them down the middle for the third cut ... and you have eight equal pieces!

## 

OUR COUNTRY NEEDS MORE UNEMPLOYED POLITICIANS

## **SHOMELUKES**

solution



I NEVER MET A CHOCOLATE BUNNY I DIDN'T LIKE



Here's a fun problem to solve ...

You have a large pie and have been asked to divide it into eight equal parts by making only three cuts. None of these cuts can be circular.

Can you come up with at least one legitimate way to accomplish this?

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# SENIOR NEWS LINE

## by Matilda Charles

#### MAKING BIG DECISIONS

Sometimes we need to make tough decisions. We don't want to. We want to wake up and find the problem is resolved. But we can't do that, and we know it.

Sometimes we're faced with a serious life-changing situation such as acknowledging that we need to move a spouse or parent to a care facility because we just can't manage anymore.

Or perhaps one of our children needs our long-term help. The question becomes: Do we sell our current home? Do we rent it out in the hope we'll eventually move back?

Other times the situation isn't quite as grim but still requires a serious decision: We clearly need a new vehicle. But where will the money come from?

While my current situation isn't earthshaking (except maybe to me), it does require a very serious decision to be made. It is: Will I once again register to vote this year? While it might appear to be a no-brainer to many, it really isn't. During the last presidential election cycle, my life was consumed with harassing phone calls and people at my door all day, every day, day and night. This went on for a year.

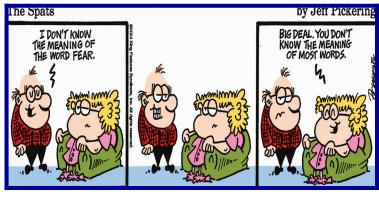
The only peace (and uninterrupted sleep) I got was by unplugging the phone. If I answered the door, I was faced with pushy people insisting I make cash donations to their party and fill out requests for absentee ballots that they would (supposedly) deliver to the polls on voting day.

Worst, I think, were the get-out-the-vote workers who tried to insist on coming into my house to discuss the issues.

I hung in there until Election Day, stood in line to vote and then went directly to the town office and had them delete me from the voter rolls. I remain, for the first time in my adult life, not registered to vote. It feels very wrong.

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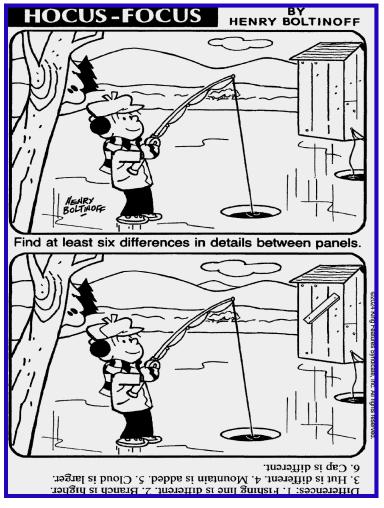
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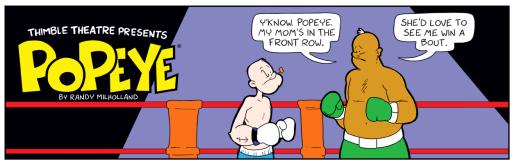


WE ARE EASTER PEOPLE AND HALLELUJAH IS OUR SONG - POPE JOHNPAUL II

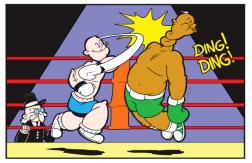






















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THE EASTER BUNNY NEEDS TO BE FLUFFIER — GET THE HARE BRUSH!

## **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: F equals H

CFRM AEO VNLB SEMH EK
KJOKKA ZOLB KRNSFRXH EMSE
N SXNMHVEXS HFQV, Q IORHH
SFNS'H ZECM-JENZQMI.

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#### IS IT NECESSARY TO STOP VIAGRA AFTER A STROKE?



DEAR DR. ROACH: My husband had a small stroke last spring, causing a minor loss of vision in his left eye. He is 81 and an otherwise active man. He has even been told by several doctors that he can drive. One doctor told him to stop using meclizine and Viagra. Another physician said that he didn't see a problem with taking the meds. Both physicians are very skilled. Whose advice should he follow? -- M.M.

ANSWER: A stroke is caused by the death of brain cells, most commonly due to poor blood flow in the brain, and it's critical to avoid any medication that will increase the risk of stroke. Meclizine is an antihistamine medicine most commonly used for motion sickness and sometimes used for vertigo. Although it

has been reported to cause blurry vision, the risk of taking meclizine in a person with a history of a stroke is minimal. The situation with Viagra is more complex. A rare side effect of Viagra is nonarteritic anterior ischemic optic neuropathy (NAION), affecting one in every 10,000 people over 50. A person with a history of NAION should not take Viagra. There isn't good evidence that Viagra is dangerous for a person who had a stroke. One trial suggested that there was benefit in reducing the size of a stroke with Viagra. However, Viagra does lower blood pressure by a few points, so if your husband's blood pressure is on the borderline, this might be an issue. I can't give you a definitive answer, but most authorities say that a man who is stable, has good blood pressure and is more than six months out from his stroke does need not stop Viagra.

DEAR DR. ROACH: At 75, I developed stress urinary incontinence, but in the past two years, it has become more uncomfortable. My urogynecologist has recommended a urethral bulking agent called Bulkamid. Are you familiar with this procedure? Can you give any insight on the pros and cons? -- M.F.

ANSWER: My preferred treatment for female stress incontinence are pelvic floor exercises, ideally with the help of a pelvic floor physical therapist, as this has a very high patient-satisfaction rate without the risk of medication or surgery. Unfortunately, they don't work for everyone. In women well past menopause, I look carefully for evidence of vulvovaginal atrophy and consider topical estrogen. If these low-risk therapies are ineffective, then a visit to the urologist or urogynecologist is in order. The most common treatments include surgery, such as the minimally invasive sling surgery, and also the injection of a bulking agent into the urethra, like Bulkamid. Comparing the two, surgery tends to have higher patient-satisfaction rates, but the injection is less invasive. It has good results for most women, although sometimes additional injections are necessary (about 25% in a large study). For younger women, especially those with fewer medical problems, surgical treatment is often recommended. For older women or those who aren't in good medical shape (or who just want to avoid surgery), the Bulkamid injection is a good option. Your urogynecologist can explain why they recommended Bulkamid over a urethral sling procedure.

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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# BIOBILE TRIVIA by Wilson Casey

- 1. Is the book of 2 Thessalonians (KJV) in the Old or New Testament or neither?
- 2. From Titus 1, Paul wrote that unto the pure all things are ...? Gold, Righteous, Worthy, Pure
- 3. What archangel is mentioned by name in the book of Jude? Gabriel, Silas, Michael, Melchizedek
- 4. In 1 Kings 21, who forbid Naboth to give his vineyard to Ahab? The Lord, Jezebel, Absalom, Balaam
- 5. Jared was the father of Enoch and lived how many years? 110, 450, 600, 962
- 6. In Psalm 103:5, what bird's youth is renewable? Dove, Eagle, Raven, Swallow

#### **ANSWERS:**

1) New

2) Pure

- **3)** Michael (Jude 1:9)
  - 4) The Lord
    - 5) 962
    - 6) Eagle

"Test Your Bible Knowledge,"

a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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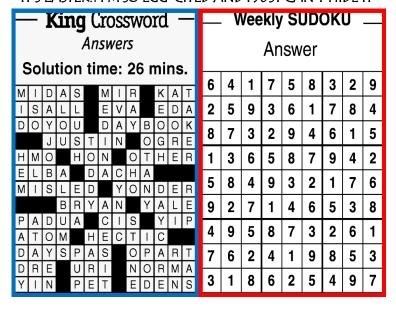
EASTER, WHEN GOD TURNED AN INEVITABLE DEATH INTO AN INVINCIBIE LIFE

## **CryptoQuip**

answer

When you pack tons of fluffy duck feathers onto a transport ship, I guess that's down-loading.

IT'S EASTER!. I'M SO EGG-CITED AND I JUST CAN'T HIDE IT





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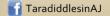


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GOD, HONOR, COUNTRY





By Lucie Winbourne

\* Using high-pressure, high-temperature techniques that mimic Earth's diamond-forming conditions, scientists can transform the carbon in peanut butter into sparkling gemstones. Chew on that! \* And speaking of chewing, snails have

thousands of tiny teeth on their radula, the tongue-like organ they use for grinding up food, making them one of the earth's toothiest creatures.

\* Mary, Queen of Scots, was history's youngest monarch, ascending to

the throne at a mere 6 days old. Coming in at second place was Emperor Shang of China's Han Dynasty, who in 105 A.D. assumed his royal position at 100 days old.

- \* If stored correctly and not contaminated, honey can last for thousands of years without spoiling.
- \* A piano's frame is made of iron.
- \* Though T-shirts have existed since the late 1800s, the plain white version gained popularity as a wear-alone garment thanks to Marlon Brando's portrayal of Stanley Kowalski in the movie "A Streetcar Named Desire."
- \* Some architectural structures, known as whispering galleries, have unique acoustics allowing a whisper at one end of the gallery to be heard clearly at the other end, due to sound waves following the curved surfaces.
- \* The "United States Postal Service Anthem," a unique song composed by (appropriately) Jack Stamp, is an official musical salute to the USPS, its employees, and its role in American life.
- \* In some WWII POW camps, the Nazis would allow Allied soldiers to play board games like Monopoly, even providing

the games. The British exploited this opportunity by using compasses, banknotes, and real-world maps in place of standard boards and pieces, as a means of helping prisoners to escape.

\* One out of every seven American jobs is related to transportation.

> Thought for the Day: "If no one ever took risks, Michelangelo would have painted the Sistine floor." -- Neil Simon

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