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### WRINKLE IN TIME

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



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

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

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

### A GOOD HIDING

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

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

"What did she say?" asked the friend.

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



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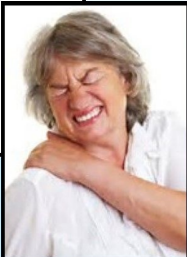
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## Moments in time THE HISTORY CHANNEL

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

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

\* On April 24, 1942, singer/actress/film producer Barbra Joan Streisand was born in Brooklyn, N.Y. Her breakthrough came with the lead role in the 1964 Broadway musical "Funny Girl." In 1968, the movie version of the role earned her an Academy Award for Best Actress. To date, Streisand has sold more than 140 million albums and won 10 Grammys.





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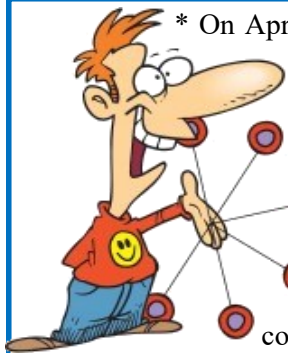
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PRAYER IS PUTTING ONESELF IN THE HANDS OF GOD THEN LISTENING TO HIS VOICE IN THE DEPTHS OF YOUR HEART



\* On April 26, 1928, Filipino immigrant Pedro Flores opened the Yo-yo Manufacturing Company in Santa Barbara, CA. By November 1929, he was operating two additional factories in Los Angeles and Hollywood, which together produced 300,000 yo-yos daily.

\* On April 25, 2006, Iran's Ayatollah Ali Khamenei said that his country was happy to share its nuclear technology with other nations, during a meeting with the visiting Sudanese president. U.S. Secretary of State Condoleezza Rice condemned the comments, and Iran's top nuclear negotiator threatened to suspend its cooperation with the U.N.'s nuclear watchdog if the country was threatened with sanctions.

\* On April 27, 1971, eight members of the Welsh Language Society were accused of conspiring to damage, remove or destroy English-language road signs in Wales.

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

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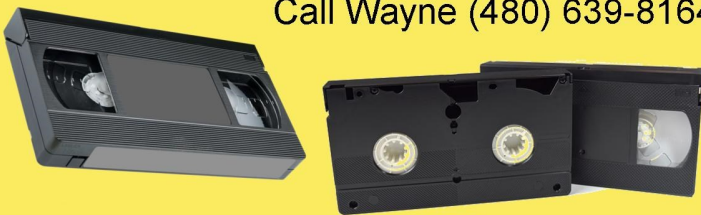
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## THE NEW GUY

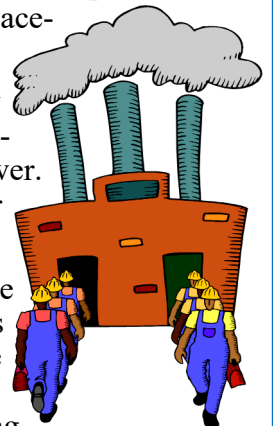
The outgoing manager of a large factory spends his last week on the job training his replacement.

On the last day he tells the new manager, "I have left three numbered envelopes in the desk drawer. Open an envelope if you encounter a crisis you can't solve."

Three months down the track there is a major drama, everything goes wrong - the usual stuff - and the manager feels very threatened by it all. He remembers the parting words of his predecessor and opens the first envelope. The message inside says "Blame your predecessor!" He does this and gets off the hook.

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

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





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**Americanisms**



"There's always somebody  
who is paid too much, and  
taxed too little — and it's  
always somebody else."  
— *Cullen Hightower*

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**Trivia**  
*test* by Fifi  
Rodriguez

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

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10. Richard Nixon.  
9. Jupiter.  
8. 12.  
7. "Happy Days."  
6. Maurice Sendak.  
brain.

**Answers**

1. Spain.  
2. A flamboyance.  
3. Amity Island.  
4. Santa Fe, New Mexico.  
5. In the brain. It connects  
the two hemispheres of the



# DIVAS ON A DIME

By Patti Diamond



## Savor the Sloppy Jane: A Healthier Twist on a Classic Comfort!

Have you met my friend, Sloppy Jane? You probably already know her cousin, Sloppy Joe. They may be similar, but here's how you can tell them apart. This Sloppy Jane recipe not only offers a healthier alternative to its cousin, the Sloppy Joe, but it also keeps your wallet happy by being cost-conscious while creating mouthwatering sandwiches that won't weigh you down.

What sets Sloppy Janes apart from their traditional counterpart is the focus on lean meats and fresh, wholesome ingredients -- all without breaking the bank. Unlike the canned sauce varieties loaded with additives and preservatives, our Sloppy Janes sauce prioritizes nutrition and affordability without compromising taste.

These Sloppy Janes are a breeze to whip up, making them perfect for busy weeknights. And the best part? They reheat like a dream, so leftovers are just as delightful the next day! I always make a double batch.

This recipe was crafted with ground turkey for a lighter profile without sacrificing an ounce of flavor. However, feel free to get creative with your protein choice. This recipe works well whether you use beef, pork or whatever ground meat is least expensive this week!

### SLOPPY JANES

Yield: 4 servings

Total Time: 20 minutes

1 tablespoon olive oil

1 (12 or 16 ounce) bag frozen 3 pepper and onion blend, defrosted (or fresh equivalent)

1 pound 90% lean ground turkey

1 teaspoon kosher salt

1/2 teaspoon black pepper

2 teaspoons granulated garlic

1 (8 ounce) can tomato sauce

1 tablespoon yellow mustard

1 tablespoon brown sugar

1 tablespoon apple cider vinegar

1 teaspoon chili powder

Optional: 1/8 teaspoon cayenne pepper, or more to taste

For serving:

4 hamburger buns

1/2 cup shredded cheese

Optional: bread and butter pickles and/or pickled jalapeno slices. Add the olive oil to a skillet over medium-high heat. Add the onion and pepper blend. Cook for 5-7 minutes until

they release most of their moisture and are cooked through. Push the peppers to the side and add the turkey. Cook for 5-7 minutes until browned and no longer pink. Add the salt, pepper and garlic, and stir it all together. Cook for 1 minute until fragrant.

Meanwhile, in a small bowl stir together the tomato sauce, mustard, brown sugar, vinegar, chili powder and cayenne, if using.

Add the sauce to the turkey mixture and simmer for 5 minutes or until Sloppy Joes are thickened to your liking, making sure to stir frequently. Adjust seasoning, if needed. Serve hot on toasted buns. Top with shredded cheese and pickles.

Pair this with a crisp green salad or crunchy carrot and celery sticks for a well-rounded meal. Add some French fries or onion rings to really make the kiddies (and kids at heart) happy.

And for those who prefer a set-it-and-forget-it approach, this slow cooker method ensures tender, flavorful Sloppy Janes with minimal effort. Just brown the turkey, toss all the ingredients in your slow cooker, cook on high for 2-3 hours or on low for 6 hours and let the slow cooker work its magic.

If you'd like to stretch this recipe to add extra servings, there are several affordable options. First, you can double the veggies. Or you can just add more chopped onion. A nice, big, chopped sweet onion would be delicious. A can or two of beans would be a good addition, especially pork and beans or baked beans. Also, check your crisper drawer and add any peppers, tomatoes, celery or shredded carrot.

These sandwiches are sure to become your household favorite. So tuck in your napkin, because these are delightful-sloppy!



Sloppy Jane -- a guilt-free treat for your taste buds and your wallet!  
PHOTO CREDIT: [www.JasonCoblentz.com](http://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](http://www.divasonadime.com) and join the conversation on Facebook at [DivasOnADimeDotCom](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at [divapatti@divasonadime.com](mailto:divapatti@divasonadime.com)*

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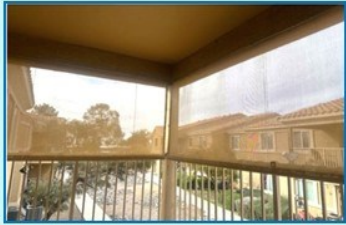
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## King Crossword

### ACROSS

- Flair
- Enterprise letters
- Stuffing herb
- Taunt
- Aussie hopper
- Hockey legend Phil, to fans
- Home of the Packers
- Compared to
- Congee
- Sturdy tree
- Spassky's game
- Manuel Miranda
- Huge
- Bottom
- Fear-stricken
- "E Pluribus -"
- Blue hue
- Lighten
- Arty area
- Hinder
- Sailor
- Soda container
- Norwegian inlet
- "It's c-c-cold!"
- Right angle
- Actress Russo
- Chinese brew
- Diminutive suffix

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
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38	39	40			41			42	43	44
45					46			47		
48					49			50		
51					52			53		

- Mosquito barrier
- Cupid's alias
- Thames town
- Multipurpose truck
- Compass point
- Job" actor
- Tennis champ Arthur
- Transcript stats
- Eternities
- Dark film genre
- Spy org.
- Color named for a fruit
- Journalist Nellie
- Gist
- Year in Spain
- "Gee, ya think?"
- Alias abbr.
- Yoga pad
- Jargon suffix
- Aachen article
- Bro or sis
- '60s chic
- Challenge
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- Gratis
- Joan of rock
- Aware of
- Author Harte
- To be, in Toulon
- Some July babies
- Endure
- Wildebeest
- Up-to-date

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WOW, THIS PLACE IS REALLY FANCY.  
I WAS JUST ABLE TO GET OUR  
TAXES DONE IN THE MEN'S ROOM.



CLEVER REPARTEE: A REPLY THAT MAKES THE LISTENER WISH THEY HAD SAID IT THEMSELVES

## Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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By T. Kister

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SEEK THE LORD AND HIS STRENGTH - 1 CHRONICLES 16:11

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# Sports QUIZ

by Ryan A. Berenz

1. In August 2023, the London Capitals defeated the London Mets to claim the championship in what baseball league?
2. Tim Grgurich resigned as head coach of what college basketball team after just seven games and a 2-5 record in 1994?
3. How many times was drag racer Doug Kalitta the NHRA Top Fuel season runner-up before he finally won a championship in 2023?
4. What Minnesota Vikings player set the NFL record for longest kick return touchdown with a 109-yard score on the opening kickoff vs. the Green Bay Packers in 2013?
5. What two golfers made holes-in-one in consecutive groups in the final round of the 2004 Masters?
6. Who was the first American woman to win an Olympic gold medal in boxing?
7. What Iowa Hawkeyes women's basketball star surpassed LSU's Pete Maravich as the all-time career NCAA Division I scoring leader?

Answers  
1. The British Baseball Federation's National Baseball League.  
2. The UNLV Runnin' Rebels.  
3. Six.  
4. Cordarelle Patterson.  
5. Padraig Harrington and Kirk Triplett.  
6. Claressa Shields (2012).  
7. Caitlin Clark.  
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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.

	+		÷		=	4
-		-		+		
	-		+		=	8
+		+		+		
	+		-		=	2
=		=		=		
8		12		19		
1	2	3	4	5	6	7 8 9

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

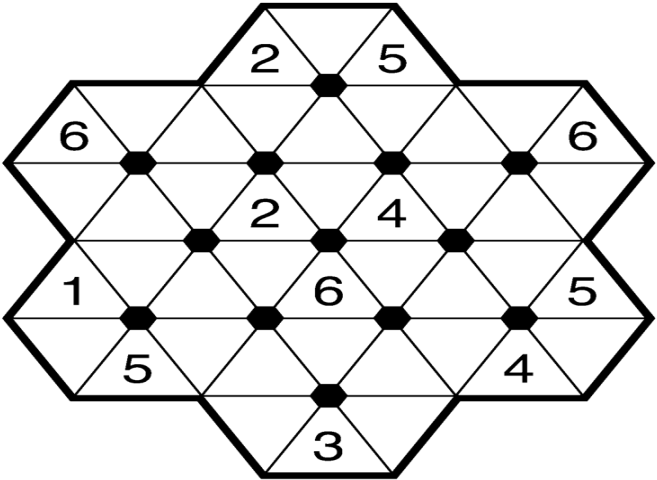
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IF YOU THINK EDUCATION IS COSTLY, TRY IGNORANCE

## SNOWFLAKES

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.



DIFFICULTY THIS WEEK: ◆

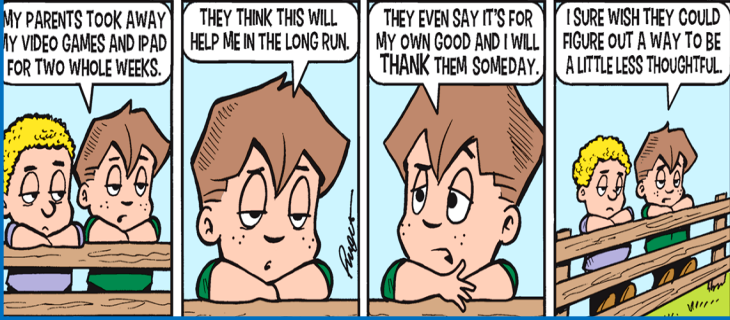
◆ Easy ◆◆ Medium ◆◆◆ Difficult

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WE BELONG TO GOD. WHEN WE DISOBEY HIM, ACCEPT HIS DISCIPLINE AS LOVE

## Amber Waves

by Dave T. Phipps



## Stickelers Answer

The word COUSIN does not belong because it doesn't specify gender.



## Go Figure!

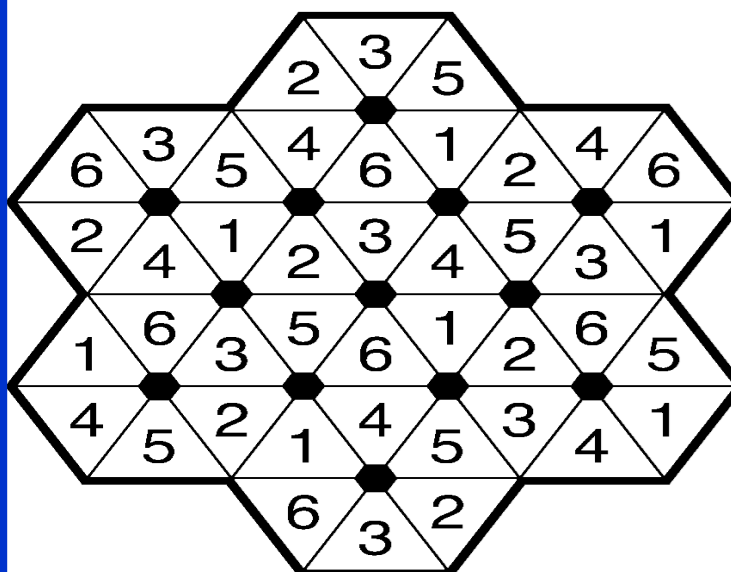
answers

4	+	8	÷	3	= 4
-		-		+	
2	-	1	+	7	= 8
+		+		+	
6	+	5	-	9	= 2
=		=		=	
8		12		19	

SIN CANNOT BE UNDONE, ONLY FORGIVEN

## SNOWFLAKES

solution



IF MONDAY HAD A FACE, I'D SLAP IT

## STICKELERS

by Terry Stickels

Which word doesn't belong with the others?

SISTER  
COUSIN  
FATHER  
AUNT  
MOTHER  
UNCLE  
BROTHER

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# SENIOR NEWS LINE

by Matilda Charles

## What Seniors Worry About

It's very helpful to have friends and acquaintances scattered across the country when I need to do another informal poll. This time my questions to them concerned what seniors worry about. I got them started with a list of suggestions on a page, to be ranked in order, with a blank place under each one for comments, and space below for their own contributions. And I wasn't surprised.

The number one concern was about money. Is there enough to last the rest of our life? Will grocery prices ever come down again? We're concerned about having to go back to work to keep from burning through our savings, running up medical bills, losing the house because of not being able to pay the mortgage and having the rent raised to an amount we can't pay.

Health was the second biggest concern, with loss of independence topping that list. We fear getting dementia, losing muscle strength, falling and breaking a limb, having to go into the hospital or rehab for an extended stay, catching Covid or a bad flu. This was a very long list with everyone adding comments.

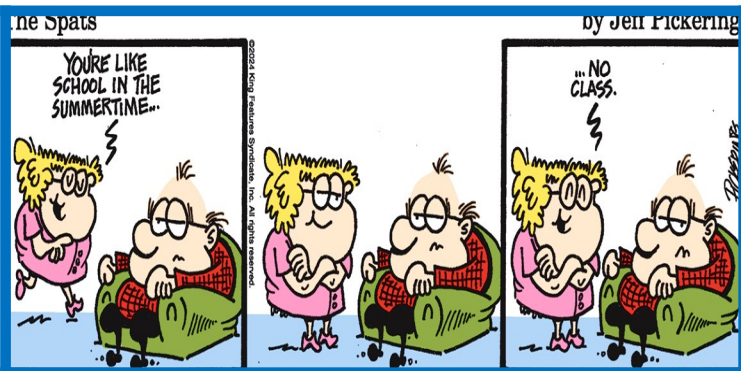
Concerns about safety was surprisingly high in the rankings. We worry about crime on the streets, not being able to trust our financial advisers and that we might need to give up driving.

Other topics ranked lower, but they're concerns just the same. We worry about identity theft and not being able to recover from it if we lose money. Tied with that are concerns that we might not recognize scams. We worry about needing to ask others for help with things we used to be able to do.

But the one topic that garnered the most comments was loneliness. We fear losing all our friends when they die. We fear being the last one standing

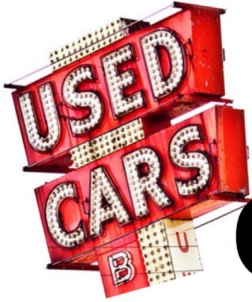
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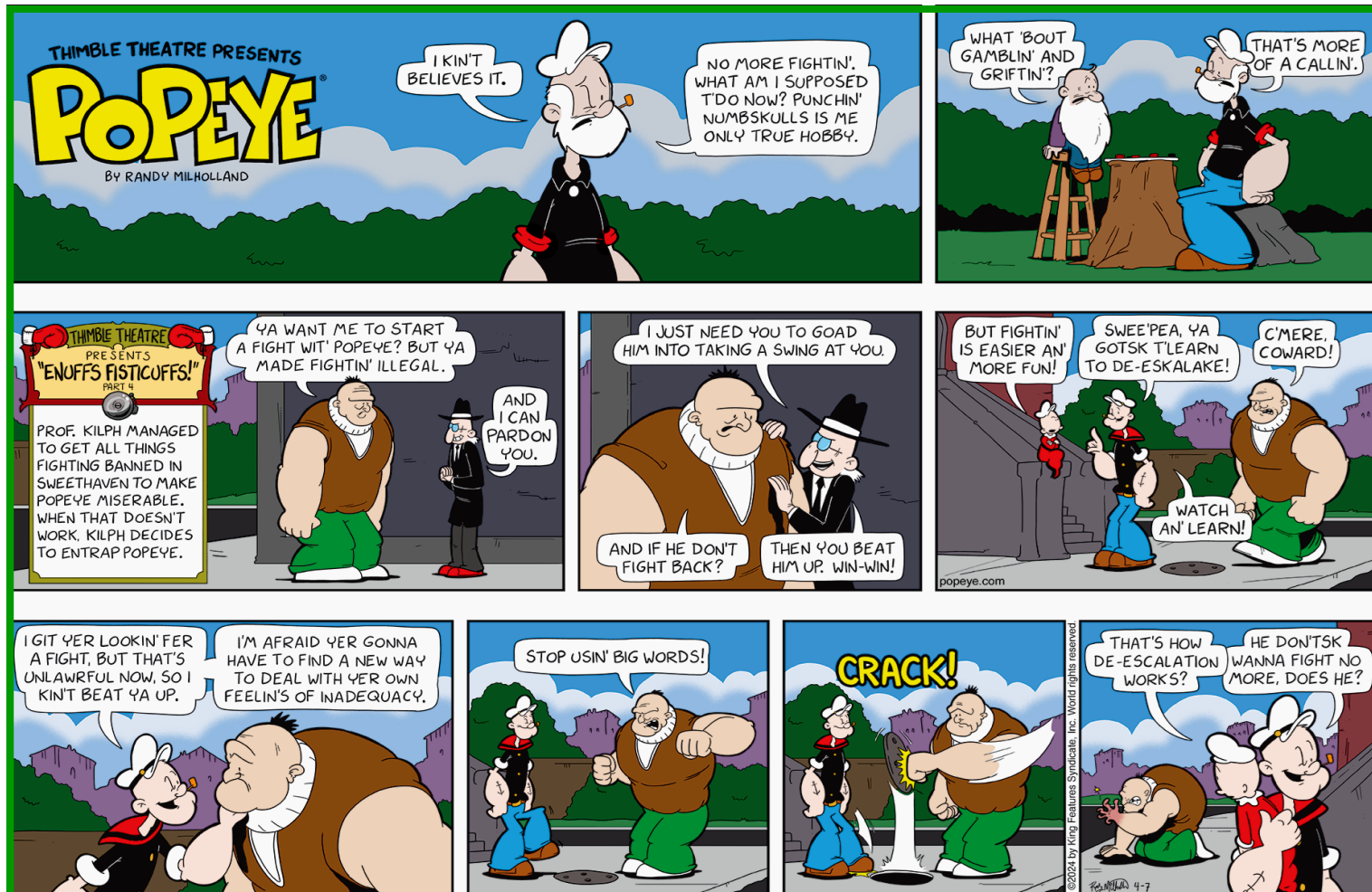
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**HOCUS - FOCUS** BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Kaitling is different. 2. Handle is added to lunch box. 3. Sleeve is rolled up. 4. Leak is moved. 5. Pipe is thinner. 6. Bite is missing from sandwich.





LOVE AND HUMILITY ARE THE HIGHEST ATTAINMENTS IN THE SCHOOL OF CHRIST

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TOUGH TIMES DON'T LAST, TOUGH PEOPLE DO.

## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Z equals R

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

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## CONSTANT ALEVE AND IBUPROFEN CONSUMPTION CAN CAUSE DAMAGE

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

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

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

**Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). (c) 2024 North America Synd., Inc. All Rights Reserved**

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

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## IBIBLIE

## TRIVIA

by Wilson Casey

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

### ANSWERS:

- 1) Neither
- 2) Absalom
- 3) Assyrian
- 4) Green
- 5) Jericho
- 6) Josiah

**Comments?  
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THE QUALITY OF A PERSON'S LIFE IS PROPORTIONATE TO THEIR COMMITMENT TO EXCELLENCE

## CryptoQuip

### answer

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

SERVE THE LORD WITH GLADNESS

### King Crossword

#### Answers

Solution time: 23 mins.

E	L	A	N		U	S	S		S	A	G	E
G	I	B	E		R	O	O		E	S	P	O
G	R	E	E	N	B	A	Y		T	H	A	N
S	E	T		O	A	K		C	H	E	S	S
				L	I	N		B	I	G		
N	A	D	I	R		A	L	A	R	M	E	D
U	N	U	M		S	K	Y		E	A	S	E
B	O	H	E	M	I	A		D	E	T	E	R
				G	O	B		C	A	N		
F	J	O	R	D		B	R	R		E	L	L
R	E	N	E		G	R	E	E	N	T	E	A
E	T	T	E		N	E	T		E	R	O	S
E	T	O	N		U	T	E		W	E	S	T

### Weekly SUDOKU

#### Answer

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



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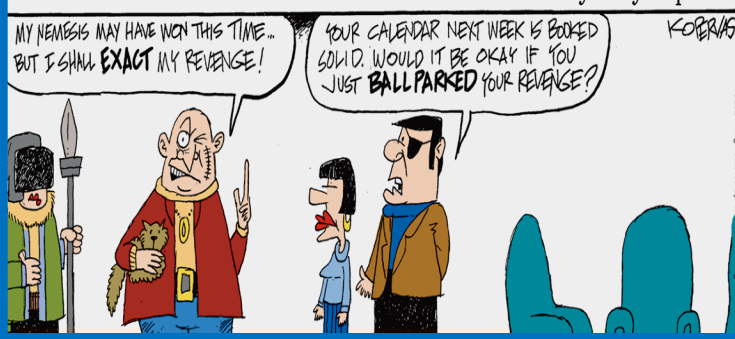
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Out on a Limb

by Gary Kopervas



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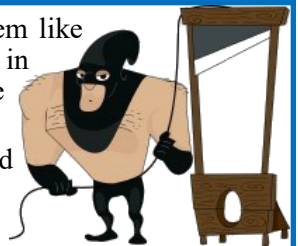
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## Strange BUT TRUE

By  
Lucie  
Winbourne

- \* While death by guillotine might seem like an ancient ritual, the practice was still in use in France up until 1977 -- when the original "Star Wars" was in theaters.
- \* Sleeping through summer is called estivation.
- \* The Museum of Bad Art in Somerville, Massachusetts, is pretty much exactly what it sounds like -- a collection of really bad art! But then again, who's to judge?
- \* The American Psychiatric Association's DSM-5 handbook classifies caffeine withdrawal as a mental disorder.
- \* Humans invented booze before the wheel.
- \* When swallowed by toads, bombardier beetles project hot, noxious chemicals from their anuses, which sometimes forces the predators to puke the beetle back up.
- \* The town of Baarle straddles the Dutch-Belgian border. In some places, the official borderline cuts through houses and cafes.
- \* There are approximately 200 feral cats roaming the grounds of Disneyland, where they help control the park's rodent population. All of them are spayed or neutered, and park staff provide them with both extra food and medical care.
- \* The second-half kickoff in Super Bowl I had to be done twice, as NBC didn't cut back from a commercial break in time to catch the first one on camera.
- \* In Japan, instead of a "Man in the Moon," people see a "Rabbit in the Moon."



- \* The Mobile Phone Throwing World Championships are held in Finland. One winner said he prepared for the event by "mainly drinking."

- \* Sometimes it snows on Mars, but the flakes are made out of carbon dioxide, not water.

- \* After the band OutKast sang "Shake it like a Polaroid picture," Polaroid released a statement warning that "shaking or waving can actually damage the image."

Thought for the Day: "The stupid neither forgive nor forget; the naive forgive and forget; the wise forgive but do not forget." -- Thomas Szasz

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