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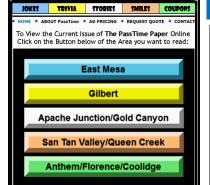
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→ 'Some nut thinks a man will play golf on the moon by the end of the

→ "New cars cost so much. It won't be long before \$1,500 will only buy a used one.'

→ 'If they raise the minimum wage to \$1.00, nobody will be able to hire help.'

→ 'Who would have thought gas would someday cost 29 cents a gallon.

→ 'Next thing you know, boys will be wearing their hair as long as the girls.'

→ It wouldn't surprise me if someday baseball players will be making more than the President.'



→ 'Things are so tough nowadays. I see where a few married women are having to work to make ends meet.'

→ No one can afford to be sick anymore, at \$35.00 a day in the hospital it's too rich for my blood.'

→ 'If they think I'll pay 50 cents for a hair cut, forget it.'

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Moments in time THE HISTORY CHANNEL

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

were injured and the driver was able to speed away to safety.

- * On May 14, 1904, the first Olympic Games to be held in the United States opened in St. Louis, Missouri. The Games had initially been awarded to Chicago, but were later given to St. Louis to be staged in connection with the St. Louis World Exposition. Unfortunately, the Games were poorly organized and overshadowed by the fair.
- * On May 15, 2009, General Electric, one of America's most



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

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

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

her body, Armistead was arrested (Q) for murder and sentenced to life in prison.

* On May 18, 1593, an arrest warrant was issued for Christopher Marlowe after fellow playwright claimed Thomas Kyd that

"heretical" documents found in his room were actually written by Marlowe. Arrested two days later, Marlowe bailed out but died in a bar brawl on May 30.

* On May 17, 1885, Apache leader and medicine man Geronimo escaped from an Arizona reservation. After a year and a half of running, he and his 38 remaining followers surrendered the following September. Geronimo was relocated

to Florida before finally being freed two

years later.

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

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

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AT EASE

- * One day an airman, an Army soldier, and a Marine were talking about the hardships they faced during their last deployment.
- >Airman: "The worst was when the air conditioner broke in our tent and it was 110 degrees >Soldier: "No way, you guys had air conditioners?!" >Marine: "Wait!. You had tents?"
- One of the reasons the Air Force, Army, Navy, and Marines bicker is because they don't talk the same language. For example, here's what happens when each of them is told to "secure a building".

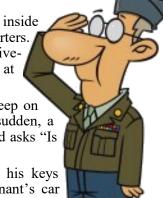
>The Army will post guards around the building.

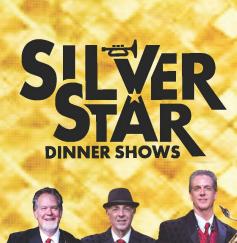
>The Navy will turn out the lights and lock all the

>The Marines will kill everyone inside and then set up headquarters. >The Air Force will take out a fiveyear lease with an option to buy at the end.

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

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





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I KNOW THE PLANS I HAVE FOR YOU, DECLARES THE LORD, PLANS FOR WELFARE AND NOT FOR EVIL - JER 29:11



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"If you think that nobody cares about you, try missing a couple of payments." —Steven Wright

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

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

5. Collath frog. 4. Mr. Boddy. 3. The knee. 2. "Cheers." Lake Ontario. JUSMELS



SPICE UP YOUR CINCO DE MAYO WITH FLAVORFUL POSOLE SOUP

Posole soup is a traditional Mexican dish that is enjoyed by many on Cinco de Mayo. This hearty and flavorful soup is typically made with hominy, pork or chicken, and a variety of spices, and is often garnished with lime wedges, shred- Add the hominy. Return the chicken to the soup. Reduce ded cabbage and fresh cilantro. The combination of tender heat to medium low and simmer for at least 5 minutes. pork or chicken, chewy hominy and spicy broth creates a Salt and pepper to taste. Serve hot with your desired gardelicious and satisfying meal that is perfect for celebrating nishes. the holiday.

Posole has a long history dating back to ancient Aztec and Mayan civilizations, where it was considered a sacred dish the garnish. So pile on those toppings and make it rain with and was often served during religious ceremonies. It was believed to have both spiritual and nutritional significance, as it was rich in protein and vitamins. Over time, posole spread throughout Mexico and evolved into different regional variations, each with their own unique ingredients and flavors. Today, posole remains a beloved and popular dish, especially during special occasions and celebrations.

Why is it called posole? Technically, "posole" is Spanish for "hominy." But it usually refers to this traditional soup. It can be green (verde) or red (rojo), determined by the peppers used. Pork posole is most common, but today we're using chicken.

What the heck is hominy? Hominy is dried corn that's been soaked in a mineral lime bath in a process called nixtamalization. This alkali process loosens the hulls and softens the kernels themselves, causing them to double in size, which is why hominy looks like giant mutant corn.

Without hominy, we wouldn't have masa, or ground corn. No masa means no tortillas, tamales or tacos. Hominy is easier to digest, thus more nutritious, and makes an excellent alternative to potatoes or beans, especially in soups like this.

EASY POSOLE VERDE DE POLLO

This green Mexican hominy and chicken soup is ready in just 45 minutes on the stove, or you can let it simmer in the slow cooker all day. Add jalapenos if you like heat. You can use leftover or rotisserie chicken to make it even auicker.

> Total Time: 45 minutes Yield: 16 servings 1 tablespoon olive oil I large vellow onion, peeled and diced

2 cups mild chiles, roast, seeded and diced 2 jalapenos, seeded and minced, optional 3 cloves garlic, minced 2 pounds boneless, skinless chicken breasts OR 3-4 cups cooked shredded chicken 8 cups chicken stock 2 teaspoons ground cumin 1 teaspoon salt, or to taste 1 (110-ounce) can hominy, drained

Garnishes: sliced avocado, cilantro, cotija cheese, thinly sliced radishes, lime wedges, shredded cabbage, tortilla chips

Heat oil in a stockpot over medium high heat. Add onion and saute until soft and translucent. Add the peppers and garlic and saute for an additional minute, stirring occasionally. Add chicken stock, 2 cups water, cumin and salt, and bring to a simmer. If you're not using precooked chicken, add the raw chicken and cook for 15 minutes, or until cooked through. Remove and shred.

The moral of the story is: If you want to celebrate Cinco de Mayo like a pro, remember, with posole soup, it's all about diced avocado, cilantro, cotija cheese, thinly sliced radishes, lime wedges, shredded cabbage and tortilla chips!

Just be warned, you may need to make extra for your friends who will undoubtedly show up once they hear about your posole-making skills. Happy Cinco de Mayo, amigos!



Celebrate Cinco de Mayo with Posole Soup. PHOTO CREDIT: www.JasonCoblentz.com

Lifestyle expert Patti Diamond is the pennypinching, 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 (c) 2024 King Features Synd., Inc.

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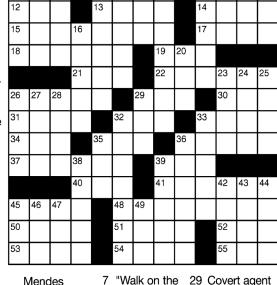
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10

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Mendes and Camila Cabello

50 "Oops!"

51 Walked (on) 52 Standard

> 53 Infatuated 54 Bohemian

55 Swiss peak

39 Evening hrs. **DOWN**

Marie 30 Fib

31 Cobra feature

32 IRS employee

33 Exceptional

36 Duck down

37 "Pop Goes

the -"

40 Chopping

tool 41 Portugal's

place

45 Apple com-

by Shawn

puters

48 Hit song

34 Mornings,

briefly 35 "Oy –!"

1 Door fastener 23 Pleased

2 Regrettably

3 Creche figure "Quiet!" 4

5 Stood

6 Banned pesti- 27 Hefty book cide

7 "Walk on the Wild Side" actress Moore

"The Lion

King" lion 9 "Hail!"

10 Actor Cariou

11 Curved letter

16 Yearned 20 Soul, to

Camus

24 Green land 25 Crystal gazer

26 "Candida" playwright

46 "Caught ya!" 47 Gear tooth

49 Goof up 28 Activist Parks

32 Piano's cous-

in

35 Puzzle

33 Stair part

36 Represent

38 Malia's sister

42 TV host Kelly

43 Slanted type

(Abbr.)

seniors

Coffee holder

44 Org. for

39 Wine grape

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Tal Kister

A BUS STATION IS WHERE A BUS STOPS. A TRAIN STATION IS WHERE A TRAIN STOPS... I HAVE A WORK STATION

Weekly **SUDOKU**

by Linda Thistle

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

DIFFICULTY THIS WEEK:

Challenging HOO BOY!

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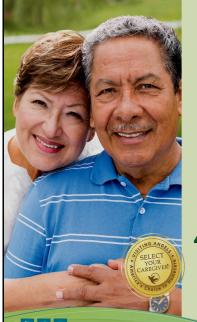
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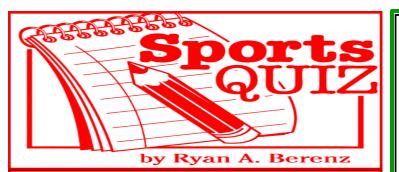
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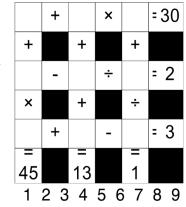


- 1. What Italian manufacturer became the official tire supplier of the FIA Formula 1 World Championship in 2011?
- 2. What Norwegian female long-distance runner won both the Boston Marathon and New York City Marathon in 1989?
- 3. Former professional boxer Tony Burton first portrayed trainer Tony "Duke" Evers in what 1976 film?
- 4. What American swimmer upset Australia's Susie O'Neill to win gold in the women's 200-meter butterfly at the 2000 Sydney Summer Olympics?
- 5. What Chicago White Sox pitcher recorded the 18th perfect game in Major League Baseball history in a 5-0 win over the Tampa Bay Rays on July 23, 2009?
- 6. Alan Eagleson, who was convicted of fraud and embezzlement in 1998, was the first executive director of what sports labor union?
- 7. What Kansas City Chiefs quarterback threw for 504 yards and two touchdowns and ran for one score in a 49-31 loss to the Oakland Raiders in November 2000?

Answers
1. Pirelli.
2. Ingrid Kristiansen.
3. "Rocky."
4. Misty Hyman.
5. Mark Buchrle.
6. The NHL Players Association (NHLPA).
7. Elvis Grbac.
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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.



DIFFICULTY: ★★

★ Moderate ★★ Difficult ★★★ GO FIGURE!

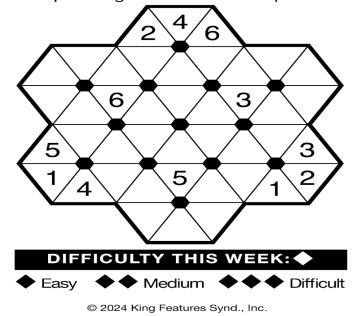
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I TRIED WATER POLO BUT MY HORSE DROWNED

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.

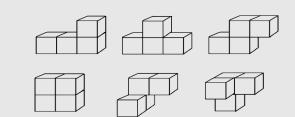


I WATCH IN HOPE FOR THE LORD, I WAIT FOR GOD MY SAVIOR; MY GOD WILL HEAR ME - MICAH 7:7



Stickelers Answer

Here are the six additional combinations of the four cubes.

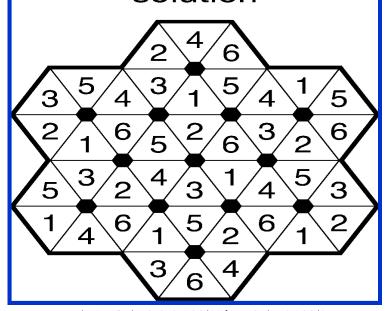


Go Figure! answers 1 + 4 × 6 = 30 + + + + 8 - 2 ÷ 3 = 2 × + ÷ 5 + 7 - 9 = 3 = = = = 45 13 1

I THINK...THEREFORE I AM...I THINK

SHOMELUKES

solution

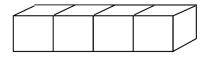


WAKE UP AND DO SOMETHING AWESOME



How many different ways can these four cubes be put together, and what does each way look like?

Assume all faces are identical and indistinguishable.



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SENIOR NEWS LINE

by Matilda Charles

AFTERMATH OF THE STORMS

Just about the time that I'd decided I needed a major shopping trip to replenish food and supplies, along came two back-to-back winter storms. The winds knocked out power, which took out the freezer and dairy sections of all the local stores, which meant they had to throw away all the frozen and cold foods: milk, eggs, butter, cheeses, everything. Then, of course, trucks struggled to get through all the downed limbs and damage on the roads and therefore were slow to restock the stores.

We haven't seen eggs for nearly two weeks at our local store, for example. Today, miracle of miracles, they managed to get a box -- that's a box, one box -- of 24 cartons of eggs. The ensuing crush of excited people pressing forward to the dairy section could have been deadly to seniors who aren't exactly sturdy on their feet.

But I ended up very proud of the folks in this town. A handful of college kids saw what was happening and blocked the mass of people who surged forward, carefully escorting one very elderly lady forward and handing her a carton of eggs.

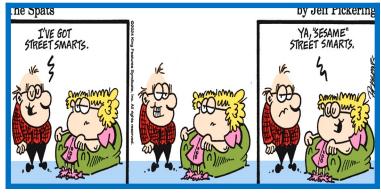
That changed the urgent mood of the crowd, when they realized what they were doing and what could have happened. People eased away, no longer in a panic about getting eggs, realizing there just weren't enough for everyone, and the college kids stayed there taking it upon themselves to distribute eggs, mostly to seniors, I noticed.

I was impressed.

Afterward, no matter where I walked in the store, it seemed that there was one item left in the sections where stocks were low, as though people were intentionally leaving the last item for someone else who might need it more. Could those college kids have started a trend of kindness? Is that possible?

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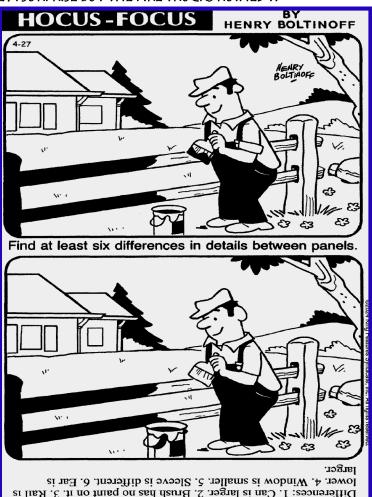
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MY COOKING FOR MY FAMILY WAS GOING TO BE A SURPRISE BUT THE FIRE TRUCKS RUINED IT



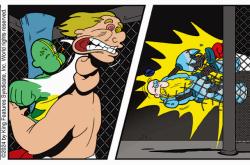


















MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE AS YOU TRUST IN HIM - ROMANS 15:13



HAIR'S LOOKING AT YOU, KID!

CryptoQuip

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

Clue: Y equals B

UCPX QCBDWOIP YVLX QIPKG
IK KEC GOLCG VS SVWMG'
ECILG KEIK IPC GEIQCL WOMC
BEDTMG VS YIMCL YPCIL:

CIP WVIUCG.

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your, Oood health Dr. Keith Roach

Apple Cider Vinegar Is a Surprising Help for Blood in Urine

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

coincidence? -- A.G.

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

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

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

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

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BIOBILE TRIVIA by Wilson Casey

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

ANSWERS:

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

Find expanded trivia online with

Wilson Casey at

www.patreon.com/triviaguy.

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ADAM AND EVE WERE THE FIRST ONES TO IGNORE THE APPLE TERMS AND CONDITIONS

CryptoQuip answer

Very peculiar body parts at the sides of folks' heads that are shaped like chunks of baked bread:

ear loaves.

— King Crossword —										F	— Weekly SUDOKU —											
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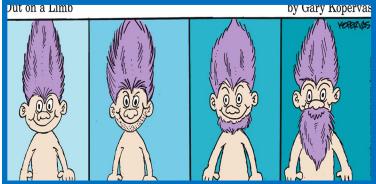
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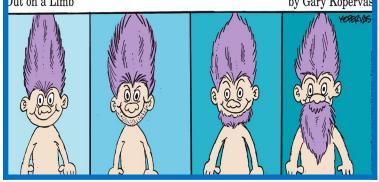
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By Lucie Winbourne

* PayPal once accidentally credited a man with \$92 quadrillion.

* Pass the Beano! In Japan, they used to hold contests to see who could fart the longest and loudest. The winner received a prize and high honors.

* Leeches have 32 brains.

* In June 2017, a tire shop in Fort Worth, Texas, was robbed so often that the owner bought a guard dog. But that didn't solve the problem -- the next time the shop was robbed, the intruders stole the dog!

* "Highway hypnosis" is a mental state where a person can drive a vehicle great distances while responding to external events in a safe and correct manner, but with no recollection of

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having consciously done so. * Andrew Myrick, a storekeeper on a Minnesota Native American reservation, allegedly suggested that starving natives eat grass. While the quote's validity has been debated, he was notably found dead on the first day of the Dakota War of 1862 with grass stuffed in his mouth.

* The average man spends about one year of his life staring at

* In 2014, 13-year-old Danielle Lei, a Girl Scout in San Francisco, became the first Girl Scout to make news by selling cookies outside a marijuana dispensary, unloading an impressive 117 boxes in just two hours.

* A tattoo needle doesn't actually inject ink. It's just coated with pigment and your skin absorbs the color via capillary action.

* Native Americans planted "Three Sisters"-- corn, beans and squash -- together for their mutual benefit. Corn provided a structure for the beans to climb, beans provided nitrogen to the soil, and squash spread along the ground, preventing the growth of

> Thought for the Day: "You must believe in yourself enough to be the person now

that others will remember you for later." -- Greg Plitt (c) 2024 King Features Synd., Inc.