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I WANTED TO GO TO THE LOCAL KLEPTOMANIACS ANONYMOUS MEETING ... BUT ALL THE SEATS HAD BEEN TAKEN









loments THE HISTORY CHANNEL

* On July 14, 1953, the George Washington Carver National Monument, founded by Franklin Delano Roosevelt and created by Audrey Corwin in 1952, was dedicated in Missouri. It was the first such site to honor a Black American as well as a non-president.



* On July 15, 1997, while on a killing

spree, Andrew Cunanan murdered world-renowned Italian fashion designer Gianni Versace with two gunshots to the head on the steps outside Versace's Miami mansion before fleeing the scene. Eight days later, he was discovered dead by suicide on a houseboat 40 blocks from the designer's home.

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* On July 16, 1769, Father Junipero Serra, a Spanish Franciscan missionary, founded the first Catholic mission in California in what is present-day San Diego. After blessing his new outpost in a high mass, the Royal Standard of Spain was unfurled over the mission, which Serra christened San Diego de Alcala.

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HUMAN ANGER DOES NOT PRODUCE THE RIGHTEOUSNESS THAT GOD DESIRES - JAMES 1:20

* On July 17, 1945, President Harry S. Truman recorded his initial impression of Joseph Stalin in his diary, describing their first meeting, a discussion of post-World War II policy in Europe, as "cordial" and closing the entry with the words, "I can deal with Stalin. He is honest, but smart as hell."



* On July 18, 1986, new close-up videotapes of the sunken ocean liner Titanic, taken from the first manned expedition to the wreck and showing one of the ship's grand staircases and a coral-covered chandelier, were released to the public.

* On July 19, 1952, air traffic controllers in Washington, D.C., detected UFOs over the White House and U.S. Capitol building. More appeared a week later, but the government dismissed the sightings as just a harmless weather phenomenon.

* On July 20, 1923, Mexican revolutionary Pancho Villa died in a storm of 40 bullets while driving through Parral, Mexico. He was buried the next day, but three years later



the grave was dug up and his skull was stolen. Officially, the identity of the robber remains a mystery, as does that of the person who ordered the assassination.

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Changes, they are a comin'. I know it sounds like a lyric to a song.

I'm telling my friends and clients that they need to be as ready as they can. You must do everything you can to earn more income this year. Costs are going up again and for the foreseeable future.

it's time for a shift in mindset. The old adage is: Sales solves all problems. The new adage is: More income sources create a better future and remove your pain.

The old way of thinking is that your income comes from your job, plus whatever you can bring in from a second or third job, or side hustle.

Now, it's a different story. **Today,** each of us has more side hustle opportunities. Working online you have even more.

To be transparent, I have 17 different sources of income. Of course, some perform better than others.



Make Money On Purpose "Digital Product Income" with Mike Lamb

Three months ago, I added a source which has already earned me over \$11,300.

Last year a part-time consulting client paid me \$9,664. That will likely increase this year.

In the last quarter of 2024, contracted with another company that pays me 1099 income, but give me the time and flexibility to work when I want.

My other income sources are from a list of referral programs offering online services or digital products. Almost every service I use in my digital marketing business pays me to promote them. Most are recurring monthly fees.

This is something almost anyone can do with nothing more than an Internet connection and a smart phone. Ilt's a new era and income generation. No limits on what you can promote and no boundaries or restrictions on what you can earn unless you're limited due to your level of Social Security.

To earn more income in today's world, you need to think differently. You must be open to extraordinary possibilities.

It's not uncommon for people who didn't have two nickels to rub together to earn massive monthly income.

The rules have changed for the better. Change your mind, take a genuine leap of faith, and see what's possible.

Next time, I'll share three examples to give a jump start on recurring income.

Subscribe to Mike's FREE email newsletter. www.moneyroom.com



BE THANKFUL IT'S NOT SNOWING OUTSIDE...IMAGINE SHOVELLING SNOW IN THIS HEAT!



TIME TO GET AWAY

A man from back east decided to go to a Dude Ranch in Arizona. He knew he had to escape the hustle and bus-

tle of big city life and get a new perspective. He checked into his room and immediately began looking over a list of activities. He decided to go on a trail ride, and went down to corral.

> When he got there, the wrangler asked the man, "What kind of saddle do you want?"

"What do you mean," asked the guest.

"Well," replied the cowboy, "do you want one with or without a horn?

"Without is fine, replied the tinhorn, "There doesn't seem to be much traffic out here."

WHAT IS LOST WILL BE FOUND

A devout cowboy had lost his Bible while he was out on the range. He felt awful and missed his daily devotions terribly.

Three weeks later a cow walked up carrying the Bible in it's mouth. The cowboy couldn't believe his eyes. He took the book out of the cow's mouth, raised his eyes heavenward and exclaimed, "It's a miracle!"

"Not really," said the cow, "your name was written inside the cover."







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Sale





It's Fourth of July on a Stick: Skewers Make **Your Party a Breeze**

family and, of course, food. This year let's make the celebration even easier and more fun -- by taking everything on a stick. No plates? No problem!

Whether you're hosting a backyard BBQ, heading to a pic- Place the skewers on the preheated grill, turning occasionnic or attending a block party, these skewers will keep everyone happily munching without the mess.

When it comes to holiday fare, I love a good kabob. Ka- Once done, remove from the grill and cool. Sprinkle fresh bobs are the ultimate finger food; they're easy to eat while herbs over the top for added flavor and color, if desired. mingling or watching the fireworks. They're customizable, Serve immediately or store in the fridge until ready to delicious and fun to make. You can go savory, sweet or a combination of both, and the best part? They require no plates! Just grab and go.

Here are some kabob ideas that will impress your guests and make cleanup a breeze.

Diva Tip: Soak bamboo skewers in water for 30 minutes before using.

The Appetizer Skewer. Let's start with something light, fresh and oh-so-flavorful. Mini Caprese Skewers are as simple as they get -- just cherry tomatoes, mozzarella balls and fresh basil leaves, all threaded onto skewers. They offer a burst of tangy goodness with every bite. For an extra touch of elegance, drizzle them with a little balsamic glaze before serving. These skewers are a perfect appetizer. They're vibrant, simple and a refreshing break from the heavier grilling options.

The Dessert Skewer. Want to add a little sweetness to your menu? These Firework Fruit Skewers will do the trick! Thread fresh strawberries, blueberries and banana slices onto skewers for a patriotic burst of red, white and blue. Brush the banana slices with lemon juice to prevent browning. To take these skewers over the top, brush them with melted coconut oil and toss them on the grill for a minute or two to add a smoky, caramelized sweetness that's simply irresistible. Serve with ice cream or glazed doughnuts. (Trust me on this!)

Now, for the star of the show: the All-American Chicken Sausage Skewers. These skewers are a true crowd-pleaser, combining the savory goodness of chicken and apple sausage (or your favorite sausage) with the vibrant colors of red peppers, earthy mushrooms and sweet red onions.

It's a simple but flavorful combination that also looks gorgeous on the platter and captures the spirit of the Fourth of July -- celebrating all things fresh, bold and fun.

ALL-AMERICAN CHICKEN SAUSAGE SKEWERS

Yield: 4 servings Total Time: 20 minutes 4 chicken and apple sausages (or your favorite sausage varietv) *1 red bell pepper, cut into chunks 1 red onion, cut into chunks*

8 large mushrooms, halved or quartered 2 zucchini Olive oil for brushing *Salt and pepper to taste*

Fresh herbs (such as parsley or thyme) for garnish, optional Preheat your grill to medium-high heat.

Slice the sausages into 1-inch pieces. You want them to be The Fourth of July is the time to celebrate with fireworks, bite-size for easy skewer assembly. Thread the sausage pieces onto the skewers, alternating with chunks of red bell peppers, red onion and mushrooms. Lightly brush the skewers with olive oil and season with salt and pepper.

> ally until the sausage is cooked through and the vegetables are tender with a slight char (about 8-10 minutes).

> serve.

So, fire up the grill, grab your skewers and let the good times roll -- no plates, no problem!

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Skewers make Fourth of July celebrations simple, delicious and plate-free! 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







1. Ohio State Buckeyes running back and 1950 Heisman Trophy winner Vic Janowicz played two seasons with what Major League Baseball team before starting his NFL career in 1954?

2. What is the nickname of Youngstown State University's athletic teams?

3. Following a 2009 loss to the Texas A&M Aggies, what Texas Tech Red Raiders head football coach told reporters that his players' "fat little girl-friends" were making them lose focus?

4. Scott Turner, who played cornerback for three different NFL teams from 1995-2003, assumed what position in the Cabinet of the United States in January 2025?

5. In 2019, pop star, actor, TV personality and competitive swimmer Alex Fong raised \$1 million for charity by swimming 28 miles around what island?

6. In 1990, right-handed pitcher Dave Stieb recorded the first (and as of 2024, only) no-hitter in the history of what Major League Baseball franchise?

7. What sport, popular in Afghanistan and Central Asia, involves horse-mounted players trying to drag a goat carcass into a scoring area called a taqt?

Answers I. The Pittsburgh Pirates. 2. The Penguins. 3. Mike Leach. 4. Secretary of Housing and Urban Development. 5. Hong Kong Island. 6. The Toronto Blue Jays. 7. Buzkashi. (c) 2025 King Features Syndicate, Inc.

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.



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NOSTALGIA ISN'T WHAT IT USED TO BE



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.



EVERYONE SHOULD BE QUICK TO LISTEN, SLOW TO SPEAK AND SLOW TO BECOME ANGRY - JAMES 1:19



Stickelers Answer

The answer would be B. 12. The four numbers that total 100 are 15, 18, 23 and 44.



SUBMIT YOURSELF TO GOD



solution



WHITEBOARDS ARE REMARKABLE

SUCKELERS [sic]. byTerry Stickels

Using the figure below, if you were to throw a dart at four different numbers that would total 100, one of the numbers it could not be is:



by Matilda Charles

THE DANGERS OF BAGGED SALAD GREENS

Sometimes we just want to take the easy path and quickly grab a few things for dinner. Bagged salad greens are often on our list -- but it's the last place we should be taking a shortcut in meal prep.

Between contaminated water in the fields and many people involved in the processing, handling and storage, food safety experts are pointing to bagged salads as the item near the top of the list for safety concerns and outbreaks of E. coli. And that makes it a real risk for seniors or anyone with a compromised immune system.

How to avoid the dangers of E. coli? Buy whole head lettuce instead of bagged and throw away the outer leaves. Rinse the lettuce under running cold water and dry it with paper towels. Besides the force of the water during rinsing, the drying with paper towels can also help remove the E. coli contamination. Do the same with other leafy greens such as spinach.

However, if you do want to buy packaged salad greens, the dilemma comes when the package claims that they have been pre-washed. "Triple washed! Ready to eat!" the package will proclaim. The question is: Should you believe it? Or should you go ahead and wash it? The experts, including the FDA and USDA, say not to wash it. The reason, they say, is that we at home are more likely to contaminate the greens ourselves with a dirty sink.

People on blogs across the internet are insulted, however, being told they would contaminate food in their own kitchens. They intend to wash all produce, even if the package says it's not needed and even if it's organic from a farmer's market.

It's difficult to know what to believe, but one thing is a fact: Seniors who develop an E. coli infection can become severely ill. Take care.

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IMMUNITY TO RUBELLA DOES NOT EQUAL IMMUNITY TO MEASLES



DEAR DR. ROACH: I read a recent column of yours in which you said that everyone my age can assume we've had measles. I remember having measles in the second grade but have a vague memory of my parents calling it German measles, which I believe is rubella. If a person has had either, do they have immunity to both types of measles? -- S.F.

ANSWER: If you were born before 1957, you are likely but not 100% sure to be immune to measles (sometimes called red measles) and mumps. However, rubella (German measles) is a different disease, and immunity to one does not ensure immunity to the other. The biggest health concern with rubella is when a woman of childbearing age contracts it as the potential damage to her developing fetus can be severe. So, every woman who could get pregnant is tested for immunity at the earliest opportunity. All health care workers should have documented immunity to measles, mumps and rubella. The United States is in the middle of a large measles outbreak now, and those living in an area with transmission should be sure that they are immune to measles. This can be done by checking blood antibody levels or giving an extra dose to those who have already been immunized (or two doses to those who have never been immunized). At the time that I write this, there is no rubella outbreak in the U.S., but if there is, the advice will be similar to demonstrating immunity to rubella as it is for measles.

DEAR DR. ROACH: Would you say a 1/2 teaspoon of baking soda in my water every morning would give me a more alkaline system? -- L.M.

ANSWER: Baking soda is basic or alkali on the pH scale. If you put a 1/2 teaspoon in a large glass of water, the pH of the resulting solution will be around 8.3 or so. However, as soon as you drink it, the acid in your stomach will overwhelm the baking soda since stomach acid is a lot stronger an acid than baking soda is a base. Furthermore, your body has robust systems to keep your body's pH regulated at just around 7.4. Your kidneys and lungs will quickly act to maintain your body's pH, whether you take in a lot of alkaline like baking soda or a whole lot of acid like lemon juice or lemonade. These pH regulatory systems have evolved to keep the blood pH at a slightly alkaline level, and even small changes from this level usually represent serious illness. You don't want to change your blood pH.

DR. ROACH WRITES: A recent column on Raynaud's phenomenon generated several comments from readers. One person was disappointed I didn't mention that Raynaud's can affect the feet, but they are right that it can. Another person noted relief by taking fish oil twice daily. The medical literature suggests that this can be of benefit for those with primary Raynaud's -- meaning when it's not in combination with a rheumatologic disease. Another suggestion was magnesium, which helped another reader out. Since fish oil and magnesium are low-risk interventions, I wanted to pass these on with thanks to the readers who wrote in with their experiences.

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) 2025 North America Synd., Inc. All Rights Reserved





