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He replied, "Give your dog the other shoe."

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Zorro was having a small identity crisis, so he went looking for someone to save. He came upon a blonde woman being robbed by bandits in a woods.

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WHEN HARD PRESSED, I CRIED TO THE LORD - PSALM 118



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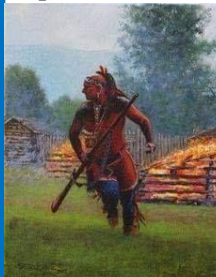


## Moments in time

THE HISTORY CHANNEL

\* On Oct. 6, 1927, "The Jazz Singer," a part-talkie film featuring six songs by Al Jolson, debuted in theaters, marking the end of cinema's silent film era even though it only contained about two actual minutes of synchronized dialogue.

\* On Oct. 7, 1944, several hundred prisoners in the Nazi death camps of Auschwitz-Birkenau revolted and destroyed most of the gas chambers and crematoria in which they were forced to work. A small number of Nazi officers were killed in the struggle, but after a brief escape, the perpetrators were captured and executed.



\* On Oct. 8, 1871, the Peshtigo Fire, today considered the most devastating fire in American history, started in Wisconsin, killing about 1,200 people and consuming 2 billion trees. Despite its massive scale, however, the smaller Great Chicago Fire, which began later that night, dominated newspaper headlines over the next days.

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IT IS BETTER TO TAKE REFUGE IN THE LORD THAN TO TRUST IN HUMANS - PSALM 118

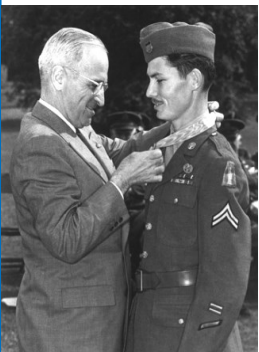
\* On Oct. 9, 1635, Roger Williams was banished from the Massachusetts Bay Colony by the General Court of Massachusetts for protesting the right of civil authorities to punish religious dissension and to confiscate Native American land. He went on to found present-day Providence, Rhode Island, with assistance from the Narragansett tribe.

\* On Oct. 10, 1973, less than a year before Richard M. Nixon's resignation as President of the United States, his vice president, Spiro Agnew, resigned in disgrace, pleading no contest to a charge of federal income tax evasion in exchange for dropped charges of political corruption. He was fined \$10,000, sentenced to three years' probation, and disbarred by the Maryland Court of Appeals.

\* On Oct. 11, 1962, Pope John XXIII convened an ecumenical council of the Roman Catholic Church for the first time in 92 years, in the hope of bringing a spiritual rebirth to Catholicism as well as fostering greater unity among other branches of Christianity.

➤ On Oct. 12, 1945, Private First Class Desmond T. Doss of Lynchburg, Virginia, became America's first conscientious objector to receive the Medal of Honor for outstanding bravery as a combat medic.

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# SIGN UP NOW



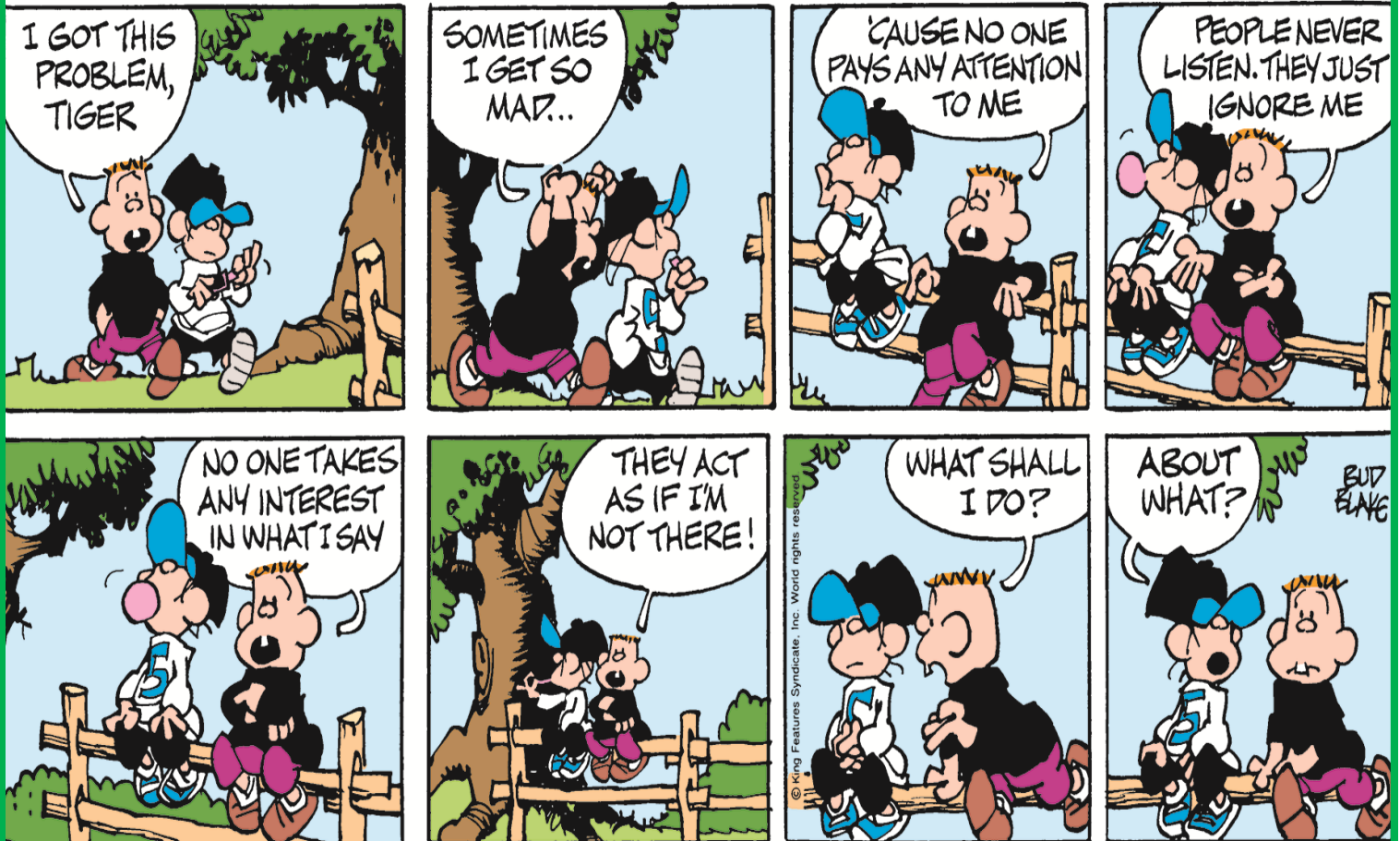
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## BIBLE BANDSTAND

*If characters of the Bible were to sing on a talent show, these are some of the songs they might choose.*

**Noah:** "Raindrops Keep Falling on My Head"

**Adam and Eve:** "Strangers in Paradise"

**Lazarus:** "The Second Time Around"

**Esther:** "I Feel Pretty"

**Job:** "I've Got a Right to Sing the

Blues"

**Moses:** "The Wanderer"

**Jezebel:** "The Lady is a Tramp"

**Samson:** "Hair"

**Daniel:** "The Lion Sleeps Tonight"

**Joshua:** "Good Vibrations"

**Shadrach, Meshach, and Abednego:** "Great Balls of Fire!"

**The Three Kings:** "When You Wish Upon a Star"

**Elijah:** "Up, Up, and Away"

**Methuselah:** "Stayin' Alive"

**Nebuchadnezzar:** "Crazy"

**Jonah:** "Got a Whale of a Tale"



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# Americanisms



*"If you can't be kind,  
at least be vague."*  
— *Judith Martin*

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**Trivia**  
*test* by Fifi  
Rodriguez

**1.GENERAL KNOWLEDGE:** The children's novel "Black Beauty" is about what kind of animal?

**2. MOVIES:** Which actor narrates the 1980s film "Stand by Me"?

**3. GEOGRAPHY:** Which world city is home to Saint Basil's Cathedral?

**4. U.S. CITIES:** Which major U.S. city sits on top of a working salt mine that has been operating since 1910?

**5. LITERATURE:** What is the name of the country where "The Hunger Games" takes place?

**6. MATH:** How many sides does a trapezoid have?

**7. ASTRONOMY:** How long does it take for light from the Sun to reach Earth?

**8. ANIMAL KINGDOM:** How many legs does a lobster have?

**9. TELEVISION:** Which TV drama always begins with a meeting and the warning, "Let's be careful out there"?

**10. LANGUAGE:** How many letters are in the English alphabet?

**Answers**

1. A horse.  
2. Richard Dreyfuss.  
3. Moscow, Russia.  
4. Detroit, Michigan.  
5. Panem.

6. Four.  
7. 8 minutes, 20 seconds.  
8. 10.  
9. "Hill Street Blues."  
10. 26.

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# DIVAS ON A DIME

By Patti Diamond



## Bananas on the Counter? Don't Toss Them -- Turn Them Into Healthy Snacks You'll Love!

We've all been there: bananas left a little too long on the counter, spotted, soft and threatening to be tossed. But before you reach for the compost, know this -- those overripe bananas are actually a gift. They're naturally sweeter, super soft and perfect for whipping up quick, versatile snacks that can fuel busy mornings, after-school hunger pangs or lunchboxes on the go.

Whether you prefer classic banana bread or handy muffins, this recipe hits all the right notes: frugal, fabulous and healthy. A little tweak here -- like swapping in whole grain flour, cutting down the sugar or sneaking in chopped nuts -- makes your snack smarter without sacrificing flavor. The result? A treat that's portable, kid-approved and a win for your wallet.

Think of it as a back-to-school hack. Muffins in lunchboxes? Check. A slice of bread for a grab-and-go breakfast? Check. A wholesome snack while running errands? Double check.

The best part? They keep well, so you can make a batch ahead of time and have a steady supply of snacks ready for the week.

### QUICK & COZY BANANA MUFFINS

*Yield: 12 muffins*

*Total Time: 35 minutes*

*1 1/2 cups whole wheat flour or all-purpose flour, or a mix*

*1 teaspoon baking powder*

*1 teaspoon baking soda*

*1/4 teaspoon salt*

*1 teaspoon ground cinnamon*

*1/4 teaspoon ground nutmeg*

*1 1/2 cups mashed bananas (3 or 4 ripe bananas)*

*6 tablespoons butter or coconut oil, melted*

*1 large egg, at room temperature*

*3/4 cup packed brown sugar*

*1 teaspoon vanilla extract*

*2 tablespoons milk of choice, dairy or plant based*

Optional: 2 tablespoons demerara sugar to top muffins

Optional add-ins: 1 1/2 cup maximum, like nuts, chocolate or dried fruit

Preheat your oven to 350 F and get a 12 count muffin pan ready -- spray it with nonstick spray or line it with cupcake liners.

In a medium bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon and nutmeg. Set it aside. In a large bowl -- or the bowl of your stand mixer -- stir the bananas until smooth. Beat in the melted butter, egg, brown sugar, vanilla and milk until everything is well combined.

Gradually pour the dry ingredients into the wet, stirring gently until just mixed. If you're adding nuts or chocolate chips, fold them in now.

Spoon the batter into the muffin liners, filling each one nearly to the top. Pop them in the oven for 21-23 minutes, or until a toothpick comes out clean.

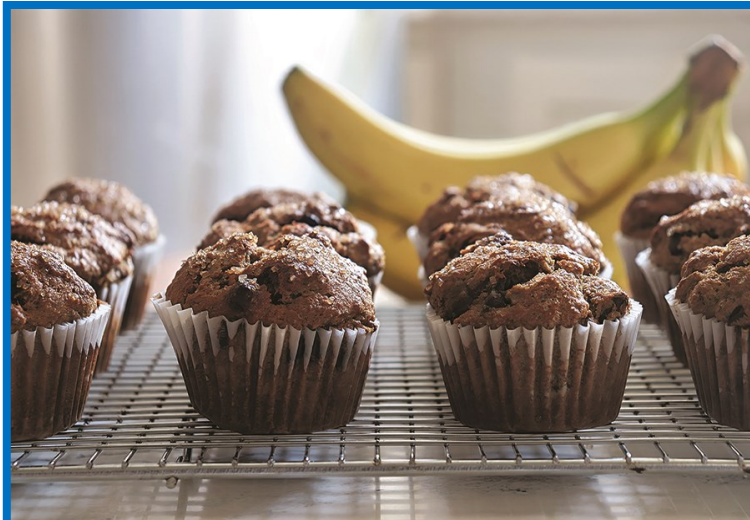
Let the muffins rest in the pan for 5 minutes before transferring them to a wire rack to cool.

To make banana bread: Preheat oven to 375 F. Grease a 9"Ã...~5" loaf pan with cooking spray. Prepare batter same as for muffins above. Fill pan with batter. Bake for 45-55 minutes. Let cool in the pan for 15 minutes before turning on a wire rack to cool.

To make mini muffins: Bake for 12-14 minutes at 350 F. These treats stay fresh covered at room temperature for a few days -- or pop them in the fridge for up to a week, or wrap and freeze for four months.

Next time your bananas get too ripe, don't panic -- bake! Rally the kids or enjoy a quiet moment for yourself, and turn them into treats that are healthy, budget-friendly and wonderfully versatile. That's frugal living in action: simple, nourishing and smart in the kitchen.

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**Banana bliss: simple, golden and ready to make your kitchen smell like happiness**

**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**

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## King Crossword

### ACROSS

- Antiquing aid
- McCourt memoir
- Alphabet quartet
- Houston org.
- "I love," to Ovid
- Chaste
- Floor cleaners
- "Got it"
- Plum relatives
- Raw bar mollusk
- Numbered rds.
- "Eureka!"
- River blockers
- Rich soil
- Prattle
- Debtor's note
- Elegance
- Swiss canton
- Golfer Ernie
- Plucked instrument
- Slightly
- Brewed drink
- Bygone jets
- Jerry of the Grateful Dead
- Part of 42-Across
- Sweet sandwich
- Nike slogan
- Use a rotary phone
- Santa — winds

1	2	3	4	5	6	7	8	9	10	11
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15				16			17			
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50				51	52	53				
54				55				56		
57				58				59		

- Part of Q.E.D.
- Manitoba tribe
- Woodland grazer
- Rockies hrs.
- Candied veggies
- First lady of scat
- Flies high
- Conk out
- MSN rival
- Highly-recommended book
- Nile vipers
- Football's Parseghian
- eBay offer
- Spiced
- 39-Across
- Stage comments
- Paris school
- Stick with a kick
- Pantheon members
- Met melody
- Slightly open
- Actress Spelling
- Iranian money
- "Beetle Bailey" dog
- Numerical prefix
- Melancholy

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## Just Like Cats & Dogs

by Dave T. Phipps

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THE LORD IS GOD, AND HE HAS MADE HIS LIGHT SHINE ON US – PSALM 118

# Weekly SUDOKU

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

**DIFFICULTY THIS WEEK: ♦**

♦ Moderate    ♦♦ Challenging  
♦♦♦ HOO BOY!

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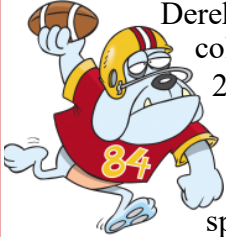
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# Sports QUIZ

by Ryan A. Berenz

- Former NFL quarterbacks and brothers David and Derek Carr both played football for what college team?
- American biophysicist, biochemist and inventor Britton Chance won a gold medal at the 1952 Helsinki Summer Olympics competing in what sport?
- What forced the cancellation of the 1919 Stanley Cup Final series after five games between the Montreal Canadiens and the Seattle Metropolitans?
- Name the NBA player with the Seattle SuperSonics (1973-78) who was known for his shaved head and his off-center headband.
- Sepang International Circuit, site of a Formula 1 Grand Prix race from 1999-2017, is located in what country?
- Who became the first (and still only) American man to win an Olympic gold medal in the javelin throw when he did it at the 1952 Helsinki Summer Games? (Hint: He shares a name with a baseball legend.)
- First presented in 2015, the annual award given to the best power forward in men's college basketball is named after what Basketball Hall of Famer?



- Answers
1. The Fresno State Bulldogs.
  2. Sailing.
  3. An outbreak of Spanish flu.
  4. Slick Watts.
  5. Malaysia.
  6. Cy Young.
  7. Karl Malone.

## 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.

	+		÷		= 2			
+		-		+				
	-		+		= 13			
+		+		+				
2	+		÷		= 1			
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13		11		19				
1	2	3	4	5	6	7	8	9

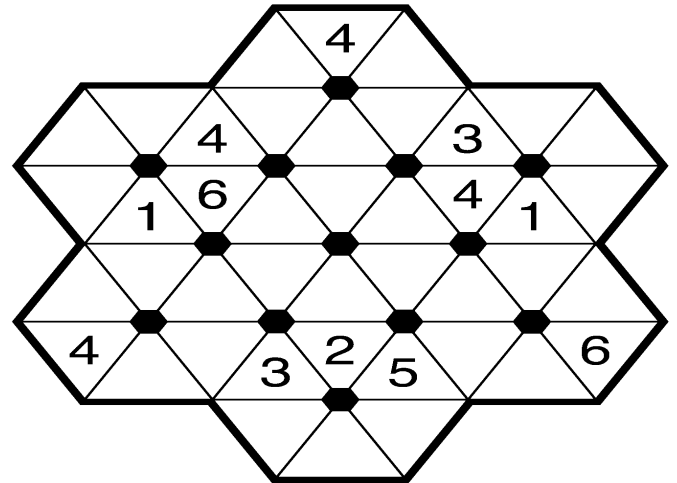
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THIS IS AN INTERSTATE NOT A NASCAR TRACK

## 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: ◆◆

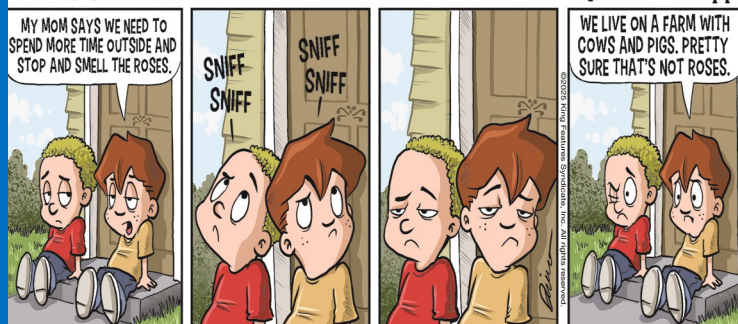
◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GIVE THANKS TO THE LORD, FOR HE IS GOOD; HIS LOVE ENDURES FOREVER - PSALM 118

## Amber Waves

by Dave T. Phipps



## SCRAMBLERS

solution

1. Mutant;
2. Tingle;
3. Novice;
4. Demise

Today's Word  
**LISTENING**

## Go Figure!

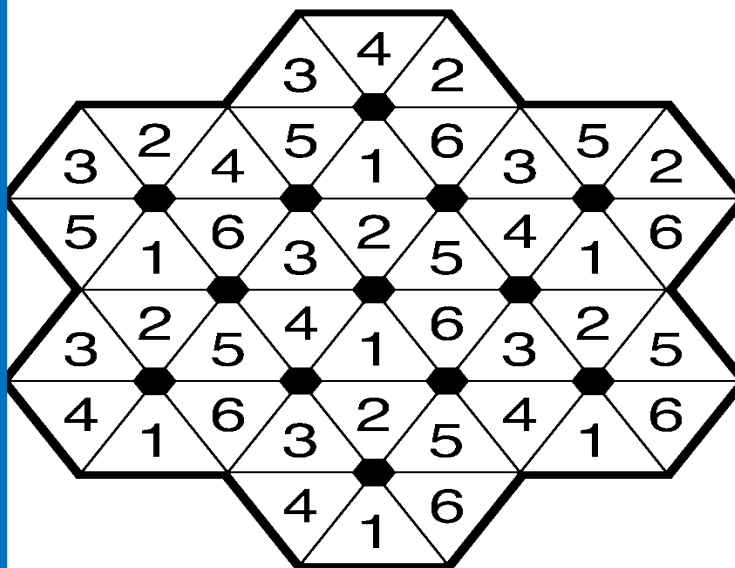
answers

3	+	5	÷	4	= 2
+		-		+	
8	-	1	+	6	= 13
+		+		+	
2	+	7	÷	9	= 1
=		=		=	
13		11		19	

WALK BY FAITH, NOT BY SIGHT

## SNOWFLAKES

solution



CHICKENS ARE AWFUL! THEY USE FOWL LANGUAGE

# SENIOR NEWS LINE

by Matilda Charles

## SENIORS AND SOCIAL MEDIA

The list of scams against seniors keeps getting longer and longer. Just when we have a handle on the various types of fraud, here come new ones. But there's one area where we do have some control: social media.

One place I've always been concerned about (and therefore have never joined) is the small neighborhood social media chat groups. So much gets talked about, and people generally feel safe because, after all, they're chatting with their neighbors. But you never really know who's watching online. And you never really know what small piece of information could be the one that puts you at risk -- especially if a thief has been following the group and assembling your innocent chat as clues.

Beware what you say online. If you announce on social media that you're about to take a vacation, that's a clue to a thief that your house will be empty at a certain time. Or if you announce online that you'll be joining an art class every Tuesday morning, or if you post your unlisted phone number in reply to someone's question, etc.

Another place that's jam-packed with information is newspaper funeral notices that are posted on social media. The "survived by" information is gold for thieves. With those names, plus the date and time of the funeral, thieves know when a house is likely to be empty.

Friend requests are another source of concern with social media. Beware, and be selective. Be certain you know who you're letting in.

Never click a link in social media, or anywhere else. Just don't. You don't really know where it goes.

Before you take your first step into social media, be certain you know how it works. Get good advice on how to fix your privacy settings so you're not as vulnerable.

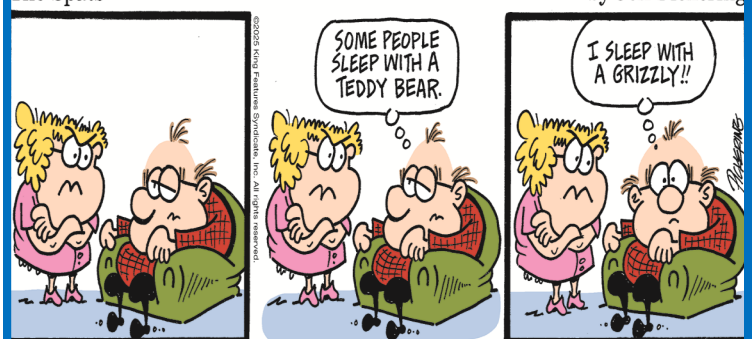
**Remember: Seniors are targets.**

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DOGS PREPARE US FOR CHILDREN; CATS FOR TEENAGERS

The Spats

by Jeff Pickering



"You got a notice for jury duty? I can't picture you spending two weeks just

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Abnormal			
TANTUM			
Itch			
GENTIL			
Amateur			
COVINE			
End			
MEIDES			

TODAY'S WORD

\_\_\_\_\_

**There's never been a more critical time for you to think about becoming self-sufficient.**

With the cost of everything going up, it's time to focus on earning more instead of worrying about having to spend more. I can tell you it's a lot more fun.

It does not matter your age or what you're doing to earn a living. Retired or not, it's time for you to start thinking about multiple income streams. It has a nice ring to it, doesn't it?

Now, think about what it can mean for you. **Multiple income becomes more income. More income gives you more options.**

Stop thinking about why you can't have multiple incomes because you can. It just takes a little knowledge and a little action.

All you have to do is figure out what works, **then rinse and repeat.** It's really that simple.

I want to share one of my multiple income sources with you. It's an online software service I use to host my websites and a few clients, plus automate all of my social media.



## Make Money On Purpose

**"More Income Anyone?" with Mike Lamb**

I subscribe to this service for \$297 a month, **to build and host unlimited websites and landing pages.**

One of the other benefits is the ability to **white label the software and sell it as my own.** This is huge and opens up an entirely new income stream for me or anyone.

When I share all the benefits of this amazing software I tell them my cost of \$297 a month, but then reveal they can use the exact same software under my white label brand for \$1,397 a year. **A savings of \$2,167. Over two thousand dollars cheaper.**

They get everything I get and use, except for the white label option. Most are ecstatic and sign up.

**I even throw in six months of coaching on how to use the software and create income with it.**

I believe we'll have at least 50 users this year alone at \$1,397 each.

My estimate of 50 users is based on our amount of promotion and marketing. At some point, I expect to have 1,000 or more users, earning us \$1,397,000 annually.

**That's a simple formula for a million-dollar income without breakin' a sweat and mostly hands-free.** This is something anyone can do. No skills needed.

As a digital marketing coach, I'm constantly seeking out and keeping my eyes open for opportunities like this one.

If you're interested in exploring other income options or if you want to know more about my white-label website software and all the bells and whistles for only \$1,397 a year, call me at (480) 349-7842 or send me an email at [mikelambmedia@gmail.com](mailto:mikelambmedia@gmail.com).

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MY BALLOON COMPANY FAILED...IT JUST COULDN'T KEEP UP WITH THE HIGH COST OF INFLATION

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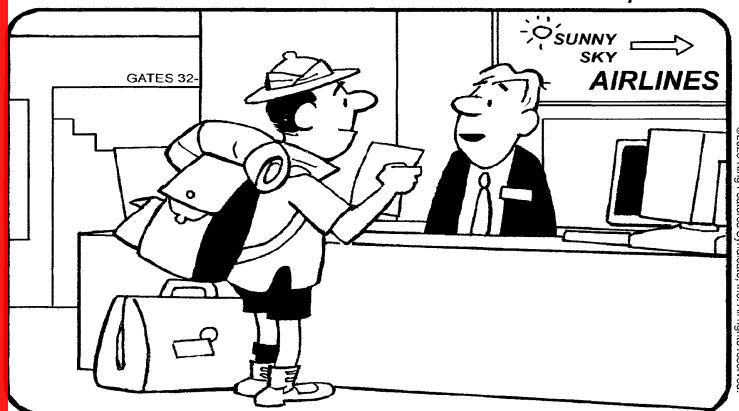
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## HOCUS - FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Shorts are shorter. 2. Suitcase is moved. 3. Thumb is moved. 4. Hat is smaller. 5. Flap on backpack is smaller. 6. Sock is missing.



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I WILL GIVE YOU THANKS, FOR YOU ANSWERED ME - PS 118

## 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: T equals L

QAWPNRA IH TZQA-PYYPWDAJ

CAOATXH GPTTR ZGG PTT

YDA YFIA, F PTOHR CNRY

OAPX PS APXXFSL PFJ.

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## HERE ARE CHANGES PEOPLE CAN MAKE NOW TO AVOID DEMENTIA LATER

**DEAR DR. ROACH:** The females in my family on my mother's side seem to develop dementia/Alzheimer's on a fairly regular basis. It seems to become noticeable once the women are in their mid-70s or so. We girls are concerned as we head toward our elderly years and wondered which sort of diet or supplemental changes we should look into? There seems to be so many articles and opinions that it's hard to know where to start. On the positive side, our father's side of the family seems healthy and robust well into their 80s and 90s. Our extended family has females ranging from their mid-30s to 71 years of age. Are we being overly concerned? Could this be a genetic thing? Any suggestions would be helpful in calming some real fears that we have. -- E.J. **ANSWER:** I don't think supplements are going to be the answer for dementia. I haven't seen any good data to support any of the supplements I see that are touted to prevent, slow, treat or cure dementia. I do think that diet may help slow dementia, and one of the best diets according to the studies that have been done so far remains a Mediterranean-style diet. This includes plenty of fresh fruits and vegetables, whole grains, nuts and legumes, fish (especially fatty fish), limited amounts of red meat, and minimally processed foods. Alcohol is increasingly likely to be problematic, and I recommend against more than occasional alcohol use for people who want to minimize their risk of dementia. Regular moderate exercise has a pretty clear protective effect. Although cognitive exercises like games and puzzles help improve memory short-term, it's not clear that they are preventing or delaying the onset of dementia. Advanced imaging, such as PET scans, are beginning to show the ability to diagnose Alzheimer's dementia in people with early symptoms. Early treatment to attack amyloids in the brain with lecanemab or donanemab slows the progression of dementia by approximately 25% to 30%.

**DEAR DR. ROACH:** I cared for my ailing mother, and even though I tried to minimize my stress, I gained a lot of weight and still have my "cortisol belly." I need to get healthy! -- D.H. **ANSWER:** Taking care of a family member is always stressful. Taking care of yourself as well is hard, and most of us aren't able to eat, sleep, exercise, and take good care of ourselves as well as we should during a period of time when we are taking care of others. Most of us have other demands, including family and work. Although I often see the term "cortisol belly," it isn't the slightly elevated level of stress hormones that causes the abdominal weight gain. (People who have Cushing's syndrome develop a particular type of abdominal weight gain as a result of dramatically elevated cortisol levels, as a result of a tumor, or by taking high doses of steroids.) In your case, it's more likely that the result of not having healthy behaviors lead to your weight gain. Losing abdominal weight is achieved through the same ways you would lose weight anywhere. I won't ever say it's easy, but a combination of a healthy diet and regular exercise is going to improve your health, whether you lose a pound or not. I don't recommend medication treatment to lose weight unless a person is very overweight ("morbidly obese" is the precise medical term) or has medical complications related to their weight.

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

BLESSED IS HE WHO COMES IN THE NAME OF THE LORD - PSALM 118

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## BIBLIE

## TRIVIA

by Wilson Casey

1. Is the book of Galatians (KJV) in the Old or New Testament or neither?
2. From Judges 7, who had the vision of a barley cake tumbling into an army camp overturning a tent? Shepherd, Soldier, Peasant, Steward
3. Which book could be summarized, "Pay attention, God has a master plan in the works we need to be a part of"? Isaiah, Jeremiah, Lamentations, Ezekiel
4. After an angel delivered them from a Jerusalem prison, where did the apostles go? Temple, Fields, Mountaintop, River
5. Who had his servants set barley crops on fire because he refused to meet with Absalom? Job, Joab, Jethro, Jehoshabeath
6. From Acts 12, where did Peter encounter an angel? Tent door, Prison, City gate, By a stream

ANSWERS:

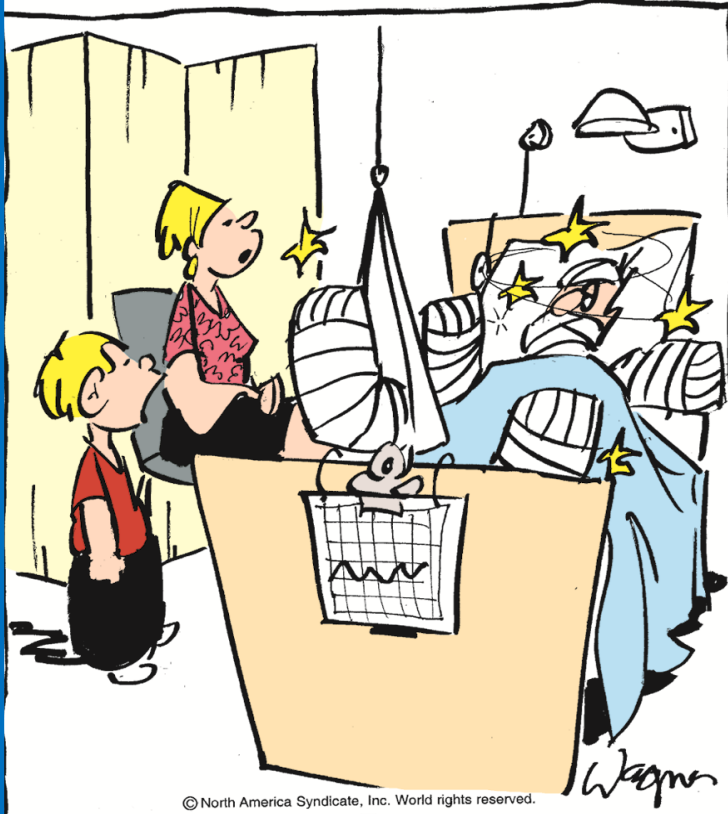
- 1) New
- 2) Soldier
- 3) Isaiah
- 4) Temple
- 5) Joab
- 6) Prison

Find expanded trivia  
online with Wilson Casey at  
[www.patreon.com/triviaguy](http://www.patreon.com/triviaguy).

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WHEN I SAW THE BAGUETTE IN THE ZOO I KNEW IT WAS BREAD IN CAPTIVITY

## CryptoQuip answer

Because my lobe-attached  
jewelry falls off all  
the time, I always just  
wear an earring aid.

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THE LORD IS MY STRENGTH AND MY DEFENSE; HE HAS BECOME MY SALVATION - PSALM 118

## King Crossword

Answers

Solution time: 24 mins.

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

## Weekly SUDOKU

Answer

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

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# Strange BUT TRUE

**By**  
**Lucie**  
**Winbourne**



- \* The first round of women's golf was played in 1811 -- four centuries after the sport was invented.
- \* Sloths might be the only mammals that don't fart.
- \* Austrian-American composer Arnold Schoenberg feared the number 13 so intensely that he deliberately misspelled his opera "Moses und Aron" to have 12 letters instead of 13. He also died on July 13, 1951, which would seem to confirm his phobia.
- \* Almost all of the first major television networks -- NBC, ABC and CBS -- still exist today, but the second network to get off the ground, the DuMont Television Network, is mostly forgotten, though it aired the first two seasons of "The Honeymooners" and "Mary Kay and Johnny," which is widely considered to be the first sitcom.
- \* Believe it or not, May is Zombie Awareness Month, which celebrates zombie media and recognizes ways to prepare for a zombie apocalypse. Participants are encouraged to wear gray ribbons to spread awareness of the potential dangers of the undead.
- \* In 2023, North Dakota was named the best state for surviving a zombie apocalypse.
- \* We obtain 60% of our energy intake from just three plant species -- rice, wheat and maize.
- \* Spiders recycle webs by eating them.
- \* The sitcom "30 Rock" was known for its fast-paced writing, with one reporter calculating in 2014 that there was an average of 7.44 jokes per minute.
- \* After "It's the Great Pumpkin, Charlie Brown" first aired in 1966, Charles Schulz's California office was inundated with shipments of candy sent from kids who were upset that Charlie Brown only got rocks in his Halloween goodie bag.



**Thought for the Day:**  
*"Liberty means responsibility. That is why most people dread it." -- George Bernard Shaw*  
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