JOKES

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#### I DIDN'T KNOW THAT

Oranges were originally green. The first oranges imported to the West were green tangerinepomelo hybrids from Southeast Asia.

Competitive art was once an Olympic sport. From 1912 to 1948, medals were awarded for painting, sculpture, architecture, literature, and music.

Shrimp hearts are located in their heads. Their internal anatomy is surprisingly compact and efficient.

There's a country with more pyramids than Egypt. Sudan has over 200 pyramids, more than any other nation. Goldfish can lose their color in the dark. If kept in a dark room, a goldfish will eventually turn white.

A Microraptor is the smallest dinosaur ever discovered. It was only 16 inches long and had feathers. The letter "Q" doesn't appear in any U.S. state name.

It's the only letter of the alphabet with that distinction.

Every day, 12 newborns are given to the wrong parents. Thankfully, most mix-ups are quickly corrected.

Cheetahs love Calvin Klein cologne. Wildlife researchers discovered that cheetahs are unusually attracted to Klein's scent of Calvin "Obsession for Men".



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# Moments in time THE HISTORY CHANNEL

\* On Nov. 18, 1996, exotic bird expert and protector Tony Silva was sentenced to seven years in prison for heading an illegal parrot-smuggling operation -- one of many people to be arrested during Operation Renegade, a three-year interna-



tional investigation into bird smuggling by the U.S. Fish and Wildlife Service's Division of Law Enforcement.

\* On Nov. 17, 1991, Fox aired the first condom ad on network TV during the teen sitcom "Herman's Head,"

inspired by increasing anxiety about the spread of AIDS and other sexually transmitted diseases.

the spread of AIDS transmitted diseases \* On Nov. 19, 196 star Pelé, considered players in his sport professional goal Vasco da Gama i Maracana stadium.

\* On Nov. 19, 1969, Brazilian soccer star Pelé, considered one of the greatest players in his sport, scored his 1,000th professional goal in a game, against Vasco da Gama in Rio de Janeiro's Maracana stadium.

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GOD WILL JUDGE US ON WHAT DID WE DO WITH WHAT WE KNEW AND WHAT WE HAVE BEEN GIVEN



\* On Nov. 20, 1866, Pierre Lallement received a U.S. patent for the country's first pedal bicycle. Unfortunately, he wasn't able to capitalize on his invention. Failing to acquire enough funds to open a factory, he sold the rights to the patent in 1868 and died

in obscurity in 1881.

- \* On Nov. 21, 1934, a teenage and terrified Ella Fitzgerald stepped on the stage at Harlem's Apollo Theater to participate in Amateur Night after her name was drawn from a hat. At the time an aspiring dancer, she spontaneously decided to sing instead, not only winning the competition after a rough start, but unknowingly setting her feet on the path to becoming a music legend.
- \* On Nov. 22, 1986, 20-year-old Mike Tyson knocked out 33-year-old Trevor Berbick in only five minutes and 35 seconds to become the youngest titleholder ever. He had won all 27 of the matches he'd previously fought, knocking out 26 of his opponents.
- \* On Nov. 23, 2002, John Herrington became the first Na-

tive American in space when he set out on a mission to the International Space Station. In honor of his heritage, he brought along several eagle feathers, a traditional wooden flute, a few arrowheads and the flag of the Chickasaw Nation



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## TIGER

## by BUD BLAKE

















I CAN'T IMAGINE THE SELF-CONTROL IT TAKES TO WORK AT A BUBBLE WRAP FACTORY



#### WEIRD WONDERS



Salar De Uyuni, Bolivia
- the world's largest salt
pan, a large, flat area
stretching for miles. When
a thin film of water gathers
on the surface it is also the
world's largest natural

Jellyfish Lake, Palau - Jellyfish Lake is so named because, well, it contains jellyfish. Lots of them! This lake, one of the weirdest places across the world has recently been opened for the public.



**Lake Natron, Tanzania** - Animals that die in this African lake are turned into statues, through calcification. The presence of huge volumes of sodium bicarbonate



actually mummify birds and beasts alike. Even more unnerving, high alkaline content in the lake turns the water red. In spite of all these conditions, it is a sometime final, grazing ground for Flamingos.

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"Roses are red, mud is brown, the woods are better than any night on the town."

– Earl Dibbles Jr.

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WE DO THIS NOT BECAUSE IT IS EASY BUT BECAUSE WE THOUGHT IT WOULD BE EASY



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- 1. ASTRONOMY: When was Pluto reclassified as a dwarf planet?
- 2. ACRONYM: What phrase does the acronym URL
- **3. GEOGRAPHY:** Where are the Dodecanese Islands?
- **4. MUSIC:** Which country music star threw the javelin in college?
- 5. TELEVISION: Which character on the series "Bridgerton" admits to being Lady Whistledown, the pseudonym of a gossip writer?
- **6. MATH:** How many degrees are in a circle?
- 7. MOVIES: What was the name of actor Henry Fonda's last movie?
- **8. ANATOMY:** In human beings, what is the condition called polythelia?
- 9. FOOD & DRINK: Which celebrity chef had a specialty food store called "The Barefoot Contessa"?
- 10. CHEMISTRY: What metallic element has the highest melting point?

(c) 2025 King Features Synd., Inc. 10. Tungsten (W). 9. Ina Garten. 8. Having an extra nipple. 7. "On Golden Pond." 5. Penelope Featherington.

4. Garth Brooks. 3. Aegean Sea. 2. Uniform Resource 1. 2006.

Answers



## How to Beef Up Dinner WITHOUT MORE BEEF

Times are tight and grocery prices keep creeping up. Every trip to the store feels like an Olympic event in budget gymnastics. This week, we're talking about how to stretch your ground meat Bake for 20-25 minutes, or until browned and cooked recipes without losing flavor, texture or protein.

There's a secret ingredient that can help you do just that, and you've probably eaten it hundreds of times without realizing it: TVP, or textured vegetable protein.

Made from defatted soy flour, TVP is a shelf-stable, affordable and versatile plant-based protein. You've likely had it in storetexture and nutrition without changing the flavor.

Used on its own, it's a blank slate, like tofu, so seasoning and cooking technique make all the difference. Treat it right, and you'll have something meaty, savory and delicious.

A 1/4 cup of dry TVP packs about 12-15 grams of protein, nearly identical to meat once rehydrated. It's high-protein, cholesterol-free and easy to find in bulk bins labeled textured vegetable protein (TVP) or textured soy protein (TSP) -- they're the same thing.

#### How to Make TVP Taste Great

The biggest mistake people make with TVP is treating it like filler. It's not, it's a flavor sponge! The secret to success comes down to three words: flavor, flavor, flavor. Use broth, not water. Rehydrate with broth or seasoned liquid to build flavor from the inside out. Add fat. TVP is fat-free, so cook it with olive oil or mix it with higher-fat meat. In this week's recipe, I use 73/27 ground beef -- once stretched with TVP, onions and mushrooms, it's perfectly juicy. Layer flavor in the pan. Let TVP soak up the garlic, onion, herbs and broth as it cooks for the richest taste. Give it another chance. If you've tried TVP before and weren't impressed, this method may win you over.

#### SAVORY BEEF & MUSHROOM MEATBALLS

Yield: 48 meatballs Total Time: 45 mins 1/2 cup beef broth 1/2 cup TVP (textured vegetable protein) I tablespoon olive oil 1 cup diced onion 1 1/2 cups finely chopped white mushrooms *I tablespoon minced garlic* 1 pound ground beef (73/27 blend) 1 egg 2 tablespoons breadcrumbs  $1/\bar{2}$  teaspoon salt 1 tablespoon Italian seasoning

**Preheat the oven** to 400 F. Line a large baking sheet with parchment or foil for easy cleanup.

*In a small bowl*, pour the hot beef broth over the TVP to rehydrate. Let it sit while you prepare the vegetables so it can soak up all that flavor.

Heat olive oil in a skillet over medium heat. Add the onion and cook about 5 minutes until softened. Lower the heat to medium-low, then add mushrooms and garlic. Cook another 5 minutes until tender. Stir in the TVP and remove from heat to cool and marry the flavors.

In a large mixing bowl, combine the ground beef, egg, 1/4 cup water, breadcrumbs, salt and herbs. Add the cooled sauteed mixture. Mix gently with clean hands until evenly combined. Scoop about 1 tablespoon of mixture for each and roll into small, golf-ball-size meatballs. Arrange in a single layer on the prepared baking sheet.

through (internal temp 160 F).

Enjoy over pasta, rice, tucked in a pita, or added to soup. Refrigerate leftovers for up to four days or freeze for up to three months.

This recipe is a perfect example of how to live where frubought chili, burritos or frozen entrees, quietly adding bulk, gal meets fabulous. By stretching 1 pound of beef into 48 flavorful meatballs, you're getting the same satisfying protein, a lighter carbon footprint and a much happier grocery budget.

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Cut costs, not nutrition; TVP blends seamlessly with ground beef for all the flavor, half the cost. PHOTO CREDIT: www.JasonCoblentz.com

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website Divas On A Dime -- Where Frugal, Meets Fabulous! Visit Patti at www.divasonadime.com and join the conversation on Facebook at DivasOnADimeDotCom. Email Patti at divapatti@divasonadime.com

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## **Kina** Crossword

#### ACROSS

- 1 And others (Lat.)
- 5 USN bigwig
- Many corp. recruits
- 12 Tora -Afghanistan
- 13 "Unstoppabl singer
- 14 Killer whale
- 15 Pants
- 17 Little dent
- 18 Seize greed
- 19 School papers
- 21 Shoe width
- 22 Belgrade re dent
- 23 Corn core
- 26 Calendar bo
- 28 Ginger cookies 31 Crony, out
- West
- 33 Tavern
- 35 Unsigned (Abbr.)
- 36 Disney mermaid
- 38 Lucy of "Elementary"
- 40 Sushi choice
- 41 Final notice
- 43 Sphere 45 Building's front
- 47 TV type 51 Phil of folk
- music 52 Toothbrush
- features

5 6 7

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- 54 Suit to -55 Non-Rx
- 56 Feedbag fill
- 57 Overlook 58 Director
- Craven 59 Gosling or
- Reynolds

#### **DOWN**

- 1 Recedes
- 2 Undecided 3 "Carmen"
- solo
- 4 Coffee bar offering
- 5 Worthless
- pile 6 Conk out

Clipper ship poles

30 NBC week-

32 Lowers

end show

example

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42 Former quar-

45 Brew topper

46 Play opener

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"Gandhi," for

- Vaccine
- maker 9 Queensland's
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  - to
- 20 "For a jolly good ..."
- 23 Tax prep pro
- 24 Scull need 25 Brunch

author

- breads
- 49 Self-referentia 27 Actor Brynner 50 Org.
  - "The Bells" 53 Numbered rd.
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I DID A LOAD OF PAJAMAS JUST SO I'D HAVE CLEAN WORK CLOTHES FOR THIS WEEK

## Weekly SUDOKU

## DIFFICULTY THIS WEEK: ◆◆

♦ Moderate ♦ ♦ Challenging ♦ ♦ ♦ HOO BOY!

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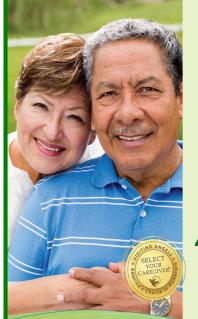
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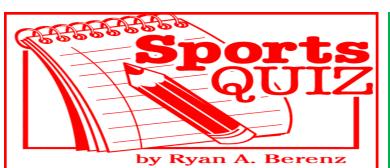
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# **f** 8⁺



1. Kevin Love, a member of the 2016 NBA champion Cleveland Cavaliers, has an uncle who was a founding member of what rock 'n' roll band?



- 2. What Los Angeles Rams quarterback threw for an NFL record 554 yards in a 51-14 win over the New York Yanks in 1951?
- 3. By what nickname did the NHL franchise in Utah become known by beginning with the 2025-26 season?
- 4. Before accepting the head football coach job at Notre Dame, Lou Holtz compiled a 10-12 record as head coach of what college football team from 1984-85?
- 5. What Chicago Cubs player hit the famous "Homer in the Gloamin" home run just before dark at Wrigley Field to push the Cubs into first place over the Pittsburgh Pirates in September 1938?
- 6. What milestone did Eva Shain achieve at the Muhammad Ali vs. Earnie Shavers boxing match at New York's Madison Square Garden in 1977?



7. What happened to the Minnesota Twins' Kirby Puckett on what would be his final Major League Baseball career plate appearance in 1995?

Answers

1. The Beach Boys (Mike Love).

2. Norm Van Brocklin.

3. The Mammoth.

4. The University of Minnesota Golden Gophers.

5. Gabby Hartnett.

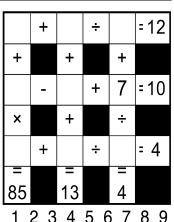
6. She became the first woman to judge a heavyweight championship bout.

7. He was hit by a pitch and suffered a broken jaw.

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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.



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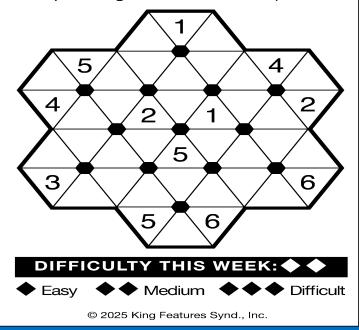
1 2 0 1 0 0 7 0

LIKE A GOOD NEIGHBOR STAY OVER THERE

## **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.



THE SABATH IS A DAY OF REST, BUT IT IS NOT JUST A DAY, IT IS JESUS CHRIST YOU CAN REST IN

# Amber Waves THIS IS A PERFECT NIGHT TO LOOK FOR SPACESHIPS, SO KEEP YOUR EYES OPEN. WE WILL BE IF WE ARE THE ONES TO SPOT AN ALIEN. YEAH, BUT WHAT IF ALIENS SPOT US FIRST...? WHAT IF ALIENS SPOT US FIRST...?

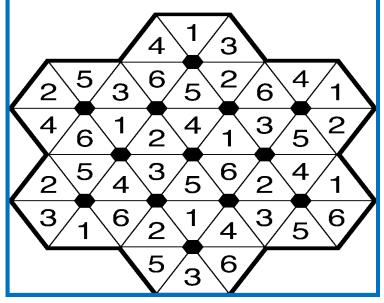
## Stickelers Answer

post DATE line
author SHIP builder
apple JACK knife
work STATION master

WE DON'T CHANGE GOD. GOD CHANGES US

## **SHOMELUHES**

## solution



**CAUTION SKIERS: TREES DON'T MOVE** 

## STICKELERS [sic].

Below are four squeezer puzzles.

Can you find the correct word to be placed in the middle of each to create two new words, one front-end, one back-end?

Here's an example of how it works:

ever <u>G R E E N</u> horn

- post \_ \_ \_ line
   author \_ \_ \_ builder
   apple \_ \_ \_ knife
- 4) work \_ \_ \_ \_ master

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## SENIOR NEWS LINE

## by Matilda Charles

#### FINDING FOOD

I recently learned a few things about my local food bank that I didn't know. Maybe your food bank has these services as well

The local food bank has a mobile pantry that goes to the senior housing building once a month for seniors who can't get out to the regular weekly location. While they don't carry a large variety on the van, they do have some of most everything, including canned and boxed foods, coffee and tea, some meats in a small freezer, dairy and bread.

They've just started home delivery in the area, right in time for winter. For this a senior needs to sign up in advance and have their doctor sign a form saying yes, they could benefit from having food delivered instead of having to go out on icy roads to make a pickup. The sign-up form also has a place to list any allergies and preferences, so the box of food is a bit customized.

Our local food bank isn't the only one in the area. Churches and towns sometimes have their own. See www.gsfb.org/food-map and put in your ZIP code for locations near you. In my area I discovered six additional food bank locations I knew nothing about.

Look into the senior food box program. Once a month participants in the program have a box of food delivered. Find contact and income eligibility information by doing an internet search for the Commodity Supplemental Food Program in your state.

Then there is Meals on Wheels, where prepared food is delivered to seniors who have trouble cooking for themselves. They often have low sodium and diabetic meal options. Depending on your location, there might be a small fee for the meals.

If you need food, don't give up. It's out there and you can find it. There are more food sources than you might imagine.

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#### PROCRASTINATION IS A DISH BEST SERVED EVENTUALLY



From the moment we wake up to the time we go to bed, Al tools are working behind the scenes to help us stay organized, efficient, and informed.

One way AI improves daily life is by helping us make better decisions. Financial apps can analyze spending habits, track budgets, and send alerts when bills are due. Fitness trackers and smartwatches collect data on movement, sleep, and heart rate, then use AI to suggest healthier routines. Even cars are becoming decisionmakers. Modern vehicles use Al for driver assistance — helping with lane changes, parking, and collision warnings. Navigation systems update routes in real time to avoid traffic jams or road hazards, saving both time and stress.

Healthcare is another area where AI is making a quiet revolution. From reading X-rays to reminding patients to take medication, AI helps doctors and individuals alike make smarter, faster



## **Make Money On Purpose**

"Al to Make Life Easier" with Mike Lamb

choices about their well-being.

Another way AI helps us daily is through organization. Digital calendars can now predict the best times for meetings or alert you when it's time to leave based on real-time traffic. AI-powered note-taking apps can record your voice and instantly turn it into searchable text.

For families, Al-enabled devices can help manage busy schedules, track homework assignments, and even monitor home security cameras for safety. Parents can set filters that protect children online, while older adults can use voice assistants to set reminders for medication or appointments.

Al also helps us relax and enjoy life. Streaming platforms like Netflix, Spotify, and YouTube use algorithms that analyze what we watch or listen

to, then recommend shows, songs, or podcasts that match our personal preferences. Instead of spending hours browsing, we can discover new favorites instantly.

Shopping sites like Amazon do something similar by suggesting products based on what we've viewed or purchased. While it can seem uncanny at times, this personalization is powered by AI — designed to save time and help you find exactly what you want.

Al is changing the way we live each day. By embracing it, we gain more than convenience; we gain time, insight, and freedom. When used wisely, Al doesn't distance us from the human experience — it enhances it. It helps us live smarter, work easier, and spend more moments doing what we truly love.

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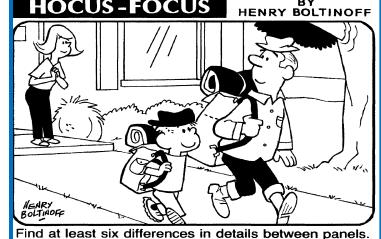


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Differences: 1. Leg is moved. 2. Foot is moved. 3. Shirt is longer. 4. Shirt pocket is missing. 5. Boy's left arm is showing. 6. Line is added to walkway.



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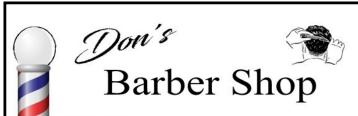
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## **CryptoQuip**

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: P equals C

PUXICYO AXZGPGTI KEU KTZ WTAUXZ WUY VGLGIV ULNYMO FYTATCGP YNIFGCGUIZ UW ZUIVZ: ETAAO KOINCCN.

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#### For more information Contact

Kathy Barr Phone Number: 480-239-5288 Email: thetreasureboxtwo@gmail.com



#### your, good health with Dr. Keith

#### DEBUNKING IVERMECTIN AS A 'MIRACLE TREATMENT' FOR CANCER

**DEAR DR. ROACH:** I was diagnosed with stage 4 high-grade ovarian cancer in September 2024. I underwent a major surgery in March after the tumor shrank. I see a top doctor at a renowned hospital, and I trust him. I went through seven rounds of chemo with three different meds. I handled it well as I am very fit and 64 years old. I am now on maintenance medications (Avastin and Lynparza). My numbers are going up. I know my prognosis isn't good, but I try to live my best life. I have a lot of different things to look forward to

(marriages, grandbabies, etc.).

Roach

I have many friends who keep suggesting ivermectin as a treatment. (These people are also anti-vaxers.) I don't fall into this group of people as I believe in modern medicine and have trusted my doctor. So, my question is: What are your thoughts about this treatment, and what have you heard about it within the medical community? -- L.N.

**ANSWER:** I am sorry to hear about your diagnosis, but I congratulate you on your good attitude. The treatment for ovarian cancer has changed dramatically in the past few years. There are many treatments, and although they are often not able to cure cancer, they can keep cancer at bay -- sometimes for many years, even decades. Having an important life event to look forward to is important to maintaining a good attitude. As far as ivermectin goes, there is a small possibility that it will turn out to be a useful treatment for cancer. I have read some preclinical studies that suggested some benefit. However, no studies that were done on actual people have proven it to be useful for any type of cancer so far. Many promising treatments turn out to be failures after the initial clinical trials.

There are people who feel that there are hidden treatments for cancer and that there is a massive conspiracy to keep successful cancer treatments from being used. Having known many doctors and research scientists who unfortunately died from cancer themselves, I can assure you that this isn't the case. Many scientists across the globe are working hard to find new treatments, and every year brings incremental benefits. Ivermectin is the most recent "miracle treatment" that I have heard about. I can recall easily at least a half dozen miracle treatments in the past 20 years that haven't turned out to be useful. Some of these are not only useless but are actively harmful. While ivermectin is generally safe when dosed appropriately for its indication of treating parasites, it can be dangerous at high doses. I respect the use of alternative treatments to manage the symptoms that are caused by cancer treatments such as chemotherapy. However, people who rely on alternative treatments for treatment of their cancer do not do as well as people who are getting the best care that modern medicine currently has to offer. I recommend that you thank your friends for their advice and tell them that you trust your medical team and will follow what your doctor recommends.

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

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- 1. Is the book of Philemon (KJV) in the Old or New Testament or neither?
- 2. Who is credited as being "The Mother of All the Living"? Ruth, Sarah, Eve, Esther
- 3. From Numbers 22, to whom did the donkey speak? Silas, Daniel, Jeremiah, Balaam
- 4. As stated in Genesis 20:2, who was king of Gerar? Abimelech, Nathan, Nehemiah, Joash
- 5. Where was Paul the Apostle born? Thessalonica, Tarsus, Ur, Antioch
- 6. From Acts 18, who was Aquila's wife? Priscilla, Jezebel, Leah, Rebekah

#### **ANSWERS:**

- 1) New
- 2) Eve
- 3) Balaam
- 4) Abimelech
- 5) Tarsus
- 6) Priscilla

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NOTE: THE POST-APOCALYPTIC FICTION SECTION HAS BEEN MOVED TO CURRENT AFFAIRS

## CryptoQuip answer

bowl revenues is an insult! They'd never

stand for a pay cut!"

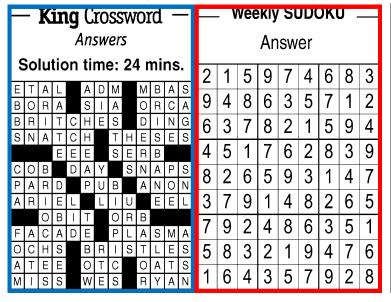
Country musician who was famous for giving overly dramatic renditions of songs: Hammy Wynette.

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I WAS NORMAL THREE CATS AGO





By Lucie Winbourne

- \* Mummies can still have fingerprints.
- \* President Herbert Hoover spoke Mandarin Chinese with his wife, Lou Henry Hoover, to avoid eavesdroppers during their stint in the White House.
- \* The Appalachian Mountains are older than the Atlantic Ocean.
- \* Contrary to what some folks might claim, a study found that cats display the main attachment styles as babies and dogs.
- \* McDonald's buys about 2 billion eggs every year just for their U.S. restaurants.
- \* The concept of contact lenses dates back to Leonardo da Vinci, who described a vision correction method involving a water-filled glass hemisphere over the eye. Centuries later, British polymath Thomas Young created a lens prototype made of glass and filled with water based on another theoretical idea, by philosopher/scientist Rene Descartes.
- \* Israel used piracy laws as the basis for prosecuting Nazi war criminal Adolf Eichmann.
- \* Lucille Fay LeSueur got her stage name, Joan Crawford, from a contest run in the fan magazine Movie Weekly.
- \* Bat species make up 21% of all mammals.
- \* Our physical and emotional states can change how we see color. Fatigue may dull sensitivity to contrast, some medications can alter the way the retina processes light, and positive thinkers often view hues as slightly more vivid.
- \* Before time zones were established in 1883, North America had more than 144 local times.

\* Irene Triplett, the last American to collect a Civil War pension, died in 2020.

\* Calvin Coolidge's vice president, Charles G. Dawes, a self-trained pianist and flautist, is the only American veep to have penned a No. 1 hit pop song, a short instrumental piece titled "Melody in A Major."

\* The inventor of the stop sign never learned how to drive.

Thought for the Day:

"Of all the liars in the world, sometimes the worst are our own fears." -- Rudyard Kipling

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