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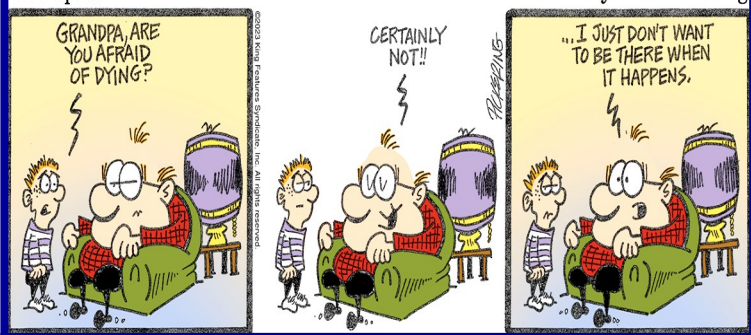
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## Moments in time THE HISTORY CHANNEL

\* On March 24, 1882, German scientist Robert Koch discovered the bacterium responsible for tuberculosis. Regarded today as the "father of modern bacteriology," Koch was awarded the Nobel Prize in Physiology and Medicine in 1905.

\* On March 21, 1928, President Calvin Coolidge presented Charles Lindbergh with the Congressional Medal of Honor for "displaying heroic courage and skill as a navigator, at the risk of his life, by his nonstop flight in his airplane, the Spirit of St. Louis, from New York City to Paris, France, 20-21 May 1927, by which Capt. Lindbergh not only achieved the greatest individual triumph of any American citizen but demonstrated that travel across the ocean by aircraft was possible."

\* On March 20, 1922, Hubert Work gave an order that all American homes need to be equipped with an item that the majority of us undoubtedly take for granted today: a mailbox. Work was the country's U.S. Postmaster General, and failure to comply with the order carried a penalty of giving up one's mail delivery.







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WHEN MY HUSBAND WANTED A BIG-SCREEN TV I MOVED HIS CHAIR CLOSER TO THE ONE WE HAVE ALREADY

## 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: Q equals L

HGDV QFRBDQ MFJD RO HPLG  
F KMGDJD LT CQPJCQFJ GPK  
MTJDWX OFBLVDB, PL HFK F  
CTTQ-GFBWX OQFV.

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MY KIDS LAUGH BECAUSE THEY THINK I'M CRAZY. I LAUGH BECAUSE THEY DON'T KNOW IT'S HEREDITARY



\* On March 22, 1978, Karl Wallenda, founder of the Flying Wallendas, fell from a tightrope 10 stories to his death during a promotional appearance for the Pan American Circus. The 73-year-old acrobat was crossing between the two towers of the Condado Plaza Hotel in San Juan, Puerto Rico.

On March 23, 1973, Yoko Ono was granted permanent residence in the United States. However, the good news did not extend to her husband, former Beatle John Lennon. He was issued a 60-day notice to leave the country.

\* On March 26, 2019, former First Lady Michelle Obama's memoir, "Becoming," surpassed 10 million copies in sales just four months after its publication. It had already become America's best-selling book in 2018 after a mere 15 days.

\* On March 25, 1995, Howard G. (Ward) Cunningham, an American computer programmer and pioneer in both design patterns and extreme programming, introduced the wiki, or "user-editable website." Today, Wikipedia is the world's most well-known and widely used wiki.

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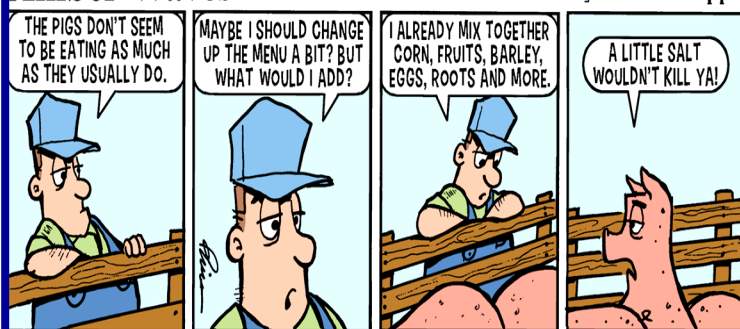
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**Trivia test**  
by Fifi Rodriguez

1. FOOD & DRINK: Which U.S. city is known for its square pizzas with crunchy corners?
2. TELEVISION: Which character became a fugitive in the final season of "The Office"?
3. GEOGRAPHY: Which of the Great Lakes lies entirely within the United States?
4. LITERATURE: Which famous novelist wrote his last book in crayon due to poor eyesight?
5. GAMES: What are the two most valuable letters in Scrabble?
6. MOVIES: Which movie series features a character named Ellen Ripley?
7. LANGUAGE: What is a "schwa"?
8. GENERAL KNOWLEDGE: Which nation is credited for being the top beer-drinking country in the world?
9. ANATOMY: What is a common name for the axilla?
10. ANIMAL KINGDOM: What do you call an ant's home?

- Answers
1. Detroit.
  2. Creed Bratton.
  3. Lake Michigan.
  4. James Joyce.
  5. Q and Z (10 points each).
  6. "Alien."
  7. Unstressed vowel represented by an upside-down "e."
  8. Czech Republic.
  9. Armpit.
  10. A nest or formicary.
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MY SOUL FINDS REST IN GOD ALONE—PSALM 62:1



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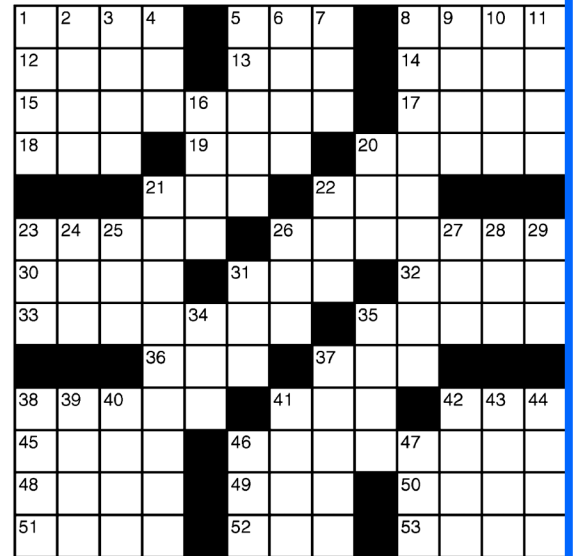
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## King Crossword

### ACROSS

- 1 Two-wheeler
- 5 Bumped into
- 8 Pack (down)
- 12 Ireland
- 13 Peyton's brother
- 14 "The Time Machine" people
- 15 Octopus arm
- 17 Lunch hour
- 18 Request
- 19 IV measures
- 20 Must-haves
- 21 Chai, e.g.
- 22 Vagrant
- 23 More recent
- 26 Goddess of wisdom
- 30 Tehran's country

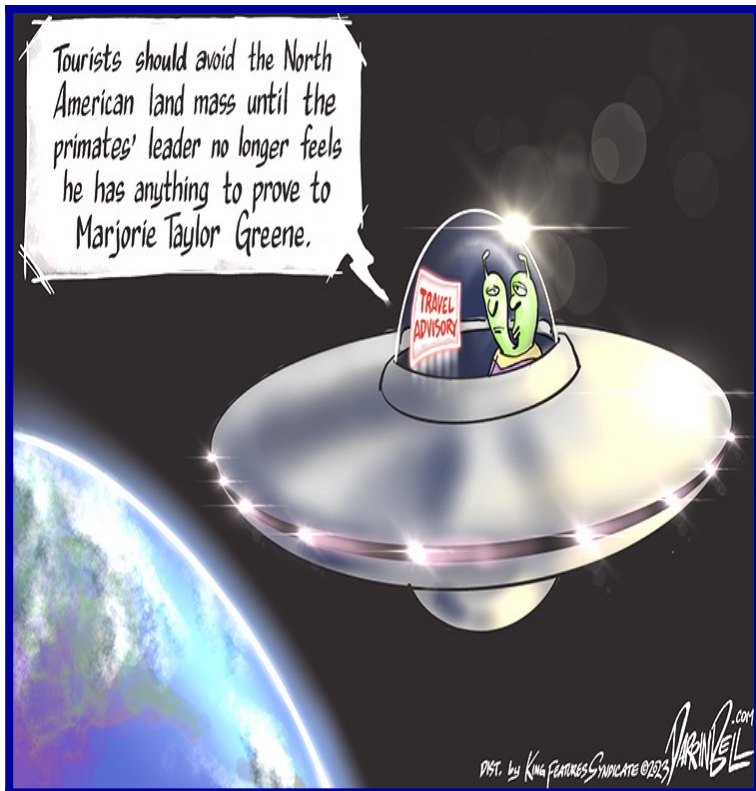


- 50 Pitt of "Moneyball"
- 51 Carry
- 52 Layer
- 53 Round Table titles
- 10 Disposition
- 11 Bowling targets
- 16 Computer brand
- 20 Convent manager
- 21 Prepare meat for cooking
- 22 Beiderbecke of jazz
- 23 Pen tip
- 24 Mound stat
- 25 Pallid
- 26 Trim the grass
- 27 Old Oldsmobile
- 28 Moving day rental
- 29 Packed away
- 31 Summer cooler
- 34 Drunkard
- 35 Droops
- 37 Ford or Hudson
- 38 Ella's style
- 39 Surrealist Joan
- 40 Bickering
- 41 Fall (over)
- 42 Ryan of "Boston Public"
- 43 Tragic king
- 44 Probability
- 46 Light touch
- 47 "Frontline" ailer

### DOWN

- 1 Test version
- 2 Enrages
- 3 Neck problem
- 4 Tolkien creature
- 5 Pilgrimage site
- 6 Building wings
- 7 Dead heat
- 8 Some urban homes
- 9 Medicinal





MY WIFE MADE ME JOIN A BRIDGE CLUB. I'M SCHEDULED TO JUMP OFF NEXT TUESDAY

## Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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By T. Kister

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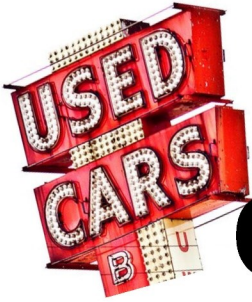
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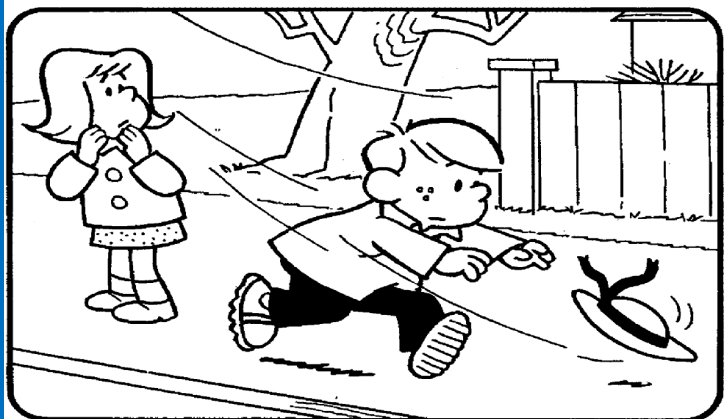
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### HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Jacket is different. 2. Pocketbook is missing. 3. Sign is missing. 4. Leg is moved. 5. Post is different. 6. Hat is moved.

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## PAR FOR THE COURSE

An 80-year old man's doctor is amazed at what good shape the guy is in and asks, "What do you do for exercise?"

"I golf," says the old guy, "that's why I'm in shape. I'm on the fairways before sunrise and all is well."

"Well," says the doctor, "How old was your Dad when he died?"

"Who said my Dad's dead?"

The doctor is amazed. "You mean you're 80 years old and your Dad's still alive. How old is he?"

"He's 100 years old," says the old golfer. "In fact he golfed with me this morning, that's why he's still alive .. he's a golfer too."

"Well," the doctor says, "that's great, but I'm sure there's more to it. How old was your grandfather when he died?"

"Who said my grandpa's dead?"

Stunned, the doctor asks, "Your grandfather's still living! Incredible, how old is he?"

"He's 118 years old," says the old golfer. The doctor is getting frustrated at this point, "So, I guess he went golfing with you this morning too?"

"No. Grandpa couldn't go this morning because he's getting married today."

"Getting married!?" yelled the doctor. "Why would a 118 year-old guy want to get married?"

*"Who said he had a choice?"*



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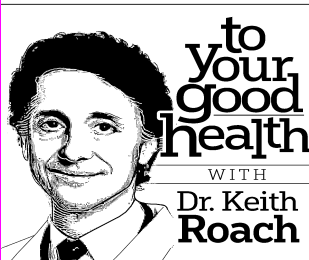
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## RECREATIONAL TIANEPTINE HAS POTENTIAL FOR ABUSE

**DEAR DR. ROACH:** I've been hearing about tianeptine being sold at gas stations. Is it dangerous? -- S.F.

**ANSWER:** Like so many substances, tianeptine can be a useful drug when prescribed and taken correctly (it's used in several countries for depression), but it is indeed dangerous when used recreationally. Its use has been banned in several (unfortunately not all) states across the U.S. It is sold (yes, especially at gas stations) as a dietary supplement. Because it acts on the same receptor as morphine, when used at high doses far beyond the medically approved dose, it has potential for abuse and even overdose, with a handful of deaths ascribed to its use. I recommend in the strongest possible terms against its recreational use and hope it is completely banned soon.

**DEAR DR. ROACH:** I have severe pain in my right shoulder. I have seen two orthopedists and received X-rays, MRI scans and a cortisone injection, which didn't work. Both surgeons recommended a shoulder replacement. I am taking three adult aspirins each morning (I am allergic to NSAIDs), which makes the pain go away. Is this safe? I am 83 and otherwise healthy. -- J.B.

**ANSWER:** Aspirin is a type of non-steroidal anti-inflammatory drug and has the toxicities common to all the drugs in that group, including an increased risk for bleeding and potential damage to the stomach and kidneys. But it has additional toxicities beyond NSAIDs like ibuprofen, especially at higher levels. I am very cautious about prescribing aspirin and generally prefer other anti-inflammatory medicines.

However, people have long taken aspirin -- sometimes at much higher doses -- usually without problems. The fact that you are taking it only once a day reduces the toxicity, but I have to say I am surprised the benefit is lasting all day.

The risk of toxicity is higher at older ages. At 83, you are at a significantly higher risk (seven times the risk) than younger people. Most of the data on exactly what your risk is comes from people taking low-dose aspirin (81 mg, not the 975 mg you are taking), so I can't give you an evidence-based answer. But, for men in their 80s taking low-dose aspirin, about 1.5% will have a serious bleeding event per year. Your risk will be significantly higher due to the much-larger dose you are taking. However, one has to consider both the benefits of the aspirin treatment (the pain being gone is the best possible outcome) and the toxicity of other possible treatments, such as surgery (which is very significant).

There are many classes of NSAIDs, with very different chemical properties, and it is likely there is another type of NSAID you could safely take, with a lower risk than the dose of aspirin you are currently on. On the other hand, you can't get any better effectiveness, at least in terms of pain, and the absolute risk is still fairly small, so I'm not sure I recommend you change. I am always very cautious about recommending surgery to someone in their 80s when there is an effective medication available to treat the issue.

*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) 2023 North America Synd., Inc. All Rights Reserved*

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## BIBLIE TRIVIA by Wilson Casey

1. Is the book of Athens (KJV) in the Old or New Testament or neither?
2. In 2 Kings, which prophet's word caused Syrian soldiers to be struck blind? Gad, Jubal, Solomon, Elisha
3. Where were Saul and Jonathan's bodies nailed to a wall? Troas, Nob, Beth-shan, Sychar
4. On fleeing from Jezebel, which prophet hid in a cave? Elijah, Nathan, Daniel, Amos
5. Which converts burned their books of magic? Philistines, Ephesians, Hittites, Canaanites
6. In which book is the phrase, "Holier than thou"? 1 Kings, Ezra, Amos, Isaiah

### ANSWERS:

- 1) Neither
- 2) Elisha
- 3) Beth-shan
- 4) Elijah
- 5) Ephesians
- 6) Isaiah 65:5

"Test Your Bible Knowledge,"  
a book with 1,206  
multiple-choice questions by  
columnist Wilson Casey, is  
available in stores and online.  
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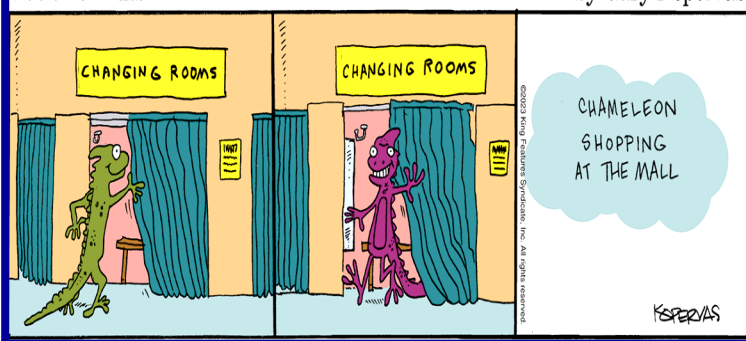
When Laurel came up with a scheme to film him as a comedy partner, it was a fool-Hardy plan.

**answer**  
**Cryptopunk**

MY SOUL WAITS IN SILENCE FOR GOD ONLY, MY HOPE IS FROM HIM

Out on a Limb

by Gary Kopervas



**King Crossword**  
Answers  
Solution time: 23 mins.

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

**Weekly SUDOKU**  
Answer

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

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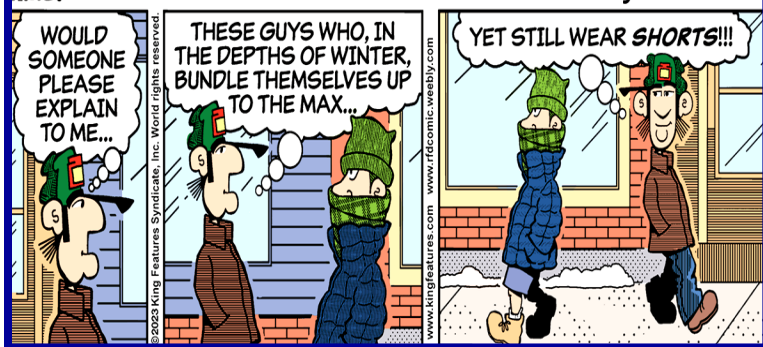
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R.F.D.

by Mike Marland



**Strange  
BUT TRUE**

By  
Lucie  
Winbourne



\* Believe it or not, cows can be potty trained -- and, it is said, with less trouble than toddlers. It's called MooLoo training, and involves not a toilet, but a special pen with artificial grass. But why bother? The practice helps the environment by reducing air and water pollution and even planet warming.

\* The J.W. Westcott II is a boat that delivers mail to ships at sea. Operating out of Detroit, it's the only floating zip code in America.

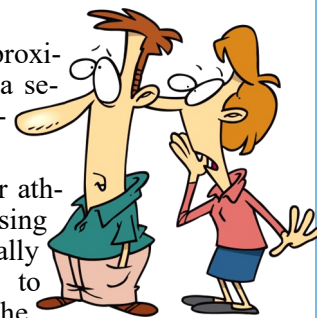
\* In 1931, German engineer Richter Raketenrad built a bike with 12 rockets mounted to its back wheel and reached a speed of 90 kph before his invention exploded and threw him off. While that was, sadly, the end of the rocket bike, Raketenrad himself suffered only a few scrapes.

\* Kintsugi is the Japanese art of putting broken pottery pieces back together with gold.

\* For over a year in the mid-2000s, members of the group Untergunther broke into the French Pantheon to repair a clock that had been broken for four decades. They later received court time for the effort but were somewhat vindicated when member Jean-Baptiste Viot, a clock restorer, was hired to repair it in 2018 after further neglect.

\* Researchers have found that approximately 97% of people are keeping a secret at any given time, with the average person keeping around 13.

\* In 2008, a former high school star athlete escaped a crime scene by using Craigslist to hire a dozen identically dressed (and unwitting) civilians to stand at the exact place and time of the arrival of the armored car that he planned to rob.



Thought for the Day: "Challenges are gifts that force us to search for a new center of gravity. Don't fight them. Just find a new way to stand." -- Oprah Winfrey

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