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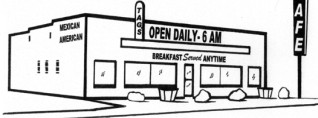
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- If at first you don't succeed, try doing it the way mom told you to in the beginning
- "A mother's happiness is like a beacon, lighting up the future but reflected also on the past in the guise of fond memories." - Honore de Balzac
- "A mother's love for her child is like nothing else in the world. It knows no law, no pity. It dares all things and crushes down remorselessly all that stands in its path" - Agatha Christie
- "Mothers can forgive anything! Tell me all, and be sure that I will never let you go, though the whole world should turn from you" - Louisa May Alcott



- "My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute my success in life to the moral, intellectual and physical education I received from her" - George Washington

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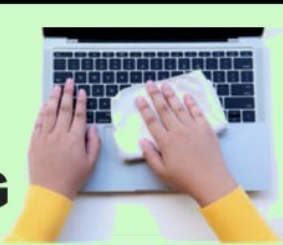
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### Amber Waves

by Dave T. Phipps



IS ANYTHING TOO HARD FOR GOD?



## Moments in time THE HISTORY CHANNEL

\* On May 27, 1679, the Habeas Corpus Act passed, strengthening an individual's right to contest unlawful arrest and imprisonment. The act is considered one of the most important rulings in English constitutional history.



\* On May 24, 1887, President Chester A. Arthur and New York Gov. Grover Cleveland opened the Brooklyn Bridge. At the time, it was considered engineering's greatest achievement, with a span of 1,600 feet, which made it the longest suspension bridge in the world.



\* On May 22, 1906, Wilbur and Orville Wright were granted a patent for their "flying machine." Their first application was rejected, and the overall process took three years, after which they sold the patent to the newly formed Wright Company for a sweet \$100,000, 40% of the company's stock, and a royalty of 10% on all aircraft sold.

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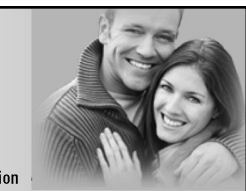
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# CryptoQuip

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: X equals O

SVJ JXFIDXGQ SXHGIUTHE  
SOIKOIU XU HXK T CTNI FQ  
KYUNIQ KX DI JYMMYCIHK?  
FXTJK MIUKVTHCQ!

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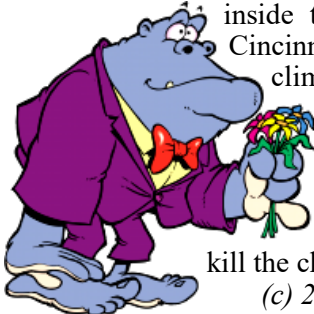
WHATEVER YOU DO FOR THE LEAST OF THESE BROTHERS AND SISTERS OF MINE, YOU DO FOR ME - JESUS

\* On May 23, 1962, 12 doctors at Massachusetts General Hospital in Boston performed the first successful reattachment of a human limb -- the severed arm of 12-year-old Everett "Red" Knowles. After four years of recovery, he had regained complete mobility and use of it.

\* On May 26, 1993, Major League Baseball Jose Canseco and the Texas Rangers were playing against the Cleveland Indians when the latter team's infielder, Carlos Martinez, famously hit a fly ball that bounced off Canseco's head. All ended well, however, in a home run and no injuries, as well as some astonished laughs.

\* On May 25, 2011, "The Oprah Winfrey Show" came to an emotional end after 25 years and 4,561 episodes, with its longtime host telling her audience, "You and this show have been the greatest love of my life." It remains one of the highest-rated daytime TV talk shows in American entertainment history.

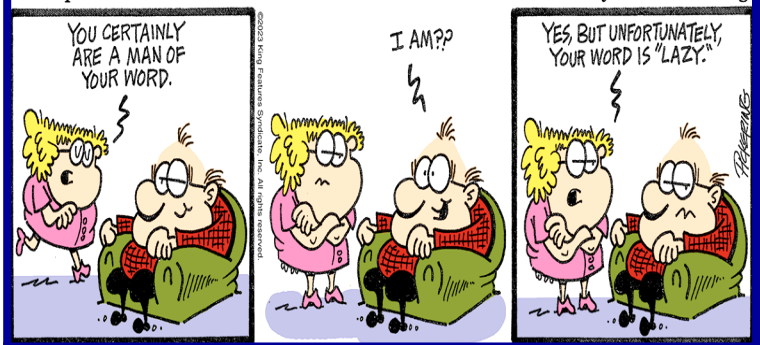
\* On May 28, 2016, a gorilla named Harambe was relaxing inside the Gorilla World habitat at the Cincinnati Zoo when a 3-year-old boy climbed into the enclosure and fell into the moat. While it seemed that Harambe was protecting the boy from drowning, zoo officials decided to shoot the animal as they feared he might accidentally kill the child.



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## The Spats

by Jeff Pickering



  
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 **Trivia  
test** by Fifi  
Rodriguez

1. MOVIES: Which animated movie includes the line, "Fish are friends, not food"?
2. TELEVISION: What is the name of the "Sesame Street" Muppet who lives in a trashcan?
3. GEOGRAPHY: What is the largest country geographically in Africa?
4. ANATOMY: What is complete heterochromia?
5. U.S. STATES: Which two states don't recognize Daylight Savings Time?
6. LITERATURE: Which best-selling novel (1989) is set in Clanton, Mississippi?
7. FOOD & DRINK: What is the national dish of Spain?
8. ANIMAL KINGDOM: What is a group of leopards called?
9. HISTORY: Which two Greek city-states fought the Peloponnesian War?
10. AD SLOGANS: Which company once urged customers to "reach out and touch someone" by telephone?

**Answers**  
1. "Finding Nemo" (Bruce the Shark).  
2. Oscar the Grouch.  
3. Algeria.  
4. When someone's eyes are two different colors.  
5. Hawaii and Arizona.  
6. "A Time to Kill," by John Grisham.  
7. Paella.  
8. A leap of leopards.  
9. Sparta and Athens.  
10. AT&T.  
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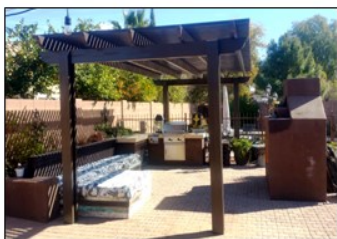




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## King Crossword

### ACROSS

- 1 Standard
- 4 Like custard
- 8 Jubilation
- 12 Candle count
- 13 Crib cry
- 14 Verdi opera
- 15 "Yellow" band
- 17 Zorro's marks
- 18 Teeny bit
- 19 Lincoln's coin
- 20 Long-limbed
- 22 Wild guess
- 24 "How sweet —!"
- 25 "Light My Fire" band
- 29 Rock's Brian
- 30 Berth places
- 31 Quick swim
- 32 "Jump" band
- 34 Greek cheese
- 35 Always
- 36 Gourmand
- 37 Task
- 40 Vivacity
- 41 Sci-fi prefix
- 42 "Jeremy" band
- 46 Privy to
- 47 Robust
- 48 Mine yield
- 49 Honey bunch?
- 50 Historic Scott
- 51 Evergreen type

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
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37	38	39					40					
41					42	43					44	45
46					47					48		
49					50					51		

### DOWN

- 1 Lobbying org.
- 2 Previously
- 3 Seminary study
- 4 Void
- 5 Fancy party
- 6 "Today" rival, briefly
- 7 "Rah!"
- 8 Garden pavilion
- 9 Property claim
- 10 Genesis garden
- 11 Relaxed
- 16 Feet, slangily
- 19 Cushions
- 20 Schreiber of "Ray Donovan"
- 21 Sicilian volcano
- 22 Transparent
- 23 Seabird
- 25 Scrabble piece
- 26 Schiller poem used by Beethoven
- 27 Ceremony
- 28 Mast
- 30 Macadamize
- 33 Marsh birds
- 34 Flunk
- 36 Goofed
- 37 First bed
- 38 Sharpen
- 39 Slender woodwind
- 40 Hay bundle
- 42 Third degree?
- 43 Corn serving
- 44 Exist
- 45 Kitten's cry

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DON'T FORGET MOTHER'S DAY. OR AS THEY CALL IT IN BEVERLY HILLS, DAD'S THIRD WIFE DAY

## Weekly SUDOKU

by Linda Thistle

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

**DIFFICULTY THIS WEEK: ♦**

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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DO NOT WORRY ABOUT THIS LIFE - MATTHEW 6:25

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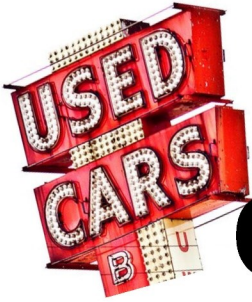
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### HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Shade is missing. 2. Title is different. 3. Lamp is moved. 4. Pillow is missing. 5. Switch is missing. 6. Palamas are different.



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AS THE HEAVENS ARE HIGHER THAN THE EARTH, SO ARE MY WAYS HIGHER THAN YOUR WAYS - ISAIAH 55:9

## MOTHER'S DAY

- "When your mother asks, 'Do you want a piece of advice?' it's a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway." —Erma Bombeck
- "My mother is my root, my foundation. She planted the seed that I base my life on, and that is the belief that the ability to achieve starts in your mind." —Michael Jordan
- "As mothers and daughters, we are connected with one another. My mother is the bones of my spine, keeping me straight and true. She is my blood, making sure it runs rich and strong. She is the beating of my heart. I cannot now imagine life without her." —Kristin Hannah
- Mother Nature, in her infinite wisdom, has instilled within each of us a powerful biological instinct to reproduce; this is her way of assuring that the human race, come what may, will never have any disposable income.  
~ Dave Barry



**MAY 29TH 2023**

**9:00 A.M.**

Mountain View Funeral Home and Cemetery  
7900 E. Main Street, Mesa, AZ 85207

# MEMORIAL

HONORING  
ALL THOSE

# DAY

WHO  
SERVED

# REMEMBRANCE CELEBRATION



## Medication Used for Perimenstrual Asthma Poses Health Risk

**DEAR DR. ROACH:** I'm a 55-year-old perimenopausal woman who developed asthma a few years ago. My symptoms always start right before my menstrual cycle. My doctor ruled out allergies as the cause. I used to get colds and sinus infections premenstrually in my younger years. Most medical practitioners don't see the correlation between hormones and respiratory symptoms. I sometimes take 10 mg of prednisone when I'm wheezing more than usual, and it seems to help. Is this dose putting me at risk for diabetes if taken regularly? -- B.S.

**ANSWER:** Perimenstrual asthma is a well-recognized condition that is nevertheless not well-known by most nonexperts. It is less likely to be caused by allergies and more likely to be aspirin-sensitive -- meaning that aspirin, or other anti-inflammatory drugs (like ibuprofen) commonly taken by women during menstruation, can trigger an asthma attack. Maybe a quarter of women with asthma have perimenstrual asthma. As you say, it is thought to be the hormone changes around menstruation that trigger the asthma. Oral contraceptives used continuously prevent large changes in progesterone and estradiol, and may be helpful in managing perimenstrual asthma. Although I didn't find a lot about it in literature, I suspect that when your periods stop, your asthma symptoms will get better. Increased medication at the time of menses is frequently needed. However, because prednisone, even at the fairly small dose of 10 mg, does increase risk of diabetes, osteoporosis, high blood pressure, glaucoma, cataracts and many other conditions, oral prednisone is not my first choice for medication in this situation. Inhaled steroids would be one choice, but they take a while to begin working. One recommended treatment is the oral medicine montelukast (Singulair), which has been proven effective in a small study and starts working right away.

**DR. ROACH WRITES:** A recent column regarding a "tip jar" in a living situation for a reader's brother who had suffered a stroke generated very powerful responses. (Respondents included nurses and administrators who worked in care facilities.) Many readers noted that they thought this was illegal in the states they lived in. While many readers responded that they were happy to give gifts to the caregivers, nearly every person wrote that the public nature of the "tip jar" was inappropriate. The institutions I have been affiliated with have very careful rules about accepting any kind of gift. In my opinion, the "tip jar" grossly violated ethical standards, and nearly all readers agreed with me. Several readers wished me to mention the state ombudsman program for long-term care. Every state is required to have such a program to address complaints and advocate for improvements. Residents in the U.S. can learn more about the long-term care ombudsman program at [ltcombudsman.org/about/about-ombudsman](http://ltcombudsman.org/about/about-ombudsman).

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).

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**BIBLIE**  
**TRIVIA**  
by Wilson Casey

1. Is the book of 2 Revelation (KJV) in the Old or New Testament or neither?
2. From John 20, which person's last recorded words in scripture were, "My Lord and my God"? Samson, Matthew, Thomas, David
3. Paul was shipwrecked on what island while on his way to Rome to face charges? Arvard, Cos, Melita, Samos
4. Which Psalm begins, "The Lord is my shepherd, I shall not want"? 1, 11, 23, 50
5. Who wrote the first five books of the Old Testament? Peter, Abraham, Luke, Moses
6. What's the longest book of the New Testament? Luke, John, Acts, Romans

### ANSWERS:

- 1) Neither
- 2) Thomas
- 3) Melita (Malta)
- 4) 23
- 5) Moses
- 6) Luke

### Comments?

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## CryptoQuip answer

Was somebody wondering  
whether or not I like my  
turkey to be succulent?  
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### King Crossword

*Answers*

**Solution time: 26 mins.**

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A	G	E		M	A	M	A		A	I	D	A	
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### Weekly SUDOKU

**Answer**

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

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**Caring for roses**

In drier climates, the gardener must regularly provide water for rose bushes. Though generally one should water only the soil around the bushes, sprinkling water directly onto the plants keeps the foliage and blooms clean, retards powdery mildew and repels some pests. Insects that like to feed on rose bushes include aphids, Japanese beetles, spider mites and sawflies. Most of these can be controlled with neem oil or insecticidal soap; if you plant alliums near your roses, they can help repel aphids. - Brenda Weaver  
Sources: [gardendesign.com](http://gardendesign.com), [garden.org](http://garden.org)

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**Strange BUT TRUE**

By  
**Lucie Winbourne**

\* Do you like to shop at IKEA? You might be interested to know that the "IKEA bias" makes you place a disproportionately high value on things you partially assemble yourself, regardless of the end result's quality.

\* An attempt to set the Guinness World Record for the world's most expensive cocktail sadly proved futile after a customer dropped and broke a bottle of cognac worth \$77,000.

\* Upon hearing of the 9/11 attacks, the Maasai tribe in Africa gifted 14 cows to America.

\* In 1987, a 93-gram radioactive device was stolen from an abandoned hospital in Brazil. After it was passed around, four people died, 112,000 people had to be examined, and several houses had to be destroyed.

\* Gal Gadot trained for nine months to gain 17 pounds of muscle for the movie "Wonder Woman."

\* Elevator operator Betty Oliver survived a 75-story fall from the Empire State Building in 1945 when a B-25 crashed into it due to fog. Three crewman and 11 people in the building died, but Betty, who died in 1999, still holds the Guinness World Record for longest survived elevator fall.

\* While John and Clarence Anglin, two of the only three men who ever escaped from Alcatraz, were officially reported to have drowned in the bay, their mother received flowers anonymously every Mother's Day until she died, and two very tall, unknown women were said to have attended her funeral.

\* A cat named Barsik, in Barnaul, Siberia, won a mayoral race with more than 90% of the vote. Notwithstanding that fact, and his clever campaign slogan -- "Only mice don't vote for Barsik!" -- he was, alas, not allowed to actually take office.

*Thought for the Day: "Try not to become a man of success, but rather become a*

*man of value."* -- Albert Einstein

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