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April 16, 2024  
Volume 12 • Issue #29

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Free Fun Take One TIDBITS of the Lake Area April 16, 2024

**FRIDAY SPECIAL APRIL 19<sup>th</sup>**  
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### LAUGH-A-BIT WITH TIDBITS

Q: Why are fish so smart?  
 A: Because they swim in schools!

Q: Why did the fisherman hang up on his boss?  
 A: Because he had something on the other line!

Q: What do you call a girl hanging off the side of a fishing boat?  
 A: Annette!



TIDBITS® SAYS

## TICKLE, TICKLE

by Janet Spencer

### What exactly is a tickle?

In scientific terms, nerve signals are sent from the skin to the primary somatosensory cortex, which is the part of the brain that controls the sense of touch. These signals are analyzed by the anterior cingulate cortex, which is the part of the brain that responds to pleasant feelings. The messages also generate activity in the hypothalamus, which is responsible for instinctive involuntary reactions to situations that might involve pain.

- The automatic response from the hypothalamus prepares us for an incoming attack, triggering an involuntary self-defense mechanism designed to protect the most vulnerable parts of our body by curling up. So one part of the brain is saying, "You're under attack!" while another part of the brain is saying, "This feels good!" This is why tickling can be both wonderfully fun, and also horribly torturous.

- When you try to tickle yourself, the messages go to the cerebellum, the part of the brain that governs our movements.

continued on page 3

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**VETERANS POST**  
 by Freddy Groves

**Compensation for Service-Related Conditions**

Service-connected injuries and conditions for which you can receive compensation can be either physical or mental. But there's no one-size-fits-all when it comes to how much compensation you can receive. Whether it's hearing loss or depression, or cancer or PTSD, each one has a different rating, which results in a different level of compensation.

The Department of Veterans Affairs disability rating you are assigned after being approved is based on the severity of your condition. Your compensation will be based partially on that and partially on whatever else might increase that compensation,

such as having a family or a disabled spouse, or if you've suffered severe disability or loss of limbs.

And from there it gets even more complicated.

It's possible for your rating to change over time if your condition worsens, but even when combining multiple ratings (conditions) it's nearly impossible to reach 100% disability.

Increasing your final rating by combining smaller ratings (for multiple conditions) is difficult because there are rules, charts and math to consider. There is combining the numbers, converting, rounding up or down to the nearest 10. For example, you can't take a 20% rating and a 60% rating and come up with an 80% rating. In this case, the actual combined rating equates to 68%, but it's rounded up to 70% ... because the chart says so.

Combining three or more disabilities is even more complicated. And nowhere on that chart is a rating of 100% disability.

A 100% disability rating, if given, can be temporary (until your condition clears up or gets better) or permanent if given for severe conditions such as blindness or loss of limb. But reaching that level without those severe conditions is difficult enough that whole legal websites across the internet are devoted to that one effort: getting a 100% disability rating.

To wade through the disability compensation ratings and benefits, go to [www.benefits.va.gov/compensation/rates-index.asp#howcalc](http://www.benefits.va.gov/compensation/rates-index.asp#howcalc).

The ratings calculator can be found at [www.va.gov/disability/about-disability-ratings](http://www.va.gov/disability/about-disability-ratings).

The VA is currently taking 158 days to make decisions about claims.

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Watertown's Nicest Rummage Sale

**WATERTOWN, SD**  
 COMMUNITY EVENTS AND HAPPENINGS

18 Exploring History: Tour of Japan, 3:30-4:30pm, Codington County Heritage Museum  
 18 Dinner & A Movie - The Great Outdoors, 6:30pm, Goss Opera House, tickets available at [www.thegossoperahouse.com](http://www.thegossoperahouse.com) or Maud's Mercantile  
 18-20 Watertown Arrow Choir presents "Grease the Musical-School Edition", 7-9pm, DD Miller Auditorium  
 19 LEGO Club, 1pm-5pm, Watertown Regional Library  
 20 Spring Into Summer Vendor Fair, 9am-3pm, The Watertown Event Center  
 20 2024 Watertown Spring Boutique Run, 10am-4pm, Raise the Bar, AMJ Style, Mainstream Boutique, Maud's Mercantile, & Timberbloom  
 20 Watertown 2024 Earth Day River Clean-up, Lion's Park, 10am-12pm  
 20 Casey Flesch Comedy Show at Harry's Restaurant, 7pm, \$20/ticket  
 20 Watertown Polar Plunge, 11am-4pm, Stokes Thomas Lake City Park  
 20 Watertown Figure Skate Club "Planes, Trains, and Hydro Blades" Ice Show, 6pm, Prairie Lakes Ice Arena  
 20-21 Sodak Hoops, Prairie Lakes Wellness Center  
 21 Watertown Figure Skate Club "Planes, Trains, and Hydro Blades" Ice Show, 2pm, Prairie Lakes Ice Arena  
 21 Sourdough 101, St. Martin's Lutheran Church, 2pm-4pm  
 22 Paint 'N Sip, 6pm-8pm, Element Event Space  
 23-25 The Complete Works of William Shakespeare (ABRIDGED)[Revised], 7pm, Town Players Community Theater  
 25 Relay For Life of Codington/Clark Counties, 4pm-8pm, Watertown Mall

April 2024

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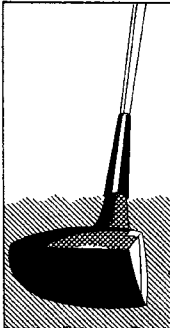
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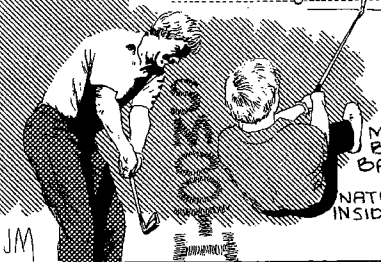
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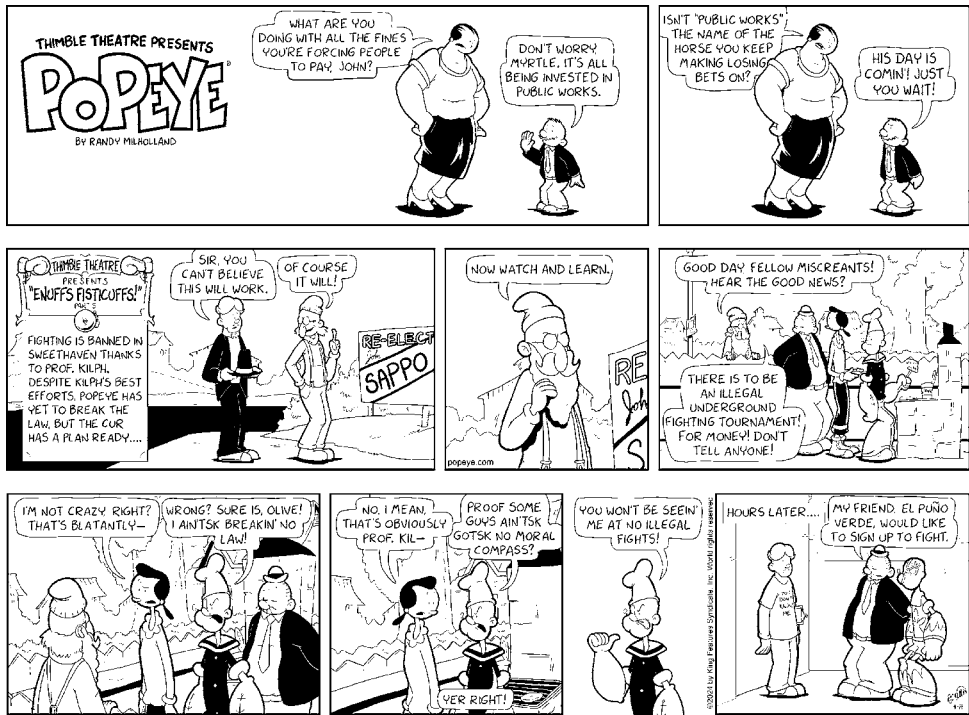
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Reader Contest: GONE FISHING!

Angel's Attic, SENOR MAX'S, Watertown Mall. FIND THE THREE (3) PERCH (pictured to the right) in advertisements in this issue and enter to win a \$25 Gift Certificate for Senor Max's in Watertown, SD, and a \$25 Gift Certificate for Angel's Attic Thrift Store in Watertown, SD. This is exactly what you are looking for, only smaller... like this one.

PLUS A \$25 GIFT CERTIFICATE FOR PIZZA HUT IN MILBANK, SD. ENTRY DEADLINE FOR April 16, 2024, Volume 12, Issue #29 IS FRIDAY, APRIL 26, 2024, 4PM. DEADLINE FOR April 9, 2024, Volume 12, Issue #28 is Friday, April 19, 2024 - 4 PM. SEARCHING FOR: (3) UMBRELLAS. WINNER for April 2, 2024, Volume 12 Issue #27: Jacky Kloos, Gary, SD. SEARCHING FOR: (3) SUNS. PRIZE: \$25 Gift Certificate for High Mountain Supper Club, Altamont, SD, and a \$25 Gift Certificate for The Pump 2.0 in Milbank, SD.

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BOOKS / READING MATERIALS ddr Books 7 South Maple Street, Watertown, SD. 605-878-0418 We Have Your Next Good Read!

continued from page 1

There is no kick of adrenalin from the hypothalamus. However, some people with schizophrenia can tickle themselves.

- When test subjects were placed in an MRI, being tickled activated the hypothalamus. Laughing at jokes and comedy did not.
• There are two different types of tickle, with scientific names for both. Knismesis comes from the Greek word for itching. This is the type of tickle an ant makes when it's walking up your leg, or a feather brushes your arm.
• Gargalesis, from the Greek word for tickle, is the giggle-type of tickle.
• The word tickle comes from the Latin "titillare" which also gives us "titillate."
• Tickling is usually a two-way street where the tickler and the ticklee both laugh. Researchers wanted to know: Will babies laugh even if the tickler is disguised with a full face mask? Answer: Yes.

CHARLIE WANTS TO REMIND YOU APRIL 26th IS NATIONAL GARAGE DAY!! Let us put a GARAGE PACKAGE together for you! Tri State Building Center 605-698-3421 1520 SD Hwy 10 • Sisseton, South Dakota

- Will tickled babies laugh even if they are born blind and deaf? Answer: Yes.
• Researchers performed a series of experiments involving robotic arms. Would people still laugh if they were being tickled by a human arm cleverly disguised as a robotic arm? Answer: Yes. Would they laugh if tickled by a real robotic arm? Answer: Yes. Would they laugh if they controlled the robotic arm's tickling motion using a joystick? Answer: No. Would they laugh if the joystick motion of the robotic arm was delayed by five seconds? Answer: Yes.
• Are other animals ticklish? Yes, all primates are ticklish, and they are ticklish in the same spots that humans are ticklish. Most primates even employ a grunting form of laughter.
• Meercats, penguins, and owls are ticklish.
• Rats, when tickled, laugh in a supersonic giggle that is beyond the range of human hearing. Not all rats enjoy being

continued on page 7

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Brought to you courtesy of Blessings Big & Small BIBLE WORD SEARCH by Elie's Spiritual Treasures Psalm 31:23-24 answers on page 7 Love the LORD, all his faithful people! The LORD preserves those who are true to him, but the proud he pays back in full. Be strong and take heart, all you who hope in the LORD. K H E L P O E P V L D O K S B Y S A U S L P A U Y T A F E T O E T T R L H V V E V J R O L T R F W P E U N M I E U D T A E G H A S L O U R Y O I F E L S Y O A S M H R B A C K R E O E P W D R O L P H I Find the bolded/underlined words in the diagram. They run in all directions — forward, backward, up, down and diagonally. WWW.SEARCHING-FOR-JESUS.COM © 2024 King Features Synd., Inc.

Blessings Big & Small Christian Store 10th ANNIVERSARY & RE-GRAND OPENING CELEBRATION! May 3rd & 4th • 20% off STOREWIDE GIFTS For customers spending \$40+ "Praise God & pay it forward with Blessings Big & Small!"

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- WEDNESDAYS - CHISLIC BASKET...\$9.99 4PM-8PM.** With your choice of 1 side.
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- FRIDAYS - All You Can Eat Rib Night...\$13.99** with Baked Potato, Coleslaw and Texas Toast

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**RECIPE OF THE WEEK**

**Corn Chowder with Tuna**

1/2 cup finely chopped onion  
1 (10 3/4-ounce) can cream of celery soup  
1 (12 fluid ounce) can evaporated fat-free milk  
1/2 cup water  
1 (6-ounce) can white tuna, packed in water, drained and flaked  
1 1/2 cups frozen whole-kernel corn, thawed  
3/4 cup diced cooked potatoes  
1 (2.5-ounce) jar sliced mushrooms, drained  
1 teaspoon seafood seasoning

1. In a large saucepan sprayed with butter-flavored cooking spray, saute onion for 5 minutes. Stir in celery soup, evaporated milk and water. Add tuna, corn, potatoes, mushrooms and seafood seasoning. Mix well to combine.  
2. Lower heat and simmer 6 to 8 minutes or until mixture is heated through, stirring occasionally. Makes 4 (1 1/2 cup) servings.

**RECIPE BROUGHT TO YOU COURTESY OF Graceville Market, Graceville, MN**

**Now here's a tip!**  
by Jo Ann Derson

- "My roses really look beautiful. When I am cutting stems to put in a bouquet, I use a clothespin to grip the stem. It saves me from getting pricked by thorns, because it has a bit of reach to it." — *L.E. in Georgia*
- For even distribution in sowing seeds for your garden, use a saltshaker for tiny seeds. You can get a cheese shaker for larger seeds, if necessary.
- To keep your brick walkway clear of grass and weeds, sprinkle salt in the cracks.
- "If you have to cut a nylon cord or shoelace, you can use a flame to melt the end into a nub that won't run or fray. Use a little heat and press it together on a hard surface very briefly. It works fast!" — *R.S. in Maine*
- "Cars are getting so big these days. I use a string mop to wash the top and back of my van. I can reach everything better, and it does a great job." — *S.C. in Nevada*
- To get shower doors squeaky clean, use a paste of baking soda and water to scrub stubborn water stains, then rinse the whole thing with straight white vinegar. Put the vinegar in a spray bottle and spray well, then rub off with a sponge. Rinse with plain water.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.  
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**HOCUS-FOCUS** BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Spoon is missing. 2. Box is missing. 3. Collar is missing. 4. Mouth is different. 5. Refrigerator handle is not as long. 6. Oven handle is missing.

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**Vocal Cord Becomes Paralyzed After a Cold**

**DEAR DR. ROACH:** My daughter, 45, has had a paralyzed left vocal cord for about a year now. We have been to an ear, nose and throat (ENT) doctor who ran at least a half dozen tests, including several scans. These didn't show a reason for the problem, and everything else appeared to be normal. She had a cold before this happened, and we were treating her for a lingering sore throat.

The doctor has told us that there is nothing to be done to unfreeze the vocal cord. I would love your opinion on this matter, as she has a lot of pain associated with it, and she coughs trying to get out what feels stuck in there. — *K.P.*

**ANSWER:** Paralysis of the vocal cord is often the result of damage to the nerve that leads to the vocal cord; there's one on each side. The left side is particularly vulnerable and may be damaged during surgery (especially thyroid surgery), but a big fear is that a mass (especially a cancerous one) can damage the nerve and cause paralysis of the vocal cord. This is why her doctor did a CT scan.

There are other less-common causes, such as nerve damage from other occurrences (stroke and multiple sclerosis); inflammatory diseases (lupus and others); and infections (such as Lyme disease). It sounds like the ENT doctor looked for other possibilities such as these. (But if not, then it should be done.)

When a cause can't be found, we call it "idiopathic unilateral vocal cord paralysis." This often seems to happen after a viral infection, and it sounds like your daughter might have had one. Many people with this condition get better by themselves during the first year, but now that it has been about a year for her, she isn't likely to get better without treatment.

I am not an expert in treatment, but ENT surgeons have several types of surgical interventions to improve hoarseness, cough and discomfort. It's time to go back to her ENT doctor or get referred to an expert in the surgical treatment of this condition.

•••

**DEAR DR. ROACH:** If exercise helps new arteries to grow, would it also help new veins to grow and alleviate varicose veins? — *M.D.*

**ANSWER:** It's a good thought, but unfortunately, exercise does not make the body grow new arteries, which are the large blood vessels that bring oxygen-rich blood to our organs and muscles. Exercise increases the size of the arteries and can help keep them from getting stiffer with age. Exercise in combination with a good diet can also help keep them from getting blocked.

In addition, exercise can help with varicose veins, but once again, it isn't because the body grows new veins. Varicose veins are dilated veins that occur due to damage in the tiny valves inside the veins. Without those valves, the venous blood can pool under the effects of gravity, causing the veins to swell.

Exercise helps because of the pump effect of the intermittent muscle contraction, which forces blood back into the large veins and ultimately back into the heart. Exercise, compression stockings and elevation are among the most important lifestyle changes for varicose veins.

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# COMICS

**Roberts County Sisseton Post 3342 VFW and Auxiliary**  
See Ad on Page 8

**THIS WEEK'S SPONSOR!!**

**Amber Waves** by Dave T. Phipps

I CAUGHT A CATERPILLAR. I BET YOU COULD IMPRESS LIBBY IF YOU SWALLOW IT.

HEY LIBBY, CHECK IT OUT. WANNA SEE ME EAT THIS HERE CATERPILLAR? I'LL DO IT.

**GULP!**

WELL, THAT SURE DIDN'T WORK. MAYBE IF YOU WERE TO BURP UP A BUTTERFLY?

**The Spats** by Jeff Pickering

WHAT NATIONALITY IS SANTA CLAUS?

NORTH POLISH.

**Out on a Limb** by Gary Kopervas

THE LAST GAZEBO

**CRIM and BEAR IT**

"Amtrak was full."

**Just Like Cats & Dogs** by Dave T. Phipps

THIS IS SO WEIRD HAVING YOU HERE. USUALLY RIGHT ABOUT NOW ME AND THE GUYS WOULD BE COMPLAINING ABOUT THE WIIII... WIFE.

**TIGER** by BUD BLAKE

SOME DAY I'LL BE THE WORLD CHAMPION

...I'LL MAKE A MILLION BUCKS A FIGHT

...I'LL BE ON TV AND IN MOVIES

...START MY OWN CHAIN OF FAST-FOOD JOINTS

READY, HUGO?

BUT FIRST, I GOTTA BEAT TIGER

**KOVELS**  
Antiques & Collecting  
By Terry and Kim Kovel

## Embroidered Textiles

Textiles are fragile and need special care. Dust, light, insects and moisture can damage them. Antique textiles in good condition are rare and often sell for high prices.

This needlepoint casket was made about 1660 in England and sold for \$17,920, nearly three times its low estimate, at Morphy Auctions. A closer look shows that the colorful people, plants and animals stitched onto the fabric are three-dimensional, making the stitching even more complex. This tricky technique, called stumpwork, required padding the stitches to make the designs stand out.

All forms of embroidery, including stumpwork, were popular in England throughout the 1600s. Richly embroidered textiles and the items made from them grew more popular as more people could afford them. Many surviving examples of embroidery, including some museum-quality pieces, were made by amateurs, probably girls or young women. Girls would learn embroidery at a young age and practice their stitches with samplers, another popular collectible. Elaborately embroidered boxes like these may have been projects for girls learning embroidery to show their mastery of the skill.

•••

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Cane, carved figure of fisherman with net, crustacean and fish,



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★ **TRACTOR, BUGGIES & HORSE STATUES & Other Larger Items Sell at 12:00pm** ★

**Buyer's NOTE -** This is an **Abbreviated** Listing! Complete, **DETAILED** Listing & 100+ Photos can be found @ [www.BerghandOwenAuctions.com](http://www.BerghandOwenAuctions.com)

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varnished wood, resin and green stone accents, D.P. Dahlquist, 20th century, 37 1/2 inches, \$190.

Stoneware jug, cobalt blue bird and flowers, stamped White's Utica, bulbous, tapered, two high curled handles, marked at top, 5 gallons, 17 inches, \$1,375.

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INDIAN TACOS

**THURSDAY, APRIL 18**  
HOT BEEF COMBOS

**FRIDAY, APRIL 19**  
BBQ CHICKEN DINNER. AFTER 5PM  
PRIME / CHICKEN

**SATURDAY, APRIL 20**  
AFTER 5PM PRIME / CHICKEN  
... CLOSED SUNDAY ...

**MONDAY, APRIL 22**  
PRIME RIB FRENCH DIP

**TUESDAY, APRIL 23**  
SALAD BAR

**WEDNESDAY, APRIL 24**  
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**King Crossword** answers on page 7

**ACROSS**

1 Siren  
5 Cagers' gp.  
8 Halt  
12 Eventful periods  
13 Cleric's tunic  
14 Jared of "House of Gucci"  
15 Persistence  
17 Privy to  
18 Tar  
19 Laid down the lawn  
21 Cattle call  
22 Crystal gazer  
23 Not "dis"  
26 Scale abbr.  
28 Impetus  
31 Crunchy cookie  
33 Chef Garten  
35 Faux pas  
36 Reddish dye  
38 PC screen type  
40 Salty expanse  
41 Leave an impression?  
43 Gear tooth  
45 Salsa ingredient  
47 Chopin pieces  
51 Say it's so  
52 Stresses  
54 Hindu royal  
55 911 responder  
56 Tizzy  
57 Sax range

**DOWN**

1 Nov. honorees  
2 Bailiwick  
3 --pedi  
4 Sacred song  
5 Capital of Kenya  
6 Crunchy sandwich  
7 Void  
8 Small burgers  
9 Curly strands  
10 Oklahoma tribe  
11 Frogs' hang-out  
16 Hip  
20 British ref. work  
23 Homer's cry  
24 "Right you --!"  
25 Multi-family dwelling  
27 NBC week-end show  
29 Compete  
30 Ecol. watchdog  
32 Toronto's province  
34 Emphasizes  
37 Play segment  
39 Pixels  
42 "Monopoly" buy  
44 Appearance  
45 Skater  
46 Ellipse  
48 Word of warning  
49 Author  
50 Bygone fliers  
53 Punk-rock subgenre

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**Tidbits Trivia Test Sponsor!**

**Trivia test** by Fifi Rodriguez

- MOVIES: Which dramatic film features the character "V"?
- GEOGRAPHY: Luzon belongs to which island nation?
- LANGUAGE: What is the Latin phrase for "before the war"?
- U.S. STATES: Which state has the most national parks?
- LITERATURE: Which 1950s novel includes the line, "Nothing behind me, everything ahead of me, as is ever so on the road."?
- CHEMISTRY: What kind of gas makes a drink bubbly?
- TELEVISION: Which sitcom features a mom named Debra Barone?
- MUSIC: What was the former name of the English band Muse?
- SCIENCE: What are the gaps between nerve cells called?
- THEATER: Who wrote the play "The Crucible"?

answers on page 7

**Even Exchange** by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Jab with a fork	___ _ _ _ C _	Nobel winner Curie	___ _ _ _ _ R _
2. Snap into	___ R ___ _ _	Dreary	___ L ___ _ _
3. Drying cloth	___ _ _ _ _ L	Pisa sight	___ _ _ _ _ R
4. Every 24 hours	___ A ___ _ _	Lacy mat	___ O ___ _ _
5. Gorge	___ _ _ _ Y _ _	Big gun	___ _ _ _ N _ _
6. Salt	S _ _ _ _ _	Speaker's platform	P _ _ _ _ _
7. Investigate	___ _ _ _ B _	Writing style	___ _ _ S _ _
8. More rapidly	___ _ S _ _ _	Hesitate, fumble	___ _ L _ _ _
9. Coarse	___ _ _ _ H _	Baton	___ _ _ _ E _
10. City of Light	___ _ _ I _ _	Hair divisions	___ _ _ T _ _

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**top ten**

**MOST NASCAR WINS**

- Richard Petty
- David Pearson
- Jeff Gordon
- Darrell Waltrip
- Bobby Allison
- Jimmie Johnson
- Cale Yarborough
- Dale Earnhardt
- Kyle Busch
- Kevin Harvick

Source: Motorsport.com

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**Strange BUT TRUE** by Lucie Winbourne

- It is impossible for a human to sneeze during sleep due to a bodily state called REM atonia.
- For 200 years tomatoes were considered poisonous in Europe. In reality, their acidity was dissolving poisonous metals like lead from plates.
- Scientists investigating the occasional appearance of thousands of dead fish on the banks of an African river eventually discovered that the cause was huge numbers of hippos pooping in the water.
- Actor Danny DeVito used to be a beautician.
- Ten thousand years ago, everyone's eyes were brown until someone living by the Black Sea developed a genetic mutation that turned brown eyes blue.
- In 2007, a gorilla escaped from his exhibit, grabbed and mauled a nearby woman, and then attacked a restaurant. Later it was later revealed that the woman had been making eye contact and smiling at the primate several times a week, something zookeepers had warned her not to do.
- Freelance diamond setter Raffi Stepanian found he could collect enough bits of carelessly dropped diamonds, rubies, platinum and gold on the sidewalks of New York City's Midtown Diamond District to earn a living.

- In April of 2018, scientists at the Gladstone Institutes in California completely erased Alzheimer's disease damage in human cells by altering the structure of a single protein.
- The most expensive photograph ever sold, "Rhein II," a basic picture of the lower Rhine river under an overcast sky that had been digitally altered to remove dog walkers and a factory building, was purchased in 2011 for a cool \$4.3 million.
- Research has shown that taller people are happier but shorter people live longer.

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**FEAR KNOT** By: rj Johnson  
DOUBT? ... OR DARE!

GPU  
CALGEN  
AFTLE  
♥APLE  
♥TOPLAR  
ILN  
LGFU  
♥EPCRA  
♥GTO  
FATOLA  
AGPNA  
♥ETAN

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

answers on page 7

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 When selecting a ground cover, consider these choices:  
 • Tall or low in height • Moist conditions or dry  
 • Sun or shade-loving • Showy flowers or less showy  
 • Clay or sandy soil • Seasonal or evergreen  
 Sources: urbanext.illinois.edu www.greenwoodnursery.com  
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**Weekly SUDOKU**  
 by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ♦**

♦ Moderate ♦♦ Challenging  
 ♦♦♦ HOO BOY!

© 2024 King Features Synd., Inc. answers on page 7

continued from page 3

tickled, with many adult female rats disliking it.

• When tickled, we instinctively curl up, turn away, squirm, twist, scream, and kick trying to get away, while also laughing and smiling. Scientists believe this is a safe and friendly way of teaching each other how to protect ourselves when attacked. When puppies play-fight, they are learning how to handle an opponent. If attacked by a predator, they know how to protect themselves. Similarly, when parents

play "Tickle Monster" with a toddler, the child practices rudimentary self-defense mechanisms.

• If a complete stranger starts tickling a child, catching them by surprise, the reaction to the tickle attack is not laughter but fear.

## ASBESTOS

• Asbestos was once known as the "miracle mineral." It's a type of silicate composed of hair-like fibers. It can be woven into cloth or mixed with other substances to strengthen them and imbue fireproof properties.

• Asbestos is not only flame-resistant but also resistant to chemicals. Flexible fibers make it easy to work with, and its insulating properties are unsurpassed. When twisted into a wick, the wax burns but leaves the wick untouched. This led to its name, as "asbestos" comes from the Greek word meaning "inextinguishable."

• The first use of asbestos dates back 4,500 years, when potters mixed it with clay to make their vessels stronger, thinner, and more durable. Asbestos-laden pottery can withstand fire, boiling water, and molten metal. But even in ancient Roman times, it was noted that slaves who worked with asbestos died young.

• The world's first commercial asbestos mine opened in Quebec, Canada, in 1870, followed by mines all over the world. As the industrial age ramped up, uses for the material skyrocketed. It was made into fireproof uniforms, used as insulation in vehicles, factories, homes, and ships, turned into shingles, floor tiles, and siding, used as cigarette filters, and woven into blankets.

• By the turn of the century, it was hard to ignore the fact that people who worked with asbestos died young. In 1906, a doctor in London was the first to do a post-mortem exam of an asbestos worker, noting that microscopic fibers in the man's lungs were identical to the fibers at the asbestos factory.

• The death of Nelly Kershaw in England in 1924 was pivotal. She worked in a textile mill spinning asbestos into yarn and died after seven years. Her husband demanded compensation for her death. This was the first case in history that resulted in an inquest.

• Although it was proven that asbestos dust contributed to Nelly's death, the factory never paid anything. Still, notes on her case swept through the medical establishment and got the attention of the British government. An investigation

found that 25% of asbestos workers were ill. The longer the contact, the worse the illness. The illness was dubbed "asbestosis." In 1931, the first laws that protected workers were passed.

• The issue with asbestos is that its fibers break down into dust particles that can be inhaled. Once in the lungs, they act like minuscule needles. They do not degrade, but remain in the lungs forever. They repel water and cannot be excreted. Instead, the lungs form a protective layer of scar tissue around each razor-sharp speck. As more dust is inhaled, more scar tissue forms, compromising the lungs. The constant irritation also causes a type of lung cancer called mesothelioma.

• Asbestos dust travels and clings. Children who hugged their fathers daily or wives who laundered their husband's clothing also suffered. Wind carried dust from factories and mines to fields, playgrounds, and streets.

• During World War II, asbestos use jumped. In 1942, the U.S. consumed 60% of the world supply, up from just 37% five years earlier.

• Then the tide shifted in favor of environmentalism. In 1970, OSHA, the EPA, and the Clean Air Act were formed. Laws were passed to control exposure to the fibers. By the 1980s, use of asbestos fell off.

• The last asbestos mine in the U.S. closed in 2003; Canada followed in 2011. Today, 66 countries have banned it, though it is still used widely in third-world countries. 53%

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of asbestos produced today is mined in Russia, and 70% of asbestos products are made in China.

**Thought for the Day:** "Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."  
 — Bernard M. Baruch

**FEAR & KNIGHT** answer  
 G L A N C E  
 F E T A L P U G  
 P A T R I O T  
 N E A T  
 T I G  
 P L E A N

**PUZZLE ANSWERS**  
 — TIME —  
 E V E N E X C H A N G E  
 answers  
 1. Pierce, Pierre 6. Sodium, Podium  
 2. Break, Bleak 7. Probe, Prose  
 3. Towel, Tower 8. Faster, Falter  
 4. Daily, Dolly 9. Rough, Rouge  
 5. Canyon, Cannon 10. Paris, Paris

**BIBLE WORD SEARCH**  
 Answers  
 K H E L P O E P V L  
 D O K S B Y S A U S  
 L P A U Y T A E T  
 O E T T R L K V V E  
 V J R O L T S P W P A  
 E U N N I E O D T A  
 E G H A S I O U R Y A  
 O I F E L S V D A S  
 E W B A C K R E O  
 E P W R O L D H I

Weekly SUDOKU Answer  

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

**King Crossword** Answers  
 Solution time: 24 mins.  

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

 Answers  
 1. "V for Vendetta" (2005).  
 2. The Philippines.  
 3. Antebellum.  
 4. California, with nine.  
 5. "On the Road" by Jack Kerouac.  
 6. Carbon dioxide.  
 7. "Everybody Loves Raymond."  
 8. Rocket Baby Dolls.  
 9. Synapses.  
 10. Arthur Miller.  
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# COMMUNITY-ORIENTED VETERANS ORGANIZATION



Roberts County, Sisseton Post 3342 VFW and Auxiliary

## MEMBERSHIP DRIVE



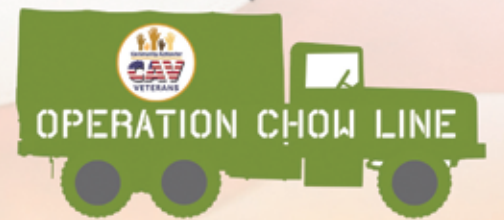
Join Us!

Monday, May 13, 2024

2:00 - 7:00 PM

at Rosalie's Restaurant

9 8th Avenue E • Sisseton, SD



FREE MEAL for Military-Connected People

MENU Pulled Pork Sandwich  
Potato Salad • Coleslaw  
Beans • Water/Drinks

Service Members, Veterans and their Families have the chance to receive up to \$250 in Grocery Gift Cards

Eliminating Food Insecurity among Veteran and Military Families living in rural South Dakota.

For Additional Info Contact  
Troy Foster, Post Commander (605) 237-8618  
Chris Hicks, VSO (605) 698-7376  
Tammy Chase Auxiliary President (605) 742-4179

### VFW Eligibility

For membership qualification in the Veterans of Foreign Wars, an individual must meet the following TWO requirements:

1: **Honorable Service.**

Must have served in the Armed Forces of the United States and either received a discharge of Honorable or General (Under Honorable Conditions) or be currently serving.

2: **Service in a war, campaign, or expedition on foreign soil or in hostile waters.**

- This can be proven by any of the following:
- An authorized campaign medal
- Receipt of Hostile Fire Pay or Imminent Danger Pay (verified by a military pay statement)
- Service in Korea for 30 consecutive or 60 non-consecutive days

### Vital Veterans Resources Will Be Available

- VFW/Auxiliary - Hosting  
Commander Troy Foster  
Auxiliary President Tami Chase
- Veterans Health Administration (Sioux Falls/Fargo) representee
- Veterans Benefits Administration (Sioux Falls/Fargo) representee
- Field Service Officer Guy Arnold
- Tribal Veteran Service Officer Geri Opsal
- Roberts County Veteran Service Officer Christopher Hicks
- Vet Center (Mental Health) representee
- Operation Chow Line Jill Baker
- ATS Associated Training Services  
Tami Saleska. We are approved through the VA for Voc. Rehab (VR&E) along with GI Bill for Veterans. We train in heavy equipment, crane operations and Class A CDL.



### Auxiliary Eligibility

- GRANDDAUGHTER
- GRANDMOTHER
- GRANDFATHER
- GRANDSON
- DAUGHTER
- HUSBAND
- BROTHER
- MOTHER
- FATHER
- SISTER
- WIFE
- SON



### IMPORTANT VA INFO ON EXPANDING HEALTHCARE

VA has announced that they are expanding healthcare eligibility to all veterans who served in the Vietnam War, the Gulf War, Iraq, Afghanistan, or any other combat zone after 9/11/2001. Originally, the PACT Act called for a phased in approach, but at the direction of President Biden, VA has instead opened this expanded eligibility to VA Healthcare effective March 5, 2024.

Please encourage any eligible veterans to enroll in VA healthcare; they can do so online at <https://www.va.gov/health-care/apply/application/introduction>, by phone at 877-222-8387, or by visiting a local VA medical facility.