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January 16, 2024
Volume 12 • Issue #16

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LAUGH-A-BIT-WITH-TIDBITS

Q: Where do New York City kids learn their multiplication tables?
A: Times Square!

Q: What did the boat say when he was not feeling well?
A: I need to go to the dock!

Q: Why are basketball courts always wet?
A: Because the players dribble!

TIDBITS® VISITS

CITY NAMES

by Kathy Wolfe

There is an abundance of cities across the U.S. with unusual names, and this week, Tidbits takes the time to visit a few.

• The city of Tucson was founded in 1775, although the spelling and pronunciations were quite different from our modern ones. A Franciscan priest spelled it Tuqison. The Pima Indians called it Ts-iuk-shan, which translates "village of the dark spring at the foot of the mountain," referring to nearby Sentinel Mountain. Hugo O'Connor, who is considered the founding father of the city, spelled it Toixon. O'Connor was a colonel in the Spanish Army, having fled to Spain from Ireland at age 16 to avoid religious persecution. He established El Presidio del Toixon in August of 1775. In the mid-1800s, the Mexicans pronounced the village Took-shon, but by the 1870s, the pronunciation had changed to Tu-sawn.

• The name of Akron, Ohio comes from the Greek word meaning "summit." The city grew from its location near the summit of the Ohio and Erie Canal, under construction in 1825. Akron is the county seat of Summit County. During the 1910s, Akron was known as the Rubber Capital of the World, and was home to four major tire companies, making it the nation's fastest-growing city. Today, Akron's population is around 190,000.

• We might call it the "Windy City," but the Algonquian people's name for the settlement was Shikaakwa, which became Chicago. Their word translated "the place of smelly wild onions" for the plants that grew near what is now the Chicago River. It's possible the city derived its name from the name of a chief named Shecaugo who drowned in the river, a name that means "playful waters." In the 1830s, the time when the city was first referred to as Chicago, the population was around 100. It's now the nation's third largest city, and the world's third largest metropolitan area.

• Louisiana's capital city, Baton Rouge, was founded in 1721 on the eastern bank of the Mississippi River. The city's name translates from the French language for "red pole." As French explorers navigated up the Mississippi River in 1699, they saw a 30-ft-tall (9.1-m) red pole embellished with fish bones.

continued on page 2

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continued from page 2

They later learned that the post marked the boundary line between two Native American nations, the Bayagoulas and the Oumas. The French established a military post there in 1721, naming it after the pole. Today, a red pole monument sits on the site, in the heart of the Southern University campus in Baton Rouge.

• The first Europeans to visit the Tallahassee, Florida, area arrived in 1528, explorers who claimed the land for Spain. A Spanish Franciscan mission was built there in 1656. The indigenous tribes of the area, the Apalachee, and later the Creek and Seminole tribes, gave the area its name from a Muskogean Indian word for “old fields” or “old town.” The community became Florida’s territorial capital in 1824, with three log cabins serving as the official capitol buildings. There was some argument as to how to spell the new capital’s name, a dispute settled by the governor’s wife, Octavia Walton, who determined the final spelling.

• Pensacola, Florida, started out as Panzacola, named for a Native American tribe who lived in the western part of the Florida Panhandle. The tribe’s name translated from their language meaning “hairy people.” A village was established there in 1657 as part of the Franciscan mission of San Juan De Aspalaga, with the first recorded use of the name Panzacola. The change to Pensacola probably occurred in the 1760s when the area came under British rule.

• The southwest Michigan city of Kalamazoo started out as Bronson in 1831. After founder Titus Bronson was run out of town for allegedly stealing a cherry tree in 1836, the village was renamed Kalamazoo. The name comes from the Native American Potawatomi word “Ki-ka-ma-sung,” which means “place of where the water boils.” This originates from a foot race that was held every autumn by the tribe, in which

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VETERANS
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by Freddy Groves

Psychedelics for
Our Military

The \$883.7 billion National Defense Authorization Act for 2024 makes for some interesting reading, not only for what it left out, but what it included. What you won’t find is the medical cannabis pilot program for veterans promoted by many, but you will find a treatment program using psychedelics for veterans and active duty with traumatic brain injuries and post-traumatic stress disorder.

Specifically, it calls for clinical trials with the Department of Defense to create a system wherein they can spend up to \$10 million on psychedelics research. It only gives them 180 days to get started. Covered conditions, besides TBI and PTSD, include depression and insomnia.

Some of the drugs to be used are psychedelic drugs psilocybin (magic mushrooms), MDMA (ecstasy) and 5-MeO-DMT (from toad glands).

There are some reported successes from using psychedelics. The Food and Drug Administration said in 2017 that they’d had positive results using LSD and the magic mushrooms. The amounts given are small and are called “microdoses.” A short report with a lengthy list of citations in the Marine Corps Gazette in 2019 describes the use of LSD, mushrooms and more to attempt to gain an edge in efficiency and productivity when it comes to attention to detail,

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runners had to sprint to the river and back before a pot of hot water came to a boil.

• Rhode Island is home to the town of Woonsocket. There are several explanations for the origin of this community’s moniker. Some say it takes its name from a nearby hill, which has its origin in the Native American Nipmuc tribe’s word “Niswasocket,” which translates “place of steep descent.” Others say it’s from another Native word “Woonksechocksett,” meaning “fox country,” while still others claim it’s from the word “Wannashowatuckqut,” translating “at the fork of the river.” The first European settlement was in 1666 when a colonist built a sawmill there. There are actually two Woonsockets in the United States. The second one is in South Dakota, incorporated in 1888. It was named by the superintendent of the railroads there, who named it after his own home town of Woonsocket, Rhode Island.

• A Chippewa word, “passadina,” meaning “there is a valley,” gave Pasadena, California, its name. Ten miles northeast of downtown Los Angeles, Pasadena was officially incorporated in 1886, and was in the heart of orange groves country. The city’s nickname was amended to Crown of the Valley. The Tournament of Roses was first held in Pasadena in 1890, and the first Rose Bowl football game followed in 1902. It’s a parade rule that every inch of a float be “covered

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mental processing and reasoning. The report points to the way LSD changes the brain’s method of problem solving. Maybe this explains why it might be useful in helping veterans who suffer from PTSD. By creating new ways to think about things?

Yet another study, documented in the Lancet Psychiatry journal, found that the magic mushrooms reduced PTSD symptoms. The trial combined three doses of the mushrooms with psychotherapy. After Phase 2 of the trial, 56% of participants no longer had PTSD when checked 12 months later, after having suffered for many years.

If you want to learn more, listen to a podcast on the topic that includes a veteran who participated in a psychedelics study nine years ago: news.va.gov/124415/exploring-psychedelics-treatment-of-veterans.

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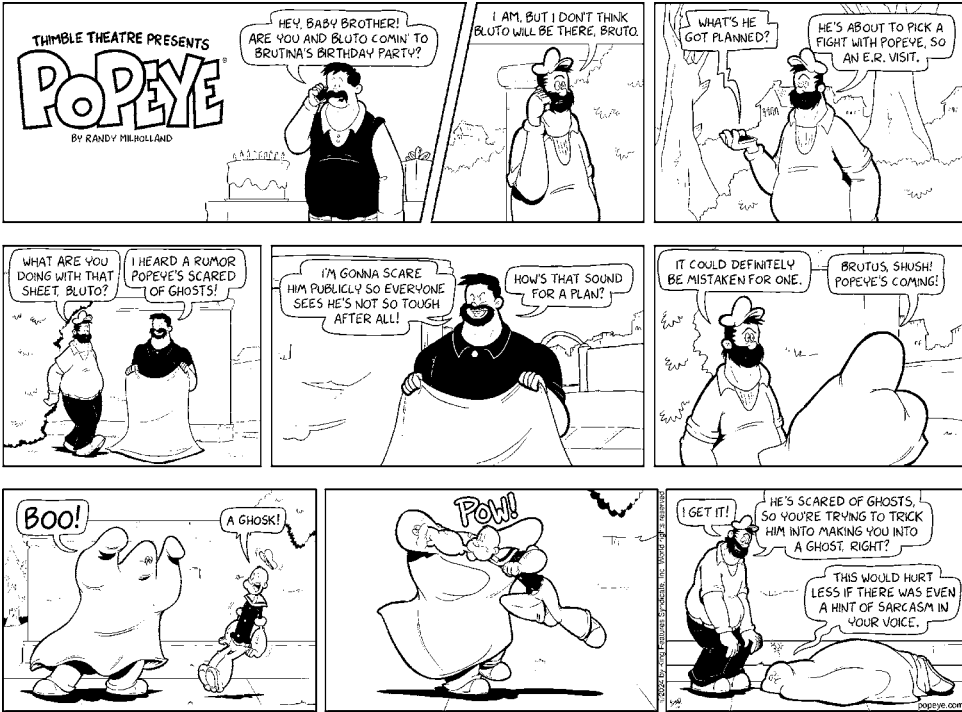
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with flowers or other natural materials, such as leaves, seeds, or bark.” The average float has about 100,000 flowers along with greenery. So where did Pasadena, Texas, get its name? It was named after Pasadena, California! The founder of the Texas community named it after the California town because he had read about the lush vegetation there and saw the Texas area as similar.

• Why would the folks of Tuxedo, New York, name their town after men’s formal wear? This community in New York’s Orange County, along the Ramapo River, actually takes its name from the language of the Native American Lenni-Lenape tribe. Their word “tucseto” translates “place of the bear.” The name was modified by colonists, and in 1863, the city of Tuxedo was founded.

• When traveling through Covington County, Mississippi, make a stop in that county’s community of Hot Coffee. In the late 1800s, Mr. L. N. Davis built a store near the mid-point of the road from Natchez, Mississippi to Mobile, Alabama. There was also an inn at the site that provided lodging for merchants and farmers on their supply trips. Mr. Davis hung a coffee pot sign over his door advertising “the best hot coffee around,” brewed from local spring water, beans from New Orleans, and molasses as a sweetener. The metro area of Hot Coffee boasts around 9,700 residents.

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ENTRY DEADLINE FOR January 16, 2024, Volume 12, Issue #16 IS FRIDAY, JAN 26, 2024, 4PM

DEADLINE FOR Jan 9, 2024, Volume 19, Issue #15 was Friday, January 12, 2024 - 4 PM

SEARCHING FOR: (3) SHOVELS

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SEARCHING FOR: (3) CLOCKS

PRIZE: \$25 Gift Certificate for MUTTLY'S in CLEAR LAKE, SD and \$25 Gift Certificate for PAGE'S PLACE CAFE & GRILL, in WATERTOWN, SD.

Locations for January 2, 2024 (v12 #14)
#1: Cash For Antiques, Watertown, SD, pg 1
#2: Rausch Granite, Big Stone City, SD, pg 5
#3: Wilmot Foods, Wilmot, SD, pg 6

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BEAUTIFUL BODY: EYES

This week, Tidbits opens your eyes to see the facts about the organs of vision.

There are more than 2 million working parts in the human eye. It weighs just under an ounce and is about an inch across.

Just over 16.5% of the eyeball is exposed. The eyes begin to develop just two weeks after conception.

- How do we see images? Light enters the eye through the cornea and goes to the lens. The cornea and lens bend the light to bring the image into focus. The light reaches the retina at the back of the eye, and the retina converts the light into electrical impulses. Behind the retina, the optic nerve carries the impulses to the brain, which interprets what is being seen and brings into a clear image. When an image reaches the retina, it's upside-down and backward. The brain reorients the image.
- Situated on the retina are 7 million cone cells, nerve cells that enable us to see at least a million colors when they send signals to the brain. Tubular-shaped rods on the outside area of the retina provide black and white vision. There are more than 100 million rod cells, which are up to 1,000 times more responsive to light than the cone cells. It's the rod cells that help you see in the dark.
- About 10% of your waking hours are spent blinking your eyes, keeping them lubricated and protected from dust and other particles. You'll blink between 15 and 20 times a minute, up to 19,000 times a day, more than 5 million times in a year.
- What does it mean to have 20/20 vision? It simply means that a person can read the eye chart from 20 feet away. 20/20 isn't by any means "perfect" vision. Many people have 20/15 vision, which means they see clearly from 20 feet what the average person can see at 15 feet.
- Eye color is the result of a variety of pigments in the iris, a two-layer tissue that allows light into the eye and controls the size of your pupil. There are three main pigments in the iris – melanin, pheomelanin, and eumelanin. Melanin is a yellow-brown pigment, pheomelanin is red-orange, and eumelanin, a black-brown hue. Those with brown eyes have melanin in both layers of the iris, while people with lighter eyes have it in just the back layer. Pheomelanin is the source of color for green and hazel eyes, most common in those of Irish and Scottish descent. The darkest pigment, eumelanin, is found in the eyes of Africans, Asians, and South Americans.
- Brown is the most common eye color, with more than half of the world's population having brown eyes. Green eyes are the rarest, just 2% of the world. In the U.S., brown eyes account for 45%, blue eyes for 27%, hazel for 18%, and green eyes at 9%. Another 1% have another color, such as amber or violet. A rare condition known as heterochromia occurs in people who have two different eye colors.
- Those with blue eyes are more sensitive to light because their eyes don't have as much melanin to block out UV rays.

- Approximately 1 in 10 men are color blind, having trouble distinguishing between red and green tones. Some can't tell blues and yellows apart. The more correct term is "color deficiency," since with true color blindness, the person sees only shades of black and white, a much rarer condition.
- The eyes' corneas are the body's only tissues that don't contain blood.

Holidays & Observances This Week	
1/14	International Kite Day
1/15	Martin Luther King Day
1/16	Fig Newton Day
1/17	Popeye Day
1/18	Winnie the Pooh Day
1/19	World Day of Migrants and Refugees
1/20	Penguin Awareness Day

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by Linda Thistle

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

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!

answers on page 7

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WEDNESDAY, JANUARY 24
TACO SALADS
THURSDAY, JANUARY 25
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King Crossword

answers on page 7


ACROSS

1 Essence
5 Sprint
9 Weed whacker
12 Part of a French play
13 Draft status
14 Jackson 5 hit song
15 Bribe of a sort
17 Kanga's kid
18 Hindu hero
19 Mature, as fruit
21 Laugh track sounds
24 Painter Joan
25 "East of Eden" son
26 College life
30 Kitten's cry
31 Nearby
32 USN bigwig
33 Wagered
35 Shade provider
36 Candied veggies
37 Plano's state
38 Recap
40 Wild hog
42 — pro nobis
43 Website assistance features
48 Motorist's org.
49 Biblical grain measure

DOWN

1 "How frustrating!"
2 Hosp. section
3 Map lines (Abbr.)
4 Capital of Iran
5 Unhappy destiny
6 Editor Wintour
7 Observe
8 October outing
9 Brother of Groucho
10 Bassoon's kin
11 Nobel Prize subj.
16 More (Sp.)
20 Fury
21 Soccer star
22 Region
23 Cowboy's greeting
24 Sail support
26 Priests' garments
27 Runner
28 Notion
29 Iowa city
31 Moth repellent
34 Vichy water
35 Nobel-winning Mother
37 Highland hat
38 Drench
39 Russian river
40 Ran in the wash
41 Nashville venue
44 Outback bird
45 Refusals
46 Show to a seat, slangily
47 Utter

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by Lucie Winborne

• From 1953 to 1959, the Cincinnati Reds baseball team went by a different moniker, the Cincinnati Redlegs, in response to America's fear of communism during the McCarthy era, when the term "Reds" could be problematic.

• The word "whisky" comes from the Gaelic phrase "uisge beatha," or "water of life."

• According to researchers at Japan's Nagoya University, electric eels can use their shock to transfer genetic material to nearby fish larvae, altering the larva's genes in the process.

• An AI program using merely 10 seconds of human speech has been able to identify whether someone has diabetes with 89% accuracy.

• Workers at an Akron, Ohio, auto wrecking company creatively stopped a potential car thief by using a forklift to raise him, while inside the vehicle, 20 feet into the air until (no doubt amused) police arrived on the scene.

• If you make a visit to Iceland, you might run across a tiny, intricately designed house known as an alfhof. But it wasn't built for a family of dolls. Rather, such structures are created for the "hidden folk" of Icelandic folklore, creatures often invisible to humans but who are believed to lead lives similar to ours.

• Smokers with better math skills are more inclined to quit smoking.

• When Reza Baluchi, a 44-year-old man from Florida, aspired to cross the Atlantic on a visit to London, he didn't take a plane or boat, but a floating contraption much like a giant hamster wheel! Unfortunately, his mode of transportation was deemed "manifestly unsafe" by the Coast Guard off the coast of Georgia's Tybee Island, and after a three-day standoff, Baluchi's mission was aborted.

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RECIPE OF THE WEEK



PECAN PEACH CRUMBLE

4 1/2 cups peeled and chopped fresh peaches
3/4 cup Splenda Granular
3/4 cup Bisquick Baking Mix
6 tablespoons purchased graham cracker crumbs
2 tablespoons Light Margarine
3 tablespoons chopped pecans

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
2. In a large bowl, combine peaches, 1/2 cup Splenda and 1/4 cup baking mix. Spread mixture evenly into prepared baking dish.

3. In a medium bowl, combine remaining 1/2 cup baking mix, graham cracker crumbs, remaining 1/4 cup Splenda and margarine. Using a pastry blender or 2 forks, mix until mixture is crumbly. Stir in pecans. Evenly sprinkle crumb mixture over top.
4. Bake for 35 to 45 minutes or until top is golden and filling is bubbly. Place baking dish on a wire rack and let set for at least 5 minutes. Divide into 6 servings.

TIP: A self-seal sandwich bag works great for crushing graham crackers.

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

HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.

Differences: 1. Lampshade is wider. 2. Curtain is shorter. 3. Leaf is missing from plant. 4. Sleeve is longer. 5. Foot is smaller. 6. Arm of chair is different.



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FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

ERV
WODELY
♥AVSER
♥OTHS
HORKSE
WYE
♥EVSA
♥RYTSO
♥KAS
TREMIL
♥SATEW
KWRO



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.

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Hot Flashes Persist Well Past Menopause and Thyroidectomy

DEAR DR. ROACH: I am 81 and had a thyroidectomy in 2017. My whole thyroid gland was removed. I also had a little bit of cancer.

to Your Good Health
Dr. Keith Roach

I have started to get hot flashes again. I had originally been on thyroid medicine before and after surgery. Then I was put on levothyroxine and decided to try NP Thyroid. I was doing better on NP Thyroid, then started getting the hot flashes again. At this point, for several reasons, I would rather stay on NP Thyroid for the time being.

I was wondering if there is anything I can take for hot flashes? Years ago, in my 50s, I took estrogen, which helped, but this is a different time. I have spoken with other people who are also having hot flashes again. -- Anon.

ANSWER: Hot flashes are common -- about 75% of women in North America will experience them around the time of menopause. It's not uncommon for hot flashes to go away, then return, but I personally haven't seen them recur after 30 or so years. I'd be concerned that there may be another cause for them, which brings me to your thyroid.

Elevated levels of thyroid hormone can cause sensations very similar to hot flashes. One reason that I, along with most endocrinologists, recommend against products like NP Thyroid is because most of those products come from pigs. There are two thyroid hormones: thyroxine (T4) and triiodothyronine (T3). Humans have a different ratio of T3 and T4 than pigs do, with T4 getting converted into the

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Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: What is a biblical name for Lake Tiberias, located in Israel?

2. INVENTIONS: In what century was the first commercially successful steam engine invented?

3. ART: Which 17th-century Flemish artist was known for painting full-figured, voluptuous women?

4. GOVERNMENT: What famous South Pacific island is under the control of France?

5. MEASUREMENTS: How long is the Chunnel, the underground tunnel between England and France?

6. MOVIES: What 1990s Coen brothers movie featured the tagline, "A lot can happen in the middle of nowhere"?

7. ASTRONOMY: Which planet in our solar system has a moon named Phobos?

8. SCIENCE: What is the name for the condition in which the air temperature reaches 100 percent relative humidity and condensation occurs?

9. SUPERHEROES: Which superhero is more commonly known as Linda Lee Danvers?

10. GENERAL KNOWLEDGE: What month is traditionally associated with the opal birthstone?

answers on page 7

active form, T3. T3 is then quickly broken down, so if it's used, it needs to be dosed twice daily.

As a result, if a person takes NP Thyroid, their thyroid levels are too high during one part of the day and too low during another. This isn't good for anyone; the "high times" not only cause hot flashes, but also predispose people to atrial fibrillation. But it's particularly a problem in a person with a history of thyroid cancer, where we want the thyroid-stimulating hormone (TSH, the hormone in the pituitary gland that regulates the activity of the thyroid gland) to be on the lower side.

If the thyroid blood levels get low in the afternoon/evening when the T3 in NP Thyroid is gone, that can theoretically increase the risk of cancer recurrence as the TSH rises in response. So, in my opinion, you should be on levothyroxine, not NP Thyroid. (I do have a handful of patients who take levothyroxine and also take T3 twice daily. Some people are unable to convert T4 to T3 efficiently.)

Estrogen is the most effective treatment for hot flashes, but it increases the risk of heart disease when used by women more than 10 years away from menopause. I don't normally prescribe it to a woman in her 80s. However, there is a new medication called fezolinetant (Veoza), which is

highly effective and reduced hot flashes by 93% in a trial. My only patient on it so far has reported 100% cessation of her hot flashes.

There are other rare causes of hot flashes, including tumors that secrete substances, such as carcinoid tumors, and tumors that secrete adrenalin-like hormones (pheochromocytomas).

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.

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TIGER

by BUD BLAKE

HECK, TIGER

IT'S STARTING TO RAIN

HOW 'BOUT WE SKATE IN YOUR GARAGE?

WE CAN'T

CAUSE OUR CAR IS IN IT

WE'LL TRY OURS

I PROMISE OUR CAR WON'T BE IN THE WAY

MY POP ALWAYS LEAVES OUR CAR OUTSIDE!

I DON'T BLAME HIM

Out on a Limb

by Gary Kopervas

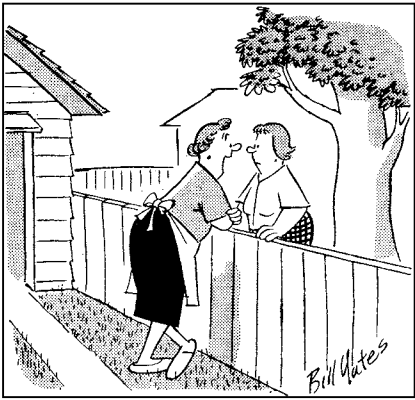
YOU'RE TOTALLY CRUSHING IT, SARA...

NO, YOU'RE CRUSHING IT, JOEL

YOU'RE CRUSHING IT, ARLO...

THANKS, BUT YOU'RE REALLY CRUSHING IT, JACK

ANOTHER WORK DAY IN NAPA VALLEY



"Why, no, I didn't tell a soul. I didn't know it was a _____."

SCRAMBLERS

answers on page 7

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

Rancor

CLAIME

Delight

RIPED

Cruise

ASCOT

Cease

PEALS

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TIDBITS

NUGGET OF KNOWLEDGE

Jacques LaRamee was a French-Canadian frontiersman, fur trapper and trader, and mountain man who explored and surveyed what is now the state of Wyoming while befriendng several Native tribes. He disappeared in the mountains around 1820 and was never seen again. Several sites in Wyoming are named for him, including the city of Laramie, the Laramie River, Fort Laramie, Laramie Peak, and Laramie County.

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. State-line

2. Moolah

3. Climber's quest

4. Tartan print

5. Consecrate

6. Fascination

7. Peace agreement

8. Selected

9. Center

10. Root for

___ R ___

M ___

___ M ___

___ D

___ E ___

___ O ___

___ Y

___ H ___

M ___

___ R

More courageous

Beehive product

Give in

Ordinary, like Jane

Ecstasy

Meander aimlessly

Halloween delights

Nearby

Hoedown violin

Blush location

___ L ___

H ___

___ B ___

___ N

___ I ___

___ A ___

___ S

___ L ___

F ___

___ K

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answers on page 7

top ten

Streaming Songs

in 2023

1. Flowers – Miley Cyrus

2. Kill Bill – SZA

3. As It Was – Harry Styles

4. Seven (feat. Latto) – Jungkook

5. Ella Baila Sola – Eslabon Armado, Peso Pluma

6. Cruel Summer – Taylor Swift

7. Creepin' (with The Weeknd & 21 Savage) – Metro Boomin

8. Calm Down (with Selena Gomez) – Rema

9. Shakira: Bzrp Music Sessions, Vol. 53 – Bizarrap, Shakira

10. Anti-Hero – Taylor Swift

Source: Spotify

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Now here's a tip!

by Jo Ann Derso

• If you lose a contact lens, you can try turning off the lights and using a flashlight held perpendicular to the floor. They sort of reflect the light, and as you move the beam of light across the floor, it will flash. This has helped me many times. I am a little clumsy when I put my contacts in. Thanks! -- R.E. in South Carolina

• Great diet control tip: When serving dinner, portion out the meal, then pack up the leftovers right away. You won't be as tempted to go back and have seconds, nor stuff a few more mouthfuls in when cleaning up later.

• I have a medicine that I take with every meal. Surprisingly, it's difficult to remember whether I took it already when I'm eating on the go or out with friends. I keep small containers in my purse labeled "lunch" and "dinner," each with one pill inside. Before I eat, I look in the container. If a pill is there, it means I forgot to take it. Then I refill the container when I get home and it's ready for next time.

• Last year, I had a large wall calendar at the office. It was a wet-erase calendar with the year on one side and a "planning space" on the back. When the year was over, I needed a new calendar, but the blank side was still usable. I took it home and cut it to fit inside my kitchen cabinets. I have a handy space to jot notes and such. -- R.W. in Colorado

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Thought for the Day:

"What you get by achieving your goals is not as important as what you become by achieving your goals."

— Zig Ziglar

THIS WEEK'S CELEBRITY BIRTHDAYS

Jason Bateman 1/14/69

Drew Brees 1/15/79

Kate Moss 1/16/74

Steve Harvey 1/17/57

Kevin Costner 1/18/55

Dolly Parton 1/19/46

Nikki Haley 1/20/72

TIDBITS

PetBits

By Sam Mazzotta

Kennel or Sitter?
Traveling Owner
Can't Decide

DEAR PAW'S CORNER:

I am traveling for business in a few days and will be gone for just over a week. Because I can't bring my dog Jasper with me, I'm trying to decide whether to board him at a nearby kennel or hire a dog-sitter instead. I'm worried about him contracting that respiratory illness that has been affecting dogs lately. What's your recommendation? -- Todd G., via email

DEAR TODD:

Both of those options are fine -- as long as you take a few minutes to investigate both the kennel and interview the dog-sitter.

Schedule a tour of the kennel facility so you can see the conditions Jasper will live in and talk to the staff. Has the kennel had any dogs develop kennel cough or other transmitted viruses recently? How often do they disinfect the kennels and play areas? How much exercise do the dogs get?

Likewise, interview the dog-sitter in person, or over Zoom. How often will they visit Jasper -- once or twice a day? How often will Jasper get walks and play time? Will Jasper be the only dog being walked, or will he be part of a group of dogs? Is the dog-sitter insured, in case of accidents?

Once you've decided which caregiver to place Jasper with, be sure they have your contact information in case of emergencies, and details about Jasper's diet, type of food and medications. Place an article of clothing that has your scent on it in Jasper's bag so that he is more comfortable whether staying at home or sleeping at the kennel.

After you return, keep an eye on Jasper to make sure he's healthy. If he is coughing or sneezing frequently, has a lot of nasal or eye discharge, and seems lethargic or uninterested in food, take him to the vet for an evaluation.

Send your tips, comments or questions to ask@pawscorner.com.

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Just Like Cats & Dogs

by Dave T. Phipps

THIS NEW IPAD IS GREAT. IT TAKES CARE OF LIGHTS, TEMP, LOCKS... I WISH I COULD DO SOMETHING TO HELP YOU WITH LAUNDRY.

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BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalm 23:1-3

answers on page 7

The **LORD** is my **shepherd**. I lack **nothing**. He **makes** me **lie down** in **green pastures**, he **leads** me **beside quiet waters**, he **refreshes** my **soul**. He **guides** me along the **right paths** for his **name's sake**.

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N E E R G I S Z S E

S D R E H P E H S T

Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

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Z X V S A Q E I E O W M K F A

I G E E G C H L A Y S N A E M

W U S C E C S B W Q N R P N R

L J H S I E F U D O C E C A O

Y X O S V V C P S R N U S Q F

P O U N M K D I I J H K F E N

M M C B Z Y B A D X V U T R I

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: BULLWINKLE'S SPECIES

Advice

Aircraft

Baggage

Bison

Cod

Dice

Headquarters

Information

Kennels

Knowledge

Means

Music

News

Public

Sheep

answers on page 7

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— Brenda Weaver
Source: pss.uvm.edu

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TIDBITS WORD POWER

Unscramble this word:

IENPMSNLOAI

The city whose name translates from the Sioux word for “waterfall”

answers on page 7




BIRTHDAYS

Is this your birthday month? Tidbits hopes you enjoy these facts about this special celebration.

- The ancient Romans and Egyptians were the first to celebrate birthdays. Egyptian pharaohs or other powerful wealthy people were the only ones honored. The earliest written mention of a birthday celebration is in the Bible, when the Pharaoh served by Joseph was honored on his birthday. The Romans were the first to celebrate the birthday of the commoners, calling the celebration “Name Day.”
- The Greeks were responsible for adding candles to cakes. These ancients baked round-shaped honey cakes, which they offered in tribute to Artemis, the goddess of the moon. Candles were added to make the cake shine like the moon, as well as to ward off dark forces. The Greeks counted on the smoke from the blown-out candles to carry their prayers and wishes to the gods at the top of Mount Olympus.
- The three most common birth months are July, August and September. The month with the least amount of birthdays is February. December 25, Christmas Day, is the least common birth date.
- A person’s “golden” birthday occurs on the year that a person turns the age of his/her birth date. For example, a person born on the 25th of the month would celebrate the golden birthday when he/she turns 25.
- In the U.S. the “Sweet Sixteen” birthday is an important milestone, indicating the shift into young adulthood. In the Latin American cultures, a girl’s 15th birthday, called Quinceanera, is a momentous occasion, marking the passage from girlhood to young womanhood.
- Have you heard of the Birthday Paradox? It’s the unusual phenomenon that in a group of 23 people, there is a 50% chance that two people will share the same birthday.
- Kentucky sisters Patty and Mildred Hill were kindergarten

and Sunday school teachers who enjoyed teaching music, as well as composing and performing. In 1893, the pair created a classroom greeting song for teachers to sing to students entitled “Good Morning to All.” In 1912, the melody appeared in print with the lyrics “Happy Birthday to You.” Although the sisters didn’t write the different lyrics, they are credited as the composers of the birthday song.

- Birthstones associated with each month can trace their origin to biblical times. In the Bible’s Book of Exodus, Aaron, the first high priest of the Israelites, created a breastplate with 12 gemstones, to be worn by future high priests. Each stone represented one of the 12 tribes of Israel, and was said to have great power and the ability to foretell the future. The gems included carnelian, chrysolite, beryl, jacinth, agate, amethyst, jasper, topaz, ruby, turquoise, sapphire, and diamond. Jewish historians cited a connection between the stones, the 12 months of the year, and the 12 zodiac signs. In the 8th and 9th centuries, Christians assigned the 12 stones to symbolize the 12 apostles and began wearing one stone each month. The tradition of assigning a particular stone for a month of birth appeared in the 16th century.
- A popular birthday meal in China consists of long noodles called longevity noodles, served to symbolize long life. The Chinese don’t gift watches or clocks on birthdays, as they are considered bad luck. Seaweed soup is served for birthdays in Korea, symbolic of honor and gratitude toward one’s parents.
- In 2005, the city of Las Vegas called upon 1,000 volunteers to create the biggest birthday cake in the world to commemorate the city’s 100th anniversary. The vanilla sponge cake weighed 130,000 pounds (58,968 kg), was 34 yards (31 m) long and 17 yards (15.5 m) wide, about 20 inches (50 cm) high. Its value was estimated at \$250,000 and it contained 23 million calories.



Moments in time

THE HISTORY CHANNEL

- On Jan. 15, 1759, French philosopher Voltaire’s satire “Candide” was published anonymously in five editions and five countries. It was immediately and widely banned for its religious blasphemy, political sedition and (for the time) obscenity, but went on to become a bestseller and remains one of the most frequently taught works of French literature.
- On Jan. 16, 1962, filming began on the first James Bond film, “Dr. No,” starring Sean Connery as the suave titular spy, in Kingston, Jamaica. While critical reception was mixed, the movie was financially successful and came to be considered one of the series’ best installments.
- On Jan. 17, 2000, all 50 states of America celebrated Martin Luther King Jr. Day. The federal holiday was signed into law in 1983 and took effect three years later, with New Hampshire becoming the last state to name a holiday after the slain civil rights leader in 1999.
- On Jan. 18, 1986, the song “That’s What Friends Are For” by Dionne & Friends, featuring Elton John, Gladys Knight and Stevie Wonder, hit No. 1 on the Billboard Hot 100. Released to help support victims of AIDS and increase awareness about the disease, it helped earn \$3 million for the cause.
- On Jan. 19, 1977, President Gerald Ford pardoned Tokyo Rose, a Japanese-American woman whose real name was Iva

Toguri, shortly before leaving office. Acting on orders from the Japanese government, Toguri (along with other women) broadcast phony announcements regarding U.S. troop losses in an attempt to undermine the morale of Allied soldiers.

- On Jan. 20, 1863, the four-day Mud March, initiated by Civil War Major General Ambrose Burnside, began. Burnside’s aim was to attack Robert E. Lee’s army, but winter rains had made the roads nearly impassable and the mission failed.
- On Jan. 21, 1997, Newt Gingrich became the first speaker in the history of the U.S. House of Representatives to be given a formal reprimand for ethics violations after the House voted 395--28 in favor of the measure.

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SCRAMBLERS

solution

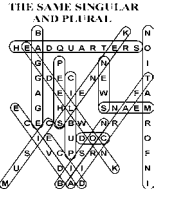
1. Malice 2. Pride;
3. Coast; 4. Lapse

Today's Word
SECRET

WORD POWER

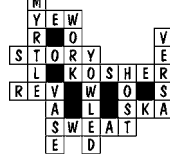
ANSWER
MINNEAPOLIS

THE SAME SINGULAR AND PLURAL




PUZZLE ANSWERS

FEAR & KING
answer



BIBLE WORD SEARCH

Answers



Even Exchange

answers

1. Border, Bolder 6. Wonder, Wander
2. Money, Honey 7. Treaty, Treats
3. Summit, Submit 8. Chose, Close
4. Plaid, Plain 9. Middle, Fiddle
5. Bless, Bliss 10. Cheer, Cheek

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 23 mins.

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

Answers

1. Sea of Galilee
2. 18th
3. Paul Rubens
4. Tahiti
5. 31 miles
6. “Fargo”
7. Mars
8. Dew point
9. Supergirl
10. October

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Antiques & Collecting

By Terry and Kim Kovel

Popular fiction inspires fashions in real life. The period shows and royal romances on television today have renewed interest in antiques among their fans.



Wearing a miniature painting of a loved one's eye was fashionable in the 18th and 19th centuries.

These miniatures are sometimes known as “lover’s eyes,” a romantic name coined by a 20th-century antiques dealer. They

Eye

Miniatures

are said to have originated in the 1870s, when Prince George of Wales (who would later serve as Prince Regent for his father, King George III, giving the Regency period its name) fell in love with Maria Anne Fitzherbert. They could not marry because he was Protestant and she was Catholic. To keep their relationship secret, they exchanged miniature paintings of their eyes set in jeweled frames.

This meant they could still look into each other’s eyes when they were apart, and it was unlikely that anyone else could tell whose eyes they were. The prince wore his under his lapel. Eye miniatures became fashionable gifts between lovers. They were also worn as mourning jewelry in remembrance of loved ones.

Q: When were Tinkertoy construction sets first made?
A: Tinkertoys were invented by Charles Pajeau, a stonemason and cemetery monument maker. He developed a construction set

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of wooden rods and discs. It was first displayed at the American Toy Fair in 1913. Pajeau and Robert Petit, a grain trader at the Chicago Board of Trade, established The Toy Tinkers company in Evanston, Illinois, in 1914. Sets with an electric motor were first sold in 1919. The name of the company was changed to Toy Tinkers, Inc. in 1924. Later it became Tinkertoy, Inc. The company was sold several times beginning in 1952. It became part of Hasbro, Inc. in 1986. Sets with plastic pieces were made beginning in 1992. Wooden sets were reintroduced in 2000. Tinkertoys have also been made by Basic Fun! since 2018.

DIVAS

ON A DIME

By Patti Diamond

Popcorn Palooza: Elevate

Your Snacking Game

With 10 DIY Gourmet

Flavors

Popcorn Palooza: Elevate Your Snacking Game With 10 DIY Gourmet Flavors

This Friday, Jan. 19, marks National Popcorn Day, a celebration of America’s favorite frugal and fabulous snack! Popcorn isn’t just a guilt-free treat; it’s a canvas for culinary creativity. Forget the store-bought microwave versions. I’ve got the scoop on making your popcorn gourmet.

Popcorn is so easy to make. A healthier alternative to packaged processed microwave popcorn is to use an air popper or make popcorn on the stove, with a clever twist from my mom’s playbook.

MOM’S PERFECT POPCORN

Rule of thumb: Each third of a cup of kernels yields approximately 8 cups of popped corn.
Yield: 16 cups
Time: 10 minutes

4 tablespoons oil – vegetable oil, olive oil, peanut oil, ghee or coconut oil

2/3 cup popcorn kernels

In a medium saucepan, on medium heat, warm 4 tablespoons of oil. My current favorite oil to use is coconut oil for the subtle sweetness it brings. Add four popcorn kernels. When they pop, the oil is hot. Add 2/3 cup kernels to the pan and cover. Here’s where my mom got clever; remove the pan from the heat for 1 minute to let all the kernels warm up evenly. Then place the pan back on the heat

and let the popcorn cook until it’s all popped. Hardly any old maids!

To kick off the festivities, here are 10 DIY gourmet flavored popcorns that turn this humble snack into a symphony of flavors. Let the popping begin! All these recipes use 16 cups of freshly popped popcorn.

Ranch: Melt half a stick of butter with 1 tablespoon nutritional yeast, 2 teaspoons dried dill weed, 2 teaspoons dried parsley, 2 teaspoons onion powder, 2 teaspoons garlic powder, 1 teaspoon lemon pepper and 1/8 teaspoon salt.

Mediterranean: Toss popcorn with 3 tablespoons olive oil, 1/2 cup grated Parmesan, 1 tablespoon Italian seasoning, 1 teaspoon garlic powder and 2 teaspoons kosher salt.

Green Goddess: Melt 6 tablespoons of butter with 1 teaspoon minced dried onion, 1 teaspoon granulated garlic and 1 tablespoon mixed dried green herbs such as parsley, chives, basil, green onion and tarragon, and 2 teaspoons kosher salt.



www.JasonCoblentz.com

At pennies per serving, popcorn is a frugal and fabulous snack!

Honey Mustard Pretzel: Blend 4 tablespoons melted butter with 2 tablespoons brown deli or Dijon mustard, 1 tablespoon honey and 1/2 teaspoon kosher salt. Drizzle over popcorn and toss with 4 cups mini pretzels.

Chesapeake Bay: Melt 4 tablespoons butter with 2 teaspoons Old

Bay Seasoning. Drizzle over popcorn and mix with 4 cups oyster crackers.

Sriracha with Lime: Blend 4 tablespoons melted butter with 1/4 cup Sriracha, 1 tablespoon lime juice, 1 1/2 teaspoons grated lime zest and 1/2 teaspoon kosher salt. Drizzle over popcorn and toss.

Buffalo Blue: Melt 6 tablespoons butter with 1/3 cup Buffalo hot sauce. Toss with popcorn, sprinkle with 1/2 cup crumbled blue cheese and 1/2 teaspoon celery salt.

Tropical: Melt 4 tablespoons butter with 3 tablespoons powdered sugar. Toss with hot popcorn and add a (10 ounce) package of dried tropical fruit mix. Season with salt.

Cinnamon Toast: Melt 6 tablespoons butter, drizzle over popcorn. Mix together 1/3 cup sugar, 2 teaspoons cinnamon and 1 teaspoon kosher salt. Toss with popcorn and add 4 cups of your favorite cinnamon cereal.

S’mores Popcorn: Toss popcorn with 4 tablespoons melted butter. Place popcorn on a large parchment-covered baking sheet. Sprinkle 2 cups mini marshmallows, 2 cups crumbled graham crackers and 2 cups chocolate chips over popcorn, and bake at 300 F for 5 minutes. Toss to coat.

At mere pennies per serving, if there ever was a frugal and fabulous snack, this would be it! Whether it’s movie night, game night, after-school snack or you just want some crunch with your lunch, celebrate Popcorn Day with a POP!

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](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at divapatti@divasonadime.com

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