

Published by MMR Enterprises Ltd., 2794 County Road 174, Craig, CO 81625, 970-629-1443

**TIDBITS HAS THE LAST LAUGH
 TOLD YA SO**

by Janet Spencer

Come along with *Tidbits* as we consider people whose predictions came true against all odds!

IT'S NOT A GERM

In the early 1900s, Dr. Joseph Goldberger worked for the Public Health Service. He was asked to find out what caused a disease called pellagra. At the time, it was thought the illness was contagious, spread through contaminated water. Goldberger noticed that prisoners came down with pellagra but not guards, sailors but not captains, orphans but not nuns. He suspected it was the diet.

He proved his theory by experimenting with the diets of prisoners and orphans. Those who received daily portions of meat, milk, and egg yolk never got sick, while those fed mostly carbs did. He could deliberately cause pellagra by withholding these items, and just as easily cure it. Long before vitamins were discovered, he was ridiculed for his theory.

Goldberger went one step further. He deliberately tried to infect himself, his wife, and a selection of test subjects with pellagra by swabbing bodily fluids and secretions from sick people and transferring them to the healthy. Yet he was never able to find a germ that could pass the illness from one person to another. Eight years after Goldberger died, the B vitamin called niacin was isolated and named.

(cont. on page 2)

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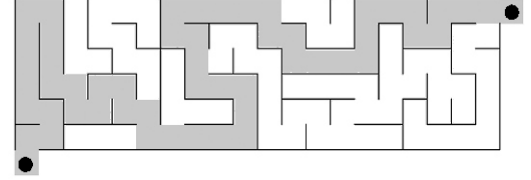
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March 23rd, 2025

Kids' Maze Solution



TOLD YA SO

(cont. from Front Cover)

Dr. Max Joseph Von Pettenkofer was a Bavarian chemist who was certain cholera was caused by being poor, dirty, and breathing bad air. He mocked doctors Robert Koch and John Snow, who insisted cholera was caused by bacteria spread through contaminated water. To prove his point, in 1892 he drank water teeming with cholera germs, certain he would not get sick. He came down with cholera, but recovered. John Snow later stopped a cholera epidemic by removing the pump handle to a contaminated well in London, proving cholera is spread through contaminated water.

Many people thought Secretary of State William Seward was stupid buy Alaska for \$7.2 million in 1897, paying 2 cents an acre. This is equal to \$129 million or 36 cents per acre today. The entire region was thought to be a wasteland. Even President Andrew Johnson, who supported the purchase, referred to it as his "polar bear garden." Opinions started changing with the Klondike gold rush in 1896, followed by the discovery of other rich resources, including oil.

Stanislav Petrov was on duty at the Soviet Air Defense Forces in 1983 when a nuclear early-warning system reported that 5 nukes had been launched at Russia from the U.S. He was duty bound to rush the news to the higher ups so they could retaliate by returning the nuclear exchange. However, he hesitated. The system was brand new and subject to errors. He had been told that any nuclear war would start with a blitz, not just five. The bombs did not show up on his radar. He ignored the threat, heading off what could have become an all out nuclear war. Although he was reprimanded for failing to follow protocol, an investigation later proved that he had been correct in his assumption that the erroneous report was due to a malfunction.

In 1960, Frances Kelsey was a pharmacologist serving as a medical reviewer at the U.S. Food and Drug Administration (FDA). when an application for a new drug called thalidomide crossed her desk, she refused to approve it, saying there had not been enough clinical trials to prove that the new drug was safe. The drug was being used widely in 20 other nations, routinely prescribed to pregnant women to control morning sickness and to help them sleep. The manufacturer insisted it was as safe as aspirin. Despite enormous pressure from the drug manufacturer and its representatives, Kelsey refused to rubber stamp the drug. Her staunch refusal prevented the drug from being distributed throughout the U.S. Meanwhile, in other nations where the drug was commonly prescribed, doctors reported a wave of deformed babies born with missing limbs due to the damaging side effects of thalidomide.

Admiral Isoroku Yamamoto was the Imperial Japanese Navy Marshal Admiral and the Combined Fleet commander-in-chief during World War II. He was in charge of naval operations in the Pacific theater when his superiors informed him he would be heading up an attack on Pearl Harbor, Hawaii. He advised the Japanese high command against the move, saying they would "wake a sleeping giant." He estimated that if the attack was successful, it would buy Japan only 18 months of superiority. His advice was ignored. Following Pearl Harbor, the Battle of Midway, generally regarded as the turning point of the war in the Pacific theater, was about 18 months after Pearl Harbor. Yamamoto lost face after this defeat. American forces shot down his plane on April 14, 1943, and he never lived to see his prediction of Japan's defeat come true.

Nikola Tesla, noted inventor, was quoted in "Colliers Magazine" back in 1926 with this prediction for the future: "We shall be able to communicate with one another instantly, irrespective of distance."

Not only this, but through television and telephony we shall see and hear one another as perfectly as though we were face to face, despite intervening distances of thousand of miles; and the instruments through which we shall be able to do this will be amazingly simple compared with our present telephone. A man will be able to carry one in his vest pocket. We shall be able to witness and hear events - the inauguration of a President, the playing of a world series game, the havoc of an earthquake or the terror of a battle - just as though we were present."

Roger Ebert, noted movie reviewer, made this prediction for the future back in 1987. "We will have high definition, wide screen television sets and a push button dialing system to order the movie you want at the time you want it. You'll not go to a video store but instead order a movie on demand and then pay for it. Videocassette tapes as we know them now will be obsolete both for showing prerecorded movies and for recording movies. People will record films on 8mm and will play them back using laser-disk/CD technology. I also am very, very, excited by the fact that before long, alternative films will penetrate the entire country. Today seventy-five percent of the gross from a typical art film in America comes from as few as six --six-- different theaters in six different cities. Ninety percent of the American motion picture marketplace never shows art films. With this revolution in delivery and distribution, anyone, in any size town or hamlet, will see the movies he or she wants to see.





Sports Stories

SPORTS BY THE NUMBERS

- *Number of tennis matches in the Wimbledon Championship: 650
- *Number of tennis balls used throughout the Wimbledon Championship: 42,000
- *Weight of a tennis ball, in ounces: 2
- *Number of miles a tennis player will run during an average pro match: 3
- *Total minutes of action in a typical 2.5 hour baseball game: 18
- *Number of stitches on a regulation major league baseball: 108
- *Number of baseballs major league teams use per season: 850,000
- *Dollars Babe Ruth paid the fan who had his 700th home run ball, so he could keep it for himself: \$20
- *Number of home runs Babe Ruth hit: 715
- *Number of home runs Hank Aaron hit: 755
- *Number of home runs Barry Bonds hit: 762
- *Number of consecutive baseball games Cal Ripken played for the Baltimore Orioles: 2,632
- *Average speed of a Nolan Ryan pitch, in MPH: 100
- *Number of strike-outs by Nolan Ryan over his 27-year career: 5,714
- *Number of batters Nolan Ryan struck out in his best season, 1973: 383
- *Number of no-hitters Nolan Ryan threw: 7
- *Age of Tiger Woods when he made his first hole-in-one: 8
- *Age of Tiger Woods when he won the Masters in 1997: 21
- *Number of strokes Tiger Woods won by in 1997, setting an unbroken record: 12
- *Average number of miles run by professional soccer players during a single game: 7
- *Percent of an Olympic gold medal that's gold: 1
- *Percent of an Olympic gold medal that is silver: 93
- *Percent of an Olympic gold medal that is copper: 6
- *The last year that Olympic gold medals were solid gold: 1912
- *Number of Olympic medals won by swimmer Michael Phelps: 28
- *Number of Phelps' medals that were gold: 23
- *Number of Olympic gold medals won by Mexico since 1900: 13
- *Number of individual panels on every soccer ball: 32
- *Number of FIFA World Cup soccer tournaments since they began in 1930: 22
- *Number of FIFA World Cup soccer tournaments won by the host country: 6
- *Number of winning World Cup teams Pele played on: 3
- *Number of cow hides required to see the NFL through a single season: 3,000
- *Number of NBA games Wilt Chamberlain fouled out of: 0
- *Average number of players each year in the NBA: 500
- *Number of lanes in the world's largest bowling alley, in Japan: 116
- *Maximum speed of a badminton shuttlecock, in MPH: 112
- *Speed at which table tennis balls can travel, in MPH: 100
- *Average number of times a professional volleyball player will jump per game: 300
- *Number of days of the year when there are no professional sports games being played (NBA, NFL, NHL, NLB): 3



March 23rd, 2025

King Crossword

Answers

Solution time: 26 mins.

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

TIDBITS
Laughs!

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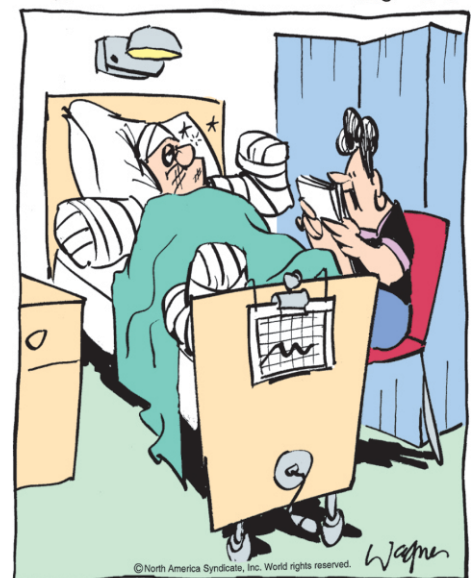
1. What two NHL teams combined for 18 major penalties for fighting and 144 total penalty minutes in a March 1997 game dubbed "Fight Night at the Joe"?
2. Outfielder Bake McBride won the National League Rookie of the Year honors in 1974 playing for what Major League Baseball team?
3. Gymnast George Nissen invented what piece of sports equipment in the 1930s?
4. What boxer died 10 days after being knocked out by Emile Griffith in the 12th round of their welterweight championship bout in March 1962?
5. the Helvetic Mercenaries Nordic Storm, Madrid Bravos and Panthers Wroclaw among the teams in what European based American football league that played its inaugural season in 2021?
6. Tight end Pete Metzelaars played in four Super Bowls with the Buffalo Bills but didn't ear a championship ring until he was on the coaching staff of what team?

ANSWERS

1. The Colorado Avalanche and the Detroit Red Wings.
2. The St. Louis Cardinals.
3. The modern trampoline.
4. Benny Paret.
5. Retief Goosen.
6. The European League of Football (ELF).
7. the Indianapolis Colts, Super Bowl XLI champions.

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GRIN and BEAR IT



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"Here it is in the fine print: Do not try this at home."



ARIES (March 21 to April 19) The week promises a calmer aspect.



Although there might be some lingering effects from a recent job problem, things should continue to ease up. Also expect a change in a home based situation.

TACRUS (April 20 to May 20) If you feel uneasy about a colleague's suggestion, it might be that your wise inner Taurean guide is alerting you to a potential problem. Stepping away could turn out to be the right thing to do.



GEMINI (May 21 to June 20) A family get together opens up new opportunities for renewing ties. It can be especially effective in dealing with disagreements that should have been resolved but never fully were.



CANCER (June 21 to July 22) You might be surprised at the response you get to a recent decision. You might be even more surprised by the reasons behind it. In any event, you'll learn something important.



LEO (July 23 to August 22) Your aspects favor resolving any tensions left over from a recent incident. You might want to consider having a "clear the air" talk as soon as you can. A call can lead to a change of plans.



VIRGO (August 23 to September 22) Avoid repeating yourself. If your first few efforts fail to connect, maybe it's because you haven't found the right way to get your message across. Try changing your approach.



LIBRA (September 23 to October 22) Good intentions plus a strong resolve to succeed can take you where you want to go. Don't give up just because someone suggests you might be pursuing an impossible cause.



SCORPIO (October 23 to November 21) An unexpected setback can be a blessing in disguise. Use it to recheck your facts and how you've presented them. Meanwhile, look for ways to expand your contacts.



SAGITTARIUS (November 22 to December 21) You should finally be seeing a positive change in a recent personal situation. However, an on-the-job matter might need more attention than you realized. Stay with it!



CAPRICORN (December 22 to January 19) While you should be close to completing an important matter, you still need to maintain your focus. Things will ease up in time for weekend fun with family and friends.



AQUARIUS (January 20 to February 18) A certain matter might take an unexpected turn. Don't simply accept it, ask for an explanation. What you learn might be helpful in shifting the situation around to your benefit.



PISCES (February 19 to March 20) Projecting a positive attitude helps restore calm, even when you're confronting some pretty stormy situations. Stay the course! The outcome will be well worth your efforts.



BORN THIS WEEK: While you enjoy tradition and stability, you also appreciate the good things that change can bring. You know how to achieve a great balance within this area of your life

HOCUS - FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. ID tag is reversed. 2. Clip is added to lunch box. 3. Leg is moved. 4. Start railing is different. 5. Foot is moved. 6. Windowpanes are different.

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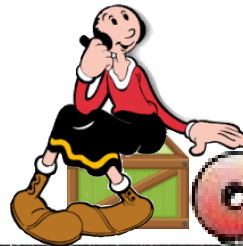
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THIS WEEK'S **CELEBRITY BIRTHDAYS**

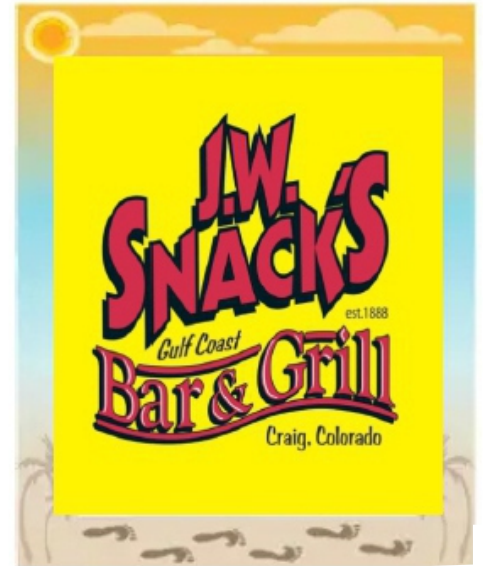
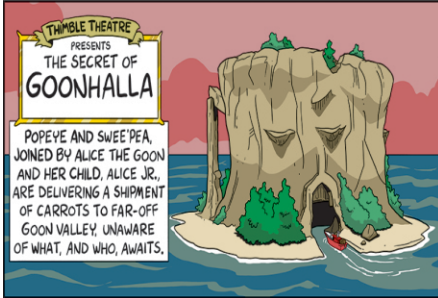
Eric Clapton	3/30/1945
Christopher Walken	3/31/1943
Debbie Reynolds	4/1/1932
Emmylou Harris	4/2/1947
Washington Irving	4/3/1783
John Cameron Swayze	4/4/1906
Bette Davis	4/5/1908

TIPBITS



OLIVE OYL





TIDBITS GOES GREEN

Julius Caesar was captured by pirates. He told them that once his ransom was paid her was going to capture and crucify them. They laughed it off. Sure enough, though ransom got paid and he later tracked them down and crucified them all.



* On April 3, 1948, "The Louisiana Hayride," a country radio program broadcast out of Shreveport, Louisiana, debuted. It launched the careers of several country music giants, and also that of a certain teenage, honey-voiced aspirant by the name of Elvis Presley.

* On April 4, 1975, Operation Babylift, an American airlift to the U.S. and other Western nations of Vietnamese children deemed war orphans, had a disastrous start when an Air Force cargo jet crashed shortly after takeoff in Saigon, killing more than 135 passengers.

* On April 5, 1984, Kareem Abdul-Jabbar scored the 31,420th point of his career, breaking Wilt Chamberlain's NBA all-time scoring record. Abdul-Jabbar's record would remain intact for almost four decades.

* On April 6, 1909, American explorer Robert Peary believed he had fulfilled a long-cherished dream when he, his assistant Matthew Henson and four Inuits reached what they determined to be the North Pole. Decades after Peary's death, however, navigational errors were discovered in his travel log, in all probability placing his expedition several miles short of its goal.

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March 23rd, 2025

Go Figure!

answers

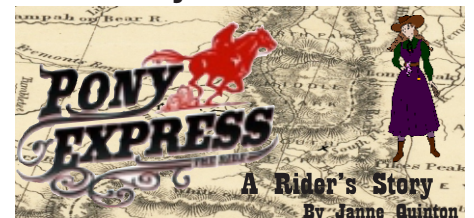
1	+	9	-	8	=	2
+		+		+		
6	+	7	×	4	=	52
×		÷		×		
3	+	2	÷	5	=	1
=		=		=		
21		8		60		

* On March 31, 1492, King Ferdinand II of Aragon and Queen Isabella I of Castile issued the Alhambra Decree, which mandated that all Jews be expelled from the country by the end of July. The church had already forced much of Spain's Jewish population to convert, and modern historians estimate that around 40,000 Jews emigrated.

* On April 1, 1963, ABC aired the first episode of "General Hospital," which became the longest-running serial program produced in Hollywood. On the same day, rival network NBC premiered its own medical-themed soap opera, "The Doctors." Both networks aimed to capitalize on the popularity of shows such as "Dr. Kildare" and "Ben Casey."

* On April 2, 1992, mob boss John Gotti, aka the "Teflon Don" due to his notable ability to avoid conviction, was found guilty on 13 counts, including murder and racketeering, and sentenced to life in prison. A decade later, he died of throat cancer at age 61.

Be sure to grab the April 6th Issue to read Part 20 of our girl's adventures!



ALL PUZZLE & QUIZ ANSWERS WILL BE IN NEXT WEEK'S ISSUE UNLESS STATED OTHERWISE!

Five Spot™

Stop

Y	I	E	L	D	Make way
					Type of paper
					Journal
					Incensed
					Expansive
					Cut short

Solve each row by replacing one letter from the answer above or below and scrambling to make a new word. When complete, the top and bottom words will have no letters in common.

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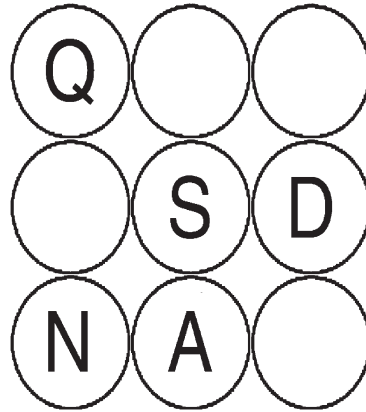
KNIGHT MOVES

U	N	T
A		C
S	R	I

Unlock the power of chess to find the eight-letter word of the day. Choose your starting letter carefully, then move around the square in a one by two fashion to get to the next letter.

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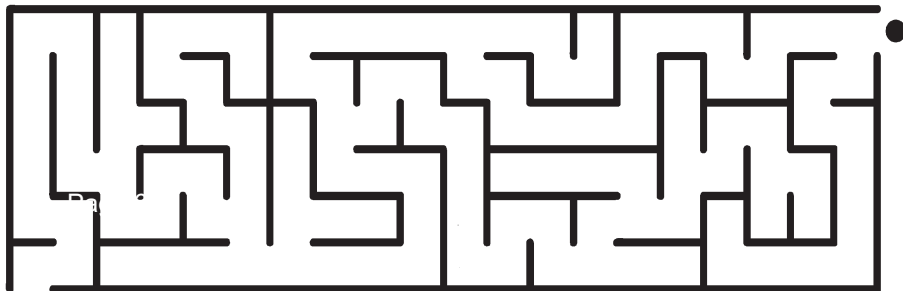
WORD SPIRAL



Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

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Kids' Maze

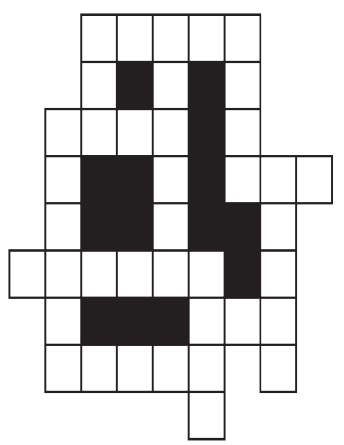


FEAR KNIGHT

By: rj johnson

DOUBT? ...OR DARE!

- ♥ AYM
- HENLIA
- TELAH
- HMTE
- NALETI
- ♥ PTA
- ♥ NAYM
- ♥ NTSAG
- ♥ SHA
- ANTGEM
- RSPMI
- HECT



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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**ALL PUZZLE & QUIZ ANSWERS
WILL BE IN NEXT WEEK'S ISSUE
UNLESS STATED OTHERWISE!**

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: H equals M

IKTDC GFOG HV YPD'Y RTLK
IPZZPRKB O XOZCK OHPQDG
PL HPDKV LZPH HK, TY YFK
HV BKIGPZ-TD-XOR?

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Weekly SUDOKU

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

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!

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STICKELERS

by Terry Stickels

Below are the numbers 1-9. The object is to insert a plus or minus sign between numbers so that the total of all nine numbers is 100. You can combine adjacent numbers (like 5 6 can be 56, or 1 2 can be 12). There are several ways to solve this puzzle.

1 2 3 4 5 6 7 8 9

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Puzzles4Kids

by Helene Hovanec

CRISSCROSS – FEATHERED FRIENDS

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

3 Letters

- AUK
- EMU
- OWL

4 Letters

- CROW
- HAWK
- KITE
- KIWI
- LARK
- LOON
- NENE
- RAIL
- SKUA
- SWAN

5 Letters

- CRANE
- EAGLE
- RAVEN
- STORK
- VIREO

6 Letters

- CONDOR
- CUCKOO

7 Letters

- CATBIRD
- OSTRICH
- VULTURE

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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. Very talkative	_____ D _____	Fret	_____ R _____
2. Rosie's target	_____ T _____	Danube or Thames	_____ R _____
3. Next to	B _____	Inhabit	R _____
4. Striped feline	_____ G _____	Rome's waterway	_____ B _____
5. Military task	_____ L _____	Keep back	_____ N _____
6. Lion's group	_____ D _____	Blue ribbon, e.g.	_____ Z _____
7. Mental well-being	S _____	Make-up table	V _____
8. Egypt's city	_____ O _____	Scotland's terrier	_____ N _____
9. Thermometer unit	_____ G _____	Pronouncement	_____ C _____
10. Youngster	_____ D _____	Spicy stew	_____ I _____

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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		×	7	= 77			
+		-		+				
	-		÷		= 4			
×		+		×				
	+		-		= 3			
=		=		=				
60		11		54				
1	2	3	4	5	6	7	8	9

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- * A rainbow on Venus is called a "glory."
- * LEGO bricks withstand compression better than concrete! An ordinary plastic LEGO brick can support the weight of 375,000 other bricks before it fails, which would theoretically allow you to build a tower nearing 3.5 km in height, but scaling that up to house-size bricks would prove too cost prohibitive.
- * Giraffes are 30 times more likely to get hit by lightning than people are.
- * Your brain is constantly eating itself, in a process called phagocytosis, where cells envelop and consume smaller cells or molecules to remove them from the system. Luckily, phagocytosis isn't painful or harmful, but helps preserve gray matter.
- * Identical twins don't have the same fingerprints.
- * The sun makes a sound in the form of pressure waves, but it's far beyond the range of human hearing.
- * A comet smells like rotten eggs, urine, burning matches and almonds.
- * One in 18 people have a third nipple. Known as polythelia, it's caused by a mutation in inactive genes.
- * Starfish don't have bodies. Along with other echinoderms such as sea urchins and sand dollars, their entire "bodies" are technically classed as heads.
- * There are roughly three ginger male cats to one ginger female. The ginger gene is found on the X chromosome, meaning female cats would require two copies of the gene to become ginger while males need just one.
- * Martial artists who smile before the start of a match are more likely to lose.
- * At a temperature of 54,000 F, a lightning bolt is five times hotter than the surface of the sun.
- * In the U.S., murder rates reportedly rise by 2.7% over the summer.

Thought for the Day: "All the art of living lies in a fine mingling of letting go and holding on." -- Havelock Ellis
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The Spats



SENIOR NEWS LINE

by Matilda Charles

Scams Against Seniors Are Getting Worse

Data breaches and financial scams against seniors are at all-time highs.

What was bad before is apparently even worse now. Here are the top reasons:

- They perceive that we have a lot of money. After all, we worked all those years...we saved a lot of cash, they assume. And now we have huge pension and Social Security income that surely puts us in a high income bracket, they assume.
- Many of us grew up in an era when we were polite to people on the phone. Scammers take advantage of that and coax us into divulging private information.
- Many of us aren't especially skilled with technology. We press buttons on our phone that we shouldn't, or click links in strange email, not realizing that we've just enabled the download of a virus or make a connection to the scammers:

Order your credit report from TransUnion, Equifax, and Experian and go over them line by line. Be sure there isn't anything you don't recognize, that no extra loans show up and no additional names are listed. To do this, go online to annualcreditreport.com and order your free credit reports. If you spot something wrong, report it at IdentityTheft.gov or call the National Elder Fraud Hotline at 833-372-8311. Lock down your credit at all three credit bureaus. This will keep anyone from opening credit in your name.

To learn safety on your electronic devices, ask your senior center, library or even your bank for a class on how to avoid falling for an online scam.

And perhaps most valuable of all:

Don't feel the need to be polite if a stranger calls you on the phone and starts asking questions. Just hang up.

Better yet, don't answer if you don't recognize the number.

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TIDBITS

NUGGET OF KNOWLEDGE

After the Treaty of Versailles, looking at how harshly the punitive conditions imposed upon Germany were handled, French General Ferdinand Foch remarked, "This is not peace. This is an armistice for twenty years." It was signed June 1919. World War II began September 1939. Foch had been off in his prediction by 64 days.



March 23rd, 2025

Five Spot™					Answer
P	E	A	R	L	
C	L	E	A	R	
D	E	C	A	L	
C	A	D	E	T	
C	I	T	E	D	
D	I	T	C	H	

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1. Who had a hit with "Swing Your Daddy"?
2. Name the group that released "How Does It Feel"?
3. Which group released "Here Comes My Baby"?
4. Name the artist who wrote and released "You'll Lose a Good Thing."
5. Name the song that contains this lyric: "Tried to amend my carnivorous habits, made it nearly seventy days."

Answers

1. Jim Gilstrap, in 1975. Gilstrap was known as a session musician and background singer for numerous artists, including Aaron Neville, Elton John and Art Garfunkel.
2. Slade, in 1975. While the song stayed on the charts for seven weeks, it never did climb above No. 15. It's only in later years that the song was truly appreciated.
3. The Tremeloes, in 1967. It was written by Cat Stevens, who later released his own version. While the Stevens version was used in the film "Rushmore," the Tremeloes version charted around the globe.
4. Barbara Lynn, 1962.
5. "Cheeseburger in Paradise," by Jimmy Buffett in 1978. The song was written after Buffett was stuck on a boat with limited food. Once he hit land, he immediately went to find a cheeseburger. The song was a crowd favorite among the Parrot Heads who attended his concerts.

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March 23rd, 2025

SNOWFLAKES — KNIGHT MOVES —
Answer

solution

Sticklers Answer
Only one word is spelled correctly:
DESPERATE

E	G	A
G		P
Y	D	O

PEDAGOGY



- * Protect your broom by storing it handle side down. You can purchase wall clips at your local hardware store, and then it'll be off the floor, ready when you are!
 - * The Vision Council offers tips to minimize digital eye strain: Use the 20-20-20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.
 - * Use a strip of hook and loop tape to secure game controllers to their consoles. This way, you'll never have to go looking for one when you're ready to play.
 - * "Fill your sink with soapy hot water as you are cooking dinner. Your dirty pans and bowls can go right in the sink to soak. After dinner, they will be easy to wash." ~E.D. in South Carolina
 - * Make your stainless-steel sink sparkle by buffing it with a few drops of mineral oil and a soft rag, after a good cleaning, of course.
 - * "If a pocket or two on an over-the-door shoe rack has busted, it's not done being useful. You can cut remaining pockets to fit inside your bathroom cabinet. Secure at the top with screws. Place cups in a few pockets to hold cotton swabs or balls, etc." -- W.L. in Washington
- Send your tips to: **Now Here's a Tip**
628 Virginia Drive
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The Garden Bug
Coffee grounds

Used coffee grounds are relatively high in nitrogen and also contain potassium and phosphorus. They are acidic, so plants like blueberries and roses will love them. They improve soil structure and water-holding capacity, and are a great additive for compost containers or worm bins. Applying coffee grounds directly onto the soil around most plants is usually fine, but if too much is dumped together in one spot, the fine particles may form a clump that prevents water and air from reaching plant roots. — Brenda Weaver

Source: www.gardenersworld.com



TIDBITS QUOTE

"One day the great European War will come out of some damned foolish thing in the Balkins."

~Otto Von Bismarck, in 1888
World War / started in the Balkin state of Bosnia

Just Like Cats & Dogs by Dave T. Phipps





1. GENERAL KNOWLEDGE: Who was Time Magazine's First Man of the Year in 1927?
2. MOVIES: Who was the male lead in the film "Risky Business"?
3. LITERATURE: In which novel does the character of Emma Woodhouse appear?
4. LANGUAGE: What does the acronym "sonar" stand for?
5. TELEVISION: What was the name of the Dukes' car on the show "The Dukes of Hazzard"?
6. HISTORY: The first atomic submarine was built in which decade?
7. GEOGRAPHY: What modern-day country is in the area known in ancient times as Lusitania?
8. MEDICINE: What disease is caused by a deficiency of Vitamin A?
9. U.S. PRESIDENTS: Which U.S. president's image appeared on a dollar coin in 1971?
10. MATH: What does the symbol "r" stand for in geometry?

Answers

1. Aviator Charles Lindbergh.
 2. Tom Cruise.
 3. "Emma" by Jane Austen.
 4. Sound navigation and ranging.
 5. The General Lee.
 6. 1950s.
 7. Portugal.
 8. Night blindness.
 9. Dwight D. Eisenhower.
 10. Radius.
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Americanisms



"Always remember that you are absolutely unique. Just like everyone else."
 — Margaret Mead

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VA By The Numbers

According to a recent headline, the Department of Veterans Affairs processed one million disability claims two weeks faster than they did in the last fiscal year.

The VA has been averaging 10,000 claims processed each week. Recently on one day alone they processed 12,000 claims, the highest number they've ever reached. By January they'd processed benefit payments totaling \$62 billion and saw their accuracy rate go up to 92%.

Which is all good news for those who are waiting for their claims to be processed..

While it's all over the news that the VA fired 1,400 probationary employees in the latest round of forced dismissals, what you might not see touted anywhere is that the VA is still hiring for the 300,000 mission-critical slots it needs to fill.

Those 1,400 employees were "probationary," which means they'd been on the job less than a year in non-mission-critical jobs or were in a different employment category for less than two years. The savings from that opens up \$98 million to be put into health care benefits.

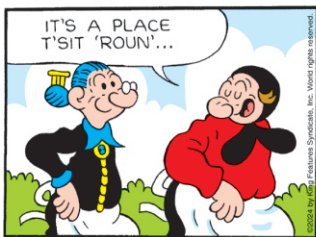
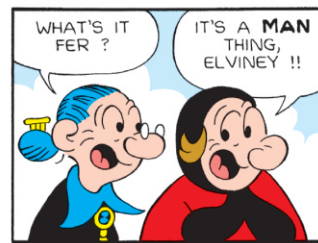
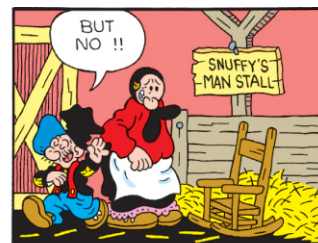
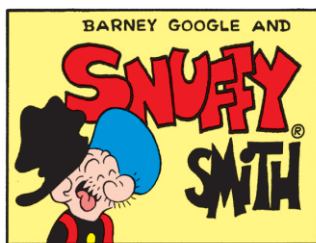
Those 300,000 mission-critical positions they need to fill are exempt from the hiring freeze and include 94,000 nurses, 3,000 physical therapists and 12,000 pharmacists – all necessary for health care services.

Additionally, per the blog put out by VA Secretary Doug Collins, the elimination of diversity, equity and inclusion (DEI) initiatives in the VA frees up \$14 million for health care services. Halting the contracts for DEI training and materials adds another \$6 million to the kitty.

And while it doesn't add any dollars to the health care budget, the new VA flag policy does have value. Specifically, it limits the types of flags that can be on display at VA facilities. The U.S. flag, Prisoner of War (POW) flag and Missing in Action (MIA) flag are on the very short list of flags that may be displayed at the VA.

If you'd like to keep an eye on what Secretary Collins is doing and saying, go to Secretary's Blog at news.va.gov/category/secretarys-blog and watch the videos.

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Bread Boxes

Many of us have a bread box in the kitchen. It's usually a simple, purely utilitarian affair made of metal or plastic; nothing as fancy as a carved panetiere like this one that sold for \$1,408 at Neal Auction.

Panetieres were made and used in the Provençal region of France by the 1600s. Like the bread boxes of today, they kept loaves of bread safe from pests while allowing air to circulate to prevent mold. Unlike the humble bread box, they were made from wood with decorative carvings. This one features a carved and painted lyre door, turned posts, scrolling supports and a carved crest and apron.

Recall the cultural significance of bread in France, and the fancy panetiere is perfectly fitting. After widespread hunger and extreme inequality fueled the Revolution, a law made in 1793 required bakers, under the penalty of imprisonment, to make the same type of bread for the rich and poor alike. In 1993, a decree declared that only four ingredients could be used for traditional French bread: water, salt, wheat flour and yeast or starter. UNESCO granted the most famous type of French bread, the baguette, world heritage status in 2022. An antique panetiere is certainly fit for a cultural treasure. ***

Q: My brother has an old Lone Ranger lamp from when he was little. Can you tell us the value of it?

A: "The Lone Ranger" radio show made its debut in 1932. The first movie was made in 1938, and the television show ran from 1949 to 1957.

Toys and memorabilia remained popular after the show ended and are collectible today. We have seen multiple styles of Lone Ranger lamps. There is one with a figure on horseback on the base and one shaped like a covered wagon. There is also a Lone Ranger "Chuck Wagon" lantern that was made as a toy, but could work as a real lantern if fuel was added. (The packaging for the lantern warned kids to leave that part to the grown-ups!) Early Lone Ranger toys often sell for over \$100. The exact value of your lamp depend on which one it is and its condition.



Would you want to give something as elaborate as this name as mundane as "bread box"? A French Provincial piece practically demands the French name "panetiere."

TIP: A brisk rubbing with olive oil will remove most alcohol stains from wood.

CURRENT PRICES
Kitchen, spoon, wood, chip carved bowl, carved handle rooster, man playing saxophone, hand at base, loop handle, c. 1900, 14 1/2 inches, \$50.
Textile, weaving, Navajo, Yei, three figures alternating with two cornstalks, rainbow guardian, 20th century, 26 1/2 x 50 inches, \$430.
Game, Four & Twenty Blackbirds, board, blackbird pieces, instructions, box, McLoughlin Bros., box 20 1/2 inches, \$450.
Weathervane, fish, cod, painted, orange, yellow, molded scales, applied fins, 14 x 33 inches, \$600.
Jewelry, set, pin, earrings, round, scenic, woman golfing, enamel ground, green, red, white, 14K gold, clip earrings, pin 1 3/8 inches, earrings 3/4 inches, \$1,070.

For more collecting news, tips and resources, visit www.Kovels.com

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Fun Fact

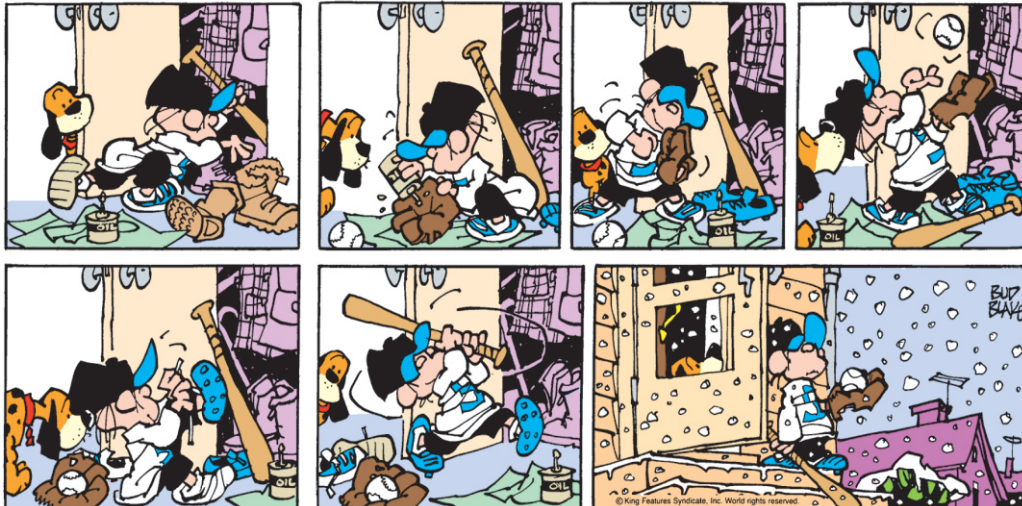
Octopuses have **three hearts**, partly because they have "blue" blood, which binds less efficiently with oxygen than red blood does. Two of the hearts pump blood through the gills, where it picks up oxygen, then a third heart circulates the oxygenated blood to the rest of the body to provide energy for organs and muscles.



Sources: news scientist.com, www.hellosnbs.co, viralhog

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TIGER



by BUD BLAKE

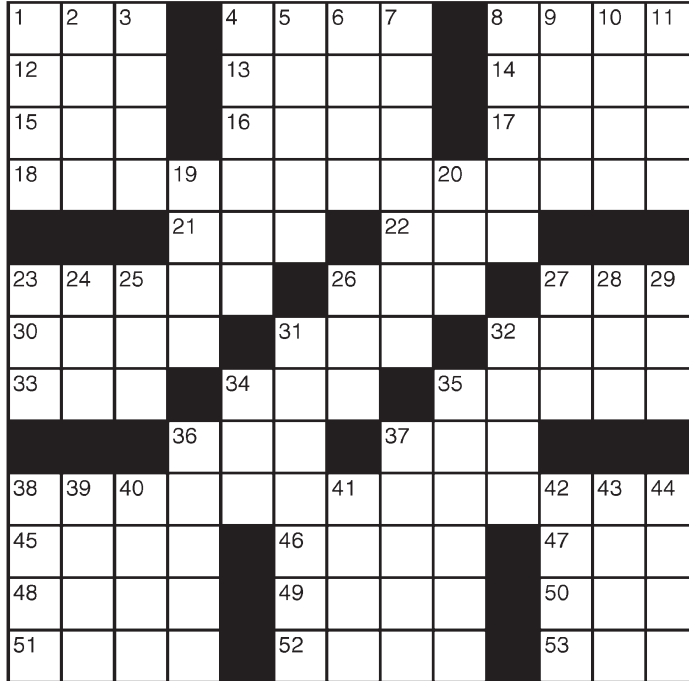
Holidays & Observances This Week

- 3/30 National Doctor's Day
- 3/31 National Bunsen Burner Day
- 4/1 Earthquake Preparedness Month
- 4/2 Children's Book Day
- 4/3 1860 Pony Express Day
- 4/4 Hug A Newsperson Day
- 4/5 Bell Bottoms Day

King Crossword

ACROSS

- 1 Huck's raft-mate
- 4 Peeve
- 8 "Phooey!"
- 12 Docs' bloc
- 13 List-ending abbr.
- 14 Bassoon's kin
- 15 Dyeing vessel
- 16 Video-streaming brand
- 17 Radiate
- 18 Vulnerable spots
- 21 Physique
- 22 Youngster
- 23 "Taste!"
- 26 Chaps
- 27 Brit. sports cars
- 30 Stretches (out)
- 31 Polite address
- 32 Hawaiian coast
- 33 Speck
- 34 Aunt, in Mexico
- 35 Nodded off
- 36 Cyndi Lauper's " — Bop"
- 37 Tennis feat
- 38 Spinning disks used by ceramic artists
- 45 Latin love
- 46 Authentic



- 47 Tic-tac-toe loser
- 48 Hindu royal
- 49 Bern's river
- 50 — carte
- 51 Journey
- 52 Dance move
- 53 Tourist's chart
- 8 Thesaurus compiler
- 9 Competent
- 10 Hammer or sickle
- 11 Gives a darn?
- 19 Nile wader
- 20 Sweetie
- 23 "Dilbert" engineer
- 24 MGM rival
- 25 Still
- 26 Soccer's Hamm
- 27 "The Simpsons" barkeep
- 28 Econ. statistic
- 29 Popped down
- 31 Western ranges
- 32 Swiss artist Paul
- 34 "That'll be — day!"
- 35 Drag
- 36 Vegas area
- 37 Cognizant
- 38 Fraction
- 39 Sharif of film
- 40 Author Morrison
- 41 Pants part
- 42 Physical
- 43 Classic Kinks song
- 44 Bath bar

DOWN

- 1 Coffee, slangily
- 2 Apple since 1998
- 3 Calc. or trig
- 4 Red wine
- 5 " — you so!"
- 6 Bogus
- 7 Befuddle

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March 23rd, 2025

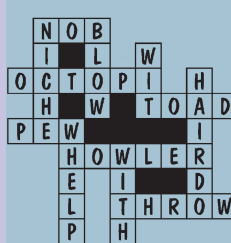
Puzzles4Kids

Answer

- SIGNAL L
- OUNCES U
- CASHED C
- SKETCH K
- GREASY Y
- SECRET C
- HAIRDO H
- EASTER A
- POKERS R
- THEMES M
- MELONS S
- GAINS
- CONES
- SHADE
- CHEST
- RAGES
- TREES
- RADIO
- STEER
- SPOKE
- SHEET
- LEMON

FEAR & KNIT

answer



Weekly SUDOKU

Answer

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

Pick Up A Copy of Tidbits at any of these Great Businesses!

Wyman Museum



March 23rd, 2025

CryptoQuote answer

Between stimulus and response there is a space. In that space is our power to choose our response. — Source Unknown

Even Exchange answers

- 1. Merlin, Marlin
- 2. Picky, Pinky
- 3. French, Trench
- 4. Scare, Stare
- 5. Detour, Devour
- 6. Tardy, Tarry
- 7. Gaggle, Giggle
- 8. Twine, Twins
- 9. Ledger, Lodger
- 10. Posse, Poise