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TIDBITS HAS FLAVORFUL

FACTS ABOUT FAMOUS CHEFS

by Kathy Wolfe

It's time for some tasty information, as Tidbits offers these details about some famous chefs.

• If you're a fan of Rachael Ray, you've most likely heard phrases like "Oh my gravy!", "Delish!" or "Yum-O" as she prepares her trademark "30 Minute Meals." Ray grew up in a cooking atmosphere, as her mother managed restaurants in New York's Capital District, the metropolitan district surrounding Albany. In her 20s, Rachael started working at the Macy's Marketplace candy counter. She proved her worth to the point that Macy's wanted to promote her to a buyer in the Accessories department, but Rachael had foods on her mind, and went to work at the specialty foods store, Agata & Valentina on Manhattan's Upper East Side. It was then on to pub management the Sagamore Hotel, followed by a buyer position at an Albany gourmet market. In the early 2000s, she approached a large supermarket about conducting cooking classes for shoppers, along with performing demos, all the while writing her first cookbook. With the success of her classes, a local TV station asked her to do weekly segments during the newscasts, leading to a spot on the "Today" show and her first contract with the Food Network. Ray's approach is "quick and easy," simple recipes to complete in 30 minutes or less.

(turn the page for more!)

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Bert: I got fired from my job as a chef for stealing kitchen equipment.

Sal: Why did you do that?

Bert: It was a whisk I was willing to take.

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FAMOUS CHEFS

(cont. from Front Cover)

• Although Rachael Ray is the author of 26 cookbooks, she claims, "I have no formal anything. I'm completely unqualified for any job I've ever had. I'm not a chef." Apparently, the public disagrees, as she was named one of "TIME" magazine's most influential people, along with awards for Favorite TV Cook.

• Emeril Lagasse was on the road to a career in music as a very talented percussionist and leader of the high school drum squad. He was offered a scholarship to the New England Conservatory of Music, which he declined to pursue his first love – cooking. As a child of seven, he pleaded with his Portuguese mother to teach him how to make vegetable soup. He discovered his real love for cooking while working in a Portuguese bakery as a teen. After graduating from the famed culinary school, Johnson & Wales University, he undertook further studies in Paris, honing his skills in French cuisine. Following chef positions in New York City, Boston, and Philadelphia, Lagasse made the move to New Orleans, where he perfected his signature Cajun and Creole cooking. After eight years, he opened his first restaurant there, which was named "Restaurant of the Year" by "Esquire" magazine during its first year. He now owns 10 restaurants and has authored 19 best-selling cookbooks. Lagasse became the Food Network's first star chef in the 1990s. His recipes are part of the meal selection of the International Space Station, and on Carnival Cruise Lines, for which he serves as Chief Culinary Officer.

* Now Harold's dilemma was that the sea monkeys tended to die too quickly. He went to marine biologist and micro-crustacean expert Anthony D'Agostino for help. He was the perfect guy to begin cross-breeding brine shrimp to create a new hybrid that was heartier, larger, and longer-lived. It was officially named Artemia NYOS, an abbreviation of the New York Ocean Science Laboratory where it was created.

* Harold hired comic book artist Joe Orlando to help him with marketing. Orlando later became vice president of DC Comics and associate publisher of MAD magazine. Orlando drew a happy sea monkey family, with their wide smiles, pot bellies, and tiny crowns. There was a disclaimer in fine print: "Caricatures shown not intended to depict actual creatures" which was widely ignored.

* The instruction manual that came with the kit made all kinds of claims: that Sea Monkeys would follow commands, learn tricks, dance, play, be hypnotized, play baseball, and run races. In reality, the only thing Sea Monkeys do is flit around in the water, eating algae, and occasionally mating. But they will gravitate towards light, such as a flashlight. And they always swim against the current, so they could "race" and "play baseball" when placed in little plastic mazes with water flowing through.

* Of course, there were many little "extras" that could be purchased. There was the "wrist aquarium" and the "aquarium necklace" so you could squirt a few sea monkeys into a sealed plastic water bubble and take them with you. There were all sorts of different shapes and sizes of tanks: tanks shaped like submarines, tanks that glowed in the dark, tanks with bumpy bottoms which gave algae more room to grow. (more sweet info on page 3)

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FAMOUS CHEFS

(cont. from page 2)

- Ina Garten is better known as the Barefoot Contessa, the host of a Food Network program of the same name. But cooking was not in her background. Her university major was economics and she holds an MBA from the George Washington University School of Business. While her husband was serving in the military, she began experimenting with cooking to stay busy. Following his discharge, a trip to Paris cemented her love of cooking, but her chef career was still a long way off. She landed a position in the federal government as a budget analyst, which included writing the nuclear budget and policy for two U.S. presidents. On the side, she was renovating and flipping houses. The profits from the houses led to her next purchase, a specialty food store, the Barefoot Contessa. The original owner had named the store as such after the 1954 romantic drama film starring Ava Gardner. Garten ran the store from 1978 until 2003, when lease negotiations failed. The store had been such a popular gathering place, it was included as one of the sets in the film "Something's Gotta Give." Garten debuted her Food Network program in 2002, and it remains one of the longest-running daytime programs. She also has 14 cookbooks to her credit.

- Gordon Ramsay is most probably the world's most popular celebrity chef. Born in Scotland, but raised in England as a youth, Ramsay's ambition was to become a pro soccer player. After a serious knee injury that tabled those ambitions, he turned his attention to the culinary field. After jobs in several London restaurants, at 23, he moved to Paris to train there for three years. He opened his first restaurant in London in 1998, and that number has expanded to 90 around the world.

- Gordon Ramsay is known for his fiery temper, aggressive behavior, and comments peppered with criticism, insults, and profanity. There's more to Ramsay than his cooking abilities and poor manners. He has a passion for fitness and has completed several marathons and Ironman events, as well as holding a black belt in karate. Ramsay is fluent in four languages, English, French, German, and Italian. His side gigs include a line of quality cookware and knives, ownership of a vineyard in the south of France, and the authoring of 27 books. Philanthropy is also on his list of accomplishments with his support of children's hospitals, food banks, and the fight against hunger and poverty.

- Guy Fieri is the highest-paid cable television chef, having signed an \$80 million contract with the Food Network in 2021. He was born Guy Ferry, but reverted to the family's original name of Fieri to honor his grandfather, Guiseppe Fieri, an Italian immigrant who had "Americanized" his name when entering the country. Guy started out selling pretzels from his bicycle cart while in elementary school. Guy's love of cooking developed during his time as a foreign exchange student in France. He opened his first restaurant at age 28, followed by three more in the next 12 years. He now reportedly owns around 85 restaurants, 19 of them aboard Carnival cruise ships. He has lent his name to 14 different brands, including cookware, condiments, and clothing. While some chefs focus on elaborate cuisine, Fieri centers his creations toward comfort food and casual dining, as demonstrated in his 27 cookbooks.

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Everyone is a surgeon in the game of Operation! This week, Tidbits carves out some facts about a favorite game introduced by the Milton Bradley Company in 1965.

- In 1962, John Spinello was a student at the University of Illinois, specializing in industrial design. A homework assignment required the design of a toy, and his project received the highest grade in the class. It was a box-shaped device that in no way resembled the game of Operation. The metal box featured holes and lines drilled into the top and a metal probe. Players were tasked with inserting the rod into the openings without touching the sides. Any error produced an electrical circuit that set off a buzzer. Spinello's inspiration was his memory of sticking a pin into a light socket as a child.

- Spinello's godfather was employed by a toy design firm, Marvin Glass & Associates. Mr. Glass loved the game, and paid Spinello \$500 along with the promise of a job upon graduation from the university. Although Glass received Patent Number 3,333,846 for a "game utilizing an electric probe," he sold the design to Milton Bradley and reneged on his pledge of a job for Spinello.

- A designer at Milton Bradley expanded the core idea by changing the original probe to a pair of tweezers used to extract humorous body parts from a patient on the operating table. The company debuted Operation in 1965.

- The patient is named Cavity Sam, which was actually an acronym for Systolic Anterior Motion.

- Sam's ailments include a broken heart, spare ribs, butterflies in the stomach (with a large butterfly in the torso), a wrenched ankle (featuring a tiny wrench in the right ankle), Charlie horse (with a tiny horse near the hip joint), writer's cramp (including a tiny pencil in the forearm), the funny bone, and the wish bone. Water on the knee requires players to remove a petite pail of water, while players need to take out a miniature slice of bread from the bread basket and a tiny Adam's apple. Touching the sides of the cavity results in a buzzer along with Sam's red light bulb nose lighting up.

- Milton Bradley was purchased by Hasbro in 1980, and Operation has remained in their line ever since. The Operation franchise's worth is estimated at \$40 million.

- Mounting medical bills first brought Spinello to the public eye in 2014, when he didn't have the money for a \$25,000 surgery. A campaign was launched that more than covered his expenses. In addition, Hasbro purchased Spinello's original game prototype for an undisclosed amount. Spinello was the subject of a documentary in 2019 entitled "Operation: The Power of Play," a production that further brought the world's attention to more exorbitant medical bills that had forced him to sell his home. Once again, the public stepped forward with donations to his expenses.

- Operation isn't just about fun and games. A Johns Hopkins surgeon named Andrew Goldstone, who had been a fan of the game as a child, noticed the risk to patients' vocal cords during thyroid surgeries, and applied an electrode to the airway tubes to alert surgeons that they were close to the vocal chords. Just like the game, a buzzer sounds when surgical instruments come close to the nerves. He sold his technology in 1991. Ironically, when Spinello's daughter underwent thyroid surgery, that very technology was used in her own life-saving procedure.

*The cast of friends and pets, all appropriately scented, continued to grow in size and popularity, and in 1980, the first of six animated television specials featuring Strawberry Shortcake and friends was aired. More and more merchandise was launched, including books, sticker albums, clothing, bedding, and a video game. The Strawberry Shortcake bicycle had estimated sales of one million units. Sales soared, with 1981 sales estimated between \$300 and \$500 million.

* In 1982, the original illustrator Barbi Sargent sued American Greetings, claiming that her card was the foundation for the success. The company counter-argued against Sargent, claiming that she was not the creator, but rather a subcontractor who was part of a bigger team. The courts sided with Sargent, but when she saw that her ownership would mean the end of the character, she returned the rights to American Greetings. For Sargent, it wasn't about the money, she said. She only wanted the credit.

* It's pretty tough to find an original complete Strawberry Shortcake doll. The clothes were so tiny that socks, tights, and shoes were easy to lose. Because of this, in 1984, Kenner stopped including shoes

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The name of Julia Child is synonymous with French cuisine, due to the fame achieved from her TV broadcast, "The French Chef." This week, Tidbits has whipped up the facts on this celebrated chef, author, and television personality.

- Growing up in a well-to-do family, Julia Child had no exposure to creating meals, as the family employed a cook. As a young girl, Julia's interests centered on tennis, golf, and basketball. She was active in sports while attending Massachusetts' Smith College, where she majored in history. Her goal was to become a novelist or magazine writer, and her first job was a copywriter for a chain of furniture stores.

- During World War II, Julia landed a position as a typist with the federal government's Office of Strategic Services (OSS) in Washington, D.C., a forerunner to the CIA. She soon advanced to the position of top-secret researcher in the Secret Intelligence Branch of the agency.

- Being transferred overseas, Julia was responsible for cataloging and channeling highly-classified intelligence files in Ceylon, India, and China. While in India, she met a fellow OSS employee, Paul Child, and after their marriage, they moved back to Washington.

- Paul's job with the U.S. Foreign Service at the American Embassy led the couple to Paris. Julia's first meal in France was at La Couronne in Rouen, France's oldest restaurant. She frequently spoke of the experience as "an opening up of the soul and spirit for me." Because of Paul's interest in French cooking, Julia enrolled in the Le Cordon Bleu cooking school, followed by private lessons from master chefs.

- Julia teamed up with two other members of her women's cooking club, and the trio produced a French cookbook as well as teaching cooking to others in Julia's kitchen. They called their school "L'ecole des Trios Gourmands," – The School of the Three Food Lovers." The Childs returned to the U.S. in 1961.

- In 1961, Julia Child's debut cookbook, "Mastering the Art of French Cooking," a 726-page best seller, was published, co-authored with her two friends, and praised for its easy-to-follow format and illustrations. An appearance on her local public television station to promote the book led to an offer from the station for her own cooking series, and in 1963, "The French Chef," premiered, with Julia earning \$50 per show. Soon, 96 stations were carrying her show. The program, the first television program to be captioned for the deaf, aired for a decade, and Julie earned a Peabody and Emmy Award for her efforts. Her Emmy was the first for an educational program.



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- More and more cookbooks came, partnered with successful TV specials. Beginning in 1980, she was a regular on "Good Morning, America." She is credited with 18 cookbooks. In the midst of all the fame, Julia was diagnosed with breast cancer, and following and following surgery, remained in remission for the rest of her life.

- Broadcasts for three of Julia's various TV series were shot in her own Cambridge, Massachusetts, kitchen, specially designed by her husband, Paul, to accommodate her 6'2" height. In 2001, three years before her death, she moved into a retirement community. The kitchen was dismantled and reassembled in the Smithsonian's National Museum of American History in Washington, D.C. She gifted her house and office to her alma mater, Smith College.



ARIES (March 21 to April 19) You are self-reliant and rarely ask anyone for help. But this time, you might want someone you trust to be there for you while you deal with a difficult matter. Cheer up! Things will improve soon.



TAURUS (April 20 to May 20) Your patience begins to pay off. Look for the first sign that your goals are in plain sight. Then take time out from all your hard work for some fun with someone special.



GEMINI (May 21 to June 20) There could be some lingering effects from a recent setback. But it's all for the best (as you're now beginning to appreciate). Use the lessons that you've learned to start over.



CANCER (June 21 to July 22) What seemed to be a difficult goal to reach is now -- or soon will be -- all yours. Congratulations! Meanwhile, an unexpected travel opportunity holds an intriguing new prospect.



LEO (July 23 to August 22) A chilly reception to your presentation shouldn't cause you to abandon your ideas. Instead, tweak up the weaker parts and then, once again, show them what you have.



VIRGO (August 23 to September 22) Hiding your feelings might make you feel safer against rejection. But this could be the time when you'll need to speak up or risk losing out on an important event in your life.



LIBRA (September 23 to October 22) Some co-workers might try to talk you out of accepting a promotion, but you need to follow your own instincts. And if you believe you're right for the job, then take the chance.



SCORPIO (October 23 to November 21) Some changes are in order as you come to realize that you need to sort out several areas in your life. Your remarkable insight helps you make the right decisions.



SAGITTARIUS (November 22 to December 21) It's time to act on your own behalf and separate yourself from people whose selfish needs threaten your personal and/or professional survival.



CAPRICORN (December 22 to January 19) Resist the tendency to close yourself off from unpleasant situations. Instead, open up to how things are so that you can help change them to what they could be.



AQUARIUS (January 20 to February 18) An unspoken problem could be driving a deep wedge between you and a special person. Some honest talking 'twixt the two of you can start the healing process.



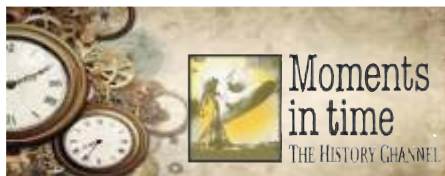
PISCES (February 19 to March 20) You might feel like you've been going around in ever-widening circles when trying to deal with recent workplace problems. Cheer up! A successful end is finally in sight.



BORN THIS WEEK: You love to talk, and people love to hear what you have to say. If you were a teacher, you'd never have to worry about keeping your students' attention.



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* On April 6, 1930, James Dewar needed a good way to occupy the Continental Baking Company's shortcake-baking machinery while strawberries were out of season. Fortunately for generations of snackers to come, he tried shooting a cream filling into one of the shortcakes, and the iconic Twinkie (the name was inspired by a billboard ad for Twinkle Toe Shoes) was born.

* On April 7, 1940, Tuskegee Institute founder Booker T. Washington became the first African American to be honored with a postage stamp bearing his likeness. It would be almost another 40 years before an African American woman - human rights activist Harriet Tubman - would receive the same recognition.

* On April 8, 1993, astronaut Ellen Ochoa became the first Hispanic woman in space when the shuttle Discovery lifted off from the Kennedy Space Center. Later she also served as Director of the Johnson Space Center, the first Hispanic director and the second woman to hold that position, from 2013 to 2018.

* On April 9, 1945, Berlin University lecturer, Lutheran pastor and theologian Dietrich Bonhoeffer was hanged at Flossenburg concentration camp in Germany, just days prior to its liberation by American soldiers. His final words were, "This is the end - for me, the beginning of life."

* On April 10, 1866, the American Society for the Prevention of Cruelty to Animals (ASPCA) was founded in New York City by philanthropist and diplomat Henry Bergh. By the time of his death in 1888, 37 of the 38 states in the Union had passed animal anti-cruelty laws.

* On April 11, 2004, Phil Mickelson won the Masters Golf Tournament at Augusta National Golf Club, his first major championship in nearly 12 years as a professional golfer.

* On April 12, 1954, Bill Haley and His Comets recorded "(We're Gonna) Rock Around The Clock," which they'd been performing live for months, during the final 40 minutes of a three-hour recording session in New York City that had actually been set up for a song called "Thirteen Women (and Only One Man in Town)." After the tune was chosen to play over the opening credits of the film "Blackboard Jungle," it became a pop sensation, selling a million copies in one month in 1955.

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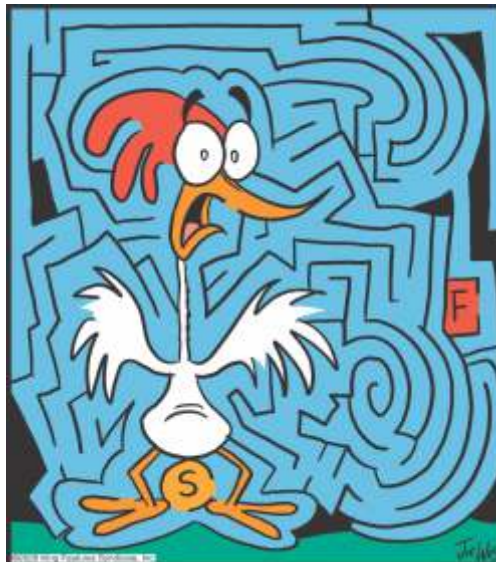
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Solve each row by replacing one letter from the answer above or below and starting to read as a new one. When complete, the top and bottom words will have 7 letters in common.

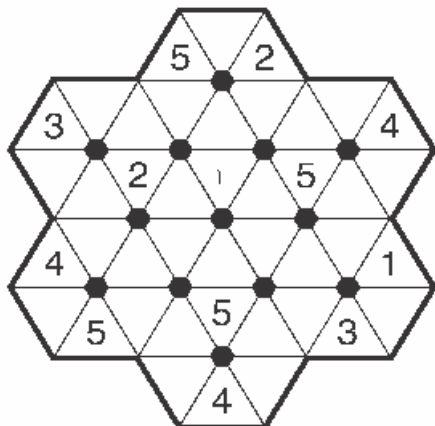
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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 3-box square contains all of the numbers from one to nine.

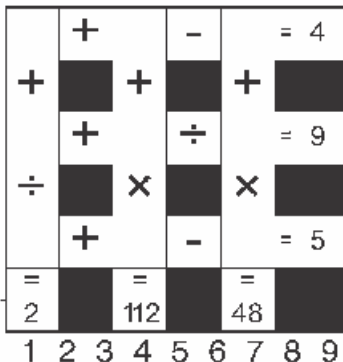
DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging ◆◆◆ HOO BOY!

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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.



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Even Exchange by Donna Pettman

Each number in the clues has two clues and two letter answers. The two answers of the clue from each letter by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an L, you get MISTER. Do not change the order of the letters.

- | | | | |
|-----------------------|-----------|----------------|-----------|
| 1. First born | I | Most peculiar | J |
| 2. City of Light | ___ I ___ | Har divisions | ___ T ___ |
| 3. Texas capital | A ___ | Actor Hoffman | D ___ |
| 4. Tent dweller | M | Friendly ghost | S |
| 5. Fake | H | Spring born | E |
| 6. Win, ____, or show | L ___ | Cease fire | ___ E ___ |
| 7. Whiten with bleach | L ___ | Twig | ___ R ___ |
| 8. Like an empty cage | A | Lyric movement | I |
| 9. Lion's group | D | First-class | M |
| 10. Coast | ___ E | Brief | ___ T |

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"First of all, we want _____ bills..."

SCRAMBLERS

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!

Display

EARPAD

Process

RAMENN

Crazy

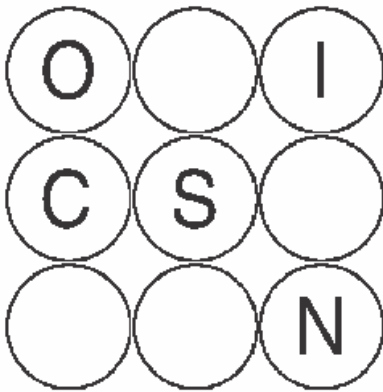
LAMENT

Divine

SCARED

TODAY'S WORD

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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N	M	C
N		N
A	I	O

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

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STICKELERS (sinc)
by Terry Stickels

One of the words below is misspelled. Which one is it?

- 1) committed
- 2) tsunami
- 3) paraphenalia
- 4) arachnid
- 5) vermilion

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CryptoQuote

AXYDLBAXR is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, acronyms, the length and formation of the words are all hints. Each week the code letters are different.

KY WGOK OC CY VFLQGOK
GC QTGQ ATOVT ZLYVFFXC
NLYH QTF FVYKYHOVGP RCF
YN ATGQ JYR GPLFGXJ TGIF.
— PGQOK ZLYIFLD

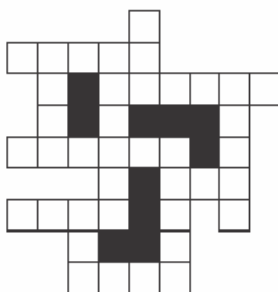
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FEAR & KNIGHT

By: [r] Johnson

COURT? ...OR DARE!

- AOK
- GISNIK
- ♥ LESBA
- PKTE
- ♥ SLAPEE
- ♥ GLE
- DSLO
- ♥ KASET
- ♥ SPI
- ♥ PLOSTI
- DOGNA
- OKOL



Unscramble these twelve letter strings to form each of the ordinary words. For HAGNEC becomes CHANGE. Prepare to use only ONE word from any marked ♥ letter string as each unscrambles no more than one word (ex ♥ RATHER becomes HATER or EARTH or HEART). Fit each string's word either across or down to knit all the strings together.

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Salt Dishes

Salt has played an important role in human history as it does at the dinner table. It provides necessary nutrients, and it made food preservation possible long before refrigeration. The difficulty of obtaining it and the amount of processing required made it extremely valuable. Many known prehistoric towns were salt production sites; human migration, trade, and even wars have been driven by access to salt. For centuries, salt was served at the table in open dishes, which collectors may call salt cellars, salt dishes open salts, or simply "salts."

It wasn't until the 1900s, after the discovery of additives that allowed for a finer grind and prevented lumping, that the familiar saltshaker became commonplace. Even then, some companies continued making salt dishes. They were often highly decorative, like this three-part open salt that sold for \$584 at Jeffrey S. Evans & Associates. It was made in Czechoslovakia and dates to the 1920s. It features the rich colors and elaborate decorations collectors associate with the region's glassware.



* * *

Q: Being the curator at the Ward-Thomas Museum for over 40 years, we sometimes have strange things donated to the museum and become perplexed in trying to determine what they are and what they are used for. Such is the case of the 9x19-inch wooden board with many wire bars that slide into attached slots. A ledge-like piece on one side holds the wire bars in place. The wooden frame that holds the metal bars looks worn, leading me to believe it was held in some person's hands while using the item. If it is a part of something else, we do not know. There is no instruction pamphlet.

A: This came as a challenge to us, too, but we suspect that what you have is a pleater, or "plaiter," as it used to be called, to make pleats in fabric for home sewing. Similar devices, wooden boards about the same size with movable metal bars, were patented as "plaiters" in the late 1800s. Unlike the fluted irons or mechanical rollers available at the time, also known as crimpers or rufflers, these pleaters allowed for different types and sizes of pleats. Some surviving examples have paper labels with the maker's name and instructions for use, but these labels wear away easily.

TIP: A small chip in a glass goblet or vase can be ground off by a glass-repair expert, but there is little that can be done for cracks.

* * *

CURRENT PRICES

Lamp, oil, Vaseline glass, Sheldon swirl, opalescent, clear pressed stand, round foot, hurricane shade, 16 inches, \$90.

Toy, Kiddy Cyclist, child on tricycle, red overalls, animals on wheels, multicolor, tin lithograph, windup, Unique Art Mfg., 8 1/2 inches, \$110.

Barber, pole, red, white and blue stripe, paper, glass tube, steel and chrome caps, aluminum bracket, turns, lights up, William Marvy, 1950s, 18 1/2 inches, \$450.

Furniture, day bed, Regency, mahogany, upholstered seat, turned ball feet, high scrolled arms, 31 x 85 inches, \$1,660.

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

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* * *



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Strange BUT TRUE

By Lucie Winborne

- * The Beast from "Beauty and the Beast" is a combination of several different animals, with a lion's mane, buffalo's head and beard, gorilla's brow, tusks of a wild boar, bear's body, legs and tail of a wolf ... and eyes of a human.
- * Sweden is so efficient at waste disposal that only 1% of its garbage goes to landfills.
- * Viking burials included board games.
- * When making badminton shuttlecocks, the most prized feathers are said to come from a goose's left wing.
- * The 1967 Outer Space Treaty prohibits any nation from trying to own the moon.
- * A young man from Arizona saved a woman's life by using CPR he'd learned from watching an episode of "The Office."
- * The German version of the term "average Joe" is Otto Normalverbraucher, or "Otto normal consumer."

- * In parts of Europe, folks believe that if you light a cigarette from a candle, a sailor will die.
- * Spiders recycle webs by eating them.
- * The term mortician was invented as part of a public relations campaign by the funeral industry, which considered it more customer friendly than undertaker.
- * Beethoven was notably particular about his coffee, ensuring that his morning brew was made with precisely 60 beans per cup.
- * A study has shown that dunking an Oreo in milk for three seconds renders the optimal balance between sogginess and structural integrity.
- * Sloths may be the only animals that don't fart.
- * "Family Feud" host Richard Dawson met his second wife, Gretchen Johnson, when she was a contestant on the show -- and yes, he kissed her.
- * Polar ice cap temperatures can plunge to a bone-chilling -189.67 degrees Fahrenheit.

* * *

Thought for the Day: "If a free society cannot help the many who are poor, it cannot save the few who are rich."

-- John F. Kennedy

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TIGER





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* A good non-slip bathmat is essential in the tub to prevent accidents. Grab an extra to drape over the edge of the tub for help when entering and exiting.

* "To remove residue left over from price tags, you can use hairspray. Remove as much paper as possible, then give a good squirt. Use a plastic scraper to lightly scrape off the adhesive."

-- L.P. in Ohio

* Got bread ends? Store in a bag in the freezer until you need breadcrumbs for a recipe. Pulse frozen chunks in a chopper or blender for instantly usable crumbs.

* "Guacamole is a precious commodity at my house, but sometimes I want a snack, not a whole bowl. I have struggled with how to save the leftovers, because once it browns, it's done. I learned a new trick, though. Simply put the leftovers in the smallest container possible and tamp down to press out all the air. Then carefully add a thin layer of water. Seal and refrigerate for up to three days. When you are ready to dip, pour off the water and stir!"

-- C.D. in California

* "I have an old cedar chest from my grandmother. It had lost its smell, though. My husband removed all the contents and sanded it with superfine grit sandpaper. It is restored and smells wonderful now." -- J.K. in Iowa

* Need a quick measure? A paper bill (U.S. currency) is exactly 6 inches long.

Send your tips to Now Here's a Tip,
1800 Pembroke Dr., Suite 300,
Orlando, FL 32810.

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Holidays & Observances This Week

- 4/5 Easter
- 4/6 Hostess Twinkie Day
- 4/7 Metric System Day
- 4/8 D.A.R.E. Day
- 4/9 Appomattox Day
- 4/10 National Siblings Day
- 4/11 World Circus Day

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VETERAN'S

★ POST ★

by Freddy Groves

Protecting your benefits

On a recent National Slam the Scam Day for 2026, the VA stepped up, along with other federal agencies, with an array of information to keep veterans safe from scams and fraud. Thieves don't just work one day per year, however. We need to stay vigilant all year long to protect our benefits and personal information from getting to the scammers. Why do they want us? Because we have income and benefits.

How do they approach us? Phone calls, emails, text messages, social media, phishing, impersonation, fake charities -- you name it, the crooks have thought of it as a way to get to us.

If you're approached, whether on the phone or in email, the more urgent the problem, the more likely it's a scam. A scammer might pretend to be from the VA and try to claim there's something wrong with your benefits -- and that you need to hand over your personal information so they can "fix" the problem. They might want your bank account access info or password, your Social Security number, your date of birth. The answer is no. Don't do a direct deposit into another person's account -- even if it's a relative!

If you need a fiduciary situation (where someone helps you with finances), have that person go through the accreditation process and be authorized to assist you. You're protected that way.

If you're told you need to hand over a fee to get claims assistance from the VA or to apply for increased benefits, it's fraud. Invest in a shredder and use it to cut up not only VA documents with personal information on them, but any documents that can go astray, even when you put out the trash.

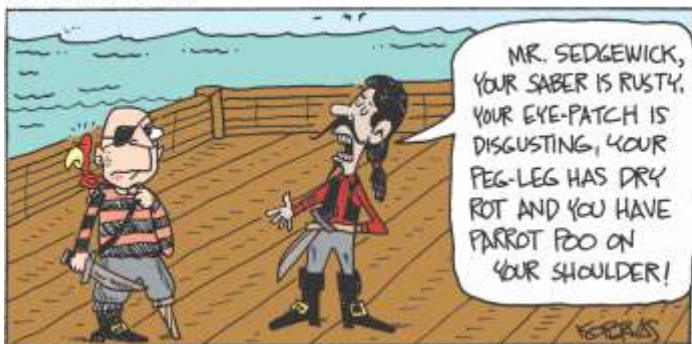
If someone calls and claims to be from the VA and asks you to pay for something with a gift card or bitcoin, feel free to laugh as you hang up the phone. It's an impostor.

Report it to the VA at 800-827-1000.

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Out on a Limb



by Gary Kopervas



Amber Waves



by Dave T. Phipps

NURSING HOME VS. OR ASSISTED LIVING
SENIOR NEWS LINE

by Matilda Charles

Stopping Medicare fraud

Medicare fraud is one of the big scams that thieves love. Approximately \$60 billion per year is stolen from taxpayers through Medicare theft and fraud. Your job is to be the intermediary and foil their attempts.

Here's how:

Treat your Medicare number as though it's as valuable as a credit card or access to your checking account. Don't give the number to anyone but your doctor's office. If anyone calls asking for your Medicare card number, hang up. If you receive a text message asking for the number, delete it.

When you get a Medicare summary statement, go over it line by line to be sure that you actually received every service.

It's true that now and then a service listed on your statement is genuine, even if it doesn't seem to be. It's possible that a coding error in the doctor's office was wrong. Get to the bottom of it by calling them and asking for the billing department to pull your file and determine whether the Medicare statement is correct or not. Ask specific questions about tests and lab work, as these are sometimes lumped together.

Sometimes, if the scammers do contact you, they'll try to get you to accept delivery of a medical device that you don't actually need in exchange for giving them your Medicare number. Don't do it. Occasionally, too, you might be contacted with an offer to "review" your medical records to see if you need any additional services or devices or if you "need" genetic testing. Don't do it. What the scammers are looking for is your personal information and that Medicare number.

Remember: Medicare isn't going to call you or send text messages or show up at your door.

If you think someone is trying to commit Medicare fraud, report it. Call 800-MEDICARE (800-633-4227).

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King Crossword

1	2	3		4	5	6	7		8	9	10	11
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51					52					53		

ACROSS

- Golfer Ernie
- Gullet
- Engine noise
- Horror star _____ Chaney
- Costa _____
- Inter _____
- Past Jennifer
- Novelist Pealed
- Fresh starts
- Boon times
- Small batteries

DOWN

- Flair
- Theater section
- Winter fall
- Eerie
- Bobby who lost to Billy
- Smoothie berry
- Hopeful
- Seine city
- ____ Bator
- Saturn feature

- Humorist Dave
- Flow out
- Depot vehicle
- "Illiad" setting
- Shade
- Spring honorees
- ____ Salvador
- Supporting
- Rolled-up sandwiches
- Evergreen tree
- Hindu honorific
- Age-old knowledge
- Soccer legend
- Spring flower

- Plastic ____ band
- Verbal
- Quitter's word
- Neighbor of Leb.
- Duck's hangout
- Checks out
- Tel. number add-on

Answer in March 8th Issue

- Radiator sound
- "That's wonderful!"
- Hosp. scans
- Charge
- Places for bracelets
- Relinquish
- Pigs
- Per person
- Roman emperor
- Family
- Tea carrier
- Rx amount
- Cameo stone
- Humorist Sahi



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