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Issue 40



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TIDBITS®

GOES TO SLEEP

by Janet Spencer



* Every living creature on Earth, provided they live longer than several days, follows a pattern of activity and rest keyed to the circadian cycle of day and night. Every metabolic function in the body is governed by a 24-hour internal clock that regulates all bodily processes.

* Sleep would seem a foolish thing for any creature to do. Not only does it leave you open to predation, but it prevents you from doing anything useful: gathering food, protecting the young, building social bonds, finding a mate. The fact that every creature sleeps, and that this has been going on since life began, indicates that sleep serves a vital function that outweighs any possible disadvantage.

* In 1952, a graduate student named Eugene Aserinsky was doing sleep studies when he became the first person to prove, using electrodes attached to the head, that the human body goes through an average of five sleep cycles each night, each cycle lasting about 90 minutes, with two phases for each cycle. One phase involved "rapid eye movements," so he called that REM sleep; the other phase had no eye movement, so he called that NREM sleep, for non-REM sleep. He found that REM sleep always involved dreaming, whereas no dreaming ever occurred during NREM sleep.

* The NREM brain-waves are deep slow waves one-tenth the speed of waking brain-waves, while REM sleep mimics the brain when it is awake. Neither of these cycles are similar to meditation, however.

(cont. on Page 2)

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A: On the sea bed!



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cont. from
front Cover)

*The split between NREM sleep periods and REM sleep periods shifts over the course of the night. The first 90-minute sleep cycle is primarily NREM sleep, with a little REM sleep at the end. However, as the night progresses, REM sleep becomes increasingly dominant, while NREM sleep decreases. The final cycle before waking is largely REM sleep with only a little NREM time. This cycle is present every night in every human. No one knows why.

*This means that if a person who normally sleeps until 8:00 am is required to rise at 6:00 am instead, they will miss only 25% of their sleep time, but they will also miss up to 90% of their REM sleep. Conversely, if a person who usually goes to bed at 10:00 pm stays awake until midnight, they will miss a significant percentage of their NREM sleep.

*During waking hours, the brain is completely absorbed by processing incoming data. During sleep, however, all data connections are severed. Now the brain can focus on other things. There are parts of our brain that are 30% more active during REM sleep than they are during wakefulness. During REM sleep, the brain appears to be wide awake while the body is sound asleep. Mere seconds before the brain shifts from NREM to REM sleep, the command goes out to paralyze all voluntary movement. The body becomes completely limp, allowing the dreams to play out without fear of damaging the body.

* Every creature, including worms and other insects, frogs, fish, sharks, and even bacteria, sleeps. However, as far as we know, only mammals and birds experience REM sleep.

* If you deprive a human of sleep, then allow them to catch up on sleep, which form of sleep will be more important as they rebound? Experiments show that the brain prefers NREM sleep above all else - to begin with. However, on the second night, REM sleep becomes more important, a trend that continues for the next several nights.

* Humans sleep less than any other primate, which average between ten and fifteen hours, depending on the species. Yet humans have a disproportionate amount of REM sleep, devoting up to 25% of sleep time to REM, whereas other primates average only 9%.

* Consider that most primates sleep in the tree tops where they are less than totally secure, whereas humans, even in ancient times, slept in caves, often with a fire for protection. It's much harder to remain in a treetop bower during the total paralysis of REM sleep.

* Humans spend more time in REM sleep because we must navigate complex societies using enormous intellectual capacity. REM sleep nourishes these needs.

* Before birth, a fetus moves a lot during REM sleep. Most expectant mothers do not realize that when the baby is active, it's asleep, because the paralyzing facet of REM has not yet developed. Babies in the womb sleep nearly round the clock, and it's not until the third trimester that they may be awake for short periods. Two weeks before birth, the baby spends around nine unbroken hours in REM sleep, increasing to 12 hours the week before birth. During this entire period, the infant's brain is being wired with all the synapses necessary for a lifetime of emotions, memories, intelligence, thoughts, decisions, and actions. However, alcohol disrupts REM sleep for mother and baby alike.

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September 21st, 2025

SNOWFLAKES

solution

Weekly SUDOKU

Answer

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



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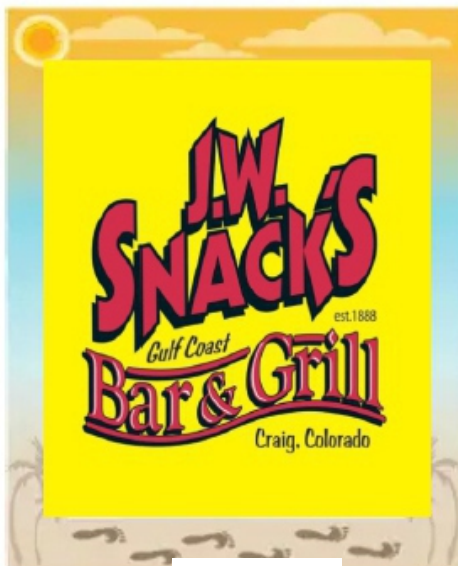
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TIDBITS GOES TO SLEEP



(cont. from
page 2)

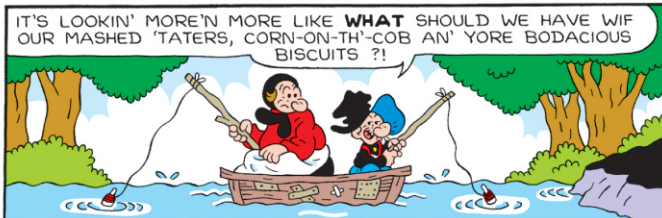
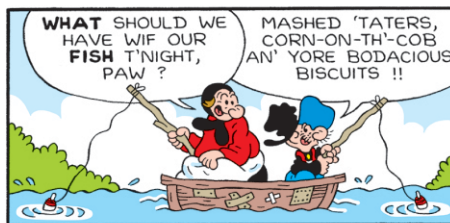
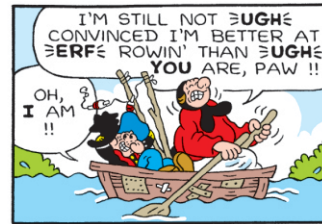
* The body manufactures a chemical called adenosine which causes sleepiness. There are receptors in the brain that adenosine latches on to. The longer a person is awake, the more adenosine is manufactured, and the more brain receptors get plugged with it. Over the course of a day, the "sleep pressure" increases until bedtime. During sleep, adenosine levels plunge, and by the time the person awakens, the brain receptors have been cleared. The cycle then begins again.

* If you consistently fail to get enough sleep, adenosine is never completely cleared and concentrations remain high. This results in ongoing fatigue until the "sleep debt" is paid.

* Caffeine is also able to plug the same receptors in the brain, delaying the urge for sleep. However, the body continues to manufacture adenosine, so when the caffeine wears off, the body suffers an immediate "caffeine crash" as the overload of adenosine rushes in to take its rightful place.

* On the other hand, THC and certain cannabinoids encourage the body's production of adenosine, encouraging sleep.

* Throughout the brain, there are specialized cells called glial cells, from the Greek word meaning "glue." Collectively it's called the glymphatic system. These cells shrink by 60% during sleep, opening up space throughout the brain. During NREM sleep, the production of cerebrospinal fluid skyrockets, producing up to 20 times more than during the day. This fluid bathes the brain, moving through the open spaces and clearing out metabolic debris, including stress hormones that accumulate over the course of the day. It's as if wakefulness causes a daily dose of minor brain damage. At the same time, sleep provides neurological sanitation services, repairing all the damage inflicted during the day, like a janitorial crew cleaning up.



September 21st, 2025

Five Spot™

Solution

C	H	A	I	N
M	A	N	I	C
A	N	I	M	E
N	A	M	E	S
M	A	K	E	S
S	M	O	K	E



1. Who was the first to release "This Time I'm in It for Love"?
2. Mary Hopkins released a song that was originally written in Russian. Name the song.
3. Name the debut single of the group that wore Civil War uniforms as their stage costumes.
4. Which two Patti LaBelle songs were used in the 1984 comedy film "Beverly Hills Cop"?
5. Name the song that contains this lyric: "I fell for you and I knew the vision of your loveliness, I hope and I pray that someday I'll be the vision of your happiness."

Rock'n'Roll



Answers on Back Cover

TIDBITS



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SPORTS STORIES



BAD PROMOTIONS

*The West Michigan whitecaps are minor league baseball team located in Comstock Park, Michigan. In 2006, a promotion aimed at attracting youngsters to the game involved dropping \$1,000 in small bills from a helicopter hovering over the playing field. Children lined up against the outfield fence at the Fifth Third Ballpark as the cash fluttered to the ground. At the signal, they rushed the park and scrambled for the money. One 7-year-old boy was trampled badly enough to require a quick trip to the hospital, while a 7-year-old girl suffered a split lip after being shoved out of the way.

The cash drop took place immediately after the West Michigan Whitecaps won 3-0 over the Southwest Michigan Devil Rays. It was the first - and last - time the Class A affiliate of the Detroit Tigers conducted such a promotion.

* The Fort Myers Miracle, a minor league baseball team, celebrated the ten-year anniversary of Evander Holyfield losing his ear to Mike Tyson in a boxing match. On June 28, 2007 - exactly ten years after the famous bite heard 'round the world - the Florida State League team gave away plastic ears to the first 1,000 people who came through the gates as they faced off against the St. Lucie Mets. Decorating stations were set up around the concession area, where fans could personalize their ears with a variety of items. Elephant ears, a deep-fried confection, were sold at the concession stand. Mike Tyson was invited to throw out the first pitch, but he was a no-show. Announcers described the event as a "lobe-blow."

* In 2007, the Cincinnati Reds hosted Ryan Freel Dirty T-Shirt Night, giving away T-shirts with dirt stains printed on the front to honor their hustling utility player.

* In the 1970s, disco music was all the rage. However, many people hated disco, including "shock jock" Steve Dahl, who spewed anti-disco rhetoric on a Chicago radio station. The managers of Comiskey Park decided that an anti-disco demonstration was the perfect thing to entertain fans between games of a double header featuring the Chicago White Sox and the Detroit Tigers.

* they planned to blow up a crate full of disco LPs. The event, hyped on Dahl's radio show "98 Rock" on WULP, promised a ticket price of just 98¢ to anyone who donated a disco record to be added to the demolition.

* Normal attendance usually ran 15,000 fans; organizers expected an additional 5,000; they had security on hand for 35,000; but in the end, over 50,000 disco-haters showed up, packing the stands well beyond maximum capacity. Disco records were flying around the stadium like frisbees.

* The mighty explosion, fueled by dynamite and fireworks, was quite a spectacle. Pieces of records flew in all directions, littering the field. In the excitement, fans stormed the field. Bases were stolen - literally. Batting cages were destroyed. Dugouts were invaded. Riot police were called, and 39 people were arrested. The playing field was ruined and the second game was forfeited to the Tigers.

* This was the only time that Disco Night was held, and it went down in history as one of the most disastrous promotions ever.

A GOOD PROMOTION

* Roger Bossard, head groundskeeper for the Chicago White Sox at Rate Field, is known as "The Sodfather." He was honored with a Roger Bossard bobble-head give-away to the first 20,000 fans who attended the June 12, 2011 game.

September 21st, 2025

King Crossword
Answers
Solution time: 22 mins.

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



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WORDS FROM THE WOODS

* The Latin 'forestem sylvam' meant 'the outside woods', with 'forestem' meaning outdoors and 'sylvam' denoting the forest. Today, 'sylvan' refers to anything that deals with woodlands. It crops up in Pennsylvania which was named for William Penn's woodlands and Transylvania meaning 'beyond the woods.'

* Because the original Latin 'forestem' meant outside it also is the root of the words foreign and foreigner denoting someone who is from outside the area.

* The words tree and true spring from the same root word meaning steadfast because both trees and truth are well-anchored and durable.

* The Greek word 'deru' meant steadfast and sturdy, morphing into the root of our word dendrite which refers to anything tree-like. Today, dendrochronology is the science of counting tree rings. Rhododendron means 'rose tree' and philodendron is a vine that 'loves trees.' The same Greek root of 'deru' resulted in endure and durable while the slightly morphed version 'dryad' is the name for a wood nymph.

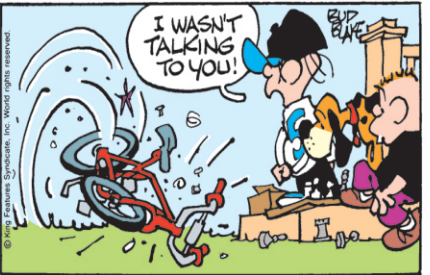
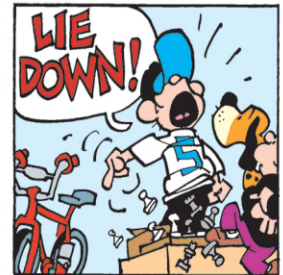
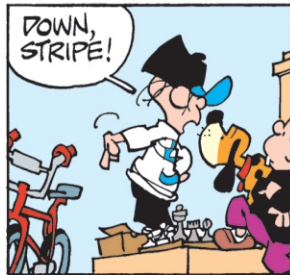
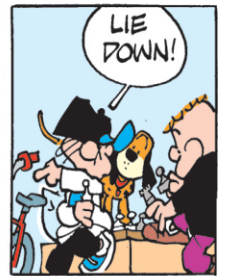
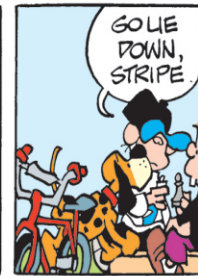
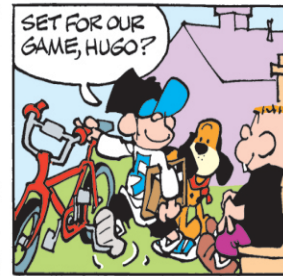
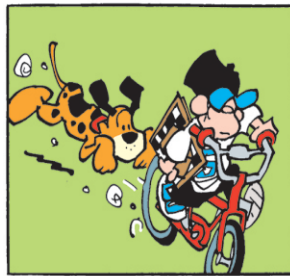
* The Latin word 'trunk' meant the trunk of a tree and also the large hinged trunks that acted as big suitcases, since trunks (the suitcase) were carved out of trunks (the tree). A 'trompe' was originally any long hollow tube (like the trunk of a tree) and a 'trompette' was a coiled tube which produced music, now called a trumpet. In British English, the slang meaning of 'trump' refers to a loud, trumpet-like fart. Meanwhile, a trump card originated with a French card game called 'la triomphe' meaning 'the triumph' and has nothing to do with tree trunks at all.

* In Old English, a singular word ending in the letter F was pluralized by turning the F into a V, as in wolf becoming wolves, knife becoming knives, and leaf becoming leaves.

* The French 'feuille' meant leaf, and was mispronounced 'foil' giving us not only foliage but also tin foil (a leaf of tin) and folio, a collection of leaves of paper.

TIGER

by BUD BLAKE



* The Greek "xylon" means wood and gives us not only xylem (the interior tissues that transport nutrients from roots upward) but also xylophone, which is made out of slats of wood. A glockenspiel is German for 'bell play' and is made from slats of metal.

* 'Phloem' is the vascular part of a tree that transports nutrients from the leaves, and its name comes from the Greek word for bark 'phloos' which also is the root word of fluid and flow.

* The Latin 'cadere' means 'to fall' and is the root of cascade (something that tumbles), decadence (a decline in morals), decay (something that falls apart), and coincidence (something that befalls you).

If you add the Latin prefix 'de' meaning down, you get deciduous,, which is the type of tree whose leaves fall down,

* The dogwood tree has nothing to do with dogs. Instead, the French called it a 'dag wood' because the branches were sturdy enough to be formed into daggers which originally referred to a cooking skewer.

* 'Radix' is the Latin word for root giving us radish which is a fat root, and radical, which is a change that starts in the roots.

* The French 'champignon' means broadly 'things that grow in a field' and resulted in an area of France called Champagne, which grew grapes that were turned into a wine of the same name.

September 21st, 2025

CryptoQuote answer

Do what you love at least a little bit, and if you have to do something else to support what you love, do it. — James Franco



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A: A bull dozer!



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L	O	V	E	S	
					Favorites
					Ski area offering
					Come to an end
					A unit of wisdom
					Fancy candle
					Political affiliation

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.

FiveSpot is a trademark of Michael McLinden
See more at www.sproutspuzzle.com

Answer in the October 5th Issue

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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Answer in the October 5th Issue

TIPBITS

NUGGET OF KNOWLEDGE

There is no gain from skipping sleep. The more often a human shorts themselves on sleep, the sooner they die. Humans are the only species that deliberately deprives themselves of sleep.

Weekly SUDOKU

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

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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Answer in the October 5th Issue

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.

	-		+		=	3
-		-		+		
	+		÷		=	7
×		+		+		
	+	5	÷		=	2
=		=		=		
42		9		9		

1 2 3 4 5 6 7 8 9

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Page 6 Answer in the October 5th Issue

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.

- Sourdough, e.g. - Design - Jolly - Burn with water - Nappy 50's sitcom gal - Knife edge - Code inventor - Iguana, e.g. - Fall bloom	<table style="width: 100%;"> <tr><td>___ E ___</td><td>Wide</td><td>___ O ___</td></tr> <tr><td>___ _ T _</td><td>Pleat</td><td>___ _ S _</td></tr> <tr><td>___ E ___</td><td>Take to the altar</td><td>___ A ___</td></tr> <tr><td>___ A ___</td><td>Reprimand</td><td>___ O ___</td></tr> <tr><td>___ A ___</td><td>Water ladle</td><td>___ P ___</td></tr> <tr><td>___ _ E _</td><td>Page border</td><td>___ _ N _</td></tr> <tr><td>___ D _</td><td>Culpability</td><td>___ M _</td></tr> <tr><td>___ R ___</td><td>Computer clicker</td><td>___ U ___</td></tr> <tr><td>L _ _ _</td><td>Merlin, e.g.</td><td>W _ _ _</td></tr> <tr><td>___ S _</td><td>Change</td><td>___ L _ _</td></tr> </table>	___ E ___	Wide	___ O ___	___ _ T _	Pleat	___ _ S _	___ E ___	Take to the altar	___ A ___	___ A ___	Reprimand	___ O ___	___ A ___	Water ladle	___ P ___	___ _ E _	Page border	___ _ N _	___ D _	Culpability	___ M _	___ R ___	Computer clicker	___ U ___	L _ _ _	Merlin, e.g.	W _ _ _	___ S _	Change	___ L _ _
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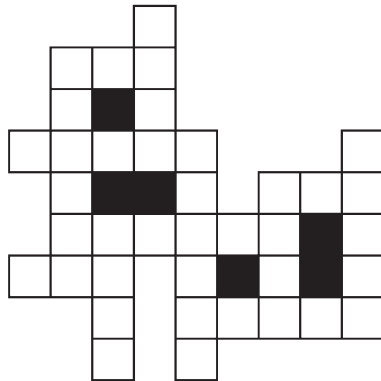
Answer in the October 5th Issue

FEAR KNIGHT

By: rj johnson

DOUBT? ...OR DARE!

OCB
♥ STOBIR
HANSE
♥ ITOR
♥ SNETIC
EBE
EDCE
TRIBO
♥ RTA
ARCNOR
STRON
♥ TAEB



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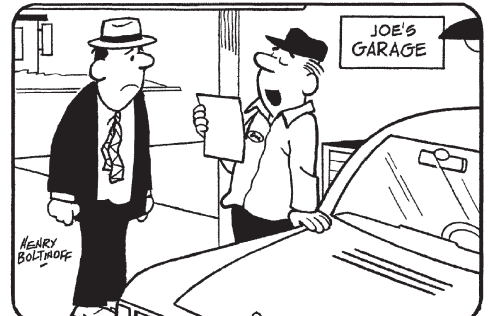
Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down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

Answer in the October 5th Issue



HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

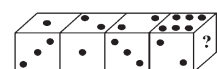


Differences: 1. Paper is longer. 2. Mirror is moved. 3. Man's left arm is not showing. 4. Light is lower. 5. Hood is different. 6. Pants are different.

STICKELERS

by Terry Stickels

Four normal dice are side by side. How many dots are on the face with the question mark?



Answer in the October 5th Issue

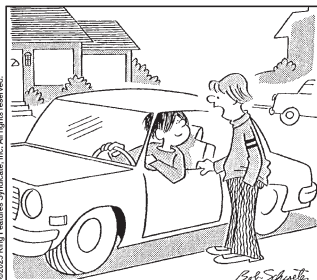
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SCRAMBLERS

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!

Move
ATONIC
Design
NETVIN
Recluse
RITHEM
Refusal
RAVIEW

TODAY'S WORD



"You're lucky, the only wheels my father lets me use are on the _____."

Answer in the October 5th Issue

Wishing Well®

5 8 6 5 4 7 6 5 3 5 6 2 6
D B P E L S R V M E O O B
3 6 4 5 8 3 2 8 6 7 2 6 2
A L I L E K B C E M E M Y
6 2 7 5 2 5 2 5 8 6 7 6 3
A R O O U P L W O L O L E
4 5 7 6 4 7 4 2 7 5 8 2 6
V I T E E H Y E S L U S V
5 3 7 8 7 6 5 6 4 6 5 7 3
L A A R I I P A O T O L M
6 5 3 6 4 5 8 3 4 5 8 4 8
E W E D U E A N R R G I E
7 8 4 7 8 3 7 4 8 4 3 4 4
I O D N U D G E S A S L S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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CryptoQuote

AXYDLBAAXR
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, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

MJK EDIZ JM ZJX BWJ EDZHF

QJI'N WDCF TN DSS MTVXKFQ

JXN, TN'P JU. NWDN'P NWF

PDEF OWDTK NWDN T PDN TI.

— BTSS MFKKFSS

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Answer in the October 5th Issue



ARIES (March 21 to April 19) While you prefer to meet trouble- some situations head-on, you might want to stand back from this one until you know what (or who!) started it. Caution should be your watchword.

TACRUS (April 20 to May 20) Once again, your common- sense approach to a problem helps you sort it out be- fore it gets out of control. Expect to learn some start- ling facts as events continue to develop.

GEMINI (May 21 to June 20) Positive influences dominate your sign, but you'll have to work hard to get the great rewards that are out there. Meanwhile, personal re- lationships thrive on tender, loving care.

CANCER (June 21 to July 22) A friend seems to be drifting away. You might feel betrayed, but you need to know the facts before you pass judgement. Perhaps you made too many demands that couldn't be met.

LEO (July 23 to August 22) New people start to come into the Lion's life at this time. Some of them could influence important career changes. Keep an open mind and weigh all the possibilities.

VIRGO (August 23 to September 22) It's a good time for aq- reements, contracts, and other positive commit- ments, including one with Cupid. Also, expect good news about a health matter.

LIBRA (September 23 to October 22) A recent change of plans upsets your penchant for keeping things in order, but once you adjust to the new situation, you'll be able to make new plans.

SCORPIO (October 23 to November 21) Aspects favor per- sonal commitments. Family plans could include mov- ing to a new home or even to a new city. Be open to any and all considerations.

SAGITTARIUS (November 22 to December 21) Both at- tached and single Archers can expect to see a positive reversal in certain relationships that had seemed to be on a collision course to nowhere.

CAPRICORN (December 22 to January 19) Family and friends take priority over everything else. Exercise a little more flexibility in your well-planned life so that you can spend more time with your kith and kin.

AQUARIUS (January 20 to February 18) A pesky person who caused you some problems recently will soon move out of your life. Meanwhile, an Aries is ready to help you get a fresh start romantically.

PISCES (February 19 to March 20) Yours is the sign of change and creation. This is a good time for you to experience changes that can open up new personal and profess- ional opportunities.

BORN THIS WEEK: You love to have fun and enjoy compe- tition. You also have a gift for "reading" people and assessing situations.

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Fun Fact

In 2002,
1,575,921,670
movie theater
tickets were sold
for such films as
"Spider-Man,"
"The Lord of the
Rings: The Two
Towers," "Star Wars:
Episode II - Attack of
the Clones," "Ice Age"
and "Harry Potter
and the Chamber
of Secrets."
No year since has
topped 2002's
ticket sales!

Sources: www.ejumpcut.org
www.the-numbers.com

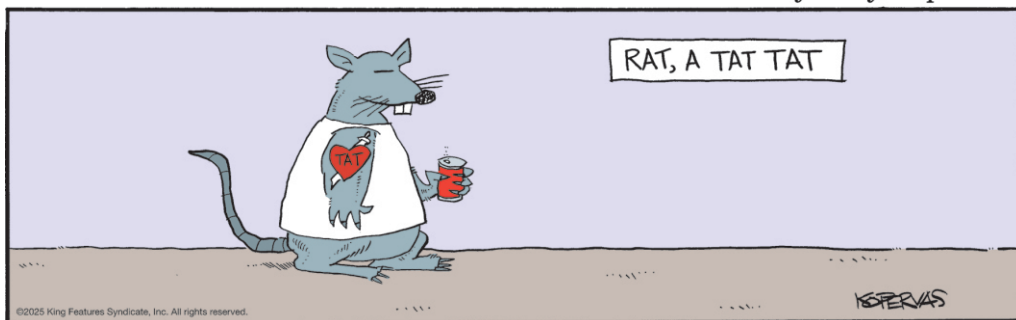
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September 21st, 2025

Stickelers Answer

The answer is 2) east.
Mumbai is almost due
east of Mexico City.

Out on a Limb

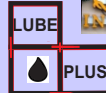


Hello Fall

by Gary Kopervas

Pick up your **FREE**
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nesses as well as
many more!

Grattered Grace
MARKETPLACE



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THIS WEEK'S CELEBRITY BIRTHDAYS

Ed Sullivan	9/28/1901
Jerry Lee Lewis	9/29/1935
Fran Drescher	9/30/1957
Julie Andrews	10/1/1935
Lindsey Buckingham	10/2/1947
George Steinbrenner	10/3/1930
Susan Sarandon	10/4/1946

TIDBITS

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The Garden Bug

Old pots made new

Try freshening up older clay pots with paint, mosaics, stucco or gluing items like shells, buttons, etc. It helps mismatched pots look more uniform, and gives your garden or patio some fresh color, without the cost of replacing all your pots. - Brenda Weaver

Inspect used pots for cracks, damage, mold and mildew. Clean and repair each pot.

Let dry. Sand surface lightly, then refinish.

When finished and completely dry, seal with clear water-proof finish.

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- * On Sept. 29, 1780, British spy John Andre, an accomplice of Benedict Arnold, was court-martialed, found guilty and sentenced to death by hanging. He wrote to Gen. George Washington asking to be executed by firing squad instead, which was considered a more "gentlemanly" death, but though Washington attempted to have him exchanged for Arnold, the original sentence was carried out on Oct. 2.
- * On Sept. 30, 1918, President Woodrow Wilson gave a speech before Congress in which he supported a guarantee that women would be granted the right to vote. The House of Representatives had approved a 19th constitutional amendment giving women suffrage, but Congress would not pass the amendment for another year.
- * On Oct. 1, 1958, the American Express company issued its first charge card, made of purple paper-

TIDBITS GOES LONG.....

The effects of caffeine kick in about 30 minutes after drinking a cup of coffee. The half-life of caffeine is between 5 and 7 hours. A cup of decaf still contains 15 and 30% of the amount of caffeine a normal cup of coffee has.

The Spats



by Jeff Pickering

September 21st, 2025

FEAR KNOT

answer

C	O	A	R	S	E			
O	L				A			
O	G	L	E		R			
F			R	I	F	L	E	D
F	L	I	T		R			
E					A			
R	A	T	I	O	N			
			I	C	E			
			L					

Go Figure!

answers

5	+	9	-	3	=	11
+			-		-	
7	+	8	÷	1	=	15
÷			×		×	
2	+	6	÷	4	=	2
=			=		=	
6		6		8		

GATHERED GRACE & CO MARKETPLACE

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board, in the U.S. and Canada, to give traveling customers more flexibility.

* On Oct. 2, 1965, during a football game between the University of Florida Gators and the Louisiana State University Tigers, UF players tested a new sports drink developed in the school's science labs to help them regain essential chemicals their bodies lost through sweating. The Gators won their match and the drink now known as Gatorade went on to make its investors wealthy.

* On Oct. 3, 2011, an Italian appeals court overturned the murder conviction of American exchange student Amanda Knox, who'd been found guilty of stabbing her British roommate, Meredith Kercher, to death in 2007. Imprisoned since her arrest, Knox flew back to the States the following day.

* On Oct. 4, 1970, singer Janis Joplin was found dead of an accidental overdose in her Los Angeles hotel room after failing to attend a recording session. She was putting the finishing touches on the album titled "Pearl," that would prove to be the biggest hit of her career.

* On Oct. 5, 1892, the infamous Dalton Gang attempted a daylight robbery of two Coffeyville, Kansas, banks simultaneously. After someone recognized a member and spread word of the crime, the townspeople ran for their guns and surrounded the two banks, then took justice into their own hands, killing all but Emmett Dalton, who, incredibly, survived prison and eventually ended up as a Hollywood screenwriter.





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- * The U.S. postmaster general was in the line of succession to the presidency until 1971.
- * There are more mobile phones than people alive.
- * In the late 18th century, Sweden's King Gustav III tried to prove that coffee was a deadly substance by making one twin drink coffee and the second one tea on a daily basis, while betting on which would be the first to succumb. Both twins survived and outlived both the king and the doctors conducting the experiment.
- * The longest English word that generally appears in dictionaries is "pneumonoultramicroscopicsilicovolcanoconiosis" the name of a lung disease.
- * Watermelons were often used as canteens by early explorers and travelers.
- * The tobacco industry spends almost \$4 billion per year to promote smoking, more than is spent advertising and promoting any other product.
- * Black holes aren't black. They glow slightly, giving off light across the whole spectrum.
- * The world's largest playable guitar is 43.5 feet long.
- * Before an NHL game, hockey pucks are frozen to make them glide more smoothly and reduce bouncing.
- * The ancient Greeks believed that amethysts could ward off intoxication and hangovers, so they often drank wine from cups carved from the gemstone.
- * Seven percent of Americans steal toilet paper rolls in hotels or motels.
- * About 70 - 75% of the world's does not even use toilet paper.
- * In 2009 a pigeon named Winston raced Telkom, South Africa's largest ISP, to see which one could deliver 4GB of data to a location 60 miles away the fastest. By the time Winston arrived with the 4GB flash drive, Telkom had transmitted only 4% of the data.

Americanisms



"If you want to see a miracle, be the miracle."
— Morgan Freeman

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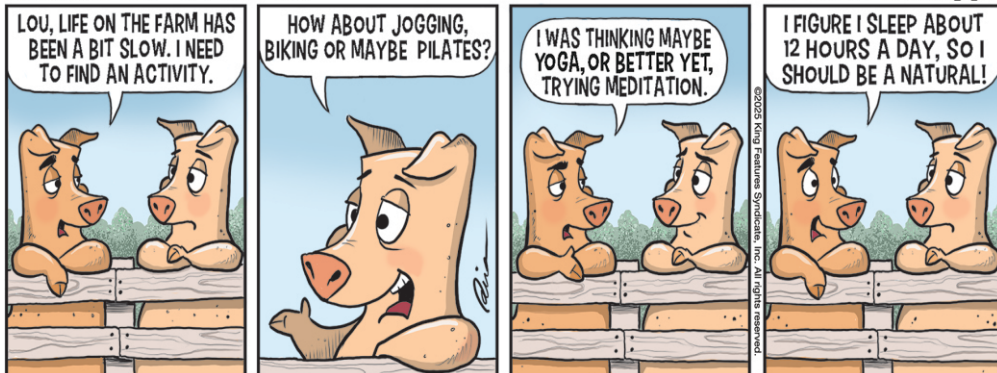





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www.nwcoltidbits.com

Amber Waves

by Dave T. Phipps



LOU, LIFE ON THE FARM HAS BEEN A BIT SLOW. I NEED TO FIND AN ACTIVITY.

HOW ABOUT JOGGING, BIKING OR MAYBE PILATES?

I WAS THINKING MAYBE YOGA, OR BETTER YET, TRYING MEDITATION.

I FIGURE I SLEEP ABOUT 12 HOURS A DAY, SO I SHOULD BE A NATURAL!

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Thought for the Day: "The two most important days in your life are the day you are born.... and the day you find out why." ~Mark Twain

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TIDBITS QUOTE

"Laugh and the world laughs with you, snore and you sleep alone."

66 99

~Anthony Burgess

8 2 4 - 6 6 4 9

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Holidays & Observances This Week

9/28	National Teacher's Day
9/29	National Women's Health and Fitness Day
9/30	Feast of St. Jerome
10/1	Adopt a Shelter Dog Month
10/2	Guinea Independence Day
10/3	Get Organized Week
10/4	Child Health Day

Know the Signs of Senior Abuse

Sometimes it takes watchful eyes to keep seniors safe. Whether it's physical, emotional or financial abuse, or any other kind, those

who come in contact with seniors can look for signs that all is not well. In banking, if you spot a senior who seems distressed and who repeatedly takes large sums of money out of an account (or changes his or her routine), that senior might be a victim of abuse or a scam. (Seniors, don't use the drive-up teller window. Go inside so staff can get to know you. Sign a new signature card every six months so your current handwriting sample is current.)

If you spot personality changes in a senior, the cause might be physical - or it might be a result of abuse. Ask what's going on. If a senior who used to dress immaculately is now wearing the same clothes for days in a row, ask.

If a senior is no longer as sociable or doesn't participate in previous activities, ask. If you spot bruises or injury, ask.

In a caregiver or hospital situation, you might see lack of care or physical abuse. A neighbor who's had relatives move in might suddenly change his or her routines. At home, the senior might be denied food or medicine or mail.

If you want more information to help seniors, go online to the National Center of Elder Abuse (neca.acl.gov) or call 855-500-3537. Learn about the signs of abuse and what you can do when you suspect it's taking place.

Check eldercare.gov, or call 800-677-1116. You'll find information on getting help for housing, in-home services, long-term care, nutrition ...and abuse.

Seniors, if you think you're being abused in any way, call the police. You don't have to put up with abusive treatment.

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KOVELS Antiques & Collecting
By Terry and Kim Kovel

Faux Bois

For thousands of years, artisans have found ways to make one material look like another. The history of furniture is filled with examples, like wood painted to resemble marble, metal, lacquer, or other expensive or exotic materials. Sometimes, other materials are sculpted or painted to look like wood. The faux bois ("false wood") technique was popularized in France in the mid-1800s, although its roots go deeper. Garden furnishings made of reinforced concrete sculpted into tree or branch shapes were displayed at the 1867 Paris Universal Exhibition. Since then, the fashion for faux bois has grown, and the term can now refer to any material, like ceramic, plastic, or metal, painted to look like wood.

This 20th-century ceramic garden seat is decorated to look like a wooden barrel but is better suited to outdoor seating. Estimated at \$500 to \$700, it sold for \$2,394 at DOYLE Auctioneers & Appraisers in New York. It's a testament to the continuing popularity of the faux bois style.

A wooden barrel sold for more than \$2,000? No, it's a ceramic garden seat made to look like a wooden barrel.



A: Franklin Delano Roosevelt was elected president in 1932 and won re-election three times, serving until his death in 1945. "Happy Days Are Here Again," written in 1929, was his campaign song in 1932. The phrase "Happy Days" appears on some merchandise from his first campaign. Textiles like bandannas and hankies were popular campaign items and are popular political collectibles today. Yours along with the letter, would probably be worth about \$200 to \$350. If the letter had Roosevelt's signature, it would be worth more. If you are looking for a formal appraisal or more information, a political collectors' club, like American Political Items Collectors (<https://apic.us/>) or an auction house or dealer that handles political collectibles or celebrity memorabilia, like Hake's Auctions (hakes.com) or RR Auction (rrauction.com) may be able to help you.

* * *

TIP: Wool weavings attract moths and should be turned twice a year. Some say you should also spray them with moth repellent, or at least put them outside in the sunlight for a few hours each summer and fall

* * *

CURRENT PRICES

Toy, horse, rocking, painted, red center handle, green rockers, wicker chair back, two-sided, 19 x 39 inches, \$35.

Picture, watercolor, landscape, autumn, trees on riverbank, signed, R. Bellitti, frame, 19 x 16 inches, \$55.

Sampler, family record, flowering vine border, Philemon Draper, silk on linen, frame, 1856, 22 x 22 1/2 inches, \$1,875.

* * *

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

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GRIN and BEAR IT

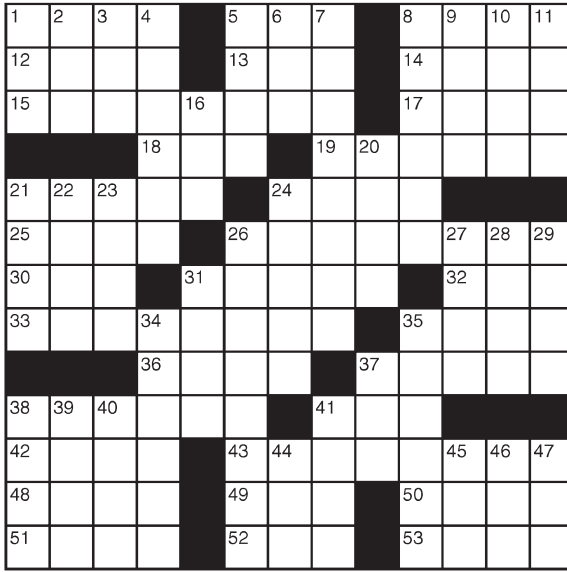


"You look a little under the weather, Stormy."

King Crossword

ACROSS

- 1 Like lemons
- 5 Rock concert booster
- 8 Farm fathers
- 12 "The Kite Runner" boy
- 13 Saloon
- 14 Buffalo's lake
- 15 Yellow-brown gemstone
- 17 Blaze
- 18 Industrious insect
- 19 Actor Karl
- 21 Entices
- 24 Small rodents
- 25 Common connections
- 26 Vision tests
- 30 Enjoy Aspen
- 31 Camper owners, for short



- 32 Yule quaff
- 33 Close watch
- 35 Blog entry
- 36 Hibernia
- 37 Trousers
- 38 Brief time
- 41 Debussy's "La —"
- 42 Author Hunter
- 43 Good-looking person
- 48 Laptop connection
- 49 Fair-hiring letters
- 50 Shabby beer joint
- 51 Feeder filler
- 52 Slangy denial
- 53 Way out
- 11 Viewed
- 16 ER workers
- 20 Experts
- 21 Pyramid part
- 22 "Puppy Love" singer
- 23 Beatnik's assent
- 24 "No way!"
- 26 Katniss in "The Hunger Games"
- 27 Shortly
- 28 Lion's share
- 29 Boot camp
- 31 Check
- 34 Mr. Brezhnev
- 35 Saint Patrick's Day event
- 37 Chest muscle
- 38 Stitches
- 39 Marisa's "Only Love" role
- 40 Parisian eatery
- 41 Cat call
- 44 Pro vote
- 45 Veto
- 46 506, in old Rome
- 47 However

DOWN

- 1 Bit of ink
- 2 "— Blue?"
- 3 Fix illegally
- 4 Goodies
- 5 Help a hood
- 6 Spring month
- 7 Opening night
- 8 Automatic reaction
- 9 Saharan
- 10 Swampy terrain

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Answer in the September 21st Issue



1. Austin Roberts, in 1976, but it was the cover by Player in 1978 that climbed the charts and stayed there for four months.
2. "Those Were the Days," in 1968. After Hopkins' version (which was her debut single) topped the charts around the globe, the song was written in several languages.
3. "Woman, Woman" by Gary Puckett & The Union Gap, in 1967.
4. "New Attitude" and "Stir It Up."
5. "Earth Angel," by the Penguins, in 1954. Considered a classic example of doo-wop, it was one of 50 songs that the Library of Congress added to the National Recording Registry in 2005.

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September 21st, 2025

Even Exchange answers

1. Potter, Poster
2. Award, Aware
3. Divine, Divide
4. Phase, Chase
5. Strike, Stripe
6. Fried, Freed
7. Gallon, Gallop
8. Bench, Bunch
9. Insert, Insect
10. Cruet, Crust

SCRAMBLERS solution

1. Lackey 2. Space;
3. Lumber; 4. Sordid

Today's Word
BICYCLE



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Ethan O'Mailia
Ethan.OMailia@cofinc.com

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1. The Conjuring: Last Rites (R)
Patrick Wilson, Vera Farmiga

2. Hamilton (PG-13)
Lin-Manuel Miranda,
Phillipa Soo

3. Weapons (R)
Julia Garner, Josh Brolin

4. Freakier Friday (PG)
Jamie Lee Curtis, Lindsay Lohan

5. Caught Stealing (R)
Austin Butler, Regina King

6. The Fantastic Four: First Steps (PG-13)
Pedro Pascal, Vanessa Kirby

7. The Roses (R)
Olivia Colman, Benedict Cumberbatch

8. The Bad Guys 2 (PG)
Sam Rockwell, Marc Maron

9. Light of the World (PG)
Ian Hanlin, Benjamin Jacobson

10. Superman (PG-13)
David Corenswet, Rachel Brosnahan
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