



Grand Strand Weekly

May 28, 2018

Cool Summer Entertaining Tips to Keep Guests Happy



(StatePoint) Hosting friends and family for backyard barbecues, picnics and garden parties during summer carries its own challenges. Here are a few tips guaranteed to keep your guests cool, comfortable and happy when you entertain.

- **Create Shade:** Entertaining outdoors? Remember, not all guests are going to want direct sunlight for too long. Take into consideration the sun's position in the sky during the hours you will be hosting, ensuring your seating offers guests the option to sit in the shade. Create DIY shades by hanging curtains or fabric around or above your party location.

- **Protect Guests:** Protect your

guests from getting bitten and burned in your garden or yard. Be sure the space is clear of standing water in advance of the party. Also, create a small station with bug spray and sunscreen (kids' varieties, too, if you're hosting families). Keep it away from the areas where the food and drinks are being served. Consider adding citronella candles or tiki posts as an additional strategy for warding off mosquitoes and other insects.

- **Be Creative with Cold Drinks:** Nothing is more evocative of summer than a cold glass of iced tea. Indeed, Iced Tea Month, celebrated in June, is a great time to create an iced tea bar that includes several varieties to suit your guests' different tastes.

Serve varieties like sweet tea, no calorie tea, tea mixed with lemonade, and peach tea. Label each clearly with small chalk boards or calligraphy name cards. Offer guests ready to drink teas made with high-quality, fresh, natural ingredients, such as Milo's. They fresh brew all of their teas and do not add any extra "stuff" like colors, acids or preservatives.

A handy trick to keep beverages undiluted and impress your guests as things heat up? Create ice cubes out of Milo's Tea in advance, then use those to cool down drinks. For recipe ideas, visit drinkmilos.com.

- **Serve Cool Snacks:** You may have the grill going, but you can keep things otherwise cool and light with snacks and sides like crudité, dips, pasta salad, fresh fruit skewers and cold finger foods, like tea sandwiches.

- **Play Games:** Take full advantage of your yard this outdoor entertaining season with a few simple, fun lawn games like cornhole, horseshoes and ladder toss. Want to make things more interesting? Create an elimination bracket and tournament for each game.

From refreshing drinks to fun and games, you can make the most of the summer with a few cool strategies.

Dear Doug



By Doug Mayberry

Setting Ground Rules

Q: Last summer, my parents chose to spend a month visiting me and my family. Although I was initially excited, it proved to be a disaster.

I didn't realize how long they'd planned to stay, but they were enthusiastic to spend time with their only grandchildren. My husband was a godsend, as he was even more patient than I was! But he was also worn out by the experience. Both of us work, and it was difficult to balance my parents' needs with our routines.

My parents don't view their visit the same way I do and are talking about doing the same this year. My instinctive reaction is it would be horror. What can we do?

A: Regardless of your relationship and history with your parents, you and your husband are in charge of your home. You need to work out a visit in the way that works best for you.

It sounds like your main issue from last year was having a nebulous plan for the visit. Correct your mistake this time by discussing concrete plans beforehand.

Set some ground rules for the visit. Discuss ideas with your husband to make their visit as pleasant as possible by keeping it short and sweet.

Communicate your plans for the summer with your parents, mentioning how a long visit will be problematic. Having children out of

school for their break is often very hectic, and having guests is often unfeasible.

Make a clear plan for the visit, but deliver the news kindly. You want to maintain a healthy, loving relationship with your parents – and setting some boundaries will help you do it. Another option is to visit them instead. Afterward, they may come to the same conclusions.

Your issue is one that hasn't changed in several centuries. Benjamin Franklin said it succinctly: "Houseguests, like fish, smell after three days." – Doug

Times Have Changed

Q: My lovely granddaughter is 21 and about to graduate next year. She is wonderful, but I have one concern. Remembering how I was at her age, she seems to be in an entirely different stage of development.

At her age, I was much more independent and resourceful. She's more reluctant to make choices and dependent on others. Is she ready for the real world?

A: Every person matures at a different pace, and making comparisons doesn't always work. Your own grandparents may have felt the same way about you.

Some well-intentioned parents are afraid to cut the cord and don't allow children to go through pain of maturation during their youth. These children find themselves facing the real world later in life than your generation did. Some people also think that computers and phones have acted as substitutes and kept this generation in a type of arrested development.

Another thing to consider is the generational gap. In these last few decades, life has changed rapidly. The world that your granddaughter is about to enter is also very different from the one you've experienced. Many young people find themselves

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concerned about the job market, responsibility and uncertainty for the future.

Don't force your own expectations onto your granddaughter. Instead, allow her to grow at her own pace. As a grandparent, one of the best things you can do is share your own experiences. Look for the similarities you share.

Although her life differs from yours, the emotions you have are still the same.

Social Security and You



by Tom Margenau

Trying to Help Dad Led to Complications

Q: My dad is 90 years old and I help him with medical appointments and managing important business affairs. We went to our local Social Security office to change dad's address. While there, I asked to be added to dad's account so that I can make inquiries on his behalf. The clerk signed me up to be his "representative payee." Then a few weeks later, I got a letter explaining that I now was the only person responsible for dad's Social Security account – a designation that included reporting requirements to the government. That is NOT what I wanted. So we went back asking to revoke the representative payee status. This time, a different clerk told us we could not do that without a doctor's note to say that dad can manage his own affairs. I got the doctor's note, and we went back to social security office. Yet another clerk then made dad his own representative payee. So now, I've just transferred the burden of reporting to my father! Is there any way to explain things better to the folks at the Social Security office to get things back to dad's original status? We just want him to be a regular person getting his Social Security in the regular way without all this payee stuff. Can you help me sort this out?

A: First of all, let me reassure you that based on what you told me, everything seems to be back to normal. Your dad is just "a regular person getting his Social Security checks in the regular way." But now let me review what happened in your case to explain how Social Security handles these cases.

I must start out by making this important point: The Social Security Administration is very strict about privacy laws. Back when I was first hired by SSA in 1973 and sent to a training class, we spent the entire first day reviewing the privacy laws of Social Security records. Those laws require that NO information from your Social Security record can be disclosed to anyone else. Not even to a spouse, a grown child or a close relative. Because of those privacy laws, there is simply no way you could simply be "added to dad's account."

But the law does allow someone to handle a relative's or friend's Social Security account IF that person is judged to be mentally incapable of handling his or her own affairs. And SSA calls that person a "representative payee." So the only way you could be added to your dad's account was to be named his payee.

And being a payee means you are not only responsible for receiving and spending your dad's Social Security checks, but also you are required to report to SSA (usually once a year) how you spent his funds.

It sounds like when you learned that, you decided you didn't want to be your dad's payee. So you went back to your Social Security office to reverse things. But frankly, I'm a little puzzled how you managed to do that. And here is why.

Remember, I said that a

representative payee can only be appointed if someone has been judged to be mentally incapable of handling his or her own Social Security affairs. So to be named your father's payee in the first place, a doctor or other medical professional had to sign a form saying your dad was not capable of handling his affairs. And that means that to get yourself off of your dad's record as his rep payee, some other doctor had to sign a different form saying your dad was capable of handling his own affairs.

I hope you understand how confusing this sounds. But it does seem like the third SSA clerk you dealt with straightened everything out. You used the wrong term by saying they "changed the representative payee to dad." I mean, every person getting his or her own Social Security check is technically his or her own payee, though not a formal "representative payee" in the legal sense of the term. So that's why I am pretty sure things are back to normal. Your dad is now simply getting his own checks like he always was before.

Having said all that, we can get back to your original issue. I know you are simply trying to help your father handle some of his Social Security issues. You certainly can do that on an informal basis. I'm sure there are millions of sons and daughters out there helping a very elderly mother or father. But because of those privacy laws I mentioned earlier, that help has to remain at home and remain informal. You just won't be able to contact or deal with the Social Security Administration on your dad's behalf – as long as he remains mentally capable of handling his own affairs.

Veterans Post



by Freddy Groves

An Orlando Resort – Just for You

You only need to view the online photos of the Shades of Green resort in Orlando, Florida, and you'll want to go. Sitting next to Disney World and sandwiched between two PGA golf courses, the place is a highly desirable resort – for you. It's one of a small chain of Armed Forces Recreation Centers, all owned by the Department of Defense.

There are nearly 600 rooms and suites at Shades of Green, and they sound very high-class. There are seven levels of accommodation, from standard room to garden suite. If you're bringing a crowd, perhaps for a wedding or big celebration, the family suite sleeps eight, and the palm suite sleeps 10. Yes, you can take guests, but you must check them in.

With tennis, two pools with slide, golf, shopping at the handy AAFES Exchange and a spa, this could be a great place to go with the family. You'll also be eligible for reduced-rate tickets to most of the attractions in the Orlando area, including Disney World.

At the bottom of all the web pages is a Special Offers button. Click it. You'll see what secret benefits they're cooking up for the rest of the year: special rates on special days in August, special rates on certain dates in September, and more. Don't miss the Red White and Blue Salute

Package. Check your eligibility at www.shadesofgreen.org and see what paperwork you need to verify your status.

Shades of Green is a military property, which means there's guarded, controlled access to the resort.

If you happen to be in Hawaii this summer, there is another AFRC resort there [www.halekoa.com]. In addition, there are resorts in South Korea, the Bavarian Alps in Garmisch, Germany, and Tokyo.

Senior News Line



by Matilda Charles

New Pill Bottle Labels

Don't be surprised if your next prescription bottle looks different, especially if you pick up your drugs at CVS. The newest thing is to put lots of information on the label, in big letters on a big label. CVS is calling it ScriptPath.

If you take multiple drugs and haven't been given instructions about what can go with what, ask. Don't count on the fancy new label to let you know. Tell the pharmacist all the drugs you're taking and when, and ask when your new drug should be fit into the schedule. Don't just take them all at once in the morning. There's one drug, for example, that can't be taken within an hour of food. Another one works better late at night. You need accurate information.

Check the side of the bottle where the label says morning, midday, evening and bedtime, and see which

one is marked. Ask, especially, if your doctor or pharmacist has told you one thing and the pill bottle indicates something else.

One change you'll likely see is the size of the bottle itself. Even if you're only getting a month's supply of small pills, the label needs to go around the bottle.

Your best bet, especially if you have a new prescription, is to not leave the counter until you have a chance to read the label and ask questions.

Having said all this, I do not like the new label. Perhaps the pharmacy needs a new printer cartridge, or maybe the printer doesn't work well with that type of paper label. I only know that it nearly requires a magnifying glass to read the faint and broken up letters. I'm tempted to make my own label.

Moments In Time



by The History Channel

* On June 17, 1885, the dismantled Statue of Liberty, a gift from the people of France, arrives in New York Harbor packed in more than 200 cases. The copper and iron statue was reassembled and dedicated the following year.

* On June 13, 1895, Emile Levassor drives a Panhard et Levassor car with a two-cylinder, 750-rpm, four-horsepower engine to victory in the world's first real automobile race. He completed the 732-mile course in just under 49 hours, at a then-impressive speed of about 15 mph.

* On June 15, 1917, two months after America entered World War I against Germany, Congress passes the Espionage Act. The act made it a crime to convey information intended to interfere with the U.S. armed forces prosecution of the war or to promote the success of the country's enemies.

* On June 12, 1940, Edsel Ford agrees to manufacture 9,000 Rolls-Royce-designed engines to be used in British and U.S. airplanes in World War II. A biography about Edsel's father, Henry, later revealed that Henry had already accepted a contract to work with the German government. He eventually reversed his position.

* On June 14, 1951, the U.S. Census Bureau dedicates UNIVAC, the world's first commercially produced electronic digital computer. Weighing 16,000 pounds, UNIVAC used 5,000 vacuum tubes, and could perform about 1,000 calculations per second.

* On June 16, 1963, aboard Vostok 6, Soviet cosmonaut Valentina Tereshkova becomes the first woman to travel into space. She returned to Earth after 48 orbits, having spent more time in space than all U.S. astronauts combined to that date.

* On June 11, 1979, actor John Wayne, born Marion Morrison in Iowa, dies at age 72. In his early acting jobs Wayne was credited as Duke Morrison, a childhood nickname derived from the name of his beloved pet dog.



License for Indoor Cats Is a Scam, Reader Says

DEAR PAW'S CORNER: I disagree with what you wrote about buying a license and tags for cats that stay indoors. Requiring a license for indoor cats is such a government scam. It's just another dirty local tax to burden the people with – like the little fees on our phone bills! I love my country, but these hidden taxes aren't right. – Tim in Lancaster, Ohio

DEAR TIM: I know how frustrating it can be to pay additional fees for many things, especially when prices are rising for products like gasoline. But I also stand by my original article. Even indoor cats need routine vaccinations and, if mandated, license tags.

Even the best pet owner in the world can be impacted by unforeseen events. Say a natural disaster hits, like a tornado or a mudslide – something with little or no warning. In the chaos, pets can and will escape to a safer place.

For example, during a recent house fire in my community, firefighters rushed in to save the homeowner, who was trapped with her dog in a back bedroom. They were able to get her to safety, unhurt. However, she lost her hold on the dog, who ran into the woods, terrified. It took a few days of searching before it was found and matched back to its owner thanks to

his license tags and microchip.

Vaccinating and licensing indoor pets is a comparatively low-cost way to improve pets' chances of staying healthy and being quickly reunited with their owners should they escape. While it's good for citizens to be aware of and question different taxes and fees, this is one fee that is worth the price.

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

top ten

Most Powerful PASSPORTS*

1. Singapore
2. South Korea
3. Germany
4. Japan
5. Denmark
6. Sweden
7. Finland
8. Italy
9. France
10. Spain

*visa-free ranking

Source: Passport Index



THE BOLD AND THE BEAUTIFUL Steffy told Liam the name she chose for her unborn child. Wyatt was resentful of his father's sudden appreciation of him, but Katie reminded him that this was what he always wanted. Ridge fiercely defended his daughter to Brooke and Hope. Steffy made a final plea to Liam to stay with her for the sake of the baby. The Logan sisters came together to help Hope get ready for her wedding day. Taylor arrived at Steffy's house outraged to learn that Hope and Liam were getting married already. Justin tried to convince Bill that Steffy was committed to Liam and that no matter what rewards he gave Wyatt, he might crack anyway and tell Liam the truth. Wait to See: The best man drops a bombshell during the wedding ceremony.



DAYS OF OUR LIVES

Eve was shocked to see her sister Theresa back in Salem sharing a moment with Brady. Will found a new clue in Dr. Rolf's diary. Ciara and Tripp's romantic dinner took an unexpected turn. Lani had a scare with her unborn baby. Chad argued with Melinda to get a plea deal for Abigail. Meanwhile, Jennifer supported Abigail, who was ready to accept responsibility for her actions.

Kate learned her fate regarding her role in Vivian's death. Sonny's world was turned upside down when he realized that Leo was a con. Ciara confided in Hope about pushing Tripp away. Xander taunted Jennifer about her relationship with Eric. Wait to See: Brady confesses his conflicted feelings to Marlena.

GENERAL HOSPITAL

Valentin walked a fine line. Lucy was very apologetic. Anna grew increasingly anxious. Peter stayed by Maxie's side. Kiki felt misunderstood but found comfort with an old friend. Finn demanded some answers. Sam tried her best to help. Valentin finally crossed Lulu. Drew paid his respects. Maxie was disheartened. Kiki acted on impulse. Nelle got the support she had been craving. Alexis quickly regretted her actions. Griffin got more than he bargained for. Oscar made a pact with Josslyn. Sonny felt tormented. Nina paid Lulu a visit. Valentin tried his best. Peter had an ace up his sleeve. Wait to See: Carly snaps, but later feels optimistic.

THE YOUNG AND THE RESTLESS Shauna found herself without a date for the prom. Kyle embarrassed himself in front of Neil. Jack was infuriated when Billy decided to permanently take over the CEO position at Jabot. Billy took his new position to heart, implementing fresh policies and amenities, and planning a major renovation for his office. Meanwhile, Ashley was waiting for the opportune moment to overturn the Blood Abbott Clause and take the CEO position for herself. Kyle asked Tessa out on a date, not picking up on the unspoken feelings between her and Mariah. Sharon and Nick were jealous of each other's dates at the New Hope benefit. Devon and Hilary grew closer. Abby and Arturo learned more about each other. Wait to See: Victoria is blindsided.



Q: It seems like a long time since new episodes of "Girlfriends' Guide to Divorce" has aired. Please tell me it hasn't been canceled! – Christy R., via email

A: It has not been canceled, Christy – thank goodness. The fifth and final season of the hit Bravo show returns on Thursday, June 14, at 10/9c with six brand-new episodes. This season, Abby (Lisa Edelstein) is torn between an old and new love; Phoebe (Beau Garrett) flirts with a new experience and gets reacquainted with her estranged brother; Delia (Necar Zadegan) decides she wants a baby; Frumpkis returns from rehab, throwing a wrench in Jo's (Alanna Ubach) new relationship with Albert; and Barbara (Retta) gets cold feet with Darrell. So, yeah, our favorite divorcees are not going quietly into that good night.



Q: Is it true that Connie Britton won't be back for season two of "9-1-1"? – Marie F., Norfolk, Virginia

A: Connie initially signed a one-year deal with the first-responder drama and won't be a series regular for the second season. However, that doesn't mean that we've seen the last of her. Although no official

announcement has been made as of this writing, she could return as a guest star. What I do know, officially, is that Jennifer Love Hewitt is joining the cast as Maddie, firefighter Buck's sister, who joins as a series regular and will portray a 911 operator. "9-1-1" returns to Fox this fall on Mondays at 9/8c.

Speaking of Connie Britton, she will play opposite Eric Bana in Bravo's new true-crime series "Dirty John," which is based on Los Angeles Times reporter Christopher Goffard's popular podcast of the same name. Eric plays the titular character, John Meehan, who romances Connie's character, Debra Newell, a successful interior designer and single mom, who is later pulled into John's web of lies. According to Bravo, "Dirty John" follows "the true story of how a romance with Meehan spiraled into secrets, denial and manipulation." Connie also is an executive producer on the series, which has already been greenlighted for two seasons, the second of which will deal with an entirely different case.

READERS: I reported a few months ago that ABC had canceled Tim Allen's sitcom "Last Man Standing," and I suggested that another network could possibly pick it up. While my guess that CMT would be said network was incorrect, the popular series has been given new life by Fox. Tim and the rest of the gang will be back for its seventh season this fall, with showrunners promising there will be minimal changes to the show that its fans know and love. Many are speculating that Fox's snapping up of the politically right-leaning show piggybacks on the recent success of the resurrected "Roseanne" on ABC, whose namesake star is an outspoken Trump supporter.

HOLLYWOOD by Tony Rizzo

HOLLYWOOD – As the song says, "Everything Old Is New Again," and that's what happens when studios keep remaking the properties they own. "Catch 22" (1970) will now be a Hulu miniseries produced/directed by and starring George Clooney (with his partner Grant Heslov), with "Friday Night Lights" Kyle Chandler and "House" star Hugh Laurie.

Keanu Reeves and Alex Winter are reteaming for the threequel "Bill & Ted Face the Music." "Bill & Ted's Excellent Adventure" (1989) made \$40 million and their "Bogus Journey" (1991) earned \$38 million. Winter has only appeared in "The Borrowers" (1997) and an episode of "Bones" (2007) since then because he has concentrated on directing and producing.



"A Quiet Place," nearing \$300 million, will have a sequel, most likely with John Krasinski and Emily Blunt. Now that Krasinski is hot as a producer/director, his old project with Aaron Sorkin, based on Shawn Levy's book "The Castle on Sunset," about the famed Chateau Marmont Hotel, has been revived and is in the works.

Among other planned sequels are:

"Sherlock Holmes 3," with Robert Downey Jr., Jude Law and Rachel McAdams returning for a December 2020 opening; "Journey 3: From the Earth to the Moon," the threequel to "Journey to the Center of the Earth 2" (2012), again with Dwayne Johnson and Josh Hutcherson; "Men In Black 4," without Will Smith and Tommy Lee Jones, but probably with Chris Hemsworth; "Beverly Hills Cop 4," with Eddie Murphy; "Rush Hour 4"; "Get Smart 2"; "Jump Street 3," with Channing Tatum and Jonah Hill; and a "Pacific Rim" threequel are just some of the 179 planned sequels. Also in the works are "The Chronicles of Narnia: The Silver Chair"; and "Oz, The Great & Powerful 2," which continues the story of Oz and Glinda, now married with a daughter, Olivia, who doesn't know she's been cursed by an unknown witch (want to bet it's The Wicked Witch of the West?!).

Hugh Grant, who won a London Film Critics Award as best supporting actor for "Paddington 2" (which raked in \$226 million), is returning to TV in a three-part BBC miniseries, "A Very English Scandal," with Ben Whislaw.

Amy Poehler is producing, directing and starring in Netflix's "Wine Country," with SNL ladies Tina Fey, Rachel Dratch, Ana Gasteyer and Maya Rudolph. She's also got two shows for NBC: "Abby's," a "Cheers"-like series, with Neil Flynn (just off nine years in "The Middle") and Natalie Morales; and as host of an unscripted NBC competition series, "Making It," with Nick Offerman. If you're over 30, you can't help but hear the song "Deja Vu" play in your head while watching rebooted movies and TV shows!



ARIES (March 21 to April 19)
Cheer up, Lamb. Your emotional impasse will lift once you allow your highly tuned sense of justice to guide you on what to do about an associate's questionable behavior.

TAURUS (April 20 to May 20)
News about a project you hoped to work on might need more clarification. Take nothing just on faith. Draw up a list of questions, and insist on each being fully answered.

GEMINI (May 21 to June 20)
Giving your time to help others is fine. But don't lose sight of your own needs. Make plans for an energy-restoring getaway with that very special person in your life.

CANCER (June 21 to July 22)
Congratulate yourself on getting that difficult job done to everyone's satisfaction. This could be the first of many such challenges you might be offered down the line.

LEO (July 23 to August 22)
With your enthusiasm soaring again, you feel ready to tackle a tough new assignment. Good for you! And remember: Don't be too proud to accept help when it's offered.

VIRGO (August 23 to September 22)
Cupid rules the week for single Virgos eager to make a romantic connection. Meanwhile, Virgo couples experience renewed commitment in their relationships.

LIBRA (September 23 to October 22)
Home and work issues vie for your attention through early next week. Rely on your Libran sense of balance to keep you from being overwhelmed by either side.

SCORPIO (October 23 to November 21)
Creative projects might have to go on standby as you tackle other matters making demands on your time and energy. Things should ease by the middle of next week.

SAGITTARIUS (November 22 to December 21)
Your energies are high, and so are your aspirations. But be careful not to let work dominate the week. It's also important to spend time with family and friends.

CAPRICORN (December 22 to January 19)
It's a good time to set aside your pride and stop nursing those hurt feelings. Instead, consider restoring relationships you want to have back in your life.

AQUARIUS (January 20 to February 18)
You might be miffed at not being shown more appreciation for your hard work. But don't brood over it. Recognition comes in its own time and in its own way.

PISCES (February 19 to March 20)
With your inner creative juices starting to boil and bubble, this is a good time to launch a new arts-related project, or go back and restart the one you had set aside.

BORN THIS WEEK: You have a way of seeing the best in people, which helps encourage them to live up to your perceptions.



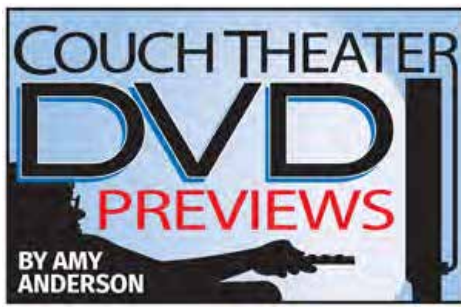
Garden Salad Dressing

A wonderful dressing that is loaded with taste and oh so great on those early spring greens from the garden.

1/4 cup honey
1 tablespoon Dijon mustard
1/2 cup Land O Lakes no-fat sour cream
1 teaspoon dried parsley flakes
2 tablespoons Oscar Mayer or Hormel Real Bacon Bits

In a medium bowl, combine honey, Dijon mustard, sour cream and parsley flakes. Stir in bacon bits. Cover and refrigerate for at least 30 minutes. Makes 6 (2 tablespoon) servings.

* Each serving equals: 68 calories, 0g fat, 2g protein, 15g carbs, 170mg sodium, 22mg calcium, 0g fiber; Diabetic Exchanges: 1 Starch; Carb Choices: 1.



“Annihilation” (R) – Based on the first installment of the “Southern Reach Trilogy” by Jeff Vandermeer, “Annihilation” stars Natalie Portman as Lena, a biologist whose military husband Kane (Oscar Issacs) returns – barely alive – a year after being presumed dead on a mission to a biological anomaly called “the Shimmer.” In order to treat him, Lena must find out what happened to him, and so becomes a willing participant in a return mission. She is joined by psychologist Dr. Ventress (Jennifer Jason Leigh), a physicist (Tessa Thompson), anthropologist (Tuva Novotny) and paramedic (Gina Rodriguez). Each discipline reveals new horrors inside the Shimmer: disturbing debilitating personality changes, deconstruction of DNA, morphing species and more, and all the while, the group is being stalked by strange, unrecognizable forces.

“Borg vs McEnroe” (R) – The fire and ice rivalry that was John McEnroe and Bjorn Borg in the summer of 1980 is meticulously detailed and gloriously brash seen through the eyes of director Janus Metz. Borg (Sverrir Gudnason) is leading into his attempt at a record-breaking fifth consecutive Wimbledon win. He is the embodiment of cool, controlled elegance. Opposing him is a young, loud-mouth upstart, the talented but feisty John McEnroe (played to perfection by Shia LaBouf). The

contrasting personalities alone make the matchup dramatic, and we are treated to perfect character studies of these men, culminating in the tense, nail-biting set that transfixed the tennis world.

“Beirut” (R) – Jon Hamm turns in a convincing performance as Mason Skiles, a former diplomat to Lebanon whose wife was murdered in a terrorist attack. He leaves state service and fades into a life of alcohol-laced labor negotiations until he is resurrected 10 years later when CIA operative Cal Riley (Mark Pellegrino) – a former contact – is abducted in Beirut, and Mason is requested as the negotiator. Old relationships surface, as he and agent Sandy Crowder (Rosamund Pike) must track down and free the man who orchestrated his wife’s death to exchange for Riley. The gritty, urgent feel is palpable, as are the competing undercurrents of American, Israeli and local interests.

“Journey’s End” (R) – Based on the play of the same name by R.C. Sherriff, “Journey’s End” details a tragic and heroic group of World War I soldiers – stuck in a trench, their only orders to hold the line for as long as possible. No one expects that time frame to be very long. Asa Butterfield brings his dazzling innocence as Raleigh, a young officer who is excited to take his post under his former schoolmate, now Capt. Stanhope (Sam Claflin). Stanhope, romantically attached to Raleigh’s sister, is a shell of his former self who stays deep in the bottle in order to deal with the anxieties of his station. The message: War is hell. Cherish your memories.

New TV Releases

“I’m Dying Up Here” Season 1
 “Diff’rent Strokes” The Final Season
 “The West Wing” Seasons 4-7



Top 10 Movies On Demand

1. Fifty Shades Freed (R) Dakota Johnson
2. Peter Rabbit (PG) James Corden
3. 12 Strong (R) Chris Hemsworth
4. Den of Thieves (R) Gerard Butler
5. The Greatest Showman (PG) Hugh Jackman
6. Jumanji: Welcome to the Jungle (PG-13) Dwayne Johnson
7. Hostiles (R) Scott Shepard
8. Winchester (PG-13) Helen Mirren
9. The Post (PG-13) Meryl Streep
10. Maze Runner: The Death Cure (PG-13) Dylan O’Brien

Top 10 DVD, Blu-ray Sales

1. Fifty Shades Freed (R) Universal
2. Peter Rabbit (PG) Sony
3. The Greatest Showman (PG) FOX
4. Star Wars: Episode VIII: The Last Jedi (PG-13) Disney
5. 12 Strong (R) Warner Bros.
6. Batman Ninja (PG-13) Warner Bros.
7. Maze Runner: The Death Cure (PG-13) FOX
8. Thor: Ragnarok (PG-13) Disney
9. Fifty Shades: 3-Movie Collection (R) Universal
10. Jumanji: Welcome to the Jungle (PG-13) Sony

Antique Or Junque



By Anne McCollam

Pancho Villa Was Elusive

Q: I am enclosing a photo of a Mexican Border Service felt pennant that has been in our family for a very long time. At the top are the words "1st N.D. INF," and on the lower portion are the words "MERCEDES – TEXAS." It also has the date "1916" on it and is about 38 inches long. It is over 100 years old and in very good condition.

I would appreciate any information about it, including the value.



A: Mexican Border Service pennants were given to those in the U.S. military who patrolled the border in 1916 during the Mexican Punitive Expedition, when Francisco "Pancho" Villa was raiding and attacking the border between the U.S. and Mexico. The U.S. War Department mobilized the National Guard from all states with the exception of Nevada, which did not have a National Guard, to protect and patrol the 1,200-mile border. "1st N.D. INF" was the 1st North Dakota Infantry assigned to Mercedes, Texas. Pancho Villa was wanted dead or alive. However, he proved to be elusive and was not

captured. By 1917, the war in Europe was raging and America entered World War I. Those who served in the border service were trained and better prepared for battle than most enlisted men. Official medals were issued by the government to commemorate the men who served in the border patrol.

Your pennant would probably be worth \$200 to \$300.

Q: This mark is on a set of bone china dinnerware that I have. Each dish has a turquoise border trimmed in gold, and in the center are yellow and blue flowers. The set consists of 89 pieces and includes serving pieces. It has been stored in our cabinet for the last nine years and seen very little use, and it is in new condition.

What type of value would you place on this set?



A: Royal Doulton made your dinnerware. It has produced earthenware, stoneware and porcelain in Burslem, Staffordshire, England, since 1853. If you look closely at the mark, you will see the number 26 to the right of the crown. It is a clue to the date of manufacture. If you add 26 to 1927, the total shows your set was made in 1953. "Barclay" is the name of the pattern, and it was in production from 1951 to 1960.

Similar Royal Doulton sets are offered for sale in the range of \$500 to \$800.



Strawberries - The Perfect Summer Fruit

Strawberries have been considered a tasty and nutritious treat for hundreds of years. Nutritional experts believe that strawberries are as close as you can get to a perfect fruit. They're low in calories (27 in 100g) and fat-free, but packed with nutrients, including vitamins and antioxidants that bring numerous health benefits. Eating just five strawberries gives you more vitamin C than an orange. The vitamin content in strawberries drops quickly, so you need to eat them as soon as you can after they've been picked.

The strawberry got its name from the common practice of growing berries under straw to protect them from winter cold and late spring frosts. A member of the rose family, the strawberry sometimes gives off a rose-like aroma. Many speculate about how the luscious fruit was discovered. It is known that the strawberry goes as far back as the Romans, and perhaps even the Greeks.

The strawberry plant was originally grown in Northern Europe, but wild species also are found in Russia, Chile and North America. At one time, wild strawberries grew everywhere from Canada to the Carolinas and westward beyond the Appalachian Mountains.

Before modern refrigeration, a day of "strawberring" meant a long day of picking, followed by gorging on

delicious strawberry treats – pies, tarts, shortcake and all the ripe strawberries the family could consume. Berries that were not eaten were preserved as jam, jelly, sauce, strawberry vinegar and strawberry tonic, a medicinal drink. The remaining berries were dried on flat rocks for several days. These dried berries would be used throughout the fall and winter in breads, cakes, puddings and porridge.

The first American species of strawberry was cultivated in about 1835. Today, the strawberry is the leading small fruit crop in the U.S. It is farmed from Florida to Alaska, with the largest strawberry growing centers located in California and Florida.

When picking or buying packages of strawberries, look for ripe, shiny and brilliantly colored berries without any soft or brown patches. Never buy strawberries that are green or hard, or that look dry, dull or wrinkled. When buying berries packed in a basket, check the bottom to see if there is a juice stain. This means that the strawberries at the bottom are crushed.

Always dispose of any berries that have signs of mildew or are rotten, as they'll contaminate the rest.

Refrigerating strawberries ruins the flavor, and the strawberry aroma is easily picked up by other foods in the refrigerator. Store the berries in a cool place. Strawberries should be lightly rinsed, not washed, before serving, and eaten as soon as possible.

This recipe for Strawberry Flower Cups is an easy way to serve fresh berries as a dessert or to use as a beautiful decoration. The strawberries are cut to resemble flower petals then stuffed with sweetened cream cheese. It's a cool, delicious way to showcase these beautiful berries!



STRAWBERRY FLOWER CUPS

32 fresh, whole strawberries, large
12 ounces cream cheese, softened
1/2 cup confectioners' sugar
1/4 teaspoon almond extract
2 tablespoons semisweet or milk chocolate, grated

1. Lightly rinse the strawberries and gently place them in a colander to drain. Cut a thin slice from the stem end of each strawberry to create a base so that the berries will stand upright on the flattened end. Place the berries, cut side down, on a cutting board. Carefully cut each berry into 4 wedges, but do not cut through the bottom. Use your finger to gently press down in the center of the berry so that the wedges fan out just slightly, taking care not to break the berries apart. Set the berries aside.

2. Using a small mixing bowl, beat together the cream cheese, confectioners' sugar and almond extract until light and fluffy. Gently fold in half of the grated chocolate. Use a teaspoon, a plastic sandwich bag with a small hole cut into the end or a decorating bag with decorative tip to fill the berries with the cream-cheese mixture. Sprinkle the remaining grated chocolate over each berry. Cover and chill until ready to serve. Makes about 32 filled strawberries.

WellNews



by Scott Lafee

How Do You Check Out?

In a new study published in the journal *Circulation*, researchers describe a handful of healthy habits linked to adding years to life expectancy. They used decades of health data from more than 120,000 people to look at five factors: eating healthy, exercising regularly, maintaining a healthy body weight, not drinking too much and not smoking.

They found that men and women who checked all five boxes had an average life expectancy of 12 and 14 years, respectively, compared to people who followed none of those healthy habits.

Moreover, there was a dose-response relationship, meaning that for each healthy habit a person adopted, life expectancy increased.

Body of Knowledge

Taking a single step involves up to 200 muscles.

Get Me That, Stat!

Reported cases of acute hepatitis C jumped nearly 22 percent in the United States between 2015 and 2016, according to the CDC. Cases have ticked up as the opioid epidemic has worsened.

Stories for the Waiting Room

Do-it-yourself DNA kits are in the news these days, used for everything from tracing family genealogy to health assessments to helping track down alleged killers.

In Chicago, a news station decided to see how the various online DNA sequencing services compared, but with a Sharpei wrinkle. A reporter submitted sets of DNA samples from himself and his pet Labrador retriever.

All but one of the services correctly differentiated between the human and non-human samples (basically by saying the latter was unreadable), but they diverged widely on conclusions about ancestry and ethnicity.

The service that failed to note the difference between human and dog DNA still sent back a 7-page report that brightly noted the owner of the DNA possessed remarkable strength and endurance and might want to work with a personal trainer.

Doc Talk

Apneustic breathing: A possible consequence of a blow to the head or a brain tumor. Patient breathes deeply, pauses, breathes out, pauses. (Often for many seconds). Repeats process.

Phobia of the Week

Coprastaphobia: fear of constipation

Number Cruncher

A single fruit crepe with strawberry topping from the International House of Pancakes contains 460 calories, 189 from fat. It has 21 grams of total fat or 32 percent of the recommended total fat intake for a 2,000-calorie daily diet.

It also contains 90 milligrams of cholesterol (30 percent); 250 mg of sodium (10 percent); 65 grams of total carbohydrates (22 percent); 3 grams of sugar and 6 g of protein.

Never Say Diet

The Major League Eating record for pizza is 83 slices of 10-inch pizza in 10 minutes, held by Geoffrey Esper. It's not clear if the pizzas were cheese topping only or with all of the fixins'. Esper won easily, beating his

nearest opponent by a whopping 21 slices. It was a pizza cake.

Observation

"I am pretty sure that, if you will be quite honest, you will admit that a good rousing sneeze, one that tears open your collar and throws your hair into your eyes, is really one of life's sensational pleasures."

American humorist Robert Benchley (1889-1945)

Last Words

"Kurt Russell."

American entrepreneur Walt Disney (1901-1966). Disney collapsed and died from complications of lung cancer. (He was a longtime chain smoker.) Russell's name was found scrawled on a piece of paper. No one has ever determined what Disney meant, not even Russell, a 15-year-old at the time who had starred in several Disney movies.

Here's How



By James Dulley

Cleaning Oil Stains

Dear James: We have a concrete driveway and garage floor. My husband likes to work on cars, and like how it comes with most other things, he is not neat. How can I remove oil stains from the concrete and prevent future ones? – Angela N.

Dear Angela: Men and their cars can make quite a mess not only in the garage or driveway, but tracking the oil and grease indoors on their shoes. You should consider yourself somewhat lucky because motor oil is generally not nearly as dirty as other oil and grease. Actually, new motor oil is almost transparent.

There are different cleaning methods depending upon whether the oil stain is old and set or fresh and still in somewhat of a puddle. Also, the smooth surface on most concrete garage floors will be easier to clean than the rougher driveway.

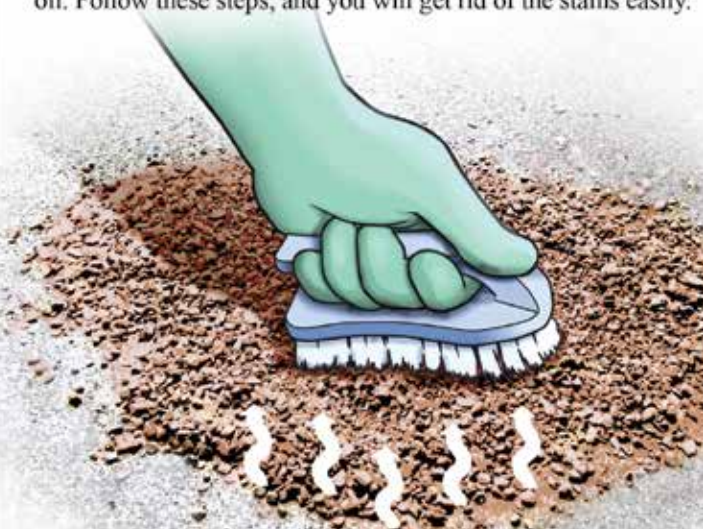
For fresh spills of motor oil, try to blot up as much as possible with paper towels. If you cannot get your husband to stop working on the car long enough to do this, buy him a large bag of cat litter. This is not just symbolic, but cat litter is very effective at absorbing oil. When oil is spilled, he can just throw a handful of litter on it and keep working.

When he is done working and you get access to the spill, sweep up the cat litter or pick up and dispose of the paper towels. Don't try to rinse it with water at this point. This will only spread the oil over more of

HOME Do-it-Yourself

Spill Cleanup

Grease and oil stains on garage floors and driveways can be very hard to clean up, since the ground will absorb some of the oil. Follow these steps, and you will get rid of the stains easily.



1 First, blot up as much of the spill as possible to keep it from soaking into the surface and becoming permanently bonded and stained.

2 Spread a thick layer of oil-

absorbent granular or kitty litter over the stain to absorb excess liquids on the surface.

3 Allow the material to stay on the stain to absorb as much of the liquid as possible.

4 To help speed up the process, stir the granulars back and forth with a brush.

5 Once the area is clean, gently sweep up the dirty material. Gather the material in a bag, and throw away.

the driveway and it will run off into the grass or storm sewer. Oil is not good for either and there is enough pollution already in the world.

Squirt dishwashing liquid detergent on the spot and add just enough water so you can spread it evenly over the spot. Use a scrub brush and scrub the area until a sudsy foam is created. Don't use a metal wire brush because it can damage the surface of the concrete.

After the suds have saturated the spot for 10 minutes, use paper towels or more cat litter to absorb this mixture. Use a high-pressure hose or pressure washer to rinse away and dilute the residue. Dispose of the

oil soaked towel or litter properly (your trash removal company can advise you).

For your older stains, you will need neither the cat litter nor the paper towels. First try the same scrubbing method with dishwashing liquid and water to remove as much as possible. Check at your local home center store for some cleaners, such as Cleaner 5106 (www.industrialcleaners.com), specifically formulated for grease and oils.

Solvents, such as kerosene and lacquer thinner can be somewhat effective on stains on smooth concrete, but they are flammable and are not recommended, especially in

enclosed areas. A mild solution of muriatic acid (one part acid to 10 parts water) also helps remove the stain. It also may attack the concrete surface, so follow the manufacturer's instructions carefully.

Once the concrete surface is cleaned you should seal it to make future oil cleanups easier. Concrete sealers which contain silanes and siloxanes are effective. These sealers dry clear and help block liquids from entering the tiny pores in the concrete surface. These sealers will still allow the concrete surface to breathe so moisture does not get trapped.

A Greener View



By Jeff Rugg

Water Gardens

Small patio water gardens are one of the top gardening trends. It is easy to raise plants in a water garden. For one thing, it is difficult to overwater them. Put a shoreline plant in any container that holds water and you have a water garden. They can be big and hold fish, or they can sit on a tabletop.

One of the fastest ways to get started is to use a half-barrel. They are available at many garden centers each spring. Find one that is in good physical shape and doesn't smell too much like its former contents. Some barrels are made just for use in gardens, and others are left over from whiskey or wine production.

Many places sell hard plastic liners that fit barrels. If the barrel is too tall, you may have to set the liner on some sand or blocks so that when it is full, it won't bend and crack as it falls the last few inches to the bottom of the barrel.

Fill the container with water, and add shoreline plants. Some aquatic plants grow underwater and can just be tossed in. These plants are sometimes mistakenly called oxygenators. They produce oxygen during photosynthesis like other plants and consume oxygen during respiration 24 hours per day, so the net effect is a little oxygen. The main way oxygen gets into the water in a container or pond is through wave action. Water pumps or air pumps

GARDEN Hints and Tips

Water Garden

All you need to create a small summer water garden is a container, some plants and water. Once you put it together, you can move it around your deck or patio.

PLANT CHOICE

Choose plants with growing qualities that fit your lifestyle. The size of the container dictates the size of plants that will be grown.

WATER

Chlorine or chloramine chemicals in regular tap water can be lethal to both goldfish and guppies.

Chlorine — Let water sit in an open container for at least 24 hours.

Chloramine — Use a water container that specifies it will remove chloramine.

BARREL PLANTER LINERS

Premade plastic liners significantly extend a barrel's life by preventing water from rotting the wood.

FISH

A main benefit of fish is that they keep mosquitoes under control. Allow about 10 gallons of water per goldfish.

OVERWINTERING

In cold climates where water freezes in winter, move the fish and plants inside at the season's beginning.



Source: University of Illinois Extension

Creators.com Bob Kast

that move the water around will add oxygen to the water much more quickly than underwater plants.

Parrot feather is a good underwater plant that will come to the surface. It will then grow out and down the container sides like a hanging basket.

Some aquatic plants are floaters

Top Ten Box Office Movies
that have roots that enter the water while the leaves and flowers float above. Water lettuce, salvinia and water hyacinth are good but may be banned in certain Southern states where they could survive in the natural streams and lakes.

Shoreline plant roots are planted in wet soil. There are many colorful

blooming species. Arrowhead, cattail, pickerel rush and umbrella cyperus are good choices. Many terrestrial plants do well planted in shallow water. Impatiens, caladiums, canna and many irises will grow if their pot is half in and half out of the water.

Everyone wants the beauty of a waterlily, and there are several dwarf varieties that will bloom in half-barrel containers.

If you want to add a fish to the barrel, start out with only two or three small fish. Small aquarium fish like guppies work best. Goldfish can grow to more than a foot long, so do not add too many. If you keep the fish quantity low, you may get by without an additional pump and filter. This way you do not need electricity to filter the container. But if you are adding a fountain, then add the filter, too.

Fish require biological filtration to remove waste products like ammonia and nitrites from the water. Biological filtration is accomplished with beneficial bacteria that grow on the filter material and the inside of the pond. You can buy starter bacteria products where you buy the fish.

Fish will eat any mosquito larvae in the container. If the container is very small, it can be emptied and refilled to kill the larvae. Larger containers without fish will need another beneficial bacteria product called Mosquito Dunks. The Dunks release the *Bacillus thuringiensis* bacteria for as long as 30 days and kill mosquito larvae.

If you live in a cold-climate area, the aquarium fish and annual plants will die in the cold weather unless you bring the container inside. It will need a very sunny window to make it through the winter. No matter where you live, never release any aquatic plants or animals into the natural environment.

Now here's a tip!



* Sunburn relief: Take two nonsteroidal anti-inflammatories right away (aspirin, ibuprofen) and soak a cloth in cold milk. Drape over the burn until it warms to room temperature. Repeat if necessary and apply a light moisturizer.

* "When purchasing clothes for a loved one in a care facility, look for garments that are comfortable and stylish, but double-check that they do not require any special care, like ironing or dry cleaning. Also, be sure they are labeled clearly with the person's name." – C.G. in Michigan

* If you want your chocolate chip cookies to really pop, sprinkle lightly with coarse sea salt before baking. They do not come out tasting salty. Rather, the salt enhances the sweetness and make the whole thing extra delicious.

* "When you shop for shoes, go in the evening. Feet swell and expand throughout the day, so if you buy shoes in the morning, the fit might not feel too good later in the day." – A.T. in Louisiana

* "I make my grilled cheese sandwiches with mayonnaise instead of butter. I know it sounds gross, but it is so good. The oil and egg in the mayo flavor and crisp the bread without leaving it too greasy." – S.O. in Alabama

* To ease the ache of a "brain freeze" after eating or drinking something really cold, simply cup your hands over your mouth and nose. Blow out hot air, and it recirculates to warm your palate in seconds. Works like a charm.

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



1. Deadpool 2 (R) Josh Brolin, Ryan Reynolds
2. Avengers: Infinity War (PG-13) Robert Downey Jr., Chris Hemsworth
3. Book Club (PG-13) Diane Keaton, Jane Fonda
4. Life of the Party (PG-13) Melissa McCarthy, Gillian Jacobs
5. Breaking In (PG-13) Gabrielle Union, Billy Burke
6. Show Dogs (PG) Alan Cumming, Natasha Lyonne
7. Overboard (PG-13) Anna Faris, Eugenio Derbez
8. A Quiet Place (PG-13) Emily Blunt, John Krasinski
9. Rampage (PG-13) Dwayne Johnson, Naomie Harris
10. RGB (PG) Ruth Bader Ginsburg, Gloria Steinem

Kovels: Antique And Collecting Yellow Fan Clock

Some of the most popular clocks made after 1944 in the mid-century modern style were designed by an architect and journalist. George Nelson (1908-1986) graduated with a degree in architecture in 1931. He went to Europe and wrote magazine articles praising the famous designers and introducing both their ideas and his to the U.S. He suggested the open-plan house, storage walls and family rooms, which all are popular today. Herman Miller, the furniture maker, asked him to become the design director of his company. And that was the beginning of his many still-collected designs, like the "Marshmallow" sofa, "Coconut" chair and the "Ball" clock.

Howard Miller Clock Co. produced over 30 different wall clocks based on his idea of an almost-round face with geometric additions or subtractions and simple hands. Some were just a group of sticks with colored balls at the end that radiated from the center to form a circle. There was no frame, no glass and no numbers. Each design for a clock was made in many different colors. The "Fan" clock was designed in about 1954. It looks like a folded star-shaped cutout. A yellow Fan clock sold for \$3,625 at the Los Angeles Modern auction in Van Nuys, California, in 2016. A black version sold at the same auction brought only \$2,250. The original clocks ran on electricity, but you can substitute a battery so no cord will show. Save and reinstall the old parts before you sell the clock or the value will be less.

Q: I have three Mr. Peanut glass jars with "Planters," a picture of Mr. Peanut and "75th anniversary"

This yellow "Fan" clock designed by George Nelson for the Howard Miller Clock Co. brought \$3,625 at auction. It originally was made to run on electricity, but batteries can be substituted so the cord doesn't show.



embossed on both sides. They are about 8 1/4 inches tall and have lids. The dates 1861 and 1906 also are on the jars. What are they worth?

A: You're reading one of the dates wrong. The 75th anniversary of Planters was in 1981. If you read 1981 upside down, it looks like 1861. The company started as Planters Nut and Chocolate Co. in Wilkes-Barre, Pennsylvania, in 1906. Mr. Peanut was adopted as a trademark in 1916. The company was bought by Standard Brands in 1961. Standard Brands merged with Nabisco in 1981. Some of the Mr. Peanut jars have been reproduced. These jars sell for \$5 to \$10 each.

CURRENT PRICES

Soap dish, Union Porcelain Works, white, green transfer emblem, oval, rolled rim, marked, c. 1905, 3 1/2 x 5 inches, \$25.

Doorstop, mouse, sitting up, cast iron, painted, shaped base, bottom lined with felt, c. 1905, 4 inches, \$60.

Bread slicer, cast iron, turned wooden handle and slice tray, curved blade, Alexanderwerk, Germany, 1930s, 11 x 15 inches, \$160.

Mandolin, wood with gilt designs, steel strings, serpentine top and turned handle, American Music Co., 1800s, 22 x 13 inches, \$240.

TIP: If the shine has worn off a spot on an old Formica tabletop, try using auto-body rubbing compound on the spot.

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

Food & Recipes



by Good Housekeeping

Honey-Soy-Glazed Salmon with Peppers

This sweet 'n' sticky Asian glaze would taste equally delicious on chicken or grilled veggies.

2 large peppers, seeded and thinly sliced

1 medium red onion, thinly sliced

2 tablespoon toasted sesame oil, divided

1/4 teaspoon salt

3 tablespoon soy sauce

2 tablespoon honey

2 teaspoon grated peeled fresh ginger

1/4 teaspoon black pepper

4 fillets salmon (5 ounces each)

3 cups cooked brown rice

Fresh basil, for garnish

1. On large rimmed baking sheet, toss peppers with onion, 1 tablespoon sesame oil and salt. Roast in 425 F oven 20 minutes or until tender.

2. In 2-quart baking dish, whisk soy sauce, honey, 1 tablespoon sesame oil, ginger and black pepper; add salmon turning to coat. Bake for 15 to 20 minutes or until cooked through.

3. Serve salmon with pepper mixture and cooked brown rice. Garnish with fresh basil. Serves 4.

* Each serving: About 505 calories, 1g fat (3g saturated), 36g protein, 51g carbs, 5g fiber, 875mg sodium.

Garlic Parmesan Roasted Shrimp

The easiest roasted shrimp cocktail ever made with just 5 minutes prep. Yes, it's just that easy!

1 pound medium shrimp, peeled and deveined
2 tablespoons olive oil
4 cloves garlic, minced
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 cup freshly grated Parmesan
Kosher salt and freshly ground black pepper, to taste
Juice of 1 lemon
2 tablespoons chopped parsley leaves, for garnish

1. Heat oven to 400 F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place shrimp in a single layer onto the prepared baking sheet. Add olive oil, garlic, oregano, basil and Parmesan; season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and roast just until pink, firm and cooked through, about 6-8 minutes. Stir in lemon juice.
4. Serve immediately, garnished with parsley, if desired. Makes 4 servings.

* Each serving: About 203 calories, 10g fat (2g saturated), 2g total carbs., 25g protein.



Elderly Mom Always Complains She's Sick

DEAR DR. ROACH: My 93-year-old mom is in good condition, except for a kidney disease that has been good for the past 26 years and has had very good reports from her medical practitioner and kidney specialist.

One thing that stresses me is why she complains of being sick all the time. Is it because she wants attention, or just wants people to feel sorry for her? I am her daughter, and our family is just upset because of the way she acts. She does have depression, but she has been given depression pills.

Please give me some information as to why she is doing this. As her daughter, I need TLC, and I need to know how to handle this situation. – A.M.A.

ANSWER: Based on no more information than you have just given me, I would suspect that she complains about being sick all the time because she feels sick all the time. She probably needs some TLC herself. At 93, I believe she's earned the right to be the one on the receiving end.

Depression may be the cause of her not feeling well, as it so often is. Unfortunately, medication for depression is completely effective for only a minority of people. Depression goes hand in hand with many other illnesses, especially those with chronic pain. I worry that there is a problem

you don't know about. Consider accompanying your mother to her next doctor's visit, as I am certain she has done for you.

DEAR DR. ROACH: I am a 48-year-old woman in pretty good health. I was a smoker for 30-plus years and quit about three years ago. I don't have any signs of COPD or other lung ailments yet, but I fear they are just around the corner. My question is, is there anything I can do now to postpone or prevent the onset of these diseases, or at least decrease their severity? – V.M.

ANSWER: Not all smokers will develop COPD. Some smokers are more susceptible than others to the effects of the many toxic chemicals in tobacco smoke. Conversely, some nonsmokers can develop COPD, especially those who lack a protective enzyme, alpha-1 antitrypsin; this is more likely in those exposed to secondhand smoke or other airborne pollutants.

Quitting smoking is by far the most important action you can take to reduce your risk of developing lung disease, but there may be others. Avoid other airborne pollutants, especially other smokers, but also dusts and fumes.

Some preliminary evidence suggests that statin drugs might slow down COPD, but there are conflicting studies, and I don't recommend them just for COPD. Regular exercise may help, and it certainly helps your heart and many other systems.

The new booklet on Chronic Obstructive Pulmonary Disease explains both emphysema and chronic bronchitis, the two elements of COPD, in detail. Readers can obtain a copy by writing: Dr. Roach – No. 601W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow 4-6 weeks for delivery.

Everyday Cheapskate



By Mary Hunt

How to Persuade Cut Flowers to Last Twice as Long

Whether from your garden, the market or someone else as a gift, you can persuade cut flowers to remain beautiful for at least a week – maybe two, or even longer – when you follow a few fabulous flower secrets.

The two enemies of cut flowers are bacteria and drought. Defeat both and your flowers will last and last. You will be amazed!

START WITH A CLEAN VASE.

Scrub it with soap and hot water. Rinse well. And fill with tap water. Next, add 1/4 teaspoon liquid bleach for each quart of water. This will retard the growth of bacteria and fungus in the water.

REMOVE LEAVES THAT WILL BE BELOW THE WATERLINE.

Submerged leaves will rot and promote bacteria and algae growth.

CONDITION THE STEMS.

Flowers can die of thirst even when standing in water if the stems have not been conditioned to draw that water all the way to the blooms. That's because when cut, a flower stem quickly seals the wound, which can prevent it from drawing water. Just before plunging the stems into the water, cut them at a 45-degree angle to allow the greatest amount of

water possible to be absorbed.

CHANGE THE WATER EVERY DAY.

The moment that water turns cloudy, you know bacteria is present and is having a field day in that vase.

WOODY-STEMMED FLOWERS.

Some flowers like lilacs, dogwood, crab apples, azaleas, camellias and forsythia have woody stems. They appear to be more like branches than stems and require a specific treatment to help them draw water. Split the last 2 inches of the stem with a sharp knife. Next, pound that part of the woody stem with a hammer until it is well-frayed. The stem will allow water to be drawn all the way to the blooms.

STEMS WITH NODES.

Certain types of flowers require specific stem treatments. For example, when cutting carnations and similar flowers, make your cut between the nodes of the stalk so they can more easily draw the water they need.

LILIES AND THEIR STAMENS.

Lilies, particularly the stargazer variety, have orange pollen that will leave a permanent stain on anything they touch, especially clothing and table linens. Remove the stamens with small scissors before conditioning the stems for placement in the vase. This will lengthen bloom time and protect your hands, clothes and linens.

THORNY STEMS.

When you purchase roses from a florist, the thorns have most likely been removed. When you purchase flowers in bulk from a flower mart or another bulk source (sometimes called a "growers bunch") or cut them from your own garden, you will need to remove the thorns from the

stems with a sharp knife, working from the top down to put less stress on the stems.

There's nothing quite so lovely as a bouquet of beautiful spring flowers. Follow these simple tips and you'll be able to display them with confidence and pride for much longer than just a few days. Enjoy!

Hollywood Exclusive



By Stacy Jenel Smith

DEAR STACY: What is Vin Diesel's ethnicity? Is Diesel his real name? And is he married? And what is he up to? – B.T.

DEAR B.T.: The actor, born Mark Vincent, reportedly is of Italian and African-American ancestry, among other roots. However, he prefers to avoid being specific as to his cultural background, saying he'd like to be seen as inclusive. Thus, he named his film company One Race. Diesel and his girlfriend, Mexican model Paloma Jimenez, have two daughters and a son. Having recently reprised his role as Groot in the blockbuster "Avengers: Infinity War," Diesel is reportedly set to star as the titular bald, lollipop-sucking detective in a reboot of "Kojak."

DEAR STACY: Any new TV jobs in the future for Billy Bush? It wasn't fair, what happened to him. – IM48

DEAR IM48: Of course, you are referring to the broadcast personality who was fired from "The Today Show" in the wake of release of the notorious "Access Hollywood" tape in which Donald

Trump bragged about grabbing women by the genitals, with Bush giggling nearby. Bush's career went into deep freeze while the other guy became president. No, there's no news, despite Bush's re-emergence in the public eye in December, his mea culpas to People magazine and others. ("There is a term for what I did. ... It's called bystander abuse. It says by not doing anything you are endorsing the moment. I have to live with that.") He was visible at his aunt, Barbara Bush's funeral in April, but no work assignments.

DEAR STACY: I finally saw "The Disaster Artist." I'd like to find out whether the guy played by Dave Franco in the movie ever did anything else. – D.S.

DEAR D.S.: You're referring to Greg Sestero, who wrote the best-selling nonfiction book, "The Disaster Artist," inspired by his experience making the very bad film "The Room" with Tommy Wiseau. Sestero and Wiseau overcame their differences, apparently, because now they have "Best F(r)iends" – written by Sestero – coming out in stages. Really. "Volume One" of the film had a two-night screening release via Fathom events at the end of March. "Volume Two" is due to be unveiled June 1. About a drifter and an eccentric mortician, it's certainly not for everyone. But early critical response has been welcoming. Vanity Fair called it "a film you never knew you needed."

DEAR STACY: Is Al Roker related to Lenny Kravitz as my friend says? – Wondering

DEAR WONDERING: Yes. The weatherman and the music man are related on Kravitz' mother's side; their grandfathers were cousins. You may recall that Kravitz' mother was the late Roxie Roker of "The Jeffersons."

Horoscopes By Holiday



Full Moon and Friendship Bonds

With the full moon in gregarious Sagittarius and Mercury moving into social Gemini, a light shines on friendship. There are many reasons friendships stick. Just because a friendship spans lengths of time or covers much common ground doesn't automatically make the bond healthy or enjoyable. Regardless, this is a week to hold your relationships to a higher standard of optimum health, mutuality, love and laughter.

ARIES (March 21-April 19). You're on your way to wholeness. Give a hard, clear look to the thing that hurts you. This is the first step to healing: an assessment of the issue that neither dramatizes nor fantasizes. Once you clearly see what is, ideas will start coming to mind about what to do about it. The breakthrough is imminent.

TAURUS (April 20-May 20). It's pretty simple this week as you're governed by nature's sovereign masters, pain and pleasure. The way that brings the greatest happiness will be right. Take the long view. Many things that bring short-term pleasure are harmful in the long range. Seek that which will enrich you and yours over time.

GEMINI (May 21-June 21). There have been instances in which you have been greatly served – maybe even saved – by the objective advances of science and technology.

And yet, these schools will not help you improve your quality of life this week. The lessons will come from the schools of love, spirituality, philosophy and art.

CANCER (June 22-July 22).

People who either don't have as much to do or don't have as vigilant and thorough a thought process as yours will be generous with advice along the lines of "Don't worry; be happy." Almost infuriating, isn't it? And yet, the simple things you do to help yourself be a bit lighter will make an enormous difference this week.

LEO (July 23-Aug. 22).

To stay buoyant on the tides of life you need to be somewhat waterproof. This week, you've a good sense about the things that keep your ship slick and strong. Avoid agents that might wear down and eat away at the fiber of your ship. What sinks a ship is not the water that's outside; it's the water that gets in.

VIRGO (Aug. 23-Sept. 22).

It is said that yesterday and tomorrow are the two days in which nothing can be done. But just because they happen at a non-actionable time doesn't make them unimportant. Living is building. All of life exists in context. The setup matters. Yesterday informs us. Memory drives us. Our hope for the future pulls us into it. Your fluid approach to time will be the crowning achievement of your week.

LIBRA (Sept. 23-Oct. 23). Get congruent with what you think, feel and imagine. When you think, feel and imagine three different things, life will feel cumbersome. Forward movement will take tremendous effort, like trying to roll on triangular wheels. When you think, feel and imagine the same thing, you'll have ease, momentum and power.

SCORPIO (Oct. 24-Nov. 21).

You may not feel, at the end of

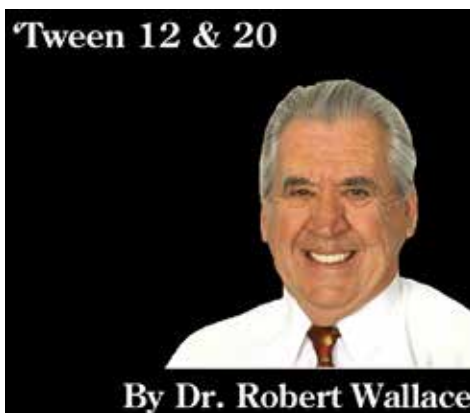
the week, that you have won your battles. But if you know you have fought in all of them, you will have the satisfaction and confidence that comes with self-respect. Showing up is half of it. The other half is doing your best, which will be enough.

SAGITTARIUS (Nov. 22-Dec. 21). Dogs appear to readily accept, even celebrate, the strengths and limitations of their canine existence. It's true of all the animals, and you'll find solace and spiritual richness in observing the animal kingdom embodying natural instincts – a reminder that you don't have to be anything more than you are.

CAPRICORN (Dec. 22-Jan. 19). You'll lay the foundation for a new chapter in your personal life. This has to do with establishing different rhythms, patterns and habits. The hardest part is the beginning, when it takes willpower to make a change. But over the course of the next few weeks you'll start to feel that this takes no effort at all; it's just the new you.

AQUARIUS (Jan. 20-Feb. 18). Don't let yourself go soft. Get in touch with your skills. Test and challenge yourself, if only to remember what you have. You're like a bird who landed on a broken branch. There's no reason to fear the branch failing underneath you, because you have wings. You'll succeed when you remember to use what you have.

PISCES (Feb. 19-March 20). The most important choices you'll make this week will have to do with your own individuality. It would be so easy to become the person your family, friends or boss wants you to be. But this is not the real you, and it will make you tired and unsatisfied. The soul-searching you do to find your true path will be worth it.



HE IS 100 PERCENT LOSER!!

DR. WALLACE: The guy I'm dating is a nice guy and we have had great fun, but lately he has become sexually aggressive – so much so that I have threatened to call my dad and to have him take me home. When we first started dating, he told me he only wanted to date a virgin (I told him that I had never been sexually involved) and that his wife had to be a virgin. Since I didn't plan to have sex, I was happy that he had this philosophy.

After about a month of being an "honorable" guy, he started doing and saying things that had sexual overtones. First he started telling me sexually oriented jokes. Then he went to sexually oriented movies. Then one night when on a date with me he went into a drugstore and bought a package of condoms. Then he opened the box and pulled one out and asked me if I had ever seen one before.

Then he said that I had better get used to seeing them because we were going to start a "beautiful sexual adventure."

I couldn't believe what I was seeing and hearing. On our next date, he said he had enough money to pay for a motel room so we could start our "adventure." I told him that I wasn't going to have sex with him, so he got angry and took me home.

A day later he called and apologized for his aggressive behavior and said that he wanted to continue seeing me again. But now I'm not sure that

I can trust him to behave himself. I like the guy, but I'm not in love with him. What should I do? –Nameless Oakland, Ca.

NAMELESS: Don't go out with him again. He is a 100 percent loser!

TIME HEALS ALL WOUNDS

DR. WALLACE: Michael and I have been dating for almost 6 months. I thought that he was "The One." He was everything I ever wanted in a guy. It appears that he didn't have the same feelings for me. Two weeks ago, he told me that we would longer be going out because he wanted to date another girl.

I have never been more depressed in my entire life. I've tried to forget him, but that's impossible. I've been spending all my time in my room studying, but I am still very sad. Any help that you can provide to get my life back on track will be appreciated.

– Nameless, via email

NAMELESS: Believe it or not, time is on your side. Right now you are still feeling emotional pain, but just as a physical wound eventually heals, this emotional pain shall eventually heal as well.

It will take time, however, and in the meantime, spend some social time with your close friends and feel free to mention to them that you feel sad over your breakup. Good friends will aim to keep you busy socializing with them and this, in turn, will lift your spirits. Time heals all wounds, eventually. Allow yourself to grieve for a while but seek to become active again in your social circles as soon as possible.

Chances are you will ultimately benefit from this experience and find yourself dating again when the time is right for your personal situation. I trust there is someone better suited for you for the long run, and each day from now you are one day closer to meeting "him"!

Energy Express



By Marilyn Preston

Be the Change! Spring Into Summer With 1 Juicy Goal

Personal well-being is very personal. It's not about the size of your belly or how many crunches you can do, and it's certainly not about how many times you've been to the gym in the last week. Or year. Decade, anyone?

So play along with me here: On a scale of one to 10, with 10 being the top of Mount Everest for health and happiness, where would you put yourself right now, today, when it comes to your personal well-being? No excuses, no regrets, no judging – just a number between one and 10.

Think for a minute. Take a few breaths. This is called “tuning in.”

Whatever number you came up with, here's the very good news: You already have the talent, skill and ability to crank it up a notch, if you want to, if you're resilient. And you can do it as soon as this summer. But how does change happen? Here's a handy primer, a short and simple list of steps to follow that will make you more likely to succeed.

STEP ONE: CHOOSE A GOAL.

Pick something realistic – not too hard, not too easy – that moves you in the direction you want to go.

Notice I said “you.”

I can't tell you what to do to improve your well-being. Well, I can –

I'm a healthy lifestyle expert, trainer and coach, writer of America's longest-running fitness column – but my telling you what you should do isn't going to move you in the direction of your dreams.

Because they're your dreams. Maybe you want to quit a boring job you hate and spend your days grooming poodles. Maybe you're dreaming about learning to surf, or just going to the beach and feeling good about the body you have. Maybe your goal for boosting your well-being is simply to stop eating so much sugar (and there is nothing simple about that).

Warning! Once you start tuning in, you may think of five or 10 self-improvements. Resist! Just zone in on one goal that you're most interested in, a goal that keeps coming up because it's something you really want for yourself but don't know how to accomplish.

(That's why I'm here.)

STEP TWO: WRITE IT DOWN.

Making change is a process, and keeping track of your personal journey is a huge help in making it happen. Really! Keeping a journal – noting what you're doing, how it's going – will focus your mind. Even if it's just for a few minutes. A 30-second journal entry once a day is 100 percent better for behavior change than keeping no journal at all.

STEP THREE: MAKE YOUR GOAL SMALL AND DOABLE.

Unrealistic goals get in the way of your success, and it's experiencing success after success – small but continuous – that accelerates forward motion.

If, for example, you're not a runner now, don't bother setting a goal to

run a full marathon next month. It would put way too much pressure on you. Ease off and create a goal that is so simple, so easy, you will succeed with reasonable effort.

Keep in mind: You're not striving for perfection. Plus, backsliding is normal. Two steps forward, one step back. You didn't think change was linear, did you?

STEP FOUR: DETAIL YOUR PLAN.

You can't skip this part and just vaguely remember your goal from time to time. Once you've written down your goal, come up with a day-by-day, week-by-week action plan to make it happen.

“On Tuesday and Thursday I will go to Yogaview for a 7 p.m. class with ...” is the kind of detailed action step you need for having more yoga in your life.

Think through the obstacles... and eliminate them one by one. It might mean arranging for child care. It might mean negotiating with friends and family so you get the support you need to follow your plan. It might mean working with a coach, or partnering with a friend.

When you eliminate the obstacles, you also release your fear of making change, which is part of what's been holding you back.

Revisit your action steps once a week to see how you're doing. Praise your effort; accept your shortcomings. Then decide on your next week's set of action steps...

And so it goes. Victory!

ENERGY EXPRESS-O! START WHERE YOU ARE

“Afraid? Me? A man who's licked his weight in wild caterpillars? Afraid? You bet I'm afraid!” – Groucho Marx

Ask Carrie



By Carrie Schwab-Pomerantz

What's the Best Way to Give Your Grad a Financial Head Start?

Dear Readers, It happens every year. As grads get ready to enjoy their upcoming independence, I start getting questions from concerned parents who are well aware of the myriad financial responsibilities their new graduates are going to face. They want to help – just enough to get the kids started, but not enough to destroy their motivation.

I'm all for one generation helping the next, but it's a balancing act for sure. Realistically, with today's competitive job market, we can't expect our kids to land their dream jobs right out of the gate. But we can expect them to be responsible, resourceful and aware of the importance of making good financial decisions no matter their job or their starting salary.

So how can we give our kids an initial financial boost without being their banker? I think it's a combination of tough love, encouragement and providing some basic financial guidelines.

This can be the tough part. Whether your support comes in the form of extra money, help paying down student loans, or a place to live for a while, make sure you set some parameters. What will you pay for? What expenses will be shared? How long will the arrangement last? It's important that you set expectations

– and limits – right from the start.

Financial independence starts with setting goals and saving for them. So whatever your kids are working towards – first and last months' rent on their own apartment, a car or even an emergency fund – encourage them to open a savings account and sock away a portion of their earnings on a regular basis. As an incentive, you could offer to match a percentage of their savings.

Also encourage retirement savings from the get-go. If they have the chance to contribute to a 401(k), great. If not, assuming that they have earned income, you can suggest that they open either a traditional or a Roth IRA. Again, you might offer to match their savings provided they have enough earned income, or contribute a certain amount with the proviso that they add a percentage of their own income every month.

To me, there are certain universal financial guidelines that are important for anyone at any age, but especially for a young person learning to manage their money for the first time. They may seem like simple tips on the surface, but can be challenging to do consistently. Talk to your kids about them, what to do first and how to prioritize. Then keep the conversation going.

–Spend mindfully. This means knowing where your money is going – and where you want it to go. Set realistic goals. Know when you have to cut back and when you can afford to treat yourself. Control your money rather than having it control you.

–Live within your means. Look at your needs vs. your wants. Use an online budgeting tool to add up essential expenses then subtract this amount from your monthly income. Realize that you can't spend more than what's coming in.

–Put bills on automatic. Take advantage of online bill pay and direct deposit. Set up automatic

payments for your regular monthly bills – as well as an automatic transfer from checking to savings.

–Be smart about credit. Charge only what's absolutely necessary and always pay off your monthly balance in full and on time. To make life easier, limit yourself to a single credit card, at least to start.

–Prepare for the unexpected. Set aside a certain amount each month, no matter how small, for emergencies. Aim for an emergency fund to cover three-to-six months of fixed expenses in case you become ill or unemployed. Put the money someplace easily accessible, such as in a savings account.

–Get insurance. Health insurance is an absolute must at any age, as is car insurance if you own a vehicle. Renters insurance is a relatively inexpensive must once you have your own apartment. In addition, disability insurance is a smart addition to your arsenal of protection.

–Keep saving. Make saving a part of your monthly budget, ideally through automatic payments from checking to savings. Set some goals – a trip, a new car or even a special night out – and use them as a motivation to save.

–Plan for retirement. If your employer offers a 401(k), aim to contribute 15 percent of your income. At the minimum, contribute enough to get the full company match and try and increase it 1-2 percent each year from there. If you don't have a 401(k) or other employer-sponsored plan and you have earned income, open a traditional or Roth IRA.

–Stay on top of student loans. Always pay at least the minimum on time each month. Check out studentaid.gov for more information on repayment options and possible loan forgiveness programs.

–Learn to invest. Once you have built up your emergency fund, consider putting your long-term

savings to work by investing. A good choice could be a low cost, well-diversified mutual fund or exchange traded fund (ETF). Investing in stocks gives you the opportunity for long-term growth, valuable at any age, but especially when you're young. There's lots of investing information online.

This is a new time in life for you as well as your child. It's a time for letting go, but it can also be a time to forge a whole new relationship; one in which you respect each other's independence and are mutually supportive. You've worked hard to help your kids get to where they are today. Now, with your continued (but perhaps more subtle) guidance, you can watch and be proud of the capable – and, hopefully, financially responsible – adults they're becoming. Congratulations to all of you!

Strange But True



by Samantha Weaver

* It was computer guru Jef Raskin who made the following sage observation: "Imagine if every Thursday your shoes exploded if you tied them the usual way. This happens to us all the time with computers, and nobody thinks of complaining."

* The Secret Service is well-known today as the protector of the U.S. president, so you might be surprised to learn that it was originally established to fight

counterfeit currency.

* The world record for the most published works by a single author is held by L. Ron Hubbard (who also, incidentally, founded the Church of Scientology). His first work was published in February 1934, and his final work – number 1,084 – was published in March 2006.

* Doubtless you've heard of the Taj Mahal in India, but did you know that there is a tourist attraction in America that is so grand it is popularly known as the Taj Mahal of the West? In 1968, a group of Hare Krishnas founded the New Vrindaban Community near Wheeling, West Virginia. Though they began on 100 acres with no electricity or running water, the community now covers more than 1,200 acres and features Prabhupada's Palace of Gold, an ornate edifice of gold, marble and hand-carved teakwood. The award-winning rose garden alone is said to be worth a trip.

* Those who study such things claim that in the wild, animals don't die of old age.

* The town of Key Largo, Florida, did not exist before the 1948 film of that name starring Humphrey Bogart made it famous.

* Due to a series of earthquakes in 1811 and 1812, the Mississippi River ran backward for a time.

Thought for the Day: "To fall in love is to create a religion that has a fallible god." – Jorge Luis Borges

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Peters' Garage



By Eric Peters

2018 Jeep Grand Cherokee Trackhawk

Seven hundred and seven is a lot of horsepower. It is three or four times the horsepower found under the hood of the typical new car. But then, the typical new car does not get to 60 mph in 3.5 seconds. How about a Jeep that does?

What It Is

The 2018 Jeep Grand Cherokee Trackhawk is a three-seconds-to-60 Dodge Challenger Hellcat in Grand Cherokee drag. It has the same 6.2-liter supercharged V-8, ultra-performance everything, all-wheel drive and eight inches of ground clearance, all without the bear-baiting obviousness of what you're up to. Its sticker is \$86,995. This is substantially more than the Hellcat (\$64,295). You could even buy the new 840-horsepower Challenger SRT Demon and still pay less (\$83,295). But what you're paying for here, in addition to the obvious, is what's not obvious.

Stealth.

And if that doesn't sway you, there's something else that might.

Traction.

The all-wheel-drive Trackhawk is quicker under certain conditions than the rear-wheel-drive-only Hellcat. And its ultra-performance capabilities aren't restricted to dry and paved roads.



What's New

The Trackhawk is the newest home for the Hellcat's supercharged 6.2-liter V-8 ... plus some other things. It's the first time the almost-NASCAR-Nextel-Cup V-8 has been paired with the all-weather advantage of AWD and the off-paved-road advantage of eight inches of ground clearance. It has nearly 70 cubic feet of cargo space and a 7,200-pound tow rating.

What's Good

It's a Hellcat without the advertising and with much more room and traction.

What's Not So Good

There's not enough gas in the tank for the power that's under the hood. Some of the UConnect apps take a while to load. Even though it's a bargain given what you get, with almost six figures in the sticker, it's still hard to get.

Under the Hood

Maybe you remember the garage scene in the original "Mad Max." Over in the corner, the last of the V-8 Interceptors - supercharger poking through its hood, making goose bumps-causing gear-whine noises as Max blips the throttle. It's a similar situation here - including the blower whine, which Jeep hasn't muted. Blip

the Trackhawk's throttle and you will hear it sing, too.

The main difference here is that the blower is discreetly tucked under the hood, with its pair of deeply inset hot-air bleeds dropping hints about what lies beneath.

Uniquely, the Trackhawk combines the 6.2-liter V-8's might with a high-performance all-wheel-drive system that in Track mode sends 70 percent of the engine power to the rear wheels and 30 percent to the front wheels. This enables spectacularly hard launches on wet pavement, which is where the Trackhawk has an acceleration advantage over the rear-wheel-drive-only Hellcat, and even the new 840-horsepower Demon. It takes the Demon 2.3 seconds to achieve 60 mph, whereas it takes the Trackhawk 3.5 seconds. That is enough to lift the Demon's front wheels off the ground - but not enough to shake the Trackhawk.

On the Road

Rain doesn't put the kibosh on the fun - and that's key to understanding the appeal of this thing.

Launch control, stability control and traction control can only control so much. Physics controls the rest. It can be fun to go sideways down the road in a rear-wheel-drive high-performance car, contrails of tire smoke in your wake.

But as far as going fast goes, a wet

road is kryptonite for a powerful rear-wheel-drive car like the Hellcat. You can still drive it in the rain, just not fast. It won't run to 60 mph in three seconds in the pouring rain. The Jeep will. If you want to be a weather-independent Road Warrior, then the Trackhawk is the perfect Interceptor for you.

At the Curb

Unlike the look-at-me Hellcat, the Trackhawk looks like a Cherokee. It can fly under the radar.

The obvious tells – other than under the hood – are on the inside like the real carbon fiber on the door panels and dash and a 200 mph speedometer – which the Trackhawk can just about peg.

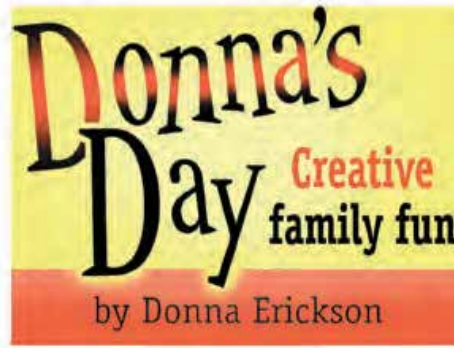
There are also the Hellcat/Trackhawk-specific Performance Pages apps, which include a real-time horsepower and torque dynamometer, lap time/acceleration/G force recorders and LCD gauges for almost any engine/operating parameter you might want to keep an eye on. A fantastic 825-watt 19 speaker Harman Kardon audio rig is available, too, but the supercharger sounds so good you'll probably never listen to it.

The Rest

The Trackhawk's mileage – 11 mpg city and 17 highway – seems worse than it is because of its relatively small tank. If it had a 30-gallon tank instead of 24.6 gallons (the same as a base V-6 Grand Cherokee), it'd have a city range of 330-something miles instead of just over 260. The fuel fill, incidentally, is capless. Just pop the door and insert the nozzle.

The Bottom Line

That old saying about speed being just a question of money is still true but with an asterisk. Speed is also a question of stealth – and traction.



Old Wagon Holds a Portable Garden

Beautiful things can emerge when you dig right in. A natural, glorious garden that just happens to be edible is a great place to start. So find an old wagon at a garage sale, or use one that your kids have outgrown, let the soil run through your fingers, and plant a garden on wheels together.

This is an easy project for the beginning gardeners in your family, and the results are so rewarding. Children can plant, water, weed and tend their own plants without becoming overwhelmed by a big garden plot. And since the garden on wheels is portable, they can move it around the yard or deck for maximum sun exposure throughout the day.

Here's the stuff you need:

- an old wagon, wheelbarrow or wagonlike toy on wheels
- drill and 1/4-inch drill bit
- wire mesh screen, such as window screen (optional)
- potting soil mix
- potted edible plants, such as herbs (parsley, basil, tarragon, thyme, etc.), lettuce and kale
- kid-size gardening tools
- watering can
- Tinker Toys and waterproof pens for plant markers (optional)

Here's the fun:

1. An adult should drill several drainage holes in the bottom of the wagon or wheelbarrow about 6 inches apart. You may wish to lay mesh screen over the bottom to keep soil from falling through the holes. Fill with potting soil mix. Leave at least 3/4 inch to the wagon edge.
2. Plant potted plants, keeping in mind their eventual size: Put taller plants in the middle, small plants along the sides. You also could plant a few lettuce seeds placed in the soil in the shape of the letter of your child's first name. Or, choose a colorful edible flower or two.
3. Water with a watering can or slow-running hose. It's a good idea to give it six hours of direct sun each day. Add plant food throughout the growing season, and you'll have the loveliest garden on wheels ever.
4. If your child wishes to make small identification markers for planted seeds and plants, simply attach a Tinker Toy wheel to a stick, and draw a picture with a marker on the wheels. Poke into the dirt by the seedlings or plants. Most importantly, enjoy your bountiful wagon harvest as summer and the wagon roll along!

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

Travel & Adventure

Candycy H. Stapen

An Insider's Food Tour of Trendy Berlin

When our culinary tour guide for Berlin shows up wearing a T-shirt emblazoned “Nobody reads your blog,” we know this isn’t going to be another boring foodie tour. The goal of the insider Gastro-Rallye tour, says leader Henrik Tidefjard, “is to showcase Berlin as an international creative city. It’s not about kebabs, sauerkraut or pigs’ knuckles.” Thank goodness.

Like an exuberant Pied Piper with a slightly naughty smile, Tidefjard, who customizes his tours for each group, leads us into a van.

“There are many hidden things going on in Berlin,” he says. “I serve as the gatekeeper to open doors. I rescue foodies, taking them to restaurants that are not near each other, showing authentic, hip Berlin.”

Tidefjard has served up the latest in Berlin’s culinary scene to Katy Perry, Adele and other A-list celebrities.

Our first stop: BRLO Brwhouse (yes, that’s the correct spelling) in Kreuzberg, one of Berlin’s trendiest neighborhoods. BRLO, a popular craft-beer company, rolled out its restaurant, constructed of 38 shipping containers, in January 2017. Corrugated walls add to the industrial decor, club music pulsates and a neon sign proclaims “Save the planet. It’s the only one with beer.”

Our group orders flights, choosing five beers from the 20 on tap. BRLO also offers 40 bottled beers and a menu of ribs, fried chicken and beef as well as vegetables. The place regards veggies as staples of brew-house gastronomy, dishing out smoked celery, sauteed Brussels sprouts, roasted artichokes and spinach with potato chips.



Gastro-Rallye guide Henrik Tidefjard presents flights of craft beer at the BRLO Brwhouse in Berlin, Germany. Photo courtesy of Candycy Stapen.

With a happy buzz, we’re primed for main courses at Golvet, overlooking the city’s skyline at Potsdamer Platz. Michelin crowned Golvet with one star in December 2017, only six months after the restaurant launched.

Totally different from BRLO, Golvet’s modern, simple decor underscores its cuisine, one built on classics interpreted with seasonal ingredients.

“The menu is international,” says head chef and manager Bjorn Swanson. “We do whatever we like using local products.”

Tidefjard has reserved seats at the open kitchen’s bar, the better to watch the show of careful cooking and expert plating. Although the delectable warm bread shaped like a mega sweet potato would have been enough, we also devour the expertly prepared entrecote of Nebraska beef with Chilean plum sauce.

Grinning and full, we’re back in the van for the short ride to Neukölln, another former meh neighborhood now trending for foodies. When we push open a door with no sign, we enter Coda. The restaurant, which debuted in 2016, pairs desserts with flavored cocktails.

Rene Frank, the mastermind behind the concoctions, eschews sugar and flour, creating sweet and tart flavors from vegetables, fruits

and spices. When we bite into the first plate, a circle of yellow atop a creamy white filling, we cannot believe we’re lusting after yellow tomatoes, chick peas and lemon. Frank serves the dessert with a bourbon whiskey infused with pineapple, plum and coriander. The second course turns figs, hazelnuts, anchovies and wild rice into a mouthwatering treat that’s complemented by a cassis and ruby port drink. Our six-course dance of deliciousness goes on for more than two hours.

Wined, dined, sated and giggly, we ride back to our hotel, Orania.Berlin, a boutique property in the heart Kreuzberg. Tidefjard has exceeded our expectations. We fall asleep, grateful for our taste of vibrant Berlin



Berlin’s Coda pairs its yellow tomato dessert with bourbon whiskey infused with pineapple, plum and coriander. Photo courtesy of White Kitchen.

and its creative people.

WHEN YOU GO

For general information: www.visitberlin.de/en

We stayed at the Orania.Berlin, conveniently located in trendy Kreuzberg. Rooms start at about \$225 per room with breakfast: www.oriania.berlin.

Tidefjard offers several food tours. The deluxe gastro-rallye costs about \$250 per person including drinks: www.berlinagenten.com.

Lufthansa offers non-stop flights from New York City (JFK) to Berlin. The Lufthansa Group, including the low-cost carrier Eurowings, offers gateways from San Diego, Los Angeles, San Francisco and San Jose, California; and from Miami, Tampa, Orlando and Fort Myers, Florida: www.lufthansa.com/us/en/homepage
Candyce H. Stapen is a freelance writer.

In Fashion



Working Up a Sweat

When you want to keep your cool at work, but the temperatures are soaring, it's time to hit the refresh button on professional style that doesn't make you sweat. The power pieces of the "Working Girl" 80s are back in all new shapes and sizes. What to wear to work in the summer can be a hot topic... here are a few ways to chill out.

–Rock a new suit. Suiting up in a heat wave may not be your idea of keeping your cool, but a well-tailored suit will give you more clout at work not only on summer days, but all through the year. The colorful

matching trouser suits inspired by Hillary Clinton have given way to sophisticated skirt suits to wear with bare legs in hot weather. (Or white hosiery if you're Meghan Markle!) Or if your work in a more creative environment, then you may want to rock a new "short suit" with tailored knee-length shorts and a finger-tip-length jacket.

–Check it out. The windowpane plaids and the gingham checks are giving suits even more power this year, and for summer, the pale pastels and always classic black and white. Streamline your work wardrobe with a waist-defining jacket and short skirt for a chic take on power dressing. Then take apart the pieces to mix and match with other basics like white ankle pants and sling back heels for a fresh twist to the suit.

–Wear the pants. There are more ways than ever to wear pants to work now. The newest trendsetters are soft wide-leg culottes or palazzo pants. With high waists, these pants can be spiffed up with blousey tops, a breezy kimono or belted jackets. They are perfect accompaniments for summer's all-time classic white T-shirt, too. Pair these comfy pants with high-heel sandals or kitten heels for even more style. And if jeans are your go-to pants, stick to dark washes for the office, and save your ripped-up ones for the weekend.

–Blaze new trails. The jacket is making a comeback...yes, even in the summer. And this year, it's turning up in light weight belted cropped versions, some with shorter sleeves, and longer mid-thigh lengths that look modern with short skirts. Stripes are a great summer update. For cooler comfort, layer silky camisoles and tanks underneath. Think about really making your work life shine with a sparkling sequin tank added to tailored pieces... a real day to evening alternative.



Work a fresh update into your professional wardrobe with a gingham print jacket. Anne Klein at Macys.

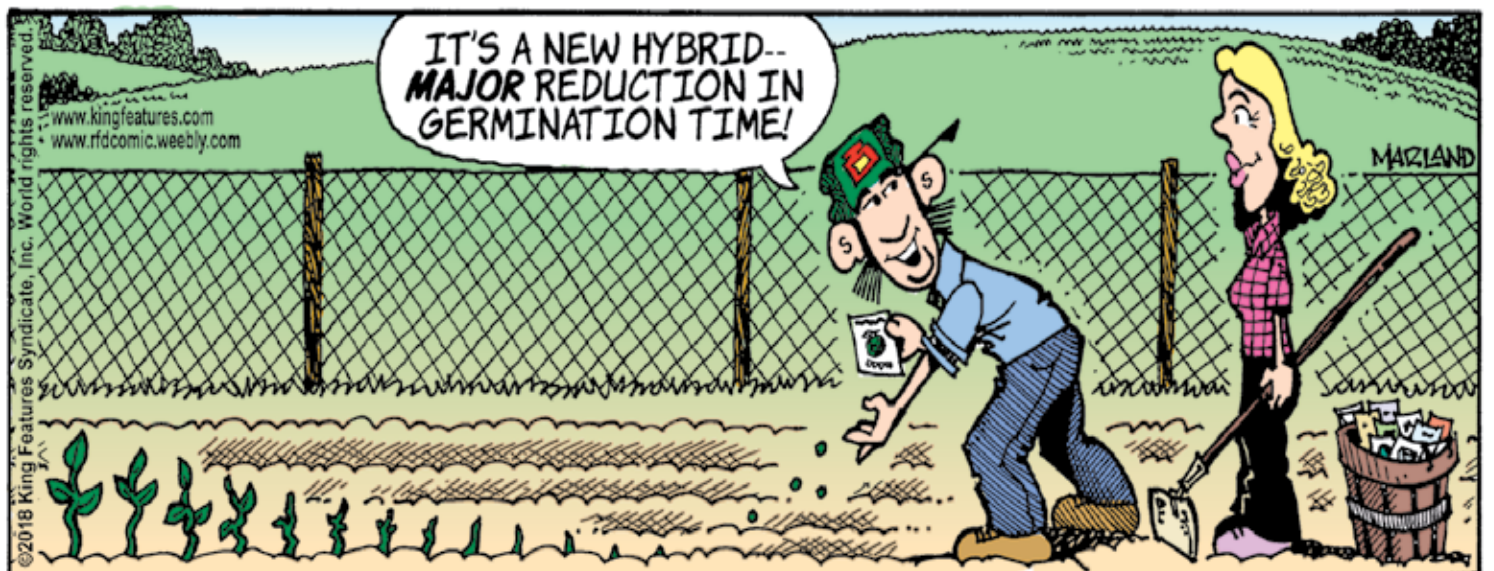
–Don't forget the dress code. What's better in the sweltering heat, than an easy, one-piece dress? The dress is a workplace favorite, especially in the summer. From belted denim shirtdresses to tropical floral sheaths, there are plenty of options. Sundresses, and even halter styles also offer a blank canvas for jackets and knit sweaters that can easily be removed. Think about teaming a jean jacket with a dress on casual work days. For rainy days, just add a colorful trench coat. And for dinner after work, pair with embellished jeweled sandals and a metallic clutch.

–Make your accessories work. A few statement accessories can make all the difference when you get dressed for work this summer. Instead of piling on the scarves and choker necklaces, try sticking to one stand-out piece of jewelry...a bold pair of earrings or a chunky cuff bracelet. Summer is also the perfect time to experiment with a fun pair of new shoes. Slip into a pair of shimmering pink mules and give your work wardrobe a real chill thrill. After all, it's vacation time somewhere, right?



R.F.D.

by Mike Marland

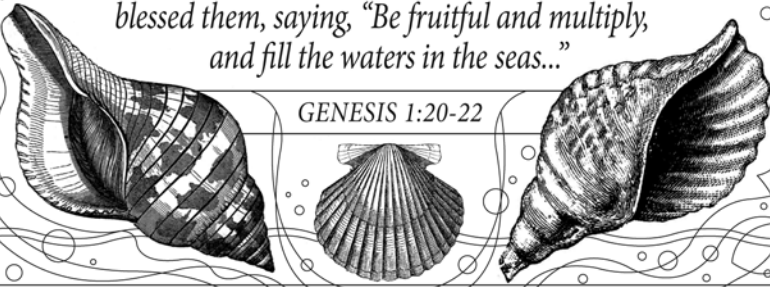




THE ILLUSTRATED BIBLE

...Then God said, "Let the waters abound with an abundance of living creatures..." So God created great sea creatures and every living thing that moves, with which the waters abounded... And God saw that it was good. And God blessed them, saying, "Be fruitful and multiply, and fill the waters in the seas..."

GENESIS 1:20-22



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Americanisms

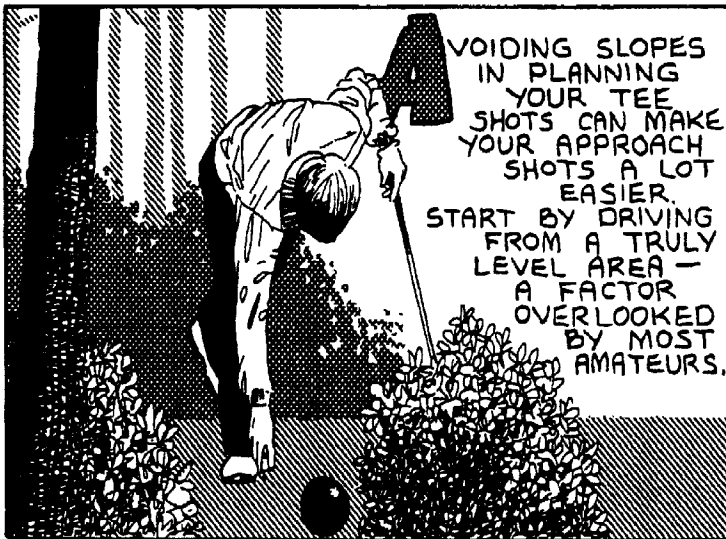


"Learn from the mistakes of others. You can't live long enough to make them all yourself."

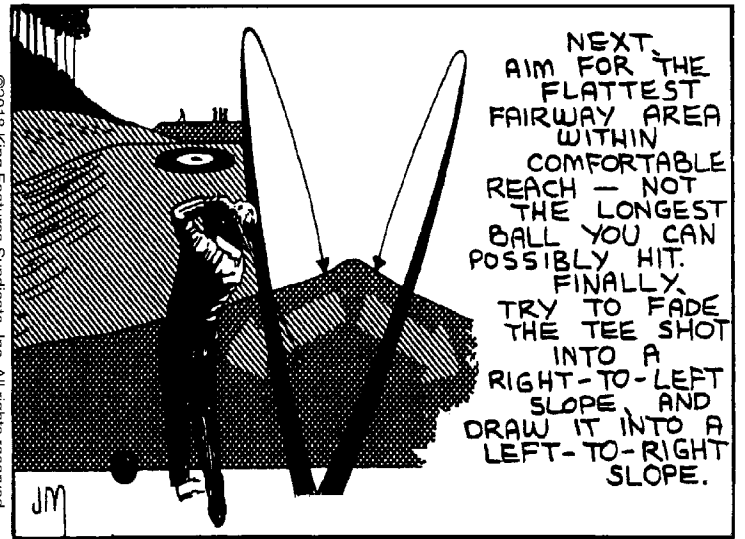
—Eleanor Roosevelt

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Play Better Golf with JACK NICKLAUS

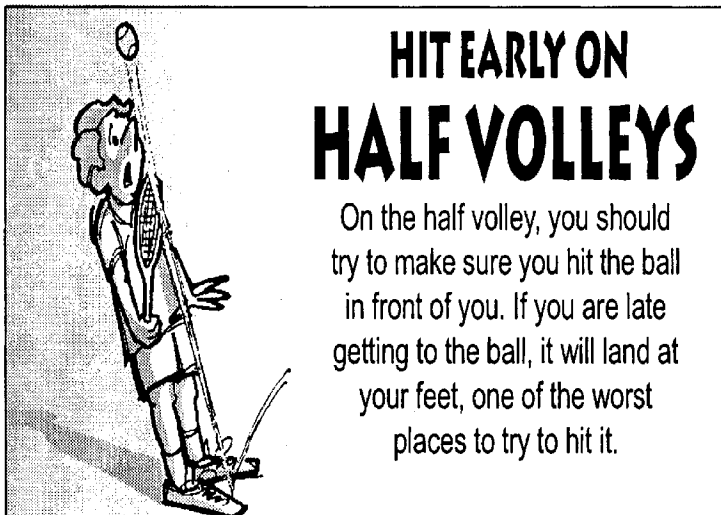


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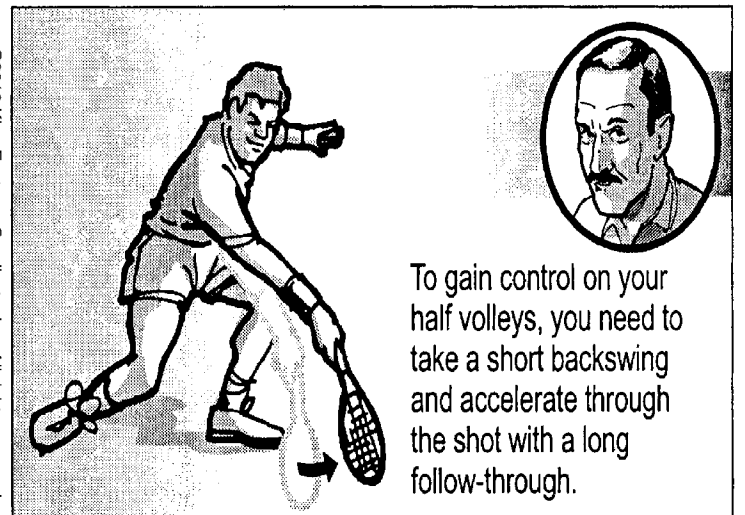


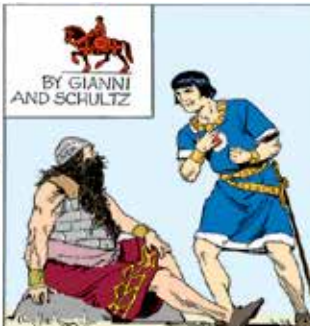
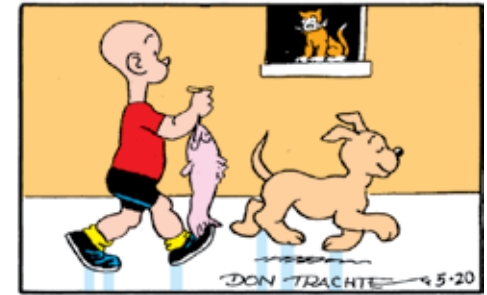
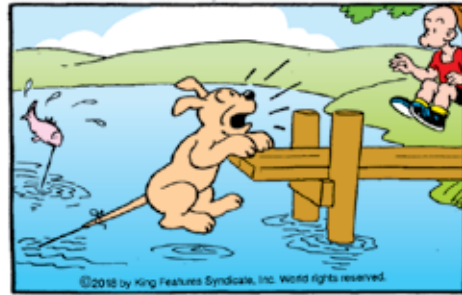
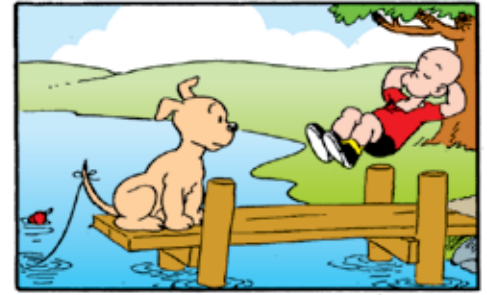
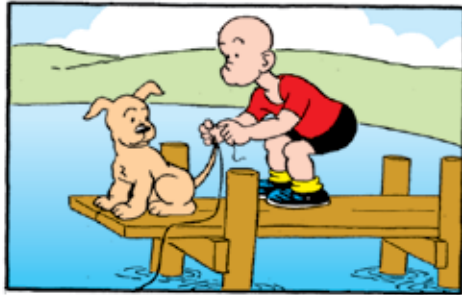
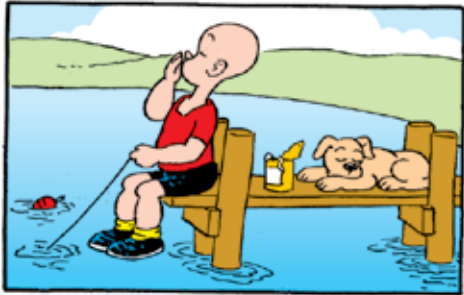
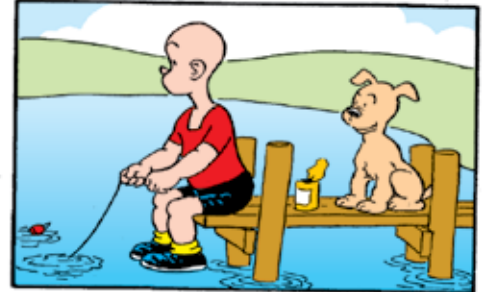
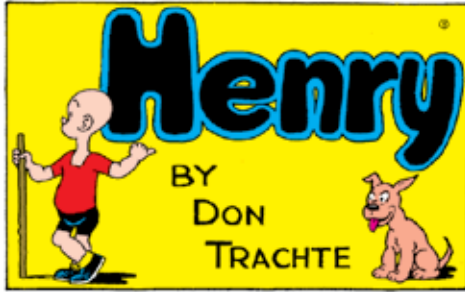
JM

STAN SMITH'S TENNIS CLASS



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Our Story:
VAL DIFFUSES SKYRMIR'S RESENTMENT WITH THE STORY OF MAKEDA IN THE TREASURE VAULT.

"MY BLOOD RACES AT THE MEMORY OF IT! MAKEDA NEVER FLINCHED AS A SERPENT THIS WIDE..."

"...LUNGED FOR US! HER FEARLESSNESS ENCHANTED MY SOUL..."

"...EVEN AS HER HEATHEN MAGICS DESTROYED THE MONSTER THAT WAS LITTLE AFFECTED BY MY SWORD THRUST. HER BRAVERY RESCUED ME FROM THE BEAST'S VERY JAWS!"

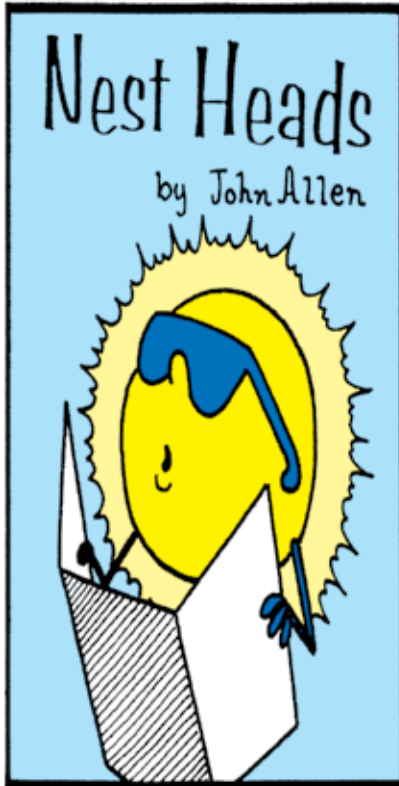


"AND WHEN THE DJINN, AS SHE CALLED IT, WAS EXORCIZED, ALL THAT REMAINED WERE THE CRUMBLING BONES OF THAT AVARICIOUS SCOUNDREL, THORWOLF"

"SHE HAS THE HEART OF A WARRIOR! SHE IS MAGNIFICENT! WHY, WE COULD..." THE NORSE-MAN HAS HEARD ENOUGH...

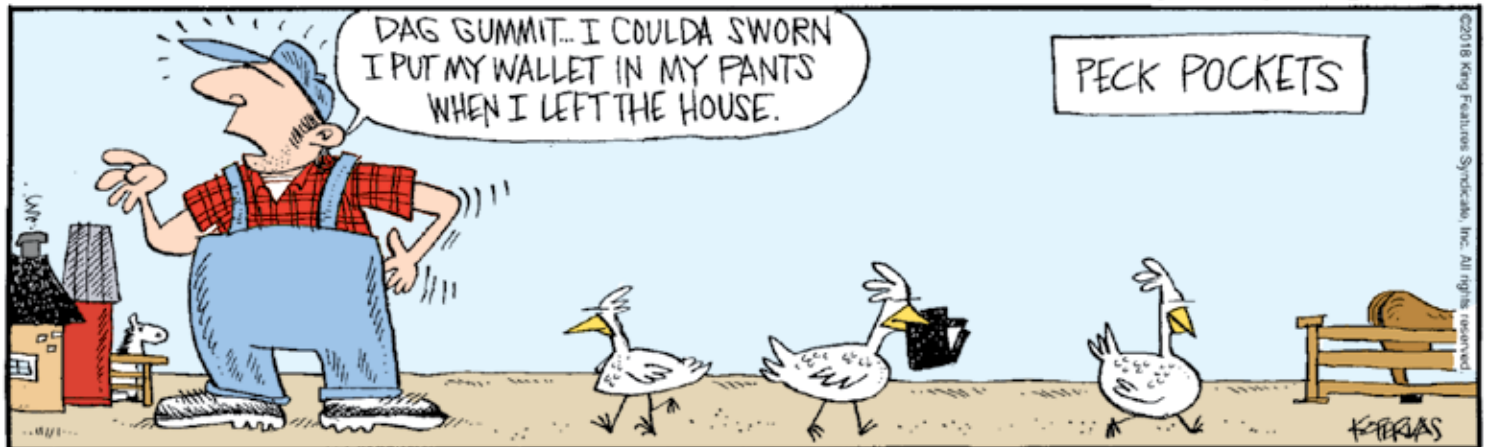
"IS THIS THE SAME MAN WHO HAS CLAIMED SUCH SORROW AT HIS SEPARATION FROM HIS HOME AND FAMILY? SO MUCH FALSE PIETY, IT SEEMS!"

SKYRMIR'S WORDS CUT TRUE AND DEEP. WHY, INDEED, HAVE VAL'S THOUGHTS STRAYED SO FAR FROM DEAR ALETA?
NEXT WEEK
Speaking of Aleta



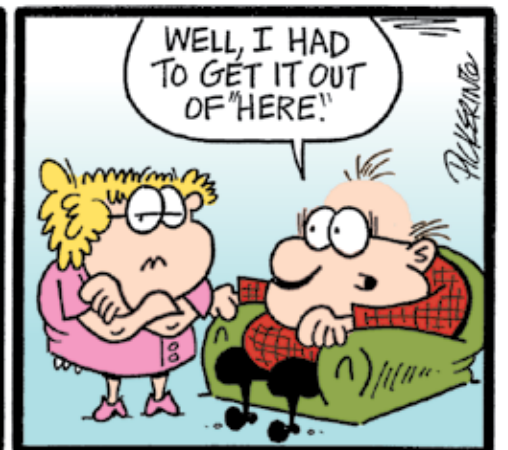
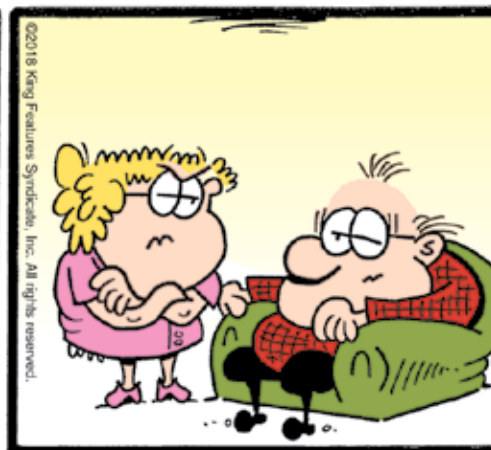
Out on a Limb

by Gary Kopervas



The Spats

by Jeff Pickering



GRIN and BEAR IT

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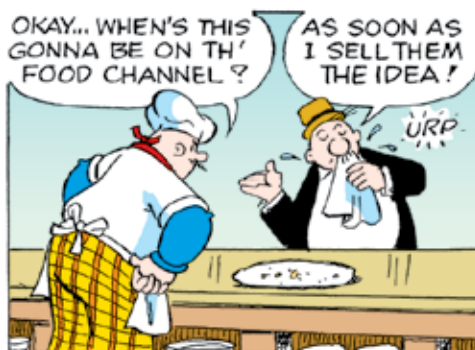
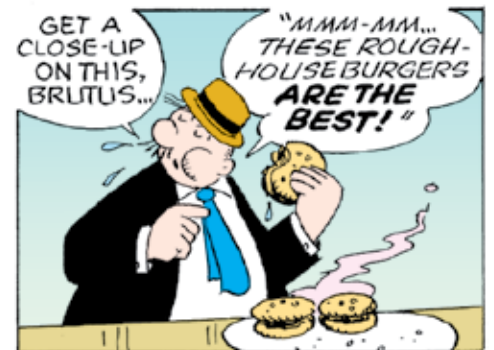
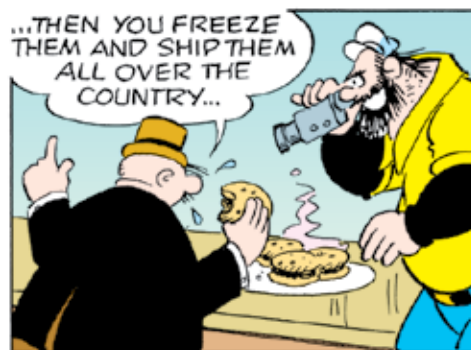
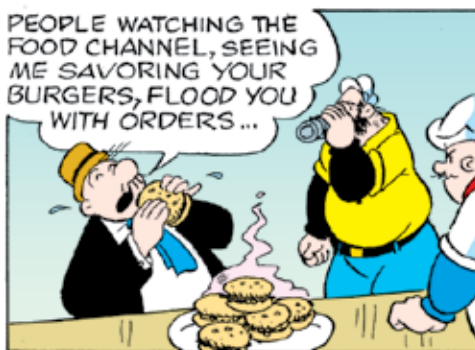
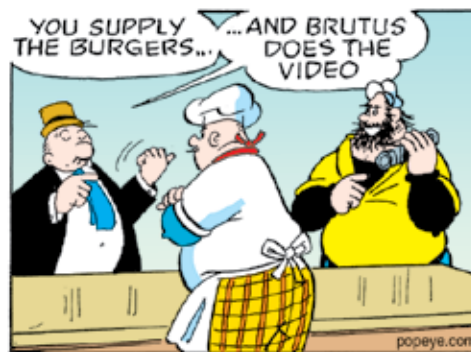
"It was recently cleared of all evil spells."

Just Like Cats & Dogs

by Dave T. Phipps



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DO YOU SEE HOW I PICK IT UP? NOW, GO GET THE STICK!

Dave Coverly

OH, JUST WATCHING THE DOG TEACH THE FARM KID TO FETCH.

WATCHA DOING DAD?

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THEY'LL DO IT EVERY TIME

A cartoon illustration of a typewriter on a desk. The typewriter is purple and has musical notes coming out of it. Above the typewriter, the text "LOVE ME LOTS, BABY--LOVE ME, LOTS, BABY--LOTS, LOTS, LOVE ME LOTS, BABY--" is written in a stylized, musical font. A yellow dog is looking up at the typewriter. The background is green with musical notes. The website address "www.kingfeatures.com" is written vertically on the left side.

AND THAT, HOT
DISC TUNER-INNERS,
WAS "LOVE ME
LOTS, BABY"...

Thank to W.GIVENCHY,
SAN FRANCISCO, CA.

W.CADUATOZ@OPTONLINE.NET

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BY AL SCADUTO

QUIET
PLEASE
DEP'T

I HAVEN'T SPOKEN TO MY WIFE IN 18 MONTHS...
I DON'T LIKE TO INTERRUPT HER...

—Thank to B. WYCK,
ST. LOUIS, MO.

5-19

LIVING ON
THE BRINK—
A POX ON THE
TOWN FATHERS FOR
PUTTING THE BIG
POLE AND THE FIRE
HYDRANT AS CLOSE
TO YOUR DRIVEWAY
AS POSSIBLE...

ULP--

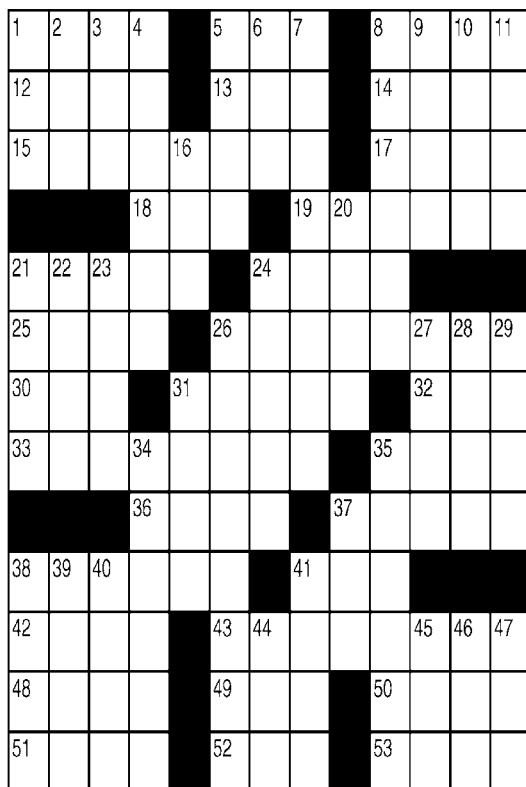
—Thank to
H. HANDLER,
LITTLE NECK,
N.Y.

PUZZLERS

King Crossword

ACROSS

- 1 Paddington or Pooh
5 That guy's
8 Edinburgh native
12 Soft cheese
13 Shriek bark
14 Perspiration outlet
15 Laos neighbor
17 Leak out slowly
18 Single
19 Timesaving type of necktie
21 PC shortcut
24 Ring out
25 Persia, now
26 Sheer undergarment
30 Part of RSVP
31 "Family Guy" dog
32 Skillet
33 Race for a seat
35 Flex
36 Ceremony
37 Wild West show
38 Acid neutralizer
41 Scatter seed
42 Skeletal
43 Alabama's state flower
48 Fencing sword
49 Past



- 50 Deserve
51 Lecherous look
52 Journey segment
53 Colored
DOWN
1 Telly letters
2 Mound stat
3 Intent
4 Given new energy
5 Jekyll counterpart
6 Square root of IX
7 Astronaut, usually
8 Goes bad
9 Henhouse
10 Pasta resembling rice
11 Adolescent
16 Yoko of music
20 Rested
21 Uncategorized (Abbr.)
22 Met melody
23 Tranquil
24 Baseball's Satchel
26 Decisive
27 Newspaper pg.
28 Highway division
29 Within (Pref.)
31 \$50, in Monopoly
34 Orison
35 Tackled tent pins
37 Fish eggs
38 First victim
39 Easy bounding gait
40 Elbow counterpart
41 Urban pollutant
44 Time of your life?
45 Secular
46 Anger
47 As well as

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: **U** equals **W**

ASX MSBCA-BCPXC GBBJ UXVA
PQMSNVL NVAB ASX JNAGSXV,
RCQVANGQHFF QMJNVL "USXCX'M
ASX RCFXC?"

CryptoQuote

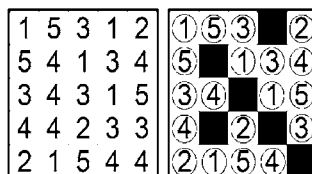
AXYDLBAAXR
is **LONGFELLOW**

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.

Y ORXVWLYP RQ WMZ ESW
UYM PZVV Y LYM SZ RQ
WXZM-LRMOZO ESZM SZ
LZYMZ SZ SYQ Y SWVZ RM
SRQ SZYO. — YMWMKLWFQ

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:



- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

3	1	2	4	5
4	2	3	4	5
1	2	4	3	4
3	4	5	2	1
2	5	4	5	3

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Even Exchange by Donna Pettman

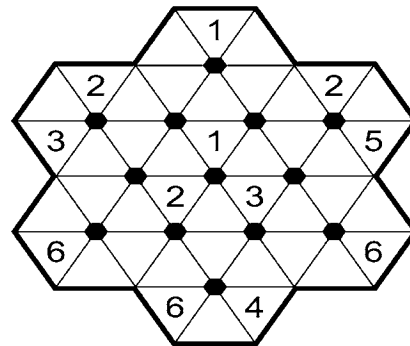
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|-----------|-----------------------|-----------|
| 1. Selected | ___ O ___ | Pursue | ___ A ___ |
| 2. Scatter to the wind | ___ T ___ | Mole's long-nosed kin | ___ H ___ |
| 3. Powers of film fame | A ___ | Bieber or Timberlake | J ___ |
| 4. Gold-digger | ___ E ___ | Underage child | ___ O ___ |
| 5. Hesitate | ___ L ___ | Quicker | ___ S ___ |
| 6. Like an egghead | ___ I ___ | Muscular | ___ W ___ |
| 7. Teenage infatuation | ___ U ___ | Hit the sack | ___ A ___ |
| 8. Element | ___ L ___ | Keep in custody | ___ N ___ |
| 9. From Oslo | ___ R ___ | Clamor | ___ I ___ |
| 10. Cricket or ant | ___ C ___ | Put into place | ___ R ___ |

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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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Wishing Well®



7	3	2	8	5	7	3	7	2	7	4	6	3
E	A	R	F	Y	D	W	U	E	C	F	S	A
4	6	2	3	2	8	7	6	2	7	5	3	5
A	E	A	Y	C	E	A	E	H	T	O	T	U
7	6	5	7	8	6	2	5	4	6	5	2	6
I	K	C	O	A	K	F	A	M	N	N	O	O
7	2	5	8	2	3	2	8	6	4	6	7	5
N	R	W	R	T	O	H	D	W	I	L	P	I
7	5	3	4	3	8	7	4	3	6	3	7	2
A	N	S	L	U	I	Y	Y	C	E	C	S	E
7	2	6	4	3	2	8	7	6	8	3	8	6
O	T	D	V	E	O	S	F	G	A	E	P	E
2	8	7	3	8	4	8	4	8	4	8	4	4
P	P	F	D	E	I	A	S	R	I	S	T	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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STICKELERS [sic] by Terry Stickels

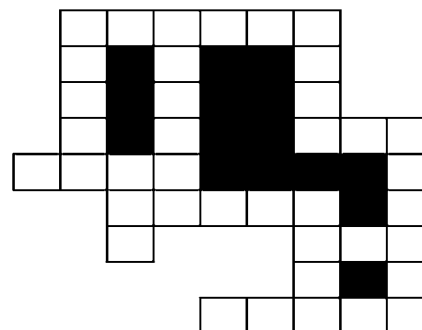
Three of the four pieces below can be re-assembled to form an equilateral triangle. Try your skill at putting those three pieces in the right places.



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FEAR KNOT By: rj johnson

- ♥ BOR
- LIBMEN
- PRILE
- BRCA
- ♥ PENIUL
- ♥ RFA
- ALNP
- ♥ ERFIL
- ♥ ABN
- VIPCLE
- BRELE
- ♥ OFLA



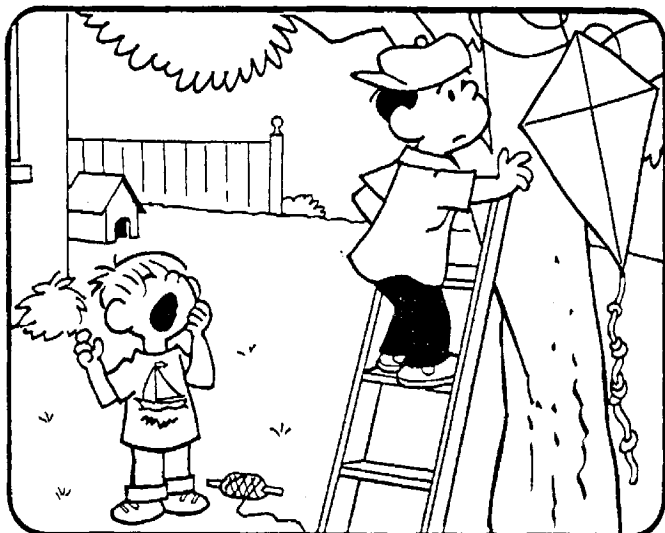
Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down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

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at rbmamall.com

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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



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Differences: 1. Doghouse is missing. 2. Post is missing. 3. Shirt design is different. 4. Shitall is different. 5. Arm is moved. 6. Kite tail is shorter.

MAGIC MAZE ● — STOP

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Back	Emergency	Labial	Sudden
Bus	Fire	Pit	Train
Dead	Four-way	Rest	Whistle
Door	Full	Short	

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Find More Word Search Puzzles • 6 Volumes \$3.50 ea. • Order at: rbmamall.com

Weekly SUDOKU

by Linda Thistle

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

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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GO FIGURE! by Linda Thistle

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.

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	÷		+		10
×		×		-	
	-		×		12
-		+		×	
	-		×		15
12		10		10	

1 2 3 5 6 6 7 8 9

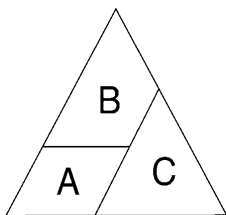
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Stickelers Answer

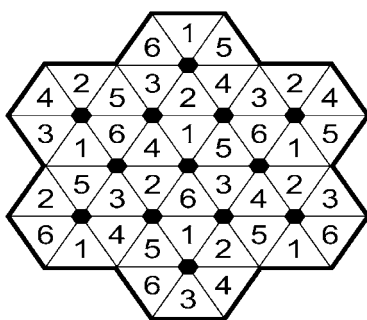
B	E	A	R		H	I	S		S	C	O	T
B	R	I	E		Y	I	P		P	O	R	E
C	A	M	B	O	D	I	A		O	O	Z	E
			O	N	E		C	L	I	P	O	N
M	A	C	R	O		P	E	A	L			
I	R	A	N		C	A	M	I	S	O	L	E
S	I	L		B	R	I	A	N		P	A	N
C	A	M	P	A	I	G	N		B	E	N	D
			R	I	T	E		R	O	D	E	O
A	L	K	A	L	I		S	O	W			
B	O	N	Y		C	A	M	E	L	L	I	A
L	E	E			A	G	O		E	A	R	N
L	E	E			L	E	G		D	Y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

A diplomat is one who can tell a man he is open-minded when he means he has a hole in his head. — Anonymous

The short-order cook went dashing into the kitchen, frantically asking “Where’s the fryer?”



SNOWFLAKES
solution

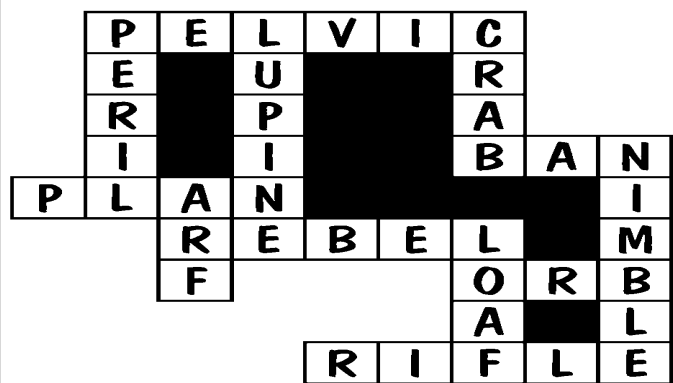


Hitori
answer

3	1	2	4	5
4	2	3	4	5
1	2	4	3	4
3	4	5	2	1
2	5	4	5	3

FEAR KNGT

answer



1. Chose, Chase	6. Brainy, Brawny
2. Strew, Shrew	7. Crush, Crash
3. Austin, Justin	8. Detail, Detain
4. Miner, Minor	9. Norse, Noise
5. Falter, Faster	10. Insect, Insert

Go Figure!
answers

2	÷	1	+	8	10
×		×		−	
9	−	7	×	6	12
−		+		×	
6	−	3	×	5	15
12		10		10	

Weekly SUDOKU

Answer

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

Puzzles4Kids

by Helene
Hovanec

CRISSCROSS – WHERE'S PA?

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

PAN
PATPAT
SPA

**SFA
letters**

SPA
4 Letters

PANG

PAPA

PATH
5 Letters

Letters

PART

SAVED

SPAIN
AMBA

TAMPA
6 Letters

PAND

OPAQUE

CKET LAGE

PLACE
PAYA

PAYA
EPAID

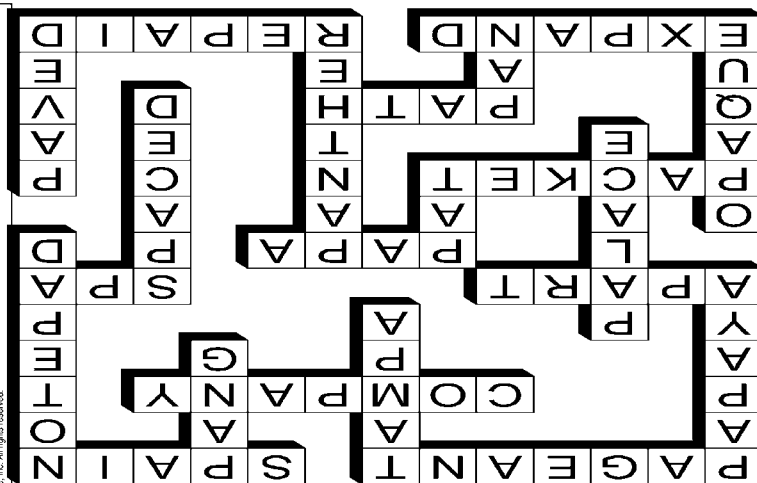
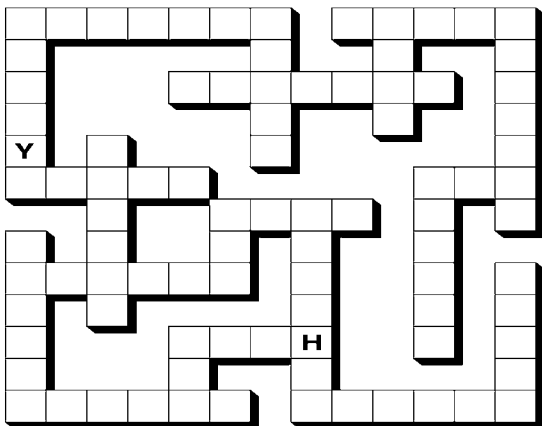
SPACED

Letters

PANY
TERAD

EPAD
EANT

LEARN
THER



Answer

Puzzles 4 Kids