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April 9, 2024
Volume 12 • Issue #28

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Q: How excited was the gardener about spring?
A: So excited he wet his plants!

Q: Why couldn't the flower ride its bike?
A: It lost its petals!



TIDBITS® LISTS SOME APRIL OBSERVANCES

by Kathy Wolfe

This week, Tidbits' focus is on some rather obscure events commemorated during the month of April.

- As you celebrate National Dandelion Day on April 5, consider all the good things about what we often think of as a pesky weed. Dandelions have been used in Chinese traditional medicine for more than 1,000 years, when they were prescribed for many ailments – warts, constipation, and even the plague! Every bit of the dandelion is edible, with a cup of raw greens providing 112% of the daily requirement for Vitamin A. They have more Vitamin A than spinach and more Vitamin C than tomatoes. Dandelions are rich in iron, calcium, and potassium, and are beneficial in helping the body's liver eliminate toxins from the blood. Dandelion tea is a proven remedy for digestive problems. Although we make efforts to remove them from our lawns, as part of the daisy family, they were a favorite flower in European gardens. It's believed the plants arrived in North America on the Mayflower, brought for medicinal purposes. Why are they so hard to get rid of? It's because their roots go as deep as 10 to 15 feet (3 to 4.5 m)!

- National Pecan Day is observed on April 14. The word "pecan" has its origins in an Algonquin word that means "a nut that requires a stone to crack," due to its hard shell. Yet pecans aren't technically nuts. They're drupes, as they are the fruit of a tree, along with peaches, plums, and cherries. The trees, which are native to the United States, (where 90% of the world's supply is grown) are a variety of hickory tree, and there are more 1,000 different varieties of pecans. The trees won't bear their fruit until it's 12 years old. A tree might reach a height of 150 feet (45.7

continued on page 2

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VETERANS POST ★ VA by the Numbers

by Freddy Groves

The Department of Veterans Affairs has been going all out to provide expanded access to care to veterans. They're calling it Access Sprints, and it means they're scheduling more appointments at night and on weekends, as well as scheduling more veterans into their daily schedule.

The effort seems to be showing progress. Just this year so far the VA has had 25,000 more new patients than they did during the same period last year. Appointments increased by 11%.

Per the stats, 12% fewer new patients had to wait over 20 to 28 days to get an appointment, and 14% fewer new patients

are having to wait to see community providers because of wait time eligibility.

This is on top of the care they provided in 2023 in over 116 million appointments.

Other 2023 stats are equally impressive. The crisis line took over 1 millions calls, over 33,000 veterans received emergency care in suicide crises and 5.5 million dental procedures were completed for over 560,000 patients.

Nearly 5 million veterans were screened for toxin exposure, an important step in monitoring their health. (As of March 5, 2024, veterans exposed to toxins and meeting other requirements have become eligible for VA health care, even before enrolling for other VA benefits. This means those who were in the Vietnam War, Gulf War, Iraq, Afghanistan, the Global War on Terror or any other combat zone since Sept. 11. Any who weren't deployed but who trained and were exposed here in the U.S. are included in eligibility.)

Even the non-medical efforts saw success: Ten million veterans have individual pages in the online digital Veterans Legacy Memorial website, with over 5 million of those being created in the last year, and 5.6 million policyholders got life insurance coverage.

The VA was able to hire over 61,000 staffers to provide care to the increased number of veterans seeking health care, bringing the total to over 400,000.

Not a bad year for the VA ... and veterans.

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A shortage of lifeboats and lack of adequate emergency procedures led to the deaths of more than 1,500 people. 706 survived. The remains of the Titanic were found during a 1985 expedition at a depth of 13,000 feet (3,962 m), 370 miles (595 km) off the coast of Newfoundland.

- Haiku poetry has a very strict pattern of structure. Traditional Japanese haiku is composed of one line of five syllables, followed by one line of seven syllables, and another line of five syllables, a total of 17 syllables. There is no rhyme scheme. It's a brief poem with simple phrases, frequently articulating the imagery of nature. National Haiku Poetry Day is observed on April 17.
- Mark your calendars on April 30 for the celebration of National Mahjongg Day. The game originated in China about 200 years ago and takes its name from the Chinese word for "sparrow." Mahjongg is a rather complicated game requiring strategy and calculation. Although most of the 144 tiles in the game are now mass-produced plastic, they were originally hand-carved tiles engraved with Chinese characters and symbols. A few artisans still produce handcrafted sets, made of bamboo, bone, or ivory, first engraving the tiles, then cleaning them, followed by a painting process that can take weeks to complete. Each of the four players receives 13 tiles, then draw and discard tiles until they complete their

continued from page 1

m), with a trunk diameter of over 3 feet (0.9 m). Each tree will have plenty of time to bear pecans, as the trees live for 300 years.

- April 15 is set aside every year as Titanic Remembrance

Day in honor of the victims and survivors of this tragedy. When the luxurious 883-ft. (269 m) ship departed Southampton, England on its maiden voyage on April 10, 1912, it was deemed unsinkable. Yet when the ship struck an iceberg in the frigid waters of the Atlantic at 11:40 PM on April 14, it took just two-and-a-half hours for water to fill and rupture at least five of the hull compartments, breaking the ship in half, and sending it to the bottom of the ocean.

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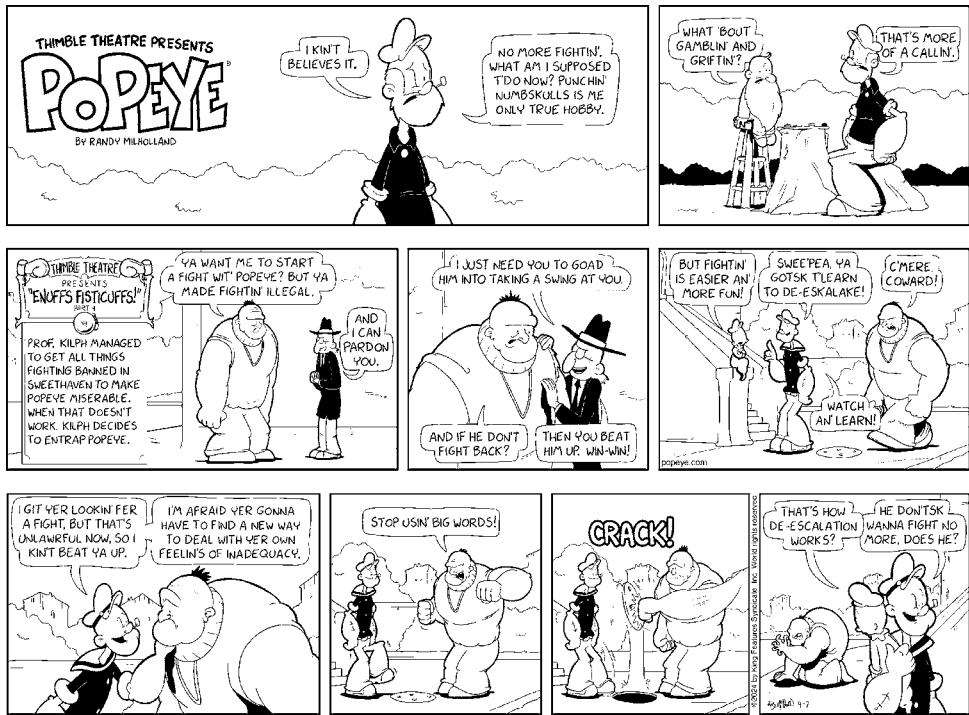


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ENTRY DEADLINE FOR April 9, 2024, Volume 12, Issue #28 IS FRIDAY, APRIL 19, 2024, 4PM

DEADLINE FOR April 2, 2024, Volume 12, Issue #27 is Friday, April 12, 2024 - 4 PM SEARCHING FOR: (3) SUNS

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WINNER for March 26, 2024, Volume 12 Issue #26: Roger and Linda Ching, Castlewood, SD

SEARCHING FOR: (3) EASTER BUNNIES

PRIZE: \$25 Gift Certificate for The Bullpen Steakhouse, Lake Norden, SD, and a \$25 Gift Certificate for Angel's Attic Thrift Store in Watertown, SD

Locations for March 26, 2024 (v12 #26)
#1: Ron's Equipment Painting Inc, Milbank, SD, pg 1
#2: Rosalie's Restaurant Bakery and Lounge, Sisseton, SD, pg 5
#3: Coffee Cup Fuel Stop, Summit, SD, pg 7

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Watertown Mall

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continued from page 2

hand. Although Americans think of Abercrombie & Fitch as a vendor of stylish fashions, the company, which was founded in 1892, was the first U.S. company to sell mahjongg sets during the 1920s. The game became immediately popular, requiring Ezra Fitch to send representatives to China to purchase every set that could be found.

- April 30 is also National Raisin Day, a day created by California raisin growers in 1909. Raisins can be considered one of nature's nearly-perfect foods. They are rich in antioxidants to protect the body's cells from damage and reduce the risk of chronic disease. Raisins are a good source of iron necessary for the production of red blood cells. Their calcium and boron content contributes to strong and healthy bones, while raisins' potassium helps regulate blood pressure levels. If all of that isn't enough, raisins are rich in the Vitamin B complex as well as a source of Vitamins C, E, and K and zinc.
- Even 8-track tapes have their own day, April 11. Coming

to the market in 1964, this invention changed the way the public listened to music and provided a new way to enjoy music, especially on road trips. The 8-track was invented by William Powell Lear, best known for his design and development of the Lear Jet, and his founding of the Lear Corporation, the first mass-manufacturer of business jets. Lear, who received more than 140 patents during his career, improved on an earlier system, the 4-track tape, by doubling the number of tracks, producing longer uninterrupted playback. By 1965, the Ford Motor Company was offering 8-track players as an option in their new cars. Although 8-tracks enjoyed significant popularity during the 1960s and 1970s, with 1978 marking their peak, improved technology led to their decline. Cassette tapes were smaller and had better sound quality, and could be rewound or fast-forwarded to particular songs. Compact discs were introduced in 1982, giving rise to the final downfall of 8-tracks.

- Although Easter falls on March 31 this year, many years it lands during April. Why does the date change every year?

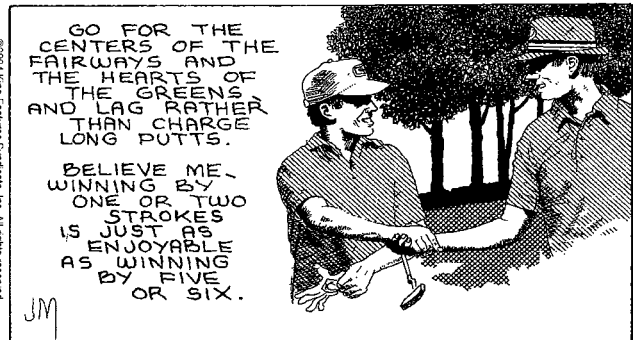
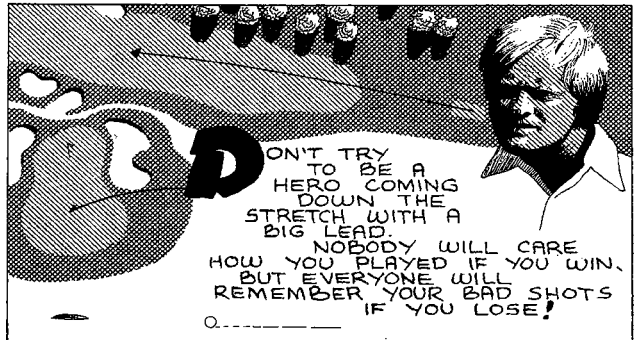
Easter, which commemorates the resurrection of Jesus Christ, is observed on the first Sunday after the Paschal full moon, which is the first full moon on or after the Spring Equinox. The word "paschal" is a translation of the Aramaic word meaning "Passover." Easter's earliest possible date is March 22, with latest possible date of April 25.

Thought for the Day

"The stupid neither forgive nor forget; the naive forgive and forget; the wise forgive but do not forget."

— Thomas Szasz

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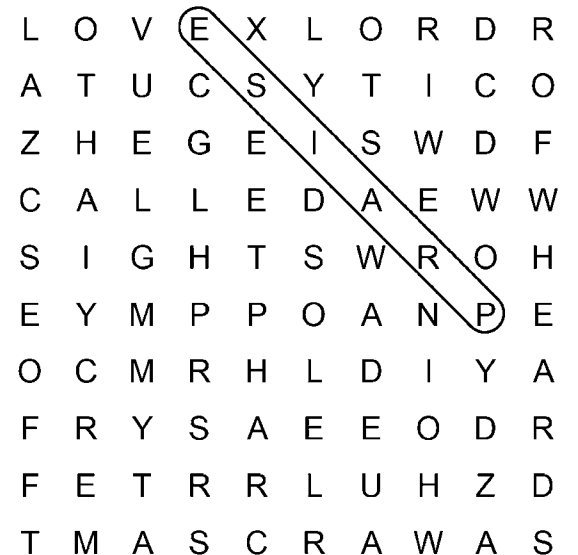
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BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalm 31:21-22 answers on page 8

Praise be to the **LORD**, for he **showed** me the **wonders** of his **love** when I was in a **city** under **siege**. In my **alarm** I **said**, "I am **cut off** from **your sight**!" **Yet** you **heard** my **cry** for **mercy** when I **called** to you for help.



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

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Constant Aleve and Ibuprofen Consumption Can Cause Damage

DEAR DR. ROACH: My husband, age 70, had been diagnosed with osteoarthritis in his neck, for which he would take Aleve to relieve his discomfort when needed. Just

before Christmas last year, his back began hurting so much that he went to his doctor, who said to get up and move more. (We have always exercised and remained active in life, but he did slow down due to his pain.)

My husband then added ibuprofen to the Aleve he was already using. His doctor said that the pain is due to osteoarthritis in his mid-back area. Apparently, there is nothing to do for it but take Extra Strength Tylenol at the recommended dose. Ibuprofen or Aleve isn't recommended because it causes liver and kidney damage. So, we bought Tylenol, and he used this medication instead of his usual. But his pain only got worse.

So, this morning, he switched back to Aleve and ibuprofen. It is what helped before and is helping again now. In addition, he is using a drug-free Aleve Direct Therapy pad that uses waveform technology. He also uses Icy Hot pain relief cream and a heating pad. These reduce his pain, but his back continues to hurt since before the holidays.

Our question is, should he use Aleve and ibuprofen instead of the Tylenol that doesn't seem to help? He has actually used Aleve for a very long time. He just had his blood tested, and the doctor said his liver and kidneys are good. Is there anything more we can do to relieve his osteoarthritic pain? It is hard to see my husband in so much discomfort when he was previously a very active, pain-free man. -- S.F.A.

ANSWER: Osteoarthritis in the neck is a common and painful condition, and there are not always good treatment options. In terms of medicine, anti-inflammatory medicines, like Aleve or ibuprofen (Advil and many other brands), can be very helpful for some people.

However, taking both doesn't improve pain relief. It does increase the risk of toxicity, so he should never take two anti-inflammatory medicines -- choose just one. Tylenol helps some people, but in my experience, most people do better with anti-inflammatories instead of Tylenol. Tylenol does have a smaller risk of side effects.

In addition to liver and kidney problems, Aleve and similar medicines can cause stomach problems, ranging from mild upset to life-threatening ulcers; though, this is uncommon with over-the-counter

doses. I often recommend a trial of Tylenol to see if it is as good as the anti-inflammatories. Since it's not for your husband, he should tell his doctor this, and it seems reasonable for him to go back to taking Aleve alone. However, I can't tell you to disregard his physician's advice. Some people benefit from Tylenol on top of Aleve.

Beyond pain medicines, the Aleve Direct Therapy pad uses electricity to relieve pain without medicine. It's fine to combine this therapy with medicines. Creams -- whether they are anti-inflammatory, menthol and camphor, or topical anesthetics -- provide some relief, but they tend to be better on the hands, wrists and knees than the neck. Though, they still may be worth trying in combination with medicines.

In more severe cases, injections can be used before considering surgery.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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answers on page 8

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

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Tidbits Trivia Test Sponsor!

RECIPE OF THE WEEK

Creamy Coleslaw

- 1 cup fat-free mayonnaise
- Sugar substitute to equal • 1/4 cup sugar
- 1 teaspoon prepared mustard
- 1 tablespoon white distilled vinegar
- 1 teaspoon celery seed
- 6 cups finely shredded cabbage

1. In a large bowl, combine mayonnaise, sugar substitute, mustard, vinegar and celery seed. Add cabbage. Mix well to combine.
2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 8 (1/2 cup) servings.

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

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Railing is different. 2. Handle is added to lunch box. 3. Sleeve is rolled up. 4. Leak is moved. 5. Pipe is thinner. 6. Bite is missing from sandwich.

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: The island of Ibiza belongs with which European country?
2. ANIMAL KINGDOM: What is a group of flamingos called?
3. MOVIES: What is the name of the island terrorized by a shark in "Jaws"?
4. U.S. STATES: Which state capital has the highest elevation in the United States?
5. ANATOMY: Where is the corpus collosum located?
6. LITERATURE: Who wrote the children's book "Where the Wild Things Are"?
7. TELEVISION: Which 1970s TV show had a spinoff hit with "Laverne & Shirley"?
8. MATH: How many sides does a dodecagon have?
9. ASTRONOMY: Which one of the planets in our solar system has the Great Red Spot?
10. U.S. PRESIDENTS: Which president ended the military draft?

answers on page 8

TIDBITS
of the Lake Area

COMICS

Payless Antiques
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See Ad on Page 8

THIS WEEK'S SPONSOR!!

Amber Waves by Dave T. Phipps

MY PARENTS TOOK AWAY MY VIDEO GAMES AND IPAD FOR TWO WHOLE WEEKS.

THEY THINK THIS WILL HELP ME IN THE LONG RUN.

THEY EVEN SAY IT'S FOR MY OWN GOOD AND I WILL THANK THEM SOMEDAY.

I SURE WISH THEY COULD FIGURE OUT A WAY TO BE A LITTLE LESS THOUGHTFUL.

The Spats by Jeff Pickering

YOU'RE LIKE SCHOOL IN THE SUMMERTIME--

NO CLASS.

Out on a Limb by Gary Kopervas

MY NEMESIS MAY HAVE WON THIS TIME... BUT I SHALL EXACT MY REVENGE!

YOUR CALENDAR NEXT WEEK IS BOOKED SOLID. WOULD IT BE OKAY IF YOU JUST BALL PARKED YOUR REVENGE?

Strange BUT TRUE
by Lucie Winborne

- While death by guillotine might seem like an ancient ritual, the practice was still in use in France up until 1977 -- when the original "Star Wars" was in theaters.
- Sleeping through summer is called estivation.
- The Museum of Bad Art in Somerville, Massachusetts, is pretty much exactly what it sounds like -- a collection of really bad art! But then again, who's to judge?
- The American Psychiatric Association's DSM-5 handbook classifies caffeine withdrawal as a mental disorder.
- Humans invented booze before the wheel.
- When swallowed by toads, bombardier beetles project hot, noxious chemicals from their anuses, which sometimes forces the predators to puke the beetle back up.
- The town of Baarle straddles the Dutch-Belgian border. In some places, the official borderline cuts through houses and cafes.
- There are approximately 200 feral cats roaming the grounds of Disneyland, where they help control the park's rodent population. All of them are spayed or neutered, and park staff provide them with both extra food and medical care.
- The second-half kickoff in Super Bowl I had to be done twice, as NBC didn't cut back from a commercial break in time to catch the first one on camera.

Just Like Cats & Dogs by Dave T. Phipps

WOW, THIS PLACE IS REALLY FANCY. I WAS JUST ABLE TO GET OUR TAXES DONE IN THE MEN'S ROOM.

CRIM AND BEAR IT by Wayne

"Look what I bought with what I found buried in the back yard!"

TIGER by BUD BLAKE

HUGO, HOW 'BOUT THIS COLOR FOR THE CLUBHOUSE?

THIS COLOR LOOKS GREAT TO ME. I'LL GO GET BONNIE'S VOTE

HEY, BONNIE, HOW 'BOUT THIS COLOR FOR OUR CLUBHOUSE?

THAT COLOR? ARE YOU CRAZY!! YUCKY! PUTRID!

REPULSIVE! SICKENING! FOUL!

UNBELIEVABLE! THE PITS!

BONNIE VOTED NO

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★ **TRACTOR, BUGGIES & HORSE STATUES & Other Larger Items Sell at 12:00pm** ★

Buyer's NOTE - This is an **Abbreviated** Listing! Complete, **DETAILED** Listing & 100+ Photos can be found @ www.BerghandOwenAuctions.com

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★ **RELIGIOUS STATUES & CEREMONIAL ITEMS** including: Immaculate Heart of Mary Statue • Sacred Heart of Jesus Statue • Holy Water Font Angel Statue • Alters & Church Pews • Vigil Prayer Candle Racks, Alter Candle Stands & Candelabras • Ceremonial / Sacramental Items...*and More!*

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THURSDAY, APRIL 11
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FRIDAY, APRIL 12
 CHICKEN BACON RANCH FRIES. AFTER 5PM
 PRIME / CHICKEN / SHRIMP ALFREDO

SATURDAY, APRIL 13
 AFTER 5PM PRIME / CHICKEN / SHRIMP ALFREDO

••• CLOSED SUNDAY •••

MONDAY, APRIL 15
 PRIME RIB FRENCH DIP

TUESDAY, APRIL 16
 PIZZA BUFFET

WEDNESDAY, APRIL 17
 INDIAN TACOS

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DAILY SPECIALS & ON & OFF SALE

King Crossword answers on page 8

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19			20			
23	24	25			26			27	28	29
30				31			32			
33				34			35			
38	39	40			41			42	43	44
45					46			47		
48					49			50		
51					52			53		

ACROSS

1 Flair
 5 Enterprise letters
 8 Stuffing herb
 12 Taunt
 13 Aussie hopper
 14 Hockey legend Phil, to fans
 15 Home of the Packers
 17 Compared to
 18 Congeal
 19 Sturdy tree
 20 Spassky's game
 21 — -Manuel Miranda
 22 Huge
 23 Bottom
 26 Fear-stricken
 30 "E Pluribus —"
 31 Blue hue
 32 Lighten
 33 Arty area
 35 Hinder
 36 Sailor
 37 Soda container
 38 Norwegian inlet
 41 "It's c-c-cold!"
 42 Right angle
 45 Actress
 46 Chinese brew
 48 Diminutive suffix

DOWN

1 Omelet needs
 2 Old Italian money
 3 Help a crook
 4 Born abroad?
 5 City-related
 6 Drench
 7 Sauce source
 8 "The Italian
 9 Tennis champ Arthur
 10 Transcript stats
 11 Eternities
 16 Dark film genre
 20 Spy org.
 21 Color named for a fruit
 22 Journalist Nellie
 23 Gist
 24 Year in Spain
 25 "Gee, ya think?"
 26 Alias abbr.
 27 Yoga pad
 28 Jargon suffix
 29 Aachen article
 31 Bro or sis
 34 '60s chic
 35 Challenge
 37 El Greco's birthplace
 38 Gratis
 39 Joan of rock
 40 Aware of
 41 Author Harte
 42 To be, in Toulon
 43 Some July babies
 44 Endure
 46 Wildebeest
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answers on page 8

TIDBITS WORD POWER

Unscramble this word:

OEMCNRITOAMOM

An observance, tribute, remembrance or celebration



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BEAUTIFUL BODY: CELLS

They're the smallest living organism and the building block of the body. Join Tidbits this week as we explore the basic unit of life.

- The human body contains over 30 trillion cells – that's the number 30 followed by 12 zeroes! This number can vary depending on age, gender, body size, and environment. About 200 different types of cell make up this total, including blood cells, skin, nerve, bone, and fat cells. Red blood cells are the most abundant, making up 80% of the total. Each cell contains an astonishing 100 trillion atoms!
- The liver, kidneys, lungs, and scalp each contain about 100 billion cells, with another 10 billion in the pancreas, 300 million muscle cells, and an astounding 1 trillion nerve cells. There are about 170 billion cells in the average brain.

The skin's 50 billion cells are dispersed to about 300 million per square inch.

- There are a huge number of different functions of the cells. Some protect the body's outer surface and internal organs. Bone cells build up bones, while others carry nutrients and oxygen throughout the body, while removing carbon dioxide.
- Cells are constantly dying and being replaced. Close to 300 billion new cells are produced every day, with new cells arising from pre-existing cells. A cell's lifespan varies widely. White blood cells live for just 13 days, while red blood cells live for about 120 days. Liver cells can live up to 18 months. Some cells live for several years. The vast majority of the body's brain cells stay alive throughout a person's whole life. Unfortunately, when nerve cells in certain parts of the brain die off due to degenerative diseases like Parkinson's and Alzheimer's, they are not replaced.
- Each tiny cell has three distinct parts. The nucleus is the "headquarters" of the cell, delivering instructions to the cell to grow, divide, or die. The nucleus contains the majority of the cell's DNA. Cytoplasm is a clear, semi-fluid

substance that surrounds the nucleus. The nuclear membrane protects the DNA and separates it from the rest of the cell.

- Cells have many different shapes – round, square, spindle-like, and star-shaped. They maintain their shape with the help of the cytoskeleton, a type of scaffolding within the cell's cytoplasm. White blood cells, those that defend the body against infection and disease, can change their shape, enabling them to move through narrow spaces.

- A British scientist named Robert Hooke was the first person to observe cells in 1665. Hooke was looking at dead cork tissue using a compound microscope that he had built himself. He named the structures cells because they resembled the small simple rooms where monks slept in monasteries. The cork cells were dead, left behind after the death of the live cells. In the 1670s, Dutch microbiologist Anton van Leeuwenhoek was the first to observe living cells, recognizing them as red blood cells.

- Human cells aren't the only cells in the body. There are also about 37 trillion bacteria cells in the average body as well, outnumbering the human cells. Most types aren't harmful, and in fact, help keep your body healthy. Good bacteria can be found on your skin, in your airways, mouth, digestive system, and urinary tract, and many other places. Bacteria in your gut absorb nutrients, break down food, and even prevent the growth of harmful bacteria. Other types can make you sick, such as streptococcus and staphylococcus, and are responsible for strep throat, whooping cough, staph infections, E.coli infections, urinary tract infections, and sepsis.

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Wild violets

If you choose to propagate wild violet plants, divide an established "clump" in spring or fall by gently separating the rooted stems from each other within the group, then replant them separately. Also, their seeds can be collected and sown in the fall, if you desire spring blooms. Other than watering following planting, and occasional watering throughout the growing season, wild violets require very little care. Their foliage is occasionally affected by spider mites in dry weather.

Brenda Weaver

Source: gardeningknowhow.com

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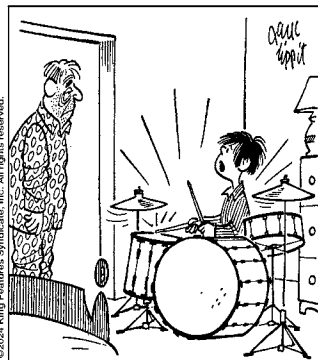
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"But you always said you LIKE to wake up to _____."

SCRAMBLERS answers on page 8

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

Persist: C U R E R

Betray: A D M I L E S

Slight: B U S T L E

Breach: V A I N E D

TODAY'S WORD

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. Nervous, jumpy	___ N ___	Short and sweet	___ R ___
2. Gumdrop, e.g.	___ A ___	Model Crawford	___ I ___
3. Ship's kitchen	G ___	Glen, Dale	V ___
4. Large striped feline	___ G ___	Rome's river	___ B ___
5. "___ of the Apes"	___ T ___	Aircraft	___ S ___
6. Negotiate	___ R ___	Witty conversation	___ N ___
7. Handbag	___ S ___	Expunge	___ G ___
8. He weighs anchor	S ___	Clothes maker	T ___
9. Actress Duke	___ T ___	Merrymaking	___ R ___
10. Shamrock	___ V ___	Last pitcher	___ S ___

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Savor the Sloppy Jane: A Healthier Twist on a Classic Comfort!

Have you met my friend, Sloppy Jane? You probably already know her cousin, Sloppy Joe. They may be similar, but here's how you can tell them apart. This Sloppy Jane recipe not only offers a healthier alternative to its cousin, the Sloppy Joe, but it also keeps your wallet happy by being cost-conscious while creating mouthwatering sandwiches that won't weigh you down.

What sets Sloppy Janes apart from their traditional counterpart is the focus on lean meats and fresh, wholesome ingredients — all without breaking the bank. Unlike the canned sauce varieties loaded with additives and preservatives, our Sloppy Janes sauce prioritizes nutrition and affordability without compromising taste.

These Sloppy Janes are a breeze to whip up, making them perfect for busy weeknights. And the best part? They reheat like a dream, so leftovers are just as delightful the next day! I always make a double batch.

This recipe was crafted with ground turkey for a lighter profile without sacrificing an ounce of flavor. However, feel free to get creative with your protein choice. This recipe works well whether you use beef, pork or whatever ground meat is least expensive this week!

SLOPPY JANES

Yield: 4 servings
Total Time: 20 minutes
1 tablespoon olive oil
1 (12 or 16 ounce) bag frozen 3 pepper and onion blend, defrosted (or fresh equivalent)
1 pound 90% lean ground turkey
1 teaspoon kosher salt
1/2 teaspoon black pepper
2 teaspoons granulated garlic
1 (8 ounce) can tomato sauce
1 tablespoon yellow mustard
1 tablespoon brown sugar
1 tablespoon apple cider vinegar
1 teaspoon chili powder
Optional: 1/8 teaspoon cayenne pepper, or more to taste

For serving:
4 hamburger buns
1/2 cup shredded cheese
Optional: bread and butter pickles and/or pickled jalapeno slices



www.JasonCoblentz.com

Sloppy Jane — a guilt-free treat for your taste buds and your wallet!

Add the olive oil to a skillet over medium-high heat. Add the onion and pepper blend. Cook for 5-7 minutes until they release most of their moisture and are cooked through. Push the peppers to the side and add the turkey. Cook for 5-7 minutes until browned and no longer pink. Add the salt, pepper and garlic, and stir it all together. Cook for 1 minute until fragrant. Meanwhile, in a small bowl stir

together the tomato sauce, mustard, brown sugar, vinegar, chili powder and cayenne, if using.

Add the sauce to the turkey mixture and simmer for 5 minutes or until Sloppy Joes are thickened to your liking, making sure to stir frequently. Adjust seasoning, if needed.

Serve hot on toasted buns. Top with shredded cheese and pickles.

Pair this with a crisp green salad or crunchy carrot and celery sticks for a well-rounded meal. Add some French fries or onion rings to really make the kiddies (and kids at heart) happy.

And for those who prefer a set-it-and-forget-it approach, this slow cooker method ensures tender, flavorful Sloppy Janes with minimal effort. Just brown the turkey, toss all the ingredients in your slow cooker, cook on high for 2-3 hours or on low for 6 hours and let the slow cooker work its magic.

If you'd like to stretch this recipe to add extra servings, there are several affordable options. First, you can double the veggies. Or you can just add more chopped onion. A nice, big, chopped sweet onion would be delicious. A can or two of beans would be a good addition, especially pork and beans or baked beans. Also, check your crisper drawer and add any peppers, tomatoes, celery or shredded carrot.

These sandwiches are sure to become a household favorite. So tuck in your napkin, because these are delightfully sloppy!

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website Divas On A Dime — Where Frugal, Meets Fabulous! Visit Patti at www.divasonadime.com and join the conversation on Facebook at [DivasOnADimeDotCom](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at divapatti@divasonadime.com

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Weekly SUDOKU

by Linda Thistle

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

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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answers on page 8

TEFLON

Every cook loves non-stick cookware! This week, in commemoration National Teflon Day on April 6, Tidbits offers the history of this breakthrough material, considered the most slippery material in existence.

• In 1938, 27-year-old research chemist Roy Plunkett was

working at the DuPont research laboratory in Edison, New Jersey. Plunkett had been assigned with the task of developing an alternative to existing fluorocarbon-based refrigerants, working with gases related to the Freon refrigerant. He and his assistant had produced 100 lbs. of tetrafluoroethylene during their experiments, and needed a way to store it. The TFE was placed in small cylinders and frozen. But when the two checked on the refrigerant some time later, all the cylinders seemed empty although their weight was the same as if they were full. After sawing a bottle open, the interior of the cylinder was coated with a waxy white solid that was extremely slippery. That powder was polytetrafluoroethylene, produced from the cylinder's iron interior acting as a catalyst at high pressure, causing the TFE gas molecules to polymerize.

• DuPont obtained a patent for the synthetic polymer in 1945, giving it the name Teflon from the substance's chemical name (poly)te(tr)fl(uoroethylene), and "-on" at the end.

• Although we think of Teflon as a non-stick coating for pots and pans, it was first used chiefly for industrial and military purposes. In the late 1940s, DuPont formed a partnership with General Motors, producing more than 2 million pounds (910,000 kg) of polytetrafluoroethylene every year at a Parkersburg, West Virginia plant.

• Teflon was also used as a component during the Manhattan Project, the code name for the United States' effort to develop the first nuclear weapons. When U.S. intelligence received reports that German scientists were working on an atomic bomb, the Project began research and development for the Allies. The Project's uranium plant was located in Oak Ridge, Tennessee, where Teflon was used as a material to coat valves and gaskets. The Teflon coating inside the pipes allowed for resistance to highly reactive uranium hexafluoride.

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KOVELS
 Antiques & Collecting
 By Terry and Kim Kovel

REGENCY STYLE

Furniture revivals have taken place since at least the 19th century and probably earlier. New technology made earlier ornate styles easier and less expensive to make, and therefore more accessible to the average buyer. Some are difficult to distinguish from authentic pieces. If you see the word "style" in a description, it is probably a copy or revival piece, not an authentic piece from the period.



Although it was made in the 20th century, this wine rack brings Regency style into a modern setting.

For example, this wine rack is described as "Regency style." It was made in the 20th century, not the Regency period, and it sold for \$813 at New Orleans Auction Galleries. The Regency period was from 1811 to 1820 in England, when King George III's son served as Prince Regent. The corresponding American furniture period is American Empire.

Both Regency and Empire were influenced by classical art

of ancient Greece, Rome and Egypt. Mahogany was a favorite wood. This wine rack imitates mahogany with a dark stain on pine wood. The wine rack has a brass gallery on top and ring handles on the sides, features that can be seen on authentic pieces from the Regency period.

Q: I have an L.C. Smith typewriter, serial number is "1386874B." Are old manual typewriters worth anything?

A: Lyman C. Smith and his brothers made guns before they made typewriters. They started making a few typewriters in their gun shop after 1884. In 1887, they sold the gun business and founded Smith Premier Typewriter Co. in Syracuse, New York. It became L.C. Smith & Bros. Typewriter Co. in 1903. The company merged with Corona Typewriter Co. in 1925 to become L.C. Smith & Corona Typewriter Co. Personal computers replaced typewriters in most homes, schools and offices beginning in the 1980s. Smith-Corona no longer makes typewriters; it now makes thermal labels. The serial number on your typewriter indicates it was made in 1937. Some old typewriters are collectible and sell for a few hundred dollars. A few rare typewriters sell for more than \$1,000. Many common old typewriters sell for \$20 to \$50.

CURRENT PRICES

Pottery jar, San Ildefonso, black matte, carved designs with inset turquoise, rounded form, Juan Tafoya, 5 1/4 x 5 3/4 inches, \$115.

Quilt, pieced, nine-patch pattern, 16 squares, each with nine yellow diamond patches, blue and yellow sawtooth border, white ground, Pennsylvania, 1910, 72 x 72 inches, \$260.

Daum dish, frog on a lily pad, pate de verre glass, irregular shape with figural frog on rim, green shaded to yellow to gold,

marked Daum France, 2 3/8 x 6 x 6 inches, \$500.

Poster, travel, Meeting of the Chiefs, Native American man on horseback, rock formations in background, Atchison, Topeka and Santa Fe Railroad Co., copyright 1949, 18 x 24 inches, \$620.

For more collecting news, tips and resources, visit www.Kovels.com
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4/9	Winston Churchill Day
4/10	National Siblings Day
4/11	National 8-Track Tape Day
4/12	International Day of Human Space Flight
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 P K N L S L E T O M L A R I R
 J H C F D E C O S A S T E L A
 Y X V E U L F S Q T P T P N M
 S K C U R T I M K J S L O H E
 C R O P S W F W E C B E O Z L
 Y X V A U T R S E G D I R B I
 Q P F O S E L C Y C R O T O M

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: SCATTERED TRASH

Billboards	Farms	Motels	Trucks
Bridges	Fast food	Motorcycles	Wildlife
Cattle	Hitchhikers	Rest stops	Wrecks
Crops	Mile markers	Troopers	

answers on page 8
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• A topcoat a day keeps the manicurist away! Revive your polish by giving the ends a quick coat of clear topcoat daily to extend the life of your manicure.

• "I like to cut out and save comic strips. I used to put them in photo albums with the plastic sleeves, but the pages were a little small. Now I use scrapbook pages, which are much wider. I just glue them to a coordinating color paper. They look much nicer, too." -- A reader in Virginia

• The hardware on my favorite purse started to look very banged up and flaking. I found a silver leaf pen at the craft store, and it was very easy to spruce my bag up again.

• To keep spring boots looking tall and smelling pretty good, loosely roll a thin stack of newspaper, stick it down the leg portion of your boot, then fill it with a stack of balled-up newspapers. It will support the leg, which will not flop over, causing cracks. And the newspaper absorbs any smells.

• If you have trapped hairs, try this trick: Wet an old, clean toothbrush and dip it in baking soda or body scrub. Gently exfoliate the area once a day for several days, and it should work itself right out.

• Bar soap is much more concentrated and eco-friendly than liquid body washes. These days, they are just as moisturizing as any liquid soap. Look for ingredients like shea butter or the words "ultra-moisturizing" and "added emollients."

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

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PUZZLE ANSWERS

SCRAMBLERS
 solution
 1. Recur; 2. Misdlead; 3. Subtle; 4. Invade
 Today's Word
MUSIC

WORD POWER
 ANSWER
 COMMEMORATION

Even Exchange
 answers
 1. Tenso, Torse 6. Barter, Banter
 2. Candy, Cindy 7. Purse, Purge
 3. Galley, Valley 8. Sailor, Tailor
 4. Tiger, Tiber 9. Patty, Party
 5. Planet, Planes 10. Clover, Closer

King Crossword
 Answers
 Solution time: 23 mins.
 FLAN USS SAGE
 GIBEROO ESPO
 GREENBAY THAN
 SET OAK CHESS
 LIN BIG
 NADIR ALARMEED
 UNUM SKY EASE
 BOHEMIA DETER
 GOB CAN
 FJORD BRRELL
 RENE GREENTEEA
 ETTE NETEROS
 ETON UTE WEST

BIBLE WORD SEARCH
 Answers
 LOVE X ORD
 A TUC SY TIC
 Z HEGET SWDF
 CALLED AEW
 SIGHTS WROH
 EYMPFOAN
 CYMRHODIA
 FRYSAEEOOR
 FETRLUHSD
 TMA SORAWAS

Weekly SUDOKU
 Answer

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

Answers
 1. Spain.
 2. A flamboyance.
 3. Amity Island.
 4. Santa Fe, New Mexico.
 5. In the brain. It connects the two hemispheres of the brain.
 6. Maurice Sendak.
 7. "Happy Days."
 8. 12.
 9. Jupiter.
 10. Richard Nixon.
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