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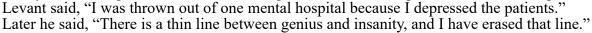






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diaphonous gloves nose secret t	tight
dress gorge sense t	true
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hugs prize sexy	yield





The audience loved him. But some viewers and critics thought he crossed the line of good taste by talking about his mental illnesses on television.

on national television on The Jack Paar Show and delighted the audience with his dark wit. According to A Talent for Genius: The Life and Times of Oscar Levant by Sam Kashner and Nancy Schoenberger, when he and Paar began to discuss his experiences as a mental patient

scar Levant was famous for his music, movie appearances and having a wildly selfdestructive personality — even for Hollywood. He was known as a brilliant wit and a gifted concert pianist. Levant popularized the notion of being "neurotic." He appeared

Mind your manners

Now that's depressing

In honor of the birthday of Jack Paar—May 1, 1918.

ccording to The Wit and Humor of Oscar Wilde, edited by Alvin Redman, Oscar Wilde was much more concerned about manners than about morals. Wilde was known for his kindness to others and rarely spoke unkindly—but he would correct what he thought were poor manners

exhibited by others. Once an enthusiastic noblewoman came up and slapped Wilde on the back while he was talking.

"Why, Oscar," she said, "You are getting fatter and fatter!"

Without looking at the woman Wilde said, "And you are getting ruder and ruder."

The fastidious diner

Joke retold from Laughter Incorporated by Cerf Bennett

Man entered a diner and ordered a steak. The man was well-known for being a fastidious diner, and when his steak arrived he became enraged and complained to the waiter that the steak had not been prepared the way he had ordered it. The man had the waiter take the steak back to the kitchen. Soon the waiter came trotting back with the man's steak. The waiter reported that the chef said to tell him that the steak was perfectly fine just the way it was and he would not prepare another.

"Is that what he says, ay," the angry diner said. "Well, you just take that steak back to the chef and tell him to ram it down his own throat if he likes it so much!"

But in a few moments the waiter was back with the same steak and said "I'm sorry, sir, but the chef says there are two steaks and four lamb chops ahead of you."

On health food

Old people shouldn't eat health food. They need all the preservatives they can get. — Robert Orben





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The delightfully anguished English of Sam Goldwyn

A coording to Gene Shalit in his book Great Hollywood Wit, Samuel Goldwyn was a perfectionist—who had, ahem, an unusual way with words. The legendary moviemaker had a plethora of great ideas, and he always wanted to hire the best talent available. But one area where his attention to detail was wanting was his language usage. He just couldn't seem to get it right, and he became famous for what those who knew and loved him came to call "Goldwynisms." Here are a few examples:

- An aide once said that he thought a screenplay was too caustic, Goldwyn replied, "Who cares about the expenses? "
- While making a movie, Goldwyn told his staff to "spare no expense to make everything as economical as possible."
- Goldwyn was told that more Indians were needed as extras for a Western he was making. "Get some more from the reservoir," he replied.
- Following a preview Goldwyn said: "It will create an excitement that will sweep the country like wildflowers."
- Goldwyn liked to get the opinions of others and one day, while inviting employees to do just that, he said, "I don't want any yes-men around me. I want everybody to tell me the truth even if it costs them their jobs."

On the art of being a man of few words

A coording to Anecdotage.com, Calvin Coolidge was well-known for being a taciturn man. One night, over dinner, one of his guests who knew his reputation for keeping mum tried to stir up a conversation with him. Trying to draw him out she said, "I have made a bet, Mr. Coolidge, that I can get more than two words out of you."

Coolidge replied coolly, "You lose."

Kids say the darnedest things

Joke retold from Laughter Incorporated by Cerf Bennett

young girl waited eagerly for her father to come home from work, as she did every day. When her father walked in, he grabbed her, threw her in the air and asked her how her day at school had been. The daughter started her recitation reporting on a neighbor's problem child. "The teacher says she's a jubilant delinquent," she said.









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There are times for plucky behavior and bold action

nowing when to obey orders is important, especially if you're in the military. Horatio Nelson, the famous British leader and naval hero, was respected greatly by his men, because he showed them respect and led with compassion.

According to the BBC Web site, Nelson was famous for his predilection for bold action—and for occasional disregard of orders. At the Battle of Copenhagen, Nelson refused to acknowledge orders to cease action. In an earlier battle at Calvi in the Mediterranean, Nelson had been wounded and lost sight in his



right eye. When he was given the order to cease action in Copenhagen by distant signal, the commander lifted his telescope to his blind eye and claimed he couldn't see the signal. He and his men were victorious.

A brave act wins loyalty

ccording to the Absolute Nelson Web site, when Horatio Nelson was a schoolboy, the schoolmaster, the Rev. Mr. Jones, had some lovely pears on his desk. His students looked at the pears during the day and wished very much that they could have them. But none of the boys was brave enough to attempt procuring them because they were all afraid they would be caught.

The young Horatio, however came forward and offered to get the pears for the boys. He was not afraid of the consequences of getting caught. And so one night, his anxious schoolmates lowered him from the dormitory by way of a long rope of sheets that had been tied together for the adventure. And though it was a risky endeavor, Horatio boldly claimed the pears as his own and was secretly hauled up into the dormitory again by his mates. But the adventure was apparently all that was important to Horatio. He shared the pears amongst his school friends and did not save even one bite for himself.

"I only took them because every other boy was afraid," Horatio claimed.

The next day a reward of five guineas was offered for the name of the thief who had made off with the master's pears—but by that time Horatio had won the other boys' hearts so completely not one would betray him.

On happiness

The recipe for a happy life is a good digestion and a bad memory. — Ingrid Bergman

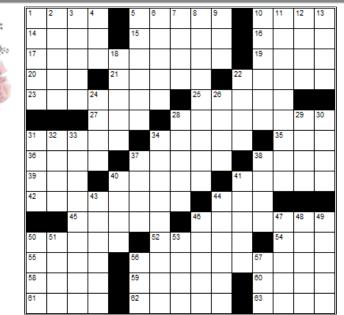
On worries

When I look back on all the worries I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which never happened. — Winston Churchill



ACROSS

- 1. Letters and postcards
- 5. Elbowroom
- 10. Toot
- 14. Coastal raptor
- 15. Lone Star state
- 16. Spindle
- 17. Affection
- 19. Bridge
- 20. East northeast
- 21. Dispatches
- 22. Colossal
- 23. Think likely
- 25. Occurrence
- 27. A rotating disk
- 28. Earaches
- 31. Noble realm
- 34. Cigarette remains
- 35. Avenue (abbrev.)
- 36. Black-and-white cookie
- 37. Distributes
- 38. Put away
- 39. Petroleum
- 40. Roof overhangs
- 41. Scenes
- 42. Avoid responsibilities
- 44. Bowling target
- 45. Not over
- 46. LA baseball team
- 50. Chimes
- 52. Eagle's home
- 54. Grassland
- 55. Largest continent
- 56. Soil and plant sciences
- 58. Against
- 59. Had in mind
- 60. Decorative case
- 61. Sow
- 62. Donkeys
- 63. Anagram of "Rent"



often

22. Colloids

28. Not inner

26. Tanks

29. Affirm

30. Stitches

32. Murres

body fat

34. Drinks

38. Croon

37. A magician

31. Ruination

33. Lumpy deposits of

24. Bounce back

DOWN

- 1. Doled
- 2. Sporting venue
- 3. Not outer
- 4. Light Emitting Diode
- 5. Brook
- 6. One cent coin
- 7. Cut down
- 8. Magnetic tape containers
- 9. S

May

Crossword

- 10. Establishing
- 11. Elaborate

- 18. English exam finale, 40. Terminates
 - 41. Not audio
 - 43. Decorated
 - 44. Sharp ends
 - 46. Pilotless plane
 - 47. Gentry
 - 48. Happen again
 - 49. Antelope of India
 - 50. Bleats
 - 51. Anagram of "Seen"
 - 53. Ages
 - 56. American Medical
 - Association
 - 57. Encountered







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Quotes for the Lighter Side

Integrity Integrity is a lofty attitude assumed by someone who is unemployed. — Oscar Levant

Rejection Whenever anybody turns me down they tell me how talented I am. — Oscar Levant

On hummingbirds The hummingbird is psychotic. If there was psychiatry for birds they would have to analyze every hummingbird. — Oscar Levant



On hesitation He who hesitates is sometimes saved. — James Thurber

On gossip

It is perfectly monstrous the way people go about, nowadays, saying things against one behind one's back that are absolutely and entirely true. — Oscar Wilde

On principles

I like persons better than principles and I like persons with no principles better than anything else in the world.

— Oscar Wilde

On drinking One martini is alright, two is too many, three is not enough. — James Thurber

Drinking makes such fools of peo¬ple, and people are such fools to begin with, that it's compounding a felony. — Robert Benchley

> On being nice If you haven't got anything nice to say, say it now. — Anonymous

On manners

Only ugly people need manners, the pretty can get away with anything. — Evelyn Waugh



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Bill Your Car Guy	777 770 7277
Stingrova Inc. (CASLLNOM)	707 700 0004
Stingrays Inc (CASH NOW)	121-198-2921
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MAY-2024

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5 Cinco De Mayo	6	
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Tuesday	Wednesday	Thursday	Friday	Saturday
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Give your potatoes a little TLC

Potatoes are a little on the finicky side when it comes to how they must be cared for. They require just a little more care than your average vegetable. And if you don't mind your caretaking manners, you may find yourself eye-to-eye with some pretty unsightly pommes de terre. Follow these tips from eHow.com for keeping your potatoes from becoming "eye" candy:

- Never rinse your potatoes before storing.
- Store your potatoes in a brown paper bag, burlap bag or plastic bag with holes in it.
- Make sure you store potatoes in a cool, dry, dark place. (The basement or cellar is ideal if you have one.)
- You want the temperature to hover around 45 to 50 degrees Faherneheit.
- Don't store potatoes in the refrigerator, as they may become too sweet.
- Don't store potatoes with onions—because when the two are stored closely together, gases can be produced that will spoil them both.
- If you have "mature" potatoes, you can store them for up to two months. If your potatoes are "new," you can store them for only about a week.
- Visit your potatoes occasionally, and toss out the ones that are going bad and those that have sprouted.
- To avoid sprouting, keep your potatoes from being exposed to heat or light.
- Don't freeze your uncooked potatoes.
- Sweet potatoes can only be stored for about a week.

Dealing with the high-voltage personality

Ve all know someone we refer to as having a "strong" personality, but what is meant by this label and how do you manage someone who is potentially high voltage?

One way of deflecting possible problems is by talking pointedly to someone you feel has a strong personality. Find out what this person thinks about things, if possible. Sometimes if you can get to know someone of this ilk, you may come to understand behavior that has previously mystified you and others.

It is a well-known truth that once you get to know someone's story, it's hard to dislike him or her. What is this person's story? Do you know? Would it help to know?

On weight loss

You can't lose weight without exercise. But I've got a philosophy about exercise. I don't think you should punish your legs for something your mouth did. Drag your lips around the block once or twice.

— Gwen Owen









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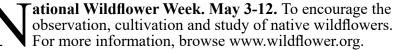


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MAY CALENDAR





National Hug Holiday Week. May 7–13. Huggers of all ages are invited to make a difference one hug at a time.

For more information, browse www.hugs4health.org.

National Pet Week. May 5–11. To promote responsible pet ownership and health care. For more information, browse www.petweek.org.

Daily

elanoma Monday. May 6. Also known as National Skin Self Examination Day. People are encouraged to examine their skin for cancer. For more information, browse www.aad.org.

Mother Goose Day. May 1. For the appreciation of the old nursery rhymes. For ideas of how to celebrate, browse www.delamar.org/mothergoosesociety.htm.

International Pilates Day. May 4. A celebration of the work of Joseph and Clara Pilates from which their system of exercise was developed. For more information, browse www.pilatesmethodalliance.org.

Mother's Day. May 12. To honor all mothers on the anniversary of Anna Jarvis' mother's death. Jarvis, of Philadelphia, spearheaded a letter-writing campaign to create a Mother's Day observance. Congress passed the legislation in 1914 designating the second Sunday in May as Mother's Day.



Memorial Day. May 27. Also known as Decoration Day because of the tradition of decorating the graves of service people. An occasion for honoring those who have died in battle.

On greatness If you cannot do great things, do small things in a great way. — *Napoleon Hill*





MAY

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Are you at risk for a stroke?

Association, risk factors are traits and lifestyle habits that increase the risk of disease. Studies have verified that most of the risk factors for strokes can be modified, treated or controlled. Some of the most important things to know are the warning signs of a stroke. They are:

- Sudden weakness or numbness of the arm, leg or face—especially when it occurs on one side of the body.
- Sudden confusion, or trouble understanding or speaking.
- Problems with vision, in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache without a known cause.

If you, or someone you know is experiencing symptoms, call 911 immediately. Lost time can be devastating in stroke treatment.

If you want to begin the work of reducing your risk for stroke, a health care professional can help you devise a safe and effective plan. The following is a list of risk factors for stroke that can be controlled or treat-ed: high blood pressure, tobacco use, diabetes mellitus, carotid or other artery disease, atrial fibrillation, other heart disease, transient ischemic attacks or "warning strokes," certain blood disorders, sickle cell disease, high blood cholesterol, physical inactivity and obesity, excessive alcohol use, illegal drug use.

For more information: American Stroke Association https://www.stroke.org/en/help-and-support/for-family-caregivers/stroke-family-warmline.

Slowing the effects of aging

ccording the Discovery Health Web site, if you want to be a lively 80 or 90 year old some day—then you need to start

following an anti-aging program. Here are some of the recommendations:

- Follow a low-fat, high complex carbohydrate diet. Eat five servings of fruits and vegetables and three servings of whole grains every day. Drink five to eight glasses of water per day. Derive only 30 percent to 35 percent of your diet from fat—20 percent of which should be unsaturated (examples are 1 percent milk, canola and olive oil.) Fifteen percent of your diet should be protein, with the rest having an emphasis on complex carbohydrates (examples are wild rice, whole wheat bread and oatmeal).
- Develop and follow a regular exercise routine. Regular aerobic exercise will help slow down the aging process, experts say. Strength building is also important. Consult a health professional to adopt a routine that will be right for you. Good exercise programs should help prevent the loss of stamina, strength, balance and bone density.





Did You Know?

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> *Cancer Facts and Figures 2024 American Cancer Society.

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Why is bubble gum pink?

I f you're the kind of person who ponders the great questions in life, (Who am I? Where did I come from? What am I doing here? And why is bubble gum pink?) you'll enjoy chomping into some gum trivia. Here are some fun facts about chewing gum provided by the National Association of Chewing Gum Manufacturers:

- The first patent for chewing gum was issued to a Vernon, Ohio, dentist named William F. Semple.
- William Wrigley Jr. was a pioneer in branding and promoting goods through advertising in the early 1900s. His spearmint gum became a best seller.
- U.S. military personnel popularized chewing gum during World War II by giving it away as gifts in Europe.
- Cinnamon, spearmint and peppermint are some of the most popular flavors of gum today.
- Bubble gum cards were first issued in the 1930s. Pictures varied widely, from war heroes, figures of the Wild West and professional athletes. The Topps Company became famous for offering baseball cards in packs of gum and sponsoring bubble-blowing contests for players.
- The largest bubble-gum bubble ever blown was 23 inches in diameter. It was blown in 1994 by Susan Montgomery Williams in Fresno, Calif.
- You can remove gum that is stuck in hair using peanut butter. It helps disperse the gum from the strands of hair.
- Kids in North America spend about half a billion dollars every year on chewing gum.
- And, finally, bubble gum is pink because it was the only color the inventor had left at the time of inven-tion. The color was accepted or "stuck," if you will, and today bubble gum is still traditionally pink.

Is it time to lower your standards?

re your standards unreasonably high? If they are, you may find the need to lower them at some point so that you can make progress on whatever project you are working on. Lowering your standards does not mean that you lower the quality of your work, but instead means that you lower your standards of perfectionism or achievement. Perfectionism or unrealistic goals can debilitate you on the job. When you lower your standards, what you do is say, "All I need to do is this first little thing." Then do it without hesitation, and it will be likely that you will be on your way to getting things done.

On cleverness A clever person turns great troubles into little ones and little ones into none at all. — *Chinese Proverb*



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