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Issue #00409











Bee larvae are said to have a sweet nutty flavor. Fried wax moth larvae taste like bacon. Crickets are crunchy and tangy. In Thailand, they claim that dung beetles add a wholesome flavor to curries. (Never eat dung beetles raw.) Come along with Tidbits as we consider eating bugs!

BUTTERFLIES IN YOUR STOMACH?

- There are about 1,400 species of edible insects, and there are 113 different nations where bugs are routinely eaten. When locusts arrive in Algeria, people sweep them into baskets for consumption later. In Malaysia people sell the honey they find in a beehive but keep the bee larvae for themselves. In China, silkworm cocoons are separated from the pupae, and the cocoons are turned into silk, while the pupae are taken home for dinner.
- The Old Testament states that locusts are kosher, and artwork dating to 700 B.C. depicts the Assyrian king being served locust-kabobs.
- Most insects are high in protein, and yield more protein pound for pound than any type of animal protein. Crickets are high in calcium. Termites are high in iron. Many kinds of caterpillars and grubs are high in fats.





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RUSTLING UP SOME GRUB(s)

- A Utah state archaeologist was studying ancient human excrement in caves near the Great Salt Lake. He found insect fragments and wondered what bugs the Indians had been eating. One day, he saw a swarm of grasshoppers flying over the lake. A sudden downdraft of wind blew them all into the water, where they drowned. A few days later, the dead grasshoppers (by now thoroughly salted) washed up on shore where they dried in the sun. Curious, he picked one up and tasted it. It tasted like a roasted peanut, salty, crunchy, and full of protein. Mystery solved.
- The Klamath Indians used to light fires beneath trees to smoke out the caterpillars of the Pandora moth which would be collected as they fell. Some Paiutes still eat Pandora caterpillars. When the U.S. Forest Service proposed a spraying plan to control the Pandora moth, the Paiutes sued, and won.
- Named after the mopane tree which they feed off of, mopane caterpillars turn into the emperor moth, one of the largest moths on the planet. The caterpillars are huge, too, weighing about half an ounce each. The demand for these caterpillars is so great that their population has been drastically reduced. The one thing that has saved them from extinction is that the small, young caterpillars taste bad. It's not until they get fat and ready to pupate that they taste good- so the smallest are spared to carry on the species. Researchers are trying to figure out a way to raise them in captivity on a caterpillar farm.



TRIVIA NEWSFRONT

- 1. What percent of people in the world eat insects intentionally?
- 2. If all the microscopic insect parts you accidentally eat over the course of a year were weighed, how much would they weigh?
- 3. How many bees does it take to equal one pound of bees?
- 4. Worldwide, what's the most commonly eaten insect?
- 5. Why should you never substitute millipedes for centipedes in a recipe?



- * There are good reasons to recaulk your base-boards from time to time. Not only will it give you a clean look, but it will help to stop drafts and block out bugs, which can creep in through the tiniest of cracks.
- * "Here's a tip for making a box cake taste like it was made from scratch: Add an extra egg, use melted butter instead of oil and use milk (whole) in place of water. Mix for an extra minute or two, to really aerate the batter. It'll be gorgeous." -- T.H.
- * "Hide the cords coming from your wall-mounted television by running them through a length of PVC pipe. It can be painted to match your wall, too! Measure the length you need, and your hardware store may be able to cut a piece for you if you can't find one the right size. It looks so much cleaner, and



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BON APPETITE

• Sound revolting? Well, you eat insect parts every day of your life without knowing it. In every sandwich you eat, there may be up to 56 insect parts in keeping with U.S. Food and Drug Administration standards.

DRUNK WORMS

Why are there worms in the bottom of bottles of tequila and mescal? Tequila and mescal are made from agave plants, and the worms in the bottles are maguey worms, which feed exclusively on agave plants. The presence of the caterpillar in the bottle certifies authenticity. Also, tequila and mescal are usually double-distilled and are

TRIVIA NEWSFRONT ANSWERS

- 1. 80 percent of the world's population eats insects intentionally.
- 2. You eat about a pound of microscopic insect parts every year.
- parts every year.

 3. About 3,500 bees weigh one pound.

 4. The most commonly eaten insect is the
- 4. The most commonly eaten insect is the grasshopper.

5. Millipedes should never be substituted for centipedes in a recipe, because they contain traces of hydrogen cyanide.

around 110 proof but they are sometimes watered down by greedy dealers. Caterpillar carcasses can't stay in a state of perfect preservation for very long in watered-down liquor. So if the worm at the bottom of the bottle is in good shape, you know the liquor is pure.

Continued pg.4

The Spats



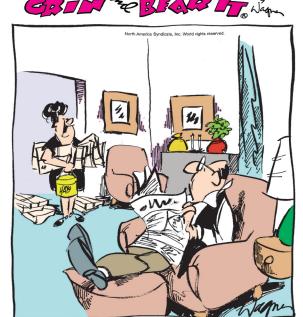




you can even use double-stick tape to attach the pipe to the wall." -- B.B.

- * "Donate extra throw blankets to your local animal shelters. In fact, visit the website of your local shelter and check for a 'wish list' to see if you have anything that can be donated. They are always in need, and so deserving." -- F.I.
- * "On weekend trips to our cabin, we pack a laundry basket for each bedroom. It includes fresh sheets, towels and the clothing for that person. At the end of the weekend, it's easy to 'pack' those items that need to be laundered. The bonus is that they stack nicely in the back of the car, and they're a snap to unpack, too!" -- A.H.





"Their 'going-out-of-business' sale put them back in business!"



by Samantha Weaver

- * It was 20th-century British actor George Sewell who made the following sage observation: "Fear is the tax that conscience pays to guilt."
- * When someone mentions the band ZZ Top, you probably think of a group of musicians with long beards. They don't all have beards, though; the drummer is clean-shaven as a matter of safety (imagine being in the middle of a drum solo and getting a stick caught in a long beard -- ouch!). Interestingly, the unbearded drummer's name is Frank Beard.
- * If you're like most people, you've probably never encountered a tziganologist. That is, unless you consort with those who study Hungarian gypsies.
- * Those who study such things say that the immortal bard, William Shakespeare, used a grand total of 17,677 words in his works. (That must

have been a tedious calculation.) They also say that fully one-tenth of those words had never been used in writing before.

- * Unless you were around on April 17, 1964, you may not be aware of the hullabaloo caused by the introduction of the Ford Mustang. In Seattle, a truck driver was so distracted by a display of new Mustangs that he crashed his cement truck through the window of the dealership. In Chicago, so many people were trying to crowd into the cars in a showroom that the dealer had to lock all the vehicle doors. A dealer in New Jersey had only one Mustang, so he auctioned it off. The winner of the auction insisted on sleeping in his new car that night, just to make sure nobody else got it before his check cleared.
- * By the time he was 5 years old, 19th-century French composer Camille Saint-Saens was already composing waltzes.

Thought for the Day: "Nothing great in the world has been accomplished without passion." -- Georg Wilhelm Friedrich Hegel

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23

28

36

38

24

Weekly Sudoku Puzzle Sponsored by

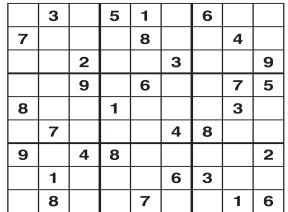


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Weekly SUDOKU

by Linda Thistle



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!

Carlyne Lee lives in Author of 15 Cookbooks. For more information or to purchase your own copies of her books you can 250-836-3181 or 1-877-812-3181

SPINACH AND POTATO CASSEROLE

4-5 medium potatoes, cooked and mashed 1/3 cup sour cream 1 teaspoon salt 1/8 teaspoon pepper 1/2 teaspoon white sugar 2/3 cup butter 1/3 cup milk

6 teaspoons chopped chives or green onions 1/8 teaspoon dill weed 1 cup cooked, well-drained spinach 1/2 cup or more grated cheddar or mozza cheese

Preheat oven to 400F. Combine the first 7 ingredients until fluffy. Fold in the next 3 ingredients. Put in buttered casserole dish. Top with cheese. Bake for 15-20 minutes. (Swiss chard can be used in place of spinach.) This is a good comfort food. This recipe is from my "DOWN HOME" COUN-TRY COOKING" cookbook, available at many fine stores thru' out the Shuswap and Okanagan!

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: X equals I

DNVG ISPV NVGI MJV XGXRXMTTF

KVRRXGK RNVXJ NSRVT JSSPI,

DSATU FSA BMTT XR M BNXBCVG

BNVBC-XG?

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King Crossword

21

37

27

41

22

49

52

55

13

16

19

35

42

43

7 Northerner

Grenoble

handout

8 Crafty

9 God, in

ACROSS

- 1 Banner
- 5 Ayes' opponents
- 9 Water barrier
- 12 Continental coin
- 13 Squashed circle
- 14 "- Got a Secret"
- 15 First victim
- 16 Stage statuary
- 17 Still, in verse
- 18 Peruse
- 19 Squid squirt
- 20 Mentor
- 21 Will Ferrell Christmas movie
- 23 Swelled head
- 25 PBS dinosaur 51 Tavern
- 28 Intertwine 32 Underwater
- gear 33 Hatred
- 34 Swear (to)
- 36 Refines, as ore
- 37 Devoured
- 38 Coop denizen DOWN
- 39 Rude one
- 42 Expert
- 44 Birthday party essential
- 48 Clumsy boat
- 49 Start a garden
- 50 One side of the Urals

48

- 51 54 52 Be in charge of
- 53 Dregs 54 — carte 55 Catch sight of 10 State
- 56 Top pick, 11 Waiter's slangily 20 Aaron's idol 22 Minimum 1 Dread 24 Travelocity
- 2 Garage job 3 Vicinity 4 Nicklaus nickname, with "The"

5 Inform

mascot 25 Merit-badge org. 26 Performance 27 Trench 29 Have a bug

10

14

17

20

11

- sures 35 Reservation residences 36 Cheaply imitative 39 Ali —
- 40 Exam format 41 Gumbo need
- 43 Harvest
- 45 On the briny
- 46 Ukraine's capital
- 47 Facility 49 The girl
- 30 Snip

6 Shakesp-© 2019 King Features Synd., Inc.











NATIONAL STINKBUG DAY

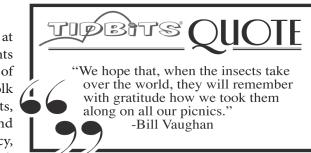
South of Mexico City near the town of Taxco at the temple on top of Mount Huizteco the residents celebrate the Day of the Jumil. The jumil is a type of stink-bug about half-inch long. Each year townfolk gather on the mountaintop to collect the insects, cook them, eat them, elect the Jumil Queen, and have a great celebration. These insects are a delicacy, suitable for serving to honored guests. Peter Menzel, author of "Man Eating Bugs: The Art and Science of Eating Insects" described their taste as, "Like an aspirin saturated in cod liver oil with dangerous subcurrents of rubbing alcohol and iodine." The insects are indeed high in iodine, important in preventing goiter in an inland area far from the ocean's natural sources of iodine. The locals say they taste slightly of apples.

RECIPES

If you're interested in making a meal of mealworms, check out David George Gordon's "Eat-A-Bug Cookbook" where you'll find recipes for Termite Treats, Grilled Grasshopper, Three Bee Salad, Cricket Casserole, Cockroach a la King, and Pest-O, among others.

COOKING TIPS

- Interested in raising your own grub? Try mealworms, crickets, or termites, which are some of the easiest 'microlivestock' to grow. All you need is a tank or aquarium, some grain to provide food, and a few slices of fresh fruit for moisture and you're in business.
- The official term for insect-eating is "entomophagy."
- Deep-fried tarantulas, two for 20 cents, are consumed by Cambodian men who think it will boost their virility.
 - Most kinds of caterpillars are edible, but don't eat the brightly colored ones which may contain toxins. According to the rule of thumb for insect eating in the "Eat-a-Bug Cookbook": "Red, orange, or yellow / forgo this small fellow / Black, green, or brown / Go ahead and toss him down."



- In general, avoid eating any insects that have a strong odor.
- If you're allergic to shellfish, avoid eating insects because the two are closely related.
- Scorpions are eaten just like shrimp.
- Boil slugs in vinegar to remove mucus, then stir fry in butter and garlic.
- Boil wasps and bees before eating to neutralize the poison in their stingers.
- In Colombia they enjoy ant paste, which is spread on bread.
- Canned ant eggs, available in Thailand, goes best when spread on toast.
- Grasshoppers and crickets are edible at all of their life stages: larvae, pupa, and adult. Like lobsters, grasshoppers turn red when
- A cup of crickets has about 250 calories and only 6 grams of fat.

(We are done discussing insects now)

Remarkable People PAUL FREES

Paul Frees is the most famous person you've heard, but never heard of. Born in Illinois in 1920, he developed a versatile four-octave voice. Then he mastered the art of doing impressions. He toured Vaudeville, perfecting his timing and improving his vocal talent.

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- Beginning in 1942, Frees found that his talents were in demand in the world of radio. He played a wide variety of parts in audio dramas, often playing the role of several characters due to his ability to change his voice. In one radio series, he played not only every part in the drama, but also the narrator.
- Over four decades, he was involved in making over 250 films, innumerable cartoons, and many TV appearances.
- His gift for impressions meant that he was invaluable to Hollywood producers who needed help with dubbing sound tracks. Humphrey Bogart was battling throat cancer in his final film "The Harder They Fall" (1959), and spoke his lines so softly that they couldn't be heard well. Paul Frees dubbed over the lines in a perfect imitation of the star.
- Throughout the 1950s and 1960s, Frees was called upon to dub dialogue of other actors to correct for foreign accents, poor English proficiency, or bad line readings. Sometimes he was needed to over-dub just a few lines; other times he dubbed entire roles. In the 1959 film "Some Like It Hot", Frees provides the voice of the funeral director as well as much of the falsetto voice for Tony Curtis' female character



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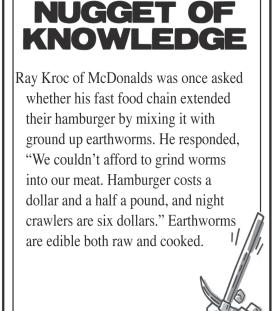
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- Josephine. Frees also dubbed the entire role of Eddie in the 1966 Disney film "The Ugly Dachshund", replacing actor Dick Wessel, who died of a heart attack before the sound work on the film was finished.
- But Paul Frees' talent shown most brightly in his work as the voice of various cartoon characters. He voiced the part of Boris Badenov (The Rocky and Bullwinkle Show), Inspector Fenwick (Dudley Do-Right), Weevil Plumtree (George of the Jungle), and Ludwig Von Drake (with Donald Duck).
- Unlike many voice actors who did most of their work for one studio, Frees worked extensively with at least nine of the major animation production companies of the

Continued pg.6



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Community Events

"The regular meeting of the **Shuswap Garden Club** will be held on Thursday, March 28th at 7:00pm at the Scout Hall (2460 Auto Rd SE). The guest speaker this month will be Carmen Fennel from CSRD speaking about compost"

Historic Notch Hill Hall is hosting a fundraiser Artisan/Vendor Spring Market on March 16th from 9:30 til 2:30. The Hall members will have lunch available and all proceeds from the day will be donated to the hall. We have 20+ local vendors with lots of variety of handmade and homebased business items available for purchase. There will also be Door Prize Giveaways... Location is 1639 Notch Hill Road, Sor-

St. Patrick's Day Ceilidh

Traditional roots, rousing, rebellious & romantic melodies Jane & Larry Stephenson, Sylvia Siemens, Emily & Dan Wark, Prof. Les Ellenor, Timothy Weicker & Richard Good. MC is Nancy Cooper. Admission by donation to benefit the S.A.F.E. Society's Women's Shelter Sunday March 17; St. Andrew's Presbyterian Church 7:00 p.m. 1981 – 9th. Ave. N.E. Adjacent Lakeside Bowling

St Patrick's Day Keg Barrel and Plate Saturday March 16th 1 to 4 PM Blind Bay Memorial Hall and Reedman Gallery 2510 Blind Bay. Enjoy tasting of wine, beer, and food produced in the Shuswap. An opportunity to meet local vintners, brewers, cheese and sausage makers. Tickets available at Village Grocer in Blind Bay
At the door or contact Agnes 250 253 5200
Maureen 250 675 2844

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20th century, including Walt Disney Studios, Warner Bros., Hanna-Barbera, Metro-Goldwyn-Mayer, and others.

- Paul Frees really came into his own in the world of cartoon commercials. He played the part of the Farmer in the Jolly Green Giant ads; Toucan Sam for Froot Loops; and Boo Berry for Monster Cereals.
- But his most famous role, the one for which he is still remembered today, was as the voice of Poppin' Fresh, the Pillsbury Doughboy. More than 50 actors auditioned to do the voice for the Pillsbury Doughboy, including Paul Winchell, who did the voice for Tigger from "Winnie the Pooh." Paul Frees won the role, and his iconic giggle is famous. The commercial first aired in 1965, and since then, Poppin' Fresh has appeared in over 600 ads.
- Paul Frees died in 1986 at the age of 66. Upon his death, Jeff Bergman, who also voiced Charlie the Tuna, took over the voice of the Pillsbury Doughboy.
- Poppin' Fresh is recognized by 87% of American consumers, yet few know the name of Paul Frees.
 When asked if he resented that so much of his work was done anonymously, Frees replied, "Sometimes, yes. But it's nothing I can't overcome when I look at the bank balance."

THE FLYING DUTCHMAN

The legend of The Flying Dutchman has been around for centuries. Follow along as Tidbits looks into this mysterious ship.

- Back in 1641, a Dutchman named Hendrick van der Decken was a captain employed by the Dutch East India Company, in charge of a trade ship bringing spices, silks, and dyes to Holland from the Far East. The journey required a passage around the Cape of Good Hope on the southern tip of Africa, often called the Cape of Storms, a dangerous trip filled with huge crashing waves and vicious howling winds.
- A horrendous storm sprung up, and, against the urgings of his crew, van der Decken ordered the men to continue the journey. Because of his arrogant determination, the ship and all its crew was lost, and legend has it that as the ship was sinking, van der Decken screamed that he would sail around the Cape, even if it took until Doomsday to accomplish it. As a result, van der Decken was cursed, "condemned to sail the oceans for eternity with a ghostly crew of dead men, bringing death to all who sight your spectral ship and to never make port or know a moment's peace."
- Van der Decken was given the name the Flying Dutchman, as he sailed his glowing, ghostly ship around the globe. Legend claims that the Dutchman has led ships astray for centuries, causing them to crash on rocks and reefs. Sailors have claimed that when a violent storm is threatening off the Cape of Good Hope, they've caught a glimpse of the Captain and his skeletal crew. However, gazing upon the Dutchman brings a promise of a grisly death. According to lore, the ghost ship appears suddenly, then vanishes.
- It wasn't until 1795 that the first written reference was made to a ghostly ship referred to by sailors as the Flying Dutchman.
- In 1843, German composer Richard Wagner put the legend to music with his opera, The Flying Dutchman.
 In the opera, the Dutchman was cursed to sail the high seas until he could find a woman who would love him until death. Every seven years, the ship is cast upon the



. T., N.C: -1

- 1. In Michael Martin Murphey's "Wildfire," who is Wildfire?
- 2. Which solo artist released "Touch Me in the Morning"?
- 3. Who wrote and released "Widescreen," and when?
- 4. Which artist was responsible for the futuristic disco number "I Feel Love," and when?
- 5. Name the song that contains this lyric: "It's hard for a backstreet affair to be easy, For each hour of happiness there's two hours of pain."

Answers

- 1. Wildfire is a wild pony who escaped during a blizzard. The 1975 song went to No. 3 on the Billboard Hot 100 charts.
- 2. Diana Ross, in 1973. It was her second solo No. 1 single, staying on the charts for a whopping 21 weeks.
- 3. Rupert Holmes, in 1974 on his album by the same name. Barbra Streisand discovered the album, and Holmes, and his career, were launched.
- 4. Donna Summer, in 1977. In a shocking move, the Library of Congress added it to the National Recording Registry.
- 5. "Any Which Way You Can," by Glen Campbell. The song was on the soundtrack for the 1980 film by the same name, the Clint Eastwood sequel to "Every Which Way But Loose." The original role of Clyde the orangutan was played by two fill-ins, C.J. and Buddha.

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shore, and the captain is given the chance to find his love and be released from the curse .

- Another version of The Dutchman declares that Davy Jones is the captain of the ghost ship, a craft given to him by his love, the sea goddess Calypso. The goddess gave Jones the task of guiding the souls of those who died at sea into the afterlife. Every ten years, Jones would be allowed to come ashore to look for Calypso. However, each time he came to shore, she couldn't be found. After several disappointments, legend has it that he carved out his own heart and locked it in the Dead Man's Chest. He forsook his duty, and instead unleashed his heartbreak and bitterness on sailors lost at sea, making them part of his crew for eternity, condemned to never utter a word again.
- The Flying Dutchman makes its first appearance in the Disney Pirates of the Caribbean film series in 2006 in Dead Man's Chest. Pirate Jack Sparrow's crew is finally freed from its curse in the fifth installment, Dead Men Tell No Tales.

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"About this you sold me last year as a puppy"	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. Bit of buckshot	E _		_ Wooden platform	_ A					
2. Watch location	_ R _		Old card game	_ H					
3 monoxide		_ в	_ Milk container						
4. Trench	D		Throw a baseball	P					
5. Robust		_ G	Caress	c					
6. Larger	_ ' -		_ Grocery store worker	_ A					
7. Dog's rope		н	Smallest amount	т					
8. Unmarried	s		_ Prickly sensation	т					
9. Welcome		T	Wet behind the ears	N					
10. Hose down		т	Hesitate	v					
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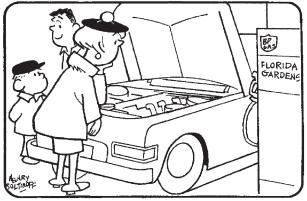
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BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Mechanic's shirt is different. 2. Boy is frowning. 3. Woman's earling is different. 4. Sign on gas pump has moved. 5. Headlight is bigger. 6. Woman's skirt is longer.

Just Like Cats & Dogs

by Dave T. Phipps





PAW'S CORNER By Sam Mazzotta

What's Behind Dog's Heavy Panting?

DEAR PAW'S CORNER: We have a large property of several acres, and I let our dog "Boomer," a big Labrador mix, run out there every day for at least an hour. Yesterday he came in panting very rapidly and drooling a bit, and looked agitated. He kept that up for over an hour before settling down. Boomer seems fine today, but what could have caused that rapid breathing? -- Dan J., Bloomington, Indiana

DEAR DAN: Even though he's returned to normal, take Boomer to the veterinarian to be checked out, just to make sure there are no underlying issues.

It's normal for dogs to pant heavily after lots of exertion or on a hot day, but prolonged, heavy panting should catch your attention, especially if it's accompanied by other behaviors. The causes can be many: On hot days, heat exhaustion or heat stroke are a big concern. A neurological or heart problem could be the silent culprit. Or, Boomer could have gotten into something that's poisonous to him.

Write down all of the symptoms you noticed during his panting episode, and include the temperature that day, what you fed him, how much he ate and how much water he drank during the day. Take those notes to the vet with Boomer.

If no underlying chronic cause is found, the vet probably will recommend that you keep a watchful eye on Boomer for a few days and make sure he gets plenty of water to drink. I also recommend that you go with him on his next couple of romps to see where he typically roams, looking for plants, chemicals left unattended or anything that he could accidentally ingest.

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

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Likes: Veggies and fruits, playing ball and walks on her "Easy-Walk" harness.

Dislikes: Cats and squirrels.

Ideal Home: Abby would best suit a home who is familiar with her breed and can read the subtle cues that a dog may display. She has a ton of energy to burn off but at the same time, is comfortable being a couch potato. Her 'safe' place is her kennel. Abby is very responsive to voice commands and even knows a few tricks. She should quickly become a loving and loyal canine companion to the guardian who wins her over. Since Abby is a muscular girl we are looking for sturdy people/person with the ability to make sure that she thrives in all her adventures. Please give Abby a chance at a new and loving home. Just ask the BC SPCA Shuswap Staff to meet with this gal.

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SCRAMBLERS

solution

- 1. Debate; 2. Acumen;
- 3. Normal; 4. Spread

Today's Word

DOBERMAN

Even Exchange

answers

- 1. Pellet, Pallet 6. Bigger, Bagger
- Wrist, Whist
 Leash, Least
 Carbon, Carton
 Single, Tingle
- Carbon, Carton
 Ditch, Pitch
- Ditch, Pitch 9. Greet, Green
 Tough, Touch 10. Water, Waver

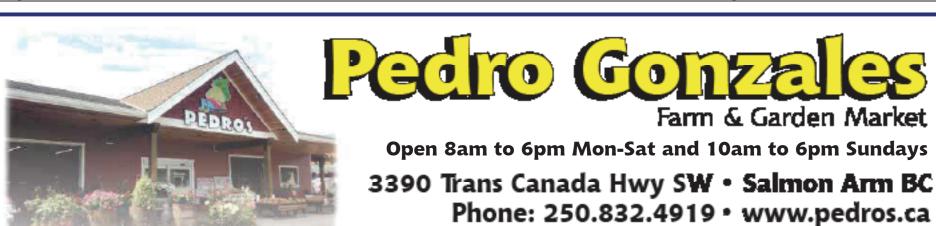
CryptoQuip

answer

When some hens are initially getting their hotel rooms, would you call it a chicken check-in?

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



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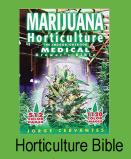




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