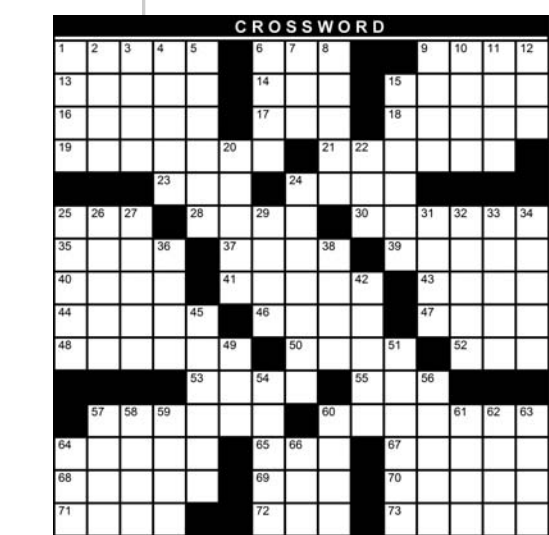


CROSSWORD Fun

THEME: THE OSCARS
ACROSS

1. Flat-bottom hauler
6. Ewe's cry
9. 32-card game
13. *"The ___ Suspects," winner of two Oscars in '96
14. Not in good health
15. O.J.'s nickname
16. Forearm bones
17. 18-wheeler
18. Change the Constitution, e.g.
19. *"Hidden Figures" nominee
21. Recessed space
23. Half a dozen
24. Bird's groomer
25. Male
28. Western Samoan money
30. *#15 Down, e.g.
35. Geishas' sashes
37. Poet Angelou
39. Swelling
40. Quite a stretch
41. Deadly sin
43. Arrival times
44. Bigwig in the Orient
46. Dwarf buffalo
47. Solomon, e.g.
48. Freshwater protozoans
50. Arab ruler
52. Grazing land
53. "___ we forget"
55. Sheep not yet sheared
57. *"Manchester by ___"
9. Japanese wrestling
10. Capital on the Dnieper
11. High school breakout
12. "Ideas worth spreading" online talk
15. *Portman's role
20. MCAT and LSAT
22. Research location
24. Infantryman's knife
25. *Animated nominee
26. Perpendicular to the keel
27. She turned to stone, Greek mythology
29. *"___ Land"
31. Lyric poems
32. Flower part
33. Candidate's concern?
34. *Ben's younger brother and best actor nominee
36. Nose-in-the-air type
38. Tiny piece of anything
42. Site of 2010 cholera outbreak



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31. Lyric poems
32. Flower part
33. Candidate's concern?
34. *Ben's younger brother and best actor nominee
36. Nose-in-the-air type
38. Tiny piece of anything
42. Site of 2010 cholera outbreak
45. ___ fir
49. To witness
51. Sadness about past
54. Like foolish or romantic movie
56. Gourd musical instrument
57. Genealogical plant
58. *Academy Award winning composer Zimmer
59. What exhaust pipes do
60. Worry
61. *Oscar nominee and 2017 Golden Globe winner
62. Comfort
63. Idirarid ride
64. Banned insecticide
66. 1/100 of a hectare

Solution below

New bridges, a waterfall and almost two football fields of new exhibit space! Come visit!



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Solution, THEME: THE OSCARS

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

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Trying to quit? Tips from former smokers can help you succeed

(BPT) - Since the Surgeon General released the first report on smoking in 1964, the smoking rate among adults has decreased from 42 percent to 15 percent. Though great strides have been made, more than 36 million adults in the United States continue to smoke cigarettes, claiming nearly half a million lives a year and leaving 16 million others to live with an illness or disease caused by smoking. There are now more former cigarette smokers than current smokers in the United States, and more than half of all people who have ever smoked have quit, according to the CDC.



If you're still smoking and would like to quit, you're not alone. Nearly seven out of 10 cigarette smokers want to quit for good. Although each person's journey to a tobacco-free life is different, knowing what's worked for others could help you find what works for you. Participants from CDC's Tips From Former Smokers(TM) campaign share what worked best for them in their journeys to quitting smoking.

Choose a quit date and support team

Tiffany Roberson, 35, of Louisiana started smoking when she was just 19, despite having watched her own mother, a smoker, die of lung cancer. Over the years, Roberson tried to quit multiple times but struggled to stay quit for good. When her own daughter turned 16, she was inspired to try again. This time, a combination of tactics helped her succeed.

- A nicotine patch helped control her cravings. She chose it because it was discrete and easy to use.
- She chose a quit date. To avoid the temptation to smoke, she stayed busy on that day.
- She told her daughter and another relative she was quitting so she would be accountable for staying smoke-free. Her relatives supported her with a daily text of encouragement, noting the day of her progress-"Day 2 without smoking" and, eventually, "Day 365 without smoking."
- During work breaks, she drank water instead of smoking.

Create accountability

Beatrice Rosa-Swerbilov, 40, from New York tried her first cigarette at just 7 years old, and became a regular smoker at age 13. Although she had tried many times before, she quit for good after her 11-year-old son wrote her a letter asking her to quit smoking. Here are her success strategies.

- Avoiding triggers-things or situations that made her crave a cigarette. For example, going out for drinks with friends was a trigger, so Rosa-Swerbilov gave up doing that for a while.
- Creating accountability by telling everyone that she was quitting. Her hope was that if someone did see her smoking, they would say "Oh, I thought you quit," thus holding her accountable for her decision to quit smoking.

Manage stress

Amanda Brenden, of Wisconsin, began smoking in fifth grade and was a daily smoker by age 13. She would duck outside during the day - even during Wisconsin winters - to smoke. By college, she was smoking a pack a day. When she got engaged and found out she was pregnant, she tried to quit, without success. The stress of being a pregnant college student drove her back to cigarettes. Her daughter was born two months premature and today still struggles with asthma. Breathing problems like asthma are common in premature babies.

- Stress was a trigger for Brenden, as it is for many smokers. In a smoking cessation class, she learned stress reduction techniques. She also relied on support from her family.
- When Brenden feels frustrated, she exercises to release her negative energy rather than reaching for a cigarette.

Substitute positive for negative

James Fulton, 40, of New York, began smoking at 14 to emulate his father, a smoker who was well-respected in their community. When decades of smoking began to affect his health, Fulton created a plan for quitting that included replacing negative behaviors with positive ones.

When he felt a craving for a cigarette, he used a nicotine patch or chewed sugar-free gum. He's learned to rely on exercise, becoming an avid cyclist and swimmer.

Rebecca Cox-MacDonald, 57, of Texas, also found exercise to be helpful in quitting. Surrounded by a family of smokers, she started smoking as a teenager. Multiple events inspired her to try quitting a final time; her father died of a smoking-related illness, she watched the health of other relatives who smoked deteriorate, and she developed severe gum disease-a risk for smokers-that required her to get bone grafts and dental implants.

She quit and committed to a healthier lifestyle that included regular exercise like running and getting treatment for the depression that had been a major factor in keeping her smoking.

The CDC's Tips From Former Smokers campaign brings together science-backed health information and quitting tips drawn from the real-life experiences of former smokers. For more information about how you can quit smoking, including tips from successful former smokers, visit the CDC's Quit Guide online.

Dental Health is Important for Children's 'Baby Teeth'

(StatePoint) Parents and caregivers may be underestimating the importance of dental care for children's "baby teeth." According to the Centers for Disease Control and Prevention, only 63 percent of children ages two to four see the dentist at least annually.

Most dental benefits cover preventive care visits twice a year with no out-of-pocket costs, and these visits are important for small children.

Baby teeth, (also known as primary teeth), play an important role in a child's overall healthy development. If cavities begin and are left untreated, they can become painful and possibly infected. Loss of these teeth prematurely may impact eating, speaking, learning and self-esteem. Baby teeth help guide the way for permanent teeth to erupt into proper position.

"Tooth decay is preventable. The investment of only a few minutes each day on the part of parents and caregivers, coupled with regular dental checkups, goes a long way in creating healthy smiles to last a lifetime," says Dr. Diane Monti-Markowski, clinical program director for Cigna Dental.

She offers these oral hygiene tips for those caring for small children:

- Plan to have your child visit the dentist by his or her first birthday or within six months after the first teeth appear.
- As a child's teeth start to come in, brush them gently twice a day with a child-sized toothbrush and water.
- Begin flossing a child's teeth daily when there are two teeth that touch.
- Do not put your baby to sleep with a bottle of formula, milk, juice or any other liquid other than water.
- Consider introducing toothpaste for children who are two and older and are able to follow directions to spit after brushing. The American Dental Association recommends using fluoride toothpaste about the size of a grain of rice for children younger than three years old and a pea-size amount for children three to six years old. By age three or four, your child should be able to brush with your supervision.
- Make brushing fun. Let your child pick out the color of his or her toothbrush. Play a favorite song or set a timer to help children understand that good brushing takes about two minutes twice a day.



Find more tips at Cigna.com/dental-resources. For detailed questions or concerns about a child's oral health, it is important to consult a dentist.

"Adults can also reinforce the importance of oral health by their attitudes," adds Dr. Monti-Markowski. "Encouraging good habits and showing a positive manner when visiting the dentist can lay the foundation for children to maintain healthy teeth throughout their lives."