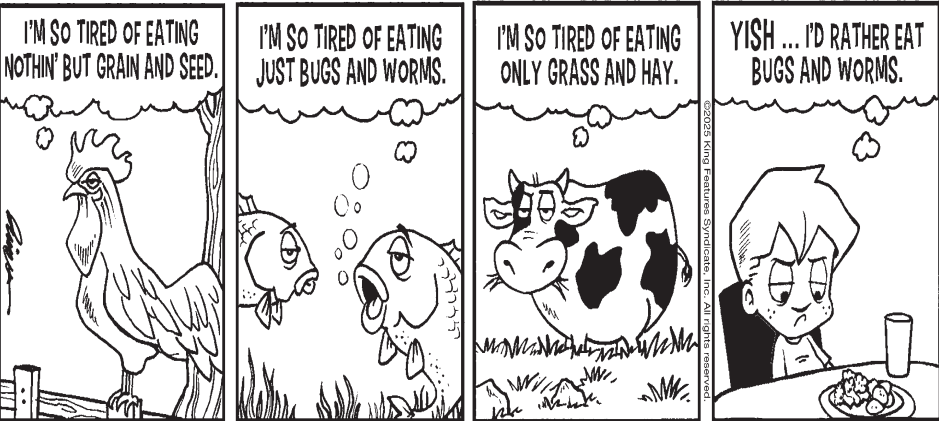


ENTERTAINMENT

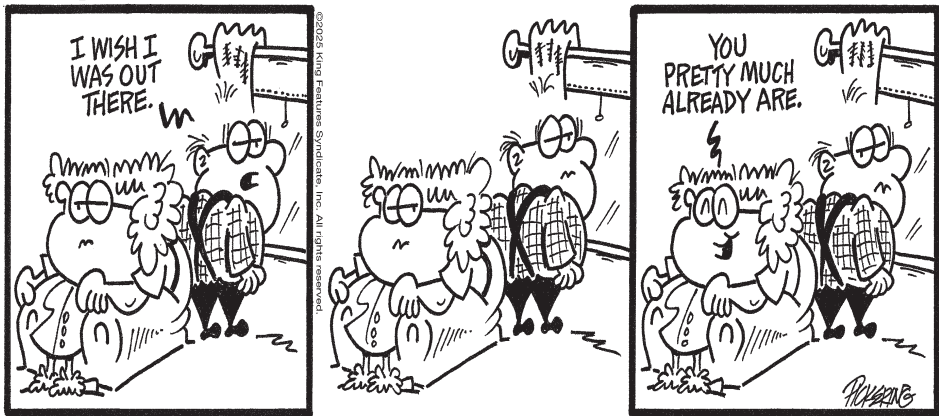
Amber Waves



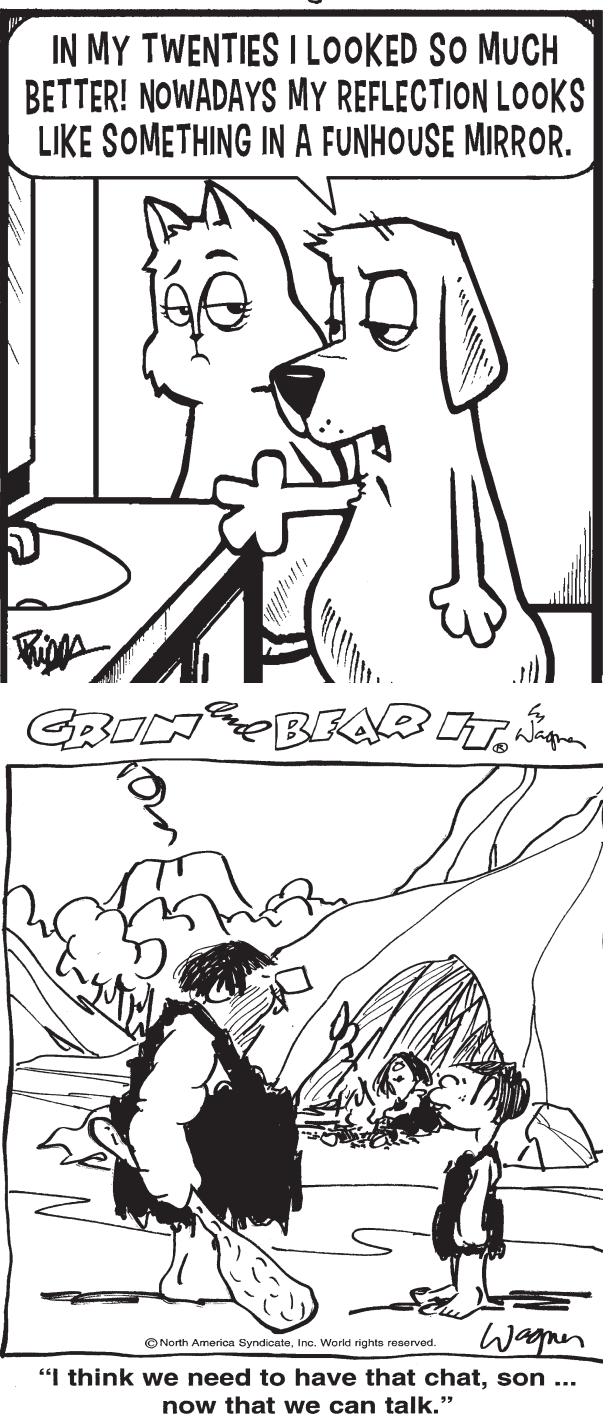
Out on a Limb



The Spats



Just Like Cats & Dogs



Strange BUT TRUE

By Lucie Winborne

* Africa is the only continent with land in all four of Earth's hemispheres.

* Programmer Terry Davis, who suffered with schizophrenia, spent a decade working on an operating system to "talk to God."

* The highest golf course in the world is the Tuctu Golf Club in Morococha, Peru, sitting 14,335 feet above sea level at its lowest point.

* Vladimir Putin's grandfather worked as a chef for Rasputin, Lenin, and Stalin.

* Bluetooth technology was named after 10th-century King Harald Bluetooth, who united Denmark and Norway, just like technology united computers and cellphones.

* Colonel Sanders got fired from a dozen jobs, was a lawyer who once assaulted his own client in court, started a restaurant that went out of business, and found himself broke at the age of 65. That's when he started KFC.

* The Mayans drilled holes in their teeth to insert semiprecious stones.

* North Korea's 105-story Ryugyong Hotel, nicknamed "The Hotel of Doom," is one of the world's tallest unoccupied building.

* Iceland has an official book-buying season that runs from September through December. More than half of all the books sold in the country are purchased during the month before Christmas.

* Australian compass terrmites construct their mounds on a north-south axis.

* According to a study of 79,777 patients, violent criminals had a much lower level of cholesterol than nonviolent individuals.

* Linonophobia is a fear of string.

* Hasbro has a "Monopoly Speed Die" and an official rulebook for "extreme" Monopoly variants.

* Composer Richard Wagner used to preserve his own nose hair clippings for posterity.

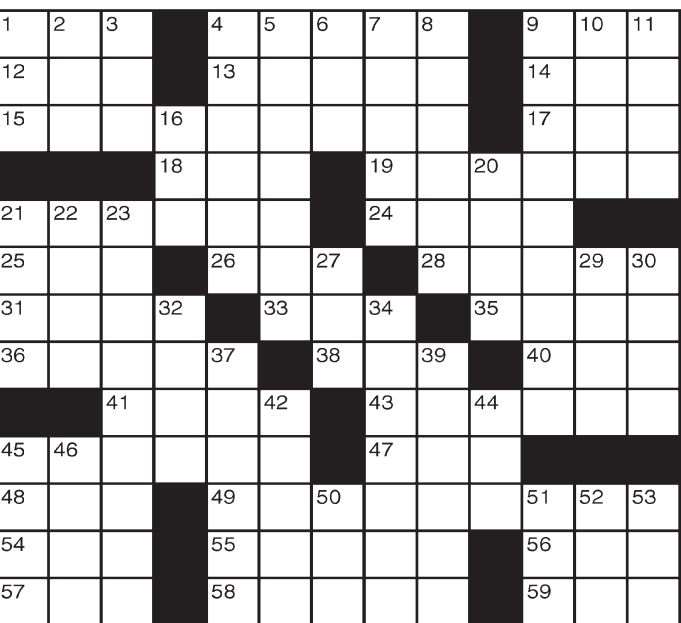
Thought for the Day: "If you always have something in your life that you're trying to improve upon, then every day you have a reason to get out of bed, and you have a reason to achieve something and feel good." -- Nick Offerman

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King Crossword

ACROSS

- 1 Menagerie
- 4 Embedded spies
- 9 "Frontline" aier
- 12 Year in Spain
- 13 Empathic words
- 14 Land in la mer
- 15 Unfortunate soul
- 17 "Wham!"
- 18 Ga. neighbor
- 19 Tabloid subjects
- 21 Cal — (baseball's "Iron Man")
- 24 Scored 100 on
- 25 Buckeyes' sch.
- 26 Crater edge
- 28 Succinct
- 31 Shakespeare title starter
- 33 LAPD alert
- 35 Peruse
- 36 Sasha's sister
- 38 With it, once
- 40 Summer mo.
- 41 Norms (Abbr.)
- 43 In a morose way
- 45 Concludes by
- 47 Tank filler
- 48 Zodiac cat
- 49 Precinct canine



- 54 Fiddle stick
- 55 Ten — (long odds)
- 56 Flying saucer
- 57 New England cape
- 58 Trudges
- 59 Apply cream
- 5 South Pacific region
- 6 Restroom, for short
- 7 Writer Jong
- 8 Choose
- 9 Fantasy
- 10 Shapeless mass
- 11 Stitches
- 16 '60s Atty. General
- 20 Lusty look
- 21 Meander
- 22 Actress
- 23 Fisher
- 27 Speedometer stat
- 29 Biblical king
- 30 Jittery
- 32 Poses
- 34 Imploring
- 37 Conforms
- 39 Locales
- 42 Pub seat
- 44 Employ
- 45 Exile isle
- 46 Inert gas
- 50 Brit's restroom
- 51 Flop
- 52 One — kind
- 53 Sailor

DOWN

- 1 Microwave
- 2 Yoko from Tokyo
- 3 Tic-tac-toe win
- 4 Bette in "Beaches"

MAGIC MAZE • — BARN

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

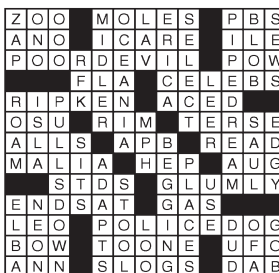
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **Relating to the Netherlands**

Bank	Gambrel	New England	Sheep
Cattle	Hop	Pole	Tithe
Dairy	Horse	Potato	Tobacco
English	Monitor	Raised in a	

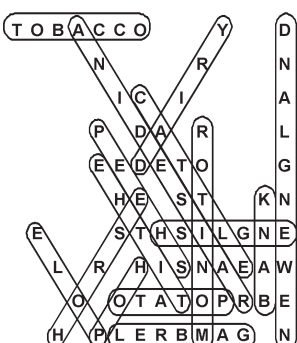
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— King Crossword —
Answers

Solution time: 22 mins.



— BARN



Spring Cleaning for Your Fridge:

A flavor-packed stir-fry

Spring cleaning isn't just for closets and garages -- your fridge could use a refresh, too. Instead of letting half-used veggies or leftover meat linger, turn them into something delicious with a stir-fry. This quick, easy meal transforms leftovers like roast veggies, steak, pork or chicken into a satisfying dish without wasting a thing.

Think of stir-fries as a blank canvas for getting creative with what you have on hand. The formula is simple: Start with a starch like rice or noodles, saute aromatics like onions, add your protein and veggies, then slather everything in a scrumptious sauce. Best of all, you can use whatever leftovers you've got -- whether remnants of last night's roast or that last lonesome pork chop. Stir-fry turns odds and ends

into a delicious meal.

To make your stir-fry truly shine, the secret is in the sauce -- homemade stir-fry sauce, to be exact.

Homemade stir-fry sauce is a total game-changer. It's not only cheaper and fresher than store-bought options, but it's also customizable to your taste. With just a few simple ingredients, you can create a sauce that brings flavor and excitement to any meal. It pairs perfectly with veggies, meat, tofu, shrimp or whatever proteins you have on hand, and it's a great way to use up those random leftovers. Plus, making it yourself means you control the ingredients, so it's healthier and budget-friendly. Keep a jar on hand, and you'll always be ready for a quick, delicious stir-fry!

FLAVOR BOMB STIR-FRY SAUCE

- Yield: 1 cup sauce; 4 servings
- Total Time: 5 minutes
- 1/4 cup low-sodium soy sauce
- 1/2 cup low-sodium chicken or vegetable broth
- 1 tablespoon cornstarch
- 1 tablespoon brown sugar
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1 heaping teaspoon fresh ginger, peeled and grated or finely

minced

1 heaping teaspoon garlic cloves, grated or finely minced
Whisk all the ingredients together. Adjust the ingredients to your preference. Add to your stir-fry and cook for 3 minutes to thicken. Refrigerate leftovers in an airtight container for up to a week.

LEFTOVER LUXE STIR-FRY

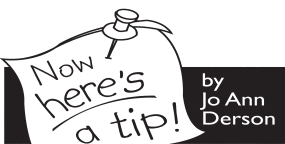
- Yield: 4 servings
- Total Time: 20 minutes
- 3 cups rice, quinoa or noodles (your choice of starch)
- 2 tablespoons vegetable oil, divided
- 1 small onion, sliced
- 1-2 cups leftover protein (chicken, beef, pork, tofu, etc.) or raw protein
- 4-6 cups mixed vegetables (e.g., broccoli, bell peppers, spinach, bean sprouts)
- 3 eggs, scrambled (optional)
- 1 cup stir-fry sauce (recipe included)
- If you're not using leftover starch, cook your rice, quinoa or noodles according to package directions.
- Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Add onion and stir-fry for 2-4 minutes. If using leftover protein, reheat with the onion and set aside. If using raw

protein, cook it through before setting it aside.

Add the remaining 1 tablespoon vegetable oil to the skillet. Start with slower-cooking vegetables (e.g., broccoli, carrots, cabbage) and cook until tender. Add quicker-cooking vegetables (e.g., spinach, bean sprouts) near the end, cooking until just wilted. Scramble eggs in a bowl and add to the skillet. Break them up as they cook. Combine everything: Add protein back into the pan and heat for 2-3 minutes. Drizzle with the flavorful stir-fry sauce, cook for 3 minutes to thicken the sauce and serve over your choice of starch.

With endless possibilities, stir-fry will clean out your fridge and create a fresh, flavorful meal in no time.

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. Email Patti at divapatti@divasonadime.com
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- There's no end to the quick time-savers and innovations in the kitchen. Today's homemakers are likely to have a full-time job already. Here's one for those mornings when you want to get a little fancy, but don't have all day: Make hash browns in a waffle iron. Parboil shredded potatoes the night before. Store in the refrigerator in a plastic bag. Generously oil your waffle iron and scatter precooked potato shreds on. They cook twice as fast, and have all of the double-sided crispiness of pan-fried.
- Freeze leftover wine for use in cooking. Use and ice-cube tray for uniform measuring.
- Want to hard-cook many eggs at once? Bake the eggs in the oven 325-350 for 30 minutes, then submerge them in ice water for 10 minutes. Peel and enjoy.
- "Tension rods can be used in cabinets to separate cookie sheets and have them stored upright. Use two shorter ones mounted vertically in the cabinet, and slide the sheets right in. You can also use a dish rack to store pot lids upright. This is something I do, and my cabinets are nice and organized." — R.L. in Indiana
- Try prep cooking once a week for as many elements of that week's meals as possible. Chop veggies, saute or even brown meats for casseroles or prep slow cooker bags. It does save time if you are able to cook two meals at once, say, roast two chickens: one for tonight's dinner and another for chicken enchiladas later in the week.
- I only buy my bread when it's two for one. I freeze it in half loafs, so I always have fresh bread, even if my nest is empty now! — D.D. in Maryland

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