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Learn About Loved Ones

March 20 is World Storytelling Day. Gather family and friends and share a story from your life, whether small or momentous. Then, give each of them the spotlight to do the same while you listen.

Pillow Pro Tip

Change the pillowcases on your bed every two to three days, health experts say. This guideline is especially important if you have allergies; fresh bedding keeps dust and pollen at bay, helping you breathe easier.

Memorable Melody: 'The Lion Sleeps Tonight'

One of the most recognizable songs in music history, this 1961 hit for doo-wop group The Tokens is known for the chanting line "Wimoweh, wimoweh," which is a clue to the song's origin. Originally written in 1939 by Solomon Linda, a musician from South Africa, it was titled "Mbube," the Zulu word for "lion." Pronounced "EEM-boo-beh," the word was misheard as "wimoweh" when folk group The Weavers covered it in 1952. Songwriter George David Weiss later composed the English lyrics—including the opening line of "In the jungle, the mighty jungle"—for The Tokens, who took the song to the top of the charts.

Brainteaser

Question: I have four wings but cannot fly. I never laugh and never cry. On the same spot, I'm always found, toiling away with little sound. What am I?

Answer: A windmill.

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Spring Starts

In the Northern Hemisphere, the spring equinox usually falls between March 19 and 21. This year, spring starts on March 20, and with it comes new beginnings. Take this opportunity to restart forgotten resolutions, begin a new journey you've been putting off or spruce up your home for a fresh feel.

Five a Day

National Nutrition Month, observed during March, is a reminder to make healthy eating a priority. For many adults, an attainable goal is to eat three servings of vegetables and two servings of fruit every day. This "five a day" suggestion is linked with a lower risk of chronic disease and increased longevity.

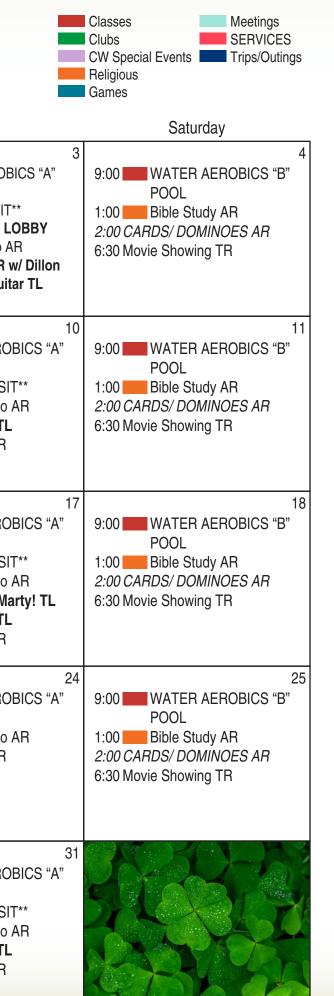
Wake With Cheer

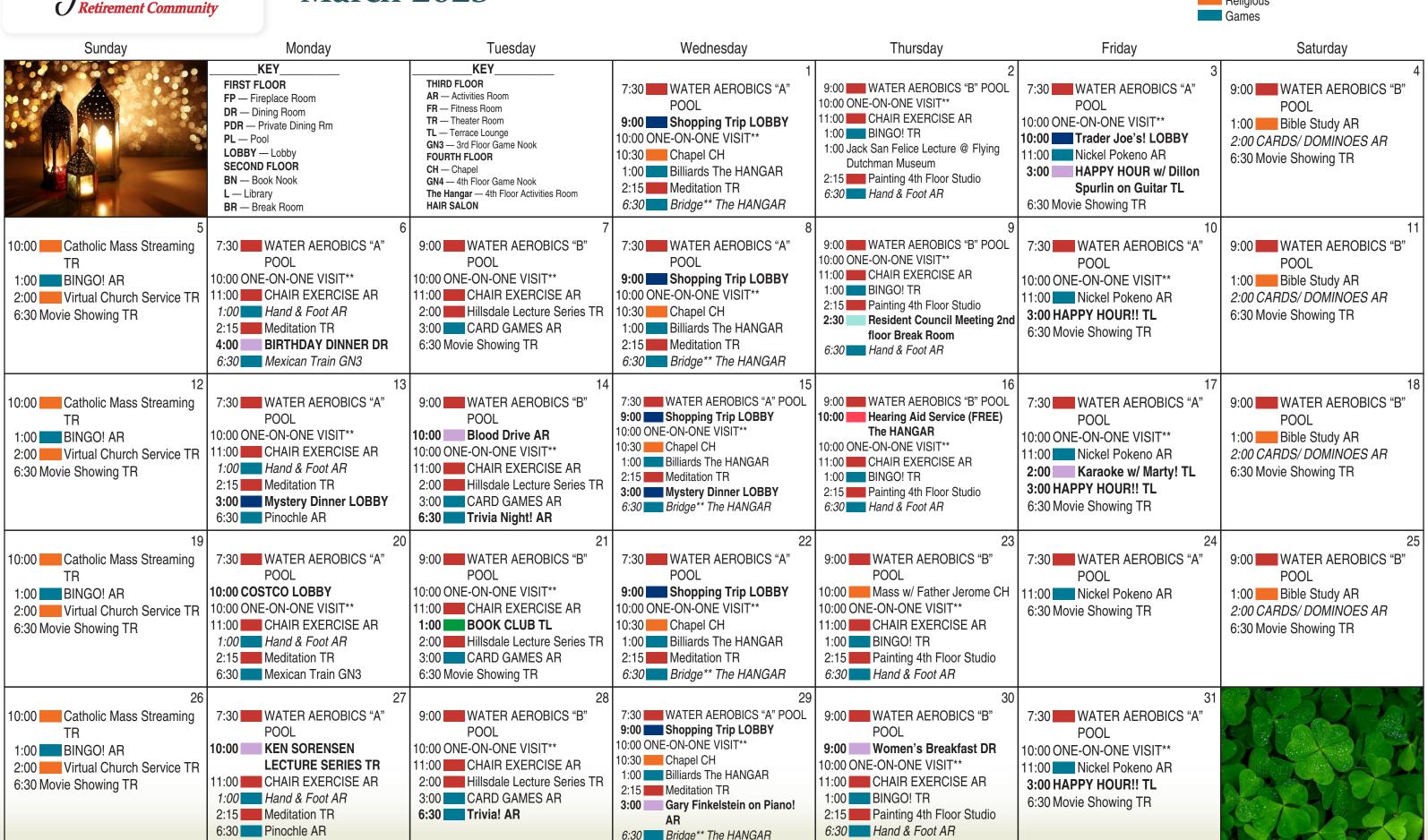
"Hope sleeps in our bones like a bear waiting for spring to rise and walk." —Marge Piercy





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Crossword Puzzle

1	2	3	4	5		6	7	8	9		10	11	12	13
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ACROSS

- 1. Work
- 6. Jacuzzis 10 Ivan V or Ivan VI
- 14. Coliseum
- 15. Long-eared animal 16. Of the atmosphere: pref.
- 17. Grape bearers
- 18. Glenn or Shepard
- 20. Have a bite 21. Wagon
- 23. Crawling creatures
- 24. Piece of glass
- 25. Editor's note
- 27. Outcome
- 30. Means of transportation
- 31. Knock
- 34. Jewish month
- 35. Keeps
- 36. " Got a Secret" 37. Motown
- 41. Ending for Clement or Paul
- 42. Welcome
- 43. Former European capital
- 44. WWII agency: abbr.
- 45. Byron or Tennyson
- 46. One with straight A's 48. Twain's rafter
- 49 Lion's abode
- 50. Catalonia resident's land
- 53. Dreaded disease

- 54. House memb.
- 57. Clock's forerunner
- 60. Worthless matter
- 62 Yours and mine
- 63. Formerly, formerly
- 64. Avid 65. "Phooey!"
- 66. Letters
- 67. Bowling alley button

DOWN

- 1. Wash
- 2. Opera solo
- 3. Not straight 4. 3/7 and 4/7
- 5. Spanky or Alfalfa
- 6. Portion 7. Of a former time
- 8. Man's nickname
- 9. Indian weight
- 10. Lake boat
- 11. Blacken
- 12. Jack-in-the-pulpit
- 13. Becomes bad 19. Like a hooting bird
- 22. Colony member
- 24. Sound of contentment
- 25. Ship's crane
- 26. Branch of govt.
- 27. Nightstand item 28. Perfect spots
- 29 Fills
- 30. Made docile

- 31. Severity
- 32. ____-garde
- 33. Price for one's thoughts?
- 35 Strict
- 38. Eying
- 39. Common metal
- 40. Construction beam
- 46. Depressed
- 47. Señor or Herr
- 48. Preceding all others
- 49. Shoppers' reminders
- 50. With hooves protected 51. Rain hard
- 52. Distinctive atmosphere 53. South African fox
- 54. Equips
- 55. Fencer's item
- 56. Saucv
- 58. Permit
- 59. Common verb
- 61. Woman's name



"This Month In History" MARCH

1912: The first parachute jump from a moving airplane takes place. U.S. Army Capt. Albert Berry made the leap over St. Louis, Mo.

1936: The Hoover Dam is complete! After five years of construction, the dam spanning the Colorado River between Arizona and Nevada was able to begin creating hydroelectric power.

1941: Nashville, Tenn., becomes the home of the first FM radio station. WSM-FM was a commercial station for the National Life and Accident Insurance Company.

1958: Elvis Presley enters the U.S. Army. Already a rock 'n' roll star, he remained an active duty soldier for two years.

1964: The first Ford Mustang rolls off the production assembly line.

1977: Scientists discover that Uranus has rings, like its fellow planet Saturn. Dark in color, the rings were only seen because a star blinked repeatedly as the planet's rings passed in front of it.

1981: President Ronald Reagan is shot and wounded in an assassination attempt. At the hospital, Reagan reportedly joked to his wife, "Honey, I forgot to duck."

1998: "Titanic" becomes the highest-grossing movie in box office history, earning over \$2.2 billion worldwide. It was later surpassed by "Avatar" (2009) and "Avengers: Endgame" (2019).

2005: The PlayStation Portable handheld gaming console debuts in North America. In five years, 17 million PSPs were sold in the U.S. alone.

