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Q: What do you call a sad cranberry?

A: A blueberry!

TIDBITS® GOES

DOWN IN THE BOG

by Patricia L. Cook

This *Tidbits* uncovers some fascinating facts about cranberries, the tart, red berries that show up in vast quantities at stores this time of year.

- October is National Cranberry Month. If you live in or near one of the states where the little red fruits are grown, you've probably seen signs for festivals and celebrations.

- Cranberries are one of the few fruits that are actually native to North America. (Concord grapes and blueberries are as well.) Native Americans introduced the berries to the Pilgrims in the early colonies in the 1600s. Some tribes called them *ibimi* and *sassamanash*, meaning "bitter berry," while others referred to them as *atoqua*, meaning "good fruit." Colonists started calling them "crane-berry" because the plants resembled the neck, head and bill of a crane. The name was later shortened to cranberry.

- Pilgrims quickly learned from Native Americans that cranberries had great health benefits. High levels of vitamin C in the fruit helped prevent scurvy, a disease that was prevalent with sailors. Native Americans made *pemmican*, a healthy survival food, by mixing deer meat and mashed cranberries.

- Cranberries were also used as a natural dye for rugs, blankets and clothing and in medicinal poultices for wounds.

turn the page for more!

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1. GENERAL KNOWLEDGE: What was the former name of New York’s John F. Kennedy International Airport?
2. TELEVISION: Who played Eliot Ness on the original TV show “The Untouchables”?
3. LITERATURE: Who wrote “The Pump House Gang”?
4. MUSIC: Which singer kicked off the national dance craze called The Twist?
5. MOVIES: When did the animated feature “Dumbo” debut?
6. FOOD & DRINK: Edam is a popular type of what?
7. GEOGRAPHY: Goshen was a region in which ancient land?
8. SCIENCE: Psephology is the study of what?
9. POETRY: How many lines are in a standard sonnet?
10. LANGUAGE: What does the Greek prefix “ornitho” mean?

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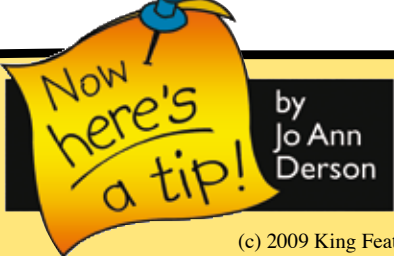
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■ A Tip From JoAnn: I like bottled water, but it’s expensive and creates a lot of waste. I have plenty of reusable bottles, but bottled water always seemed more convenient and, frankly, better. I found that what I really like is to take a bottle of very cold water out of the fridge and drink it, so instead of storing those reusable bottles in the cabinet, I fill them straight from the dishwasher and put them in the fridge. Now I have the convenience of bottled without spending the money, and I’m happy I am not creating waste.

■ Got a grease stain on your shirt? Cover it with baking soda right away. The baking soda will absorb the oil. Repeat several times and launder as quickly as you can.

■ To remove stubborn contact paper from kitchen shelves, use a hair dryer set on low to loosen the adhesive, then peel away slowly.

■ Here’s a trick for removing hard-water stains on windows or glass doors: Apply full-strength fabric softener to surface. Let dry, then use a wet cloth to remove, rinsing the cloth frequently.

■ Hang a bag of clothespins near the laundry basket. Then if something has a stain that needs to be addressed, put a clip on it before adding it to the basket. This way, you’ll know what to pre-treat on wash day. -- D.W. in Washington

■ To keep pants on a hanger from creasing, I slit a paper towel cardboard roll and slip it over the hanger. I tape it together and then put the pants over it. This has worked for me for many years. -- I.R. in Nebraska

It doesn’t happen overnight, of course. In one study, it took 6 to 12 months for the test results to show up, but the literature showed that participants had better spatial memory and slower loss of brain matter. In another study, brain scans (MRI) showed better “connectivity,” meaning that the pathways in the brain improved. Even more, exercise was associated with a slowing of dementia caused by small blood vessel disease.

What does this mean for us? It means that aerobic exercise, or anything that gets the heart pumping and increases the need for oxygen, results in better blood flow to the brain. Brain pathways stay open and cognitive abilities are preserved or improved.

Aerobic exercise, however, doesn’t necessarily mean we need to work out at the gym. Daily walks at a rate that pumps up the heart rate a bit, swimming, seated workouts and senior fitness classes can all help.

More studies need to be done, but the review of all that literature indicates that we’re on the right track if we exercise. Ask your doctor before you start anything new.

CRANBERRIES (continued):

- The first known recipe for cranberry sauce was in “The Pilgrim Cookbook” in 1633. Wild cranberries were probably on the table for the first Thanksgiving in 1621. Cranberries have been a traditional side dish for Thanksgiving meals in Canada and the United States since their discovery so many years ago. By the way, Thanksgiving Monday, the second Monday in October, is celebrated this week in Canada. In the United States, Thanksgiving is the fourth Thursday of November.
- The first recorded cranberry cultivation was in 1816 in Dennis, Massachusetts, on Cape Cod. Commercial harvesting began in Harwich, also on the Cape, in 1847. The cranberry industry is still a major source of income for Cape Cod today, totaling over \$100 million annually. Nine hundred cranberry bogs taking up 14,000 acres (5,665.6 ha) are located in southeastern Massachusetts, with over half of them on Cape Cod.
- So, what exactly is a bog? It is “an area of wet, marshy ground, largely consisting of accumulated decomposing plant material.” Bogs provide a fertile, moist habitat that is perfect for cranberries.
- Many people think cranberries grow on top of the water, but it is only at harvest that the “sea of red” is evident, and the berries float. During harvest time, two different methods are used. For “wet” harvesting, bogs are flooded at night, and the next day, water reels, sometimes called “egg beaters,” beat the vines to loosen the berries. Since the berries are hollow, containing pockets of air, they float to the surface. The berries are then gathered and loaded into trucks. The wet-harvested berries are used for sauces, juices and other products.
- Dry harvesting is used for berries sold fresh. For this type of harvest, the berries are combed off the vines by mechanical pickers and bagged carefully to prevent damage.

The Garden Bug

Harvesting corn

When the outer husks turn dark green and the silks turn brown, you can harvest your corn. Grab an ear and give it a sharp downward twist. Harvest during morning hours; plunge ears right away into cold water to preserve sweetness. If the unopened husks are then wrapped in damp paper towels to store in the refrigerator, they will keep 2–4 days.

Source: www.harvestwizard.com

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‘World’s Best Granola’ Is Kid-Friendly Recipe

Homemade granola is tasty to eat any time of day, but in our family it’s a staple for fall breakfasts with non-fat plain yogurt and fresh fruit. Not only is granola a nutritious start to the day, with its wholesome blend of heart-healthy oats and chopped nuts, but a handful makes a satisfying after-school treat with a glass of milk, and a few spoonfuls add crunch to a scoop of ice cream for an evening dessert.

Granola is so easy to prepare that you and your kids can make this recipe in a jiffy -- just under an hour. While one child measures and stirs together the dry ingredients in a big bowl, another can measure, pour and stir the liquids in another. Combine all of the ingredients in the big bowl, and voila! The just-sweet-enough mixture is ready for you to spread on a baking sheet and place in the oven.

Give it a try and see why the fresh taste of this home-made granola rivals any packaged mixture.

- World’s Best Granola
- 3 cups old-fashioned rolled oats (not quick-cooking)
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup coarsely chopped almonds
- 1/2 cup coarsely chopped pecans
- 1/4 cup canola oil
- 1/2 teaspoon vanilla
- 2 egg whites, slightly beaten
- 1/2 cup raisins

Here’s the fun:

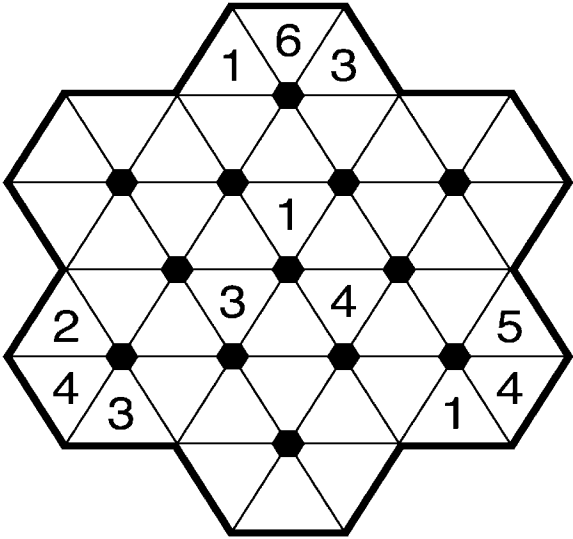
1. Preheat the oven to 350 F.
2. Line a rimmed baking sheet with parchment paper, or spray with nonstick spray.
3. Combine the oats, brown sugar, cinnamon, baking powder, salt and nuts in a large mixing bowl.
4. Stir together the oil, vanilla and egg whites in a small bowl. Add to dry ingredients and toss well.
5. Spread the mixture evenly on the baking sheet. Bake until golden brown, about 25-30 minutes. Cool completely; stir in raisins and store in an airtight container. Makes about 5 cups.
- Note: If you wish, substitute 1/4 cup pure maple syrup and 1/4 cup honey for the brown sugar, and combine with liquid ingredients before tossing with dry ingredients.



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SNOWFLAKES
by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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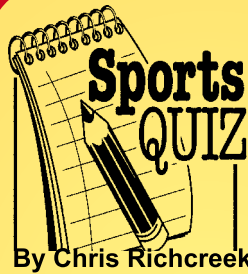
SENIOR
NEWS LINE

by Matilda Charles

Exercise May Reduce Risk of Dementia

There’s a way to possibly reduce the risk of dementia or cognitive impairment, or lessen its impact if it strikes, and it doesn’t involve taking a pill.

The medical journal Mayo Clinic Proceedings recently published a review of the literature to see if there was any evidence of its theory that exercise can help fight dementia. After looking at 1,600 papers, it reported that, yes, aerobic exercise “significantly reduced” the risk of dementia and reduced the risk of mild cognitive impairment. Additionally, exercise helped to slow the diseases after it started.

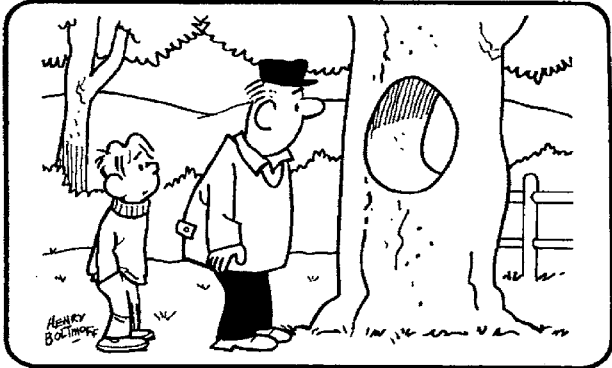


By Chris Richcreek

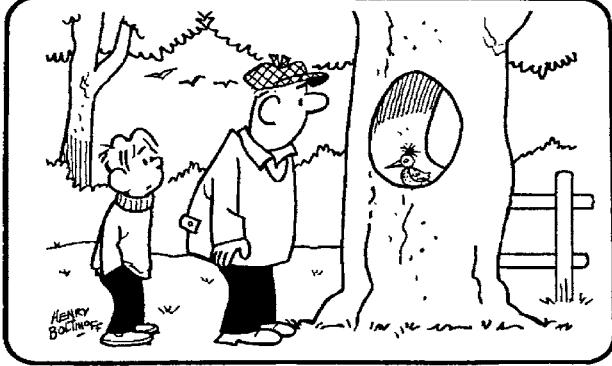
- 1 In 2010, Baltimore's Nick Markakis became the third major-leaguer to have four consecutive seasons of at least 43 doubles. Name either of the other two to do it.
- 2 Who was the first New York Yankees pitcher to win the Cy Young Award?
- 3 Name the only three-time All-American running back for the University of Syracuse.
- 4 In 2010, Dallas' Dirk Nowitzki became the fourth foreign-born NBA player to top 20,000 career points. Name two of the first three to do it.
- 5 Two NHL teams since 1970 have missed the playoffs the season after winning the Stanley Cup. Name either one.
- 6 When was the last time before 2010 (4-1 loss to Notre Dame) that the University of North Carolina women's soccer team lost by more than one goal?
- 7 Bowler Mika Koivuniemi won the PBA Tour's earnings title in 2010-11 with \$330,040, the third-highest total in PBA history. Name the men who hold the top two spots.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



1. The man's hat has been changed. 2. The boy's pants are black. 3. The man's pants are black. 4. The fence is different. 5. The birds have been added. 6. The hills in the distance are missing.

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CRANBERRIES (continued):

- Approximately 5 percent of cranberries are sold fresh, while the other 95 percent are used for juices, sauces, "Craisins®" and more. Craisins® are sweetened, dried cranberries made by Ocean Spray that started hitting the shelves in 1993.
- Cranberry farms are mostly family owned operations that have been handed down for generations. Cranberries are grown commercially in five states: Wisconsin, New Jersey, Massachusetts, Washington and Oregon. They are also grown in Chile and several Canadian provinces, including Quebec, British Columbia and Nova Scotia.
- Canada's oldest commercial cranberry farm is in Hebbville, Nova Scotia. Indian Garden Farm was started in the late 1800s and has been passed down through four generations by the family of William Webb.
- Wisconsin is the leading cranberry-producing state in the United States. The cranberry is the official state fruit; it is the number one fruit crop, both in acres planted and in its contribution to the state economy. The tart berries are grown in 18 counties in central and northern Wisconsin.
- Visitors to Wisconsin can enjoy five festivals associated with cranberries. In June, the Wisconsin Rapids Cranberry Blossom Festival displays the beauty of the cranberry blooms, dressed in pink. Manitowish Waters hosts the Cranberry Colorama in September, which includes harvest tours. Warrens, Stone Lake and Eagle River host Cranberry Festivals in late September or early October. The Warrens Festival is the largest and oldest of the festivals. (The festivals are all over for this year, but check the Internet for next year!)

THIS WEEK'S CELEBRITY BIRTHDAYS



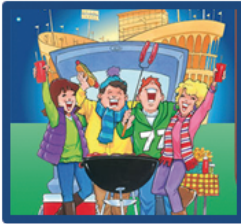
Sharon Osbourne 10/9/1952
Dale Earnhardt, Jr. 10/10/1974
Luke Perry 10/11/1966
Kirk Cameron 10/12/1970
Margaret Thatcher 10/13/1925
Ralph Lauren 10/14/193
Emeril Lagasse 10/15/1959

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Strange BUT TRUE

- It was 20th-century American novelist, poet and performer William S. Burroughs who made the following sage observation: "Most of the trouble in this world has been caused by folks who can't mind their own business, because they have no business of their own to mind, any more than a smallpox virus has."
- The first traffic signal, which began operating in Cleveland in 1914, wasn't much of a labor-saver. To operate it, a police officer had to sit in a nearby booth where he could oversee the traffic.
- Those who study such things claim that at any given moment, there are 850,000 people inside a Walmart store. And that's just in the United States – there's no telling how many people are shopping

at Walmarts abroad.

- California Tech conducted a study in which consumers were offered two samples of the same wine, but each sample was labeled at a different price point. Unaware that the wines they were drinking were identical, most participants said they preferred the more expensive sample.
- If you're planning a trip to Turkey, be sure to book a stay at the Marmara Antalya on the country's southern coast. This unique hotel revolves, offering ever-changing views of the Mediterranean Sea to its guests.
- Are you a phonophile? If so, you might be finding it hard to pursue your passion in this digital age -- a phonophile (also known as a gramophile) is a collector of phonograph records.
- Between 70 percent and 80 percent of all the Earth's fresh water is stored in glaciers, 99 percent of which are found in the Arctic and in Antarctica.



Stainless Steel Marred by Stain

Q: Last week while moving furniture, my sons accidentally shoved an end table against the wall and punched a hole in it. How can I fix this? -- Charity in Lansing, Mich.

A: Ouch! Fortunately, drywall holes are not too expensive a proposition in terms of repair. You can even get your sons to help, turning an accident into a learning experience.

For supplies, you'll need a power drill (for driving screws), a putty knife, a drywall/wallboard saw, a box cutter or drywall knife, drywall tape (a type of mesh tape), a drywall repair patch (a large, self-sticking mesh that can be cut to fit), drywall compound, sandpaper and matching paint.

If the hole is pretty large -- more than a couple of inches in diameter -- you will need a spare sheet or piece of drywall (also called wallboard in some places), as well as scraps of plywood and drywall screws.

For small holes, less than an inch or two in diameter, brush away debris and ease any jagged edges back into position. Cut away dangling or sharp edges. Grab a peel-and-stick repair patch, trimming if needed so that the edges extend at least an inch beyond the edges of the hole. Stick in place. With the putty knife, smooth on one coat of drywall compound, feathering the edges into the wall. Let it dry and smooth on a second coat. Once that is completely dry, sand the compound smooth, then paint to match the surrounding area. Note: If you have wallpaper instead of paint, you can patch the wall the same way and then patch with a matching scrap piece of wallpaper.

Larger holes need more support than a plain mesh can provide, so you'll need to replace the damaged drywall. Using a ruler and pencil, draw a square around the edges of the hole, giving about a quarter inch of space from each jagged edge. Next, carefully cut away the drywall, following those lines. Now you have a clean square to work with.

Next insert those spare plywood strips. These go behind the drywall hole, providing a backing for your drywall patch to attach to. Hold each strip in place and drive a drywall screw through the drywall about 1/2 inch above the hole and 1/2 inch below.

Next, cut your drywall patch to fit the hole. It actually needs to be a tiny bit smaller than the hole, about 1/8 inch, so the patch blends better. Press the patch against the plywood backing strips and drive screws through the patch, two at the top and two at the bottom, and into the backing strips.

Finally, blend the patch in. Run mesh drywall tape over the edges of the patch so that it covers the gaps. Then, smooth drywall compound over the mesh tape, feathering into the wall (you don't have to put compound over the center of the patch). Finish the same way as described for the smaller patch.

HOME TIP: If sanding drywall compound creates too much dust, try smoothing using a damp sponge or wet sander, then let dry completely before painting the area.



LAFF - A - DAY



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Holidays & Observances This Week

- 10/9 Leif Erikson Day
- 10/10 Columbus Day
- 10/11 Take Your Teddy Bear To Work Day
- 10/12 Emergency Nurses Day
- 10/13 International Skeptics Day
- 10/14 World Egg Day
- 10/15 International Newspaper Carrier Day

CRANBERRIES (continued):

- Wisconsin is home to the 50-mile (80-km) Cranberry Highway that traverses Wisconsin Rapids to Warrens and goes between Pittsville and Nekoosa. It goes through Cranmoor, the largest inland cranberry area in the world. The 29-mile (47-km) Cranberry Biking Trail is also in the area.
- The beauty of cranberry bogs and marshes can be observed first in the blooms and later, when the ripe, red berries shine on the vines or float as they wait for harvest. Pink flowers develop in June and July with small, green fruit developing behind the flowers. The green changes to white before transforming to dark red in August and September.
- While much cranberry history and many commercial operations are in the Northeast, Wisconsin and Eastern Canada, commercial growing in Washington State was started in the late 1800s. A visitor from Massachusetts noticed that the area was similar to Cape Cod when he found wild berries growing. Entrepreneurs purchased around 1,600 acres (647.5 ha) on the Long Beach, Washington, peninsula between 1872 and 1877 and began developing cranberry beds. They used vines brought over from the East Coast, and many pests caused problems in the new environment.
- In the 1920s, scientist D.J. Crowley helped to solve the problems faced by cranberry production in the Pacific Northwest. The Cranberry Research Station was started and recommendations helped growers improve their crops. Today, the Pacific Coast Cranberry Research Foundation continues to support about 250 growers from British Columbia to Oregon.
- Native Americans knew it many years ago, and now, research has proven that cranberries have many health benefits. They are a tasty, nutritious fruit that should be enjoyed year round.

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		×		17
-		-		+	
	-		×		9
×		×		+	
	÷		+		3
10		20		6	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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Weekly SUDOKU

by Linda Thistle

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

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!

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OVERCOMING THE ODDS:

SACHEL PAIGE

Leroy Robert "Satchel" Paige was "the best and fastest pitcher I've ever faced," said Joe DiMaggio. Satchel was over 40 years old when he achieved his goal of playing Major League Baseball.

Known for fantastic pitching and some pretty good one-liners known as "Satchelisms," Paige was born on July 7, 1906. This has been questioned but is assumed to be true. Paige said, "How old would you be if you didn't know how old you are?"

Paige earned the nickname "Satchel" as a young boy when he helped passengers with their bags (satchels) at railroad stations.

Paige started his baseball career in 1924, with the Mobile Tigers semi-pro team in Mobile, Alabama. He went on to play as the dominant pitcher in the Negro League. He also played with the Caribbean League in the winter. Always wanting to pitch, he kept busy playing the game.

Considered the greatest pitcher in the history of the Negro Leagues, Paige had some staggering statistics. He had a stretch of 21 straight wins, pitched 64 consecutive scoreless innings and had a 31-4 record in 1933. Paige thrilled the crowds for 22 years, but his big goal was to make it to the majors.

In 1948, Cleveland Indians owner Bill Veeck tested Paige's accuracy by placing a cigarette on the ground at home plate. Paige threw five fastballs, with all but one directly over the cigarette. Veeck offered Paige the big league contract he had always wanted, and Paige helped the Indians win the pennant that year and amazed fans as the oldest rookie in major league history. He went on to play for St. Louis and Kansas City as well.



Old TV Set

Q: My family owned one of the earliest television sets ever produced for consumers, a RCA Model TT-5. It is in a wooden cabinet and is the tabletop model. Almost everyone who sees it wants to buy it, but we have no idea of what it might be worth. Can you help me? -- Mike, Yonkers, N.Y.

A: Your television set -- with a five-channel tuner -- is extremely rare. It was manufactured in 1939, has a 5-inch screen and is worth about \$15,000.

Q: I found an old coffee grinder at a flea market. It is a mill that was manufactured by John M. Waddell of Greenfield, Ohio, and is the "improved" model 1050. I paid \$50 for it, and think I probably got a bargain. -- Andy, Albuquerque, N.M.

A: Your coffee grinder, according to the original sales description, was designed as a good, low-priced mill "with burr and shell so constructed as to grind very fine." It likely was manufactured during the 1890s and is probably worth in the \$95 to \$150 range. Collectors should be aware that grinders are still being manufactured, and reproductions of the older models are plentiful.

Q: I recently inherited several dozen pieces of costume jewelry, mostly from the 1940s and '50s. Some of the pieces are designs by Eisenberg, Duette, Corcraft and Natty Creations. Can you recommend someone who can help me establish the values of the various pieces? -- Sam, Norman, Okla.

A: Janet Lawwill is an expert who can help you. She buys, sells and appraises vintage costume jewelry as well as estate pieces. Her contact information is P.O. Box 36269, Tucson, AZ 85740; www.sparklz.com; and Jewel@Sparklz.com. A good reference is Warman's Vintage Jewelry: Identification and Price Guide, by Leigh Leshner (Krause, \$24.99).

Q: I found an "I Like Ike" handkerchief at a flea market, and although I have no plans to sell it, I would like to know what a collector would pay for it. -- Stacey, Bailey, Colo.

A: Most political handkerchiefs from the 1950s and '60s that I've seen at auctions have sold in the \$10 to \$15 range. There are, of course, always exceptions.



King Crossword

Brought to you by:
YOUR BUSINESS HERE

ACROSS

1 Sugar meas.

4 Historic time

7 Jump

11 Oil cartel

13 Fresh

14 Part of the foot

15 "Why not?"

16 "CSI" evidence

17 Monopoly" card

18 "Get lost!"

20 "Why not?"

22 Scarlet

24 Takes pleasure in

28 Capistrano bird

32 Block the flow of

33 Cab

34 Chatter

36 Egypt's river

37 British —

39 Completely engrossed

41 Brownish-gray antelope

43 Marshy area

44 Legislation

46 Incorrect

50 Not pizzicato

53 Multipurpose truck

55 Olympic sword

1 2 3 4 5 6 7 8 9 10

11 12 13 14

15 16 17

18 19 20 21

22 23 24 25 26 27

28 29 30 31 32

33 34 35 36

37 38 39 40

41 42 43

44 45 46 47 48 49

50 51 52 53 54 55

56 57 58

59 60 61

56 Food

57 Yank

58 Knitting need

59 Big village

60 Sudden turn

61 Parcel of land

DOWN

1 Playthings

2 Detail, for short

3 Bartlett or Bosc

4 Conclusion

5 Nevada city

6 Not sleeping

7 Nine-day queen of

8 England

9 Before

10 Expert

12 Third degree?

19 Tillis or Torme

21 Moreover

23 Pooch

25 Leave out

26 Christmas

27 Raced

28 Use a swizzle stick

29 Cleanse

30 Wheelbase

31 Series of

battles

35 Chest protector

38 Old French coin

40 Solemn promise

42 Butterfingers

45 Needle case

47 October birthstone

48 Pianist Peter

49 Mannered bloke

50 Performance

51 Greek P

52 Calf's mama

54 Omelet need

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top ten

Surprising Germ HOT SPOTS

1. Kitchen faucet

2. Garbage disposal

3. Welcome mat

4. Vacuum cleaner

5. Dish towel

6. Car dashboard

7. Soap dispensers

8. Restaurant ketchup bottle

9. Refrigerator seal

10. Cell phone

Source: www.prevention.com

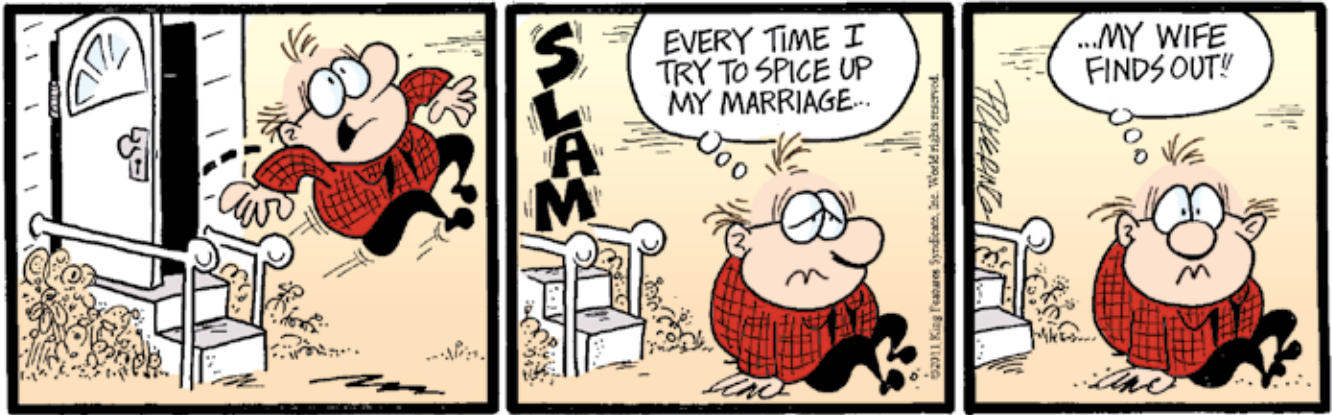
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TIDBITS

NUGGET OF KNOWLEDGE

According to the United States Department of Agriculture, cranberries contain one of the highest levels of "oxygen radical absorbance capacity" (ORAC). This makes them great anti-oxidants, which are important for the body to fight cell damage that can weaken our immune systems and make us vulnerable to cancer, heart disease, aging and more. More and more studies are showing that cranberries are important for good health, just as the Native Americans thought years ago.

The Spats



by Jeff Pickering

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WED BETTER GET THESE BOTTOM CUSHIONS BACK TO THE AIRPORT.

Flight attendants on a _____ layover.

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Tempt CENTIE

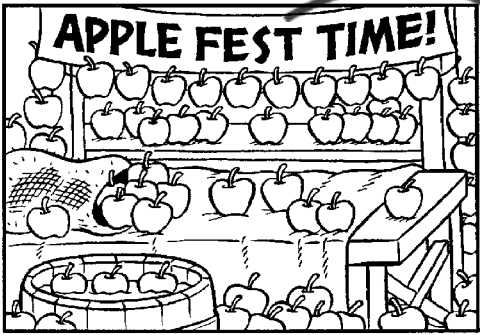
Learn ANGLE

Notify VALEER

Play CRAVOT

TODAY'S WORD

KIDBITS



THIS YEAR'S APPLE FESTIVAL IS UNDER WAY! Try counting all of the apples in the picture before the apple-dunking contest begins.

Answer: We counted 58. How about you?

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DOODLE PICS! The two pictures shown here are graphic presentations of familiar words, phrases or names. You have one minute to identify both.

FIG. 1

FIG. 2

Answers: 1. Fleet-free. 2. Downtown.

IT'S OXYMORON TIME! Below are two puzzle grids to fill in. Hints are given for each word. The words in Grid A use the same letters as the corresponding words in Grid B.

1. Found just under water.

2. Bill of a bird.

3. To disclose with permission.

4. To restore to soundness.
- GRID A

GRID B
1. Being at liberty.

2. A way to cook.

3. A body of water.

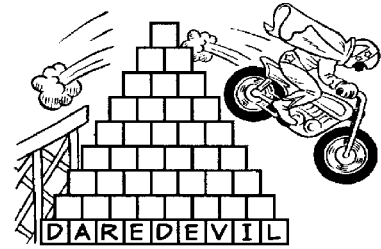
4. Free from illness.

Answers: 1. Fleet-free. 2. Downtown.

Junior Whirl

by Charles Barry Townsend

THE PYRAMID OF WORD POWER



Illustrated by David Coulson

See if you can "leap" to the top of our word pyramid in less than three minutes. Starting with the given word DAREDEVIL, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order, beginning with DAREDEVIL.

1. A reckless person.
2. What the baby did.
3. A Hanukkah toy.
4. A Junior Whirl stumper.
5. Was made angry.
6. Desperately urgent.
7. Anger; wrath.
8. In reference to
9. A direction (abbr.)

Answers: (From the bottom up): Daredevil, drove, dreidel, riddle, dire, ire, re, E.

HealthBits

To Your Good Health

By Paul G. Donohue, M.D.

Three Ways to Treat Overactive Thyroid

DEAR DR. DONOHUE: My daughter was diagnosed recently with a mildly overactive thyroid gland. She is going to have another test in one month. What can be done to bring her thyroid readings to normal without taking medicine for it? What health problems are caused as a result of an overactive gland? -- M.M.

ANSWER: The thyroid gland -- located in the neck -- produces thyroid hormone, a hormone with many functions. At young ages, it fosters growth. It enhances brain activity. It's involved with the metabolism of carbohydrates and fats. It keeps body weight on the lean side. It prevents the heart from slowing down. It's involved with the production of body heat. It keeps cell chemistry perking along at the optimum rate.

Hyperthyroidism, an overactive gland, pushes all the above functions into overdrive. People lose weight in spite of eating more food. The heart races even when people are at rest. Hands tend to shake. At a room temperature comfortable for most, affected people feel hot. The eyes often bulge. Menstrual periods are thrown off their normal cycle.

One of the major causes of an overactive gland is Graves disease. In this condition, the body makes antibodies that stimulate the gland to produce excessive amounts of its hormone. The gland enlarges -- becomes a goiter.

I don't know of a way to treat the gland reliably without resorting to medicines or surgery. Medicines for hyperthyroidism are methimazole or PTU. The medicine chosen is taken for six months to two years and then stopped. If a person relapses, the medicine has to be restarted. Radioactive iodine is another treatment. When people hear the word "radioactive," they cringe. In the decades and decades of its use, radioactive iodine hasn't been responsible for cancer. The iodine makes a beeline to the gland and puts it out of commission. It's similar to having surgery without a scalpel.

Surgical removal of all or part of the gland is the third option for this condition.

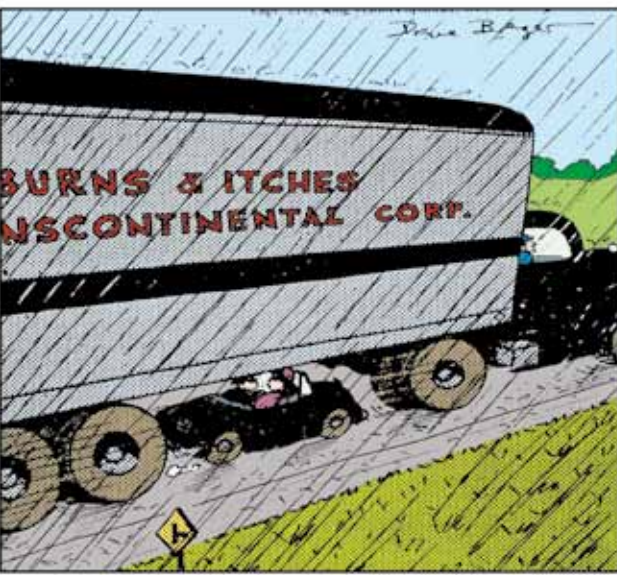
The booklet on the thyroid gland explains both an overactive and underactive gland. To obtain a copy, write: Dr. Donohue -- No. 401W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: This morning, on looking into the mirror, I got a shock. My right eye has a large, red blotch on the white part. It looks like blood. I don't have any pain, and my sight is fine. What is this? I can't remember hitting my eye. Could I have done so during sleep? -- B.B.

ANSWER: You describe a subconjunctival hemorrhage. "Hemorrhage" is far too strong a word to use here. It's actually a small amount of blood that comes from a broken capillary, one of the tiniest and most delicate of blood vessels. Capillaries break for innocent reasons. A cough or sneeze can break one. Most of the time, people have no recollection of anything happening that caused the break. "Subconjunctival" means the leak occurred under the transparent membrane that covers the eye, the conjunctiva.

By the time you read this, the splotch should have vanished.

MISTER BREGER By Dave Breger



"—EVERY time it rains! I do wish you'd have our top fixed instead ..."

PORCUPINES

- Porcupines are odd little animals in the rodent family. There are many types of porcupines found all over the world. The North American Porcupine is found from Alaska and Canada to Mexico.
- Early settlers and Native Americans called the small quill-covered animals “quillpigs.” The name porcupine actually means “spined pig,” but they are not related to pigs at all.
 - Being rodents, porcupines have four long front teeth that grow continuously. They, like other rodents, gnaw on wood and plants. Their needle-like quills are thick hollow hairs with sharp pointy tips used for protection from predators.
 - Porcupines are not fast moving and don’t look very threatening until they feel in danger. If a predator gets too close, they turn with their backs toward the predator and raise their quills, looking like large pincushions. With about 30,000 quills and the ability to shake and rattle them, they can be quite frightening, and often, predators turn and run.
 - Porcupines do not have the ability to throw their quills as is sometimes said, but when they shake them, it may appear that way. Quills do come out very easily if and when a predator makes contact.
 - Porcupine quills have barbs on the ends and are hard to remove from whatever they get stuck in. The quills continue to dig deeper and deeper into an animal’s body and can cause infection and death. When quills fall out or stick a predator, new quill replacements grow in.
 - Porcupines don’t hibernate, but they do make dens in hollow trees, logs and caves. They are active year round but will stay in their dens during bad weather. With long, curved claws and strong tails, porcupines are good climbers and spend a lot of time in trees.
 - Porcupines are nocturnal, meaning they are most active at night. They tend to sleep in the daytime, which is when they can most likely be spotted lounging on tree limbs.
 - Porcupines are small, with full-grown adults weighing 12-35 pounds (5-16 kg). They are about 25-30-inches (60-90-cm) long with tails about 8-10-inches (20-25-cm) long.
 - Baby porcupines are called porcupettes. They are usually born one at a time, with soft quills that become hard and sharp a few days after birth. When they are about 10 days old, they are ready to eat solids and climb trees with their mothers. Porcupettes stay with their mothers until they are about two months old and then go out to live on their own.
 - Porcupines move slowly on land but are very good swimmers. They have a great floating ability thanks to their hollow quills.
 - Herbivorous porcupines use their strong teeth to eat bark, stems, twigs, fruit, leaves and roots. They can wreak havoc on a yard or garden. Since most of the food they eat does not contain much salt, porcupines will lick bones or even salt that is put on roadways to melt ice.
 - Porcupines have been known to chew on tool handles that people have used because the sweat from human hands is salty. So watch your tool shed for these interesting and prickly little animals!

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I-15 updates

I-15 traffic shifts: As early as Oct. 1, southbound I-15 between Main Street and the Spanish Fork River will be shifted onto new asphalt. The remaining sections of northbound I-15 traffic between Spanish Fork and State Route 75 (1400 North) in Springville are expected to shift to new concrete as early as Oct. 16 and 17. Expect lane closures at night and prepare for changing traffic configurations throughout the corridor.

S.R. 75 (1400 North in Springville) ramp shift: As early as Oct. 1, traffic is scheduled to be shifted from the inside to the outside of the southbound on-ramp from S.R. 75 (1400 North) in Springville.

U.S. Highway 6 to northbound I-15 traffic shifts: As early as Oct. 8, traffic is scheduled to be shifted to a new configuration on the northbound on-ramp. Flaggers will be present to control traffic during this shift from 10 p.m. to 11:30 a.m. while crews restripe the U.S. 6 approach to the bridge and the ramp itself. Area motorists should be prepared for changes on and near the ramp.

I-15 full closure for U.S. 6 bridge demolition: The nights of Oct. 14-18, I-15 is scheduled to close for demolition of the old U.S. 6 bridge over I-15. The Spanish Fork Main Street northbound on-ramp and the U.S. 6 to southbound I-15 on-ramp will also be closed for safety due to their proximity to the demolition. Northbound I-15 travelers will exit at Main Street in Spanish Fork and will detour to 1000 North, then back to northbound I-15 via the U.S. 6 northbound on-ramp. Southbound I-15 travelers will exit at state Route 77 (400 South) in Springville and will detour to Main Street in Spanish Fork to re-enter southbound I-15 at the Main Street interchange. Motorists travelling between I-15 and U.S. 6 can use 1000 North in Spanish Fork or use state Route 164 (Arrowhead Trail Road) and state Route 198 (Canyon Road) to connect between I-15 and U.S. 6.

Industrial Park Drive/200 East utility relocation work: As early as Oct. 3, crews expect to shift to the third and final phase of this work (between Main Street and 200 East). Industrial Park Drive will be closed between Shepherd's Carpets and Johnson Tractor. Area businesses are open and will remain accessible.

Spanish Fork Main Street northbound off-ramp closure: Beginning the night of Oct. 17, and continuing for up to four nights, the northbound off-ramp to Spanish Fork Main Street and U.S. 6 is scheduled to close from 9 p.m. to 5:30 a.m. for installation of sound walls. Drivers can use the Benjamin (Exit 253) or Springville 400 South exits to access Spanish Fork.

Spanish Fork Main Street northbound on-ramp closures: The nights of Oct. 10-14, the on-ramp from Main Street to northbound I-15 is scheduled to be closed while crews demolish the old U.S. 6 bridge over the work zone and this ramp. Area motorists can use the northbound on-ramp at U.S. 6 or S.R. 77 (400 South) in Springville as alternates.

Spanish Fork 300 West bridge demolition: Through Oct. 5, 300 West will remain closed while crews demolish the southbound I-15 bridge over 300 West. This demolition will occur during the day. Area motorists should use Main Street as an alternate route. Residents can expect an increase in construction activities and daytime noise following bridge demolition through spring 2012.

Spanish Fork Community

Every Saturday

Farmer's Market, 8 am to 1 pm.
City Office Parking Lot

Oct 3 & 4—Recycling Pickup

Oct 4—City Council Meeting
6 pm. Live on Ch. 17.

Oct 5 — Planning Commission Mtg
6 pm. Live on Ch. 17.

Oct 8 —Harvest Moon Hurrah

Oct 12—Meet the Candidate Night

Oct 13—Fire Safety Open House

Oct 17 & 18—Recycling Pick-up

Oct 18— City Council Meeting
6 pm. Live on Ch. 17

Oct 29—Main Street Trick or Treat

PI System to shut down for the winter — The pressurized irrigation system will be shut off on or around October 15. Please plan your watering schedules accordingly. When the system is shut down, please be sure to turn off your sprinkler system, open any manual drains, and also be sure to close the main valve in your PI box. This will prevent unintended flooding in the Spring, and may help avoid frozen and broken pipes this winter.

Every season, it seems that a handful of residents forget these very important steps and suffer unnecessary flooding in the Spring. Please don't be the one affected next year; take a moment now to completely turn off your sprinkler system.

In order to close your main valve, open the PI Box that is located somewhere in the yard; typically near the sidewalk or street. When you open the lid, be sure to keep an eye out for spiders that like to hide in these kinds of spaces. To close the valve, turn the handle so that it is perpendicular to the pipe, as shown in the picture. Then replace the lid, making sure that it is securely in place.

Springville News

Public Safety Tailgate Party — On Thursday October 13, 2011 from 5:30 to 7:00 the Springville Department of Public Safety will be hosting a Tailgate Party at the Springville High School in the west parking lot. Members of the Department of Public Safety will be offering barbequed hamburgers, chips and drinks. All proceeds will be donated in support of the Springville High School Athletic Program and Springville High School Booster Club.

Proposed Recreation Center Public Meeting & Refreshments — Citizens of Springville are invited to a public meeting with refreshments on Wednesday, October 12th, 2011 from 7-8 PM at the Springville Civic Center. A proposed recreation center in Springville will be on the November 8, 2011 ballot. All those interested in seeing concept plans are welcome and encouraged to attend.

Please come and view concept drawings and plans, get questions answered from committee members, and provide feedback while enjoying refreshments.

The Springville Civic Center is located at 110 South Main, Springville. There is no cost for this event. The Springville Parks and Recreation Board and Recreation Subcommittee encourage all to attend.

Payson News

Corn Maze — 1700 West 800 South 5:00 p.m. September 2 - October 31, 2011
Mondays, Wednesdays, Fridays & Saturdays 6:00 PM - 8:00 PM

ANSWERS

SPORTS QUIZ

1. Joe Medwick (1935-39) and Tris Speaker (1920-23).
2. Bob Turley, in 1958.
3. Floyd Little (1964-66).
4. Patrick Ewing, Hakeem Olajuwon and Dominique Wilkins.
5. New Jersey (missed in 1995-96 season) and Carolina (2006-07).
6. It was 1985.
7. Walter Ray Williams (\$419,700 in 2002-03) and Patrick Allen (\$350,740 in 2004-05).

King Crossword

Answers

Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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

Go Figure!

answers

9	+	8	×	1	17
-		-		+	
7	-	4	×	3	9
×		×		+	
5	÷	5	+	2	3
10		20		6	



1. Idlewild
2. Robert Stack
3. Tom Wolfe
4. Chubby Checker
5. 1941
6. Cheese
7. Egypt
8. Elections
9. 14 lines
10. Bird

WORD POWER
ANSWER
SCURVY

SCRAMBLERS

solution

1. Entice; 2. Glean;
3. Reveal; 4. Cavort

Today's Word:

LONG