

OVER  
4 MILLION  
Readers Weekly  
Nationwide!

# TIDBITS®

OF UTAH COUNTY



October 17, 2011

The **Neatest** Little Paper Ever Read®

Issue 22

Published by : Serendipity Weekly

For Ad Rates call: (801) 616-6288

roger@ilovemytidbits.com

*Best Food in the Neighborhood*

670 West State St  
Pleasant Grove

801-785-1503

Mon - Thu:  
11:00A - 8:30P  
Fri - Sat:  
11:00A - 10:00P



#### WHO WILL WIN?

Can YOU handle the Chubby Challenge? You could win a **FREE CHUBBY T-Shirt**, just by enjoying our Fantastic Food! Bring your Family & Friends

#### FREE SANDWICH

Buy ANY menu Burger or Sandwich & 2 drinks at reg. price & Get a 2<sup>nd</sup> one of equal or lesser value for **FREE!**  
Only with coupon, not valid with other offers Expires 10/31/11

Laugh a bit with **TIDBITS**

Q: Do you know what happened to the chemist who was reading a book about Helium?

A: He just couldn't put it down!

### TIDBITS® LOOKS AT THE HISTORY OF PLASTICS by T.A. Tafoya

Through the years there have been many industrial developments, but no other industry has undergone the rapid growth of the plastics industry. Millions of dollars are spent yearly in plastics research to find new and improved plastics and to find ways to lower the cost of producing plastics. To quote Mr. McGuire from the 1967 movie "The Graduate," "I want to say one word to you. Just one word. Plastics." Make your way down this timeline to learn more about these amazing materials.

- 1862: The world was introduced to plastic at the Great International Exhibition in London by British chemist Alexander Parkes. Parkes formulated a material he called Parkesine, which was derived from organic cellulose (part of the cell wall of green plants). Once heated, this substance could be molded, and it retained its shape when cooled. The product failed due to the high cost of production and its highly flammable nature.

*turn the page for more!*

**TIM LINSON GRAPHICS**

Aluminum Signs  
Yard Signs  
Magnetic Signs  
Logo Design  
Vinyl Stickers  
Vehicle Graphics  
Retail Display  
Banners  
Wall Decor & Lettering

**SIGNS & BANNERS**

Quality with Low Prices!!  
532 N STATE \* LINDON  
801.796.9400

**Silver Creek Dental**

Do You Suffer From?  
• Migraines  
• Headaches  
• Neck Pain  
• Jaw Aches

Call or Visit Now

Can You Stop Taking Pain Medications?

675 S. 100 W. suite 1  
Payson, UT 84651  
**(801) 754-4787**  
[paysondentist.com](http://paysondentist.com)

Holistic Family Dentistry  
Periodontics & Endodontics  
Implant, Sedation & Cosmetic Dentistry

Technology advancements have made it possible to detect problems earlier and reduce pain & anxiety associated with past dental care!

**\$89** Complete Exam & \$250 Value Full Mouth X-Rays

**\$100 off** Any Dental Treatment \$200 minimum treatment.

Must Present Coupons at time of service. Some restrictions apply. Can not be combined with any other offer. New patients only.

**"Norma Jeane's"**

SERVING BREAKFAST, LUNCH & DINNER

**\$500 OFF**

Any \$20 Purchase

465 South Univ. Ave.  
Provo  
801-374-7436

Can Not Be Combined With Any Other Offer

across the street from Purple Turtle  
BEST PRICES ANYWHERE!  
CALL NOW!  
LIMITED INVENTORY

46 East State Street  
Pleasant Grove

All Things Mac!

**MACtraders**

801.810.4MAC (4622)  
[mactraders.net](http://mactraders.net)

**Fiesta Fun Center**

Ice Cream & Snacks  
(See inside for Coupon)  
Pizza Kitchen  
Jewelry Clothing  
Business Cards/Banners/Flyers  
Coming Soon: Laser Tag  
Arcade/Pool & More

**408 S. Orem Blvd Orem**  
Booth Space Available - Call 801.420.0757

**WANT TO PUBLISH A TIDBITS® IN YOUR AREA?**

We provide the opportunity for success!  
Call 1.800.523.3096 (US)  
1.866.631.1567 (CAN)  
[www.tidbitsweekly.com](http://www.tidbitsweekly.com)

- Branson Tractors  
- Kioti Tractors  
- Mahindra Tractors  
- Ariens  
- Gravely  
- Echo

[hobbytractors.com](http://hobbytractors.com)  
660 West State Street  
Pleasant Grove  
801-785-8605

**HOBBY TRACTORS**

Let the Good Times Grow  
Family Business with over 31 years of friendly service!  
Implement, service, parts, lawn mowers, hand tools & much more!  
Mention this Ad for even Greater Savings

**BUY ANY COMBO GET A FREE ROOT BEER FLOAT!**

**State Street Grill**

656 N 200 W Pleasant Grove

Family Owned Family Operated  
Serving the area for 31 years!

660 West State Pleasant Grove

**A New Ride**

All Makes Autos & Trucks

All Types of Financing!

Mention this Ad for even Greater Savings

801.785.9108 [anewride.com](http://anewride.com)

**UTAH CARPET CLEANING**

Book your appointment today!

**VCS**  
Clean to Protect

As Heard On **KSL 1160 NEWS RADIO**

Buy 3 Rooms & Get 4th Room FREE  
Vacuumed, Pretreated and Cleaned for \$89.00

100% GUARANTEE OR AMAZON

Call now to get 1 room FREE \* 801-226-6827

**EXCLUSIVE PREFERRED VENDOR**

**TIDBITS**

See Testimonials at:  
[vcscarpetcleaning.com](http://vcscarpetcleaning.com)

**FREE OIL CHANGE**

Up to 5 qts Shell 5/30 oil, Chassis Lube – if needed  
Additional charge for Diesel, Specialty Oils & Filters

**MUST PRESENT THIS AD BY APP'T ONLY**

Buy the 1<sup>st</sup> Oil Change for only \$29.95 & get the 2<sup>nd</sup> Oil Change for FREE!  
Includes our Exclusive 25 point Maintenance Inspection

**CALL NOW! 801-373-2800**

**The Provo Car Doctors**  
151 North 300 West, Provo

Coupons Valid for Most Cars  
Not Valid with any Other Offer



Salads

Tacos

Burritos

Huaraches

Chimichangas

Gorditas

House Specialty: Shrimp Empanadas

Lunch Special - Only \$ 5.99

Our Special Daily Entrée + Beans + Rice + Drink!



On Main Street in Santaquin

Next to the Santaquin Pharmacy

HOURS

M-Th 11:30 - 7:30

F 11:30 - 8:00

S 11:30 - 3:00

PHONE

801.754.5378



1. MOVIES: What famous Hollywood couple starred in the 1967 movie “Guess Who’s Coming to Dinner?”

2. TELEVISION: What was Lurch’s job on “The Addams Family”?

3. MUSIC: What is Jo Jo’s hometown in the Beatles’ song “Get Back”?

4. RELIGION: On what date is All Saints Day celebrated in Western Christianity?

5. PHYSICS: Who is known as “the Father of the Hydrogen Bomb”?

6. PRIZES: Who won the 1939 Pulitzer Prize for history with his biography “Abraham Lincoln: The War Years”?

7. HISTORY: Which French king abdicated during the Revolution of 1848?

8. GENERAL KNOWLEDGE: When did the first Yankee Stadium open?

9. INVENTIONS Who invented the electric battery?

10. LITERATURE: Where does Shakespeare’s play “Romeo and Juliet” take place

PATAGONIA

International Market

Jorge

Productos de

Latino America

111 N Main Spanish Fork

801-798-8801

patagoniainternationalmarket@yahoo.com

Now here's a tip!

by Jo Ann Derson

(c) 2009 King Features Synd., Inc.

• There are many uses for empty Tic Tac containers. Here are three: Wrap with pretty paper and use as a tiny vase for a single-stem flower. Or, use them to separate small scrapbooking supplies. Last, thread two needles with a length of thread -- one white and one black. Poke the needles through a small square of paper and wrap the thread around the paper. Slip into the container for a travel sewing kit.

• Need your nails to dry in a hurry? Use the cool setting on your hair dryer. It works really fast. -- L.E. in Georgia

• To get a couple more days out of your cat litter, clean the box out and mix in a cup of baking soda.

• Remove mildew from plastic shower curtains by spraying them with a mix of bleach and water, or just toss them in the washing machine with your next load of towels.

• We have a playroom, and the kids argue about who made what mess and who should clean up which toys. We made a cleaning schedule for the room, having one or two children per day responsible to clean up at the end of the day. It was a rough start, but the kids have learned to clean up as they go rather than leave a big mess for someone else (payback is not kind). -- A Mom, via email

• If your vacuum has a paper filter, spray it with your fave perfume or essential oil. It will blow into the air as you vacuum, leaving behind a pleasant scent.

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

SENIOR NEWS LINE

by Matilda Charles

Medicare Enrollment

Medicare enrollment begins and ends early this year. The annual period to sign up or make changes to your plan begins on Oct. 15, 2011, a month early. The most important change is the cutoff date: Circle the date on your calendar, because the enrollment period now ends on Dec. 7, 2011. This way you'll have your card at the beginning of the New Year.

As always, you only have this one time per year to make any changes to your coverage for 2012. Changes can include Medicare Advantage, your drug coverage, Medigap supplemental or your regular Medicare. There are a number of changes you'll need to figure into your decision-making:

-- Drug coverage (Part D) will cost a bit more. At this point, however, they don't know how much that will be for the premiums and deductibles, but you can find out at the website or phone number below.

-- Part B premiums will increase a bit as well. Watch the news, as the cost of living adjustments (COLA) are generally announced sometime in October each year.

-- “Doughnut hole” coverage has a few changes. When you reach the limits of coverage, you'll get a 14 percent discount on generic drugs and a 50 percent discount on brand names.

No matter what type of plan you have, beware. There could be changes to all parts of your coverage. Be sure to check the fine print so you know what you're getting.

Read your Annual Notice of Change carefully. To learn more about all the changes, go online to [www.medicare.gov](http://www.medicare.gov) and look for the publication called “Medicare & You 2012.” To find a plan in your area, click on Resource Locator, then scroll down to Medicare Plan Finder. You also can call 1-800-MEDICARE (1-800-633-4227).

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Write to her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to [columnreply@gmail.com](mailto:columnreply@gmail.com).

PLASTICS (continued)

• 1869: A \$10,000 prize was offered for the discovery of a new material to replace the use of ivory in the making of billiard balls. American printer John Wesley Hyatt entered the contest and discovered what he called “Celluloid.” Celluloid was synthesized from cotton fiber and the plant material camphor, and could be molded into desired shapes.

• One big drawback was the flammable nature of celluloid; the balls had a tendency to explode on contact. The plastic was used as a substitute for amber and tortoiseshell and was later used for film in photography and movies.


• 1907: Formaldehyde greatly advanced the technology of plastic. New York chemist Leo Hendrik Baekeland improved phenol-formaldehyde reaction techniques creating the first completely synthetic, man-made plastic trade-named Bakelite. The mixture was highly heat-resistant and extremely hard and could be added to most materials (even softwood) to make them more durable. In the ‘20s and ‘30s, manufacturers made Bakelite jewelry and clock and radio cases that were uniquely styled. Bakelite became a commercial success.

• 1920: Polyvinyl Chloride, or PVC, was developed to replace increasingly costly natural rubber. Approximately 75 percent of all PVC manufactured today is used in construction materials, as well as upholstery, clothing, piping, flexible hoses, tubing, flooring, roofing membranes, shower curtains and electrical cable insulation. PVC is useful because it resists fire and water.

• 1933: Polyethylene was discovered by accident by two chemists in Northwich, England. It proved to have excellent insulating properties and was used during World War II to insulate radar systems for airplanes. Today, polyethylene makes up the largest volume of plastic in the world with an annual production of approximately 80 million metric tons. It's cheap, flexible, durable and chemically resistant. It

The Garden Bug

Chard



Chard is easy to grow; seeds germinate within 10 days. When the seedlings are large enough, remove the weakest, and leave about 15 inches between plants. Water frequently with a watering can at the base of the plants, not on leaves. Harvesting can begin at 8 to 12 weeks, and can continue for months. Chard is high in vitamins A and C, and provides fiber. Its stems and leaves are edible, and come in all sorts of color combinations.

Source: [www.kiddiegardens.com](http://www.kiddiegardens.com)

© 2011 by King Features Syndicate, Inc. World rights reserved.

Donna's Day

Creative family fun

by Donna Erickson

Summer Still Lingers in Backyard Garden

A purple petunia here, a rosemary sprig there and even arugula! My old college roomie, Becky, brought a wonderfully fragrant, wispy centerpiece to our house last week as an add-on to an impromptu Saturday-night family supper. Designed with lingering stems, herbs and blossoms from her backyard garden, it was arranged informally in a glass jar. So enchanting and simple. And perfect for a family activity you can enjoy this week.

Even if your backyard or potted deck plants look droopy and lost to the season, poke around and you'll uncover some lovely finds lurking under leaves and between tired summer growth. Plus, it's a great way to give your kids a chance to explore and notice what's going on in nature. Think of your discoveries as the “potpourri” of your garden.

Becky's picks were arranged in a charming, recycled 4-inch-tall and 6-inch-wide glass jar. Hearty dusty miller was placed at the base going out in all directions and became the support, like a flower frog. Along with your kids, look for plants with similar strong stems, and then build a centerpiece using what you have with an eye to plants that are fragrant and will last a while. The final gems that will have staying power, even when the water has evaporated from your vase, include lavender, hydrangea, eucalyptus, sedum, roses, pods and herbs.

Trim off the leaves from the base of the stems before you begin arranging them in a jar or vase. As you put each one in the water, play “name that plant or flower,” and have your child repeat what you say. It's especially fun when the name rolls off your tongues nicely, like colorful and lovely “ranunculus.”

Place on a pretty cloth runner at the center of your dinner table. You might also toss a handful of acorns you've collected on fall walks here and there. If you are having friends over for supper, add a colorful flat leaf on each plate with a name written on top with a marker for a personal welcome to the table.

Everyone will appreciate the simple gathering to celebrate fall's beauty, tasty food, and friends and family.

Donna Erickson's award-winning series “Donna's Day” is airing on public television nationwide. To find more of her creative family recipes and activities, visit [www.donnasday.com](http://www.donnasday.com) and link to the NEW Donna's Day Facebook fan page. Her latest book is “Donna Erickson's Fabulous Funstuff for Families.”

TIDBITS®

OF UTAH COUNTY

Published weekly by

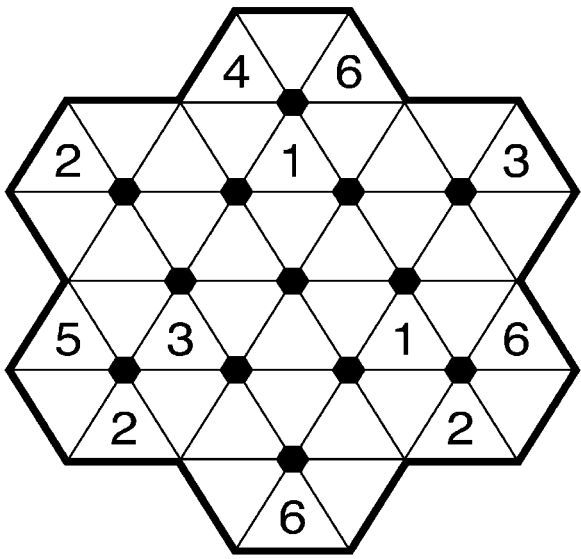
Serendipity Weekly

Call (801) 616-6288

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

© 2011 King Features Synd., Inc.



## Sports QUIZ

By Chris Richcreek

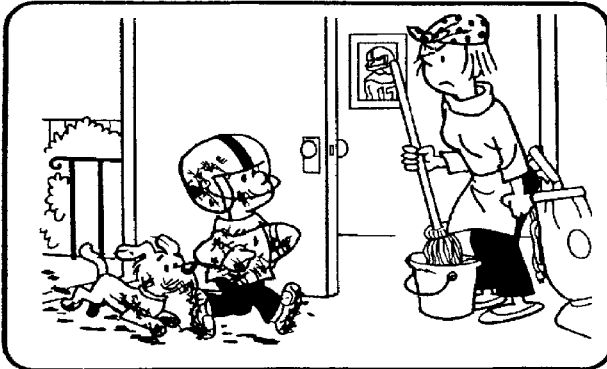
- 1 In 2010, Toronto's Jose Bautista became the seventh player in major-league history to have at least 50 homers, 100 walks and 30 doubles in a season. Name three of the other six to do it.
- 2 When was the last time before 2010 that a player won the N.L. home run season title with fewer than 47 round-trippers?
- 3 The Rams' Marshall Faulk (1999) was the second running back in NFL history to have 1,000 rushing yards and 1,000 receiving yards in the same season. Who was the first?
- 4 What school holds the NCAA men's basketball record for most consecutive appearances in the NCAA Tournament?
- 5 Name the first California-born and -raised player to be a first-round NHL draft pick.
- 6 Which was the first school to post dual (men's and women's) three-peat championships in NCAA track and field?
- 7 In 2011, Martin Kaymer became the second German to take the top spot in the world golf rankings. Who was the first?

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



© 2011 King Features Synd., Inc. World Rights Reserved.  
Differences: 1. Picture has been added. 2. Mom is missing. 3. Vacuum cleaner has been added. 4. House is missing. 5. Window in door is gone. 6. Boy is wearing cleats.

## HELP WANTED!

I have a **GREAT JOB** and now I am looking for Help! The job has a Flexible schedule. I am looking for a Dynamic, Self-Starter who is interested in working from home, representing a Dynamic, Growing Eco-Friendly business to the residents of Utah County, on the phone and in person. Make a Fantastic Income having Fun & meeting New Friends.

SEND YOUR RESUME NOW!!!

[roger@ilovemytidbits.com](mailto:roger@ilovemytidbits.com)

## Strange BUT TRUE

- It was American artist and illustrator Florence Scovel Shinn who made the following observation: "The game of life is the game of boomerangs. Our thoughts, deeds and words return to us sooner or later with astounding accuracy."
- In 1811 and again in 1812, earthquakes caused the Mississippi River to temporarily reverse course.
- You might be surprised to learn that about a million Americans say they drink Coca-Cola for breakfast.
- Dominique Bouhours, a Frenchman who lived in the 17th century, was a priest, an essayist and a grammarian. The love of language may have been closest to his heart, though; it's been reported that the final words he uttered on his deathbed were, "I am about to -- or I am going to -- die; either expression is used."

## PLASTICS (continued)

is used in soda bottles, milk jugs, plastic bags and food storage containers.

- 1933: Polyvinylidene Chloride was discovered at Dow Chemical. PVDC was found to be resistant to oxygen, water, acids, bases and solvents and creates a barrier against oxygen, moisture, chemicals and heat. It was originally used to protect military equipment. The substance was sprayed on fighter planes to protect them against saltwater. After Dow discovered PVDC would cling to almost any surface, Saran Wrap was introduced to the public in 1953.
- 1937: Polyurethane was first developed as a replacement for rubber at the beginning of WWII. This organic polymer was invented by Friedrich Bayer of Germany. It is now used for mattresses, furniture padding and thermal insulation. It is also used for sports wear fabrics such as "lycra."
- 1938: A chemist working for DuPont named Roy Plunkett discovered Teflon. Plunkett pumped Freon gas into a cylinder left in cold storage overnight. The gas dissipated, leaving a slippery, solid white powder. He found this powder to be impervious to acids, cold and heat. It was ideal for use in the lining of pots and pans to make them stick-free and is widely used in kitchenware today.
- 1939: The first nylon stockings were introduced by DuPont labs at the New York World's Fair in 1939-1940. During the 1940s, cheap synthetic polymers, such as nylon, acrylic, neoprene and polyethylene, began to replace the use of natural materials in many things. One example is nylon replacing animal hairs in toothbrushes.
- 1948: ABS, or Acrylonitrile Butadiene Styrene, was first discovered during World War II as an alternative to rubber. ABS was patented in 1948 and introduced to commercial markets in 1954. It is

## Holidays & Observances This Week

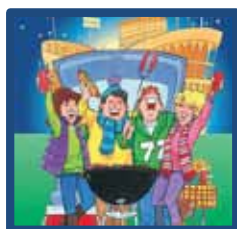
- 10/16 Dictionary Day
- 10/17 Black Poetry Day
- 10/18 World Menopause Day
- 10/19 Evaluate Your Life Day
- 10/20 Get Smart About Credit Day
- 10/21 Mammography Day
- 10/22 Make Difference Day

## DIXON MEAT

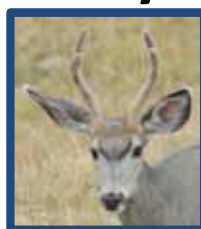
95 S Main  
Payson

**MARKET** 485-3127

## From BBQ to Holiday



RESERVE  
the BEST  
for your  
FAMILY



**HUNTERS - Cutting, Curing, Smoking, Domestic, Wild Game Processing & Cold lockers ★★★★★★**

- The beaver is a rodent.

- If you're like the average adult, when you're sitting in a relaxed position, you inhale about one pint of air with every breath.

- The United States isn't the only country that has an accolade to recognize excellence in the film industry. Here the awards are known as the Oscars, but other nations have their own names for the awards: In Canada they're known as Genies, in France they're Cesars, in Russia they're called Nikas, in Mexico they're Golden Ariels, in Spain they're known as Goyas, and in the United Kingdom they're called Orange British Academy Film Awards.

- Those who study such things say that millions of trees are planted accidentally when absent-minded squirrels forget where they buried their nuts.

- In ancient Rome, if you had a hooked nose you were considered to be a born leader.

**Thought for the Day:** "Four-fifths of all our troubles would disappear, if we would only sit down and keep still." -- Calvin Coolidge

HERE'S MY CARD!  
Call to Advertise  
801-616-6288



110 North Main St. Spanish Fork UT 84660  
(801) 798-1111  
WWW.WheresNemo.Com

**\$2 OFF ANY \$10 PURCHASE W/ THIS AD**

CARDINAL BUSINESS GROUP  
UTAH BUSINESS DEVELOPMENT SERVICES

BEN HART  
BUSINESS AMBASSADOR

INTERNET MARKETING, WEBSITES, SEO, TESTIMONIALS  
PROMOTIONAL VIDEO, REPUTATION MANAGEMENT,  
CONSUMER ELECTRONICS STORE, CONSULTING

801-997-0077

BENHART2009@HOTMAIL.COM  
WWW.CARDINALBUSINESSGROUP.COM

**BRAD'S**

**BARBER  
SHOP**

54 North Main • Spanish Fork, Utah

Call (801) 798-2629 for appointments

**\$2 OFF With this AD**

Standing for  
Liberty and  
Freedom by  
Promoting the  
Constitution



We Do:  
• Ads • Flyers  
• Business Cards  
• Vinyl Graphics  
• Banners

Advertise your company with our Low Cost Packages

Beenservedpayforward@hotmail.com

Beenservedpayforward.com

Chris (801) 814-8213

**Dr. Steve  
Baker**

Chiropractic & Acupuncture Certified

**I HAVE MOVED!**

**BAKER CHIROPRACTIC &  
ACCIDENT REHABILITATION**

**Specializing in:**

- Auto Accident Rehabilitation
- Headaches
- Back & Neck Pain
- Wrist or Knee Pain
- Chronic Pain

2255 N. University Pkwy #3  
Provo, UT 84604

801-210-0669

www.utahchiropractics.com  
www.facebook.com/drstevebaker

**TIDBITS**  
OF UTAH COUNTY

Published by: Serendipity Weekly

**Roger Strong**

Owner/Publisher:  
[roger@ilovemytidbits.com](mailto:roger@ilovemytidbits.com)

409 North 900 East  
Orem, UT 84097-6004  
bus: (801) 616-6288

**The Neatest Little Paper Ever Read.®**

**PLEASE SUPPORT  
OUR ADVERTISERS.**

**TIDBITS**

TELL THEM YOU SAW THEM HERE!



**PLASTICS (continued)**

a tough, light-weight plastic, resistant to heat and has the ability to be injection molded and extruded, which makes it useful in the manufacture of many different products like piping, musical instruments, golf club heads, car parts and some toys, including Legos. Even some tattoo inks use particles of ABS ground down to less than a micrometer in diameter to make the colors more vivid.

- 1953: Chemist Dr. Daniel Fox of GE became one of the discoverers of the polycarbonate resin that was patented as Lexan. He found that once the gooey substance hardened, it could not be broken or destroyed without great effort. In 1968, the company began using sheets of Lexan in bus and train windows and to make bullet-resistant laminates. Neil Armstrong and Buzz Aldrin wore pressure helmets made of Lexan as they took the first steps on the moon. The material is also used in football helmets, traffic signal housing units, car headlights, fighter jet windshields, car dashboards, laptop housings, CDs, DVDs and cell phones.
- 1954: Polystyrene foam, more commonly known as Styrofoam, was discovered in 1839. Dow Chemical introduced Styrofoam to the public in 1954. The material is used for packaging, as a building material and in toys and other household items.
- 1965: DuPont scientist Stephanie Kwolek developed a way to spin fiber from liquid crystalline solutions. The resulting material was lightweight, flexible and five times as strong ounce for ounce as steel. This later became known as Kevlar and is used to make various military and police protection products including flak jackets, bulletproof vests and other protective wear.
- 1979: Polar fleece is a soft, napped insulating synthetic fabric made from Polyethylene Terephthalate (PET) and other synthetic fibers. Polar Fleece was first created in 1979 by Malden Mills, now Polartec LLC. The goal was to develop a new, light, yet strong, pile fabric that could mimic, and in some ways surpass, wool. Fleece has some of wool’s finest qualities but weighs a fraction in comparison, is more lightweight than other polyester fabrics and doesn’t hold moisture.

OVERCOMING THE ODDS:  
PETRA NEMCOVA

Triggered by an immense 9.0 earthquake under the Indian Ocean near the west coast of the Indonesian island Sumatra, the tsunami of 2004 left millions of people homeless and 283,000 dead in 11 countries. Despite the massive losses, we can find inspiration in

**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.

**DIFFICULTY: ★★**

★ Moderate   ★★ Difficult   ★★★ GO FIGURE!

	-		×		14
+		÷		-	
	×		-		5
÷		+		×	
	+		÷		2
6		9			15

1 1 2 3 4 5 7 8 9

© 2011 King Features Syndicate, Inc.

**Weekly SUDOKU**

by Linda Thistle

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

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!

© 2011 King Features Synd., Inc.

**United Studios of SELF DEFENSE**

Professional private and group instruction for men, women, and children of all ages.

Mention this ad and you will receive a **FREE** uniform upon enrollment

**First 50 Callers**

**Provo • Orem**  
**Saratoga Springs**

**801-373-4844**

[facebook.com/provokarate](https://www.facebook.com/provokarate)  
Like us and get extra discounts

**LOWES TREME Airsports**

NO PLACE LIKE IT IN THE NATION!

EXPIRES: 11/17/2011

BUY ONE ENTRY GET ONE **HALF OFF!**

1111 W 100 S. PROVO  
(801) 374-JUMP

WAIVER REQUIRED - PRINT IT OUT FROM [LOWESAIRSPORTS.COM](http://LOWESAIRSPORTS.COM)

**Norma Jean's DINER**

SERVING BREAKFAST, LUNCH, & DINNER

**\$500 OFF** Any \$20 Purchase

465 South Univ. Ave. Provo - 801-374-7436

Can Not Be Combined With Any Other Offer



255 WEST CENTER PROVO

**TAYLOR MAID 20% OFF**

(801) 377-0765 **ANY PURCHASE**

COSTUME RENTALS & SALES (COUPON REQUIRED)

BEAUTY/THEATRICAL SUPPLIES FULL SERVICE SALON

**FREE SOFT DRINK**

WHEN YOU BUY ANY DAILY SPECIAL

**Mexitalia** **20% OFF**

LUNCH & DINNER

394 S. STATE OREM 801-224-1402

M-T 10:30AM TO 9:00PM F-S 10:30 TO 9:30

OFFER EXPIRES ON 10-31-2011 with coupon only

Time For A Treasure Hunt

**Coupon Etiquette** These coupons are truly Treasures of Generosity from our advertisers, your friends & neighbors. Work with the store and be thankful for their kind offer. They are donating their precious time and resources to encourage you to discover their outstanding products & services. Please recognize that all disclaimers could not be printed on the coupon. Remember not to abuse these offers. Be sure to thank them for their gift. They are very thankful to you for your patronage!

765 S. 100 E. Provo  
801.375.0822

**DISCOUNT**  
Guns And Ammo

"Nobody Beats Our Prices"

[discountgunsandammo@gmail.com](mailto:discountgunsandammo@gmail.com)

**2 FOR 1**  
RANGE PASS

4 USES  
ONE PER DAY


★ **20% OFF** ★

Children's Books  
w/ min. Purchase of \$15

Paper Back Books

★ **4 for \$10** ★

Expires: 11/17/2011  
Endless Coupon Till Expiration Date!



**eBornBooks**  
of prove.com

(801) 607-1468

In Provo Town Center Mall  
1200 Town Center Blvd. SPC 2006



**Tommy's**  
Famous By  
Noon Tomorrow

Provo Utah

401 W. 100 N.

Buy Any Burger Combo and Get A Burger Free!

Can't Be Combined With Any Other Offer

**Promote Liberty**

Donate to Print the **USA Constitution**

Grayscale Business Card Size Ad Provided

Call For Details **Chris 801.814.8213**

*The Steak & Everything Grill*

**BUY ANY COMBO MEAL & GET A HOT FUDGE SUNDAY FREE!!**

Expires: 11/17/2011  
Three Uses, One Per Day

1650 W. Center Provo (801) 375-6448



**SMALL ACTS LEAD TO BIG THINGS**

You've Been Served Deals

**SERVICE**

IS THE KEY TO OUR COMMUNITY

80 West Center (801) 377-4747  
Provo

**TWO JACK'S Pizza**.com

Large 14" - 2 Topping Pizza **ONLY \$9.99**

8" Two Topping Personal Pizza w/20 oz Fountain Drink **ONLY \$5.29**

**Delivery Carry Out Dine In**



**Family Entertainment, LLC.**

**Half Price**

Live Entertainment For Your Next Event!

Sound Equipment Set-up & Rental - 25% Off

[txazccwboy@gmail.com](mailto:txazccwboy@gmail.com)

Bob Womack Expires: 11/17/2011 801.372.7094

Expires: 11/17/2011

**O'scrap!**  
We Make It Fun...

**25% off**  
Entire Purchase at O'scrap!

[www.oscrap.com](http://www.oscrap.com)  
510 S University Ave.  
Provo, UT 84601  
801.225.6015



**GUNNIES**

Coupon

Expires: 11/17/2011  
One coupon per person/visit.  
Not valid with any other offers or sale items.  
Excludes Classics, Licenses, & Guns

**\$5.00 OFF**

Redeemable w/ Min. \$25 Purchase

396 South State - Orem (801) 226-7080

Time For A Treasure Hunt

**Coupon Etiquette** These coupons are truly Treasures of Generosity from our advertisers, your friends & neighbors. Work with the store and be thankful for their kind offer. They are donating their precious time and resources to encourage you to discover their outstanding products & services. Please recognize that all disclaimers could not be printed on the coupon. Remember not to abuse these offers. Be sure to thank them for their gift. They are very thankful to you for your patronage!

**TAKE A BREAK**  
SPAS & BILLIARDS

Expires: 11/17/2011

**10% OFF**

All Chemicals, Filters, & Accessories

[www.takeabreakspas.com](http://www.takeabreakspas.com)

925 S. 1950 W. • Springville 801-489-6005

1575 South 1950 West Springville  
801-491-8559

**JUMPIN JACKS**

**2 FOR 1**  
Get 2 Jumpers For The Price Of 1

I-15 Exit 260 -South of Springville Walmart one mile  
Not Valid on Thurs. Can't be combined w/ any other offer.

Inflatable Play Rooms  
Slides & More!



**Scuba Ted's**

50 North Main Springville (801) 491-DIVE (5483)

**\$50 OFF**  
Scuba Certification

Simply affordable

Know the Law:

The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people. - Amendment X, Bill of Rights

**Simple Simon's Used Cellular**

Touch Screen phones under \$100!  
Camera phones as low as \$25!  
Phones as low as \$20!

Need instant cash? Call Today for an offer on your broken or unwanted used cell phones!

**S.S.U.C.** (801) 722-5700

**T-MOBILE AT&T SPRINT VERIZON**  
BUY SELL TRADE REPAIRS RECYCLE



**BOP**  
BOARD OF PROVO

**FREE SKI OR SNOWBOARD WAX WITH ANY SEASON PASS PURCHASE OR BUY ONE WAX GET ONE FREE**

801-356-3185 Expires: 11/17/2011

465 N. University Avenue, Provo UT

**ELEGANT EXPRESSIONS**  
OLDE TYME PHOTOGRAPHY  
WESTERN PHOTO'S  
MANY OUTFITS AVAILABLE

**\$15 - 8 X 10 OLDE TYME PHOTOS** (801) 358-7104  
**OR 2 FOR \$20** (SAMP. POSF.)

**NATALIE @**  
**AND COME IN TODAY!**

**Hansen MOUNTAINEERING**

**One Time 20% Discount**

1799 N. State St. Orem, UT 84057 801.226.7498  
www.hookedonclimbing.com Expires: 11/17/2011

Mountaineering Climbing Backpacking Canyoneering

**20% OFF**  
Any Training Course

Rock Climbing  
Canyoneering  
Rappelling  
Mountaineering  
Wilderness Medicine  
& More!

www.12fingeradventure.com

**12 FINGER**  
OUTDOOR ADVENTURE

Lifting others to new heights through outdoor adventure.  
(801) 360-5183 Expires: 11/17/2011

**YOU'VE BEEN SERVED DEALS**

Typically one coupon per day, per person/group. Businesses may limit or restrict coupon use. Coupons cannot be combined with any other offers or discounts. BSPF is not responsible for merchant substitution, failures, or so forth. Contents Copyright. All Sales Final

**NEED A FUNDRAISER? HIGH PAYOUT!**  
Use contact page at [beenservedpayforward.com](http://beenservedpayforward.com)  
Have you served someone lately?



**Rachelle Call**  
Addiction & Recovery  
Support Music  
Book a Performance  
**Save 20%** (Mention Ad)  
at [Rachellecall.com](http://Rachellecall.com)  
recovery. the music.  
Now Available in Stores  
Expires: 11/17/2011

**Iguana Inks & Toner**  
\$3 OFF ANY  
Inkjet Cartridge Refill

252 N. University Ave. Provo  
(801) 375-INKS (4657)

Inkjet, Toner & Printer Services

**junk in my trunk**  
\$1.00 OFF  
any item over \$5.00!

308 S. 300 E. Provo 801-735-4731

**Nickel City**  
FUN CENTER  
801.802.8555

Great for Scout, Church, & Work Activities  
**LASER TAG PACKAGE**  
1 Admission + \$2 Nickels  
+ 1 Laser Tag Game  
**ONLY \$6.99**  
One Touch Per Day  
Expires: 11/17/2011  
Bring in the Whole Family!

**Call Today**  
English  
(801) 471-4780  
Spanish  
(801) 400-8582

**Joy\*Joy's**  
Slides Bouncers  
Cotton Candy  
Karaoke  
Tables & Chairs  
& Everything  
for a Party!

**Rental**

Expires: 11/17/2011

Deals Available - Choose One - Unlimited Use Until Expiration Date  
Rent 1 Bouncer, Get 1 Half Off 10% OFF All Rentals 15% OFF Slide Rental  
(at equal or lesser value)

**PROMOTING LOCALLY OWNED BUSINESSES**

**ADVERTISE HERE**

**LOW RATES - PROVIDE YOUR BEST DEAL**

**CHRIS 801.814.8213**

**Red Deli**  
227 North University Rve.  
Buy Any Sandwich & Get a FREE  
SMALL CHEESE FRY  
(\$2.50 Value)  
Two Uses - One Per Day  
Expires: 11/17/2011

**Ts Diner**  
520 N. 900 E. Provo  
(801) 691-0934

**Buy One Entree**  
**Get One 1/2 OFF**

2 Uses  
1 Per Day  
Expires: 11/17/2011

Sandwiches, Ice Cream, Breakfast & More

**FIESTA FUN CENTER**

Now Here\*: Retail Booths  
Pizza Kitchen  
& More

Coming Soon:  
Laser Tag  
Arcade

**Buy a Large Smoothie/Shake**  
**Get a Small FREE**

Expires: 11/17/2011

**408 S. Orem Blvd Orem** \*Soft Grand Opening  
Booths Available - Call 801.420.0757 Oct. 14th - Noon

**saints**  
PAINTBALL

**RENTALS: \$23.99**

**801.709.1624**

**282 N. UNIVERSITY AVE**

Better health, better opportunity with Xocai! (show-sigh)  
To set up a free taste test, give me a call!

Emily Prentice  
801.921.2513

**CLAS**  
2 FOR 1  
Halloween Cruise  
Valid October 3rd - 31st 2011

**Lily Pad**  
801-380-9103 shop

thelilypadshop.etsy.com

**SAVE 10%**  
Use promo code:  
**Served10**

Personal, Unique, & Fun Gifts

**Flags & Stuff**  
BRING THIS AD IN  
& GET THE UTAH  
STATE FLAG FOR \$5!

(3x5) Reg. Price \$9.99  
Expires: 11/17/2011

flagsandstuff.com

**CASH FOR GOLD AND SILVER**

**CALL JARED: 801.859.8088**

**OPEN LATE**  
Fri/Sat

**oZZ**  
PROVO, UTAH  
Event and Fun Center

801.818.9000  
Group or Party  
Discounts Available [ozzfuns.com](http://ozzfuns.com)

490 North Freedom Blvd

**RACERS**  
CYCLE SERVICE

**\$10 OFF**  
Any Tune-Up Service

**The Lucky**  
FREE Fountain Drink  
With Any Purchase  
All Burgers include Hand-Cut Fries  
(801) 717-9616  
490 North Freedom Blvd

**PROVO Art & Frame**

**15% OFF**  
CUSTOM FRAMING

BYU & UVU STUDENTS  
SEE WEBSITE FOR SPECIAL DISCOUNTS

(801) 375-1150  
201 West Center - Provo  
[provoartandframe.com](http://provoartandframe.com)

**THE QUARRY**  
2494 N. UNIVERSITY PKWY PROVO  
INDOOR CLIMBING CENTER

**BUY ONE DAY PASS GET ONE FREE**

Expires: 11/17/2011

**LASER ASSAULT**  
2 FOR 1  
Half-Hour Blacklight  
Laser Tag Miniature Golf

1 2 3 4 One Use Per Day  
Expires: 11/17/2011

264 N. 100 W. Provo (801) 374-3400

### PETRA NEMCOVA (continued)

the stories of those who survived, people like Petra Nemcova.

- The amount of energy released when the earth's crust collided in this event was comparable to 23,000 Hiroshima-type atomic bombs, according to the U.S. Geological Survey. This energy displaced an enormous amount of water, sending powerful shock waves in every direction. These shock waves created the killer waves that slammed into the coastlines of 11 countries in the Indian Ocean.
- Some of these waves traveled as far as 3,000 miles (nearly 5,000 km) and reached heights of 50 feet (15 m). But most of the coastlines were hit with a rapid surge of the ocean followed by a rapid retreat of the water back out to sea. These areas were ravaged by not just one wave, but a series of waves.
- One of the many tsunami survivors was supermodel Petra Nemcova. Nemcova and her boyfriend, photographer Simon Atlee, were vacationing at the Thai resort of Khao Luk. Nemcova loves Thailand and wanted to share the experience of the country with Atlee, so she planned the surprise trip for the two of them. It was the morning of December 26, the last day of their holiday. They were in their bungalow packing for the flight home later that day when Nemcova caught a glimpse out the window of people screaming and running away from something.
- "I looked out to see what was happening and then the water came in," recalls Nemcova. Leaving the couple no time to react, a 10-meter wave broke through the bungalow windows, ripping the building apart and sweeping Nemcova and Atlee along with it.
- Nemcova, looking for something to hold on to, saw a rooftop within reach. She called to Atlee, "catch the roof." She managed to grab hold, but didn't see if he made it or not as the force of the water sucked her under. The pressure of the water and debris pinned her legs against the building and broke her pelvis in four places. As the wave subsided, the debris released her and in that moment she thought to try and climb on the roof when the next wave hit and pulled her under water again. As she surfaced, she caught hold of a palm tree branch and held on for her life. Eight hours passed before she was rescued. She sustained internal injuries in addition to her broken pelvis. Atlee's body was later found and identified.

### Collecting by Larry Cox

**Q: I was a big fan of Roy Rogers when I was a youngster. One of my toys that I managed to keep is a Roy Rogers Signal Siren flashlight, complete with Morse and secret code. The flashlight is in almost mint condition, but I do not have its original box. Does it have any value? -- Steve, Sun City, Ariz.**

**A:** Let me shine some light on this toy. The Roy Rogers flashlight should have an image of both Rogers and Trigger on it and was marketed during the 1950s. According to Collecting Toys: A Collector's Identification and Value Guide edited by Karen O'Brien (Krause, \$29.99), it is worth \$95, \$140 or \$190, depending, of course, on its condition.

**Q: Using dress patterns from the 1930s and '40s and vintage fabric, I make classic-style clothing, which I am able to market. My big problem is finding appropriate buttons. Can you help me? -- Susan, Booneville, Mo.**

**A:** Patches Etc. is a St. Charles, Mo., shop that specializes in quilts. It also features one of the largest button collections in the region. Ann Hazelwood, the owner of the business and a certified quilt appraiser, can help you find the type of buttons you need. The contact information is 337 South Main St., St. Charles, MO 63301; Patches2.com; and 3Patches@prodigy.com.

**Q: I have a Fiesta calendar plate from 1954. It is ivory in color. I have been offered \$75 for it, but am hesitant. -- Marie, Rio Rancho, N.M.**

**A:** Take the money and run. I found your plate referenced in Warman's Fiesta: Identification and Price Guide, by Glen Victorey (Krause, \$24.99). The author, a serious Fiesta collector and expert, believes the 1954 Fiesta calendar plate is worth about \$10. Incidentally, the plate was issued in several colors, including light green, yellow and ivory.

**Q: I have several Duane Eddy singles in picture sleeves. How much could I sell them for? -- Carl, Metairie, La.**

**A:** The Capitol sleeves are worth in the \$2 to \$4 range; Colpix, \$15 to \$25; Jamie, \$15 to \$25; and RCA, \$10 to \$15. Sleeves should be in excellent condition with no scuffs or other signs of wear or use.

Write to Larry Cox in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to [questionsforcox@aol.com](mailto:questionsforcox@aol.com). Due to the large volume of mail he receives, Mr. Cox is unable to personally answer all reader questions. Do not send any materials requiring return mail.





Brought to you by:  
YOUR BUSINESS HERE

**ACROSS**

1 Disarray

5 Drunkard

8 Mac-Donald's place

12 Year-end celebration

13 Lawyers' org.

14 Dunkable treat

15 Hiker's energy source

17 Bellow

18 Mingle (with)

19 Sequen-tially

21 Pitching stat

22 Replaces divots

23 Fool

26 Wet wriggler

28 Handle skill-fully

31 Comestibles

33 Lair

35 Inside picture?

36 Potato, for one

38 Have a bug

40 That woman

41 Harvest

43 Mai — (cocktail)

45 Asian capital

47 Buccaneer

51 Brewery

12

15

18

21

23

31

36

41

45

51

54

57

52 Temporary solution

54 French meat entree

55 Trojans' sch.

56 Sea eagle

57 Charon's river

58 "A mouse!"

59 Iditarod team

**DOWN**

1 Legend

2 Modern money

3 Thick chunk

4 River

through Paris

Did a springy

products

Brazilian dance

Japanese sash

Urban fleet

New Jersey base

Wake-up calls

Ca-booze's place

Early hours

Traditional tales

Promptly

Astern

Not worth a —

AA goal

Meadow

5

6

7

8

9

10

11

13

16

19

20

22

26

27

28

29

30

32

33

34

35

37

38

39

40

42

43

44

46

47

48

49

50

52

53

55

56

58

59

29 — -di-dah

30 Coloring agent

32 Discard

34 Argue over trifles

37 "Norma —"

39 Secular

42 Irritate

44 Annoyed

45 Sailors

46 Greatly

48 Roundish do

49 Chime sound

50 Former partners

53 Work with

© 2011 King Features Synd., Inc.

top ten

### Fictional LANGUAGES

1. Elvish
2. Esperanto
3. Klingon
4. Newspeak
5. Simlish
6. Aklo
7. Na'vi
8. Atlantean
9. Parseltongue
10. Nadsat

Source: Smashing Lists

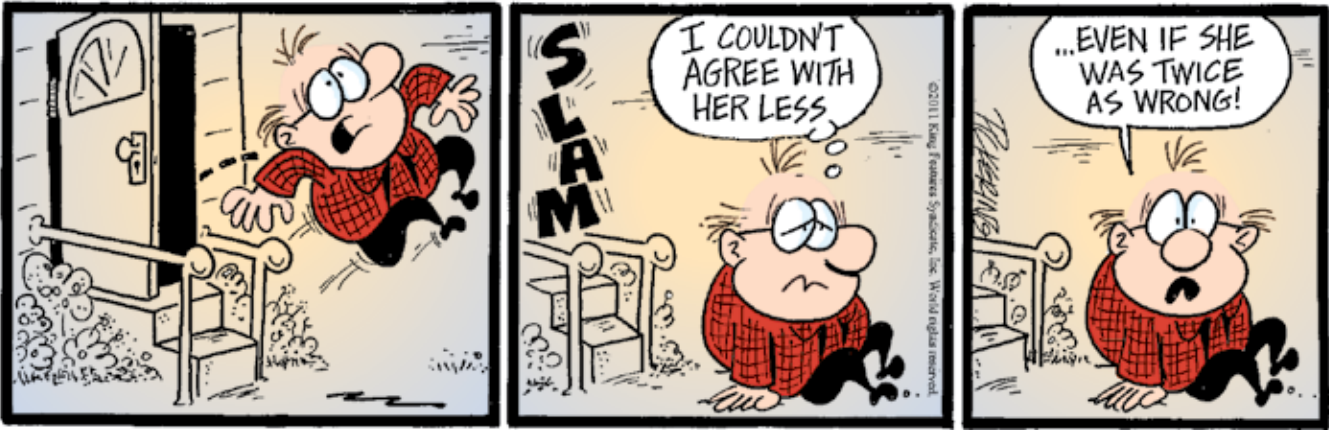
© 2011 by King Features Syndicate, Inc. World rights reserved.

TIDBITS

### NUGGET OF KNOWLEDGE

The advancement of the plastics industry got it's boost during WWII when rubber became scarce, and the shortage threatened war production. The U.S. government asked companies to invent a synthetic rubber that had similar properties and could be made with non-restricted ingredients. Company chemists got to work and produced many synthetic products used during the war. After the war, companies found ways to use the surpluses of these chemicals to make products marketed for the general public.

The Spats



by Jeff Pickering

**“Men make the best after-dinner**  
\_\_\_\_\_, son.  
**Women can’t wait that long.”**

**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!

Rattle  
**KASHE**

Soak  
**SABBOR**

Allow  
**TEMPIR**

Catch  
**NEARS**

**TODAY'S WORD**



**CONNECT THE DOTS** and find out what asks no questions but requires many answers.

Answer: A doorbell.

**A FRIGHTENING PUZZLE?** To solve this problem you must replace the letters in our AlphaMath puzzle with the digits 0 through 9, so that you have a correct addition expression. The same letters get the same digits. See if you can get a higher total than we did

Our answer: D=9, A=3, F=0, K=2, M=8, S=5, G=1, H=7, O=6, T=4, (9302 + 8352 = 17654.)

**FIND THE SEVEN WORDS PUZZLE!** In the word square at the right, we've removed six of the letters to spell out the word "LANCET." See if you can replace these letters in the squares so that you will have four three-letter words across and three four-letter words down. Time limit: 60 seconds.

Answers: (Across) Cot, ale, nee, ton. (Down) Cant, oleo, teen.

© 2011 King Features Synd., Inc. World Rights Reserved.

**Junior Whirl**

by Charles Barry Townsend

A WORD BRIDGE

Illustrated by David Coulson

- The bridge above contains 10 supporting words. We give you the first letter of each, plus plenty of hints.
1. A very small unit of measurement.
  2. A small corner recess.
  3. A U-shaped bend in a river.
  4. A ringing of a set of bells.
  5. A teasing remark (sl.).
  6. To drench in a liquid.
  7. To pack down tightly.
  8. To consolidate.
  9. To sell by machine.
  10. A large amount of cash.

To Your Good Health

By Paul G. Donohue, M.D.

Many Ways to Treat Atrial Fibrillation

DEAR DR. DONOHUE: Will you please discuss heart fibrillation? I take a medicine for high blood pressure. Medicines for atrial fibrillation made me wild. I also take warfarin for the fibrillation. I'd appreciate any information you have. -- M.L.

ANSWER: Atrial fibrillation is one of the most common heartbeat irregularities. The atria are the two upper heart chambers, the site of origin for the electric signal coming from the heart's inborn pacemaker and producing each heartbeat. Fibrillation is a rapid twitching of the heart muscle. The atria are not contracting; they're squirming. This decreases the heart's pumping power.

More dangerously, it also leads to clot formation. Blood stagnates in the squirming atria. Stagnated blood clots. Those clots can be carried in the circulation to a brain artery, which they block. That's a stroke. That's why you take warfarin (Coumadin) -- to prevent clotting (anticoagulation).

Aging, high blood pressure, heart artery disease, heart valve disorders and an overactive thyroid gland are some of the things that lead to fibrillation.

The goals of therapy are to slow the heart, establish a normal heartbeat and prevent a stroke. Sometimes, simply slowing the heart will restore normal heart pumping without ending the irregular beat. Anticoagulation (blood thinning) is still needed.

I can't mention all the medicines used to control fib; there are too many. In place of medicines, a shock to the heart sometimes can restore a normal beat. Heart specialists also use a technique called ablation. They thread into the heart a special catheter that has the capability of creating tiny scars with radio waves or ultrasound waves or by freezing tissue. The scars form an impenetrable barrier to the renegade electric signals causing fibrillation.

The booklet on heartbeat irregularities discusses atrial fib and the more common abnormal heartbeats. Readers can obtain a copy by writing: Dr. Donohue -- No. 107W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: Many months ago, my feet turned numb. The numbness has spread up to my knees. It has made me quite unsteady when I walk. My doctor can't find a cause or treatment for this. Can you suggest anything? -- L.O.

ANSWER: Your description fits peripheral neuropathy, a deterioration of nerve function, often of the leg nerves. The causes for it are many. Frequently, however, a precise cause can't be determined.

You need to make an appointment to see a neurologist as soon as you can.

DEAR DR. DONOHUE: What does it mean when there are bubbles in the toilet after urinating? Every time I urinate, foaming bubbles appear on the surface of the water. Is this an indication of a medical problem? If so, what should I do? -- W.G.

ANSWER: When you pour one liquid from a height onto another, bubbles form. That's normal.

If the bubbles are dense and as extensive as a head of beer, that can be an indication of protein in the urine. For those kinds of bubbles, a urinalysis, one of the cheapest lab tests, will confirm or refute the presence of urinary protein.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

**MISTER BREGER** By Dave Breger

"Breger, I want you to pace back and forth nervously until I get word my wife's had her baby ..."



**PETRA NEMCOVA (continued)**

- Nemcova's life was changed forever. "It's amazing how such a tragic experience can teach you so much," she says. Her experience led her to create an organization called the Happy Hearts Fund that helps rebuild schools in disaster zones.
- The organization has rebuilt 50 schools since 2006 in nine countries. "It's important to establish sustained response to disasters. There is generous first response but that help goes away," says Nemcova. "Schools are important because if children aren't able to go to school, that doesn't allow for healing and growth."

**CRUDE OIL**

Crude oil (petroleum) is a complex mixture of many different chemical compounds called hydrocarbons. The separation of these compounds into useable products is known as fractional distillation. Through distillation, crude oil is heated to separate the hydrocarbons into raw fractions: gasoline, kerosene, fuel oil, gas oil, wax distillate and cylinder stock or bottoms. These raw fractions are then selectively changed through conversion methods (cracking and rearranging the molecules) and treatments to improve the products to meet specific requirements. Here is a simplified look at the different fractions of petroleum and what they are made into.

- The gasoline fraction is further refined through a variety of processes that convert it into the different fuels we power our cars with.
- The kerosene fraction is used for aviation

**Amber Waves**

by Dave T. Phipps

**Constant Barking Gets on Neighbors' Nerves**

By Samantha Mazzotta

**DEAR PAW'S CORNER:** My dog barks and howls at everything, whether it's the lawnmower next door or the neighborhood kids playing down the street. He barks at night; he barks when we're at work. It's embarrassing, really. My neighbors have complained about it, but I don't know what to do to stop "Jellyroll" from barking. -- Claire S., Orlando, Fla.

**DEAR CLAIRE:** It sounds to me as if Jellyroll is anxious about the strange noises he hears outside, and also feels anxious when you're not at home or asleep in a separate room. Separation anxiety is a very common problem in dogs. Aggression barking also is a common issue. But they can be dealt with.

To reduce separation anxiety, you must work to increase Jellyroll's confidence that you are not abandoning him when you leave his sight. One way to do this is to have him sit and stay near an exit door. Step outside the door and shut it. Does he begin to bark? Now, step inside and

have him sit and stay again -- don't allow him to jump up. Repeat these steps until Jellyroll no longer howls when you step outside -- and when he doesn't howl, give him a treat each time after you come back in. This could take several sessions, so don't lose heart. To help deal with his barking at outside noises, socialize Jellyroll further. Introduce him to one or two humans at a time, max, when they visit or when out for a walk. When a scary noise like a lawnmower sets him off, have him sit and stay and give him lots of encouragement and praise as long as he stays and doesn't bark. There are numerous training techniques you can try, and I recommend working with a trainer to learn more and possibly get even faster results.

Send your question or comment to ask@pawscorner.com, or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. For more pet care-related advice and information, visit [www.pawscorner.com](http://www.pawscorner.com).



An 8-year-old living with his 82-year-old grandma made her a cup of coffee one morning. She took one drink and died instantly. He called 911. After paramedics examined grandma, they found a little plastic green soldier in her throat. When questioned, the kid replied, "Grandma always said, 'The best part of waking up is soldiers in your cup!'"

**Just Like Cats & Dogs**

by Dave T. Phipps



by Dave T. Phipps

**VETERANS POST**

by Freddy Groves

**Agent Orange List**

The Department of Veterans Affairs has added ships to the list of those carrying veterans presumed to have been exposed to Agent Orange. This is a welcome change that will save veterans a lot of legwork in hunting for very old documentation in their quest for compensation benefits. The additions to the ship list include those that the VA has confirmed either sent crew ashore, docked or traveled the inland waterways in Vietnam.

The specifics: The ships were Navy and Coast Guard that were operating in the waters off Vietnam between Jan. 9, 1962, and May 7, 1975. Being on a ship in an open water harbor does not count. There are now 14 illnesses recognized as presumptive for Agent Orange exposure. This means you don't have to prove a link between your exposure and illness, only that you were there.

Online, the long way to get there is: [www.publichealth.va.gov/exposures/agentorange/](http://www.publichealth.va.gov/exposures/agentorange/) or take a shortcut by going to [www.va.gov](http://www.va.gov) and putting "Ships List" in the search box. The first three items that show up are what you're looking for: "List of Ships Associated with Presumptive Agent Orange Exposure," "Alphabetized Ships List" and "Ship Not on the List?" An odd thing: The VA press release on this topic says that veterans who have evidence such as "deck logs, ship histories, and cruise book entries" should scan and send them to [211\\_AOSHIP.VBACO@va.gov](mailto:211_AOSHIP.VBACO@va.gov). It's almost as if the VA is looking for more proof of exposure.

Additionally, the National Archives is collecting deck logs and more. Go to [www.archives.gov](http://www.archives.gov) and put "dock logs Vietnam" in the search box. You'll find a lot of resources. Be sure to read the blogs: Archives staffers actually post responses to queries.

If you need help proving your exposure aboard a ship, call the Special Issues Helpline at 1-800-749-8387 and press 3.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to [columnreply@gmail.com](mailto:columnreply@gmail.com).

**TIDBITS WORD POWER**

Unscramble this word:

**PLSTIZCIERAS**

This word means: *Chemical additives commonly known as phthalates, used to make hard plastics more flexible and durable.*

**Moments in time**  
THE HISTORY CHANNEL

- On Oct. 19, 1869, work begins on one of the most ambitious Western engineering projects of the day: a 4-mile-long tunnel through the solid rock of the Comstock Lode mining district in Nevada to divert water. The tunnel drained some 2 million gallons of water from the mines per year.

- On Oct. 23, 1925, John William Carson, who would become famous as the longtime host of the popular late-night TV program "The Tonight Show Starring Johnny Carson," is born in Corning, Iowa. Carson hosted "The Tonight Show" on NBC for 30 years, from 1962 to 1992.

- On Oct. 20, 1944, U.S. Gen. Douglas MacArthur wades ashore onto the Philippine island of Leyte, fulfilling his promise to return to the area he was forced to flee in 1942 under orders from President Franklin Roosevelt. He had left behind 90,000 American and Filipino troops, only one-third of whom survived to see his return.

- On Oct. 22, 1957, U.S. military personnel suffer their first casualties in Vietnam when 13 Americans are wounded in three terrorist bombings of Military Assistance Advisory Group and U.S. Information Service installations in Saigon. The rising tide of guerrilla activity in South Vietnam reached an estimated 30 terrorist incidents by the end of the year.

- On Oct. 17, 1968, Olympic gold medalist Tommie Smith and bronze medalist John Carlos are forced to return their awards because they raised their fists in a Black Power salute during the medal ceremony in Mexico City.

- On Oct. 18, 1977, in the sixth game of the World Series against the Los Angeles Dodgers, New York Yankees outfielder Reggie Jackson hits three home runs in a row off of three consecutive pitches from three different pitchers. When the game ended, the field flooded with fans. They had a new hero: Reggie Jackson, now known as "Mr. October."

- On Oct. 21, 1988, "Mystic Pizza," a romantic comedy starring Julia Roberts, Annabeth Gish and Lili Taylor as three young women who work at a pizza parlor in Mystic, Conn., opens in theaters. Matt Damon, then 18, also made his big-screen debut in the film.

**THEY'LL DO IT EVERY TIME****BY AL SCADUTO**