OVER 5 MILLION Readers Weekly Nationwide!





October 31, 2011

The Neatest Little Paper Ever Read®

Issue 24

Published by: Serendipity Weekly

For Ad Rates call: (801) 616-6288

roger@ilovemytidbits.com

across the street from Purple Turtle 46 East State Street **BEST PRICES Pleasant Grove ANYWHERE!**

CALL NOW! **LIMITED** <u>INVENTORY</u>

All Things Mac!

801.810.4MAC (4622) mactraders.net





- Branson Tractors hobbytractors.com West State Street - Kjoti Tractors

Pleasant Grove - Mahindra Tractors 801-785-8605 - Ariens Gravely - Echo

the Good Times Family Busines with over 31 years of friendly service Implements, service, parts, lawn movers, hand tillers & much more!

Mention this Ad for even Greater Savings

Family Owned Serving the area Family Operated for 31 years!

All Makes

660 West State

Autos & Trucks

Pleasant Grove

All Types of Financing! Mention this Ad for even Greater Savings anewride.com 801.785.9108

TIDBITS® IS FLYING SOUTH WITH THE BIRDS

by Patricia L. Cook

As the daylight hours shrink and the weather cools, heralding the coming of winter, wouldn't you like to be like the birds and just head south? This Tidbits will explore the interesting phenomenon of bird migration.

- According to freedictionary.com, migration is "seasonal movement of a complete population of animals from one area to another. Migration is usually a response to changes in temperature, food supply, or the amount of daylight, and is often undertaken for the purpose of breeding."
- If you spend time in cold climates, you can easily understand the advantage birds gain by flying south in the winter. Cold temperatures and the lack of food make it quite unattractive to stay in the north where snow and ice cover the ground.
- Approximately 4,000 species of birds are regular migrants. That's about 40 percent of the total bird species in the world. In North America, there are about five billion land birds from 500 species that leave their nesting areas and choose to spend winter south of the border. It is estimated that more than 100 species that spend their summer breeding time in the United States leave the country in the winter for the warmer climates of the West Indies and/or Latin America.

turn the page for more!

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





670 West State St **Pleasant Grove** Mon - Thu: 11:00A - 8:30P Fri - Sat:

11:00A - 10:00P

801-785-1503

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 2nd one of equal I or lesser value for FREE!





Do You Suffer From?

Pain Medications?

 Migraines Headaches • Neck Pain Jaw Aches

Call or **Visit Now Can You Stop Taking**

Payson, UT 84651 (801) 754-4787 paysondentist.com

675 S. 100 W. suite 1

Holistic Family Dentistry Periodontics & Endodontics

Doctor Dentistry 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

EXCLUSIVE

PREFERRED

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

UTAH CARPET CLEANING

Call now to get 1 room FREE*



VENDOR See Testimonials at: vcscarpetcleaning.com



801-226-6827

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

Buy the 1st Oil Change for only \$29.95 & get the 2nd Oil Change for FREE!

PRESENT THIS AD

MUST

BY APP'T **ONLY**

151 North 300 West, Provo

Coupons Valid for Most Cars Not Valid with any Other Offer

Includes our Exclusive 25 point Maintenance Inspection

801-373-2800

Tidbits® of Utah County

Salads Burritos Huaraches Chimichangas cold climates during winter: seeds, fruits and insects 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. RELIGION: Which religious text is divided into chapters called "suras"?
- 2. HISTORY: When did the War of 1812 end?
- 3. TELEVISION: The character Jim Phelps starred in what long-running spy drama?
- 4. MUSIC: What kind of instrument is a dulcimer? 5. MONEY: What is the standard currency of Viet-
- 6. FAMOUS PEOPLE: Who was Time Magazine's Person of the Century in 1999?
- 7. GEOGRAPHY: Where is the Baltic Sea locat-
- 8. ANATOMY: What is "necrosis"?
- 9. NATURAL WORLD: Where is the geyser Old Faithful located?
- 10. MOVIES: What 1970s film's theme song was

titled "Evergreen"?

Holidays & Observances This Week

- 10/30 National Candy Corn Day
- 10/31 Halloween
- 11/1 All Saints Day
- 11/2 All Souls Day
- 11/3 Sandwich Day
- 11/4 King Tut Day
- 11/5 Guy Fawkes Day





(c) 2009 King Features Synd., Inc

Halloween can be a spooky good time for children and adults alike, but the cost of costumes can be downright scary. When I was a child, my brother and I dressed as a pirate and a gypsy, respectively, for several years, as they were costumes that could be put together using things you might find around the house. This week's focus is on inexpensive or FREE Halloween costumes. Happy Halloween!

- Most anyone can come up with a ghost costume (basically, a white sheet with eyes cut out and cut off at the bottom so it's not too long). How about dressing up that ghost with costume jewelry and makeup, or a mustache/beard drawn on, with a tie and carrying a briefcase labeled "Scare Corporation"? Use hats or other dress-up accessories to make Dr. Ghost or Officer Ghost. The possibilities are endless.
- A basic scarecrow needs only a flannel shirt, a pair of

are absent or covered with snow. Mice and small mammals, food for larger birds, hibernate or hide from the cold.

THE BIRDS (continued)

Much food needed by birds is not available in

Birds take their cues for timing migration from

- nature. The change in daylight hours, not the weather, is what spurs them to fatten up for their long journeys south. Weather is unpredictable, but daylight hours change the same way every year.
- The northern U.S. states, Canada and even as far north as the Arctic provide the breeding grounds for many birds. After breeding and spending long days tweeting and flying in the north, birds start eating extra food to prepare for migration as the days get shorter. Many increase their size substantially to help them endure migration. Some fly extreme distances at amazingly high altitudes.
- Not surprisingly, larger birds fly faster than smaller ones. Speeds range from 20-50 miles per hour (32-80 km/hr). Some flocks fly for about 10 hours a day, which could be as much as 500 miles! Studies have shown that most birds fly lower than 10,000 feet (3 km), but some have been recorded flying as high as 29,000 feet (9,000 m)!
- The height record is held by bar-headed geese, known for crossing the Himalayas at heights up to 29,000 feet (9,000 m), traveling between central Asia and India.
- A mallard holds the record for the highest documented flight altitude for a bird in North America. The duck met his demise when he hit an airplane at 21,000 feet (6,400 m).
- A flock of whooper swans was observed at 27,000 feet (8,230 m) by a pilot as they moved from Iceland to Western Europe.
- The Arctic tern has the longest annual migration in not just the bird world, but also the entire animal kingdom! It flies from the far north, in or near

An old Irish story tells how the devil was so angry at being tricked out of claiming the soul of a man named Jack, he sent his spirit off into the night with only a burning coal to light his way. Jack put the coal into a carved-out turnip, carrying it as he roams the earth as "Jack o' the lantern." Immigrants to America found the native pumpkin to be a perfect fruit in which to carve their own frightening lanterns, placing them on windowsills to chase "Jack" and any other spirits away from their homes. Pumpkin carving Source: www.history.com

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

jeans and socks, a floppy hat and some straw. Stuff waddedup plastic bags into shirt or pants to fill, then use rubber bands to secure straw at the cuffs. Paint on a funny face. (Thanks to J.R. in Illinois.)

- Be an over-the-top tourist: A loud Hawaiian-style shirt paired with a pair of shorts, perhaps socks with sandals? Carry a camera on a strap around your neck. Use a small carry-on bag as your treat bag, or decorate a paper sack by gluing on squares cut from a map.
- Be Static Cling! Use safety pins to pin a variety of small items to your outfit -- think socks, scarves, even a pair of undies if you dare! Tease hair until it's standing straight up, and use hairspray to keep it that way.
- If you have a box, you can cut arm and leg holes in it and draw a grid on all sides. Fill in the squares with different colors to make a Rubik's Cube. (Thanks to F.S. in North Carolina.)

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

Get Off Your Duff and Volunteer

In some parts of the country, winter can be especially dreary. With fewer hours of daylight, it's easy to get down in the dumps and just hibernate -- unless you get out of the house on a regular basis.

Volunteering can be the motivator to get out -- while helping others at the same time.

Here are some suggestions:

- --Sign up for regular hours at the local animal shelter. Putting down trays of food and water at feeding time, playing with kittens to get them socialized, and taking small dogs for walks can be a day brightener for both you and the animals. It also helps staff when they have extra hands to assist.
- --Read to pre-school children a few times a week. It teaches them to love books, and it helps them learn to sit still, two things that will help them be more successful in school.

- --Sign up to be a Special Olympics coach.
- --Sort and shelve books in the local library. Even a few hours a week will be a big help in this day of budget
- --Work at the food bank on pickup day.
- -- Take a course in teaching adults to read. If you need motivation, consider not being able to read to your grandchildren.
- -- Answer phones at the Red Cross.

If these ideas don't appeal to you, go online to Seniors Corps at www.seniorcorps.gov and look through the many volunteer opportunities in your area. Maybe you'd prefer cataloging photos at the historical society, raising a puppy to be a companion for a blind person, helping in children's theater, being a museum docent, grocery shopping for the homebound or one of thousands more opportunities. No matter what your interest or skills, there's a need!

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.



Stir Up Gooey Goop for

Kids everywhere love just about anything that's gooey, slithery and slimy. That's probably why this recipe for "gooey goop" is such a crowd pleaser when you get together with friends, especially at a Halloween party. It's quick, easy and creates lots of laughter. What could be

Here's the stuff you'll need:

8 ounce bottle of white household glue such as Elmer's 8 ounces water

Poster paint or food coloring (optional)

Small mixing bowl

Large mixing bowl 1 cup warm water

1 1/2 teaspoons borax powder (available in the laundry detergent section of larger supermarkets)

Here's the fun:

- 1. Squeeze the entire bottle of glue into a big bowl. Then fill the empty 8-ounce glue bottle with water and add to the glue. Stir a lot while adding several drops of poster paint or food coloring. Mix colors, use just one, or don't add any color at all and leave it white. We usually make our batches purple.
- 2. In the smaller bowl, stir together the cup of warm water and borax powder until almost dissolved. Don't worry if you can't get all of the little clumps to disappear completely.
- 3. Gather your family or friends together for this step! Slowly, and stirring constantly, pour the borax mixture into the glue mixture. Swirl the results with your hands and in seconds goop will form into gooey globs as it oozes from your slippery grasp. Pick it up, knead it, squeeze it and enjoy playing with it.

Note: Please keep the gooey goop away from carpets and upholstered furniture. If it gets on your clothing, wash it out quickly with soap and water.

Extra idea: While you are making the recipe, make up other names for the concoction. How about "Sublime Slime," "Slithery Concoction" or "Ectoplasmic Ick"?

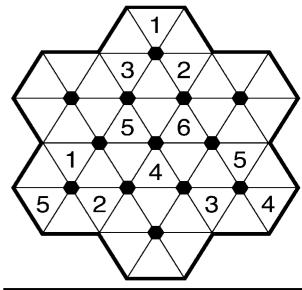
Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."



Published weekly by Serendipity Weekly Call (801) 616-6288

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

© 2011 King Features Synd., Inc.

Difficult



Which franchise has won the most World Series: the Giants or the Pirates?

Name the first athlete to be named all-lvy League in both baseball and basketball.

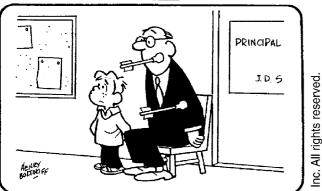
Only two NFL players Chris Richcreek have each tallied 10,000 yards receiving with one quarterback. Name the receivers and the quarterback.

4 When was the last time before Evan Turner in 2010 that an Ohio State men's basketball player won The Associated Press Player of the Year award?

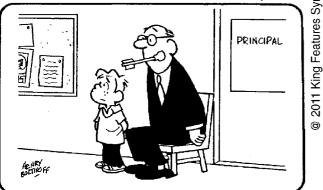
5 In the 2010-11 season, Boston goaltender Tim Thomas set an NHL record for save percentage with a .938. Who had held the mark?

6 When did soccer great Pele play his last official North American Soccer League game? How many championship fights was Joe Louis involved in during his heavyweight boxing career?

HOCUS-FOCUS HENRY BOLTINOFF



Find at least six differences in details between panels.



3. Third notice on bulletin board. 4. Writing added to letter. 5. Shoes are black. 6. Shirt has short sleeves. DITTERENCES: 1. LETTETS MISSING TOM WINDOW, Z. AITOW IS GONE.

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

- It was 20th-century Canadian-American economist John Kenneth Galbraith who made the following sage observation: "Faced with the choice between changing one's mind and proving that there is no need to do so, almost everyone gets busy on the proof."
- The original jack-o'-lanterns were turnips, not pumpkins. The custom began in Ireland, where residents hollowed out and carved faces into large turnips for the Celtic harvest festival of Samhain. The turnips, placed on windowsills, were believed to ward off evil spirits. In Scotland, young men would dress in white and blacken their faces in an imitation of the
- Peter the Great was known during his reign in the late 17th and early 18th centuries as "Emperor and Autocrat of All the Russias." In order to raise money, he

THE BIRDS (continued)

the Arctic, where summer days are longest, to its wintering grounds in the southern hemisphere off of Antarctica, where days are longest from November to February, which is summer there. The Arctic tern probably encounters more sunlight during the year than any other creature on the planet. Arctic terns travel approximately 22,000 miles (35,400 km) for migration annually. They live many years with the longest on record living 34 years. That adds up to a lot of frequent flier miles!

- Another long-distance migrant bird is the red knot, which is a large beach shorebird that nests in the Arctic in the spring and summer. Before heading south, red knots increase their body weight by 40-50 percent. The extra weight, their "fuel load," allows them to fly about 1,850 miles (3,000 km) without stopping. They are truly masters of long-distance aviation, flying more than 9,300 miles (14,967 km) from south to north in the spring and repeating the trip every fall. Of the five varieties of red knots, the rufa is known to winter at the southern tip of South America in Tierra del Fuego and breed in the summer on the mainland and islands within the Arctic Circle.
- Not all migrant birds are large with big wings to make the trip. Ruby-throated hummingbirds are tiny birds that weigh as little as one-tenth of an ounce (2.6 g). They fly 500 miles (800 km), nonstop, across the Gulf of Mexico!
- Ornithologists, scientists who study birds, have studied migration for years and identified four North American routes, or flyways, that birds use for flying north and south. They are: the Atlantic, Mississippi, Central and Pacific Flyways. They follow coastlines, major mountain chains and the Mississippi River valley. The landmarks help birds stay on course.
- The main reason migration persists in the bird



Henry Winkler 10/30/1945 Jane Pauley 10/31/1950 Gary Player 11/1/1935 David Schwimmer 11/2/1966 Dennis Miller 11/3/1953 Laura W. Bush 11/4/1946 Peter Noone 11/5/1947

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 ★★★★

taxed just about anything he could think of, including births, burials, chimneys and even beards.

- By law, if you are planning to build in Washington, D.C., the edifice must be no taller than the Capitol building.
- You probably know that physicist Albert Einstein was awarded the Nobel Prize. You might not realize, however, that the prize was for his work on the photoelectric effect of light, not for his more famous theory of relativity.
- If you are like the average American woman, you will spend a grand total of 60 days of your life in the practice of removing body hair.
- In 2010, the record for the world's largest pumpkin was broken. The Atlantic giant pumpkin, grown by Chris Stevens of New Richmond, Wisc., weighed in at the Stillwater Harvest Fest at a whopping 1,810.5 pounds.

Thought for the Day: "You must learn from the mistakes of others. You can't possibly live long enough to make them all yourself." -- Sam Levenson







THE BIRDS (continued)

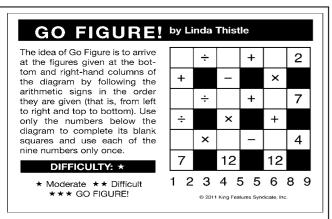
world is for breeding success. Birds are able to raise more offspring when they get away from extreme heat and cold. Long daylight hours in the spring, summer and fall provide protein-rich food for birds that give them strength for breeding. Different species go to different areas depending on their eating habits and

- The breeding grounds for snowy owls are in the far northern Arctic tundra. When snowy owls migrate, they go south, but may only go as far south as Canada. When the winters are exceptionally harsh or their food supplies are scarce, they will venture farther south and may be seen in the northern United States. Although considered a North American bird, they occasionally migrate to areas of northern Europe and Asia.
- Harry Potter fans are probably aware that Hedwig, Harry's famous companion, is a snowy owl. They are not known in real life for magic, but they are known for their striking white plumage and large size. While most owls are nocturnal, which means they are active at night, snowy owls are diurnal; they hunt and are active during the night and day.
- While you sit around the fireplace or enjoy your wood stove this fall and winter, read a book or two about birds that migrate to maintain their existence.

OVERCOMING THE ODDS: DR. BEN CARSON

Born in a poor area of Detroit, Michigan, on September 18, 1951, Benjamin Solomon Carson was called "Bennie" by his mom but "Dummy" by many of his classmates.

- It is very obvious now that the classmates were wrong. Dr. Ben Carson is a world-renowned pediatric neurosurgeon today.
- Carson and his brother, Curtis, were raised by their mother, Sonya, after their father left the family when they were young. Sonya only had a third grade education, but she had love for her boys and was determined to help them succeed.
- Sonya required her boys to read at least two books a week and write book reports for her. Carson learned to love reading and saw great rewards in school from the knowledge he gained from it.
- One of the hardest things for Carson growing up was dealing with teasing from other kids because of the clothes he wore. He was not as fashionable because of a lack of money. He developed quite a temper and even became violent at times. When he almost stabbed



Weekly SUDOKU

by Linda Thistle

	3		8					7
9				3	4		8	
		5		2		9		
		2		4		7		
	4		5				6	
1					6			3
		1		5		3		
6		3	7				4	
	8				2		9	1
Dlace	a nu	mber	in the	empt	y boy	oc in o	euch a	NEW E

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.

SMALL ACTS LEAD TO BIG THINGS SERVICE IS THE KEY TO OUR COMMUNITY!

Have You Served Someone Lately?



Bury a Large Smoothie/Shake Cot a Small FREE

408 S. Orem Blvd Orem *Soft Grand Opening

(801) 375-5873 159 W 500 N Provo CALL JARED:

(801) 374-9733 Buy Any Burger Combo and Get A Burger Free!

401 W. 100 N.

Can't Be Combined With Any Other Offer.

801.839.8088

Simple Simon's Used Cellular ch Screen phones under \$100! Camera phones as low as \$251 Phones as low as \$201

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

T-MOBILE SELL

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

SPAS & BILLIARDS

All Chemicals, Filters, & Accessories www.takeabreakspas.com 801-489-6005 1575 S. 1950 W. · Springville

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 Provo • Orem Callers

Saratoga Springs 255 WEST CENTER PROVO

COSTUME RENTALS & SALES BEAUTY/THEATRICAL SUPPLIES

Time For A

Coupon Etiquette: These coupons are truly Treasures of Generosity from our advertisers, your friends and 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 and 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!



Information in the Tidbits® Paper is gathered from sources considered to be reliable but the accuracy of all information cannot be guaranteed

Can't Get Enough Tidbits? **RESERVE NOW!** Send \$24.95 (plus \$5.00 S&H) Tidbits Media, Inc.

Montgomery, AL 36106 (800) 523-3096 Reprints of Books I II & III

MISTER BREGER By Dave Breger



"My son's baby shoes and my husband's G.I. shoes, in bronze ..."

OF UTAH COUNTY Call (801) 616-6288



Mandarin **Orange Pie**

by JoAnna M. Lund

Serve this luscious pie to your loved ones on Halloween night. They definitely will think they're getting the best treat in the neighborhood! It almost looks like a big slice of candy corn on a plate.

- 1 (4-serving) package sugar-free vanilla cook-andserve pudding mix
- 1 (4-serving) package sugar-free orange gelatin
- 1 1/4 cups water
- 2 (11-ounce) cans mandarin oranges, rinsed and drained
- 1 (6-ounce) purchased graham cracker crust 1/2 cup reduced-fat whipped topping
- 1. In a large saucepan, combine dry pudding mix, dry gelatin and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat.
- 2. Reserve 8 mandarin orange slices for garnish. Gently stir in remaining mandarin oranges. Let set for 5 minutes. Spread partially cooled pudding mixture into pie crust.
- 3. Refrigerate for at least 2 hours. Spread whipped topping evenly over set filling. Evenly garnish top with reserved mandarin orange slices. Serves 8.
- Each serving equals: 141 calories, 5g fat, 1g protein, 23g carb., 195mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Fat, 1/2 Fruit.

Promote Liberty Donate to Print the USA

Constitution Grayscale Business Card Ad

Provided with each Constitution Printed. - I support Local Print Shops Call For Details



Endless Coupon **★20% OFF** Till Expiration Date! Children's Books Paper Back Books

(801) 607-1468 *4 for \$10 In Provo Town Center Mall Exp. 11/30/2011 1 200 Town Center Blvd. SPC 2006

520 N. 900 E. (801) 691-0934 Buy One Entree Get One 1/2 OFF Sandwiches, Ice Cream, Breaktast All Day & More Exp. 11/30/2011

Exp. 11/30/2011

With Any Purchase All Burgers include Hand-Cut Fries (801) 717-9616 490 North Freedom Blvd Open Late Fri/Sat One coupon per table/group per day

FREE Fountain Drink

801.818.9000 Group or Party 490 North Discounts Available ozzfun.com Freedom Blvd

ADVERTISE HERE Affordable Rates **Provide Your BEST Deal! NO CONTRACTS** CHRIS 801.814.8213

ELEGANT EXPRESSIONS OLDE TYME PHOTOGRAPHY WESTERN PHOTO'S

MANY OUTFITS AVAILABLE NATALIE @ OLDE TYME PHOTOS (801) 358-7104

OR 2 FOR \$20 (SAME PURE) AND COME IN TODAY!

Expires: 11/30/2011 g u a n Inkjet Cartridge Refill

252 N. University Ave. Provo Inkjet, Toner & (801) 375-INKS (4657)

FUN CENTER LASER TAG PACKAGE 1 Admission + \$2 Nickels + 1 Laser Tag Game ONLY\$6.99 Valid Mon Fri up to 8 People 801.802.8555 1515 S. State Orem

thelilypadshop.etsy.com lse promo code: ierved10 Personal, Unique, & Fun Gifts

80 West Center Large 14" - 2 Topping Pizza 8" Two Topping Personal

ONLY \$9.99









Closing Up for Winter

Q: Last year, I placed weather stripping inside my home's window frames and the door. Yet I still feel that the house is drafty, and my heating bills didn't really go down. Is there more that I can do? -- Frank L., Burlington, Vt.

A: You should do a home energy audit (or home energy assessment) this fall, before winter closes in, to find out if and where heat is escaping from your house. This can be done using a do-it-yourself kit -- often available through your utility company at a reduced price -- or by hiring a professional.

Professional auditors often use a blower door as their primary tool in hunting down sources of air coming into the house. The blower door is a fan unit that attaches to an exterior door, and includes a unit to measure air pressure inside the house. The door lowers the air pressure inside the house; then, higher outside air pressure means air will enter the house through unsealed openings and cracks. The auditor hunts down these entry points.

Ask the auditor if the blower door is calibrated or not. A calibrated blower door can provide additional information on how airtight the home is.

Another tool in the professional auditor's arsenal is the thermographic scan. Using this, he or she can determine whether your home needs new insulation and where exactly that insulation needs to go. Proper insulation can go a long way toward reducing energy costs, particularly in older homes.

To find a professional auditor, contact your utility company or visit its website. Ask friends and neighbors if they've had an energy audit, and get recommendations from them. Contact several auditors, and ask if they use a calibrated blower door and whether they do thermographic scans. Get a written estimate before allowing any work to be done.

HOME TIP: Closing off unused rooms in winter and shutting the air vents in them can help reduce heating

Send your questions or comments to ask@thisisahammer.com, or write This Is a Hammer, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

DR. BEN CARSON (continued)

a good friend, whose big belt buckle protected him, he realized his attitude had to change.

- After the incident, Carson got back on track for success when he prayed and read the Bible. He lingered on the verse in Proverbs 16:32: "He who is slow to anger is better than the mighty."
- Carson finished school at the top of his class and earned high honors in the Reserve Officers' Training Corps (ROTC) program. At graduation, he was offered a full scholarship to West Point Military Academy. Carson, however, had many doors open for him due to his excellent scholastic record.
- Carson had only \$10 for a college application fee and used it to apply to Yale University and was accepted. He graduated from Yale in 1973 and entered the University of Michigan Medical School. Carson discovered he was skilled with a knife in his hand this time to save lives, not to hurt others. He developed a love for neurosurgery, working on the brain and the central nervous system.
- After medical school, Carson was awarded one of only two positions as an intern in neurology for Johns Hopkins Hospital in Baltimore, Maryland. Carson married his wife, Candy, while at Johns Hopkins. After his successful internship and four years as a resident in neurosurgery there, he and Candy moved to Perth, Australia, for a one-year residency.
- After returning to the United States, Carson became the youngest Chief of Pediatric Neurosurgery in U.S. history at Johns Hopkins. From that time on, he has done amazing work, including a hemispherectomy on a small girl who had epilepsy. This operation involved removing part of her brain to prevent seizures. He also made medical history in 1987, leading a medical team of 70 in separating a pair of Siamese twins who were joined at the head.
- Dr. Ben Carson has written several books and had movies made about his life. He is also a motivational speaker, encouraging young people to set goals and work hard to reach them. He established the Carson Scholars Fund in 1994 to help "young achievers make the most of their brain power." In addition, Dr. Carson is still saving lives with his surgical skills.



Q: I have a spun aluminum canister set which made in 1957 by Kromex. It includes four sugar, tea and coffee canisters in addition to matching salt and pepper shakers, a spice rack with eight containers and a bread box. All are in excellent condition. I would like to know the approximate value of this set. -- Joyce, Daytona Beach, Fla.

A: As more and more people are restoring midcentury homes, the price of accessories such as your canister set from 1957 continue to edge up in value. It's a plus that your set appears to be fairly complete and is in such excellent condition. One of the better reference books for kitchen accessories from the post-war period is "Spiffy Kitchen Collectibles" by Brian S. Alexander (Krause Publications, \$24.99). This guide features several canister sets, and most are valued in the \$25 to \$75 range.

Q: I have a silver spoon from the Columbian Exposition of 1892. How much is it worth? -- Glenn, Peoria, Ariz.

A: A souvenir spoon from the Columbian Exposition recently sold on eBay for \$35. There were dozens of spoons with various designs sold at the event, but most seem to be selling in the \$25 to \$35 range. On the other hand, one of the most popular fairs was the Louisiana Purchase Exposition of 1904, commonly known as the St. Louis World's Fair. A spoon showing an image of Jefferson and Napoleon currently sells in the \$50 to \$100 range; a demitasse spoon with twisted handle, \$35 to \$50; and one showing Festival Hall and the Cascades, \$600 to \$800.

Q: I have several Life magazines covering the assassination of President John F. Kennedy and a Look magazine from 1964 with an article about JFK. I also have "Kennedy: His Family in Pictures" from the editor of Look, and a Robert Kennedy memorial issue dated 1968. – Sharon, Rio Rancho, N.M.

A: Most of the items you listed are fairly common. Keep in mind that Life magazine published millions of copies each week and even more of special issues. The JFK and RFK magazines that you listed are probably worth about \$10 each. The Kennedy book generally retails for about the same.

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. 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

- Trudge
- 5 Serenade the moon
- No-no for a
- vegan
- 12 Wash
- 13 One's years 14 Wheel bar
- 15 Satanic 16 "Location"
- disfavor

for one in

- 18 Meanie 20 Wine glass 21 Three- -
- sloth 23 Mr. Sajak 24 Bent over,
- as a page corner 28 Cook in the
- oven 31 "CSI"
- evidence 32 Reservation home
- 34 "To be or -
- 35 Examination 37 Doctrinaire
- 39 Trail behind 41 Donkey's
- pin-on
- 42 Expressed a feeling
- 49 Comical
- 52 Reverberate
- 45 Perfect place
- poetry
- 51 Quest
- hogs

49

DOWN Commoner Volcanic

53 Every last bit

54 Saxophone

range

55 Drunkards

"See ya"

Feed the

- outflow Roman love
- poet
- Strike from the text
- Harassed
- 6 Past
- Safecracker
- Tropical tree
- 25 Individual Old lamp

Showing

great jov

components

Train station

10 Otherwise

Yard

Leap

19 Capricorn

Banned

pesticide

(Abbr.)

33 Send forth

dances

welcomes

36 Ballroom

38 Hawaiian

40 "Golly!"

42 Praiseful

verses

44 Colorless

47 Division

word

50 TV Tarzan

portrayer

46 Yank

48 On

43 Somewhat,

in music

- illuminant 27 French president throughout
- the '60s 29 Japanese
- pond carp 30 And so forth
- © 2011 King Features Synd., Inc

Bad Resume buzzwords

- 1. Extensive experience
- 2. Innovative
- 3. Motivated
- 4. Results-oriented
 - 5. Dynamic 6. Proven track
 - record
 - 7. Team player
- 8. Fast-paced
- 9. Problem solver 10. Entrepreneurial

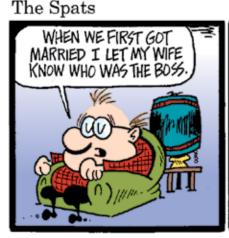
Source: LinkedIn

© 2011 by King Features Syndicate, Inc.

NUGGET OF

important migration route stopover, the Platte River in Nebraska, is known for the large flocks that stop there to rest. Each spring, five to nine million ducks and geese and about a half million sandhill cranes, about four-fifths of all of the sandhill cranes in North America, stop for a while. These cranes spend winter in Mexico and the southwest United States and take off by April for nesting areas in Canada, Siberia and Alask

by Jeff Pickering







"Well, it happens to be

chair, too!"

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!

PRAGS Create SIEVED

Trash LOAFF

IERTT



MAKE A "HOOK" in the soda straw by bending it at one end. When you push it into the bottle, it will wedge itself in place, and you will be able to lift the bottle easily.

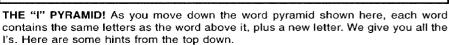




Illustrated by David Coulson

THE DOMINO EFFECT! Dump a box of dominoes on the table and tell your friends to lay them out, as they would in a game, while your back is turned. Then, without looking, tell them what two numbers are at each

end of the line. What's the secret? Answer: Secretly pocket one of the dominoes before dumping them on the table. The two numbers on this piece are the same as those on the ends of the line of dominoes.



- 1. Symbol for iodine (given). 2. Main player in a game of tag. 3. Equal number of votes.
- 5. Exhausted, fatigued.
- 7. Joined metal sheets
- 4. To prepare for publication
- 6. How a wedding cake is built. 8. Turned upside down. Answers: I, it, tie, edit, tired, tiered, riveted, inverted.



Answers: 1. Taboo, 2. Baboon, 3. Bamboo. 7. Boondocks, 8. Calaboose. 9. Freebnotes

Don't let these words scare vou.

The grid to the left has room for

nine words, and they all contain the word "boo." We also give

you plenty of hints to help you fill in the missing letters.

1. A forbidden subject.

5. A recurring problem

that's hard to fix.

A young child's game.

Very long grass.

8. A Western jail.

2. A boorish person (sl.).

4. A small, bound pamphlet.

7. Rural, backwoods country.

9. Another name for a pirate.



To Your Good Health By Paul G. Donohue, M.D.

Foot Swelling a Sign of **Heart Problems?**

DEAR DR. DONOHUE: I have a problem with my feet swelling. They get so big that they hurt when I walk. My doctor is puzzled. He thinks maybe it's due to my heart pills, but he can't change them -- my heart doctor has to. I have had two heart attacks, bypass surgery and a defibrillator put in my chest. When I'm in bed, the swelling goes down to almost normal. When I am up, it returns, even if I am sitting. I'd appreciate any suggestions. -- E.L.

ANSWER: I believe I'm safe in saying your problem is chronic congestive heart failure. Your heart is pumping so weakly that blood circulates sluggishly. When you're up or when you're sitting, gravity pulls fluid out of your leg's vessels, and it is the cause of your swelling. In the horizontal position in bed, gravity doesn't have this effect, and the fluid stays in blood vessels. The swelling is called edema (e-DEE-

During the day, take frequent breaks to lie down with your legs propped up higher than your heart. When you sit, rest your legs on the seat of a chair put in front of you. Walk as much as you can during the day. The contracting leg muscles push fluid back into circulation.

Limit the salt you eat; salt makes the body retain fluid. Read food labels. Most of our salt intake comes from the foods we eat, not from adding salt at the table or in cooking. But don't do either. Your total daily salt intake should be less than 5,700 mg, preferably 3,800 mg. If salt is on the label as "sodium," your total daily intake should be 2,300 mg or less. A better goal is 1,500 mg.

Tell your heart doctor about your swelling. He might make changes in your medicines either by increasing the dose or switching to other medicines that make the heart pump with more force.

There are other causes of edema, but this is the one that seems to fit you best.

The booklet on edema explains its causes and treatments. Readers can order a copy by writing: Dr. Donohue -- No. 106W, 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: Several bouts of stomach pain brought me to the doctor. The pain is located in my upper right side. The doctor was certain I was having gallbladder attacks due to stones. She sent me for an ultrasound test of my gallbladder. I don't have stones. I have something called a liver hemangioma. My doctor says I don't need any treatment. I never heard of this and wonder what your thoughts are. -- P.K.

ANSWER: A hemangioma is a small, ball-shaped mass of blood vessels. If 100 people had a liver scan, seven would be found to have a hemangioma. Women develop them more often than men do. They do not become cancers. They're rarely a source of constant pain, unless they grow quite large and press on adjacent tissue. They don't cause attacks of pain. Have you found out what causes your pain?

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.

ADVERTISE with Tidbits® $(801) \overline{616-6288}$

CHIROPRACTIC CLINIC

OCT THRU DEC 801-465-8177

Current Patients FREE

Health Screening Or Stress Test With Donation 5 cans of food



675 S 100 W #4 **PAYSON New Patients** FREE Therapy With Donation 5 cans of food **Enter FREE Drawing** "I realized that if I had to choose, I would

rather have birds than airplanes."

GETTING SPICY!

Spices come from dried plant parts — the leaves, seeds, stems or others. Spices have inspired and been a part of many crucial events in world history.

- $Thousands \, of \, years \, ago, the \, people \, of \, Southeast$ Asia were the only ones to enjoy many of the spices we know today.
- Prestigious and valuable, spices in the early years of civilization provided profitable business for countries that grew them, mainly China, India, Malaysia, Sri Lanka and Indonesia. Spices played a part in the Christian Crusades from 1095-1300 A.D. and the Spice Wars from the late 1400s to the 1700s.
- Wealthy Europeans became interested in the profits and prestige of making bland meats and vegetables tastier in the 1400s. Trade for the five "noble spices," pepper, ginger, cinnamon, clove and nutmeg, was fought over by seafaring nations. Routes to find spices were dangerous as many merchants fought for control. Spanish, Portuguese, British and Dutch merchants lied, cheated, smuggled and even killed to control spice routes.
- When Columbus discovered the Americas, he was on a trip to find spices in "the Indies" of Southeast Asia. He named the American tropics the West Indies and opened the waters for shipping American spices to Europe.
- French spy Pierre Poivre, which translates Peter Pepper, also had an impact on the early spice trade. He smuggled spice plants out of Indonesia in the 1700s and made them available for plantation-building in tropical areas of the Americas and Africa. This helped lower prices by increasing supply.

Amber Waves

OK SON, I WANT YOU TO GO

OUT FOR A PASS AND SHOW ME WHAT YOU'RE MADE OF!

Just Like Cats & Dogs

Charles Lindbergh

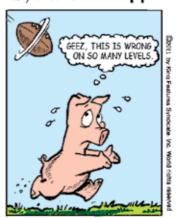
by Dave T. Phipps

I GIVE MY WIFE CREDIT. SHE WAS REALLY MAKING AN EFFORT IN WATCHING THE FOOTBALL GAME. BUT HOW DO YOU RESPONDTO "YEAH HONEY, THE PURPLE GUYS MADE IT TO THE 55 YARD LINE?



by Dave T. Phipps







HIKE!

Keep Pets Safe This Halloween

By Samantha Mazzotta

DEAR PAW'S CORNER: Last Halloween, our dog "Valiant" ran into the room as my kids were tearing into their trick-or-treat candy and ate several wrappers and a couple of pieces of chocolate. We had to rush him to the emergency pet hospital in another town. Fortunately, he only had to stay overnight for observation and he passed the wrappers without incident, but the veterinary assistant said that they see incidents like this every year at Halloween.

Please remind your readers not to let their pets near all the goodies being handed out, as they're not healthy (and can even be poisonous) and they could ingest dangerous items like candy wrappers. - Beth in Madison, Wisc.

DEAR BETH: Thank you for the reminder! Halloween is a fun holiday for kids and families, but it can be a dangerous time for your pets if precautions aren't taken.

THAT IS ...

M. KAVANAUGHI

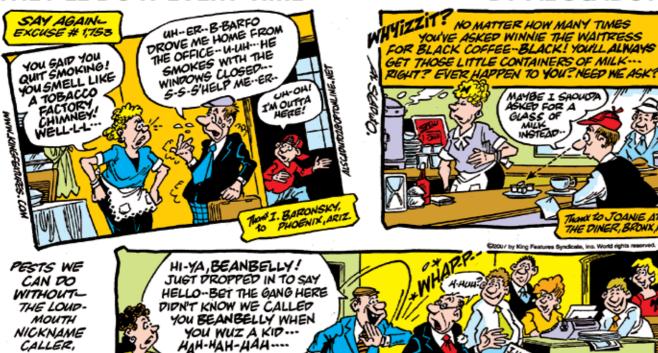
- --Keep candy bowls and treats on a high counter or shelf where pets can't reach.
- --Monitor your pets at all times as trick-or-treaters wander the neighborhood so they don't ingest anything harmful, and to keep approaching children safe.
- --If you're having a Halloween party or if your pet is very excitable, confine it to a quiet room or kennel cage with food, toys and a blanket or cushion until the festivities are over. Check in periodically.
- -- If you see or suspect your pet has ingested chocolate, wrappers or any other dangerous item, contact the veterinarian or emergency pet clinic immediately.

Send your questions or comments 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.

THEY'LL DO IT EVERY TIME

BY AL SCADUTO

THANK TO JOANIE AT THE DINER, BRONK, N.



POST

by Freddy Groves

Study Pinpoints Gulf War Illness

Finally there's a study that matches apples with apples: Baylor University researchers sought to compare the illnesses of veterans with the conditions of their actual deployment. Reported in the Environmental Health Perspectives September 2011 issue, "Complex Factors in the Etiology of Gulf War Illness" takes a look at veterans who served in Gulf War I back in 1990-1991.

The report says that one-fourth of Gulf War I veterans have pain, memory problems, gut and breathing problems, mood problems and headaches -- illnesses that are grouped together and called Gulf War Illness, or GWI. The types of illnesses depend on the location served, says the research, and subgroups of those locations have been identified.

For example, certain illness in veterans who served in Iraq or Kuwait are likely due to the pyridostigmine bromide pills given as a nerve gas antidote. Veterans who weren't necessarily on the front lines were subjected to pesticides, with worse effects if their uniforms were treated with pesticides or they also wore flea collars. Those in Kuwait were exposed to oil-well fires. Everyone got multiple vac-

Researchers used questionnaires and got down to map level, along the lines of, "Where you were? What was your role? How long where you there?" Participants were asked about each of 19 different experiences, such as, whether they had actual contact with destroyed enemy vehicles or were within 1 mile of a SCUD missile.

Bottom line: It depends where you were and what you were doing. If you have a so-far undiagnosed illness, this research can be helpful in establishing a claim with the VA.

To find the whole document (not just the Abstract) put the whole title in Google -- "Complex Factors in the Etiology of Gulf War Illness" -- and click the "More" menu at the top, then select "Documents."

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.





Moments THE HISTORY CHANNEL

- On Nov. 6, 1854, John Philip Sousa, "The March King," is born in Washington, D.C. Following the Civil War, Sousa served a seven-year apprenticeship in the Marine Band, then went on to compose 136 marches, including "The Washington Post" (1889) and "Stars And Stripes Forever" (1896).
- On Oct. 31, 1892, "The Adventures of Sherlock Holmes," by Arthur Conan Doyle, is published. The book was the first collection of Holmes stories. University of Edinburgh teacher Dr. Joseph Bell partly inspired Doyle's character Sherlock Holmes.
- On Nov. 2, 1902, engineer Andrew Riker delivers the first four-cylinder, gas-powered Locomobile -- a 12-horsepower Model C made of manganese, bronze and heattreated steel -- to a buyer in New York City. At \$4,000, the elegant, luxurious touring car was built for wealthy
- On Nov. 4, 1928, Arnold Rothstein, New York's most notorious gambler, is shot and killed during a poker game at the Park Central Hotel in Manhattan. Police made arrests after following his trail of blood back to a suite where a group of men were playing cards.
- On Nov. 5, 1940, Franklin Delano Roosevelt is reelected for an unprecedented third term as president of the United States, with the promise of maintaining American neutrality in foreign wars. The day after the attack on Pearl Harbor, Roosevelt requested, and received, a declaration of war against Japan.
- On Nov. 1, 1959, Jacques Plante of the Montreal Canadiens becomes the first NHL goaltender to wear a full facemask. Despite the coach's objection, Plante put his foot down, pointing out that he'd "already had four broken noses, a broken jaw, two broken cheekbones and almost 200 stitches" in his head.
- On Nov. 3, 1976, "Carrie," a horror film starring Sissy Spacek and based on Stephen King's 1974 best-selling first novel, opens in theaters around the United States. The film tells the story of high-school outcast Carrie White, who uses her telekinetic powers to exact a violent revenge on her teenage tormenters on prom night.

GETTING SPICY! (continued)

- One spice still demanding a high price is saffron, which comes from the flower of a crocus species that only blooms for about two weeks. Each flower contains three stigmas, the tiny parts ground for the spice. It takes about 200,000 stigmas to produce one pound (.45 kg) of saffron. Fortunately, it only takes a tiny amount of saffron to flavor most dishes.
- Saffron was brought to Pennsylvania in the 1700s by a German Amish family and has been a flourishing crop and common in Amish dishes ever since. It is grown commercially in Iran, India, France, Spain, Greece, Turkey and Morocco. Saffron is used liberally in paella, the national rice dish of Spain.
- Cloves are the flower buds from tall tropical trees native to Indonesia. Buds are picked when they are pink and then dried to a dark brown color. Cloves are now grown in Tanzania, Madagascar, Sri Lanka, Malaysia and Grenada as well as Indonesia. The trees, planted from seeds, must grow about five years before they flower and can live to be over 100 years old. Cloves are hand-harvested and are not just for flavoring foods. Clove oil, called eugenol, is used in perfumes, mouthwashes and more.
- The most common spice in the world, black pepper, comes from a climbing vine first cultivated in India. Arabs controlled the pepper trade to Europe for many years. Many European explorers began looking for pepper in their explorations. Ships brought pepper from Southeast Asia to America in the late 1700s. Salem, Massachusetts, once known as the "Pepper Port," processed 7.5 million pounds (3.4 million kg) of pepper in 1805.
- Visit your local library to learn about more the spices that have had an impact on our world and our dinner



A blue jay applied for a receptionist job. She was told she needed to be able to type 80 words per minute and take dictation. The bird demonstrated the skills and surpassed all other candidates. The interviewer thought he'd be able to eliminate the blue jay when he said, "The candidate must be bilingual." The blue jay replied, "Meow!"

MAGIC MAZE ● CHRISTOPHER — $P \ Z \ V \ S \ D \bigcirc C \bigcirc D \ D \ O \ D \ P \ L \ I \ E \ B$ ONMIFYCNZW T Q M A R L O W E N K O I F C ZWURPUBWWCSMLJH E C Z X C M U S R R N E Q L E N L J G E B C O A E E I Z X V VTRPNUSCKMHNBLE J H E C A(S)Y L W M C S V O E TRPNLKAIGUTEICR BZXWUWSRPLIOMLJ IGEDBAYXWPHUTSQ

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Bond Carson Columbus

Cross

Cuomo Dodd Hitchens

Lee Lloyd Marlowe Isherwood Plummer

Robin Walken Wren

@ 2011 King Features Synd., Inc. All rights reserved

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
- 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-

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 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 Oct18— 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

Pleasant Grove News

Library Literacy Center

The Library Literacy Center is accepting new students. Tutors are available to give children individual tutoring sessions. We currently have openings Mon-Thurs, between 3 and 5 pm. Our curriculum focuses on essential reading and writing skills to help children reach their grade level. Each session lasts approximately 50 minutes. Registration fee is only \$5! For information, contact Linda Butler at 785-3950 or at pgliteracycenter@gmail.com, or see the front desk.

Pleasant Grove Orchestra

Pleasant Grove Orchestra will present "A Little Night Music" Friday, October 28, 7:00 pm at the Pleasant Grove High School Auditorium. Come join us for a night of mysterious music. The performance is free as a service to the community.

ANSWERS

SPORTS QUIZ

1. The Giants have won six World Series; the Pirates have captured

- 2. Current New York Mets pitcher Chris Young.
 3. Marvin Harrison and Reggie
- Wayne, both catching passes from Indianapolis' Peyton Manning. 4. Gary Bradds, in 1964. . Buffalo's Dominik Hasek had a
- .937 save percentage in 1998-99. 6. The NASL championship game
- 7. Twenty-seven.

King Crossword **Answers**

Solution time: 21 mins

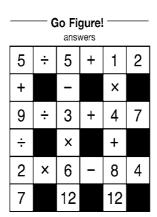
•	,,	ıu	uc	,,,			٠.	_	٠,		113	٠.
Р	L	0	D		В	Α	Υ		В	Ε	Ε	F
L	Α	V	Е		Α	G	Е		Α	Х	L	Е
Е	٧	Т	L		D	0	G	Н	0	U	s	Ε
В	Α	D	Е	G	G		G	0	В	L	E	Т
			Т	0	Е	D		Р	Α	Т		
D	O	G	Ε	Α	R	Ε	D		В	Α	К	Ε
D	N	Α		Т	Е	Р	Ε	Ε		N	0	Т
Т	Ε	S	Т		D	0	G	М	Α	Т	Т	С
		L	Α	G		Т	Α	_	L			
0	Р	Ī	Ν	Е	D		٦	Т	0	Р	Ī	Α
D	0	G	G	Е	R	Ε	L		Н	U	N	Т
Ε	С	Н	0		Α	L	L		Α	L	Т	0

SOTSBYESLOP

Answer 9 8 5 3

Weekly SUDOKU -

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





2. 1815 "Mission: Impossible" 4. Stringed instrument

played with hammers 5. Dong 6. Albert Einstein

7. Northern Europe 8. Death of body tissue 9. Yellowstone National Park, Wyoming 10. "A Star is Born"



SCRAMBLERS

solution 1. Grasp 2. Devise; 3. Offal 4. Trite

Today's Word: **FAVORITE**