

OVER
5 MILLION
Readers Weekly
Nationwide!

TIDBITS®

OF UTAH COUNTY


FREE
ALL RIGHTS RESERVED © 2009

November 14, 2011

The **Neatest** Little Paper Ever Read®

Issue 26

Published by : Serendipity Weekly

For Ad Rates call: (801) 616-6288

roger@ilovemytidbits.com

BUY ANY COMBO GET A FREE HOT COCOA With Whip Cream!



State Street Grill



656 N 2000 W Pleasant Grove

TIDBITS® HUNTS FOR ANTLERS

by Patricia L. Cook

With the holiday season upon us, you have probably already had some sightings of Santa Claus and maybe even his reindeer. This Tidbits scopes out some interesting antler information.

- Antlers are the bony growths that sit atop the heads of more than 60 kinds of deer, including moose, elk, reindeer and caribou. All of these animals are hoofed ruminants of the Cervidae family. Ruminants include cows, sheep, goats and giraffes and all have four-part stomachs.
- Both male and female caribou and reindeer grow antlers. But only male deer, moose and elk have antlers. They use them as weapons to fight for herd leadership or for a female mate.
- Antlers are true marvels of nature. All deer grow a new pair of antlers every year from the time they are a year old. The rate at which they regenerate, an inch (2.5 cm) or more per day, makes them the fastest growing formation in the animal kingdom. Conversely, the degeneration of the bond between the antler and the pedicle, the bony platform above the frontal bone of the skull on which antlers grow, is the fastest deterioration of tissue in the animal kingdom. This degeneration of tissue causes the antlers to loosen and fall off in complete sets.

turn the page for more!

Family Owned Serving the area
Family Operated 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

Silver Creek Dental



Do You Suffer From? 675 S. 100 W. suite 1
• Migraines Payson, UT 84651
• Headaches Call or Visit Now (801) 754-4787
• Neck Pain
• Jaw Aches

Can You Stop Taking Pain Medications?

The PerfectBite Doctor

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.

HOBBY TRACTORS Let the Good Times Grow
hobbytractors.com

660 West State Street Pleasant Grove

Family Business with over 30 years of friendly service!

MECHRON UTV \$9995 With Rebate

MAHINDRA 3616 CAB

0 DOWN
0 INTEREST
0 PAYMENTS until April 2012

801-785-8605

TOMLINSON 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

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

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

Habla Espanol

408 S. Orem Blvd Orem

Booth Space Available - Call 801.420.0757

SPRINGVILLE

442 S 1750 W
(801) 491-7272

PAPA JOHN'S

Better Ingredients. Better Pizza.

NEW HOURS M-F 11A - 11P S 11A - MIDNITE

ORDER ONLINE www.papajohns.com CLOSED ON SUN

\$11.00 Any Large Pizza Including Specialties

\$19.99 Two Large Two Toppings & an Order of Breadsticks

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

across the street from Purple Turtle

BEST PRICES ANYWHERE! 46 East State Street Pleasant Grove

CALL NOW! LIMITED INVENTORY

All Things Mac!

MACtraders

801.810.4MAC (4622)
mactraders.net



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% GUARANTEED TO BE MADE

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

EXCLUSIVE PREFERRED VENDOR

TIDBITS®

See Testimonials at: vcscarpetcleaning.com

The Provo Car Doctors



PREMIER CLUB MAINTENANCE PACKAGE! USE ANYTIME Next 2 Years!

LIMITED QUANTITY

ONE DAY SALE SAT 11/19

151 North 300 West Provo

801-373-2800

Save on All your Car & Truck Maintenance!

Buy Our Premier Club Maintenance Package:

- 4 - Oil Changes (5 Qts + Filter + Lube)
- 25 Point Maint Inspection w/each service
- FREE State Safety Inspection
- FREE Emission Test
- Plus:
 - Free Check Engine Light Scan
 - Free Labor on Cooling System
 - Free Labor on Transmission Service
 - Free Starting & Charging System Analysis

\$500 VALUE ONLY \$65

See Store for Details

- Free A/C System Performance Check
- Free Used Car Pre-Purchase Inspection
- Free Brake Adjustment & Inspection
- Free 1/2 Hour Labor on Other Repairs

Salads Tacos Burritos
Huaraches Chimichangas Gorditas
House Specialty: Shrimp Empanadas
Lunch Special - Only \$ 5.99

Our Special Daily Entrée + Beans + Rice + Drink!



HOURS
M-Th 11:30 – 7:30
F 11:30 – 8:00
S 11:30 – 3:00

On Main Street in Santaquin PHONE 801.754.5378
Next to the Santaquin Pharmacy



1. ANATOMY: Which gland produces human growth hormone?
2. FAMOUS CHARACTERS: What does Donald Duck always wear?
3. MONEY: What is the basic currency of Iraq?
4. RELIGION: In Western churches, what day is set aside for the Feast of St. Stephen?
5. SCIENCE: What is the Latin word and chemistry symbol for lead?
6. MOVIES: What 1969 movie was made from a Philip Roth novel and starred Richard Benjamin and Ali MacGraw?
7. PULITZER PRIZE: What was the title of Charles Lindbergh's autobiography, which won the Pulitzer Prize in 1953?
8. LITERATURE: What 1920s novel features a narrator named Nick Carraway?
9. LANGUAGE: What is a fata morgana?
10. GEOGRAPHY: What body of water does the Mississippi River flow into?

Simple Simon's Used Cellular

Need instant cash? Call Today
(801) 722-5700
Phones as low as \$20!
Camera phones as low as \$25!
Touch Screen phones under \$100!
S.S.U.C.
T-MOBILE AT&T SPRINT VERIZON
BUY SELL TRADE REPAIRS RECYCLE



- "For that nagging toilet where the chain on the flush lever keeps getting stuck, here's what I do: Trash that chain and use some curling ribbon. Tie it on and adjust the length. Once you've got it set, you shouldn't have to mess with it again for a very long time!" -- M. in Minnesota
- Need pumpkin pie spice? Mix 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/8 teaspoon nutmeg and 1/8 teaspoon ground cloves for each teaspoon needed.
- "Clearance aisles and sales are a savvy shopper's best friend. I buy age-appropriate games and toys all year from the sales rack and with coupons, so that I'm always armed with birthday presents and donations for holiday drives." -- A.P. in Pennsylvania
- "I try to keep a backpack of 'just in case' items in my car trunk. In the summer, it has sunblock, bug spray, etc. I have just refilled it for winter. There is a bottle of water and snack items, large towels that double as blankets, tools and a road flare, socks, an extra pair of shoes, etc. It pays to be safe!" -- C.C. in North Carolina
- Make your own "hot pocket" using rice: Fill an empty sock with rice to about three-fourths full. Tie or sew closed. Create a pouch by using a bandanna to wrap it up; either tie or sew the bandanna into a removable pocket. To use, microwave the sock for 1 to 1 1/2 minutes. Remove carefully. Remove bandanna and wash from time to time.
- Here's a great cooking hint: When you want to sear meat, make sure you pat it dry using either paper towels or a kitchen cloth specifically for that purpose. Any moisture on the meat will cause it to steam-cook.

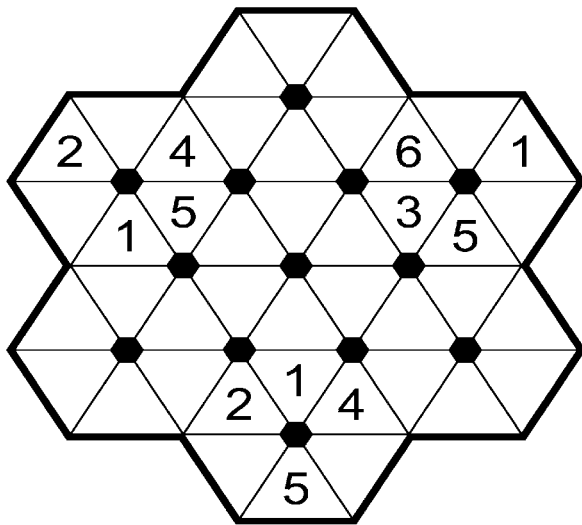
ANTLERS (continued)

- Pedicles appear on young deer during their first year of life, appearing as small bumps or knobs. Each year when new antlers grow, the antlers get larger and longer, with more "branches." You can tell a deer's age by counting his branches.
- After three or four months of growth, antlers can reach a span of 7 feet (2 m) and a weight of more than 45 pounds (20 kg). Antlers serve as a sort of "badge of courage." The animal with the biggest antlers, or rack, is usually the leader of the herd. Deer of all types use their antlers to fight and show dominance. When the antlers are in their time of quick growth, testosterone is at its highest levels.
- Antlers are not hollow like the horns of cows and other animals. Horns are made of tubular filaments of keratin, which is what human hair and nails are made of. Only the rhinoceros has solid horns. Horns, unlike antlers, do not regenerate each year. They grow throughout an animal's life, and if they are broken, they do not reform. Most animal horns have only one point. The pronghorn antelope is the exception with two points. Pronghorns also are different in that they shed their horns.
- Antlers are made of a honeycombed bone-like tissue. They go through a time when they are covered with a thin skin of fine hairs called velvet. The velvet contains an extensive capillary (vein) network. If you were to touch growing antlers on a live deer, they would feel warm from the high level of blood flow. The antlers harden over time during the growth season, and the cartilage in the antlers becomes bone. Antlers start hardening at the base and the process continues rather quickly to the tip until they are completely hard.
- When the velvet dries and hardens, the antlers have reached their full size. Deer rub and polish them against trees to keep them sharp and shiny and also rub trees when it is time for the antlers to shed. The antlers do not always fall off together. Sometimes one side will fall off, and the other side may fall off a day or so later.
- When antlers are almost fully grown, during the heat of the summer, they serve an unusual purpose. With the large amount of blood running through them, the antlers "throw off" some of a deer's body heat. How's that for built-in air conditioning? Of all of the types of deer though, remember that the only females that grow antlers are caribou and reindeer. So, the poor females of the other types of deer don't have air conditioning!
- Many deer shed their antlers in about the same locations (called "antler sheds") each year, and

continued on next page

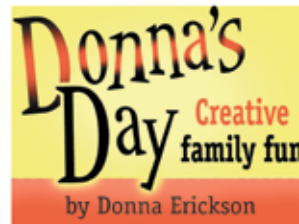
SNOWFLAKES
by Japheth Light

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.



Leafless Tree Bears Heartfelt Wishes

Biking or walking the pathways around the city lake by my house can provide more than fresh air and exercise. Yes, there are the usual runners, cute babies in strollers and smiling seniors arm in arm, but sometimes a surprise lurks around a bend, just as it did on a recent Saturday morning while jogging through crunchy leaves on the sunny side of the shoreline.

I had no sooner passed the canoe racks when I looked up and saw a bare tree weighted down visually by hundreds of red, yellow, blue, pink and green tags flickering in the gentle breeze and dangling from the lowest branches. A closer look revealed the innermost thoughts of kids and adults who stopped for a moment to write a wish on a tag and hang it from a limb before carrying on.

Inspired by the "wishing tree," I grabbed the pen dangling from its trunk and found myself stopped in my tracks mentally. I wasn't sure what to write. Staring across the lake, I realized how making ONE wish is a special gesture and filled with images common to those who make them -- like that awkward pause just before blowing out candles on a birthday cake, the thrill of tossing a coin in the Trevi Fountain, or the memory of humming Disney's "When You Wish Upon a Star" while gazing into the night sky with a child. Lost in the moment, I began reading the tags above me. They were filled with wishes for good health, the end of the war, equal rights for all, a job, a soulmate with a job, a happy marriage, a grandchild, a greyhound, more snow this winter -- and to be able to do a real push-up! Branch upon branch, wish upon wish.

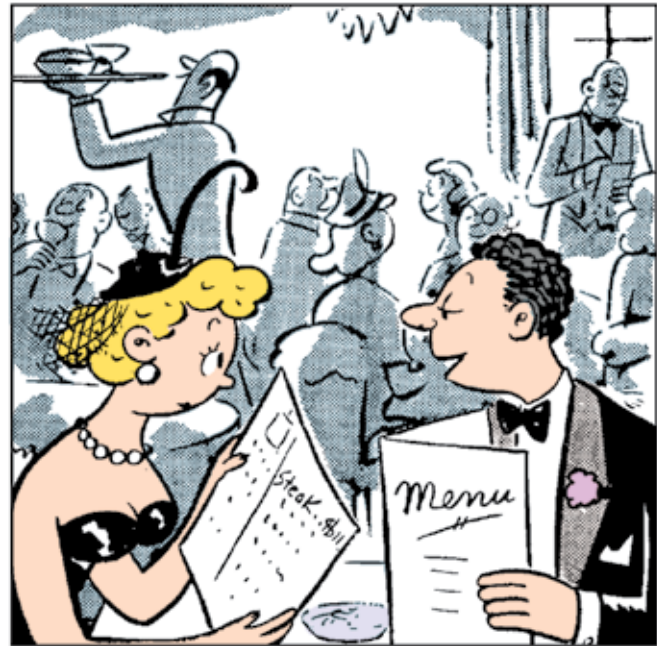
The public "wishing tree" was an idea born out of freelance copy editor and mom of two preschoolers Deb Arora. "My interest was to create a unique form of community service for my young kids over a long weekend, one they would find fun and interesting. Our ultimate goal was to make people smile," she said.

With Deb's promise to the local park board to remove the "wish tags" before the next rainfall, the leafless tree would bear more than 400 wishes from young and old, to inspire and to bring a dose of joy to the lives of passersby.

Deb and her family hope the "Wishing Tree" will catch on and spark new ideas with other families across the country and that others will feature similar work in public locations or right in their own front yard. Deb has developed a blog for this idea and new projects she has up her sleeve at www.hokeypokeyproject.com.

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."

LAFF - A - DAY



"Didn't you know? Steaks are out of season."

TIDBITS® OF UTAH COUNTY

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

TIDBITS® of Utah County

ON-LINE: lovemytidbits.com or utahlocalpaper.com

The Happy Paper For Happy Valley

Combines:

- Full Utah County Coverage
- Weekly Issues
- Daily Exposure
- Fun, Entertaining content
- Captivating Activities
- On-Line Presence

Features:

- Full Color
- Large Format
- Custom-designed Ads
- E-mail Delivery

Provides:

- Free Ad Design
- Free changes to your Ad
- 50% off a 2nd Ad
- Free "Help Wanted" Ad

Twice the Ad
at Half the Price
Guaranteed !!!

HIGHLIGHT Your Business! At a MINIMUM Cost to You!

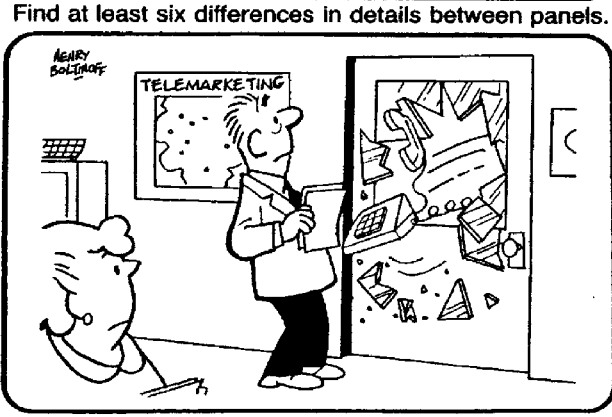
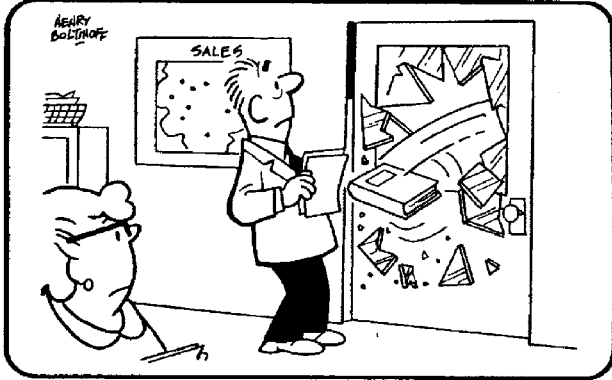


- 1** How many consecutive playoff games did the Texas Rangers lose to the New York Yankees before beating them in 2010?
- 2** Who was the last N.L. player before St. Louis' Albert Pujols in 2000-2009 to win a Triple Crown (tops in batting average, home runs and RBIs) for a decade?
- 3** Who held the Baltimore Ravens record for career TD passes before Joe Flacco broke it in 2010?
- 4** In 2010, Butler's Brad Stevens became the second-youngest men's basketball coach in the NCAA Tournament championship game. Who was the youngest?
- 5** In 2011, Peter Budaj became the third goalie to record 100-plus career NHL wins for the Colorado Avalanche. Name the other two.
- 6** Who won the first NASCAR Cup race at Atlanta Motor Speedway?
- 7** Tennis great John McEnroe has the most U.S. Davis Cup career singles victories, with 41. Who is No. 2?

By Chris Richcreek

HOCUS - FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

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

ANTLERS (continued)

many hunters and artists search for the shed antlers. Collecting and selling the antlers is permitted in most areas. However, some states have enacted shed-hunting laws that only allow antlers to be gathered in certain areas at specific times, with large fines and even jail time as the penalties for those who break these laws.

- Shed antler collecting is quite popular in the National Elk Refuge in Jackson Hole, Wyoming. The Jackson District Boy Scouts are issued a special permit one Saturday each spring to join the refuge staff in gathering elk antlers. The Scouts help sort, weigh, tag, bundle and sell the antlers at a public auction held in the Jackson Town Square each May.

- Jackson (the area is called Jackson Hole) has four elk-antler arches at the corners of Town Square Park in the center of town. The arches, first erected by the Rotary Club of Jackson in the 1960s, are made of antlers gathered from the Elk Refuge. Each arch, made from about 2,000 antlers, weighs 7,000-10,000 pounds (3,175-4,500 kg). Recently, the Rotary Club auctioned off the old arches and replaced them with new ones. Millions of tourists from around the world have had photos taken under the famous Jackson antler arches.

- Many antlers are used for art and home decor. Even if you aren't interested in having a rack hanging in your living room, there are other antler creations that are especially appropriate for rustic cabins. Antlers are used to make chandeliers, lamps, tables, drawer pulls, doorknobs and more. Since antlers are shed every year, they are a great way to accent a space without harming nature.

- When deer shed their antlers in late fall and winter, they often become food for small forest animals, especially rodents. Antlers have valuable calcium, salt and other nutrients that are important for the small critters' survival.

continued on next page

THIS WEEK'S CELEBRITY BIRTHDAYS

| | |
|------------------|------------|
| Jimmy Kimmel | 11/13/1967 |
| Condoleezza Rice | 11/14/1954 |
| Sam Waterston | 11/15/1940 |
| Oksana Baiul | 11/16/1977 |
| Danny DeVito | 11/17/1944 |
| Owen Wilson | 11/18/1968 |
| Meg Ryan | 11/19/1961 |

TIDBITS

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

DIXON MEAT MARKET 485-3127
 95 S Main Payson

From BBQ to Holiday

RESERVE the BEST for your FAMILY

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

in 1948 on a hike, when he had difficulty removing tenacious little burrs from his clothes. He reasoned that if he could create synthetic burrs, they could be used as fasteners.

- It was British writer and humorist Jerome K. Jerome who made the following sage observation: It is impossible to enjoy idling thoroughly unless one has plenty of work to do. There is no fun in doing nothing when you have nothing to do. Wasting time is merely an occupation then, and a most exhausting one. Idleness, like kisses, to be sweet must be stolen."
- According to an international survey of taxicab drivers, passengers who use cabs in London are twice as likely as those in eight other major metropolises to leave a laptop behind when exiting the taxi.
- Sharks can live for a century or more.
- Velcro came to market in 1957, after a Swiss inventor named George De Mestral spent nearly 10 years developing the idea. His inspiration came to him

- The Parker Brothers game Monopoly is the best-selling game in history. It's available for purchase in 28 countries, and it can be played in 19 different languages.

- If you speak some French, you might know that the phrase "tout a l'heure" means "see you later." You might not realize, though, that that phrase is the origin of the English term "toodle-oo."

- Chances are, there's a Park Street in your town. It's the most common street name in the United States.

- Europe is the only continent without a desert. Even icy Antarctica has deserts -- including the world's largest cold desert.

Thought for the Day: "We need anything politically important rationed out like Pez: small, sweet, and coming out of a funny, plastic head." -- Dennis Miller

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

WHERE'S NEMO
 Aquarium & pets
 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, WEBSITE, SEO, TESTIMONIALS, PROMOTIONAL VIDEO, REPUTATION MANAGEMENT, CONSUMER ELECTRONICS STORE, CONSULTING
 801-497-0077
 BENHARTZ009@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

801-426-0774

Half Price Dental Clinic
 "Stretch Your Dental Dollar"
 1176 S. 1480 W. Orem
Dr. Jason Allan & Associates Se Habla Espanol

Standing for Liberty and Freedom by Promoting the Constitution

BEEN SERVED PAY FORWARD

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

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

The Neatest Little Paper Ever Read.®

PLEASE SUPPORT OUR ADVERTISERS.



TELL THEM YOU SAW THEM HERE!

**OVERCOMING THE ODDS:
SPECIAL OLYMPICS**

In June 1963, Eunice Kennedy Shriver started a summer day camp at her home in Maryland. Different from most day camps, this one was for young people with intellectual disabilities.

- Shriver wanted the young people to be able to explore their capabilities in sports and other physical activities. Camp Shriver was the predecessor of what is now known worldwide as the Special Olympics. Shriver's commitment to individuals with challenges came from her love for sports and for her sister Rosemary, who in 1941, was institutionalized because of her disabilities.

- The first Special Olympic Games were held in Chicago on July 20, 1968. This was only seven weeks after the second of Shriver's political brothers had been assassinated. Senator Robert Kennedy was shot after her other brother, President John F. Kennedy, had been shot and killed. The deaths of her brothers had major impact across America. The games that Shriver started in Chicago would also go on to have lasting effects, in a very different way, on the country and the world.

- A small crowd of fewer than 100 people was seated in the 85,000-seat stadium in Chicago for the first games, which had about 1,000 athletes from 26 states and Canada.

- The oath that Shriver introduced at the first games is still used today: "Let me win, but if I cannot win let me be brave in the attempt."

- Shriver predicted that "one million of the world's intellectually challenged would someday compete athletically." She saw that prediction surpassed three times over! Today, more than three million Special Olympic athletes train in all 50 states and 181 countries around the globe.

- Disabled people are now participating in summer and winter games. Just as the official Olympic Games are held every two years, the Special Olympics are as well, alternating between winter and summer.

- The Special Olympics World Summer Games of 2011 were held in the city of the first modern-day Olympic Games in 1894: Athens, Greece. More than 7,000 athletes, 3,000 coaches and officials, 25,000 volunteers, 40,000 family members and thousands of spectators from more than 180 countries were there to witness "the power of sport" changing lives. The challenged individuals competed in 22 Olympic-style sports such as softball tosses, weight lifting, aquatics, bocce and bowling from June 25 through July 4.

continued on next page



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

Have You Served Someone Lately?



The Lucky (801) 717-9616
AT OZZ
Feeling lucky since 2011
FREE Fountain Drink With Any Purchase
All Burgers include Hand-Cut Fries
490 North Freedom Blvd
Open Evenings - Call for Hours

3606 W. Center Leadership - Adventure - 373-8897 Provo
CLAS
ROPE COURSE
2 for 1
Christmas Cruise
Valid December 2nd - 26th 2011

1575 South 1950 West Springville
801-491-8559
JUMPIN JACKS
Get 2 Jumpers For The Price Of 1
Inflatable Play Rooms, Slides & More!
I-15 Exit 260 - South of Springville Walmart one mile
Not Valid on Thurs. Can't be combined w/any other offer.

520 N. 900 E. Provo
T's Diner (801) 691-0934
Buy One Entree
Get One 1/2 OFF
Sandwiches, Ice Cream, Breakfast All Day & More

Need s Vinyl Decals?
Auto Window Text & One Color Logo About \$30
801.814.8213

TAKE A BREAK
SPAS & BILLIARDS
10% OFF
All Chemicals, Filters, & Accessories
www.takeabreakspas.com
1575 S. 1950 W. · Springville 801-489-6005

FIESTA FUN CENTER Habla Espanol
Buy a Large Smoothie/Shake
Get a Small FREE!
Coming Soon: Laser Tag, Arcade, & More!
Booths Available 801.420.0757
108 E 400 S. Orem

ELEGANT EXPRESSIONS
OLDE TYME PHOTOGRAPHY
WESTERN PHOTO'S
MANY OUTFITS AVAILABLE
NATALIE @
\$15 - 8 X 10 OLDE TYME PHOTOS (801) 358-7104
OR 2 FOR \$20 (SAME POSE) AND COME IN TODAY!

(801) 375-5873 159 W 500 N Provo
RACERS CYCLE SERVICE
\$10 OFF Any Tune-Up Service

Lily Pad 801-380-9103 shop
thelilypadshop.etsy.com
SAVE 10%
Use promo code: Served10
Personal, Unique, & Fun Gifts

"Norma Jean'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

Time For A Treasure Hunt

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!

255 WEST CENTER PROVO
TAYLOR MAID
20% OFF
(801) 377-0765 ANY PURCHASE (COUPON REQUIRED)
COSTUME RENTALS & SALES BEAUTY/THEATRICAL SUPPLIES FULL SERVICE SALON

ADVERTISE HERE FOR AS LOW AS ~\$12 A WEEK!
And give something to the community!
CHRIS 801.814.8213

Nickel City
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
Not Valid w/other offers. One Per Day

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!
© 2011 King Features Syndicate, Inc.

| | | | | | |
|----|---|---|---|---|----|
| | + | | x | | 11 |
| x | | ÷ | | x | |
| | - | | x | | 25 |
| - | | + | | + | |
| | - | | x | | 16 |
| 21 | | 4 | | 9 | |

Weekly SUDOKU
by Linda Thistle

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | | | 8 | | | 3 | 7 | |
| | 5 | | | 9 | | 8 | | |
| | | 8 | | | 3 | | | 9 |
| 5 | 4 | | | 8 | | | | 6 |
| | 3 | | | | 2 | 5 | | |
| | | 9 | 3 | | | | 4 | |
| 3 | | | | | 8 | 9 | 1 | |
| | | 1 | 4 | | | | 2 | |
| | 2 | | 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.

PATAGONIA
International Market
Jorge
Productos de Latino America
144 N Main Spanish Fork
801-798-8801
patagoniainternationalmarket@yahoo.com

MISTER BREGER By Dave Breger

"Oh, as long as you're up and about, Dave, would you get me a drink of water?"

This is a Hammer
Key Snapped Off In Door Lock

Q: A couple of days ago, I was struggling to unlock the deadbolt of the side door on my garage, which tends to stick, when the key actually snapped in half! I can't reach the part inside the lock because it broke too far inside. I don't want to spend a lot of money on a locksmith, either. Meantime, I can't unlock the door. How can I fix this? Do I need to replace the entire deadbolt? -- Jolanda W., Dallas

A: If you've already tried to retrieve the broken half of the key with needlenose pliers, a hat pin or thin wire with no success, you can try the desperate measure of dabbing a tiny amount of Superglue onto the half of the key you do have, and carefully inserting it -- without touching the sides -- until the broken halves meet. Let it sit for a few seconds and then carefully try to pull the entire key straight out. If this doesn't work, you can consider purchasing a key extractor kit, but the ones that are most effective cost as much or more than a locksmith visit. A good locksmith is licensed and bonded, and should provide a written estimate of the type of work to be done and the cost. He or she should offer a couple of options once the key is extracted: either lubricating the existing lock and replacing the key, or replacing the entire deadbolt. Because your garage deadbolt is a non-emergency, you have an advantage in that you can take your time and contact more than one locksmith for an estimate. Try to get a word-of-mouth recommendation from friends; otherwise, insist on an estimate first, and do not give any locksmith your credit-card information or other payment information ahead of the visit or before work is performed.

HOME TIP: Did moisture inside an exterior or car lock freeze in cold weather? Heat the key for a few seconds and then carefully insert to melt the ice.

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.

Promote the USA Constitution

Donate to print Copies!
Ads Provided on
all subsequent copies!
Call For Details



ADVERTISE WITH US!
Provide Your **BEST Deal!**
Proudly Bringing Back
The Handshake!
Chris 801.814.8213

(801) 374-9733



Buy Any Burger
Combo and Get
A Burger Free!
Can't Be Combined
With Any Other Offer.

401 W. 100 N.



Rachelle Call
Addiction & Recovery .com
recovery - the music - Now Available in Stores
Booking:
rachel@rachelcall.com

2 FOR 1
First Hr.
One coupon per
table/group per day.



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

80 West Center (801) 377-4747
Provo
TWO JACK'S
Pizza .com
Large 14" - 2 Topping Pizza 8" Two Topping Personal
ONLY \$9.99 Pizza w/20 oz Fountain Drink
ONLY \$5.29
Delivery Carry Out Dine In

M-Th 3pm - 10pm Fr. 3pm - Mid. Sat. 10 am - Mid.
2 FOR 1 1/2 Hour Laser
or
Black Light Mini Golf
LASER ASSAULT
laserassault.net
264 N. 100 W. Provo
(801) 374-3400

★ **20% OFF** Endless Coupon
Till Expiration Date!
Children's Books
w/ min. Purchase of \$15
Paper Back Books
★ **4 for \$10**
eBornBooks .com
(801) 607-1468
In Provo Town Center Mall
1200 Town Center Blvd. SPC 2006

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

ADVERTISE HERE
FOR AS LITTLE AS
~\$18 A WEEK!
And give something to the community!
CHRIS 801.814.8213



YOUR SEARCH IS OVER!

STORE NEWS and other COMMUNITY EVENTS:
EBorn Books - Through the Holiday Season various Authors will be at sight for book signings.
OZZ - Now booking Christmas and New Year Parties - Call to reserve your time today!
Laser Assault: Reserve a time for large groups, call us today!
Iguana Inks - Knowledgeable staff that can help save you BIG BUCKS, when it comes to INK! Call Today 801.375.INKS
CLAS Ropes Course - Plan your Christmas Cruise now. Clip the coupon and tape it to your Calendar!
The Lucky - Come try one of our Navajo Tacos or one of our Burgers - All Burgers include Fresh Cut Fries!
HAVE YOU SERVED SOMEONE LATELY?

BE A DENTAL ASSISTANT IN 12 WEEKS!

Advantage Dental Assisting School

Sea una Asistente Dental en 12 semanas!
Te ayudamos a encontrar trabajo de Asistente Dental 801-426-0774

Job Placement Assistance

801-426-0774

Fulfills Dental Assisting/Hygiene Shadowing requirement at Utah College of Dental Hygiene
Only \$1,950 Tuition plus \$50 registration fee. Includes textbooks.

CHOOSE:
TUESDAY NIGHT CLASS 5:30PM-8:00PM
— OR —
FRIDAY MORNING CLASS 9:00AM-11:30AM
— OR —
SATURDAY MORNING CLASS 9:00AM-11:30AM

Hands-On Internship In An Actual Dental Clinic!

Good Housekeeping Macintosh-Oatmeal Cookies

1 1/2 cup sugar
1 cup (2 sticks) margarine or butter, softened
1 1/2 cup all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1 teaspoon vanilla extract
1/2 teaspoon salt
2 large eggs
2 medium (about 2 cups) Macintosh apples, peeled, cored and diced
3 cups quick-cooking oats, uncooked
1 cup dark seedless raisins

1. In large bowl, with mixer at medium speed, beat sugar and margarine or butter until light and fluffy, about 5 minutes. Add flour, baking soda, cinnamon,

vanilla extract, salt and eggs; beat just until blended, occasionally scraping bowl with rubber spatula. With spoon, stir in apples, oatmeal, raisins and walnuts.
2. Preheat oven to 350 F. Drop batter by level 1/4 cups, about 3 inches apart, on 2 ungreased large cookie sheets.
3. Place cookie sheets on 2 oven racks. Bake cookies 20 to 25 minutes until golden, rotating cookie sheets between upper and lower racks halfway through baking time. With pancake turner, remove cookies to wire racks to cool.
4. Repeat until all batter is used. Store cookies in tightly covered container. Makes about 2 dozen cookies.

• Each serving: About 275 calories, 12g total fat (2g saturated), 18mg cholesterol, 205mg sodium, 39g total carbs, 5g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

SPECIAL OLYMPICS (continued)

• Today, attitudes and laws have changed to allow people with disabilities to participate in more workplaces as well as in sports. The Special Olympics helped many to see the abilities that are present if disabled people are given the encouragement, help and support they need. Events associated with the Special Olympics program are scheduled practically every month somewhere in the world, and they prepare and equip the athletes for competition and life.

• Just as preparations are being made for the Olympic Summer Games in London 2012, South Korea is preparing for the Special Olympics World Winter Games to be held in 2013. Athletes will proudly participate in winter sports like snowboarding, skiing, snowshoeing and more.

• Today, as a result of the publicity surrounding the Special Olympics, more and more people are looking at people with disabilities differently. Worldwide, they now have increased access to jobs, medical care and more.

NOW THAT'S FURRY!

While some fight against fur pelts being made into coats and more, many trappers and fur farmers still exist and make their living off of fur production.

• Third in the world for fur production, Canada ranks first for the quality of furs. Trapping of furbearing animals occurs in every area of Canada. While you may think of mink coats when you think of fur, beaver garments are the most important Canadian furs exported. The two countries ahead of Canada in fur production are Russia and the United States.

• The most common wild fur species in Canada are beaver, muskrat, marten, squirrel, fox and raccoon.

• Martens are members of the weasel family. Their furs are marketed as "sable" and vary from yellowish buff to dark brown. Sable furs are sold for high prices.

• Beaver pelts are used for top hats and cowboy hats. The best cowboy hats are still made from beaver.

• Approximately 1.7 million mink pelts are produced annually on fur farms in Canada. U.S. mink farms produce even more, with a count of 2.86 million pelts in 2009.

• Mink are known for being "super recyclers," eating the waste from dairy, fish and meat production for humans. One farmed mink will eat about 140 pounds (63.5 kg) of waste during its lifetime. According to the U.S. Department of Agriculture, "a full-length mink coat containing 40 pelts represents 5,600 pounds (2540 kg) of waste."

continue to next page

Collecting
by Larry Cox

Q:I purchased five glass bottles with images of former presidents, possibly during the 1970s, in a country store in Sudbury, Mass. I have two with Dwight Eisenhower and one each with Jackson, Lincoln and Grant. Are they of any value? — Christine, Worcester, Mass.

A: Your bottles were produced by the Wheaton Glass Company of Wheaton, N.J. I spoke with several bottle collectors, and they seem to agree that your bottles are each worth in the \$7.50 to \$10 range. Incidentally, the more valuable presidential bottles offered by the company appear to be Reagan (\$30) and Carter (\$20).

Q:I have a vase that was given to me more than 50 years ago by the previous owner. I am enclosing pictures of it, and I am, of course, curious about its value. — Erma, Marion, Ill.

A: I wish you had taken pictures of the bottom, since if it has a potter's mark that is where it would be. Your vase appears to be a piece of Nippon, but without additional information I can't be certain. There are good appraisers and dealers in your area, and perhaps you should begin your search with them. You also might see if you can find your vase referenced in "The Collector's Encyclopedia of Nippon Porcelain: Identification and Values," by Joan F. Van Patten (Collector Books).

Q:I have a picture card that was autographed by Charles Lindbergh in about 1928. I would like to find out its value. — Gerald, Willmar, Minn.

A: Autographs of Lindbergh are extremely desirable. To determine the value of the one you have, you should contact an expert. Brian Kathenes is a certified appraiser who specializes in autographs. Contact him c/o National Appraisal Consultants, LLC, P.O. Box 482, Hope, NJ 07844; brian@nacvalue.com; and www.nacvalue.com.

Q:I have a set of pewter miniature soldiers, all in different uniforms. I would like to find out more about them. — Jeanie, Sun City, Ariz.

A: Contact the Toy Soldier Collectors of America, P.O. Box 179, New Ellenton, SC 29809, and toysoldierscollectorsamerica@yahoo.com. The group has members throughout the world and has been helpful to collectors since 1979.

Break Time!

King Crossword

TIDBITS®

Brought to you by:
YOUR BUSINESS HERE

ACROSS

| | | | | | | | | | | |
|----|----|----|----|----|----|----|---|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | | | 13 | | | | | 14 | | |
| 15 | | | 16 | | | | | 17 | | |
| | | 18 | | | | | | 19 | | |
| 20 | 21 | | | | 22 | 23 | | | | |
| 24 | | | | 25 | | | | 26 | 27 | 28 |
| 29 | | | 30 | | | | | 31 | | |
| 32 | | | 33 | | | | | 34 | | |
| | | | 35 | | | | | 36 | | |
| 37 | 38 | 39 | | | | 40 | | | | |
| 41 | | | | 42 | 43 | | | | 44 | 45 |
| 46 | | | | 47 | | | | | 48 | |
| 49 | | | | 50 | | | | | 51 | |

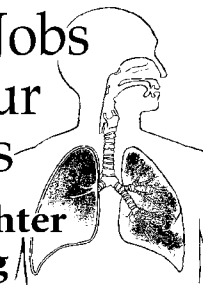
DOWN

| | |
|----|----------------------|
| 1 | Noisy dance |
| 2 | Oklahoma |
| 3 | With glee |
| 4 | Lumber |
| 5 | Spring parade |
| 6 | Hostel |
| 7 | Get a glimpse of |
| 8 | Wheedle |
| 9 | Addict |
| 10 | Not so much |
| 11 | Tardy |
| 12 | Verse |
| 13 | Friend of D'Artagnan |
| 14 | Paraphernalia |
| 15 | Sommelier's offering |
| 16 | Alkali neutralizer |
| 17 | Festive |
| 18 | Pythias' pal |
| 19 | Weapon's handle |
| 20 | Watchful one |
| 21 | Vagrant |
| 22 | Some track- |
| 23 | and-field athletes |
| 24 | Therefore |
| 25 | Take a break |
| 26 | Bear lair |
| 27 | Pantry |
| 28 | Stead |
| 29 | Resentment |
| 30 | Booty |
| 31 | Corn concoction |
| 32 | Tittle |
| 33 | Actress Cannon |
| 34 | Kitten's call |
| 35 | "— was saying, ..." |
| 36 | Scratch out |
| 37 | Promptly |

© 2011 King Features Synd., Inc.

top ten

Worst Jobs for Your Lungs



1. Firefighter
2. Mining
3. Transportation
4. Automotive
5. Baking
6. Bartending
7. Textiles
8. Health care
9. Manufacturing
10. Construction

Source: health.com

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

CASH FOR GOLD AND SILVER

CALL JARED: 801.859.8088

by Jeff Pickering

The Spats

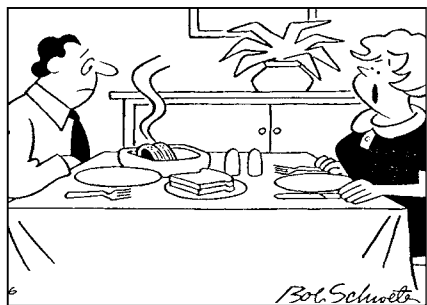


SCRAMBLERS

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!

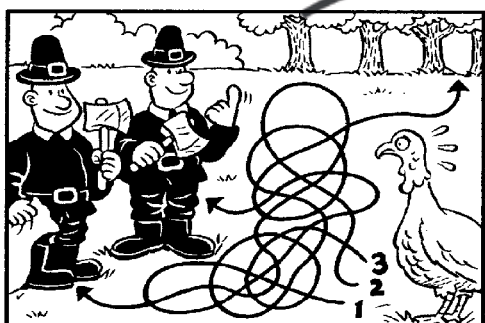
- Err: RASTY
- Pull: NOPE
- Court: CLEAPA
- Shake: REALTT

TODAY'S WORD



"If you think that _____ is small, you should have seen the one we could afford."

KIDBITS

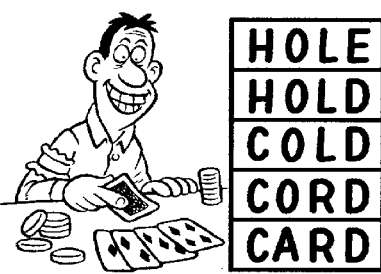


THIS WILD TURKEY has one chance in three of getting to the trees before the hungry Pilgrims catch him. Which route will keep him free?

Answer: Route No. 3 will save him for another year.

Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

HOLE HOLD COLD CORD CARD

THAT'S A POKER FACE? Try acing these five Ladder Puzzles in less than five minutes. In this type of problem you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word, so as to form a new word. In our example, we changed HOLE to CARD in four moves. See if you can change the following words in four moves each.

1. JUNK to FOOD
2. TOLL to GATE
3. NECK to LINE
4. HINT to TELL
5. MIME to TALK

Answers: 1. JUNK, FUNK, FUND, FOND, FOOD. 2. TOLL, TALL, TALE, GALE, GATE. 3. NECK, NICK, NICE, LICE, LINE. 4. HINT, HILT, HILL, TILL, TELL. 5. MIME, MILE, TIE, TALE, TALK.

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

Answers: 1. Daylight, 2. Banana split.

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them to one word. To do this, draw a line from one word in the left column to one word in the right column.

- | | |
|---------|------|
| 1. RAG | HER |
| 2. SICK | WEPT |
| 3. TRAM | AWAY |
| 4. UPS | OUT |
| 5. WAS | PLED |
| 6. ARE | LED |

Answers: Ragout, Ragout, sickled, trampled, upswep, upswep, washer, areaway.

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

Take a Rest, My Restless Legs

DEAR DR. DONOHUE: I would like to know more about restless leg syndrome. -- I.J.

ANSWER: Roughly 7 percent of women and 3 percent of men suffer from restless leg syndrome. That gives you a lot of fellow sufferers. People describe it in many ways. Some say it's an aching in their legs. Others describe it as a creeping-crawling sensation. No matter how people express the feeling, it makes them get up and move around. Activity lessens or gets rid of the sensations, but they can and do come back. They usually appear in the evening or at night when people are sitting or when they get into bed. No one is sure what causes the syndrome. Things that lessen its intensity and frequency are cutting back on caffeine, stopping smoking and exercising daily. Eliminating alcohol is a most helpful remedy. Sometimes restless leg syndrome is associated with iron deficiency and the anemia due to iron deficiency. Your doctor will want to check you for that.

Pramipexole (Mirapex) and ropinirole (Requip), both drugs for Parkinson's disease, are used for this syndrome, even though it has no relationship to Parkinson's disease. They stimulate certain brain areas that control movement. Levodopa, another Parkinson's medicine, also is prescribed. There are others, should these fail.

Periodic limb movements of sleep is another condition that frequently occurs along with restless leg syndrome. It's involuntary movements of the legs and feet during sleep. The kicking and jerking last about two seconds and recur every 20 to 40 seconds. Often the affected person is unaware of them. The bed partner plays a nighttime role of being a drop-kicked football and is quite aware of what's happening. The affected person is quite tired during the day. The same medicines used for restless leg syndrome can be used here, too. Daily exercise might put an end to the nocturnal movements.

The booklet on restless leg syndrome and nighttime leg cramps explains both conditions. To obtain a copy, write to: Dr. Donohue -- No. 306W, 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. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I have puffy bags under my eyes. They look like they have water in them. I am an 85-year-old woman.

What's the best way to treat them? They aren't getting any better. I use ice on them, and it helps, but they come back. -- M.C.

ANSWER: Those puffy bags under your eyes aren't filled with water; they're globs of fat. In younger years, tough strands of fiber held them in place. With age, those strands weaken, and the fat bulges out. Look around and watch for them on TV. You'll see that most people over 60 have them. They're not a sign of illness.

I have seen all sorts of ads for creams and gels that say they can shrink these bags. I can't vouch for any of them. I don't know if they work. I have reservations. One way to correct them is surgical removal. You can forget the ice treatment unless you want to keep it up. It's not a solution.

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) 616-6288

Mt. NEBO Auto Accidents Family Practice
CHIROPRACTIC CLINIC

FALL FOOD DRIVE

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

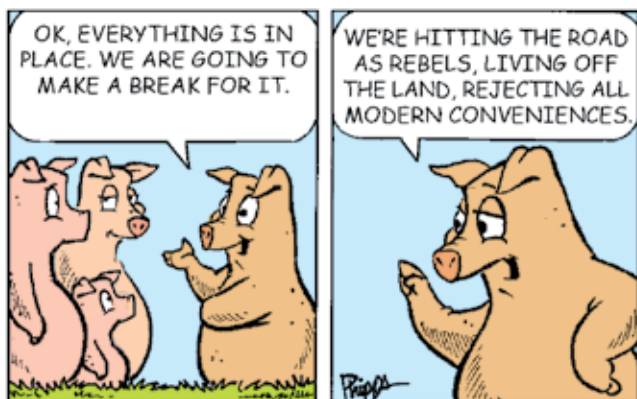
Enter FREE Drawing

FURRY (continued)

- Fur trapping is not just a sport and a way to keep rich people in expensive coats, it also keeps the environment in check. Some animal populations would be out of control if they were not hunted.
- For example, nutria reproduce so fast that they can denude vegetation and scar the landscape very rapidly. In coastal Louisiana, the marshlands need to be protected from these animals. Nutria are semi-aquatic rodents that were imported for the fur industry into Louisiana from South America in the 1930s.
- Biologist with the Louisiana Department of Wildlife and Fisheries Dr. Greg Linscombe says, "The key to abundant wildlife in coastal Louisiana is habitat. If we protect these marshlands through management, including fur-animal harvest, we can ensure these renewable resources for untold generations." Louisiana provides 97 percent of North American nutria fur and about 500,000 muskrat pelts annually.
- The Museum of the Fur Trade in Chadron, Nebraska, showcases the fur trade of Native Americans, French, Spanish and British traders and even buffalo hunters of the past.
- On the museum property is a reconstruction of the James Bordeaux Trading Post that was done so well that it is included on the National Register of Historic Places, a rare honor for a rebuilt structure.
- The Trading Post was established for the American Fur Company in 1837 and as part of the museum, is visited by about 40,000 people annually. The importance of the fur trade industry in the early history of the United States and Canada is well depicted at the museum.



Amber Waves



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

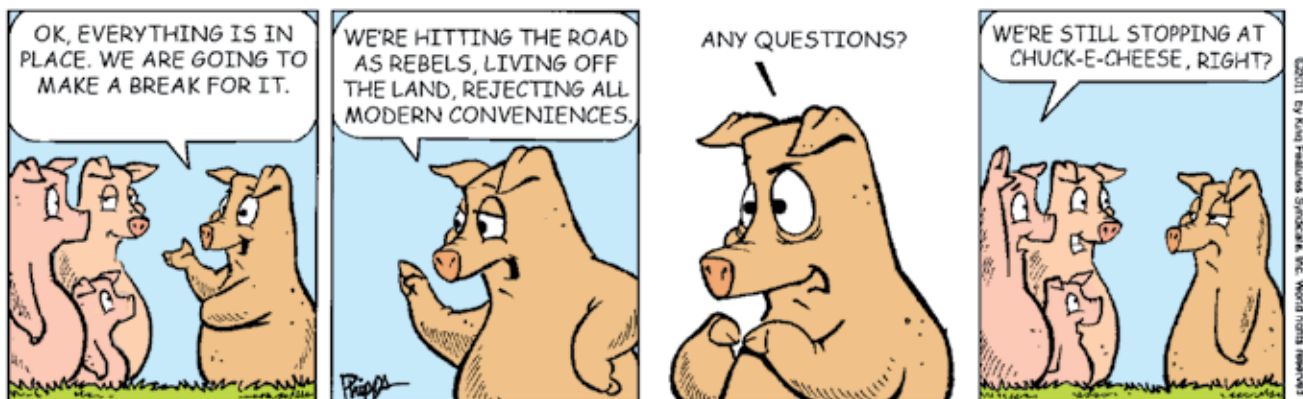
WHO WILL WIN?
 Can YOU handle the Chubby Challenge? You could win a **FREE CHUBBY T-Shirt**, just by enjoying our Fantastic Food! Bring your Family & Friends

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

Just Like Cats & Dogs by Dave T. Phipps



by Dave T. Phipps



PetBits™ Fight Skin Allergies With Custom Pet Foods
 By Samantha Mazzotta

DEAR PAW'S CORNER: I read your article on the Bichon Frise that had skin allergies with interest. My own Bichon Frise, "Ally," had severe skin allergies. The manager of my local pet store recommended that I look for a dry dog food that had a single protein (rather than proteins from different sources). I tried one called "Dick Van Patten's Natural Balance." In a very short time, Ally's skin allergy was cleared up. I hope this information will help your readers. -- Dorothy C., Richfield, Minn.

Another alternative is to make food for your pet from scratch, avoiding or limiting ingredients that can cause an upset stomach or skin reaction. These ingredients include dairy, fish, corn, wheat, soy and yeast. Beef, chicken, fish or lamb also may cause problems, and owners making homemade food should feed each meat individually to their pet to determine which one is tolerated best. To make the most nutritious and safest homemade food, owners should check out at least one pet food recipe book. There are some ingredients, like onions, that should never be included in a pet's meal.

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.

VETERANS POST
 by Freddy Groves

More Money to Help Homeless Veterans

The number of homeless veterans doesn't seem to be getting any less. The latest annual figures still show 76,000 veterans homeless every night, with 135,000 needing to spend at least one night in a shelter. But the Department of Veterans Affairs is trying to help. Recently an additional \$10 million was granted to 11 states to provide more services to homeless veterans. The money is going to the National Homeless Providers Grant and Per Diem programs so they can continue to help mentally ill veterans, as well as homeless women veterans and others.

This is on top of the nearly \$60 million handed out this year. Some \$3.4 billion has been earmarked for homeless programs.

The VA also has launched a program to eliminate homelessness among veterans by 2015. Instead of limiting it to emergency-shelter services, it's focusing on prevention itself, with employment and permanent housing as part of the long-term solution.

To that end, the Department of Housing and Urban Development and VA Supported Housing has more than 20,000 housing units throughout the country designed for homeless veterans who need support services. The housing is available via Section 8 housing vouchers, and veterans with families are included.

Veterans have to meet certain criteria to be eligible for the vouchers, including physical disability, substance use or mental illness. Those accepted are required to take advantage of the support services and case management, but must be able to live independently on a daily basis.

If you need emergency or permanent housing help, call 1-877-424-3838. There are counselors available 24/7. You can call for yourself or for someone else who might need help. They'll ask a few questions and will have information about programs in your area. You can also go online at www.va.gov/homeless.

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.

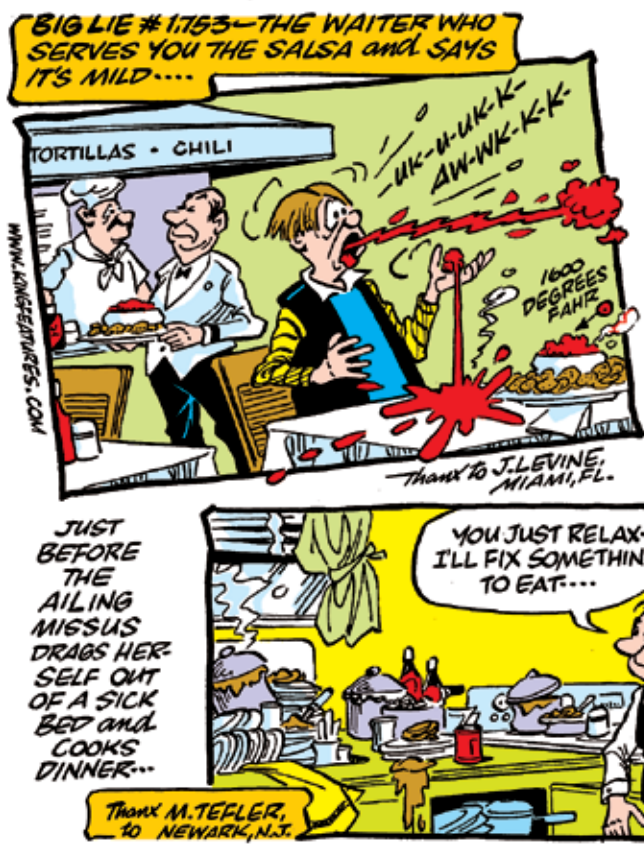
TIPBITS WORD POWER
 Unscramble this word:
P A P G E A D N E

This word means: *An external body part projecting from an animal or plant, typically smaller and less functional than the main part to which it is attached, such as antlers.*

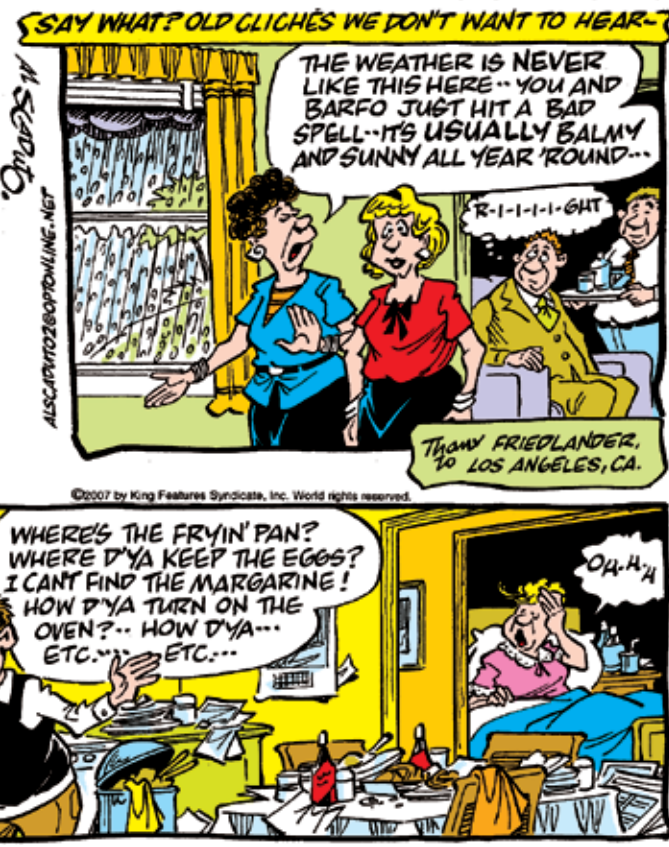
Moments in time
 THE HISTORY CHANNEL

- On Nov. 17, 1421, a storm in the North Sea batters the European coastline. Over the next several days, approximately 10,000 people in what is now the Netherlands die in the resulting floods. Fatal floods struck in 1287, 1338, 1374, 1394 and 1396. After each, residents fixed the dikes and moved right back in.
- On Nov. 14, 1851, "Moby-Dick," a novel by Herman Melville about the voyage of the whaling ship Pequod, is published. "Moby-Dick" is now considered a classic of American literature and contains one of the most famous opening lines in fiction: "Call me Ishmael."
- On Nov. 15, 1867, the first stock ticker is unveiled in New York City. The advent of the ticker revolutionized the stock market by making up-to-the-minute prices available to investors around the country. Prior to this, information from the New York Stock Exchange traveled by mail or messenger.
- On Nov. 20, 1923, the U.S. Patent Office grants Patent No. 1,475,074 to 46-year-old inventor and newspaperman Garrett Morgan for his three-position T-shape pole traffic signal. By having a position other than just "Stop" and "Go," it regulated crossing vehicles more safely than earlier signals had.
- On Nov. 16, 1959, "The Sound of Music" premieres on Broadway. While the real-life Maria did marry Count Georg von Trapp and become stepmother to his children, she never did the other things shown in the musical, such as run singing through the Salzburg, Austria, mountains.
- On Nov. 19, 1969, Brazilian soccer great Pele scores his 1,000th professional goal. Under Pele's leadership, Brazil won the World Cup in 1958, 1962 and 1970. During his career, Pele scored 1,282 goals in 1,363 games.
- On Nov. 18, 1978, People's Temple leader Jim Jones leads hundreds of his followers in a mass murder-suicide at their commune in Guyana. Cult members who refused to take the cyanide-laced fruit-flavored drink were forced to do so at gunpoint or shot. The death toll was 913, including a U.S. congressman who was investigating the commune.

THEY'LL DO IT EVERY TIME



BY AL SCADUTO



TIDBITS
NUGGET OF KNOWLEDGE

Caribou and Reindeer are deer of the same species: Rangifer tarandus. Reindeer are domesticated caribou that are used for pulling sleds and are herded by humans. Reindeer generally are smaller with shorter legs than wild caribou. In North America, caribou are mainly found in Alaska and Canada. Caribou are called "wild" reindeer in Siberia.



TIDBITS
Laughs!

A game-show contestant was asked to name two of Santa's reindeer. The contestant gave a sigh, thinking he knew this one for sure. "Rudolph and Olive," he said.

The host commented, "Well, Rudolph is correct, but can you explain Olive?"

The contestant answered, "You know, 'Olive' the other reindeer used to laugh and call him names!"



"Obedient" plant

This fall-blooming, lavender-colored native wildflower can sprout easily and aggressively in your yard, but its roots are shallow and easy to pull out. It tolerates both drought and overly-damp soils, and is a good nectar source for butterflies, bees and hummingbirds. Its name comes from how it remains in the position it is bent.

Source: www.wildflower.org, plants.usda.gov

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

MAGIC MAZE ● **AVERAGE FEMALE HEIGHT LESS THAN 5 ft. 3 in.**

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

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

- | | | | |
|----------|-----------|----------|---------|
| Chile | Ghana | Malawi | Peru |
| China | Indonesia | Mexico | U.A.E. |
| Colombia | Iraq | Mongolia | Vietnam |
| Gambia | Japan | Nigeria | |

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

I-15 updates

I-15 CORE More Than Halfway Finished I-15 CORE is more than 50 percent complete. So far, crews have moved an estimated 5 million tons of dirt and laid down more than 1 million yards of concrete pavement. That averages out to 60,000 to 80,000 yards of fresh concrete a week. "To reconstruct a full interstate system in 35 months is an aggressive timeline, and we're on pace to meet that aggressive timeline," said Dal Hawks, I-15 CORE project manager. I-15 CORE is on schedule and on budget to be finished by December 2012.

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

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

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

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 Community

- November 5**
Last Farmer's Market, of Season
8 am to 1 pm.
City Office Parking Lot
Nov 8 – Voting
Nov 11 – Veteran's Day Concert
Nov 12 – Free Recycle Old Electronics
Nov 15 – City Council Meeting

- Nov 19 – American Leadership Academy Christmas Craft Fair**
Nov 24 – City Offices Closed
Nov 25 – City Offices Closed
Winter Lights Parade

Spanish Fork City invites you to the 19th Annual Festival of Lights

Beginning Thanksgiving Night - Nov 24, 2011 through New Year's - Jan 1, 2012
Running nightly from 6:00 p.m. - 10:00 p.m. Canyon View Park, 3300 E. Powerhouse Rd. You can buy gift certificates at the Spanish Fork City Office (40 South Main) or at the Parks & Recreation Office (775 North Main) for \$5.

**Listen to the holiday music on 99.9 FM while you drive through the displays.

Springville News

Election Results

Election results for the November 8, 2011 City Council/Bond/Tax Propositions will be available on the City website, or at the Civic Center after the polls close at 8:00 p.m. Results will be posted live as they become available. Just remember to refresh your screen occasionally if you are watching

November City Source Newsletter Online @ <http://www.springville.org>

Santaquin News

LIGHT PARADE

November 26th at 6:30PM. Any group can join; Families, Business, Friends, etc. Hot chocolate and donuts provided by the Chamber after at the Senior Citizens Center 45 W. 100 S. Santa will also be there for the kids, bring your cameras! The Light Parade route this year will be on 100 So. from 300 E. to 300 W.

POLICE ADVISORIES:

Please note that the winter parking regulations begin November 1st! Please remember that parking on the city streets or in the right-of-ways carries a fine until March 31st.
1st offense: \$20 2nd offense: \$30 3rd offense: \$50

KIDS NIGHT OUT

This month's Kids Night Out is Friday November 19th from 6- 9:00PM! Let your kids have a blast while you get a break! Ages 5-12 have fun playing games, activities and crafts. \$8 for first child and \$5 for each additional sibling. Preregistration is required by Thursday Nov. 18th (late fees apply on the 19th). Spots fill up quickly

Payson News

Snow Removal

No parking is allowed on city streets between 10:30 p.m. and 7:00 a.m. from December 1st through March 1st. It is unlawful for any person to remove any snow or ice from any private property and place it on any public street, sidewalk, drive, or right-of-way. The Street Department Superintendent may issue a written permit to any person to move or pile snow or ice on a public street or right-of-way if the Superintendent determines it to be in the best interest of the City and residents of the area to do so (this does not apply to the removal of snow from sidewalks fronting private property which the owner or occupant has the duty to clean, nor to access driveways from a public street to private property).

Pleasant Grove News

PG Orchestra and Choir Rehearse "Messiah"

Rehearsals for the Pleasant Grove Orchestra and Choir's production of "The Messiah" have started. If you would like to join us, choir rehearsals are Sunday evenings starting at 7 pm in the Choir Room at Pleasant Grove High School. Orchestra rehearsals are Saturday mornings from 8 to 10 am in the lower level of the library.

The performance will be December 9 at 7 pm at the PG High School Auditorium.

ANSWERS

SPORTS QUIZ

- Ten games (from 1996 to 2010).
- Rogers Hornsby, in the 1920s.
- Vinny Testaverde tossed 51 TD passes for the Ravens (1996-97).
- Indiana's Branch McCracken was 31 when he did it in 1940.
- Patrick Roy and Dan Bouchard.
- Fireball Roberts, in 1960.
- Andy Roddick, with 33.

King Crossword
Answers
Solution time: 27 mins.

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

Weekly SUDOKU
Answer

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

Go Figure!
answers

| | | | | | |
|----|---|---|---|---|----|
| 3 | + | 8 | x | 1 | 11 |
| x | | ÷ | | x | |
| 9 | - | 4 | x | 5 | 25 |
| - | | + | | + | |
| 6 | - | 2 | x | 4 | 16 |
| 21 | | 4 | | 9 | |



- Pituitary gland
- A blue sailor suit
- The dinar
- Dec. 26
- Plumbum (Pb)
- "Goodbye, Columbus"
- "The Spirit of St. Louis"
- "The Great Gatsby"
- A mirage
- Gulf of Mexico

WORD POWER
ANSWER
APPENDAGE

SCRAMBLERS
solution

- Stray; 2. Open;
- Palace; 4. Rattle

Today's Word:

ROAST