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November 14, 2011

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Issue 26

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## AT TIDBITS® WE'RE NUTS ABOUT CHESTNUTS

by Patricia L. Cook

The lyrics of a favorite Christmas carol say, "Chestnuts roasting on an open fire." Let's explore some interesting Tidbits about chestnuts, the subtly sweet, healthy nuts.

- American chestnut trees were the dominant hardwood trees for food and timber in the Appalachian Mountains several hundred years ago. When Chinese chestnut trees were imported, a bark fungus came with them for which the American species had no resistance. The American chestnut died off; over 30 million acres (12 million ha) died from Maine to Georgia and west to the Ohio Valley from what was known as the chestnut blight. The death of these trees was one of the largest ecological disasters in America.
- Back in the heyday of American chestnuts, they were an important food for people and wildlife from birds to bears. Rural communities depended on the nuts as a cash crop for feeding livestock, and the sale of lumber was also important for rural economics. Another chestnut product was tannin, a chemical substance found in some plants that is used in the leather tanning industry.
- The loss of the chestnut industry cost rural communities millions of dollars. Scientists have been working to restore the species.

turn the page for more!

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1. MUSIC: What artist is the subject of a 1970s Don McLean song that begins, “Starry, starry night”?

2. HISTORY: When and where did the first African slaves arrive in America?

3. ANIMATION: What was the name of the craggy peak overlooking Whoville in “How the Grinch Stole Christmas”?

4. MEASUREMENTS: What is absolute zero measured in Celsius?

5. MOVIES: What was the home planet of the “Transformers” alien robots (2007) who came to Earth?

6. ANIMAL KINGDOM: What is a baby horse called?

7. U.S. PRESIDENTS: Which U.S. president proposed the Great Society?

8. LITERATURE: Who wrote “The Canterbury Tales” in the late 14th century?

9. MEDICAL: What is the tine test used to diagnose?

10. SCIENCE: What elements were discovered by Pierre and Marie Curie?

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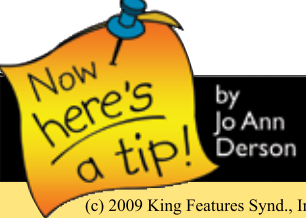
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BUY SELL TRADE REPAIRS RECYCLE



by Jo Ann Derson

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- “I have to wear my hair tied back for work. With all the ponytails, I get lots of little broken hairs that stick up all over my head when it’s very dry or very humid -- especially when I go from a wet, yucky outside to a dry, heated inside. I have tried lots of styling products that don’t work very well. Then a co-worker suggested a fabric-softener sheet. I can’t believe it, but it works.” -- P.G. in Michigan
- If you have an ink stain on fabric, try blotting it with hairspray. Saturate the ink spot with hairspray, and blot using a clean white cloth or non-decorated paper towel. Repeat until all the ink is gone. Make sure you test on an inconspicuous area first.
- For every degree you lower your thermostat during the heating season, you generally reduce your energy costs by 3 percent. Also, turn down the temperature setting on your hot-water heater.
- Here’s a no-fail strategy for raking up leaves: Rake leaves into a single long line, preferably onto a sidewalk. Then turn a large garbage can on its side and sweep the leaf pile into the can, taking breaks to empty leaves into bags as needed. The raking goes much quicker when done in “stripes.” And bagging is faster as well.
- “I have one of those big wall calendars for work. When the year is over, the kids like to cut up the months into bingo cards. They use stickers to create both the bingo cards and the puller’s cards (the individual days and the different kinds of stickers). It’s a fun craft that uses their brain cells -- and recycles the paper calendar.” -- Y.R. in Arizona

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.

CHESTNUTS (continued)

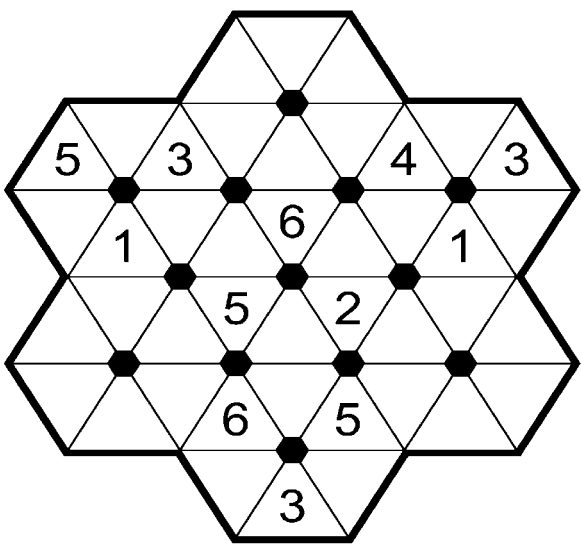
- James Carpenter of Salem, Ohio, a member of the Northern Nut Growers Association (NNGA), discovered a large living American chestnut in the midst of a grove of dead trees in the early 1950s. The tree showed no sign of blight infection. Carpenter and Dr. Robert T. Dunstan, another member of the NNGA and a well-known plant breeder in Greensboro, North Carolina, conducted research, grafting and cross-pollinating chestnut trees. They cross-pollinated grafts from the strong American chestnut with a mixture of three United States Department of Agriculture-released Chinese chestnut varieties. After years of work, Dunstan Hybrid Chestnuts were developed. They have a combination of American and Chinese traits. The first chestnuts to ever receive a U.S. Plant Patent, the Dunstan trees are healthy, vigorous trees that bear heavy annual crops of large, sweet-tasting nuts.
- The grandson of Dr. Dunstan, R.D. Wallace, and his wife, Deborah A. Gaw, started Chestnut Hill Tree Farm in 1981 in Alachua, Florida. Dunstan Chestnuts are the most widely planted chestnut variety, and Chestnut Hill is a national leader in the chestnut industry.
- The American Chestnut Foundation, started by plant scientists in 1983, is also working to reestablish American chestnut trees. They have worked to breed blight-resistant trees, while maintaining the characteristics of the original trees. The successful program has resulted in trees that retain “no Chinese characteristics other than blight resistance.”
- Canadian scientists and naturalists established the Canadian Chestnut Council in 1988 to work on reestablishing the trees in Canada as well, mainly in Ontario.
- There are fewer than 2,500 acres (1,012 ha) of chestnut orchards in the United States. We import \$20 million of chestnuts annually. Our consumption of chestnuts is very low compared to Europe, Asia and Africa. Most chestnuts are imported from Japan, China, Spain and Italy.
- Chestnuts are used as a potato substitute frequently in Europe, Asia and Africa. The nuts actually contain twice as much starch as potatoes. They are also similar to brown rice in their nutritional value and sometimes called a “grain that grows on a tree.” They are 40 percent carbohydrates and only 2-3 percent fat, compared to many nuts that contain 50 percent fat. They contain 5-10 percent high quality protein and no cholesterol.

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

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Leaves to Treasure

Memories of times and places from my childhood flood my mind this time of year, whenever I toss on a light jacket and grab a rake. I remember jumping in piles of newly raked leaves on a Saturday morning, and the smell of burning them by the curb at day’s end. It was legal to do that then, even in the city.

I also recall sitting on the front porch with my friends, weaving colorful leaves into crowns just as we had done with dandelions and daisies the previous spring.

Years later, in a dorm at North Park University in Chicago, fall’s leaves arrived early, in a box mailed by my friend’s mom from Massachusetts. Carefully layered between sheets of waxed paper were dozens of the biggest, most brilliant red and orange maple leaves I had ever seen. We taped them to the walls, one by one, just like kindergartners decorating an elementary-school hallway.

Leaves and the memories they evoke are treasures for many families this time of year -- even in Orlando, Fla. Amy Anderson, mom of two girls ages 2 and 8, says that leaves just keep on falling in her yard long after the snow begins to fall in states “up north.” “Sometimes it takes extra effort to motivate my family to do the constant raking, so we’ve turned the chore into a game,” she says. “We estimate the number of bags we’ll fill with leaves in any given session. Afterward, we go out for ice cream -- bragging rights and extra sprinkles on top of a scoop go to the best estimator. A simple game not only motivates the kids to help but it has become a great family tradition.”

Here are a few leaf activities you can enjoy with your kids this season, even if you don’t have a giant oak in the backyard:

--After a rainfall, find a stick and use it to poke under a pile of fallen damp leaves. Look for bugs, worms and other critters.

--Press leaves and use them for decor around your home. Spread them out between sheets of smooth paper towels. Place heavy books on top and let the leaves dry for about one week. Remove books and gently remove leaves.


--Draw pictures on pressed leaves using nontoxic paint pens or permanent markers. Draw a fall scene of pumpkins, a colorful tree or a simple design. Set on a plate for a festive place card at a special gathering of friends and family.

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

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Pat Sheranian has been entertaining radio audiences in Utah Valley for years and is back at it again, only now she has added live video streaming to her show. Pat and her cohosts talk about everything from soup to nuts and viewers can join in the conversation via the chat window. Pat’s resurgence in the broadcasting field is directly related to her improved health and well-being, thanks to the Kyani products that she now swears by and invites all to try.

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## Sports QUIZ

By Chris Richcreek

- 1 True or false: In 1970, Major League Baseball had four no-hitters -- all pitched in California.
- 2 Name the first year and last year that Philadelphia's Steve Carlton led the National League in strikeouts.
- 3 Four Stanford quarterbacks have won the Sammy Baugh trophy as the top college passer. Name two of them.
- 4 In the 2009-10 season, Kevin Durant became the youngest scoring champion in NBA history (age 21). Who had been the youngest?
- 5 Before Boston's Tim Thomas had 798 in 2011, which NHL goalie had recorded the most saves in one postseason?
- 6 When Abby Wambach set the record in 2011 for most career goals by a U.S. women's soccer player in World Cup action, whose mark did she break?
- 7 Julie Krone was the first female jockey to win a Triple Crown horse race. Which one was it?

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Plant is on table. 2. Woman's bow is missing. 3. Picture is hung on wall. 4. Box is different. 5. Shoes are black. 6. Cabinet has no doors.

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## Strange BUT TRUE

- It was the 40th president of the United States, Ronald Wilson Reagan, who made the following sage observation: "Politics is not a bad profession. If you succeed there are many rewards; if you disgrace yourself you can always write a book."

- If you're like 75 percent of Americans, you like to doodle.

- There was a shipwreck in 1664 that had only one survivor, one in 1785 that also resulted in all but one aboard being killed, and one in 1860 that likewise left a single person alive. Considering the fact that shipwrecks are not that uncommon -- particularly in the heyday of ocean travel -- you might not think this much of a coincidence. Think again, though; in each of those shipwrecks, the sole survivor was named Hugh Williams.

### CHESTNUTS (continued)

- In some European countries, Catholics give chestnuts to the poor on the Feast of Saint Martin in November. Also, chestnuts are eaten as a traditional food on Saint Simon's Day in Tuscany, Italy.
- Chestnuts are excellent steamed or roasted. They are often included in dressing with turkey for holiday meals and are a great addition to soups and stews. Chestnuts can be ground into flour and used for baking pastries and bread. A traditional European dessert, "Mont Blanc," has chestnuts sweetened with honey and topped with whipped cream. Also, a few beer brewers are now producing gluten-free chestnut beer.
- One of the largest chestnut forests in the world is on the French island of Corsica. In the 16th century, landowners were ordered to plant four trees each year in an eastern mountainous area of the island. The town of Castagniccia, which means chestnut grove, became forested with magnificent chestnut trees. Today, that forest is dying from neglect.
- Tourists and locals walking the streets of Beijing and other Chinese cities are likely to find chestnuts being roasted and sold by street vendors. About 40 percent of the world's chestnuts are consumed in China. They roast them in ovens, on coals or even in hot sand. They also simmer them in numerous dishes and add them to soups.
- American chestnut wood is straight-grained, easily workable, lightweight and highly rot-resistant. It is used for railroad ties, fence posts, barn beams and home construction, as well as for musical instruments and fine furniture. Healthy chestnut trees grow straight and tall, often not producing branches until around 50 feet (15 m). The trees are known for being used "from cradle to coffin."

continued on next page

THIS WEEK'S  
**CELEBRITY BIRTHDAYS**

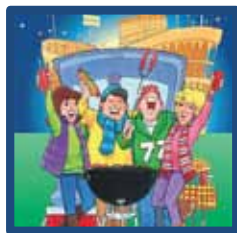
Joe Biden 11/20/1942  
Troy Aikman 11/21/1966  
Jamie Lee Curtis 11/22/1958  
Miley Cyrus 11/23/1992  
William F. Buckley, Jr. 11/24/1925  
Barbara & Jenna Bush 11/25/1981  
Tina Turner 11/26/1939

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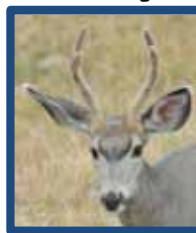
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- Those who study such things say that Roman Emperor Caligula's last words were, "I'm still alive!"

- If you go bankrupt, your creditors are forbidden from seizing your wedding ring to pay debts.

- In 1984, a woman named Deborah Martorano was shopping at Bloomingdale's in New York City, when one of the store's employees, a perfume demonstrator, sprayed her with scent. The experience evidently caused Martorano, who suffered from allergies and asthma, to spend 10 days in a hospital. This respiratory distress resulted in a \$75,000 settlement from the store.

- The Dead Sea isn't a sea at all; it's a lake.

- If you ever travel to Borneo or Sumatra and come face-to-face with an orangutan, keep this tidbit of information in mind: If one of these great apes belches at you, you might want to back off; that's how they warn others to stay out of their territory.

**Thought for the Day:** "Irrationally held truths may be more harmful than reasoned errors." -- Thomas H. Huxley

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**CHESTNUTS (continued)**

- A famous piece of chestnut furniture is an armchair on display at the Longfellow National Historic Site, operated by the National Park Service, in Cambridge, Massachusetts. The chair was a gift to Henry Wadsworth Longfellow, one of the most widely read American poets of all time, from Cambridge children for his 72nd birthday. The chair was built from wood from the “spreading chestnut tree,” written about by Longfellow in “The Village Blacksmith.” The tree in the poem, that he and many others loved, was removed in 1876 in order to widen Brattle Street in Cambridge.
- There are chestnut trees around still today, and restoration efforts are ongoing to return the American chestnut trees to their majestic glory. There are growers selling chestnuts in the fall, mostly blight resistant Chinese varieties. It is hoped that someday soon, there will be more healthy chestnut forests of the American variety that produce chestnuts for us to “roast on an open fire.”

**OVERCOMING THE ODDS:  
FRANKLIN D. ROOSEVELT**

Some U. S. presidents were born in poverty. Franklin Delano Roosevelt was not one of them. He led the country during the Great Depression.

- President Roosevelt, known as FDR, didn’t know what it was like to be poor. Yet he had a desire from an early age to help others and was inspired politically by his distant cousin, Theodore Roosevelt, who was president from 1901 to 1909.
  - FDR was home-schooled by his mother when he was young, and then nannies and tutors as he grew. He graduated from Groton School in Massachusetts, then Harvard College, and he attended Columbia Law School.
  - In 1905, FDR married his distant fifth cousin, Eleanor. He began practicing law in 1907 in New York City. He did not enjoy working as a lawyer and with his strong desire to serve others and plenty of money for campaigning for public office, he was readily available to run for Senator when Democrats asked him to do so.
  - FDR won his first election to the New York State Senate in 1910. In 1911, while campaigning for reelection, he and Eleanor both caught a serious illness, typhoid fever. This was the first obstacle FDR needed to overcome. He was forced to stay in bed for weeks during his campaign. Even so, FDR won reelection.
  - FDR became Secretary for the U.S. Navy and held that post through Word War I. He then ran
- continued on next page*

**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!

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**Weekly SUDOKU**

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★**

★ Moderate   ★★ Challenging   ★★★ HOO BOY!

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**MISTER BREGER** By Dave Breger

"There! The Gibsons SAID we should have no trouble finding their house!"

**This is a Hammer**

**Using Linseed Oil to Preserve Tools**

**Q:** I've heard mixed information about using linseed oil to preserve tools over the winter. Do you place it on the cutting blades of garden tools, or only on the handles? Is there an alternative protectant for garden and work tools? -- John F., Providence, R.I.

**A:** Linseed oil isn't a good protectant for the metal parts of tools. The reason is that it creates a somewhat gummy, sticky coat that may be hard to clean off come springtime. It often is used to coat and protect wooden handles, but like most preservative products, linseed oil has its benefits and its drawbacks.

First, many people don't know that there are two kinds of linseed oil available: raw and boiled. Raw linseed oil is extracted directly from flax seeds, with no additives of any kind. It's straight-up linseed oil and nothing else. The raw oil dries extremely slowly, over several weeks, and so it develops a kind of gummy or sticky texture that you may not want to experience when picking up a hammer.

Boiled linseed oil is not actually boiled. It has several ingredients added that quicken drying time and prevent mildew from setting in. If you want to coat wooden tool handles with linseed oil to preserve them, this is the product to use.

The website NaturalHandyman.com has a pretty detailed article available on various uses for raw and boiled linseed oil. A note of caution when using linseed oil: After use, wash any rags that are soaked with the oil in soap and water immediately, or store the rags in a pail of water that is covered. Linseed oil tends to heat up as it dries (through a process called oxidation), and while that isn't a problem for a tool handle with a light coat of boiled oil on it, it can be a problem if a pile of oil-soaked rags are sitting in a corner of your garage drying out. For the same reason, you'll also want to air-dry the washed-out rags rather than placing them in the clothes dryer. Spontaneous combustion is only fun in science class.

Before you get completely turned off toward linseed oil, keep in mind that safety is a priority when working with any type of solvent or chemical, and review the warnings on the back of all the products you use.

Which leads into alternatives to linseed oil. You'll find several kinds of wood preservatives on the shelf at your home-improvement store. Pick a protectant that is specifically formulated for wooden tool handles. It needs to quickly penetrate the wood, not leave a residue on the surface and ideally provide some protection from the sun as well.



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HAVE YOU SERVED SOMEONE LATELY?

### FRANKLIN D. ROOSEVELT (continued)

as the Democratic vice presidential candidate in 1920 but was defeated. After the defeat, he began planning and dreaming of becoming president. He told a friend, "The moment of defeat is the best time to plan for victory."

- The biggest challenge that would affect FDR the remainder of his life came as he was starting to plan for a future run at becoming president. In August of 1921, after swimming with his children at their Campobello Island summer home off the Atlantic coast of Canada, he became very ill. Initially thinking he was only sick with a cold or the flu, he went to bed to rest and heal. His fever climbed, and his arms and legs ached. He collapsed trying to get out of bed the next morning and was paralyzed by that afternoon. After seeing a specialist, FDR was diagnosed with polio.

- There was no cure for polio, and treatments were not very effective. Roosevelt worked hard, exercising and swimming in warm water daily. He regained a lot of his strength but his legs never recovered. From that point on, he was forced to use braces, crutches or a wheelchair to get around.

- Even from a wheelchair, he had much determination and wanted to help others. In 1927, he founded the Georgia Warm Springs Foundation, a center for the treatment of polio victims.

- FDR served as governor of New York from 1928 to 1932. When Democrats asked him to run for president in 1932, during the Great Depression, Eleanor wasn't sure it was a good idea. She, of course, supported him in whatever he decided. She once said, "If polio didn't kill him, the presidency won't!"

- Franklin Roosevelt was elected president in 1932, and reelected three times in 1936, 1940 and 1944. The only American president elected to four terms, he served during the Great Depression and World War II.

### TEDDY BEARS

Presidents are remembered for their historic decisions in leadership, whether good or bad. Few are remembered for inspiring a toy whose popularity has endured around the world for many generations.

- Theodore (Teddy) Roosevelt was President of the United States from 1901 to 1909. A cartoon that appeared in The Washington Post on November 16, 1902, drawn by Clifford Berryman, was the inspiration for a toy that has stood the test of time.

- The cartoon depicted an incident that happened when the President, an avid hunter, was on a bear-hunting trip in Mississippi. The hunting had been

*continued on next page*

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## Collecting

by Larry Cox

**Q: We have an old stamp album with specimens from the 1930s and earlier. How do we find a reputable stamp collector so the collection can be appraised? — Sue, Guttenberg, Iowa**

A: First of all, I can only vouch for my honesty. A quick check of your local Better Business Bureau should reveal how good or bad a dealer or business is. There are at least two established stamp dealers in your region, Terry Holdridge, Iowa Stamps and Coin, P.O. Box 77, Ankeny, IA 50021; and Jerry Koepp, 8190 Hickman Rd., Des Moines, IA 50325. If you have your stamps appraised, you should expect to pay for this service.

There are several excellent price guides available that you also might find helpful. I especially like The Official Blackbook Price Guide to U.S. Postage Stamps 2012, by Thomas E. Hudgeons Jr. (House of Collectibles, \$8.99).

**Q: The items in these photographs have been in my family for more than 100 years, and I know they are old. How much are they worth? — Leo, Bunnell, Fla.**

A: Even though I was in the antique/collectible business for more than 25 years, I am not a certified expert and this column is not meant to be a free appraisal service. If an appraisal is what you need, you should hire the services of a professional. Keep in mind, a free appraisal is worth what you pay for it.

**Q: I have two dinner plates made by Taylor, Smith and Taylor china. One is cracked, the other chipped. Are they worth anything? — Doris, Orlando, Fla.**

A: The value of any collectible --- whether it is a baseball card or a Barbie doll --- is determined by three major factors: condition, rarity and demand. "Cracked" and "chipped" make your two plates unmarketable to a collector.

**Q: I have a dressing table manufactured by Drexel. I would like to know how much it is worth. — Deb, Sioux Falls, S.D.**

A: Contact dealers in your area. Two places where you might begin are Antiques on 18th, 415 W. 18th St., Sioux Falls; and I-29 Antiques and Collectibles Mall, 46990 271st St., Tea, SD.

## Good Housekeeping

### Peruvian Fish Soup

Seafood takes top honors in this throw-it-in-the-pot Peruvian Fish Soup. The classic South American flavors of onion, chile pepper and lime blend beautifully with a rich combination of scallops, squid, cod and potatoes.

1 tablespoon vegetable oil  
1 medium onion, chopped  
1 serrano or jalapeno chile, seeded and finely chopped  
2 cloves garlic, crushed with press  
1 teaspoon ground cumin  
2 bottles (8 ounces each) clam juice  
1 can (14 1/2 ounces) diced tomatoes, drained and juice discarded  
2 cups water  
1 pound red potatoes, cut into 1-inch chunks  
Salt  
2 limes  
1 1/2 pounds cod fillet, cut into 1-inch chunks  
1/2 pound medium scallops, each cut horizontally in half

1/2 pound cleaned squid, bodies sliced crosswise into 1/4-inch-wide rings and tentacles cut into pieces if large  
1/4 cup loosely packed fresh cilantro leaves, chopped

- In 6-quart saucepot, heat oil on medium until hot. Add onion and serrano; cook 8 to 10 minutes or until lightly browned and tender, stirring occasionally. Stir in garlic and cumin; cook 1 minute, stirring constantly.
- Stir in clam juice, tomatoes, water, potatoes and 3/4 teaspoon salt; cover and heat to boiling on medium-high. Reduce heat to medium-low and simmer, covered, 8 to 10 minutes or until potatoes are just fork-tender.
- Meanwhile, cut 1 lime lengthwise in half. Cut 1 lime half in half again and remaining lime into 6 wedges to make 8 wedges in all; set aside.
- Add cod and remaining lime half to saucepot; cover and cook 5 minutes. Add scallops and squid; cover and cook 1 minute.
- Remove saucepot from heat. With tongs, remove lime half, squeezing juice into soup. Stir in chopped cilantro, and serve with reserved lime wedges. Makes about 11 1/4 cups. Serves 8.

• Each serving: About 205 calories, 3g total fat, 113mg cholesterol, 520mg sodium, 18g carbohydrate, 2g dietary fiber, 26g protein.





# Break Time!



# TIDBITS®

King Crossword

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ACROSS

1 “You’ve got —”

5 Japanese sash

8 Remain undecided

12 Car starter

14 Lotion additive

15 Round Table VIP

16 “Bye”

17 Dinner for Dobbin

18 Had coming

20 Tashkent native

23 Threesome

24 Carriage

25 Kids’ baseball site

28 Sch. org.

29 — -ski

30 Cistern

32 Rorschach picture

34 One of the Gospels

35 Settled down

36 U.S. voters since 1920

37 Rue

40 Droop

41 Eye layer

42 Multi-linguistic person

47 Transmitted

48 Gradual destructions

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 Wire mea sure

2 — Khan

3 Hostel

4 Reindeer moss, e.g.

5 Unctuous

6 Halloween shout

7 Wi-Fi hook up

8 Walk a beat, maybe

9 Verve

10 Memorandum

11 Out of play

13 Ship-building wood

19 Helps

20 Diamond arbiter

21 Tubular pasta

22 Pinto or lima

23 Fortune telling deck

25 Green soup variety

26 Egg

27 Obtain

29 Competent

31 Midmorning hour

33 Chopping spree?

34 Actor Robert from “Big

36 Methods

37 Oxidation

38 Always

39 Kelly or Hackman

40 — gin fizz

43 Sphere

44 Chatroom chuckle

45 Inseparable

46 Mao — -tung

49 Genealogy chart

50 Penny profile

51 Sheltered

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top ten

WEIRD SPORTS

1. Man vs. Horse Marathon

2. Wife Carrying

3. Bog Snorkelling

4. Toe Wrestling

5. Fistball

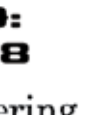








6. Octopush

7. Adult Kickball

8. Chess Boxing

9. Cheese Rolling

10. Full Beard Freestyle



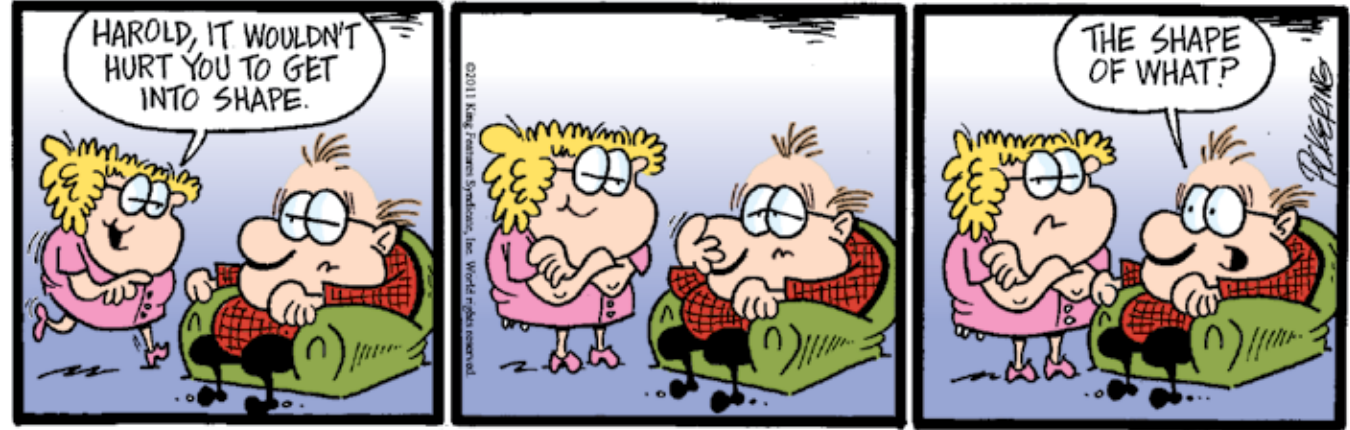
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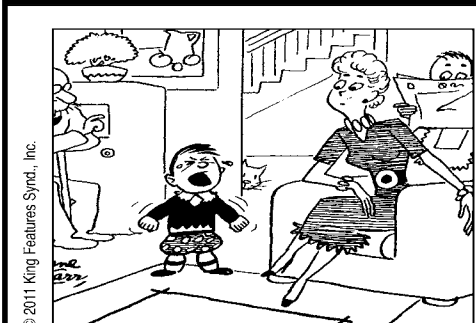
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The Spats



by Jeff Pickering



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"If I have Gramma Brown's nose and Uncle Walt's \_\_\_\_\_ and Cousin Emma's eyes, doesn't anything belong to me?"

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!

Affect

GNIFE

Deduce

ANSORE

Smash

CHARS

Chide

CLODS

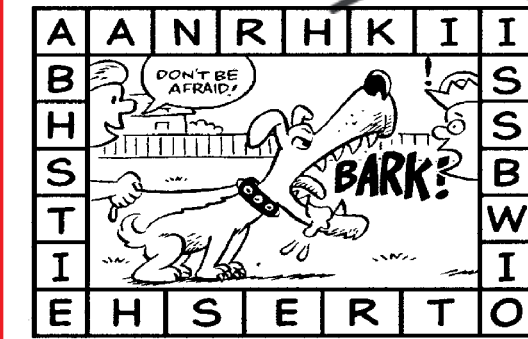
TODAY'S WORD

# KIDBITS

A A N R H K I I

B H S T I E

H S E R T O


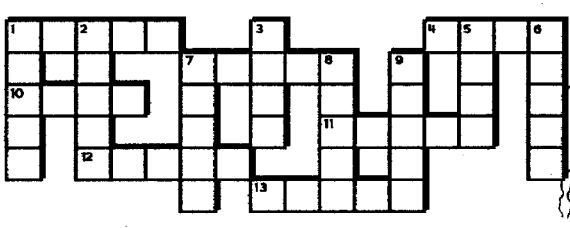


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Junior Whirl

by Charles Barry Townsend

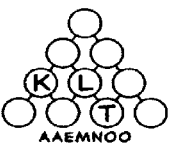
A HAUNTED HOUSE FILL-IN PUZZLE



TRY SEWING THIS ONE UP IN FIVE MINUTES! To solve this problem you must replace the letters in our AlphaMath puzzle with the digits 0, 1, 2, 5, 6, 7, 8 and 9, so that you have a correct addition expression. The same letters get the same digits. Try to get a higher total than we did.



CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, left to right, along the connecting lines. All the words will begin with the letter in the top circle.



Below are 15 words associated with scary stories and places. You must place them in the crossword puzzle grid shown above. Use the trial-and-error method, and keep a good eraser handy.

ATTIC

BEAST

BODY

CRASH

CROSS

CRYPT

CURSE

GHOST

GLOOM

HOWL

MOANS

MUMMY

OWLS

RATS

YELLS



## HealthBits™

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

Taking Care of Frostbite

DEAR DR. DONOHUE: Many years ago, when I was still a teen, I went skiing with my older brother. He was a much better skier than I, so we went our separate ways. Later, I saw a group huddling around one skier who looked a lot like my brother. It was my brother. He lost one of his gloves, and he had two frostbitten fingers. His only permanent damage was the loss of a fingertip. Ever since, I have been careful about dressing warm, often with two pair of gloves in cold weather. I don't know what to do about frostbite. Will you run the basics by me? -- S.S.

ANSWER: Frostbite happens when the temperature drops to 32 F (0 degrees C) or lower. Actually, the temperature has to be lower than 32, since the minerals in the fluids bathing the tissues lower their freezing point. The places most susceptible are the fingers, hands, toes, feet, nose and ears. The first sign of trouble is pain. Then the skin turns quite pale. After that, numbness sets in. People might think that nothing is wrong at this stage, but numbness is a sign that freezing is imminent. The skin and involved tissues become hard and firm. Ice crystals form in the spaces between cells. They pull water out of the cells and dehydrate them. The dehydration, decreased blood flow and ice crystals all work together to cause tissue damage. One of the most destructive factors is the lack of oxygen that comes from artery constriction to prevent heat loss from the rest of the body. Fast rewarming is the treatment. It should not begin if you are in a place where there's a chance of refreezing. Refreezing is a more destructive process than leaving things alone until you are in a place where the person can be kept warm. The affected part should be immersed in a bath of hot water whose temperature is around 104 F (40 C). The water has to be kept warm by adding more hot water as the bath begins to cool. At no point should you rub the frozen part. If the affected area cannot be warmed in a water bath, then use hot compresses. Rewarming is painful. Tylenol or a stronger medicine should be given. In 12 to 24 hours, blisters form. Do not break them. At this point, have a doctor examine the patient for definitive care.

DEAR DR. DONOHUE: What can I do to improve my chipping, splitting fingernails? I was getting a weekly manicure but stopped due to economic reasons. My nails had grown stronger. Now they've become a disaster again. Please help. I take vitamins and calcium. -- M.H.

ANSWER: Aging makes nails brittle, thin and fragile for quite a few people. Dryness fosters brittleness. After every handwashing and before going to bed, coat your nails with a moisturizer. Petroleum jelly (the many Vaseline products) works well. When washing dishes or putting your hands in water, wear waterproof gloves. Don't use nail polish remover often. The B vitamin biotin toughens nails for some. You'll need 2.5 mg daily. Neither calcium nor gelatin strengthens nails.

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.

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# **TEDDY BEARS (continued)**

disappointing, and, wanting to please the president, guides captured a bear and tied him to a tree for the president to shoot. President Roosevelt refused to shoot the captive animal. News spread, and Berryman drew a memorable cartoon to depict the event.

- Brooklyn shopkeeper Morris Mitchom asked his wife, Rose, a seamstress, to sew a jointed bear that resembled the bear in Berryman's cartoon. They put the bear in their shop window with a sign that said, "Teddy's Bear." The bear sold quickly, and they had a hard time keeping up with demand as word spread about their creation.

- Mitchom wrote a letter asking President Roosevelt for permission to name his popular bear "Teddy." The president sent Mitchom a hand-written reply. He is quoted as saying, "I don't think my name is likely to be worth much in the toy bear business, but you are welcome to use it."

- The Mitchoms' bears were so successful that they started the Ideal Novelty and Toy Company, with their main success being Teddy Bears.

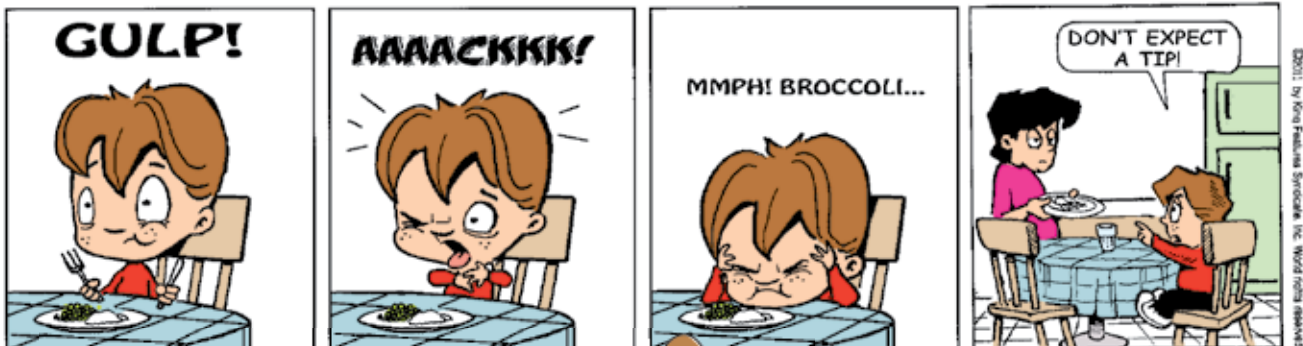
- A t about the same time that Teddy Bears were becoming the hot toy item in the United States, Margarete Steiff, a disabled German seamstress, started making stuffed toy bears at a toy factory in Geingen, Germany. The Steiff bears were based on drawings from Margarete's nephew, Richard. Richard was an art student and sketched bear cubs that were at the Stuttgart Zoo.

- The Michtoms' bear resembled the Berryman cartoon bear, while the Steiff bear looked more like a real bear cub with a humped back and long snout.

- An American toy buyer ordered 3,000 Steiff bears in 1903, realizing that Teddy bear popularity in the United States was growing. Millions of Steiff bears were sold between 1903 and World War I. In 1905, a trademark button in the left ear was added to Steiff bears.

continued on next page

## **Amber Waves**



**DEAR PAW'S CORNER:** My golden retriever, "Jessie," recently turned 9 years old. He's always been an energetic dog, but he doesn't seems to like walking as far as he used to, and when chasing birds in the park, he only chases them a few feet before trotting back to me. He also has some digestive issues. Is this normal for an older dog, or should I worry that he's got some hidden health issue? -- Sam L., Atlanta

**DEAR SAM:** Nine years is definitely "senior dog" territory, and it is normal even for very energetic dogs to begin to noticeably slow down. Their dietary needs and their digestive system also go through gradual change. If Jessie isn't showing signs of distress or extreme lethargy, he's probably OK. However, as his owner, you know him best, so if his behavior or digestion concern you, take him to the veterinarian for a checkup.

Senior dogs do have unique needs that owners should address.

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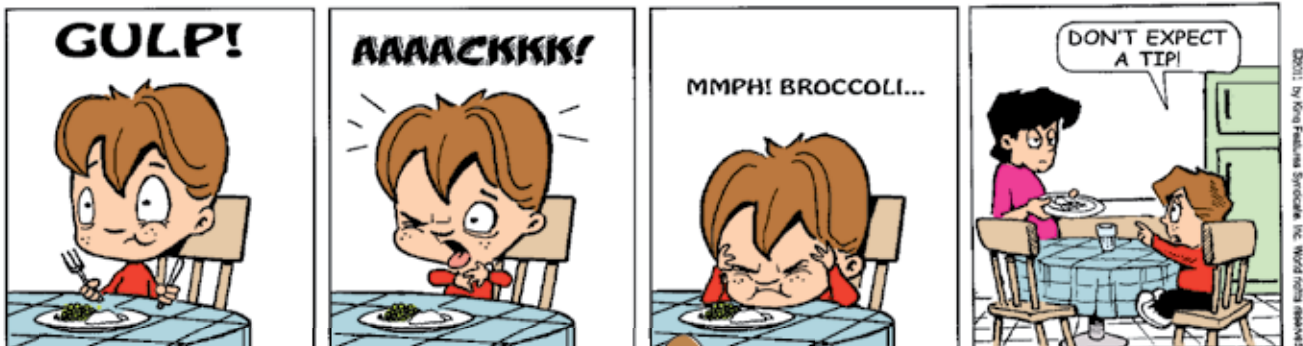
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## **Just Like Cats & Dogs** by Dave T. Phipps



by Dave T. Phipps



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Senior dogs do have unique needs that owners should address.

Heidi Ganahl, owner of Camp Bow Wow, recently listed a few considerations senior dog owners should take:

- Schedule a veterinary checkup every six months, rather than once a year. A senior pet's health can change rapidly.
- Learn the signs of common ailments in senior dogs, like hip and joint problems, diabetes and eye or ear issues.
- Feed your senior dog two smaller meals per day, rather than one. This may help with digestive problems.
- Consider adding at least two fresh meals to your dog's diet per week. The added nutrition can be a big help.
- Replace long runs or walks with shorter jaunts followed by a daily training or toy romp.

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



by Freddy Groves

## **Don't Pay Extra Fees on a VA Home Loan**

If you're considering purchasing a home with a Department of Veterans Affairs loan, or if you've already done so, you need to be aware of the scam potential. A lawsuit has come to light alleging that many banks have been overcharging veterans during refinancing, burying fees they're not allowed to charge. Therefore, it's not much of a stretch to be concerned that overcharges can appear during an original purchase as well. Know your rights, and know what you can and can't be charged for. Here are a few examples:

- You can be charged only 1 percent of the loan amount as an origination fee.

- You can be charged only the actual amount of incidentals, such as the cost of appraisals, credit report, title insurance and more, not inflated fees.

- You cannot be charged for the cost of an attorney, unless it pertains to title examination. (This is where the lawsuit came in. It alleges that attorney fees were buried in title examination costs.)

- The lender must use ONE of two forms to disclose fees you pay, and not split those fees between a HUD-1 statement and a new origination statement.

- You cannot be charged fees not listed in Circular 26-10-1. This information sheet outlines all the fees banks are allowed to charge you. Go to [www.benefits.va.gov/homeloans](http://www.benefits.va.gov/homeloans) to find Circular 26-10-1.

If you've already purchased a home, pull out your paperwork. If you have been overcharged you might get your money back, but you have to find the overcharges first.

If you're already a homeowner with a VA loan, look through all the Circulars to see if any apply to you. There are Circulars about problems with drywall, acceptance of condo associations, info on the Servicemembers Civil Relief Act (protections you have while on active duty in regard to your mortgage) and others.

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

**TIPBITS**

**WORD POWER**

Unscramble this word:

**R I T A Q U N A N E**

This word means: *Enforced isolation or restriction of free movement imposed to prevent the spread of disease or infestation.*



**Moments in time**  
THE HISTORY CHANNEL

- On Nov. 25, 1783, nearly three months after the Treaty of Paris was signed ending the American Revolution, the final British soldiers withdraw from New York City, the last British military position in the United States. The city had been in British hands since 1776.

- On Nov. 26, 1898, a powerful winter storm batters New England, killing at least 450 people in New York, Connecticut and Massachusetts. Blizzard conditions caused 20-foot snowdrifts, some 100 ships were blown ashore in Boston and another 40 were sunk. About 100 people died when a steamer sank near Cape Cod, filling the harbors and nearby beaches with bodies and debris.

- On Nov. 23, 1936, the first issue of the pictorial magazine Life is published, and it quickly became an overwhelming success. At its peak, the magazine had a circulation of more than 8 million. Life ceased running as a weekly publication in 1972.

- On Nov. 27, 1942, guitar legend Jimi Hendrix is born in Seattle. Hendrix made his first U.S. appearance at California's Monterey Pop Festival in 1967. He made a splash by burning his guitar and was quickly established as a rock superstar.

- On Nov. 22, 1963, John Fitzgerald Kennedy, the 35th president of the United States, is assassinated while traveling in a motorcade through Dallas. First lady Jacqueline Kennedy was beside him, along with Texas Gov. John Connally and his wife. Lee Harvey Oswald allegedly fired three shots from the sixth floor of the Texas Book Depository.

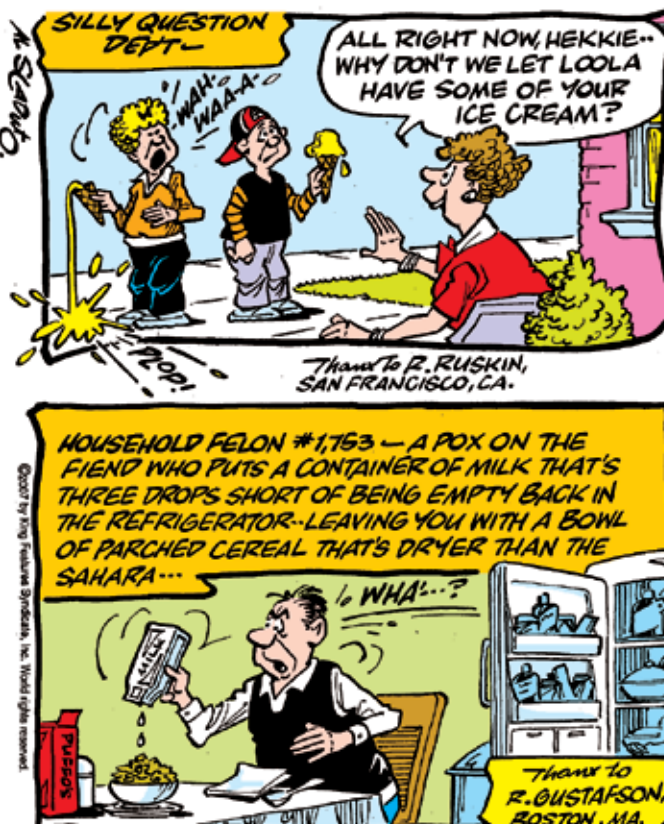
- On Nov. 24, 1971, a hijacker calling himself D.B. Cooper leaps from a Northwest Orient Airlines 727 over Washington state carrying \$200,000 he extorted from the airline. Wearing only wraparound sunglasses, a thin suit and a raincoat, Cooper parachuted into a thunderstorm with winds in excess of 100 mph.

- On Nov. 21, 1980, 350 million people around the world tune in to television's popular primetime drama "Dallas" to find out who shot J.R. Ewing, the character fans loved to hate. J.R. had been shot on the season-ending episode the previous March.

## **THEY'LL DO IT EVERY TIME**



## **BY AL SCADUTO**






**TEDDY BEARS (continued)**


- Steiff and Michtom bears are valuable collectors’ toys today. The popularity of the original bears led to many other manufacturers putting out toy bears through the years, and the popularity of teddy bears has continued.
- In fact, the teddy bear was so loved, President Roosevelt used the song “The Teddy Bears’ Picnic” in his re-election campaign in 1904.
- In 1986, the Theodore Roosevelt Association started the Teddy Bears for Kids Program. The goal of the program is to: “... help make sick children smile and feel safe.” The Association, which is a national historic organization chartered in 1920 by an Act of Congress, is dedicated to keeping the legacy of Theodore Roosevelt alive. Since its inception, there have been more than 74,000 teddy bears given to children’s hospitals for sick children across the nation.

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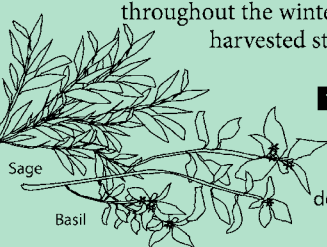


Some chess players were standing in their hotel lobby discussing their recent chess tournament. After about an hour, the hotel manager came out of his office and asked them to please continue their discussion elsewhere. "But why?" they asked. "Because," he said, "I can't stand chess nuts boasting in an open foyer."

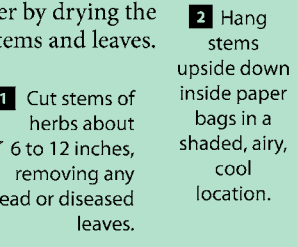


**Drying herbs**

If you grow your own herbs, enjoy their fine scent and flavoring properties throughout the winter by drying the harvested stems and leaves.



Sage



Basil

1 Cut stems of herbs about 6 to 12 inches, removing any dead or diseased leaves.

2 Hang stems upside down inside paper bags in a shaded, airy, cool location.

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**MAGIC MAZE**

**FEMALE NAMES IN SONGS BY THE BEATLES**

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

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

Anna

Doris

Joan

Julia

Lady Madonna

Lucy

Martha

Mary Jane

Michelle

Molly Jones

Prudence

Rita

Rose

Sadie

Sally

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## Tidbits® of Utah County

### 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

- True.
- It was in 1972 and 1983.
- Dick Norman (1959), Guy Benjamin ('77), Steve Dils ('78) and John Elway ('82).
- Chicago's Max Zaslofsky was 22 when he won the scoring title in 1947-48.
- Kirk McLean had 761 saves for Vancouver in 1994.
- Michelle Akers had 12 goals between 1991 and 1999.
- The 1993 Belmont Stakes, aboard Colonial Affair.

#### King Crossword

Answers

Solution time: 21 mins.

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

#### Weekly SUDOKU

Answer

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

#### Go Figure!

answers

3	÷	1	+	8	11
x		x		+	
8	+	7	+	9	24
÷		+		-	
2	x	4	-	6	2
12		11		11	

- Vincent Van Gogh
- 1619 (Jamestown, Virginia)
- Mount Crumpit
- 273 degrees
- Cybertron
- A foal
- Lyndon Johnson
- Geoffrey Chaucer
- Tuberculosis
- Polonium and radium

### WORD POWER ANSWER QUARANTINE

#### SCRAMBLERS solution

- Feign; 2.Reason;
- Crash;4.Scold

Today's Word:

**FOREHEAD**