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TIDBITS® TURNS EVERGREEN WITH ENVY

by Patricia L. Cook

At this time of year, Christmas trees, evergreen wreaths, garland and more are displayed all around us. This Tidbits examines some fascinating facts about evergreens.

- Most people only think of conifers like pine, fir, cedar and spruce trees when they think of the term "evergreen." This is not incorrect because most conifers qualify as evergreens, but many additional plants that are not conifers are evergreens as well. Evergreens have "foliage that persists and remains green throughout the year."
- The word "conifer" comes from the Latin words conus (cone) and ferre (to bear). The word conifer literally means "cone bearing." While many conifers are evergreen, some are not. Larches and bald cypress trees are conifers that lose their needles every fall.
- There are thousands of species of evergreen trees, shrubs and smaller plants. Just within the pine family there are 115 species. While pines and many other evergreens have needle-like foliage, some have leaves, fronds (ferns and palms) and other types of foliage.
- Even though the name implies it, evergreens are not always green. Many evergreens actually have foliage that is red, brown, yellow and other colors.

turn the page for more!

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by Fifi Rodriguez

1. MUSIC: Where would one find a coda to a piece of music?

2. LANGUAGE: What is a Ôbeau gesteÓ?

3. INVENTIONS: When was the first patent issued for the modern zipper?

4. ANATOMY: What organ in the human body produces insulin?

5. MEASUREMENTS: What was the sextant once used for?

6. HISTORY: Who founded the colony of Rhode Island?

7. GEOGRAPHY: Where is the famous Watergate building?

8. FAMOUS PEOPLE: How did Andrew Carnegie make his fortune?

9. REVOLUTIONARY FIGURES: What did American patriot Paul Revere do for a living?

10. BIBLE: Where did Cain go to live after slaying Abel?

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Now here's a tip!

by Jo Ann Derson

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• “I have added an additional shower curtain bar in my tub. I hang up my towels and washcloths there to air dry, and they are out of sight behind the shower curtain. It’s very convenient.” -- A Reader, via email

• “I put out small candy dishes in my home, and I like to keep them filled with goodies throughout the year. When I have little children over, I put them up high and let parents know that they and the children are welcome to have as much as they like. The parents appreciate this, as the children sometimes like to overindulge.” -- D.A. in Rhode Island

• Unexpected company on the way? Throw clutter in a laundry basket and stash. Clear the sink of dirty dishes, take out the garbage, clean the faucets, sink and mirror in the bathroom most likely to be used and, finally, sweep or vacuum the floors. This should not take long, but these moves will maximize the feeling of cleanliness in your house.

• Here’s another use for a bandanna: in-a-pinch earmuffs. Tie around head and position over cold ears to keep winter winds at bay.

• Another great tip from M.W. in Saskatchewan, Canada: When traveling, let your host/hostess know of any serious health problems or allergies you may have and what to do in case of an emergency.

• One great item to have on hand in your pantry: jarred peppers and olives. They can be used to make a quick but sophisticated appetizer, and they add a lot of flavor for their price. They are very stable on the shelf, so you can keep them around just in case.

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.

EVERGEEN (continued)

• Some popular evergreens not previously mentioned are: hemlock, laurel, holly, eucalyptus, rhododendron, magnolia, palm, juniper and redwood. Even some oaks are evergreen.

• Evergreens are found in hot and cold, humid and dry climates on every continent but Antarctica.

• Goose Island State Park in Aransas County in southern Texas is the home of the “Big Tree.” Named the State Champion Coastal Live Oak in 1969, this tree is thought to be one of the largest in America. The large evergreen oak is estimated to be over 1,000 years old, has a circumference of 35 feet (10.7 m), is 44 feet (13.4 m) tall and has a crown spread of 90 feet (27.4 m). Live oaks are known for their massive spread, and there are many in the Southern states around old historic homes. This Texas tree is truly impressive.

• Washington, the only state named after a president, is famous for its rainy weather and large forests of evergreen trees. Nicknamed the “Evergreen State,” western Washington actually has rain forests in the Olympic Mountains.

• Evergreen Point Bridge between Seattle and the eastern shore of Lake Washington is the longest floating bridge in the world. It was built with a line of concrete pontoons linked by cables and attached to ordinary bridges on each end. The total length of the bridge is 7,578 feet (2310 m). It was constructed this way because the bottom of Lake Washington is too muddy for a standard bridge. The bridge contributed greatly to the growth of the eastern shore, with cities like Bellevue and Redmond. (These cities contribute a lot of “green” to the Washington economy thanks to companies like computer giant Microsoft being located there.)

• Most evergreen Christmas trees are not harvested from forests. In fact, 98 percent of the trees sold on holiday lots are grown on tree farms. Areas close to national forests with permit programs for cutting down live trees do have quite a following of folks who like to snowshoe or hike to get their trees, but the Christmas tree lots definitely corner the market on sales.

• According to the National Christmas Tree Association (NCTA), there are currently 350 million Christmas trees growing on tree farms in the United States. All of the 50 states and Canada produce Christmas trees. The top producing states are Oregon, North Carolina, Michigan, Pennsylvania, Wisconsin and Washington.

• The most common evergreens used for Christmas trees are balsam fir, Douglas fir, Fraser fir, noble fir, Scotch pine and white pine.

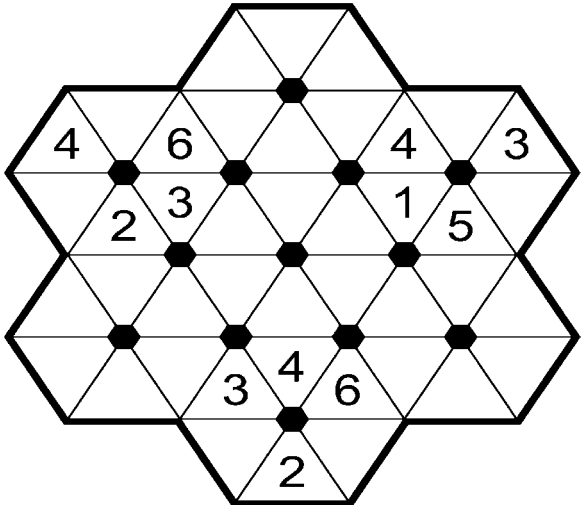
• The Christmas tree for the White House has been presented to the First Lady by the NCTA member that wins the National Christmas Tree Contest each year since 1966 when Lyndon Johnson was president. The tree is presented shortly after Thanksgiving to be displayed in the Blue Room at the White House. The tree must be 18.5 feet (5.6 m) tall and fit through a doorway that is 58 inches (1.47 m) wide.

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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Donna's Day

Creative family fun

by Donna Erickson

Bake and Share Holiday Cookies

It was somewhere between a Norman Rockwell painting and a Hallmark Moment. Our extended family had just gathered for Christmas last year at our cozy cabin nestled in Northern California’s coastal redwood forest. The kids were busy chopping wood in the misty, foggy air, and my husband was stoking the fire in the sturdy Norwegian stove, while I arranged fresh pine and eucalyptus down the center of our family’s century-old dining-room table. Then, just as Grandma Dolly cracked the last egg for her traditional Swedish rice pudding, we heard a knock at the front door. Beaming from ear to ear, our friend from down the road stepped inside to present us with a delectable plate of his mom’s homemade treats. From crunchy peanut brittle to light coconut meringue, the gift assortment was the exclamation point to a perfect afternoon. Mixed with family tradition, culinary talent and enough sugar to satisfy any sweet tooth, cookie and candy recipes reign at holiday gatherings. Some of our best family memories are built around mounds of cookie dough, colored frosting and candy sprinkles strewn all over the counter and kitchen floor! Here are some fresh ideas and hints for this year’s family memory-making and baking:
--Start with a standard sugar-cookie recipe with your school-age kids. Let them practice their math and reading skills as you show them basic measuring techniques.
--Once baked and cooled, make frosting in several colors for decorating cookies. Spoon each color into a separate zipper-style plastic bag. Close and twist like a pastry bag, pushing the frosting to a bottom corner of the bag. Snip the corner with scissors to allow the frosting to flow. Raisins, nuts, coconut and colored sugars make tempting additions to your cookie art.
--Hang decorated sugar cookies on branches of mini Christmas trees for holiday guests to take home. Before baking, make a hole with a drinking straw at the top of each cookie. Squeeze frosting to write on the names of guests. Thread ribbon through the holes, and hang the cookies.
--For iPad users, tech-savvy families will be inspired to try new recipes using the fun, just released “Martha Stewart Makes Cookies” app created in partnership with Callaway Digital Arts and MSLO. The inspiring “Cookie Runway” is a real hit with kids when they swipe across the screen through the 50 plus recipes. The innovative roulette-wheel recipe finder lets them pick their favorite type and flavor. I like the practical shopping lists I’ve sent to my iPhone, the nifty timer and the how-to videos. Preview the app at www.marthastewart.com/cookie-recipes-app.

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.”

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Pat Sheranian

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Pat Sheranian has been entertaining radio audiences in Utah Valley for years and is back 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

- Who was the youngest pitcher to toss a complete-game shutout in a World Series game?
- Name the player who led the American League in home runs twice during the 1950s, but finished his career with fewer than 200 career home runs.
- In 2010, Auburn and Arkansas set an SEC record for most combined points in a non-overtime game (108). Which two teams had held the mark?
- Who holds the NBA record for most blocked shots in a seven-game playoff series?
- When was the last time an ECAC Hockey school won the NCAA men's hockey championship?
- Bill Elliott had won 44 NASCAR Cup races entering 2011. In what year did he record the most wins, and how many?
- Who was the first unseeded player in the Open era of tennis to win the men's singles title at the U.S. Open?

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Purse is different. 2. Watch is gone. 3. Door knob is different. 4. Puddle is missing. 5. Shaving cup is different. 6. Watch is gone.

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Strange BUT TRUE

- It was celebrated Irish playwright George Bernard Shaw who made the following sage observation: "The liar's punishment is not in the least that he is not believed, but that he cannot believe anyone else."
- Virginia law prohibits anyone over the age of 15 from wearing a mask in public, unless it's part of a traditional holiday costume, for work or for medical reasons.
- You might be surprised to learn that there are people who study how air quality, humidity, the hardness of the water and pollution affect people's hair. According to these researchers, the worst American cities for your tresses are Corpus Christi, Texas; Olympia, Wash.; and Pittsburgh.
- In a survey conducted by the Roper Center for Public Opinion Research, it was found that two-thirds of

EVERGEEN (continued)

- The National Christmas Tree is a live tree in Washington, D.C., that is lit each year at the start of ongoing ceremonies called the "Christmas Pageant of Peace." The beautiful evergreen tree is a Colorado blue spruce that was transplanted from York, Pennsylvania, in 1978. The tree was the perfect size and shape, had no disease and was growing in similar soil conditions to what it would be living in at its new home in Washington.
- The tree was originally a Mother's Day gift to Mrs. William E. Myers in York. When National Park Service (NPS) employees asked the Myers family about donating the tree, they agreed. Mrs. Myers even fed the workers homemade soup as they prepared "her" tree to become the nation's tree.
- The National Christmas Tree is located in the Ellipse, which is part of President's Park near the White House. All of the area surrounding the White House, its grounds, including the Ellipse, Lafayette Park, Sherman Park and more have been part of the National Park System since 1933.
- The first National Christmas Tree was not a live tree but was also an evergreen. The President of Middlebury College in Vermont, President Calvin Coolidge's home state, donated a 48-foot (14.6 m) balsam fir to be placed on the Ellipse in December 1923. This "first" tree was cut down and sent to Washington. President Coolidge flipped the switch to light the tree on Christmas Eve.
- Washington, D.C., is also home to another famous Christmas tree. The Capitol Christmas Tree, also known as the "People's Tree," has been harvested from one of the country's national forests since 1969. Staff at the National Forest Service headquarters work with national forests' staffs across the country to select a well-shaped evergreen tree, with the final decision made by the Architect of the Capitol.
- It is a huge honor, and many celebrations take place in the state chosen to send the Capitol Christmas tree to the nation's capitol. The 2011 tree was sent from the Stanislaus National Forest near Sonora, California. The tree traveled about 4,500 miles (7242 km) on its journey to stand at a place of honor for many Americans and others to see.

continued on next page

THIS WEEK'S CELEBRITY BIRTHDAYS

Tyra Banks 12/4/1973
 Frankie Muniz 12/5/1985
 Andrew Cuomo 12/6/1957
 Larry Bird 12/7/1956
 Teri Hatcher 12/8/1964
 Judy Dench 12/9/1934
 Bobby Flay 12/10/1964

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Americans believe they are smarter than the average American.

- If you happen to be traveling in India and are passing through the town of Deshnoke, you might want to check out the Karni Mata temple -- but not if you have an aversion to rodents: Karni Mata is the rat goddess. Visitors can dine at the temple, but they have to watch out for the more than 20,000 rats mingling with the guests. Don't worry, though; if a rat runs across your feet, it's considered to be good luck.
- Ever wonder what the world's deadliest animal is? It's the lowly mosquito. Thanks to the diseases it spreads, it kills more humans than any other animal on the planet.
- In 2004, a record was set for the world's farthest pizza delivery when a Domino's Pizza in London delivered a vegetarian supreme pizza to Melbourne, Australia -- a distance of 10,532 miles. The world record challenge was conducted as a fundraising event and brought in nearly \$50,000 for the Make-A-Wish Foundation.

Thought for the Day: "Nothing is impossible for the man who doesn't have to do it himself." -- A.H. Weiler

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OVERCOMING THE ODDS:
BEETHOVEN

Born into a musical family in Bonn, Germany, on December 16, 1770, Ludwig van Beethoven was destined to become a musician. He became one of the greatest composers of all time.

- Beethoven did not have an easy life. His father was a drinker, probably an alcoholic, and pushed him as a young boy to put music ahead of everything — even sleep and play. He was standing on a stool playing the piano when he was only 4 years old. His father seemed more interested in being the father of a great musician than in loving his son.
- Beethoven’s first paid public performance was when he was only 7 or 8 years old, at his father’s prompting. An excellent musician hired by the Prince of Bonn named Christian Neeff heard Beethoven play and knew he had excellent potential as a musician. Neeff started teaching the young boy in a much kinder and more caring way. By the time he was 12, Neeff would actually let him play the organ and direct his orchestra alone!
- When Beethoven was around 18 years old, the Prince of Bonn sent him to Vienna, Austria, which was the center of music in Europe. After a short and successful time there, including a chance to play for Mozart, Beethoven returned to Bonn to be with his seriously ill mother. She and his baby sister both died shortly after his return.
- With his father still consuming alcohol and becoming more and more irresponsible, Beethoven asked the Prince of Bonn to appoint him head of his family. From that point on, he was responsible for running a household, keeping his father out of trouble and raising his two younger brothers.
- Bonn was an excellent place to continue his musical studies, but Beethoven had a great desire to return to Vienna. In 1792, at the age of 22, he gave his father money to care for his brothers and left to pursue his studies. Even though Mozart had died by the time he returned, he was able to study under Joseph Haydn, another famous composer of Vienna.
- A short seven weeks after his studies with Haydn started in Vienna, Beethoven’s father died. His brothers joined him in Vienna, and he never returned to his home in Bonn.
- Beethoven quickly became a hit thanks to his composing and imaginative piano playing. He was the “rock star” of his day! With success coming his way in the music world, Beethoven struggled with personal issues. He never understood why his father had been such a difficult man to live with. Also, Beethoven never married. He wanted a family of his own but that never happened.
- Beethoven’s biggest challenge, and one that would depress and even stop most musicians, started affecting him in 1798 when he was only 28 years old. He was losing his hearing. Many people started noticing moodiness and thought he was unfriendly.

continued on next page



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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!

| | | | | | | |
|---|---|----|---|---|----|----|
| | | - | | x | | 24 |
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| 2 | | 27 | | | 27 | |

2 3 4 5 6 7 8 9 9

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Weekly SUDOKU

by Linda Thistle

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

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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Jorge

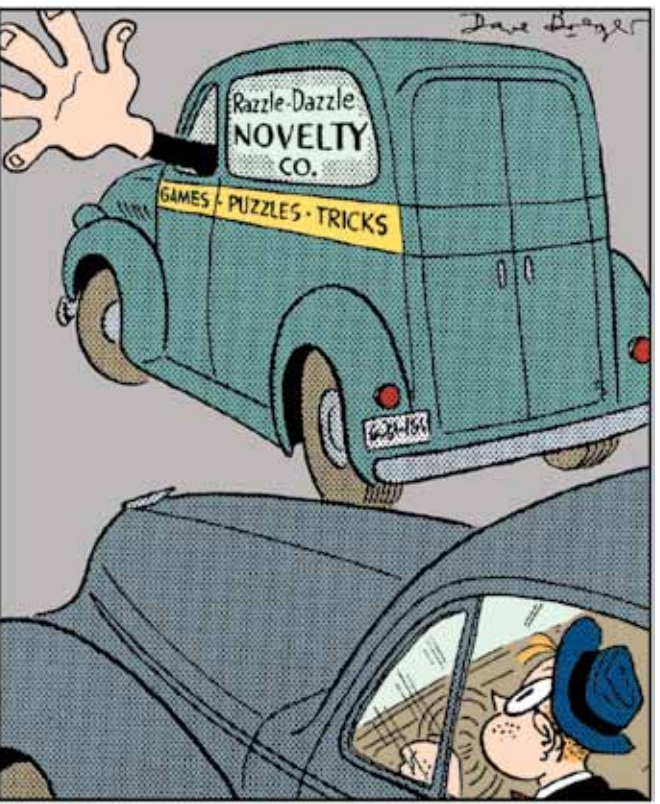
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MISTER BREGER By Dave Breger





This is a Hammer

Surviving a Winter Weather Emergency

Q: We recently experienced an unexpectedly early and heavy snowfall in the Northeast. As a new transplant from a Southern state, I was totally unprepared for this. My neighbors were a real help as I dug out from nearly a foot of snow and dealt with having no power or heat. I wanted to write you with a few of my observations from the snowstorm.

--Make sure you have basic necessities on hand. I had a "hurricane kit" with me that I'd assembled in Alabama years before, which included a combination flashlight-radio that charges by winding a crank; extra candles and matches; energy bars; beef jerky; emergency blankets and a couple of gallons of water.

--Have appropriate clothing for your region: Since I had just moved to the area, I had not yet bought a heavy winter coat. My next-door neighbor loaned me an extra one.

--Purchase an extra battery for your cellphone or laptop, and keep it charged.

--Fill your car's gas tank the day before a storm's arrival. If you have a generator, purchase fuel for it as well, and store it in approved containers (and ideally away from the house).

--Do not run generators inside the garage! We had a few people taken to the hospital in our region due to carbon monoxide seeping into the house.

--Get to know your neighbors before bad weather strikes, and stay in touch with them during or after a storm. Without my neighbors' help, I would have had a much harder time getting through this event.

--And finally, when shoveling snow, lift with your legs, not your back! Don't overload the shovel, and just push the snow aside, rather than fling it away. My neighbor was happy to give me lessons. (Although, I'm investing in a snow blower as soon as they're available at the hardware store.)

Hope your readers get some use out of this information. Stay warm! -- Kurt H., Amherst, Mass.

A: Kurt, thanks for sharing your experience! Whether it's hurricanes in the South or blizzards in the North, being prepared is essential. Working with neighbors to get through a crisis also can't be stated enough -- and it's great that you were able to work together.

HOME TIP: See a downed power line on your street? Don't approach it, even if you think it's not live, and keep everyone inside. Contact emergency services and follow their instructions.

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CLAS Ropes Course - Plan your Christmas Cruise now. Clip the coupon and tape it to your Calendar!
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**'Hands-On'
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Good Housekeeping

Broccoli Mac 'n' Cheese

Forget the box! This homemade macaroni and cheese is easy, tastier and takes only 40 minutes!

2 slices whole wheat bread
8 ounces (2 1/4 cups) extra-sharp Cheddar cheese, shredded
2 tablespoons cornstarch
3 1/4 cups (1 percent) low-fat milk
6 ounces (2 cups) Gouda cheese, shredded
1 box (16 ounces) elbow macaroni
1/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 pound small broccoli florets
1/8 teaspoon freshly grated nutmeg

1. Heat covered 8-quart saucepot with 6 quarts water to boiling on high.
2. Arrange oven rack 6 inches from broiler heat source. Pre-heat broiler. Tear bread into large chunks. In food processor with knife blade attached, pulse bread until crumbs form.

In small bowl, combine breadcrumbs and 1/2 cups shredded Cheddar.

3. Meanwhile, in 3 1/2- to 4-quart saucepot, with wire whisk, combine cornstarch and 1/4 cup of the milk until smooth. Heat on medium-high, gradually adding remaining 3 cups milk in slow, steady stream, whisking constantly. Heat to boiling, whisking frequently, then cook 2 minutes longer, whisking constantly. Remove saucepot from heat and immediately stir in Gouda and remaining Cheddar. Stir until cheeses are completely melted and sauce is smooth.

4. Add macaroni and 1 teaspoon salt to boiling water. Cook 1 minute, stirring occasionally, then add broccoli. Cook 4 to 5 minutes longer or until pasta is just tender but firm and broccoli is bright green and crisp-tender, stirring occasionally. Drain well, then immediately return to saucepot. Add sauce, nutmeg, salt and pepper, and stir over medium-low heat until well mixed.

5. Transfer mixture to 3-quart shallow baking dish. Sprinkle breadcrumb mixture evenly over top. Broil 1 to 2 minutes or until topping is golden brown. Makes 8 main-dish servings

• Each serving: About 490 calories, 18g total fat (11g saturated), 58mg cholesterol, 585 sodium, 59g carbohydrate, 4g dietary fiber, 25g protein.

BEETHOVEN (continued)

• His first big concert featuring his "First Symphony," happened in 1800, after his deafness started. Beethoven is most famous for writing nine symphonies, which are works played by a full orchestra. He also completed many other works for piano and string quartets. Almost totally deaf by age 47, he composed much of his music without the joy of hearing all of the notes.

• Beethoven died when he was 57 years old. In many of his musical pieces, he seemed to be communicating, "Even with lots of problems, if you try hard enough, you can do anything you want, like I did."

PECAN PIE

Pecan trees are present in many countries but are native only to North America. Pecan pies are wonderful treats that were considered only a Southern (U.S.) holiday pie in years past.

• Many nuts are only identified with one state, such as macadamia nuts from Hawaii, filberts from Oregon and almonds, pistachios and walnuts from California. Pecans are a multi-state crop with about 75 percent of all pecans grown in 20 states from the Southeast to the Southwest. The top four states for production are Georgia, Texas, New Mexico and Arizona.

• There are some conflicts about the origin of pecan pie. Many believe that the French came up with the pie in New Orleans after being introduced to pecans by Native Americans. Recipes for pecan pie have not been found dating before 1925.

• According to the Karo Syrup website (karo-syrup.com), pecan pie had its beginnings with their syrup. The corn syrup, in dark or light, introduced in 1902, definitely helped to spread the popularity of pecan pie. The website says that around 1930: "The wife of corporate sales executive discovers a new use for corn syrup. A mixture of corn syrup, sugar, eggs, vanilla and pecans baked in a pie shell produces the now classic Pecan Pie destined to become a world-class favorite. Down South, today, that same recipe continues to be called Karo Pie."

• It doesn't really matter who started making the delicious pies. Whether made with Karo Syrup or another brand, pecan pies are consumed and loved by many today. Just watch your waistline — They are loaded with calories!

• There are many pecan festivals in the states where the native nut is grown. Most of them, naturally, have pecan pie contests.

• Groves, Texas, home to around 2,500 large, old, but very productive pecan trees, hosts the "official" Texas Pecan Festival every fall. The designation by the state legislature gives the small southeast Texas town something to brag about.

• Brunswick, the pecan capital of Missouri, has been holding an annual festival since 1980. Brunswick is also the home of the world's largest pecan. James Pecan Farms, east of town, is where the "Starking Hardy Giant" pecan was constructed of concrete in 1982.

continued on next page

Collecting by Larry Cox

Q: My mom grew up in Souland, a neighborhood in St. Louis. During the early 1930s, she met Irma S. Rombauer, who, with her daughter Marion, was compiling a new cookbook, "The Joy of Cooking." It was published in 1931, and my mother was given a signed first edition.

I have often wondered about its value and wonder if you can help me. Is this just another cookbook, or do I have something really special? I am a professional cook and often use the cookbook's later editions, especially the one published in 1962. -- Susan, Wheatridge, Colo.

A: Take off your apron and sit down, because I have some rather startling news for you. First, let me provide you with a little background about "The Joy of Cooking," one of the most significant cookbooks in American history. Irma and Marion Rombauer lived in the Compton Heights neighborhood of St. Louis, and even though neither woman had much experience in the kitchen, Irma's husband committed suicide, which made it necessary for the two women to find a way they could support themselves. Irma gathered recipes, and her daughter illustrated them. The first edition had a definite German-American flavor, which reflected their neighborhood. The editions that followed made "The Joy of Cooking" a national bestseller, and many consider it one of the better cookbooks ever. And now for the good part. Are you sitting down, Susan? Since so few copies of the first edition exist, your signed copy is probably worth about \$5,000, perhaps more at auction. The 1936 edition is valued in the \$140 to \$250 range, and the 1962 edition (which I also like and use), goes for \$30 to \$50, depending on condition. Another popular edition is the one issued in 1943 because of its "sugarless" recipes, necessary because of war rationing.

Q: While cleaning out my mother's kitchen cabinets, I found a set of salt and pepper shakers featuring a clown's head design and made in Japan. Mom thinks they are from the early 1950s. -- Sue, San Diego

A: Your mother is probably right. I found similar S&Ps referenced in the Antique Trader's Salt and Pepper Price Guide, edited by Mark F. Moran (Krause, \$19.99), most selling in the \$15 to \$25 range.



King Crossword

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ACROSS

1 Overseer of JFK and LAX

4 Jewel

7 Gear parts

12 Throw in

13 Big hatchet

14 Plankton components

15 Actor McBride

16 March Madness semis

18 Pirouette pivot

19 Movie

20 Pond gunk

22 Away from WSW

23 Verifiable

27 Antiquated

29 Riddler of yore

31 Verboten

34 Trip around the world?

35 Namesake of a sort

37 Conk out

38 Information

39 Ottoman officer

41 Way out

45 Represent-ative

47 Before

48 Done with desperation

52 Opposite of

12

15

18

20

31

35

38

48

53

56

53 Spud state

54 Golf prop

55 — and outs

56 Male and female

57 Raw rock

58 Favorable vote

DOWN

1 Data

2 Kind of com-mittee

3 Farewell

4 Hook with a handle

5 Ostracized

6 “— Black”

7 Chat

8 Subordinate

9 Id

10 Greek consonant

11 That woman

17 Experts

21 Jupiter has

23 Crowd?

24 Tease

25 Numerical prefix

26 Addnl.

28 Powell co-star

30 Luau bowlful

31 X rating?

32 Mimic

33 Violinist’s need

36 Creche trio

37 One inspired by Terpsichore

40 Reach

42 Ohio city

43 O. Henry’s specialty

44 Nervous

45 Commotions

46 Quaker address

48 Fleur-de- —

49 Citric beverage

50 Reed instrument

51 Definite article

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Source: Forbes

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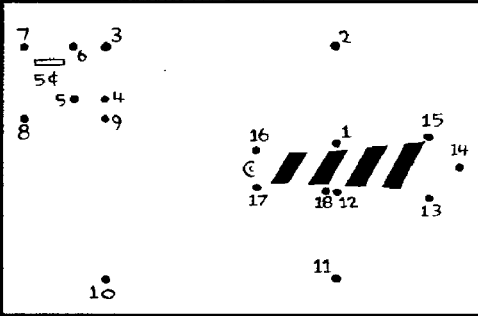
TSEKA

Costs

ASTER

TODAY'S WORD

KIDBITS



CONNECT THE DOTS and find out what gates are like church bells.

FIG. 1

FIG. 2

A “PICKY” LITTLE WAGER! Place 16 toothpicks on the table, forming five squares, as shown in fig. 1. Challenge your friends to move four of them to new positions so that you will have six squares. The solution is shown in fig. 2.

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "PLATES." See if you can replace these letters in the squares so that you will have four 3-letter words across and three 4-letter words down. The time limit is 60 seconds.

| | | | |
|---|--|---|--|
| P | | A | |
| L | | X | |
| A | | E | |
| T | | L | |
| E | | | |
| S | | | |

Junior Whirl

by Charles Barry Townsend

THE PYRAMID OF WORD POWER!



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

1. Clothes-washing businesses.
2. TV repeat show payment.
3. Brings to a sudden halt.
4. Old-time telephone user.
5. Stirred to anger.
6. Urgent, desperate.
7. Anger, wrath.
8. In reference to.
9. Abbreviation for electron.

Answers: (from the bottom up): : Laundries, residual, derails, dialer, riled, dire, ire, re, e.



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

Prostate Blood Test Far From Perfect

DEAR DR. DONOHUE: I had my annual PSA test, and it came back 3.5 ng/ml. My doctor said anything below 4 is good. My past scores have never exceeded 0.5. I am concerned with the rate of increase from last year. Need I be? Should I get checked in six months to ease my mind? -- B.B.

ANSWER: PSA (prostate-specific antigen) is a blood test used for the detection of prostate cancer. It’s far from being a perfect test, but it is the only one we have. Not only is the test imperfect, but experts disagree on how the test numbers should be interpreted. Many insist that a man’s age should define what the normal range for it is. The younger the man, the lower should be the acceptable PSA. Results from large studies yield conflicting information. One study suggests that a PSA of 2.5 ng/ml ought to prompt additional testing, such as a prostate biopsy. Another large study uses 4 as the cutoff for ordering more investigation. And a third sets the upper limit of normal at 3.5.

PSA velocity is another factor that enters into interpreting the test. If the PSA value increases in one year by 0.75 or more, then the possibility of cancer exists and further testing is suggested -- a biopsy. Your value increased many times that number. I believe you need to have that checked out soon. In fact, if a man has a PSA value of less than 4 on previous tests, and his PSA has increased by 0.35 in one year, that man should be advised to have a biopsy.

The booklet on prostate enlargement and prostate cancer digs more deeply into these subjects. Readers can obtain a copy by writing: Dr. Donohue -- No. 1001W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: My son had surgery for diverticulitis and was discharged from the hospital two days later. He had to return to the hospital because of terrible stomach pain. The doctor did a second surgery and submitted material to the lab. The report came back that he had C. diff. I would appreciate so much any information on this. -- M.M.

ANSWER: C. difficile (diff-uh-SEAL) is a bacterium. It can be acquired anywhere, but most often in the hospital. In the digestive tract, it is a distinct minority. However, antibiotics can kill off the normal bacteria in the tract and the C. difficile bacterium then experiences explosive growth. That can cause minor intestinal problems to major intestinal catastrophes with voluminous diarrhea and fierce pain. All of this is due to toxins (poisons) produced by this germ. Stopping antibiotics is the first line of treatment. If that doesn’t bring relief, then the antibiotic metronidazole often cures patients. Should metronidazole fail, the antibiotic vancomycin is a trusted standby. Sometimes attempts to re-establish a normal bacterial population for the colon are successful in ending the problem.

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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PECAN PIE (continued)

- The Sahuarita Pecan Festival, “the nuttiest festival in Arizona,” is held in an area where pecan orchards need more than rain to grow. Sahuarita is home of the world’s largest irrigated pecan orchard, with approximately 106,000 trees growing on 6,000 acres (2428 ha).
- Okmulgee, Oklahoma, was known for its festival and “world’s largest” pecan pie. Unfortunately, that festival was cancelled in 1999, after 25 years of huge pies.
- Louisiana, Alabama, Kentucky, Mississippi, New Mexico and both North and South Carolina all have pecan festivals as well. All have their own “personalities,” but you can bet that all have pecan pie.
- Pecan pie is always a favorite pie in the Southern United States, but many in other U.S. locations and Canada enjoy the pie as well. Still, in nearly every poll, the favorite pie in North America is apple pie. Whether your favorite variety is pumpkin, berry, apple or pecan, as you eat your holiday meals this year, leave some room for pie.

TIDBITS

Laughs!

A young couple strapped on their snowshoes and trudged up the mountain searching for a Christmas tree. After hours of searching in frigid temperatures, the husband turned to the wife and said, "I'm chopping down the next tree I see. I don't care whether it's decorated or not!" (Yes, you read that correctly; it was the husband who said it!)

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Just Like Cats & Dogs

by Dave T. Phipps

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PetBits™

Can Cats Overdose on Catnip?

By Samantha Mazzotta

DEAR PAW'S CORNER: Is it possible to give too much catnip to a cat? And, is dried catnip as potent as fresh? — Gina in Flint, Mich.

DEAR GINA: I've seen cats react to catnip in a variety of different ways -- from tearing around the house to lounging draped across furniture -- but have not read of a cat actually “overdosing” on the herb. Nepetalactone is the chemical that produces a cat’s distinct reaction to catnip. It’s released when the plant is bruised, which is why you’ll often see a cat rubbing against and biting fresh catnip. According to various sources, the cat’s “high” is produced when it sniffs the bruised leaves or stems; eating catnip produces a sedative effect. Cats generally lose interest in catnip once they’ve had enough. As to whether fresh or dried catnip is better, or equally potent, dried catnip can be just as effective, although like any dried herb, the age of the catnip and how it has been stored can affect its potency. That’s one reason to look carefully at brands of dried catnip or catnip-impregnated toys before purchasing. Pet owners can grow their own catnip on the windowsill, in full sun (out of reach of the cat until it’s strong enough to put up with a cat’s devoted attention) and either present it fresh to the cat or trim the mature plant and hang it upside down to dry. Finally, what to do if you place catnip in front of your pet and it shows no interest? Walk away for a while -- it will either get interested eventually or not, but most cats can’t be forced to ingest or play with catnip.

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.

Comfort foods

Made fast and healthy

by JoAnna M. Lund

Salisbury Steaks

There’s not a man around who doesn’t love the taste of Salisbury steak. There’s something in the sauce that’s more powerful than all the perfume Paris can make! Serve this to your man and see if he doesn’t agree.

16 ounces extra-lean ground sirloin or turkey breast
3/4 cup finely chopped onion
21 small fat-free saltine crackers, made into fine crumbs
1/3 cup reduced-sodium ketchup
1 tablespoon dried parsley flakes
1/8 teaspoon black pepper
1 (12-ounce) jar fat-free beef gravy
1 (2-ounce) jar chopped pimiento, undrained

1. Preheat oven to 350 F. Spray an 8-by-12-inch baking dish with butter-flavored cooking spray.
2. In a large bowl, combine meat, onion, cracker crumbs, ketchup, parsley flakes and black pepper. Mix well to combine. Using a 1/3 cup measuring cup as a guide, form into 6 patties.
3. Place patties in a large skillet sprayed with butter-flavored cooking spray and brown for about 3 minutes on each side. Place browned patties in prepared baking dish.
4. In a small bowl, combine gravy and undrained pimiento. Evenly spoon gravy mixture over patties. Cover and bake for 45 to 50 minutes. When serving, evenly spoon gravy over patties. Serves 6.

• Each serving equals: 178 calories, 6g fat, 16g protein, 15g carb., 631mg sodium, 1gm fiber; Diabetic Exchanges: 2 Meat, 1 Starch/Carb.

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TIDBITS

WORD POWER

Unscramble this word:

C I D D U E E O S

This word means: *Shedding the leaves annually, as certain trees and shrubs; opposite of evergreen*

Amber Waves

by Dave T. Phipps

VETERANS POST

by Freddy Groves

Host a Holiday Party for Veterans

If you’re in a veterans service organization, you still have time to organize a holiday party for patients in the closest Veterans Affairs medical center. You’ll need food, a few small gifts ... and your ear. You see, it’s your presence that will be most appreciated. Patients in our VA hospitals don’t always get visitors. Some don’t get any at all, especially the young ones whose families are clear across the country. Here’s a plan you can use. Modify it to suit your group’s circumstances: Call Volunteer Services at the medical center and tell them your group would like to have a Christmas party for one of the wards. Set a date and time. Lunch is ideal. Verify that pizza or small sandwiches would be OK for the patients. Order the pizzas or sandwiches to be delivered from a nearby restaurant or deli, as well as drinks. Ask about using a large room that will accommodate everyone at tables with chairs. Gather up a CD player and holiday CDs for music. Ask what types of small gifts would be appropriate for the ward you’ll be visiting. (Each will likely have different rules). Your gift list can include:

- pens and stationery,
- candy (ask if sugar-free is necessary) in sandwich bags,
- military caps (by branch),
- small handheld games,
- puzzle books, with mechanical pencils (saving nurses from having to sharpen pencils),
- a card signed by all your members.

All of these items in wrapped individual boxes (don’t forget the bow!) will be much appreciated. But it’s the time you spend with each patient that they’ll remember the most. No matter what your age or term of military service, you have something in common: You served. That alone will get conversations started.

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

Moments in time

THE HISTORY CHANNEL

- On Dec. 7, 1787, in Dover, Del., the U.S. Constitution is unanimously ratified by all 30 delegates to the Delaware Constitutional Convention, making Delaware the first state of the modern United States. Government under the U.S. Constitution took effect on March 4, 1789.
- On Dec. 10, 1901, the first Nobel Prizes are awarded in Stockholm, Sweden, on the fifth anniversary of the death of Alfred Nobel. Although Nobel offered no public reason for his creation of the prizes, it is believed that he did so out of moral regret over the lethal uses of his invention of dynamite and other explosives.
- On Dec. 11, 1936, after ruling for less than one year, Edward VIII becomes the first English monarch to voluntarily abdicate the throne. The British government, public and the Church of England condemned his decision to marry American divorcee Wallis Warfield Simpson. Edward claimed it was impossible to discharge his duties without the woman he loved.
- On Dec. 5, 1945, five U.S. Navy Avenger torpedo-bombers take off from the Ft. Lauderdale Naval Air Station in Florida on a three-hour training flight. They never returned, and no trace of the bodies or aircraft was ever found. The story helped cement the legend of the Bermuda Triangle, an area of the Atlantic Ocean where ships and aircraft are said to disappear without a trace.
- On Dec. 8, 1969, at a news conference, President Richard Nixon says that the Vietnam War is coming to an end. His pronouncements proved premature. In April 1970, he expanded the war by ordering attacks on communist sanctuaries in Cambodia.
- On Dec. 6, 1976, deaf professional stuntwoman Kitty O’Neil sets the land-speed record for female drivers at the Alvord Desert in southeastern Oregon, averaging more than 512 mph.
- On Dec. 9, 1983, “Scarface,” starring Al Pacino as a Cuban refugee who becomes a Miami drug lord, opens in theaters. The film, written by Oliver Stone and directed by Brian De Palma, initially received unfavorable reviews but is now considered a classic.

HUBERT - - By Dick Wingert



"Nothing, thanks—we're just looking!"

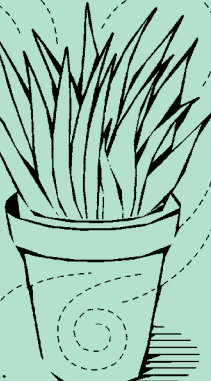
TIDBITS® QUOTE

“For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver.” - Martin Luther

The Garden Bug

Give a plant

Plants such as succulents, bamboo, herbs, aloe and lavender are great gift ideas, as they are easy to care for and pleasing to the eye. Plus, plants help to purify indoor air, absorbing carbon dioxide and releasing oxygen.



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I THINK I'LL JUST TAKE THAT

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

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

Abduct Invade Requisition Swipe
Appropriate Nab Rip off Take
Capture Occupy Seize Usurp
Fleece Pilfer Steal

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I-15 updates

Provo Center Street Interchange Reopens after 90-day Closure

New interchange ramps, realigned Center Street constructed as part of I-15 CORE. LEHI, Utah (Nov. 21, 2011) □ UDOT's Utah County I-15 Corridor Expansion project announced today the Provo Center Street interchange is now open after a 90-day closure. All on- and off-ramps at the interchange, as well as both directions of Center Street are now available for drivers.

□ Reopening the interchange and restoring this important east-west connection for Provo residents before the busy holiday season has been a priority for our team, □ said Todd Jensen, UDOT I-15 CORE project director. □ We want to thank the local residents and businesses for their patience during construction. By combining closures, we were able to reduce overall delays, complete substantial work at the interchange and reopen it in time for the holidays. □

Since August, when the southbound off-ramp at Center Street was closed, crews have constructed a new flyover bridge over I-15 for eastbound Center Street; rebuilt the southbound on- and off-ramps; shifted traffic onto two new Center Street bridges over the Union Pacific and UTA railroad tracks; and realigned westbound Provo Center Street under I-15. The new interchange design, a result of collaboration between UDOT and Provo City, will meet future traffic needs while also accommodating the city's development plans. To date, approximately 70 percent of the necessary work has been completed at the interchange. In the spring, crews will finish reconstructing the northbound I-15 on- and off-ramps at Center Street, as well as widening the freeway and placing new concrete pavement. Closures of the northbound on- and off-ramps will take place at that time.

A YouTube animation to help drivers learn how to navigate the new Provo Center Street interchange can be viewed at <http://youtu.be/rr0eF03mU-w>. Drivers can stay informed about this and other I-15 CORE construction activities by signing up for weekly email updates at udot.utah.gov/i15core, following the project on facebook.com/i15core and twitter.com/i15core and receiving text updates by texting [15core](https://text.15core.com) to 53535.

The Provo Center Street interchange is one of 10 freeway interchanges being rebuilt or replaced as part of I-15 CORE. The entire freeway is being rebuilt from Lehi to Spanish Fork, a distance of 24 miles, using new 40-year concrete pavement. **I-15 CORE is on schedule for completion in December 2012.**

Spanish Fork Community

SFHS is performing the well known musical **A Christmas Carol** on December 8, 9, 10, 12 @ 7P

Christmas Box Angel Candle Ceremony Dec 6, 2011 7P Come share an evening with the Christmas Box Angel as we honor those little ones we have lost. Program starts at 7pm at the Angel statue in the Children's Cemetery. 420 S 400 E SF Thanks to Mickie and Larry Johnson.

Tabitha's Way is holding a **Christmas dinner Dec 24 Noon □ 3P**, for needy families in our community. They are expecting around 500 people and need help with donations, food, clothing, and just helping hands. High Chaparral 495 South Main SF

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

Payson News

"Stop Chasin' - Shop Payson!" December 2011

- Dec. 6. 11:45 am, BIZ Of Month: Utah Trikes, Ashley Guy, Bravo! 40 S. Main, Payson, trikes@utahtrikes.com, 801.804.5810 12:00 pm Biz Leads Networking Group, Utah Trikes, 40 S. Main. Payson**
- Dec. 7. 6:00 pm Payson City Council Meeting 435 W. Utah Avenue, Payson, Utah Biz of Month, Utah Trikes, Ashley Guy Recognition & Quarterly Report by Chamber Pres. Eric Buchanan**
- Dec. 9. 11:00 am, Fuji House Ribbon Cutting & Grand Opening, Meng & Amy Ung Japanese Cuisine \$10, 17 South Main, Payson, Utah, 801.465.4018**
- Dec. 15. 11:30 am -1:00 pm Payson Area Chamber of Commerce Christmas Party Potluck, \$5 gift, Moore Plaza, 887 E. 100 N. Suite #2B,**
- Dec. 21. 6 pm Payson City Council Meeting 435 W. Utah Avenue, Payson, Utah.**
- Dec. 25. Merry Christmas To All!**
- Please visit our website: paysoncitychamber.com**

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

1. Baltimore's Jim Palmer was 20 years old when he did it in 1966.
2. Al Rosen led the A.L. with 37 home runs in 1950 and 43 in 1953, but finished his 10-year major-league career with 192.
3. South Carolina and Mississippi State combined for 104 points in 1995.
4. Denver's Dikembe Mutombo blocked 38 shots in a series against Utah in 1994.
5. Harvard won the title in 1989.
6. He won 11 races in 1985.
7. Andre Agassi, in 1994.

King Crossword

Answers

Solution time: 27 mins.

FAAGEMTEETH
ADDAXEALGAE
CHIFINALFOUR
TOEFILICK
SCUMENETRUE
OLDSPHINX
TABOORBIT
EPONYMDIE
NEWSAGAREXIT
AGENTERE
LASTDITCHNON
IDAHOTEEINS
SEXESOREAYE

Weekly SUDOKU

Answer

537146982
184932765
926785413
348291657
795864321
261357894
852479136
413628579
679513248

Go Figure!

answers

8-2x424
+x+
6+9÷53
÷+x
7+9+319
22727

Trivia test

by Fifi Rodriguez

1. The end
2. Noble gesture
3. 1917
4. Pancreas
5. Navigation. The instrument measures the angles between visible objects.
6. Roger Williams
7. Washington, D.C.
8. Steel industry
9. He was an accomplished silversmith
10. The land of Nod

WORD POWER

ANSWER

DECIDUOUS

SCRAMBLERS

solution

1. Rabble; 2. Broad;
3. Stake; 4. Rates

Today's Word:

SKATEBOARD