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January 9, 2012

The **Neatest** Little Paper Ever Read®

Issue 2012-02

Published by : Serendipity Weekly

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Laugh a bit with **TIDBITS**

A truly honest weatherman says, "Today's forecast is bright and sunny with an 80-percent chance that I'm wrong."

TIDBITS® ASKS READERS HOW'S THE WEATHER?

by Kathy Wolfe

"Nice weather we're having" isn't always a true statement! This week, Tidbits looks at rain, snow, wind and storms, bringing you the best and worst of several weather conditions from around the world.

- "Rain, rain, go away" might be something the residents of Mawsynram, India, want to say. It's the wettest place on earth, receiving over 36 feet (11 m) of rainfall every year. Antofagasta, Chile, on the other hand, receives less than a tenth of a millimeter of rain per year, and many years, receives none at all.
- The community of Bagdad, California, had no rain for 767 days between October of 1912 and November of 1914. That's two years and 37 days!
- You may have heard of Chicago referred to as the "Windy City," but it's not the windiest city in America. That distinction belongs to Blue Hill Observatory, Massachusetts, with an average annual wind speed of 15.4 mph. Second place belongs to Dodge City, Kansas, with Amarillo, Texas, at No. 3. Chicago isn't even in the top ten! About 27 percent of weather-reporting stations average higher annual wind speeds than Chicago.

turn the page for more!

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?

Trivia test

by Fifi Rodriguez

1. GENERAL KNOWLEDGE: Which youth group's slogan is "Learn by doing"?

2. TELEVISION: Who was the German commandant of Stalag 13 in TV's "Hogan's Heroes"?

3. U.S. GOVERNMENT: Which state did Harry Byrd represent in the U.S. Senate for 32 years?

4. INVENTORS: Who was the inventor of the first practical process of photography?

5. MYTHOLOGY: Who was the Greek goddess Persephone?

6. HISTORY: What did Jack Ruby, who killed JFK assassin Lee Harvey Oswald, do for a living?

7. SPORTS: When was the Stanley Cup first awarded?

8. THEATER: Tennessee Williams won a Pulitzer Prize for which one of his plays in 1948?

9. GEOGRAPHY: The city of Cartagena, Spain, lies next to which body of water?

10. EXPLORERS: What was the nationality of polar explorer Roald Amundsen?

Now here's a tip!

by Jo Ann Derson

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• "If you are serving a moist cake, preserve the outside pieces by securing a slice of bread to both cut surfaces with toothpicks. The cake will not dry out, meaning every slice is a winner!" -- Ethel B. in Salt Lake City

• To remove soot from your carpet, sprinkle it with salt, let sit and then vacuum. Repeat as many times as necessary to remove all traces.

• Got extra mittens? If you do, you'll love this tip from Natalie H. of Portland, Maine: "This year, after unpacking the winter clothes for the season, I noticed I had several pairs of mittens without matches. I use them to dust around the house. They work perfectly."

• Make doctor's appointments on or near a major holiday every year. That way you don't end up forgetting when your last annual exam or dental cleaning was.

• Fashion mavens suggest using the rule of threes when purchasing clothing: Do not buy an item if you haven't got at least three other pieces of clothing that will go with it. Another helpful hint for clothes shoppers: Try and buy on separate trips. Go window shopping without your wallet to try on items, then go back the next day for purchasing. Odds are you might change your mind on several items when given the opportunity to think about it. Plus, you can feel free to have fun trying on clothing without the pressure of actually purchasing.

• If you store nail polish in the fridge, it will dry more quickly and last longer.

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@heresatip@yahoo.com.

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TIDBITS® QUOTE

"Don't knock the weather; nine-tenths of the people couldn't start a conversation if it didn't change once in a while."

-- Kin Hubbard

WEATHER (continued)

• Mt. Washington, New Hampshire, experienced America's strongest wind ever recorded, 231 mph (372 km/hr). But, based on averages, Commonwealth Bay, Antarctica, is the windiest place in the world.

• Mt. Washington also has the second-highest average snowfall, about 260 inches a year (660 cm). Only Valdez, Alaska, ranks higher with 324 inches (823 cm). Back in 1911, Tamarack, California, received 390 inches — 32.5 feet (9.9 m) — of snow in one month! Over the course of that winter, 767 inches (19.5 m) of the white stuff fell on the community.

• Lightning strikes the earth about 100 times every second, with each flash carrying over one billion volts. That's enough energy to light a 100-watt light bulb for three months! In one short instant, the air surrounding the lightning flash is heated to a temperature five times hotter than the surface of the sun. Lightning will strike the United States about 25 million times this year. Five hundred of those flashes will strike the Empire State Building.

• Scientists maintain that there are about 760 thunderstorms occurring on our planet every hour. Trying to figure out how far away a thunderstorm is? Count the number of seconds between a lightning flash and the following clap of thunder. Divide that number by five to compute the distance to the lightning in miles.

• You're more likely to be killed by a lightning strike in Florida than in any other state. Over a 10-year period, 74 people in that state died after being struck, with Texas a distant second with 28 deaths. You'll be pretty safe in Washington, Oregon and North Dakota, where no deaths occurred during those 10 years.

• When strong currents of air carry water droplets up to a height where freezing occurs, ice particles form and grow. They become too heavy to be supported by the air current and fall to the ground as hail. Large hailstones can fall at speeds exceeding 100 mph (160.9 km/hr). Compare that with the speed of a typical raindrop at 17 mph (27.4 km/hr). Cheyenne, Wyoming, averages the most hailstorms in the United State each year, but those in Tulsa, Oklahoma, are the most severe.

• In 1986, a storm in Bangladesh produced the largest hailstones ever recorded; they weighed well over 2 lbs. (1 kg) each. Ninety-two people were killed by the stones. Bangladesh was also home to history's deadliest cyclone in 1970, with a death toll of 300,000.

• Tornado Alley refers to an area stretching from central Texas to northern Iowa, and across Colorado, Nebraska, Illinois, Indiana, Missouri and Oklahoma. About 90 percent of U.S. tornadoes hit this region. There are more tornadoes in the United States than any other place in the world, with about 1,000 reported per year. Canada is a distant second, with about 100.

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

Kids' Artwork Makes a Home Memorable

Paintings and pets, or rather paintings of pets, is a dominant theme throughout the bright and cheery Hughes home in Scotts Valley, Calif. It's impossible to pass from the kitchen hallway to the living room without taking a pause to view portraits of guinea pigs Clover and Bubbles artfully arranged next to paintings of loveable cats and dogs. Painted sculptures of favorite animals and birds are tucked here and there, too. A pony, penguin and parrot sit in a row on a bedroom shelf, keeping watch over the kids' comings and goings. "Eleven-year-old Gilian and 9-year-old Gabbie love to care for, play with and draw pictures of animals, especially our own pets," says mom Serina. "Skittles, our leopard gecko, hasn't made the wall yet because he's new, but I'm sure they'll do a portrait of him soon. Showcasing the girls' animal art as part of our home decor says a bit of who we are and what we love as a family," she adds.

Are you swimming with your kids' artwork? Why tuck it away in a closet? Show it off and make your home truly unique. Here are some quick ideas for displaying and storing art:

--Hang six to nine same-size clipboards in rows on a hallway wall or family gathering space. They'll always be ready for displaying the latest creations in an instant. Mix and match this contemporary art display with large photos, too.

--Think outside the frame, and set your child's pottery or craft projects together with a houseplant or mini bouquet of flowers. Place the arrangement on an end table by a sofa or chair.

--Take photos of paintings, drawings and crafts. Burn a CD or create a special "Kid Art" photo file on your computer. Set to music and enjoy watching the art show over and over together.

--For extra keepers, store rolled-up paper artwork in mailing tubes, available at office-supply stores and the post office. Label with your child's name and grade.

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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Laughs!

"I can't believe it," said the tourist. "I've been here an entire week, and it's done nothing but rain. When do you have summer here?" "Well, that's hard to say," replied the local. "Last year, it was on a Wednesday."

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And so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal." ... I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today!

And this will be the day -- this will be the day when all of God's children will be able to sing with new meaning: My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the Pilgrim's pride, From every mountainside, let freedom ring! And if America is to be a great nation, this must become true. And so let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania. Let freedom ring from the snow-capped Rockies of Colorado. Let freedom ring from the curvaceous slopes of California. But not only that: Let freedom ring from Stone Mountain of Georgia. Let freedom ring from Lookout Mountain of Tennessee. Let freedom ring from every hill and molehill of Mississippi. From every mountainside, let freedom ring.

And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: Free at last! Free at last! Thank God Almighty, we are free at last!

Martin Luther King, Jr. 1/15/1929 – 4/4/1968

Excerpts from "I Have a Dream" delivered 28 August 1963, at the Lincoln Memorial, Washington D.C.



By Chris Richcreek

1 Name the four N.L. pitchers to win the Cy Young Award in consecutive years.

2 It took just 1,303 innings for pitcher Kerry Wood to record 1,500 career strikeouts. Who held the mark for fewest innings to reach that mark before Wood?

3 Who holds the NFL record for most TD passes caught in a season?

4 Three No. 11 seeds have advanced to the NCAA Final Four in men's basketball. Name two of them.

5 True or false: Until the 2010-11 NHL campaign, the Anaheim Mighty Ducks and Los Angeles Kings had never gone to the playoffs in the same season.

6 How many total medals did U.S. boxers tally in the Olympics between 2000 and 2008?

7 Who was the last senior golfer before John Cook (2010-11) to win the last tournament of one Champions Tour season and the first tournament of the next season?

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Barber's shop pole has been added. 2. Plant has replaced picture. 3. Bowl is empty. 4. Razor is different. 5. Extra bottle is on counter. 6. Cabinet is different.

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Strange BUT TRUE

• It was American essayist Logan Pearsall Smith who made the following sage observation: It is the wretchedness of being rich that you have to live with rich people.

• The word "avocado" is derived from a South American Indian word that means "testicle."

• When the miniskirt was introduced to the world in the 1960s, the reaction was swift and often harsh. Women who wore them in the Malagasy Republic were sentenced to 10 days in jail. Congolese police arrested 300 women for wearing the new style, and Egyptian law branded the garment as indecent. In Caracas, Venezuela, the clergy got involved; churches admonished women to give up their minis or "be condemned to hell." Perhaps the seeming overreaction wasn't entirely unjustified, considering the

WEATHER (continued)

• If you're a sun worshipper, then Yuma, Arizona, is the place for you! This Southwestern community receives more than 4,000 hours of sunshine a year, making it the sunniest place on earth. Yuma also has the lowest precipitation average in the United States, receiving just under 3 inches (7.6 cm) a year, and its record high temperature is 124° F (51° C).

• The hottest temperature ever recorded on earth was back in September of 1922 in El Azizia, Libya, when the mercury soared to 136° F (58° C). The North American record belongs to Death Valley, California, at 134° F (57° C) in July of 1913.

• Baby, it's cold outside! How about 129° below zero (-89.6° C) reached in Vostok, Antarctica, in 1983? Russia gets plenty cold, too, with low temps recorded at -90° F (-68° C) on more than one occasion.

• Alaska is the coldest U.S. state overall — at least five cities have had low temps dip under -60° F (-51° C), with Barrow ranking as the coldest city. Down on the mainland, the honor of coldest city goes to International Falls, Minnesota. Neighboring Duluth, Baudette and Hibbing aren't far behind. Two North Dakota communities, Grand Forks and Fargo, offer some stiff competition with average temps from December through March in the single digits.

• The world's least sunny place is, not surprisingly, the South Pole, where the sun shines just 182 days a year.

• The combination of heat and humidity can be stifling on a summer day. Phoenix, Arizona, is ranked as No. 1 on the list of "Most Uncomfortable Cities." One of the nation's hottest summertime cities, its average July temperature is 104° F (40° C). Several Texas cities are close behind — Corpus Christi, San Antonio, Dallas, Waco and Houston are all within the Top Ten.

• If you don't mind consistency and predictability, then San Francisco and San Diego are the places for you. They are ranked No. 1 and No. 2, respectively, in the category of "least weather variety" based on temperatures, precipitation and wind. In fact, California holds eight out of the Top Ten spots in this group.

• Over a 24-hour period back in 1916, the temperature in Browning, Montana, dropped from 44° F to -54° F (7° C to -48° C).

continued on next page

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effect the miniskirt had in some places. It was reported that two women wearing minis caused a two-hour traffic jam in downtown Cairo, and a 63-year-old man in Rio De Janeiro was sentenced to three days in jail after biting the legs of the miniskirt-clad woman seated next to him on a bus.

• The first animated color TV commercial was broadcast in 1949, and it was created by none other than venerable children's book author Dr. Seuss. The ad was for the Ford Motor Company.

• Historians say that Abraham Lincoln had a shrill, high-pitched voice rather than the deep and sonorous tones we usually hear when the 16th president is portrayed in film and television.

• Those who study such things say that Americans' favorite T-shirt color is white, followed by blue and black.

Thought for the Day: "If you have an important point, don't try to be subtle or clever. Use a pile driver. Hit the point once. Then come back and hit it again. Then hit it a third time -- a tremendous whack." -- Winston Churchill

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- Although we usually call it Grand Central Station, its actual name is Grand Central Terminal. Grand Central Station is technically the name of the subway station located under the terminal. In terms of number of platforms, Grand Central is the largest train station in the world. There are 67 sets of tracks along its 44 platforms. About 7,500 people pass by the Terminal’s 42nd Street and Vanderbilt intersection every hour.
- The current Terminal building is not the first to sit on the site. The first depot was the brainchild of railroad magnate Cornelius Vanderbilt and was built on property he owned between 42nd and 48th Streets at a cost of \$6.4 million, opening in 1871. A tragic train collision occurred in 1902 in a smoke-filled tunnel, killing 17 and injuring 38. Steam locomotives were immediately banned, and plans were made to tear down the station and construct a new terminal for electric trains.
- Over the next 10 years, the old station was torn down and replaced in phases, and in 1913, the new Terminal officially opened, with more than 150,000 visitors on opening day. Boasting 75-foot (22.9-m) windows and a massive marble staircase, it was an architectural masterpiece. The 125-foot-high (38-m) vaulted, domed ceiling featured a brilliant blue and gold mural of a constellation-filled sky.
- The station’s famous four-sided clock has faces of opal and is valued today between \$10 million and \$20 million. The clock sits on a brass and marble pagoda, inside of which is a hidden spiral staircase that connects to the Terminal’s lower level.
- Also hidden below the Terminal is a train platform with a secret entrance and an elevator up to the Waldorf-Astoria Hotel. It was used by President Franklin D. Roosevelt to enable him to avoid reporters, moving him from his train directly to his hotel. Don’t expect to traverse his route, however, on your New York City vacation. The door to FDR’s secret elevator has been welded shut.
- Perched atop the façade on the 42nd Street side of the Terminal is a 50-foot-high (15.2-m), 60-foot-wide (18.3-m) sculpture of Mercury, patron god of travelers. He is flanked by Hercules and Minerva. This was to symbolize the wisdom (Minerva), speed (Mercury) and strength (Hercules) of Grand Central. About 1,500 tons of Indiana limestone went into the creation of the sculpture, which was unveiled 18 months after the Terminal’s formal opening. It also features a clock at its center with a 13-foot (4-m) circumference.

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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then we shall save our country.
Abraham Lincoln

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Time For A Treasure Hunt

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MISTER BREGER By Dave Breger



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Holidays & Observances This Week

1/8	Learn to Ski Day
1/9	Stephen Foster Day
1/10	United Nations Day
1/11	Amelia Earhart Day
1/12	Handwriting Day
1/13	Public Radio Broadcasting Day
1/14	Organize Your Home Day



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THIS WEEK'S
CELEBRITY BIRTHDAYS
David Bowie 1/8/47
Kate Middleton 1/9/82
Rod Stewart 1/10/45
Mary Blige 1/11/71
Kirstie Alley 1/12/51
Orlando Bloom 1/13/77
Jason Bateman 1/14/69

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Collecting

by Larry Cox

Q: I have an unusual family heirloom that was given to my great grandparents when they were married in Buffalo, N.Y., in June 1900. It is a sea-green "pillow vase" painted and signed by Edward Diers. I've seen a duplicate in a pottery book, but no value was given. I don't want to sell it since it's an heirloom, but I am nevertheless curious about its value. My neighbor is a pottery collector and thinks it could be worth as much as \$1,000 because of its unique design. -- Barbara, Yonkers, N.Y.

A: This is yet another reason why you should never put much stock in the opinions of neighbors -- even those who think they are experts --- when it comes to antiques and collectibles. I contacted several certified appraisers and they seem to agree that your "pillow vase" by Edward Diers could be worth as much as \$30,000.

Q: Several years ago I bought a framed picture at a tag sale of Louisa May Alcott's "Orchard House" in Concord. I would like to know its value and if a library would benefit in having it. -- Cynthia, Barre, Vt.

A: I recommend you contact the curator of the Louisa May Alcott "Orchard House" museum, 399 Lexington Road, Concord, Massachusetts 01742.

Q: My mom recently gave me a two-gallon crock that she thinks is at least a 100 years old. It has a white glazed surface with a large "2" and Monmouth Pottery Company, Monmouth, ILL. imprinted on the side. I have been offered \$150 for it, but think it might be worth more. -- Laura, Hondo, Texas

A: Take the \$150. Your crock is worth about \$75, according to the "Antique Trader Stoneware and Blue and White Pottery Price Guide" edited by Kyle Husfloen. I recently saw a similar crock made by the same company sell at auction for \$45.

Q: We have a copy of The New Zealand Fantail Hobbies magazine from 1972. It is 36 pages and appears to be typed on a typewriter. It is in very good condition. -- Martins, Phelps, N.Y.

A: Although your publication is interesting, it does not have any real value as a collectible.

Good Housekeeping

Citrus-Glazed Salmon

This sweet and savory salmon dish tempts every part of the palate with a melange of perky winter flavors.

- 1 1/2 pounds fennel bulbs, trimmed and chopped, fronds chopped and reserved for garnish
- 1 small (6- to 8-ounce) all-purpose potato, peeled and chopped
- 1 1/4 cups fresh orange juice
- 1/4 teaspoon lower-sodium soy sauce
- 4 (6 ounces each) center-cut salmon fillets
- Salt and pepper
- 1 tablespoon margarine or butter

1. Preheat oven to 300 F. Line 15 1/2-inch by 10 1/2-inch jelly-roll pan with foil; grease foil.
2. In 4-quart saucepan, combine fennel and potato. Add enough cold water to cover. Cover, heat to boiling on high, then reduce heat to low. Simmer 18 to 22 minutes or until vegetables are tender when pierced with tip of knife.

3. Meanwhile, in 4-quart saucepan, heat juice to boiling on high. Boil 10 minutes or until reduced to 1/2 cup. Stir in soy sauce and boil 1 minute longer.

4. While fennel and juice cook, season flesh side of salmon with 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Arrange salmon in single layer in prepared pan, skin side up. Roast 12 to 18 minutes or until paler in color and knife pierces easily through side. Carefully peel skin off salmon and discard.

5. Drain fennel and potato, and transfer to food processor with knife blade attached. Add margarine, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Puree until smooth. Divide among serving plates.

6. Arrange salmon skin side down on top of fennel puree and spoon orange glaze over. Garnish with fennel fronds and serve immediately. Serves 4.

., Each serving: About 420 calories, 16g total fat (3g saturated), 108mg cholesterol, 495mg sodium, 26g carbohydrate, 5g dietary fiber, 41g protein.

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



Break Time!



TIDBITS

King Crossword

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ACROSS

1 Persian sprite

5 False god

9 Quilters' get-together

12 Tied

13 Pond organism

14 Young fellow

15 Ceremonial greeting

17 Spoon-bender

18 Geller

18 Soldiers

19 Occurrence

21 Yours truly

22 "Get lost!"

24 Ellen of "Juno"

27 Cattle call

28 First-rate

31 Mess up

32 Recede

33 Raw rock

34 Coral structure

36 In medias —

37 Winter fore cast

38 Presbyterian

40 The x in "2x4"

41 Hiawatha's craft

43 Get along somehow

47 Cage piece

48 Swift pooch

51 Oklahoma

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					52				53			
54					55				56			

DOWN

1 Saucy

2 Always

3 Start over

4 1040

5 information

6 Prohibits

7 Matterhorn, for one

8 Time of your

9 city

10 Family member

11 Party pooper

12 Has permission

13 Green or

14 Rogen

15 Fill till full

16 life?

17 Procrastinator's reply

18 The Marcell's biggest hit

19 Deserve

20 Rewrite

21 Mimic

22 Cistern

23 Uninfluent-ed?

24 Corn

25 castoffs

26 Apiece

27 Is pluralized

28 Wisconsin city

29 Unembellish-ed

30 Expert

31 Stitch

32 Sitcom waitress

33 Churchly councils

34 Impression-ist Edgar

35 "Humbug!"

36 Pull an all-nighter

37 Verdi opera

38 Folklore

39 Emanation

40 Summertime pest

41 Advantage

42 Regret

43 Tolkien tree creature

top ten

Deadliest FOODS

1. Fugu blowfish
2. Maggot cheese
3. "Death" mushrooms
4. Wriggling octopus
5. Giant bullfrog (Namibia)
6. Silver-stripe blaasop
7. Raw unpasteurized milk
8. Ackee fruit
9. Durian fruit
10. Hot dogs

Source: Zagat

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TIDBITS NUGGET OF KNOWLEDGE

Before you retire to Florida, consider that it's home to four of the Top Five hurricane-prone cities. It is No. 1 on the list of number of tornadoes per square mile, and has eight of the Top Ten cities with the most severe thunderstorms. Four of its cities are on the nation's hottest list, and it has the most deaths from lightning strikes.



by Jeff Pickering

The Spats



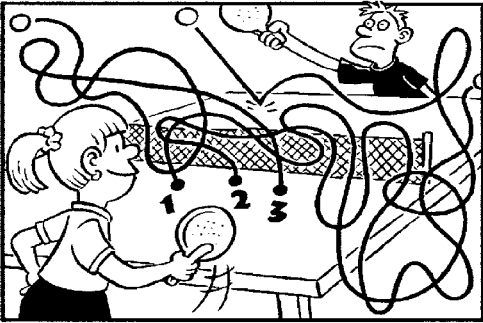
SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Bend	<div></div>	<div></div>	<div></div>	
DIELY				
Purpose	<div></div>	<div></div>	<div></div>	<div></div>
NITTEN				
Fog	<div></div>	<div></div>	<div></div>	
ZHAE				
Radius	<div></div>	<div></div>	<div></div>	
PESCO				

TODAY'S WORD

KIDBITS



CAN YOU SPOT Ping Pong Patty's winning shot?

Answer: No. 1 will put Freddy away.

Junior Whirl

by Charles Barry Townsend



MIME
MILE
TILE
TALE
TALK

DON'T GET BOXED IN!

You have five minutes to get out of this challenge. In this type of problem you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word, so as to form a new word. In our example, we changed MIME to TALK in four moves. See if you can change the following words in four moves each.

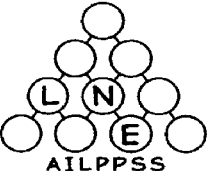
1. LESS to MORE
2. OUST to REND
3. PEST to GONE
4. RUBE to GENT
5. SALT to LICK

Answers: 1. LESS, LOSS, LOSE, LORE, MORE
2. OUST, RUST, REST, REND
3. PEST, PENT, GENT, GONE
4. RUBE, RUNE, RUNT, RENT, GENT
5. SALT, SILT, SILK, SICK, LICK.

Illustrated by David Coulson

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.

Answers: Top to bottom, left to right: Fall, pals, pans, pine, pipe, pips.



CHANCE...CHA

FIG. 1

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

FALL PRIDE

FIG. 2

Answers: 1. Last chance, 2. "Pride goeth before a fall."



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

Lupus Targets Young Women

DEAR DR. DONOHUE: I recently tested positive for lupus, about which I know nothing. Please furnish me with some information. -- E.L.

ANSWER: Men, children and the elderly can come down with lupus, but the main target group is young women between the ages of 15 and 45. Lupus causes a staggering number of signs and symptoms. No one person develops all, but some have many. Joint swelling and pain; a drop in the number of white and red blood cells; a tendency to form clots in veins; skin rashes; malfunctioning of nerves, the brain and the spinal cord; inflammation of the coverings of the heart and lungs; kidney damage; and an injuring sensitivity to sunlight are the major troubles facing lupus patients.

All of this comes about because the immune system declares war on body organs and tissues for reasons not fully understood. Antibodies -- products of the immune system -- are signs of the immune attack. They are useful for diagnosing the illness. When you say you tested positive for lupus, do you mean you had a positive blood test? One frequently used is the ANA (anti-nuclear antibody) test. A positive ANA suggests lupus but is not diagnostic of it. Two other antibody tests, anti-dsDNA and anti-SM, are stronger evidence of lupus.

Lupus is a formidable illness, but modern treatment has taken away much of its dread. In the past, it shortened life. Now 80 percent to 90 percent of lupus patients live 10 or more years. Lupus is subject to flare-ups and periods when it greatly quiets down. For flares, the cortisone drugs are put into play. For quiet periods, medicines with fewer side effects are prescribed. The list of medicines available for lupus is large. A new one has just come on the market.

The booklet on rheumatoid arthritis and lupus, two similar illnesses, gives a comprehensive view of lupus and its treatment. To order a copy, write: Dr. Donohue -- No. 301W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I have seen a specialist for jock itch. I was told there is no cure. Why not? Men in service during the wars must have had this. -- W.K.

ANSWER: Men and women in and out of service get tinea cruris, jock itch, a fungal infection of the skin in the groin. Cure is possible. The infected skin is red to brown and has a raised, scaly margin. It's often itchy. In another part of your letter, you mentioned an antifungal drug that is effective. Stick with it. It can require a month or more of treatment, and you should keep treating for one full week after all signs of it have gone. Other effective medicines are miconazole (Micatin) and clotrimazole (Lotrimin AF), both available without a prescription. If your current medicine or these medicines don't make a dent, then you might have to go on prescription oral medicines. In that case, considerations of conditions that look like jock itch should be assessed, things like erythrasma, a bacterial skin infection, and psoriasis.

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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OLD WIVES' TALES (continued)

- If you're worried that allowing your children to play with toads will give them warts, remember that warts are caused by a virus that toads neither carry nor pass on.
- Many old wives' tales are related to women and their babies. For example, if a pregnant woman has frequent heartburn throughout the nine months, her baby will be born with a full head of hair. If that baby has light brown birthmarks, the mother drank too much coffee during her pregnancy. And who needs expensive ultrasounds to determine a baby's gender? Folklore has other ways of figuring it out, such as suspending a wedding band from a thread. If the ring moves in a circular motion, the baby is a girl, whereas if it moves in a straight line or side to side, a boy is forthcoming. If the mother-to-be craves salty foods, it's a boy, while cravings for sweets and fruit indicate a girl. Moving gracefully throughout pregnancy is a sign of a girl, while becoming clumsy means a boy is on the way.
- Got an itch? Old wives' wisdom says itchy feet indicate you'll soon be traveling, while an itchy nose means you're about to kiss a fool. If the palm of your right hand itches, you'll receive money soon, while an itchy left hand means you'll lose some.
- Don't worry about spicy foods giving you an ulcer. While they may irritate an existing one, they don't bring them on. Sixty percent of peptic ulcers are the result of a bacterial infection. Still others are caused by overuse of pain medications.
- Here's wisdom that really is true! Chicken soup can make you feel better. That's because the amino acid cysteine present in the soup seems to help the congestion of the common cold.

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R.F.D.



Just Like Cats & Dogs

by Dave T. Phipps



by Mike Marland



Pickle Meatloaf

Winter weather means comfort food, and comfort food means meatloaf! Here's a new version for you to try.

- 1/4 cup sweet pickle relish
- 1/4 cup reduced-sodium ketchup
- 1 teaspoon prepared mustard
- 16 ounces ground extra-lean sirloin beef or turkey breast
- 1/2 cup plus 1 tablespoon dried fine bread crumbs

1. Preheat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray.
2. In a large bowl, combine pickle relish, ketchup and mustard. Add meat and bread crumbs. Mix well to combine. Pat mixture into prepared loaf pan.
3. Bake for 55 to 60 minutes. Place loaf pan on a wire rack and let set for 5 minutes. Cut into 6 pieces.

- Each serving equals: 167 calories, 7g fat, 14g protein, 12g carb., 312mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Starch.



Can Rabbit be Trained?

By Samantha Mazzotta

DEAR PAW'S CORNER: My pet rabbit, a lop-ear named "Jake," seems pretty active and alert. He flicks his ears when I hold a treat out for him, and I noticed he does the same when I move my hand in a similar way even when there is no treat. Do you think a rabbit could be trained similar to the way a dog is trained? -- Clarissa T., Butte, Mont.

DEAR CLARISSA: According to animal trainer Barbara Heidenreich, it's entirely possible to do so; in fact, she's trained two of her rabbits to do agility courses. Heidenreich uses positive-reinforcement training to teach her rabbits to perform on cue. One lop-eared rabbit, Loretta, "runs a seven-piece agility course, retrieves, spins in a circle and digs on cue. Loretta was adopted as an adult and learned most of her tricks in just a few weeks," according to a promotional release by

pet behavior and training-products company Good Bird Inc. Heidenreich says that positive reinforcement training isn't just for teaching pet tricks; owners also can use this method to address problem behaviors and, overall, get more connected to their pets. As these fluffy animals become more and more popular as pets, she feels that learning to do more than just care for rabbits is necessary but also rewarding. If you'd like to learn more about training Jake to do tricks, visit www.bunnytraining.com, Heidenreich's site.

Send your questions or tips 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.

Amber Waves



by Dave T. Phipps



New Tool to Help Vets Find a Job

The Department of Veterans Affairs has a new online tool to help veterans who are looking for employment. Using the existing My HealtheVet portal, you'll be able to see your Military Occupational Specialty (MOS) codes (or your service's equivalent) and the experiences and skills they required. At present there are four apps (some developed by industries) that will translate that information into civilian job requirements and descriptions. You can also locate job openings using those skills. Your military training and experiences can be downloaded so you'll have it in hand. Additionally, your information can be uploaded from the site to various online job search sites. You'll need to use the MHV online access (www.myhealth.va.gov). If you're already signed up for the health-care aspect of My HealtheVet, access is easy. If

you don't have a MHV account, you'll need to appear at any VA medical center to go through the ID verification. Whether you'll be able to access all the information about yourself depends on when you retired or were discharged. If that date was after 1980, you'll have access to your MOS or classification codes. Some of you discharged between 1975 and 1980 will see your MOS, pay details and deployment periods. Post-9/11 veterans will only see deployment periods. In case you're not signed up yet, My HealtheVet is your portal to view your medical information with the VA. If you've done the in-person authentication and started your account, you'll be able to get wellness reminders, check your appointments, send messages to your health team (depends where you're located), and use the "Blue Button" to download, print or view your medical information.

To learn how to use MHV, go to www.myhealth.va.gov and click How to Use My HealtheVet, then click Take the My HealtheVet Virtual Tour.

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.

TIDBITS
WORD POWER
Unscramble this word:
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This word means: *The type of cloud that produces lightning*

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Moments in time
THE HISTORY CHANNEL

• On Jan. 9, 1493, Christopher Columbus, sailing near the Dominican Republic, sees three "mermaids" and describes them as "not half as beautiful as they are painted." They were in reality manatees. Mythical mermaids have existed in seafaring cultures since the time of the ancient Greeks.

• On Jan. 14, 1639, in Hartford, Conn., the first constitution in the American colonies, the "Fundamental Orders," is adopted. The Fundamental Orders declared that "the foundation of authority is in the free consent of the people."

• On Jan. 10, 1901, a drilling derrick at Spindletop Hill near Beaumont, Texas, produces an enormous gusher of crude oil, signaling the advent of the American oil industry. The geyser flowed at an initial rate of approximately 100,000 barrels a day and took nine days to cap.

• On Jan. 15, 1919, two million gallons of fiery hot molasses floods the streets of Boston, killing 21 people and a dozen horses. The molasses burst from a 58-foot-high tank in the heart of the city. An 8-foot-high wave of molasses swept away freight cars, knocked over the local firehouse and pushed over the support beams for the elevated train line.

• On Jan. 13, 1939, Arthur "Doc" Barker is shot and killed while trying to escape from Alcatraz Prison in San Francisco Bay. Barker, of the notorious "Bloody Barkers" gang, was spotted on the rock-strewn shore of the island after climbing over the walls and tying pieces of wood together into a makeshift raft.

• On Jan. 11, 1973, the owners of America's 24 major-league baseball teams vote to allow teams in the American League to use a "designated pinch-hitter" that could bat for the pitcher, while still allowing the pitcher to stay in the game.

• On Jan. 12, 1984, a panel overseeing the restoration of the Great Pyramids in Egypt abandons modern construction techniques in favor of the method employed by the ancient Egyptians. Restorers stopped using mortar and adopted the system of interlocking blocks practiced by the original pyramid builders.



A resolution good for all

Vegetables are full of vitamins, minerals and fiber, all crucial for healthy eating. In the coming year, resolve to add more to your diet by growing them in pots or your garden, or by patronizing local farmers' markets or buying co-ops. Find new recipes featuring veggies, and share and swap with friends and family.

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HUBERT - - By Dick Wingert



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FETADCA YXSMUVKU
SQIWAVEPNNHACIM
KJOHFECDIARBHPB
ZLNETHG IARTSYSX
BMOCVUELYTSTRQP

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

Blow dry	Comb	Shampoo	Transplant
Braid	Condition	Spike	Wash
Brush	Rinse	Straighten	Wave
Color	Roll	Style	

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HAIR CARE

I-15 updates

I-15 CORE Project Summary

Utah is making an important investment to restore and expand I-15 to support economic development and improve transportation throughout the state. I-15 CORE will renovate I-15 in Utah County to meet transportation demands through the year 2030.

The project will:

- Add two lanes in both directions from Lehi Main Street to Spanish Fork Main Street
- Extend the express lane in both directions from University Parkway in Orem to Spanish Fork
- Rebuild and reconfigure 10 freeway interchanges and replace 63 aging bridges
- Use 40-year concrete pavement along the entire corridor.

Speaker's Bureau

A representative of the project may be available to meet with your group to give a project overview or explain current activities. For more information call 888-415-2673

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 CORE is on schedule for completion in December 2012.**

Hot line: 1-888-i15core
Email: i15core@utah.gov

Fax: 1-888-847-3131
Text messaging: text "i15" to 53535

Spanish Fork Community

The *Spanish Fork City* website offers information and online services for departments, community services, and more.

[Recreation & Sports](#)
www.spanishfork.org/dept/parkrec/sports/ Spanish Fork City Logo. Home · E-Services · Applications & Forms

[Employment](#)
www.spanishfork.org/online services/employment/ Spanish Fork City tests for controlled substances

[Public Utilities](#)
www.spanishfork.org/dept/pubworks/utilities/ Spanish Fork City Logo. Home · E-Services · Applications & Forms

[Library](#)
www.spanishfork.org/dept/library/ The Spanish Fork Public Library would like to welcome you

[Parks and Recreation](#)
www.spanishfork.org/dept/parkrec/ provide youth and adult activities

Info on more activities are available at www.spanishfork.org

Springville News

2012 Pavilion Reservations

Posted on December 19, 2011 by springville

Online Pavilion Reservations for Springville residents will begin Tuesday, January 3, 2012 at 8 a.m. If you have any questions please call (801) 489-2770

Payson News

'Stop Chasin' - Shop Payson!'

May You Have a \$uccessful and Pro\$perou\$ New Year!

Visit our website for valuable Coupons and Updates at:

paysoncitychamber.com

January 2012

Tues. Jan. 3rd: 12 o'clock, noon; Business of The Month of January 2012
Temkin International, Danny Temkin - 213 South Temkin Way, Payson, UT

Wed. Jan. 4th: Utah Statehood Day In The City Of Payson, Utah -
Official Declaration by Payson Mayor Rick Moor 6:00 pm Payson Area

Thurs. Jan. 12: 6 pm: Payson Area Chamber of Commerce Board Annual Planning Retreat. UCCU, Directing President Eric Buchanan for Board Members, only.
Send or call in Chamber ideas & feedback to Carolyn Bowman,
paysonchamber@yahoo.com, 801.465.2634

Wed. Jan. 18: 12 o'clock Payson Area Chamber Of Commerce Biz Leads Group
Payson City Council Meeting 6 pm 439 W. Utah Ave. Payson

Tues. Jan. 24: 7:00 pm, Payson Mayor Rick Moore's State Of The City Address
Payson Banquet Hall, 439 W. Utah Ave. Payson

February

Sat. Feb. 4th: 7:00 pm, "Night On Broadway", Payson High Auditorium 1050 S. Main - Historic Huish Theatre of the Performing Arts Renovation Concert
\$5.00 at door. Norene Jensen 801.636.1040 paysoncommunitytheatre.com

For more information and to join/renew membership with Payson Area Chamber of Commerce, please contact Carolyn Bowman, 801.465.2634, paysonchamber@yahoo.com; Norene Jensen, 801.636.1040, norene.invests@yahoo.com

Pleasant Grove News

Contact Info : Kathy Kresser 801-785-5045 Email : kkresser@pgcity.org

Tuesday, January 03, 2012 - City Council Meeting (6:00 pm - 7:00 pm)

Wednesday, January 04, 2012 - Curbside Recycling Pickup Day So. Route (All Day)

Tuesday, January 10, 2012 - City Council Work Session Meeting (6:00 pm - 7:00 pm)

Wednesday, January 11, 2012 - Curbside Recycling Pickup Day No. Route (All Day)

Friday, January 13, 2012 - Pleasant Grove Chamber Of Commerce (the Old Pleasant Grove Business Alliance). Monthly Member Meeting (12:00 - noon - 1:15 pm)

Contact Info : Jennifer Wright Pleasant Grove Chamber of Commerce 801-380-3179
Email : mexwrights@gmail.com Url: <http://www.pgbaut.com>

Monday, January 16, 2012
Human Rights Day City Offices Closed (All Day)

Tuesday, January 17, 2012 - City Council Meeting (6:00 pm - 7:00 pm)

Wednesday, January 18, 2012 - Curbside Recycle Pickup Day South Route (All Day)

Wednesday, January 25, 2012 - Curbside Recycle Pickup Day North Route (All Day)

Tuesday, January 31, 2012 - City Council Work Session Meeting (6:00 pm - 7:00 pm)

ANSWERS

SPORTS QUIZ

1. Sandy Koufax (1965-66), Greg Maddux (1992-95), Randy Johnson (1999-2002) and Tim Lincecum (2008-09).
2. Pedro Martinez did it in 1,337 innings.
3. Randy Moss had 23 TD receptions for New England in 2007.
4. LSU (1986), George Mason (2006) and Virginia Commonwealth (2011).
5. True.
6. Seven medals (one gold, two silver and four bronze).
7. Gil Morgan, 1997-98.

King Crossword

Answers

Solution time: 25 mins.

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

Weekly SUDOKU

Answer

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

Go Figure!

answers

5	-	1	x	4	16
+		+		x	
8	÷	4	+	7	9
x		x		-	
2	x	3	÷	6	1
26		15		22	

Trivia test

by Fifi Rodriguez

1. 4-H
2. Col. Wilhelm Klink
3. Virginia
4. Louis Daguerre
5. Queen of the underworld
6. Ruby was a Dallas nightclub owner
7. 1893
8. "A Streetcar Named Desire"
9. Mediterranean Sea
10. Norwegian

WORD POWER

ANSWER

CUMULONIMBUS

SCRAMBLERS

solution

1. Yield;
2. Intent;
3. Haze;
4. Scope

Today's Word:

HYPNOTIZE