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TIDBITS® CROSSES SOME MOUNTAIN PASSES

by Patricia L. Cook

Mountain passes around the world can be high, steep, rocky and just plain challenging to traverse. But they're worth exploring, so join Tidbits as we look into, over, through and around some famous mountain passes.

- So what is a mountain pass? It is the most easily accessible point between mountains where you can "pass" through. The pass is considered the highest point or summit at which you traverse the area. Passes have always been very important finds for pioneers moving across the country, as well as road and rail builders. The definition of a mountain pass is actually: "The location in a range of mountains of a geological formation that is lower than the surrounding peaks."
- Other terms used in North America for a pass are saddle, notch and gap. Pass and saddle are most commonly used in the West, while the East Coast tends to use the terms notch and gap.
- Semo La, a pass in central Tibet, at 18,258 feet (5,565 m), is considered to be the highest pass accessible by vehicles. It is a high, isolated place in the Chang Tang region of Tibet. Also in Tibet is the highest mountain pass accessible by train. The Tanggula Pass in the mountains of the same name has a rail station at 16,640 feet (5,072 m). By the way, "La" in Tibetan means pass.

turn the page for more!

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1. LANGUAGE: From what language are all the modern Romance languages derived?
2. SCIENCE: What term describes the lowest point in a satellite orbiting the Earth?
3. HISTORY: When did Labor Day become a federal holiday in the United States?
4. INVENTIONS: What was Eli Whitney's most famous invention?
5. GOVERNMENT: In what year was the U.S. Constitution ratified?
6. GEOGRAPHY: What nation calls itself Espana in its native tongue?
7. ANCIENT WORLD: Where did the Minoan culture flourish?
8. POETRY: Who wrote the poem called "The Waste Land"?
9. MUSIC: What Beatles' album features the songs "Rocky Raccoon" and "Helter Skelter"?
10. MEASUREMENTS: How many pints are in a quart?

Laugh a bit with **TIDBITS**

It was so cold on top of the pass that the clouds froze. What did the mountaineers do? They got out ice axes and crampons and went cloud climbing!



by Jo Ann Derson

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- The end of the year is a great time to pick up next year's holiday decorations at a discount. Before you pack away your holiday lights, ornaments, cards, etc., do an inventory and see if you are able to find what you need to complete your look at a slashed price.
- Computer grocery lists can make not only shopping easier, but organization as well. Keep a file listing all the items you usually purchase from week to week. You even can create sections based on where certain items are located throughout the store. This will ensure that you don't miss something, necessitating a return trip to the store. Stay organized to save money.
- "Keep a small package of antibacterial wipes in your car to clean your hands after pumping gas. Not only is there any potential gas to get off your hands, but those handles don't get cleaned often, and are very dirty." -- R.D. in South Carolina
- "If you have extra papers that are printed only on one side, save them. You can cut them in quarters and staple several sheets together to make scrap-paper pads to keep near the telephone or on the fridge. They are handy, and you'll be reusing material, which is good for the environment." -- U.L. in Missouri
- Putting up new calendars? Before you toss your old one, be sure to look through it for important anniversaries, and cut out and save any pictures or art that might be reusable for craft projects.

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.

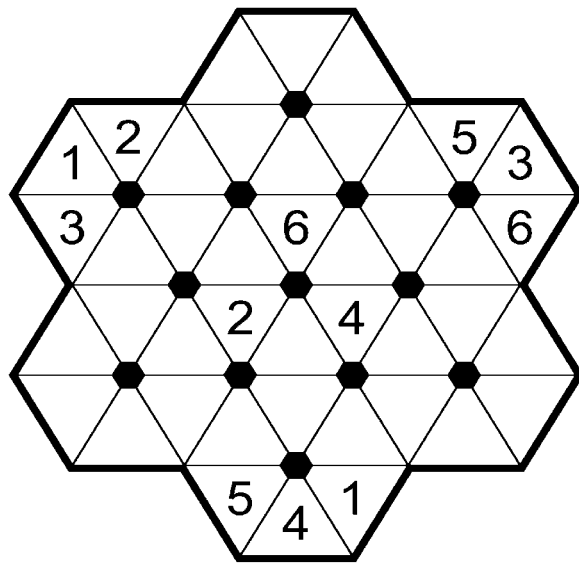
MOUNTAIN PASSES (continued)

- At 7,239 feet (2,206 m), the highest pass with a paved road in Canada is Highwood Pass in Kananaskis Country, a multi-use park area in the Canadian Rockies of Alberta, west of Calgary. You can't get there during the winter as the road is closed from mid-December to mid-June due to heavy snowfall. It is a spectacular drive and a great place to take photographs during the summer.
- The Beartooth Pass on U.S. Highway 212, also known as the Beartooth Highway, is the highest point on the 68-mile (109-km) road that begins at the northeast entrance to Yellowstone National Park near Silver Gate, Montana. The road goes in a northeastern direction mostly through Wyoming, ending in Red Lodge, Montana. The highway was built in the 1930s and is still considered a great engineering feat. It hugs mountains along curvy switchbacks up, across and back down through the alpine plateau. The pass is 10,947 feet (3,337 m) above sea level, and the road is one of the highest elevation roads in the United States. The highway was named for a distinct peak that looks like a bear tooth.
- Known as one of the most scenic drives in North America, the Beartooth Highway is designated as a "National Scenic Byways All-American Road." The high elevation of the road and the high snowfall amounts in the region make it accessible only in the warmer months; it is usually open from May through October. This highway is considered an "orphan" road because no federal or state agency claims actual ownership.
- South of Yellowstone in the Teton Range of the Rockies, Teton Pass Road runs between Jackson, Wyoming, and Teton Valley, Idaho. The highway has a steep 10 percent grade with lots of twists and turns and can be a real test of driving skills in the winter. It tops out at 8,431 feet (2,591 m), and the Wyoming Department of Transportation uses blasting to control avalanches and keep the road open most winter days.
- Colorado, with its many "fourteeners" (peaks that are more than 14,000 feet (4,267 m) above sea level), has many amazing mountain passes. Independence Pass that connects Twin Lakes and Aspen during the summer (closed in winter) has expansive views where three of the five tallest mountains in the state can be seen: La Plata Peak, Mount Massive and the tallest peak in the Rocky Mountains, Mount Elbert. The summit for the pass is 12,095 feet (3,687 m).
- The song "Wolf Creek Pass," written by Bill Fries and Chip Davis and sung by C.W. McCall in 1975, made the pass of the same name in southern Colorado somewhat famous. The country song describes a wild ride in an 18-wheel truck carrying a load of chickens. From the top of the pass at 10,857 feet (3,309 m) to the town of Pagosa Springs, there is a 5,000-foot (1,524-m) drop in elevation.

continued on next page

SNOWFLAKES
 by Japheth Light

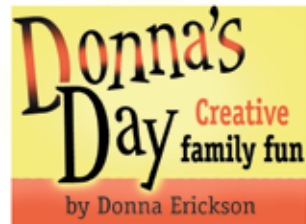
There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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"Cool" Candles Add Warm Glow

Let's make fire with ice! Impossible, you say? Well, it just depends on how you look at it. Follow my easy process for creating these super "cool" candles that add a warm glow to any evening.

To make several medium-size candles, you'll need:

- 1-pound box of paraffin wax (available in the canning section at most markets)
- 1 saucepan and a tin can, such as a coffee can
- Candle coloring (optional)
- Ice cubes crushed into medium-size chunks. Your kids may fill a gallon plastic bag about three-quarters full with ice. Secure the top. Let them use a hammer to break the ice into small chunks.
- Empty and clean pint- or quart-size cardboard milk cartons with the tops cut off
- A white or colored taper candle for each ice candle, 1 inch shorter than the cut carton. Trim the candle from the bottom, if necessary.

An adult should fill the bottom of the saucepan with a few inches of water and place the tin can in the center. Put a chunk of paraffin inside the can along with extra candle stubs you might have around the house. Add coloring if you wish. Stir occasionally as the wax melts, keeping a constant eye on it since it is flammable.

For a wick, your school-age child can place a taper candle in the middle of a milk carton and pack the ice around it.

When the wax is melted, an adult should use a potholder to lift the can out of the saucepan and pour the melted wax directly into the milk carton over the ice and around the taper candle. As the wax melts the ice, you'll hear cracking and popping!

Once the wax is hard, drain off the water a time or two. Peel the carton away from the candle and enjoy the surprise of your work of art! The ice will have formed interesting pockets, like a chunk of Swiss cheese.

To use, set it on a plate and surround it with marbles. When you light the candle, give your preschooler the job of saying "Tada!" as you stand around proudly watching the creation flicker on a winter's night.

Note: An adult should always be present when burning candles.



Strange things can happen on high mountain passes in cold weather:

- 1) Hitchhikers hold up signs that say, "Anywhere above 32°F (0°C)!"
- 2) Polar bears start shopping for fur coats!
- 3) Jack Frost changes his name to Jack Froze!

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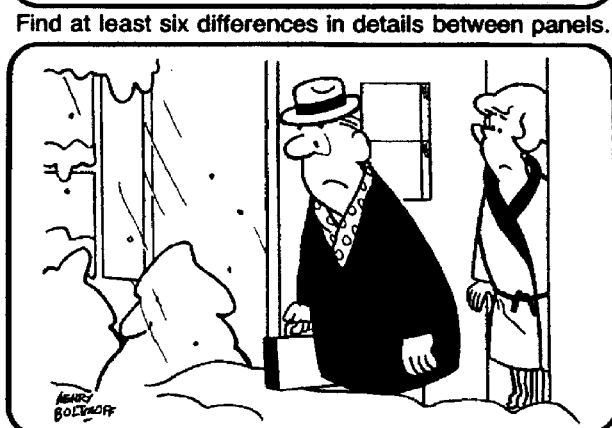
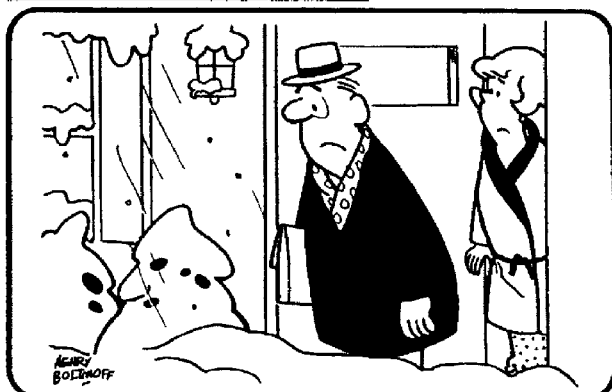




- Sports QUIZ**
- By Chris Richcreek
- 1 In 2009, Philadelphia's Chase Utley became the second player to hit five home runs in a World Series. Who was the first?
 - 2 Who was the oldest player to steal a base in the major leagues?
 - 3 Name the first college football Division I player to have 1,500 yards rushing and 1,500 yards passing in the same season.
 - 4 In the 2009-10 season, Sacramento guard Tyreke Evans became the fourth rookie in NBA history to average at least 20 points, five rebounds and five assists per game. Name two of the first three to do it.
 - 5 Entering the 2011-12 season, how many times had Jaromir Jagr tallied 40-plus goals in an NHL season?
 - 6 Northwestern has won the women's lacrosse national championship six times in the past seven seasons (2005-11). Name the only other school to win a title during that time.
 - 7 Who was the first mixed martial-arts fighter to win major titles in two weight classes?

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Nightgown is striped. 2. Hat is different. 3. Spots on bushes are gone. 4. Light is missing. 5. Window is different. 6. Briefcase is different.

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MOUNTAIN PASSES (continued)

The driver is going much too fast down the pass, and as the singer explains, "I'm not the type to complain, but the time has come for me to explain, that if you don't apply some brake real soon, they're gonna have to pick us up with a stick an' a spoon."

- When the song was written, Wolf Creek Pass was an intimidating two-lane road. A tunnel was completed in 2005, and an expansion to a multi-lane, widened highway was finished in 2006 to make the road a bit easier to navigate.
- Another Colorado road worth mentioning is Train Ridge, U.S. 34, which goes through Rocky Mountain National Park. The highest continuous auto road in the country, the road is listed on the National Register of Historic Places. It meanders for 48 miles (77 km) through glacier-carved valleys with views of majestic peaks and crystalline lakes and crosses the Continental Divide. While it doesn't have sheer cliffs to scare drivers and passengers, it definitely has memorable scenery.
- South of the equator in South America, there are 42 mountain passes between Chile and Argentina, whose border runs from north to south through the Andes Mountains. It is the third longest international border, 3,300 miles (5,300 km) long. An interesting statue at what was once a main route between the two countries is the Cristo Redentor (Christ the Redeemer). At the top of the pass, at 13,780 feet (4,200 m) above sea level, the statue stands tall at 26 feet (8 m) and weighs 12,000 pounds (5.4 metric tons).
- The Cristo Redentor was taken by train to Uspallata, Argentina, and then the rest of the way by mule in 1904. It commemorated the peaceful conclusion to a territorial dispute between the two countries. Today, the dirt road is only accessed by tour busses and adventure seekers, with the main route between the countries being the Cristo Redentor tunnel that opened in 1980. This Cristo Redentor is not as well known as the famous statue of the same name on top of the mountain overlooking Rio de Janeiro, Brazil.
- Whether you are exploring the mountains of North America, South America, Asia or elsewhere, you are sure to find some terrific mountain passes and outstanding views. Just don't forget your camera!

continued on next page

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Strange BUT TRUE

- It was American journalist and satirist Ambrose Bierce who made the following sage observation: "There is nothing new under the sun but there are lots of old things we don't know."
- Those who study such things say that when a ladybug is frightened, it squirts a foul-smelling goo from its knees.
- You might be surprised to learn that approximately 40 percent of the oxygen in the world's atmosphere is provided by the verdant plant growth of South America's Amazon River basin.
- Mayan artwork dating back as far as 700 A.D. shows people preparing chocolate beverages. Chocolate was so valued by the natives of the Americas, the Maya even used cacao beans as currency.
- For reasons that aren't quite clear, in 1960 Macy's

department store introduced a vending machine that dispensed men's underwear. After an initial flurry of shoppers coming to see the new contraption, the machine was doomed to obscurity due to lack of interest.

- Here's a question for the ladies: Are you a philematophobe? If you're a woman who hates to be kissed, you are.
- In 1958, then-Vice President Richard Nixon made a state visit to Venezuela. It seems he wasn't terribly popular there, and one of the protesters spit on him. The Secret Service detained the man, and an irate Nixon kicked him in the shins.
- Only about 37 percent of the newspapers published in the United States are recycled.
- The next time you're thinking about getting a new pet, consider this: Animal behaviorists say that a puppy can't hold a memory for more than 45 seconds.
- Researchers at Yale University have determined that people think more efficiently in the winter than in the summer.

Thought for the Day: "A bore is a man who deprives you of solitude without providing you with company." -- Gian Vincenzo Gravina

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FAMOUS LANDMARKS OF THE WORLD: THE TETONS

There are many beautiful mountain ranges in the world but few are as recognizable as the peaks in Grand Teton National Park near Jackson, Wyoming. Let's climb high for some Teton Tidbits!

- When Grand Teton National Park was first established in 1929, it only encompassed the mountain peaks and the lakes near the base. It took years of wrangling with local ranchers, residents, sheepherders, politicians and others for the park to be enlarged.
- In 1943, President Franklin Delano Roosevelt established Jackson Hole National Monument, combining acreage in the Teton National Forest and other federal properties including Jackson Lake with a generous 35,000-acre (14164-ha) donation by John D. Rockefeller Jr.
- After years of arguments, on September 14, 1950, the original 1929 Grand Teton National Park and the 1943 National Monument, including Rockefeller's donation, were combined to create the present-day boundaries.
- During the years of debate, many pushed for the Teton Range of mountains and the valley of Jackson Hole, including the town of Jackson, Wyoming, to be included in Yellowstone National Park.
- With the establishment of the Grand Teton National Park, 97 ranchers endorsed a petition that read: "That this region will find its highest use as a playground... The destiny of Jackson's Hole is as a playground, typical of the west, for the education and enjoyment of the Nation, as a whole."
- Even though many refer to the area as the "Grand Tetons," the Grand Teton is actually the most prominent peak in the Teton Range at an elevation of 13,770 feet (4198 m). The Teton Range is actually 40 miles (65 km) long and 7-9 miles (11-14.5 km) wide. The three most widely known and recognized peaks in the Tetons are the Grand, Middle and South Tetons.
- The Tetons sit on a massive fault line where earth movement caused the mountains to rise and the valley to be lowered. An interesting thing about these mountains is that there are no foothills, which allows gorgeous photos to be taken with the mountains mirrored in lakes at the valley floor. There are actually seven moraine (created by glaciers) lakes at the base of the range with Jackson Lake being the largest. The elevation of Jackson Lake is 6,750 feet (2,057 m), with the Tetons towering above.
- During the winter months in the area, snow accumulates an average of 191 inches (490 cm). Of course, this makes for excellent skiing at Jackson Hole and Grand Targhee Resorts, the local ski "hills."

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.

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DIFFICULTY: ★
 ★ Moderate ★★ Difficult
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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
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MISTER BREGER By Dave Breger



"But accordin' to the weather forecast the ice SHOULD'VE been strong enough ..."

Holidays & Observances This Week
 1/1 New Year's Day
 1/2 Run Up the Flagpole and See if Anyone Salutes Day
 1/3 Fruitcake Toss Day
 1/4 Trivia Day
 1/5 National Bird Day
 1/7 Bean Day
 1/7 Epiphany

Pat Sheranian
Live at Noon Every Day!
 On-line@pat.utahvalleylive.com

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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HAVE YOU SERVED SOMEONE LATELY?

THIS WEEK'S CELEBRITY BIRTHDAYS

Verne "Mini-Me" Troyer 1/1/1969
Cuba Gooding, Jr. 1/2/1968
Eli Manning 1/3/1981
Don Shula 1/4/1930
Diane Keaton 1/5/1946
Nancy Lopez 1/6/1957
Nicolas Cage 1/7/1964

TIPBITS

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Collecting
by Larry Cox

Q: I have inherited an old steamer trunk, and I am curious about its value. — Cooper, Aurora, Colo.
A: You didn't provide me with much information, so I am afraid that my answer will be rather general. The value of a trunk is determined by several factors, including quality, condition, age, style and if it has any unusual features. High-quality makers such as Louis Vuitton, Gillmore, Haskell and Goyard are especially prized, and the older a trunk, the more valuable it generally is. Style is also important, so look for dome tops, embossed metal covered, curve tops, flat tops, plain metal covers and wardrobe designs. Does your trunk have any unusual features such as special compartments in the lid, an extra tray or two, brass banding or large brass buttons. When assessing values, the history of a trunk might also play a role. Did it go West in a covered wagon during the great migration of the 19th century? Was it owned by a famous person? Although there are several excellent guides, my personal favorite is "Antique Trunks: Identification and Price Guide" by Linda Edelstein and Paul Pat Morse (Krause, \$24.99). A good source is The Trunk Shop, 62 Canaan Back Road, Barrington, NH 03825. In addition to buying, selling and restoring trunks, this business also has trunk parts and features an in-depth refinishing book.

Q: Can you advise me of a source to evaluate the value of a signed baseball that has the autographs of six members of the 1958 N.Y. Yankees team. — Frances, Albuquerque, N.M.
A: Although there are several shops in Albuquerque that specialize in sports memorabilia, I spoke to the people at Bubba's Baseball Bullpen, New Mexico's largest sports-card superstore, and they have agreed to help you. Bring the baseball to them for their verbal opinion. The address is 8206 Menaul Blvd NE, Albuquerque, NM 87110.

Q: I have a 1988 Happy Holiday Barbie doll, mint and still in the box. What is it worth? — Virginia, Casper, Wyo.
A: I found a 1988 Happy Holiday Barbie doll in original box, never opened, for \$144 on eBay. I have several price guides, some listing this particular doll for more, others for less.

Good Housekeeping

Stovetop Chili

A quick weeknight chili that's packed with buttery black soy beans, tender-crisp green beans and melt-in-your-mouth sweet potatoes. Serve with a chunk of warm corn bread.

1 tablespoon olive oil
1 medium onion, chopped
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
2 cloves garlic, crushed with garlic press
1 jalapeno chile, seeded and minced
1 can (28 ounces) whole tomatoes in juice
1/2 pound green beans, trimmed and each cut cross-wise in half
3 (about 1 1/2 pounds) medium sweet potatoes, peeled and cut into 1 1/2-inch chunks
1 teaspoon sugar
1 salt

2 cans (15 ounces) black soy beans, rinsed and drained, substitute black beans
Sour cream (optional)

1. In nonstick 5-quart to 6-quart Dutch oven, heat oil over medium heat until hot. Add onion and cook 10 minutes or until tender, stirring occasionally.
2. Add chili powder, cumin, coriander, garlic and jalapeno, and cook 1 minute, stirring. Add tomatoes with their juice, green beans, sweet potatoes, sugar, salt and 2 cups water; heat to boiling over medium-high heat, breaking up tomatoes with side of spoon.
3. Reduce heat to low; cover and simmer 25 minutes or until sweet potatoes are tender, stirring occasionally. Add soybeans and cook 2 minutes longer to heat through. Serve with sour cream, if you like.

Each serving: About 275 calories, 5g total fat (1g saturated), 0mg cholesterol, 635mg sodium, 45g carbohydrate, 11g dietary fiber, 14g protein.

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



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ACROSS

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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
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|------------------------------|----------------------|-------------------------------|------------------------|
| 1 Rock Band's equipment | World War II bomber | 8 soft "I've —, and I..." | 27 Basin accessory |
| 5 One of the Seven Dwarfs | 47 Describe | 9 Harvest | 29 Mediocre |
| 8 Mr. Astaire | 48 Manicurist's need | 10 Sea eagle | 31 Ram's mate |
| 12 Ladyfingers dessert | 49 Enemies | 11 Active one | 33 Cover a multitude — |
| 14 Of planes and such | 50 — Aviv | 13 Sras., across the Pyrenees | 34 Fly low and attack |
| 15 Huge | 51 Protection (Var.) | 19 Sch. goings-on | 36 Ledge |
| 16 Bowling alley | | 20 Old man | 37 50 percent |
| 17 Roman X | DOWN | 21 Curved molding | 38 Hodgepodge |
| 18 Aide | 1 Consumed | 22 Sunrise | 39 Appellation |
| 20 Extinct birds | 2 60 sec | 23 Hosierey woes | 40 Dirt |
| 23 Faction | 3 Expert | 25 Speaking well | 43 Scot's denial |
| 24 Culture medium | 4 Tailor, old-style | 26 Birthday treat | 44 Showbiz job |
| 25 Articulate | 5 Singer Celine | | 45 "The Greatest" |
| 28 Morning moisture | 6 Buckeyes' sch. | | 46 Affirmative |
| 29 Mel who voiced Bugs Bunny | 7 Comfortably | | |
| 30 Shock and — | | | |
| 32 Study of wine (Var.) | | | |
| 34 Distort | | | |
| 35 Website info, for short | | | |
| 36 Cubic meter | | | |
| 37 Fujiyama's island | | | |
| 40 Gentleman's address | | | |
| 41 Jai — | | | |
| 42 Famed | | | |

Vending Machine Oddities

1. Fresh pizza
2. Gold bars
3. Raw eggs
4. Gold handcuffs
5. Live bait
6. Bicycles
7. Shoes
8. Books
9. Fresh bread
10. Prayer candles

Source: Travel & Leisure
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TIDBITS NUGGET OF KNOWLEDGE

Franconia Notch, a mountain pass between the Kinsman and Franconia Mountain Ranges in New Hampshire, is known for its beautiful fall colors. The area was also known for "The Old Man of the Mountain" rock formation. Discovered in 1805, the formation was made famous in a story by Nathaniel Hawthorne published in 1850. The "Old Man" was made the official trademark of the state in 1945, but it collapsed in 2003.

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!

| | | | |
|--------|--------|--|--|
| Quick | MELBIN | | |
| Clever | TRAMS | | |
| Slam | SCRAH | | |
| Faith | FALTEY | | |

TODAY'S WORD

KIDBITS

Riddle Card

1. Why is asparagus like most sermons?
2. What chins are never shaved?
3. Why is a hive like a spectator at a show?
4. What three letters turn a boy into a man?
5. What word will be made shorter by adding a syllable?

Junior Whirl

by Charles Barry Townsend

LET'S CHECK OUT THE GARAGE!

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

A TWICE-TOLD TALE! Here's a trick question: Can you figure out how twice ten is equal to two times 11?

Answer: Twice ten is twenty and two times eleven is twenty-two (too).

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

| | |
|---------|----------|
| 1. BEDS | 6. ANT |
| 2. CAR | 7. TONE |
| 3. DIM | 8. IDES |
| 4. ERR | 9. ALLY |
| 5. FIN | 10. AWAY |
| 6. GEMS | 11. PLY |

HealthBits™

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

Shoveling Snow Is Hard on the Heart

DEAR DR. DONOHUE: My husband is 73. I am sure he's going to die this winter. He insists on shoveling our snow, and we have lots of it. He says it's good for him; it gives him exercise. This from a man whose other exercise consists of popping open a beer can. He comes in after he's cleared the walk, puffing and exhausted. Please talk some sense into him. -- M.L.

ANSWER: After every snowstorm, city emergency rooms fill with older men who have had a heart attack after cleaning their snow-covered walks. Snow shoveling is strenuous exercise. It burns 420 calories an hour. The heart rate of a shoveler rises to 170 beats a minute, and the systolic blood pressure (the first number of a reading) exceeds 200. Of course, the demand depends on the depth and weight of the snow. Older hearts cannot support such stress. In addition to the work of shoveling, cold weather adds more demands on the heart. Unless a man your husband's age has had medical clearance for such exhausting exercise, he is tempting fate.

DEAR DR. DONOHUE: A friend has a case of constant hiccups. Can you suggest any possible cures? -- P.W.

ANSWER: Hiccups come from involuntary contractions of the diaphragm, the horizontal muscle sheet that lies between the chest and the abdomen. It is the principal breathing muscle. Sometimes persistent contractions can be traced to gallbladder problems, diseases of the pancreas, reflux of stomach acid into the esophagus (heartburn) or an abscess on the abdominal side of the diaphragm. However, most of the time, no cause is found. For temporary hiccups, gulping food and simultaneously swallowing air sometimes brings them on. So can carbonated beverages. Through the years readers have provided me with hundreds of home remedies for dealing with hiccups, and I welcome new additions. Swallowing a teaspoon of sugar irritates the throat, which sets in motion a reflex that can end hiccups. Breathing into a paper bag raises the blood carbon-dioxide level, which, in turn, raises blood acidity, and that triggers a release of calcium. Calcium can spark nerve signals to stop hiccups. Putting angostura bitters on the back of the tongue is another sometimes-successful trick. Hiccups that last longer than 48 hours aren't likely to respond to home remedies. Medicines have to be turned to. Chlorpromazine, omeprazole, metoclopramide and baclofen are often successfully used. In cases that are resistant to medicine treatment and that are disrupting a person's life, doctors can interrupt, in a number of ways, the transmission of nerve signals conducted to the diaphragm by the phrenic nerve.

DEAR DR. DONOHUE: I am 34 and have been jogging for 10 years. I do it year-round. I've noticed this winter that my knees feel stiff before I run. They don't hurt during the run or after. Could this be a sign that I'm getting arthritis? -- B.C.

ANSWER: It's not likely that at age 34 you're coming down with arthritis. It's more likely a weather thing. Cold weather thickens joint fluid. That makes joints stiff. Warming the fluid by exercise relieves the stiffness.

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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SHOVELS (continued)

- All of these events included the use of Ames shovels: the groundbreaking for the B&O Railroad in Baltimore; the building of the transcontinental railroad; the California and Australia gold rushes; the installation of the Statue of Liberty; exploration of Antarctica by Admiral Byrd; building the Hoover Dam and Mount Rushmore; and the construction of the interstate highways.
- For more about the history of Ames and other shovels, visit the Stonehill Industrial History Center, located at Stonehill College in Easton, Massachusetts. Known by most as the "shovel museum," the center has 755 shovels from Ames on display.
- During the winter months, the shovels that are usually in use are not for digging but for shoveling snow. More than 100 patents for snow shovels have been awarded to inventors since 1870. One of the first patents was given to Lydia Fairweather (yes, her real name!) in 1889.
- Snow shovels are great for clearing snow, as long as you shovel correctly. Using your legs and not straining your back are important points to remember.
- In 1925, Canadian Arthur Sicard invented the snowblower. It did not replace the regular snow shovels, but it did help road and parking lot crews in their efforts to clear the way for pedestrians, cars, trucks and other means of transportation during the winter months.

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TIDBITS QUOTE

"When faced with a mountain, I will not quit! I will keep striving until I climb over, find a pass through, tunnel underneath or simply stay and turn the mountain into a gold mine, with God's help." – Robert Half

Just Like Cats & Dogs by Dave T. Phipps



Pets to the Rescue

By Samantha Mazzotta

There's a good crop of pet books this season, but two really stand out from the pack of training and pet-care tomes I normally receive. These are perfect for curling up with beside the fire in the new year.

You might, or might not, remember the story of the library cat named Dewey, who ruled the Spencer, Iowa, public library for nearly two decades as its resident cat. Library director Vicki Myron along with author Bret Witter published a series of books about Dewey. Now, they're back with another great addition to the plucky cat's story: "Dewey's Nine Lives: The Legacy of the Small-Town Library Cat Who Inspired Millions" (New American Library). Myron and Witter present nine true stories of cats and their people, illustrating the way pets affect and change our lives for the better.

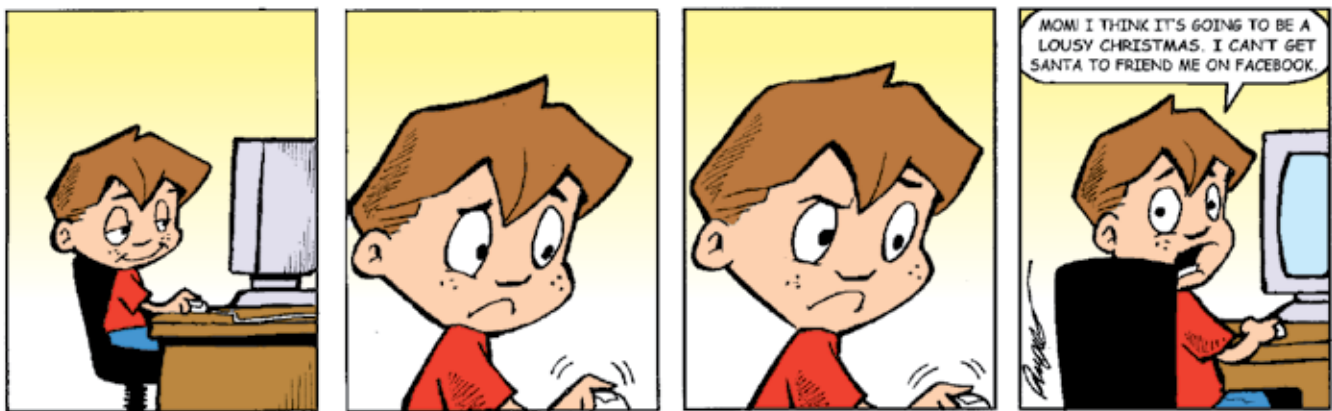
If you're more interested in a good piece of fiction, take

a break with "Walking Back to Happiness" (Berkeley Books) by Lucy Dillon. It's a well-composed, smart tale of Juliet, who is grieving the recent loss of her husband and rarely leaves the house except to walk her husband's terrier, Minton. Her mother and sister both try to lift her spirits in between their own busy lives, but it isn't until Juliet begins walking her mother's aging Lab, Coco, that things begin to change. It's a sensitive depiction of grief and healing, with a bit of romance thrown in.

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



VETERANS POST

by Freddy Groves

Reducing Suicides

At a recent hearing, the Senate Committee on Veterans' Affairs heard an update on progress to reduce veteran suicides, and the statistics aren't good. We're still losing 18 veterans a day.

Not that the care at the Department of Veterans Affairs isn't good. It is. A recent RAND Corporation study compared VA mental health help to that of civilian facilities in nine areas. In only two areas did the VA lag behind: treatment initiation and treatment engagement. And that's where it's most important ... that first step and subsequent treatments. At the hearing it was reported that at facilities around the country:

- Managers are rigging the numbers to make it look like more veterans are being served. Appointments of existing patients are canceled so that new patients can be processed for a first appointment and get them on the books.
- Management is pressuring staff to change desired

appointment dates so it looks like veterans are being served faster.

--Facilities claim (on paper) to be able to provide certain services when they can't. (This has been reported to the Office of the Inspector General.)

--Veterans with substance-abuse problems wait two months for an appointment. Psychiatric patients wait six months for follow-up appointments.

--Clerks have been told to cut therapy appointment times. Staff can't give patients more time without special permission.

--Veterans are ending up in the ER to get their meds.

One good piece of news came out of the Senate hearing: For 2012, a "performance contract" for mental-health facilities mandates that those veterans who are gauged to be high risk for suicide will get four visits within 30 days.

If you're in trouble, the VA's crisis hotline is a good place to start: 1-800-273-8255 (press 1). Or go online to www.veteranscrisisline.net for confidential chats. Or text 838255 for instant help.

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.



White Chocolate Cheesecake

by JoAnna M. Lund

If you're celebrating the New Year with a party, be sure to include this scrumptious cheesecake on the menu. It looks as festive as it tastes.

- 2 (8-ounce) packages fat-free cream cheese
- 1 (4-serving) package sugar-free instant white-chocolate pudding mix
- 2/3 cup nonfat dry milk powder
- 1 cup water
- 1 cup reduced-calorie whipped topping
- 1 (6-ounce) purchased chocolate pie crust
- 1/2 teaspoon almond extract
- 4 to 5 drops red food coloring
- 1 tablespoon slivered almonds
- 1 tablespoon mini chocolate chips
- 3 maraschino cherries, quartered

1. In a large bowl, stir cream cheese with a spoon until soft. Add dry pudding mix, dry milk powder and water. Mix well using wire whisk. Blend in 1/4 cup whipped topping. Spread mixture evenly into pie crust. Refrigerate while preparing topping.
2. In medium bowl, gently combine remaining 3/4 cup whipped topping, almond extract and food coloring. Evenly spread topping mixture over set filling. Sprinkle almonds, chocolate chips and cherry pieces evenly over top. Refrigerate at least 30 minutes. Serves 8.

• Each serving equals: About 206 calories, 6g fat, 11g protein, 27g carb., 641mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Meat, 1 Fat.

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TIDBITS WORD POWER

Unscramble this word:

M U T M I S

This word means: *The highest point or top of something, especially a mountain.*



Moments in time
THE HISTORY CHANNEL

• On Jan. 5, 1643, in the first record of a legal divorce in the American colonies, Anne Clarke of the Massachusetts Bay Colony is granted a divorce from her absent and adulterous husband, Denis Clarke, by the Quarter Court of Boston.

• On Jan. 7, 1785, Frenchman Jean-Pierre Blanchard and American John Jeffries travel from Dover, England, to Calais, France, in a gas balloon, making the first crossing of the English Channel by air. After almost crashing, the two men were forced to throw nearly everything out of the balloon to lighten the ship.

• On Jan. 4, 1847, Samuel Colt rescues the future of his faltering gun company by winning a contract to provide the U.S. government with 1,000 of his .44 caliber revolvers. Though never cheap, by the early 1850s, Colt revolvers were inexpensive enough to be a favorite with Americans headed westward during the California Gold Rush.

• On Jan 8, 1877, Crazy Horse and his warriors -- outnumbered, low on ammunition and forced to use outdated weapons -- fight their final losing battle against the U.S. Cavalry in Montana. On May 6, Crazy Horse led approximately 1,100 Indians to the Red Cloud reservation near Nebraska's Fort Robinson and surrendered.

• On Jan. 6, 1925, in Madison Square Garden, Finnish long-distance runner Paavo Nurmi sets a new indoor world record, running a mile in 4:13.5. In the 5,000-meter race, the "Flying Finn" broke another indoor world record in 14:44.6. Nurmi often ran holding a stopwatch to pace himself, an innovation he developed.

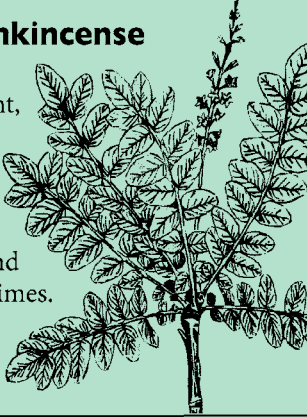
• On Jan. 3, 1961, President Dwight Eisenhower closes the American embassy in Havana and severs diplomatic relations between the United States and Fidel Castro's government in Cuba. The action signaled that the United States was prepared to take extreme measures to oppose Castro's regime.

• On Jan. 2, 1971, 66 football (soccer) fans are killed in a stampede at a stadium in Glasgow, Scotland, as they attempt to leave a game. The tragedy was caused by the crush of spectators all leaving at the same time on the same stairway.

The Garden Bug

Frankincense

The fragrant, milky resin tapped from the Boswellia tree is known as *olibanum* in Arabic countries. It has been used in incense and perfumes since ancient times.



Sources: www.sacredearth.com, wikipedia.org

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WHOLESALE ELECTRONICS

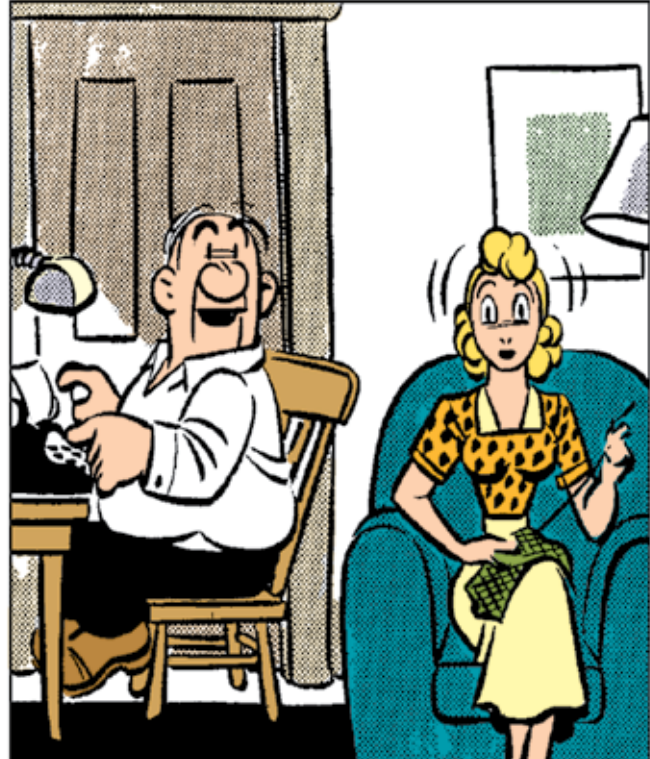


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HNKHEBYSWTROLEJ
GEBYWURECPNKLIG
DBZXVSQWIOCKIG
ECA(HANGING)YYWUS
QPNLJHFNCCESCAY
XREWOLFGRVEUSQ
PNMKIJE B P P E H H F E
CBETS A W H Z Y P T X V U
TRTEKRAMSQPOSOM
LERI W Y R D N U A L H A K
REKCIWDAERBCISE

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

| | | | |
|---------|---------|--------|----------|
| Bicycle | Easter | Litter | Shopping |
| Bread | Flower | Market | Waste |
| Bushel | Hanging | Picnic | Wire |
| Clothes | Laundry | Sewing | |

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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/onlineservices/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. Reggie Jackson of the New York Yankees, in 1977.
2. Arlie Latham was 49 years old when he stole a base for the 1909 New York Giants.
3. Michigan quarterback Denard Robinson, in 2010.
4. Oscar Robertson, Michael Jordan and LeBron James.
5. Six times.
6. Maryland beat Northwestern in 2010.
7. Randy Couture.

King Crossword

Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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

Go Figure!

answers

| | | | | | |
|----|---|----|---|----|----|
| 4 | - | 1 | x | 9 | 27 |
| ÷ | | + | | x | |
| 2 | x | 6 | - | 1 | 11 |
| + | | x | | + | |
| 8 | - | 3 | x | 5 | 25 |
| 10 | | 21 | | 14 | |

Trivia test

by Fifi Rodriguez

1. Latin
2. Perigee
3. 1894
4. Cotton gin
5. 1789
6. Spain
7. Crete
8. T.S. Eliot
9. "The Beatles" (The White Album)
10. Two

WORD POWER ANSWER SUMMIT

SCRAMBLERS solution

1. Nimble; 2. Smart;
3. Crash; 4. Fealty

Today's Word:
SMALLEST