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ARRANGEMENTS

**TIDBITS® WISHES YOU A HAPPY  
VALENTINE'S DAY**  
by Kathy Wolfe

As Tidbits brings you fresh information about Valentine's Day, remember: "Say it with flowers; say it with sweets; say it with kisses; say it with eats; say it with jewelry; say it with drink. But always be careful not to say it with ink." - Anonymous

- There were probably two different men considered to be St. Valentine, and both were supposedly beheaded on February 14. The more commonly accepted legend identifies St. Valentine as a priest in early Rome around the year 260. The Roman emperor at that time forbade his soldiers to marry because he believed that single men made better soldiers. In the name of love and in defiance of the emperor's edict, Valentine secretly married soldiers and their ladies and paid the price with his execution.
- Tradition places the first Valentine letter around 1415. This was when a Frenchman, the Duke of Orléans, was captured in battle and imprisoned in the Tower of London. From there, he composed rhymed love letters to his wife.
- In England during the 1700s, women wrote men's names on little bits of paper, encased them in a piece of clay and dropped all the clay pieces into a pond. The first paper to rise to the top was supposedly the name of the woman's true love.

turn the page for more!

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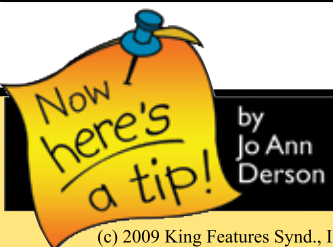
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1. TELEVISION: Who played Barney Fife on "The Andy Griffith Show"?
2. HISTORY: The Battle of Hastings was fought to control which country?
3. CHILDREN'S LITERATURE: What award-winning Christmas book did Chris Van Allsburg write?
4. MUSIC: By which nickname did The Doors' Jim Morrison refer to himself?
5. GENERAL KNOWLEDGE: What Balkan leader's real name was Josip Broz?
6. MOVIES: What shape did Hermione Granger's patronus take in the "Harry Potter" series?
7. ENTERTAINMENT: What kind of entertainer would use the "DeManche change"?
8. LANGUAGE: What is the Hawaiian word for "quick"?
9. POETRY: Who wrote "Sonnets from the Portuguese"?
10. GEOGRAPHY: What is the largest tidal estuary in the United States?



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- "Make ice cubes out of punch when you're entertaining. I like to make different combinations, which can be adapted for adult and child parties. One that I like very much is to make ice cubes from red fruit punch, and then float them in lemonade. As the cubes melt, the mixture turns pinky-orange. -- I.F. in Missouri
- Bring egg whites to room temperature before whipping. You'll get a better volume, and they will be more stable.
- "Ever make a delicious dinner that involves some stinky ingredients? This happens when I make broccoli-cauliflower casserole, or pork and sauerkraut. No worries, though; you don't have to smell that odor all day. Just simmer a pan of vinegar on the stove while making such foods. The vinegar smell goes away quickly, taking with it any other odors. All that's left is the smell of yummy." -- M.N. in South Carolina
- Wash bath towels in cold water. It preserves color and still cleans them well. And for smaller dryer loads, add a clean, dry bath towel to speed up drying time.
- "Turn down the maximum temperature on your family's water heater. You will do two things: One is to avoid accidental scalding, which is especially important if you have young children or seniors in your house. The other is to lower your electric bill, because the water heater will not have to work as hard to keep that big tank of water so hot." -- T.D. in New Mexico
- Keep a few bandanas handy in cold weather to use as a mouth/face cover to keep your nose from freezing. They are easy to store in a pocket, and easy to put on and remove.

VALENTINE'S DAY (continued)

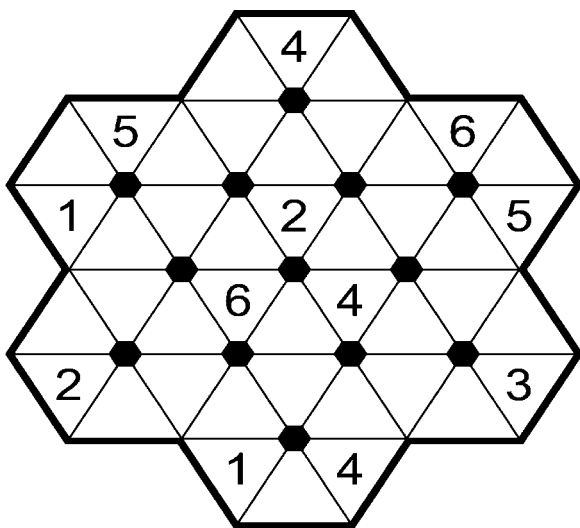
- In the 18th-century, some unmarried women pinned five bay leaves to the center and four corners of their pillows on February 13. According to tradition, that night they would dream of their future husband. Some recited a verse before sleep: "Good Valentine, be kind to me, in dreams let me my true love see." Perhaps this is where we derive the expression "the man of my dreams"!
- Another old Valentine custom had men write women's names on bits of paper and place them in a jar. Each man drew a paper, and that woman was the man's Valentine. He spent the day paying special attention to her and bestowing small gifts, often a pair of gloves. Some of the men pinned the lady's name to their shirtsleeve and wore it for several days, literally "wearing their hearts on their sleeves."
- In Victorian days, young women used their fans to convey secret messages to their beaux. Drawing her fan across the cheek meant "I love you," while twirling it in her right hand gave the warning, "We are being watched."
- Esther A. Howland was the first person to commercially manufacture Valentines, beginning in 1847. Considered the "Mother of the Valentine," her original creations featured real lace and colorful ribbons. She eventually expanded her business into sales of \$100,000 annually.
- In the late 1850s came the "penny dreadfuls," Valentines with insulting and derogatory verses. They were printed on cheap paper and designed to make the recipient feel dreadful, hence their name. They were also known as "vinegar Valentines," due to their sour or acidic messages.
- According to a French tradition, a young woman lets her admirer know whether his affections are welcome by what she feeds him on Valentine's Day. If she feeds him an egg dish, the answer is definitely "No," while something with apple or pear signifies "Yes."
- Those colorful little candy conversation hearts have been around since 1866, when they were first manufactured by the New England Confectionery Company, or NECCO, as the company is more commonly known. Originally called "motto hearts," they contained messages such as "Be Good," "Be True" and "Kiss Me." NECCO began updating their phrases in recent years, adding "Call Me," "Fax Me," "Email Me" and starting in 2011, one in 80 hearts reads "Tweet Me." NECCO makes eight billion Sweethearts every year, selling about 100,000 pounds of them every day between January 1 and February 14.

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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Yesterday's News Is Free Fun for Kids

Before you bundle up your newspapers for the recycling bin, check out these easy recycling activities and crafts. Not only do they enhance creativity, they're just plain fun when you want something to do.

For starters, at breakfast time with your kids, get your brains in gear by coming up with the many ways you can use newspapers after everyone has read his or her favorite sections. You might come up with ideas such as:

- Wrap birthday presents with the comics section, or cut out a special comic and tuck it in someone's lunchbox for a surprise.
  - Dip strips of newspaper into liquid starch and make a papier-mache sculpture.
  - Wrap several layers around a hot casserole dish to keep the food warm when transporting it to a potluck supper.
  - Let your new Christmas puppy house-train on it.
  - Clip and use the manufacturer's coupons for this week's grocery shopping. Older kids can calculate the savings and develop an interest in cutting the family food bill.
  - Fold a kid-size newspaper hat. Make a collection of them, and your kids can pretend they are a pirate, Martian, policewoman or whatever they are interested in.
- For a basic hat, fold one large rectangular newspaper page in half. At the top fold, bring the corners in to meet each other at the center of the page and crease. It makes a triangle. Below the triangle, fold the front bottom single layer of paper up to meet the triangle. Make another fold, the same size, over the triangle. Turn the hat over and repeat with the back page. Tape the folds in place and open the hat. It is ready to wear. For extra fun, grab some markers or paints and decorate it. Ship ahoy!

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



"From birth to 18, a girl needs good parents. From 18 to 35, she needs good looks. From 35 to 55, she needs a good personality. From 55 on, she needs good cash!" -Sophie Tucker

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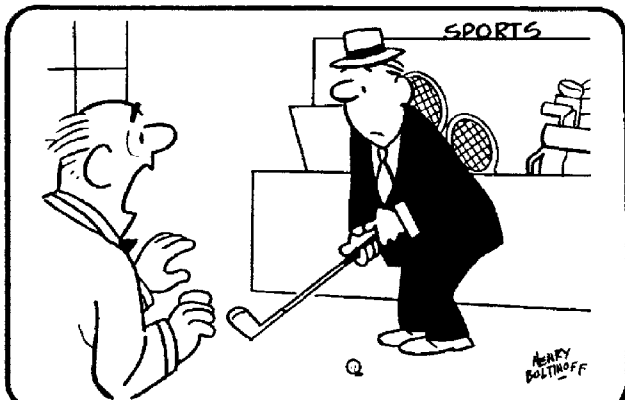




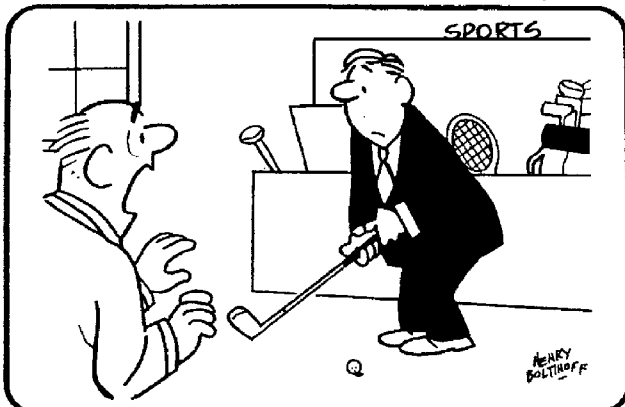
- Sports QUIZ**
- By Chris Richcreek
- 1 In 2010, Texas' Josh Hamilton became the third Ranger to lead the A.L. in batting average for a season. Name either of the other two.
  - 2 Who is the all-time leader in stolen bases for the Toronto Blue Jays?
  - 3 Name the first team to win 15 games in a regular season once the NFL went to a 16-game schedule in 1978.
  - 4 Which was the lowest-seeded men's basketball team to win a game in the 2011 NCAA Tournament (not counting the First Four games)?
  - 5 When was the last time Canadian-based NHL teams won at least five consecutive Stanley Cups?
  - 6 In 2011, Tony Stewart became the second driver to win the first two races in NASCAR's Chase playoff format. Who was the first?
  - 7 Roger Federer holds the record for most singles titles won at the ATP World Tour Finals. How many has he captured?

**HOCUS-FOCUS**

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Tennis racket is missing. 2. Man has no hat. 3. Bat is resting behind counter. 4. Tie is missing. 5. Golf bag is different. 6. Window has no frame.

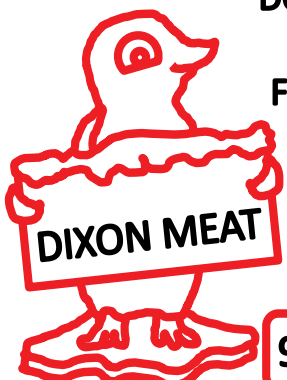
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**VALENTINE'S DAY (continued)**

- If you plan to give your Valentine a bottle of perfume, you might want to know that one of the ingredients in many perfumes is coal tar. And in order to prolong the fragrance, manufacturers add substances taken from beavers, male musk deer and sperm whales. Still other ingredients are derived from turpentine. Most perfumes are produced synthetically using chemical substances, and even the best perfumes contain only about 10 percent flower petal oil dissolved in alcohol. It takes about 10 million jasmine flowers to produce only 2.2 pounds of fragrant oil. Although a perfume may smell like one specific fragrance, it can actually be a blend of up to 500 ingredients.
- In the 1600s, perfume was made by placing rose petals in white wine, adding fragrant herbs and spices and allowing the mixture to ferment for two weeks.
- Thinking about chocolates for your sweetie? You'll be glad to know that chocolate ranks high in food value and contains several vitamins and minerals. It was also the belief of the ancient Aztec Indians that the cacao bean was a source of wisdom and knowledge because the seeds had been brought to their land from Paradise.
- Before it is molded into bars, milk chocolate is stirred by machines for 72 hours to achieve the smoothest chocolate possible.
- About 36 million heart-shaped boxes of chocolate will be given to sweethearts this year. But Valentine's Day is far from the biggest day of the year for candy purchases. Halloween is first, followed by Easter, then Christmas.
- For its first 68 years, the Hershey Chocolate Company operated with no advertising budget. It did not advertise its products until July 1970.
- Egyptians were the first candy makers 3,000 years ago when they mixed fruits and nuts with honey.

*continued on next page*

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**Strange BUT TRUE**

- It was 20th-century American critic John Leonard who made the following sage observation: "To be capable of embarrassment is the beginning of moral consciousness. Honor grows from qualms."
- The town of Adamant, Vermont, was once named Sodom. The townspeople voted to change the name in 1905.
- You've probably never heard of the Spanish village of Lijar, located in the south of that country. This village, though, was involved in a nearly 100-year war that lasted well into the 20th century. It seems that in 1883, Alfonso XII, the king of Spain, made a state visit to Paris and received a less-than-royal welcome. Led by mayor Don Miguel Garcia Saez, the citizens of Lijar, after hearing that their monarch had been insulted and possible accosted

by mobs, declared war on France. Though there were no casualties -- not even any gunfire -- the war lasted until 1981. That was when the town council ruled that it would end hostilities with France thanks to the warm welcome King Juan Carlos of Spain received in France in 1976.

- The first portable computer was made available to the public in 1975. In this instance, however, "portable" was used as a relative term; the IBM 5100 weighed 55 pounds.
- Only 5 percent of American men report that they feel satisfied with their looks. With women, it's only 1 percent.
- In 2008, a study was conducted in the United Kingdom to determine what, if any, effect the consumption of tomatoes had on the human body's reaction to sun exposure. The university students enrolled in the study who consumed the equivalent of about five tomatoes per day were 33 percent less likely to get sunburned than those who ate no tomatoes.

Thought for the Day: "Several excuses are always less convincing than one." -- Aldous Huxley

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**VALENTINE'S DAY (continued)**

If your Valentine asks you for a Pascali, a Chrysler Imperial, a Rubaiyat, a Floradora, a Montezuma or an Iceberg, she's asking for a rose from the list of the more popular varieties. The Society of American Florists estimates the number of roses produced for Valentine's Day at around 200 million. About 43 percent of flowers given are red roses, and 29 percent are other colors of roses. The remaining gifts are mixed flowers.

Cupid, Roman mythology's god of love, was the son of the goddess Venus and the god Mars. He's often depicted with wings, a bow and a quiver of arrows, and one shot is said to cause his "victims" to fall in love. Other legends represent Cupid with two sets of arrows — one gold-tipped set for love and another lead-tipped set, which brings about hatred.

**FAMOUS LANDMARKS:  
WASHINGTON MONUMENT**

Pointing to the sky at the west end of the National Mall in Washington, D.C. is the Washington Monument, the tallest structure in our nation's capital. Read along and discover some enlightening information about this tribute to America's first president.

Although George Washington didn't die until 1799, as early as 1783, Congress proposed a monument to him in the form of an equestrian statue. The site was even selected in the city's 1791 survey plan. Yet it wasn't until 1836, after \$28,000 in donations had been raised, that a competition for architectural designs was announced.

Robert Mills' design was chosen for the monument, which featured an obelisk surrounded by a colonnade on which a statue of Washington would stand. Inside the colonnade, the statues of 30 other Revolutionary War heroes were to be included.

Mills' design was criticized because it would cost more than \$1 million to build, over \$21 million in today's dollars. In addition, the selected location was deemed not stable enough to support such a heavy structure. The location was changed and the design altered to an Egyptian obelisk, reduced from a height of 600 feet (183 m) to 555 feet (169 m). The cornerstone wasn't laid for another 12 years.

*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.

	-		x		18
÷		+		x	
	x		+		20
+		x		-	
	÷		+		11
11		24		28	

**DIFFICULTY: ★★**  
★ Moderate ★★ Difficult  
★★★ GO FIGURE!

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**Weekly SUDOKU**  
by Linda Thistle

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

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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 - Ron Paul

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**THIS WEEK'S CELEBRITY BIRTHDAYS**  
 Roger Staubach 2/5/42  
 Natalie Cole 2/6/50  
 Ashton Kutcher 2/7/78  
 John Grisham 2/8/55  
 Travis Tritt 2/9/63  
 Emma Roberts 2/10/91  
 Brandy 2/11/79

**Holidays & Observances This Week**  
 2/5 National Weatherman's Day  
 2/6 Ronald Reagan Day  
 2/7 Oklahoma Statehood Day  
 2/8 Boy Scout Anniversary Day  
 2/9 Beatles' First U.S. Appearance, 1964  
 2/10 Read in the Bathtub Day  
 2/11 White Shirt Day

**Good Housekeeping Super Bowl Chili**  
 This recipe for Texas-style chili contains small chunks of beef, not ground meat. The classic version doesn't contain beans, but we replaced a portion of the meat with red kidney beans to cut some fat.  
 2 tablespoons olive oil  
 2 pounds boneless beef for stew, cut into 1/2-inch chunks  
 4 cloves garlic, crushed with garlic press  
 2 red peppers, cut into 1/2-inch dice  
 2 jalapeno chiles, seeded and minced  
 1 large onion, chopped  
 1/3 cup chili powder  
 2 cans (28-ounce) whole tomatoes in puree  
 1 can (6-ounce) tomato paste  
 1/4 cup sugar  
 2 teaspoons salt  
 2 teaspoon dried oregano  
 2 cans (15- to 19-ounce) red kidney beans, rinsed and drained

1. In 8-quart saucepot or Dutch oven, heat 1 teaspoon oil over high heat until hot. Add one-third of beef and cook until browned on all sides and liquid evaporates, 6 to 8 minutes, stirring often. With slotted spoon, transfer beef to bowl. Repeat with remaining beef, using 1 teaspoon oil per batch; set aside.  
 2. Add remaining 1 tablespoon oil to drippings in saucepot and heat over medium-high heat until hot. Stir in garlic, red peppers, jalapenos and onion, and cook until vegetables are tender, about 10 minutes, stirring occasionally. Stir in chili powder; cook 1 minute.  
 3. Return beef to saucepot. Stir in tomatoes with their puree, tomato paste, sugar, salt, oregano and 2 cups water, breaking up tomatoes with side of spoon. Heat to boiling over high heat.  
 4. Reduce heat to low; cover and simmer 1 hour and 30 minutes. Stir in beans and cook 10 to 30 minutes longer or until meat is fork-tender, stirring occasionally. Serves 12.  
 • Each serving: About 275 calories, 7g total fat (2g saturated), 36mg cholesterol, 1,115mg sodium, 30g carbohydrate, 11g dietary fiber, 25g protein.

**WASHINGTON MONUMENT (continued)**

- Construction got underway in 1848 using primarily white marble blocks from Maryland. The underlayment was Maryland blue gneiss and Maine granite. The work continued for six years; then the donations ran out. Each state of the Union was urged to contribute a commemorative stone to be included in the interior walls in an effort to help cut costs and allow construction to continue. But the expenses of the Civil War finally brought the construction to a halt.
- The Monument sat for over 20 years until the federal government took over, and the U.S. Army Corps of Engineers completed the project. An obvious sign of the time difference can be seen on the lower 150 feet (46 m) of the obelisk. The builders were unable to find a match for the color of the marble used during the early construction, which is why the bottom 27 percent is a lighter color.
- The Monument was completed in 1884, towering to a height of 555 feet and 5 1/8 inches (169.3 m) and weighing more than 80,000 tons. At its base, the walls are 15 feet (4.6 m) thick, tapering to 18 inches (460 mm) in the upper shaft. The interior walls contain 193 contributed memorial stones. The final cost was \$1,187,710. It was officially dedicated in February of 1885, and within the first six months, 10,041 people had climbed the Monument's 897 steps to the top. Shortly afterward, a steam elevator was installed, providing a 20-minute ride to the top, complete with a snack of wine and cheese during the trip. However, only men were allowed to ride the elevator, as it was considered unsafe for women and children! By 1888, an average of 55,000 people were making the trip to the top every month. Today, about 800,000 visitors make the trip annually, and the elevator ride takes just 70 seconds.
- At its completion, the Washington Monument became the world's tallest structure, an honor it held until 1889, when Paris' Eiffel Tower surpassed it. It remains not only Washington, D.C.'s tallest structure, but the world's tallest stone structure and the world's tallest obelisk as well.

**LOVE AND MARRIAGE**

"Love is an ideal thing, marriage a real thing," said the German writer Goethe. Let's take a look at that strange phenomenon that "makes the world go 'round.'"

- Courtship during Victorian times had definite rules of etiquette, and according to one authority of those times, the lady "is not to allow the young gentleman to kiss you until he has proposed marriage." Of course, there were those who disagreed, such as the expert who advised that, "The prudent maiden should not allow her lover to kiss her even after their engagement. Not until after marriage should such a favor be granted."

*continued on next page*



**Q: I have a stamp collection that I am interested in selling. I understand that unless a stamp is rare or unique, it is not worth much more than face value. Do cancelled stamps have any retail value, and will I get a better deal with a small, local trader versus a larger commercial dealer? -- Curt, via email**  
 A: I will partially answer your question by sharing a personal experience. My mother was a stamp collector, and when she died several years ago I inherited three of her albums. She specialized in U.S. commemoratives and first-day issues. After showing her collection to several dealers, it was determined that her stamps were not worth much more than face value.  
 As with most collectibles, there are always exceptions to the rule. In mother's albums were several Civil War cancellations, and they were somewhat valuable. To make a long story short, I am using most of her stamps for personal postage since they are not likely to increase in value. My advice is to get some of the better price guides and carefully examine your collection. I realize this is time-consuming, but an educated consumer is better prepared to make decisions. An Internet site I have found helpful is www.theswedishtiger.com/ID.html. You also can order price guides from this company.

**Q: I have a wire recorder that was originally made for the military. We have taken it to the "Antique Roadshow," and they had no idea of how much it is worth. Can you help me? -- Anita, Albuquerque, N.M.**  
 A: Wire recorders were once an example of cutting-edge technology, and many of the early models were made by two companies, Webster and Silvertone. The early recording devices were, indeed, used by the military during the mid-1940s. Wire recorders are not very collectible, and most sell in the \$45 to \$100 range.

**Q: I have a Willkie campaign button that shows a bucking donkey and the phrase "I'll Bet My Ass." It is in fair condition. Does it have any value? -- Lee, via email**  
 A: Your button from Wendell Willkie's failed 1940 presidential campaign is worth in the \$10 to \$20 range, depending on condition.





King Crossword

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**ACROSS**

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15								16			
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41					42	43			44	45	46
47						48					
49						50				51	

- 48 Move to a new home  
49 Examination  
50 — volente  
51 Recognized
- DOWN**
- 1 Showtime alternative  
2 Coffee shop vessel  
3 Obtained  
4 Earthy pigments  
5 Magical power  
6 "Xanadu" band, for short  
7 Operatic text  
8 Courteous
- 9 Metamorphoses" writer  
10 Appellation  
11 Pleased  
13 Relinquish  
19 Rue the run  
20 Rx over seers' org.  
21 Toy block brand  
22 Soon, in verse  
23 Unseen problems  
25 Absolute ruler  
26 Campus area  
27 Advanced math, for short  
29 Midwestern
- 31 Chemical suffix  
33 Writing pad  
34 Adorn  
36 Popular cream-filled cake  
37 Kindly bloke  
38 Lotion additive  
39 Touse  
40 Normandy battle town  
43 Born  
44 Pale  
45 Dined on  
46 Evergreen variety

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1. Food Network Magazine
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3. Elle Decor
4. Wired
5. GQ
6. People Style Watch
7. Cosmopolitan
8. Rolling Stone
9. Businessweek
10. Vanity Fair

Source: Adweek

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TIDBITS®  
NUGGET OF KNOWLEDGE

The St. Valentine's Day Massacre took place on February 14, 1929 in Chicago. Mobster Al Capone's gang was held responsible for dressing as policemen and gunning down seven members of the rival Bugs Moran gang, but they were never convicted. The only charge Al Capone was ever jailed on was income tax evasion, for which he spent eight years in prison.



"If not now, when?"

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

Yeast Infection Tends to Recur

DEAR DR. DONOHUE: I haven't seen an article about vaginal yeast infections. The doctor gave me an oral antiyeast medicine for it and a cream to apply. In addition, he gave me something to stop the itching. It seemed worse after the treatment, so the doctor gave me five more days of the oral medicine. What would you suggest if it comes back again? Could it be something I am eating or taking? -- N.F.

ANSWER: Candida is the name of the yeast responsible for vaginal infections. Itching is a prominent sign. The vaginal lining also often is irritated and painful. Intercourse can be uncomfortable. White patches adhere to the vaginal lining, and there may be a white discharge. Close to 75 percent of all women will experience at least one Candida infection during their life. It has nothing to do with what you eat or take.

Somewhere between 20 percent and 50 percent of woman harbor this yeast in their vagina but don't have any symptoms of it. If these women are put on an antibiotic for an unrelated infection, the vaginal bacteria that keep the population of Candida at small numbers die off. Without those good bacteria, the Candida yeasts reproduce at a rapid rate and lead to symptoms.

You were put on a standard treatment for Candida. Those treatments are antiyeast medicines that come as ointments, creams or vaginal suppositories. There are many of them. The oral antiyeast fluconazole (Diflucan) is another approved treatment.

Recurrence of this infection is common and hard to abolish. If it happens, longer treatment with vaginal antiyeast medicines coupled with a weekly dose of oral Diflucan for six months is a reasonable action. If that fails, referral to a center that has the capability to check Candida's sensitivity to antiyeast medication can end the problem. Unproven but popular ways of attacking this infection include eating yogurt with live lactobacillus in it to repopulate the vagina's normal bacterial population. Another unproven approach is to treat the male partner. It hasn't been shown that such an approach works, but some experts resort to it.

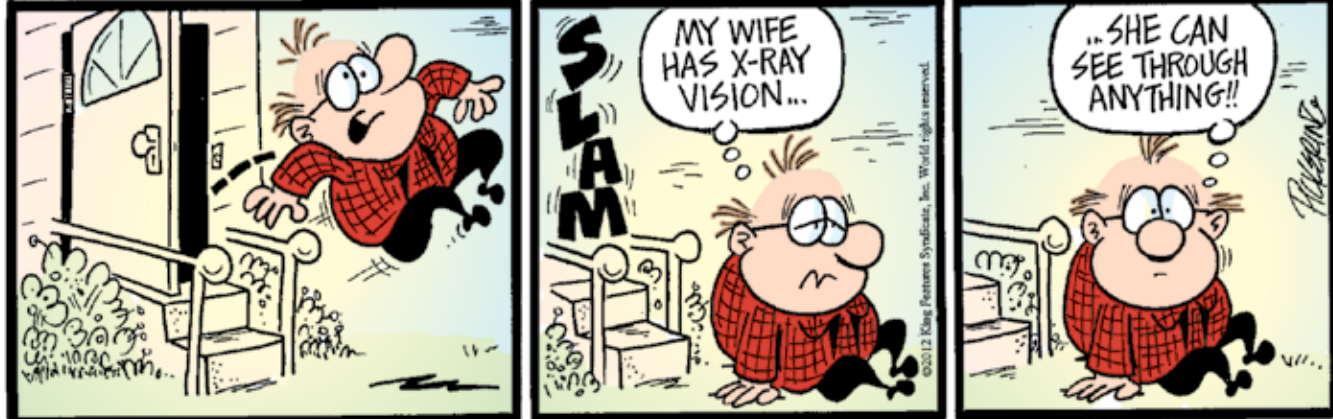
Vaginal infections are discussed at length in the booklet on that topic. To obtain a copy, write: Dr. Donohue -- No. 1203W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada. with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: What can you tell me about hypothyroidism? Does taking iodine help? I hear that taking thyroid hormone is a lifetime commitment. -- C.N.

ANSWER: Hypothyroidism is a thyroid gland that's putting out way too little thyroid hormone. All body processes slow. People become weak and are exhausted. They're cold when others are pleasantly warm. They gain weight without overeating. Their skin dries. The face becomes puffy. The heart beats slowly.

Worldwide, iodine deficiency is the main cause of a sluggish thyroid gland. It is not in North America. Here, the main cause is an attack on the gland by the immune system. The appropriate treatment is supplying the hormone in pill form. It usually is a lifelong treatment, but it's not an onerous one. It's taking only one pill a day.

The Spats



by Jeff Pickering

"They're playing super heroes—they want to see who can win between Rocky and \_\_\_\_\_!"

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!

Push  
REFCO

Stroll  
BLAME

Cause  
VETIOM

Fix  
PAIRER

TODAY'S WORD

KIDBITS

**A "SNAPPY" TRICK!**

1. Snap the coins down against the outside of the glass.
2. Slide them down to the middle of the glass.
3. Pinch your fingers together and the two coins will snap off together.

BALANCE TWO SMALL COINS on the rim of a water glass. Challenge your friends to remove them using only two fingers. The solution is shown above. A little practice will make you perfect.

**Junior Whirl**

by Charles Barry Townsend

A FILL-IN PUZZLE!

Illustrated by David Coulson

Pictured above is a crossword puzzle grid. Below are the 17 words that you'll need to complete the puzzle using the trial-and-error method. Keep a good eraser handy!

- |       |       |       |
|-------|-------|-------|
| ADZE  | ENDED | SCONE |
| ALBUM | FUSED | SUDS  |
| BEAR  | OASIS | UMBER |
| BLEAK | RANK  | WADER |
| CLAW  | SAFER | ZERO  |
| EBBS  | SAMBA |       |

Answers: (Across) 1. Safer, 3. Ebbs, 7. Claw, 9. Samba, 11. Adze, 13. UMBER, 14. Ended, 15. Rank, 16. Samba, (Down) 1. Score, 2. Fused, 4. Bear, 5. Bleak, 6. Album, 8. Wader, 10. Suds, 12. Zero.

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

FIG. 1

FIG. 2

Answer: 1. Dairy Queen, 2. Upper crust.

**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, along the connecting lines. All the words will begin with the letter in the top circle.

Answers: Top to bottom, left to right: Reel, reed, rend, rant, rapl, raps, ADELPRS

LAFF - A - DAY



"So you gave up two men to marry me— Well, didn't I give up GOLF?"



**LOVE AND MARRIAGE (continued)**

- The fourth finger of the left hand became the "ring finger" for wedding rings because of a tradition stating that a delicate nerve ran from that finger to the heart.
- The throwing of rice at weddings represents a wish for children and a long life for the couple, since rice, according to tradition, is the symbol of fertility and longevity.
- One woman expressed her love for her man on a recently seen bumper sticker: "All men are idiots, and I married their king." Comedian Rodney Dangerfield had a similar attitude: "My wife and I were happy for 20 years. Then we met."
- It was Sir Alfred Tennyson who said, "'Tis better to have loved and lost than never to have loved at all."
- One Mexico City couple apparently believed in long engagements. In 1902, when Octavio Guillen and Adriana Martinez were both 15, they became engaged. They remained so for 67 years until 1969 when they married at 82.
- Although Britney Spears' first marriage lasted just 55 hours, and one of Patty Duke's marriages only 13 days, not every Hollywood marriage is doomed to fail. Bob Hope was married 69 years, James Cagney for 63 years, and Charlton Heston, 65 years.
- Minnie Pearl had these thoughts on marriage: "Getting married's a lot like getting into a tub of hot water. After you get used to it, it ain't so hot."
- Age seems to have nothing to do with marriage success. Wisconsin's Simon and Ida Stern dissolved their marriage in 1984. He was 97; she was 91. Britain's Bertie and Jessie Woods called in quits in 2008; both were 97 at the time.

*continued on next page*

**R.F.D.**

by Mike Marland



**TIDBITS WORD POWER**  
Unscramble this word:  
**NOTDRAIAO**  
This word means: *A feeling of great love and respect for someone*

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**Comfort Franks With Mac & Cheese**

by JoAnna M. Lund

Throw all this into your slow cooker and return later to something as comforting as anything to be found in "comfort food land." It's guaranteed to bring out the kid in any adult!

4 cups cooked elbow macaroni, rinsed and drained  
1 (12-fluid-ounce) can evaporated fat-free milk  
1 cup fat-free milk  
1 teaspoon dried onion flakes  
1 teaspoon dried parsley flakes  
2 cups shredded reduced-fat Cheddar cheese  
8 ounces reduced-fat frankfurters, diced into 1/2-inch pieces

In a slow-cooker container sprayed with butter-flavored cooking spray, combine macaroni, evaporated milk, milk, onion flakes and parsley flakes. Add cheddar cheese and frankfurter pieces. Mix well to combine. Cover and cook on LOW for 3 to 4 hours. Mix well before serving. Makes 8 (1 cup) servings.

• Each serving equals: 246 calories, 6g fat, 18g protein, 30g carb., 525mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 Fat-Free Milk.

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**Dog Hates Bathtub**  
By Samantha Mazzotta

**DEAR PAW'S CORNER:** My German shepherd, "Silky," is 10 years old and has developed hip dysplasia, which makes her pretty uncomfortable. She avoids slippery floors and she hates the tub, but I need to give her a bath. Any way I can do this better to keep her comfortable? -- Jack T., Oklahoma City

**DEAR JACK:** There are a few ways to help Silky stay comfortable while being bathed. First, try placing a large, wet towel in the tub that she can stand on to gain traction. Lift her into the high-sided tub rather than make her jump in. Shepherds are large dogs, so if need be, work with a second person and tandem lift her, with one of you cradling under her chest and the other cradling her midsection and then tucking the other arm between her back legs and supporting her belly. A step-in shower is an even better option, if you have one. Again, put down a wet towel so that she feels secure standing or sitting.

In warm weather, you could set up an inflatable kiddie pool and fill it with warm water. This gives big dogs enough room to sit or even lie down during their bath, and they can just walk into it over the low sides. During the bath itself it's important to work fast. Keep Silky's collar and leash on so you can hold her still as you wet her down (either with warm water scooped in a cup or using a sprayer attachment), add soap (only soap formulated for use on dogs), then rinse. Talk soothingly through the whole process. Once complete, lift her out of the tub onto a nonslip rug and towel-dry her fur, then give her lots of praise and a treat.

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.

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DAD...

**VETERANS POST**  
by Freddy Groves

**Gulf War Syndrome, Diet Sodas Linked?**

Gulf War Syndrome is often a mystery to the medical profession because there are so many varieties of symptoms. What happens in one veteran doesn't happen in another. Even the source isn't completely clear. Was it from the vaccines given? Bug sprays? Depleted uranium dust? How about the oil-well fires? Or was it from something completely innocuous -- the diet sodas?

Aspartame is a sweetener that's used in diet sodas. Cooks realized long ago that using it in recipes was a bad idea because the sweetener breaks down at high temperatures. What happened to all those cases of drinks over in Iraq and Afghanistan? Were they kept chilled the whole way? Not likely. A better scenario is that they sat on the hot tarmac before being transported to a hot storage area. The temperature at which Aspartame breaks down in a mere 85 degrees F, turning into chemicals such as formaldehyde and formic acid. I'm not a doctor or a researcher, but from reading the studies it looks like there are biologic effects from putting Aspartame in the human body. In the U.K. and Canada, special product labeling is required when the sweetener is used in food.

Is there a link between the ingestion of Aspartame and the symptoms of Gulf War Syndrome? Arguments exist on both sides of the issue. If you want to do your own research, put these all words in an Internet search engine: aspartame methanol formaldehyde formic acid. Look for the scholarly articles, not those a non-medical person has written.

If you are suffering with any of the myriad symptoms of Gulf War Syndrome, try cutting Aspartame completely out of your diet for one month and see how you feel. You'll need to read the ingredients in everything you consume.

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

**Moments in time**  
THE HISTORY CHANNEL

- On Feb. 7, 1812, the most violent of a series of earthquakes near Missouri causes a so-called fluvial tsunami in the Mississippi River, making the river run backward for several hours. The strongest of the aftershocks, an 8.8-magnitude, caused church bells to ring in Boston, more than a thousand miles away.
- On Feb. 8, 1924, the first execution by lethal gas in American history is carried out in Carson City, Nev. The executed man was Tong Lee, a member of a Chinese gang who was convicted of murdering a rival gang member.
- On Feb. 11, 1937, after a six-week sit-down strike by General Motors autoworkers in Flint, Mich., GM president Alfred P. Sloan signs the first union contract in the history of the American auto industry. Today, the UAW has more than 390,000 active members and more than a 600,000 retired members.
- On Feb. 6, 1952, King George VI of Great Britain and Northern Ireland dies in his sleep at the royal estate at Sandringham. Princess Elizabeth, the oldest of the king's two daughters and next in line to succeed him, was crowned Queen Elizabeth II on June 2, 1953, at age 27.
- On Feb. 10, 1962, Francis Gary Powers, an American who was shot down over the Soviet Union while flying a CIA spy plane in 1960, is released by the Soviets in exchange for the U.S. release of a Russian spy. On May 1, 1960, Powers' U-2 had been shot down by a Soviet missile. Although Powers was supposed to engage the plane's self-destruct system (and commit suicide with poison furnished by the CIA), he and much of the plane were captured.
- On Feb. 9, 1971, pitcher Leroy "Satchel" Paige becomes the first Negro League veteran to be nominated for the Baseball Hall of Fame. He was inducted in August of that year. Joe DiMaggio once called Paige "the best and fastest pitcher I've ever faced."
- On Feb. 12, 1988, two Soviet warships bump two U.S. navy vessels in waters claimed by the Soviet Union. The incident between the ships took place in the Black Sea within the 12-mile territorial limit claimed by the Soviet Union.



**LOVE AND MARRIAGE (continued)**

- Harry Stevens robbed the cradle when he was 103 and married a much younger woman, Thelma Lucas, age 84, making him a record-holding oldest bridegroom.
- Glynn "Scotty" Wolfe is another unusual record holder. He had 29 monogamous marriages over 71 years. Three of his wives died, and he was married at the time of his death at age 88. His shortest union was 19 days, and the longest lasted 11 years. His son claims, "He divorced one wife for eating sunflower seeds in bed."
- King Mongkut of Siam (portrayed in the film "The King and I") reportedly had 9,000 wives, however not monogamously.
- One divorce support group advocates, "You do not need to have any reasons for getting divorced. Building upon half-truths or making some up is just fine. The courts are not interested in who did what or who is telling the truth."
- Research indicates that marital strife can weaken the immune system and cause physical illness, so be nice to your spouse!



**The Garden Bug**  
**Pelargonium cotyledonis**

This plant is native to the dry, barren cliffs of the island of St. Helena in the southern Atlantic Ocean. Its local name is "Old Father Live Forever." It was brought to England in the 1760s. It favors cool, dry climates, and will exhibit partial or total defoliation during winter dormancy.

Source: www.perfect-pelargoniums.com

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 F 11:30 - 4:30  
 S 11:30 - 4:30

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**QUILTING TERMS**

**MAGIC MAZE**

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

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

Applique	Croaking	Loft	Sharps
Backstitch	Easing	On point	UFO
Basting	Fussy cut	Patchwork	Warp
Bias	Grain	Selvage	

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 The Happy Paper For Happy Valley

**Payson News**

Visit our website for valuable Coupons and Updates at: [paysoncitychamber.com](http://paysoncitychamber.com)  
**February Biz of Month - You Rock!**

Morganson's Custom Frames & Sew Forth  
 Kelly and Rebecca Morganson, Owners  
 51 South Main Street, Payson 801.465.9133  
[stitchesandsewforth.com](http://stitchesandsewforth.com)

For more information and to join/renew membership with Payson Area Chamber of Commerce, please contact Carolyn Bowman, 465.2634 [paysonchamber@yahoo.com](mailto:paysonchamber@yahoo.com)

Upcoming February Events – TBD [paysonchamber@yahoo.com](mailto:paysonchamber@yahoo.com)  
 UDOT Workshop; About Time - Ribbon Cutting, Mike Merrill; Chamber Installation & Recognition Banquet  
 For more information and to join/renew membership with Payson Area Chamber of Commerce, please contact Colin Logue, 801.609.8699, [utahavenueinsurance@gmail.com](mailto:utahavenueinsurance@gmail.com); Carolyn Bowman, 801.465.2634

**Pleasant Grove News**

February 10, 2012

Join the Pleasant Grove Chamber of Commerce on the 2nd Friday of each month for an education presentation, networking opportunities and lunch featuring Utah Valley's local restaurants! Each meeting features a professional speaker focusing on the latest businesses trends. Also, network with other businesses throughout the Valley! The meeting is for Pleasant Grove Chamber members. New members are welcome! Meetings are free to attend. Lunch is available for purchase. \$12 prepaid, \$15 at the door. Please RSVP for lunch the Thursday before the event at our website: <http://www.plgrovechamber.org/>

**Spanish Fork Community**

**Fairgrounds Demolition & Construction Update** The demolition is done and the old fairgrounds arena is nothing but a fond memory. Make room for progress! Construction crews will begin working at a rapid pace to complete the new fairgrounds arena in time for the Fiesta Days Rodeo, 2012. The City Council has approved the proposal presented by Great Western/GT Bleachers to provide a stadium with more comfortable seating for over 8,500 spectators. The size of the arena floor hasn't changed to keep the fans close to the action. Over 1,000 stadium seats surround the arena floor and fill in over the bucking chutes. The roof structure has been extended by 50% and the restrooms are large enough now to accommodate everyone quickly and efficiently. This new arena will dramatically enhance the rodeo experience and make us all proud to live in Spanish Fork.

**Springville News**

**Registration begins for Girls' Spring Volleyball, Girls' Softball, and Boys' Baseball.** Registration begins Monday January 30, 2012 & ends February 17. Games start in March. [www.expressrec.com](http://www.expressrec.com)  
 Location: Recreation Department, 443 S. 200 E. Contact: 801 489-2730

**ANSWERS**

**SPORTS QUIZ**

- Julio Franco hit .341 in 1991, and Michael Young hit .331 in 2005.
- Lloyd Moseby, with 255.
- San Francisco went 15-1 in 1984.
- No. 13 Morehead State beat No. 4 Louisville.
- Canadian-based teams won seven Cups in a row between 1984 and 1990.
- Greg Biffle, in 2008.
- Six, including in 2011.

**King Crossword** — Answers

Solution time: 21 mins.

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

**Weekly SUDOKU** — Answer

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

**Go Figure!** — answers

4	-	1	x	6	18
÷		+		x	
2	x	7	+	6	20
+		x		-	
9	÷	3	+	8	11
11		24		28	

**Trivia test** by Fifi Rodriguez

- Don Knotts
- England
- "The Polar Express"
- The Lizard King
- Tito
- A silver otter
- A magician
- Wiki
- Elizabeth Barrett Browning
- Chesapeake Bay

**WORD POWER** ANSWER **ADORATION**

**SCRAMBLERS** solution

- Force; 2. Amble;
- Motive; 4. Repair

Today's Word: **RAMBO**