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January 30, 2012

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Issue 2012-05

Published by : Serendipity Weekly

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TIDBITS® RESEARCHES FUN & UNUSUAL HOLIDAYS

by Blue Sullivan

To people outside of the United States, several of our holidays may seem peculiar. Imagine a foreign person arriving here during our Halloween celebration, for instance. Crowds of people dressed in frightful costumes and wandering the streets looking for candy might appear like an instance of mass insanity to an outsider. All over the world, people conduct similarly unusual (and fun) celebrations. Below, Tidbits explores just a few.

- Have you ever thought to yourself, "There just aren't enough holidays where grown men cavort in diapers?" No? Well, Japan has a similar holiday for you anyway. On January 14, people in Japan celebrate The Naked Festival where men gather in loincloths (not actual diapers, thankfully) and galavant all over the city until the clock strikes 12. At midnight, they gather in a Shinto temple to observe another interesting tradition, attempting to catch bits of wood dropped from overhead by a local priest. Catch one and it means good luck for an entire year!

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1. **SPACE:** What did the Apollo 11 mission accomplish?
2. **MOVIES:** What literary character is featured in the movies "Casino Royale" and "Live and Let Die"?
3. **HISTORY:** In what year was the Magna Carta signed?
4. **U.S. PRESIDENTS:** Which president instituted the Good Neighbor policy toward Latin America?
5. **PSYCHOLOGY:** What abnormal fear is represented by "odontophobia"?
6. **TELEVISION:** Who played the part of Trapper John McIntyre on "MASH"?
7. **LITERATURE:** What was the original title of F. Scott Fitzgerald's "This Side of Paradise"?
8. **ENTERTAINERS:** How old was actress/singer Marilyn Monroe when she died?
9. **U.S. STATES:** Which state's nickname is the Mountain State?
10. **FAMOUS QUOTES:** What 20th-century leader once said, "Satisfaction lies in the effort, not in the attainment, full effort is full victory"?



by Jo Ann Derson

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- Toothpaste works well as a silver polish. Wet your silver, plop a little non-gel toothpaste on it and rub gently to clean. Rinse well, and let it shine!
- A great hint from Mary R. of Duluth, Ga.: "If the kids are drawing with felt markers and their hands get covered with ink, don't worry. Just spray their hands down with hairspray, and then wipe off the ink with a paper towel. Don't forget to wash their hands afterward!"
- "Dip your toothbrush in baking soda before you add toothpaste when brushing your teeth. You get used to the taste, but the extra scrub really gets your teeth clean, and it's very inexpensive to use." -- R.E. in Arizona
- Have clumped-up sugar in the canister? No worries. To keep sugar from hardening, add a slice of bread to the container from time to time, and leave it there a day before removing.
- Use this quick fix for oily hair. Rub a small amount of cornstarch into the oily areas of your hair. The cornstarch will soak up the dirt and oil; you just brush it out.
- A reader from Michigan wonders: How can I keep from having "static head," especially when using a hat? The answer: You probably already have the remedy in your pocket or purse -- a tube of lip balm. Rub some on your palms, then run your palms over your hair.

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.

HOLIDAYS (continued)

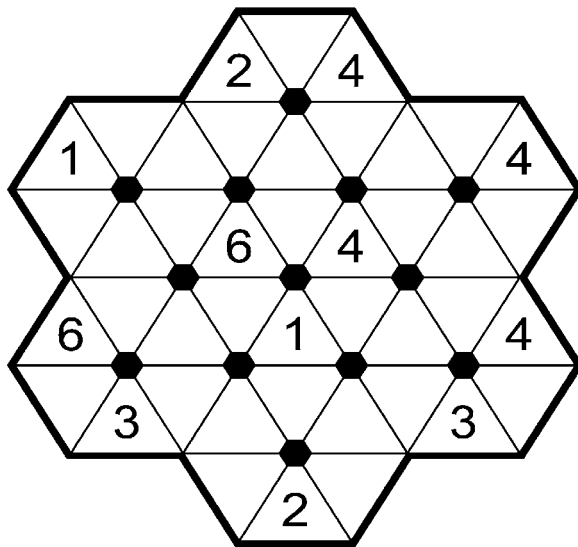
- Northern Italians engage in fruit-flinging silliness when they observe Ivrea Carnevale's "Battle of the Oranges." During the three days of the country's annual carnival (held during February or March), the local populace re-enacts an 1194 revolt by the people against a cruel count and his troops. The original revolt was conducted with stones, but today, the citizenry have smartly taken to instead using the oranges that exceed the country's yearly production quota. Some locals really re-enact the scene enthusiastically, so if you happen to attend, don't forget to duck.
- In the spring, India celebrates the Holi Festival of Colors. This "colorful" festival was re-created in the 2006 independent film, "Outsourced" (the inspiration for a similarly named NBC sitcom last year). All the colors of the rainbow are tossed around in powders that men and women throw at each other. In addition, people pitch buckets of water on each other, making for a messy good time. These playful activities are accompanied by dancing and the frenzied beating of drums. This festival has political and socio-economic significance as well, since it marks one of the only times where one sees men and women of various social castes mixing in Indian society.
- Thailand's Songkran Festival, held April 13-15, is part of the Thai New Year and is a very wet tradition. While "Songkran" is a Sanskrit word that in Thai refers to the influence of the sun on certain Zodiac signs, it is water that captures the attention and imagination of all the locals.
- As part of their celebration of the vernal equinox, the people congregate with buckets, hoses, water balloons, water pistols and anything else that can capably transport water for the purposes of drenching everything and everyone from head to toe. This may well be the world's biggest water fight. Of course, "fight" isn't really the right word, because the action of tossing water to others is actually perceived as a demonstration of kindness and respect during the festival. Maybe the "world's biggest water hug" would be more appropriate.
- Each July, the citizens of the Eastern European republic of Belarus gather for Ivana Kupala Day, a celebration of fertility. Among the customs observed are dancing, singing and the donning of wreaths by both sexes. To add a special twist to their festivities, the people also go skinny-dipping and jump through fire, though presumably not at the same time.

continued on next page

SNOWFLAKES

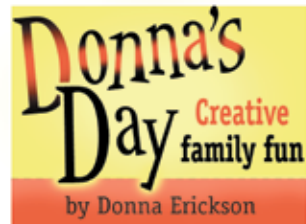
by Japheth Light

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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Fun Games to Keep Minds Sharp in 2012

I resolve to build a better brain in 2012. If you're like me, the "think tank" can always use a little exercise, and it's easier and definitely more fun to keep a resolution when you share the challenge with friends and family. That's where games come in. Here are a couple of fun brain games to put smiles on faces and help everyone in the family keep their mind sharp.

TAKE TWO!

When you don't have time for a standard Scrabble board game, try this speedy version that uses the letter tiles without the board. My daughter taught it to us years ago, and our family is still hooked!

Here's how:

Turn all the Scrabble tiles upside down in the center of the table. Each player takes seven tiles, turns them over and quickly creates words in his own crossword arrangement in front of him. Each word must connect with another, as it would on a Scrabble board. As soon as one of the players has used all seven tiles to form his words, he shouts, "Take 2."

Each player now draws two more tiles and attempts to work them into their arrangements. Continue this fast-paced play with each player drawing two tiles when someone shouts, "2."

As the game progresses, players may rearrange their words as they work in the new letters. When all tiles are gone from the center, the game proceeds until one player has used up all of his letters. Count individual scores by adding up the points printed on each of the letters for all words formed. Deduct points for tiles not used. Highest score wins.

I-SPY MEMORY GAME

Pull out your kitchen junk drawer, gather family members around and say, "Ready, Set, Go!" Quietly study the contents for 20 seconds. Hide the drawer, and ask everyone to write a list of items they saw. Designate an amount of time for writing, depending on ages of your kids. When time is up, read off your answers, and the longest list wins. For another round, try other storage areas, such as a tackle box, sewing basket or your desk drawer when kids visit your office.



A young woman was taking an afternoon nap. After she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace for Valentines Day. What do you think it means?"

"You'll know tonight," he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it — only to find a book entitled "The Meaning of Dreams."

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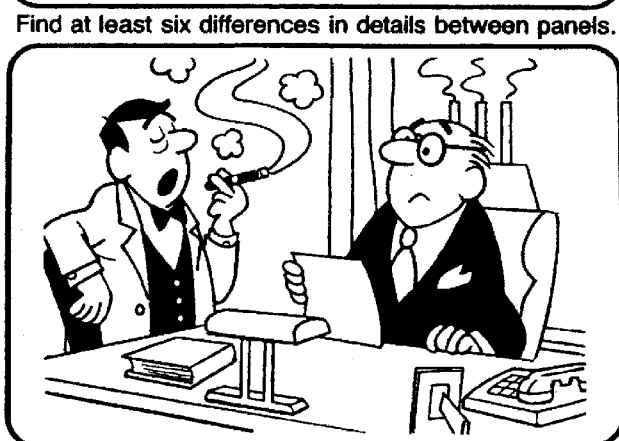
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- Sports QUIZ**
By Chris Richcreek
- Who holds the Giants' record for most career RBIs?
 - The Houston Astros had four different managers during the 1980s. Name two of them.
 - When was the last time before 2010 that Army's football team played in a bowl game?
 - In the 2009-10 season, the New Jersey Nets became the fifth team in NBA history to lose at least 70 games in a season. Name two of the other four.
 - Chris Osgood is one of six NHL goaltenders to have won 400-plus games and three Stanley Cups during their careers. Name three of the other five.
 - How many times has Jamaican runner Usain Bolt won Athlete of the Year from the International Association of Athletics Federation?
 - In 2011, the LPGA's Yani Tseng, at 22, became the youngest golfer to win five career major titles. Who had been the youngest?

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Phone is different. 2. House is missing. 3. Vest is black. 4. Papers are missing from desk. 5. Book is different. 6. File cabinet is gone.

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Strange BUT TRUE

- It was noted 20th-century poet T.S. Eliot who made the following sage observation: "Some editors are failed writers, but so are most writers."
- The United States' first railroad was built in 1809 in Crown Creek, Pa., by a man named Thomas Leiper. It had wooden tracks.
- When the now-classic television show "Gilligan's Island" first aired in 1964, critics were not impressed. The review published in the San Francisco Chronicle said, "It is difficult to believe that this show was written, directed and produced by adults. It marks a new low in the networks' estimation of public intelligence." The show went on to air for three seasons and spurred three TV movie sequels.

HOLIDAYS (continued)

- From the country that gives us the annual "Running of the Bulls" comes an even more curious holiday. On August 27, Spain observes La Tomatina. As you may have gathered from the name, this day involves tomatoes. What you may not have known is that it involves 30,000 people engaged in pitched aerial battle with the beloved red (or green) fruit. For two hours, natives toss tomatoes at each other until 125,000 of them pepper the landscape and people. It's all in good fun, celebrating a similar spontaneous food fight that broke out during a parade over 65 years ago. Perhaps nowhere else has so much produce gone to such silly and undoubtedly enjoyable use.
- We've featured the world's biggest tomato, orange and water fights so far, so why not shine a light on the world's biggest tug-of-war? The Naha Tug-of-War takes place on October 11 in the middle of the Naha Festival, one of the largest celebrations in Okinawa, Japan. One of the region's biggest thoroughfares, Highway 58, is shut down so that tens of thousands can congregate to decide which of the two masses can pull the other 30 meters. This is no simple length of rope, mind you. Made of rice straw, the rope is so large that no single set of hands could possibly hold it. In fact, it's so big that a series of smaller ropes are attached all over its surface to accommodate the swarm of hands there to participate. Seen from a distance, it might look as if a massive synthetic snake several blocks long and taller than a car had taken control of the freeway. Fortunately, it's just a Guinness-World-Record-breaking competition in a country famous for its fascinating customs.
- An ex-slave is the focus of the African holiday called Matilda Newport Day, celebrated on December 1 in Liberia. Elderly Matilda Newport was a brave lady who changed the fate of an entire country with a single act. A colony of freed American slaves was attempting to form its own nation in Equatorial Africa. In a battle between the colonists and hostile indigenous tribes, the tribes were winning, and all but a few colonists abandoned the fight. That's when Matilda approached a cannon that, having been forsaken by colonists, had drawn the attention of tribesmen. Thinking her harmless, they took no notice when she dropped a burning coal into the curious machine. When it went off, it frightened the invaders so much that they fled, making Newport a most improbable war hero.

continued on next page

DOMESTIC * WILD GAME PROCESSING FROZEN FOOD LOCKERS SLAUGHTERING JERKY HAMBURGER SAUSAGE

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- Believing that beards and long hair were too easy for enemies to grab, Alexander the Great ordered his soldiers to shave their faces and heads before going into battle.
 - You hear a lot about the isolationism of Switzerland -- the country that's always neutral in any conflict -- but you might be surprised to learn how serious they are about it. The country's system of roads is mined in 2,000 places and can be demolished in the space of 10 minutes.
 - Are you doing your share? If you've had a beer today, you've contributed to the approximately 90 million cans of the brew that are consumed by Americans every day.
 - When the territory that later became the state of Alaska was purchased from Russia in 1867, the cost came out to about 2 cents per acre.
 - It's not clear why, but it seems that fine hair grows faster than coarse hair.
- Thought for the Day:** "My father taught me to work, but not to love it. I never did like to work, and I don't deny it. I'd rather read, tell stories, crack jokes, talk, laugh -- anything but work." -- Abraham Lincoln

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**FAMOUS LANDMARKS
CAPITOL RECORDS BUILDING**

In the middle of Hollywood, near the famed intersection of Hollywood Boulevard and Vine Street, sits a building like no other in Los Angeles County. Seen from above, it's the one structure that could pass for an alien installation in some futuristic metropolis. Thirteen stories of architectural innovation with a long white spire sitting atop, it's the Capitol Records Building, also known as the Capitol Records Tower or Capitol Tower.

- The Capitol Records Building was the world's first circular office building. The remarkable structure was the brainchild of designers Welton Becket and Louis Naidorf, and it has been described by the Los Angeles Times as ranking "among the dozen or so best-known landmarks in all of Southern California." Created as a mixed-use building, the Capitol Tower is less than a 150 feet tall.
- Many have suggested that the building's resemblance to a stack of records was by design, but it was actually a happy accident. The shape was actually a response to the problem of available space created by earth-quake regulations that limited the structure's height. The shape allowed designers to maximize the number and size of offices available within its walls, and the circular shape resulted in considerably lower energy costs.
- There is a blinking red light that adorns the building's spire. Though one could assume its significance lies merely as a signal to low flying aircraft, it actually blinks the word "Hollywood" in Morse Code. In fact, the light's initial activation on April 6, 1956, was conducted by the granddaughter of Samuel Morse (for whom Morse Code is named), Leila.
- This message has changed only once in the building's 55-year history. This occurred in 1992, when the message was altered to read "Capitol 50," reflecting the record company's 50th year in business. In September of this year, the normally white spire atop the building was lit blue at night, as part of "Blue September," a month raising awareness about the importance of early detection in prevent-ing prostate cancer.

continued on next page

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Pat Sheranian has been entertaining radio audiences in Utah Valley for years and is back again, only now she has added live video streaming to her show. Pat and her co-hosts 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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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.

	+		÷		2
x		x		-	
	+		+		7
-		+		x	
	÷		+		6
15		17		25	

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

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Weekly SUDOKU

by Linda Thistle

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

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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THIS WEEK'S CELEBRITY BIRTHDAYS
 Oprah Winfrey 1/29/1954
 Gene Hackman 1/30/1930
 Christian Bale 1/30/1974
 Justin Timberlake 1/31/1981
 Michael C. Hall 2/1/1971
 Shakira 2/2/1977
 Nathan Lane 2/3/1956
 George A. Romero 2/4/1940

Holidays & Observances This Week
 1/29 National Puzzle Day
 1/30 Bubble Wrap Appreciation Day
 1/31 Backward Day
 1/31 Inspire Your Heart with Art Day
 2/1 National Freedom Day
 2/2 Groundhog Day
 2/4 World Cancer Day

Good Housekeeping
Sticky Toffee Pudding
 The term pudding in England refers to many kinds of desserts. This pudding -- all the rage in Great Britain and Australia -- is a moist cake with a sticky broiled-on brown-sugar topping.
 1 cup dates, chopped and pitted
 1 teaspoon baking soda
 1 cup sugar
 10 tablespoons (1 1/4 sticks) margarine, softened, substitute butter
 1 large egg
 1 teaspoon vanilla extract
 2 cups all-purpose flour
 1 teaspoon baking powder
 1 cup packed brown sugar
 1/4 cup heavy cream, substitute whipping cream
 Whipped cream

1. Grease 13- by 9-inch broiler-safe baking pan. In medium bowl, combine dates, baking soda and 1 1/2 cups boiling water; let stand 15 minutes.
 2. Preheat oven to 350 F. In large bowl, with mixer at medium speed, beat sugar and 6 tablespoons margarine or butter until creamy. Add egg and vanilla; beat until blended. At low speed, beat in flour and baking powder. Add date mixture and beat until combined (batter will be very thin). Pour batter into baking pan. Bake 30 minutes or until golden and toothpick inserted in center comes out clean.
 3. Meanwhile, in 2-quart saucepan, heat brown sugar, heavy cream and remaining 4 tablespoons margarine or butter to boiling over medium heat; boil 1 minute. Set aside.
 4. Turn oven control to broil. Spread brown-sugar mixture evenly over top of hot dessert. Place pan in broiler at closest position to source of heat; broil until bubbly, about 30 seconds. Cool in pan on wire rack 15 minutes. Serve warm with whipped cream if you like. Serves 12.
 • Each serving: About 340 calories, 10g total fat (2g saturated), 18mg cholesterol, 275mg sodium, 62g total carbs, 3g protein.

CAPITOL RECORDS (continued)
 • The first recording made in the Capitol Records Building was actually a series of instrumentals entitled "Frank Sinatra Conducts Tone Poems of Color." Since then, the tower has been the artistic home of such musical icons as The Beatles, The Beach Boys, Tina Turner, Steve Miller, Bonnie Raitt and the aforementioned "Chairman of the Board" Frank Sinatra.
 • The 13 circular floors of the building sit on a square base. At the base's southern face, one can view a large mural created by artist Richard Wyatt entitled "Hollywood Jazz." Among the fanciful portraits found there are titans of jazz and blues including Billie Holiday, Duke Ellington and Nat King Cole. The latter is even rumored to be responsible for suggesting the building's singular shape. The past two decades haven't been kind to the mural, as it has faded considerably. Yet it remains a beautiful testimony to our rich musical past.

NAME THAT MOVIE OR FAMOUS FIGURE!

1. "Why, Mr. Anderson? Why do you do it? Why get up? Why keep fighting? Do you believe you're fighting for something? For more than your survival? Can you tell me what it is? Do you even know? Is it freedom? Or truth? Perhaps peace? Yes? No? Could it be for love? Illusions, Mr. Anderson..." (Hint: It was a big science fiction hit in 1999.)
 Answer: "The Matrix"
2. "Listen to me, mister. You're my knight in shining armor. Don't you forget it. You're going to get back on that horse, and I'm going to be right behind you, holding on tight, and away we're gonna go, go, go!" (Hint: It was one of Katherine Hepburn's final films, from 1981.)
 Answer: "On Golden Pond"
3. "Cinderella story. Outta nowhere. A former greenskeeper, now, about to become the Masters champion. It looks like a mirac...It's in the hole! It's in the hole! It's in the hole!" (Hint: It was one of the biggest comedies of 1980.)
 Answer: "Caddyshack"
4. "I said that I would see you because I had heard that you were a serious man, to be treated with respect. But I must say no to you and let me give you my reasons. It's true I have a lot of friends in politics, but they wouldn't be so friendly if they knew my business was drugs instead of gambling which they consider a harmless vice. But drugs, that's a dirty business." (Hint: It was one of the most celebrated Best Picture winners of the 1970s.)
 Answer: "The Godfather"

continued on next page



Q: I have a "Lion Hunter" cast-iron bank that I believe is quite old. I found it in a thrift shop several years ago and want to find out more about it and its possible value. -- Lynn, Sun Tan, Ariz.
A: The Lion Hunter bank was patented in 1911, designed by Charles A. Bailey of Cobalt, Conn., and manufactured by J and E Stevens Company, Cromwell, Conn. A coin is placed in front of the cocking device of the gun, when a lever is pressed, the hunter fires, the coin strikes a lion and falls into a receptacle below.
 If an original, this is quite a valuable bank ranging in value from a low of about \$3,000 to a high of \$35,000, depending on condition. Be aware that this bank has been reproduced and some of the reproductions have been aged to look old. One of the better references is "Official Guide to Mechanical Banks" by Dan Morphy, published by House of Collectibles.

Q: I have an older fishing reel in its original box. It has a beautiful design. How I can determine its value? -- George, Albuquerque, N.M.
A: Many collectors have become hooked on fishing collectibles. The original interest was generated by old lures and some reels and rods. It later expanded to include advertising memorabilia and miscellaneous items. Recent prices include a 1931 catalog from the Shakespeare company, \$150; a Heddon Lure, No. 100, \$350; a Mitchell reel, model No. 70, \$65; and a rare 1931 limited edition of "The Compleat Angler" by Arthur Rackham and Izaak Walton, \$3,000. One of the better references is "Fishing Collectibles: Rods, Reels, Creels" by Russell E. Lewis (Krause, \$29.99).
Q: I have a 1929 Majestic console radio in walnut. Although it has a few scratches, the radio works and it is original. I paid \$450 for it at an antique shop several years ago, and wonder if it's worth more than I paid. -- Ken, Providence, R.I.
A: Your radio currently is valued in the \$150 to \$200 range. Majestic radios are fairly common and not as desirable with collectors as many of the more popular brands, such as Philco and Zenith.



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top ten

King Crossword

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ACROSS

1	2	3	4	5	6	7	8	9	10
11			12				14		
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18				19		20		21	
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50	51	52			53		54		55
56					57			58	
59					60				61

- 1 Energy
- 4 Method
- 7 Additionally
- 11 Destruction
- 13 Greek H
- 14 Midday
- 15 Sandwich cookie
- 16 Dickens pseudonym
- 17 With 52-Down, year-end fuel
- 18 Value
- 20 Versifier
- 22 Embrace
- 24 "Do unto ..."
- 28 Custodian
- 32 Mannerly
- 33 "Once — a time"
- 34 Beavers' structure
- 36 Pleasant
- 37 Sill
- 39 Threw and caught repeatedly
- 41 Ancient parlor
- 43 Showbiz job
- 44 Hippocratic, e.g.
- 46 Aristocratic
- 50 Sandwich shop
- 53 Once around the track
- 55 Hebrew month
- 56 Revlon rival
- 57 Exist
- 58 Nintendo competitor
- 59 Safecracker
- 60 Hot tub
- 61 Lair
- 8 Gehrig of baseball
- 9 Scale member
- 10 Singleton
- 12 "Forget it!"
- 19 Shack
- 21 And so on (Abbr.)
- 23 Deity
- 25 Wicked
- 26 Wedding shower?
- 27 Coaster
- 28 Broadway composer
- 29 Pinnacle
- 30 Protuberance
- 31 British rule in India
- 35 Beer vessel
- 38 Historic period
- 40 Martini ingredient
- 42 Book of maps
- 45 Angelic instrument
- 47 Lost vital fluid
- 48 Olympic 27-Down
- 49 Verve
- 50 24 hours
- 51 First lady?
- 52 See 17-Across
- 54 Pod occupant

Disappearing Middle-Class Jobs

1. Benefits managers
2. Ad managers
3. Math techs
4. Proofreaders
5. Law clerks
6. Transit police
7. Agricultural engineers
8. Broadcast news analysts
9. Middle school vo-tech teachers
10. Travel agents

Source: Forbes
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TIDBITS® NUGGET OF KNOWLEDGE

Although we associate Thanksgiving with the earliest western settlers to what became America, the holiday has only been officially celebrated for 150 years, after President Abraham Lincoln declared the first national Thanksgiving Day in 1863. Contrary to popular belief, Thanksgiving isn't just a U.S. holiday. Canada has been celebrating its own Thanksgiving since 1879, just 16 years after we began celebrating ours. // Canadian Thanksgiving is held each year on the second Monday in October.

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

Choices for Blocked Leg Artery

DEAR DR. DONOHUE: I am a 74-year-old male and have been diagnosed with peripheral artery disease, PAD. I have a complete occlusion of the main artery just above the knee. What, in your opinion, are the chances of getting through the blockage with angioplasty? There is constant soreness in my calf, even at rest. Is that caused by the blockage? Will cilostazol (Pletal) and Crestor possibly dissolve some of the blockage? -- J.C.

ANSWER: Peripheral artery disease, PAD, is also called peripheral vascular disease. It's an obstruction to the flow of blood through a leg artery. The obstruction is a buildup of cholesterol, fats and various other blood elements. Between the ages of 60 and 65, 4 percent of adults have it, and by the time people reach 80, 20 percent or more are victims of it. Its chief sign is intermittent claudication, which is pain in leg muscles, quite often the calf muscles, when a person is active. Many can predict almost to a specified number of steps when the pain will arise. Once the person rests, pain usually lasts minutes, but it can take 20 or more minutes to leave. It returns when the person begins to walk again. I can't say definitely if your constant calf pain is due to PAD; it might be.

Ankle blood pressure is a valuable test for detecting PAD. Normally, the ankle pressure should be close to the arm blood pressure. A lower ankle pressure indicates an obstruction in a leg artery. Your medicines cilostazol and Crestor won't completely dissolve the buildup in your leg artery, but they'll keep it from growing larger. Crestor might reduce the size somewhat. You can help matters by watching your cholesterol; eating a diet that emphasizes grains, fruits and vegetables; controlling your blood pressure; and controlling your blood sugar if you have diabetes. Walking is an exercise that is most helpful.

Angioplasty is one option for you. It will get through the buildup. It's the same procedure used to open heart arteries with a balloon-equipped catheter that is threaded to the blockage through a surface artery. The balloon is opened at the obstruction, and often a stent is left in the artery. A stent is a wire device that keeps the artery opened. Surgical replacement of the clogged segment of artery with a graft is another option. The location and extent of disease determine which is the better choice.

The booklet on PAD explains this common condition in detail. To obtain a copy, write: Dr. Donohue -- No. 109W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: My boyfriend's feet sweat terribly. His socks are wringing wet when he takes his shoes off after running. I have told him to wear cotton socks, and he made the change. I don't see any improvement. Would a different kind of sock be better? -- H.M.

ANSWER: Acrylic is a better material. It wicks moisture away from the feet. Dusting powders and a change of socks will improve the situation. Have him carry an extra pair with him when he runs. Damp feet invite fungal infections.

The Spats

by Jeff Pickering



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!

Allow
IMPERT

Cheer
ASPIRE

Entity
BINGE

Place
TINSALL

TODAY'S WORD

KIDBITS

A REBUS STUMPER!

F R I E N D
ST &
F R I E N D

A REBUS is a pictorial representation of a word or phrase. You have five minutes to solve the one above.

Answer: "A misunderstanding between friends." (STANDING is the tough part — ST AND IN G.)

A DRAWING WAGER! Bet your friends that they can't draw four arrowheads in such a way that, instead of four, they will have five. Figure 2 shows you how this can be done.

IT'S MAGIC! Use the numbers 11 through 20 to fill in our Magic Square. The numbers in each horizontal row and vertical column should total 75. We've filled in six of the squares. The rest is up to you.

Answers: First row: 18, 21, 25, 11, Second row: 24, 12, 17, 22, Third row: 13, 27, 19, 16, Fourth row: 20, 15, 14, 26.

Junior Whirl
by Charles Barry Townsend

THE PYRAMID OF WORD POWER!

Don't get "dizzy" looking for these words. Starting with the given word MAELSTROM, try dropping one letter at a time as you work your way up so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order, beginning with MAELSTROM.

1. A violent whirlpool.
2. A small South American monkey.
3. A great composer.
4. A performer of great skill.
5. An intent gaze.
6. To demolish.
7. Body of water.
8. In the same manner.
9. Your grade for this test?

Illustrated by David Coulson

LAFF-A-DAY

Answers: (From the bottom up): Maelstrom, mar-mose, maestro, stare, rase, master, stare, sea, as, A.

NAME THAT (continued)

5. "Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it."

(Hint: He was a two-term U.S. President in the last 40 years.)

Answer: Ronald Reagan

6. "The inherent vice of capitalism is the unequal sharing of the blessings. The inherent blessing of socialism is the equal sharing of misery."

(Hint: He was a world leader at the center of World War II.)

Answer: Winston Churchill.

7. "This year will go down in history. For the first time, a civilized nation has full gun registration! Our streets will be safer, our police more efficient, and the world will follow our lead into the future!"

(Hint: He also was a world leader at the center of World War II.)

Answer: Adolf Hitler.

8. "In the first place we should insist that if the immigrant who comes here in good faith becomes an American and assimilates himself to us, he shall be treated on an exact equality with everyone else, for it is an outrage to discriminate against any such man because of creed, or birthplace, or origin. But this is predicated upon the man's becoming in very fact an American, and nothing but an American..."

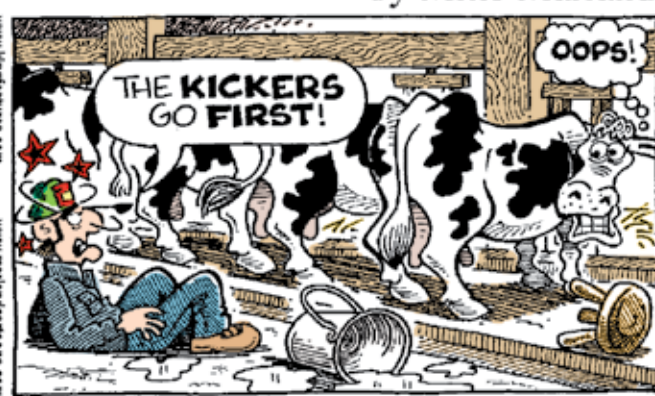
(Hint: He was a 20th century US President.)

Answer: Theodore Roosevelt

R.F.D.



by Mike Marland



TIDBITS WORD POWER
Unscramble this word:
RRABO AYD
This word means: A "wooden" annual celebration

Comfort foods
Made fast and healthy
by JoAnna M. Lund

Hungarian Chicken Goulash

Goulash and Hungary are truly synonymous in the cooking world. My version offers a new twist on an old favorite by simply substituting cooked chicken (or turkey, if you prefer) for the traditional beef. Enjoy!

- 1/2 cup finely chopped onion
- 1 cup frozen cut green beans, thawed
- 1 (15-ounce) can diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce
- Sugar substitute to equal 1 tablespoon sugar, suitable for cooking
- 1 tablespoon paprika
- 2 cups hot, cooked noodles, rinsed and drained
- 1 1/2 cups diced, cooked chicken breast

1. In a large skillet sprayed with butter-flavored cooking spray, saute onion and green beans for 5 minutes. Stir in undrained tomatoes, tomato sauce, sugar substitute and paprika. Add noodles and chicken. Mix well to combine.
2. Lower heat and simmer for 10 minutes, stirring occasionally. Makes 4 (1 1/2 cups each) servings.

• Each serving equals: About 259 calories, 3g fat, 24g protein, 34g carb., 735mg sodium, 4g fiber; Diabetic Exchanges: 2 Meat, 2 Vegetable, 1 1/2 Starch.



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Cat-Proofing Your House
By Samantha Mazzotta

DEAR PAW'S CORNER: A friend of mine recently commented that when she brought her new cat home last year, she immediately had to put protective caps on all the electrical outlets because the cat kept trying to stick her claws into them. Do cats really do that? Mine doesn't.
-- Sarah in Burlington, Vt.

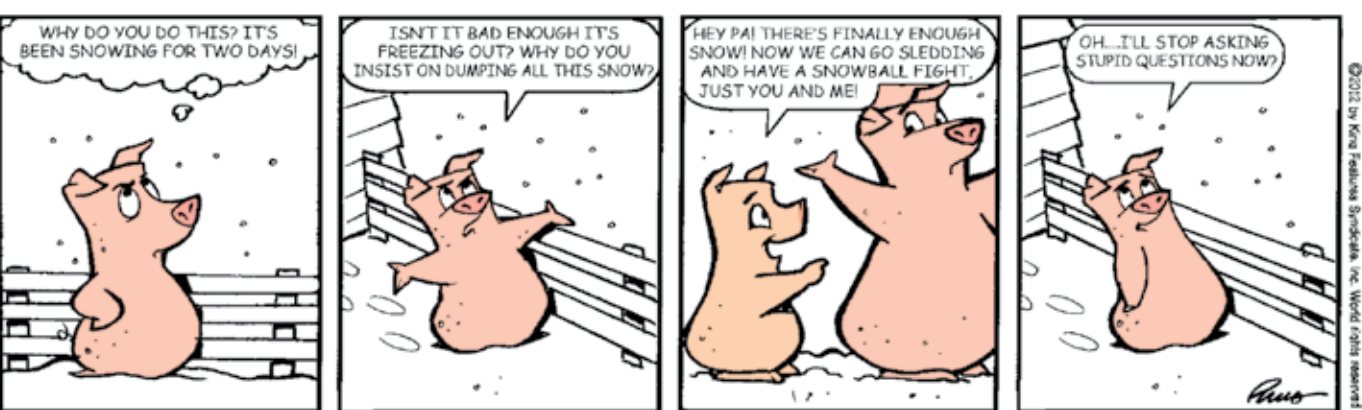
DEAR SARAH: It's not unheard of, as cats are curious, like to explore and often find certain things fascinating (while being totally uninterested in other things, like the expensive catnip-infused designer mouse I bought for my cat last Christmas. Not that I'm bitter about that). Because of this, and because no one is ever totally sure what a cat will take a keen interest in, cat-proofing the areas in which your cat roams is essential. Make sure it can't access the places where you store cleaning supplies or human food (some of which can be poisonous to cats). Put houseplants, particularly those from the lily family, out of reach -- or even better, out of the house -- as they can be deadly to cats when ingested. Don't let the cat access areas like the garage, workshop or the utility room. Be aware of where your cat is before you open the front door, so that it doesn't slip outside. Because cats tend to be much more low-maintenance than dogs, most pet owners don't think much about taking precautions keep their cats away from dangerous areas. Do what's necessary to keep them safe from potential hazards. 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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Amber Waves

by Dave T. Phipps



VETERANS POST
by Freddy Groves

Deadline Extended for Gulf Benefits

If you're a Gulf War I or II veteran, you would have needed a service-connected illness to rear its head by Dec. 31, 2011 to collect benefits. Now there's a new law: You have until the end of 2016 to apply. One big difficulty with the illnesses that have come out of that region is that they haven't always appeared quickly. Sometimes it was years down the road before problems came up, and they took awhile to diagnose. According to Veterans Affairs Secretary Eric Shinseki, "When there is uncertainty about the connection between a medical problem and military service, veterans are entitled to the benefit of the doubt." If you have medical problems but are having trouble getting a diagnosis, look through the VA site [www.publichealth.va.gov] and click on Hazardous Exposure. See if you find any answers there. Some of the hazards listed are:

- Burn pits: Exposure to the smoke from any number of pollutants
- Infectious diseases: The list includes Malaria, Brucellosis, Campylobacter Jejuni, Coxiella Burnetii (Q Fever), Mycobacterium Tuberculosis, Nontyphoid Salmonella, Shigella, Visceral Leishmaniasis, West Nile Virus
- Depleted uranium exposure
- Toxic embedded fragments: The toxins can enter the bloodstream
- Rabies: If you were bitten within the past 18 months, go get medical care NOW
- Mefloquine (Lariam): Side effects from the anti-malaria drug
- Cold and heat injuries
- CARC paint: A chemical agent-resistant coating used on vehicles
- Chromium at Qarmat Ali Water Treatment Facility: Exposure was limited to the summer of 2003

If you think you qualify for help, call the VA at 1-800-827-1000.

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. 3, 1780, in one of the most famous crimes of post-Revolution America, 20-year-old boarder Barnett Davenport commits a mass murder, killing a family of five at their home in rural Connecticut. Until then, crime was viewed as sinners losing their way. But Davenport's crime caused people to perceive criminals as evil and alien to the rest of society.
- On Feb. 2, 1812, Russians establish Fort Ross on the coast north of San Francisco as a source of growing food. The effort was not successful. American John Sutter bought Fort Ross in 1841 with an unsecured \$30,000 note that he never paid.
- On Feb. 1, 1917, Germany returns to the policy of unrestricted submarine warfare in the Atlantic as it prepares to attack any and all ships. Two days later, the United States broke off diplomatic relations with Germany. Just hours after that, the American liner Housatonic was sunk by a German U-boat.
- On Feb. 4, 1922, the Ford Motor Company acquires the failing luxury automaker Lincoln Motor Company for \$8 million. Ford's son Edsel eventually helped to convince his father to drop his famous rule: "You can have any color, as long as it's black."
- On Feb. 5, 1937, President Franklin Roosevelt announces a controversial plan to expand the Supreme Court to as many as 15 judges. Critics charged that Roosevelt was trying to neutralize Supreme Court justices hostile to his New Deal. By 1942, all but two of the justices were his appointees.
- On Jan. 30, 1948, Mohandas Karamchand Gandhi, the political and spiritual leader of the Indian independence movement, is assassinated in New Delhi by a Hindu fanatic. Known as Mahatma, Gandhi's persuasive methods of civil disobedience influenced leaders of civil rights movements, especially Martin Luther King Jr.
- On Jan. 31, 1950, U.S. President Harry Truman publicly announces his decision to support the development of the hydrogen bomb. In 1952, the United States successfully detonated "Mike" in the Pacific Marshall Islands. The 10.4-megaton thermonuclear device instantly vaporized an entire island.

Dollars and sense

by David Uffington

Make 2012 the Year You Do It Yourself

When it comes to home repairs and maintenance, you don't always need to hire others. Make this the year you do it yourself -- and save money.

Here are some projects you can do yourself if you take it one step at a time:

--Install laminate and tile flooring: The key is making sure the base flooring preparation is appropriate for the laminate. Ask questions before you buy and read the instructions. Putting laminate flooring on a plywood subfloor upstairs is different than putting down flooring on concrete in a basement.

--Plumbing: You can repair a leaky faucet or toilet that keeps running, install washers, toilets and sinks, and more, but know when the project is too big. If the project involves pipes that bring water into your home or if it involves digging up the yard, it's too big.

--Simple electrical repairs: You can install a new outlet, dimmer switch or thermostat. You can rewire a lamp. Buy a voltage detector and be sure to cut off the power at the circuit panel. The key is to know when a project is out of the range of your abilities -- and safety. For many electrical projects, your local code likely will require a licensed electrician.

--Decorating: Look through magazines at the library for ideas that appeal to you. Paint, wallpaper and new slip-covers or throw pillows can change the look of any room. Here are some more tips:

Some of the big-box hardware stores have videos on project how-to, but the best ones are on YouTube.com where others have posted videos of their own. You're also likely to learn more about what NOT to do by watching these.

Expand your tool box if you need basics such as a hammer, two types of screwdrivers, and so on, but borrow any expensive tools you'll only need once.

If you haven't done a project before, read the instructions twice. Ask for advice, and get a friend to help. If a friend is doing a new project, offer to lend a hand. You'll pick up ideas and hints.

Take classes: Saturday morning classes at the local big-box store can teach you the basics for various home-repair projects.

Rule of thumb: Know your limits so you don't end up paying more for a professional fix.

"A Night on Broadway"

Payson High School Auditorium - 1050 So Main

SAT Feb 4 at 7:00 P

RESTORATION OF THE HUISH THEATER FUNDRAISER

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stitchesandsewforth.com

6:00 pm, Payson City Council Meeting, City Council Chambers
439 W. Utah Ave

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

Mon. Feb. 1st *Free Valentine's Poetry Sharing Event on Monday, February 6th, 6:00 pm, MT. Nebo Jr. High School, 851 West 450 South, Drama Room # 320, Payson, Utah.

Local Poetess, Norene Jensen, (DoveTail) invites you to compose your own original Valentine's poem to share.

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

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

Location: Recreation Department, 443 S. 200 E. Contact: 801 489-2730

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

Next to the Santaquin Pharmacy 801.754.5378

WORDS WITH MAGIC MAZE ● A WICK

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

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

Atwick	Chadwick	Pickwick	Wicket
Bailiwick	Eastwick	Sedgwick	Wickham
Brunswick	Hardwick	Warwick	Wicklow
Candlewick	Kennewick	Wicker	

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ANSWERS

SPORTS QUIZ

- Mel Ott, with 1,860 RBIs.
- Bill Virdon (1980-82), Bob Lillis (1982-85), Hal Lanier (1986-88) and Art Howe (1989).
- It was 1996 (Independence Bowl).
- Philadelphia (9-73 in 1972-73), Dallas (11-71 in 1992-93), Denver (11-71 in 1997-98) and the Los Angeles Clippers (12-70 in 1986-87).
- Martin Brodeur, Patrick Roy, Terry Sawchuk, Jacques Plante and Grant Fuhr.
- Three times, including 2011.
- Tiger Woods, at age 24.

King Crossword

Answers

Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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

Go Figure!

answers

6	+	8	÷	7	2
x		x		-	
4	+	1	+	2	7
-		+		x	
9	÷	9	+	5	6
15		17		25	



- Put the first men on the moon
- James Bond
- 1215
- Franklin Roosevelt
- A fear of teeth
- Wayne Rogers
- "The Romantic Egotist"
- 36
- West Virginia
- Mohandas Gandhi

WORD POWER ANSWER

ARBOR DAY

SCRAMBLERS solution

- Permit
- Praise
- Being
- Install

Today's Word:
SITTING