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Edible
ARRANGEMENTS

TIDBITS® SEARCHES FOR SUNSHINE

by Patricia L. Cook

Many people suffer from the blues during the winter months because of a lack of sunshine, but spring will bring us all warmth and sunny days soon! This Tidbits explores the gigantic star that our planet revolves around.

- The sun is a huge star that is the center of our solar system. Earth is tiny compared to the sun. Our entire planet could fit inside the sun 109 times if it was a hollow ball! Of course, it's not hollow; it is filled with hot gasses. How hot? The surface of the sun is about 10,000 degrees Fahrenheit (5,500 degrees Celsius). The core, or center of the sun, is estimated to be more than 28 million degrees Fahrenheit (15.5 million C).

- The sun is 864,000 miles (1.4 million km) in diameter, almost 35 times larger than the diameter of the earth and is about 330,000 times the mass of earth.

- On a mountain summit on a hot summer day, it appears that the sun is really close to earth. However, it is nearly 93 million miles (150 million km) away. It takes sunlight about eight minutes to reach us. Even with that distance, the light and heat keep our planet warm, allowing plants to grow and even giving us a sunburn if we are not careful. Without the sun, earth would be frozen and dark all the time and could not support life as we know it.

turn the page for more!

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1. **MEASUREMENTS:** How often would a tricennial celebration occur?
2. **MOVIES:** What movie is considered to be the first feature-length talking picture ever made?
3. **HISTORY:** In 1973, who became the second special prosecutor in the Watergate scandal?
4. **MYTHOLOGY:** What area of influence is the Norse god Bragi associated with?
5. **GENERAL KNOWLEDGE:** What country once had emperors called "kaisers"?
6. **MUSIC:** In musical terms, what is an opus?
7. **THEATER:** Who wrote the play "The Odd Couple"?
8. **GEOGRAPHY:** What river runs through Baghdad?
9. **GAMES:** How often is soccer's World Cup held?
10. **POETRY:** What poet wrote the lines, "Two roads diverged in a wood, and I ... /I took the one less traveled by"?

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- "For nice, evenly sliced mushrooms, use an egg slicer for cutting. It's super-easy to use, since a boiled egg and a nice white mushroom are almost the same size. I get good, uniform slices with the slicer." -- P.E. in Colorado
- Try auto polish on tough bathtub stains. There is a little more grit in it than the usual bathroom cleaners. Be sure to rinse well, and don't rub too hard, as it may scratch the tub surface.
- "Tissue boxes can be used to hold plastic baggies under the sink in the bathroom. I use grocery-store bags to line my bathroom trashcan. I choose a color-coordinated tissue box that has been emptied, fill it with the plastic liners and then set it under the sink or toilet tank. It's still nice-looking, even though it's out of the way, and I have baggies at the ready." -- E.R. in Mississippi
- "Return envelopes that come with junk mail can be saved and repurposed as coupon holders/grocery lists. I tuck my weekly coupons inside and write my list on the back of the envelope, which usually is blank." -- C.G. in Oregon
- To keep track of takeout menus, use a three-prong notepad with an assortment of sheet protectors. Insert the menu into a sheet protector and file away. You can group menus by cuisine or by price.
- Tired of losing matched socks? Purchase a large delicates bag for each family member. Put dirty socks in the personal bag so that they cannot be lost.

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.

TIDBITS QUOTE

"Keep your face always toward the sunshine — and shadows will fall behind you." — Walt Whitman

SUNSHINE (continued)

- The closer you get to the earth's poles, the more extreme the days are with and without sunshine. The North Pole does not have sunshine for 186 days a year.
- Barrow, Alaska, doesn't have any sunshine in December and January, but when summer rolls around, June through August, they are blessed with continual sunshine 24 hours a day.
- Today, much attention is focused on our need for vitamin D, known as the sunshine vitamin. Being in the sun is the best way to satisfy your body's need for vitamin D; it is produced in your skin when your skin is exposed to sunlight.
- A lack of vitamin D can put you at increased risk for the bone disease osteoporosis. Low vitamin D can also cause poor metabolism, a weakened heart and cause your body to heal slowly from broken bones and cuts.
- Even though Florida is nicknamed the "Sunshine State," there are five other states that actually have more sunshine. According to the National Weather Service, Arizona, California, Texas, Nevada and New Mexico catch more rays.
- The sunniest place in the United States where you can absorb some natural vitamin D is Yuma, Arizona. The next four places are: Redding, California; Flagstaff and Phoenix, Arizona; and Las Vegas, Nevada.
- Juneau, Alaska, is the cloudiest city in the United States with only 30 percent of the annual possible sunshine. Other areas that lack sunshine, where vitamin D supplements may be needed, are Quillayute, Washington; Elkins, West Virginia; Hilo, Hawaii; and Anchorage, Alaska.

continued on next page

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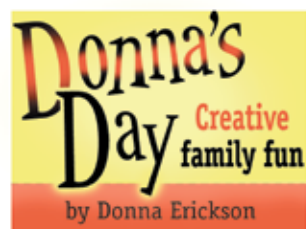
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SNOWFLAKES
by Japheth Light

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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**Celebrations
Bring Families
Together**

I was busy checking off my to-do list for an upcoming trip to Vietnam when Vietnamese-American friends invited me to their home on Jan. 23 to celebrate the Vietnamese New Year, known as Tet. I accepted without hesitation, knowing full well that nothing stirs up pre-trip excitement more than learning as much as possible about a culture and its people before you go. Celebrating with the Vu family did that and more, providing a taste of what I'll soon experience on the other side of the world. Make that a spicy taste!

Gathering around long tables with the extended family, we feasted on a variety of homemade dishes served up with an array of fresh herbs and tangy sauces. From spring rolls and large bowls of tasty pho soup to chilled melon slices for dessert, I enjoyed every minute of the cultural feast.

And thanks to their satellite dish, we were later transported to Vietnam as we watched Tet holiday music and dance performances on a Vietnamese channel. It IS a small world after all.

Though different from one household to the next, holidays, birthdays and events are highlights on every family calendar. When you turn the page to March, broaden your horizons and think of all the celebrations both big and small that can brighten your days.

Here are ideas to add to your March mix:

- Celebrate the beauty of the outdoors and look for "Spring Firsts" wherever you go.
- Mark your discoveries on your calendar and count them up at the end of the month.
- Celebrate brighter evenings when you spring forward with Daylight Savings Time on March 11.
- Celebrate Irish-American culture on St. Patrick's Day, March 17.

For fun, tint a dollop of shaving cream with green food coloring and finger-paint a shamrock on the bathroom mirror on Saturday morning. Attend a St. Patrick's Day parade, and make mulligan stew for dinner.

- Celebrate March winds and fly a kite or and hang a wind chime outside.
- Celebrate the joy of creativity and laughter. Plan an April Fools Day caper to surprise a friend on April 1.

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1 Name the last rookie manager before Don Mattingly of the Los Angeles Dodgers in 2011 to beat the defending World Series champions on Opening Day.

2 Only two major-league teams since 1900 started a season 0-6 and made the playoffs. Name either one.

3 Name the last 11-win team to not make the NFL playoffs.

4 In 2011, Doc (1980) and Austin Rivers became the second father-son basketball duo to be named McDonald's All-Americans. Who was the first?

5 When was the last time an NHL team won back-to-back Northeast Division titles?

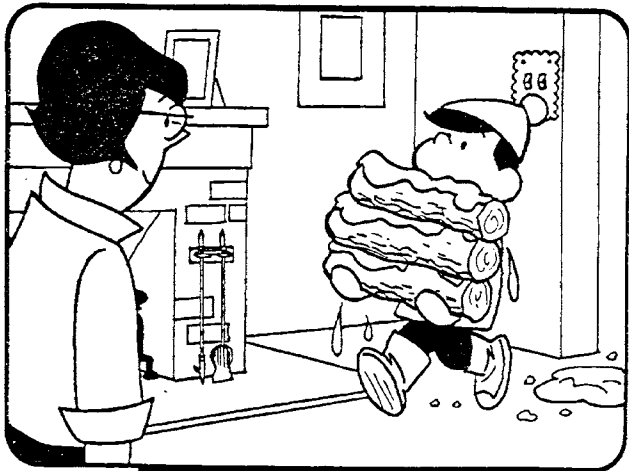
6 Name the first Major League Soccer team to win consecutive U.S. Open Cups?

7 In 2011, Joseph O'Brien became the youngest jockey to win a Breeders' Cup race. How old was he?

By Chris Richcreek

HOCUS-FOCUS

BY HENRY BOLTINOFF



HOCUS-FOCUS



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.
Differences: 1. Hair is different. 2. Cuff is missing. 3. Androns are missing. 4. Picture is different. 5. Hand is moved. 6. Switch is missing.

Laugh a bit with **TIDBITS**

Jack stayed up all night to see where the sun went.
The next morning, it finally dawned on him!

Strange BUT TRUE

It was English philosopher Francis Bacon who made the following sage observation: "The root of all superstition is that men observe when a thing hits, but not when it misses."

I'm sure you've seen photos of those picturesque covered bridges. It seems that they would have provided a welcome haven for people driving buggies caught out in the rain. You may be surprised to learn, though, that the bridges weren't designed with a roof for the comfort of travelers. Being made of wood in an era before protective sealants, the bridges themselves needed to be protected from the elements.

Most frogs lay their eggs in the water; that way, when the tadpoles hatch they are already in their element. The red-eyed tree frog, however, protects its eggs from aquatic

SUNSHINE (continued)

If you search the internet for businesses, towns, clubs and other organizations that use the word sunshine in their name, you will probably be amazed. It seems that everyone loves sunshine! The word seems to imply happiness. However, there are a few places borrowing the name that haven't turned out so sunny. How about ghost towns?

Sunshine, Tennessee, is also known as Kinsel Springs, after S.J. Kinsel who established the town in the early 1900s. Located in what is now the Great Smoky Mountain National Park, at one time it had a large resort hotel, and people rode the train from Knoxville to enjoy swimming in the Little River and walking across the swinging bridge. After the hotel burned in the 1950s, and the railroad's demand for the local lumber dried up, the company was discontinued and the town died. The swinging bridge has been renovated, but not much else is there today.

Mr. Kinsel, known for his wealth, was also known for his generosity. He donated a large sum of money to the International Sunshine Society. The society was started in the early 1900s to help infants and children who were blind, to bring "sunshine" to their sweet lives.

Two mines named "Sunshine" were located in Utah and Idaho, for gold and silver respectively.

Sunshine Mine in Utah was expected to be a great gold find but proved to be disappointing and was abandoned after 15 years of work. Only about \$400,000 in gold was extracted. Sunshine Canyon, where the mine was located, has been deserted since 1910.

Sunshine Mine in Idaho, located between the towns of Kellogg and Wallace in the Idaho panhandle, was a silver mine that produced almost 365 million ounces of silver from 1904 through 2001. Unfortunately, the Sunshine Mine has the distinction of being the spot of the worst disaster in Idaho history. A fire in the mine in 1972 killed 91 workers. A monument to the lost miners was erected near the mine and can be viewed there today.

continued on next page

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predators by attaching its eggs to the underside of leaves that hang out over a body of water. Once the eggs hatch, the tadpoles fall into the water.

The next time you travel to the United Kingdom, if you visit the university towns of Cambridge or Oxford, you should keep off the grass. Professors are the only ones allowed to walk on most of the green swards in those towns.

In ancient Rome, it was widely believed that holding in gas could cause a person to catch a disease or become poisoned. This was such a concern to public health that Emperor Claudius went so far as to pass a law making it legal to fart at banquets.

Have you ever known someone who keeps making the same error over and over again despite being corrected? The next time you run into this person, you'll know what to call him or her: a mumpsimus.

Thought for Today: "I have no special talents. I am only passionately curious." -- Albert Einstein

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SUNSHINE (continued)

- Sunshine Hill, Texas, near Wichita Falls, got its name from the fact that at 1,208 feet (368 m) above sea level, it was the highest hill in the area. The school that was established there in 1889 was the only structure left in the town in recent years. Unfortunately, the school burned to the ground in March 2011.
- North of the border in Alberta, Canada, is Sunshine Village Ski Resort, one of three ski resorts within Banff National Park. It claims to have up to 30 feet (9 m) of snow in the winter! It also has summer hiking access and fun programs beginning in June.
- All of us need to be thankful for the sun coming up every morning and going down every night. There have been numerous religions that have the sun as their centerpiece. The Egyptians, Aztecs, Greeks and Japanese all had major tenets of their beliefs based on the sun. The Aztecs actually thought the sun died every night and had to be resurrected each day.

**FAMOUS LANDMARKS:
BANFF NATIONAL PARK**

The first national park in Canada, second in North America and third in the world, Banff, lies about an hour and a half west of Calgary, Alberta.

- Banff started as a small hot springs reserve. When the Great Canadian Railway reached the Banff area in 1883, two railway workers discovered hot springs near an area referred to as siding 29. The hot springs quickly became an attraction for visitors, and the government established the Banff National Reserve in 1885. At that time, it was 10 square miles (26 sq km).
- When the Canadian government changed the designation of the area to Rocky Mountain National Park in 1887, it included the town of Banff and the hot springs. The size at that time was 260 square miles (673 sq km). The main transportation to the park was the Canadian Pacific Railway, which is still around today, more commonly known as CP Rail.
- Today, Banff National Park consists of 2,564 square miles (6,641 km²) of spectacular mountain scenery nestled in the heart of the Canadian Rocky Mountains. The western border of the park runs for 149 miles (240 km) along the Continental Divide.

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		15
+		+		x	
	÷		+		11
÷		x		÷	
	+		x		12
15		12			10

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

1 2 3 3 4 5 6 8 9

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Weekly SUDOKU
by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: **
★ Moderate ** Challenging
*** HOO BOY!

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(801) 374-3400
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 Call for Delivery Area Details
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 Exp: 03/28/12 See Store For Details

THIS WEEK'S CELEBRITY BIRTHDAYS
 Patricia Heaton 3/4/58
 Niki Taylor 3/5/75
 Alan Greenspan 3/6/26
 Jenna Fisher 3/7/74
 Freddie Prinze Jr. 3/8/76
 Julia Mancuso 3/9/84
 Carrie Underwood 3/10/83
TIDBITS

Holidays & Observances This Week
 3/4 Hug a GI Day
 3/5 Day the Parachute Was Invented
 3/6 National Frozen Food Day
 3/7 International (Working) Women's Day
 3/8 Panic Day
 3/9 Middle Name Pride Day
 3/10 Johnny Appleseed Day

Good Housekeeping
Red Wine Steaks with Green Beans
 Low in carbs and accompanied by healthful veggies, this low added-fat steak dinner is sauced with a rich red wine reduction.
 1 1/2 pounds beef strip steaks (each 1 inch thick)
 Salt
 Pepper
 1 tablespoon margarine or butter
 1 bag (12-ounce) microwave-in-the-bag green beans
 1 teaspoon red wine vinegar
 2 shallots, finely chopped
 1 cup dry red wine
 1/4 cup packed fresh tarragon leaves, finely chopped
 1. Sprinkle steaks on both sides with 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper. In 12-inch skillet, melt 1/2 tablespoon margarine on medium-high.

Add steaks and cook 7 minutes for medium-rare or until desired doneness, turning steaks over once.
 2. Meanwhile, cook green beans in microwave as label directs. Transfer beans to large bowl and toss with vinegar, 1/8 teaspoon salt, 1/8 teaspoon freshly ground black pepper and 1 tablespoon shallots.
 3. Transfer steaks to plate. Reduce heat to medium-low and add remaining shallots to skillet. Cook 5 minutes or until tender, stirring occasionally.
 4. Add wine, increase heat to medium-high, and simmer 2 minutes, stirring and scraping up browned bits from pan. Remove from heat and stir in tarragon, accumulated steak juices and remaining margarine until margarine melts.
 5. To serve, slice steak across grain. Divide steak and green beans among serving plates. Spoon sauce over steak. Serves 4.
 • Each serving: About 455 calories, 29g total fat (11g saturated), 97mg cholesterol, 340mg sodium, 9g total carbs, 2g dietary fiber, 37g protein.
 For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

BANFF NATIONAL PARK (continued)

- The most famous landmark in the park and in the entire Canadian Rockies is Lake Louise, a beautiful glacial lake 35 miles (57 km) west of the town of Banff. Natives of the area were familiar with the lake when Edwin Hunter led Tom Wilson to his "discovery" of Lake Louise in 1882. Wilson gazed at the site and said, "As God is my judge, I never in all my explorations saw such a matchless scene."
- Lake Louise is referred to as the Hiking Capital of Canada, the Skiing Capital of Canada, the Romance Capital of Canada (tied with Niagara Falls), the Jewel in the Heart of the Canadian Rockies and the Diamond in the Wilderness. All of the names are deserved! It is also the Highest Community in Canada at 5,020 feet (1,530 m).
- Just as railroads helped build and increase traffic to national parks in the United States, CP Rail helped with the popularity and growth of Canada's first national park. In 1888, CP Rail built the Banff Springs Hotel. (At the time, the wealthy were the only ones who could afford travel.) The historic hotel remains a great attraction of the park for visitors from all over the world.
- A modest hotel geared toward adventurers was built at Lake Louise in 1890. With the lake in front and a mountain glacier behind, the hotel became a popular tourist spot. It was renamed Chateau Lake Louise in 1913 and after a fire, was rebuilt much larger. The area then went on to become a major tourist stop.
- Originally opened as summer-only resorts, Chateau Lake Louise and Banff Springs Hotel began opening for skiers during the winter holiday seasons in the 1970s. In 1988, when Calgary hosted the Winter Olympics, Banff National Park was showcased to the world.
- Banff along with Jasper, Kootenay and Yoho National Parks and the provincial parks of Mount Robson, Mount Assiniboine and Hamber are designated a UNESCO World Heritage Site, one of the largest protected areas in the world.

continued on next page

TIDBITS Laughs!

Three astronauts were chatting about how to spend \$20 billion.
 "Let's put a man on Mars!" suggested Bill.
 "Great idea," said the other two.
 "I think we should put a man on Venus, too," said John.
 "That's a terrific idea," the others agreed.
 Then George suggested, "Let's put somebody on the sun!"
 Bill scratched his head, "How can we do that?"
 "Easy," replied George, "Go at night."



Q: I have a hurricane lamp that is inscribed on the underside "L&LWMC 1973." Can you please identify it and give me the name of a dealer who buys such lamps. — Lloyd, Surprise, Ariz.
 A: Your lamp was manufactured by Loevsky and Loevsky White Metal Castings, a company based in New Jersey that specialized in reproduction lamps and fixtures. It closed in about 1978. Your lamp was made in 1973, and is, indeed, a reproduction and not rare. I have seen similar lamps at antique malls and in thrift shops priced for less than \$50.

Q: I have a book in the "Tell a Tale" series entitled "Little Black Sambo." I also have the Viewmaster reel that goes with it. Can you help me determine the value? — Florence in Dubuque, Iowa
 A: Before I answer your question, let's review a little literary history. The character of Little Black Sambo was introduced in 1898 by Helen Bannerman, the daughter of a Scottish minister and the wife of a surgeon in the British Army in India. The story she wrote was set in India and vividly describes a young boy's encounters with four tigers. The book was so popular, she followed it with three sequels: "Little Black Quibba," "Little Black Quasha" and "Little Black Mingo."
 It wasn't until the 1930s and '40s that "Little Black Sambo" began to take on negative racial connotations. The book has gone through dozens of editions, but I believe your "Tell a Tale" version is probably from the 1950s. If so, it is worth about \$25. The reel you have might be valued at about \$10. One of my favorite references in this field of collecting is "The Art and History of Black Memorabilia" by Larry Vincent Buster (Potter, \$34.95).

Q: I would like to find the value of an Alice Caviness necklace that was given to me in 1957. — Charlotte, Okeechobee, Fla.
 A: Janet Gaynor is the owner of AZillion Sparklz and has bought, sold and appraised vintage costume and fine estate jewelry for more than two decades. She might be able to help you determine the retail value of your necklace. Her contact information is P.O. Box 35038, Tucson, AZ 85740, and www.sparklz.com.



King Crossword

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Tidbits® of Utah County

ACROSS

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
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- 1 Forum garb
5 Life story, for short
8 Snake's tooth
12 Grand tale
13 Conclusion
14 Operatic rendition
15 Painter Chagall
16 Being philanthropic
18 Dull indifference
20 Soda-shop treat
21 Dire prophecy
23 Two fives
24 Try
28 Antelope's playmate
31 Meadow
32 Weary
34 Firmament
35 Departed
37 Check beneficiary
39 Dandy
41 Garbage barge
42 Anchored
45 It gets the lead out
49 Ingratiated
51 Staff member?
52 Use a teaspoon
53 Eggs
- 54 Two-way
55 14-Across, e.g.
56 Apiece
57 Partner in wartime
- DOWN**
1 Office part-timer
2 Colorful fish
3 Child without Y chromosome
4 Give consent
5 2007 film featuring Seinfeld's voice
6 Hostel
- 7 Probability
8 Was obsequious
9 Sahara-like quality
10 1492 ship
11 "Eleni" author Nicholas
17 See 29-Down
19 Capricorn
22 Early periods
24 Right angle
25 Born
26 Jonquil's cousin
27 Fragrant wood
29 With 17-
- Down, supplement
30 Deli bread
33 Entrance
36 Matador
38 African nation
40 Carrot companion?
42 Disarray
43 Aware of
44 Let fall
46 "Heart and —"
47 List-ending abbr.
48 Depend (on)
50 First lady

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Pokémon

- Charizard
- Mewtwo
- Blastoise
- Lugia
- Dragonite
- Mew
- Rayquaza
- Zapdos
- Tyranitar
- Zekrom

Source: IGN

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TIDBITS
NUGGET OF KNOWLEDGE

Many have heard of the Sunshine Coast of Australia, but did you know that British Columbia also has a Sunshine Coast? On the southern coast of BC between Jervis Inlet and Howe Sound, northwest of Vancouver, Harry Roberts painted "The Sunshine Belt" name on a wharf built on Roberts Creek in 1914. The name, used to promote the area as a summer resort destination, was changed to "Sunshine Coast" by a ferry service in 1951.

"If not now, when?"

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

Blood Pressure: Both Numbers Are Important

DEAR DR. DONOHUE: I've always heard that at older ages, it doesn't matter how high the first number of a blood pressure reading is; it's bound to rise with age. My blood pressure is 185/70, and my doctor wants me to go on blood pressure medicine. My second number is fine. Why is he making a fuss? I am 67. I don't like taking drugs. -- W.S.

ANSWER: You have heard wrong. Both numbers of a blood pressure reading are significant. If either is higher than normal, it indicates high blood pressure. It is true that systolic pressure, the first number, rises with age. And it is true that the second number, diastolic pressure, tends to plateau after age 50. However, a higher-than-normal systolic or diastolic pressure constitutes hypertension, high blood pressure.

The first number is the pressure imparted to blood when the heart pumps it into the aorta. It takes a great deal of pressure to circulate blood through all the body arteries. The second number is the pressure in the heart as it fills with blood. Normal pressure is less than 120/80. High blood pressure is 140/90 and above. Numbers between those two pressures are called prehypertension, a short stop lower than actual high blood pressure.

You have high blood pressure, hypertension. You doctor made a fuss because uncontrolled high blood pressure causes artery hardening, leads to strokes and heart attacks, puts the kidneys out of action, contributes to congestive heart failure and promotes dementia. Still think your pressure is OK?

If you are overweight, weight loss brings pressure down. So does shunning salt. It's not the saltshaker on the table that pushes people over the recommended daily limits (1,500 mg of sodium), but it is commercial foods. Become a reader of the sodium content of the foods you buy. Potassium lowers blood pressure. Potassium-rich foods are baked potatoes, bananas, orange juice, peas, beans, milk, spinach, squash, watermelon, figs and cantaloupe. Be as physically active as your doctor allows.

If your pressure doesn't fall, then you have to resort to medicines. Eight large drug families, yielding more than 57 different medicines, give you a wide choice to bring your pressure down without side effects.

The booklet on high blood pressure will convince you of the importance of blood pressure control. To order a copy, write: Dr. Donohue -- No. 104W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Allow four weeks for delivery.

DEAR DR. DONOHUE: What happened to DMSO? It used to be available, but it has disappeared. Why? -- W.K.

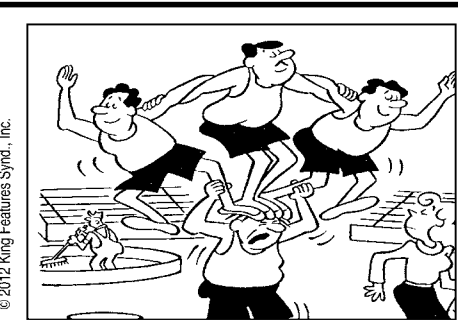
ANSWER: DMSO -- dimethyl sulfoxide -- was very popular as a treatment for arthritic joints. It is rubbed on the skin over the aching joint. The Food and Drug Administration never approved it for that use, and that may be why it lost its appeal.

There is a dedicated doctor and a dedicated group of DMSO fans who feel the same as you. They're trying to get the FDA to re-evaluate its stance on this substance. DMSO is approved for the treatment of interstitial cystitis, a painful bladder condition. The material is instilled into the bladder.

The Spats



by Jeff Pickering



"For gosh sakes, don't forget to bring back some _____!"

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!

Dismiss SHIBAN

Allow IMPTER

Honor TURVIE

Robust GRONTS

TODAY'S WORD

KIDBITS

Junior Whirl by Hal Kaufman

CORNER SHOT! Let's see how quickly you can complete this "magic" number square (at right). For better or worse, the center number is 13. Surrounding 13 are the numbers 1 through 25, four of which -- 9, 11, 15 and 17 -- are missing from corner squares. You are asked to insert the missing numbers so that each horizontal, vertical and five-square diagonal row totals 65. Time limit: Two minutes. No fair peeking at answer.

24	1	8		
23	5	7	14	16
4	6	13	20	22
10	12	19	21	3
18	25	2		

'IMPOSSIBLE' TASK FORCE

THERE are some things traditionally that just can't be done. You are challenged to fill blanks of "impossibles" below.

- You can't push a needle through the eye of a needle.
- You can't have your — and eat it, too.
- You can't get — from a stone.
- You can't make a silk purse out of a sow's —.
- You can't buy the wag of a dog's —.
- You can lead a horse to water, but you can't make it —.

Time limit: 30 seconds. Think fast.



SMASH HIT! Yikes, the yoke is on our egg-juggling friend. Add colors by number: 1—Red, 2—Lavender, 3—Yellow, 4—Lt. brown, 5—Flesh tones, 6—Lt. green, 7—Dk. brown, 8—Dk. blue.

SPELLBINDER

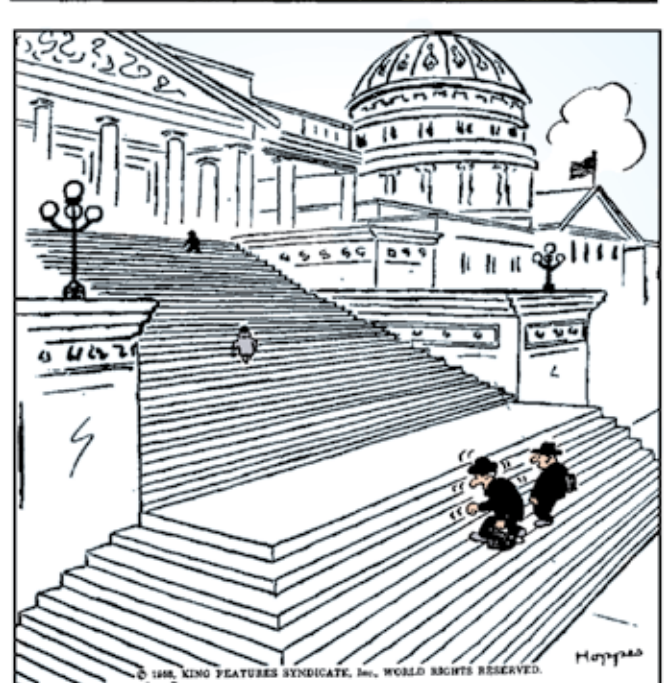
SCORE 10 points for using all the letters in the word below to form two complete words.

GRANDEUR

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 50 points.

LAFF - A - DAY



"I don't know whether I'll run for another term or not. My legs aren't what they used to be!"

FOG OR SMOG?

by Mike Marland

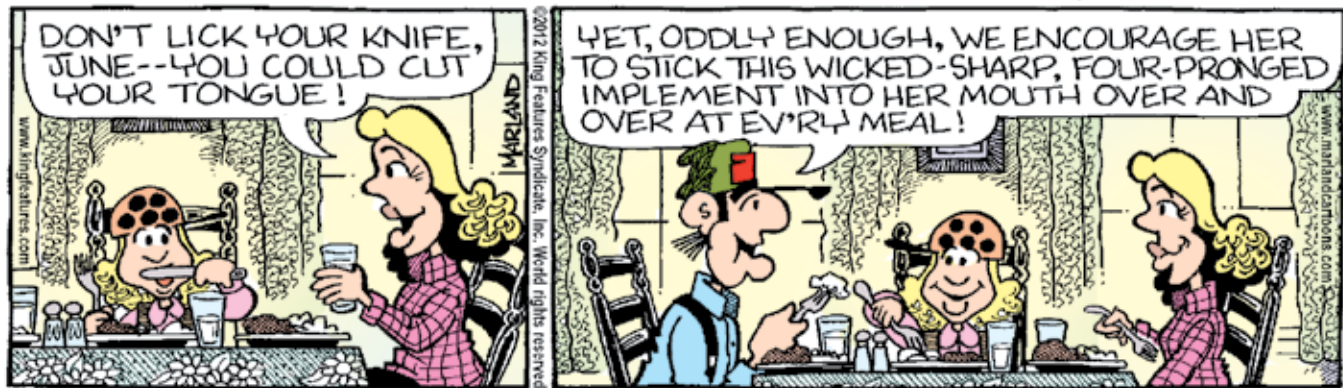
Both fog and smog reduce visibility in areas where they are present and in extreme cases, can result in snarled air and ground traffic. In addition to causing visual impairment, smog can be dangerous to your health.

- Fog is defined as “a large mass of water vapor condensed to fine particles, at or just above the earth’s surface; thick, obscuring mist.” Smog is “fog that has become mixed and polluted with smoke.” The word smog is a portmanteau, which is a blend of two or more words into a new word.
- Fog can be dangerous to your health if it impedes visibility and causes automobile or airplane crashes, but otherwise, just breathing it in is not harmful. Smog, on the other hand, can be extremely bad, especially to people with allergies and/or asthma.
- Since the word “smog” was first used, scientists have worked on minimizing it and its consequences. Dr. H.A. des Voeux is given credit for the first recorded use of the word in a paper he presented to the Public Health Congress in London in 1905. He was quoted in a Daily Graphic newspaper article saying, “It required no science to see that there was something produced in great cities which was not found in the country, and that was smoky fog, or what was known as ‘smog.’” The next day, the Globe wrote that, “Dr. des Voeux did a public service in coining a new word for the London fog.”
- London is indeed known for its fog, as is San Francisco, but Grand Banks, off the island of Newfoundland, Canada, is known as the foggiest place in the world. The cold Labrador Current from the north and the warm Gulf Stream from the south meet at Grand Banks and cause the almost ever-present fog.
- Two towns, Argentia, near Grand Banks, Newfoundland, and Point Reyes, California, near San Francisco, have over 200 foggy days per year. The high humidity from the fog makes for beautiful greenery in both areas.

continued on next page



R.F.D.



TIPBITS WORD POWER
Unscramble this word:
RHOPYAT HTOPE
This word means: *Light therapy. The administration of doses of bright light in order to normalize the body's internal clock and/or relieve depression. Also used to treat jaundice in infants*

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Creamy Cherry Banana Pie
by JoAnna M. Lund

If you want to be declared the Pie Maker in your family, then serve this and just wait for the praise. It's sure to be a "keeper" in your recipe file!

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 2/3 cup nonfat dry milk powder
- 1 2/3 cups water
- 1/2 teaspoon vanilla extract
- 12 maraschino cherries, quartered
- 2 tablespoons chopped pecans
- 1 (6-ounce) purchased shortbread pie crust
- 1 cup sliced (1 medium sized) banana
- 1/2 cup reduced-calorie whipped topping

1. In a large saucepan, combine dry pudding mix, dry milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Stir in vanilla extract, cherry pieces and pecans.
2. Spread 1/2 cup of hot pudding mixture into bottom of pie crust. Arrange banana slices evenly over pudding. Spread remaining pudding mixture over bananas.
3. Refrigerate for at least 2 hours. Cut into 8 pieces. When serving, top each piece with 1 tablespoon whipped topping.

- Each serving equals: 186 calories, 6g fat, 3g protein, 30g carb., 183mg sodium, 1g fiber, Diabetic Exchanges: 1 1/2 Starch, 1 Fat, 1/2 Fruit.

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PetBits

Why Purebreds Should be Spayed, Neutered
By Samantha Mazzotta

DEAR PAW'S CORNER: In a list of “responsible” things one should do to their pets, you wrote that owners should spay or neuter them. Well, I own a purebred German shepherd, and I think your advice is just wrong for owners of purebred pets. Maybe mongrels from the shelter need to be spayed and neutered but doing that to my “shep” will alter his behavior. Plus I plan to breed him. You should rethink your advice. -- Tom C., Roswell, Ga.

DEAR TOM: Nah, I don't need to rethink my advice. The vast majority of pet owners in this country do not need to be breeding their dogs or cats for any reason. There are, indeed, professional breeders who do not spay or neuter their dogs or cats, but responsible breeders don't just breed pets because they have certification papers. They have to select carefully so that harmful traits (like hip dysplasia, a rampant problem with German shepherds) do not carry through to new generations. Some professionals only breed working

dogs, for police and military, for example, and do not deal with the public. Others are extremely selective about whom their dogs go to. Many will recommend that dogs not suited to be bred be neutered or spayed. Neutering your German shepherd may indeed cause behavioral changes; in many dogs the procedure reduces aggression. But you also eliminate the risk of your dog getting out and fathering a bunch of unwanted puppies with, say, the owner of different breed of dog who thought her precious also was too special to be spayed. But you don't have to believe me. Talk to your dog's vet, or to a professional AKC-registered breeder of German shepherds (learn more at www.akc.org), and get the facts.

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.

VETERANS POST
by Freddy Groves

Nightmare Was Real

An Army reservist in Washington, D.C., called a help line when he was depressed because he hadn't slept for days. When he dialed the number, he thought he was calling a support hotline for veterans. He wasn't suicidal, but yes, he did have some firearms, and yes, he was a veteran. Eventually he hung up and went to bed. Imagine his dismay when the police and SWAT showed up (setting off his PTSD big-time). They hauled him off to a VA hospital, where he stayed voluntarily for three days. While he was gone they trashed his place, without a warrant, and took his guns (which were all locked up and separated from the ammo). They took his dog and then, on a hunt for explosives, they further trashed his place, still without a warrant. Once the reservist was released,

he was arrested and thrown in jail for a couple weeks for reasons that still aren't clear. When Matthew Corrigan finally returned home 16 days later, he found his front door unlocked, his oven on and his tropical fish dead. I'm guessing that the number he called was 1-800-273-8255. It's an easy mistake to make, thinking that it's a number for veteran assistance. On Google, that number is listed as Veterans Crisis Line. However, it's also the listing for National Suicide Prevention Lifeline, SAVE, Crisis Hotlines Suicide Prevention and SuicideHotline, among others. The Department of Veterans Affairs even lists it as the number to call for “Where to Get Help for PTSD.” In other words, it's a one-size-fits-all number -- and maybe not one you want to call unless it's serious. Here's a better bet: When you're getting treatment, whether individually or in a group, ask for phone numbers you can call when the going gets rough.

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 March 6, 1899, the Imperial Patent Office in Berlin registers Aspirin, the brand name for acetylsalicylic acid, on behalf of the German pharmaceutical company Friedrich Bayer & Co. In its primitive form, the active ingredient, salicin, was used for centuries in folk medicine.
- On March 10, 1902, in the case of Edison v. American Mutoscope Company, the U.S. Court of Appeals rules that despite his claims, Thomas Edison did not invent the movie camera. The court did, however, admit that Edison invented the sprocket system that moved perforated film through the movie camera.
- On March 9, 1913, English author Virginia Woolf delivers the manuscript of her first novel, “The Voyage Out,” to her publisher. In 1941, fearful for her own mental state and afraid of the coming world war, she filled her pockets with rocks and drowned herself.
- On March 7, 1923, the New Republic publishes Robert Frost's poem “Stopping By Woods on a Snowy Evening.” The poem begins with the famous line “Whose woods these are, I think I know.” Although Frost never graduated from a university, he had collected 44 honorary degrees before he died in 1963.
- On March 5, 1963, the Hula-Hoop, a hip-swiveling toy that became a huge fad across America when it was first marketed by Wham-O in 1958, is patented by the company's co-founder, Arthur “Spud” Melin. An estimated 25 million Hula-Hoops were sold in its first four months of production alone.
- On March 11, 1970, author Erle Stanley Gardner, creator of Perry Mason, dies. The crime-solving attorney Perry Mason appeared in numerous novels and became the star of a top-rated TV show starting in 1957. The show starred Raymond Burr as the titular hero and ran for nine years.
- On March 8, 1986, “Mask,” starring Eric Stoltz and Cher, opens in theaters. Cher, who had launched a serious acting career with her appearance in Robert Altman's film “Come Back to the Five and Dime, Jimmy Dean, Jimmy Dean” in 1982, received the Best Actress prize at the Cannes Film Festival for her role in “Mask.”

