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Issue 2012-12

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## TIDBITS® SAYS LET THEM EAT CAKE!

by Kathy Wolfe

This week's Tidbits really takes the cake! We bring you all kinds of information about several different types of this sweet treat, from bundt to sponge.

- Ancient Egypt was home to the world's first large-scale bakeries, which were the first to use yeast to make cakes rise before baking them on hot stones. To the ancient Romans, cake meant a small bread, as there was no sugar, and honey was an expensive commodity.
- Cake-baking underwent a dramatic change in the mid-1800s. Previously, yeast was used as a leavening agent, but yeast was replaced with the introduction of baking soda and baking powder, both of which are greater raising agents. Temperature-controlled ovens also contributed to increased success.
- Flour is classified by its protein content. The higher the protein, the harder the flour. All-purpose flour has a protein content of 10-11 percent and is a good choice for cookies. Bread flour's content is much higher, 15 percent, and is not suitable for cakes. Cake flour's protein measures 7-8 percent, and its low gluten content makes it a perfect choice for delicate cakes.
- Sponge cake uses only eggs, sugar and flour in its preparation, with no fat or leavening. The trick to a perfect sponge cake is to beat air into the batter at several stages during preparation.

turn the page for more!

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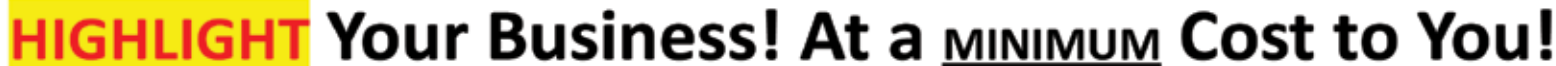
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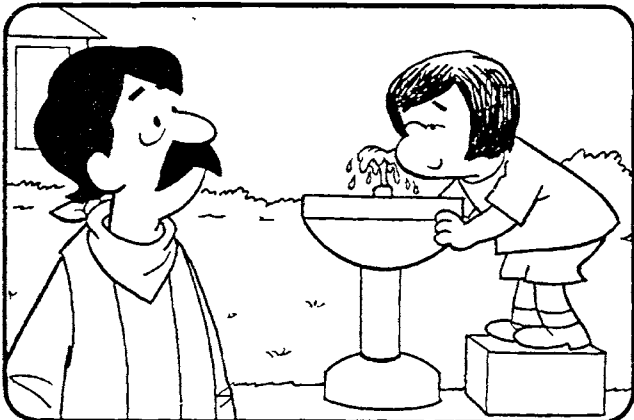
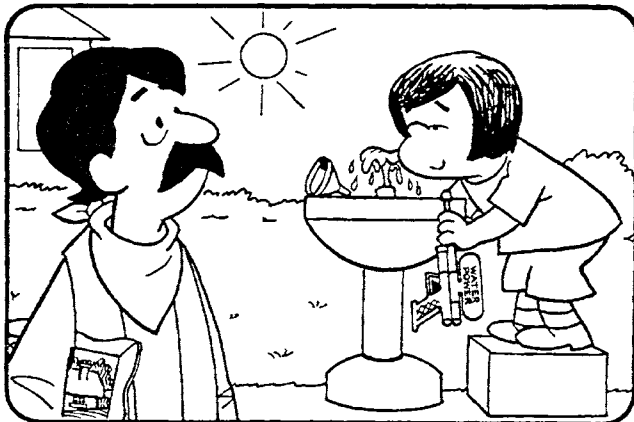
## Sports Quiz

By Chris Richcreek

- Who holds the Los Angeles Dodgers record for longest hitting streak?
- Since 1940, name the only two players to retire with a career batting average better than .335.
- Who holds the NFL record for most consecutive games with at least one touchdown pass?
- Name the last Wooden Award winner (top collegiate player) before Kevin Durant to go on to win an NBA season scoring title.
- Which No. 1 overall draft pick recorded a hat trick the earliest in his NHL career?
- Name the only two drivers to win from the pole position in NASCAR Cup's Homestead-Miami Speedway.
- When was the last time before 2012 that no male U.S. tennis player made the final 16 at the Australian Open?

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



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. Sun is missing. 2. Bandanna is smaller. 3. Picture is missing. 4. Funnel is missing. 5. Water gun is missing. 6. Shorts are shorter.

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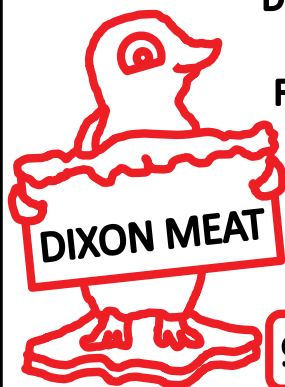
## CAKE (continued)

- What's full of spices, frequently "re-gifted" and the subject of comedians' jokes? That's right, a fruitcake! Although this dense cake dates back to Roman times, its popularity increased greatly in the 1800s, when it became the preferred choice at Christmas gatherings and weddings. Loaded with glazed dried fruit, raisins and nuts, fruitcakes are often soaked in brandy, whiskey or liqueur.
- The first boxed cake mix in the United States appeared around 1930, distributed by a molasses company, O. Duff and Sons. Seven other companies followed suit over the next 15 years. Betty Crocker and Pillsbury didn't hit the grocer's shelves until the late 1940s.
- When Charles and Diana wed in 1981, they had 27 wedding cakes. Their official wedding cake was prepared by the head baker of the Naval Armed Forces, a process that took 14 weeks. Two identical cakes were made, in the event one might be damaged. The bottom layer required 12 hours to bake.
- A roulade is what most of us know as a jelly roll, a sponge cake that is filled with buttercream, fruit, lemon curd, whipped cream or ganache, then rolled up. At Christmas, you might see a Buche de Noel, or Yule Log, a roulade filled with chocolate buttercream and frosted with yet more chocolate, then decorated with chocolate branches to resemble a tree log.
- In 1832, Prince Metternich of Austria was expecting important guests for dinner and gave his head chef the task of creating something new and sumptuous for dessert. The only trouble was that the chef was sick, leaving a 16-year-old apprentice in charge. Young Franz Sacher set to work inventing a chocolate sponge cake cut into three layers, filled with apricot jam and frosted with a rich icing. The dessert became known as Sachertorte and endures today as Vienna's most famous specialty, with its recipe a safely guarded secret.

continued on next page



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## Strange BUT TRUE

- It's still not known who made this sage observation: "Wisdom is divided into two parts: a) having a great deal to say, and b) not saying it."
- In 1931, the Newspaper Enterprise Association predicted that crime would be nearly gone in 20 years.
- Do you subscribe to the adage "A rose by any other name would smell as sweet"? Consider this: Would that teen heartthrob of an earlier day, Bobby Darin, have become so popular if he had been known by his given name, Walden Cassotto?
- At one time, Canada's CBC network banned the children's cartoon "Rocky and Bullwinkle" because of its sometimes unflattering portrayal of the Mounties.
- The Goodrich company, known primarily for its tires, also invented the first modern golf ball.

- Sometimes scientists get to express their creativity when they have the opportunity to name things. Take deep-sea sites, for example: in the North Atlantic is the Porcupine Abyssal Plain, Clam Acres is off the west coast of Mexico, and there's a site near the Galapagos Islands called Hole-to-Hell.

- Those who study such things have found that a sneeze leaves your mouth at more than 100 m.p.h.

- Donald Duck's middle name is "Fauntleroy."

- The game of chess originated in India in about 2,000 B.C. -- it was called "chaturanga." And it didn't look quite like the modern version that is played all over the world today. Chaturanga had only four kinds of pieces: elephants, chariots, horses and foot soldiers.

- A Rochester, Mich., law states that anyone who is bathing in public must be wearing a bathing suit that has been inspected by a police officer.

**Thought for the Day:** "You may do foolish things, but do them with enthusiasm." -- Colette

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CAKE (continued)

- A 1906 romance novel was the source of the name of the lady Baltimore cake. The story, set in post-Civil War Charleston, mentioned the title character serving the dessert, a creation of tall white cake layers with a filling of chopped nuts and candied fruits, frosted with boiled white icing. The actual recipe was developed by two Baltimore women who opened a tea room after the success of the novel. These days, this cake is a popular one for Southern weddings.
- Another Southern custom is the Groom’s Cake, a separate wedding cake traditionally served to unmarried women attending the wedding. This confection, much smaller than the regular wedding cake, is taken home and placed under the lady’s pillow, with the hope that she’ll dream of her future husband.

TIDBITS LANDMARKS OF THE WORLD: THE CHANNEL TUNNEL

Considered one of the Seven Wonders of the Modern world, the Channel Tunnel, or Chunnel as it is commonly called, links England and France underneath the English Channel. Learn more about this engineering accomplishment that takes travelers through the world’s longest marine subway.

- The idea of an undersea tunnel between England and France was conceived as early as 1802. A French mining engineer envisioned a passageway lit by oil lamps and serviced by horse-drawn coaches. The proposal included an artificial island midway as a stop for changing horses. Several plans were presented over the next several decades, but it wasn’t until 1988 that the actual excavation began.
- Construction commenced in 1988 and concluded in 1994. Three of those years were devoted to the actual boring of the chalky earth beneath the sea. The boring machines spanned the length of two football fields and could bore 250 feet (75 m) a day. There are actually three tunnels, two of which are full-sized, large enough to accommodate rail traffic. Between these two train tunnels is a service tunnel, a smaller tube that is an emergency escape route. During the peak of construction, 15,000 workers were employed.
- The Chunnel bridges a distance of 31.4 miles (50.5 km) between Folkestone in the United Kingdom and Coquelles, France, near Calais. The tunnel actually runs under water for 23 of those miles. Boring machines worked from both the English side and the French side in a race to the middle, a contest won by the British. The tunnel’s average depth is 148 feet (45 m) below the seabed, with its deepest point at 250 feet (75 m).

continued on next page

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HUBERT - - By Dick Wingert

“He wants to hear YOUR side of it again.”

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TIDBITS Laughs!

A dietician speaking at a conference said: “What we put into our stomachs should have killed most of us years ago. Red meat is full of steroids and dye. Sodas corrode your stomach lining. Chinese food is loaded with MSG. High trans-fat diets can be disastrous, and think of the harm caused by the germs in our drinking water. But, there is one thing that is the most dangerous of all, and most of us have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it? After several seconds of quiet, a 70-year-old man in the front row raised his hand and softly said, “Wedding cake.”

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging  
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## Even Insulated Pipes Can Freeze

Q: Regarding your recent column on pipe insulation and freezing: You blew it this time. As a chemical engineer who has worked with construction and operation of various facilities, I can categorically tell you that pipe insulation will not prevent pipes from freezing -- particularly where power and heat are not available.  
Pipe insulation will slow the transfer of heat and cold into or out of piping. However, if heat is not available for a sufficient time, the water in the pipe will freeze if the surrounding air temperature is below 32 F. It might take awhile, but it will freeze.  
The simplest method for preventing damage to piping systems is to drain the piping as fully as possible, thereby keeping any remaining water from damaging the pipes when it freezes. The freezing water will simply expand into the voids and not split or break the piping.  
When heat is again available, the warming will melt the frozen water. Adding water back into the piping will permit it to operate

as usual, eventually. I had this experience in my house back in the '80s during a massive and long power outage. I drained the water and heating lines as best I could. When power came back I started the boiler, after pressuring that system, and waited. Slowly, the three heating zones came back into operation -- except for about 20 feet of heating pipe in the uninsulated space in the attic. That took days and the sun's heat to return to normal operation. However, in a heated garage with pipe insulation, leaving the garage door open (accidentally) in 15 F weather did not protect the piping. Luckily only a split in a 2-foot length of pipe needed replacement.  
I worry that your column will give a false sense of security to homeowners who are not engineers or tradespeople and will find frozen and split lines after an outage. -- Ralph M., via email

A: You told them, Ralph, and I thank you! While pipe insulation slows heat or cold transfer -- keeping hot water inside the pipes from cooling more quickly as it travels through unheated spaces -- it should not be relied upon to prevent pipes from freezing during prolonged cold spells. Always check the entire run, including insulated sections, when monitoring for frozen pipes.

**HOME TIP:** As spring approaches, double check pipe runs for damage before turning on water to sections that were shut off for winter, such as exterior spigots.

**THIS WEEK'S CELEBRITY BIRTHDAYS**

Queen Latifah	3/18/70
Bruce Willis	3/19/55
Spike Lee	3/20/57
Rosie O'Donnell	3/21/62
Reese Witherspoon	3/22/76
Michelle Monaghan	3/23/76
Peyton Manning	3/24/76

**TIDBITS**

**Holidays & Observances This Week**

3/18	National Biodiesel Day
3/19	Swallows return to Capistrano
3/20	Great American Meat Out Day
3/21	National Common Courtesy Day
3/22	As Young As You Feel Day
3/23	World Meteorological Day
3/24	World Tuberculosis Day

## Good Housekeeping

### Baked Chocolate Pudding

This easy yet impressive dessert can be made in advance and heated when you're ready to serve it, making it the perfect choice when you're hosting a large group. The splash of framboise in the pudding adds an elegant touch.

1 cup (2 sticks) unsalted butter, melted and cooled, plus more for greasing  
3/4 cup good-quality cocoa powder  
1/2 cup all-purpose flour  
4 extra-large eggs, at room temperature  
2 cups sugar  
1 vanilla bean, split, seeds scraped  
1 tablespoon framboise liqueur (optional)  
Vanilla ice cream, for serving

1. Preheat oven to 325 F. Lightly butter 2-quart shallow oval baking dish.  
2. Into medium bowl, sift together cocoa powder and flour. In large bowl, with mixer on medium-high speed, beat eggs and sugar 5 to 10 minutes or until very thick and light yellow.  
3. Reduce speed to low; add vanilla seeds, framboise (if using), and cocoa mixture. Mix just until combined. Slowly pour in butter; mix just until combined.  
4. Pour mixture into prepared dish set in larger baking pan. Add hot tap water to pan to come halfway up side of dish.  
5. Bake exactly 1 hour. A toothpick inserted 2 inches from side will come out clean. Center will appear very underbaked. Cool completely.  
6. Serve with ice cream. Serves 12.

Make Ahead: To make ahead, wrap; refrigerate up to 3 days. To serve, bring to room temperature.

- Each serving: About 335 calories, 18g total fat (11g saturated), 110mg cholesterol, 30mg sodium, 40g total carbs, 1g dietary fiber, 4g protein.

### CHANNEL TUNNEL (continued)

- On the day of the official dedication ceremony, England's Queen Elizabeth traveled through the Chunnel on a Eurostar train, while French President Mitterrand traveled from Paris. Their trains stopped nose to nose as part of the festivities. Over the next six years, 12 million passengers utilized the new rail service. Last year, close to 10 million people rode the rails under the English Channel.
- The Chunnel certainly couldn't be considered an economical venture. It was one of history's most expensive construction projects, carrying a price tag of \$21 billion, (about 700 times the cost of San Francisco's Golden Gate Bridge!), 80 percent above the forecasted budget, and taking over a year past the estimated completion date. The project claimed the lives of 10 workers, eight Brits and two Frenchmen.
- Since its opening, there have been three major fires in the tunnel, producing serious damage. One year into operation, 31 people were trapped in a fire, but the service tunnel proved its worth, as all passengers were able to escape. In addition, there have been other incidents when passengers have become trapped by electrical failures. One such failure kept passengers stranded for six hours, while another incident trapped 20,000 under the sea overnight.
- The average ticket price on a Eurostar passenger train from London to Paris is about \$200 for a trip that takes two hours and 20 minutes. About 30,000 people ride the train daily.

### DATA ON DONUTS

- Who doesn't like donuts? Let's learn a little more about this delightful confection, sure to stir up your appetite!
- Author Washington Irving is credited with the first written use of the term "dough-nut" in his 1809 publication "History of New York." He described them as "balls of sweetened dough, fried in hog's fat." An American named Hansen Gregory maintained that he invented the ring-shaped treat in 1849 while aboard a trading ship, when he punched a hole in the center of a ball of dough in an attempt to get rid of the raw center of the pastry.
  - Quincy, Massachusetts, was home to the very first Dunkin' Donuts shop, opened by founder Bill Rosenberg in 1950. Five years later, he was selling franchises for his new business. Today, the company is the world's leading baked goods and coffee chain, with close to 9,800 outlets around the globe and \$6 billion in annual sales. Dunkin' Donuts serves up 52 varieties of donuts to more than three million customers on a daily basis.

*continued on next page*



- Q: I have an All-Star baseball signed by Joe Torre and others. I am enclosing a picture and hope you can provide me with additional information. -- Linda, Richibucto, Canada**  
A: I examined the picture, and I believe the signatures on your baseball are stamped and not genuine. Several of the signatures go into the sewn part of the ball, and they appear too uniform. I recommend you show the ball to several dealers in your region for their professional opinion.
- Q: During my husband's tour of duty in Europe during World War II, he purchased some small wood carvings, two of which are marked. Would they be of interest to a collector? -- Lila, Billings, Mont.**  
A: I was unable to find the marks you sent me in any of my references. This doesn't mean they have no value. To determine exactly what they might be worth, the time has come to consult a professional appraiser, and you should expect to pay for this service. Donald Hull of the Hull and Allen Auction Group is a local certified appraiser and might be able to help you. His contact information is P.O. Box 31122, Billings, MT 31122, and [www.hullandallen.com](http://www.hullandallen.com).
- Q: I have a 1953 Prairie Farmer WLS Family Album in excellent condition. What is its value? -- Herb, Lombard, Ill.**  
A: WLS Radio signed on the air in Chicago in 1924. It broadcast with 50,000 watts and was a clear channel. Because of this massive footprint, the broadcasts could be heard throughout the East and Midwest. One of the station's most popular programs was the "WLS Barn Dance," which originated at the 8th Street Theater in Chicago. As WLS approached its 30th anniversary in 1954, the station published the souvenir booklet you own. It is worth about \$25.
- Q: I have old Archie comic books from the 1970s, most with cover prices of 15 cents. They are all in fair to good condition. -- Joyce, Clewiston, Fla.**  
A: Robert Overstreet, author of "The Official Overstreet Comic Book Price Guide" published by House of Collectibles, lists most Archie comics from the 1970s in the \$1 to \$5 range. Condition is extremely important in determining the value of comics.





# Break Time!



# TIDBITS®

King Crossword

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**ACROSS**

1 Moist

5 Lingerie item

8 "The — Piper of Hamelin"

12 Outside

14 Went on horseback

15 1972 Bill Withers hit

16 And others (Lat.)

17 Two-timer

18 Blazing

20 Garden insect

23 Roman 202

24 Newman or Lynde

25 One with an entry-level job?

28 Up to, briefly

29 Dorian Gray's creator

30 Baby's mealtime garb

32 "Greetings," in India

34 Options list

35 "Woe is me!"

36 "Psycho" surname

37 Lunar surface feature

40 Inmate

41 Raise

42 Pop song of 1929

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15								16			
20	21	22				23					
24					25			26	27		
28				29				30		31	
	32		33					34			
			35					36			
37	38	39				40					
41					42	43			44	45	46
47						48					
49					50				51		

47 Land measure

48 Store

49 Needy

50 Soon to arrive

51 Charitable donations

**DOWN**

1 Atl. state

2 Chopper

3 1959 Kingston Trio hit

4 Writing tool

5 Tie

6 Bulg. neighbor

7 Three digits after 1

8 Early game in a tourney

9 Greek vowel

10 Dutch cheese

11 Drop a letter?

13 Street

19 Shoot a gun

20 Suitable

21 Aspirin target

22 Hawaiian dance

23 Indianapolis team

25 Took weapons from

26 Help in a crime

27 Near-perfect score, maybe

29 Corduroy ridge

31 Greyhound carrier

33 Be important

34 Oft-repeated chant

36 U2 lead

37 Applaud

38 Puerto —

39 Roundish hairstyle

40 Superhero costume feature

43 Ostrich's cousin

44 Lubricate

45 Close-mouthed

46 Type squares

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top ten

Most Common  
**IRISH**  
Surnames

1. Murphy
2. Kelly
3. O'Sullivan
4. Walsh
5. O'Brien
6. Byrne
7. Ryan
8. O'Connor
9. O'Neill
10. O'Reilly

Source: IrishCentral.com

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TIDBITS

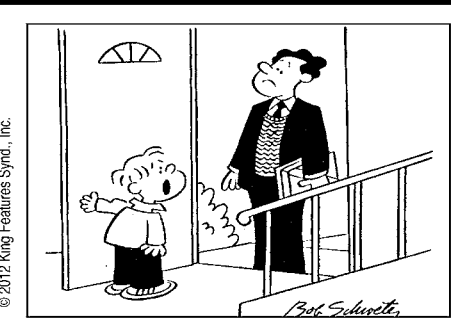
**NUGGET OF KNOWLEDGE**

Names can certainly be misleading. Cheesecake isn't a cake at all, but rather a custard pie, made from cream cheese, Neufchatel or ricotta cheese, and occasionally sour cream. Likewise, Boston Cream Pie is really a cake — two layers of sponge cake filled with custard and glazed with chocolate. Coffee cake is more like a bread than it is a cake, and a funnel cake is a Pennsylvania Dutch recipe for a fried dough cookie sprinkled with powdered sugar.

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The Spats





“Your date’s here, sis — so start getting \_\_\_\_\_ !”

**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!

Deport  
**OMEVER** \_\_\_\_\_

Surpass  
**DEXCEE** \_\_\_\_\_

Lift  
**ARIES** \_\_\_\_\_

Breeze  
**PREHYZ** \_\_\_\_\_

**TODAY’S WORD**

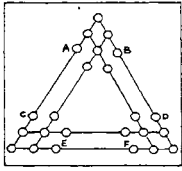
\_\_\_\_\_

# KIDBITS

## Junior Whirl

by Hal Kaufman

**SIDE LINER!** Study the configuration at right carefully, and you will discover that only the outer equilateral triangle has exactly six circles per side, and only the center equilateral triangle has exactly four circles per side. Now, add three straight lines, A-F, B-E, C-D, draw circles at intersections, and you will devise an additional equilateral triangle having exactly two circles per side.



**BODY LANGUAGE!** “I have something in my eye,” said the needle. “My ribs are broken,” said the umbrella. “Take my hand,” said the clock. “My teeth are shot,” said the gear. Can you think of any to add?”

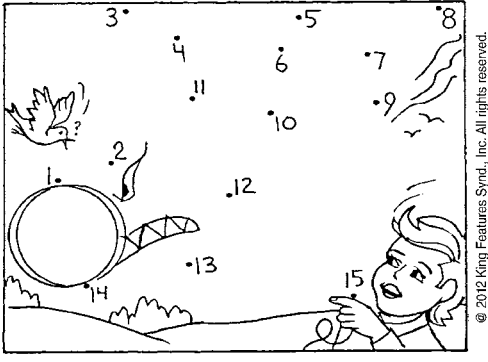
**LINE OF MARCH BLOWOUT**

TAKE note of letters being expelled from the instrument above. They are to be used in blanks of the diagram to form words in accord with the following definitions (top down, respectively):

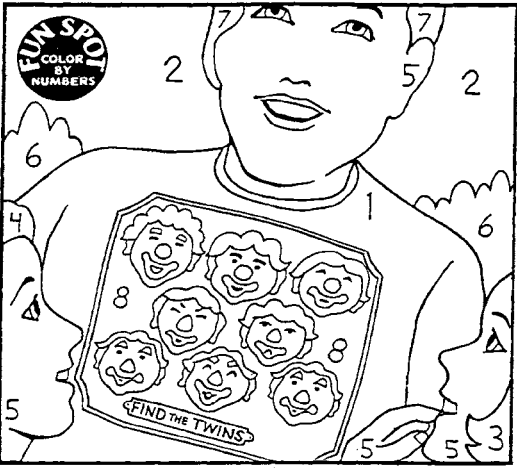
- An elbow, for one.
- Rose bush hazard.
- Medicine container.
- Spring garden bloom.
- One of the poles.
- A literary work.

Alakazam, read in the order in which they are to appear, these letters will spell the name of an American composer who is familiar to every marching band. Who’s that? esnos Sxay. Composer John Philip.

Words, top down: Joint, thorn, child, full, south, es-



**WHAT’S UP!** Something is caught up in strong March winds above. What can it be? Draw lines dot to dot to find out.



**DOUBLE DIP!** Task No. 1: Find twins. Task No. 2: Add the following colors by number: 1—Red, 2—Lt. blue, 3—Yellow, 4—Lt. brown, 5—Flesh, 6—Green, 7—Dk. brown, 8—Purple.

**SPELLBINDER**

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

VISCERAL

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

Try to score at least 50 points.

Possible two-letter words: Evill, sear.



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**HealthBits**

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

**Is It a Migraine?**

**DEAR DR. DONOHUE:** I have had headaches since I was 12. I am now 32. I hear people talk about their migraine headaches and wonder if I might have them. What makes a headache a migraine headache? I take aspirin for my headaches. It helps, but not all that much. Are there special medicines for migraines? -- K.D.

**ANSWER:** Yes, there are special migraine medicines, so it is important to determine if your headaches are true migraine headaches. Some of the distinguishing attributes of migraines are the following: They begin before age 40. More women have them than men. The headache starts out with minor pain but often progresses to intense and incapacitating pain. The word used to describe it is “throbbing.” Nausea and vomiting frequently accompany it. In a little more than half of migraine patients, the headache is on one side only. Bright lights and noise intensify the pain. Sufferers try to find a dark, quiet room where they can lie down until the headache goes, and that can take four to 72 hours. Migraine sufferers can identify triggers that bring on their headaches. Stress, missing a meal, too much or too little sleep, menstrual periods, bright lights, certain odors like cigarette smoke or perfume and fatigue are some of the things that start a migraine. Alcohol -- beer and red wine in particular -- chocolate, some cheeses and cured meats like hot dogs, sausage and bacon are triggers for some. Aspirin, Tylenol, Midrin and naproxen alleviate mild migraines. Cafergot is a migraine standby. A group of newer drugs are especially good for migraine sufferers. Seven of them are available. Some names are Imitrex, Maxalt and Zomig. Imitrex comes as a nasal spray and as an injection, administered like insulin. Zomig also comes as a nasal spray. This is a godsend for those who become sick to the stomach along with the headache. Not all migraine headaches produce all the signs and symptoms I mentioned, but if you have more than two of these characteristic symptoms, it’s a good bet that you suffer from migraines. The booklet on headaches describes the common kinds and their treatment. Readers can obtain a copy by writing: Dr. Donohue -- No. 901W, 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:** Many of my friends take aspirin for the prevention of a heart attack or stroke. I decided I should join them. Is this a wise move? -- K.H.

**ANSWER:** Aspirin and similar drugs are the rule for prevention of heart attacks and certain strokes. The aspirin dose in greatest use is 81 mg -- low-dose aspirin. Three different regimens for the prevention of stroke are acceptable: Plavix, aspirin or aspirin combined with sustained-release dipyridamole. The aspirin-dipyridamole combination comes in one tablet called Aggrenox. Note that these are for prevention of second heart attacks and strokes. For the prevention of a first heart attack or stroke, patients should consult their doctor, who will evaluate each patient’s risk. Based on that, the doctor will recommend a regimen that’s appropriate. It’s not a good idea to self-medicate with any medicine.

**LAFF - A - DAY**



“Miss Penrose, order some curtains with a different design!”



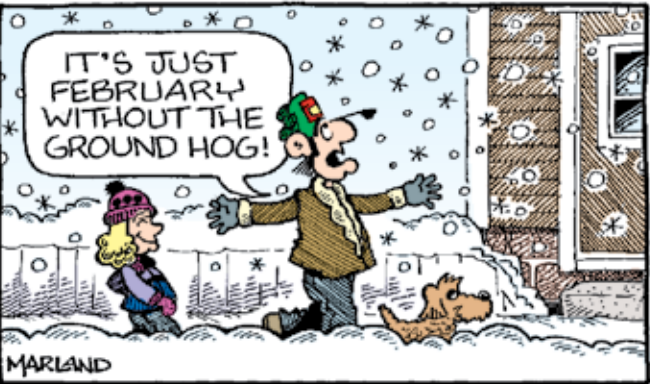
DONUTS (continued)

- Portland, Oregon’s Voodoo Doughnuts offers glazed donuts topped with vanilla frosting and your choice of Cap’n Crunch or Froot Loops cereal. For chocolate lovers, there is a chocolate donut, iced with chocolate frosting and topped with Coco-Puffs cereal. These varieties have achieved a higher approval rating than some of their earlier offerings, such as donuts glazed in Pepto-Bismol, Jaegermeister and a drowse-inducing cough medicine (a variety that was pulled by the FDA).
- The “Guinness Book of Records” lists the largest donut ever made as 19.7 feet (6 m) across and weighing the equivalent of two rhinoceroses. This baked goody was actually 90,000 individual donuts assembled with half a ton of pink icing and 66 pounds (30 kg) of sprinkles. Forty people labored for more than nine hours to put it together.
- Who says donuts aren’t good for you? A San Jose shop features the “Feng Shui” donut that is loaded with dark chocolate chips and frosted with a thick green icing concocted from green tea, two items with proven health benefits! Almost makes you forget the large amount of sugar contained in this delicious indulgence.
- Although Americans consume a whole lot of donuts, the United States can’t beat Canada, whose citizens eat more donuts than any other country. Canada also has the most donut shops per capita worldwide.
- Feeling a little guilty about that glazed donut you ate this morning? Take heart, since you can burn up those 400 calories by riding your bike at a vigorous pace for about 30 minutes.
- Donuts vary around the world; for example, in Romania, they are called gogosi, and have no hole. They are more like a pancake fried in oil, stuffed with chocolate, jam or cheese. Austrian donuts, known as Krapfen, are also hole-less and are not the traditional ring shape. They are filled with apricot jam or vanilla cream.
- And not all donuts are sweet treats. In India, they are a savory item called vada, prepared from potatoes, garlic, mustard seeds, onions and curry. The pastries are coated with lentil paste and fried. Keerai Vada are filled with leafy vegetables, such as spinach, along with lentils.

R.F.D.



by Mike Marland



**TIPBITS**  
**WORD POWER**  
Unscramble this word:  
**LAEKABSDAKA**  
This word means: *Sponge cake topped with ice cream, encased in meringue, and browned in an oven*

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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.

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

	×		-		16
÷		×		÷	
	×		+		14
+		+		+	
	-		×		18
10		17		10	

2 3 4 5 6 7 8 9

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**Comfort foods**  
Made fast and healthy

**Oatmeal Raisin Muffins**

by JoAnna M. Lund

Somehow, muffins seem to fit the bill for a filling breakfast, a tasty snack and even as an offering for dessert. These muffins are no exception!

- 1 1/2 cups all-purpose flour
- 1 cup quick oats
- 1 cup raisins
- Sugar substitute to equal 1/4 cup sugar, suitable for baking
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon apple pie spice
- 1 cup fat-free milk
- 2 tablespoons fat-free sour cream
- 1/2 cup unsweetened applesauce
- 1 egg or equivalent in egg substitute

1. Preheat oven to 375 F. Spray a 12-hole muffin pan with butter-flavored cooking spray or line with paper liners.
2. In large bowl, combine flour, oats, raisins, sugar substitute, baking powder, baking soda and apple pie spice. In a small bowl, combine milk, sour cream, applesauce and egg. Mix well with a fork to combine.
3. Add milk mixture to flour mixture. Mix just until moistened (batter will be lumpy). Evenly divide batter into prepared muffin wells. Bake 18 to 22 minutes or until a toothpick inserted in center of muffin comes out clean.
4. Place pan on a wire rack and let set 5 minutes. Remove muffins from pan and continue cooling on rack. Makes 12 servings.

- Each serving equals: About 129 calories, 1g fat, 4g protein, 26g carbo., 140g sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit.

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**Moments in time**  
THE HISTORY CHANNEL

- On March 23, 1836, in hopes of keeping pace with the furious march of technology, the U.S. Mint unveils its first steam-powered press. The new-fangled contraption helped crank out coins more efficiently.

- On March 25, 1911, at the Triangle Shirtwaist Company in New York’s Lower East Side, a fire quickly engulfs the factory and claims 146 lives, mostly young women. Because management had locked the exit doors, many of the garment workers either expired from asphyxiation or leapt from windows -- a fatal, 10-story fall. The factory’s owners were eventually found guilty on charges of manslaughter.

- On March 20, 1920, Bugatti delivers its first 16-valve car to a customer in Switzerland. The Bugatti was a symbol of wealth and status, and its cars were equipped with massive racing engines. The renowned American dancer Isadora Duncan was riding in a Bugatti when her trademark long scarf caught in a rear wheel of the vehicle, and she was instantly strangled to death.

- On March 22, 1947, President Harry Truman issues an executive decree establishing a sweeping loyalty investigation of federal employees in every department and agency. The program uncovered only a few employees whose loyalty could be “reasonably” doubted.

- On March 19, 1952, the one-millionth Jeep is produced. The name “Jeep” is reportedly derived from the Army’s 1941 request that car manufacturers develop a “General Purpose” vehicle. “G.P.” turned to “Jeep” somewhere along the battle lines.

- On March 21, 1971, “The Andromeda Strain,” the first movie to use computer animation, opens. The sci-fi thriller, featuring scientists racing against time and an alien virus, was the first of many films to be made from a Michael Crichton book.

- On March 24, 1989, the worst oil spill in U.S. territory begins when the supertanker Exxon Valdez runs aground on a reef in Prince William Sound in Alaska. An estimated 11 million gallons of oil eventually spilled into the water, polluting more than 700 miles of coastline.



**Sick Cat Can’t Stop Pooping**

By Samantha Mazzotta

**DEAR PAW’S CORNER:** My 8-year-old longhaired cat, “Buster,” has gas and diarrhea. He was given Flagyl for two months with no improvement. Then he took three months of probiotics, and no improvement. Now he gets 5 mg of prednisone and 5 drops of Rescue Remedy daily. His butt has been shaved to help keep him clean, and I wash it once a day. Buster eats special cat food, but that doesn’t help his digestion either. We have quarter-sized circles of poop all over the house, and I am breaking my back cleaning the carpet and floor. My husband says to euthanize him. What more can I do? -- Pat R., via email

DEAR PAT: Such long-term diarrhea is certainly cause for concern, and I know it can be intensely frustrating to care for and clean up after a sick cat. Please convince your husband to shelve the euthanasia suggestion, however. Buster sounds like he has inflammatory bowel disease (IBD)--a term that describes a collection of symptoms, such as frequent (or constant) diarrhea, but not a specific cause.

Flagyl is a common treatment for IBD, as is prednisone. Rescue Remedy is a natural remedy to calm pets. Buster’s vet should run a number of tests, if he or she hasn’t already, to rule out bacterial infection, parasites or a metabolic condition. If a conclusive cause isn’t found, you must try and find ways to mitigate his symptoms. The change in diet also is recommended in case a food allergy is the problem. You’re feeding Buster a specialty cat food, but if it isn’t working, try other brands or even try making home-cooked cat food. Additional information can be found online. And realize you’re not alone: Many owners are caring for cats with IBD. Please don’t give up on Buster.

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.

to any veterans charged more than 6 percent interest on a mortgage after receiving a request to lower that rate, plus triple that amount. The agreement expands and beefs up the rules for SCRA. Previously a bank was prohibited from foreclosing on a veteran-owned property if the mortgage was taken out before the veteran began military service. Now the rule will additionally state that no matter when the mortgage began, if the veteran received Hostile Fire/Imminent Danger Pay and was away from home within nine months of foreclosure, the veteran is protected from foreclosure. If you believe you are covered by this settlement, get your paperwork in order and call for military legal assistance. Go online to <http://legalassistance.law.af.mil> and look in the Legal Services Locator for the Armed Forces Legal Assistance office nearest you. Also see [www.servicemembers.gov](http://www.servicemembers.gov) for information, or call the Justice Department at 1-800-896-7743.

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](mailto:columnreply@gmail.com).



by Freddy Groves

**Veteran Foreclosures**

Veterans weren’t forgotten in the recent \$25 billion mortgage servicing settlement. In fact, veterans were treated much better than civilian counterparts who’d had their homes foreclosed. In the lawsuit leading to the settlement, it was determined that the four biggest mortgage servicers violated the Servicemen’s Civil Relief Act, the law that outlines the rules under which mortgages must be handled for veterans. Those banks will now have to pay veterans \$116,785 each, plus equity that was lost in the property after it was wrongfully foreclosed, plus any interest. That number might end up being higher. JP Morgan Chase will need to provide the veteran with his or her property “free and clear of any debt or the cash equivalent of the full value of the home at the time of sale.” Citigroup, Wells Fargo and Ally will have to give a refund





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

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

Arm	Goods	Marker	Sale
Bird	Grass	Master	Stick
Darts	Lines	Of ale	Work
Donkey	Man	Ramp	

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Visit our website for valuable Coupons and Updates at: [paysoncitychamber.com](http://paysoncitychamber.com)

March Business of the Month

16<sup>th</sup> yr celebration  
586 N. Main

Future Ribbon Cuttings  
Apr 25 – Wed \* Apple Valley Vision \* 11:30 am



(801) 465 - 2324  
[paysonmarket.com](http://paysonmarket.com)



Wed – Mar 21: Payson Chamber of Commerce “Rockin' Biz Leads Group” at Noon at The Historic Peteetneet Museum 'G' Room, Upstairs, Gateway to Nebo Scenic Byway, 10 South Peteetneet Boulevard (600 East), Payson, Utah. Networking at 11:45 am. Bring your lunch, your friends, business cards, 30 second commercial, brochures, specials. Norene Jensen will teach 'Mammoth Marketing Is No Myth!' Afterwards, see a short video depicting what Peteetneet looked like before renovation. A tour exclusively for Chamber Members and Guests 12:30 - 1:15 pm.

Please RSVP Norene Jensen, 801.636.1040, [norene.invests@yahoo.com](mailto:norene.invests@yahoo.com)

**1<sup>ST</sup> ANNUAL PAYSON BUSINESS EASTER EGG HUNT**

- Register at Dr. Gunnerson’s Office: 33 W 300 thru Mar 23<sup>rd</sup>
- Ages 10 – 17
- Visit Each Business, Find the Egg, Get Card Signed, Get Next Clue
- Return Egg Hunt Cards to Dr. Gunnerson’s Office by April 5<sup>th</sup>
- Everyone receives a Prize & is entered for the Easter Grand Prize
- Grand Prize Winners will be notified on April 6<sup>th</sup>

April 7, 2012 – Sat

**EASTER EGG HUNT** – We are asking for local businesses to help sponsor this event. You can donate your time, prizes or monetary donations to the Easter Egg Hunt. We will recognize you in the newspaper and at the event. Please send to: Payson Chamber of Commerce, P.O Box 176 Payson, UT 84651  
Contact the chamber office: 20 S. Main, 801-465-2634 [paysonchamber@yahoo.com](mailto:paysonchamber@yahoo.com) or you may contact Eric Buchanan at UCCU 801-223-8120  
Please have all donations to the Chamber NO LATER THAN APRIL 3, 2012.  
Chamber of Commerce: Colin Logue, Publicity, [utahavenueinsurance@gmail.com](mailto:utahavenueinsurance@gmail.com). 801.609.8699 801.609.8699; to join/renew membership with Chamber of Commerce, please contact Carolyn Bowman, 801-465-2634  
**Pleasant Grove**

“Beau Jest”

Performance dates are March 2-19th on Thursday, Friday, Saturday and Monday evenings. There will also be a Saturday matinee on March 17th. Please call Kathryn Little at 801-836-8104 for more information.

**Santaquin**

Apr 7<sup>th</sup> – Annual Easter Egg Hunt!!! Sponsored by the Santaquin Area Chamber of Commerce and Santaquin City . Santaquin Elementary School @ 9:00am.  
Any and All Business are welcome to be a member of the Chamber of Commerce.  
Any interested business can contact:  
Brad Horrocks @ 801-754-5700  
Nick Miller @ 801-471-7980

**Spanish Fork**

**THE GOOD LIFE EXPO – HOME, HEALTH & HOBBIES @ Sp. Fork Fairgrounds**  
April 13 & 14, 2012 – The Show will provide exhibits and demonstrations related to home & garden improvement, family health and nutrition products, favorite hobbies & preferred pastimes. There will be something of interest for every guest.  
**EXHIBITORS** – You will reach more people in TWO DAYS than you would normally reach in TWO MONTHS. Call Roger @ 801.616.6288 for information.

**ANSWERS**

**SPORTS QUIZ**

- Willie Davis hit in 31 consecutive games in 1969.
- Ted Williams (.344) and Tony Gwynn (.338).
- Johnny Unitas, 1956-60.
- David Robinson, in the 1993-94 season. (Durant’s came in the 2009-10 season.)
- In 2011, Edmonton’s Ryan Nugent-Hopkins had three goals in this third NHL game.
- Bill Elliott (2001) and Kurt Busch (2002).
- It was 1973.

**King Crossword**

Answers

Solution time: 21 mins.

D	A	M	P	B	R	A	P	I	E	D	
E	X	T	E	R	I	O	R	R	O	D	E
L	E	A	N	O	N	M	E	E	T	A	L
T	I	L	C	A	D	A	F	L	A	M	E
A	P	H	I	D	C	C	I	I			
P	A	U	L	D	O	O	R	M	A	N	
T	I	L	W	I	L	D	E	B	I	B	
N	A	M	A	S	T	E	M	E	N	U	
C	R	A	L	A	S	B	A	T	E	S	
L	I	F	T	M	E	A	N	T	O	M	E
A	C	R	E	E	M	P	O	R	I	U	M
P	O	R	D	U	E	A	L	M	S		

**Weekly SUDOKU**

Answer

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

**Go Figure!**

answers

6	x	4	=	8	16
÷		x		÷	
2	x	3	+	8	14
+		+		+	
7	-	5	x	9	18
10		17		10	



Trivia  
test  
by Fifi Rodriguez

- Argyle (sock and sweater) and the Argyll region in western Scotland
- A tomahawk
- 1910
- Yellow
- Kidneys
- 1954
- Corn and lima beans
- Psalms, with 150 chapters
- The Fifth
- Best Animated Feature

**WORD POWER**

ANSWER

**BAKED ALASKA**

**SCRAMBLERS**

solution

- Remove;
- Exceed;
- Raise;
- Zephyr

Today's Word:

**READY**