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TIDBITS® GOES TO WORK WITH SERVICE ANIMALS

by Patricia L. Cook

This Tidbits examines “man’s best friend” and other animals that go the extra mile serving humans.

- Many service animals serve only one person in their service lives. A dog may be trained to help a blind or deaf person and stay with that person for about 10 years, usually until the dog dies or becomes incapable of serving because of health problems.
- Service dogs trained for police work serve many people by protecting the public from criminals who may seek to harm others with bombs, drugs or other evil actions.
- Dogs trained to serve in the military are extremely well trained and reliable members who serve alongside their comrades. Much of the work done by animals for the military is classified. It is known that the U.S. military has used pigeons, horses and chickens as well as dolphins, beluga whales, sea lions and other marine mammals and, of course, dogs. These animals have all served honorably to reduce risk to humans.
- According to the U.S. Department of Defense, about 3,000 dogs have worked as sentries, detecting bombs and land mines and performing search, rescue and recovery. Many of those animals have been on tour in Iraq and Afghanistan in recent years.

turn the page for more!

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1. **HISTORY:** In what year did the RMS Titanic sink, killing 1,517 people?
2. **GEOGRAPHY:** What is the largest country in South America?
3. **GENERAL KNOWLEDGE:** In what year was the festival of Kwanzaa established?
4. **POLITICS:** Nellie Tayloe Ross was the first woman governor of what state?
5. **MOVIES:** Which Disney movie's soundtrack features five Elvis Presley songs?
6. **SUPERHEROES:** What was the name of The Green Hornet's car?
7. **SCIENCE:** What substance speeds the rate of a chemical reaction?
8. **LANGUAGE:** What is the meaning of the Latin word "contra"?
9. **MUSIC:** What is the name of Tom Petty's back-up band?
10. **PERSONALITIES:** What actress was briefly married to boxer Mike Tyson?

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SERVICE ANIMALS (continued)

- Military dogs are trained in San Antonio, Texas, at the Military Working Dog Center at Lackland Air Force Base. German shepherds, Dutch shepherds and Belgian Malinois are the most common breeds used. The military purchases some of its dogs from breeders, but most are from its own breeding program.
- When the Navy SEALs stormed Osama bin Laden's Pakistan compound on May 2, 2011, four of the first feet on the ground were those of Cairo, a well-trained Belgian Malinois. When President Obama had a private meeting with the SEAL team, the only one of the super-secret team whose name was revealed was Cairo, the war dog.
- The lighter, more compact Belgian Malinois breed is considered the best for operations undertaken by SEAL teams, such as tandem parachute jumping and rappelling. Dogs like Cairo are trained to detect and identify both hostile and/or hiding humans and explosives. The dogs are about twice as fast as their most physically fit SEAL companions.
- Like other members of the SEALs, Cairo was equipped with super-strong, flexible body armor and high-tech equipment that included "doggles." Doggles are specially designed dog goggles equipped with night-vision and infrared capability that allow dogs to see body heat even through concrete walls.
- The hi-tech dog gear comes from a mom-and-pop business in Winnipeg, Manitoba. K9 Storm, Inc., has a worldwide reputation for designing and manufacturing what is probably the best body armor available for military and police dogs. Working dogs in 15 countries use their K9 Storm body armor.
- Some amazing information released from the Pentagon in October 2010 revealed that after six years and \$19 billion spent in developing the ultimate bomb-detector technology, dogs are still the most accurate! Detection using the most advanced equipment, like drones and aerial detectors, yielded a 50-percent success rate. When a dog was involved, that rate rose 30 percent. Now that's some serious sniffing!

continued on next page



Make a Portable Playmat for Preschoolers

I'll bet your kids easily can map out the setting of their favorite TV series. They probably know exactly where the main characters live -- that they turn left to get to the water fountain and right to get to the stables. But how well do they know their own neighborhood?

Here's a playful way to become familiar with where they live in relationship to all the places that regularly touch their lives. It's a portable town playmat made with an inexpensive window shade. Designed to mimic where you live, it's personalized and perfect for indoor fun. Once it's made, kids can spill out a basket of toys and bring their town to life. If you listen in, you might hear that a tiger is prowling the street right next to the supermarket! Wait until he finds himself eye-to-eye with the T-rex stomping down the steps of the library. And that bright-green cowboy. Look at him ambling out of the coffee shop. Wonder which direction he'll run?

To get started, you'll need:

- Plain white roll-down window shade from a discount store
- Pencil and permanent nontoxic markers
- Ruler
- Acrylic paints and sponges for dabbing

Here's the fun:

First, take a walk with your young kids. Stroll down your street. Turn in various directions, discussing the outing as you go. Your conversation might go like this: "Let's remember how close the post office is to the cleaners. Oh, look, the library is two whole blocks up from here. The bakery is across the street." It's a chance to teach that places aren't just "out there." They can be located.

When you return, roll out the shade on the floor and sketch your community using a ruler and pencil, beginning with your home. Then, with a ruler, plot out important places in relationship to your dwelling. Color and decorate streets, buildings and other details with markers. Don't forget lakes, ponds or parks. Dip a small sponge lightly onto some acrylic paint and dab in bright colors for the water, flowers and trees.

Let dry, gather small toys and let your "Our Town" play begin. To store, roll up the painted shade and set upright in a closet for another day.

Extra idea: Add familiar faces to the toy pieces. Ask friends, teachers and shopkeepers if they will let you take close-up photos. Print on heavy paper, cut out the individuals, leaving an extra half-inch at the bottom to bend back and glue to the inside of a plastic bottle cap so they appear to be standing up. Now your kids will have human "players" in their drama.

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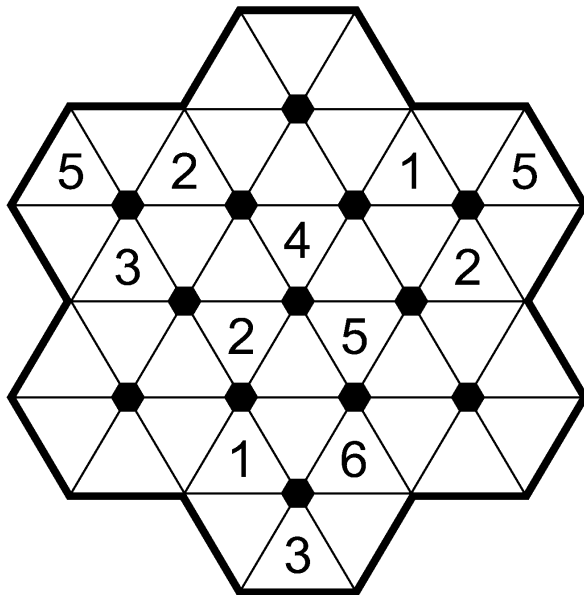
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SNOWFLAKES by Japheth Light

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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TIDBITS® QUOTE

"If a dog will not come to you after having looked you in the face, you should go home and examine your conscience."

— Woodrow Wilson

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- 1 Which hitter holds two of the top three spots for most strikeouts in a major-league season?
- 2 Name the player who had the most hits in a modern-era season for the Braves franchise.
- 3 Who was the head coach of the University of Texas football team before Mack Brown took the job in 1998?
- 4 How many times did 7-foot-7-inch center Manute Bol lead the NBA in blocked shots per game for a season?
- 5 Who holds the New York Rangers record for most goals and points in a season?
- 6 How many times has the 60-point mark in the regular-season standings been exceeded by a Major League Soccer team?
- 7 Name two of the last three WBA heavyweight boxing titleholders before Mike Tyson won the crown in 1987.

By Chris Richcreek

of Texas football team before Mack Brown took the job in 1998?

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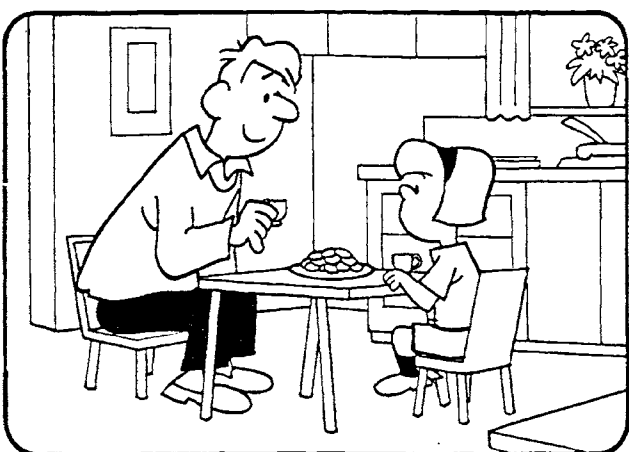
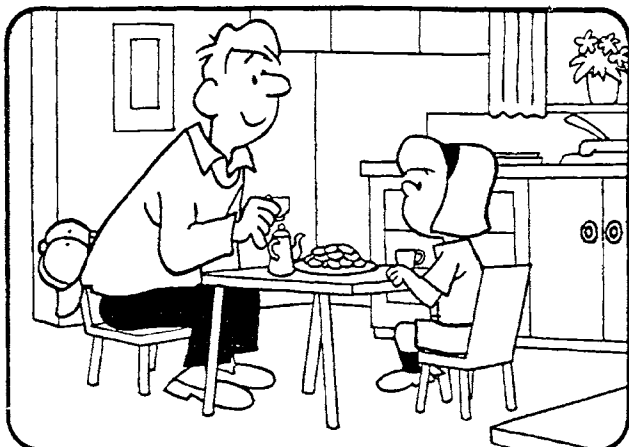
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6 How many times has the 60-point mark in the regular-season standings been exceeded by a Major League Soccer team?

7 Name two of the last three WBA heavyweight boxing titleholders before Mike Tyson won the crown in 1987.

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. Cap is missing. 2. Head is missing. 3. Teapot is missing. 4. Hair is different. 5. Curtain is smaller. 6. Cabinet knobs are missing.

SERVICE ANIMALS (continued)

Some other highly trained dogs that help keep our nation safe are the detector dogs trained to safeguard American agriculture. The National Detector Dog Training Center (NDDTC) in Newnan, Georgia, trains dogs and officers as teams to prevent pests and agricultural diseases from coming into the United States through airports, postal facilities, cargo warehouses, international borders and seaports.

One of the wonderful things about this program is that the NDDCT actually gets its dogs through animal shelters and animal rescues as well as through owner donations. It is important for dogs in this program to be comfortable and non-threatening when working around people in crowded places like airports. The NDDCT currently trains beagles and beagle mixes for airports and Labrador retrievers and Lab mixes for border patrol work and for warehouses and postal facilities.

Occasionally Jack Russell terriers are also used by the NDDCT, mainly to work in Guam finding brown tree snakes. (Ewww!) The snakes are "a dangerous threat to the ecology and economy of Guam." Accidentally introduced to Guam in the 1940s or early 1950s, the snakes cause power outages and have eradicated most of Guam's native forest birds.

The characteristics the NDDCT looks for in dogs that will serve in the "Agriculture Beagle Brigade" are age (1-3 years old); bold, curious and friendly personalities; and a love of food! If after some testing and training, a dog is not deemed appropriate for the work, it is put up for adoption.

Other very important service animals are Assistance Dogs. There are three types: guide dogs for the blind and visually impaired, hearing dogs for the deaf and hard of hearing and service dogs for people with disabilities other than those related to vision or hearing. Guide dogs for the blind have been around and formally trained for over 70 years, while the other programs are newer.

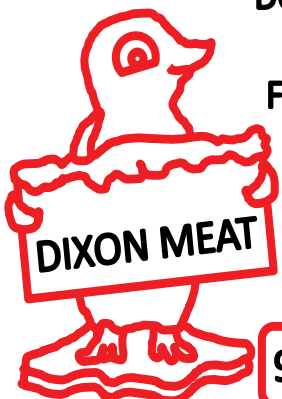
continued on next page

Laugh a bit with TIPBITS

Q: How did the dog warn its owner when it saw a fallen tree across the road?

A: Bark! Bark!

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Strange BUT TRUE

- It was noted American science fiction author Philip K. Dick who made the following sage observation: "Reality is that which, when you stop believing in it, doesn't go away."
- The first chocolate factory in the United States was established even before the states were united. Back in 1765, two enterprising men named John Hanan and James Baker chose Dorchester, Mass., as the site for their factory, which they mechanized by using waterpower.
- If you're like the average American, you eat 23 quarts of ice cream every year.
- You might be surprised to learn that the given name of iconic Apache leader Geronimo, Goyathlay, translates as "one who yawns." And the very name Apache isn't what the

tribe originally called itself; it's word from the Zuni Indian language, and it means "enemy."

In a scant 100 years, from 1500 to 1600, the population of the city of London quadrupled in size.

Singer and songwriter Roger Miller, best known for his hit song "King of the Road," had a passion for music early, even though his family was poor. When he was in grade school, he spent his weekends picking cotton so he could save up enough money to buy a guitar. After eighth grade he quit school and went to work herding cattle and riding in rodeos.

Interestingly, the word "pudding" came into the English language from the German word "puddek," which means "sausage."

Thought for the Day: "We are not afraid to entrust the American people with unpleasant facts, foreign ideas, alien philosophies and competitive values. For a nation that is afraid to let its people judge the truth and falsehood in an open market is a nation that is afraid of its people." -- John F. Kennedy

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SERVICE ANIMALS (continued)

A revised definition of "service animal" was recently passed in the United States, effective March 15, 2011: "Service animal means any dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual or other mental disability. Other species of animals, whether wild or domestic, trained or untrained, are not service animals for the purposes of this definition." This definition is part of the Americans with Disabilities Act. It provides federal protection for service animals to accompany their person into public places. Service animals are not pets; they are working dogs. (Miniature horses are permitted under specific conditions.)

Service dogs are highly trained to meet the needs of the people they serve. Any breed can be used as a service dog. They are trained to standards established by dog trainers, animal behaviorists, people with disabilities and veterinarians. A service dog is an invaluable addition to the life of its person, helping them gain freedom and independence.

FAMOUS LANDMARKS OF THE WORLD: THE STATUE OF LIBERTY

One of the most enduring symbols of the United States and a treasured landmark in New York City is the Statue of Liberty.

"Lady Liberty," as she is frequently called, was a gift from the people of France to the people of the United States in recognition of the friendship formed during the American Revolution.

The idea for a statue to be given to the United States was born at the home of Edouard de Laboulaye, near Versailles, France, in the summer of 1865. Laboulaye is considered the "Father of the Statue of Liberty." Unfortunately, he died before its completion.

French sculptor, Frederic Auguste Bartholdi was commissioned to design the sculpture with the plan for it to be presented in 1876 to celebrate the centennial of the Declaration of Independence. Gustave Eiffel, France's most respected engineer, who later designed the Eiffel Tower, was commissioned to help Bartholdi with the massive structure.

While the French were responsible for the Statue and for assembling it once it came to America, the pedestal was the responsibility of the Americans. Funding for both projects was difficult. Both countries allowed auctions, lotteries, entertainment events and more to be held to raise funds for the huge project.

When Joseph Pulitzer became the owner and editor of the New York World in 1883, he appealed to people all across the country to contribute funds and to not bring shame upon the nation by not providing for the generous gift from the French. His plea was heard; money poured in from people all across the country.

continued on next page

Time For A Treasure Hunt



Have You Served Someone Lately?

Setting a good example is a far better way to spread ideals than through force of arms.
- Ron Paul

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HUBERT - - By Dick Wingert

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Q: What do you get when you cross a gun dog with a telephone?
A: A golden receiver!

Q: What dog wears a white coat and does scientific experiments?
A: A golden lab!

Q: What do you get if you cross a dog with an F16 fighter plane?
A: A jet setter!

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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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THIS IS A HAMMER
Is Basement Moisture a Leak, or Humidity?
 Q: My basement stays fairly dry, but in the spring and during other really rainy periods I can see the concrete walls are wet. Is it condensation or water leaking inside? I haven't seen any puddles of water on the floor, but it is really humid at these times. -- Bill in upstate New York
 A: There's an easy way to test whether the moisture on the basement walls is seepage (water leaking inside) or condensation. Get a few large squares of aluminum foil and tape them to random spots on the basement walls and floor. Use water-resistant tape and completely cover all four edges of the foil so that no air can get underneath it. Leave them there for a couple of days, and then carefully peel away the tape and check both sides of the foil. If the side facing the wall (the inner side) is wet, then seepage is your issue. If the outer side is wet, condensation is the problem. If both sides are wet, seepage is the most likely issue, with condensation possibly a result of the seepage.

To reduce seepage, check all of your gutters and downspouts to make sure they aren't damaged and that rainwater is being directed well away from the foundation. The drain trough under the downspout also should be checked; make sure water isn't pooling there.
 Next, check the foundation and basement walls for small cracks, holes or gaps. Repair these with the appropriate type of cement. Finally, paint the interior basement walls with a waterproofing paint specifically formulated for this task, which adheres well to concrete or masonry.
 To reduce condensation issues, install a dehumidifier in the basement, or install a fan that will pull air outside and help the basement air circulate. Wrap insulation around cold-water pipes so condensation is less likely to occur in the basement space. Outside, try and increase the amount of air and sunlight that reach the basement by trimming back plants and hedges, especially around basement windows.
HOME TIP: Debris and leaf dams in your gutters can damage them and lead to other problems around your home's exterior. Clean your roof gutters twice a year.
 Send your questions or tips to ask@thisisahammer.com, or write This Is a Hammer, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

THIS WEEK'S CELEBRITY BIRTHDAYS
 Danica Patrick 3/25/82
 Kenny Chesney 3/26/68
 Mariah Carey 3/27/70
 Reba McEntire 3/28/55
 Lucy Lawless 3/29/68
 Celine Dion 3/30/68
 Al Gore 3/31/48
 TIDBITS

Holidays & Observances This Week
 3/25 International Waffle Day
 3/26 Make Up Your Own Holiday Day
 3/27 National "Joe" Day
 3/28 Something on a Stick Day
 3/29 National Mom and Pop Business Owners' Day
 3/30 National Doctor's Day
 3/31 Take a Walk in the Park Day

Good Housekeeping
Classic Oven Fries
 Serve this popular choice with your favorite beef or steak dish.
 2 tablespoons olive oil
 3 medium (about 8 ounces each) baking potatoes
 3/4 teaspoon salt
 1/4 teaspoon coarsely ground pepper
 1. Preheat oven to 425 F. Brush 2 large cookie sheets with 1 tablespoon oil.
 2. Cut each unpeeled potato lengthwise into quarters, then cut each quarter lengthwise into 2 wedges (or, cut potatoes crosswise into 1/4-inch-thick slices).
 3. In a large bowl, toss potatoes with salt, pepper and remaining 1 tablespoon oil until evenly coated.
 4. Divide potatoes between cookie sheets, spreading each

batch into an even layer. Place cookie sheets on 2 oven racks and oven-fry potatoes 25 minutes or until tender and crisp, turning potatoes over once and switching pans between upper and lower racks halfway through cooking.
Lemony Oven Fries: Prepare Classic Oven Fries as above in steps 1 and 2. In step 3, mix 1 teaspoon grated fresh lemon peel, 2 tablespoons fresh lemon juice, 1 tablespoon dried oregano, and 1 large garlic clove, crushed with press, with salt, pepper, and oil in bowl. Add potatoes and toss to coat. Complete recipe as in step 4.
Spicy Oven Fries: Prepare Classic Oven Fries as above in steps 1 and 2. In step 3, mix 1 teaspoon onion powder, 1/2 teaspoon turmeric, and 1/4 teaspoon ground red pepper (cayenne) with salt, pepper, and oil in bowl. Add potatoes and toss to coat. Complete recipe as in step 4.
 ,, Each serving: About 205 calories, 5g total fat (1g saturated), 0mg cholesterol, 450mg sodium, 38g total carbs, 3g dietary fiber, 4g protein.
 For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

THE STATUE OF LIBERTY (continued)
 • The Statue was completed in France in July 1884 and arrived in New York Harbor in June 1885. The pedestal construction was finished in April 1886. The Statue remained unassembled in crates for over a year waiting for the completion of the pedestal. The centennial gift was actually 10 years late!
 • The Statue was transported from France to the United States on the French frigate Iser. It was disassembled into 350 individual pieces and packed in 214 crates. Reportedly, rough seas almost brought a disastrous end to the Iser and its cargo.
 • It took four months to re-assemble the Statue on her pedestal. She was dedicated on October 28, 1886, in front of thousands of spectators. President Grover Cleveland proclaimed that "Liberty" would "magnify France beyond the seas." Fireworks followed the dedication, and then New York City's first "Ticker Tape" parade ensued.
 • The original torch was actually displayed at the Centennial Exposition in Philadelphia in 1876. Today, it is located in the museum at Fort Wood on Bedloe's Island with the Statue. In 1984, it was replaced by a new, copper torch covered in 24k gold leaf that reflects sunlight in the day and is lit by 16 floodlights at night.
 • Much symbolism was built into the Statue. The crown has 25 windows symbolizing gemstones and heaven's rays shining over the world. The seven rays on the crown represent the seven seas and continents. Chains and a broken shackle at the Statue's feet represent freedom from oppression and servitude. Lady Liberty is holding a book that has July 4, 1776, inscribed on it, the date of American Independence.

ARRONDISSEMENTS

Webster's Dictionary defines the big word, arrondissements as "an administrative district of certain large French cities, in particular Paris."

- Traveling from place to place in Paris can be difficult due to its large size. Learning about the arrondissements helps. Paris is divided into 20 arrondissements, with the first one in the center of the city and the remaining ones spiraling outwards, like a snail shell, in a clock-wise direction.
- Looking at a map of Paris, it is important to understand the arrondissements. Most of the historical tourist attractions are found in the first eight.
- Originally, in 1795, Paris was divided into 12 arrondissements with 1-9 on the right bank of the Seine River and 10-12 on the left bank. The Seine flows from east to west, so the right bank is northern Paris, and the left bank is southern Paris. The Seine runs through the historical heart of the city and actually has two islands in the central part.

continued on next page



Q: I have a 1908 Koken Congress barber chair made of wood and brass. It is in fairly good condition. I would like to know the value of it. -- Charlia, East Alton, Ill.
 A: Although barber chairs were being manufactured in the United States as early as the 1870s, it was Ernest Koken, a German immigrant, who introduced deluxe barber chairs that often included leather seats, padded foot and arm rests, and elaborate wood carving and fancy detail. The Koken chairs were manufactured at a plant based in St. Louis and distributed throughout the country. Restored Koken chairs often sell in the \$500 to \$1,500 range, but as with most collectibles, there are always exceptions to the rule. To sell your chair, I recommend you contact antiques dealers in the St. Louis area.

Q: I recently placed an ad on eBay to sell some fishing lures that were made about 1950 by Heddon. No one responded. What should I do next? -- Lucille, Albuquerque, N.M.
 A: I think you should invest in a copy of "Heddon Plastic Lures: Identification and Price Guide" by Russell E. Lewis (Krause, \$24.99). This excellent guide will give you a better idea of the value of your lures. Keep in mind, however, that a price listed in a guide is only a point of reference. Sometimes it is difficult to hook a collector who is willing to pay full book price. Be willing to bargain.

Q: I have some LPs and 78s that I would like to sell. They include such artists as Dolly Parton, Dean Martin, Ed Ames, Jim Reeves and Jerry Vale. -- Bonnie, Granite City, Ill.
 A: The Record Exchange buys and sells vintage recordings and is one of the largest businesses of its type in your region. The contact information is 5320 Hampton Ave., St. Louis, MO 63109.

Q: I have some old telephones I would like to sell. -- Catherine, Surprise, Ariz.
 A: The Antique Telephone Collectors Association was chartered in 1971 and has more than 1,000 active members scattered throughout the world. This might be a good group to contact about your telephones. Its address is ATCA, P.O. Box 1252, McPherson, KS 67460.



King Crossword

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ACROSS

1	2	3	4	5	6	7	8	9	10	11	
12			13				14				
15			16				17				
18				19		20					
21	22			23		24					
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32		33		34		35		36			
37			38		39		40		41		
42			43		44		45				
46	47	48			49		50				
51					52		53			54	55
56					57				58		
59					60				61		

DOWN

1	2	3	4	5	6	7	8	9	10	11	
12											
15											
18											
21	22										
25											
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37											
42											
46	47	48									
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56											
59											

- | | | | | |
|-----------|---|----|----------------------------|-------------------------|
| 1 | Feds' org. | 8 | Refers (to) | called it |
| 4 | Cheese in a mousetrap | 9 | Luau wreaths | "hell" |
| 8 | — mater | 10 | Guy | 38 Noon, in a way |
| 12 | Romaine | 11 | Yankee nick name from 2004 | 40 Adulterate |
| 13 | Loosen | 16 | Performance | 43 Cut smaller boards |
| 14 | Shakespear | 20 | Gear tooth | 45 Piece of wordplay |
| —ean king | | 21 | Cry | 46 Graceful bird |
| 15 | Kitchen strainer | 22 | Black | 47 Toll road, for short |
| 17 | Movie pal of Stitch | 23 | Pirates' potato | 48 Adams or Falco |
| 18 | Charlie Brown : "Good grief" :: Cathy : — | 27 | Deity | 49 640 acres (Abbr.) |
| 19 | Defendant | 29 | Ornamental dogbane | 53 Bygone TV channel |
| 21 | Cold spell | 30 | Responsibility | 54 Flightless bird |
| 24 | Scuttle | 31 | Hollywood clashers | 55 Plagiarize |
| 25 | Conclude | 33 | Drop | |
| 26 | Carpet | 35 | Sherman | |
| 28 | Crystal-lined rock | | | |
| 32 | — out (supplemented) | | | |
| 34 | Do lawn work | | | |
| 36 | Phony coin | | | |
| 37 | Heat-resistant glass | | | |
| 39 | Father | | | |
| 41 | Ike's command | | | |
| 42 | Round Table address | | | |
| 44 | Settles a debt | | | |
| 46 | Genus sub-group | | | |
| 50 | Chignon | | | |
| 51 | Broad | | | |
| 52 | Waste | | | |

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top ten

Psychological States You've Never Heard Of

1. Dysphoria
2. Enthralment
3. Normopathy
4. Abjection
5. Sublimation
6. Repetition compulsion
7. Repressive desublimation
8. Aporia
9. Compersion
10. Group feelings

Source: io9

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TIDBITS NUGGET OF KNOWLEDGE

Therapy animals are not the same as "service animals." They are animals that are used to visit hospitals, nursing homes, rehabilitation centers, schools and other facilities. A program called "Pet Partners" established in 1990 as a part of the non-profit Delta Society based out of Bellevue, Washington, is the only national registry that requires training and screening of animal-handler teams.

"If not now, when?"

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HealthBits™
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By Paul G. Donohue, M.D.

Not All Chest Pain Comes From the Heart

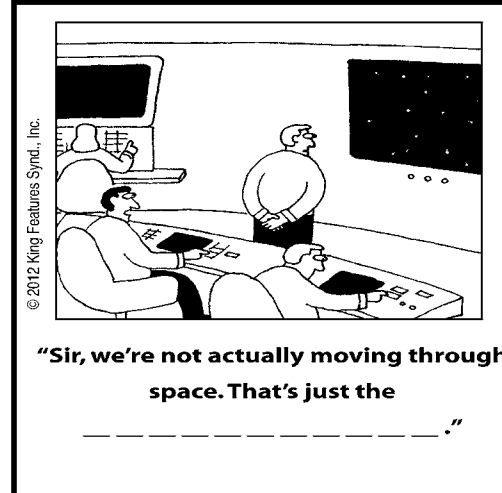
DEAR DR. DONOHUE: I am a 38-year-old woman who has a very stressful job. It is also very well-paying, so I don't want to give it up. I think it might be giving me chest pain. The pain comes and goes unpredictably. Sometimes I am just sitting at my desk, and I get a squeezing sensation in my chest. At other times, I had been hurrying around. I have had several EKGs, been examined by three doctors, had a stress test and a radioactive stress test. The doctors say my heart is healthy, and the chest pain could come from stress. In speaking with people I trust, I have been told to have a heart catheterization. What do you think? -- P.A.

ANSWER: None of your three doctors told you that. Don't you think they might know more than your friends? You have to be guided by advice given to you by those who have had experience in assessing people's complaints. There's no pattern to your chest pain. Heart pain, in contrast, causes chest pain when a person is physically active. That pain goes when the person rests. Your kind of pain is not suggestive of a heart disorder. Your doctors have told you that your heart is healthy. You have had EKGs, stress tests and even a radioactive stress test. Those tests would have disclosed a heart problem if you had one. Furthermore, you are only 38 years old -- not an age for heart problems to occur. You mention no family history of heart trouble at early ages. With a catheterization, a thin, pliable tube is inched from a groin blood vessel to the site where the heart arteries are found. There, dye is injected so doctors can visualize the health of heart arteries. The doctors can spot any obstructions, like cholesterol buildup, in those arteries. It's an amazing test. However, complications can arise from any procedure that invades the body. When the detection of heart disease can be accomplished in no other way, information from a catheterization is justified. In your case, it's not. Stress is the most likely cause of your chest pain. Coronary artery disease is the No. 1 cause of death in most of the world's countries. The booklet on that subject explains in detail its symptoms and its treatments. To order a copy, write: Dr. Donohue -- No. 101W, 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: I've been talked into donating blood. My hangup is that I have a fitness program that I religiously adhere to. The thought of an extended rest bothers me. How long do you have to spend recuperating after donating blood? -- A.A.

ANSWER: You're not facing an extended recuperation after donating blood. One day is enough. That sounds like too little time, but it's sufficient. You won't notice it. It takes a full month for your blood count to return to what it was before you donated. That slight dip in your blood count isn't going to affect your exercise performance unless you are into marathon training.

The Spats



SCRAMBLERS
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Disclose
LEAVER

Deny
FURSEE

Sway
ARENCE

Lift
AIRES

TODAY'S WORD

KIDBITS

Junior Whirl
by Hal Kaufman

SUM LUCK! Alas, the simple magic number square shown at right is missing five of its numbers. These missing numbers — 2, 4, 5, 6 and 8 — are required to produce a total of 15 in all directions — across, down and diagonally. How quickly can you put them in place? P.S.: In ancient times, we are told, this simple magic number square was deemed to have mystical powers, and was engraved on lucky charms.

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

WEATHER WORDS! Find weather words — warm, windy, rainy and clear — among consecutive letters: 1. Sally bought a new armchair. 2. Edwin dyed his hair. 3. Al met Sara in Youngstown. 4. We all read the article Arty wrote.

STEP BY STEP DEN WORDS
HOW quickly can you fill blanks above with appropriate DEN words? Let's see. Definitions of six words with letters DEN in stepped-off progression are as follows:
1. Bear's digs (DEN, in place)
2. Adam and Eve's garden spot.
3. Add another lane to a highway, for instance.
4. Summerall's TV broadcast sidekick.
5. Add to the general joy of things.
6. Free oneself from a heavy care.
Try to adhere to a two-minute time limit.

NEW RESULTS! Which route does the ball take to reach the net? Choose 1, 2, 3 or 4, and see if you guessed right.

ON HOLD! What time does the balloon go up? Right now, son, if you don't hang on. Color code: 1—Red. 2—Lt. blue. 3—Yellow. 4—Lt. brown. 5—Flesh tones. 6—Dk. green. 7—Lt. purple.

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

"He had green feathers and walked with a jaunty air ..."

ARRONDISSEMENTS (continued)

- In 1860, as the city expanded, the 12 original arrondissements were changed to the current 20 that are arranged in the spiral design.
- Arrondissements 1,4,5,6,7 and 8 border the Seine and contain many of the historical buildings that Paris is famous for. The Louvre Museum and Tuileries Gardens are found in number 1.
- Numbers 2 and 3 do not border the river and are the smallest sections of Paris. They are known for the National Library and National Conservatory of Arts and Crafts, respectively, as well as historical businesses, like the old stock exchange, and museums.
- The 4th Arrondissement is the oldest and one of the busiest tourism sections in Paris where Notre-Dame Cathedral is located.
- Notre-Dame Cathedral is actually built on an island, the Île de la Cité, in the river. The Pont Neuf bridge connects the island with the right and left banks. Originally made of wood, the bridge, with 12 arches, was rebuilt in 1607. It is the oldest bridge in Paris.
- The cathedral was built over a span of 182 years, from 1163-1345. Notre-Dame has undergone two major restorations: in the 19th century after damage during the French Revolution and again from 1991-2001.
- The city designers of Paris not only meant for the arrondissements to organize the layout of the city, but they also contain monuments that represent major landmarks on the landscape. Notre-Dame is the central point in Paris; the Eiffel Tower marks the west; the Bastille column, the east; Sacré Coeur (Sacred Heart Basilica), the north; and Montparnasse Tower marks the south.
- Some of the famous landmarks in Paris provide the best spots to start touring the city and the best views. The square in front of Notre-Dame indicates the starting point for measuring all distances in France (not just Paris). From in front of Sacré Coeur, there is a view of the entire city of Paris. It is the highest point in the city after the Eiffel Tower.
- Paris is an interesting city with much to offer, but it can be confusing if you don't know about the strange arrondissement patterns. Of course, knowing a bit of the French language is also helpful!

R.F.D.



by Mike Marland

TIDBITS WORD POWER
Unscramble this word:
BOCDNATNRA
This word means: Goods or merchandise whose importation, exportation or possession is forbidden.

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Italian Simmered Chicken Breasts

by JoAnna M. Lund

This is one of those "I've got 10 minutes to make dinner, and I'm serving chicken again" solutions I bet you'll love. If you've got a can of soup, a can opener and some tangy spices, you've got the meal under control!

16 ounces skinned and boned uncooked chicken breasts, cut into 4 pieces
1 (10 3/4-ounce) can reduced-fat tomato soup
1/2 cup water
1 1/2 teaspoons Italian seasoning

1. In a large skillet sprayed with olive oil-flavored cooking spray, brown chicken pieces for 3 to 4 minutes on each side. In a small bowl, combine tomato soup, water and Italian seasoning. Evenly spoon soup mixture over chicken pieces.
2. Lower heat, cover and simmer for 15 minutes or until chicken is tender. When serving, evenly spoon sauce over top of chicken pieces. Makes 4 servings.

• Each serving equals: About 162 calories, 2g fat, 27g protein, 9g carb., 304mg sodium, 0g fiber; Diabetic Exchanges: 3 Meat, 1/2 Starch.

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		+	
	÷		+		10
x		-		÷	
	+		x		18
13		16		7	

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

1 2 4 5 6 6 7 8 9

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Can Dog Droppings Attract Pests?

By Samantha Mazzotta

DEAR PAW'S CORNER: We make sure to pick up after our dog, both when out for a walk and in the yard, which keeps the neighborhood and our lawn looking good. We store the collected excrement in an open box by the garage, daily, and then dispose of it each week in the trash. However, since this past summer we have been finding wood roaches – two outdoors on our deck and three indoors. Could our disposal routine be attracting these roaches? – Cindy in Michigan

DEAR CINDY: A bit of research gave me some insight into wood roaches, and I am reasonably sure that your disposal method is not causing the infestation -- and in fact, you may not have a big problem. Wood roaches are very different from the German cockroach (a tough-to-eradicate house pest). They live and breed outdoors. Homeowners most often see them in the warmer months, between May and October, according to colonialpest.com. Their breeding season is in May and June.

Most wood roaches enter through small cracks or openings in a home, but they can sometimes be carried inside with firewood or other items that are stored outdoors. They're also attracted to lights and can sneak into the house that way. Wood roaches can't breed indoors and usually can't survive in an indoor environment. You can shoo them outside in most cases, rather than using pesticides to kill them. They're actually beneficial to the woods and wild areas around your home, although they are unsightly. So, as long as your dog's droppings aren't causing an odor problem that bothers your neighbors or attracts other pests, your collection and storage methods are probably OK.

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.

Moments in time
THE HISTORY CHANNEL

- On April 1, 1700, English pranksters begin popularizing the annual tradition of playing April Fool's jokes. In keeping with the fun, in 1957 the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees.
- On March 29, 1806, the Great National Pike, also known as the Cumberland Road, becomes the first highway funded by the national treasury. The initial appropriation of \$30,000 was made by congressional act and covered the first leg through the Appalachian Mountains to Wheeling on the Ohio River.
- On March 30, 1867, the U.S. government puts the finishing touches a deal to purchase Alaska. It paid Alaska's owner, Russia, \$7.2 million, or roughly 2 cents per acre of land. Among many Republicans the deal was derisively known as "Seward's Folly," after U.S. Secretary of State William H. Seward.
- On March 31, 1889, the Eiffel Tower is dedicated in Paris. Gustave Eiffel's tower was greeted with skepticism from critics, who argued that it would be structurally unsound. Within a few decades the tower came to be regarded as an architectural masterpiece.
- On March 26, 1937, America's first monument to a comic strip hero is unveiled in Crystal City, Texas. The 6-foot-tall, brightly colored concrete statue of Popeye was unveiled in Popeye Park during the city's second annual Spinach Festival.
- On March 27, 1964, the strongest earthquake in American history, measuring 8.4 on the Richter scale, slams southern Alaska, creating a deadly tsunami. Some 125 people were killed and thousands injured. The tidal wave devastated towns along the Gulf of Alaska and caused carnage in British Columbia, Canada; Hawaii and the West Coast of the United States.
- On March 28, 1979, the worst accident in the history of the U.S. nuclear power industry begins when a pressure valve in the Unit-2 reactor at Three Mile Island in Pennsylvania fails to close. As engineers struggled to understand what had happened, the reactor came within less than an hour of a complete meltdown.

VETERANS POST
by Freddy Groves

Veterans Treatment Court

Veterans who have Post-Traumatic Stress Disorder (PTSD) sometimes act out and commit crimes as a result of their mental-health issues. Veterans Treatment Court was developed as an intermediary stop for veterans who would have ended up incarcerated for their crimes. VTC works in conjunction with local Department of Veterans Affairs facilities to decrease the number of veterans who become involved with the justice system and divert them to mental-health treatment. In areas that are on board with the VTC program (most major metropolitan areas are), when a veteran is arrested for a non-violent crime that was committed due to substance abuse or mental health issues, the veteran is sent to Veterans Treatment Court. In VTC, eligible veterans receive mental-health assessment and treatment, likely through the VA. While in treatment, which might include weekly visits to the court to check in,

the judge will watch progress. Once the treatment is finished, the original charge can be reduced or dismissed. Any failure on the part of the veteran -- drug use, for example -- can lead to punishment such as fines, re-arrest or jail time. The VTC program isn't only about intervention with the justice system. Help also is available for housing, transportation, job training and search, and medical and mental-health treatment. Another program, Veterans Justice Outreach, centers on assisting veterans whose mental illness led to the commission of crimes. Rather than jail, each veteran is assigned to a justice outreach specialist at a VA medical center for assessment, treatment planning and referral. The specialist coordinates with the court system and also may train local law enforcement about dealing with veterans who have PTSD or traumatic brain injury and provide services to incarcerated veterans. For more information, go online to www.ptsd.va.gov and put VJO in the search box.

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.

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Just Like Cats & Dogs by Dave T. Phipps

ARE YOU KIDDING? "AREA 51" IS A SNAP COMPARED TO WHAT GOES ON IN THE WOMEN'S BATHROOM!

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

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

Button	Diggity	Pad	Rod
Cereal	Dog	Pepper	Spring
Chocolate	Foot	Potato	Wire
Cross buns	House	Property	

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ATTENTION PAYSON BUSINESS OWNERS:
 Advertise here at very economical rates AND support the Restoration of the HUISH THEATER! 1/2 of your Ad Fee will be donated to the HUISH THEATER. Support a very worthwhile cause and show why Payson is such a Fantastic city! Call Roger at 801-616-6288 to ad/donate!

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March Business of the Month
 16th yr celebration
 586 N. Main

Ribbon Cutting
 Mar 28 - Don Chuy's Mexican Taco Shop
 10:00 AM - 10:30 AM
 Location: 1024 W. 800 S. Payson

1ST ANNUAL PAYSON BUSINESS EASTER EGG HUNT

- Register at Dr. Gunnerson's Office: 33 W 300 thru Mar 23rd
- 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 5th
- Everyone receives a Prize & is entered for the Easter Grand Prize
- Grand Prize Winners will be notified on April 6th

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 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 801.609.8699 or 801.609.8699; to join/renew membership with Chamber of Commerce, please contact Carolyn Bowman, 801-465-2634 Pleasant Grove

PLEASANT GROVE STRAWBERRY DAYS RODEO

June 17 - 23, 2012
<http://www.utahvalley.com/events/details.aspx?ID=107>

Santaquin
 Annual Easter Egg Hunt!!! At Santaquin Elementary School. Sponsored by the Santaquin Area Chamber of Commerce and Santaquin City. 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.**

Springville
 Easter Egg Hunt: Sat Apr 7 10A
 Sponsored by Rotary Club and Springville City Recreation. At Springville High School football field. Ages are divided into 3 groups; 1 -4, 5 -8 and 9 -12. Some candy is specially marked for the grand prize. No fee required.

ANSWERS

SPORTS QUIZ

- Mark Reynolds, with a high of 223 in 2009.
- Tommy Holmes had 224 hits in 1945.
- John Mackovic (1992-97).
- Twice (5.0 blocks per game in 1985-86; 4.3 bpg in 1988-89).
- Jaromir Jagr had 54 goals and 123 points in 2005-06.
- Three - the Los Angeles Galaxy in 1998 (68 points) and 2011 (67 points), and the San Jose Earthquakes in 2005 (64 points).
- Tony Tubbs, Tim Witherspoon and James "Bonecrusher" Smith.

King Crossword - Answers
 Solution time: 25 mins.

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

Weekly SUDOKU - Answer

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

Go Figure! answers

7	-	4	x	5	15
+		x		+	
6	÷	6	+	9	10
x		-		÷	
1	+	8	x	2	18
13		16		7	

Trivia test by Fifi Rodriguez

- 1912
- Brazil
- 1966
- Wyoming
- "Lilo & Stitch"
- Black Beauty
- A catalyst
- Against
- The Heartbreakers
- Robin Givens

WORD POWER ANSWER CONTRABAND

SCRAMBLERS solution

- Reveal; 2. Refuse;
- Careen; 4. Raise

Today's Word:
SCREENSAVER