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TIDBITS®
CRACKS SOME EGGS!
by Patricia L. Cook

Eggs are a big seller all year long as one of the most popular breakfast foods, an essential ingredient for baking and more. But at Easter, they are at the top of the grocery list, the star of the show!

- Eggs are rich in nutrients, containing almost every vitamin and mineral needed by humans. The protein of eggs is the standard by which other protein sources are compared. Large eggs contain approximately 6 grams of protein and 4.5 grams of fat, with about half of the fat being the healthier mono-unsaturated variety. Eggs only contain about 70 calories each.

- While once vilified as being unhealthy and the cause of heart attacks because of their high cholesterol, the egg's reputation has recently been redeemed. More doctors and nutritionists are backing away from the idea that eggs should be avoided. Eggs have so many good health benefits that studies now say most people are fine eating an egg a day.

- To be sure, medical professionals are not recommending a three-egg omelet with sausage or bacon every day. If cholesterol is a concern, egg whites are fine since the yolk contains all of the cholesterol in an egg. The American Heart Association amended its egg-eating guidelines recently to say there is, "no longer a specific recommendation on the number of egg yolks a person may consume in a week."

turn the page for more!

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- 1. LANGUAGE:** What is the meaning of the Latin phrase "novus ordo seclorum," located on the Great Seal on a U.S. \$1 bill?
- 2. GENERAL KNOWLEDGE:** What is the name for a seashell collector or expert?
- 3. ART:** What Mexican muralist was married to Mexican painter Frida Kahlo?
- 4. COMICS:** What was the name of Casper the Friendly Ghost's horse?
- 5. SPORTS:** Where did the sport of jai alai originate?
- 6. GEOGRAPHY:** Where is Death Valley located?
- 7. TELEVISION:** Which PBS documentary series featured the song "Ashokan Farewell" as its theme music?
- 8. MEDICINE:** What is the brand name for the sedative diazepam?
- 9. LITERATURE:** Who was the first to receive the Nobel Prize in Literature (1901)?
- 10. ENTERTAINERS:** What was the stage name of the actor who was born "Laszlo Lowenstein"?

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- What's the best way to keep sheet sets together? Tuck all the pieces in a matching pillowcase, of course.
- Need to hull strawberries? Try using a straw. Position the straw at the bottom of the strawberry, then push up toward the stem. It works quickly and well.
- If you mount a magnet strip in your bathroom or on your vanity, you can use it to hold bobby pins or metal barrettes. Or mount a ribbon to hold all kinds of hair clips.
- Baby leg protectors are cute. And cheap, if you have some old athletic socks. Cut off the ends, slip over baby's legs, and watch cutie scoot across the floor.
- If your entertainment electronics have a clock that is too bright, cover it with plain tape. You'll still be able to read the time, but the tape will lessen the glare.
- "My in-laws have a vaulted ceiling, and there is a corner that even the longest-handled duster won't reach. My brilliant son had an idea to get down the cobwebs that had accumulated there. He used a rubber band to secure a dishtowel around a tennis ball. Then he just tossed it at the area repeatedly. I can't believe how well it worked." -- A Reader, via email
- If new denims are too stiff, add half a cup of salt to the wash water along with your regular detergent.

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

TIDBITS QUOTE

"A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked."
 — Bernard Meltzer

CRACKS SOME EGGS (continued)

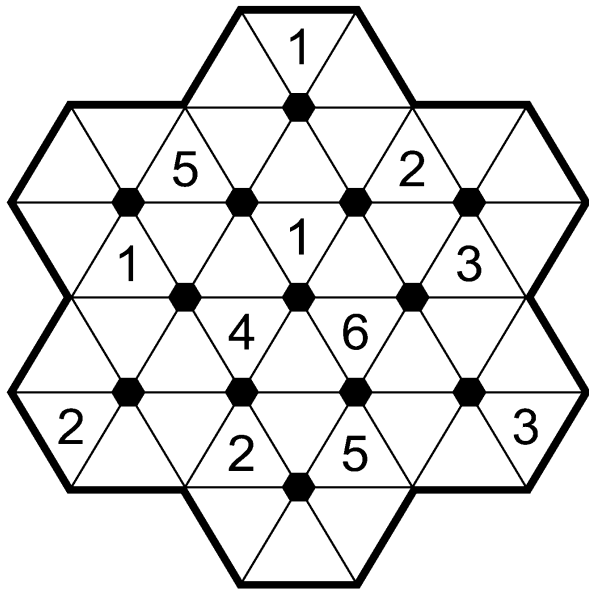
- Not only does the yolk contain cholesterol, it also contains the vitamins and minerals that make it a nutritional powerhouse. Egg yolks are one of the few foods with naturally occurring vitamin D. Hard-boiled eggs, like those decorated, hidden and hunted at Easter, provide about 17 grams of protein. Egg whites are an excellent source of low-fat protein.
- Eggs are also a good source of choline, which has been shown to help preserve memory, as well as lutein and zeaxanthin, which may help prevent vision loss. Nutritionists say that eggs can help with weight management, eye health, muscle strength, brain functions and are valuable for healthy pregnancies.
- Easter eggs and the Easter bunny are considered symbols of new life and rebirth. Ancient cultures like the Persians, Hindus and Egyptians believed the world started as a large egg.
- The new life symbolism was probably the association that made way for the Easter Bunny. Rabbits, like eggs, have always been associated with birth and fertility.
- The legend of the Easter Bunny had its start in Germany. The story goes that a poor woman living in Germany decorated eggs to hide and be hunted as entertainment for her children. As soon as the eggs were found by the children, a large bunny rabbit was seen hopping away! Many stories have been written about the bunny ever since, and children in many places around the world look forward to egg hunts and egg and bunny-shaped candies around Easter.
- Many egg hunts now use plastic eggs, often filled with candy or toys. Real eggs, if they are used for hunts, need to be handled carefully.
- The Egg Safety Center recommends that, "Hard-cooked eggs should be refrigerated within two hours of cooking and used within one week." Another food authority, the United States Department of Agriculture (USDA), says Easter eggs are safe to eat after a hunt if you follow some basic guidelines: "Use food-safe coloring to dye the eggs and refrigerate them within two hours of boiling them."

continued on next page

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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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Stray Gloves Morph Into Puppet Players

Any mismatched, mateless stretch gloves or mittens stuffed in your kids' backpacks or in baskets by the back-door hooks? Don't toss out that blue right-hand mitten or the purple-and-white striped left glove. Bring these odd combinations together for creative storytelling by the handful when you effortlessly turn them into puppets using your kids' favorite plush toy characters. You can make stray-glove puppets with broken or outgrown earmuffs, too.

It's as easy as 1-2-3:

1. Have one child slip on a glove or mitten while you cut a 2-inch piece of self-sticking fabric fastener, such as Velcro. Press it on the top of the glove near your child's knuckles.
2. Put a corresponding piece of fastener on the underside of a small, lightweight plush toy. Let your child choose a favorite character. Creepy-crawler spiders and worms, or sea creatures such as a crab or fish are especially fun. Press it firmly to adhere well. (For extra durability, sew the Velcro to the toy and glove by hand with a few stitches.)

To use the puppet, attach the toy to the glove or mitten where the Velcro pieces meet. Put it on your hand, and put the characters into action. For example: Wiggle fingers to mimic spider legs, fins on a fish or the wings of a bird. If you have a duck perched on a blue mitten, move your hand slowly to create the illusion of it swimming over ripples on a pond.

3. You also can take the "muff" off of broken or outgrown earmuffs, and glue or put Velcro on the bottom of the muff and on top of a glove. Sew bells on the muff for eyes or simply glue on googly eyes from a craft store. Sew or glue on feet cut out from felt at the end of each glove finger-tip.

When they're all made, with the flick of a wrist, your kids will have fun acting out a scene from their imaginations or favorite stories.

Tip: At bedtime, reverse the roles and instead of reading a book to your kids, let them create an instant, improvised drama with their cast of stray-glove puppet players.



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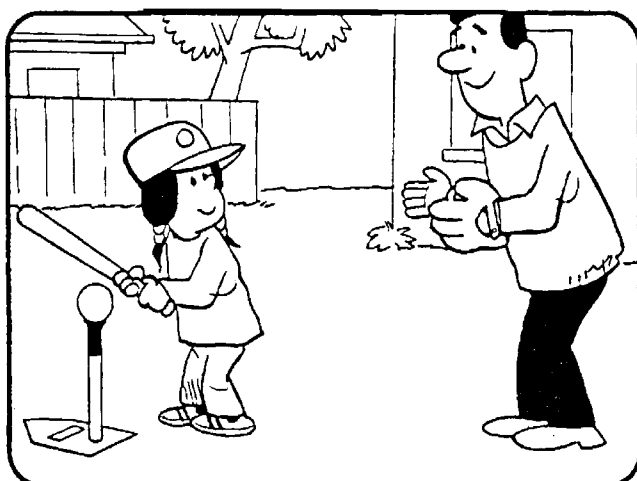
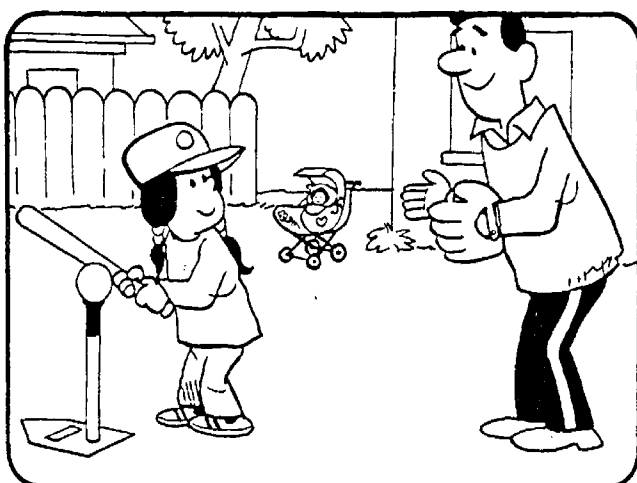
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- Sports QUIZ**
- By Chris Richcreek
- Chicago Cubs shortstop Starlin Castro set a record in 2010 for most RBIs in a major-league debut. How many did he have?
 - In 2011, Atlanta's Brian McCann became the second person in major-league history to have a pinch-hit, game-tying homer in the ninth and followed with a game-winning home run. Who was the first?
 - Who was the last coach of the Houston Oilers before Jeff Fisher took over in 1994 and the team eventually moved to Tennessee?
 - Entering the 2011-12 season, Kentucky was the No. 1 team for total victories in Division I college basketball (2,052). Name three of the next five schools.
 - How many players reached the 100-point plateau in the NHL in the 2010-11 season?
 - Name the Russian superheavyweight Olympic weightlifter who won two gold medals and had a nine-year unbeaten streak (1970-78).
 - Who was the last LPGA golfer before Yani Tseng (2010-11) to capture two women's majors in consecutive years.

HOCUS-FOCUS

BY HENRY BOLTINOFF



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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. Fence is different. 2. Ball holder is lower. 3. Pigtails are shorter. 4. Carriage is missing. 5. Glove is different. 6. Stripe is missing.

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Strange BUT TRUE

- It was Irish playwright George Bernard Shaw who made the following sage observation: "A government that robs Peter to pay Paul can always depend on the support of Paul."
- We're all familiar with the act of CPR -- we often see a film or television character come to the rescue and save a life using the technique. And on TV, according to a recent study, CPR is shown as being successful 75 percent of the time. The reality is not quite so rosy, though. A study conducted in 2010 found that when CPR is used in real life, only about 8 percent of the patients were still alive after one month. Of those who did survive that long, 97 percent couldn't live a normal life.

CRACKS SOME EGGS (continued)

- Since most Easter egg hunts take more than two hours from hiding to finding to eating, it is usually best to use the plastic variety.
- Other information from the USDA says that boiling an egg removes a naturally occurring protective coating on egg shells that then leaves the shells vulnerable to bacteria. If any eggs are cracked, they are very susceptible to bacteria as well and should be discarded.
- The President and First Lady host the White House Easter Egg Roll every year on the Monday after Easter. The Easter Egg Roll activities were started in the mid-1800s and were originally held at the U.S. Capitol grounds. After years of wear and tear to the lawn, Congress passed a law in 1876 forbidding the Capitol grounds from being used as a children's playground.
- In 1878, when President Rutherford B. Hayes heard of the law, he issued an official order that any children who showed up at the Capitol grounds for an egg roll should be sent to the White House. Since that time, successive Presidents have continued the tradition, with the event held on the south lawn of the White House. It has only been cancelled a few times because of bad weather and during World Wars I and II. During the war years, egg rollers still congregated, some at the Washington Monument, the National Zoo and even at the Capitol grounds. (Remember, that was forbidden by law!)
- Pysanky are Ukrainian Easter eggs (Pysanky is plural; the singular is pysanka). Pysanky folk art, where eggs are decorated using beeswax in a wax resist method, is a practice that has been around for thousands of years in Ukraine. Over 10,000 pysanky are displayed in the egg-shaped Pysanka Museum that opened in September 2000 in Kolomyia, Ukraine.
- Canada, specifically Vegreville, Alberta, is home to the world's largest pysanka. The area has many Ukrainian immigrants, and the pysanka was chosen as a symbol to honor the Royal Canadian Mounted Police in their centennial year of 1975.

continued on next page

Laugh a bit with TIDBITS

Q: Why is it best not to tell an Easter egg a joke?

A: It might crack up!

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- Do you suffer from astraphobia? If so, I hope you don't live in Florida. Those who are afraid of lightning would be terrified in the Sunshine State, especially in Tampa, known as the lightning capital of the world.
 - Researchers in the United Kingdom have invented a robot that eats slugs and is powered by the gas from the decaying creatures. They have dubbed their creation the SlugBot.
 - For six generations, many members of the Fugate family of the Appalachian region of Kentucky have suffered from a rare blood disorder called methemoglobinemia. The disorder seems to have no adverse health effects, but it's not at all difficult to diagnose it at a glance: Sufferers have blue skin. Not just a slight tinge, either; various family members have been described as "blue as Lake Louise," "the bluest woman I ever saw" and "almost purple."
- Thought for the Day:** "A stockbroker urged me to buy a stock that would triple its value every year. I told him, 'At my age, I don't even buy green bananas.'" -- Claude Pepper

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CRACKS SOME EGGS (continued)

- While the Vegreville pysanka is the world's largest inedible Easter egg, there have been a number of large edible chocolate eggs in recent years. Vying for recognition from the Guinness Book of World Records (GWR), impressive chocolate eggs usually make their debuts at shopping centers. A 14,197-pound, 12-ounce (6,440-kg) chocolate Easter egg was on display at a shopping center in Sao Jose, Santa Cararina, Brazil on April 3, 2010.
- Last year, that one was beaten out for the title by an even larger egg displayed at a shopping center in Cortenuova, Italy. According to GWR, it weighed an impressive 15,873 pounds (7,200 kg). Now that is a lot of chocolate — and not quite as healthy as a real egg!

**FAMOUS LANDMARKS:
NIAGARA FALLS**

Niagara Falls is actually three waterfalls that occur on the Niagara River shared by Canada and the United States.

Niagara Falls is a tremendous tourist attraction for both the United States and Canada. Both countries have cities named after the falls, in New York and Ontario.

Of the three waterfalls, Horseshoe Falls is the largest on the Canadian side. The other two are American Falls and the much smaller Bridal Veil Falls.

While these waterfalls are not the largest in the world, they are among the world's most impressive and most visited. The water that flows over the falls comes from the Great Lakes, which contain approximately 20 percent of the world's fresh water. The Niagara River is actually a connecting channel between Lakes Erie and Ontario. After going over Niagara Falls, the water eventually makes its way to the Atlantic Ocean.

Both Canada and the United States use the powerful waterfalls for power generation, drinking water, fishing, agriculture and tourism.

The flow of water over Niagara Falls is greatly affected by the amount of precipitation going into the Great Lakes. This was noticed many years ago, so in 1910, the International Joint Commission (USA and Canada) began regulating the water levels.

Later, the "1950 Niagara Treaty" was signed by the two governments. This treaty concerns the diversion of water from the Niagara River to be used for power generation by both countries. The treaty also addressed the importance of the flow of water over the falls for tourism.

The treaty states that the flow over Niagara Falls must not be less than 100,000 cubic feet per second (2,832 cubic m/s) during daylight hours of tourist season, April 1 through October 31. The hours are 8 a.m. to 10 p.m. from April to September 15 and then adjusted to 8 a.m. to 8 p.m. from September 16 to October 31. The flow must not be less than 50,000 cubic feet per second (1,416 cubic m/s) at all other times.

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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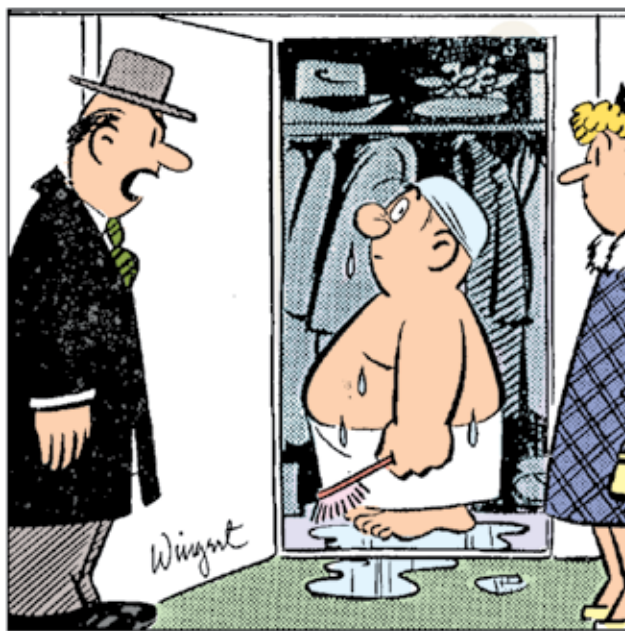
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HUBERT - - By Dick Wingert



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TIDBITS Laughs!

Q: What did one colored egg say to the other?
A: Heard any good yolks lately?

Q: Why did the Easter egg hide?
A: He was a little chicken!

Q: How does the Easter bunny stay in shape?
A: Lots of eggs-ercise!

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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.

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- ★ Moderate
- ★★ Challenging
- ★★★ HOO BOY!



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THIS IS A HAMMER
Cleaning Windows Inside and Out
 Q: I'm pretty regular about cleaning my home's windows on the inside, but as a new homeowner I've never cleaned the outside of the windows, and they're getting pretty grungy. The first floor shouldn't be a problem, but what about the upstairs windows? Also, is there a faster way to clean than with paper towels and spray cleaner? -- Brad in Knoxville, Tenn.
 A: "Fast" depends on just how grungy the outside of the windows are, but I can get you to "effective and efficient" which will make the task of cleaning windows easier.
 On a side note, spring and fall are great times to clean the outside windows, if you don't do them more frequently. These are typically the seasons when screens are replaced with storm windows and vice versa, and while dual screen-storm windows are more common, it's still a good guideline to follow.
 First, inspect all your home's windows to make sure they're undamaged, including storm windows and screens. Next, remove screens or storm windows and place them on a clean, sunny spot of the driveway or walkway to be cleaned. Take a look at the home's windows from the inside. Newer

double-hung windows can be unhooked and either lifted out of the frame or swung inward to access the outside of the glass. Older windows are sometimes held in the frame by a thin strip of wood, which should be carefully removed. Then the bottom sash can be lifted out of the frame. Being able to swing out or remove the bottom sash makes cleaning the outside of upstairs windows easier and much safer than climbing a ladder to reach them. To clean windows, brush away loose dust and debris first. Then fill a bucket with warm water and mild detergent. Place a waterproof liner (like a tarp or sheet of plastic) underneath the window to protect the floor and walls. Wear rubber gloves to keep your hands clean and less pruned. Dunk a clean sponge in the soapy water and wash the windowpanes, repeating as necessary to remove built-up dirt. Once the window is clean, grab a lint-free cloth, a chamois or for a really old-school way to dry a window, some newspaper. Dry the glass completely; for your final pass, wipe back and forth, then straight up and down, to minimize streaks. I usually start cleaning the outside of windows first. Yes, it grunges up your water and sponge faster, but it also gets the hard work out of the way first. I can clean the sponge and refill the bucket for the inside of the windows. Finally, clean the screens and storm windows that were set aside, brushing away cobwebs and loose dirt before using soap and water. Close up all of the windows and reset either the screens or storm windows, ready for the next season.
HOME TIP: Avoid drying windows in direct sunlight, as the glass is more likely to streak.

THIS WEEK'S CELEBRITY BIRTHDAYS
 Susan Boyle 4/1/61
 Emmylou Harris 4/2/47
 Wayne Newton 4/3/42
 Maya Angelou 4/4/28
 Colin Powell 4/5/37
 John Ratzenberger 4/6/47
 Jackie Chan 4/7/54
TIDBITS

Holidays & Observances This Week
 4/1 Palm Sunday
 4/2 National Peanut Butter and Jelly Day
 4/3 Tweed Day
 4/4 School Librarian Day
 4/5 Go For Broke Day
 4/6 Good Friday
 4/7 Passover

Good Housekeeping
Mushroom and Snap Pea Salad
 The mushrooms in this spring salad can be marinated up to 4 hours ahead of assembly. The easy homemade dressing and marinade combines shallots, thyme, bay leaf and sherry vinegar.
 2 boxes (10 ounces each) sliced mushrooms
 2 shallots, thinly sliced
 2 sprigs fresh thyme
 1 bay leaf
 1/3 cup extra-virgin olive oil
 1 tablespoon extra virgin olive oil
 4 tablespoons sherry vinegar
 Salt
 Pepper
 1 pound sugar snap peas
 1 large (8 ounces) bunch frisee, cut into 1-inch pieces
 1/4 cup packed fresh flat-leaf parsley leaves, chopped
 2 tablespoons (pignoli) pine nuts, toasted

1. Place mushrooms in large bowl. In 2-quart saucepan, combine shallots, thyme, bay leaf and 1/3 cup oil. Heat on medium 2 to 3 minutes or until shallots are just tender. Pour over mushrooms and immediately stir until well-mixed. Stir in 2 tablespoons sherry vinegar, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Cover and let stand at room temperature 1 hour, or refrigerate up to 4 hours.
 2. Heat covered 4-quart saucepan of water to boiling on high. Meanwhile, remove and discard strings from snap peas. Add snap peas and 1/2 teaspoon salt to boiling water. Cook, uncovered, 2 minutes or until crisp-tender. Drain and immediately rinse with cold water until cool; drain again.
 3. In large bowl, toss frisee, parsley and snap peas with remaining 2 tablespoons vinegar and 1 tablespoon oil. Divide among salad plates. Remove and discard thyme and bay leaf from mushrooms; divide mushrooms and sherry dressing among frisee plates. Sprinkle with toasted pine nuts to serve. Serves 8.
 • Each serving: About 160 calories, 12g total fat (2g saturated), 0mg cholesterol, 120mg sodium, 10g carbohydrate, 4g dietary fiber, 5g protein.
 For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

NIAGARA FALLS (continued)
 • The treaty also specifies that excess water may be diverted for power generation. The Sir Adam Beck Station in Ontario and New York State Power Authority use the falls to provide electricity to more than a million people.
 • Niagara Falls has hosted its share of daredevils through the years. The first trip over the falls was staged by three hotel owners in 1827. Highly publicized, the event attracted approximately 10,000 people to see an old condemned schooner named Michigan go over the falls with a load of "ferocious" animals. The animals actually were a buffalo, two raccoons, two small bears, a dog and a goose. The two bears, loose on the deck of the boat, jumped overboard and swam to Goat Island before the boat went over the abyss. The goose was the only survivor of the plunge.
 • Two years later, the first human to survive going over the falls took his plunge. Sam Patch actually did it twice, 10 days apart, diving headfirst off of two diving boards he erected on Goat Island. The second dive was actually higher than the first.
 • One of the most famous daredevils to cross the falls did it 10 times from 1858 to 1860. "The Great Blondin" was a Frenchman who crossed Niagara Falls walking on tightropes.

MORNING GLORY

Morning glories are plants that usually occur as vines and typically produce funnel-shaped flowers that open in the morning hours.

- Morning glories belong to the plant family Convolvulaceae, derived from the Latin word convolvere that means "to wind." The morning glory family contains over 1,000 species.
- Members of the morning glory family range from showy flowers such as cultivated species in the genus Ipomoea to troublesome weeds such as field bindweed. The common sweet potato is a member of the morning glory family.
- Sweet potatoes are believed to have originated from an area somewhere between the Yucatan Peninsula in Mexico and the mouth of the Orinoco River in Venezuela.
- North Carolina is the state with the highest sweet potato production in the United States. Other states with considerable sweet potato production are California, Mississippi and Louisiana.
- China is the top country for sweet potato production, accounting for 80 percent of the worldwide sweet potato crop. In Asia, approximately half of the sweet potato crop is used for animal feed.

continued on next page



Q: For years I have been collecting cardboard casino coin containers and have accumulated at least 50 of them from casinos in Canada, Illinois, Arizona and Las Vegas. Because of the new ticket machines in the casinos, I believe my cardboard containers are now collectible. -- Tony, Sun City West, Ariz.

A: I contacted several collectors who buy, sell and trade casino gambling items such as tokens, chips and even ashtrays. There was no interest in your cardboard coin containers. This doesn't necessarily mean they have no value. Have you considered listing them on eBay?

Q: My wife has been an avid book collector all of her life. Now that we are retired, we are thinking of selling some of her collections but have no idea if they are worth anything. Two of the series we are especially interested in are early and first editions of the Nancy Drew series and early copies of the Motor Boys books published during the early 20th century. -- William, Port Orange, Fla.

A: There were 22 volumes in the Motor Boys series, all published between 1906 and 1924. Most titles sell for about \$5. Typical are "The Motor Boys in Mexico" (1906), "The Motor Boys Across the Plains" (1907), and "The Motor Boys on the Wing" (1912), all available at www.abe.com for less than \$10.

The first Nancy Drew book was "The Secret of the Old Clock," published in 1930 that featured 16-year-old Nancy searching for a missing will to prevent the Topham family from inheriting an estate they do not deserve. That first edition in excellent condition and with cover often retails for about \$300.

To get a better idea of the value of your books, I recommend you purchase two excellent guides: "All About Collecting Girls' Series Books" and "All About Collecting Boys' Series Books," both by John Axe and published by Hobby House Books. They can be ordered through www.amazon.com.

Q: Recently you answered a question about old records from a man named Steve in Binghamton, N.Y. Could you send me his address? -- Robert, New Port Richey, Fla.
 A: As soon as I answer a letter, it goes into the shredder beside my desk. This is done for security purposes and to protect the readers who contact me through this column.



King Crossword

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ACROSS

1 Letterman's network
4 Agreed
9 Make up your mind
12 Luau serving
13 Reserved
14 Actress Myrna
15 Prankster's shout
17 Bankbook abbr.
18 "Sprechen _____ Deutsch?"
19 Isn't honest with
21 Zero
24 Apple computer
25 Fuss
26 Explosive letters
28 Set of moral rules
31 Kittenish calls
33 Rowing need
35 Slugger
36 Sammy
38 Society newcomer
40 "— the fields we go"
41 Some reddish deer
43 Chopped down
45 Islamic

DOWN

1 Tax pro, for short
2 Jazz style
3 Knight's address
4 Illinois city

5 Raging fire
6 Life story
7 Food-poisoning bacteria
8 Remove calcium from
9 Traditional
10 Versifier
11 Glitch in print
16 Somewhat (Suff.)
20 Dines
21 Bivouac
22 Notion, in Nantes
23 Nail gun, e.g.
27 Young fellow
29 "Got it"
30 Hallmark item

32 Winter fore cast
34 Shows to be false
37 Veteran sailor
39 Emeralds, e.g.
42 Laverne's pal, familiarly
44 Back talk
45 Lose color
46 Chills and fever
50 City of Brazil, for short
51 Peculiar
52 Individual
53 Legislation

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top ten

MOST COMMON PASSWORDS

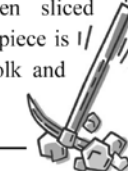
- 123456
- 12345
- 123456789
- Password
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- princess
- rockyou
- 1234567
- 12345678
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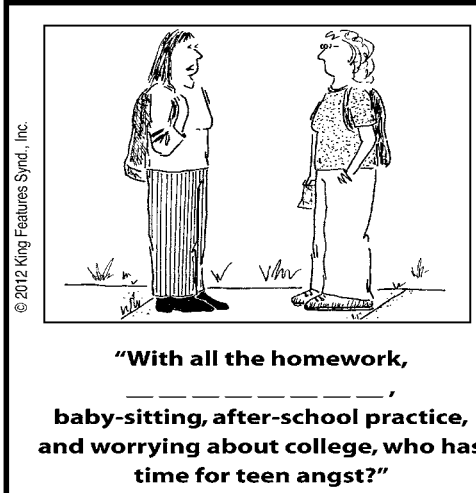
TIDBITS NUGGET OF KNOWLEDGE

According to incredibleegg.org: An egg roll can be one of three very different things, depending on the culture and the event: 1) An Asian appetizer; 2) An Easter egg event for children; 3) An elongated hard-boiled egg made specifically for the foodservice industry. When sliced with a special slicer, every piece is 1/4 a pretty center cut with yolk and white.



by Jeff Pickering

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!

Rush: RYRUH

Hold: SPRAG

Allow: TRANG

Break: DIVIED

TODAY'S WORD

KIDBITS

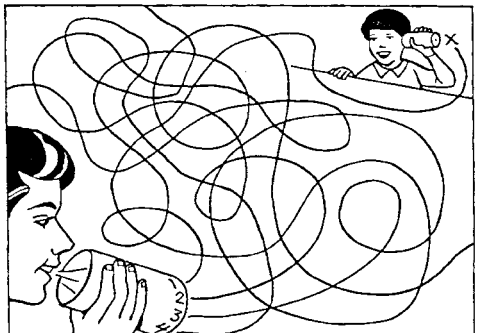
Junior Whirl

by Hal Kaufman

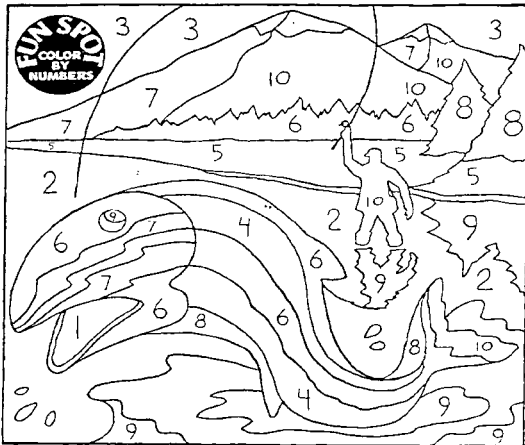
SUM DEAL! Shuffle a deck of 52 cards. Turn up top card and cover it, face down, with whatever number of cards is the difference between face-up card's value and 12 (court cards count 10). Turn up next card, and repeat procedure. Continue similarly until too few cards remain to comply. Now, count stacks, subtract 4, multiply by 13, and add number of leftover cards. Aka-kazam, result is total value of face-up cards.

SAY WHAT! Did you ever see a bed spring? A shoe box? An onion roll? A car wash? A cereal bowl? Challenge: Think of another in 30 seconds.

- GET HIGH MARKS FOR LOW?**
1. Opposite of high (LOW, already in place).
 2. Sign often found near a school.
 3. Watch out — I (Fill blank).
 4. Loud roar, as of a bull.
 5. Accept without question (sl.).
 6. Water over the dam, for instance.
- How quickly can you find all of the words? Afterwards, make up another LOW word list.



CALL WAITING! Two cans are connected with string for a home-made telephone. Which line completes the call?



SPLASH DASH! Hey, big fellow, come back here! Add colors: 1—Red, 2—Lt. blue, 3—Yellow, 4—Lt. brown, 5—Tan, 6—Lt. green, 7—Lavender, 8—Dk. green, 9—Dk. blue, 10—Purple.

SPELLBINDER

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

ESPOUSAL

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-some: Soup, sale.

"If not now, when?"

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

Gain Control Over Dandruff

DEAR DR. DONOHUE: How does one eliminate dandruff? I have had it for months and have tried many, many shampoos without making any progress. I can't wear a dark suit coat. I look like I've just come in from a snow blizzard. Please give me some sort of program that I can follow. -- H.H.

ANSWER: Dandruff's official name is seborrheic (SEB-uh-REE-ik) dermatitis. "Dermatitis" indicates skin inflammation. Seborrhea is an overproduction of oil, sebum. Many with dandruff deny they have an oily scalp. They say their scalp is dry. That can be the case, but seborrheic dermatitis flourishes on skin with an abundance of oil glands. The scalp is one of those places, but not the only place. The flakes that land on your shoulders are sloughed-off skin cells. Dandruff usually is quite itchy. Scratching dislodges the dead skin cells. A yeast with the name Malassezia contributes to the problem. It's probably not the actual cause, but it aids and abets the dandruff process. I'm sure you have tried many shampoos. Let me suggest ones that contain salicylic acid, zinc or selenium. Scalpicin, Head and Shoulders and Selsun Blue are three brand names. There are others. The way you use the shampoo is as important as your choice of shampoo. Wash your hair daily with one of these products. Massage it into your scalp, and let the shampoo remain on your scalp for five minutes. Do this for a minimum of three weeks. If you have an improvement, you can cut back on your shampooing to every other day. If there has been no improvement, then get a shampoo that attacks the Malassezia yeast. Nizoral A-D (1 percent ketoconazole) is a brand name you can find easily. Do the daily shampoo drill with one of these for three weeks. If after all this you still have dandruff, you need a doctor's intervention. The doctor can prescribe more powerful agents, ones that have cortisone that can calm the inflamed skin.

DEAR DR. DONOHUE: My husband has just been told he has spasmodic dystonia. He has had two Botox injections. They made it worse at first but then better. Friends and family have never heard of it. Would you give us an explanation of it in layman's terms? -- T.W.

ANSWER: Spasmodic dysphonia messes up the voice. People often believe they have laryngitis from a virus. They don't; they have a cramping of the muscles that control their vocal cords. Their voices crack while saying a word, or become weak and breathy, or sound as though they are being choked. Sometimes it seems like the affected person has developed a stutter. The condition usually arises between the ages of 30 and 50. Its cause is unknown. An ear, nose and throat doctor can make a diagnosis by viewing the affected person's vocal cords and seeing how they are misbehaving. Botox can put an end to the vocal muscles' spasms. Treatment lasts for about three months, and then another injection is given. Contact the National Spasmodic Dystonia Association (www.dysphonia.org or 800-795-6732) for detailed information and for notifications of any new treatments.

LAFF-A-DAY



MORNING GLORY (continued)

Many people speak of sweet potatoes and yams interchangeably when really, they are distinctly different vegetables. Yams are in, not surprisingly, the yam family known by botanists as the Dioscoreaceae. Yams, native to Africa and parts of Asia, have a hard skin resembling tree bark, and the pulp is moist. By contrast, sweet potatoes typically have a thin edible skin and pulp that is a white to orange color and dry and crumbly in texture.

One of the more interesting morning glories is Mary's Bean named after the Virgin Mary. The plant is known by some as crucifixion bean. These names come from the cross-shaped indentation that appears on the seed. The plant is revered by natives in southern Mexico and Central America as an antidote for venomous snakebites and — are you sitting down? — a cure for hemorrhoids!

The morning glory family is sometimes called the bindweed family due to the way vines of these plants grow over and around other plants, fences and other structures, hence "binding" themselves to the object. Field bindweed, *Convolvus arvensis*, is an annoying weed and probably the most hated of plants in the morning glory family. It appears as an innocent-looking small vine with pretty white-to-pink, slightly fragrant flowers. Left unchecked however, vines can cover surrounding plants. Bindweed is extremely difficult to eradicate from a yard, flowerbed or garden.

For those gardeners wanting to control bindweed without the use of herbicides, vigilance and persistence are required. As new sprouts are noticed, pluck them out and eventually, you will rid your garden, flowerbed or yard of bindweed. Don't try to dig the plant up because the taproot runs deep. By continually removing green shoots, you starve the plant by removing the plant parts responsible for photosynthesis. Be aware, this process takes years! Herbicides can be used, but none exist that completely remove bindweed following one application. Visit the University of California-Davis website, www.ipm.ucdavis.edu, for more guidance.

Hopefully your morning glory plants are beautiful and bring you joy instead of angst and work like bindweed!

R.F.D.



by Mike Marland

TIPBITS
WORD POWER
 Unscramble this word:
GRUMEEIN

This word means: *Stiffly beaten egg whites mixed with sugar and baked, often as a topping for pies, cakes, etc. A small cake or shell of this mixture, often filled with cream.*

Comfort foods
 Made fast and healthy

American Cheese Meatloaf

by JoAnna M. Lund

Meatloaf is a favorite comfort food, and here's a wonderful new version to try. I predict it will become a new favorite in your family.

- 16 ounces extra-lean ground turkey or beef
- 1 cup plus 1 tablespoon dried fine breadcrumbs
- 1 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 1 teaspoon prepared yellow mustard
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper
- 3 (3/4-ounce) slices reduced-fat American cheese

1. Preheat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray. In a large bowl, combine meat, breadcrumbs, onion, green pepper and 1/3 cup tomato soup. Mix well to combine. Pat mixture into prepared loaf pan. Bake for 45 minutes.
2. Stir mustard, parsley flakes and black pepper into remaining tomato soup. Spread soup mixture evenly over partially baked meatloaf. Evenly arrange cheese slices over top. Bake for an additional 15 minutes or until meatloaf is cooked through and cheese is melted.
3. Place loaf pan on a wire rack and let set for 5 minutes. Cut into 6 servings. Freezes well.

• Each serving equals: 200 calories, 8g fat, 17g protein, 15g carb., 484mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Starch.

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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.

	÷		+		4
+		×		×	
	-		×		9
÷		-		-	
	+		÷		4
3		9		6	

1 2 3 5 6 7 8 9 9

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

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PetBits

The Spay/Neuter Debate Continues

By Samantha Mazzotta

DEAR PAW'S CORNER: I'm writing in response to "Tom C.," who doesn't want to neuter his purebred German Shepherd. Good for you for sticking to your and many people's beliefs! I have met many breeders of purebred animals. They refuse to alter their "pet" — or for many, their bankroll — for any reason. For those of you who truly love your pet and your breed and try to find "perfect" homes for them (at the right price), you should know that many of them end up in shelters just like the mongrels (as Tom put it). I prefer the term "mix breed."

All Tom has to do if he truly cares is to look at any dog rescue site on the Internet and he will see many purebreds that are without a home. There are thousands of purebreds being put to sleep because there are no homes for them. The other thing about having animals altered is that they are not only calmer, they are healthier. And it has been proven that an altered pet lives longer if cared for properly.

By the way, I own two mix breeds and one purebred. All are rescues! The purebred was half her weight when we got her and has the saddest story out of all our critter kids. I don't even tell her story, it's that terrible! So please, spay or neuter your beloved pet (dogs or cats), no matter what breed it is. — Dee O., Palmyra, N.Y.

DEAR DEE: Thanks for your support! I do stand behind the belief that spaying or neutering your dog or cat -- whether purebred or not -- is important and beneficial.

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 4, 1812, President James Madison fires an economic salvo at the British government and enacts a 90-day embargo on trade with England. The embargo did little to forestall war: The British refused to cease harassing American ships, prompting Madison to lead America into the War of 1812.
- On April 3, 1860, the first Pony Express mail simultaneously leaves St. Joseph, Mo., heading west, and Sacramento, Calif., heading east on a 1,800-mile journey. On April 13, the westbound packet arrived in Sacramento, beating the eastbound packet by two days.
- On April 7, 1891, American showman Phineas Taylor Barnum dies in Bridgeport, Conn. The 81-year-old showman's sense of humor never deserted him. He requested that a New York newspaper run his obituary before he died so he could enjoy reading it, and the paper obliged.
- On April 2, 1902, the first American theater devoted solely to movies opens in Los Angeles. Housed in a circus tent, the venue was dubbed "The Electric Theater." Admission cost 10 cents for a one-hour show.
- On April 5, 1931, Fox Film Corp. drops John Wayne from its roster of actors. Wayne had played bit parts but failed to impress the studio. In 1939, Wayne finally had his breakthrough in "Stagecoach." He went on to play in dozens of movies, including "True Grit," for which he won an Oscar in 1969.
- On April 6, 1970, Sam Sheppard, a doctor convicted of murdering his pregnant wife in a trial that caused a media frenzy in the 1950s, dies of liver failure. After a decade in prison, Sheppard was found Onot guilty in a second trial in 1966. "The Fugitive" television series and movie were rumored to have been loosely inspired by the story.
- On April 8, 1990, director David Lynch's surreal series, "Twin Peaks," premieres. The show, with its bizarre characters and baffling story line, became an instant cult hit. Kyle MacLachlan starred as Dale Cooper, an FBI agent assigned to visit a small town in the Pacific Northwest to try to unravel the mystery of the murder of resident Laura Palmer.

VETERANS POST

by Freddy Groves

VA Gets Personal

If you are enrolled in the Veterans Affairs health care system, you're due to receive a personalized Health Benefits Handbook with all of your information in it. The handbooks, which started rolling out in February, are being sent according to priority group, with Group 1 being the first to receive the handbooks. When you receive yours, read it and file it in a safe place (remember, it has your personal information in it). The handbooks are full of information you need about your benefits, including:

- Co-pays
- How to make an appointment
- How to communicate with your clinical team
- Medications you are taking at the time, as well as eyeglass prescriptions, nursing home information, dental benefits, specialized transportation, medical travel benefits and much more.

You'll also find information about coordinating your health care, your rights as a patient, getting care outside the VA, pharmacy services, telephone numbers for your preferred facility and more.

By next year, all 8.5 million health-care veterans will have received the handbooks. Be sure to check yours carefully because the information is personalized for you and contains your private information. If it's wrong, you need to speak up because it means something is incorrect somewhere in the system.

If any information is wrong, contact the VA immediately. This could be the spelling of your name, your preferred VA facility, benefits you know you're eligible for -- no matter what it is, call and have it corrected.

To learn more about the coming handbook, go online to www.va.gov/healthbenefits/vhbb or call the VA at 1-877-222-VETS (8387). Give it time to get the booklets out in order of priority, but if you're in the first batch and months pass without receiving the booklet, give the VA a call.

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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 M-Th 11:30 - 4:30
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B B Y V S Q N K H E B Y S W T
 R O G L J G E B Y W U R T P N
 K I G N D B Z D X V S Q A O M
 K I G E I C A O S Y W U I B S
 Q P N L J R H O K E F E R R C
 A Y X S Y O T R A V L U S E U
 S Q P N M C K S T A C B D D J
 H F E C (S K A T E B O A R D) B
 Z Y X V W I R E S O I U O A T
 R Q P O M L K P I C H H W L M
 G E D C K L A W E D I S G U R

- Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.
- | | | | |
|----------|---------|------------|-------|
| Cats | Ladder | Shoestring | Toys |
| Curb | Marbles | Sidewalk | Wires |
| Doorstep | Rock | Skateboard | Words |
| Ice | Rugs | Skates | |

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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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TIDBITS of Utah County
 801-616-6288
 The Happy Paper For Happy Valleys

Visit our website for valuable Coupons and Updates at: paysoncitychamber.com

March Business of the Month
 Tues. Apr. 3 Wal-mart
 1052 S. Turf Farm Rd
 11:45 am – 1:00pm

Biz Leads Group follows the Business of the Month presentation
 Wed. Apr. 4 Business of the Month recognition at City Council
 439 W. Utah Ave. @6:00 pm

Watch for:
 Wed. Apr. 25 Ribbon Cutting for Apple Valley Vision @11:30 am

Walmart Save money. Live better.

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



June 17 - 23, 2012
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 @10:00am
 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

- Six.
- Jeff Heath of the Boston Braves in 1949.
- Jack Pardee (1990-94).
- Kansas (2,038 wins), North Carolina (2,033), Duke (1,944), Syracuse (1,800) and Temple (1,766).
- Just one, Vancouver's Daniel Sedin, with 104 points (41 goals, 63 assists).
- Vasily Alekseyev.
- Karrie Webb, in 2000-01.

King Crossword
 Answers
 Solution time: 21 mins.

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

Weekly SUDOKU
 Answer

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

Go Figure!
 answers

6	÷	2	+	1	4
+		x		x	
9	-	8	x	9	9
÷		-		-	
5	+	7	÷	3	4
3		9		6	

Trivia test by Fifi Rodriguez

- A new order of the ages
- Conchologist
- Diego Rivera
- Nightmare
- Spain's Basque region
- Southern California
- "The Civil War" by Ken Burns
- Valium
- French poet Sully Prudhomme
- Peter Lorre

WORD POWER
 ANSWER
MERINGUE

SCRAMBLERS
 solution
 1. Hurry; 2. Grasp;
 3. Grant; 4. Divide
 Today's Word:
STUDYING