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TIDBITS® SEES THAT THE FLOWERS ARE COMING! by Patricia L. Cook

Now that the end of April is here, and we look forward to May, flowers are popping up everywhere. Remember, "April showers bring May flowers."

The man who has been credited with coining the above phrase actually said it a little differently. Thomas Tusser was a poet and agricultural writer in the 16th century. He published "One Hundred Good Points of Husbandry" in England in 1557. Later, in 1573, he expanded the writing to "Five Hundred Points of Good Husbandry."

Tusser's writing was in old English style where he wrote, "Sweet April showers, do spring May flowers." His books were collections of instructions on housekeeping, gardening and farming. His poems contained humor as well as wisdom.

Despite his wisdom, Tusser's fame did not come until after his death in London in 1580. His words have lived on for centuries.

Other familiar quotes attributed to Tusser include: 1)"A fool and his money are soon parted." 2)"God sendeth and giveth both mouth and meat." 3)"Always look at the sunny side of life." Many quotes from his writing have been changed to more modern language styles.

turn the page for more!







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1. GEOGRAPHY: What is Europe's longest river? 2. TELEVISION: What was the fictional home state of "M A S H" surgeon Hawkeye Pierce? 3. MOVIES: What was the name of the woodcarv-

er and creator of "Pinocchio" in the Disney film? 4. LANGUAGE: What does "gesundheit" mean in German?

5. RELIGION: Who is the patron saint of dancers?

6. ROYALS: Who preceded Queen Elizabeth II in the English throne?

7. GENERAL KNOWLEDGE: What is the term for the pointed wheel at the end of cowboy boots' spurs?

8. LITERATURE: In Ian Fleming's spy novels, what agency did James Bond work for?

9. FOOD & DRINK: What fruit that is commonly eaten today was widely considered poisonous until the 18th century?

10. INVENTIONS: What popular drink did druggist John Pemberton invent in 1886?



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• It's tough to eat home-cooked meals as a single eater -- most recipes are geared for multiple portions, and you probably don't want to eat the same thing for five days straight. Try this: Get together with some friends and have a potluck. Each guest brings an entree and at least two side dishes, in extra-large portions, and his or her own leftovers containers. Split the food up amongst the guests, packaged as meals. Everyone can cook once and eat for a week.

• "If your baby gets very rashy on her backside, try to give her some "air time" each day. Just an hour a day with no diaper has made a big difference in my baby girl's rash." -- H.P. in Illinois

• "Leftover dry-erase calendars make good bingo-card bases. Cut out a 5 by 5-inch section, and use a permanent marker to fill the squares with small random numbers. Make matching call cards from the unused squares. Place the call cards in a sandwich baggie and the rest in a larger plastic bag. Include a couple of dry-erase markers, and you have a set that can be used anywhere (ours is in the car) over and over again." -- E.W. and S.D. in Oregon

FLOWERS ARE COMING (continued)

• While flowers bloom at different times in many locations, Tusser's rhyme points to the time of year when most flower gardens are beginning to show their colors.

• Of the many famous gardens around the world, there are some, such as in Holland, that are devoted to specific flowers while others offer a menagerie.

• The tulip fields that bloom near Amsterdam are among the most famous in the world. The Keukenhof Gardens southwest of Amsterdam in the small village of Lisse are only open from March to May. Keukenhof translates to "kitchen garden," and the historic park is known as the "Garden of Europe." Every spring more than seven million flowers bloom with tulips the most abundant but also present are blooms of daffodils, orchids, hyacinths, roses, carnations, irises, lilies and more.

• Nearly 50 acres (20 ha) of Giant Tecolote Ranunculus flowers have been blooming on the rolling hills of North San Diego County in Southern California for over 60 years. Known as the Flower Fields® at Carlsbad Ranch, the flowers only bloom for six to eight weeks each year from early March through early May. It is one of the most beautiful and spectacular coordinated displays of natural floral beauty in the world. The flowers announce the arrival of spring to Southern California.

• Giant Tecolote Ranunculus were brought to Southern California by Luther Gage, an English horticulturist, more than 60 years ago when his family left England to establish a home in California. Enamored with the flowers in England, Gage brought their seeds with him. These seeds became the first ranunculus known to be planted in North America.

• If you love the beauty of azaleas, Callaway Gardens in Georgia is the place to visit. Located at the southern end of the foothills of the Appalachian Mountains, Callaway Gardens' 13,000 acres (5,261 ha) include the world's largest azalea display.

continued on next page



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.

3

2

DIFFICULTY THIS WEEK:

Medium

4

6

5

2

Easy

5

6

4

Difficult

1



"Please turn off all electronic devices," announces the flight attendant as the door is locked shut on the aircraft taking you and your kids to your destination. No longer tethered to gadgets and gizmos, you are officially an unplugged family. Now it's time for real, live entertainment. Take advantage of the incredible view through the frame of your seat window as your plane banks over your departure city. No matter how many times you've flown, it's always a new adventure to catch the scene below. Your kids may squeal, "Where's our house? Is that the Mississippi River? Wow, look at all the cars on the freeway during rush hour!" Not even Disney makes a ride like this.

When you soar above the clouds, pull out this handheld toy and let it keep you entertained until the peanuts and pretzels arrive on your tray table. It's a maze made using simple supplies including a tiny bead, bendable straws for barriers, and a plastic CD case.

Here's how to make a maze toy before your trip:

1. Open a CD case and remove the contents. Cover the bottom of the case with a sheet of heavy construction paper or craft foam. Cut to size and glue in place.

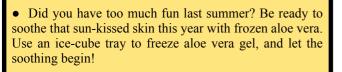
2. Be maze architects. Set the CD case in front of you. Determine where the "START" entry point and final goal will be near the bottom and make dots with a marker as a guide for construction, or simply write "START" at the top and "FINISH" at the bottom of the game board. To create a path for the game, sketch a route on the board with a pen from "START" to "FINISH."

3. Arrange different cut pieces of bendable straw lengths on the game board using the drawing as a guide. Include several dead ends along the way for a challenging course, and leave ample space for the size of the bead you choose to roll through the course. When you are satisfied with your design, glue the straw segments in place. Let dry.

4. To play, set a bead at "START," snap the case closed and let it roll. For an extra challenge, time the contestants with a stopwatch. When you really get the hang of it, try going through the maze without looking, using verbal cues from siblings, or Mom and Dad.

Extra idea: Construct the game with a tiny bead that goes through the bendable straws instead of around them.





• Control kids' artwork with a digital photo album. Take photos of the best pictures of the month, then arrange them in a scrapbook template and print them out. Keep the pages in a three-ring binder. Label with the child's name.

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.



"If you've never been thrilled to the very edges of your soul by a flower in spring bloom, maybe your soul has never been in bloom." – Terri Guillemets



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Who was the first 0 major-league player from the Dominican Republic? What major-league player had the most atbats as a designated hitter.

Who was the first NFL running back to rush for 1,000-yard consecutive seasons?

4 Who was the last Harvard basketball player before Jeremy Lin to play in the NBA?

Who scored four goals to lead the U.S. men's hockey team to the gold medal in the 1960 Olympics.

6 Name five of the nine NASCAR Cup drivers to have won at least three season titles.

How many times did Jimmy Connors play in the men's singles final at the Australian Open?



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. Bow is moved. 2. Belt is missing. 3. Lamppost is missing. 4. Eyeglasses are missing. 5. Shirt is different. 6. Hose is missing.



FLOWERS ARE COMING (continued)

Callaway Gardens opened to the public in 1952. There are two areas that are bursting with azaleas. The original "Overlook Azalea Garden," planted under the guidance of the founders, Cason and Virginia Callaway, has more than 700 varieties of cultivated azaleas that were planted many years ago. The "Callaway Brothers Azalea Bowl" was opened in 1999 on 40 acres (16.2 ha). It has more than 3,400 hybrid azaleas in pinks, reds, whites and more. Both areas also boast trees, shrubs and other flowering plants to complement the azaleas.

Azaleas are scattered all over the Southern states, and there are many azalea festivals to highlight the showy plants. While many of those festivals occur in March and April to welcome spring and the masses of colorful blooms, there are many yards and gardens with azaleas blooming well into June.

Peak blooming time in the Gulf Coast states, including Texas, is from February to May or June, and in the Carolinas and Virginia, it is from April to June.

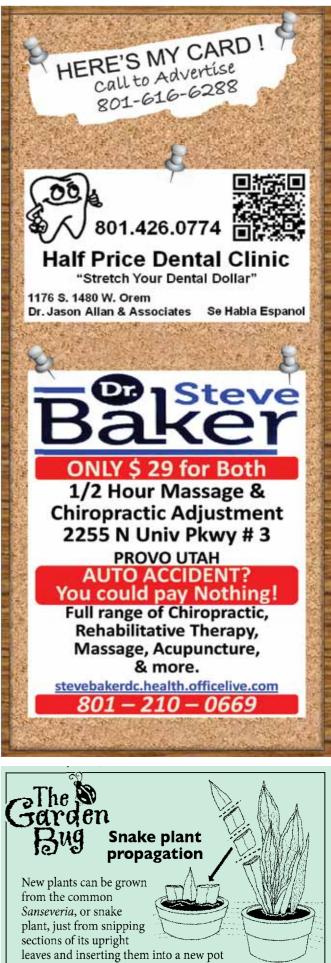
Even though azaleas are mostly found in the Southern states, Brookings, Oregon, a small town just six miles north of the California border on U.S. Highway 101, has a history that includes azaleas and an Azalea Festival dating back to 1939. To live up to its tagline, "Where flowers meet the sea," five varieties of native azaleas are cared for in Azalea Park, considered the "crown jewel" of Brookings City Parks.

Another flower that blooms brightly and keeps Brookings, Oregon, "on the map" with flower lovers is the Easter lily. The flower is native to Japan, but Louis Houghton, a World War I soldier, is credited with bringing bulbs of this flower to the United States. By 1945, there were about 1,200 growers on the Pacific coast from Vancouver, British Columbia, to Long Beach, California. Today almost all of the bulbs for the potted Easter lily market are grown by 10 farms in a small coastal area along the California-Oregon border. Appropriately, this region is called the Easter Lily Capital of the World.

According to the National Geographic book, "The 10 Best of Everything," the best garden in the world is at the Château De Versailles in Versailles, France. The garden was the desire of King Louis XIV and was designed by French landscape designer, André Le Nôtre in the 17th century. Over 250 acres (101 ha) of ornamental lakes, flower beds, and over 200,000 trees graced the park.

continued on next page





Page 3

of soil. Roots will form if the soil is kept lightly moist, and the young plants are given indirect sunlight.



Q: How does a rose ride a bike?

A: By using its petals!



• It was British doctor and author Alec Bourne who made the following sage observation: "It is possible to store the mind with a million facts and still be entirely uneducated."

- In 2007, a world record was set off the coast of Brazil when a single wave was caught by 84 surfers.
- Have you ever heard of a book called "Never Again" by Doug Nufer? Probably not -- it's not on any bestseller lists and hasn't been reviewed by any notable critics. It's quite possibly unique in literary history, however; in its entire 192 pages, not a single word -- even basic words such as a, an, the, of and for -- is used twice.
- The Twist dance craze in the 1960s changed the culture

in America and spread around the world. Most people don't realize, though, that the song "The Twist," which started the fad, wasn't originally sung by Chubby Checker, though he was the one who sent the single up the charts and has since been irrevocably associated with the dance. The song was originally written and performed by an R&B singer named Hank Ballard. A deejay in Baltimore saw teenagers dancing to Ballard's song and called Dick Clark, host of "American Bandstand." Clark loved it and invited Ballard to perform the song on the show, but it didn't work out. Instead, Clark found someone else to perform the song: Ernest Evans, who changed his name to Chubby Checker. It made his career.

- If you were to stack up a million \$1 bills, they would weigh about one ton.
- Colonel Sanders started selling chicken when he was 65 years old, and his only goal was to make \$1,000 a month.

Thought for the Day: "It takes only one drink to get me drunk. The trouble is, I can't remember if it's the thirteenth or the fourteenth." -- George Burns

of Salem, Utah

In Aug1894. John H. Koyle experienced a dream in which he was visited by a figure from another world. The visitor showed Koyle an ancient "Nephite" mine. The rooms contained treasure of an extinct civilization. Koyle was instructed to open a mine and extract gold for the welfare of "his" people. Specific instructions were given for the mine development. The riches would be found and released during a time of world crisis. The name "Relief Mine" was attached to the project. In 1909 the Koyle Mining Company was formed with 114,000 shares of stock issued at \$1.00 per share.

Koyle's dreams continued. He predicted the First World War and the economic crash of October, 1929. He foresaw "horseless carriages" bigger than railroad cars going down the road at great speeds. John H. Koyle died 17 May 1949 in Payson.

The mine continued in fits and starts under the leadership of Quayle Dixon for another twenty-three years. In 1961, a new company, The Relief Mine Company, succeeded the Koyle Mining Company.

Info from "The Dream Mine", Jay M. Haymond http://www.media.utah.edu/UHE/d/DREAMMINE.html

To learn more about the "Dream Mine", read "Relief Mine" & "Relief Mine II" by Ogden Kraut and "The Dream Mine Story" by Norman Pierce Available at Pioneer Publishing 97 W Main Santaquin



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FLOWERS ARE COMING (continued)

A storm that struck Versailles in December 1999 caused major damage. Two tulip trees from Virginia planted by Marie-Antoinette in 1783; the oldest tree in the park, planted during the reign of Louis XIV, known as "Marie-Antoinette's oak;" the Corsican pine of Napoléon; and more were damaged. In all, 10,000 trees had to be removed. Even though the damage was extensive, good has come from the storm. Neglected areas of the park have been restored and over 50,000 new trees planted.

Springtime is a great time to see the blooms of Versailles, as well as those close to where you live. The April showers hopefully have given new life to the green growing things in your neighborhood as well as to those in famous gardens. Take time to smell the flowers!

FAMOUS LANDMARKS: **BUTCHART GARDENS**

Approximately a million visitors a year enjoy the 55-acre (22.3-ha) Butchart Gardens. The garden site started out as a limestone quarry but is now a National Historic Site north of the city of Victoria, British Columbia.

Robert Pim Butchart was a dry goods merchant before he began manufacturing Portland cement in 1888, near his birthplace of Owen Sound, Ontario. He became very successful in the growing North American concrete industry.

Butchart learned of rich limestone deposits, which were vital for cement production, on the west coast of Canada. He built a factory on Vancouver Island at a location known as Tod Inlet. In 1904, he and his family established their home there.

It didn't take many years for the limestone deposits at Tod Inlet to become depleted. Butchart's wife, Jennie, was ahead of her time in the art of reclaiming depleted land. She set about to refurbish the pit from which limestone had been quarried. Jennie obtained tons of top soil from nearby farmland that was brought to Tod Inlet by horse and cart and used to fill in the floor of the abandoned quarry. Under Jennie's direction, the quarry became the spectacular Sunken Garden that is still there today.

By 1908, the world-traveling Butcharts had added a Japanese Garden on the sea side of their home. Shortly thereafter, an Italian Garden was established where the family had played tennis on their private court. By 1929, a beautiful Rose Garden had replaced a large kitchen vegetable garden.

The only part of the abandoned cement operation visible today is the tall chimney viewed from the Sunken Garden Lookout.

Cement manufacturing stopped at the plant in 1916, but tiles and flower pots were made there



through 1950.

The gardens are planted annually with over a million bedding plants in approximately 700 varieties. Plantings are made and maintained so that blooms are present continuously from March through October. *continued on next page*

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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Turn off the water at the shutoff valve, usually located on the wall behind and below the toilet tank. Flush the toilet, then remove as much water from the toilet bowl as possible, first using a small cup and then a sponge. Next, detach the inlet tube from the shutoff valve and from the base of the toilet tank.

Unbolt the tank from the toilet base and carefully lift off. Then, unscrew the nuts attaching the base of the toilet to the floor. With your helper, carefully rock the toilet base back and forth to loosen the seals and caulking around the base, then lift the toilet base up. Next, tilt the toilet base so you can access the bottom and wipe away all the old putty and wax. Clean the floor and the area around the drain pipe as well, so it's completely dry and free of putty.

Put the replacement wax ring on the floor around the drain pipe. Then, place plumber's putty around the foot of the toilet base -- one way is to create a putty "rope" and press it around the perimeter.

With your helper, lift the toilet base and position it over the wax ring and drain pipe and bolts. Ease it into position by rocking and pressing the base down so that the new ring sits tightly in place. Attach the nuts to the bolts on either side of the base and tighten carefully.

Reattach the tank to the base, attach the water supply line to the tank and shutoff valve, and turn on the water supply, checking to make sure the supply line connection doesn't leak. Finally, trim away the excess plumber's putty from the foot of the toilet.

HOME TIP: Does the toilet base need to be sealed to the floor? Yes, for a number of reasons, and because it's required by building code in most states.

FLOWERS ARE COMING (continued)

• Close to a million visitors to Butchart Gardens each year are blessed with not only the floral beauty but entertainment and lighting displays during the summer and at Christmas. The gardens welcome visitors year round for five seasons: the usual four, winter, spring, summer and autumn as well as Christmas. The summer season includes "Firework Saturdays."

• The Butchart family descendants still own the private estate and gardens. The original Butcharts named the estate "Benvenuto," which is Italian for "welcome." They developed a truly unique and welcoming spot for visitors to enjoy. The family residence is open for tours during the winter months from January 15- March 15.

• With all of the traveling of the Butchart family, many sculptures were brought back to be a part of the gardens as well. One of the most interesting sculptures is a rare bronze copy of a wild boar statue sculptured from marble and displayed at the Uffizi Gallery in Florence, Italy. The copy is known as "Tacca," in honor of Pietro Tacca, who created the statue in 1620. Many visitors rub Tacca's snout affectionately for good luck.

• The family never sought to make the gardens into botanical gardens. Even though there are many plant species present, none are labeled and no botanical collections were created.

MAY DAY

May Day is a special day celebrated in many places around the world in different ways. The United States and Canada do not consider it as important as many other countries, but nevertheless, it can be fun for children.

• May Day is usually observed on May 1, although some countries have it as the first Monday in May. It is a celebration of spring when flowers start blooming and brightening the outdoors. Many believe that the day started in Roman times as a festival to welcome spring.

• May Day has been linked to the Feast of Beltane held by the Celtic religion, which was a pagan festival welcoming summer, dating back to before the birth of Jesus Christ. Activities included dancing around a fire, burning effigies of witches, and herding cattle between bonfires. The Celtic religion existed mainly in Britain but also other places in Europe. The Celts were very superstitious, and the religion claimed more than 400 gods and goddesses.

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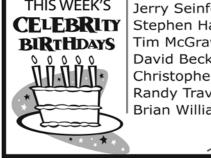
Stopping a Leak From Toilet Base

Q: I read your advice to Christine H. about figuring out where a puddle of water at the base of her toilet was coming from. You said that if no other source of the leak could be detected, such as from the inlet valve, she should contact a plumber to replace the seal at the base of the toilet. Why can't she just tighten down the bolts on either side of the toilet base? This might fix the problem and cost zero dollars. - Kent C., Atlanta

A: That's certainly worth a try, since it really doesn't cost anything. But be careful that the bolts (or really, the nuts securing the bolts) aren't tightened too much, as they could crack the porcelain base, requiring a complete replacement of the toilet.

If this doesn't resolve the issue, a plumber should come in, at least in the case of Christine H. For hearty do-it-yourselfers who have some experience repairing pipes or replacing faucets, replacing the wax toilet seal can be done in an afternoon or less. And the quicker it's done, the better, as the leak isn't just causing an inconveniently wet floor; it could also be affecting the subfloor and causing silent water damage.

To replace the toilet seal, you'll need a new wax toilet ring, some plumber's putty and a strong helper.



Jerry Seinfeld 4/29/54 Stephen Harper 4/30/59 Tim McGraw 5/1/67 David Beckham 5/2/75 Christopher Cross 5/3/51 Randy Travis 5/4/59 Brian Williams 5/5/59

Holidays & Observances This Week

- 4/29 Greenery Day (Japan)
- 4/30 National Honesty Day
- 5/1 May Day
- 5/2 Brothers and Sisters Day
- 5/3 World Press Freedom Day
- 5/4 Bird Day
- 5/5 Cinco de Mayo



Chocolate-Pecan Ice-Cream Sandwiches

- 1/2 cup (1 stick) butter, cut up
- 1 bag (12 ounces) semisweet chocolate chips
- 1 can (14 ounces) sweetened condensed milk
- 2 cup pecan, chopped
- 1 cup all-purpose flour
- 1 tablespoon vanilla extract
- 2 pint favorite ice cream

1. Preheat oven to 350 F. Grease large cookie sheet. Place 2 jelly-roll pans or cookie sheets in freezer to use later for ice cream.

2. In microwave-safe large bowl, combine butter, chocolate chips and sweetened condensed milk. Cook in microwave oven on High 1 minute; stir. Microwave 30 to 60 seconds longer and stir again until chocolate and butter are completely melted.

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3. Into chocolate mixture in bowl, stir pecans, flour and vanilla until combined. Drop dough by rounded measuring tablespoons, 2 inches apart, onto greased cookie sheet. With fingers, press each mound into 2-inch round.

4. Bake cookies 10 to 12 minutes or until firm when lightly pressed. Cool on cookie sheet on wire rack 2 minutes. With metal spatula, transfer cookies to wire rack to cool completely. Repeat with remaining dough. Store cookies between layers of waxed paper in tightly covered container at room temperature until ready to use or up to 2 weeks, or freeze up to 3 months.

5. Meanwhile, scoop ice cream by rounded 2 tablespoons into 24 mounds onto cold jelly-roll pans; flatten each mound into 2-inch round. Freeze ice cream rounds until firm, at least 1 hour. If not using right away, store ice cream rounds in freezer-safe container with waxed paper between layers, up to 1 week.

6. Just before serving, assemble ice cream rounds and cookies into 24 sandwiches.

• Each serving: About 305 calories, 20g total fat (9g saturated), 32mg cholesterol, 85mg sodium, 31g total carbs, 2g dietary fiber, 5g protein.

Q: I recently received a California Faience bowl from a relative who told me it was from the 1920s. I can't find anything about the company in any of my reference books. Can you help me?

-- Laura, Earth City, Mo.

A: California Faience was a brand that was started in about 1920 by William V. Bragdon and Chauncy R. Thomas at their tile shop in Berkeley, Calif. Pieces of their pottery are generally marked "California Faience" with a die stamp and are quite collectible. Typical prices are ashtray with stylized dog design in orange matt, \$225; and burgundy gloss bowl, \$250.

Q: I have a set of Elsie and Elmer coffee cups that were given away as premiums by the Borden Company. They are mint. -- Milton, Albuquerque, N.M.

A: Elsie was introduced during the 1930s as a mascot for the Borden Company. In 1940 she "married" Elmer, who began promoting Borden's glue. Together they had Beulah. Elmer and Elsie appeared on dozens of products, including, of course, your coffee cups. I suspect your set of four are worth in the \$12 to \$20 range.

Q: I have a set of cuff links that originally belonged to a riverboat captain who worked on the Ohio and Mississippi Rivers. The set is in a leather case stamped "Currier & Ives by Squire" and are quite elaborate. Do you have any idea of what they might be worth? - Michael, Ormond Beach, Fla.

A: Eugene Klompus is an expert and collector. His contact information is P.O. Box 5970, Vernon Hills, NJ 60061; genek@justcufflinks.com; and www.justcufflinks.com.

Q: I have a pocket watch that is marked "I.W. Co., Springfield, ILL." The watch is quite heavy and requires a key to engage the spring. What can you tell me about it? -- Dean, Brutus, Mich.

A: The Illinois Watch Company was founded in 1872 in Springfield, Ill. In 1928, the company was purchased by the Hamilton Watch Company of Lancaster, Pa. To determine the value of your timepiece, you should show it to a competent jeweler.

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When Medicines Fail to Quell Heartburn

DEAR DR. DONOHUE: I am 25. I have a serious case of GERD. I've been put on four different medicines. They aren't working.

I also have palpitations throughout the day. I've been told by doctors and nurses that there is nothing dangerous about them. I'd like to know if this true. -- J.C.

ANSWER: GERD -- gastroesophageal reflux disorder -- is heartburn. It's the upward spurting of stomach acid and digestive juices into the esophagus, the swallowing tube, a place that is not able to cope with these corrosive juices the way the stomach is.

Eliminate or go easy on foods that make GERD worse: citrus fruits; tomatoes; onions; carbonated drinks; spicy, fatty or fried foods; chocolate; peppermint; and caffeine. If you're overweight, weight loss lessens GERD symptoms. Don't lie down after eating. Don't smoke. Sleep with your head, chest and stomach on a slope by putting 6-inch blocks under the bedposts at the head of your bed. That position keeps stomach acid in the stomach. Don't wear anything that constricts your stomach, like tight pants or tight belts. Medicines called "proton pump inhibitors" nearly completely turn off acid production. Nexium, Prevacid, Prilosec, Protonix, Aciphex and Dexilant are their names. If you still have heartburn while on these medicines, it's OK to use an antacid along with them.

If medicines fail, other causes of heartburn need consideration, things like bile reflux or eosinophilic esophagitis. If these conditions aren't found, then surgical treatment of GERD is an option that's open to you.

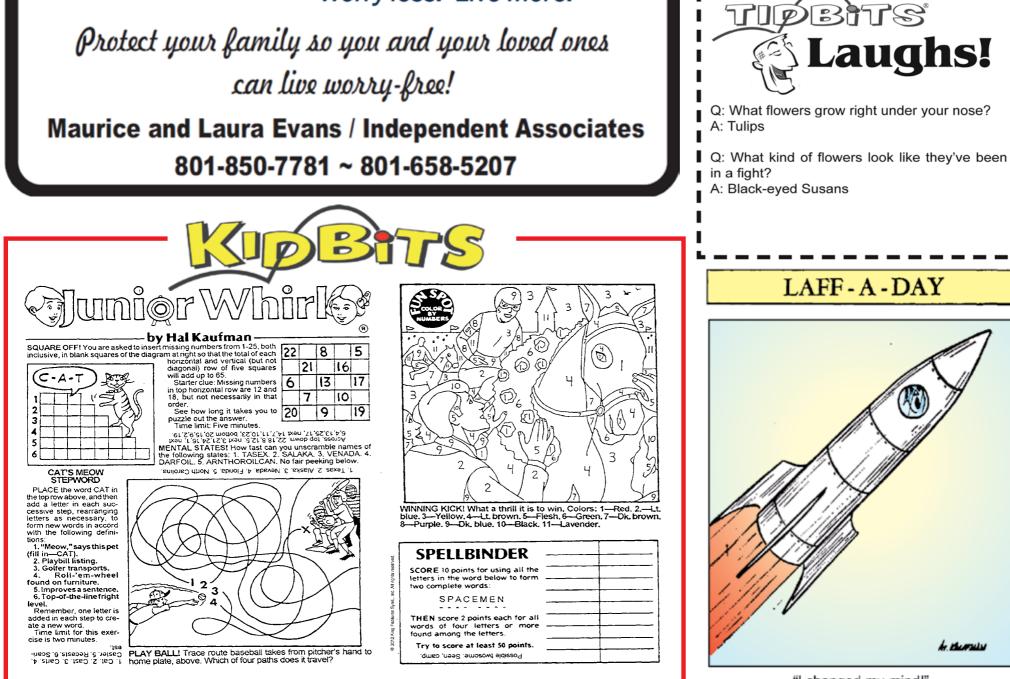
Palpitations mean a thumping or racing heart. They can be felt as a thud in the chest. The cause is an extra beat -- or more correctly, a premature beat -- one that comes before it should. The beat after a premature beat is delayed. During the delay, the heart fills with more blood than usual, and that causes a thump in the chest when the heart empties. Premature beats are almost always innocent and need no treatment. You can believe your doctors and nurses.

The booklet on GERD explains this common malady and its treatment. To order a copy, write: Dr. Donohue -- No. 501W, 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: Can you give me insight into the Hamman-Rich syndrome? My father passed away from it. -- L.R.

ANSWER: I can tell you only a little, because only a little is known about it. It's a lung injury that comes on suddenly, with damage to the lung air sacs (the alveoli) and the spaces between the air sacs, the interstitium. The cause is unknown. Because of such destruction, oxygen cannot get into the blood. Patients are severely short of breath, have a fever and they cough. The only medicines are ones to keep the person going as best as possible. There is no cure medicine. Even with a ventilator, death happens to more than 60 percent of these patients.

It's an illness that reminds doctors that they don't have an answer for every malady. You and your family have my condolences.



"I changed my mind!"

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Page 7

MAY DAY (continued)

When the Roman Empire occupied of most of the British Isles, including the United Kingdom, in medieval times, the Feast of Beltane was mostly cast aside. The Romans celebrated the goddess Flora, the goddess of flowers, with a festival called Floralia. Subsequently, the festivals of Beltane and Floralia were combined in many areas that held celebrations.

May Day is still celebrated in Britain today, and many workers get the day off. As described below, May Day is celebrated in other countries in a variety of ways.

May Day includes a flower festival in France. Delicate flowers known as "lilies of the valley," are a major part of celebrations. People believe they bring good luck. Lilies of the valley are also used in Denmark, where sweethearts are gifted with flowers on May Day.

A tulip festival is celebrated to commemorate May Day in Holland, the home country of millions of tulips.

In many countries, May Day is associated • with the labor movement and known for the start of the eight-hour work day. This came about after labor unions in the United States protested 10-hour work days in 1886.

Schools are closed for May Day, which is also International Workers Day, in Greece. People head to from cities to the countryside to gather wildflowers. They make wreaths from the flowers for their front doors and then burn them later in bonfires.

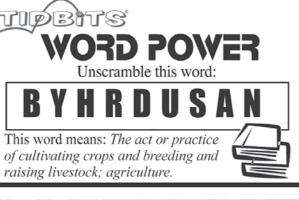
May Day is actually "Lei Day" in Hawaii. It is a colorful day that honors the culture and traditions of Hawaiian natives.

The most common modern-day tradition for May Day is to secretly leave a basket of flowers or other gifts on a neighbor or friend's doorknob or porch. This usually involves ringing the doorbell or knocking on the door and hiding. If the friend sees you before you escape, you owe him or her a kiss.

Another May Day custom is to erect a tall pole at playgrounds, schoolyards and parks. The "Maypole" is decorated with streamers and children dance and sing around it. Maypoles were usually erected for the day in small towns, but cities such as London had Maypoles that stayed up all year. This custom originated with the Germans. The Puritans believed Maypole dancing was equated to heathen behavior, like idol worship, so they didn't allow the practice when in power in Britain in the 1600s.







By Dave Breger

MISTER BREGER



"I think maybe you're feedin' him a little TOO much vitaims lately ... '



pigmentary keratitis, and our vet prescribed tacrolimus or three times a day. The website didn't find Similisan to be and gentamycin solutions, which are very expensive. Instead, we are trying Similasan dry eye relief in Kerry's eyes. Is this safe to use? It seems to be working. -- C. Tobias

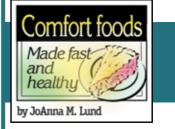
Is Human Remedy Safe for Dogs?

By Samantha Mazzotta

DEAR PAW'S CORNER: Our dog, "Kerry," has normally for humans, it can be applied to your dog's eyes two very effective, but if it's working for Kerry, then it's worth a try. Just be sure to tell Kerry's vet that you're using it so that he can monitor its effectiveness and make sure that it's safe for your dog. As far as using it long term, definitely consult the vet. Treating pigmentary keratitis properly is important, because not only does it make your dog more comfortable, it also slows or prevents the pigmentation of the cornea, which can cause vision loss.







Tuna Corn Chowder

It's no wonder kids of all ages love canned tuna. It tastes good, it's inexpensive, it's versatile, it's found in every grocery store, and when it comes to good nutrition -- it's a virtual "treasure chest" from the sea. Just when you thought you'd heard of every way possible to prepare tuna, along comes this recipe!

1/2 cup finely chopped onion

- 1 (10 3/4-ounce) can reduced-fat cream of celery soup 1 (12 fluid ounce) can evaporated fat-free milk
- 1/2 cup water

1 (6-ounce) can white tuna, packed in water, drained and flaked

- 1 1/2 cups frozen whole-kernel corn, thawed
- 3/4 cup diced cooked potatoes
- 1 (2.5-ounce) jar sliced mushrooms, drained

1 teaspoon seafood seasoning

1. In a large saucepan sprayed with butter-flavored cooking spray, saute onion for 5 minutes. Stir in celery soup, evaporated milk and water. Add tuna, corn, potatoes, mushrooms and seafood seasoning. Mix well to combine. 2. Lower heat and simmer 6 to 8 minutes or until mixture is heated through, stirring occasionally. Makes 4 (1 1/2 cup) servings.

• Each serving equals: About 242 calories, 2g fat, 21g protein, 35g carb., 559mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 1/2 Starch, 1 Fat-Free Milk, 1/2 Vegetable.

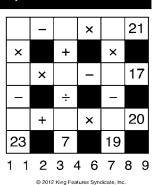
by Linda Thistle **GO FIGURE!**

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **

★ Moderate ★★ Difficult

* * * GO FIGURE!





DEAR C .: Pigmentary keratitis can be difficult to treat, and often is chronic in many dogs. According to vision4pets.com, this clouding of the cornea is caused by chronic inflammation stemming from a number of possible issues, such as constant irritation from hairs, decreased tears, an incomplete blink reflex, abnormally shaped eyelids or very prominent eyes -- such as those seen in pugs and other short-faced breeds.

Because it's chronic, Kerry likely must be treated with eyedrop solutions like the ones you mentioned, and they are indeed often expensive.

Using Similasan may be one option. According to justanswer. com's veterinary section, while this dry-eye treatment is 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.

TIPBITS GOES LONG......

Where did the War of the Roses get its name? The war, fought in Britain, was between two royal families: the Lancastrians, whose symbol was a red rose, and the Yorkists, whose symbol was a white rose



by Freddy Groves

Summer Sports Clinic

If you're a veteran with severe physical or psychological impairments, consider whether you'd enjoy participating in an adaptive sports clinic. The next National Veterans Summer Sports Clinic will be held in September 2012 in San Diego.

Clinic categories are surfing, sailing, cycling (hand and tandem), kayaking and track and field in venues all over the San Diego area.

Check the website [www.va.gov, then click Media Room] to be sure you qualify, but if you have spinal cord injuries, burns, injuries sustained in the past six years, psychological trauma, amputations or traumatic brain injuries, you're likely the veteran they're hoping will sign up.

Registration forms are available for download online. The

deadline is June 1, so don't delay. (You'll pay a late fee after that.)

The application pack has multiple parts, and you'll need to fill out all of them: a registration checklist, application, medical/ physical exam form, media and news release questionnaire, and application for health benefits (if you're not registered with the VA).

Once you have all your paperwork completed, send it all to: Tristan Heaton (00SSC)SV

National Veterans Summer Sports Clinic

VA San Diego HCS

3350 La Jolla Village Dr.

San Diego, CA 92161

If you have questions or don't have a computer and need the forms sent to you, call the local organizing committee chair at 858-642-6426. If you don't think you can afford the trip, talk to the Veterans Service Organization at the VA center where you receive care.

The vision statement for the event says that these sports clinics and enjoying those sports later can improve independence, increase self-worth and quality of life, lower stress, reduce dependency on medications and serve as an addition to rehab you might be getting. Sounds like that could open some doors, doesn't it?

• On May 6, 1911, George Maledon, the man who executed at least 60 men for "Hanging Judge" Isaac Parker, dies of natural causes in Tennessee. Paid \$100 for each hanging, he tried to be a conscientious hangman who minimized suffering with a quick death. Maledon considered the job "honorable and respectable work."

• On April 30, 1927, the Federal Industrial Institution for Women, the first women's federal prison, opens in Alderson, W.Va. All women serving federal sentences of more than a year were to be brought there, with the vast majority imprisoned for drug and alcohol charges imposed during the Prohibition era.

• On May 1, 1931, President Herbert Hoover officially dedicates New York City's Empire State Building. The entire 102-story building went up in just over a year, under budget (at \$40 million) and well ahead of schedule. During certain periods of building, the frame grew an astonishing four-and-a-half stories a week.

On May 5, 1945, in Lakeview, Ore., six people are killed while attempting to drag a Japanese balloon out the woods. The explosive balloon was one of a handful of Japanese attacks against the continental United States, which were conducted by Japanese submarines and later by high-altitude balloons carrying explosives or incendiaries.

• On May 3, 1952, a ski-modified U.S. Air Force C-47 becomes the first aircraft to land on the North Pole. On the flight was Dr. Albert P. Crary, a scientist who in 1961 traveled to the South Pole by motorized vehicle, becoming the first person in history to have stood on both poles.

• On May 4, 1965, San Francisco Giants outfielder Willie Mays hits his 512th career home run to break Mel Ott's National League record. Mays would finish his career with 660 home runs, good for third on the all-time list at the time of his retirement.

• On May 2, 1972, Steven Spielberg begins filming "Jaws." The production, which used three mechanical sharks to great effect, enthralled audiences and grossed \$458 million in its theatrical release.

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McDonald's Restaurant

55 N. Main

Clark Stringham and Doug Johnson have been the owner/operators since 2005. McDonald's currently employees 60 great Ribbon Cutting Tues May 1 – 2:00P 789 N Main



people at this restaurant. McDonald's restaurant is located at the mouth of Payson's Historic North Main Street Business District. McDonald's is one of the largest single sources of sales tax generators in Payson City. Over the last several years, McDonald's has made a significant re-investment effort to modernize and beautify the restaurant. Clark and Doug were founding members of the Intermountain Ronald McDonald House in Salt Lake City. Ronald McDonald House Charities provides temporary home-away-from-home to serve & sustain families of seriously ill children receiving treatment at area hospitals.

<u>Ribbon Cutting</u> – Thu May 3 @ 11:30A Forget Me Not Flowers and Gifts

RSVP: Norene Jensen, 801.636.1040

<u>801.372.3217</u>

* ****

norene.invests@yahoo.com Kiwanis - Chamber Golf Tournament Four Person Scramble Fri Jun 8th at 7:00 AM.

- If you are interested in playing, being a local sponsor, or would like to donate your business coupons or gift certificates as prizes contact Colin J. Logue at 801-609-8699. All are invited, call about Greens Fees.
- To join/renew membership with Chamber of Commerce, please contact Carolyn Bowman, 801-465-2634

<u>Pleasant Grove</u>

Firemans Breakfast: May 19th at 6:00 a.m.

Yes, that's 6:00 a.m. on a Saturday! You may just want to plan on coming because the fire sirens will wake you up regardless :) It's for a good cause because all proceeds from the \$5 ticket go into the <u>Pleasant Grove Fire Department</u> <u>Association Fund</u>. These funds have been used in the past to purchase a needed piece of equipment, training for employees or donated to charities including the burn unit at Primary Children's Hospital.

<u>The Great Shake Out</u>: This event was a huge success thanks to Richard Guernsey, the CERT volunteers, our PG High School students, police, fire, the Shake Out committee and many more who put in countless hours so we could participate as a city in the earthquake drill. Thanks to their efforts, we are more prepared as a community for when, not if the big one happens. Thank you! Pictures from the Shake Out are on the blog. <u>www.cydforourcity.blogspot.com</u> See the Strawberry Days



E D A N E R G J H F C A Y P W
UNROCPOPRCPNAEL
J H F D D B S T Z A X C V T T
R B Q O M E K K A N G I H I F
D B M Z (S U P E R N O V A) M Y
WVBOILERRIOOTRAQ
ONLKBIHTONWTFND
C A Z X W V S U S T R E E Y Q
ONOITAL UPOPNRDN
ONACLOVMELISSIM
S S O B Y R G N A M K J I H F

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

Angry boss Blasting cap	Cannon Detonator	Grenade Mine	Supernova Torpedo
Boiler	Dynamite	Missile	Volcano
Bomb	Fireworks	Population	

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<u>Santaquin</u>

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



Zane Evans, Sec. 1064 W. River Hill Rd. Spanish Fork, UT 84660 801-367-3402 Lynn B. Banks 2351W. 5000 S. Spanish Fork, UT 84660 801-798-7515

Utah State Junior Livestock Show May 2-5

Springville

Business of the Year 2011: Namify was founded in 2001 by Bryan and Jenny Welton and maintains its headquarters in Springville. Today, namify.com receives more than six million page views each year. The second driver of change was to take a project that "normally" requires one to two weeks and accomplish it in a day. Today, that faster mentality has landed Namify on the Inc 5000 list of fastest-growing private companies in America for five years running. Welton currently serves as chairman of the board, with Christopher Jensen serving as chief executive officer.

- Excerpted from an Article written by Christi Babbitt, Springville Independent News

ANSWERS	— King Crossword — <i>Answers</i> Solution time: 21 mins.		- W		a ly S Ansa		ΟΚΙ	J_				- G	o Fiç ansv		!		Parivia <i>test</i> by Fifi Rodriguez	
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Giants in 1956. 2. Harold Baines, with 5.806 at-bats as	L A V A N E O M O P E A N O N D E C E 1 V E R	2	9	6	7 5	1	3	4	8	×			Т		x		2. Maine	
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major-league career. 3. Joe Perry of the San Francisco 49ers, 1953-54.		5	2	1	9 3	7	4	8	6	4		×	6	-	7	17	5. St. Vitus	
4. Ed Smith played with the New York Knicks in 1953-54.	A G O P E R I L C U R B O S H D E C I P H E R	3	8	9	4 2	6	5	1	7				÷		_		6. Her father, George VI 7. Rowel	
5. Roger Christian. 6. Richard Petty (7), Dale Earnhardt (7),	SUV THOR	6	4	7	5 1	8	2	3	9		_		•				8. MI6 (Military	
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Stewart (3), Darrell Waltrip (t3) and Cale Yarborough (3).	A S K S O L D T R O D M I S T E M S Y A L E	9	6	4	1 8	2	7	5	3	23	3		7		19		10. Coca-Cola	
7. Twice he won the title in 1974 and lost in 1975.		8	3	5	6 7	4	9	2	1				,		L'0			