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TIDBITS® LOOKS BACK AT THE 1970's
by Kathy Wolfe

What do you remember most about the 1970s? It was a decade of progress, celebration and political scandal. Let's take a leap back in time and remember these monumental events.

- The twin towers of New York City's World Trade Center were completed in 1972 and became the world's tallest buildings, surpassing the Empire State Building, the record-holder for the previous 40 years. The towers didn't hold on to the honor for very long, as Chicago's Sears Tower outdid them in 1973.
- America celebrated its 200th birthday in 1976, commemorating the anniversary of the signing of the Declaration of Independence. Many of the festivities were centered in Philadelphia, the nation's first capital and home of the Liberty Bell and Independence Hall. The city's celebrations were tragically marred, however, by an epidemic of a respiratory disease that struck 231 people, killing 34. Because most of the dead were members of the American Legion attending a convention, the ailment was dubbed Legionnaire's Disease. It was later identified as the result of a bacteria found in the air-conditioning pipes of the Bellevue Stratford Hotel. The air conditioning was quickly replaced, but the damage had been done to the hotel's reputation, and it went bankrupt shortly afterward.

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1. **GEOGRAPHY:** Where are the Faroe Islands located?
2. **TELEVISION:** Which TV sitcom's theme was the song "I'll Be There for You"?
3. **ASTRONOMY:** What planet is named for the Roman god of trade, thieves and travel?
4. **HISTORY:** When did the United States repeal Prohibition, which forbade sales of alcohol?
5. **LEGAL:** What is an affidavit?
6. **RELIGION:** Which book of the Bible describes the Israelites' deliverance from slavery in Egypt?
7. **MONEY:** What European country's basic monetary unit was the escudo -- prior to the euro?
8. **POLITICS:** What was the nickname for Teddy Roosevelt's Progressive Party?
9. **ANIMAL KINGDOM:** What is the purpose of gills in fish?
10. **MUSIC:** What kind of bird was featured in the Disney song "Zip-a-Dee-Doo-Dah"?

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Now here's a tip!

by Jo Ann Derson

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- "My best friend recently had her first child. For her baby shower, we decided to get together and cook her several meals that could be frozen and go right from the freezer to the oven. This way, she has many meals to grab in the first few sleepless weeks." -- E.S. in Mississippi
- Need to save money grocery shopping? Studies show that if you shop when the store is least busy, you'll make smarter decisions. Try shopping at off-peak hours, such as later in the evening or early in the morning. Or try your store on Wednesday, traditionally the least busy day of the week.
- "I was making cookies last week and needed to roll out the dough, but I couldn't find my rolling pin anywhere. In a pinch, I pulled a bottle of wine off my wine rack and wrapped it tightly in plastic wrap. It did the trick. I'm thinking I just might save the next empty bottle, clean the label off and use it as a rolling pin. I can store it right there in my rack!" -- O.V. in Oregon
- Add shredded veggies to tomato sauce to up the veggie quotient. Many vegetables can be included without adding many calories and will not change the taste that much. Try carrots, squash or sweet potatoes. You can even add a tablespoon or two of canned, pureed pumpkin.
- "I like the smaller size of kids' meals at the drive-thru. I save the toys in a box, then I drop them off with a teacher friend to use as rewards in her classroom." -- A Reader, via email
- "I found a bunch of guttering at a garage sale super-cheap, and was inspired to bring it INSIDE my house. I purchased end pieces at my local hardware store and cut the gutters to fit inside my closet. They line the wall all the way up in horizontal rows. I use them to keep shoes, purses, even small baskets of accessories. It's wonderful." -- T. in Tennessee

TIDBITS QUOTE

"When the president does it, that means it is not illegal."
-- Richard Nixon

THE 1970s (continued)

- On October 1, 1971, the 107-acre Walt Disney world resort officially opened, seven years after Walt Disney had procured 27,443 acres of land in central Florida. Unfortunately, Disney had passed away five years earlier and never saw his dream fulfilled. It is now the world's most-visited entertainment resort and welcomes about 17 million visitors per year.
- Does the name Louise Brown ring a bell? She was a five-pound, 12-ounce baby girl delivered in July 1978, the world's first test-tube baby, born as a result of the experimental in vitro fertilization process. Although called a test-tube baby, her conception actually took place in a petri dish. Brown became a mother herself in 2006.
- After scoring 1590 out of a possible 1600 on the SAT, 17-year-old Bill Gates enrolled at Harvard in 1973. He stayed in contact with his boyhood chum Paul Allen, and after dropping out of Harvard, Gates teamed up with Allen in 1975 to form Microsoft, a combined abbreviation of "microcomputer" and "software."
- The big news of 1977 was the death of Elvis Presley, declared by the medical examiner as the result of "coronary arrhythmia." Over the eight months prior to the King's death, his physician had prescribed more than 10,000 doses of sedatives, amphetamines and narcotics. The autopsy revealed 14 different drugs in Presley's system at the time of his death. As thousands lined up outside Graceland's gates during the funeral, a car swerved into a group of fans, killing two. More than 80,000 people lined the procession route to his Forest Hill Cemetery burial site.
- In 1972, burglars broke into the Democratic Party's National Committee office at the Watergate Hotel. In the coming months it was revealed that President Richard Nixon was involved in covering up the burglary and possessed a number of stolen tapes. When he refused to surrender the tapes, a judge ordered the chief executive to hand them over. In 1974, impeachment proceedings were initiated against the president. In August of that year, Nixon resigned and Gerald Ford became president. A month later, Ford issued a full pardon to Nixon for "all offenses against the United States."

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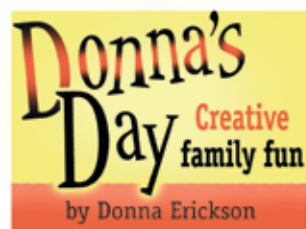
SNOWFLAKES
by Japheth Light

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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Plan a Family Career Day

If you ask 4-year-old Axel Nelson, "What do you want to be when you grow up?" his first response might not be "a university librarian," but who knows where his career path will lead thanks to a few "going to work" outings with his grandpa Bryce, university librarian at Seattle Pacific University. "When we walk through the main door hand in hand, my pint-size visitor is excited when he is greeted with smiles from staff and students," says Bryce. While the long rows and tall stacks are still a bit intimidating for him, he likes to head directly for my office, where we check out my baseball memorabilia and have a 'meeting' together over cups of tea. Now whenever we see each other, his first question for me is 'Grandpa, how were your meetings?'"

Do your kids really know what you do when you head off to work? To clear up the mystery, set a date and make plans to take them along. Introduce them to co-workers, show them around and have a snack or lunch together. They'll feel special and important wearing an ID or visitor's badge. And if you have an office or specific space, kids will be excited to see their photographs or their original paintings displayed on your desk or wall.

If children are not allowed in your workplace during regular business hours, make arrangements for an after-hours tour. Here are more ways you can share the idea of work with your kids:

- Familiarize your children with the work skills of your ancestors. Compile a list of relatives, and interview them or gather information from your family tree. Was great-grandfather a farmer? You may enjoy visiting a living-farm museum this summer to see what that job used to be like.
- For preschoolers, make a simple booklet together filled with pictures and brochures illustrating what you do during your workday. If you're an at-home parent, the book will show that caring for home and family also is important work.
- Talk with your school-age kids about their present interests and skills, and how they eventually might apply to a future vocation.

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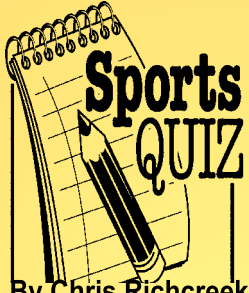
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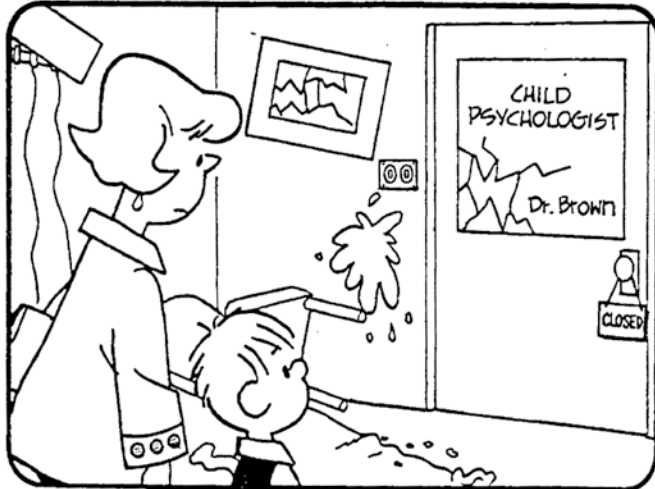
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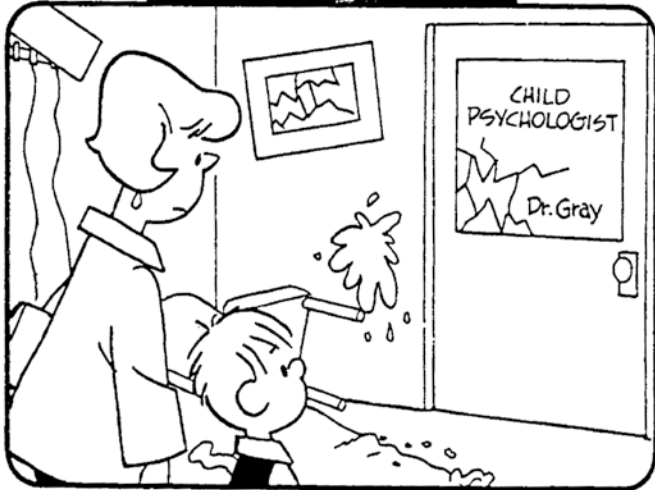
- 1 Name the first center fielder to lead the American League in home runs for three consecutive years.
- 2 Who played the most major-league games with only one team: Stan Musial, Cal Ripken Jr. or Carl Yastrzemski?
- 3 When was the last time before 2010 that San Diego State's football team won a bowl game?
- 4 How many head coaches have won an NBA championship in the past 25 seasons (1987-2011)?
- 5 Who was the last goaltender before St. Louis' Brian Elliott in the 2011-12 season to allow two or fewer goals in each of his first 12 games?
- 6 What team holds the Major League Soccer record for best goal differential for a season?
- 7 Who was the first president of the Pro Bowlers Association?

By Chris Richcreek

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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.

Laugh a bit with TIDBITS

You know you're a child of the '70s if your first musical purchase was an 8-track tape.

Strange BUT TRUE

- It was Canadian author Saul Bellow who made the following sage observation: "You never have to change anything you got up in the middle of the night to write."
- The U.S. military has created self-cleaning underwear. Yep. It seems they wanted skivvies that soldiers could wear for several weeks without changing. Nanoparticles and chemicals in the fabric repel liquids and bacteria.
- More books have been written about Abraham Lincoln than about any other American president -- more than 15,000 to date.
- It is only to be assumed that Arabella Young, a Massachusetts woman who died in 1771, was considered to be a bit too talkative. Otherwise there would have been no

THE 1970s (continued)

- What were folks wearing in the 1970s? Bell-bottomed pants paired with either a turtleneck sweater or flower-print shirt was a popular look. After the premiere of the movie "Saturday Night Fever" in 1977, John Travolta's three-piece suit and wide-collared shirt inspired the disco fashion. For women, hot pants and thigh-high boots were all the rage, as were fringed leather mini-skirts and platform shoes. Guys sported sideburns, and the large "Afro" hairstyle became fashionable.
- In the sports world, Hank Aaron beat Babe Ruth's home run record when he hit his 715th career home run in April 1974. By the time Aaron retired in 1976, his record was 755 homers, one that held until 2006. ABC began broadcasting Monday Night Football in 1970, and ESPN, an acronym for Entertainment and Sports Programming Network, was launched in September 1979 as a cable network devoted strictly to sports broadcasting.
- In 1975, powerful Teamsters Union leader Jimmy Hoffa vanished from a restaurant parking lot in Bloomfield Hills, Michigan. He was allegedly tied to organized crime, and it was assumed he was killed by the Mafia. His body has never been found.
- On television, our favorite Westerns "Gunsmoke" and "The Virginian" were phased out, as were sitcoms "Bewitched" and "I Dream of Jeannie." The Sci-Fi era was ushered in with hits such as "The Six-Million Dollar Man," "The Bionic Woman" and "Battlestar Galactica." The controversial sitcom "All in the Family" had its run from 1971 to 1979, featuring the fictional Archie Bunker's frequently inappropriate remarks about religious, political and social issues of the day. Game shows gained in popularity, including "Wheel of Fortune," "Family Feud" and "The Price is Right," first hosted by Bob Barker in 1972. NBC debuted "Saturday Night Live" in 1975; George Carlin was the first host with musical guests Janis Ian and Billy Preston. HBO was inaugurated as the first pay-TV channel in 1972.

continued on next page

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need for the following epitaph: "Here lies as silent clay / Miss Arabella Young, / Who on the 21st of May / Began to hold her tongue."

- Be glad that you did not have the misfortune to be in Bangladesh during record storms in 1985. You might have been brained by the record hailstones, some weighing more than 2 pounds each.
- You might not be surprised to learn that among his Hollywood friends, screen legend and notorious drinker Humphrey Bogart was nicknamed Whiskey Straight.
- The founders of the Arby's chain were a pair of brothers, Forest and Leroy Raffel. They wanted to name the original restaurant Big Tex, but found that the name was already owned by someone else. They settled on Arby's to represent the initials R.B.'s for Raffel Brothers.

Thought for the Day: "I never blame myself when I'm not hitting. I just blame the bat, and if it keeps up, I change bats. After all, if I know it isn't my fault that I'm not hitting, how can I get mad at myself?" -- Yogi Berra

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In Aug 1894, 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
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THE 1970s (continued)

• Hard rockers were listening to the likes of Aerosmith, Led Zeppelin, Pink Floyd and Deep Purple, while Southern rockers tuned into The Allman Brothers and Lynyrd Skynyrd. Disco lovers listened to the Bee Gees and danced the Hustle, and soft rock folks enjoyed the crooning of the Carpenters, Barry Manilow and the Osmonds. Billboard magazine declared Elton John the best artist of the decade. We started listening to our music on the Sony Walkman, a portable cassette player, in 1979.

• At the theaters we were viewing "The Godfather," "Rocky" and "Dirty Harry." We were scared out of our seats by "The Exorcist," "Jaws" and "Carrie" and laughed uproariously at "Animal House," "Young Frankenstein" and "Monty Python." George Lucas' career took off with "American Graffiti" in 1973, followed by "Star Wars" in 1977, which quickly became the highest-grossing film of all time, an honor it maintained for the next five years.

**FAMOUS LANDMARKS:
WAR MEMORIALS**

As Memorial Day approaches, Tidbits looks at two of America's monuments to our fallen veterans.

• The black granite panels of the Vietnam Veterans Memorial Wall are inscribed with the names of the 58,272 who died or remain missing from the war. About three million people visit this site every year.

• The Wall was the idea of Jan Scruggs, a corporal who served in Vietnam in 1969-1970 as part of the 199th Light Infantry Brigade. The memorial recognizes the sacrifice of all those who served. In 1979, he and a group of vets founded a nonprofit organization to raise funds for the project and raised nearly \$9 million from private contributions, with no federal funds used. In 1980, President Jimmy Carter signed the legislation that provided the site near the Lincoln Memorial. A design contest was held, and in 1981, the winning design was chosen from 1,421 entries, submitted by a 21-year-old Yale University architecture student, Maya Ying Lin.

• Groundbreaking took place in March 1982, and the Wall's official dedication took place in November of that year. Each of the V-shaped monument's two sections is 246.75 feet (75.2 m) long and consists of 70 inscribed panels. The names were not carved by hand but rather by a computerized typesetting process. The black granite came from India, one of only three places in the world where this volume of black granite in large sizes could be found.

• The first casualty of the war was Richard Fitzgibbon, who died in June 1956. The name of his son is also etched in the granite; he was a casualty in September 1965.

• At least 25,000 of the dead were 20 years old or younger, 17,000 were married, and 1,200 are still missing. The names of eight women are listed.

continued on next page

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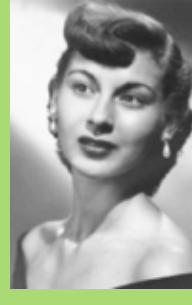
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by Linda Thistle

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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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THIS IS A HAMMER
Cleaning a Rusty Grill
Q: I left my propane grill out on the back deck over the winter. We didn't get much snow or rain, and actually used it from time to time, so I didn't cover it. Now I notice some rust on the underside of the grill. What's the best way to clean it and prevent it from happening again? – Janice B., Columbia, Md.
A: You can buy a cleaner that removes rust stains at your local hardware or home-improvement store, or if the rust is mostly surface-based, try wiping the area first with a damp cloth. If not all the rust is removed, try scrubbing the area with a steel-wire brush or steel wool. If the interior of the grill or the grates are rusty or caked with old charcoal and burnt-on food, use the same cleaning methods to scrub them off. Then, clean the interior well (for readers who use charcoal grills, remove the old ashes and charcoal and then clean).
 Once clean, you'll want to seal the rust-damaged areas. On the outside of your grill, a high-temperature paint will keep air and moisture away from the metal and won't flake away quickly. The interior should be cleaned between each grilling session and closed to prevent rain from entering. Grill racks should be washed after cleaning and each use, and a thin coat of cooking oil sprayed or rubbed on them so they stay rust-free between uses. If you're not going to use the grill for a long time, say several weeks, regardless of the season it should be cleaned, covered with a grill cover and moved out of direct rain and sunlight. Some owners coat the exterior of the grill with a thin coat of cooking oil if they plan to store it for some time.
HOME TIP: Got a tough cleanup of grill racks? Make a foamy vinegar-baking soda paste and apply to the racks, let them sit for a few minutes, then scrub away burnt-on food and grease.
 Send your questions or tips to ask@thisisahammer.com, or write This Is a Hammer, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

WAR MEMORIALS (continued)

- Also located in the Washington, D.C. area is the Marine Corps War Memorial, referred to by many as the Iwo Jima Memorial. This is because it is based on a photo snapped by Associated Press photographer Joe Rosenthal on February 23, 1945, as six Marines raised the U.S. flag on the Island of Iwo Jima during a fierce 36-day battle. Although the sculpture is modeled after World War II heroes, it actually memorializes all Marines who have given their lives since 1775 and was dedicated on the Marine Corps 179th anniversary in 1954.
- The sculpture sits on a 7.5-acre tract of land in Arlington, Virginia, just outside the walls of Arlington National Cemetery, overlooking the Potomac River.
- It is the largest bronze statue in the world, standing 78 feet (23.8 m) tall, with a weight of 100 tons. The figures are 32 feet (9.8 m) high and wear helmets with a 3.5-foot (1.1-m) diameter. The flagpole is 60 feet (18.3 m) long. A proclamation was issued in 1961 by President John F. Kennedy that a U.S. flag should fly from the memorial 24 hours a day. There are 108 parts in the sculpture that are bolted and welded together from the inside, with access to the inside through a trap door in one of the soldier's cartridge belts.
- Over the course of nine years, hundreds of sculptors assisted head sculptor Felix de Weldon, who first completed it in plaster, disassembled it, and trucked the pieces to Brooklyn to be cast in bronze. The bronzing process alone took three years to complete. Dates and locations of every major Marine Corps engagement are etched around the base of the monument.

OH, DEER!

Need to know more about the family Cervidae? Well, you've come to the right place! Here are some facts you may not know about deer.

- The word "deer" comes from the Old English word der, meaning "beast." All species of the deer family are ruminants, meaning the stomach is divided into three or four compartments. They are also characterized by deciduous antlers — antlers that they shed.
- There are 38 different species of deer, including the more common white-tailed and mule as well as elk, moose, caribou and reindeer.

continued on next page

THIS WEEK'S CELEBRITY BIRTHDAYS
 George Clooney 5/6/61
 Johnny Unitas 5/7/33
 Enrique Inglesias 5/8/75
 Billy Joel 5/9/49
 Donovan 5/10/46
 Louis Farrakhan 5/11/33
 Tony Hawk 5/12/68
 TIDBITS

Holidays & Observances This Week
 5/6 Nurses' Day
 5/7 Children's Mental Health Awareness Day
 5/8 National Teacher Day
 5/9 Receptionists' Day
 5/10 Windmill Day
 5/11 Military Spouse Appreciation Day
 5/12 International Migratory Bird Day

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Good Housekeeping
Pasta Primavera
 Celebrate spring with a bright pasta dish full of vegetables.
 12 ounces whole wheat- or Jerusalem artichoke-flour spaghetti
 1 tablespoon olive oil
 1 medium (6- to 8-ounce) onion, finely chopped
 3 cloves garlic, finely chopped
 1 pint grape tomatoes
 12 ounces asparagus, trimmed and cut into 2-inch pieces
 1 medium zucchini, cut into half-moons
 1/4 cup water
 Salt
 1 can no-salt-added garbanzo beans (chickpeas), rinsed and drained
 1 medium carrot, grated
 1/4 ounce Parmesan cheese, grated (about 2 tablespoons)
 2 tablespoons fresh lemon juice
 Fresh basil leaves, for garnish

- Heat 6-quart saucepot of water to boiling on high. Cook pasta as label directs.
- Meanwhile, in 12-inch skillet, heat oil on medium. Add onion and garlic; cook 2 to 3 minutes or until golden, stirring occasionally. Add grape tomatoes; cook 5 minutes or until beginning to soften. Add asparagus, zucchini, water and 1/4 teaspoon salt. Cover and cook 5 to 7 minutes or until tomatoes begin to burst. Stir in beans and carrot; cook 2 to 3 minutes or until beans are heated through.
- Reserve 1/2 cup pasta cooking water. Drain pasta; return to saucepot and add vegetable mixture, Parmesan, lemon juice, reserved cooking water and 1/4 teaspoon salt; toss until combined. Divide among serving bowls; garnish with basil. Serves 4.

- Each serving: About 495 calories, 6g total fat (1g saturated), 2mg cholesterol, 375mg sodium, 95g total carbs, 18g dietary fiber, 22g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

Collecting
 by Larry Cox

Q: I am enclosing two views of an old iron of mine and would greatly appreciate it if you can tell me more about it and estimate how much it is worth. – Joan, Sun City, Ariz.
A: I always hate to answer a question about irons, because when I do, it triggers an avalanche of mail from others who own older irons. I am usually hard pressed just to stay on top of the extra volume of mail. With that said, readers with collectible irons should contact an expert. David Irons is just such a man and has written an informative book about them, "Irons by Irons." He might be able to give you an idea of what your iron is worth. Contact him at Irons Antiques, 223 Covered Bridge Road, Northampton, PA 18067; and dave@ironsantiques.com. Check out his webpage at www.ironsantiques.com.

Q: I recently found a coin that celebrated the Chicago World's Fair of 1933. The design includes what appears to be a Nazi swastika, odd for such a coin. Can you explain why this would have been used to promote an American event? – James, Wood River, Ill.
A: Before the symbol was co-opted by Hitler, it was used in many ancient religions, including ones in India and China. In America, it often was used in Native American designs in both textiles and pottery patterns.

Q: I have a book of Shakespeare published by Henry T. Coates & Company that appears to be quite old. What is it worth? – Marjorie, St. Augustine, Fla.
A: St. Augustine has several excellent used book dealers, and perhaps that is where you should begin your search. Wolf's Head Books is one of the oldest such businesses in your city and has an excellent reputation.

Q: I have a partial set of sterling flatware in the Trouseal pattern. Can you tell me anything about this pattern and how much my set is worth? – Susan, St. Louis, Mo.
A: The pattern was introduced by the International Silver Company in 1934. Typical prices in this pattern are fork, \$40; butter spreader, \$18, soup spoon, \$30, and sugar tongs, \$50.



King Crossword

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ACROSS	1	2	3	4	5	6	7	8	9	10	11
1 Pod occupant											
4 Pedestal part											
8 Rug type											
12 Hosp. hookups											
13 Satan's specialty											
14 Inlet											
15 Old-style music provider											
17 Destruction											
18 Incessantly											
19 Chutzpah											
20 Piece of hardware											
22 Jane Lynch's show											
24 Pork cut											
25 Sweater with a rounded collar											
29 Qty.											
30 Accordion feature											
31 Noon, in a way											
32 Worker's compensation											
34 Bridge											
35 Wheels of fortune?											
36 Got up											
37 Oust											
40 Friend of Dorothy											
41 Met melody											
42 Insignificant bit											
46 Tirade											
47 Emanation											
48 Zero											
49 Caustic solutions											
50 Skating jump											
51 Highlander's hat											
DOWN											
1 Stone											
2 Actress Longoria											
3 Harshness											
4 Moisten											
5 State with conviction											
6 Bracketed word											
7 Wapiti											
8 Mosquito thwarter											
9 Session with a shrink											
10 Tel —											
11 Heredity component											
16 Still											
19 Mr. Gingrich											
20 Hit Stooge-style											
21 Prolonged sleep											
22 — -Roman wrestling											
23 Plumbing problem											
25 Skelton's Kadiddle-hopper											
26 Champion of a cause											
27 "Arrivederci"											
28 Benevolent											
30 Dr. McGraw											
33 Baseball shoes											
34 Put an end to											
36 Twine fiber											
37 Count counterpart											
38 Picture of health?											
39 Christmas tree, often											
40 Muse's instrument											
42 Air safety org.											
43 Illumination measure											
44 Spy novel grp.											
45 Airline to Amsterdam											

top ten

Favorite Gums and Mints

1. Orbit
2. Trident
3. 5
4. Extra
5. Eclipse
6. Trident White
7. Tic Tac
8. Dentyne Ice
9. Orbit White
10. Ice Breakers

Source: IRI

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TIDBITS NUGGET OF KNOWLEDGE

Idaho's Snake River Canyon near Twin Falls was the site of daredevil Evel Knievel's 1974 unsuccessful attempt to jump a mile-wide chasm on a rocket cycle. When his parachute malfunctioned and opened on take-off, the famous stuntman floated 600 feet to the bottom of the canyon. Over the course of his illustrious career, Knievel suffered 433 broken bones.

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

The Other, Deadlier Kind of Stroke

DEAR DR. DONOHUE: In October of last year, my husband, age 63, died of a brain hemorrhage (stroke). He was a youthful, health-conscious man, now sorely missed by his wife, family and friends. This tragedy was due to undiagnosed high blood pressure, since he, like many men, refused to visit the doctor. Please encourage people, especially 55 and older, to have a checkup so they don't suffer a similar fate. -- R.A.

ANSWER: My sincerest condolences to you and your family. I hope many who read your letter will take your advice.

I've written about ischemic stroke, the kind that comes from a plugged brain artery. It accounts for most strokes. The letter-writer's husband suffered a hemorrhagic stroke, one that comes from bleeding from a brain artery. Hemorrhagic strokes have an abrupt onset. A person can be fine one minute, and the next there's a profound change. He or she can't move an arm or a leg, can't talk or has a sudden, severe headache. Shortly the person becomes unresponsive. For 50 percent of people with a hemorrhagic stroke, death is the final step, and it often comes quickly. Differentiating a stroke caused by bleeding from one caused by artery plugging is not something for an untrained person to attempt. Confronted by someone who has the signs of a stroke, an untrained person should call for immediate help. As Mrs. R.A. points out, high blood pressure is one of the most common medical conditions responsible for a hemorrhagic stroke. Prevention of these lethal strokes depends on knowing what your blood pressure is. Keeping blood pressure in the normal range is the best way to prevent them. The trouble with high blood pressure is that it seldom produces any signs until it's too late. The booklet on stroke presents the different kinds, their treatment and their prevention. Readers can order a copy by writing: Dr. Donohue -- No. 902W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I am an 82-year-old man with a history of two cancers, prostate and bladder, two knee replacements and lots of osteoarthritis. In spite of all that, I'm in good shape. I work out every day, I tour by bicycle 20 to 25 miles in a day, and I've lots of energy. About four months ago, the strangest thing started happening to me. Every time I eat, my nose starts to run. It's not a real problem, but it mystifies me. Why does it happen? -- D.M.

ANSWER: It is strange, and it has a name -- gustatory rhinitis, a classy way of saying "runny nose when you eat." Hot and spicy foods often provoke the reaction. Some consider it a reflex that has no useful purpose. If you're going out to eat and don't want to be embarrassed, taking an antihistamine about an hour before the meal might work. The nasal spray Astelin has a good reputation for stopping the drip. Don't use these every day. Save them for a special occasion.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

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KIDBITS

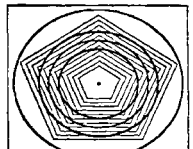
Junior Whirl

by Hal Kaufman

SEE WHAT! Optical illusions play tricks on your eyes, as in the example at right. Those aren't heat waves you see hovering over the pentagon.

- 1 DAY
- 2 DAY
- 3 DAY
- 4 DAY
- 5 DAY
- 6 DAY
- 7 DAY

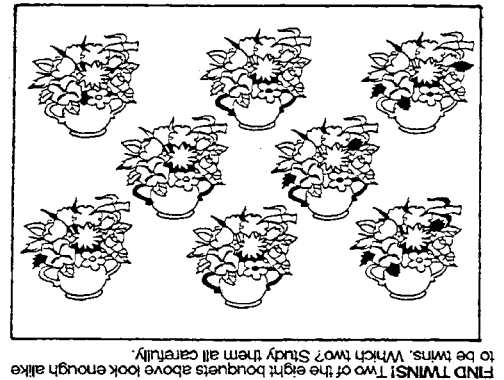
They are distortions of perfect circles superimposed upon the diagram's pentagonal lines. If you entertain doubts, cut out the diagram, stick a pin through center, and give the figure a whirl. Alakazam, what do you see? It's an amusing optical study.



OUCH POLUCHI Question: "Why do mother kangaroos dread rainy days?" Answer: "The yu yu ate itw hen the chi ldr enp lay ins ide." Rearrange letter spacing for answer to make sense (or nonsense).

DAY-BY-DAY STEPPWORDS

- THERE'S a new DAY for each step of the way in this progressive word exercise, with each DAY word one letter longer than its predecessor.
1. Mother's —, a special one for Mom, of course (in place).
 2. Crucial day in World War II.
 3. Here-and-now day.
 4. TGIF day.
 5. Another name for a vacation day.
 6. Annual cake, card and present day.
 7. Gone but not forgotten past day.
- How many can you fill in answers?
1. Day
 2. Day
 3. Today
 4. Day
 5. Today
 6. Today
 7. Today



GREAT DAY! Give Mom a big hug on her special day. Add the following colors by number. 1—Red. 2—Lt. blue. 3—Yellow. 4—Dk. blue. 5—Flesh tones. 6—Green. 7—Dk. gray. 8—Black.

SPELLBINDER

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

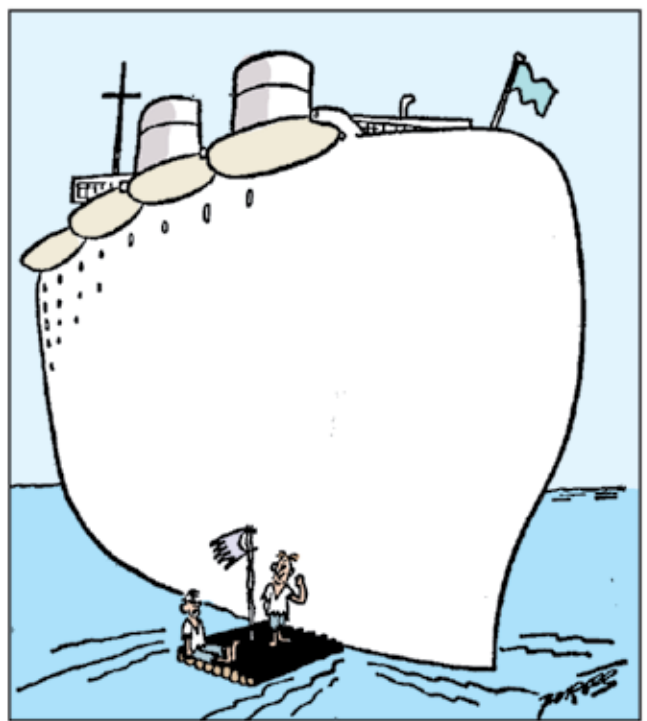
DIAMETER

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 twosomes: Ride, team.

LAFF - A - DAY

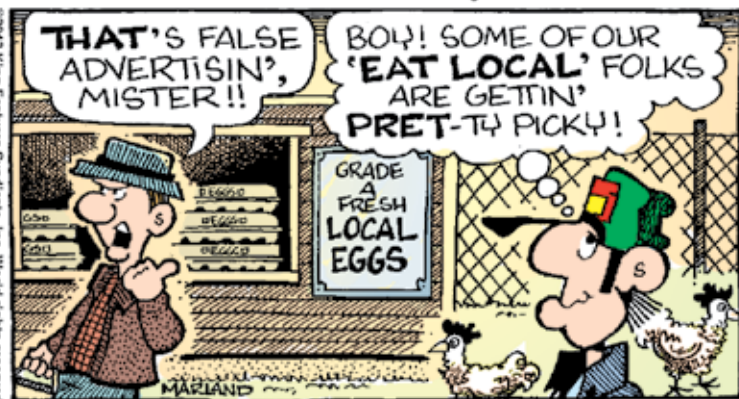
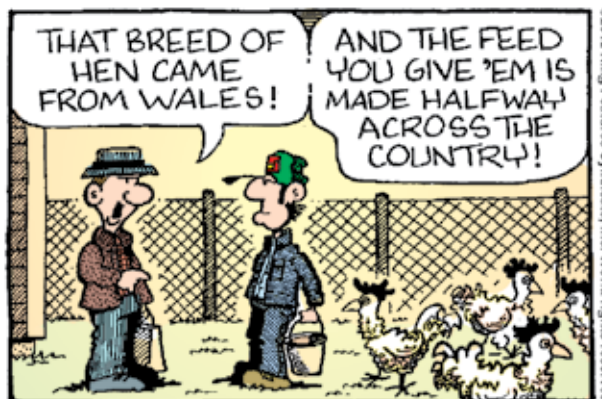


"Go ahead ... knock again!"

OH, DEER! (continued)

- Deer are excellent swimmers, even the enormous moose, which can paddle several miles at a time and completely submerge for upwards of 30 seconds.
- The smallest of the North American deer is the white-tailed deer. It's also the most abundant big game animal on the continent. The white-tail is native to all but five U.S. states — You won't find it in Nevada, Utah, California, Alaska or Hawaii. The white-tail can jump as high as 10 feet (3 m) and as far as 30 feet (9 m) in distance. The adult male weighs in at about 200 pounds (90.7 kg). The color of its upper body and sides changes with the seasons — It's reddish-brown in the summer and a light buff color in winter.
- A male moose can weigh up to 1,800 pounds (816 kg). Considering their size, moose are remarkably swift runners, up to 35 mph (56 km/hr) over short distances and a steady trot of 20 mph (32 km/hr) for longer intervals. A newborn moose weighs about 30 pounds (14 kg) and grows surprisingly quickly. At just five days old, a calf can outrun a human.
- Folks talking about wapiti are referring to elk, second in size only to the moose. A typical bull elk weighs about 700 pounds (315 kg), twice as much as a mule deer, and grows to a height of 5 feet (1.5 m) with a length of 8 feet (2.4 m). The male elk sprouts antlers each year, which may be 3.9-feet (1.2 m) long and weigh as much as 40 pounds (18 kg). Antlers grow at a rate of nearly an inch (2.5 cm) a day and are covered with velvet during the growing season. The Asian culture uses the velvet in some of its medicines.
- Rudolph the red-nosed reindeer is really a caribou. Caribou live in northern North America, Europe, Asia and Greenland. Typically, the Europeans refer to the species as reindeer, and nearly all Asian and European reindeer are domesticated, while the caribou of North America travel in large wild herds. At the time of the season's first snowfall, caribou begin a southern migration, traveling as much as 1,600 miles (2,574 km) each year. During the construction of the Alaska Pipeline, it was specifically stipulated that the project could not block caribou migrations.
- Caribou are the only species in which the females can grow antlers. The female will bear just one calf each year, one that will be on its feet and traveling the very next day. Its large hooves act as snowshoes to support its bulk over the snow.

R.F.D.



by Mike Marland

TIDBITS WORD POWER
Unscramble this word:
ENIMRSEIENCC
This word means: *The recollection of past experiences or events*

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Comfort foods
Made fast and healthy
by JoAnna M. Lund

Pepperoni Pasta Salad

Pack this in your lunch box and see if you don't get an "attitude adjustment" with the first bite!

1 (15-ounce) can stewed tomatoes, chopped and undrained
1/4 cup finely chopped onion
1/4 cup fat-free Italian dressing
1 teaspoon Italian seasoning
3 cups cold cooked penne or rotini pasta, rinsed and drained
1/3 cup sliced ripe olives
1 (3.5 ounce) package Hormel reduced-fat pepperoni, diced
1/2 cup shredded reduced-fat mozzarella cheese
1/4 cup grated reduced-fat Parmesan cheese

In a large bowl, combine undrained stewed tomatoes, onion, Italian dressing and Italian seasoning. Stir in pasta, olives, pepperoni and mozzarella cheese. Add Parmesan cheese. Mix gently to combine. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 6 (1 cup each) servings.

• Each serving equals: About 205 calories, 5g fat, 13g protein, 27g carb., 729mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Meat, 1/2 Vegetable.

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GO FIGURE! by Linda Thistle

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

	-		x		25
÷		÷		x	
	+		x		30
+		+		-	
	x		+		29
11		5			29

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

1 2 3 3 4 5 6 7 8

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PetBits™

Is Dog Allergic to Fleas?
By Samantha Mazzotta

DEAR PAW'S CORNER: My dog is possibly allergic to fleas. What herbal remedy is out there for me to use? My vet has tested her for food allergies, but I don't think that's the problem. She's 8 years old and has eaten the foods the tests say she is allergic to, but she has developed the itching only recently. I use flea drops, shampoos, even prednisone. The prednisone seems to help the most, although you cannot use it for prolonged times. Could it be stress-related? — Ora M., via email

DEAR ORA: Stress is one possibility in the puzzle that makes up pet allergies. But reducing your dog's stress might not be the only way to stop her itching and irritation. You've worked with your vet to learn that her food is not likely the cause of her allergic reaction. That's a good start. And you're right: prednisone is not a long-term solution to the itching problem, although it does help alleviate symptoms. Fleas are another possibility. Have you observed fleas on your dog's coat or skin, or found the tiny black or brown specks known as flea dust? Even if you don't see evidence of fleas, treat her to prevent the pests and reduce the likelihood of fleas around the house by vacuuming twice a week -- carpet and furniture -- and washing linens, pillows, curtains and other items that are tempting flea residences. Stress could be a byproduct of the allergic itching. You can try a homeopathic treatment such as Rescue Remedy, usually adding five drops to her water dish once per day. But talk to her vet as well about other ways to reduce her stress levels to see if that helps clear the itchy irritation.

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.

TIDBITS GOES LONG.....
Astronaut Eugene Cernan became the last man to walk on the moon in December 1972, as part of the Apollo 17 space mission. Purdue University has the privilege of the being alma mater of both the first man to walk on the moon (Neil Armstrong) and Cernan.

VETERANS POST
by Freddy Groves

Finally, a Bank Does the Right Thing

Chase bank is helping wounded warriors own free homes. What an amazing statement, given the grief that banks have given homeowners in recent years. But it's true. Chase hooked up with three nonprofit groups -- Military Warriors Support Foundation, Operation Homefront and Building Homes for Heroes -- to provide homes as a means of apologizing for the mistakes made in foreclosing on homes owned by active military and veterans. Specifically, within five years, Chase has vowed to provide a mortgage-free home to 1,000 wounded veterans. Chase, also known as JPMorgan Chase, didn't stop there. --Lower mortgage interest rates: Eligible borrowers will have a 4 percent interest rate while on active duty and for a year after that. The Servicemembers Civil Relief Act (SCRA) limit is 6 percent.

- Improved affordable loan program: If you're having problems making payments and want a mortgage modification, Chase will go above and beyond the new Home Affordable Modification Program.
- No foreclosure for active duty personnel.
- Employment: In the next 10 years, Chase will coordinate the hiring of 100,000 veterans, working in tandem with other corporations.
- Education: Earn a Technology Education certificate via Syracuse University, courtesy of Chase, if you were active duty after Sept. 11, 2001. Study from home, as the program will be online. Check www.veterans.syr.edu for more details.
- Access: To make sure someone is available to handle veteran matters, it's opened a hotline that runs 24 hours a day. For mortgage questions, call the Chase Military Services Hotline at 877-469-0110.

I'm not a fan of banks, but when one steps up and does the right thing, it needs to be encouraged. For a look at all Chase is doing, go online to ChaseMilitary.com.

Moments in time
THE HISTORY CHANNEL

- On May 10, 1869, the Union Pacific and Central Pacific railroads meet up in Promontory, Utah, making transcontinental railroad travel possible for the first time in U.S. history. Journeys that had taken months by wagon train or weeks by boat now took only days.
- On May 7, 1915, the British ocean liner Lusitania is torpedoed without warning by a German submarine off the coast of Ireland, with 1,198 people drowned. It was later revealed that the Lusitania was carrying about 173 tons of war munitions for Britain, which the Germans cited as justification for the attack.
- On May 12, 1925, a Philadelphia radio station broadcasts the first all-star radio program featuring film actors and actresses. Sound films had not yet debuted, and the broadcast marked the first time that most listeners had heard the voices of film stars like Lillian Gish and Marion Davies.
- On May 8, 1933, the first police radio system, connecting headquarters to patrol cars and patrol cars to one another, is installed in Eastchester Township, N.Y. The system consisted of one transmitter of 20 watts for the headquarters and two transmitters of 4.5 volts each for the two patrol cars.
- On May 13, 1956, Gene Autry's musical variety show, "Gene Autry's Melody Ranch," airs its final broadcast, after 16 years. The show featured 10- to 15-minute skits about cowboys and rustlers, along with musical numbers by Autry, "America's singing cowboy."
- On May 9, 1960, the Food and Drug Administration approves the world's first commercially produced birth-control pill. Development of "the pill" was commissioned by birth-control pioneer Margaret Sanger and funded by heiress Katherine McCormick.
- On May 11, 1981, reggae legend Bob Marley dies of cancer in Miami Beach, Fla. Marley, born in Jamaica in 1945, formed his band, the Wailers, in 1963. In the early 1970s, the band's records began to catch on outside Jamaica, assisted by Eric Clapton's cover of "I Shot the Sheriff."

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

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

Affair	Fairground	Fairmont	Funfair
Fairbanks	Fairies	Fairness	Savoir-faire
Fairfax	Fairing	Fairytale	Unfair
Fairfield	Fairlane	Fairywren	

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May Business of the Month
McDonald's Restaurant



Clark Stringham and Doug Johnson have been the owner/operators since 2005. McDonald's currently employees 60 great 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.

Kiwanis - Chamber Golf Tournament Four Person Scramble
 Fri Jun 8th at 7:00 AM. Four person scramble.
 7:00 - 7:45 Registration, Continental Breakfast and Putting Contest.
 8:00 Shotgun Start Prizes for: Hole in One, Inside the Circle, Longest Drive, Closest to the Line, Best Score and other Hole Prizes. Tournament fees include: Green fee, Cart, Continental Breakfast and Awards Lunch.
 If you would like to be a sponsor please contact:
 Milton Carroll - 801- 465-8177 Emilio Aguayo - 801-465-2502
 Colin Logue - 801-609-8699 Nic Jones - 801-655-2149

To join/renew membership with Chamber of Commerce, please contact Carolyn Bowman, 801-465-2634

Pleasant Grove
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 **Pleasant Grove Fire Department Association Fund**. 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.



June 17 - 23, 2012
 See the Strawberry Days Countdown Timer! www.cvdforourcity.blogspot.com

Santaquin
 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
 Scholarship Pro-Am Golf Tournament
 May 3, 9am Spanish Oaks





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

SPORTS QUIZ

- Ken Griffey Jr., 1997-99.
- Yastrzemski (3,308) tops Musial (3,026) and Ripken (3,001).
- It was 1969 (the Pasadena Bowl).
- Eight -- Phil Jackson (11), Gregg Popovich (four), Pat Riley (three), Chuck Daly (two), Rudy Tomjanovich (two), Larry Brown (one), Rick Carlisle (one) and Doc Rivers (one).
- Boston's Frank Brimsek in 1938-39.
- The Los Angeles Galaxy had a plus-41 goal differential in 1998.
- Don Carter, in 1958.

King Crossword — Answers
 Solution time: 27 mins.

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

Weekly SUDOKU — Answer

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

Go Figure! — answers

8	-	3	x	5	25
÷		÷		x	
2	+	3	x	6	30
+		+		-	
7	x	4	+	1	29
11		5		29	

Trivia test by Fifi Rodriguez

- Between Scotland and Iceland
- "Friends"
- Mercury
- 1933
- A written statement made under oath
- Exodus
- Portugal
- The Bull Moose Party
- To take in oxygen and release carbon dioxide
- A bluebird

WORD POWER ANSWER REMINISCENCE