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May 14, 2012

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Issue 2012-20

Published by : Serendipity Weekly

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TIDBITS® INVITES YOU TO EAT BREAKFAST!

by Patricia L. Cook

This Tidbits examines breakfast around the world. Many studies say breakfast is the most important meal of the day, but when it comes to what people think should be on the breakfast table, there are quite a few differences.

- The word breakfast means "to break the fast," meaning to eat again after hours of sleep and no food. Numerous nutritional studies have shown that people who skip breakfast are more likely to have problems with metabolism, weight and concentration.
- The first use of the word "breakfast" was in the 15th century when it was likely that porridge or bread was eaten. The first appearance in print that "breakfast is the most important meal of the day," was not from a medical professional or scientist; it was in the book "Metamorphosis" by German writer Franz Kafka in 1915.
- The typical full breakfast in the United States and Canada is based on the "full English breakfast," although in many households this type of breakfast is now more likely to be reserved for weekends and holidays. When more people lived on farms and got up early for manual labor, a large breakfast was common. Now, it is not unusual to start the day with simply cereal or toast along with milk, juice and/or coffee.

turn the page for more!

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1. **MOVIES:** What is the first word spoken in "Citizen Kane"?
2. **GEOGRAPHY:** What two countries surround the Dead Sea?
3. **PERSONALITIES:** In what branch of the military service did actor James Stewart serve in World War II?
4. **MUSIC:** Who composed the music for the film "An American in Paris"?
5. **HISTORY:** In which Pacific island group did the United States test atomic bombs?
6. **ANIMAL KINGDOM:** What is the name for a group of geese?
7. **MEDICINE:** What is scoliosis?
8. **FAMOUS QUOTATIONS:** Who once said, "Too much of a good thing is wonderful"?
9. **CHEMISTRY:** What metal is liquid at room temperature?
10. **COMICS:** In the comic strip "Peanuts," Schroeder is a fan of whose music?

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Now here's a tip! by Jo Ann Derson

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- Buff spots off of silver with toothpaste. Rub gently with a soft cloth, rinse, and dry.
- Keep your dishcloths and sponges germ-free and smelling sweet. Once weekly, soak them overnight in a few cups of water to which you've added a tablespoon or so of bleach. It will keep them from developing a mildew smell.
- "To keep mixes from bunching up on the beaters of my mixer, I spray them with a little canola oil right before mixing. It isn't enough to affect the recipe, but I think it helps them do a better job. And I don't have to stop the mixer so often to scrape the dough from the beaters." -- R.V. in Oklahoma
- To clean tea-stained cups, use a couple of drops of dishwasher detergent. Stir and let set, then scrub out. It should wipe right out.
- "If there's a lot of burned-on food stuck to your pan, just add water immediately after cooking, then stick it in the oven (if oven-safe) at a low temperature for a little bit. It will soften the food and you can clean it much easier." -- U.A. in Montana
- "Save larger envelopes in which you receive mail. You can reuse them by gluing or taping a new label on the front. You can close them with packing tape. Some of these envelopes are expensive." -- T.G. in South Carolina

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.

The Garden Bug

Home-made plant killer

Mix 4 ounces of lemon juice concentrate with 1 qt. white or cider vinegar, and pour into a spray bottle. Spray ONLY on unwanted foliage, such as weeds; the acetic acid in the juice and vinegar will "burn" the leaves.

Source: www.small-farm-permaculture-and-sustainable-living.com

BREAKFAST (continued)

- So, what does a "full English breakfast" include, and when did this custom start?
- In the 19th century, when men started to work regular hours in offices, two-course breakfasts became popular. They would start with porridge and then have bacon, eggs, tea and more later. This became known as the "full English breakfast" during the time of World War I when lighter, quicker breakfasts became popular.
- A customary "full English breakfast" has bacon and eggs as the star of the plate. They might be accompanied by sausage, fish, toast and marmalade, grilled tomatoes and muffins or other breads. Typically, the British would start with orange juice, cereals, stewed or fresh fruit and tea.
- A full breakfast for the English may also have included oddities such as baked beans and black pudding. Black pudding is generally made by mixing pig's blood with pork fat and oatmeal or barley. It is so popular in northern England that a festival is dedicated to it: the World Black Pudding Throwing Championships!
- The Irish also love a full breakfast like the British, including black pudding. They are likely to include white pudding and soda bread on the table as well. White pudding is similar to black except it doesn't contain blood. Both of these "puddings" are formed into sausages.
- Large Scottish breakfasts also include dishes similar to those of the English, but they may add potato scones, haggis and oatcakes. Haggis is another odd sausage, made from chopped lamb's heart, lungs and liver mixed with suet, oats, onions and seasonings and usually boiled. (Hungry yet?)
- If you are wondering when boxed cereals became popular for breakfast, this occurred in the late 1880s and was prompted by a backlash against large breakfasts. Many thought these large morning meals were leading to health problems. Cereal pioneers like W.K. Kellogg, Henry Perky and C.W. Post developed products that became extremely popular. Cereals were very important when eggs and bacon were rationed during World War II.
- There are many places in the world where the morning meal is not much different from other meals.
- In Mexico, it is not unusual to have beans and cheese served with tortillas. Just as for other meals, spicy food is welcomed at breakfast.

continued on next page

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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Donna's Day Creative family fun
by Donna Erickson

Make a Picture-Perfect Storybook for Mom

When I got going on this year's spring cleaning, the ritual started with my laptop. There weren't any dust bunnies between the keys, but when I opened my digital photo library, you would think I was a likely candidate for a TV show on hoarding. I needed to get the chaos under control, but the organizing task seemed more daunting than tackling closets or even our garage.

I signed up for a group iPhoto session at my local Apple retail store and happily got support, but not just the techie kind. As we attendees introduced ourselves, the woman next to me unapologetically admitted that her digital photo library had surged like a tsunami from 5,000 to 22,000 since the birth of her grandchild. I felt better already.

Inspired to clear out my digital clutter, I decided to tame the images while on a visit to my 87-year-old mom's home in California. "I've never seen that one," she'd say over my shoulder as I clicked through pictures of three years of milestones, meals and family trips. Once I had flagged 50 of her "must haves," including downloads I snatched from her grandkids' Facebook pages, it hit me that instead of making prints, I could secretly "publish" a photo book for a unique Mother's Day gift.

Easy to create through computer programs, photo-sharing sites, discount stores and pharmacies, a collection of photos can come together in a nifty thin volume starting at \$10. Once you upload the photos to the Web, it takes about a week to get the picture-perfect storybook for Mom.

Think of more themes for other reasonably priced books that will get your photos out of hiding. It's another way to make them worth taking in the first place. Here are some ideas:

- New baby in the house? Keep a file of the best shots of the year, and make a book annually on your child's birthday. Send it to grandparents and great-grandparents. As their annual collection grows, enjoy thumbing through the photo yearbooks with your kids when you stop by for a visit.
- Vacation memories 2012. Create a book this year and in years to come featuring a trip you enjoy with your kids or with extended family. Make copies for each family for a holiday gift this December.
- Mark a 2012 milestone. Assemble all the photos from your child's graduation celebration, sports season or other event, and put the milestone under one cover.

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.

	÷		+		11
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DIFFICULTY: *

* Moderate ** Difficult
*** GO FIGURE!

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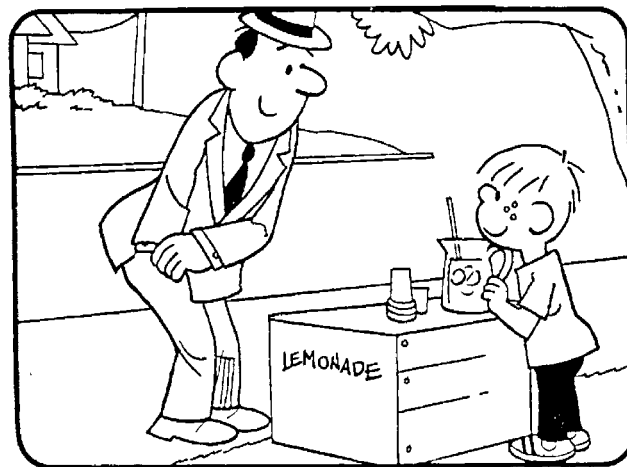
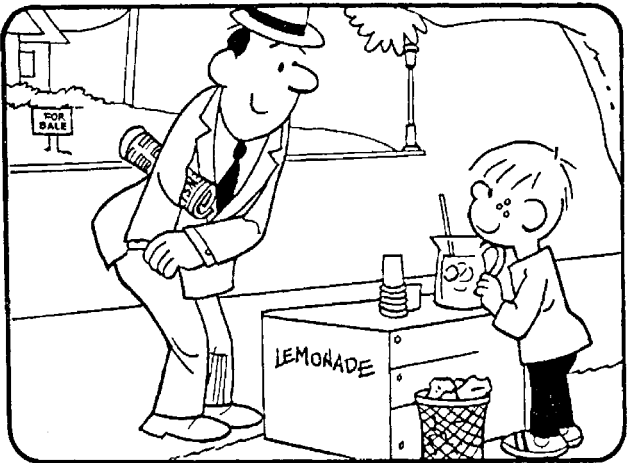


By Chris Richcreek

- 1 In the 2009 and 2010 major-league seasons, only two players compiled at least a .300 batting average, 20 stolen bases and 20 home runs. Name them.
- 2 How many different seasons has Alfonso Soriano compiled at least 35 home runs and 30 steals?
- 3 In 2001, the Rams' Kurt Warner became the third quarterback to lead the NFL in completion percentage, touchdowns passes and passing rating in the same season for a second time. Name the two to do it before him.
- 4 The 1981-82 North Carolina men's basketball team, which won a national title, had three players who ended up among the top five slots in the NBA Draft. Name two of them.
- 5 Name three of the five New York Rangers to win the All-Star Game MVP Award.
- 6 The first Czech athlete to win a Winter Olympic gold medal did so in what event?
- 7 Who was the youngest winner of a multi-round LPGA event before 16-year-old Lexi Thompson won in 2011?

HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.
 Differences: 1. Sign is missing. 2. Paper is missing. 3. Lamppost is missing. 4. Cup stack is lower. 5. Trash basket is missing. 6. Sleeve is shorter.

Laugh a bit with **TIDBITS**

Q: What happens if you eat yeast and shoe polish for breakfast?

A: You'll rise and shine!

Strange BUT TRUE

- It was 17th-century French author Francois de la Rochefoucauld who made the following sage observation: "It is more often from pride than from ignorance that we are so obstinately opposed to current opinions; we find the first places taken, and we do not want to be the last."
- You probably know that Robert E. Lee was a general in the Confederate Army during the Civil War, and that he ultimately surrendered the war to Union General Ulysses S. Grant at the courthouse at Appomattox, Va. You might not know, though, that Lee had a pet hen that traveled with him everywhere. It's said that the chicken laid an egg under Lee's cot every morning.
- The 1935 Nobel Peace Prize was awarded to Carl von Ossietzky, a German writer who spoke out about Nazism in

BREAKFAST (continued)

- In Thailand, you'll find a spicy fish dish with mint and pork and served with rice offered by street vendors in the morning. Other dishes are available as well, dishes very similar to those served at mid-day and evening meals.
- China is a very large country with a diverse population representing many cultures, so there are multiple variations in breakfast foods. Probably the most common breakfast dish nationwide is rice porridge with pickled vegetables. Some people include hard-boiled eggs and steamed bread as well. In the north, many enjoy hot soy milk and fried dough sticks that are like unsweetened doughnuts. On the streets in China you can find a wide variety of steamed breads, noodles and dumplings, some with meat or veggie fillings. Until recently, cow's milk was not a part of Chinese diets. Now consumption of cow's milk is encouraged, as is eating Western-style bread, as the Chinese have begun to follow the Western way of making children big and strong.
- In Russia, oladi are a popular breakfast food. Similar to pancakes, oladi are fried, soft inside and have a crispy edge. They're usually eaten with sour cream, jam, honey or fresh berries.
- Another country with a popular pancake offering is Sweden. Pannkakor is a thin, flat cake, fried on both sides, similar to a crepe. It is usually served with a fruity filling.
- The French are known for the pastries they enjoy for breakfast — or anytime with a cup of strong coffee. The croissant is one of the famous pastries for which the French have been given credit, and they do serve them beautifully, but it was actually adapted from an Austrian pastry in that originated in the mid-1800s.
- The Austrian "kipferl" or "kipfel" was brought to Paris by Austrian August Zang when he opened a Viennese bakery in 1838 or 1839. French bakers loved the pastry and started imitating Zang's "kipferl." Their pastries became the "croissant," which is French for crescent.

continued on next page

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general and Adolf Hitler in particular. Hitler was so offended by the actions of the Nobel Committee in honoring his critic that he issued a decree forbidding any Germans to accept a Nobel Prize in the future.

- The National Restaurant Association, which tracks dining statistics, says that the most popular day for eating out is Mother's Day.
- In 1954, Swanson pioneered the frozen dinner when, after Thanksgiving sales had been lower than expected, the company found itself stuck with 10 railroad cars of unsold turkey.
- It's a timeless truth that many kids go through an awkward, gawky period during adolescence. In the 16th century, a boy experiencing this phase was known as a hobbledehoy.
- On the morning of a traditional Vietnamese wedding, the bride's mother visits the groom's family and presents them with a special plant, representing respect, and chalk that is pink, the color of happiness.

Thought for the Day: "History is a vast early warning system." -- Norman Cousins

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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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BREAKFAST (continued)

- Many places like the croissant now, including Portugal and Spain. Stuffed croissants and plenty of coffee are very popular at breakfast time. Another quick Spanish specialty is Pan a la Tomate, which is simple but delicious. It consists of bread rubbed with garlic and tomato and then topped with olive oil and salt.
- In Iceland, a hot and hearty breakfast is needed to fight off the dark, icy cold mornings. Hafragrautur, or oatmeal, is served with raisins, nuts and brown sugar.
- Whether you want a hot bowl of cooked cereal, cold cereal or a full English breakfast with eggs, bacon and more, we hope reading this Tidbits will encourage you to try something new. Enjoy the "most important meal of the day!"

FAMOUS LANDMARKS OF THE WORLD: MOUNT ST. HELENS

Mount St. Helens is a volcanic mountain found in the Cascade Range of western Washington. Mount St. Helens and the Cascade Range are a part of the ring of fire that encircles the Pacific Ocean.

- The ring of fire was created and is continually changed by the collision of the North American and the Juan de Fuca tectonic plates. Mount St. Helens is the most active volcano in the Cascade Mountains. It erupts about once each century.
- The primary, newsworthy eruptions of Mt. St. Helens in recent times occurred on March 27 and May 18 in 1980. Smaller eruptions and earthquakes occurred prior to and between these dates but were insignificant compared to the two primary eruptions. The first eruption on March 27 was initiated with either one large or two closely timed explosions and lasted for nine hours.
- Periodic eruptions continued at Mt. St. Helens until 1986. Early eruptions were the strongest and latter eruptions consisted primarily of lava flows that served to build a lava dome now measured at 920 feet (280.4 m) in height. However, even with construction of this lava dome, the mountain's total height was reduced from 9,677 feet (2,949.5 m) to 8,357 feet (2,547.2 m) due to rock and soil being blown away during the volcano's initial eruptive blast.
- The magnitude of the May 18 eruption was such that plants and animals to north of the mountain within five miles (8 km) were destroyed. Replacing the forested landscape teeming with wildlife was a lifeless, rocky stretch of land.
- This scene coupled with the impact the volcano made in the minds of people living nearby and on those interested in and studying its aftermath prompted the area to be declared a national monument.

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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THIS IS A HAMMER
Pruning Tips

Q: I haven't pruned many of my hedges and trees in several years, and some of them have grown wild and ragged-looking. If they're past the blooming stage, is it safe to trim them? Also, any tips to make this task easier? – Carol in Oklahoma

A: Trying to tackle all of the shrubbery and trees in your yard can be daunting, even when it hasn't been several years since their last pruning. The best thing to do is take an initial tour of your yard with notebook in hand. Mentally split the yard into several sections, and then note what needs to be done in each: trimming, pruning or even removal of foliage. Next, tackle each section one at a time. Depending on your schedule, you may need to do one section each day. A particularly foliage-heavy section may take an entire weekend. You might need help from friends or relatives to take care of large or excessively high hedges, meaning you'll need to plan a time for them to come over. And if a tree needs complex trimming -- for example, its branches are encroaching on the roof or on power lines -- you'll need to arrange for a professional tree trimmer to inspect it, provide an estimate and do the work. Pruning on your own takes a little practice, but don't worry too much about mistakes, as they will eventually grow out. Plants that have already bloomed can be pruned without a problem, and plants or trees that are still blooming are, by this time of year, safe to trim. As you'll likely be piling up a lot of branches and limbs, check with your local government about proper disposal of yard waste. Most have programs in place, such as scheduled pickup dates during the growing season, and guidelines for containers or bags that the trimmed branches should be placed in. If you hire a tree trimmer, be sure to ask how branches will be disposed of, and if that cost is included in the estimate.

HOME TIP: Keep hedge and tree-trimming equipment sharp, clean and lightly oiled so that they cut branches cleanly and efficiently.

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.

MOUNT ST. HELENS (continued)

- In 1982, following the first eruptions, the 110,000-acre (44,515.4-ha) National Volcanic Monument (NVM) was created by Congress and promoted by President Reagan. The NVM offers a place for research, recreation and education. The grounds on the NVM were left as they were after the eruption and allowed to respond naturally concerning topography, revegetation and repopulation by wildlife.
- Today, 32 years after the eruptions of 1980, the once-barren ground has been transformed into a mosaic of plant communities including fireweed, pearly everlasting, penstemon and lupine. Animals are returning too, including birds (killdeer, red-winged blackbirds, red-tailed hawks and osprey) and mammals (elk and coyote).
- Prior to the 1980 eruption, Mt. St. Helens was essentially dormant, dating back to its last volcanic activity in 1857. The eruptions in 1980 reminded Americans that volcanoes are not restricted to Alaska and Hawaii.
- Mt. St. Helens was named in 1792 by Captain George Vancouver of the British Royal Navy. He named the mountain in honor of his fellow countryman Alleyne Fitzherbert who held the title of Baron St. Helens. Fitzherbert was the British Ambassador to Spain at the time. In addition to Mt. St. Helens, Captain Vancouver also named three other area volcanoes in honor of British naval officers — Mounts Baker, Hood and Rainer.
- Mt. St. Helens reminds us of the power in nature and of its cycle of destruction and rebirth.

LAVA ROCK

Lava rock is rock formed from the cooling and solidification of lava issued from volcanoes. In North America, most lava rock is located in the continent's western half.

- Molten rock beneath the earth's surface is referred to by geologists as magma. Once this molten material is expelled through a volcano onto the earth's surface, geologists then refer to it as lava.
- Lava cools rapidly in air or water, sometimes in a matter of minutes or hours. Because cooling is rapid, lava rock appears very uniform and (as geologists describe) fine-grained. By contrast, granite is a coarse-grain rock, and when examined closely, it has a spotted appearance due to the many minerals in the rock. Lava rock generally is uniform in color with no spotty appearance.

continued on next page

Just Like Cats & Dogs by Dave T. Phipps



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Good Housekeeping
Spinach and Cheddar Whole Wheat Strata

Slices of firm whole-wheat bread are layered with frozen chopped spinach and sharp cheddar cheese, then baked in a light egg custard. Assemble a day ahead, refrigerate overnight, and bake the next morning for a delicious brunch. Or assemble and bake the same day and serve with a salad for a light dinner.

- 4 teaspoons Dijon mustard
- 8 slices firm whole-wheat sandwich bread
- 1/2 cup (2 ounces) shredded sharp cheddar cheese
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 2 cups low-fat (1 percent) milk
- 4 large eggs
- 4 large egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper

- Grease 8 by 8-inch glass baking dish. Spread 1/2 teaspoon mustard on 1 side of each bread slice. Place 4 slices bread in baking dish, mustard side up. Top with half of cheese, all of spinach, then remaining cheese. Place remaining bread slices in dish, mustard side up.
- In medium bowl, with wire whisk or fork, beat milk and remaining ingredients until blended. Slowly pour egg mixture over bread slices. Prick bread with fork at 1-inch intervals and press slices down so egg mixture can be absorbed more easily.
- Cover dish with plastic wrap and refrigerate at least 30 minutes or overnight to allow egg mixture to be absorbed thoroughly.
- To bake, preheat oven to 350 F. Uncover baking dish and bake strata 55 minutes to 1 hour, until knife inserted 1 inch from center comes out clean. Remove strata from oven and let stand 5 minutes before serving.

- Each serving: About 400 calories, 11g total fat (4g saturated), 155mg cholesterol, 640mg sodium, 39g total carbs, 5g dietary fiber, 18g protein.

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

Collecting
 by Larry Cox

Q: I have a brass bed that I've been told is more than a century old. Any information you can provide me would be appreciated. – Susan, Danville, Va.

A: I examined the picture you sent, and your brass bed appears to be from the Victorian era. It was probably manufactured between 1890 and about 1915. Most beds of this type generally sell in the \$350 to \$650 range, depending on condition and demand.

Q: I have a Springfield Model 1863 rifle that was used by a family member during the Civil War. Can you tell me more about this firearm? – Steve, Cottonwood, Ariz.

A: It was a percussion rifle musket made by the National Armory in Springfield, Ill. By 1863, Springfield was the only government arsenal under Union control, since Harper's Ferry had been destroyed by a Confederate raid in 1861. According to Warman's Civil War Weapons by Graham Smith, the Model 1861 was such a success that both Springfield and private contractors rushed to produce as many rifles as they could. Since the Union couldn't interrupt production to introduce a new design, they slightly modified it, and it was sold as a Springfield Model 1863. This is a highly desirable Civil War weapon. To determine its value, you should consult a competent arms dealer.

Q: I have an umbrella stand that was made by the Roseville Pottery Company in about 1915. It is in the Mostique pattern. – Ron, Alton, Ill.

A: The Mostique pattern is one of the most common Roseville patterns after Pine Cone. According to Warman's Roseville Pottery by Mark F. Moran, most pieces had textured glazes of gray or tan, and many are not marked. I could not find an umbrella stand in this guide, but typical prices for this pattern are \$350 to \$450 for a wall pocket; a jardiniere, \$110 to \$140; and a matched pair of vases, \$325 to \$350.

Q: My late sister bought some rose-colored dishes. I would like to know how much they are worth. – Bobby, Russellville, Ala.

A: Your question is impossible to answer since you did not provide me with the name of the pattern and other pertinent information.



King Crossword

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ACROSS

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
18		18			19	20				
21	22			23	24					
25			26	27	28		29	30	31	
32			33	34	35		36			
37			38	39	40		41			
42		42		43	44		45			
46	47	48			49	50				
51				52	53			54	55	
56				57				58		
59				60				61		

- 1 Six-pack muscles
- 4 "Huh?"
- 8 Slender
- 12 Speck
- 13 Ginormous
- 14 Last few notes
- 15 Good poker hand
- 17 Stead
- 18 Possess
- 19 Weapon collection
- 21 San Fernando, for one
- 24 Melody
- 25 Have a bug
- 26 Witnessed
- 28 Stickum
- 32 March 15, e.g.
- 34 Central
- 36 Bring to a halt
- 37 Bold
- 39 Roscoe
- 41 Regret
- 42 Conger, e.g.
- 44 Coy
- 46 Puts in the wrong place
- 50 Tatter
- 51 Help slyly
- 52 Vigor
- 56 Paddock
- 57 "My bad"
- 58 Writer Buscaglia
- 59 Despot
- 60 Dalai —
- 61 Tackle's teammate
- 7 Aquarium fish
- 8 Eyeball coats
- 9 Pork cut
- 10 Concept
- 11 Manhandle
- 16 Piercing tool
- 20 Taste
- 21 Futile
- 22 Staffer
- 23 Sweet potato kin
- 27 Peruke
- 29 Fight
- 30 Go
- 31 sightseeing
- 32 Duel tool
- 33 Less
- 35 Old man
- 38 Verily
- 40 Singer Brewer
- 43 Disinfectant brand
- 45 Chap
- 46 Spar
- 47 Wading bird
- 48 Antitoxins
- 49 Old portico
- 53 Spinning stat
- 54 Coffee break hour
- 55 Scuttle

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TOP Ten

Words Derived From "Mother"

1. Matrix
2. Metropolis
3. Amateur
4. Alma Mater
5. Marigold
6. Matrimony
7. Argiope spider
8. Nun
9. Cassiope
10. Matter

Source: www.merriam-webster.com

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TIDBITS NUGGET OF KNOWLEDGE

Muesli, which translates "mix," is a breakfast cereal developed by Dr. Max Bircher-Benner, a Swiss nutritionist, for patients at his sanitarium. He believed his patients were helped by vegetarianism and eating foods with as little processing as possible. Muesli is a combination of raw grains (mostly rolled oats), nuts and fresh and dried fruits. It is popular in Switzerland and throughout Europe and served with milk or yogurt. Granola is similar to Muesli, but granola has toasted oats and is usually sweetened.

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

Make a Picture-Perfect Storybook for Mom

When I got going on this year's spring cleaning, the ritual started with my laptop. There weren't any dust bunnies between the keys, but when I opened my digital photo library, you would think I was a likely candidate for a TV show on hoarding. I needed to get the chaos under control, but the organizing task seemed more daunting than tackling closets or even our garage.

I signed up for a group iPhoto session at my local Apple retail store and happily got support, but not just the techie kind. As we attendees introduced ourselves, the woman next to me unapologetically admitted that her digital photo library had surged like a tsunami from 5,000 to 22,000 since the birth of her grandchild. I felt better already.

Inspired to clear out my digital clutter, I decided to tame the images while on a visit to my 87-year-old mom's home in California. "I've never seen that one," she'd say over my shoulder as I clicked through pictures of three years of milestones, meals and family trips. Once I had flagged 50 of her "must haves," including downloads I snatched from her grandkids' Facebook pages, it hit me that instead of making prints, I could secretly "publish" a photo book for a unique Mother's Day gift.

Easy to create through computer programs, photo-sharing sites, discount stores and pharmacies, a collection of photos can come together in a nifty thin volume starting at \$10. Once you upload the photos to the Web, it takes about a week to get the picture-perfect storybook for Mom.

Think of more themes for other reasonably priced books that will get your photos out of hiding. It's another way to make them worth taking in the first place. Here are some ideas:

--New baby in the house? Keep a file of the best shots of the year, and make a book annually on your child's birthday. Send it to grandparents and great-grandparents. As their annual collection grows, enjoy thumbing through the photo yearbooks with your kids when you stop by for a visit.

--Vacation memories 2012. Create a book this year and in years to come featuring a trip you enjoy with your kids or with extended family. Make copies for each family for a holiday gift this December.

--Mark a 2012 milestone. Assemble all the photos from your child's graduation celebration, sports season or other event, and put the milestone under one cover.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

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KIDBITS

Junior Whirl

by Hal Kaufman

KEYING IN! Three letters are missing from a certain key word in the top step of the exercise at right. Indeed, these same three letters may be inserted to complete the five progressively longer words in these steps below.

How quickly can you find the three letters that complete the key word? Limit: 30 seconds.

Clue: It is a word that denotes a learning skill which is an important asset throughout a person's life.

Answers: 1—2E 2—FNE 3—RER 4—RER 5—RER

BLOCK TALLY CHALLENGE

MOST blocks in the diverse sets above are in plain sight, but some are hidden from view. Assuming that all sets are complete, how many blocks would you say there are in arrangements A, B, C, D and E? Indicate your tallies in blanks below.

A. _____
B. _____
C. _____
D. _____
E. _____

Remember, all block formations are complete.

When you have made your individual counts, check with answers given below.

KICK STAND! Block that kick? Too late. What's missing from this soccer scene? Draw lines from dot to dot to see.

HAND PICKED! Nice birdie, here's a treat. Add the following colors by number. Code: 1—Red, 2—Lt. blue, 3—Yellow, 4—Lt. brown, 5—Flesh, 6—Lt. green, 7—Dk. brown, 8—Dk. green, 9—Pink.

SPELLBINDER

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

SMOOTHER

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: Foot, mesh.

LAFF-A-DAY



"Is it COMPULSORY to report a missing wife?"

LAVA ROCK (continued)

- Lava rock that cools very rapidly looks like dark glass; rocks of this type are called obsidian. Some ancient cultures used obsidian to make rock-cutting tools.
- Lava rock that cools less rapidly forms basalt and rhyolite. Outcrops of basalt are very prevalent in the Pacific Northwest states of Washington, Oregon and Idaho.
- An interesting place to see an array of lava rocks is Craters of the Moon National Monument and Preserve near Arco, Idaho. There you will see and can explore former lava tubes, volcanic cinder cones and rocks of varied, interesting shapes. In fact, this area was visited by NASA astronauts in 1969 while training for their visit to the moon.
- Craters of the Moon has within its boundaries another geological feature associated closely with volcanoes called the Great Rift. The Great Rift is the earth's conduit through which lava moved to form the rock formations at Craters of the Moon. Lava coming through the Great Rift is also responsible for the Wapi Lava Field in southern Idaho.
- Lava rock is a material with multiple practical uses. Landscapers use it extensively for mulch in flower beds and gardens because of its attractive red or black color, its fire resistance and its ability to hold heat and moisture. Lava rock is also used in grills and fireplaces to distribute heat more evenly across and between multiple heat sources (for example, multiple burners in a grill).
- Lava fields are expanses of lava rock resulting from solidification of lava from one or more volcanic eruptions. Lava fields show up on aerial photographs as black splotches against typical earth hues of brown, grey and green. In the United States, lava fields are prevalent in the Pacific Northwest.
- If you are interested in seeing lava before it cools to lava rock, two places to visit are Stromboli volcano in Stromboli, Italy, and Kilauea volcano in Hawaii. Stromboli is one of the Aeolian Islands located in the Tyrrhenian Sea, west of the Italian peninsula. Because the volcano has been active for much of the last 2,000 years and its eruptions are visible from long distances at night, it is known as the "Lighthouse of the Mediterranean."
- The Kilauea volcano is located on the island of Hawaii, the largest of all the Hawaii islands. Eruptions have been nearly continuous since 1983. Lava erupting from the cinder-and-spatter cone, named Pu'u'O'o, flows through a tube system about 6.8 miles (11 km) to the sea.



Dog Isn't Welcome at Wedding Venues

By Samantha Mazzotta

DEAR PAW'S CORNER: My fiance and I are getting married at the end of June, and we want "Suzee," our bichon frise, to be an important part of the ceremony. We agreed that she would be present as we exchange our vows, and will be in our wedding pictures.

The trouble is that we cannot find a venue that allows dogs, other than service dogs, inside. And we even had to drop one pastor who said that he would not allow Suzee to be present when he led the ceremony! Can you help? -- Kurt W. in upstate New York

DEAR KURT: First of all, congratulations! Second, it's not unusual for owners to include their pets in important life events like weddings. But it can be difficult finding a venue that accepts pets.

You should hit the Internet to search for venues that welcome dogs. Dogfriendly.com is a comprehensive guide to hotels and other facilities where dogs are allowed. Another site, vowwow.wordpress.com, is specifically for owners

looking to include their pets in their wedding ceremony. Other sources are business review sites like Yelp.com, or word of mouth from friends and neighbors.

Even before you settle on a venue, start planning how Suzee will be incorporated into not just the ceremony, but the entire day. You and your fiancee will be incredibly busy and distracted. Heidi Ganahl, CEO of Camp Bow Wow, advises couples to choose a trusted friend, or hire a professional pet sitter, to be Suzee's caretaker throughout the event. Her attendant won't just walk Suzee down the aisle to you, but also make sure she is fed, exercised, monitored and has enough "quiet time" so she doesn't get stressed out. Best wishes on this important day!

Send your questions or tips to ask@pawscorner.com, or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. For more pet care-related advice and information, visit www.pawscorner.com.



Moments in time

THE HISTORY CHANNEL

- On May 19, 1715, the colony of New York passes a law making it illegal to "gather, rake, take up, or bring to the market, any oysters whatsoever" during May, June, July and August. This regulation was only one of many that were passed in the early days of America to help preserve certain species.
- On May 17, 1792, a group of 24 traders gather under a buttonwood tree at 68 Wall Street in lower Manhattan to work out the regulations of the speculative market. The result was the Buttonwood Agreement, a two-sentence contract that gave birth to the New York Stock Exchange.
- On May 20, 1873, Levi Strauss secures the necessary patents for canvas pants with copper rivets to reinforce the stress points. Unable to sell a large supply of canvas in the California mining camps, Strauss had hit on the idea of using the durable material to make work pants for miners.

- On May 18, 1917, six weeks after the United States formally enters the First World War, the U.S. Congress passes the Selective Service Act, giving the president the power to draft soldiers. By the end of World War I in November 1918, some 24 million men had registered.

- On May 16, 1929, the Academy of Motion Picture Arts and Sciences hands out its first awards. The Academy officially began using the nickname Oscar for its awards in 1939. The name possibly arose when Academy executive director Margaret Herrick remarked that the statuette looked like her Uncle Oscar.

- On May 14, 1944, "Star Wars" filmmaker George Lucas was born in Modesto, Calif. Lucas was the first director to hold out for ancillary rights, and in the 20 years following the release of "Star Wars," he sold more than \$3 billion in movie-based merchandise.

- On May 15, 1982, "Ebony and Ivory," a duet by Paul McCartney and Stevie Wonder, takes the top spot in the Billboard Hot 100. This continued the pop music trend of pairing successful duos, such as Barbra Streisand and Neil Diamond, and Diana Ross and Lionel Richie.

TIDBITS GOES LONG.....

Approximately 98 percent of British tea drinkers flavor their tea by adding milk. Several studies have shown that this practice is not good. The proteins in milk, called caseins, block the good effects of tea on blood pressure. Tea, without milk, enhances the ability of the arteries to relax and expand to maintain blood pressure at a normal level.

TIDBITS OF UTAH COUNTY "BUSINESS SPOTLIGHT"



Mason Machinery was started in 1948 by Hilmar Mason with the Allis Chalmers line of tractors. He and his wife Reba ran the business together for many years from their garage. During that time Hilmar also ran the family's farm. Reba would go to the farm and get Hilmar when they had a customer. Six years later Mason Machinery had outgrown the garage and Hilmar built a shop off of Highway 24 in Aurora, Utah. He and Reba continued running the business together for 30 years through the ups and downs of the agricultural industry.

In 1984 Mason Machinery constructed the building that it is currently in today. The building has been expanded twice since then to accommodate the expanding parts inventory and providing a service area to meet our customer's needs. Since that time they have added the Macdon, New Holland, Massey Ferguson, Hesston and Supreme lines to the inventory.

Allen Mason, Hilmar and Reba's son, joined the Mason Machinery team in 1985 as General Manager/ Owner of the business. Eric Mason has now succeeded Allen as the General Manager, leading the company into the third successful generation.

In March of 2011 a new store was opened in Springville adding the Husqvarna & New Holland lines. Mason Machinery currently has 30+ employees and remains a family owned and operated business.

Mason Machinery strives to be a full service agricultural dealership. The friendly, service oriented staff will assist you with the purchase of your tractor, haying or tillage equipment, new or used. If they don't have what you are looking for, they will do their best to find it. The finance department has 15 plus years in the industry and extensive knowledge to assist you with the financing of your equipment purchase. The service department is equipped & staffed to assist you with breakdowns in the field and will provide for the delivery and pick up of your equipment. The shop is also staffed & equipped to get your machinery going. A quality oriented service staff will assist you with all of your parts needs. They will do whatever they can to get you the parts that you need. In addition, the Mason Machinery Team now has a Customer Service Representative who travels the area to assess and address their customer's needs.

This year will mark 64 years of experience and excellence for Mason Machinery. Their Goal is to continue to provide the type of service and dedication with which Hilmar and Reba Mason began their business.

TIDBITS WORD POWER
Unscramble this word:
ASGEUSA
This word means: *A highly seasoned minced meat, usually pork, stuffed in casings of prepared animal intestine.*

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Comfort foods
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Banana Coconut Cream Pie
 by JoAnna M. Lund

What mother wouldn't be pleased if you presented her with a delicious pie you stirred up just for her on Mother's Day. It gives her a break from kitchen duty and -- unless you tell her -- she'll never know it took you just minutes to make!

1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
 2/3 cup nonfat dry milk powder
 1 2/3 cups water
 1 teaspoon coconut extract
 1 (6-ounce) purchased graham cracker piecrust
 1 cup sliced banana
 1/4 cup flaked coconut
 2 tablespoons purchased graham cracker crumbs or 2 (2 1/2-inch) graham crackers made into fine crumbs

1. In a medium saucepan, combine dry pudding mix, dry milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Stir in coconut extract.
 2. Spread 1/2 cup hot filling mixture into piecrust. Evenly layer banana slices and 2 tablespoons coconut over filling. Spoon remaining filling mixture evenly over top.
 3. In a small bowl, combine cracker crumbs and remaining 2 tablespoons coconut. Evenly sprinkle crumb mixture over top. Refrigerate for at least 2 hours. Cut into 8 servings.

• Each serving equals: 170 calories, 6g fat, 3g protein, 26g carb., 235mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fat.

Holidays & Observances This Week

5/13 Mother's Day
 5/14 Dance Like a Chicken Day
 5/15 Police Officer's Memorial Day
 5/16 Love a Tree Day
 5/17 Packrat Day
 5/18 National Bike to Work Day
 5/19 Armed Forces Day

MAGIC MAZE ● **IN** —

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

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

Absentia	Good taste	Play	Time
Cahoots	Memoriam	Practice	Touch
Conclusion	Order	Principle	Writing
Gear	Place	Theory	


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COMMUNITY NEWS BITS
PAYSON

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

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. 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.



Communities That Care
 May 16 at 11:30 to 1:00P – Fuji House
 Payson Area Chamber of Commerce Announces Guest Speaker Kim Leffler, 17 South Main Street, Payson, Utah. The scrumptious meal is \$10, including drink and tip. Become aware of the success of this program at work. We will learn how this program, when implemented, can positively affect and change our business, community and family's lives.




Photo Payson Chronicle

"People don't care how much you know until they know how much you care."
 - U.S. President Theodore Roosevelt

Kim was hired July, 2011 as Coordinator of Payson Area Communities That Care. Her background is in Family Violence and Sexual Assault Prevention. She has lived in Payson for 7 years. Her husband, Kevin and she have been married for 33 years. They have three children and four grandchildren. They love Utah and want to make it a great place for everyone to live and raise their children. Kim states, "That is why I am passionate about preventing substance abuse."

For more information about becoming involved with CTC, please contact
Kim Lefler - Communities That Care Coordinator
 439 West Utah Avenue
 Payson, Ut 84651 801 465-5226 kiml@payson.org

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



June 17 - 23, 2012
 See the Strawberry Days Countdown Timer! www.cydfourourcity.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





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

- Hanley Ramirez (Marlins) and Shin-Soo Choo (Indians).
- Four (2002, '03, '05 and '06).
- Sammy Baugh (1940, '47) and Steve Young (1992, '94).
- James Worthy (No. 1, 1982), Michael Jordan (No. 3, 1984) and Sam Perkins (No. 4, 1984).
- Don Maloney (1984), Mike Gartner ('93), Mike Richter ('94), Wayne Gretzky ('99) and Marian Gaborik (2011).
- Jiri Raska won a gold medal in ski jumping in 1968.
- Paula Creamer was 18 years, 9 months old when she won an event in 2005.

King Crossword — **Weekly SUDOKU** —

Answers
 Solution time: 25 mins.

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

Answer

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

Go Figure!
 answers

9	÷	3	+	8	11
-		÷		-	
4	-	3	×	5	5
×		+		×	
2	-	1	×	6	6
10		2		18	

Trivia test
 by Fifi Rodriguez

- "Rosebud"
- Israel and Jordan
- Air Force, as a pilot
- George Gershwin
- Marshall Islands (Bikini Atoll)
- Gaggle
- Abnormal curvature of the spine
- Mae West
- Mercury
- Beethoven

WORD POWER
 ANSWER
SAUSAGE