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TIDBITS® BRINGS YOU UNUSUAL WORDS, Part 1 by Kathy Wolfe

This week's Tidbits is for all the logomaniacs out there — all those people obsessed with fancy words!

- There are fancy names for things we see every day; for example, that little metal band that encircles your pencil eraser is known as a ferrule. A harp is not only a musical instrument, but also the hoop on a lamp that holds the lampshade in place.
- If your boss offers encomiums about you, consider yourself honored. Expressions of high praise have been sent your way! You certainly don't want to hear that the boss is going to obviate your position -That means it's going to be done away with.
- Do you have something interesting that you collect? Phillumenists collect matchbook covers, while labeorphilists accumulate beer bottle labels. An entredentolignumologist's hobby is collecting unique toothpicks. Are you a timbromaniae? That's just a fancy name for an enthusiastic stamp collector.
- If you're feeling stressed, lalochezia is not the answer. That's when you use profane or abusive language to alleviate your tension.
- Those who are misocapnists should stay away from those who are nepheligenous. The former hate the smell of tobacco smoke, while the latter produce clouds of the stuff.

Turn the page for more!

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Tidbits® of Utah County

1. MUSIC: Who wrote and performed the song "Me and Julio Down by the Schoolyard"?

2. THEATER: "My Fair Lady" is a modern musical adaptation of which play?

3. GEOGRAPHY: The Palace of Versailles is lo-

cated near what city? 4. PHYSICS: What is the branch of physics that deals with light?

5. LITERATURE: Who wrote "Doctor Zhivago"? 6. LANGUAGE: What is the American term for

the British perambulator?

7. ROYALS: From what house did Great Britain's King Edward VIII descend?

8. PSYCHOLOGY: What does someone fear if he or she has chronomentrophobia?

9. SCIENCE: What is an ichnite? 10. PRESIDENTS: Which U.S. president said, "The chief business of the American people is

business"?

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• Many people have sent in the tip to use two bowls, one larger than the other, to serve cold salads at picnics. You add a few cups of crushed ice to the larger bowl, then nestle the smaller bowl into it, making it "chilled." In any case, remember: Don't leave food out longer than two hours.

• If you're planning food platters for your barbecue, consider making several smaller platters instead of one large dish. The large ones are harder to store when you prep beforehand, but a better reason is that the items will not go stale/too warm/too cold quite as fast, and it's easy to switch out plates throughout the party.

• "Using plastic cups for a crowd? Remember to put out a permanent marker, colorful rubber bands or some other way to mark each person's glass. It's sometimes hard to keep track when they all look the same." -- C.L. in Pennsylvania

• "Purchase a small cooler to use for large quantities of side dishes. I have a cooler advertised as fitting a six-pack of drinks, but it's perfect for holding macaroni salad at our summer beach gatherings with family. I do not use it for anything else, and it retains its cold temperature despite the heat (when everyone remembers to keep the lid closed, of course)." -- R.R. in South Carolina

• "For serving utensils used during picnic lunch, I have two large zip-top plastic bags. I label them 'clean' and 'dirty.' Anything used to touch raw meat goes in the 'dirty.' And serving spoons that can be used again to serve are in 'clean.'" -- M.A. in Arizona

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.



UNUSUAL WORDS (continued)

It's no compliment to be called a coof, dizzard, dunderhead or gump. These are synonyms for a complete numbskull. Likewise, snarge, yazzihamper, cullion and poltroon all refer to an utter jerk.

This election year we might see a lot of girouettism from politicians. This means they may change their position on issues in order to follow popular opinion. It's interesting to note that the French word for weather vane is girouette, a device that features a little rooster that goes back and forth, depending on the way of the winds. Some politicians are experts in lolodacity, the practice of spitefully criticizing their opponent with true or untrue words, in other words, "hitting below the belt." There very well may be some eccedentesiasts during the campaign, that is, those who fake a smile, especially on television.

Some of our body parts have pretty unusual names. For example, the groove on your upper lip under your nose is known as a columella nasi. That bony bump on the side of your ankle is called a malleolus, while the bony tip of your elbow is your olecranon. We've heard of a curlicue, but what's a purlicue? That's the little web of skin between your thumb and forefinger. And how about your armpit? It's officially known as an oxter. Ladies often pluck their glabella, that little flat area between the eyebrows.

What do eggs, bacon, oatmeal and toast have in common? They're all jentacular, that is, pertaining

Do you know the difference between innocuous and noxious? An item that is innocuous is not injurious to your health, while something that is noxious will cause harm.

The logu- root of many words comes from the Latin for "to speak." Those on the witness stand are supposed to be veriloquent, speaking nothing but the truth. The preacher in the pulpit is sanctiloquent, speaking of sacred things. A politician is often flexiloquent — evasive and vague. Do you jabber idiotically? You're being stultiloquent! Likewise if you're inianloquent, you're speaking foolishly and saying silly things. And we all know people who are longiloquent, in other words, remarkably long-winded.

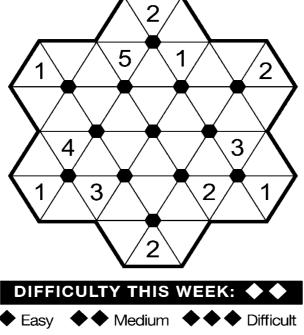
Listen carefully! The "achoo!" sound of your sneeze is formally known as sternutation. That funny noise you make when you swallow is a gwick. The sound that ketchup makes while flowing from the bottle is a glink. You can also refer to that ketchup sound as a blodder.

continued on next page

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.



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Traditions Bring Families Together

"I've just set the timer for 18 minutes," said Karen Helfand to her 9-year-old daughter, Rachel, and Rachel's friend Claire. That was the cue for the girls to dump and pour the measured flour and water on the counter and mix the simple dough with their hands to make matzo for Passover earlier this spring. They were learning that it's all about "time" as they prepared and baked the dough in haste -- just as it was done by the Israelites thousands of years ago in the land of Egypt when they escaped slavery and fled for safety in a hurry.

"We want our daughters to have a Passover Seder to remember," said Claire's mom, Patty Diamond, program director of Mayim Rabim Congregation in Minneapolis. "When extended families gather around their tables and the plate with the horseradish (representing the bitterness of slavery) is served with matzo, the children will connect personally having measured, mixed and manipulated the unleavened dough themselves. Passover is our tradition, and we pass it on to our daughters, just as our mothers did for us."

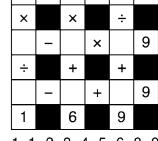
Traditions, whether religious or otherwise, can bring a sense of special identity to family life. And the good news is that just about anything your family enjoys doing together can become a special ritual that keeps you close. And those rituals will no doubt have a few simple things in common: They are easy to do, you share them with your children, and they give you a "we." "In our family 'we' always go fishing on Father's Day, or 'we' always make sandcastles and a bonfire at the beach on the Fourth of July." You might think of traditions as a mosaic of your family's soul. They say who you are, where you are and where you come from.

Encase special life events and start calling them your own this spring and summer. These traditions bear repetition not only because they are fun, but also because you rekindle the wonder of relationships and family by doing them again and again.

As you fill your family calendar with kids' camps, gardening, ballgames, outings and vacations, think about how you can make a trip or activity a special tradition, a "we" event that defines who you are. Remember, a family tradition doesn't have to cost a lot of money or be elaborate. In fact, it's the simple and silly ideas that are often treasured most. Pass them along from year to year and watch your family story become a living gift to your children.

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



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9

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By Chris Richcreek

In 2009, Robinson Cano became the third New York Yankees 2nd baseman to get 100 runs and 200 hits in the same season. Name the first two to do it.

2 Reliever John Franco pitched in 1,199 games during his 21-year majorleague career. In how many different seasons did he lead the N.L. in

games pitched? Who was the first football coach in Pac-10 history to win an outright conference title in his first season as head coach?

4) Name the last NBA player to have a game of at least 30 points and 30 rebounds before Minnesota's Kevin Love did it in (2010)?

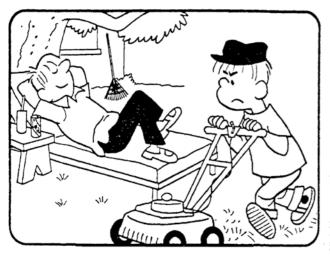
6 Who was the Buffalo Sabres' first 50-goal scorer?

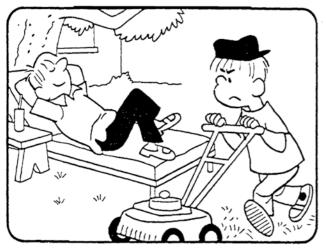
6 When was the last time the U.S. won a gold medal in men's individual archery at the Olympics?

In 2011, Rory McIlroy became the third men's golfer to break 70 for all four rounds of the U.S. Open. Who were the other two to do it?

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, Can is missing, 2, Rake is missing, 3, Foot is moved, 4. Cap is reversed, 5, Mower control wire is missing, 6. Cuffs are missing.

Laugh a bit with rupears

Q: What is the longest word in the English language?

A: SMILES: There is a mile between the first and last letters!"

- It was, unsurprisingly, comedian and writer W.C. Fields who said, "I am free of all prejudices. I hate everyone equally."
- Even if you haven't heard the They Might Be Giants song "Istanbul (Not Constantinople)" you are probably aware that the Turkish metropolis has undergone name changes throughout its long history. It seems that when the name was Constantinople, it was common for residents of the area to refer to things "in the city," which in the Aegean dialect of Greek is pronounced "is tan polin." Eventually the name stuck, and in 1930 Turkish authorities formally adopted the name Istanbul.
- The giant squid has the distinction of possessing the largest eyes of any animal -- they're as big as pie plates.

UNUSUAL WORDS (continued)

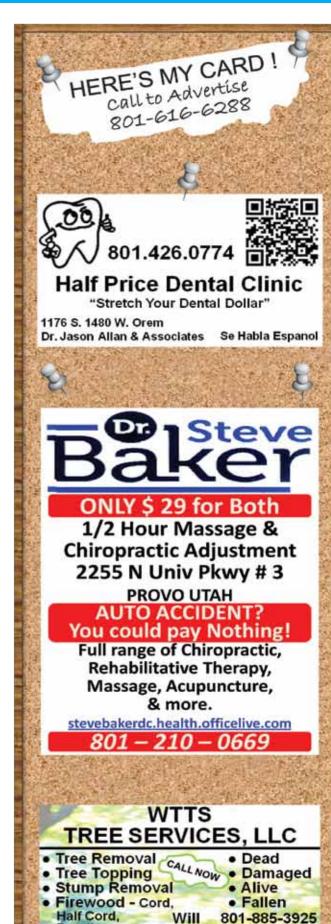
- You remember old what's-his-name, don't you? What is his name anyway? Sounds like you're suffering from lethonomia, the propensity to forget
- A marriage between a young woman and an older man is known as alphamegamia. If you and your spouse are about the same age, your union is isonogamic.
- We've all suffered, at one time or another, from lethologica. That's the inability to recollect the exact word for something. However, if you become obsessed with trying to remember that word, you have loganamnosis.
- Being pancreatic has nothing to do with your pancreas. It means you consider yourself proficient in all types of sports. If this describes you, you've probably experienced nikhedonia, the delight received from envisioning your victory.
- Heliolaters often estivate in order to apricate. Translation, please! Sun-worshipers frequently go away for the summer in order to do a lot of sunbathing.
- Some folks are autotonsorialists, meaning they cut their own hair, while others go to the chirotonsor, another word for barber. Ever feel like just tearing your hair out? We all have on occasion, but those with a compulsion to do so suffer from trichotillomania.
- Tasks that are sclerotic, recondite, scabrous, onerous, arduous or vicissitudinous are just plain difficult!
- Planning an elephant ride in the future? Don't forget your howdah, that little riding seat that fits on the back of a pachyderm. How about a ride in a montgolfier? That's a fancy title for a hot air balloon. A balloon that uses both gas and hot air is called a rosiere.
- If you're wearing a pauldron, rondel, rerebrace, couter, tasset, vambrace, poleyn, greave, solleret, gauntlet, cuirie, mail gusset and ocularium sight, you're outfitted in a suit of armor. Oh, and don't forget to bring your pavise — your shield!
- A vomitory sounds like a place you'd go if you were nauseated, but it's actually a corridor in a large stadium leading to the grandstands.
- A person who engages in abligurition is spending excessive amounts of money on food and drink. However, the one who skips out of the restaurant without paying his bill is swedging.

continued on next page



- For a queen bee, laying 3,000 eggs is all in a day's work.
- Evidencing a drastic change in the nature of the United States since its agrarian beginnings, today only a quarter of Americans live in rural areas.
- The next time you're in the jungle observing gorillas, be sure to notice if one sticks out its tongue. That means it's
- In the filming of the original "Star Trek" television series, the ship's transporter was used simply to cut costs. With it, characters could move from one set to another without having to shoot costly landing scenes. As a side note, the sparkling effect that could be seen when characters were transported was created by aluminum dust.
- If you're like the average American, you'll eat nine pounds of peanuts this year.
- Those who study such things say you're more likely to be bitten by a mosquito if you've just eaten a banana.

Thought for the Day: "Eminent posts make great men greater, and little men less." -- Jean de la Bruyere





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

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

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

Info from "The Dream Mine", Jay M. Haymond http://www.media.utah.edu/UHE/d/DREAMMINE.html
To learn more about the "Dream Mine", read "Relief Mine" & "Relief Mine II" by Ogden Kraut and "The Dream Mine Story" by Norman Pierce

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Wednesday, June 20

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Thursday, June 21

hotogragy Show (Recreation Center, 547 Locust) Reg. Business Hours ecreation Center, 547 Locust)................................ 10:00 a.m. or 12:30 p.m. eer Museum)......1:00 - 5:00 p.m.

Friday, June 22

ımunity Center)......9:00 p.m. eer Museum).....1:00 - 5:00 p.m. hotogragy Show (Recreation Center, 547 Locust) Reg. Business Hours t (Rose Garden Park, East of the Fire Station)5:00 p.m. ournament (Register teams at Recreation Center).........5:00 p.m.

Saturday, June 23

nis Tournament (Manila Park)......7:00 a.m. (Along 200 S., Main St., West Center St.) 10:00 a.m. ımunity Center)......9:00 p.m. hotogragy Show (Recreation Center, 547 Locust) Reg. Business Hours

ournament (Register teams at Community Center) 12:00 noon

Sunday, June 24





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ACROSS

- Lose it Bit of
- derring-do Wager
- 12 Top-notch
- 13 Jason's ship
- "Go, team!"
- 15 Fictional girl detective
- 17 Work with
- 18 Plumed military hats
- 19 Host 21 Type
- measure 22 Donny's sister
- 24 Brazen Highland hat
- 28 Skirt feature, maybe
- 31 Shock and
- 32 Catcher's
- place?
- 33 A billion years
- 34 Accomplishment
- 36 Dawn goddess
- 37 Penny
- 38 Marine from
- Mayberry "Little
- Women" woman
- 41 Less improved

- 17 18
- 43 Mountain range
- 47 A Gershwin 48 Super Bowl
- XLIV MVP 51 Chaps
- 52 Tittle
- 53 Money
- 54 Cauldron 55 Vacationing
- 56 Art Deco pioneer

DOWN

- Without
- Ark captain Faris or
- Paquin Ate like a
- bird
- 10 Facility Quaker's pronoun
 - 16 Thither 20 Wrong (Pref.) 22 City head

life?

Pisa

landmark

film star

- 23 Iowa city
- 24 Awful 25 Have debts
- "Shampoo"
- 27 Genealogy chart
- Crazes 29 Charged bit © 2012 King Features Synd., Inc.

30 Stick with a 6 Blunder Time of your

- kick 35 Two, in
- Tijuana
- 37 Strong-arm Martial-arts
 - 39 TV, radio, etc.
 - 40 Triangular sail
 - 41 Weakling 42 Black-and-
 - white cookie
 - 43 Convince
 - 44 Back 45 Leftovers
 - 46 Arthur of
- tennis Oscar winner 49 Tier
 - 50 Greek vowel month

1. Apples 2. Celery 🖊 3. Strawberries 4. Peaches 5. Spinach 6. Nectarines 7. Grapes 8. Sweet bell peppers

Dirtiest"

Fruits and Vegetables*

10. Blueberries *Pesticide contamination

9. Potatoes

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TIPBITS **NUGGET OF** KNOWLEDGE

Study this! The science of fishing is known as piscatology, while a specialist in the study of rust is an uredinologist. A vexillogist studies flags, and your local latrinologist is an expert in the study of bathroom graffiti.



UNUSUAL WORDS (continued)

- Mathematicians will know that zenzizenzic number is one that is raised to the eighth power.
- \$ and % and @ are grammalogues, that is, symbols that denote a word — \$ for "dollars," % for "percent" and @ for "at."

FAMOUS LANDMARKS OF THE WORLD: **HOOVER DAM**

Stretching across the Colorado River on the border between Arizona and Nevada towers the magnificent Hoover Dam, providing power to residents of Nevada, Arizona and California. Follow along and learn more about this Eighth Wonder of the Modern World.

- Construction on the dam began in the midst of the Great Depression in 1931, at a site about 25 miles (40 km) southeast of Las Vegas. The first step was to divert the roaring Colorado River away from the construction site. Tunnels as large as four-lane highways were blasted through the walls of Black Canyon, diverting the water and enabling workers to work in the canyon bottom.
- About 3.25 million cubic yards of concrete were used in the construction, more than 5 million barrels. Between 7,500 and 10,800 barrels were required daily. The first concrete was poured in June of 1933, and every month, about 160,000 cubic yards of concrete were necessary until the cement work wrapped up in May 1935. This all contributed to the final weight of the dam — over 6.6 million tons! The amount of concrete contained in the dam and power plant would pave a 16-foot-wide (4.9-m) highway from San Francisco to New York City or a 4-foot-wide (1.2-m) sidewalk around the Earth at the equator. The dam is as thick at its base as two football fields laid end-to-end — 660 feet (201 m).
- An average of 3,500 workers labored on the project daily, with the all-time high of 5,218 workers one day. Seven years were allotted for the construction, but the project was completed in just under five, at a cost of \$165 million.
- Although it was finished long before the deadline, it certainly wasn't without its pitfalls. Over a one-month period in the exceptionally hot summer of 1931, daytime high temperatures averaged nearly 120° F (49° C), resulting in the deaths of 16 workers. The final death total for the entire project was 112.
- The first person to perish on the Hoover Dam project was a surveyor named J.G. Tierney, who drowned while scoping out the ideal site, nine years before the groundbreaking. Ironically, Tierney's son Patrick was the last to die, perishing exactly 13 years to the day later, while working on the dam's construction.
- At the time of its completion in 1936, Hoover Dam was the largest in the world. Standing 726 feet tall (221 m), it is nearly 200 feet (61 m) taller than the Washington Monument. It now ranks as the second tallest dam in the nation behind California's Orofino Dam and is the 18th highest in the world. It hosts more than a million visitors each year.

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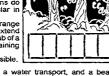
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continued on next page



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WIPE-OUTS! 1. Remove a water transport, and a beach deposit remains: BSOAANTD, 2. Remove a green tree, and a sky object remains; PSITNAER, 2. Remove a body of water, and a shore bird remains; PGOUNLDL.

IJIN6 'puod, '6' 'iess 'auid, '7' 'pues 'seog '1'

WORD SQUARE
CHALLENGE
FIVE five-letter words are
required to complete the
word square exercise
above. That is to say, you
are to find five words that
will read the same both
across and down. Definitions are as follows:

1. Sudden explosion,
as when a spacecraft is
iaunched.
2. Midday event (or adventure?) at school.
3. Wild and stormy, as
the sea at times

Take leave in a hurry 5. Fragrant herb used in seasoning. Remember, words are to

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**Affav 's youn 7 z isels 't

2, 3, or 4? Trace path to see if your choice wins.



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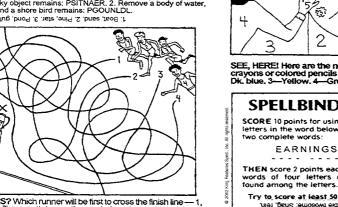
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Tuesday - Let's Get Married!

Wednesday - What We Didn't Know As Newlyweds

Thursday - Let's Get A Divorce!

Friday - Single Again - Life After Divorce Be part of our Internet TV studio audience on



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Moments

- On June 8, 632, in Saudi Arabia, Muhammad, founder of Islam, dies in the arms of Aishah, his third wife. In 610, in a cave north of Mecca, Muhammad had a vision in which he heard God command him to become the Arab prophet of the "true religion." He began having religious revelations, which he collected as the Qur'an.
- On June 5, 1933, the United States goes off the gold standard, a monetary system in which currency is backed by gold. The Great Depression of the 1930s had frightened the public into hoarding gold. Roosevelt ordered all gold coins and gold certificates in denominations of more than \$100 turned in for other money.
- On June 4, 1942, the Battle of Midway -- one of the most decisive U.S. victories against Japan during World War II -- begins. During the four-day sea-and-air battle, the U.S. Pacific Fleet succeeded in destroying four Japanese aircraft carriers while losing only one of its own.
- On June 9, 1956, one of the world's top-selling crime novelists, Patricia Cornwell, best known for her forensic pathologist character Dr. Kay Scarpetta, is born in Miami. Cornwell's first novel, "Postmortem," was released in
- On June 7, 1962, the banking institution Credit Suisse opens the first drive-through bank in Zurich, Switzerland. The drive-through featured eight glass pavilions and a sensor on the ground that activated a light trail that directed drivers to the next available bay.
- On June 6, 1981, more than 500 passengers are killed when their train plunges into the Baghmati River in India. The rail accident was caused by an engineer who braked too hard to keep from hitting a cow that was crossing the tracks over a bridge. Seven cars derailed into the river.
- On June 10, 1979, actor Paul Newman roars into second place in the 47th 24 Hours of Le Mans, the famous sportscar endurance race held annually in Le Mans, France. In 1969, Newman starred as a race-car driver in the movie "Winning," performing many of the high-speed scenes himself without a stunt double.



Anderson Cooper 6/3/67 Angelina Jolie 6/4/75 Jill Biden 6/5/51 Bjorn Borg 6/6/56 Anna Kournikova 6/7/81 Kanye West 6/8/77 Natalie Portman 6/9/81

LAFF - A - DAY



"Professor, come quick! They're here! They're here!"



HOOVER DAM (continued)

- Lake Mead, America's largest reservoir, was formed by the water accumulated by Hoover Dam. It extends 112 miles (180 km) behind the dam and is a favorite recreation area for visitors interested in fishing, water skiing, boating and swimming near sandy beaches. Several communities were evacuated to create the reservoir and their remains sit at the bottom of this body of water. Also resting at the bottom of the lake is a B-29 Superfortress that crashed there in 1948.
- Hoover Dam's generators provide about four billion kilowatt hours of hydroelectric power each year for public and private utilities serving 1.3 million people. The water running through the generators is enough to fill 15 20,000-gallon swimming pools every second.

FAMOUS CHEFS

Hey, what's cookin'? This week, Tidbits teaches you about a few famous chefs of our era. In the words of Julia Child, "Bon appétit!"

- Julia Child didn't have aspirations of becoming a famous chef. After graduating from Smith College, she became a copyrighter in the advertising department of a home furnishings firm, followed by several more years writing for publications and working in advertising. During World War II, the 6-foot, 2-inch (1.88 m) Julia was classified too tall to enlist in the WACS or WAVES and went to work as a typist at the OSS, the predecessor to the CIA. Before long, she was doing top secret research in the Secret Intelligence Division. After the war, she married a fellow OSS employee Paul Child, who introduced Julia to fine cuisine. When Paul's job took the couple to Paris, Julia and two friends began teaching cooking, while developing a cook book. The 734-page "Mastering the Art of French Cooking" was released in 1961 and quickly became a best seller, one still in print today. Twenty more titles followed. She debuted on television in 1963 with "The French Chef," earning the first-ever Emmy Award for an educational program. The cover of Time magazine featured her in 1966, dubbing her "Our Lady of the Ladle."
- Scottish-born Gordon Ramsay is famous for his hot temper and coarse language on the television series "Hell's Kitchen." But his abilities as a chef are top-notch, with his London restaurant voted as that city's best for eight years straight. He has also authored 21 books.

continued on next page

Just Like Cats & Dogs

by Dave T. Phipps



Weekly **SUDOKU**

by Linda Thistle

	4				7		8	
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	2			8			5	

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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DEAR PAW'S CORNER: A have a suggestion to help owners solve their dogs' weight problems. People tend to overfeed their dogs because their "cup" tends to just be grabbed out of a dog food bag. So their 1/2 cup, etc. tends to be more like 3/4 cup or so.

I took a soft-drink carton holding 24 cups. I sit down every two weeks and premeasure the amount I want to feed my dogs. This way I can just grab a cup at 6 a.m. and 4 p.m. and know it's the right amount. And it is so easy this way! My dogs used to be overweight until I started this system. -- Dwayne O., via email

DEAR DAN: Great idea! While some breeds are a bit stocky and others are prone to obesity, owners can exert control over the amount of calories their dogs consume and the amount of exercise they get.

Keep in mind that the size of your dog -- small, medium, or

Premeasuring Helps Overweight Dogs

By Samantha Mazzotta

large frame, for example -- is a consideration in exactly how much it should eat and how often. Talk to your veterinarian about the amount of food it should get, and stick to that diet. Be careful how often treats are given out, and of course, don't feed your dog under the table or give it leftovers.

Exercise is another important component of weight loss -- one that benefits both you and your dog. This can take the form of twice-daily walks, as well as play time and training time. Schedule at least an hour each day to turn off the TV and turn your attention 100 percent to your dog. You'll both love it!

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.

FAMOUS CHEFS (continued)

- Austrian-born chef Wolfgang Puck learned to cook from his pastry chef mother. After immigrating to America at age 25, he worked as a chef for two years in Indianapolis before making the move to Los Angeles. He published his first cook book at age 33. Puck's first Spago restaurant opened on the Sunset Strip the following year. He now has 19 restaurants. The Beverly Hills Spago has been on the list of the Top 40 restaurants in the United States since 2004. Puck cites macaroons as his absolute favorite food. Had he not chosen his current profession, he says he would have liked to have been an artist.
- Rachael Ray didn't get her cooking education at a culinary institute; in fact, she herself states, "I have no formal anything. I'm completely unqualified for any job I've ever had." Perhaps it helped that her family owned four restaurants. Ray's first job was at Macy's candy counter, and she moved up to the fresh foods department. Her "30-Minute Meal" simple recipes appeal to busy consumers everywhere. Ray insists she is not a good baker, because it calls for measured ingredients, while she prefers approximating amounts, such as "half a palmful."
- Chef Emeril Lagasse, owner of 12 restaurants and author of 15 best-selling cook books, specializes in Cajun, Creole and Portuguese cooking. He learned bread and pastry baking as a teenager, working in a Portuguese bakery in his Massachusetts home town. Although Emeril was offered a full scholarship at a music conservatory, he chose a culinary university, traveling to Paris following graduation to practice his trade. Settling in New Orleans, he purchased the famous Delmonico Restaurant, one of America's oldest restaurants. He has since expanded into three other cities.

Holidays & Observances This Week

- 6/3 Children's Awareness Memorial Day
- 6/4 National Barefoot Day
- 6/5 World Environment Day
- 6/6 D-Day
- 6/7 Daniel Boone Day
- 6/8 World Ocean Day
- 6/9 Donald Duck's Birthday



Lounge Area **Snack Shop** Gift Stores





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Business of the Month - Jun 5th

South Utah Valley Electric Service District 803 N 500 E.

South Utah Valley Electric Service District, formerly Strawberry Electric Service District (SESD) was organized by the Utah County Commission in November, 1985. SESD purchased the distribution system from Strawberry Water Users Association and started delivering power to our customers in May, 1986. SESD is a political subdivision of the State of Utah. Our service area is the unincorporated areas of south Utah County and includes the cities of Woodland Hills and Elk Ridge. SESD is governed by an elected Board of Trustees and had outsourced our operating and general administrative needs until July, 2003. The employees that serviced and administered the daily operations on an outsource basis became employees then. SESD bonded, paid off Strawberry Water Users, purchased four substations and built their own facilities.

Ribbon Cutting / Open House - Jun 7th

11:30 AM - 12:00 PM MST Location: Life Enhancement Center 1172 E. 100 N. Life Enhancement Center was established in 2006. We have grown from a two person operation with one office location to having more than 20 employees and 6 offices throughout Utah. We have offices in Eagle Mountain, Provo, Payson, Manti, Heber, and Richfield. Our Executive Director is Russell C. Gaede, PsyD, Clinical Director is Jason King.

Stars & Stripes Ride - Jun 23 benefiting the Utah State Veterans Home in Payson (currently under construction). Registration 8 - 10 a.m at Payson Market 586 N. Main Ride is from 8 - 2 p.m. \$20 a rider and \$10 a passenger Community is invited to attend post ride festivities at noon at Payson memorial

Park located at 200 S. Main. there will be entertainment, food, and prize drawings.

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.

It you are interested in playing, being a local sponsor, or would like to donate your business coupons or gift certificates as prizes, Contact Colin J. Logue at 801-609-8699

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

Pleasant Grove

See the Center of the paper for information on Strawberry Days. See the Strawberry Days Countdown Timer! www.cydforourcity.blogspot.com

For Schedule of Events, please go to: http://plgrove.org/pdf/2012eventsposterfinal.pdf







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ANSWERS

SPORTS QUIZ

- 1. Snuffy Stirnweiss (1944) and Alfonso Soriano (2002).
- 2. None.

(1993).

- 3. Oregon's Chip Kelly, in 2009.
- 4. Moses Malone had 32 points and 38 rebounds in a game in 1982.
- 5. Rick Martin had 52 goals in the 1973-74
- season. 6. It was 1996, when Justin Huish won
- gold. 7. Lee Trevino (1968) and Lee Janzen
- **King** Crossword Answers Solution time: 25 mins.
 - 3 2 1 7 8 4 6 5 9

Weekly SUDOKU -Answer

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

Go Figure! answers 9 2 9 1 X X X 4 3 1 X 5 8 6 9 6 9 1



- 1. Paul Simon
- 2. "Pygmalion"
- 3. Paris
- 4. Optics 5. Boris Pasternak
- 6. Baby carriage 7. The House of
- Windsor
- 8. Clocks 9. Fossil footprint 10. Calvin Coolidge

