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The **Neatest** Little Paper Ever Read<sup>®</sup>

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## **TIDBITS® INVITES YOU TO ENJOY SOME MELONS!** by Patricia L. Cook

Whether your favorite melon is watermelon, cantaloupe, honeydew or an exotic variety, this is the season for enjoying melons in the northern hemisphere. This Tidbits explores melon facts, figures and entertaining trivia.

All melons belong to the gourd family, Cucurbitaceae, which is the family that includes cucumbers, squash and pumpkins. Because they grow on long, trailing vines, melons require lots of garden space. Generally, given adequate room, melons are easy and fun to grow.

Along with the long vines are leaves that provide shade during the day, protecting the developing fruit from the hot sun. Melons need hot sun and a long growing season to grow to maturity. Also, melon blossoms need bees for pollination.

Melons are divided into two groups with watermelons in a class by themselves. The other group is muskmelons. Watermelon seeds are spread throughout the middle of the melons (even "seedless" have some); muskmelon seeds are concentrated in a middle cavity surrounded by sweet pulp.

If cantaloupe is your favorite, and you are wondering where they fit, they are muskmelons. North America (N.A.) cantaloupes are not true cantaloupes!

turn the page for more!







## DECLARATION OF INDEPENDENCE

In Congress, July 4, 1776.

(Opening Paragraphs)

The unanimous Declaration of the thirteen united States of America,

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security.

# Tidbits<sup>®</sup> of Utah County



1. ADVERTISEMENTS: What product's slogan is "When it rains, it pours"?

2. ANATOMY: Where is a more common name for the tympanic membrane?

3. MUSIC: Who had a hit album in the 1970s titled "Innervisions"?

4. LITERATURE: Which of Shakespeare's plays contains the line, "By the pricking of my thumbs, /something wicked this way comes"?

5. MYTHOLOGY: What country was ruled by Midas, the king with the golden touch?

6. GEOGRAPHY: What is the capital of Portugal? 7. TELEVISION: What famous TV couple of the 1950s lived at the fictional address 623 East 68th Street?

8. U.S. STATES: Which state's nickname is "The Grand Canyon State"?

9. POETRY: What is a heroic couplet?

10. HISTORY: Who was Jesse James' brother and partner in crime?



"The kids are all home for the summer, which means more TV squabbles. We limit their television viewing with coupons, which they can use to "reserve" the TV. They write the time they'd like to use the television, in 30-minute increments, on the coupon, and it gets taped to the inside cabinet of the entertainment center. This has worked well, since it's first-come, first-served". -- R.E. in Tennessee

• If you are counting calories, check out the website of fast-food restaurants you frequent, and you can decide ahead of time what items fit best in your diet.

• "To clean my glass lighting fixtures, I take them down, dust them off and use a toothbrush on any intricate dirt areas, then I stack them in the dishwasher's top rack. I run it without cleaner, and it does a terrific job." -- a Reader in Oregon

• If your stomach gets irritated when you take aspirin, make sure you're taking it with a full glass of water. Too little water will result in an upset tummy.

• "I keep a tea towel on the end of my dresser so that I can set my purse there. The bottoms of purses see so many dirty areas, and I can just toss the towel in the wash weekly." --M.M. in Louisiana

### **ENJOY SOME MELONS!** (continued)

• True "cantaloupes" originated in Cantalupo, Italy. They are hard-shelled melons, with wart-like growths on their hard green skin. True cantaloupes are not grown much outside of Mediterranean countries.

• N.A. cantaloupes are actually muskmelons. While all cantaloupes are muskmelons, not all muskmelons are cantaloupes! Some other muskmelons are: Honeydew, Casaba, Crenshaw and Persian types like Bender, Montreal and Banana. While you may not be familiar with all of these, many of the less traditional types of melons are now being cultivated in North America. Be adventurous and try some new melons found at your grocery store or farmer's markets.

• The leading states for producing N.A. cantaloupes are California, Arizona, Texas, Georgia and Indiana. The world leader today for watermelon production is China. The United States is number four.

• The leading states for producing honeydew melons are California, Arizona and Texas. The honeydew is one of the few melons that will continue to ripen after picking. Another name sometimes used for honeydew melons is "temptation melons."

• This is probably not surprising news, but more than two-thirds of all melons grown in the United States are grown in California. Florida and Georgia are the top states for watermelon production. Many of our melons are imported, usually from Mexico and Chile. The United States imports more melons than any other country.

• Most historians believe that watermelons originated in the Kalahari Desert in southern Africa. Melons seeds in ancient tombs indicate that melons were in Egypt about 4,000 years ago.

• Some botanists believe that watermelons are not actually melons but should be considered cucumbers. One of the reasons they say this is because muskmelons easily cross-pollinate with one another forming new hybrids, but watermelons will not cross-pollinate with other melons.

• Watermelons are 92 percent water, hence the very appropriate name, and the reason it is advisable to buy heavy melons. They contain approximately 6 percent sugar and are rich sources of vitamins A and C. Even though most people only eat the red (or yellow, or other special colors) part of the watermelon, every part is edible.

continued on next page

5

Difficult

3

6

# **Showflakes** 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



A friend of mine is an amazing magician who loves to play tricks on the kids in the neighborhood. One afternoon, I noticed there was a crowd gathered around him watching with great anticipation a magic trick being performed. I arrived just in time to witness his grand finale: pulling a bouquet of flowers out of thin air. The surprise on the kids' faces -- and mine -- was a sight to behold.

Here's another wonderful surprise, and a bit of magic your kids won't want to miss. It's a natural transformation that leads to the most peculiar result. This slithery goop appears to be solid one moment, only to ooze out between your fingers, over your wrist and down your arm seconds later.

Once you make this concoction, let the school-age kids in your home or at your summer birthday party play with it. Then have a contest to give it a name. For starters, how about "Sublime Slime" or, our favorite, "Ectoplasmic Ick"! Here's the recipe:

In a mixing bowl, stir together 3/4 cup cornstarch and 1/2 cup water to form a thick paste. Add food coloring or liquid tempera paint for color, if you wish. You may need to add more water. Now, roll the goop in your hands to form a ball.

Immediately, experiment with it to discover its unique properties. Squeeze it, hit it or let it drip through your fingers. Or, place it on a cookie sheet, press it flat, roll it in a ball or let it go. It's amazing! If you have a bowlful, set plastic toys on it and watch them sink like they're in quicksand.

For another surprising experiment, let it evaporate in the sunshine to discover cornstarch once again. Add water and you'll have another batch.

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."



• If you want to keep your peeled potatoes white, add a little bit of white vinegar to the cooking water. It will not flavor the potatoes.

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.

## GO FIGURE! by Linda Thistle

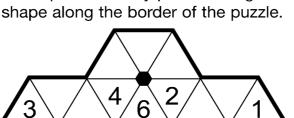
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each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

DIFFICULTY: \*

★ Moderate ★★ Difficult ★★★ GO FIGURE!

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Δ

DIFFICULTY THIS WEEK:  $\blacklozenge$ 

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Medium

5

Easy



"He seemed to sprout up overnight."





## For Advertising Call (801) 616-6288



Name the relief pitcher who was named MVP of the 1959 World Series. Who was the oldest major-league player to hit three home runs in a game?

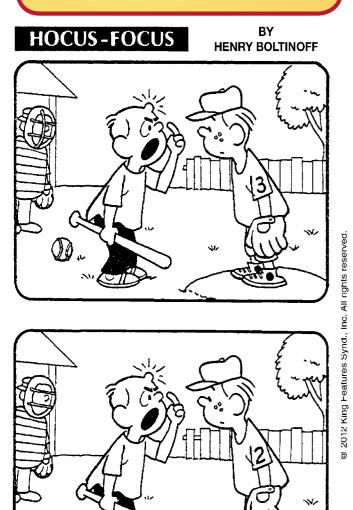
3 Name the player who holds the NFL rookie record for both passes attempted and completed in a season.

Who is the only player to lead Division I men's college basketball in scoring and win the NCAA championship in the same year?

5 Name the last player before Edmonton's Sam Gagner in 2012 to get eight points in one NHL regular-season game.

6 When was the last time Colombia qualified for the World Cup in men's soccer?

Name the last horse before I'll Have Another in 2012 to win the Kentucky Derby from the 19th post.



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS. Fence board is missing. 5. Number is different. 6. Glove is different. Differences: 1. Mask is different. 2. Ball is missing. 3. Bat is shorter. 4.



"Why try to explain miracles to your kids when you can just have them plant a

### **ENJOY SOME MELONS!** (continued)

Watermelon is used more like a vegetable in Asian countries. In Chinese cuisine, watermelon rind is often stir-fried, stewed and pickled. The seeds are often baked for a snack. The Chinese eat more watermelon than any other people.

The Japanese have produced cube-shaped melons by growing them in glass molds. The melons cost much more than regular melons but fit in refrigerators more easily. Pyramid shaped melons are also occasionally seen. Since these don't really fit better in a refrigerator, other than the fact that they won't roll, the reason for these is probably just the novelty.

There are more than 500 varieties of watermelon worldwide, but only a few are grown commercially. Some of the common varieties sold in large numbers are Jubilee, Desert King, Sugar Baby, Peacock and Huck Finn.

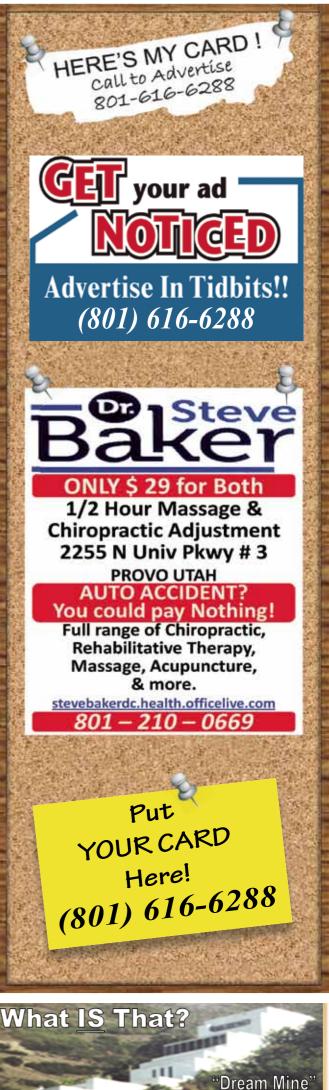
Melons, probably muskmelons, since they were • available in Egypt many centuries ago, are mentioned in the Bible. The Hebrews who wandered in the desert eating "manna" missed their melons (Numbers 11:5).

There are many melon festivals held celebrating • local produce. One festival is the Milan Melon Festival in Milan, Ohio, held every Labor Day Weekend. This year's festivities, the 53rd annual event, will be September 1-3. There are usually over 50,000 funloving people gathered to eat watermelon, muskmelon and more. Festival specialties are watermelon sherbet and muskmelon ice cream.

The Hope Watermelon Festival in Hope, Arkansas, "Home of President Bill Clinton, Governor Mike Huckabee and the World's Largest Watermelons," originally started in the 1920s but ended in 1930 because of the Great Depression. Restarted in 1977, it has been held every August since. The festival is where the Bright family has presented many worldrecord giant watermelons. Ivan and Lloyd Bright presented a 200-pound (91-kg) watermelon in 1979 that held the world record for four years. After losing to a Tennessee farmer, they regained the title in 1985 with a 260 pounder (118 kg). In 2006, the "Guinness Book of World Records" certified Lloyd Bright with another record for a 268.8-pound (122-kg) watermelon.

continued on next page





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garden." – Robert Brault



• It was ancient Chinese philosopher Confucius who made the following sage observation: "It is only the very wisest and the very stupidest who cannot change."

• The 1,000 most common words in English make up approximately 90 percent of all writing in the language.

• If you're planning a trip Down Under, be sure you save some time for the Australian state of Tasmania. In the capital, Derwent, is the critically acclaimed Museum of Old and New Art, or MONA. One of the unusual -- I would even venture to say unique in the world -- offerings is the afterhours "naturist tour." Yes, that means naked. A naked tour guide leads naked tourists through the museum. Even the security guards are naked.

• You may be surprised to learn that hot and cold running

water has been around for thousands of years. Members of the upper class in ancient Egypt used copper tubing to pipe it into their homes.

• The oldest goldfish on record lived 41 years. His name was Fred.

• According to the U.S. Census, the Pacific states (including Hawaii) are home to the men with the longest life expectancy, while women tend to live longer in the South.

• If one or both of your parents were sleepwalkers, you're more prone to nocturnal wanderings yourself.

• In the late 1960s, J.I. Rodale, creator of Prevention magazine, was invited to be a guest on the "Dick Cavett Show." After talking confidently about his good health and predicting that he would live to be 100, he seemed to doze off. The host and another guest chuckled a bit about the apparent nap, until they realized that Rodale had died. Needless to say, the show never aired.

Thought for the Day: "I would have made a good Pope." -- Richard Nixon

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.

located east

of Salem, Utah

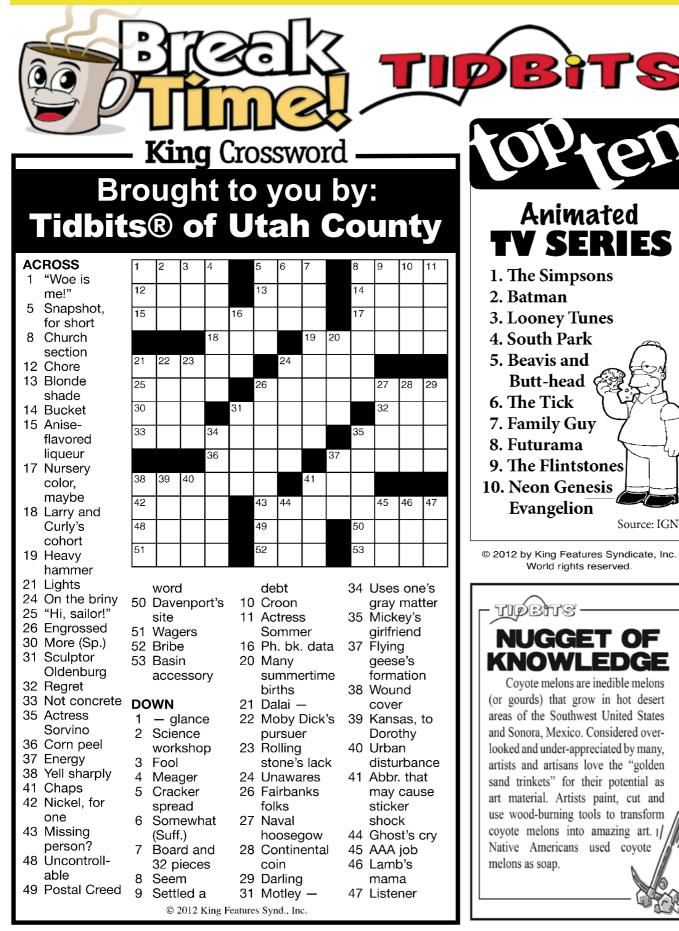
Koyle's dreams continued. He predicted the First World War and the economic crash of October, 1929. He foresaw "horseless carriages" bigger than railroad cars going down the road at great speeds. John H. Koyle died 17 May 1949 in Payson.

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

Info from "The Dream Mine", Jay M. Haymond http://www.media.utah.edu/UHE/d/DREAMMINE.html To learn more about the "Dream Mine", read "Relief Mine" & "Relief Mine II" by Ogden Kraut and "The Dream Mine Story" by Norman Pierce Available at Pioneer Publishing 97 W Main Santaquin



## **Tidbits<sup>®</sup> of Utah County**



# Good Housekeep

### **Picnic Chicken**

This walnut-crusted baked chicken is delicious hot or cold.

Olive oil nonstick cooking spray

- 1 3/4 cups (about 8 ounces) walnuts
- 1 cup plain dried bread crumbs
- $1 \frac{1}{2}$  teaspoons salt
- teaspoon of ground red pepper, 1/4 teaspoon up to 1/2

walnuts with 1/4 cup bread crumbs until walnuts are finely ground. In medium bowl, combine nut mixture, salt, ground red pepper and remaining 3/4 cup bread crumbs; stir until well-mixed. In pie plate, beat eggs. 3. Cut each chicken breast half crosswise into two pieces. One at a time, dip breast pieces and drumsticks in beaten egg, then into walnut mixture to coat evenly, pressing firmly so mixture adheres. Arrange chicken in jelly-roll pans; lightly coat chicken with cooking spray. 4. Bake chicken until golden brown and juices run clear when thickest part of chicken is pierced with tip of knife, 30 to 35 minutes, rotating pans between upper and lower oven racks halfway through baking.

### **ENJOY SOME MELONS!** (continued)

Cavaillon, in Central Provence, France, claims • to be the "World Capital of Melons." Their specialty is the Charantais melon, which is a small, round, striped melon with orange pulp.

Because of reversed seasons in the southern hemisphere, the Chinchilla Melon Festival in Australia is held in February. The biennial event will be February 14-17, 2013. The festival has many components including: melon bulls-eye, melon skiing and melon ironman. John Allwood set the Guinness World Record for Melon Head Smashing in 2009, cracking 47 watermelons in one minute — with his head, no hands or assistance! Ouch!

### FAMOUS LANDMARKS **OF THE WORLD:** MISSISSIPPI RIVER

Whether it is called the "Mighty Mississippi," "Old Man River" or "Father of Waters," the Mississippi River is of great importance in North America. The river travels 2,350 miles (3781 km) from Minnesota to the Gulf of Mexico.

While the Mississippi is not the longest river in North America (it is No. 2), it has the largest drainage basin or watershed. According to the U.S. Environmental Protection Agency, a watershed is "an area of land where all of the water that is under it or drains off of it goes into the same place."

The drainage basin covers 1,837,000 square miles (4,757,830 km), stretching from the Allegheny Mountains in the East to the Rocky Mountains in the West. The water from all or part of 31 states and two Canadian provinces drains into the Mississippi River on its way to the Gulf of Mexico.

The source of the Mississippi is Lake Itasca in northern Minnesota where, from this lake, the river begins as a small stream less than three feet (.914 m) deep.

As rainwater and melted snow feed into the stream along the massive watershed, the river widens and deepens along its path to the Gulf. Many rivers and streams empty into the Mississippi as it flows southward, with the largest being the Missouri and the Ohio rivers. The Missouri, the longest river in the United States, enters the Mississippi at St. Louis, Missouri, with its water coming from the west. The Ohio enters the Mississippi at Cairo, Illinois, flowing from the east.

The deepest part of the river is in the New Orleans area where the depths reach 200 feet (61 m).

The Mississippi River touches or forms the borders of ten states. From north to south they are: Minnesota, Wisconsin, Iowa, Illinois, Missouri, Kentucky, Tennessee, Arkansas, Mississippi and Louisiana. The Mississippi impacts the entire United States but especially the states along its path. The river and its tributaries provide drinking water for over 18 million people. Many National Park Service sites are present along the river, reflecting the its importance in the growth and history of the United States. The Jefferson National Expansion Monument (the St. Louis Arch) and Vicksburg National Military Park are two popular stops.

also known as cayenne

2 large eggs

8 medium (4 pounds) bone-in chicken breast halves, skin removed

8 medium (1 3/4 pounds) chicken drumsticks, skin removed

Choice of sauce

- 1. Preheat oven to 425 degrees F. Grease two 15 1/2 by 10
- 1/2 inch jelly-roll pans with cooking spray.
- 2. In food processor with knife blade attached, process

5. Serve chicken hot, or cool slightly, cover and refrigerate to serve cold later. Makes 12 main-dish servings.

• Each serving: About 311 calories, 16g total fat (2g saturated), 113mg cholesterol, 468mg sodium, 10g total carbs, 32g protein.

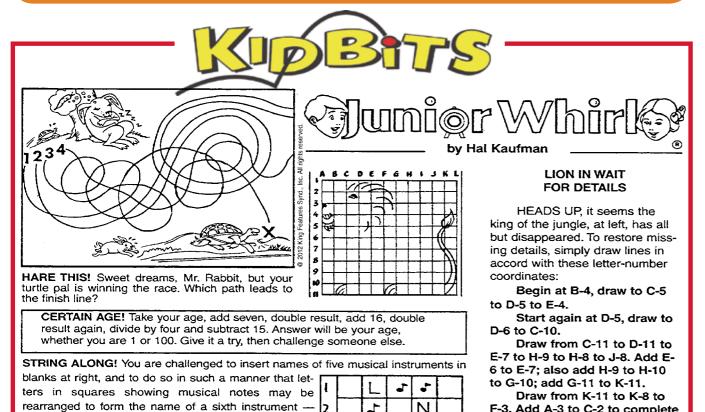
For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

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## LAFF - A - DAY



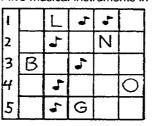
<sup>&</sup>quot;Oh, nothing much—just having a quiet evening at home."



one of six letters, usually having six strings.

Use five of the following five-letter names to comply: Banjo, viola, piano, bugle, cello, organ, flute.

Sixth instrument: A guitar. 1-flute. 2-piano. 3-bugle. 4-banjo. 5-organ.



F-3. Add A-3 to C-2 to complete the task.

If crayons are handy, add an appropriate color or two. How long will it take you to finish?

## For Advertising Call (801) 616-6288

# Page 5



### **Programming the Ear to End** Dizziness

DEAR DR. DONOHUE: From the minute I get out of bed, I have attacks of dizziness. I don't know what brings them on. I'm afraid these spells are going to make me fall and break something. Do you have any thoughts that could help? I'm 82. -- R.M.

ANSWER: The causes of dizziness (vertigo) are many. I'll mention a couple, but you need a doctor's exam to determine what the exact problem is.

Meniere's (main-YAIRS) disease is a triad of dizziness, hearing loss and ear noises (tinnitus). It comes in brief attacks, with recovery in a short time. As time passes, attacks last longer, with briefer periods of relief. A buildup of fluid in the inner ear is responsible. Water pills and a strict lowsodium diet help. Surgical drainage of the fluid is another treatment

A viral infection of the inner ear is a common dizziness cause. Time eventually takes care of the virus. During the period of infection, a medicine like meclizine improves symptoms.

A third common problem is benign positional vertigo -dizziness attacks with head movement. Getting out of bed, rolling over in bed, looking up at a high shelf and just about any change in head position trigger an attack, which is shortlived. Tiny calcium crystals in the inner ear have migrated to

places where they engender a discharge of confusing signals to the brain. Repositioning the crystals puts an end to the attacks.

Sit in the middle of a bed, far enough to the opposite side of the bed that your head will project over that side when you lie down. If a head turn to the right provokes an attack, quickly turn your head to the right, and keep it turned until dizziness goes. Then lie down quickly with your head off the side of the bed and still turned to the right. Then, from that position, turn your head to the left. Roll over onto your left side, with your nose pointed down to the floor, for 30 seconds. Then go back to the starting sitting position with head bent. If dizziness persists, repeat. If this is too complicated, let your doctor lead you through it.

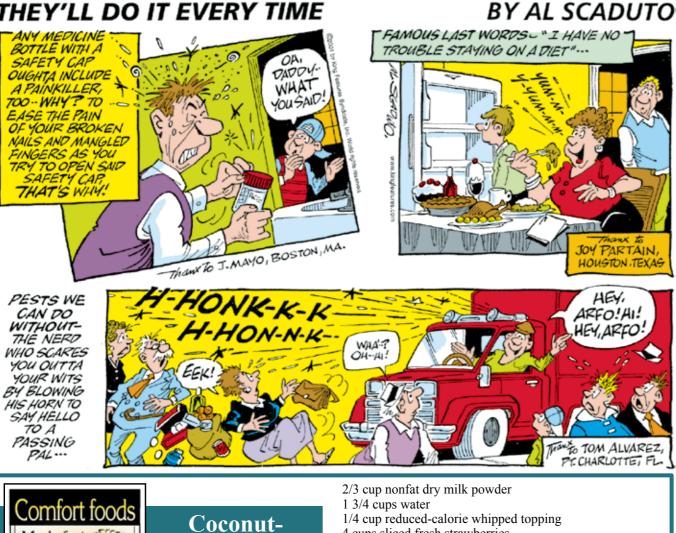
The booklet on dizziness discusses in greater depth its various causes and treatments. To obtain a copy, write: Dr. Donohue -- No. 801W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada. with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I try to keep up with the latest nutritional recommendations. I have had no formal training, so I am often confused by the terms used. For example, what are simple carbohydrates and complex carbohydrates? What's the difference? -- L.A.

ANSWER: Simple carbohydrates are sugars like table sugar (sucrose). The sugar in intravenous feedings in hospitals is glucose, and fruit sugar is fructose. Both are simple carbohydrates.

Complex carbohydrates are very long chains of the basic carbohydrate unit. Starches are complex carbohydrates. Potatoes, pastas and rice are examples of complex carbohydrates. Complex carbohydrates don't raise blood sugar as quickly as simple ones do.







• On July 14, 1798, Congress passes the Sedition Act, which permitted the prosecution of individuals who voiced or printed what the government deemed to be malicious remarks about the president or government of the United States.

• On July 11, 1804, Vice President Aaron Burr fatally shoots his long-time political antagonist, Alexander Hamilton, in a duel. Burr shot Hamilton in the stomach, and the bullet lodged next to his spine. Hamilton, a Founding Father and first U.S. treasury secretary, died the next day.

• On July 9, 1877, the All England Croquet and Lawn Tennis Club begins its first lawn tennis tournament at Wimbledon, then an outer suburb of London. Twentyone amateurs showed up to compete in the Gentlemen's Singles tournament, the only event.

On July 10, 1925, in Dayton, Tenn., the so-called Monkey Trial begins with John Thomas Scopes, a young high-school science teacher, accused of teaching evolution in violation of a Tennessee state law. The law made it a misdemeanor to teach any theory that denied the story of the Divine Creation of man.

On July 12, 1933, the first three-wheeled, multidirectional Dymaxion car is manufactured in Bridgeport, Conn. Part aircraft, part automobile, it had wings that inflated and a tail fin. It had a steel chassis, a body made of ash wood, an aluminum skin and a painted canvas roof. The Dymaxion was designed to reach a speed of 120 mph and average 28 mpg.

• On July 15, 1941, master spy Juan Pujol Garcia, nicknamed "Garbo," sends his first communique to Germany from Britain. The disinformation the double agent transmitted to Germany was fabricated by the British. In June 1944, he managed to convince Hitler that the D-Day invasion of Normandy was just a "diversionary maneuver '

• On July 13, 1955, model and nightclub manger Ruth Ellis is executed by hanging in London for the murder of boyfriend David Blakely. She was the last woman to be executed in the United Kingdom. Ellis, 29, did not help her case when during her trial she stated, "It was obvious that when I shot him I intended to kill him.'

### Just Like Cats & Dogs by Dave T. Phipps THIS CEREAL IS DEFINITELY ALL



4 cups sliced fresh strawberries



Shortcakes

Strawberry

Made fast

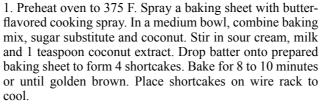
Hurry, don't delay one minute longer -- within just a few short weeks those perfect "homegrown" berries will be hard to find, and we'll have to wait another year before we can again proclaim "Strawberry Fields Forever"!

3/4 cup reduced-fat biscuit baking mix

Sugar substitute to equal 1/4 cup sugar, suitable for baking

- 4 teaspoons flaked coconut
- 2 tablespoons no-fat sour cream
- 1/4 cup fat-free milk
- 2 teaspoons coconut extract

1 (4-serving) package sugar-free instant vanilla pudding mix



2. Meanwhile, in a large bowl, combine dry pudding mix, milk powder and water. Mix well using a wire whisk. Blend in whipped topping and remaining 1 teaspoon coconut extract. For each serving, place a shortcake on a dessert dish, spoon 1/2 cup pudding mixture over shortcakes, and sprinkle 1 cup strawberries over top. Serves 4.

• Each serving equals: 221 calories, 3g fat, 7g protein, 39g carb., 676mg Sodium, 6g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1 Fat-Free Milk.



DEAR PAW'S CORNER: I wanted to pass on to your readers something I found that works very well for removing ticks: Icy-Hot. My little dog got a tick right in our own yard. I tried using a match, but I was so nervous that I might burn her. My sister told me to use Icy-Hot. I'm so relieved it did the trick! -- Diane O., Palmyra, N.Y.

DEAR DIANE: Interesting tip! One way that we used to remove ticks from our dogs many years ago was by smearing a dollop of Vaseline over the embedded tick, covering it completely. Eventually, the tick would suffocate or try to escape. In recent years, however, veterinarians and disease-control experts have recommended against using Vaseline because it can take up to 48 hours for the tick to suffocate. Ticks need to be removed quickly -- within 24 hours or less. Why? Because after a day of feeding, the tick is completely engorged with blood. To keep feeding, it regurgitates that blood right back into your pet -- and if the tick is carrying a disease like Lyme, your pet is likely to be infected.

## The Right Way to **Remove Ticks**

### By Samantha Mazzotta

Ditto with the old-fashioned match trick. When a lighted match is held to the tick, the tick often pulls out quickly -- but it tends to regurgitate as it does so.

So what's the best way to remove ticks? Experts recommend tweezers, grabbing as close to the tick's head as possible. Slowly pull the head out without twisting or jerking -- being careful not to squish the tick for the reasons listed above. If the tick's head or part of its head breaks off in the skin, monitor your pet for a few days. It should be worked out by your pet's own body, but if signs of infection appear, contact your veterinarian.

Send your questions or comments 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.



# Weekly SUDOKU

## by Linda Thistle

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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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## **Tidbits<sup>®</sup> of Utah County**

### MISSISSIPPI RIVER (continued)

The Mississippi National River and Recreation Area, established in 1988, includes 72 miles (116 km) along the river in Minnesota from Dayton/Ramsey south to Hastings. Included in this area are several interesting sites, including St. Anthony Falls, the river's only true waterfall.

The National Mississippi River Museum & Aquarium, located in Dubuque, Iowa, is an affiliate of the Smithsonian Institution and another great place to learn about the river.

Another park, opened in 1982, that honors • the great river is Mud Island River Park in Memphis, Tennessee. The park is not actually on an island but a peninsula that has the Mississippi River on the west and the Wolf River harbor on the east. The park has a riverwalk, monorail, adventure center, pedal boats and more to keep visitors busy. An amphitheater, museum and a hydraulic scale model showing the lower Mississippi River from Cairo, Illinois, to New Orleans also enhance the educational and recreational opportunities at the park.

## **PO-BOYS**

There are many names for sandwiches such as subs, heroes, hoagies and grinders, but if you are looking for a traditional sandwich in New Orleans, you want a poboy. (Muffalettas are also popular, but that's another story!)

There are numerous stories in New Orleans? • history about the origin of the po-boy. The city is known for its creative food as well as its colorful storytellers, who many times claim to be absolute authorities regardless of the subject!

The most widely circulated story is that the sandwich was invented by Clovis and Benjamin Martin, brothers who were streetcar drivers before opening their restaurant on St. Claude Avenue in the 1920s. The brothers created an inexpensive sandwich of gravy and spare bits of roast beef served on French bread when streetcar drivers went on strike in 1929. They served the striking workers free sandwiches out of the rear of the restaurant. When the workers would show up, the kitchen staff would say, "Here comes another poor boy!" The sandwich naturally gained the name "poor boy," which with common usage and local slang, became "po-boy."

Louisiana natives will tell you that the fresh French bread is what makes a po-boy special. New Orleans French bread has a light center with a crunchy crust. In the past there were many corner bakeries that made their own French bread, today there are only three of the original bakeries remaining — Gendusa's, Binder's and Leidenheimer's. These bakeries bake special French bread that is 3 feet (.9 m) in length and about 6 inches (15 cm) in circumference. Also, as a credible alternative, many grocery stores bake excellent bread, but it is not baked in old brick ovens like the bread from the original bakeries.



continued on next page



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Harrison Ford 7/13/42 Forest Whitaker 7/14/61



The Neatest Little Paper Ever Read.\* (801) 616-6288

Q: Define melancholy. A dog that eats cantaloupes!

Q: Why do watermelons contain so much water?

A: They're planted in the spring.



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**PO-BOYS** (continued):

Although the first po-boys were made with roast beef, there are many popular varieties. The ingredients are limited only by the imagination. Fried seafood po-boys with oysters, shrimp, catfish and/or softshell crab are delicious. Sausage, meatball and ham and cheese po-boys are also on most menus. Roast beef and fried shrimp are the top two po-boy sellers.

In New Orleans, "dressed" is not a reference to fashion — at least not in the restaurant business. A "dressed" po-boy means that lettuce, tomatoes and mayonnaise are added. The other way locals order their po-boys is "naked" or with "nuttin' on it!"

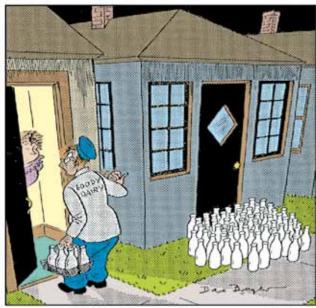
Louisiana is known for its many festivals. So, it should come as no surprise that their famous poboys are honored with one. Originally called the "New Orleans Po-Boy Preservation Festival," it is now the "Oak Street Po-Boy Festival" and is held annually in November. Even though this festival doesn't have a long heritage of 50 or more years like many Louisiana festivals, it is significant because it was started in 2007, in post-Hurricane Katrina New Orleans. The event was created by the locals as a way to attract tourists back to their city.

Many restaurants across the country re-create New Orleans classic po-boy sandwiches, but maybe it's time to plan a trip to the "Big Easy" to eat the original with the locals!

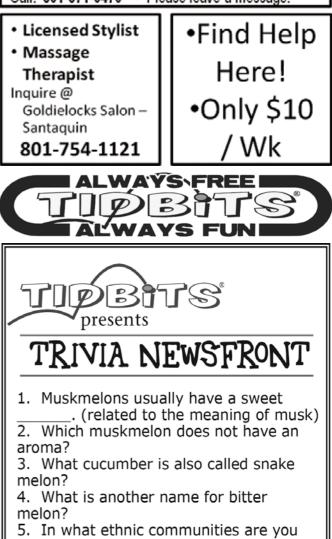


Ve broadcast daily, M-F on Radio AM 1480 simulcast on utahvalleylive.com at 9-10A, Noon-1P & 5-6P. Great hosts, good programming, very entertaining. Would you like to host your own program or learn how to host? Would you like to be a guest & chat about your service or product? Call: 801-871-5476 - Please leave a message.





"Pardon me, do you know whether your neighbor's away or just doesn't care for milk anymore?'



likely to be served bitter melon?

# **Tidbits<sup>®</sup> of Utah County**



**Closet Door** Sticks, Scrapes the Floor

Q: I've got a closet door that scrapes the floor when I swing it open or shut, and it sticks when it's closed. Is there an easy way to fix this, or is something seriously wrong? -- Harriet C., Denver

A: Chances are the door just needs a bit of adjustment. Over time, as houses settle and temperature or humidity changes warp the wood of a door or its frame, the door doesn't open or shut just right. Grab a helper and a prybar or hammer, and prepare to fix this door.

First, check the overall condition of the door, its frame and the surrounding hardware (the doorknob and latch, hinges and the hinge plates where they're screwed into the door frame). Make sure all of the hardware is screwed in properly and not loose or tearing away from the frame. Make sure there is no visible damage or warping of the door or frame -- usually there isn't, unless the door suffered a serious calamity such as flood damage.

If the overall condition checks out as good, adjusting the hinges or shimming the door so it swings freely again is the likely course of action.

Shimming is a way of very slightly changing the angle at which a door is hung. You do this by adding a shim behind a door's hinge to lift it slightly -- and then adjusting that angle up or down. Shim kits also are available at home-improvement stores

Since the door's angle has shifted slightly downward, first try adjusting the top hinge on the door-frame side by simply screwing all the hinge screws in a half-turn or so. This alone may lift the door just enough to even it out.

If that doesn't work, you can either unscrew the top hinge and carefully shave away a paper-thin amount of the wooden frame in order to set the hinge slight back. Or, if you don't want to damage the frame, shim the lower hinge in order to lift the door upward.

Unscrew the frame side of the bottom hinge, as your helper holds the door steady. Insert a very thin shim piece (the kits are usually cut to size, or you can use a wafer-thin piece of plywood or even a playing card to shim, and trim yourself) and place the hinge over the shim, using a power drill to drive the hinge screws through the shim into their usual place.

Shimming or adjusting the angle can take time and a few attempts. Be patient, and you'll soon have your door swinging freely.

HOME TIP: For doors that slightly scrape the floor as they open, place a rough piece of sandpaper underneath the sticky area and open and close the door several times -- this might smooth out the bottom of the door just enough to end the scraping.

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.



### **COMMUNITY NEWS BITS**

PAYSON

**Payson Big O Tires** 

### July Business of the Month

When Big O Tires announced the opening 1146 W 800 S of its newest location in Payson, the new store was a design prototype for future

Big O Tires facilities to be built nationwide.

A year later, the new store is the pride of the 1,200 store chain, receiving many awards for customer service excellence at a recent National Convention held in Los Angeles. Reese Carter and Gabe Dunn and their team of 15 certified experts have made this store the pride of Big O and the community.

"Big O Tires is thrilled to be in Payson and we look forward to earning the business of our new neighbors while providing great value and exceptional customer service," said Kevin Dunn, franchise owner of Big O Tires in Payson, Spanish Fork and Nephi.

Queens Luncheon – Jul 12 11:30 AM - 01:00 PM MST 463 E 800 N - Payson





THE TEAM YOU TRUST

Payson Area Chamber of Commerce is proud to host "Luncheon With The Queens" Stefani Dimond, Julia Waterman and Nancy Pratt were selected as Payson's Royalty for 2012-2013. Our lovely ladies will talk to us about their cause and platform as well as what they have learned in fitness, communication and leadership skills. They will also share their musical talents with us, followed by a question/answer period. The public is invited to attend.

The Meal is only \$12. Please RSVP before Mon Jul 9<sup>th</sup> to: Rebecca Carter, Clarion Owner at 801.465.0380, rebeccacarter1@mac.com

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

### Heritage Festival - Sept 8th

For information, contact Cindy Boyd at 801-836-8064 cindytboyd@gmail.com or Emily Varney at varney.emily@comcast.net

### **Free Fill Dirt Available**

The contractor on Vineyard Connector Segment of the CWP - North Shore Aqueduct, is offering FREE dirt (clay, sandy mix, fairly wet) and free delivery within 10 mile radius of their worksite near 200 S. 2000 West, Lindon. Contact Jon Cherrington at 801-420-2989

Chamber of Commerce Summer Networking Lunch -Jul 13th 11:45A

Gather your friends and business cards for lunch at Simply Splendid. This event is low-key and filled with great food - just like summer is supposed to be! Please register at our website: www.plgrovechamber.org

### **UPCOMING YOUTH SPORTS REGISTRATION DATES:**

Youth Volleyball 3rd -12th Grade Register: Aug1-30 Flag Football 1st – 12th Grade Register: 2nd Grade Basketball Register: Jr. Viking Cheer Register: **Cross Country Register:** Adult Coed Volleyball Register:

Aug 1-30 Aug 1-30 Aug 1 - Sep 4 Aug1-30

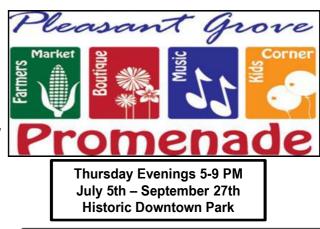
Please see plgrove.org for more detailed information and pricing.

Spanish Fork

FIESTA DAYS RODEO - BE A PART OF HISTORY Tickets are on sale for the 2012 Fiesta Days Rodeo. Go to www.spanishfork.org to select and purchase your tickets.

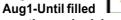
The 2012 Rodeo will be the first year in the newly rebuilt and expanded arena; you'll want to be a part of history and part of the great rodeo action you've come to expect with Fiesta Days. In its third year as a Million Dollar Pro Rodeo Silver Tour, the rodeo will be even better than ever. The dates of the rodeo are July 20, 21, 23, and 24; All nights start at 8:00 pm with pre-show events starting at 7:30 pm.

**Pleasant Grove** 



#### Concerts in the Park 2012 7:30 pm at PG Community Center

June 3	Pleasant Grove Orchestra
June 10	Utah Children's Choir
June 17	Skyline Choir
June 24	Knocking Off Squash
July1	Bluegrass Thunder
July 8	Aaron Franz Little
July 15	The Buskers & Doc Taylor
July 22	Hunt Family
July 29	Jeri Warnick
Aug 5	Bonne Nuit
Aug 12	Bonne Nuit Amanda Verwer
Aug 19	CB Jazz Band





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### Spanish Fork Farmer's Market

The market begins July 28th and run through November 3, 2012. Located at 100 West Center Street behind the City Office Building the Farmer's Market is a fun place to shop for fresh produce from local growers and vendors. Registration for Season Vendor Passes is available now! Fees apply and food handler permits and state licenses may be required. NO craft items will be sold at the Farmer's Market. No exceptions will be made.

Business Fairs will run once monthly and will be located at 40 South Main, Spanish Fork. Fee will apply to the Business Fair also.

Contact the Spanish Fork Salem Chamber of Commerce at 801-798-8352 or office@spanishforkchamber.



"Meet Me at the Fair" - The 2012 Utah County Fair will be held August 15-18th at Fairgrounds in Spanish Fork. utcountyfair.com

## ANSWERS **SPORTS QUIZ**

Next to the Santaquin Pharmacy

1. Larry Sherry of the Los Angeles Dodgers

2. St. Louis' Stan Musial was 41 when he did it in 1962.

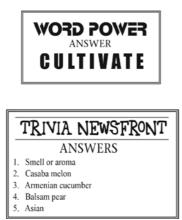
3. Sam Bradford of the St. Louis Rams in 2010 (354 completions in 590 attempts). 4. Kansas' Clyde Lovellette, in

1952.

5. Pittsburgh's Mario Lemieux, in 1988.

6. It was 1998.

7. No horse had ever before won the Kentucky Derby from the 19th post



\$11:30-4:30

801.754.5378



1. Morton Salt

- 2. Eardrum 3. Stevie Wonder
- 4. "Macbeth"
- 5. Phrygia

6. Lisbon 7. Lucy and Ricky

Ricardo

8. Arizona

9. Two rhymed

10-syllable lines of

poetry

10. Frank James

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