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TIDBITS® BRINGS YOU SOME BRAIN-Y FACTS

by Kathy Wolfe

It's amazing to ponder that a small three-pound organ controls a person's entire body! Take some time to consider these facts about the human brain, brought to you this week by Tidbits.

- There are about 100 billion neurons, or nerve cells, in the brain, which gather and transmit signals. That's about the same number of stars there are in our galaxy! It's these nerve cells that compose what is often referred to as "gray matter." About 100 trillion connections exist among those cells, and not one neuron touches another one. These connections are known as synapses, and they allow the information to flow from one neuron to another. Each nerve cell can have up to 40,000 synapses.
- Changes in the synapses are associated with learning and retention of information. Each time you form a memory of some type, a new connection is created. When synapses deteriorate, memory loss and changes in brain function often occur. Studies indicate that people who perform mentally stimulating tasks are less likely to develop dementia. Researchers have determined that stress interferes with transmission, and nerve cells actually shrink from the effects of stress. Deterioration has also been linked to drug use and excessive alcohol consumption, as well as the chemicals in certain pesticides.

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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 Governments 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.



- 1. INVENTIONS:** Who invented Lincoln Logs building blocks in 1916?
- 2. SCIENCE:** What is the symbol for the chemical element tungsten?
- 3. MOVIES:** How many von Trapp children were represented in "The Sound of Music"?
- 4. COMICS:** Which comic strip features a character named Jon Arbuckle?
- 5. MEDICAL:** What is the more common name for the involuntary spasms known medically as *singultus*?
- 6. U.S. STATES:** A resident nicknamed a "sooner" would live in which U.S. state?
- 7. GEOGRAPHY:** What state capital is located near the Kennebec River?
- 8. AD SLOGANS:** What car company features advertisements that say "Drivers Wanted"?
- 9. GAMES:** In what country did the modern game of badminton originate?
- 10. LITERATURE:** What was the name of the caretaker's cat in the "Harry Potter" book series?

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Now here's a tip! by Jo Ann Derson
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- Got lots of fresh herbs from your summer garden? Hang bunches upside down in a cool, dry place for a week or so, and then crumble the leaves into small jars. *Voilà!*: your own dried herbs.
- "Want super-crunchy fries at home? Soak potato pieces in very cold water for an hour (fridge is best, or add ice often); drain and fry. Drain well, dust LIGHTLY with flour and quick-fry one more time for only a minute or so." -- T.C. in Idaho
- If you want to cool your canned drinks quickly, add water to the cooler with a lot of ice, submerge all drinks below the ice line, and wait about 20 minutes. Without the water, it takes much longer. The water extends the surface contact of the ice.
- To keep your ladder from sinking into soft sand or dirt, put each leg into a can or bucket. It creates a much larger surface area, thereby stabilizing the legs.
- If you run out of bleach, add four tablespoons of hydrogen peroxide to a small load of whites.
- "Be certain to use only distilled water in your iron. The water from the tap can leave mineral stains on clothing, and will destroy your iron if you use it all the time." -- R.E. in Louisiana

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.

	÷		+		13
+		+		÷	
	÷		+		7
÷		+		+	
	+		-		10
2		10		5	

DIFFICULTY: ★★★
 ★ Moderate ★★ Difficult ★★★ GO FIGURE!
 1 3 3 4 5 6 7 8 9
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BRAIN-Y FACTS (continued)

- Information is processed by your brain at speeds up to 268 miles per hour (120 meters per second). There are more electrical impulses generated in a single day by the brain than by all the world's telephones. The brain's energy is sufficient to illuminate a 25-watt light bulb.
- The two hemispheres of the brain are bridged by the corpus callosum, tissue that enables the two parts to communicate. This part of the brain is 11 percent larger in those people who are ambidextrous — able to write with both hands.
- The cerebellum, located at the base of the skull, coordinates muscle movements and balance. Impairment in this area results in the loss of ability to walk or reach out and grab something.
- Your brain uses 20 percent of all the blood circulating throughout your body. It flows through the 100,000 miles of blood vessels in the brain. All it takes is eight to 10 seconds of lack of blood to the brain for you to lose consciousness.
- The brain also uses 20 percent of all the oxygen we breathe. It can live for four to six minutes without oxygen before damage begins to occur. Lack of oxygen for five to 10 minutes will result in permanent damage.
- The horseshoe-shaped hippocampus is crucial in the process of transferring short-term memory into long-term memory. It's responsible for forming, organizing and sorting memories.
- The brain begins to shrink in mass by about 0.25 percent a year after age 30. By age 80, as much as 20 percent of the nerve connections in the hippocampus may have been lost. Only 30 percent of 80-year-old brains perform as well as those of young adults.
- Wernicke's Area and Broca's Area are both important in the area of language. While Wernicke's is responsible for comprehension of speech, Broca's Area is involved in the production of speech. If Wernicke's Area is damaged, a person loses the ability to understand language. He or she can speak clearly, but the combination of words makes no sense. Those with an impaired Broca's Area understand language, but can't properly form the words to produce speech.

continued on next page

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SNOWFLAKES
 by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

DIFFICULTY THIS WEEK: ◆◆◆
 ◆ Easy ◆◆ Medium ◆◆◆ Difficult
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Donna's Day Creative family fun
 by Donna Erickson
Craft a Denim Purse With Jean Pockets

Recycle an old or outgrown pair of jeans and make a trendy pocket purse with a shoulder strap that your preteen daughter can use this summer. It's perfect for holding a comb, Chapstick and change when she's out and about with friends. If she's having a sleepover party, pull the supplies together and let the girls create and design their own purse to keep. It's a super-simple make-and-take project everyone will remember. To get started, cut out the back pocket from a pair of old jeans (the heavier the denim fabric, the better), cutting along the outside of the pocket. Cut very close to the pocket's top stitching without cutting the pocket. Don't limit yourself to blue jeans. For unusual purses, we used pockets from black, red and gold jeans we picked up for under a dollar at summer garage sales. For a shoulder strap, determine the length of cording or ribbon that suits the child's height, and handstitch the ends to the top side edges of the pocket opening. Old woven sashes or cotton belts (with buckles cut off) also work well. Scout around the house for interesting items to decorate the pocket purse. Attach the items with fabric glue, or assist young children with a glue gun. Here are some ideas for different styles:
Jazzy: Glue a fringe trim to the side and bottom edges. Glue big rhinestones to the front of the purse for an eye-catching accent.
Romantic: Glue a square of cotton lace to the front. Add items from old costume jewelry, such as pearls, beads, silk flowers and a tiny brooch.
Artsy: Use fabric paints to paint a picture or abstract design. Embellish with glued-on buttons, coins or charms.

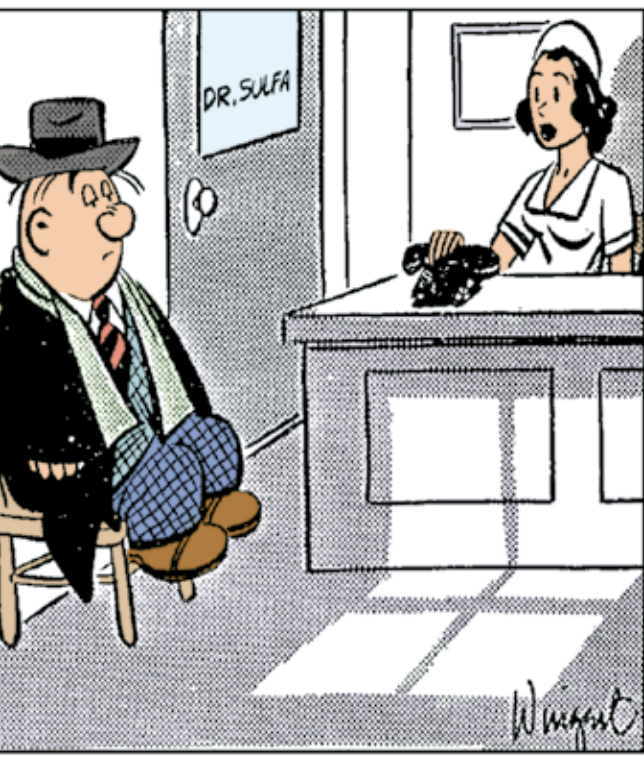
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HUBERT - - By Dick Wingert



"Won't be long now—he just left the 16th tee."

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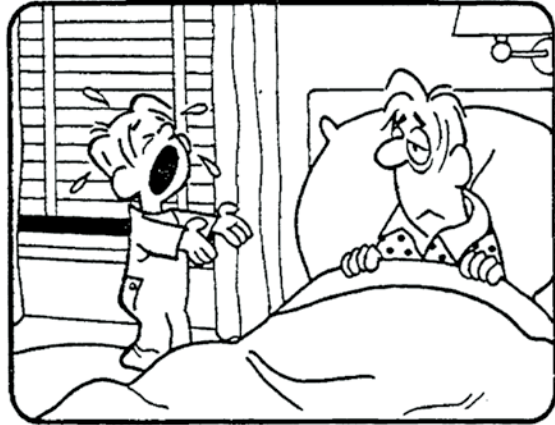
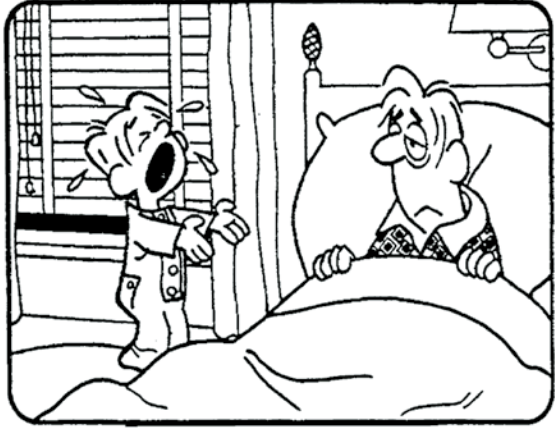


- 1 Name the last pitcher to have at least four shutouts and an ERA of more than 2.00 in the same season.
- 2 True or false: Phillies slugger Mike Schmidt never had a .300 or better batting average for a season.
- 3 Who was the first player to score a touchdown in both the Rose Bowl and the Super Bowl?
- 4 In the 2009-10 season, Chauncey Billups became the oldest person (33) in NBA history to average at least 19 points per game. Who had held the mark?
- 5 During the 2011-12 campaign, Los Angeles Kings goalie Jonathan Quick set a team mark for most shutouts in a season (10). Who had held the record?
- 6 From what college is the wrestler who holds the record for most number of weight classes with NCAA championships?
- 7 Who holds the record for most victories on the PGA European Tour?

By Chris Richcreek

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

DIFFERENCES: 1. Blind cords are missing. 2. Buttons are missing. 3. Bedpost is missing. 4. Hand is moved. 5. Palmers are different. 6. Sheet fold is different.

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TIDBITS QUOTE

"Humor is by far the most significant activity of the human brain."
-- Edward de Bono

Strange BUT TRUE

- It was beloved cowboy humorist Will Rogers who made the following sage observation: "Nobody wants to be called common people, especially common people."
- If you make a trip to Venice to see the famous canals, keep an eye out for any gondola not painted black. If you see one, you can be sure that it belongs to a high official in the government; they are the only ones permitted by law to have gondolas in any other color.
- Do you think you could eat 80 pounds of chicken? If you're like the average American, that's how much you will consume this year.
- You've probably heard or even used the term "fly off the handle" to describe someone losing their temper. You

probably don't realize, though, that the handle referred to was originally an axe handle. Sometimes the blade of such a tool would be improperly fastened to the handle, and would therefore be sent flying when the axe was being used.

- The composer who wrote the famous song "Que Sera, Sera" also wrote the theme song to the 1960s TV show "Mr. Ed."
- Those who study such things say that England's Elizabeth I owned 3,000 dresses.
- The world's single largest consumer of fossil fuels is the United States military.
- You might be surprised to learn that, according to the American Society for the Prevention of Cruelty to Animals, half of all American children suffer at least one dog bite before the age of 12. The ASPCA also says that most of those bites aren't from strange animals; rather, it's the family pet or a friend or neighbor's dog that does the biting.

Thought for the Day: "Where we have strong emotions, we're liable to fool ourselves." -- Carl Sagan

BRAIN-Y FACTS (continued)

- If you're having trouble focusing on a task and can't complete a sequence of movements or solve a problem, you may have an impairment of the frontal lobe of the cerebral cortex. This area can also produce mood changes, changes in personality and social behavior, and an inability to interact with others.
- Talk about using your brain to its full potential! Ben Pridmore is a world champion memorizer who memorized 96 historical events in just five minutes. It took this accountant just over 26 seconds to memorize the order of a shuffled deck of cards. His trick is to create associations between the items he is memorizing.
- Ever wonder why you can't tickle yourself? It's because your brain is able to distinguish between unexpected touch and your own touch.
- Research confirms that brain waves are more active when you are dreaming than when you are awake. If you're average, you'll have between four and seven dreams a night over the course of one to two hours.
- Think about it! The average brain does just that — It produces about 70,000 thoughts on a normal day.
- Certain scents can trigger memories, for example, the smell of roses might bring a family member's funeral into vivid focus. This is because the olfactory nerve, the one that registers smells, is very close to the amygdala, that part of the brain connected to emotions and their memories, and also to the hippocampus, an area associated with memory. If these areas are damaged, the ability to identify certain scents can be affected.
- Want to increase your brain power? Reading aloud promotes brain development, as do music lessons, which boost the brain's organizational ability. Children who learn two languages by the age of five will develop a denser gray matter. Those who grow up in a stimulating environment can have up to a 25-percent greater ability to learn.
- Do all you can to keep your brain healthy! Avoid stress, which has been shown to affect brain structure and function. Studies show that artificial flavorings and preservatives also have a negative effect on IQ. And a seven-year study reported that those who eat seafood at least once a week have a 30-percent lower occurrence of dementia.

continued on next page

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What IS That?

"Dream Mine" located east of Salem, Utah

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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1	2	3	4	5	6	7	8	9	10	11	
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|-----------------------------|--------------------|-------------------------|----------------------------------|
| 1 Super-heroes' garments | contemptible | 8 Existed | baseball |
| 6 "Wham!" | 47 Skill | 9 "Tosca," for | 34 TV Tarzan player |
| 9 Noun following a prep. | 49 Winning | 10 Hole-making bug | 36 Wrestler-turned-actor Johnson |
| 12 Tequila source | 52 "Eureka!" | 11 Ventura or Eisenberg | 38 Half a 1960s quartet |
| 13 — pro nobis | 53 Scooted | 17 Comes to | 39 Nebraska city |
| 14 Macabre author | 54 Trunk | 19 Breakfast strips | 40 Twangy |
| 15 Riddle | 55 Mineo of movies | 21 Turf | 42 Triumphs over |
| 16 Wine experts | 56 Get on | 22 Color | 45 Boast |
| 18 Family-related, in a way | 57 Feel | 24 Scale member | 46 Loafer, for one |
| 20 Raw rocks | | 26 Mum | 48 Historic time |
| 21 That girl | | 28 Docket entries | 50 Nincompoop |
| 23 Corpulent | | 30 Shaft of light | 51 Buck's mate |
| 24 Don't blink | | 32 Oriental | |
| 25 Mine, partially | | 33 Hodges of | |
| 27 Winter warmer | | | |
| 29 "Raging Bull" star | | | |
| 31 Claim | | | |
| 35 Comes to earth | | | |
| 37 Take to the seas | | | |
| 38 Bread | | | |
| 41 Symbol of intrigue | | | |
| 43 Crafty | | | |
| 44 "— for All Seasons" | | | |
| 45 Most | | | |

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top ten

Wedding Flowers

- Rose
- Tulip
- Calla Lily
- Lily of the Valley
- Hydrangea
- Peony
- Ranunculus
- Stephanotis
- Sweet Pea
- Gardenia

Source: The Knot.com

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TIDBITS NUGGET OF KNOWLEDGE

Our fragile brains have several layers of protection. Inside the hard exterior skull are three membranes called meninges. Between the membranes is a cushioning fluid that keeps the brain from damaging impacts with the inside of the skull.



BRAIN-Y FACTS (continued)

- The third leading cause of death in America is by stroke. This occurs when blood supply to a part of the brain is disturbed, the result of a blockage, such as a clot, or by a lack of blood flow, such as a burst blood vessel or hemorrhage. The function of the affected area is severely affected, including inability to move limbs, understand speech or see.
- An elephant's brain may be larger than a human brain, but its percentage of total body weight is much smaller. The human brain is about 2 percent of total body weight, but the elephant's is just 0.15 percent.

FAMOUS LANDMARKS OF THE WORLD: THE TOWER BRIDGE

Spanning the Thames River in London is the Tower Bridge, one of the world's most recognizable landmarks. Did you know it's the only bridge on the Thames that can be raised and lowered to allow ships to pass through? Follow along and see what else you may not know about this edifice.

- Many people make the mistake of thinking the Tower Bridge is the same as London Bridge. London Bridge is the next bridge upstream, a mile west of Tower Bridge. Several London Bridges have in fact "fallen down" as the nursery rhyme proclaimed. One was actually sold to an American businessman in 1968, dismantled, and reconstructed in Lake Havasu, Arizona.
- The Tower Bridge was proposed to help cope with the increased commercial development along the river during the latter half of the 1800s. A traditional style of bridge was not an option because it would not allow tall-masted ships to reach the port facilities located between London Bridge and the Tower of London. A "bascule" bridge was required, one with a roadway that could be raised to allow tall vessels to pass through. This term comes from the French word *bascule*, meaning "seesaw."
- More than 50 designs were submitted for consideration. Once the design was selected, construction began in 1886 and continued for eight years. More than 430 workers labored on the project. The first step was to sink two enormous piers containing 70,000 tons of concrete into the riverbed. The framework of 11,000 tons of steel was next, followed by granite and stone work to cover the steel.
- Open-air pedestrian walkways were installed 143 feet (44 m) above the river between the tops of the two towers, enabling those on foot to cross the bridge while the roadway was raised. However, most pedestrians merely waited to cross until the bridge closed rather than climb the stairs. As a result, the walkways were closed in 1910. They reopened 72 years later, as the site of a public Tower Bridge museum.
- The Bridge was officially opened in June of 1894 by the Prince of Wales (who later became King Edward VII, the great-grandfather of Queen Elizabeth II). Not every Londoner was a fan of the new edifice, with one critic stating, "A more absurd structure than the Tower Bridge was never thrown across a strategic river." The raising of the bridge was accomplished by a hydraulic system, powered by pressurized water kept in large storage units. A new electro-hydraulic drive system replaced the old system in 1974, followed by a computerized system in 2000.

continued on next page

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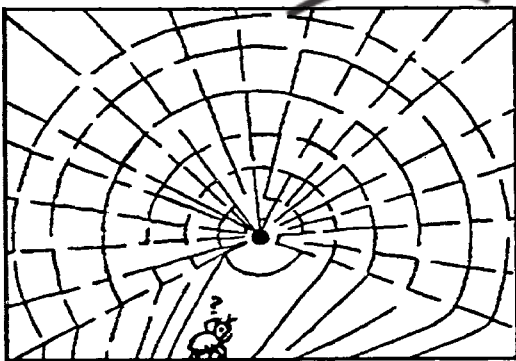
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KIDBITS

Junior Whirl

by Hal Kaufman



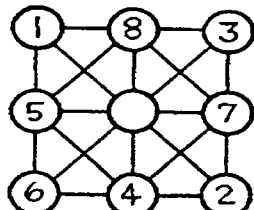
WEBWARD HO! Follow that bug — see if you can make your way through openings in this spider web to black dot at center.



PITCH IN! Find Ed, Dan, Stan, Flo, Ron, Al and Sue among consecutive letters of the following sentence: We need both concern for, and an understanding of, lots of environmental issues. Time limit: two minutes.

PULL SWITCH! Observe that numbers shown (1-8) total 12 on each of the four sides at right. It is possible to move these numbers one at a time, using empty circle to start, and in nine moves attain a total of 15 per side.

How's it done?
P.S.: Use of numbered disks will facilitate moves. Or, perhaps you'd prefer to simply work out a 15-per side arrangement using numbers 1-8 without the moves.



HIDE AND SEEK WILD LIFE

FIND a creature — animal, bird, insect, etc. — listed below to complete the name of each of the following flowers and plants (Ex.: No. 1 is a lion):

- Dande _____
- _____ lily.
- _____ glove.
- _____ balm.
- _____ grass.
- _____ bane.
- _____ flax.
- _____ spur.
- _____ tail.
- _____ berry.
- _____ root.
- _____ cabbage.

Creatures: Cat, snake, lark, fox, goose, skunk, bee, tiger, flea, crab, lion, toad.

10. Goose, 11. Snake, 12. Skunk.

LAFF - A - DAY



"—I, John Jones, being of sound mind and body—spent it all."



Moments in time

THE HISTORY CHANNEL

• On July 22, 1598, William Shakespeare's play "The Merchant of Venice" is entered on the Stationers' Register. By decree of Queen Elizabeth, the Stationers' Register licensed printed works, giving the Crown tight control over all published material.

• On July 19, 1799, during Napoleon Bonaparte's Egyptian campaign, a French soldier discovers a black basalt slab inscribed with ancient writing near the town of Rosetta, about 35 miles north of Alexandria. Called the Rosetta Stone, the artifact held the key to solving the riddle of hieroglyphics, a written language that had been "dead" for nearly 2,000 years.

• On July 18, 1925, Volume One of Adolf Hitler's philosophical autobiography, "Mein Kampf," is published. It was a blueprint of his agenda for a Third Reich and a clear exposition of the nightmare that will envelope Europe from 1939 to 1945.

• On July 16, 1935, the world's first parking meter, known as Park-O-Meter No. 1, is installed on the southeast corner of what was then First Street and Robinson Avenue in Oklahoma City, Okla. Parking cost a nickel an hour. By the early 1940s, there were more than 140,000 parking meters operating in the United States.

• On July 17, 1955, Disneyland -- Walt Disney's metropolis of nostalgia, fantasy and futurism -- opens. The \$17 million theme park was built on 160 acres of former orange groves in Anaheim, Calif. Today, Disneyland hosts more than 14 million visitors a year, who spend close to \$3 billion.

• On July 20, 1969, at 10:56 p.m. EDT, American astronaut Neil Armstrong, 240,000 miles from Earth, speaks these words to more than a billion people listening at home: "That's one small step for man, one giant leap for mankind." Stepping off the lunar landing module Eagle, Armstrong became the first human to walk on the surface of the moon.

• On July 21, 1973, "Soul Makossa" is the first disco record to make the Top 40. It is now best remembered as the source of the rhythmic chant that appears in Michael Jackson's "Wanna Be Startin' Somethin'" in 1982.



To Your Good Health

By Paul G. Donohue, M.D.

Blame Ingrown Hairs for Shaving Bumps

DEAR DR. DONOHUE: I am a black woman writing on behalf of my boyfriend. He has a crop of little bumps on his face. I asked him if they are pimples, and he laughed. He said they're shaving bumps. How does he get rid of them? -- R.C.

ANSWER: Men of any race can develop shaving bumps. Black men's hair is more tightly coiled, and they, therefore, are quite susceptible to them. If a man cuts his facial hair too closely to the skin, it can spring back toward the skin and penetrate it. Tightly coiled hair is especially prone to this. The sharp end of the hair pushing back into the skin acts like a foreign body. It irritates the skin and inflames it. A little bump forms.

It must be a chore for your boyfriend to shave. To get rid of the bumps, he has to stop shaving until they go away. He also has to dislodge all the hairs that have penetrated the skin. He can do this by taking a clean needle and slipping it under the loop that the hair makes. Then he pops the end of the hair out of the skin. When he frees all the ingrown hairs and stops shaving, his skin will clear.

To prevent new bumps when he resumes shaving, he has to adopt a different shaving style. He must soften his beard with soap and warm water before using a razor. He will do himself a favor by buying an electric razor and putting it on

a setting that doesn't shave the beard too closely. With either a blade or an electric shaver, he should shave in the direction of hair growth, and he shouldn't pull his skin taut.

If he goes through all this and doesn't meet with success, he'll have to see a doctor. In fact, if his shaving bumps are crusted with dried pus, he should start out by seeing a doctor. The pus indicates infection, and he'll need an antibiotic cream to get rid of any infection.

If your boyfriend is squeamish about freeing the ingrown hairs with a needle, you can do the job for him. You're the one who set all this in motion.

DEAR DR. DONOHUE: I wonder if you will answer my question, which concerns our medical records. Are we, as patients, entitled to request our medical records in order to deliver them to a new doctor?

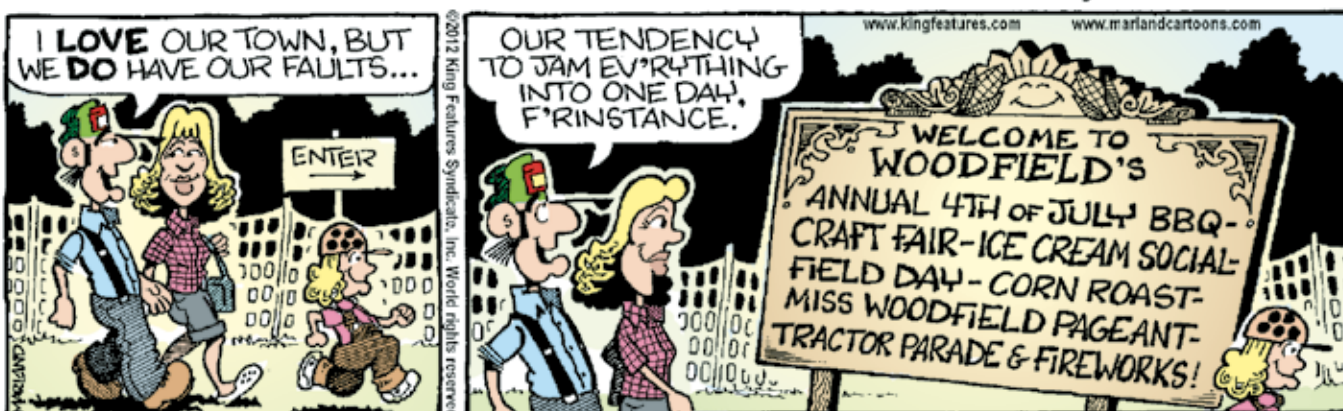
We have had to change to a new doctor and would like him to know our past medical history. He hasn't received the complete file, including tests. Since our insurance pays for these tests, it seems to me that we should be able to request the originals or copies. -- P.S.

ANSWER: Laws regarding the ownership of medical records vary from one state to the next. However, in most states, the doctor and hospital own the medical records. However, you are entitled to get a complete copy of your records. The doctor or the hospital can charge a reasonable fee for copying them.

If the doctor or hospital refuses to comply, contact your county or state medical society.

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

R.F.D.



by Mike Marland



New Orleans Bread Pudding

by JoAnna M. Lund

- 2 (4-serving) packages sugar-free vanilla cook-and-serve pudding mix
- 4 cups skim milk
- 1 teaspoon coconut extract
- 1/2 teaspoon ground nutmeg
- 8 slices reduced-calorie French or white bread, torn into pieces
- 1/2 cup raisins
- 2 tablespoons flaked coconut
- 2 tablespoons chopped pecans
- 1 teaspoon rum extract
- 2 teaspoons reduced-calorie margarine

1. Preheat oven to 360 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
2. In a large skillet, combine 1 package dry pudding mix and 2 1/2 cups skim milk. Cook over medium heat until mixture starts to boil, stirring constantly with a wire whisk. Remove from heat. Stir in coconut extract and nutmeg. Add bread pieces, raisins, coconut and pecans. Mix gently to combine.
3. Pour mixture into prepared baking dish. Bake for 30 to 35 minutes. Place baking dish on a wire rack while preparing sauce.
4. In a medium saucepan, combine remaining package of dry pudding mix and remaining 1 1/2 cups skim milk. Cook over medium heat until mixture thickens and starts to boil, stirring constantly with a wire whisk. Remove from heat. Stir in rum extract and margarine.
5. Cut bread pudding into 6 pieces. For each serving, place a serving of bread pudding on a dessert plate and spoon about 1/4 cup warm rum sauce over top.

• Each serving equals: 211 calories, 3g fat, 10g protein, 36g carb., 652mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Skim Milk, 1 Fruit, 1/2 Fat.

Just Like Cats & Dogs

by Dave T. Phipps



Senior Pets Need Extra Checkups

By Samantha Mazzotta

DEAR PAW'S CORNER: How often should my 12-year-old mutt, "Akira," see the veterinarian? He's very healthy for an older dog, but my girlfriend says he needs to have more than a once-a-year physical. Is that true? -- Matt C., Longwood, Fla.

DEAR MATT: Twice a year is a good guideline for senior pets to visit their veterinarian, if they're otherwise healthy. That's because older dogs and cats can develop conditions common to pets of advanced age quickly -- conditions that sometimes go unnoticed but should be treated sooner rather than later so the pet's quality of life doesn't diminish. It's normal for a pet to slow down as it ages. But the reduced activity that an owner sees as normal can mask developing conditions like arthritis, thyroid imbalance, heart disease or cancer. A dog or cat's slowing pace also can lead to obesity, meaning owners need to regulate and monitor their diets closely so that senior pets get proper nutrition while avoiding excess calories.

Many vets will recommend a twice-yearly exam once a pet reaches an age considered senior. (This varies a bit for dogs. Larger dogs are often considered senior pets after age 8 or 9; smaller dogs might be 10 or older.) It's not a moneymaking move -- it's a good recommendation. The exam should include a full physical, along with testing for developing conditions like diabetes or other illnesses that, untreated, can drastically shorten a pet's life.

Additionally, you should keep Akira's vaccinations up to date and read up on pet care for senior dogs. There are many things owners can do to improve their pet's quality of life beyond extra medications: special diets, specific exercises and modified play are among the steps owners can take.

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.

TIDBITS GOES LONG.....

When your head hurts, it hurts! Americans take a total of 50 billion aspirin tablets -- about 15.5 million tons -- every year.



Weekly SUDOKU

by Linda Thistle

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

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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TOWER BRIDGE (continued)

- During Queen Elizabeth II's Silver Jubilee in 1977, the bridge was painted red, white and blue as part of the celebration. Prior to that, it had been chocolate brown and a greenish-blue color.
- More than 40,000 people cross the 800-foot-long (244-m) span each day. The bridge can be raised to an 83-degree angle in just five minutes — an amazing feat considering each bascule weighs 1,000 tons! River traffic always takes precedence over road traffic, but 24-hours notice must be given in order to have the bridge raised for a ship. Because many days often go by without the bridge lifting, it is considered good luck to witness the opening.

DYSLEXIA

Dyslexia afflicts both young and old, regardless of intelligence. Tidbits relays some information about the most common learning disability in children as well as facts about some familiar folks who have risen above its effects.

- Dyslexia is caused by a deficiency in the brain's ability to translate images from eyes or ears into understandable language. It's not the result of vision or hearing problems, neither is it a sign of mental retardation. In fact, highly intelligent and creative people are affected. It's estimated that over 40 million Americans have dyslexia. Some researchers believe that as much as 17 percent of school-aged children have the disability.

- "Primary dyslexia" is a dysfunction of the left side of the brain and is a hereditary disorder that causes individuals to struggle with reading, spelling and writing into the adult years. With "visual dyslexia," there is difficulty with number and letter reversals such as transposing letters or words, reading "tab" for "bat," and confusing a "d" with a "b." "Auditory dyslexia" results in trouble with the sounds of letters. A child may not remember or understand what he has heard, sometimes missing parts of words or sentences. He also may have a problem finding words to express his thoughts.

- Symptoms of dyslexia in a child include late talking, difficulty rhyming, inability to comprehend rapid instructions or remember sequences, trouble understanding what he hears, and seeing words or letters in reverse. He may not be able to follow more than one command at a time. The sooner dyslexia is diagnosed, the better the results. Teens and adults might experience difficulty with time management, reading aloud, learning a foreign language, memorization and understanding jokes.

continued on next page

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TIDBITS WORD POWER

Unscramble this word:

EUCMERBMLEL

This word means: *The second largest part of the brain*

Laugh a bit with TIDBITS

Wife: "Honey, is that a bald spot I see?"
Husband: "No, that's a solar panel for brain power."

TIDBITS Laughs!

"I wish my name was Brian because maybe sometimes people would misspell my name and call me Brain. That's like a free compliment, and you don't even gotta be smart to notice it."
-- Mitch Hedberg

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All About HAWAII HAWAIIAN ISLANDS FASTA USTA

Holidays & Observances This Week

7/15 Tapioca Day
7/16 Global Hug Your Kid Day
7/17 Peach Ice Cream Day
7/18 International Mandela Day
7/19 Get to Know Your Customers Day
7/20 National Lollipop Day
7/21 National Junk Food Day

THIS WEEK'S CELEBRITY BIRTHDAYS

Jesse Ventura 7/15/51
Will Ferrell 7/16/67
David Hasselhoff 7/17/52
Vin Diesel 7/18/67
Vikki Carr 7/19/41
Carlos Santana 7/20/47
Robin Williams 7/21/51

TIDBITS

MISTER BREGER By Dave Breger

"My boss said, 'Sure, you can step out for coffee at company expense,' so I pocketed \$75,000 and headed for Brazil to buy a coffee plantation ..."

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Good Housekeeping
Grilled Sweet Potatoes

We steam and slice sweet potatoes, and then give them a turn on the grill to create this deliciously unexpected side dish.

2 1/2 pounds sweet potatoes, peeled if you like
 1 tablespoon olive oil
 1/4 teaspoon salt
 1/4 teaspoon coarsely ground black pepper
 Parsley, for garnish

1. Prepare outdoor grill for covered, direct grilling on medium.
2. In 5- to 6-quart saucepot or Dutch oven, place collapsible steamer basket and 1 inch water. Cover saucepot; heat water to boiling on high on range top. Cut

sweet potatoes into 1/2-inch-thick diagonal slices.

3. Place potato slices in steamer basket; reduce heat to low. Cover saucepot and simmer 12 to 15 minutes or until potatoes are just fork-tender; do not overcook. (Potatoes can be steamed a day ahead and refrigerated until ready to grill.)
4. Transfer potato slices to jellyroll pan; brush with olive oil and sprinkle with salt and pepper to season both sides. Place potato slices on hot grill grate. Cover grill and cook potatoes 10 to 12 minutes or until lightly charred and tender, turning slices over once with large metal spatula. Transfer potatoes to serving bowl; garnish with parsley. Makes 4 side-dish servings.

- Each serving: About 245 calories, 4g total fat (1g saturated), 0mg cholesterol, 170mg sodium, 50g carbohydrate, 6g dietary fiber, 3g protein.

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

DYSLEXIA (continued)

- Although dyslexics have struggles with language, they are frequently gifted in other areas, such as mathematics, science or the arts. Although Albert Einstein couldn't memorize simple lists, including the order of the months of the year, he could easily solve complicated mathematical equations and formulas. Brilliant inventor Thomas Edison patented approximately 1,200 items during his lifetime. Edison spent just three months in public school, before his mother chose to deal with his learning disability by homeschooling him.
- Many dyslexics turned their attention to athletics for success. Texas Rangers pitcher Nolan Ryan, boxing champ Mohammed Ali, decathlete Bruce Jenner and Olympic diver Greg Louganis have all triumphed over their disability.
- When painter Pablo Picasso flunked out of school due to reading difficulties, his art professor father spurred him to develop his artistic abilities, a gift that was evident at a very young age. It's also believed that Leonardo da Vinci was dyslexic, evidenced by his notes, written right-to-left, a trait exhibited by many left-handed dyslexics.
- In the entertainment world, actors Tom Cruise, Patrick Dempsey and Orlando Bloom have all battled the effects of dyslexia. Bloom states, "You have all the information you need, but find it harder to process... It's a lack of access." Jay Leno was advised to drop out of high school but proved his advisors wrong when he achieved a bachelor's degree in speech therapy.
- Although dyslexia makes language comprehension and writing extremely challenging, that didn't stop Fannie Flagg from pursuing a writing career. She became a successful novelist and screenplay writer, nominated for an Academy Award for the script of her novel "Fried Green Tomatoes at the Whistle Stop Cafe," a 1991 movie blockbuster.

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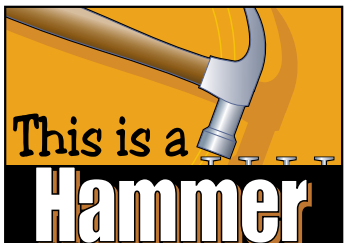
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TIDBITS presents TRIVIA NEWSFRONT

1. What percentage of people dream in black and white?
2. What is the name given to the folds in brain material?
3. What is regulated by the occipital lobes of the brain?
4. Which term refers to the loss of the ability to speak?
5. Which lobes of the brain are involved with hearing and memory?



Replacing a Grill's Propane Regulator

Q: I picked up a used gas grill for free the other day. The only problem with it, as acknowledged by the owner, is that the hose connecting the regulator to the propane tank has a leak in it. Is this something I can fix easily? Paying for an expensive repair would kind of negate the "free" part of the deal. -- Jake in San Diego

A: This should be a fairly easy repair, and not expensive at all. Replacement regulator and hose assemblies for most types of gas grills can be found at the home-improvement store for around \$20.

First, make sure the propane tank (if it came with the grill) is completely shut off by turning the tank spigot clockwise until it is tightly closed. Set the grill's control knobs to the "off" position.

Remove the hose assembly by unscrewing the hose connections from the propane tank and the grill. You can use pliers if necessary on this step. If the connectors are stubborn, spray a bit of lubricating oil on them and allow to work for about five minutes before trying to unscrew them.

Take the regulator and hose assembly to the home-improvement store to match it up with the correct replacement part. If the grill didn't come with a propane tank, or if the accompanying tank is empty, now is also a good time to either purchase a propane tank or exchange the old one.

Back home, hook up the regulator assembly to the propane tank and to the grill. Do not use pliers at this point -- hand-tighten the connections. Pliers can crack the plastic shell inside the connectors. Once the connectors are on straight, you can use pliers to gently tighten the connectors about a half-turn.

Next, test the connections for leaks. Mix dish soap and water until the solution is nice and frothy. Leaving the grill knobs in the "off" position, turn on the propane tank and drizzle the soapy water over each connection, including where the hoses connect to the regulator. (A sponge can make this task easier.) If you see bubbles rising and popping fast at one of the connections, or if you smell gas, there's a leak. Shut off the propane tank and re-tighten the connections, then test again until the connections no longer leak.

HOME TIP: When grilling, only open the propane-tank valve 1/2 turn. This supplies enough gas to the burners, and makes emergency shut off very fast should you ever need to close the valve.

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.

TIDBITS OF UTAH COUNTY
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The Garden Bug
Gardening relieves stress

In a 2011 study, researchers in the Netherlands randomly assigned people to 30 minutes of either outdoor gardening or indoor reading. Gardening and reading each led to decreases in stress hormones, but decreases were much stronger in the gardening group. Positive mood was fully restored after gardening, but deteriorated after finishing reading.
Source: sagepub.com

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COMMUNITY NEWS BITS

PAYSON

Payson Big O Tires



July Business of the Month

When Big O Tires announced the opening of its newest location at 1146 W 800 S 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.

Ribbon Cutting for Gameland World - Jul 19 @1P

located at 32 E. Utah Ave below the castle turrets and across the parking lot from Southgate Hardware. Two brothers from Utah, Eli Smith and Ziah Smith, are starting up a new game store in downtown Payson called Gameland World. The store sits in the back portion of the building which historically was the city library, courthouse and bank, among other things. Gameland World sells new and retro video games, board games, strategy card games, and also has a huge selection of movie rentals ranging from new releases and family films to classics and award winners. The first rental is free for every new customer and all additional rentals are only 99 cents. Every month rent which they pay for the store space will go towards finishing the rest of the historic building. This will make it possible to finish other parts of the building and use it for other great stuff. Eli and Ziah have spent a lot of time getting the store ready and they hope that everyone from kids to adults to whole families will enjoy the atmosphere that is created at Gameland World.

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

Pleasant Grove

Heritage Festival - Sept 8th

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



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UPCOMING YOUTH SPORTS REGISTRATION DATES:

- Youth Volleyball 3rd -12th Grade Register: Aug1-30
- Flag Football 1st - 12th Grade Register: Aug 1-30
- 2nd Grade Basketball Register: Aug 1-30
- Jr. Viking Cheer Register: Aug 1 - Sep 4
- Cross Country Register: Aug1-30
- Adult Coed Volleyball Register: Aug1-Until filled

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

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

July 15	The Buskers & Doc Taylor
July 22	Hunt Family
July 29	Jeri Warnick
Aug 5	Bonne Nuit
Aug 12	Amanda Verwer
Aug 19	CB Jazz Band

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.



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.com.



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

ANSWERS

SPORTS QUIZ

- Minnesota's Geoff Zahn, in 1980.
- False -- he hit .316 in 102 games during the strike-shortened 1981 season.
- Rob Lytle (Michigan in college, 1977; Denver in the NFL, 1978).
- Atlanta's Kevin Willis was 31 when he did it in the 1993-94 season.
- Rogie Vachon had eight in the 1976-77 season.
- Cornell junior Kyle Dake has won titles in three weight classes.
- Seve Ballesteros, with 50.

WORD POWER ANSWER
CEREBELLUM

TRIVIA NEWSFRONT ANSWERS

- 12 percent
- Gyri
- Vision
- Aphasia
- The temporal lobes



- John Lloyd Wright, son of architect Frank Lloyd Wright
- W
- Seven
- "Garfield," the cat's owner
- Hiccups
- Oklahoma
- Augusta, Maine
- Volkswagen
- India
- Mrs. Norris

Go Figure! answers

5	÷	1	+	8	13
+		+		÷	
9	÷	3	+	4	7
÷		+		+	
7	+	6	-	3	10
2		10		5	

King Crossword Answers

Solution time: 27 mins.

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

Weekly SUDOKU Answer

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