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July 23, 2012

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Issue 2012-30

Published by : Serendipity Weekly

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TIDBITS® SAYS WE'RE IN THE BLACK

by Kathy Wolfe

The word "black" doesn't mean just an object's color — It has cultural and psychological meanings as well. This week, Tidbits explores a variety of areas where we see both the color and the word.

- Those items that are black do not reflect any rays from the visible light spectrum. Rather, they absorb the frequencies of all color pigments. The presence of all primary colors creates black. The absence of these results in white.
- Most of us are aware of the superstition that if a black cat crosses our path, bad luck is on the way. However, in Great Britain and Ireland, that feline is a symbol of good luck. The Scots even believe that a black cat near their house means prosperity is imminent. The Japanese also look upon it as good luck, and that ladies who own one will have many suitors. The Germans are very specific about the black cat's route — If it crosses your path from right to left, it's a bad omen, while a left to right course signifies future favorable times.
- If you drive a black vehicle, supposedly you are empowered and not easily manipulated. You also love elegance!

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UTAH PIONEER DAY - JULY 24, 1847

The Mormons, as they were commonly known, had moved west from their old settlement in Illinois to escape religious discrimination. They had embarked on a treacherous thousand-mile journey, looking for a new place to settle. Many Mormons died in the cold, harsh winter months as they made their way over the Rocky Mountains to Utah. Arriving in Utah's Great Salt Lake Valley, Brigham Young famously proclaimed "This is the Place". When they reached the Salt Lake area, they saw it was remote and wild. These pioneers wanted an isolated place to freely practice their religion so the Great Salt Lake Valley seemed ideal. They immediately planted potatoes and turnips, built a dam, and had a solemn ceremony to dedicate the area as their "Promised Land." Then they sent word back to their fellow members describing the two-square-mile city they had settled. The original settlers were followed by the ill-fated Handcart Brigades. By the end of 1847, nearly 2,000 Mormons had moved to the Great Salt Lake Valley.

The day they arrived in Utah is still celebrated today. Every 24th of July, people in Utah and several other Western states celebrate Pioneer Day. People give speeches, ride in parades, participate in rodeos, and join with friends and family for a picnic. These activities honor the bravery, strength of character, and physical endurance of the Mormon Pioneers who originally settled Utah and much of the intermountain west.



1. **GEOGRAPHY:** What state is home to the most of the Yellowstone National Park?
2. **TELEVISION:** What was Norm's wife's name in the sitcom "Cheers"?
3. **ANIMAL KINGDOM:** What is a group of toads called?
4. **PERSONALITIES:** What 1950s television newsman signed off his broadcasts with the words, "Good night and good luck"?
5. **LANGUAGE:** What does recalcitrant mean?
6. **MUSIC:** What famous duo performed "Foggy Mountain Breakdown"?
7. **MEDICAL:** What common condition is known as cephalalgia?
8. **INVENTIONS:** Where were cross-bladed scissors invented?
9. **LITERATURE:** Who wrote the novel "Dracula"?
10. **MOVIES:** What famous actress played an uncredited bit part as a Halloween ghoul in the movie "E.T.: The Extra-Terrestrial"?



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Now here's a tip! by Jo Ann Derson

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- When traveling this summer, bring a chip clip or other hinged clip with you. You can use it to keep the curtains closed in your hotel room.
 - "To keep my car looking nice, I keep it clean inside and out. One trick I have is to keep a few paper towels dampened with window cleaner in a resealable plastic baggie. I'm ready as soon as something needs to be cleaned up." -- B.U. in South Carolina
 - "If you have an empty non-aerosol hairspray bottle, you can add some rubbing alcohol to it for cleaning purposes. You also can spray your hands, using it like a hand sanitizer." -- A.A. in Pennsylvania
 - "When you need to rescrew something and find the hole is stripped out, sharpen a pencil to a point, stick it in the hole and snap the end off. You'll have new wood to screw into." -- C.A. in Florida
 - Want beachy highlights? Do them the old-fashioned way. Get lemon or lime juice, splash it on your hands and run your hands over your hair. If you're out in the sun, those areas will lighten.
 - Line your vegetable bin with clean newspaper to keep moisture down.
- Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or email 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.

	÷		+		17
-		+		÷	
	÷		+		5
x		x		x	
	-		x		21
15		14		14	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 4 5 6 6 7 8 9

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IN THE BLACK (continued)

- To the Japanese, black is the symbol of nobility, age and wisdom. Contrast this with their view of white, which represents serfdom, youth and naïveté. In light of this, they award the black belt in martial arts as a symbol of achievement and seniority, as a sign that the individual has "blended the mind and body into one, into a unity within oneself and with the universe."
- Black History Month has been officially observed since 1976, when President Gerald Ford called on all Americans to recognize February as a time to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."
- The ancient Aztecs viewed black as the color of war because black obsidian glass was used to make the cutting edges of their battle swords. Black also represented the institution of religion, because their priests wore only black.
- Traditionally, musicians in the orchestra pit wear black attire. This is not only because of the formal look, but more so, not to draw attention away from those performers on stage.
- The wearing of black clothing while in mourning dates back to the Roman Empire in the western world. However, in Japan, the color of mourning is white.
- In the field of astronomy, a black dwarf is a star that has burned out, while a black hole is an area in space created from a collapsed giant star that has run out of fuel. Matter and light cannot escape the intense gravitational pull of a black hole, the weight of which is estimated at a million times as much as the sun.
- Old-fashioned black licorice gets its flavor from the root of the Glycyrrhiza glabra plant, a legume related to beans. But the candy's color comes from the addition of molasses to the batch, not from the licorice plant's extract.

continued on next page

THIS WEEK'S CELEBRITY BIRTHDAYS

Selena Gomez	7/22/92
Daniel Radcliffe	7/23/89
Jennifer Lopez	7/24/69
Matt LeBlanc	7/25/67
Sandra Bullock	7/26/64
Alex Rodriguez	7/27/75
Sally Struthers	7/28/48

TIDBITS

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

Go Crazy About Books at Your Town Library

Some things in life are still free -- like your neighborhood library. If you haven't dusted off your library card in awhile, put it into action this summer, step inside a local branch and be amazed by the innovative activities and services you'll find. You'll likely discover that frequenting your library as part of your weekly routine is a healthy habit that will keep minds of all ages sharp all summer long. Check out these "free of charge" ideas:

Storytime
Contact your library for dates and times when you and your preschoolers or grandkids can gather with neighbors to enjoy readings of engaging picture books. Singing, acting and crafts often are included. "Afterward, look for books based on a particular theme," suggests Jeanne O'Grady, program librarian for Santa Cruz, Calif., public libraries. "For example, choose a topic such as 'food' and check out a menu of fun, nutrition-related books with appetizing titles such as 'Cucumber Soup' by Vicki Leigh Krudwig, 'Little Pea' by Amy Rosenthal and 'Rah, Rah, Radishes!: A Vegetable Chant' by April Pulley Sayre." Once you read one of the books, enjoy preparing a snack or meal using the book for inspiration. "Reinforce new vocabulary you have just read by narrating what you are actually doing as you prep the ingredients and eat the food," she says. "Kids simply can't resist the sounds of fun words like asparagus, artichoke and macaroni."

E-books
The list of library e-book titles for iPads, Nook and other readers is growing. Go online, check out your choice and download free of charge.

Pre-trip prep
Before you leave on vacation, find useful travel books, maps, magazines and conversational language-learning CDs to enrich your travel experience. For long, cross-country car trips, don't forget to check out audio books before you hit the road.

Volunteer!
Inquire about volunteer opportunities at the library for your preteen or teenage children. They may be asked to assist with crafts and puppet shows, monitor summer reading programs and assist in searching for titles on the computer.

HUBERT - - By Dick Wingert

"This is the least expensive tray of rings in the shop."

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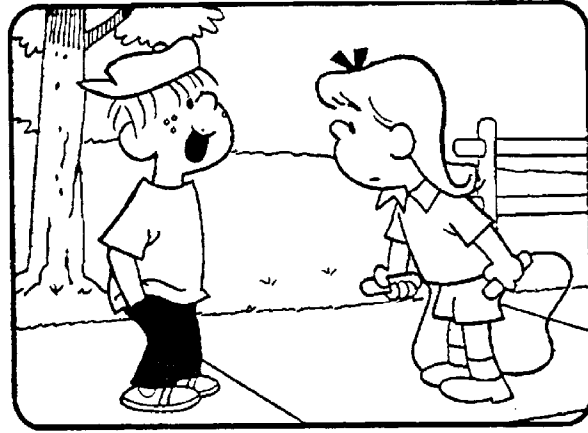
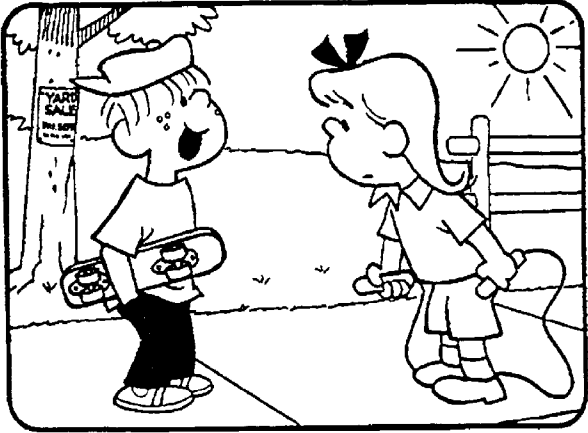


- 1 Since 1988, only two players have stolen as many as 78 bases in a season. Name either one.
- 2 Who was the last player before Toronto's Jose Bautista in 2011 to have the most home runs in a month for five consecutive months?
- 3 Name the last year before 2011 in which there were fewer than two running backs selected in the first round of the NFL Draft.
- 4 Three men's basketball players have been named to the NCAA Final Four All-Tournament team three times each. Name two of them.
- 5 The Detroit Red Wings set an NHL record in 2011-12 with a 23-game home winning streak. Who had held the mark?
- 6 Who was the oldest driver to win a season championship in NASCAR's Cup series?
- 7 Between 1978 and 1987, a total of three men won 10 U.S. Open singles tennis titles. Name two of them.

By Chris Richcreek

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Poster is missing. 2. Skateboard is missing. 3. Bow is smaller. 4. Sun is missing. 5. Shorts are shorter. 6. Jump-rope is different.

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TIDBITS QUOTE

"People can have the Model T in any color — so long as it's black."
— Henry Ford

Strange BUT TRUE

- It was double Nobel Prize-winning chemist and peace activist Linus Pauling who made the following sage observation: "The best way to have a good idea is to have lots of ideas."
- You may not have learned about it in school, but during the summer and early autumn of 1859, the United States and the British became involved in a conflict known as The Pig War. In June of that year, a pig on American soil was shot by a British infantryman in Canada. In response to the provocation, the American militia camped out on the border for four months, until the British finally apologized. No lives were lost (other than the pig's).
- The acre as a unit of measurement has been with us for quite some time. Originally, an acre was considered to be

IN THE BLACK (continued)

- There was the "Man in Black" and there were "Men in Black." Country music icon Johnny Cash earned his nickname by wearing his trademark black clothing, including a long knee-length coat, differing from his country counterparts who dazzled in rhinestone suits. Cash said he wrote his 1971 hit "Man in Black" on behalf of the "poor and beaten down" and "the prisoner who has long paid for his crime," as well as soldiers killed in Vietnam, "the lives that could have been." But initially, Cash and his band mates wore black shirts because it was the only matching color shirt they all had! The first "Men in Black" movie premiered in 1997; it was a science fiction comedy about a secret agency that monitors alien activity in New York City. Clint Eastwood was chosen to play the lead character, but after he turned it down, Tommy Lee Jones was put in the role opposite Will Smith. Smith didn't want the role of "J," but his wife talked him into taking it. A sequel came along in 2002, and MIB III opened in the spring of 2012.
- More tea drinkers sip black tea than any other type; it equals 90 percent of total tea consumption. Although black, oolong, green and white teas all come from the same shrub, black tea is more oxidized than the other three. Green tea undergoes minimal oxidation during processing, and white tea is made with no fermentation whatsoever. White tea has the least caffeine, just 1 percent of what a cup of coffee contains. Black tea contains 20 percent of coffee's caffeine.
- If you've been denied a particular privilege or recognition, you've been blacklisted. The term also applies to those who have been rejected from work in a certain field, or one who has been ostracized from elite social circles. The word dates back to the 1600s, when England's King Charles II compiled a list of 58 judges who had sentenced his father Charles I to death. When Charles II regained the throne 11 years later, 13 of those on his "blacklist" were executed, 25 were sentenced to life in prison, and the remainder escaped.
- Some clubs hold secret ballots to determine whether an individual should be admitted. Those who vote against the person's admittance "blackball" him.

continued on next page

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the amount of land that could be tilled in a single day by one man behind one ox.

- If you've seen the movie "The Wizard of Oz," you might remember that in the Emerald City, the horses were a variety of bright colors. No special effects there -- the set designers simply rubbed the animals with Jell-O powder to achieve the bright hues. Those scenes had to be shot very quickly, though, since the horses had a tendency to lick off their colors.
- If you spent some part of the 1980s trying to puzzle out a solution to a Rubik's Cube, you may be surprised to learn that the world record, held by Frenchman Edouard Chambon, is just 9.18 seconds. And it was set in 2008.
- Those who study such things say that the lightning on Jupiter is 1,000 times more powerful than the lightning here on Earth.

Thought for the Day: "A person who trusts no one can't be trusted." -- Jerome Blattner

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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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- ACROSS**
- 1 Swedish pop quartet
 - 5 Distant
 - 8 Hairless
 - 12 Skelton's Kadiddle-hopper
 - 13 Brazilian resort city
 - 14 Met melody
 - 15 Big name in appliances
 - 17 Ponce de —
 - 18 34-Down's mate
 - 19 Ex-GI
 - 20 Entry form
 - 21 Marry
 - 22 Dine
 - 23 Actor Fonda
 - 26 Sanit workers' job
 - 30 Hertz rival
 - 31 Transmit electronically
 - 32 Shakespeare villain
 - 33 Ruin
 - 35 Build a wing
 - 36 Peace (Lat.)
 - 37 Mel of Coopers-town
 - 38 "— Buddies"
 - 41 Pair
 - 42 Insult (Sl.)
 - 45 Opposed
 - 46 Locate precisely
 - 48 Tilt
 - 49 Consumed
- DOWN**
- 1 Rue the run
 - 2 Huff and puff
 - 3 — noire
 - 4 Pump up the volume
 - 5 Cooked in a skillet
 - 6 "— Mis-behavin' "
 - 7 Decay
 - 8 Pen type
 - 9 Vicinity
 - 10 MGM
 - 11 Unpleasantly moist
 - 16 Finished
 - 20 Vagrant
 - 21 Cadets' place
 - 22 Gender
 - 23 Cushion
 - 24 Leading lady?
 - 25 "— the season ..."
 - 26 Shaft of light
 - 27 Moving truck
 - 28 Time of your life?
 - 29 Bagel topper
 - 31 "The Simpsons" network
 - 34 See 18-
 - 35 On
 - 37 Title holder
 - 38 Soothing ointment
 - 39 Draftable
 - 40 Celebrity
 - 41 One of the Jackson 5
 - 42 Rotary phone feature
 - 43 Erstwhile Peruvian
 - 44 Ratatouille, e.g.
 - 46 Zero-star review
 - 47 Chances, for short

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Source: Newsweek

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TIDBITS

NUGGET OF KNOWLEDGE

The "Crash of '29" came on October 29, 1929, when the New York Stock Exchange completely collapsed after several days of panic. On "Black Tuesday," the Dow lost 23 percent of its value, wiping out billions of dollars in wealth in one day, financially ruining countless banks, businesses and individuals. Along with soaring unemployment rates, this ushered in the 12 years of the Great Depression.



IN THE BLACK (continued)

If you're bitten by a member of the Latrodectus genus, most likely you won't die. Although the venom of the black widow spider is quite potent, it usually only results in muscle aches, nausea or difficulty breathing, although it can be fatal to small children. And the spiders generally bite only in self-defense, for example, when a person sits on them. The female, famous for consuming the male after mating, is more than twice the size of her mate and has venom three times more potent. She can grow up to about 1.5 inches (37 mm). Not every female will have the trademark red hourglass on the abdomen — Sometimes there are two red spots, sometimes no markings at all. The male can often exhibit the hourglass as well, although its marking is usually yellow or white.

FAMOUS LANDMARKS OF THE WORLD: THE TAJ MAHAL

Situated near the banks of the River Jumna in northern India sits the world's most stunning mausoleum, visited by close to four million sightseers every year. This week, Tidbits has gathered some interesting information about the Taj Mahal, one man's monument to his beloved wife.

The emperor Shah Jahan met his future wife when he was just 15 years old and declared it was love at first sight. Although the couple did not marry for another five years, they were inseparable during the interim. Upon their marriage, he titled his bride Mumtaz Mahal, meaning "Chosen One of the Palace," and he began construction of a luxurious royal home.

In 1631, the Shah set out with his armies to pacify an uprising. His wife chose to accompany him, which was not an unusual occurrence, except that she was advanced in pregnancy. After experiencing complications, Mumtaz Mahal, age 38, died shortly after the birth of her 14th child. With her dying breath, she asked her husband to promise to honor their love by building the world's most beautiful mausoleum.

Construction of the Taj Mahal began in 1632, and an estimated 20,000 laborers worked on the edifice over the course of more than 21 years. A 9.3-mile- (15-km) long ramp was built for dragging materials to the site. Teams of 30 oxen as well as 1,000 elephants pulled marble blocks to the sophisticated pulley system that raised the blocks into position.

A huge gateway and arch welcome visitors to the area, symbolic of the gateway through which Mohammed entered Paradise. The marble portal of the main entrance is inscribed with the "promise of Allah," which reads, "O thou soul at peace, return thou unto thy Lord. These are the Gardens of Eden, enter them and live forever."

A minaret stands at each of the four corners of the pedestal platform on which the tomb rests. Each stands 130 feet (40 m) tall, the traditional components of mosques.

There are 42 acres of grounds in the complex, divided by four channels of water, which represent the four rivers of Paradise mentioned in the sacred Koran. Colossal sunken flowerbeds, trees, pools and fountains complete the magnificent landscape. The large white marble monument with its distinctive onion dome appears pinkish in the mornings, a milky white during the evening, and golden in the moonlight.

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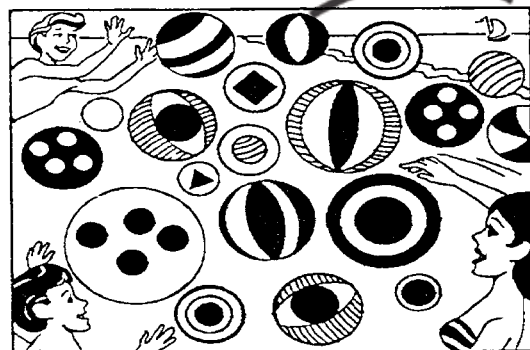
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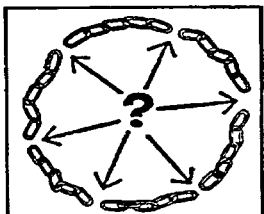
FIND TWINS! There are two sets of twins among the various beach balls above. See how quickly you can find both sets.

IN CROWD! Insert a consonant into the name of a desert animal and find the name of a California seaside resort. Into this name, insert a vowel and find a possible choice of center in a box of assorted chocolates. Time: 1 min.

LINK-UPS! This classic poser continues to present a challenge. We have six segments of chain containing five links each, at right. We would like to join these segments into one continuous chain by opening and closing the fewest number of links in the shortest amount of time.

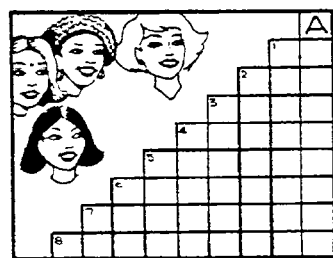
If it takes one minute to open a link, and one minute to close one, in how few minutes can we complete the circle?

Try puzzling it out. Ten minutes — by opening all five links of one segment and using each link to connect ends of the others.



Junior Whirl

by Hal Kaufman



ADD-A-LETTER WORD POSER

Add a letter in each step progressively at left, rearranging letters as necessary, to form new words in accord with the following definitions:

1. First letter of alphabet (A, in place).
2. In attendance.
3. Occupied a chair.
4. Hollywood status.
5. Gaze steadily at a person or thing.
6. Metal frames used in fireplaces, etc.
7. Unfamiliar
8. Police officers next below captains or lieutenants.

Time limit: 2 minutes.

1. A, 2. At, 3. Sat, 4. Star, 5. Stare, 6. Grades, 7. Strange, 8. Sergeant.

LAFF - A - DAY



"Let's not get too upset. There's still a chance he isn't ours."



Moments in time THE HISTORY CHANNEL

• On July 28, 1868, following its ratification by the necessary three-quarters of U.S. states, the 14th Amendment, guaranteeing black Americans citizenship and all its privileges, is officially adopted into the U.S. Constitution.

• On July 24, 1911, American archeologist Hiram Bingham gets his first look at Machu Picchu, an ancient Inca settlement in Peru. Machu Picchu is believed to have been a summer retreat for Inca leaders, whose civilization was wiped out by Spanish invaders in the 16th century. The site itself stretches an impressive 5 miles.

• On July 26, 1931, a swarm of grasshoppers descends on crops throughout Iowa, Nebraska and South Dakota, devastating millions of acres. The swarm was said to be so thick that it blocked out the sun and that grasshoppers could be shoveled with a scoop. Cornstalks were eaten to the ground and fields left completely denuded.

• On July 27, 1943, Joseph Stalin, premier and dictator of the Soviet Union, issues Order No. 227, which came to be known as the "Not one step backward" order, in light of German advances into Russian territory. The order declared, "Panic makers and cowards must be liquidated on the spot. Not one step backward without orders from higher headquarters!"

• On July 29, 1967, a fire on the USS Forrestal stationed off the coast of Vietnam kills 134 service members, injures hundreds and destroys 20 planes. The deadly fire on the U.S. Navy carrier began with the accidental launch of a F-4 Phantom jet rocket, which hit a parked A-4 Skyhawk jet.

• On July 23, 1976, members of the American Legion arrive in Philadelphia to celebrate the bicentennial of U.S. independence. Soon after returning home, many began suffering from a mysterious form of pneumonia, which would become known as Legionnaires' disease. The final tally was 221 cases, including 34 deaths.

• On July 25, 1985, Rock Hudson, Hollywood leading man, announces through a press release that he is suffering from acquired immune deficiency syndrome (AIDS). Hudson was the first major celebrity to go public with such a diagnosis.



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

Brain Bleeding From Aneurysm

DEAR DR. DONOHUE: A friend of mine, 46 years old, with a wife and two children, died of a stroke. I also heard he died of a subarachnoid hemorrhage. Are they the same? He was the picture of health and was devoted to exercise. Could his exercise be responsible? He was almost a fanatic about it. -- P.M.

ANSWER: A subarachnoid hemorrhage is a special kind of stroke. It's due to the bursting of an aneurysm on one of the brain arteries. Aneurysms are small, balloon-like protrusions of a brain artery. They're weak spots. "Subarachnoid" indicates that the artery is below one of the brain's coverings -- the arachnoid. It's the same place where cerebrospinal fluid circulates. A rush of a large volume of blood into this space compresses the brain and compromises its function. The increased pressure on the brain adds to the threat of death.

Sometimes these weak bulges have been there from birth. In most instances, they arise during life. High blood pressure, smoking and excessive intake of alcohol contribute to their development. From 10 million to 15 million Americans have a cerebral aneurysm. Only a small percentage of these people die from it.

At the onset of bleeding, the involved person complains of a terrible headache, the worst he or she has ever had. The person then becomes unresponsive and slips into a coma. This sort of stroke has a high fatality rate, around 50 percent.

Answering your question about your friend's devotion to exercise and its influence on his death is hard. Exercise did not cause the aneurysm to form. In unusual circumstances, it might have caused the aneurysm to break. Straining to lift a very heavy load while simultaneously holding the breath has been described as a possible reason for rupture of this kind of artery problem.

The booklet on strokes describes the more common stroke causes and their treatment. People can order a copy by writing: Dr. Donohue -- No. 902W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: Recently a friend passed away from Creutzfeldt-Jakob disease. The total course of the disease took about 10 weeks, although some recall subtle changes earlier. This has been described as human mad cow disease, or very rapid Alzheimer's. What can you tell us about it? -- T.H.

ANSWER: It's an infection due to a new kind of germ, one that is totally protein. No other living thing, if this truly is living, is composed only of protein. The germ is called a prion. When it finds its way into the brain, it causes a rapidly progressive and profound dementia. The prion might have been there for decades, however, before signs appear. It is a truly rare disease that occurs in all parts of the world. Most of the time, it is fatal in a short time, about one year. No medicine stops its progress or improves its symptoms. Transmission of CJ disease to family members living under the same roof as the patient has not been described.

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

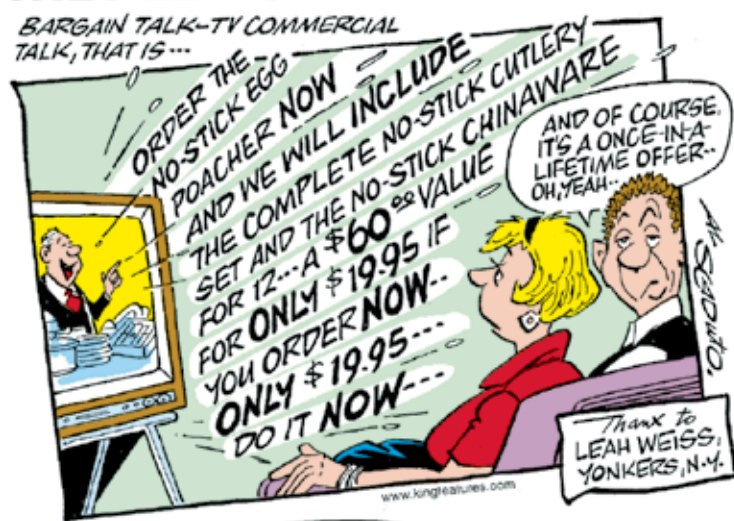
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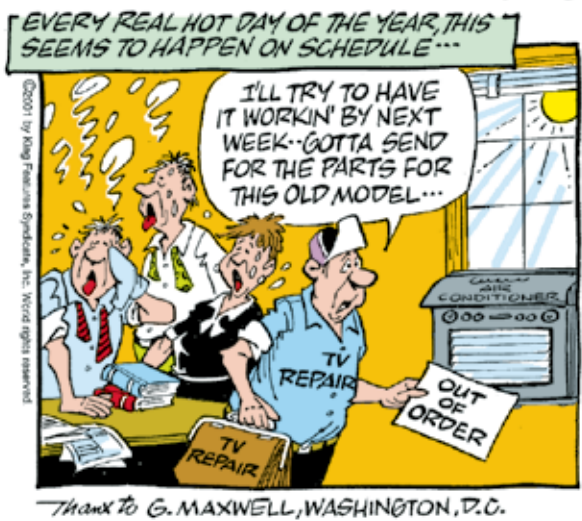
by Mike Marland



THEY'LL DO IT EVERY TIME



BY AL SCADUTO



Just Like Cats & Dogs

by Dave T. Phipps



Canine Influenza Is Very Contagious

By Samantha Mazzotta

DEAR PAW'S CORNER: What is dog flu? A friend at the dog park told me that I need to ask the veterinarian about getting my dog vaccinated against it. -- Gladys in Dallas

DEAR GLADYS: Canine influenza, or dog flu, is a new illness that was first documented in 2004. Since then, it has been found in dogs in 38 states, with more than 100 cases recorded in Texas. Dogs that become ill with canine influenza have symptoms that include runny nose, coughing and a fever. Just as in humans, the illness can become very serious because dogs can get dehydrated, or can develop a secondary infection like pneumonia -- conditions that can be deadly.

Furthermore, according to the Centers for Disease Control and Prevention, canine influenza is highly contagious and can be easily transmitted between dogs. (It can't be transmitted to humans.) An information release from Jefferson Animal Hospital in Baton Rouge, La. says that many infected dogs

appear healthy at first, meaning it's more likely that an ill dog will spread influenza to other dogs at meeting places like dog parks, doggie daycare, and grooming and boarding facilities. The really depressing fact about this flu is that almost every dog exposed to it will become ill unless they're vaccinated, because it's such a new virus that dogs have no immunity to it. The best way to prevent the spread of canine influenza is to get your dog vaccinated. Contact your veterinarian about the availability and cost of this vaccination. Learn more about this illness at <http://www.doginfluenza.com>.

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

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

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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THE TAJ MAJAL (continued)

- The interior is octagon-shaped, and the white marble walls are inlaid with 35 different types of precious and semi-precious stones, including jade, jasper, turquoise, sapphires, pearls and lapis lazuli. Delicate motifs of flowers, vines and fruits were meticulously crafted from the stones.
- Because Muslim tradition forbids the elaborate decoration of graves, the actual tombs holding the bodies of the Shah and his wife are in a much simpler crypt below the inner chamber. Their faces are turned toward Mecca, Islam's holy city. Inscribed along the sides of Mumtaz Mahal's tomb are "The 99 Names of God," including Noble, Magnificent, Majestic, Eternal and Glorious.
- The reign of Shah Jahan came to an unfortunate end when his son plotted to overthrow him, imprisoning his father in a tower and taking over the throne. From his window in his prison, Shah Jahan was able to view his beautiful monument. Upon his death, the son buried him next to his beloved wife.

THAT'S JUST NUTS!

Tidbits is feeling a little nutty this week! Learn more about these healthy additions to your diet.

- Sometimes called para nuts or cream nuts, Brazil nuts are grown in tropical South American rainforests. Their name might be "Brazil," but most of the world's supply comes from Bolivia. The huge tree that produces them grows up to 150 feet (45.7 m) tall and 6 feet (1.8 m) in diameter. The nuts form inside a hard pod about the size of a coconut, which holds between 15 and 25 nuts. Because these pods can fall from the tree without warning, harvesters wear wooden hats to protect their heads. Brazil nuts are high in fat, about 65 percent in content, which causes them to spoil more readily than other nuts.

- We call them peanuts, but they're not really nuts — Peanuts are legumes grown underground. Of all the nuts that Americans snack on, peanuts account for two-thirds of the total, about 700 million pounds (317 million kg) every year. One acre of plants will produce 2,860 pounds (1,297 kg) of peanuts, enough to make 30,000 peanut butter sandwiches. One 18-ounce (.5 kg) jar of peanut butter requires 850 peanuts. Just over half of the U.S. crop comes from Georgia, with half of Georgia's crop going to the manufacture of peanut butter. Chocolate manufacturers use about 20 percent of the peanut crop.

- Do you have a phobia about peanut butter sticking to the roof of your mouth? You suffer from arachibutyrophobia.

continued on next page

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TIDBITS WORD POWER

Unscramble this word:

DLGBRCAUKA

This word means: *A scoundrel; one with few, if any, principles*

TIDBITS Laughs!

Q: When is it unlucky to have a black cat cross your path? A: When you're a mouse!

Q: Why are black cats such good singers? A: They're very mewsical.

MISTER BREGER By Dave Breger

"His picture is in today's paper ...!"

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All About HAWAII HAWAIIAN ISLANDS FASTA USTA

Comfort foods
Made fast and healthy

Mexicali Tenderloins
by JoAnna M. Lund

This recipe guarantees a kiss for the cook every time!

4 (4-ounce) lean pork tenderloins or cutlets
1 (10 3/4-ounce) can reduced-fat tomato soup
1/2 cup chunky salsa
1 teaspoon dried parsley flakes
1 cup frozen whole-kernel corn, thawed

1. In a large skillet sprayed with olive oil-flavored cooking spray, lightly brown meat on both sides for about 3 minutes. In a medium bowl, combine tomato soup, salsa, parsley flakes and corn. Spoon soup mixture evenly over browned meat.
2. Lower heat, cover and simmer for 10 minutes. Uncover and continue simmering for 5 minutes. When serving, place a piece of meat on a plate and spoon about 3/4 cup sauce mixture over top. Serves 4.

- Each serving equals: 243 calories, 7g fat, 27g protein, 18g carb., 417mg sodium, 2g fiber; Diabetic Exchanges: 3 Meat, 1 Starch.

Holidays & Observances This Week

7/22 Parents' Day
7/23 National Hot Dog Day
7/24 Amelia Earhart Day
7/25 Culinaricians' Day
7/26 Aunt and Uncle Day
7/27 Summer Olympics' Opening Ceremony
7/28 National Milk Chocolate Day



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THAT'S JUST NUTS! (continued)

- What's the difference between a filbert and a hazelnut? Nothing! They are one and the same. St. Philibert was a 7th century abbot who founded a French monastery. His feast day is August 22, the day filberts ripen in England, and his accomplishments are commemorated by a nut bearing his name. French settlers introduced the tree to Oregon, where they are widely grown, making them that state's official nut.
- Walnuts must have been a popular snack in Pompeii. Archaeologists have found uneaten walnuts in the remains of the city, buried by the 79 A.D. eruption of the volcano Mt. Vesuvius. A walnut tree can produce for nearly 100 years.
- Two varieties of nuts are mentioned in the Bible, almonds and pistachios. The almond is not a true nut, but rather a drupe, related to other stone fruits, such as peaches, plums, apricots and cherries. California is the world's top producer of almonds, although they are also grown in Spain, Syria, Iran and Morocco. These nutritious nuts are an excellent source of protein, potassium, Vitamin E and magnesium, and have been shown to help lower cholesterol. Twenty-five almonds contain only 160 calories, with one gram of saturated fat. Pistachios, mentioned in Genesis 43:11, come from one of the oldest flowering nut trees, harvested for at least 9,000 years. A member of the cashew family, the pistachio is one of the lowest calorie nuts — about 100 calories for 30 nuts. They are also a good source of antioxidants, scoring higher than a cup of green tea.
- Have you "gone pecan?" In New Orleans' lingo, that's not a good thing; it means you're beyond help! The pecan tree is the state tree of Texas, and Pecan Festivals are held there annually.

Laugh a bit with TIDBITS

Q: Why do black widow spiders kill their mates after mating?

A: To stop the snoring before it starts.

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Good Housekeeping

Pork Chops with Glazed Peaches

1/3 cup Dijon mustard
 1/4 cup packed light or dark brown sugar
 1 tablespoon bottled steak sauce
 4 pork loin chops, each 3/4-inch thick
 Parsley sprigs, for garnish
 Glazed Peaches (below)

1. In medium bowl, with fork, mix Dijon mustard, brown sugar and steak sauce. Add pork chops, turning to coat chops with mustard mixture.
2. Place pork chops on grill over medium heat. Cook pork chops until lightly browned on both sides and chops just lose their pink color throughout, about 10 to 12 minutes, brushing with mustard sauce remaining in bowl and turning them occasionally. Place pork chops on 4 dinner

plates; garnish with parsley sprigs. Serve with Glazed Peaches, if you like. Serves 4.

3. Glazed Peaches: About 10 minutes before serving, cut each of 4 medium-size peaches in half; remove pits. In small bowl, with spoon, mix 2 tablespoons light or dark brown sugar with 1 tablespoon water. Place peach halves on grill over medium heat and cook 5 to 8 minutes, brushing peaches with brown-sugar mixture and turning peaches occasionally, until hot and lightly browned.

- Each serving (without peaches): About 280 calories, 12g total fat (4g saturated), 54mg cholesterol, 630mg sodium, 15g carbohydrate, 26g protein.
- Each serving of peaches: About 65 calories, 0g total fat (0g saturated), 0mg cholesterol, 5mg sodium, 16g carbohydrate, 1g protein.

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

TIDBITS presents

TRIVIA NEWSFRONT

1. What book written by Robert Louis Stevenson was based on the life of Robin Hood?
2. Name the term for the outcast from a family or society.
3. What was the name of Sabrina, the Teenage Witch's magical talking black cat?
4. What is the meaning of a black flag in the world of auto racing?
5. If your reputation has suffered damage through slander, it's been given one of these.



Leak Stop in a Can?

Q: I've seen ads for a spray-on leak fixer that's advertised for leaky gutters, damaged shingles and other problem areas. What's your take on this? Should I order a can? – Jerry in Sedona, Ariz.

A: My first thought about this kind of fix-all product is that it may be a great help as a temporary patch, but a damaged gutter or shingle eventually will need to be fixed properly. And major damage, such as a ripped or cracked gutter, probably won't hold up long with a spray-on patch.

I haven't tried the product in question, so I could, of course, be wrong about its capabilities. However, there are other spray-on rubber brands available at hardware and home-improvement stores. None that I've seen claim to fix leaks and large cracks; they're advertised as sealants and as spray-on nonslip surfacing. They also cost much less, on average, than the product being advertised on television, especially with the cost of shipping and handling removed.

If you decide to purchase the product, I'd say it would likely work best as a sealant for gaps around things like air conditioning ducts and where pipes emerge from the wall. Using it to patch areas or objects that bear weight -- like the joints between gutter sections, cracks in a deck's wood flooring and so on -- is probably not a good use for the product. For patching the roof, I'd be very careful about using it: Eventually, a leaky area of the roof will need more permanent repairs. Replacement of damaged shingles or flashing, as well as repair of the damaged area, could be hindered, not helped, by the presence of spray-on rubber.

HOME TIP: Need to mark the location of a leak so you can find it while on the rooftop? In the attic, locate where the water is coming in a drive a 10-penny nail upward so that it pushes up the shingle above.

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.

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Going on vacation?

While you travel, irrigation systems can fail and animals can break through fencing. Container plants need frequent watering, and prolonged heat can kill any plant unless additional water is provided. Disease and insects will take over if ripe fruit and veggies are left to rot. Strong summer storms can damage plantings and property. Have a friend or neighbor watch out for your investments.

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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. utcountyfair.com

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.



Kiwanis – Payson Area Chamber of Commerce Presents: President Josh Webster of The Kiwanis Club at Poor Boys on Thursday, July 26th, 10:30 am, 865 South 100 West (Hghwy 198) in Payson, Utah. 11:00 - 11:45 will be The Kiwanis Presentation.

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



Thursday Evenings 5-9 PM
July 5th – September 27th
Historic Downtown Park

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

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

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

Spanish Fork

FIESTA DAYS - For additional information, See the Fiesta Days 2012 Magazine or go to spanishfork.org

RODEO – Fri Jul 20, Sat Jul 21, Mon Jul 23 & Tue Jul 24 8P At the Completely NEW Arena
MY FAIR LADY – Thu Jul 19, Fri Jul 20, Sat Jul 21, Mon Jul 23, Thu Jul 26, Fri Jul 27, Sat Jul 28 All at 7P
Matinee on Sat Jul 28 @1P NOTE: There is no show on Jul 24th Tickets \$8 Special Rates Available
All Shows are at the Spanish Fork High School Auditorium @ 99 N 300 W

CONCERT – RYAN SHUPE & The RubberBand Jul 27 7:30P at the Fairgrounds Arena 475 S Main \$6

CONCESSION VENDORS IN THE PARK – Fri Jul 20, Sat Jul 21, Mon Jul 23 & Tue Jul 24 11A

CRAFT FAIR AT CITY CENTER – Fri Jul 20 3P-11P, (Sat Jul 21, Mon Jul 23 & Tue Jul 24 9A – 11P)

CARNIVAL – Fri Jul 20 4P, Sat Jul 21 10A, Mon Jul 23 4P, Tue Jul 24 10A

CHILDREN'S PARADE – Sat Jul 21 West on Center Street from 700 E to 100 E at 9A

FISH RODEO – Sat Jul 21 at the City Park at 10A

CAR SHOW – Sat Jul 21 at the City Park 3P to 9P

GOLF TOURNAMENT – Sat Jul 21 at Spanish Oaks Golf Course 2300 E Powerhouse Road at 9A or 2P \$65

SOFTBALL TOURNAMENT – Sat Jul 21 Sports Park 295 W Volunteer Drive

STREET DANCE – Sat Jul 21 Center Street between Main & 100 E 8P to 11P

SPEEDY SPANIARD – 10K Road Race Tue Jul 24 at Canyon View Park 3300 E Powerhouse Road at 6:30A

Mile Run at 7:30A

SUNDAY NIGHT IN THE PARK – Concert of local community performers at City Park at 7:30P

GRAND PARADE – Tue Jul 24 starting at Center & Main at 9A

OUTDOOR QUILT SHOW – Jones-Hughes Pioneer Park 143 S Main Tue Jul 24 from 9A to 5P

ADOPT A DUCK – FIREMAN FUNDRAISER Tue Jul 24 Main St Bridge to Westpark River Bridge at 2P

FIREWORKS – Tue Jul 24 at Sports Park. Concert @ 7P & Fireworks @ 10:15P

Tabitha's Way - 2nd annual Backpack Giveaway! SAT AUG 11 at the Spanish Fork Senior Center.

We need your help to raise the funds needed to purchase new backpacks. Last year we were able to hand out 320 backpacks filled with school supplies, a certificate for a free hair cut and clothing to needy children in our community. With your help we are hoping to be able to give away 500 backpacks this year. The costs of the backpacks are approximately \$5 each. Please contact Wendy via email if you are interested in helping with this event wendy@tabithasway.org
Thank you again for your generous hearts and loving support, God bless you!!

ANSWERS

SPORTS QUIZ

1. Montreal's Marquis Grissom in 1992 and Jose Reyes of the New York Mets in 2007.
2. Philadelphia's Jimmie Foxx in 1933-34.
3. It was 1984.
4. Lew Alcindor, Bill Walton and Patrick Ewing.
5. The 1975-76 Philadelphia Flyers and the 1929-30 Boston Bruins each had a 20-game home winning streak.
6. Bobby Allison was 45 when he won the title in 1983.
7. Jimmy Connors (1978, '82, '83), John McEnroe (1979-81, '84) and Ivan Lendl (1985-87).

WORD POWER
ANSWER
BLACKGUARD

TRIVIA NEWSFRONT

ANSWERS

1. "The Black Arrow"
2. The black sheep
3. Salem
4. The driver is to go into the pits.
5. A black eye



1. Wyoming
2. Vera
3. A knot
4. Edward R. Murrow
5. Resistant to authority
6. Lester Flatt and Earl Scruggs
7. Headache
8. Early Rome, about 100 A.D.
9. Bram Stoker
10. Debra Winger (Nurse Zombie carrying a Poodle)

Go Figure!
answers

9	÷	1	+	8	17
-		+		÷	
6	÷	6	+	4	5
x		x		x	
5	-	2	x	7	21
15		14		14	

King Crossword
Answers

Solution time: 21 mins.

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

Weekly SUDOKU
Answer

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