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TIDBITS® OFFERS A "REALITY" CHECK

by Blue Sullivan

Through programming successes like "American Idol" (still the most watched series on television in the United States), "reality TV" has grown to be a huge part of the programming broadcast on both cable and network television. The emergence of reality programming as one of the most successful and profitable genres found on television would seem to suggest this is a relatively new invention. Actually, it stretches all the way back to the 1940s. Here we'll recount a little about the history of this style of show, along with some things you might not know about reality programs in America and worldwide.

- In 1948, the first "reality show" aired. It was Allen Funt's "Candid Camera," a precursor to MTV's popular prank show "Punk'd" (currently hosted by pop superstar Justin Bieber and a revolving rotation of young entertainers). Unlike "Punk'd," which focuses on pranks played on celebrities, "Candid Camera" featured mild pranks played on everyday individuals, and captured their reactions.
- "Candid Camera" actually emerged from another "reality show" from another medium, a 1947 radio version with the same concept called "Candid Microphone."

turn the page for more!

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- Heather @ EDIBLE ARRANGEMENTS



1. **MOVIES:** What was Indiana Jones' real first name in Steven Spielberg's movie series?
2. **LANGUAGE:** What is a raincoat called in English slang?
3. **GEOGRAPHY:** What is the largest European country where people still drive on the left?
4. **MUSIC:** What rock band included musicians Glenn Frey, Don Henley, Bernie Leadon and Randy Meisner?
5. **ANIMAL KINGDOM:** What is a group of flamingos called?
6. **COMICS:** What is the name of Jeremy's brother in the comic strip "Zits"?
7. **U.S. PRESIDENTS:** What former first lady appeared in a margarine commercial on television?
8. **LITERATURE:** In "The Polar Express," what present did the boy ask Santa Claus to give him?
9. **ENTERTAINERS:** Comedian Minnie Pearl used to wear a trademark hat with a price tag hanging from it. What was the amount on the tag?
10. **ASTRONOMY:** Which planet in our solar system has a large red spot on it?

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Now here's a tip! by Jo Ann Derson
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- Fireworks can be a lot of fun for the kids, especially sparklers. To keep it safe, use a water bucket for spent sparklers. Another idea is to have an adult stationed at the bucket. The children must "turn in" a used sparkler to get a new one. Kids love to hear the "sizzle" when the hot metal touches the water, their feet won't get burned on hot sparklers underfoot, and there will be no stray sparklers in the grass hidden for later.
- "Keep a globe or world map in your living room or family room, along with a dictionary. This way, you can look up the meaning or spelling of a word if you hear it on television, and you'll be able to reference the map for places mentioned. I consult mine often." -- P.A. in Florida
- "I use the large pails of kitty litter. They have a lid that can be removed completely, but also have a pour spout. I save my empties to collect rainwater. I remove the lid and set them out to catch water when it rains, then put the lid on so that the water does not attract mosquitoes. I use it to water my flowers between storms." -- A Reader, via email
- "Purchase a variety of wooden frames from secondhand stores or tag sales, and paint them all one color. It makes a statement when you hang them all close together on a wall. We created a nice large display this way, and it was very inexpensive to do." -- E.M. in Arizona
- Create your own charging station: Find a wooden box large enough to hold a multistrip power connection and pretty enough to sit on the counter. Drill one hole in the side to fit the plug. In the top of the box, create holes through which you can fit your electronics connectors (cellphones, iPods, camera, etc.). All the cords will be stored in the box, out of sight.

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.

	÷		+	10
-		x	-	
	x		-	26
x		-	x	
	x		+	19
10		15		1

DIFFICULTY: ★★
 ★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 2 3 4 6 7 8 9 9

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A "Reality" Check (continued)

• "Candid Camera" was followed after each broadcast by another pioneer of reality TV, the Ted Mack talent search show, "Original Amateur Hour." Ted Mack's show televised amateurs competing before a live audience, who chose the winner. It was the first example of public voting determining the outcome of a TV show, predating "Idol" by decades.

- The longest running reality show in the United States is "Cops," which has been gracing our sets since 1989.
- MTV likes to tout its series "The Real World" (a success since the early '90s and still going strong) as the father of what most think of as modern reality TV, but that distinction probably goes to PBS' "An American Family." The 1973 series followed a family as they went through a divorce.
- "An American Life" was so influential that it inspired a well-reviewed cinematic satire by comedian and filmmaker, Albert Brooks. 1979's "Real Life" follows a filmmaker (played by Brooks) who is so inspired by the success of the PBS series that he tries to replicate it with a different family, with unexpectedly dire results.
- The incidence of reality programming on TV today is higher than it has ever been. One in four programs in primetime is reality based. In addition to its popularity with audiences, the genre is popular with TV executives for its cost-saving benefits. The average reality show costs about \$500,000 per episode, compared to \$2 million for a sitcom.
- Although reality TV has been a viable genre for over six decades, it's taken a while for the Emmys to take notice. The first award in the genre, "Outstanding Reality-Competition Series," was given in 2003 to "The Amazing Race."

continued on next page

THIS WEEK'S CELEBRITY BIRTHDAYS

Martina McBride	7/29/1966
Geddy Lee	7/29/1953
Elizabeth Dole	7/29/1936
Bud Selig	7/30/1934
Buddy Guy	7/30/1936
Mark Cuban	7/31/1958
Peter O' Toole	8/2/1932
Tom Brady	8/3/1977

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

Slurp and Savor Tasty Mango Salsa

"The mangoes are falling," chanted a chorus of excited young schoolkids in Haitian Creole while I navigated a rocky, muddy path in Haiti recently as a program volunteer with global health organization Medical Teams International (www.medicalteams.org). Sure enough, within seconds, a large, rosy-red and orange mango from a canopy of trees overhead landed with a thud right next to me. I quickly learned the kids' way of biting into the outer skin (after I washed it), removing it with my fingers and then devouring the fruit slurp by slurp, first one half and then the other. There's nothing quite as delicious as a tree-ripened mango. Now in season, beautiful vitamin- and mineral-rich mangoes are available at our local stores at reasonable prices. At snack time, remove the peel with a sharp knife and serve your kids long slices or chunks on a plate. Add other tropical fruits such as pineapple and papaya for additional authentic tastes of the Caribbean. For a highlight at your next barbecue, dice a mango and toss together with easy-to-find summer ingredients for this fresh and tangy mango salsa. It's delicious as an accompaniment to grilled chicken breasts or fish such as halibut and salmon. Serve it as a side, or spoon it on top of the chicken and fish. It's yummy with grilled shrimp, too.

FRESH AND TANGY MANGO SALSA
 1 large, ripe mango, peeled, pitted and diced (about 1 1/2 cups)
 1/2 medium red onion, chopped
 1 clove garlic, minced
 1 small jalapeno pepper, seeded and chopped (see note below)
 1 small red bell pepper, seeded and chopped
 2 tablespoons fresh cilantro, chopped
 1/4 cup fresh lime juice
 3 tablespoons orange juice
 Salt and cracked pepper to taste

In a mixing bowl, gently toss together all ingredients. Serve fresh. Keeps for one day. Makes about 4 to 6 servings.

Variations: Add a diced avocado.
 Note: The juice of jalapeno peppers can be irritating. Wear plastic deli-style gloves when handling. Avoid hand contact with your eyes.

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

HUBERT - - By Dick Wingert

"Try the Starks tomorrow night — they put out a pretty good meal, too."

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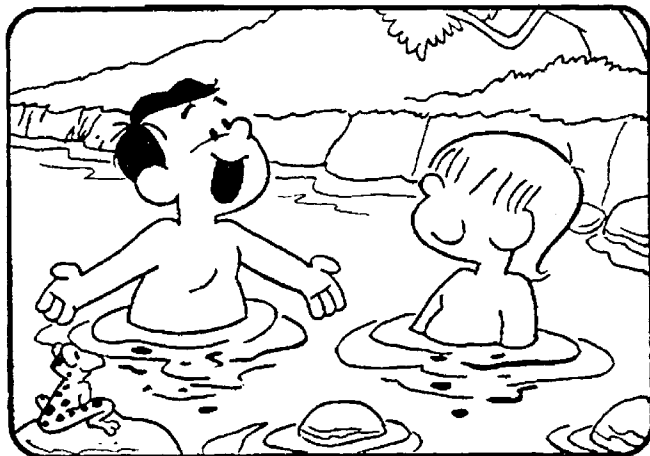


- Who was the first 20-game winner for the Kansas City Royals?
- Name the National League team that has won only one World Series game in franchise history.
- Who is the only Heisman Trophy-winning quarterback in the Pro Football Hall of Fame?
- How many consecutive seasons has point guard Jason Kidd made the NBA playoffs?
- Four players have won more than one NHL All-Star Game MVP award. Two of them are Wayne Gretzky and Mario Lemieux. Who are the other two?
- At the beginning of the 2012 Major League Soccer season, what country other than the U.S. had the most players on team rosters?
- John L. Sullivan and James J. Corbett are considered to be the first two world heavyweight boxing champions. Who was the third?

By Chris Richcreek

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.
 Differences: 1. Duck is missing. 2. Arm is missing. 3. Poles are missing. 4. Clothes (in tree) are missing. 5. Bird is missing. 6. T-shirt is missing.

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TIDBITS QUOTE

“Everything is for the eye these days — TV, Life, Look, the movies. Nothing is just for the mind. The next generation will have eyeballs as big as cantaloupes and no brain at all.”
 - Fred Allen

Strange BUT TRUE

- It was German-American painter and lithographer Herm Albright who made the following sage observation: "A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort."
- It's well-known that there were shortages of many items during World War II -- and caffeine was one. It was such a problem, in fact, that the chemists at Coca-Cola tried to find a substitute, even experimenting with a derivative of bat guano. The idea was nixed by an executive who was afraid of the public backlash if the truth ever came out.
- Just as a group of birds is called a flock, a group of frogs is called an army.

A "Reality" Check (continued)

- In 2008, an additional category was added honoring "Best Reality TV Show Host." It went to "Survivor" host Jeff Probst, who has since become a repeat winner in the category.
- Reality shows aren't just influential in the United States. Singer Susan Boyle's 2009 audition on the UK's popular show "Britain's Got Talent" has been viewed 120 million times on YouTube.
- Reality television has also reached the Muslim world. In 2010, a show called "Imam Muda" pitted contestants in a variety of challenges. These challenges included tests of Islamic theory, the counseling of teenagers and the recitation of the Quran. The winner received a job as an Imam, along with a free scholarship in Saudi Arabia and a new car.
- The most popular reality show in the United States is "American Idol," but few know its origins. "Idol" was created in the '90s by Simon Fuller. Fuller rose to prominence as the manager, and some would say manufacturer, of pop sensation The Spice Girls. He was so important to the group's success that the British press dubbed him "Svengali Spice." When the group suddenly fired him, Fuller devised a way to create a group over which he had full control, thus "Idol" was born.
- "American Idol" was actually supposed to be an online show when Fuller created it in 1997. However, the lack of high-speed internet in most homes made the idea unfeasible, so Fuller went to television to broadcast his idea instead.
- "American Idol" is actually a spin-off of a similar program in Great Britain called "Pop Idol." After agreeing to be one of the judges on the upstart American version, Simon Cowell nearly quit in the last week before the first episode aired. Cowell worried that his confrontational, distinctly British personality would not work with American audiences.
- In the nonfiction book "American Idol: The Untold Story," author Richard Rushfield interviewed Cowell about his nearly quitting the show before it ever aired. Cowell said, "I remember calling my lawyer, and I said, 'I don't want to do it. I haven't signed the contract. Get me out of it.'"

continued on next page

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- Ever wonder why a barber pole has red and white stripes? It's a rather grisly tale. At one time barbers did more than cut hair; they sometimes performed marriages and baptisms, served as dentists and even performed surgery. When engaged in the medical work, any excess blood was soaked up by white towels, which were often hung up on a pole outside to dry. As the wind wrapped the towel around the pole, it created a design of red and white stripes.
 - The 1982 film "Gandhi," which was awarded eight Oscars, including the one for best picture, used a whopping 300,000 extras.
 - Toilet paper was first introduced in the United States in 1857, but the idea didn't take off -- the paper being offered was evidently too much like the paper in the Sears catalog, which is what most people used at the time.
 - The most popular perfume in the world is Chanel No. 5.
- Thought for the Day:** "Always forgive your enemies, but never forget their names." -- Robert Kennedy

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 -Keepersbooksite

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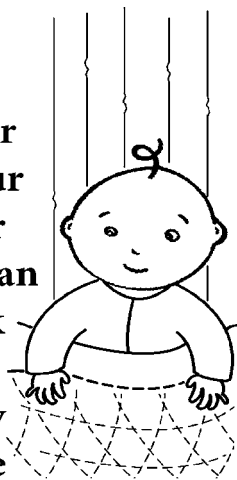
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| 12 Erstwhile Peruvian | 56 Type measures | 9 "Chattanooga —" | 38 See |
| 13 Meadow | 57 Greek vowels | 10 Damage | 40 Election mo. |
| 14 Carpet style | | 11 Curved molding | 42 Prolonged sleep |
| 15 Entrance | | 17 Dined on | 43 Muscat's land |
| 16 Tuna variety | | 19 Unfeeling | 44 Sniffer |
| 18 Baseball game division | | 22 Billy Goats Gruff foe | 46 Owl's call |
| 20 Not on the road | | 24 Pouch | 47 Sicilian volcano |
| 21 School district CEO | | 25 Cry of derision | 48 Shafts of light |
| 23 Common Mkt. | | 26 Old joke | 50 Edge |
| 24 Type of tree | | 27 Simplicity | |
| 28 Sharpen | | 29 Blunder | |
| 31 "That feels so good!" | | | |

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Least-Liked Boy Baby Names

1. Alfie
2. Larry
3. Walter
4. Arthur
5. Roger
6. Lachlan
7. Frank
8. Jerry
9. Harry
10. Bruce



Source: www.circleofmoms.com

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TIDBITS NUGGET OF KNOWLEDGE

The first moon landing was seen on television by over 600 million people. When Elvis Presley performed in Hawaii in early 1973, it was watched by one billion people worldwide. To give you an idea of how well-watched the Elvis special was, it's estimated that over half the United States was watching, 40 percent of the people in Japan, and 91 percent of the population of the Philippines!



A "Reality" Check (continued)

- Fortunately, Fox producers managed to talk Cowell out of abandoning the show. They convinced him he'd have "free rein" and wouldn't need to alter his abrasive persona for American viewers. One other judge did back out at the last moment, however. Originally, the show was to feature four hosts, but a Los Angeles radio DJ named Stryker quit the show at the last minute.
- Stryker was worried the "cheesy singing contest" would hurt his image. With no time to re-cast, the show decided to go with three judges instead. In an ironic coincidence, Stryker later served as the house DJ for the daytime talk show hosted by Ellen DeGeneres. DeGeneres was briefly added as a fourth judge on "American Idol."
- "Idol" fixture Ryan Seacrest nearly wasn't on the show as well. After being chosen for the show, contract negotiations stalled between the network and Seacrest's father, who served as his manager. Seacrest signed his contract mere hours before the first episode was shot.

FAMOUS LANDMARKS OF THE WORLD: USS ARIZONA MEMORIAL

A cornerstone of World War II, the USS Arizona Memorial sees more than a million visitors every year come from around the world to pay reverence to the battle of Pearl Harbor.

- Located around two miles west of the Honolulu Airport, the USS Arizona Memorial is on the island of Oahu.
- Managed by the National Park Service, the USS Arizona Memorial consists of the actual memorial along with a shore-side visitor center.
- During the battle of Pearl Harbor, around 1,777 crewman lost their lives on the USS Arizona, and it is the burial ground of almost all of them.
- Of all the ships on Battleship Row affected by the attack, the USS Arizona was the most heavily damaged with four direct hits. A total of 12 ships were sunk and nine damaged during the battle.
- Construction of the USS Arizona began in 1914 in New York; the ship was originally called battleship number 39. On the morning of December 7, 1941, Arizona's first hit came at approximately 8:10 a.m.
- The Memorial is part of the WWII Valor in the Pacific National Monument, which also includes the USS Oklahoma Memorial, USS Utah Memorial and other historic quays and bungalows.
- The Memorial is accessible only by boat, and The Memorial Tour is about 75 minutes long. Tickets are free. They do, however, go rather quickly and usually run out by 12 p.m. on most days.
- With the recent revitalization of the Visitor Center, the total area of the Memorial is about 17 acres. The Memorial site itself is 184 feet long.
- The Memorial consists of three sectors: the entryway, general area (designed for observation) and the shrine room, which houses a marble wall engraved with the names of all those who lost their lives.
- Construction of the Memorial began in 1949, was completed in 1961, and it was dedicated in May 1962.

continued on next page

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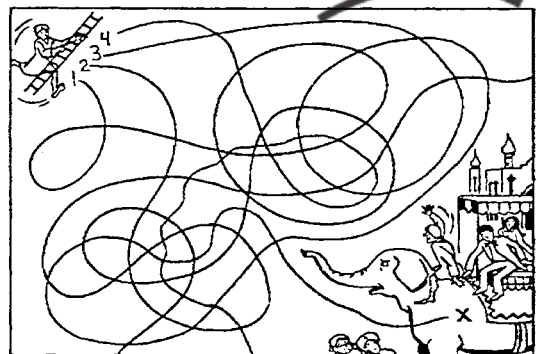
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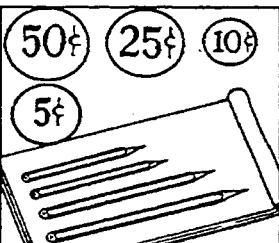
Junior Whirl
by Hal Kaufman



HURRY CALL! Hurry, our elephant-rider friends are in need of a ladder. Which path from top left leads to the scene?

ZANY POEM! To half a dozen, add half a score, and you will plainly see. Just twenty, neither less nor more — do tell, how can this be? See if you can puzzle it out.

SUM LENGTHS! Send a friend from the room. Place several coins upon the table and ask someone to point to a coin. Call back your friend, provide pencil and paper and ask him or her to jot down the identity of the selected coin. Alakazam, the answer is always correct. How come?
Secret: Answer is keyed to length of the pencil. Tie-in to coins is devised and memorized prior to performance of the trick. Give it a try.



PICK A PARTNER BOXING MATCH

THERE'S a box for this and a box for that listed below. And there's a companion list of box-related "partners." How quickly can you match lists?

1. Sandbox	panelist
2. Mailbox	writer
3. Soapbox	bandit
4. Jury box	angler
5. Shoe box	voter
6. Press box	gardener
7. Hatbox	realtor
8. Tackle box	toddler
9. Flower box	postman
10. Saltbox	orator
11. Strongbox	cobbler
12. Ballot box	milliner

Note: Each box is to have just one partner.
Time limit: 2 minutes.

LAFF - A - DAY



"Bobby Fisbee's father wants to copy my homework when you finish it."



Moments in time
THE HISTORY CHANNEL

• On July 31, 1715, a hurricane strikes the east coast of Florida, sinking 10 Spanish treasure ships carrying tons of gold and silver coins and killing nearly 1,000 people. About 80 percent of the treasures was recovered within a year, but the rest remained lost until the 1960s.

• On Aug. 5, 1858, the first telegraph line across the Atlantic Ocean is completed. Four British and American vessels met in mid-ocean and successfully laid 2,000 miles of cable, often at a depth of more than 2 miles.

• On Aug. 3, 1861, the last entry of Charles Dickens' serialized novel "Great Expectations" is published. Dickens' father was thrown in debtors' prison in 1824, and 12-year-old Charles was sent to work in a factory. The miserable treatment of children and the institution of the debtors' jail became topics of several of Dickens' novels.

• On Aug. 2, 1876, "Wild Bill" Hickok, one of the greatest gunfighters of the American West, is murdered in Deadwood, S.D. Hickok was playing cards with his back to the saloon door when a young gunslinger named Jack McCall walked into the saloon, approached Hickok from behind, and shot him in the back of the head.

• On Aug. 4, 1944, Jewish German-born Anne Frank and her family, who had been hiding in German-occupied Holland, are found by the Gestapo and transported to various concentration camps. The young girl's diary of her time in hiding was found after her death and published in 1947 as "The Diary of Anne Frank."

• On July 30, 1976, American Bruce Jenner wins gold in the decathlon at the Montreal Olympics and sets a world record in the event. After his win, Jenner was voted the 1976 AP Male Athlete of the Year. The 1976 Olympics was his last decathlon.

• On Aug. 1, 1981, MTV, the Music Television network, makes its maiden broadcast with the words, "Ladies and gentlemen, rock and roll." The roughly 80 different videos that made up that first week's rotation on MTV probably represented nearly every promotional music video then available.



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

Little League Elbow Is Overuse Injury

DEAR DR. DONOHUE: My 12-year-old son is something of a phenomenon when it comes to baseball, and he loves playing the game. I haven't pushed him into it. He's a particularly awesome pitcher, and his coaches are amazed at what he can do. I practice with him every day. He now has a sore elbow in his pitching arm. I think it might be Little League elbow. My wife blames me, because, she says, I overwork him. I need some guidelines on how much throwing is too much. Thanks. -- R.C.

ANSWER: The elbow is a site that's a potential calamity for the immature skeleton. Children have vulnerable spots in their bones called growth plates. These bone parts haven't yet become bone. They permit elongation of bones. One of those sites is the elbow. To make sure we're talking about the same thing, let the boy's throwing arm hang down with his palm facing forward. Feel the area of the elbow next to the body. That's where Little League elbow makes itself known. It's an overuse injury, meaning the boy is throwing too many pitches with too little rest. The incidence of elbow pain in young baseball players is quite high -- 20 percent to 40 percent. It can be avoided with a sensible program that limits the number of throws per day.

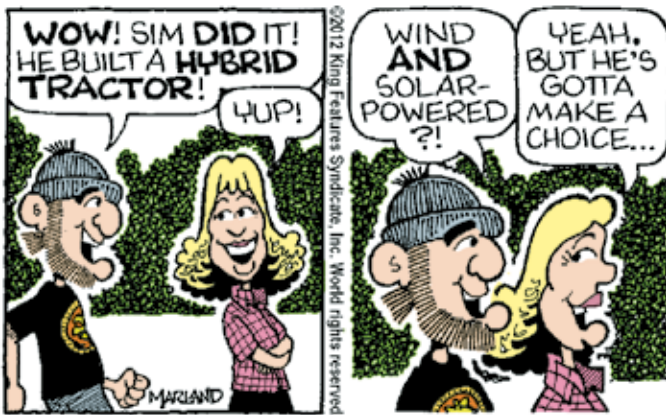
First, your son should not throw until the pain leaves. Then he can resume throwing, but gradually do so. Eventually he can work up to the Little League's standards for pitching for 12-year-olds. If a boy or girl of this age throws 66 pitches in one game, the child needs four days of rest -- no throwing; if it's 51 to 65 pitches, three days of rest are required; 30 to 50 pitches, two rest days; 21 to 35 pitches, one rest day. In practice, he should be limited to 20 pitches if he throws daily. If he throws more, he should follow the schedule for the number of pitches thrown in a game. If your boy's pain lasts a week, have the family doctor examine him. If he really has Little League elbow, healing can take six to 12 weeks.

DEAR DR. DONOHUE: Will you kindly tell me what is the appropriate time interval for a repeat colonoscopy? I have different information from doctors. I had my first colonoscopy when I was 51. The doctor who performed it said I didn't need another until I was 61. A different doctor says I need a repeat at 56. Which is it? -- E.P.

ANSWER: If no polyps were found on your first exam and if you have no close relatives who have had colon cancer, then the usual time for the next exam is 10 years. Otherwise, it is five years. The booklet on colon cancer explains its detection and treatment. Readers can order a copy by writing: Dr. Donohue -- No. 505W, 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.

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.

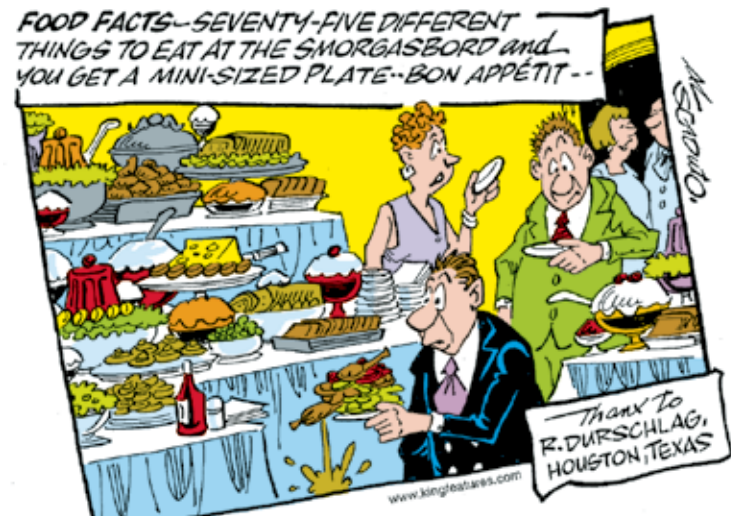
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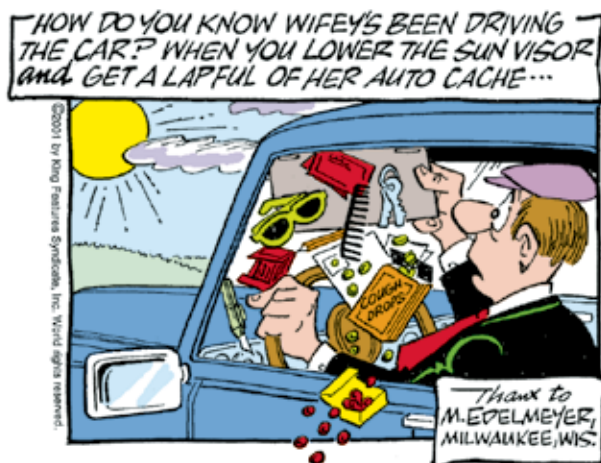
by Mike Marland



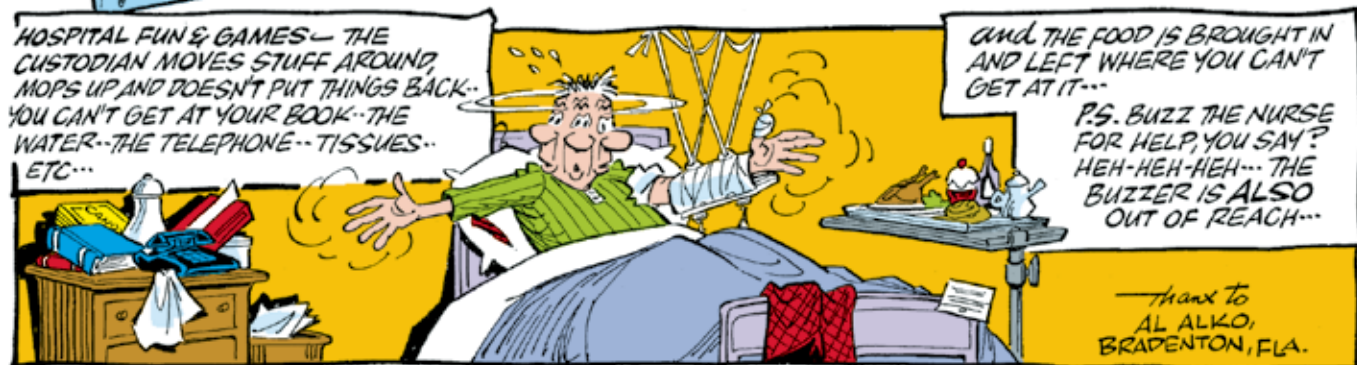
THEY'LL DO IT EVERY TIME



BY AL SCADUTO



Just Like Cats & Dogs by Dave T. Phipps



Lavender May Calm Hyperactive Dogs

By Samantha Mazzotta

DEAR PAW'S CORNER: I read on an Internet forum that lavender can help calm nervous and hyperactive dogs. Is this the case? I know that some plants are toxic to pets. -- Jenna C., Los Angeles

dogs and cats. Lily plants should not be in a house with cats, as they are very poisonous. Eucalyptus plants and essential oil should be kept away from pets; the plant leaves can cause vomiting if ingested, and the oil can make cats quite ill. A list of plants that are poisonous for cats and dogs can be found at earthclinic.com. Before bringing a new plant into the house or before applying an herbal or aromatherapy remedy to your pet, do your homework to make sure it's not toxic. Your veterinarian also can provide expert advice on herbs and plants to avoid.

DEAR JENNA: Lavender, or the scent of lavender, has been touted as a natural way to help calm down dogs. Experts advocating natural treatments recommend placing a few drops of the essential oil on a cloth, a favorite blanket or a cotton ball and placing it near the dog. (Make sure your dog doesn't ingest it.) I've seen recommendations to place the essential oil directly on a dog's coat, but this can cause skin irritation, so you should avoid that.

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.

For cats, however, lavender is a more dangerous proposition. Ingesting the essential oil or accidentally getting it on their skin can cause stomach upset and, in larger doses, liver toxicity. It's true that some plants, including herbs, are dangerous for both

Weekly SUDOKU

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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USS Arizona Memorial (Continued)

- Alfred Preis was the Memorial's architect. He says of the Memorial's design, "The overall effect is one of serenity. Overtones of sadness have been omitted to permit the individual to contemplate his own personal responses... his innermost feelings."
- Visitors frequently drop flowers into the water in honor of those who lost their lives.
- A photograph taken of the USS Arizona in the aftermath of the attack was plastered across the front pages of newspapers and soon became the image that most Americans associated with Pearl Harbor.
- Although it's been more than 70 years since the fall of the battleship, oil still leaks from ruptured bunkers.
- The Memorial and Pearl Harbor are two of the top tourist destinations in Hawaii.
- The Visitor Center is open every day from 7 a.m. to 5 p.m. and is only closed three days a year — Thanksgiving, Christmas and New Year's Day.
- Although security has been heightened since the September 11, 2001, attacks, personal cameras are still allowed, but purses, personal bags, backpacks, etc. are prohibited. Baggage storage is available.

GET THE PICTURE?

Since we spent some time on the stars of reality television, it seems appropriate to allot a little space to the medium that provided them stardom. Here are a few interesting pieces of information about the invention that helped shape the modern age.

- The first displayed image on a television was only 30 grainy lines. It was displayed in the year 1926 by J.L. Baird. The digital image currently seen on our TV sets is nearly 35 times as dense. In addition to being a much clearer image, the digital signal of modern televisions is 1,080 lines.
- Until late last year, the largest plasma TV available for purchase was a 103-inch plasma sold by Panasonic. It comes at the budget-unfriendly (except for the fabulously wealthy) price of \$70,000.
- However, Panasonic unveiled an even larger one at the most recent Consumer Electronics Show (known as the "Super Bowl of Technology") in Las Vegas. The 152-inch Panasonic 3D Plasma TV can be had by the true television connoisseur for \$500,000.

continued on next page

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7/30 National Cheesecake Day
7/30 Father-in-Law Day
7/31 Mutt's Day
8/1 National Raspberry Cream Pie Day
8/2 National Ice Cream Sandwich Day
8/3 National Watermelon Day
8/4 National Mustard Day

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Comfort foods
Made fast and healthy

Zucchini Ham Pasta Salad
by JoAnna M. Lund

When the temperature and the heat index create readings of 100 in the shade, you definitely need a plan of action for supper that doesn't add to the problem. Bring this to the supper table and see if you don't become an instant hero!

1 1/2 cups cold cooked rotini pasta, rinsed and drained
1 cup chopped unpeeled zucchini
1 1/2 cups cherry tomatoes, halved
1/2 cup sliced fresh mushrooms
3/4 cup fat-free Ranch dressing
1/4 cup fat-free mayonnaise
1/4 cup reduced-fat Parmesan cheese
3/4 cup reduced-fat Cheddar cheese
1 1/2 cups diced 97 percent fat-free ham

In a large bowl, mix Ranch dressing, mayonnaise and Parmesan cheese. Add rotini pasta, zucchini, tomatoes and mushrooms. Mix well to combine. Stir in Cheddar cheese and ham. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 6 (1 full cup each).

• Each serving equals: 151 calories, 3g fat, 7g protein, 24g carb., 557mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1 Vegetable.

TIDBITS Laughs!

A french fry walks into the bar and says to the bartender, "Hey, could I get a beer please?"
The bartender looks at him, shaking his head, and says, "Sorry, we don't serve food here."

MISTER BREGER By Dave Breger

CHIEF FORECASTER

"Miss Williams, please notify everybody we'll have the weather forecast shortly ..."

TIDBITS WORD POWER
Unscramble this word:

TENSBIRHSG

This word means: *The luminance of a body, apart from its hue or saturation*



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Good Housekeeping
Tropical Sorbet Loaf
 A slice of this looks like a summer sunset or pretty sand art made on a seaside boardwalk. The best part: It's really easy -- just scoop and freeze. Your kids can help.

1 pint raspberry sorbet or strawberry sorbet, softened
 1 pint mango or passion fruit sorbet, softened
 1 pint coconut sorbet, softened
 1 pint orange or peach sorbet, softened
 Shaved coconut, fresh raspberries and fresh mint leaves, for garnish

1. Spray 9- by 5-inch loaf pan with nonstick cooking spray. Line pan with plastic wrap.
2. Using 2-inch (1/4 cup) ice cream scoop, arrange 8 alternating scoops of sorbet (2 scoops of each sorbet) in

1 layer in pan. Place plastic wrap on sorbet scoops and press mixture down to flatten and eliminate air pockets; remove plastic wrap.

3. Repeat to make 2 more layers, alternating sorbets within each layer and from layer to layer, and making sure to press mixture down each time. Cover and freeze until firm, at least 6 hours.

4. To serve, uncover pan and invert onto platter. Wrap towels dampened with warm water on bottom and sides of pan for about 20 seconds to slightly soften sorbet. Remove pan and plastic wrap. Garnish loaf with coconut, raspberries, and mint. Makes 16 servings.

- Each serving: About 125 calories, 1g total fat (1g saturated), 0mg cholesterol, 15mg sodium, 26g total carbs, 1g dietary fiber, 0g protein.

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

Get The Picture? (Continued)

- July 1, 1941, marked the broadcast of the very first advertisement in TV history. It occurred prior to a baseball game between the Philadelphia Phillies and the Brooklyn Dodgers.
- The ad for Bulova Watches was 20 seconds long. The price for those 20 seconds of airtime was only \$9.
- To put it in perspective, in 2008, a 30-second ad during the Super Bowl broadcast went for \$2.7 million. It was the most expensive airtime in the world to that point.
- The shortest TV commercial ever produced was for a Canadian music and video channel called MuchMusic. It was created by a Canadian named Tharanga Ramanayake. He produced 12 different versions of the commercial. Each of these was a half a frame long. That's the equivalent of 1/60th of a second! Even those with the shortest attention spans would have a pretty hard time registering that. The first of these micro-commercials was aired on January 2, 2002.
- The current struggle over piracy that has been the focus of the music, movie and gaming industries is by no means the first piracy issue addressed in the courts. In 1970, when Sony first began selling video cassette recorders (or VCRs) capable of recording shows off television, they were sued by the film studios for copyright infringement. Years later, Sony would be vindicated by the Supreme Court.
- The two longest-running talk shows in the history of television are found in Ireland and the United States. "The Tonight Show" in America is the longest running, still going strong since first airing in 1954. The second longest is the "Late Late Show" of Ireland. It's been on since 1962.
- The youngest-ever TV host of his own show is in Australia. It's Luis Tanner, the presenter of "Cooking for Kids with Luis" on that country's Nickelodeon channel. Though he's 13 years old now, the first episode of Luis' weekly show aired when he was just six years old!



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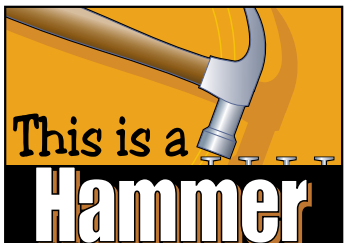
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TIDBITS presents
TRIVIA NEWSFRONT

1. This show featured the first television couple to share a bed.
2. This animated character received 800,000 fan letters in 1933.
3. He was the first president to appear on television.
4. This is the longest running animated show in TV history.
5. This company was the first automaker to advertise on TV.



How Not to Adjust Your Thermostat

Q: My mother-in-law insists on cranking the old manual thermostat all the way to the left on a hot day. She says this will cool the house faster. When it gets too cold inside, she cranks it all the way to the right to turn off the air conditioner. How can I tell her that isn't the most efficient way to cool a house?
-- Damian L., Springfield, Mass.

A: Well, I'm no expert in how to break the news to someone who's stubbornly insistent on doing things her way. But her method of controlling the air temperature is not only inefficient, it's a quick way to break the thermostat.

In fact, that may already have happened. Your mother-in-law is probably controlling the thermostat this way because she is not getting the comfortable temperature she wants when she sets the thermostat in the typical "comfortable" range of 65 F to 75 F. This may have happened from turning the control gauge too far left or right, or it may simply be an old thermostat in need of replacement.

Instead of insisting that she set the thermostat in one place and leave it alone, talk to her about bringing in a heating and cooling contractor to inspect the entire air conditioning system, including the thermostat. And try to persuade her to have the old thermostat replaced with a more accurate, programmable electronic thermostat. The cost savings that result from regularly maintaining a cooling system and keeping the temperature in a comfortable range can be significant.

And a programmable thermostat can remove one chore from her to-do list: It can lower or raise the interior temperature of the house at set times, without her having to manually set the thermostat.

HOME TIP: During the peak cooling months of summer, change your air conditioner's air filter once a month.

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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A: A stick

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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.



Join Payson in Celebrating the
83rd Annual Golden Onion Days
Aug 31 - Sep 1

See paysonutah.org for details

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

Heritage Festival - Sept 8th

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

Free Fill Dirt Available

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

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.

Orchard Days

RMPRA Rodeo Fri /Sat Aug 3-4 7:30P
Parade Sat Aug 4 10:00A
Car Show 9:00A - 3:00P
Talent in the Park 11:00A - 3:00P
Fireworks 10:00P

For more information see the
Official Orchard Days Celebration! Booklet
Or go to santaquin.org/orcharddays2012

COMMUNITY NEWS BITS

PAYSON

Payson Big O Tires



Car Show
Monday, September 3rd, Noon-5:00
Free Admission
Vintage, Classic & Muscle Cars Welcome
Awards, prizes, raffle and more
Proceeds benefit the Kiwanis Scholarship Fund

Park View Elementary, 360 S 100 E, Payson
Pre-register by visiting one of our sponsors



Pleasant Grove



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

Concerts in the Park 2012

7:30 pm at PG Community Center
Aug 5 Bonne Nuit
Aug 12 Amanda Verwer
Aug 19 CB Jazz Band

Santaquin



Spanish Fork

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!!



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

ANSWERS

SPORTS QUIZ

1. Paul Splittorff won 20 games in 1973.
2. The San Diego Padres won one game in 1984.
3. Roger Staubach.
4. Sixteen consecutive seasons.
5. Frank Mahovlich (1963, '69) and Bobby Hull (1970-71).
6. Colombia.
7. Bob Fitzsimmons, 1897-99.

WORD POWER
ANSWER
BRIGHTNESS

TRIVIA NEWSFRONT

ANSWERS

1. "The Mary Kay and Johnny Show," 1947
2. Mickey Mouse
3. Franklin D. Roosevelt
4. "The Simpsons"
5. Chevrolet



1. Henry
2. A "mac," short for "Macintosh"
3. United Kingdom
4. Eagles
5. A flamboyance
6. Chad
7. Eleanor Roosevelt
8. A silver bell
9. \$1.98
10. Jupiter

Go Figure!

answers

9	÷	3	+	7	10
-		x		-	
4	x	8	-	6	26
x		-		x	
2	x	9	+	1	19
10		15		1	

King Crossword

Answers

Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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