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Issue 2012-32

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SEE \$20 VOUCHER ON PAGE 4/5.

TIDBITS® SUGGESTS YOU EAT YOUR GREENS!

by Patricia L. Cook

Just as "Popeye" from the cartoon of days gone by ate his spinach for strength, we should eat plenty of leafy green vegetables as part of our everyday diet. This Tidbits look at leafy greens that are good for you, just as your mother said!

- The National Cancer Institute reports, "foods rich in vitamins A and C have been associated with the reduced risk of certain cancers." Many leafy green vegetables are excellent sources of these two vitamins as well as vitamins K and B, calcium, iron, fiber and more.
- Greens are naturally low in sodium and calories. For example: a cup (0.2 l) of raw spinach has only 14 calories and a cup (0.1 l) serving of cooked collards has only 38 calories. All greens are fat and cholesterol free.
- According to Jill Nussinow, registered dietician, culinary educator in Northern California and author of a very informative book, "The Veggie Queen," "Greens are the No. 1 food you can eat regularly to improve your health."
- Keep these in mind when eating greens: "Green is good. Dark green is better. Organic dark leafy green is best." If you grow your own — and they are easy to grow — you know how your vegetables have been treated.

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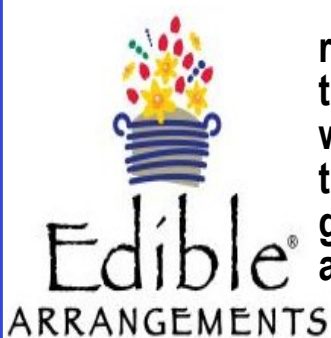
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- ADVERTISEMENTS:** What product was advertised in TV ads featuring a cartoon character named Charlie the Tuna?
- BIBLE:** How old was David when he become king of Israel?
- LANGUAGE:** What dance and music style from the Portuguese language means "new trend"?
- GENERAL KNOWLEDGE:** What is the name of the airport in Atlanta?
- MUSIC:** What was the theme song of country/western singer Gene Autry?
- MYTHOLOGY:** In Greek mythology, what was Pegasus' unique characteristic?
- GOVERNMENT:** What U.S. government agency's motto is, "And ye shall know the truth and the truth shall make you free"?
- GEOGRAPHY:** What is the name of the island where Nassau is located in the Bahamas?
- MATH:** What is the distance around a polygon?
- TELEVISION:** What was the name of Angus MacGyver's employer in the "MacGyver" drama series?

THIS WEEK'S CELEBRITY BIRTHDAYS

- Neil Armstrong 8/5/30
- David Robinson 8/6/65
- David Duchovny 8/7/60
- Roger Federer 8/8/81
- Chris Cuomo 8/9/70
- Antonio Banderas 8/10/60
- Steve Wozniak 8/11/50



TIDBITS

Now here's a tip!

by Jo Ann Derson

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- "When painting, write the name and brand of paint under the room's light switch. If you ever need to go out and buy more, you will know where to start." -- R.K. in Montana
- "My family has always used mayonnaise as a salve on minor burns. I heard you can use toothpaste too." -- S.P., via e-mail
- Add these to the list of items to eliminate the odor of cooking cabbage: a heel of bread, a whole walnut or a pinch of baking soda.
- To travel with pleated skirts, use this packing trick: Turn the skirt inside out and straighten all the pleats. Then tape the bottom so that all the pleats are held together. Next, feed the skirt into a leg of pantyhose with the foot cut off. You'll end up with a nice tube, which you can tuck into the sides of your luggage.
- "When traveling for more than a few days, put your plants in the bathtub with a little bit of water. They'll soak it up, and you won't have to have someone come over and water your plants. This will only work for a week or less, though." -- J.M. in Louisiana
- "I keep grocery lists on my computer. When I am going shopping, I print out the list and fold the paper in half. Then I slip my coupons into the fold. Keeps them handy when I'm shopping." -- A Reader in Maryland

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.

	x		+		20
+		÷		+	
	x		-		17
x		+		÷	
	-		x		12
30		2		5	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 4 5 6 7 8

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EAT YOUR GREENS! (continued)

- Nussinow, in a webMD article, ranked the nutrition of the most widely eaten greens in the United States. The top 10 are: kale, collards, turnip greens, Swiss chard, spinach, mustard greens, broccoli, red and green leaf and romaine lettuces (altogether), cabbage, and iceberg lettuce.
- There are other nutritional greens not listed above that are widely available in North America. The information available for all greens is immense. We'll look at some interesting Tidbits for both highly and less popular greens.
- Even though it may sound incorrect, all greens are not green! Leafy green vegetables have much color variety, from the bluish-green of kale to the bright "Kelly" green of spinach, to the light, somewhat white of cabbage.
- There is even a black cabbage (Cavalo Nero), which is actually a very dark green that is also called Tuscan kale. It originated from the Tuscany region of Italy where it is grown in most vegetable gardens. Cavalo Nero is an essential ingredient in the very healthy signature soup of the region, ribollita.
- The Tuscan region of Italy is famous for many culinary things including the cooking term, "Florentine." This term can be interpreted as the cooking style used in Florence, Italy, but has also come to describe the cuisine that includes spinach as an ingredient. Florentine cooking also uses fresh herbs like rosemary, basil, parsley and thyme. Since Tuscany is close to the coast, Florentine cooking features seafood dishes as well as local boar, rabbit and beef from the regions' white Chianina cattle. According to folklore, the association of spinach with Florence may have been because of Catherine de Medici, the Italian wife of King Henry II, who reigned in France from 1560-1563.
- Supposedly to honor her Italian roots, Queen Catherine introduced spinach to the Court of France and dubbed any dish containing spinach to be "Florentine." Whether the story is true or not, Florentine is now synonymous with spinach in dishes such as Eggs Florentine, Oysters Florentine and more.

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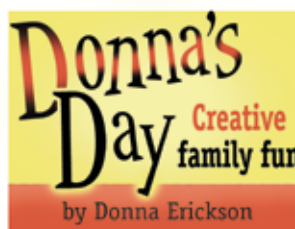
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 J H A M M R E N N I W G F D B
 Z X S A U K N I F E U V T R Q
 O M K N C R D R A O B X K I H
 F E E I I D C N D D O B Z Y W
 R E T T U B D N A B W V T R Q
 O S N P L K I H F P L D C A Z

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- And butter
- Bowl
- Knife
- Pan
- Basket
- Box
- Line
- Stick
- Bin
- Crumbs
- Maker
- Board
- Dough
- Mold

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Summer Fun With Seashore Shells

Hunting for treasures at low tide along a favorite beach is one of life's simple pleasures for tots, teens and adults alike. There's so much to see, smell and discover in nature's giant sandbox -- scampering crabs, colorful seaweed, seagulls, jellyfish (they may sting you!) and all those shells. If you're lucky, you'll find lots and lots of shells to hand pick and bring back home for a lasting souvenir of the day. Here are some simple lessons and activities that you can do with your young kids and grandkids when you get home. For those who aren't hitting one of the coasts this summer, look for bags or baskets full of shells at neighborhood tag sales and thrift stores. Some specialty toy and craft stores sell them, too.

CLEAN

If you have just collected shells at a beach, wash them in a bucket with mild detergent and set them out in the sun on a towel to dry. Use old toothbrushes to scrub the sand out of crevices. Let school-age kids try a science experiment with broken pieces. Place a piece in a jar and cover the piece with vinegar. Set overnight. Did it disappear? Explain that shells are composed of calcium carbonate. The acid in the vinegar dissolves the compound.

EXAMINE

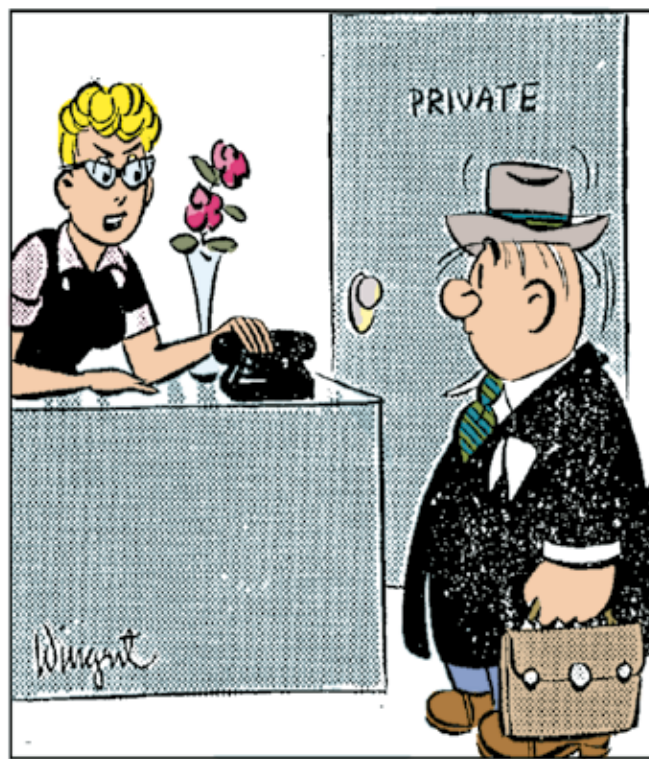
Sort them by type in piles, and find their names online or in a field guide. Challenge your preschooler to arrange the shells from each pile in rows from largest to smallest. Talk about how the surfaces feel and use adjectives to describe colors and features. Use a magnifying glass to observe details. You might be surprised to discover the colors of the rainbow inside some. Abalone shells have brilliant, rainbow-like hues.

PUT SEASHELLS ON DISPLAY

Create a bowl full of memories, and keep it on an end table or on the center of your dining-room table for everyone to see. For a dramatic display, use a large, low pasta serving dish with edges. Fill it half-full with clean sand, and arrange shells and other favorite mini seashore finds on top. Set flat shells such as scallops or clams upright in the sand. For added attractions, tuck in a travel postcard, a trip photo in a small Lucite frame and a tiny sailboat or other purchase from a souvenir shop.

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



"I told you LAST month he wasn't in."



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- 1 In 2010, Ryan Braun became the third Milwaukee Brewer to have three consecutive 100-RBI seasons. Name the first two.
- 2 Who was the last A.L. pitcher before Tampa Bay's James Shields in 2011 to have at least 11 complete games in a season?
- 3 Which NFL team ended the 1972 Miami Dolphins' 18-game winning streak the next season?
- 4 In 2012, the Kentucky Wildcats men's basketball team set an NCAA title game record with 11 blocked shots. Which schools had held the mark?
- 5 Bobby Orr is the only NHL player to top other defensemen in scoring by more than 20 points in a season six times. Who else did it five times?
- 6 The first four gold medal winners in the men's Nordic combined at the Winter Olympics were from what country?
- 7 When was the last time before 2011 that a U.S. team won golf's World Cup?

By Chris Richcreek

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Pan is missing. 2. Charcoal is missing. 3. Fork is smaller. 4. Cloud is smaller. 5. Hat logo is missing. 6. Stripes are missing.

TIDBITS QUOTE

"A weed is a plant that has mastered every survival skill except for learning how to grow in rows." - Doug Larson

Strange BUT TRUE

- It was beloved American comedian and film star Groucho Marx who made the following sage observation: "There's one way to find out if a man is honest -- ask him. If he says 'Yes,' you know he is a crook."
- The ancient Egyptians were known to use crocodile dung as a contraceptive.
- You may be surprised to learn that when the hit 1950s TV show "I Love Lucy" had its premiere, Lucille Ball was already 40 years old.
- Are you acersecomic? If your hair has never been cut, you are.
- Talk about sneaky: In order to get a photo of Bing Crosby in his coffin, The National Enquirer tabloid had a reporter

EAT YOUR GREENS! (continued)

- To make for some confusing terminology, "Florentines" refer to a sweet, baked confection that contains no spinach! These Florentines are a European sweet served as a cake, bar or cookie. Sweet Florentines are a mixture of candied fruit, toasted nuts, honey and/or sugar and topped with a layer of melted chocolate.
- Moving away from sweets and back to greens, a green that has many names around the world is rapini or what is more commonly known as broccoli raab. This green is unrelated to broccoli even though broccoli is in its name. It is a close relative to turnips, and the greens look very similar to turnip greens. Other names linked to this green are rapa, rapine, raab, rappi, rappone, fall and spring raab, turnip broccoli, broccoli rape, broccoli de rabe, Italian turnip and turnip broccoli.
- As more greens are available in North America, an old favorite has decreased in popularity. Iceberg lettuce was an overwhelming success for years because of its ability to remain crunchy even after days and sometimes weeks of shipping. Up until the 1930s, iceberg was known as "Crisphead" lettuce.
- Bruce Church, from Salinas, California, the founder of Fresh Express, is given credit for popularizing iceberg lettuce. Along with three partners, he formed an ice company in the 1930s that shipped fresh heads of lettuce across the country in rail cars. "Crisphead" lettuce became more commonly known as "iceberg" when folks would meet the train cars of ice-packed lettuce with calls of "The icebergs are coming!" The name change stuck, and Americans' love of fresh salads grew with the fresh availability.
- Up until the mid-1970s, more than 95 percent of all lettuce grown in the United States was iceberg. Even though leaf lettuces have surged in popularity in the last 30-40 years, iceberg still remains a big seller. So, the next time you are eating out, check to see if a "wedge" salad is offered. It will be the familiar iceberg we grew up with.

continued on next page

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dress as a priest and sneak into the private funeral service. To top it off, on his way out of the service, the disguised journalist told ABC reporter Geraldo Rivera not to pester the family at such a sensitive moment.

- Every year, about \$500 million is spent on beads for Mardi Gras.
- Ever wonder how the statuette taken home by winners of the Academy Awards got its nickname? Evidently, in 1931 a secretary at the Academy of Motion Picture Arts and Sciences saw the statuette for the first time and exclaimed, "Why, he reminds me of my Uncle Oscar!" The comment struck the fancy of a reporter who was present, and he put it in a story about the awards, and the name stuck.
- Confederate Gen. Robert E. Lee was not himself a slave owner. He reportedly did not believe in the institution of slavery.
- If this is an average week, three manmade artifacts hurtling into the atmosphere from space will crash into the Earth.

Thought for the Day: "The world is round; it has no point."
-- Adrienne E. Gusoff

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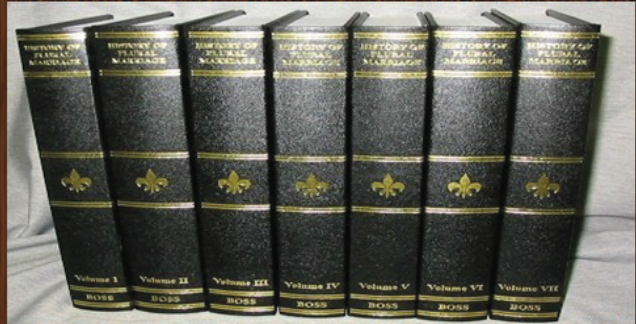
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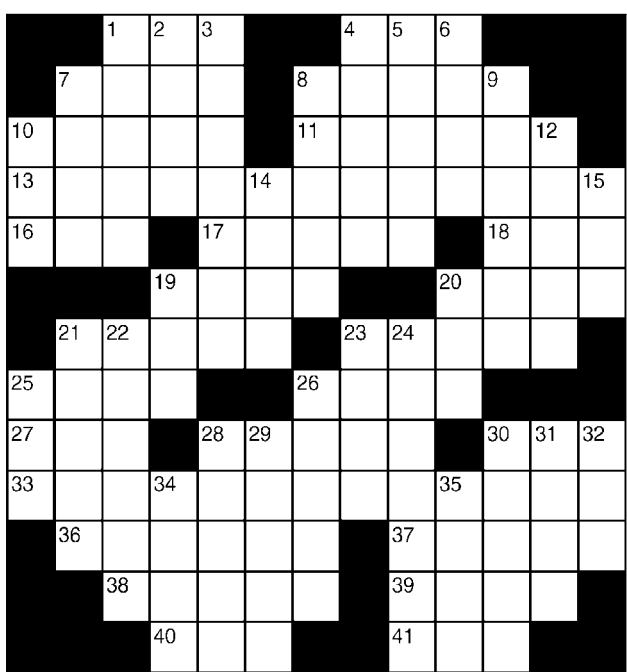


King Crossword

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ACROSS

- 1 Suitcase
- 4 Gear tooth
- 7 Antitoxins
- 8 Bake, in a way
- 10 Curtain material
- 11 Environ-ment
- 13 Breakfast choice
- 16 Historic time
- 17 Sensational
- 18 Winter ailment
- 19 Dilbert's workplace
- 20 Blood line?
- 21 Sports-page datum
- 23 Expositions
- 25 Greek H's
- 26 Senate employee
- 27 Actor Danson
- 28 Handy
- 30 Shock and —
- 33 Quahog
- 36 Throw off the track
- 37 Novelist Bret Easton —
- 38 Zodiac dozen
- 39 Chimney dust
- 40 "Married



- ... With Children" mom
 - 41 James Bond, e.g.
- DOWN**
- 1 Legendary catcher
 - 2 Desert-like
 - 3 Casino patron
 - 4 Tex-Mex entree
 - 5 Lubricated
 - 6 Crossword diagram
 - 7 Wound
 - 8 Smug look
 - 9 Illicit cigarette
 - 10 That woman
 - 12 Wrinkly fruits
 - 14 English river
 - 15 Pistol
 - 19 Two, in Tijuana
 - 20 Compete
 - 21 Lieu
 - 22 Core groups
 - 23 Succumb to gravity
 - 24 Eternal
 - 25 Biblical verb suffix
 - 26 Brooklyn-based beer brand
 - 28 Gram-marian's concern
 - 29 Addams Family's "hired hand"
 - 30 Metallic blend
 - 31 Be patient
 - 32 Summertime trio?
 - 34 Faucet problem
 - 35 Hoofbeat sound

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top ten

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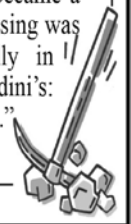
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NUGGET OF KNOWLEDGE

According to Caesar Cardini's daughter Rosa, the Caesar Salad was created on July 4, 1924, when her father's restaurant in Tijuana, Mexico, was very crowded. As supplies were running low, Caesar created salads tableside with what he had on hand. The good taste as well as the presentation were a hit and became a part of food history! The dressing was made available commercially in 1948 under the name "Cardini's: The Original Caesar Dressing."



EAT YOUR GREENS! (continued)

• Another popular salad that some think started with Julius Caesar is the Caesar Salad. It actually had its start in Tijuana, Mexico, with Cesare Cardini, who immigrated to the San Diego area with his brother, Alex, from Italy after World War I. The brothers opened Caesar's Restaurant in Tijuana instead of San Diego because of alcohol prohibition in the United States. Invented in the 1920s, the Caesar Salad was mostly just a California specialty for years, with romaine lettuce being the green. The popularity of Caesar salads soared in the 1970s, and the romaine crop grew from a few California acres (ha) to 16,000 acres (6,475 ha) in the 1990s and more than 80,000 acres (32,370 ha) today.

FAMOUS LANDMARKS OF THE WORLD: THE FRENCH QUARTER

The most historically and culturally significant piece of land in New Orleans is the French Quarter. The famous area was mostly spared in the ravaging destruction and aftermath of Hurricane Katrina in 2005.

• When French Canadian naval officer Jean Baptiste Bienville founded New Orleans in 1718, engineers developed a formal city plan for Nouvelle Orleans, the area that is now known as the French Quarter. The city grew out of the original borders to become an important American port city. As people arrived from all over the world, a distinct culture rich in music, food and tradition began to develop.

• The "Quarter" is also known as Vieux Carré, which means "Old Square" in French. The area is located in downtown New Orleans, on some of the highest ground in the city on a crescent of the Mississippi River. Besides the river, the borders are roughly Canal Street, Rampart Street and Esplanade Avenue. The area today still occupies the same 6-by-13-block area that was laid out in 1722. One of the best-preserved historical neighborhoods in America, the Quarter actually feels like a foreign country. The lasting influence of the French and Spanish settlers and planners is still present.

• The architecture of the Quarter is a mix of mostly French and Spanish styles. The Spanish rule of New Orleans was short, from 1762 to 1800, but during that time there were two fires that virtually destroyed the French Quarter. In 1788, 850 structures were lost, and then another 200 were lost in 1794. A lot of what had been French architecture was replaced with Spanish-style wrought iron balconies and central courtyards.

• The city was under French rule first, then Spanish and back to French before being sold to the United States in the Louisiana Purchase agreement in 1803. The Cabildo, built in 1799, is where the Louisiana Purchase signing took place and is now the main building of the Louisiana State Museum historical complex.

• Over 35,000 buildings in New Orleans, many in the French Quarter, are listed on the National Register of Historic Places. The Cabildo is sometimes called the second most important building in America, after Independence Hall in Philadelphia.

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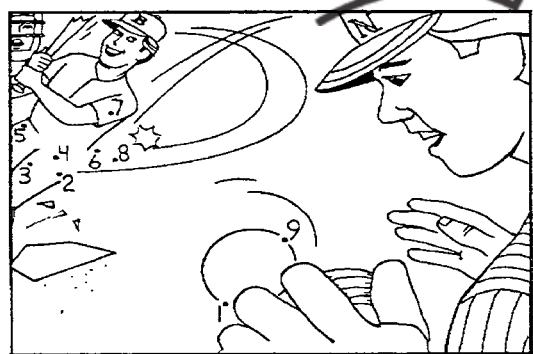
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COMIN' ATCHA! Heads up, pitcher, step aside. To complete picture, draw straight lines from dot 1 to dot 2, 3, etc.

PERSONAL AD! "My name is Ben. I am lonely and would like to meet a plain, quiet girl named Annie. Object: matrimony." Any idea why this might be a good match?

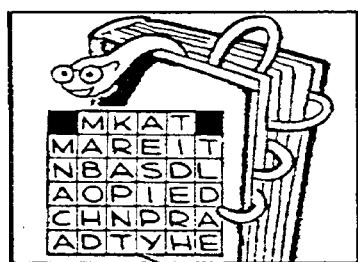
SUM TOTALS! Sums of numbers in most magic number squares total the same horizontally, vertically and diagonally. Numbers of the magic square at right not only total the same — 78 — in those directions, but also total 78 in numerous other four-block combinations.

Just for fun, see if you can find at least 10 more four-block combos that total 78.

One set of four, for example, are four corner squares.

Magic Square: Corner squares (1), (2), (3), (4); center foursome (1), (2), (3), (4); mid-side sets of two (1), (2); opposite two-sets of diagonals (1), (2); etc.

Junior Whirl
by Hal Kaufman



SNAKES ALIVE EXERCISE

LET'S SEE how many of the following snakes you can find in the diagram at left:

Asp, boa, adder, cobra, mamba, krait, python, rattler, anaconda, copperhead.

Start anywhere, use the king's move as in chess, which is one square at a time in any direction — horizontally, vertically or diagonally. Individual letters may be used just once in each name.

See if you can find at least six of the 10 names listed within two minutes.

Remember, names are to be found by moving letter to letter in adjacent squares of the diagram.

Don't get rattled!

40	10	20	8
7	21	9	41
12	42	6	18
19	5	43	11

LAFF - A - DAY



"There you go, always making a Federal case of everything."

Moments in time
THE HISTORY CHANNEL

- On Aug. 9, 1936, at the 1936 Berlin Olympics, black American track star Jesse Owens wins his fourth gold medal of the Games in the 4-by-100-meter relay. His relay team set a new world record of 39.8 seconds, which stood for 20 years.
- On Aug. 6, 1945, an American B-29 bomber, the Enola Gay, drops the world's first atom bomb over the city of Hiroshima, Japan. Some 80,000 people are killed as a result of the blast, and another 35,000 are injured. At least 60,000 more would be dead by the end of the year from the effects of the radioactive fallout.
- On Aug. 7, 1959, the U.S. unmanned spacecraft Explorer 6 is launched into an orbit around the Earth. The spacecraft featured a scanner that transmitted a crude picture of the Earth's surface from a distance of 17,000 miles. The photo, received in Hawaii, took nearly 40 minutes to transmit.
- On Aug. 11, 1965, in the Watts neighborhood of Los Angeles, a riot began that eventually ranged over a 50-square-mile area. With the assistance of thousands of National Guardsmen, order was restored five days later. The violence left 34 dead, 1,032 injured, nearly 4,000 arrested and \$40 million worth of property destroyed.
- On Aug. 8, 1974, President Richard Nixon announces his intention to become the first president in American history to resign. With impeachment proceedings under way against him for his involvement in the Watergate affair, Nixon finally bowed to pressure from the public and Congress to leave the White House.
- On Aug. 10, 1981, Pete Rose of the Philadelphia Phillies gets the 3,631st hit of his baseball career, breaking Stan Musial's record for most hits by a National Leaguer. It was only Rose's 2,886th game; it had taken Musial 3,026 games to set the mark.
- On Aug. 12, 1990, fossil hunter Susan Hendrickson discovers three huge bones jutting out of a cliff in South Dakota. They turned out to be part of the largest Tyrannosaurus rex skeleton ever discovered, a 65 million-year-old specimen. Amazingly, the skeleton was more than 90 percent complete.

HealthBits™

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

Viruses Not the Only Cause of Hepatitis

DEAR DR. DONOHUE: For the past year, my wife has had to deal with autoimmune hepatitis. It's something that hardly anyone knows about or understands, and that makes it even more difficult to cope with. Everyone thinks she has an infection. I can only haltingly explain what she has. Will you tell your readers about this illness? -- D.R.

ANSWER: Say "hepatitis," and people automatically think of a viral infection. Say "cirrhosis," which is sometimes the last stage of hepatitis, and people think of alcohol as the cause. Not all hepatitis is virus-caused, and not all cirrhosis is alcohol-caused. Your wife's illness is an example. Her liver is inflamed (hepatitis), not from an infection but from an attack on her liver by her immune system. The reason why a person's immune system, a system designed to keep us healthy, turns on the liver is obscure. Signs that the immune system is the cause are demonstrable by finding antibodies in the blood. Antibodies are the ammunition the immune system makes to fend off dangerous invaders. One special antibody, the anti-nuclear antibody, is a big indication that the liver has come under an immune attack. The course of autoimmune hepatitis is unpredictable. It might be mild with few symptoms, or it may take a more aggressive course in which the skin and eye whites turn yellow, where fatigue is immobilizing, where abdominal

pain is common and where the skin develops an itch. Quite often, a liver biopsy is the procedure that provides evidence of autoimmune hepatitis. Prednisone, one of the cortisone drugs, often is the treatment of choice. It reins in an out-of-control immune system. Another immune-modifying drug, azathioprine, can be added to the regimen. It sounds like your wife is responding well to treatment (from parts of your letter that I had to delete). The booklet on hepatitis details the various forms of the illness, and how they are acquired and treated. Readers can obtain a copy by writing: Dr. Donohue -- No. 503W, 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: What is the procedure for removing a tick attached to your skin? Can you remove it yourself, or should it be removed only by a physician? -- T.R.

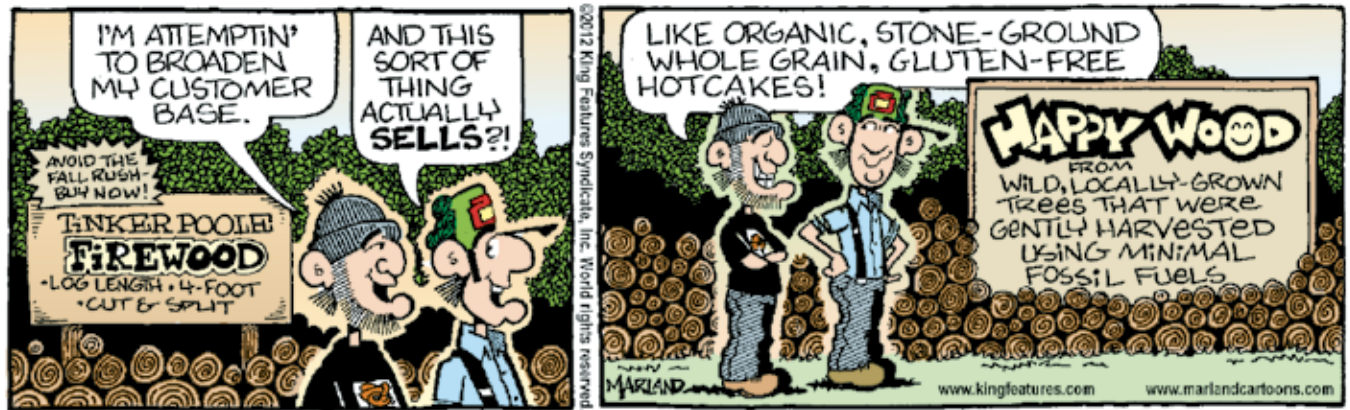
ANSWER: It's safe for people to remove ticks on their own. You need tweezers with fine grooves on their lower, inner surfaces. Grasp the tick as close to the skin as you can and as close to the tick's head. Gently but firmly pull the tick straight out, at a right angle to the skin. Don't crush it. Don't bother with popular techniques such as coating the tick with petroleum jelly or applying a just-blown-out match to it.

DEAR DR. DONOHUE: Is Prozac addicting? Can you take it for life? -- D.L.

ANSWER: Prozac isn't addicting, but the drug should be stopped gradually rather than abruptly. People with recurring bouts of depression can take it for extended periods of time.

R.F.D.

by Mike Marland

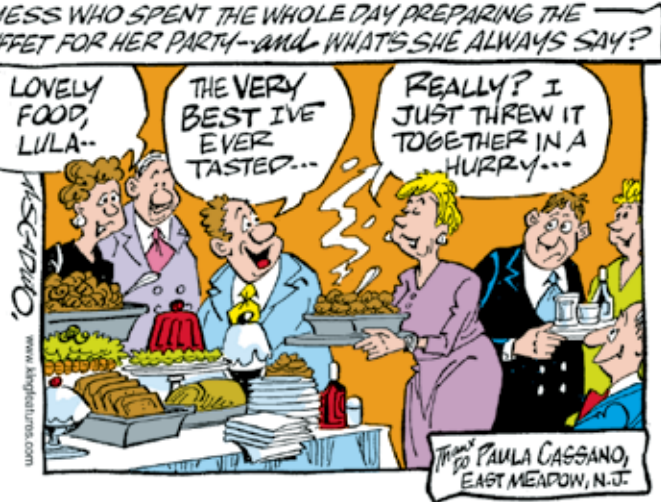
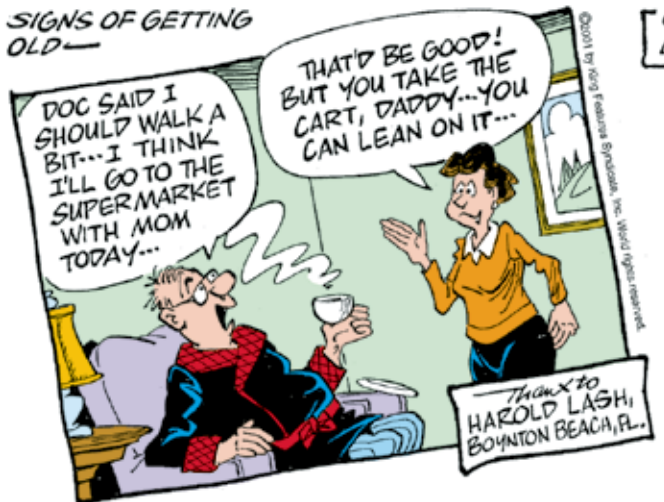


THEY'LL DO IT EVERY TIME

BY AL SCADUTO

Just Like Cats & Dogs

by Dave T. Phipps



PetBits™

Hot Cars and Pets Can be Deadly Mix

By Samantha Mazzotta

DEAR PAW'S CORNER: I can't leave my dog "Shadie" alone in the house, so I have to take her with me when I go shopping. How long can I keep her inside my car before it gets too hot? My friend says 20 minutes, if I keep the windows cracked a little. -- Danielle F., Atlanta

DEAR DANIELLE: How about never? A parked car in the summer heat, even with the windows open a bit to let in airflow, can quickly heat up to extreme temperatures. Neither pets nor humans can stand the quick rise in temperature -- so being left in a parked car can prove fatal.

If you're planning to go out for a few minutes to pick up some groceries or handle a quick errand, leave Shadie at home. Your dog should be able to handle a short period without you. If Shadie doesn't handle it well, such as getting agitated, chewing up furniture or shoes, there are training solutions to solve that problem.

Another solution, if you must bring your dog, is to bring along a trustworthy friend who is willing to sit in the car with the dog, with the motor running and the air conditioner on to keep it cool. Your friend will need to monitor Shadie while you shop. But this has its own pitfalls -- I don't know many people willing to wait around while their friend is in the store. Again, I can't stress enough how important it is to not leave Shadie alone in the car, for even a few minutes. She easily could suffer heat exhaustion or stroke. Instead, invest some time helping to resolve Shadie's separation anxiety so she'll be happy and healthy at home.

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

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

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 FRENCH QUARTER (continued)

- The Cabildo, St. Louis Cathedral and the Presbytere (also part of the museum complex) all surround Jackson Square. Originally called "Place d'Armes," the Square is named after Andrew Jackson, a hero of the Battle of New Orleans. The Square is one of the most visited areas in the Quarter, where local artists paint, draw and display their works. St. Louis Cathedral is the oldest continuously active cathedral in the United States.
- Another old establishment of the Quarter is the French Market, the oldest farmer's market in the United States. Dating back to 1791, it also includes a flea market. The French Market is "three centuries of history, six blocks of shopping, open seven days a week!"
- Any New Orleans visit should include the Original Cafe Du Monde Coffee Stand, established in 1862. Open 24 hours a day, seven days a week, it closes only on Christmas Day and whenever a hurricane passes through. The coffee with chicory, served black or "au lait" (poured half and half with hot milk), and beignets, square French doughnuts, are definitely worth the wait. Yes, there is just about always a crowd!

KUDZU

Kudzu is often referred to as "the plant that ate the South." Introduced to the United States at the first World's Fair held in this country in 1876, its status has changed through the years from a prized plant for erosion control to an obnoxious weed.

- The Philadelphia Centennial Exposition was held to celebrate the United States' first 100 years. Countries from all over the world were invited to build exhibits and participate in the celebration.
- The Japanese government constructed a garden filled with beautiful plants from their country. Among those plants, the large leaves and sweet-smelling blooms of kudzu caught the eyes of American gardeners. Kudzu was promoted as an ornamental plant to be used for erosion control and as a forage crop for livestock and horses.
- For many years, Southern farmers were encouraged to plant kudzu to prevent erosion. President Roosevelt's Civilian Conservation Corps planted it during the Great Depression of the 1930s. Hundreds of men were put to work planting kudzu. In the 1940s, farmers were paid to plant kudzu.
- By the early 1950s, kudzu was growing out of control in many areas. The plant, without the natural insect enemies it has in Asia, can grow up to a foot (30.5 cm) per day and about 60 feet (18.3 m) per growing season. In 1953, kudzu was declared a pest weed and removed from the list of permissible cover crops.

continued on next page

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- 8/10 National S'mores Day
- 8/11 Presidential Joke Day

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Heavenly Hash Cream Pie

by JoAnna M. Lund

If you're like most folks, dessert is the exclamation point to the meal! Well, this delicious pie is quite a way to punctuate any menu. Be prepared to receive compliments and even share the recipe.

2 (4-serving) packages sugar-free instant white chocolate pudding mix
1 1/3 cups nonfat dry milk powder
2 cups water
3/4 cup reduced-calorie whipped topping
1 1/2 teaspoons coconut extract
6 (2 1/2-inch) chocolate graham crackers
1 (6-ounce) purchased chocolate piecrust
2 tablespoons flaked coconut

1. In a large bowl, combine dry pudding mixes, dry milk powder and water. Mix well using a wire whisk. Blend in whipped topping and coconut extract. Coarsely crush 5 graham crackers. Fold in cracker crumbs.
2. Spread mixture evenly into piecrust. Crush remaining 2 graham crackers into fine crumbs. Evenly sprinkle coconut and fine cracker crumbs over top. Refrigerate for at least 2 hours. Serves 8.

• Each serving equals: 206 calories, 6g fat, 6g protein, 32g carb., 516mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat-Free Milk.

TIDBITS Laughs!

Q: What vegetable eliminates the need for a toothbrush?
A: Bristle Sprouts

Q: What does the letter "A" have in common with flowers?
A: They both have bees coming after them!

MISTER BREGER By Dave Breger

"Whatsamatter—didn't she have HIS dinner ready?"

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TIDBITS WORD POWER

Unscramble this word:

RISCUEOURFC

This word means: A vegetable of the mustard family; especially mustard greens; various cabbages; broccoli; cauliflower; brussels sprouts



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Good Housekeeping
Stuffed Chicken Breasts
 Garlic-and-herb cheese and roasted peppers are the surprise filling for these boneless breasts. Accompanied by a lemony herb couscous, this dish is elegant enough for guests but easy enough for a family weeknight dinner.

Stuffed Chicken Breasts
 4 (about 1 1/4 pounds) medium skinless, boneless chicken-breast halves
 1/4 cup (about half 4.4-ounce package) light garlic-and-herb spreadable cheese
 1/4 cup jarred roasted red peppers, drained and chopped
 8 whole fresh basil leaves, chopped
 1 teaspoon olive oil, extra-virgin
 1/2 teaspoon salt
 1/4 teaspoon coarsely ground black pepper

Lemon and Basil Couscous
 1 tablespoon olive oil, extra-virgin
 1/2 teaspoon salt
 1/4 tablespoon coarsely ground black pepper
 1 cup couscous

1 cup loosely packed fresh basil leaves, coarsely chopped
 2 tablespoons fresh lemon juice

1. Prepare Stuffed Breasts: With tip of knife, cut each chicken breast from a long side, keeping knife parallel to surface of breast, to form a deep pocket with as small an opening as possible.
2. In small bowl, combine cheese, peppers and basil. Spread 1/4 cheese mixture in each chicken pocket. Rub outside of chicken with oil and sprinkle with salt and pepper.
3. Prepare Lemon & Basil Couscous: In 2-quart saucepan, heat oil, salt, pepper and 1 1/3 cups water to boiling over high heat; stir in couscous. Cover saucepan; remove from heat and let stand at least 5 minutes.
4. Meanwhile, place chicken on grill over medium heat and cook 12 to 15 minutes or until juices run clear when thickest part of breast is pierced with tip of knife, turning over once.
5. To serve, add basil and lemon juice to couscous, and fluff with fork to mix well. Spoon couscous onto 4 dinner plates and arrange chicken on top.

- Each serving chicken: About 255 calories, 35g protein, 4g carbohydrate, 10g total fat (5g saturated), 0g fiber, 113mg cholesterol, 560mg sodium.
- Each serving couscous: About 205 calories, 6g protein, 37g carbohydrate, 4g total fat (1g saturated), 3g fiber, 0mg cholesterol, 295mg sodium.

KUDZU (continued)

- In 1972, the U. S. Department of Agriculture (USDA) started searching for a way to control kudzu. The plant covers trees, shrubs, power poles, buildings, abandoned cars and anything in its path. It blocks sunlight, smothers plants and, due to its weight, even breaks branches and uproots trees!
- Recently, a possible solution for controlling kudzu emerged from an insect problem reported by a Georgia gardener. Discovered was a little dark green insect later determined to be an Asian bug known as the bean plataspid. Interestingly, the bug is attracted to white cars, and biologists think a likely entry into the United States was via imported white cars, most likely from Japan.
- Preliminary tests from the University of Georgia show that with the bean plataspid feeding on kudzu foliage, growth was reduced in test plots by about a third, compared to kudzu plots with no bugs. Unfortunately, the bugs also feed on soybeans, a valuable crop in the Southeastern United States. Botanically speaking, kudzu and soybeans are both legumes (bean family), and the fear is that the bug will feed on another important legume crop — peanuts.
- Kudzu vines can grow up to 4 inches (10 cm) in diameter and extend from 32-100 feet (9.8-30.5 m). The massive tap roots can be 7 inches (17.8 cm) in diameter and over 6 feet (1.8 m) in length, weighing as much as 400 pounds (181.8 kg). Up to 30 vines can grow from one root crown.
- According to the USDA, kudzu covers about 7 million acres (almost 3 billion ha) in the South. Kudzu has been found from Florida west to Texas, north to Nebraska, Illinois, Indiana and Maine, and in the west in Washington and Oregon. In 2009, kudzu was first discovered in Canada near Leamington, Ontario, on the shores of Lake Erie.
- Southerners have a love-hate relationship with kudzu. Consequently, there are kudzu festivals, kudzu queens and even kudzu jelly. While most buy the jelly as a novelty, some say it has a pleasant grape-like taste.

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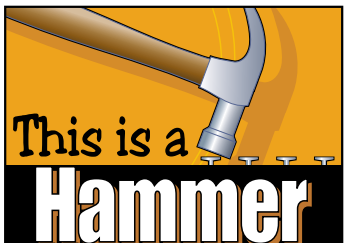
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TRIVIA NEWSFRONT

1. What type of green was thought to be both an appetite stimulant and a sleep aid in ancient times?
2. What very annoying weed that grows everywhere is a healthy salad green?
3. What kind of lettuce is used in a Caesar salad?
4. Who were the stars of the movie "The Long Long Trailer?"
5. What salad was tossed about while the long trailer swayed back and forth?



When Rain Barrels Violate HOA Rules

Q: I keep a very nice lawn in the front and back of my house, along with a small kitchen garden and several flowers and shrubs. To water it – especially in this dry, hot summer – I try to use "gray" water as well as water collected in rain barrels placed under my downspouts. Recently I received a notice from my homeowners' association that the rain barrels are against the rules and will have to be removed. How can I convince them that these are not just environmentally friendly, but also the reason I'm able to keep my yard green and growing as required by the HOA rules? -- Red-Taped in Roswell, Ga.

A: While I'm not an expert in dealing with homeowners' associations, my first thought would be that you should review the most recent copy of your HOA's rules. You'll want to find out what rule or rules the association is referring to, and if rain barrels are specifically mentioned. You'll also want to find out what your rights are as a member of the HOA, how you can appeal the notice, how long you have to comply and whether you can get that deadline extended.

Several years ago, a friend of mine renting in a townhouse community related a story to me. The condo association only allowed owners to be members, not renters. And it had set up, early in the community's history, rules that only owners could access the community amenities like the pool and clubhouse. The trouble was, more than 80 percent of the residents were renters -- meaning very few actual residents could use those amenities. My friend took action, attending association meetings every month and speaking each month, until she convinced the association to vote on whether to allow renters to use the amenities. The vote passed easily.

I'm relating the above story as an example of what can be accomplished through persistence when it comes to these associations. Talk directly to the HOA, and talk with members of your community about the rain-barrel issue. What's really bothering the association about your rain barrels? Is it an aesthetic issue? Is it worried about mosquitoes hatching in the rain barrels? There are solutions to the problem -- such as moving the rain barrels out of sight of the street, camouflaging them behind shrubbery and covering the barrels to prevent mosquitoes from breeding.

Get out the word, too, about the environmental benefits of using rainwater, as well as the cost savings from doing so. Chances are many homeowners will agree with you -- but not if they don't know about the issue.

HOME TIP: HOAs can be either a headache or a boon to homeowners. Be aware of your HOA's rules and bylaws, and be a participant in the association to advocate effectively for changes or improvements to your community.

Laugh a bit with TIDBITS

Q: What did the male green vegetable say to his girlfriend at a party?

A: Let us (lettuce) dance.

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ANSWERS

SPORTS QUIZ

1. Richie Sexson (2001-03) and Prince Fielder (2007-09).
2. Baltimore's Scott Erickson had 11 in 1998.
3. Oakland beat the Dolphins Sept. 23, 1973.
4. UConn (2011) and the University of Florida (2006).
5. Paul Coffey.
6. Norway's skiers won in 1924, '28, '32 and '36.
7. It was 2000.

WORD POWER ANSWER
CRUCIFEROUS

TRIVIA NEWSFRONT ANSWERS

1. Wild lettuce
2. Dandelion greens
3. Romaine
4. Lucille Ball and Desi Arnez
5. Caesar Salad

Trivia test

1. StarKist tuna
2. 30 years old
3. Bossa nova
4. Hartsfield International
5. "Back in the Saddle Again"
6. Pegasus was a winged horse
7. Central Intelligence Agency
8. New Providence
9. Perimeter
10. Phoenix Foundation

Go Figure! answers

2	x	6	+	8	20
+		÷		+	
4	x	6	-	7	17
x		+		÷	
5	-	1	x	3	12
30		2		5	

King Crossword Answers

Solution time: 25 mins.

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

Weekly SUDOKU Answer

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

COMMUNITY NEWS BITS

AUG - Business of the Month
WED - Aug 1 at 11:30 @ 80 E 100 N
Founded in 1873, Zions Bank is Utah's oldest financial institution operating 106 full-service branches throughout Utah and 27 in Idaho.

Zions offers a comprehensive array of investment and mortgage services and a network of loan origination offices for small businesses nationwide. Zions Bank expanded into Utah County in the late 1960s when it purchased the Utah National Bank of Provo in 1969. The bank built its Payson office two years later in 1971. The Payson branch has recently provided \$4 million in new agricultural loans. Zions Bank supports junior agricultural programs and sponsors a corn maze that raises college scholarship money for area students.

The Payson office last year hosted the Traveling Treasures Exhibit, a Zions Bank partnership with the Natural History Museum of Utah of that brings interactive museum exhibits to rural communities. The branch also participates in Zions' annual Paint-a-Thon, in which employees volunteer to paint and landscape the houses of low-income, elderly, and disabled homeowners.

PAYSON



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



www.ArrowheadUpholstery.com

801-465-9268

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

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

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

Pleasant Grove Promenade

Market Boutique Music Kids Corner

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

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

Salem

Salem City Days
Aug 3 - 11

For more information see www.salemcity.org or call the City Office at 801-423-2770

salem 2012 days salemcity.org

Major Sponsors: HANKS, Gas, NEWAYS, OUT BACK GRAPHICS

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,

The market runs through Nov 3 at 100 W 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. Business Fairs will run once monthly and will be located at 40 South Main, Spanish Fork.

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



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