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September 17, 2012

The **Neatest** Little Paper Ever Read®


Issue 2012-38

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**TIDBITS® IS CHEWING THE FAT WITH IDIOMS**

by Patricia L. Cook

This Tidbits delves into idioms. An idiom is "a group of words whose meaning cannot be predicted from the meanings of the constituent words." In other words, they really don't make sense!

- If you live in the rainy Pacific Northwest, the steamy Southern states or a rain forest, you have probably heard the idiom "It was raining cats and dogs." The origin of the phrase is unknown. One theory is that in olden days in England, dogs and cats would sleep on the thatch or hay roofs of houses. When it rained, the roofs became slippery and the animals would slide off. Hence, it was "raining cats and dogs!"
- On the other hand, if you are sitting in a theater, you may be in the "peanut gallery." This term was popularized in the late 19th century and referred to seats located in the balcony of the theater, the "cheap" seats. People in these seats would sometimes throw peanuts, common theater food of the time, on those seated below. The term was also used for those seated in the first row on the floor seats where the patrons could throw peanuts on stage if they weren't pleased with the performance.
- Regarding theater lingo, when "the plot thickens," it means that the situation is becoming more difficult or complicated.

turn the page for more!

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# TIDBITS® OF UTAH COUNTY

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- MUSIC:** Who composed the opera "Swan Lake"?
- LANGUAGE:** What is the meaning of the Latin phrase "Ars gratia artis"?
- GEOGRAPHY:** The island of Corsica belongs to what country?
- MYTHOLOGY:** What is the name for the three Greek goddesses of vengeance: Alecto, Megaera and Tisiphone?
- LITERATURE:** Who wrote a semi-autobiographical travel book called "Roughing It"?
- TELEVISION:** What detective series featured the theme song "Keep Your Eye on the Sparrow"?
- CHEMISTRY:** What is the chemical symbol for bromine?
- AD SLOGANS:** What was billed as "The Greatest Show on Earth"?
- FAMOUS QUOTATIONS:** Who once said, "Do not take life too seriously. You will never get out of it alive."?
- MOVIES:** Which Disney movie featured the hit song "A Whole New World"?



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• Be sure to comb the leftovers from back-to-school sales. Pick up supplies that will need to be replenished as the school year moves on. Also, there are many imaginative pencil cases that can double as travel jewelry and makeup bags. Often you can pick up several at a good price.

• "Just after Labor Day, our family starts to think about who will host holiday dinners and such. We do it in a lottery. Whoever just hosted is exempt if they want to be. The rest of those who'd like to host a holiday event put their names in a pot and we pick out names. The events are the usuals, like Christmas and Thanksgiving, but also a cookie-making party and the children's party. It's better than one person always having to do it, or always getting to do it." -- E.D. in Massachusetts

• If you're getting your outdoor furniture ready for storage, here's a great cleaning idea. Load it all in the back of a truck, take it to a self-serve car wash and clean with the pressure hoses. Let dry and it's ready.

• "Dust books with a vacuum assist! I put the leg of a panty hose over my vacuum wand and secure it tightly. Then I dust my bookshelves, holding the wand close by to suck up the dust that gets disturbed. It's less messy, I think. I still dust from the top down." -- L.K. in Ohio

• To make your own disinfecting wipes, cut paper towels into four squares each. Saturate with a half alcohol, half water mix and store in a plastic freezer bag or a diaper-wipe container. You can use these to clean telephones and doorknobs during cold and flu season.

## 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.

	+		×		32
×		-		×	
	÷		+		9
+		×		-	
	-		×		12
25		10			25

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

2 3 4 4 5 6 7 8 9

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## IDIOMS (continued)

- Many consider theater performances to be luxuries for the wealthy, those who "live high on the hog." This expression came about because only the rich could afford the choicest cuts of pork, like loin, which comes from the top of the pig.
- The best cuts of pork were usually consumed at the time of butchering. The other cuts were salt cured for preservation to be eaten during the winter. When spring arrived, people were "scraping the bottom of the barrel" looking for any scraps remaining. The term is now used to refer to the last food in the pantry, money in the budget, last one chosen for a team, etc.
- Another term for the wealthy is the "upper crust." This term comes from England, where the smell of bread wafted from the kitchens of country estates. The upper crust was the superior un-burnt part of a loaf that was served to the "gentry" or high society.
- In Biblical times, the "upper crust," or upper class, was offered the "fat of the land." This meant the fattest and best livestock.
- Another familiar expression with origins in the Bible is "salt of the earth." Salt was not only expensive, it was also a vital preservative. People referred to as the "salt of the earth" were and are very precious.
- Again thinking of the precious commodity of salt, a compliment that someone is "worth his salt" means he is doing a good job and is a valuable worker. Salt was so valuable in ancient days that Roman soldiers were sometimes paid with salt instead of or in addition to coins or currency.
- Just as a bad worker can affect the attitudes of his co-workers, a "bad apple" can ruin a whole bag or box of apples. This term has been used with all kinds of produce and people as well. You don't want to be the "bad apple" in the crowd!
- In stark contrast to a good worker stands one who isn't. A sorry or less-than-stellar worker may get "canned" or "sacked." This terminology came from coal miners who were given a chit, a "statement of an amount owed for food and drink," which they could use at the company store. When let go, their severance pay was a can of food usually put in a sack.

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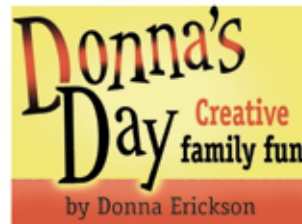
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 C A Y N W S R S U H R P N L J  
 H F I D E T S T A G B Y Z X R  
 V R T R A E Q E I U D O M E K  
 P I O I R H U R D A N F H D B  
 Z Y V T W V T Q L D W T R Q O  
 N A C L L K I E N I O R E H S  
 N A M O W A H F D M C G A Z X

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

- |          |         |          |          |
|----------|---------|----------|----------|
| Actress  | Goddess | Princess | Soprano  |
| Alto     | Heroine | Queen    | Waitress |
| Aunt     | Lady    | She      | Woman    |
| Daughter | Mother  | Sister   |          |

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## Cool Summer Pudding From England

While the 2012 Summer Olympics in London were in full swing on screens across the U.S. and the world, I loved how the cameras put viewers like us in the middle of the action, as if we were paddling our own kayaks through a white-water course or leaping with the women gymnasts for the gold. But amidst all the excitement, there was one thing we missed out on -- the smells and tastes of the local English food enjoyed by spectators attending the event.

I decided to make the Olympics a cultural experience at home and created a taste of London by preparing an old English late-summer dessert called "Summer Pudding." For the Brits, the word "pudding" ("pud" for short) actually means "dessert," and this fun recipe from across the pond can become a memorable finale to an August dinner. It's full of fresh berries, and the easy prep doesn't require any baking, so the kitchen stays cool. It's a great use for day-old bread, too!

Kids love to take part in the easy prep, so gather the ingredients and enjoy this fresh, beautiful dessert while it's still summer.

### ENGLISH SUMMER PUDDING

Ingredients:

- 16 slices of day-old, firm white bread, without preservatives
- 6 cups assorted berries, such as blueberries, blackberries, raspberries and strawberries
- 1 cup sugar
- 1 tablespoon freshly squeezed lemon juice
- Whipped cream

- In a saucepan, combine berries, sugar and lemon juice. Stir over medium heat until berries release their juices, about 5 minutes. Remove from heat and drain berries over a bowl, reserving the juice.
- Line the inside of a 5-6 cup bowl with plastic wrap. Trim and discard crusts from the bread and cut slices diagonally into four pieces. Dip each triangle into the juice, then arrange on the bottom and in a continuous pattern around the inside of the bowl to create a pinwheel effect. Fill any gaps with more bread, saving some bread for the next step.
- Fill the bread-lined bowl almost to the top with the drained berries. Place a single layer of the remaining bread on top of the berries to create a cover. Spoon remaining juice evenly over the top.
- Cover the bowl with plastic wrap, and then set a small plate on top that just fits inside the bowl. Set a heavy, 2-pound can on the plate to provide weight. Refrigerate overnight.
- To serve, remove the can, plate and plastic wrap and carefully invert the colorful molded pudding onto a serving plate. Remove the plastic wrap liner. Slice into wedges with a large spoon and serve with a dollop of whipped cream. Makes 6-8 servings.

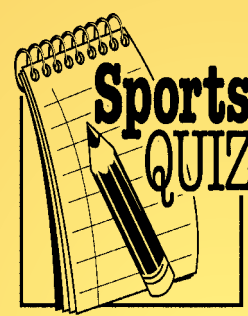
Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit [www.donnasday.com](http://www.donnasday.com) and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous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

## TIDBITS WORD POWER

Unscramble this word:

**MIOTIDAIC**

This word means: Peculiar to or characteristic of a particular language or dialect; having a distinct style or character.



By Chris Richcreek

- How old was Pete Rose when he had his last 200-hit season?
- Ernie Banks of the Chicago Cubs was the first shortstop to hit three home runs in a game. Who was the second?
- In 2011, Patrick Peterson tied an NFL record with his fourth punt return for a TD in a season. Whose mark did he tie?
- Name the only conference to have three No. 1 seeds in one year in the NCAA men's basketball tournament.
- When was the last time before 2012 that the St. Louis Blues won an NHL playoff game?
- Name the last country other than South Korea in the modern Olympic era to win a gold medal in the women's archery team competition.
- How many times in his career did golfer Jack Nicklaus finish as the runner-up in a major?

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# VETERANS POST

by Freddy Groves

## Military Records

There are two good reasons to have a copy of your military records:

**For family:** If something happens to you, your spouse and child will have to get your military records if you're to be buried in a military cemetery. Make it easy on them and have the paperwork in your files.

**For health:** If you need to file a claim for benefits with the Department of Veterans Affairs, in some cases, being able to prove where you were stationed and when is crucial. Save time by getting your records now and having them on hand.

Go online to [www.archives.gov/veterans](http://www.archives.gov/veterans) and click Request Military Service Records. Per the instructions, you'll need to start by getting your DD 214, if you don't already have it. (If nothing else, you should send for that and always have a copy available.) Click on eVetRecs and follow the steps.

Not just anyone can get military records -- it's limited to either the veteran or a deceased veteran's next of kin, which is mother, father, spouse, son, daughter, sister or brother.

For family members, if the veteran is deceased, be prepared to provide proof of death: a copy of the death certificate, a letter from the funeral home or a published obituary. If you're not an immediate next of kin, such as a grandchild, you need to complete a SF 180 form. Download one online, fill it out, then mail to one of the addresses on the back of the form. If you cannot print out a form, you can request one from your local VA office or write to:

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If you have an urgent situation, such as burial or medical care, you can call the emergency number at 314-801-0800. You'll likely wait on hold a long time, but once someone answers you should be able to get the information the same day.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to [columnreply@gmail.com](mailto:columnreply@gmail.com).

### IDIOMS (continued)

- If you find yourself in the unsavory position of being the person viewed as the "bad apple," you may find yourself "eating humble pie." This saying came about in a circuitous way. In the 14th century, the heart, liver, entrails, etc. of animals were called the "numbles" (nombres, nomblys, noubles). In the 15th century, they were called "umbles." The umbles were used as an ingredient in pies. Only lower class folks ate "humble pie." Hence, abasing or lowering oneself was seen as taking oneself to a lower class.

- Bakers in Europe were not usually baking "humble pie" but pastries, cookies, rolls and other fine treats. Because they could receive stiff punishment for shorting customers, bakers would usually put 13 or more pieces in their orders just to be sure. This is where the "baker's dozen" originated.

- British sailors on war ships in the 1700s might have appreciated some "humble pie" or a generous "baker's dozen." Their ships did not have the best living conditions. Usually, a sailor's breakfast and lunch was only bread and a beverage. The third meal of the day included meat and was presented on a square tray. Hence the term "square meal" was coined to identify the most substantial meal of the day.

- A popular topping for pizza, "Canadian bacon" has hog geography behind its name. It doesn't have anything to do with the country of Canada other than its location relative to the United States. Traditional bacon is cut from the underbelly or south side of the pig. Canadian bacon is cut from the loin area, the upper part of the pig. Since it is from the north — Oh, Canada!

- In England, it is customary to extend hospitality to visitors, even complete strangers. However, when the host chose to serve a "cold shoulder" of beef, it signaled that it was time for the guests to move on. Think about this the next time you snub someone or give them the "cold shoulder."

- When wood stoves were used to cook beef shoulders and more, cooks used the front burners for intense heat and for stoking the fire to avoid a reach across the hot stove top. When it was time to slow down or simmer the food, it was put on the "back burner." Now that term is used for putting something on hold, such as a chore you need, but don't want, to do.

*continued on next page*

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### Holidays & Observances This Week

- 9/16 Working Parents Day
- 9/17 Constitution Day
- 9/18 National Cheeseburger Day
- 9/19 International Talk Like a Pirate Day
- 9/20 National Punch Day
- 9/21 POW/MIA Recognition Day
- 9/22 Business Women's Day

## Strange BUT TRUE

- It was American singer Josh Groban who made the following sage observation: "There's no half-singing in the shower, you're either a rock star or an opera diva."
- If you're considering having a child sometime in the near future, you might want to consider this: It's said that the cost of caring for a newborn during its first year of life is more than \$6,000.
- In 1986, actor and director Clint Eastwood took on a new and unfamiliar role: political candidate. He ran for mayor of Carmel, Calif. He defeated the incumbent mayor in a landslide, and he kept the position for two years. His salary? A whopping \$200 per week.
- Often these days you'll see someone carrying a tiny dog

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around with them, but you might be surprised to learn that this is not an entirely new fashion. In ancient Rome and Greece it was not uncommon for a noble lady to carry her tiny Maltese dog around in the sleeve of her robe.

- In the early days of motion pictures, Will H. Hays became known as the "Czar of Hollywood." He presided over the earliest incarnation of the MPAA, charged with ensuring the morality of movies. Some of the changes the so-called "Hays Office" insisted upon were removing the image of a cow's udder from a Walt Disney cartoon; and removing any direct reference to adultery in the 1935 adaptation of the Tolstoy novel "Anna Karenina" -- despite the fact that Anna's affair is at the heart of the novel.

- Those who study such things say that a woman's sense of smell tends to be better than that of a man.

**Thought for the Day:** "I think that I am better than the people who are trying to reform me." -- Johann Wolfgang von Goethe

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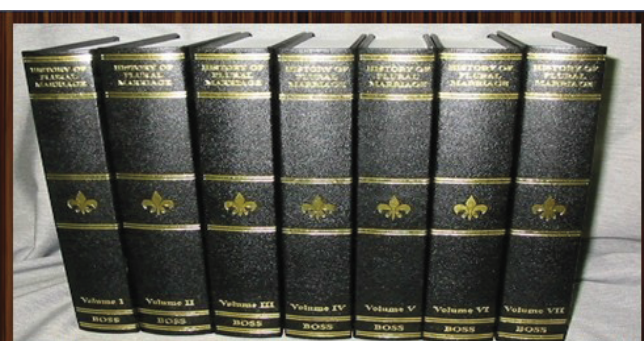
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**Moments in time**  
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• On Sept. 22, 1776, in New York City, 21-year-old Nathan Hale, a captain in the Continental Army, is executed by the British for spying. Before being hanged, legend holds that Hale said, "I only regret that I have but one life to lose for my country." There is no historical record to prove that Hale actually made this statement.

• On Sept. 18, 1793, George Washington lays the cornerstone to the United States Capitol building. The building would take nearly a century to complete, as architects came and went, the British set fire to it, and it was called into use during the Civil War.

• On Sept. 23, 1846, German astronomer Johann Gottfried Galle discovers the planet Neptune. The blue gas giant, which has a diameter four times that of Earth, has eight known moons and a ring system containing three bright and two dim rings.

• On Sept. 21, 1938, a powerful Category 3 hurricane slams into Long Island and southern New England. Charlie Pierce, a junior forecaster in the U.S. Weather Bureau, was sure that the hurricane was heading for the Northeast, but the chief forecaster overruled him. All told, 700 people were killed by the hurricane.

• On Sept. 19, 1959, in one of the more surreal moments in the history of the Cold War, Soviet leader Nikita Khrushchev explodes with anger when he learns he cannot visit Disneyland. Government authorities feared that the crowds would pose a safety hazard.

• On Sept. 17, 1965, four adventurous Englishmen arrive at a motor show in Germany after crossing the English Channel by Amphicar, the world's only mass-produced amphibious passenger car. On land, the cars used a four-speed-plus-reverse manual transmission. In the water, they used a transfer case that had two speeds: forward and backward.

• On Sept. 20, 1973, in a highly publicized "Battle of the Sexes" tennis match, top women's player Billie Jean King, 29, plays Bobby Riggs, 55, a former No. 1-ranked men's player. Riggs, a self-proclaimed male chauvinist, had boasted that women were inferior. King beat Riggs 6-4, 6-3, 6-3.

**DEAD SEA (continued)**

• There are, however, several species of bacteria and one species of algae that are adapted to harsh life in the Dead Sea. White salt crystals cover everything on the shore. And this is no ordinary table salt; the salts found in the Dead Sea are mineral salts — mostly chloride salts of magnesium, sodium, potassium and bromine — just like you find in the oceans of the world, only in extreme concentrations.

• The leading attraction at the Dead Sea is the warm, soothing, super-salty water. This water has attracted visitors since ancient times, including King Herod the Great and the beautiful Egyptian Queen, Cleopatra.

• Due to the high salinity, water in the Dead Sea is extremely buoyant — A person can float effortlessly on his or her back and not have to expend energy treading water. Also, the high salt content and warm temperature of the water provide therapy for ailments such as rheumatism, gynecological diseases and bronchial conditions.

• Dead Sea Works, Ltd. (DSW) is a company dedicated to harvesting minerals from the waters of the Dead Sea. DSW is located on the southwest side of the Sea and employs 1,600 people.

• Potash is the most valuable of the minerals extracted today and is used in the manufacture of fertilizer. Other minerals extracted are used in making products such as potassium chloride salt, industrial salts, de-icers, bath salts, table salt and raw materials for the cosmetic industry.

**PEANUTS**

If peanuts are your favorite nut, you are not alone. However, peanuts are not nuts: They are legumes, related to beans, peas and lentils.

• Peanuts originated in South America. They are now grown in warm areas of Asia, Africa, Australia and North and South America. Fifteen states in the United States grow peanuts, with Georgia being the top producing state.

• Peanuts are the official state crop of Georgia, and the state produces almost half of the total U.S. peanut crop. Most people are aware that President Jimmy Carter was a peanut farmer from Plains, Georgia. But many are unaware that he was the second peanut farmer to serve as President of the United States. Thomas Jefferson was the first.

*continued on next page*

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THIS WEEK'S **CELEBRITY BIRTHDAYS**

Nick Jonas	9/16/92
Jimmie Johnson	9/17/75
Lance Armstrong	9/18/71
Trisha Yearwood	9/19/64
Sophia Loren	9/20/34
Faith Hill	9/21/67
Bonnie Hunt	9/22/64

**TIPBITS**  
by Mike Marland

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

**Slowing Macular Degeneration**

**DEAR DR. DONOHUE:** I am an 82-year-old woman. My body cannot tolerate antibiotics, vitamins or painkillers. I am told I have macular degeneration and was advised to take Ocuville once a day. My sister suggested I write to you to see if you have an idea of how to take Ocuville in some other manner or some other way to get the ingredients in it. Help. -- L.M.

**ANSWER:** In 2001, the results of the first AREDS report (Age-Related Eye Disease Study) was published. It showed that the combination of beta carotene (a form of vitamin A), vitamin E, vitamin C, zinc and copper could slow the progression of moderate macular degeneration to severe macular degeneration. Macular degeneration is a wasting away of the macula -- a small, round area of the retina necessary for clear central vision, the kind needed to read, sew and drive. Ocuville is one capsule that incorporates all these nutrients.

Currently a new study, AREDS 2, is being conducted. The vitamin-mineral combination has been altered a bit and new ingredients have been added: lutein, zeaxanthin and omega-3 fatty acids. Some Ocuville pills also contain these materials.

Since you're unable to tolerate vitamins, you'll need to get these nutrients from foods. You might not be able to reach the high levels found in pills, but you'd be getting all the ingredients in those pills.

Beta carotene is found in colored vegetables like carrots and peppers, in dark-green vegetables and in colored fruits.

Vitamin E is widely available in many foods: meats, nuts, cereal grains, wheat-germ oil and sunflower oil. You find vitamin C in citrus fruits, tomatoes, potatoes and broccoli. Zinc is in meats, shellfish, nuts and legumes, like peas. Copper is in shellfish, nuts and organ meats.

The new version of AREDS, not yet published, contains lutein and zeaxanthin, which you can obtain in kale, spinach, collard greens, corn, green beans, carrots, squash and tomatoes. Omega-3 fatty acids are found in fish like salmon and tuna.

The booklet on macular degeneration explains this common malady and its treatment. To obtain a copy, write: Dr. Donohue -- No. 701, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

**DEAR DR. DONOHUE:** My heart misses a beat every now and then. The doctor tells me this isn't dangerous. He has said nothing about food or drink as being a cause of this. I drink two cups of coffee a day. I can't tell any difference on the days I drink it or on the days I don't. What's the thinking on this? -- P.M.

**ANSWER:** Moderate amounts of caffeine have little effect on the heart. Two to four cups of coffee a day shouldn't affect your heartbeat. However, if a person is quite sensitive to caffeine, then that person should abstain from coffee. There appears not to be any relationship between coffee drinking and artery hardening, artery obstruction or heart pumping. Heart attacks and strokes are no more frequent in coffee drinkers than in those who never touch it.

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.

**PEANUTS (continued)**

- Peanuts have been grown in the United States since the 1800s. Peanut popularity surged during the Civil War, with soldiers on both sides eating the protein-rich legumes for energy and sustenance.
- Peanuts are powerhouses of nutrition; they are cholesterol-free, contain about 26 percent protein and are a good source of vitamin E, potassium and fiber. They are an excellent source of magnesium, folate and niacin as well.
- Even though Georgia is the No. 1 state for peanut production, the peanut capital of the world is Dothan, Alabama. About half of the peanuts grown in the United States are grown within a 100-mile (160.9-km) radius of Dothan. The 69th National Peanut Festival will be held in Dothan from November 2-11, 2012.
- The first National Peanut Festival was held in 1938. The honored guest speaker for the inaugural event was Dr. George Washington Carver, who is known as the father of the U.S. peanut industry. Dr. Carver developed over 300 uses for the peanut in his work at the Tuskegee Institute in Tuskegee, Alabama.
- Because of Dr. Carver's extensive work with peanuts, many believe he invented peanut butter, but he did not. Several doctors experimenting with peanuts in the late 1890s wanted a peanut product or paste that would be easy for their patients with bad teeth.
- Dr. John Kellogg was one doctor who wanted the healthy, protein-rich peanut paste for his patients. He and his brother, W.K. Kellogg, worked together and actually patented a peanut butter process in 1895. The brothers went on to develop their cereal company and let others sell peanut butter.

*continued on next page*

**Just Like Cats & Dogs** by Dave T. Phipps



**Weekly SUDOKU**

by Linda Thistle

	5			2			3	7
4		2			6	1		
8			4		3		9	
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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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**Comfort foods**  
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by JoAnna M. Lund

**Cute Zucchini Meatloaf Muffins**

Try this soup recipe the next time you have leftover ham. You're not going to believe how easy and tasty this is until you try it. It's filled with flavor -- but not fat!

1 full cup diced extra lean ham  
1 (16-ounce) can tomatoes, coarsely chopped and undrained  
1 (10 3/4-ounce) can reduced-fat tomato soup  
1 cup water  
1/2 teaspoon dried minced garlic  
1 tablespoon Worcestershire sauce  
1 tablespoon Italian seasoning  
1 (16-ounce) can red kidney beans, rinsed and drained  
1 cup shredded cabbage  
1/3 cup broken uncooked spaghetti  
1/4 cup grated reduced-fat Parmesan cheese

1. In a large saucepan, combine ham, undrained tomatoes, tomato soup and water. Stir in garlic, Worcestershire sauce and Italian seasoning. Add kidney beans, cabbage and uncooked spaghetti. Mix well to combine.  
2. Bring mixture to a boil. Lower heat, cover and simmer for 15 minutes or until spaghetti is tender, stirring occasionally. When serving, top each bowl with 1 tablespoon Parmesan cheese. Makes 4 (1/2 cup) servings.

• Each serving equals: 219 calories, 3g fat, 14g protein, 34g carb., 811mg sodium, 7g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 1/2 Vegetable.

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**PetBits**

**Kids and Dogs**  
By Samantha Mazzotta

**DEAR PAW'S CORNER:** A while ago, you printed information on how to safely approach strange dogs. I'd like my two children to be familiar with those procedures. Can you provide that information? -- Candice C., Las Vegas

**DEAR CANDICE:** I sure can. Here are a few tips courtesy of the American Kennel Club on how to safely approach a strange dog:

- Ask permission: It's very important to ask a dog's owner first if you can pet the dog. Not every dog reacts the same way to strangers petting them, and the owner will know if the dog is friendly and if it is safe for you to approach.
- Approach calmly: If the owner says yes, make a fist, extend your hand slowly to the dog, and let it sniff the back of your hand. Dogs recognize people by scent, so letting it sniff your hand lets the dog become familiar with you.

--Where to pet: Once the dog has sniffed your hand, pet it gently under the chin or on the chest.  
--Don't hug dogs: Kids should never hug a dog. Dogs don't hug each other, and they don't understand hugs to mean love and affection like humans do. Wrapping your arms around a dog can stress it out and lead to an unnecessary bite.  
--Keep your chin up: Never put your face down in front of a dog. This can be threatening to the dog and cause it to react. Find out more about safely approaching dogs and about the AKC's upcoming "Meet the Breeds" event at [http://www.akc.org/meet\\_the\\_breeds/](http://www.akc.org/meet_the_breeds/).

Send your questions or tips to [ask@pawscorner.com](mailto: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](http://www.pawscorner.com).



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Remember not to abuse these offers. Be sure to thank them for their gift.

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Q: Have you heard the joke about the peanut butter?

A: I better not tell you; it might spread!

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- TUE- 25¢ Drink with Sandwich
- WED- All You Can Eat Fries with Entrée

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**TIPBITS presents TRIVIA NEWSFRONT**

1. What are potato chips called in England?
2. What are potato chips called in Canada?
3. What are chips in England?
4. What is a "small fry"?
5. What does it mean to "get someone's goat"?

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**SENIOR NEWS LINE**    Food Safety

by **Matilda Charles**

One of the best kitchen gadgets I've ever invested in is a digital thermometer. Within seconds, it tells me the temperature of the food I'm cooking and whether it's done.

Temperature is one of the most important safety steps in food preparation to avoid food poisoning. To help us stay safe, the U.S. Food and Drug Administration has created a free booklet especially for us: Food Safety for Older Adults. It has information we need to know and keep handy: How we get a food-borne illness, and what can happen to us if we do. How to choose lower-risk food options. How long food stays safe in the refrigerator. And much more.

For example, did you know that lunch and deli meats need to be heated to 165 degrees Fahrenheit? The bacteria *Listeria* can grow even at proper 40-degree refrigerator temperature. My favorite part of the booklet, especially since I now have a high-tech digital thermometer, is the picture chart of the recommended internal temperatures of cooked food. Fish, 145 degrees. Beef, 160 degrees. And so on. (I also invested in two refrigerator/freezer thermometers to make sure the old refrigerator and freezer are keeping food at the correct temperature: 40 degrees for the refrigerator and 0 degrees for the freezer.)

There are a number of steps involved in finding the booklet online, but it's worth the trouble. Go to [www.fsis.usda.gov](http://www.fsis.usda.gov), click Fact Sheets, At-Risk Populations, More Like This at the bottom of that category, then scroll down to the PDF version of Food Safety for Older Adults. If you can't find it, send email to [fsis.outreach@usda.gov](mailto:fsis.outreach@usda.gov) to request the booklet. Or call the hotline and request it at 1-888-674-6854.

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Write to her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to [columnreply@gmail.com](mailto:columnreply@gmail.com).

**Good Housekeeping**

**California Breakfast Wrap**

Filling and filled with good-for-you-ingredients, this wrap is the perfect way to start your morning. It's packed with protein from eggs and cheese, healthy fats from avocado, and cancer-fighting antioxidants and lycopene in spinach and tomato.

4 large eggs  
2 large egg whites  
Salt  
Pepper  
4 8-inch whole-wheat tortillas  
4 tablespoons goat cheese  
3 1/2 ounces (about 7 cups) baby spinach  
1 teaspoon canola oil  
1 medium (about 1 cup) tomato, seeded and finely chopped  
1 Hass avocado, finely chopped  
1 tablespoon chopped fresh dill leaves

1. In medium bowl, beat eggs, egg whites and 1/8 teaspoon each salt and freshly ground black pepper.
2. On microwave-safe plate, cover tortillas with damp paper towel. Microwave on high 30 seconds or until just warm and pliable.
3. Spread 1 tablespoon goat cheese on each tortilla; top with spinach.
4. In 12-inch nonstick skillet, heat oil on medium 1 minute. Add egg mixture. Cook 2 minutes or until almost set, stirring gently. Remove from heat; fold in tomato, avocado and 1/4 teaspoon salt.
5. Divide hot egg mixture among tortillas. Top with dill; fold in half. Serves 4.

.. Each serving: About 330 calories, 16g total fat (4g saturated), 191mg cholesterol, 565mg sodium, 29g total carbs, 6g dietary fiber, 16g protein.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).

**The Spats**    by **Jeff Pickering**



### Get Free HDTV With Outdoor Antenna

**Q:** I recently canceled my cable subscription in order to save money. While watching the news streamed on my computer is OK, I'd like to pick up local stations on my TV. How can I do that? – Chuck F., New Hampshire

**A:** Today's over-the-air TV transmissions are entirely digital, a change mandated by the government a couple of years back. The old "analog" TV transmissions were switched off in 2010, something that owners of old tube televisions who try to pick up signals with their old antennae are painfully aware of. However, even with an older television, you can pick up line-of-sight transmissions and receive local television stations. Converter boxes are available at most large retailers that sell electronics and cost from \$30 to \$60. You can learn more at [http://dtv.gov/consumercorner\\_4.html](http://dtv.gov/consumercorner_4.html).

If you have a newer HD television, you might be able to pick up a few signals if the TV has a built-in digital antenna. If not, there are several HD antennas on the market. If you live in an area where TV signals are traditionally faint, you'll absolutely need one of these. They start at around \$45 and go up in price, but the plus side is that you won't pay any more money for TV signals once the antenna is up. At least one brand of HD antenna was designed to be set up inside your home, but there are other brands specifically made to be set up outside or on the roof. Outdoor antennas can pick up signals up to 50 miles away in most cases, as long as there aren't too many obstructions like hills or other buildings between your home and the transmission source.

To set up an outdoor HD antenna, follow the instructions included with the product. Those made for rooftops should include proper mounting bolts and, ideally, small sealing squares (basically roof-patching squares) that sit between the antenna mount base and the roof. If those sealing squares aren't included, head to your home-improvement store for roof patches and cut them to fit.

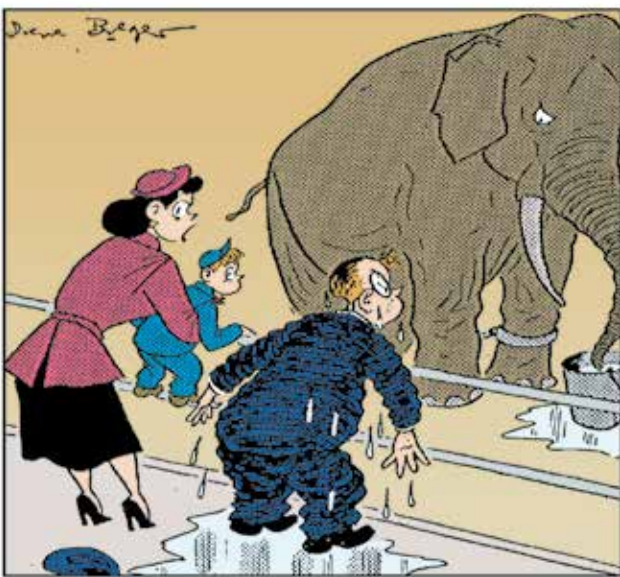
You'll also need to feed the coaxial cable connecting the antenna back into the house to your television. If possible, try using the holes already drilled by the cable company to install its coax, rather than punch more holes in your home's envelope.

A number of videos on the web can provide more information on antenna installation. This video ([http://www.youtube.com/watch?v=CuY-D9fQG\\_s](http://www.youtube.com/watch?v=CuY-D9fQG_s)) shows one homeowner's installation option, at the top of the eave. Another (<http://www.youtube.com/watch?v=C0WQztMdo7I>) provides details on properly positioning the antenna for an optimal signal, which is important in remote areas.

**HOME TIP:** If you have an existing dish or antenna mount on the roof, take note of how the mount base is set up. It can be a big help in setting up your HD antenna without causing a roof leak.

Send your questions or tips to [ask@thisisahammer.com](mailto:ask@thisisahammer.com), or write This Is a Hammer, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

### MISTER BREGER By Dave Breger



"Think back—isn't there ANY time in your life when you might've been unkind to an elephant?"

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## ANSWERS

### SPORTS QUIZ

1. He was 38 in 1979, when he tallied 208 hits for Philadelphia.
2. Freddie Patek did it for the Angels in 1980.
3. Detroit's Jack Christiansen (1951), Denver's Rick Upchurch (1976) and Chicago's Devin Hester (2007) all returned four punts for touchdowns.
4. The Big East, with Connecticut, Louisville and Pittsburgh as No. 1 seeds in 2009.
5. It was 2004.
6. South Korea has won every gold medal since team competition began in 1988.
7. Nineteen times.

**WORD POWER**  
ANSWER  
**IDIOMATIC**

**TRIVIA NEWSFRONT**  
ANSWERS

1. Crisps
2. Chips
3. French Fried Potatoes
4. A kid or small child
5. To bug or bother them



1. Peter Tchaikovsky
2. Art for art's sake
3. France
4. The Furies
5. Mark Twain
6. "Baretta"
7. Br
8. Barnum & Bailey Circus
9. Elbert Hubbard
10. "Aladdin"

### Go Figure! answers

2	+	6	x	4	32
x		-		x	
8	÷	4	+	7	9
+		x		-	
9	-	5	x	3	12
25		10		25	

### King Crossword

Answers  
Solution time: 21 mins.

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

### Weekly SUDOKU

Answer

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

### COMMUNITY NEWS BITS

#### PAYSON

#### Payson Business of the Month – Sep

**Arrowhead Upholstery** occupies the front half of a charming building on Payson Main Street. The '50's themed design hosts plenty of room for dreaming up the perfect classic car interior. The building is also home to Utah Avenue Insurance. Arrowhead Upholstery offers full interior restoration services for classic and late model cars & trucks, as well as motorcycles, RV's, boats, golf carts and more. Whether you need a complete custom interior or You are just looking to mend your truck seat, we are here to help. Arrowhead Upholstery's owner, Shessann Logue, has been sewing as long as she can remember. She has worked on home interiors including custom window treatments & furnishings, antique furniture restoration and cushioning. While all the cutting, sewing, and creating are done at their Main Street building, she rents space from Arrowhead Customs, around the corner, to safely house cars, trucks, boats, and RV's during restoration.



#### Ribbon Cutting – Sep 19 11:30A – Noon



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If you would like to know more visit the website at [www.absolutecompassionhhs.com](http://www.absolutecompassionhhs.com)

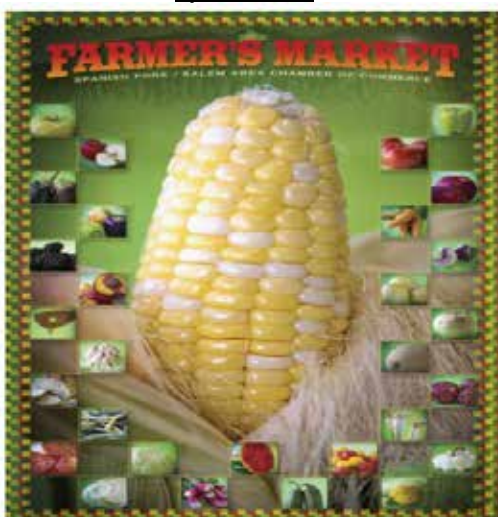
#### Leads Group - Business By Referral – Sep 20 @ Fuji House on

Historic Main. This is the one training that you don't want to miss! This workshop gives you hands-on information that you can use immediately! Learn to differentiate yourself from the competition and get most, if not all, of your business via referral from customers and non-customers. Includes a super-networking event that will teach you how to refine your message and share it in a compelling manner. This Event will be open to prospective chambers members. Invite your colleagues, your best clients, your friends & neighbors. Everyone is Welcome!

#### Mt View Hospital Presents "A Family 'A' Fair" – Sep 22 @ 11A to 2P 1000 E 100 N Payson

Businesses are invited to participate. Set up a booth for \$25.00 and sell your goods or advertise your business. You can even donate something for the door-prizes. Bring your own table, chairs and shade tent.

#### Spanish Fork



Spanish Fork Farmer's 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](mailto:office@spanishforkchamber.com)

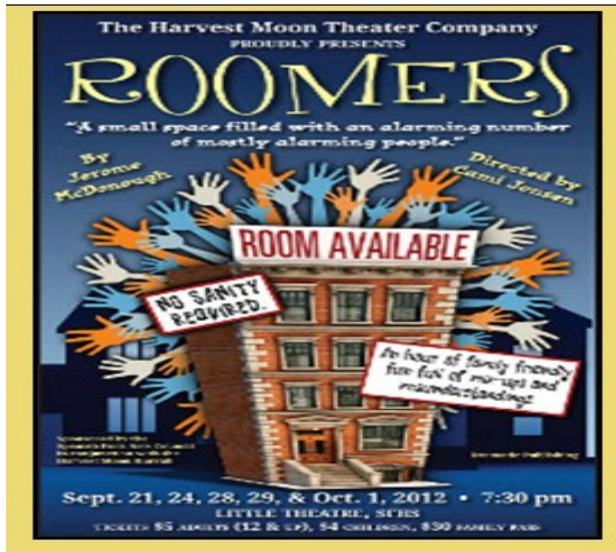
#### Noon Networking Luncheon - Sep 12 at Noon @ Macey's Stores Little Theatre, 187 East 1000 North Spanish Fork

Food will be provided by Macey's Deli! Come and enjoy a delicious lunch! To RSVP call Jolyn at 801-798-8352

#### Spanish Fork High School PING PONG DROP - Tue Sep 18 @ 7:30P The Powder Puff Football Game is

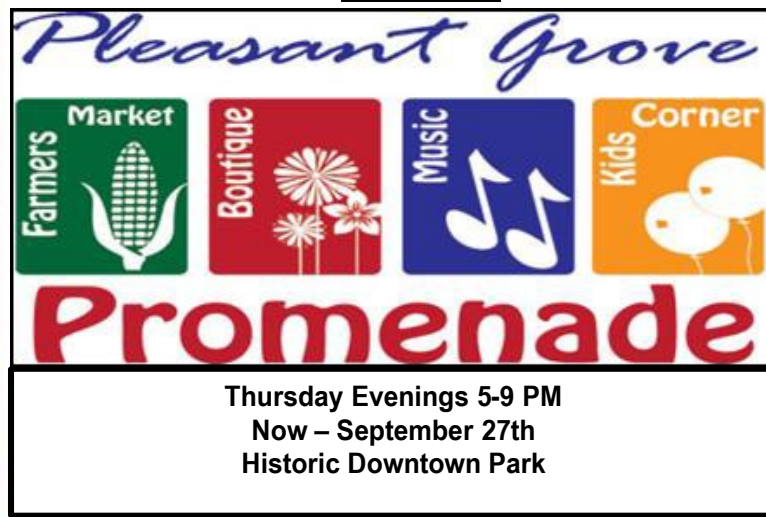
sponsored by the SFHS Drill Team. School Window stickers and tickets will be sold for: \$3.00 each or \$10.00 for 4 tickets. Prizes will include: TV, iPod, Food certificates, Gas certificates, Sporting Goods, SF apparel, Car products & services, Business Donations & Misc. Business Services

**Harvest Moon Theatre Company** is proud to present "Roomers" a one act farce by Jerome McDonough. Sep 21, 24, 28, 29 & Oct 1 at 7:30P in the Spanish Fork High School Little Theater. Tickets are \$5 Adults (12 \* up) \$4 Children or \$30 Family Pass



**Sp Fork / Salem – Scarecrow Contest – Deadline for Application Sep 21st** See [spanishforkchamber.com](http://spanishforkchamber.com) for details and application. \$10 Entry Fee. Scarecrows to be on display Oct 1 -31st Winners tbd by online voting.

#### Pleasant Grove



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



**THE PIANO GUYS**  
at the **Harvest Moon Hurrah!**  
A FREE COMMUNITY EVENT FOR EVERYONE  
CHECK THEM OUT ON YOUTUBE!  
GRAND PIANO DONATED BY BISHOP'S BRIG  
JON SCHMIDT & STEVEN SHARP NELSON  
Saturday, Sept. 22 8th Annual  
3:00-9:00pm  
SF City Park  
Center & Main St.  
MORE INFO: SPANISHFORK.ORG

## ANSWERS