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OF UTAH COUNTY

  
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September 24, 2012

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Issue 2012-39

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## TIDBITS® Remembers OLD-TIME CANDY

by Kathy Wolfe

What was your favorite candy when you were growing up? Take a nostalgic look back at the history behind some of the early varieties you may have enjoyed, many of them long gone but not forgotten.

- The first candy to combine milk chocolate, marshmallow, peanuts and caramel was the Goo Goo Cluster, introduced in 1913 and sold unwrapped from large glass candy jars in the drug store. When a regular customer mentioned that the candy was "So good, people will ask for it from birth," the creator named his confection after the first sounds made by his newborn son, "Goo Goo!"
- The invention of America's first candy machine, a lozenge cutter in 1847, got the NECCO wafers their start. The familiar pastel candies were sold for over 50 years before they were given their name, an acronym for the New England Confectionery Company that produced them. The same company introduced conversation hearts in 1866, dubbing them "motto hearts" and printing such messages as "Be Good," "Be True" and "Kiss Me." The phrases have been updated in recent years, adding "Call Me," "Fax Me" and "Email Me." In 2011, NECCO added "Tweet Me" to the list of mottos.

turn the page for more!

"Norma Jean's"



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- Nate



# TIDBITS® OF UTAH COUNTY

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- MOVIES:** What was the name of Rocky's boxing nemesis in "Rocky"?
- MUSIC:** Which 1980s rock band had a hit with the title "Roxanne"?
- HISTORY:** Where did the Battle of Waterloo take place?
- SCIENCE:** What does a mycologist study?
- TELEVISION:** What was the name of the boyfriend in the "Gidget" surfing series?
- COMPUTERS:** What does it mean when you get the message "Error 404" on a computer?
- LANGUAGE:** What does the acronym "radar" stand for?
- LITERATURE:** When was "The Cat in the Hat" first published?
- TEAM SPORTS:** How many members does a cricket team have?
- GEOGRAPHY:** What is the capital of Trinidad and Tobago?



by Jo Ann Derson

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- "I like to keep a few needles threaded with black, white and neutral thread for quick repairs. I keep them on a ribbon in my kitchen. I stuck the needles into the ribbon, then taped the ribbon at the top and bottom to the inside of a kitchen cabinet. Handy and safe." -- A.A. in Florida
- Save your old tissue boxes. They can be used to store plastic grocery-store bags for easy access. They can then be stacked up and stored. I use mine as garbage bags.
- "If you start now and purchase or make a gift or two each week, you could have more than a dozen Christmas presents taken care of before December even begins. It's a good way to ease the pressure on your time and your wallet." -- L.S. in Indiana
- "I love to can and pickle my garden's bounty, but since I give most of them as gifts, supplies can get costly. I have found many jars at thrift stores. And I have even seen seals and lids on occasion. Don't forget to check them out from time to time. The jars are going to get sterilized anyway!" -- E.D. in Georgia
- Looking for a way to replace eggs in a recipe? Here are some substitutes: powdered egg substitute (Ener-G brand, for example); 2 tablespoons of arrowroot powder or cornstarch; 1 banana, mashed; a tablespoon of milled flaxseed mixed with 3 tablespoons of water.
- "To keep calendar entries straight, I use a different color highlighter for types of events or for each family member -- blue for appointments, or green for kids' activities. A family calendar will help keep everyone in the loop." -- A Reader, via email

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.

**OLD-TIME CANDY (continued)**

- It's likely that nearly every child in America has at some time received a ball-shaped lollipop from the bank teller. These little pops, known as Dum Dums, have been around since 1924 when they were introduced by the Akron Candy Company. Sales manager I.C. Bahr named the pop, figuring Dum Dum was a word any child could say. Seven original flavors were introduced, with many added and deleted over the years, including the famous Mystery Flavor. The Mystery Flavor changes regularly since it is a blend of the tail end of one batch and the beginning of the next, whatever they may be.
- Remember Chuckles? These sugar-coated jelly candies have been around since 1921, when a Chicago marshmallow manufacturer introduced them. The five-flavored strip of candies was widely advertised with the slogan "5 flavors - 5 cents."
- Chick-O-Sticks and Chicken Bones were pretty much the same thing. Introduced in 1938 as Chicken Bones, this was a honeycombed candy filled with peanut butter and rolled in toasted coconut. In 1955, it was discovered that another company already owned the name, and the change was made to Chick-O-Sticks.
- There's nothing like pouring straight sugar down your throat, which is what we did with Pixy Stix, a powdered sugar packaged in a drinking straw. It started out as a drink mix in the late 1940s called Frutol, but since kids seemed to prefer the straight powder, Pixy Stix made their debut in 1952.
- The chocolate-covered, crunchy peanut butter bar 5th Avenue was the 1938 brainstorm of William Luden, who is more famous as the creator of Luden's cough drops.
- Back in the 1950s when James Dean and Marlon Brando looked cool with their cigarettes rolled up in their T-shirt sleeves, candy cigarettes were all the rage with kids. It seems that candy makers actually worked with the tobacco companies to help attract young smokers! Although the original candy cigs with their "lit" red tip are long gone, they are now reproduced but, we hope, with a different goal. Some folks who have quit smoking pass out packs to friends on the anniversary of their last cigarette.

*continued on next page*

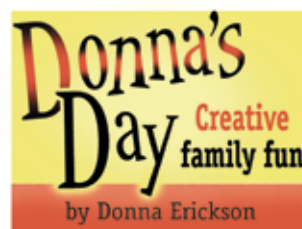
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 T S T Q R P N L L P C I R O K  
 I H F E C I L O P A O S W T E  
 C B Z Y W V F U S B J U R C Q  
 S R E Y A L P L F N P M N A M

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

- |             |             |             |          |
|-------------|-------------|-------------|----------|
| Actors      | Laborers    | NBA players | Teachers |
| Bricklayers | Miners      | NFL players | Umpires  |
| Firemen     | MLB players | Nurses      | Writers  |
| Jockeys     | Musicians   | Police      |          |

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**Spanish Tortilla Is Healthy Snack**

When I return from a trip, some of my best souvenirs are recipes collected along the way. While photographs provide a visual journal of our adventures, preparing a new dish is like a journal of the senses. The aroma in our kitchen and robust tastes at first bite bring back the memory of people and places. Now back home from a trip to the Colorado mountains, I'm eager to prepare the Spanish tortilla recipe my friend Joana Iniguez, originally from Barcelona, taught me in her bright kitchen nestled in Aspen.

"It's Spanish tradition to make a 'tortilla' as a snack (tapa) or for picnics and serve slices warm or cool," she said as she expertly sliced a zucchini into almost paper-thin disks. "It's commonly prepared with potatoes, eggs, onions, olive oil and salt, but I prefer replacing the potatoes with zucchini for a sweeter taste. "Best of all, it's a special hit with my 9- and 10 year-old nieces, who are generally picky eaters," she added. While zucchini are still plentiful, prepare this tortilla with your kids and enjoy it as a healthy snack or evening meal on a busy school night. Serve with crusty bread, and do like the kids in Barcelona: Cut a juicy, ripe tomato in half, squeeze out some of the center portion onto a slice of French bread and drizzle with a bit of olive oil. Pure deliciousness!

**SPANISH TORTILLA WITH ZUCCHINI**

Ingredients:

- 4 tablespoons olive oil
- 2 medium onions, thinly sliced
- 6 medium zucchini (about 2 1/2 pounds total), cut in very thinly sliced rounds using a knife or mandoline
- 6 eggs
- 1 teaspoon salt
- Pepper to taste

- Put 3 tablespoons of oil in a large skillet and saute the onions on low heat for 5 minutes or until they are soft but still glistening. Stir frequently. Add zucchini and 1/2 teaspoon salt, and saute 15 minutes or until zucchini are tender and ruffled around the edges. Spoon the mixture into a colander to drain juices.
- Let kids crack and whisk the eggs in a large bowl. Stir in drained zucchini mixture and remaining 1/2 teaspoon salt.
- Heat a 10-inch nonstick skillet drizzled with oil. Add the egg mixture and cook on low heat, stirring occasionally until eggs have set and bottom is golden, about 10-12 minutes.
- Run a spatula around the edges. Place a flat, rimless frying-pan lid that is larger than the tortilla over the skillet. Hold the lid handle with one hand and the skillet with the other, let the kids count to three, and then quickly flip the tortilla onto the lid. Slide the flipped tortilla back into the skillet and cook for 3-5 minutes, until firm. Slide onto a flat plate, slice and serve.

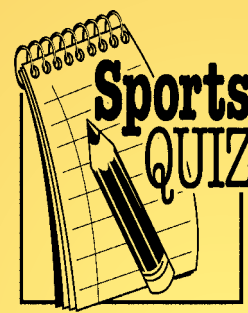
Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit [www.donnasday.com](http://www.donnasday.com) and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous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

**TIDBITS WORD POWER**

Unscramble this word:

**RECNFOCYTNEOI**

This word means: An establishment that sells candy



By Chris Richcreek

- Jose Valverde set the record for the Detroit Tigers in 2011 with 49 consecutive saves. Who had held the franchise mark?
- How many times did Juan Gonzalez have more home runs than walks in a season during his 17-year major-league career?
- Who is the only college football coach to win a BCS title with two losses?
- In 2009-10, Aaron Brooks set a Houston Rockets record with 209 3-point field goals made. Who held the old record?
- How many Edmonton Oilers have won the Calder Trophy as the NHL's top rookie?
- Name the last female before Danica Patrick in 2012 to secure the pole in NASCAR's Nationwide Series?
- How many times did Chris Evert reach the women's singles final at Wimbledon, and how many times did she win?

**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		7
x		+		÷	
	÷		x		21
÷		x		+	
	-		x		8
3		20			9

DIFFICULTY: ★★★

★ Moderate ★★ Difficult ★★★ GO FIGURE!

1 2 3 5 6 7 7 8 9

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# VETERANS POST

by Freddy Groves

## Brain Trauma

Chronic Traumatic Encephalopathy. Even the name sounds scary. CTE is a brain condition caused by concussions. Until now, this condition was thought limited to sports athletes, like boxers and football players, where the results of multiple head injuries over a career are well known. Research now shows that service personnel who've been subjected to at least one blast or concussion that resulted in traumatic brain injury can develop CTE.

CTE is a progressive, neurodegenerative disorder, with symptoms only showing up later in the form of disorientation, confusion, depression, headaches, impulse control and aggression problems, suicide and more. Symptoms later in life can include dementia.

There hasn't been a way to truly diagnose CTE except for a brain biopsy after death. Researchers at two universities teamed up with the Department of Veterans Affairs health system to compare the brains of athletes with those of service members who were subjected to at least one blast or concussive episode. They found no differences.

The injury triggers accumulation of an abnormal protein called "tau" in the areas of the brain that regulate impulse and aggression control, depression and memory. It takes only one blast from an improvised explosive device (IED) to set in motion the chain reaction that can result in CTE. Tau can be seen in the blood soon after injury, leading researchers to start trials to develop a way to detect its presence within minutes. From this they hope to find a treatment that will keep TBI from progressing into CTE.

As of now, more than 244,000 service personnel have been diagnosed with TBI since 2000. It's thought there are many more whose brain damage hasn't been diagnosed.

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).

### OLD-TIME CANDY (continued)

- Those little hollow tubes of black licorice coated with pastel-colored candy were known as Snaps. They appeared at candy counters for the first time around 1930 and can still be found at specialty candy shops. You'll have a little more trouble finding wax lips, introduced in the early 1900s, which could be chewed into a waxy, cherry-flavored gum. If you didn't like the lips, vampire fangs and moustaches were also available.

- The Pittsburgh-based D.L. Clark Company had a hit in 1917 with a chocolate-covered honeycomb of ground, roasted peanuts, simply called Clark Bar. This confection became so popular with U.S. troops stationed overseas in World War I, it became a giant sensation back at home as well. The same company produced the Zagnut candy bar beginning in 1930, a crunchy peanut butter bar covered in toasted coconut. The word "zigzag" became popular in the 1930s, and it's believed that's where the name originated.

- Many children spent their allowance on the caramel Slo Poke suckers, because according to the familiar jingle, "Get yourself a Slo Poke, it lasts all day!" If you were a chocolate fan, you could purchase the similar Black Cow.

- Chicago's Williamson Candy Store produced and sold chocolate back around 1920. One of their young customers hung around the establishment so much, before long the employees were asking him to do little odd jobs, "Oh, Henry, could you do this?" and "Oh, Henry, will you bring me that?" Soon after, their newest confection was named the Oh Henry bar.

continued on next page

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### DOMESTIC \* WILD GAME PROCESSING

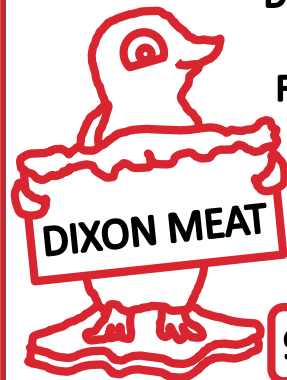
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about the tissue? Reportedly, it was used once by actress Scarlett Johansson. Fortunately, proceeds from the sale benefited a nonprofit organization.

- The average ant lives less than two months.
- Using leeches as a form of medical treatment is archaic, right? Maybe not so much. As recently as 2004, a request to market leeches as medical devices was approved by the Food and Drug Administration.

- Those who study such things say that marriages involving so-called mail-order brides have a lower rate of divorce than marriages that come about in more traditional ways.

**Thought for the Day:** "Among men, it seems, historically at any rate, that processes of co-ordination and disintegration follow each other with great regularity, and the index of the co-ordination is the measure of the disintegration which follows. There is no mob like a group of well-drilled soldiers when they have thrown off their discipline. And there is no lostness like that which comes to a man when a perfect and certain pattern has dissolved about him. There is no hater like one who has greatly loved." -- John Steinbeck

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### TIDBITS Laughs!

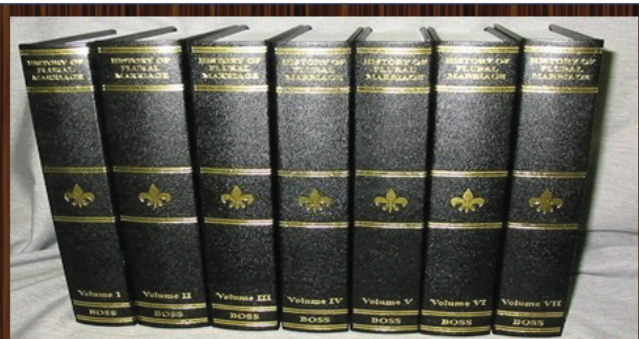
A young man took his girlfriend to the movies. She asked for some M&Ms from the concession stand. He watched as she removed all the dark brown ones and threw them away. "Why did you do that?" he asked, and she replied, "I'm allergic to chocolate!"

### Holidays & Observances This Week

- 9/23 Restless Legs Awareness Day
- 9/24 Punctuation Day
- 9/25 Yom Kippur
- 9/26 Johnny Appleseed Day
- 9/27 Crush a Can Day
- 9/28 Native American Day
- 9/29 Confucius Day

### Strange BUT TRUE

- It was British playwright and noted wit Oscar Wilde who made the following sage observation: "Some cause happiness wherever they go; others whenever they go."
- If you're like the typical human, your brain makes up only 2 percent of your body's weight, but it uses about 20 percent of your body's energy.
- When the infamous Titanic was being built, shifts were 14 hours a day, and workers only had one day off a week. Each day, each worker was allowed a total of seven minutes for bathroom breaks.
- Some people, it seems, have more money than sense. For example, in December of 2008, some unknown person paid \$5,300 to buy a single tissue off eBay. What was so special



### "The HISTORY of PLURAL MARRIAGE"

By Arnold Boss

"In 1943, 15 men were taken from their families and sent to prison for living plural Marriage. Among those was one Arnold Boss. Given the opportunity to sign a paper and go home to his family, Arnold decided to stay in prison another 2 years rather than denounce his beliefs even if only on paper.

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-Keepersbooksite

"During June, 1938, I have been laboring continuously in checking material previously copied for use in my "History of Plural Marriage Among the Mormon People". Most of this material I copied from old records in the Deseret News vaults. It has been a secret work, and has been unusual the way permission has been extended me to have access to the vault. I have hidden my real purpose in going there, but much courtesy has been extended me. Obviously, if it was known what I was searching for, and the material copied, this privilege would have been denied me." - Arnold Boss

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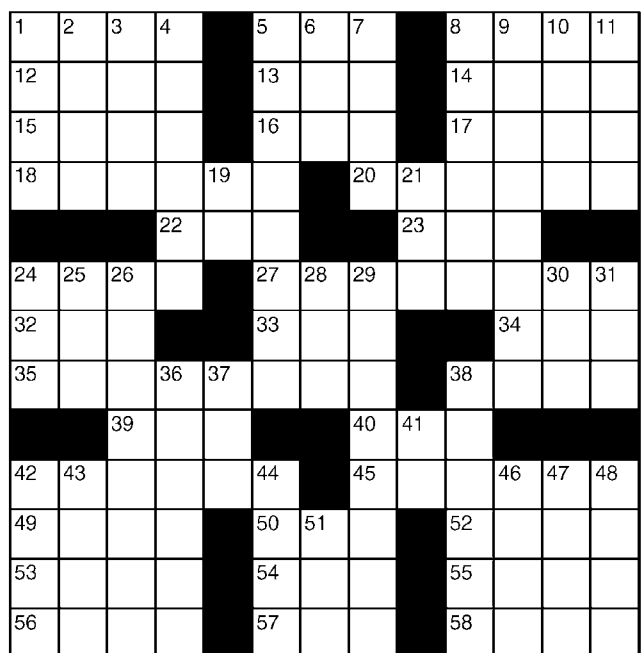


King Crossword

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ACROSS

- 1 Engrossed
- 5 Old man
- 8 Rabbit's tail
- 12 Wrinkly fruit
- 13 Japanese sash
- 14 "My bad"
- 15 Let fall
- 16 Joker
- 17 -tat-tat
- 18 Ohio city
- 20 Tailor, humorously
- 22 Frequently
- 23 Speck
- 24 Freeway access
- 27 Adverse
- 32 Hearty brew
- 33 Author Santha Rama — symbol
- 34 Sundial numeral
- 35 Hat seller
- 38 Automaker Ransom Eli —
- 39 Pitch
- 40 Sine qua —
- 42 It had a big part in the Bible
- 45 Masticated
- 49 Famous cookie man
- 50 Egg-yung link
- 52 Made on a loom
- 53 New Zealand



- 30 Disencumber
- 31 Insult (Sl.)
- 36 Legendary TV pooch
- 37 Anger
- 38 Unilateral
- 41 "I see"
- 42 Croupier's tool
- 43 Eastern potatoe
- 44 Somewhere out there
- 46 Had on
- 47 Maleficent
- 48 Transaction
- 51 Acapulco gold
- 7 Uses a shovel
- 8 "Parting is such sweet —"
- 9 Man's jacket feature
- 10 Doing
- 11 Despot
- 19 "— Thee I Sing"
- 21 Fuss
- 24 Aries
- 25 Clay, today
- 26 Loss of self-control
- 28 Dundee denial
- 29 Traitor

DOWN

- 1 "Our Idiot Brother" star Paul
- 2 Taj Mahal city
- 3 Tactic
- 4 Excellent
- 5 Business decline
- 6 Lawyers'

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Top Ten

World Economies

1. United States
2. China
3. Japan
4. India
5. Germany
6. United Kingdom
7. Russia
8. France
9. Brazil
10. Italy

Source: wiki.answers.com

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TIDBITS NUGGET OF KNOWLEDGE

Chuckles candy was a proud sponsor of Evel Knievel's 1974 failed attempt to jump the Snake River Canyon. The side of his Sky-Cycle was adorned with the jelly candy's logo, revving up the sales of Chuckles but not contributing to a successful jump!



OLD-TIME CANDY (continued)

How about our preferred chewing gums? Three of our old favorites, Black Jack, Beemans and Clove were discontinued years ago, but the Cadbury Adams Company, which owns the formulas, cooks up a batch of each every couple of years. The licorice-flavored Black Jack gum was the first flavored gum in America. Back in the late 1800s, an Ohio physician Dr. Edward E. Beeman marketed a gum of pepsin powder and chicle, designed to aid digestion. Legendary test pilot Chuck Yeager made Beemans gum famous by chewing a stick before every flight for good luck. In fact, the antacid qualities of pepsin made the gum popular with pilots for reducing stomach agitation in flight. Clove gum was first manufactured in 1914 by Thomas Adams. Legend has it that Clove grew in popularity during Prohibition because its strong smell masked the odor of illegal alcohol on the breath. The Beech Nut Company launched Fruit Stripe gum in the 1960s with a zebra as its "spokesman," packaging it in zebra-striped wrappers. It was the only gum with stripes, which were added on after the gum was made. The down side of Fruit Stripe was that it lost its flavor very quickly, and now that it has been re-introduced, the complaint is the same — It's pretty much flavorless in just over five minutes.

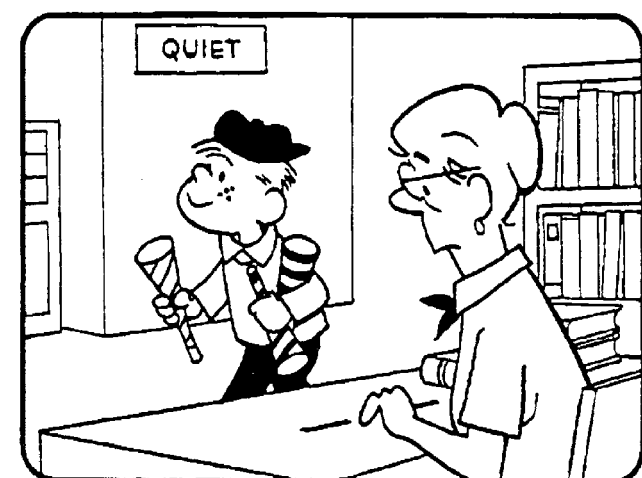
FAMOUS LANDMARKS OF THE WORLD: CHRISTO REDENTOR

Watching over the city of Rio de Janeiro, Brazil, with outstretched arms, stands the Cristo Redentor or Christ the Redeemer statue. This week, Tidbits imparts some little-known facts about this wonder of the modern world.

- Although it may appear that this immense statue stands in the middle of the wilderness, it is actually located in the heart of the city in the urban forest of Tijuca National Park. Christ the Redeemer stands atop the 2,300-foot (701-m) peak of Corcovado Mountain. The statue is visible from 20 miles (32.2 km) away.
- A Catholic priest named Pedro Maria Boss first proposed the idea for a religious monument overlooking Rio de Janeiro; however, his idea never reached fruition. It wasn't until 1921 that it was put forward again, this time by the Catholic Circle of Rio. They launched a fund drive, soliciting donations from the public, and construction began in 1922.
- A local engineer created the design, but French sculptor Paul Landowski was commissioned to do the sculpting. The statue was made from reinforced concrete with outer layers of soapstone. Stone was brought to the mountain from Sweden and construction continued for the next nine years. The statue was officially unveiled in 1932.



HOCUS-FOCUS BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Sign is different. 2. Horn is smaller. 3. Desk set is missing. 4. Ceiling light is missing. 5. Book is moved. 6. Curt is missing. 7. Chair is missing.

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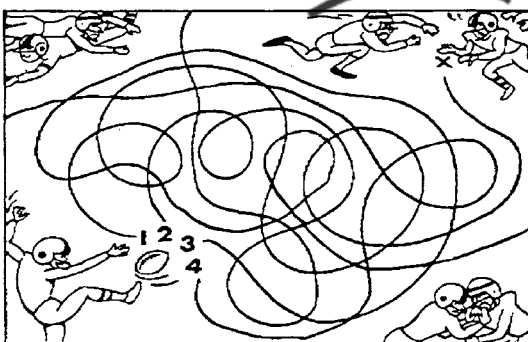
LAFF-A-DAY



"I don't like the new secretary you hired for me. He's bald-headed!"

KIDBITS

Junior Whirl by Hal Kaufman



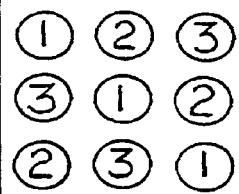
UP FOR GRABS! Which route — 1, 2, 3 or 4 — does the football take to reach receiver at point X? It's for you to decide.

POST HASTE! Quickly, name the M state designated by each of the following postal abbreviations. MA, ME, MD, MI, MN, MO, MS, MT. See if you can name them all.

SIX PACK! You will note that with the exception of numbers in a single diagonal row, all three-number rows in the diagram shown total six. However, it is possible to shift just one row of numbers and have all horizontal and vertical rows, and both diagonals, total six. Let's see how quickly you can make this adjustment.

Time limit: Two minutes. P.S.: There is more than one way to achieve the desired result. Two answers are given below.

One way: Place bottom row of numbers at the top. Another way: Move column at left to the side at right.



MUSING OVER HIGH POINTS

HOW did earth's satellite, the moon, go into orbit? Perhaps it just snowballed down a mountain as suggested at left. See if you can put these panels in a logical order.

And, speaking of mountains, each continent has its highest peak. See if you can match these continents with peaks listed below:

1. Africa \_\_\_\_\_
2. Asia \_\_\_\_\_
3. Europe \_\_\_\_\_
4. N. America \_\_\_\_\_
5. S. America \_\_\_\_\_

Peaks: Aconcagua, Elbrus, Everest, Kilimanjaro, McKinley. P.S.: Which peak is highest?

Panel order: C, A, D, B, 1, Kilimanjaro, 2, Everest, 3, Elbrus, 4, McKinley, 5, Aconcagua. Everest is highest by some 6,000 feet.

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**Moments in time**  
THE HISTORY CHANNEL

• On Sept. 24, 1789, The Judiciary Act of 1789 is passed by Congress and signed by President George Washington, establishing the Supreme Court of the United States as a tribunal made up of six justices. By 1869 the number of justices was increased to nine.

• On Sept. 30, 1868, the first volume of Louisa May Alcott's beloved children's book "Little Women" is published. Alcott dedicated most of her life and writing to supporting her family after her father's failure at running Transcendentalist school. Her works include "Little Men" (1871) and "An Old-Fashioned Girl" (1870).

• On Sept. 28, 1901, Ed Sullivan, who would become the host of the long-running TV variety program "The Ed Sullivan Show," is born in New York City. During the peak of its popularity in the 1950s and 1960s, Sullivan's program showcased a wide range of entertainers, including The Beatles and Elvis Presley.

• On Sept. 29, 1913, Rudolf Diesel, inventor of the engine that bears his name, disappears from the steamship Dresden while traveling from Belgium to England. On Oct. 10, Diesel's body was found in the water. Conspiracy theories began to fly almost immediately. Many people believed (and still believe) that Diesel was murdered.

• On Sept. 25, 1957, under escort from 1,000 paratroopers in the U.S. Army's 101st Airborne Division, nine black students enter all-white Central High School in Little Rock, Ark. Three weeks earlier, Arkansas Gov. Orval Faubus had surrounded the school with National Guard troops to prevent court-ordered racial integration.

• On Sept. 26, 1960, for the first time in U.S. history, a debate between major party presidential candidates is shown on television. John F. Kennedy debated Richard M. Nixon in a Chicago studio. Nixon refused to wear makeup.

• On Sept. 27, 1989, Zsa Zsa Gabor, on trial for slapping a police officer, storms out of the courtroom in the middle of the district attorney's closing argument. She had been pulled over for expired tags on her Rolls Royce, as well as having an open container of alcohol and an expired license.

**CHRISTO REDENTOR (continued)**

• From its foundation base to the top, Christ the Redeemer stands 130 feet (40.4 m) tall, and has a span of 92 feet (28 m) from fingertip to fingertip, the tallest religious statue in the world. A 360-passenger train departs the nearby railway station every hour for the 20-minute trip to the site.

• Until 2002, visitors had to climb 220 steps to reach the statue's base. Panoramic elevators and escalators have now been installed to reach the viewing area.

• Because of the strong winds and rain to which the statue is exposed, regular maintenance is a must at this site. A 2008 lightning strike created extensive damage to the statue's fingers and head, requiring immediate repairs to the exterior as well as to the lightning rods concealed in the arms and head. In 2010, a \$3.8 million restoration was completed. One hundred workers labored to renovate both the internal structure and outer appearance. Layers of fungi were removed and small cracks were repaired. More than 60,000 pieces of soapstone were replaced with stone taken from the same Swedish quarry as the original. This restoration also corrected the shocking vandalism that occurred when individuals spray-painted the statue, an act the mayor of Rio called a "crime against the nation."

• During the 2010 renovation, a dynamic lighting system was installed at the base of the monument to produce special effects. At the unveiling, green and yellow lights illumined the statue to cheer on the Brazilian national football team competing in the 2010 FIFA World Cup.

• The apocalyptic movie "2012" featured the Redeemer in a scene of destruction, with the statue collapsing at the arms and knees, crumbling into ruin. A billboard image of the statue's fall posted in Los Angeles so offended that city's Brazilian community that a campaign was launched to have the ads removed. The Brazilian Catholic church even filed a lawsuit against Columbia Pictures for the use of what they claimed were "unauthorized images."

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by Mike Marland

WHOA! WHAT TH' HECK ARE THOSE, SIM?!

I'VE STARTED RAISIN' SOMETHIN' NEW.

MYSTERY MEAT!

**HealthBits™**

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

**Leg Pain a Sign of Blocked Artery**

**DEAR DR. DONOHUE:** My wife's doctor thinks she has intermittent claudication due to peripheral vascular disease. She also has diabetes. Would you describe it and its treatment? -- S.B.

**ANSWER:** Peripheral vascular disease also goes by the name peripheral artery disease, PAD. "Peripheral" refers to the outer boundary, and when speaking of the body, the legs are its periphery. Leg arteries are narrowed and often blocked by the buildup of cholesterol, fat and many other components found in the circulation. The buildup is called plaque. The buildup can be so great that no blood runs through the main leg arteries. Intermittent claudication is leg pain that develops when someone with PAD walks any distance. The person can tell, almost to the number of steps taken, when pain will arise. Taking a rest relieves the pain. About 15 percent of those 70 and older have PAD. Its main sign is intermittent claudication. Your wife can do many things on her own that will help her. If her cholesterol is high, she has to get it down. She has to maintain normal blood pressure. She must exercise within the limits prescribed by her doctor. Walking is one of the best exercises. If she starts out modestly and gradually increases the distance and pace, she should aim for 30 minutes of walking daily. When pain arises, she should stop, take a break and then resume once pain has gone.

One simple test for determining PAD is comparing blood pressure taken at the ankle with blood pressure taken in the arm. They should be nearly equal. If the ankle pressure is lower, that's evidence of PAD. Your wife's doctor will discuss the use of medicines like Plavix, Pletal and aspirin. With severe blockage of an artery, opening it up with a balloon-tipped catheter and inserting a shunt is one treatment. It's the same procedure used for clogged heart arteries. Removing the obstructed artery segment and replacing it with a graft is another way to treat this illness. The booklet on PAD discusses the details of this common malady in depth. Readers can obtain a copy by writing: Dr. Donohue -- No. 109, 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:** Ever since I was 10 years old, I have had this problem: If I set something down or reach or touch something, I have to touch it again to make it feel right. When I hang clothes, I reach for a hanger and then put it back for a different one. I do things like this all day. I am 55. Am I crazy? -- N.H.

**ANSWER:** You describe obsessive-compulsive disorder. You're not crazy. Many people have it. It's an irresistible urge to perform a certain ritual, like touching things a second time or constantly washing the hands. That's the compulsion, an act that relieves inner unease, the obsession. Help is available. Ask the family doctor to refer you to a specialist in this disorder. You've put up with it for too long.

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.

**AMBER WAVES** By Dave T. Phipps

OK, SON WHILE WE ARE OUT YOU MAY WATCH TV WITH THE SETTER, BUT NOTHING TOO VIOLENT.

OOH, THERE'S A NEW ONE I WANT TO SEE WHERE THIS GUY SHOOTS LAVA FROM HIS EYES!

THAT DOESN'T SOUND APPROPRIATE TO ME, PERHAPS SOMETHING ELSE?

YOU GUYS LIKE THAT REALITY STUFF? AT LEAST MINE HAS SUPER POWERS.

**TOOTHY TRIVIA**

Smile! An Academy of Cosmetic Dentistry survey reveals that 92 percent of people believe a nice smile is an important social asset. So maybe you need to know more about what makes up this important feature.

- Teeth start forming well before a baby is born, although they don't make their first appearance until the age of six months. We often call our first set of teeth "baby teeth," but the official term is "milk teeth." By age two, a child will have about 20 teeth, and won't lose the first one until about age seven.
- The part of the tooth visible above the gum is known as the crown, covered in hard shiny enamel. This protective enamel is the hardest substance in the human body. Directly under it is the dentine, which makes up the majority of a tooth. The next layer is the pulp, where the blood supply and nerve endings are located. This goes all the way into the root of the tooth under the gum.
- The average adult has 32 teeth. The four front teeth on both top and bottom are incisors. On each side of the incisors are the four sharp and pointed canine teeth. Premolars, sometimes called bicuspids, are next in line, eight in all, four up and four down. The eight molars include the wisdom teeth, which typically grow in between the ages of 17 and 21.
- Cavities are caused by the acid produced by bacteria in your mouth. Bacteria thrive on carbohydrates, so any time you eat carbs, the bacteria become active and produce the acid. It's not just sugar that kicks the bacteria into gear — rice, potatoes, bread, fruits and vegetables can also trigger this. It's not how many carbs you eat, but rather how long your teeth are exposed to them.

*continued on next page*

**Just Like Cats & Dogs**

by Dave T. Phipps



I AGREE, SOCIETY IS TURNING INTO A BUNCH OF TEXTING DRONES. I'M AFRAID WE'RE LOSING THE ART OF GOOD FACE TO FACE GOSSIPING.

**Weekly SUDOKU**

by Linda Thistle

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9			1		4	
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	2	5		3		
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8				5	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**  
Made fast and healthy  
by JoAnna M. Lund  
**Peanut Butter Apple Crumb Pie**  
When you add peanut butter and apples, you're doing Magical Meal Math! Don't be tardy -- stir this up today, and you'll be sure to go to the head of the class for desserts.  
3 cups (6 small) cored, peeled and sliced cooking apples  
1 (6-ounce) purchased graham-cracker pie crust  
1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix  
1 1/2 cups water  
6 tablespoons reduced-fat peanut butter  
6 tablespoons purchased graham cracker crumbs or 6 (2 1/2-inch) graham crackers, made into fine crumbs  
1. Preheat oven to 350 F. Evenly arrange apple slices in pie crust.  
2. In a medium saucepan, combine dry pudding mix and water. Add 1/4 cup peanut butter. Mix well to combine. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Evenly spoon hot pudding mixture over apples.  
3. In a medium bowl, combine graham-cracker crumbs and remaining 2 tablespoons peanut butter until mixture is crumbly. Evenly sprinkle crumb mixture over top of pie. Bake for 40 to 45 minutes. Place pie plate on a wire rack and let set for at least 30 minutes. Makes 8 servings.  
• Each serving equals: 234 calories, 10g fat, 4g protein, 32g carb., 282mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fat, 1 Fruit.

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**PetBits**  
**Wild Animals Pose Threat to Pets**  
By Samantha Mazzotta  
**DEAR PAW'S CORNER:** A number of cats in our area disappeared this spring and summer, and I noticed the rabbits that used to plague our garden don't come as frequently. A neighbor told me he saw a coyote crossing the street just before dawn recently, and I suspect it is the cause of many of these disappearances. Please warn your readers they need to protect their pets as wild animals are encroaching on well-populated neighborhoods. – Pat C., Weston, Mass.  
**DEAR PAT:** That's a very good point! As wild creatures lose more and more of their natural habitats, they are being seen much more frequently in the suburbs and even in urban areas. This goes beyond nuisance animals like raccoons and skunks: Black bears frequently wander into back yards in central Florida, and residents in urban Allston, Mass., are sometimes confronted by wild turkeys foraging along city streets. And coyotes and cougars have been reported in suburban neighborhoods in many parts of the United States. Wild animals present a lot of risk to pets (as well as humans). Besides the threat of contracting rabies or other diseases, some predators find smaller pets to be easy, tasty prey. Keep cats and small dogs indoors at night. If wild animals have been reported in your area, don't let your pet out unaccompanied or off a leash, even during the day when no danger is apparent. Keep your pet's vaccinations up to date. If you have pets, like rabbits, that are kept outside, reinforce and strengthen protective fencing around their cages.  
Send your questions or comments to [ask@pawscorner.com](mailto:ask@pawscorner.com). If your question or comment is printed in the weekly column, you'll receive a free copy of "Fighting Fleas," the newest booklet from Paws Corner!



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Q: What do you call candy that was stolen?

A: Hot chocolate!

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**TOOTHY TRIVIA (continued)**

Eating a lot of carbs at one meal will not do as much damage as ingesting sugary sodas all afternoon. About 78 percent of Americans will have at least one cavity by the time they reach 17.

- You'll spend about 39 days brushing your teeth over the course of your lifetime. Americans use about 14 million gallons of toothpaste every year. The Academy of General Dentistry recommends a brushing time of two to three minutes; however, statistics show that the average person brushes just 45 to 70 seconds a day.
- A New Orleans dentist, Levi Parmly, was the first to recommend the process of flossing and in 1815, invented the first form of a silk dental floss. But it wasn't until 1882 that floss was made available to the general public. The first patent wasn't issued until 1898, awarded to the Johnson & Johnson Corporation.
- Once you hit age 65, your chances of keeping all your teeth significantly decline. Only six out of 10 seniors have all their teeth.
- Your smile is important! Half the population says the smile is the first facial feature they notice. Yet 80 percent of people aren't happy with their own smile. Smiles seem to differ by gender — The average woman flashes her pearly whites 62 times a day, but a man averages just eight smiles a day.
- Fresh breath is important, too! A survey indicates that 32 percent of people find bad breath the least attractive trait of a co-worker.

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**TRIVIA NEWSFRONT**

1. It was originally introduced in 1925 as the Papa Sucker. What is it?
2. What candy was featured in the film "13 Going on 30"?
3. What hot, spicy candy was created by the Ferrara family in 1954?
4. Name the gum popularized by Herb Alpert and the Tijuana Brass?
5. This candy was a big chunk of chocolate with peanuts and raisins that could be broken into four pieces. What was it?

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**SENIOR NEWS LINE**    Your Family Tree

by Matilda Charles

One of the best things you can leave future generations of your family is accurate genealogy information. Creating a family tree isn't as difficult as it may sound. Start with yourself, your siblings and your parents. Accurate date and place of birth information is crucial to any future hunts. Go back as many generations as you can, at least giving names if you can't also supply dates and place of birth. Write down stories about your family members (this will also jog your own memory of facts about the past.) If there are "rumors," make notes of those as well. Even if you can't verify whether your mother's grandfather was a train engineer, someone else might be able to at a later date. If you have a computer and are comfortable roaming the Internet, Ancestry.com is one of the best places to start. On Ancestry, you can not only research your family, but you can create a family tree to save. The amount of information available is amazing: old military records, city directories, birth and death certificates, photos uploaded by others, Census through 1940 and so much more. There is a fee to subscribe to Ancestry, but if you join for six months and do a little every week, you should finish in that time. On Family Search (familysearch.org) you will likely find information that you can't find anywhere else (for example, some of it goes back as far as Europe), but you have to be careful. Use Family Search as a hunting ground and verify information elsewhere. If you've never done genealogy, consider taking a class to get started. This might be a good winter project, with the end result benefiting your family for generations to come.

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**

**Italian Spiced Shrimp**

Quick and flavorful, this healthful shrimp dish gets most of its flavor from a variety of Italian herbs and spices.

1 small onion  
1 tablespoon fresh oregano leaves  
1 cup long-grain white rice  
1 3/4 cups hot water  
1 tablespoon olive oil  
1/2 teaspoon crushed red pepper, to taste  
2 cloves garlic, crushed with press  
1 cup dry white wine  
1 can no-salt-added diced tomatoes, drained well  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1 pound 16- to 20-count shrimp, shelled and deveined, tail part left on if you like  
8 leaves basil, sliced very thin, for garnish

1. Preheat oven to 400 F. While oven heats, finely chop onion and oregano.
2. In 3-quart shallow baking dish, combine rice and water. Cover tightly with foil and bake 20 minutes.
3. Meanwhile, in 5- to 6-quart saucepot, heat oil on medium. Add onion, oregano and red pepper; cook 3 minutes, stirring occasionally. Add garlic and cook 30 seconds or until golden, stirring. Add wine and heat to boiling; reduce heat to medium-low and simmer 6 minutes or until wine is reduced by half, stirring occasionally. Stir in tomatoes, 1/2 teaspoon salt and 1/2 teaspoon black pepper. Remove from heat.
4. Arrange shrimp on top of rice in baking dish, in single layer. Pour tomato mixture evenly over shrimp; cover tightly with foil and bake 15 minutes or until shrimp turn opaque. Garnish with basil. Serves 6.

- Each serving: About 245 calories, 4g total fat (1g saturated), 93mg cholesterol, 300mg sodium, 35g total carbs, 2g 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



**Mineral Buildup Around Faucets**

**Q:** I have a recurring problem with mineral deposits building up around my faucets. How can I reduce these, and is there an easier way to clean it off the faucets and fixtures? – Carl in Ocala, Fla.

**A:** Mineral buildup around faucets, also known as "scale," is common in areas such as yours that have hard water -- water containing high levels of minerals, particularly those containing calcium or magnesium. Hard water makes it difficult for soaps to lather up, which is inconvenient for bathers. But more serious is the potential for scale buildup inside water heaters. The most effective way to reduce the prevalence of scale is to install a water softener where the water enters the house. The size and type of water softener unit depends on how much water you use per day on average and the hardness of the water. You can bring in a professional to test the water, assess your needs and estimate the cost of the installation, or, if you're experienced with plumbing, you can install the softener yourself.

Some important points to remember are: Get more than one estimate if possible, and don't allow work to begin until you've approved it in writing. Make sure the installer locates the water softener unit at least 10 feet from the water heater, and that a remote bypass also is installed (this allows you to bypass the water-softener unit if it shuts down for any reason so that the house still gets water).

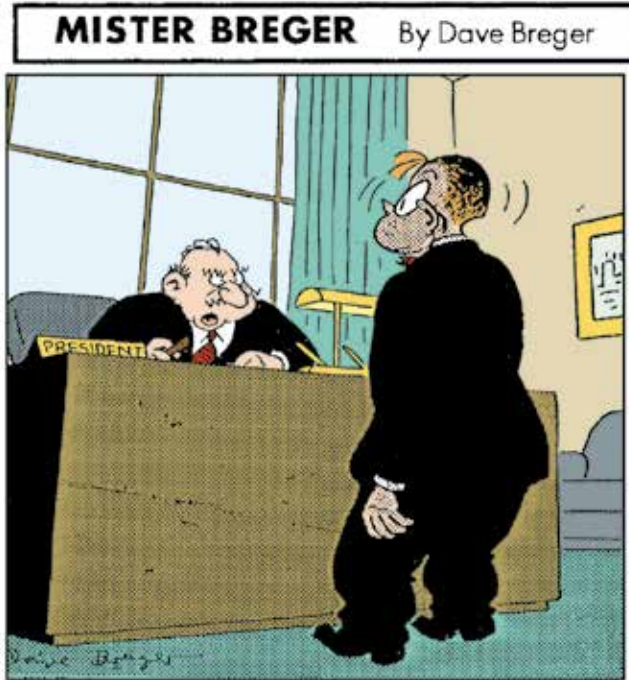
Water softeners last for many years and operate with few problems, making them a good value for the amount of money you'll spend on parts and installation.

In the meantime, clean scale buildup from faucets and showerheads by shutting off the water supply to the affected faucets, and unscrewing the shower head and faucet aerators. Wash them in soapy water and rinse well. Then, place in a stainless steel or Teflon lined pan with a solution of half vinegar and half water. Simmer the hardware for five minutes, cool, then scrub with a nylon brush to remove the deposits.

**HOME TIP:** To reduce mineral buildup and lengthen the life of your water heater, drain it twice a year via the drain spigot.

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

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**ANSWERS**

**SPORTS QUIZ**

1. Willie Hernandez had 32 straight saves in 1984.
2. Seven times.
3. LSU's Les Miles, in the 2007 season.
4. Rafer Alston, with 192 in the 2006-07 season.
5. No Oiler has ever won the award.
6. Shawna Robinson did it in 1994, when it was the Busch Grand National Series.
7. She was in 10 finals between 1973 and 1985, winning three.

**WORD POWER ANSWER CONFECTIONERY**

**TRIVIA NEWSFRONT ANSWERS**

1. Sugar Daddy
2. Razzles
3. Atomic Fireballs
4. Teaberry gum. Alpert performed "The Teaberry Shuffle."
5. Chunky

**Trivia test** by Fifi Rodriguez

1. Apollo Creed
2. The Police
3. Belgium
4. Fungi
5. Moondoggie
6. Webpage not found
7. Radio detecting and ranging
8. 1957
9. Eleven
10. Port of Spain

**Go Figure! answers**

2	-	1	x	7	7
x		+		÷	
9	÷	3	x	7	21
÷		x		+	
6	-	5	x	8	8
3		20		9	

**King Crossword Answers**

Solution time: 25 mins.

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

**Weekly SUDOKU Answer**

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



**How will Obamacare affect my business? Sep 27th @11:30A**

It's About Time Bldg.  
58 N. 1100 W Payson  
Lunch to be provided by Chick-fil-A

- AGENDA:**
- 11:30 A Fundamental requirements
  - 11:45 A Tax provisions effective in 2013
  - 11:55 A Tax provisions for later years
  - 12:10 P Medicare tax additions
  - 12:20 P Strategic planning

There will be time for questions & answers to help you understand exactly what you will be dealing with next year. Seating is limited, please RSVP as soon as possible to Brian Hulet at 801-465-9276

**Spanish Fork**

**ObamaCare Free Lunch Seminar Oct 3 @ 11:30A**

Central Bank 1 North Main Street Spanish Fork  
Find out how Obama Care will affect your business & personal finances! Hawkins Cloward & Simister, with CB Financial Advisors will discuss this new legislation and how to deal with it. Topics will include Fundamental requirements, Tax Provisions effective 2013, Tax Provisions for later years, Medicare Tax additions, Strategic Planning, with time for questions and answers. Lunch will be provided by Chick-Fil-A. Seating is limited so RSVP today to Brittan Parker at 801-655-2102 Brought to you by Central Bank Spanish Fork! Call today to reserve your spot! 801-655-2102

PAYSON CITY, UVU ALUMNI, & UVU CREATV SOCIETE present

# MAiZE

CORN MAZE

an entrepreneurial student and community engaged learning scholarship project with proceeds going to local students

SEASON **FRI, AUG. 31** HOURS **5 to 9 pm**  
'TIL **SAT, NOV. 3**  
monday • wednesday • friday • saturday

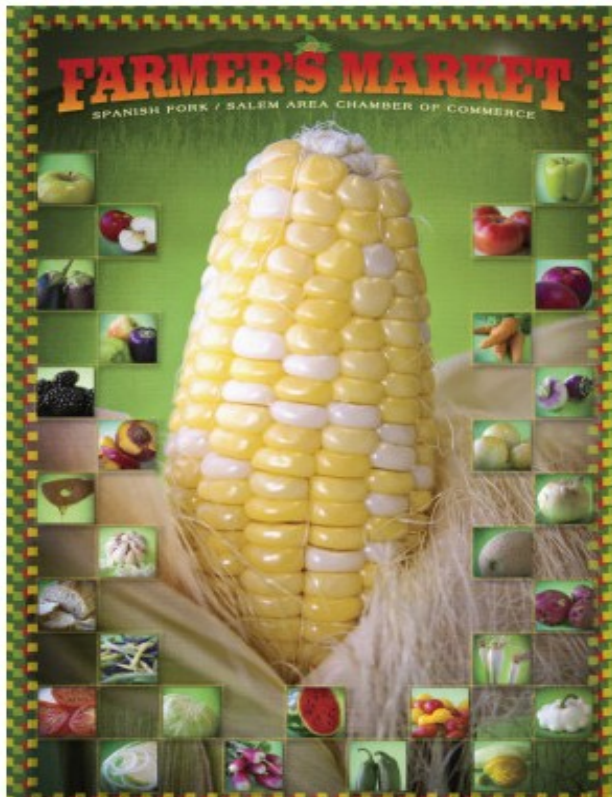
**AVAILABLE** fundraising/business/service projects info@MAiZE.me

**\$6** GENERAL ADMISSION location **800 S STATION ROAD PAYSON** I-15 exit 248, head west

discounts: UVU ID group 10+ & reservations & information online at MAiZE.me

**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

**Sp Fork / Salem – Scarecrow Contest – See spanishforkchamber.com** for details and application. \$10 Entry Fee. Scarecrows to be on display Oct 1 -31st Winners tbd by online voting. Let's decorate our communities for the Halloween season and have a great time! Enter today!



**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

The Harvest Moon Theater Company PROUDLY PRESENTS

# ROOMERS

"A small space filled with an alarming number of mostly alarming people."

By Jerome McDonough Directed by Ganni Jensen

ROOM AVAILABLE  
NO SANITY REQUIRED  
In honor of Sandy friendship five feet of merriment and misadventuring

Sept. 21, 24, 28, 29, & Oct. 1, 2012 • 7:30 pm  
LITTLE THEATER, SEAS  
TICKETS: \$5 ADULTS (\$2 & UP), \$4 CHILDREN, \$30 FAMILY PASS

**Police Department Bike Sale**

The PGPD will hold a sale of property room bicycles. The sale will be held on September 27th 2012 from 5 pm to 9 pm during the Promenade in the Downtown Park. The bikes will be very affordably priced. Please come and get a great deal on a bike and help us clear out our property room.

*The shadow by my finger cast  
Divides the future from the past.  
Behind its unreturning line,  
The vanished hour, no longer thine.*

*Before it lies the unknown hour,  
In darkness and beyond thine power.  
One hour alone is in thine hands,  
The NOW on which the shadow stands.*

A poem inscribed on a sundial  
At Wellesley College

**Pleasant Grove**

Market Boutique Music Kids Corner

# Promenade

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