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TIDBITS® GOES OFF THE RECORD

by Blue Sullivan

There are certain records that you may be familiar with. The fastest 100-meter dash, the top speed for a land vehicle and the first breaking of the sound barrier are just three common examples. We may not all know who holds these records, but at least we know these records are out there. Then, of course, there are other records that sit happily outside of the norm. Not only will almost no one know the names of these "famous" record holders, very few people will even be aware that these records exist. Here are a few examples of unusual bests from around the globe.

- Did you know that Chris Elliott and Tyson Turk of Bedford, Texas, hold the world record for the most body piercings in one session? Three thousand, one hundred piercings were performed in just over six hours, topping the previous best of 1,015 by a couple in the United Kingdom. (It seems some people aren't happy with a nice pair of earrings anymore.)

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A: You go on ahead. I'll hang around.

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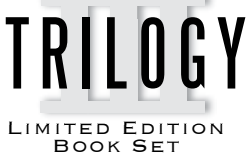
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- 1. **LITERATURE:** Which of Shakespeare’s plays features the line, “Neither a borrower nor a lender be”?
- 2. **LANGUAGE:** What would a diaper be called in Great Britain?
- 3. **HISTORY:** In what year did man first walk on the moon?
- 4. **GAMES:** Who invented basketball?
- 5. **AD SLOGANS:** What fast-food restaurant chain urged customers to “have it your way”?
- 6. **RELIGION:** Who was the founder of the Church of Jesus Christ of Latter-day Saints?
- 7. **FOOD & DRINK:** What is the main liquor used in margaritas?
- 8. **MOVIES:** Which character was the only non-Jedi to use a lightsaber in the first “Star Wars” trilogy?
- 9. **ANATOMY:** Where are the deltoids located in the human body?
- 10. **TELEVISION:** How many seasons did the comedy series “Bewitched” run on TV?

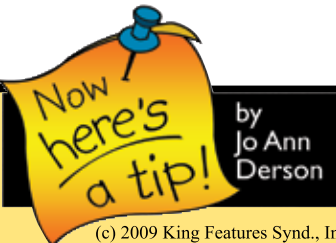
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- If you like your coffee fresh and strong but not so hot, make a small tray of ice cubes out of coffee to cool your morning cup.
- “Always dust from the top down. My mom taught me that, since the dust falls and then you vacuum it up at the end. Also, don’t use too much furniture polish, since using a lot can actually attract dust.” -- B.O. in Pennsylvania
- “Keep leftover slices of good meat and veggies in zipper-lock plastic baggies and freeze. When you make canned soups, just add the appropriate bits from your baggie. It really bulks up the soups, and you save money and don’t waste precious food.” -- P.R. in California
- To calm flyaway tresses, rub ChapStick on your palms and then run your palms over your hair to smooth it.
- For a great springtime facial, mash up a small can (or a snack-size serving) of peaches in juice. Add to it 2 to 3 tablespoons of granulated sugar and gently massage into skin. Let sit for a minute or two and then rinse with warm water.
- “Styrofoam peanuts are great for adding to the bottom of plants for drainage. You can usually get some for free if you get packages in the mail. If not, you can ask your local shipping store for a few handfuls, and they are usually quite gracious. Mine is.” -- A.R. in Florida
- To check for toilet leaks, add a few drops of food coloring to the toilet tank. If, without flushing, you see the bowl water start to change colors, you know you have a leak.

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.

TIDBITS® QUOTE

“Being a decathlete is like having ten girlfriends. You have to love them all, and you can’t afford losing one.”
Former World Record-holding decathlete,
Daley Thompson

OFF THE RECORD (continued)

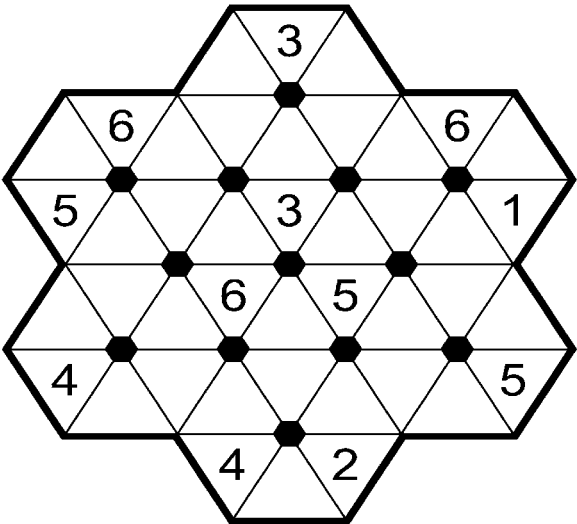
- The record for “Most People Inside of a Bubble” is held by Fan and Deni Yang. The two wowed an audience with their outlandish talent for creating bubbles. As part of this year’s BubbleFest in Santa Ana, California, at the city’s Discovery Science Center, they created a soap bubble so large that they were able to fit 118 people inside it, setting the current world record. The BubbleFest, now in its 16th year, celebrates the science and math principles of bubbles.
- For Takuo Toda, chairman of the Japan Origami Airplane Association, breaking the “Longest Paper Airplane Flight” record with his time of 27.9 seconds was the culmination of an 11-year scientific effort. In April of 2009, Toda finally reached his goal when he turned a sheet of light sugarcane into a 10-cm craft that stayed aloft for almost 30 seconds. Toda’s model bore a striking resemblance to a NASA space shuttle that he recalled watching three decades before, yet Toda claims that his design actually preceded NASA’s by three or four years. In 1980, he began lobbying for a proposal to launch paper darts from the International Space Station, and in 2008, the Japan Aerospace Exploration Agency announced a three-year, 90 million yen (over 1.1 million U.S. dollars) study of that very thing. Though it may sound frivolous on its surface, the research could yield valuable information on how future spacecraft may be lighter and more aerodynamic. The next time your co-worker teases you for making paper airplanes, tell him you’re doing it for science!
- American Ashrita Furman presently holds 113 places of distinction within the “Guinness Book of World Records.” Nicknamed “Mr. Versatility,” Furman has set more than 340 records since 1979 in 35 countries on each of the world’s continents. In 2010, he sprinted his way into history with the aid of something generally reserved for the water — a pair of black and blue swim fins. He ran a mile (in fins) in 7 minutes, 56 seconds. In addition to breaking the “eight minute land swim fin mile” (a phrase that we are hoping to popularize), Furman’s accomplishment made him the current record holder for holding current records (the aforementioned 113).

continued on next page

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SNOWFLAKES
by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ♦ ♦ ♦
♦ Easy ♦ ♦ Medium ♦ ♦ ♦ Difficult

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A Teaching Clock for Preschoolers

To help your preschoolers learn how to tell time on a traditional clock, make a teaching clock with a pizza pan. Personalize it with photos and drawings to remind them of the activities and chores they do throughout the day. There’s no time like the present, so get started with these four easy steps:
Step 1: **NUMBER** from 1 to 12 around the edge of a metal pizza pan to create a baseline clock face. Use self-sticking numbers, stickers or permanent markers.
Step 2: **COLLECT** 12 large plastic milk-jug caps and number them on the top from 1 to 12. On the backs, attach a piece of thick, self-sticking magnet (available in rolls at hardware stores).
Step 3: **CUT OUT** two craft foam or cardboard arrows for clock hands, making one 3 inches long and the other 4 inches long. Attach magnets to backs.
Step 4: **DRAW** pictures or cut out snapshots or magazine photos of what your child does in a typical day. For example: Eat breakfast, brush teeth, play outside, pick up toys, brush the dog, read a story, etc. Glue the images to small cardboard squares, attach magnets to the backs, and use interchangeably with the numbers on the clock to help your child understand what happens at different times throughout the day. Make extra cards for activities your child might do weekly, such as “visit Grandma and Grandpa,” “walk to story hour at the neighborhood library,” “attend ballet class,” etc. At bedtime, kids can choose the cardboard activity square that represents a specific special activity for the following day. Store them in a small box or basket when not in use.
Extra Tips for Use: Remove all numbered caps and replace by matching the numbers on the caps with the numbers on the pan. Use numbered caps to practice counting.
Note: Small plastic milk-jug caps may pose a choking hazard to children 4 and under.

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

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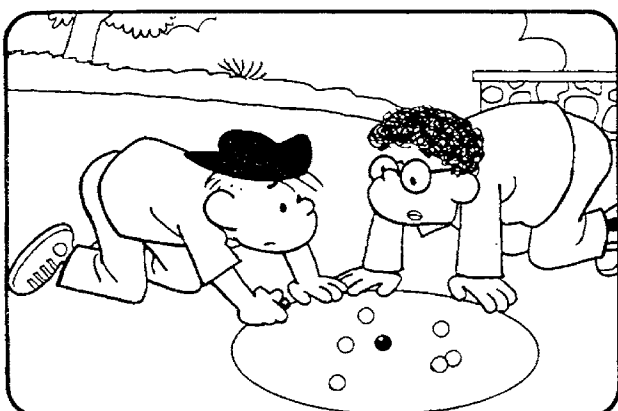
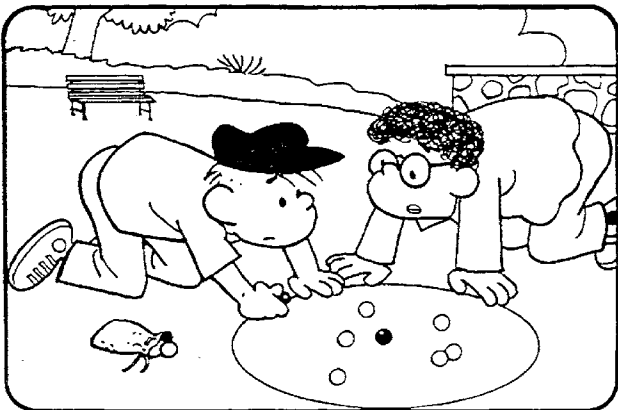
Sports QUIZ

By Chris Richcreek

- 1 In 2010, Milwaukee's Ryan Braun became the fifth player in major-league history to hit at least 125 home runs and post at least a .300 average in his first four seasons. Name two of the other four.
- 2 Who was the last National League player to have at least 30 home runs and 30 errors in the same season?
- 3 How many times have Army, Navy and Air Force all played in a football bowl game in the same season?
- 4 Who held the record for most 3-point field goals made in an NBA Finals game before Ray Allen hit eight in a game in 2010?
- 5 Who played the most games in his NHL career without ever making the Stanley Cup playoffs?
- 6 When was the last time before 2011 that New Zealand won the Rugby World Cup?
- 7 Who was the first non-American female golfer to win the LPGA Championship?

HOCUS-FOCUS

BY
HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Bench is missing. 2. Marble bag is missing. 3. Cap is reversed. 4. Arm is moved. 5. Wall is shorter. 6. Shirttail is different.

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OFF THE RECORD (continued)

- Breaking the “World’s Fastest Furniture” record, a lounge chair created by a design group from the United Kingdom was clocked at 87 miles per hour, well over the speed limit on nearly every highway in the world. Couch potatoes with a need for speed need look no further than the “Casual Lofa” (as its creators Cummfy Banana have deemed it), which has an actual vehicle license with the British Ministry of Transportation. In addition to its plush, leopard-patterned upholstery, the “Lofa” features the same unleaded A-series engine found in the Cooper Mini, along with a steering wheel that doubles as a pizza pan, a hand-operated brake and a throttle that can be operated with the feet up or down. In addition to its performance-driving chair, the company has also built a bed on wheels called the “Street Sleeper” that can go 69 miles per hour and a zooming tub (the “Bog Standard”) that can go 71. They even offer a motorized office suite for the more business-minded racing aficionado.

- For even the least fit or scientifically inclined among us, there is one record potentially within our reach, “Most T-Shirts Worn At Once.” On May 22, 2010, Croatia’s Krunoslav Budiseli bested a former Swedish record holder by wearing 245 T-shirts at the same time. The feat took a little less than two hours to complete and ended with the Croatian wearing about 150 pounds (68 kg) worth of T-shirts. Budiseli said things started to become difficult around the 120th shirt, yet he somehow summoned the strength and force of will to don 125 more. Will May 22 live on forever in the annals of Croatian T-shirt achievement? Only time will tell.

- In the annals of “records least likely to exist,” the “Most Nights Spent In A Room Full of Scorpions” record would’ve been pretty close to the top, yet Kanchana Ketkaew of Thailand actually managed it. Ketkaew spent 33 days in the company of 5,320 live scorpions. The room, which was made of glass, was not much larger than a normal office room — about 10 feet wide by 12 feet long. Despite sharing cramped quarters with a swarm of unfriendly crawling roommates, Ketkaew emerged relatively unscathed, getting stung only about 13 times.

continued on next page

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Strange BUT TRUE

- It was 20th-century American director, screenwriter, playwright and novelist Ben Hecht who made the following sage observation: “Trying to determine what is going on in the world by reading newspapers is like trying to tell the time by watching the second hand of a clock.”
- If you visualize an image of John Lennon, more likely than not you’ll see him in your mind’s eye wearing a pair of round spectacles. In July of 2007, one pair of those iconic glasses was sold at auction for a whopping \$2 million.
- There’s nothing terribly surprising about the fact that an animated version of George Orwell’s famed novel “Animal Farm” was produced in the United States in 1954. What made this production unusual is that the movie rights were bought by, and the film was covertly funded

by, the CIA. It was thought that it would be excellent anti-Communist propaganda during the Cold War.

- If you’re like 12 percent of American men who are about to get married, you’ll go to a tanning bed before you make that walk down the aisle.
- You might be surprised to learn that early automobile magnate Henry Ford was a fan of soy. In the 1940s, the fabric used for the upholstery in some of his cars was made from 25 percent soy. He even owned a soy-based suit of clothing that he would sometimes wear for media events.
- The Transportation Security Administration banned cigarette lighters on carry-on luggage between 2005 and 2007. During that time, TSA screeners confiscated 22,978 lighters *every day*. Safe disposal of those lighters cost the taxpayers approximately \$4 million every year.

Thought for the Day: “Obstinacy is the result of the will forcing itself into the place of the intellect.”

-- Arthur Schopenhauer

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OFF THE RECORD (continued)

- After a day of exciting-yet-exhausting chair racing, you are bound to want a snack. How about a bite of the current record holder for “World’s Biggest Cookie,” which weighed in at 40,000 pounds? In 2003, the owners and employees of the Immaculate Baking Company converged to bake a cookie designed to satisfy even the largest of appetites. About a 100 feet in diameter, the cookie was so big that it had to be photographed from 100 feet above just to get it all on camera!

**FAMOUS LANDMARKS OF THE WORLD:
UNIVERSAL THEME PARK**

Nestled in the San Fernando Valley, just over the hill from Hollywood, is one of Los Angeles’ great attractions, The Universal Theme Park. Though Disneyland has the more heralded history and gets a majority of the press, Universal has quietly carved out a place of magic and wonder for locals and visiting tourists since 1964. In fact, it is estimated that over 100 million men, women and children have since walked the Universal Grounds, making it one of the top tourist attractions in U.S. history.

- The Universal back lot tour officially opened to the public in 1964, although informal tours were available to the public before then. The first tours were walking tours, allowing visitors to get a look at productions filming on the studio lot. In addition to getting a glimpse of active sets, guests were given a look behind the scenes in the dressing rooms of their favorite Universal stars. These early tours lasted about 90 minutes.
- In the next decade, walking tours were replaced with more state-of-the-art transportation. A pink-and-white tram nicknamed the “GlamTram” became the preferred mode of transport. Onboard, a knowledgeable guide tells the studio’s rich history, shares bits of trivia and answers questions for curious visitors. Some lucky guests have even enjoyed face-to-face visits with the performers themselves, as on occasion stars have made themselves personally available to meet, sign autographs and answer questions. At the tour’s end, guests are given the opportunity to eat in the studio commissary, where star watching is just as important as whetting hardy appetites.
- In 1977, Universal began adding new attractions as both part of and separate from the back lot tour. These attractions included the Screen Test Comedy Theater, the Animal Actors stage, the Prop Plaza and the Western Stunt Show. Video screens were added to the tram, allowing visitors to watch productions on the lot being filmed live.

continued on next page

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by Linda Thistle

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

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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THIS WEEK'S CELEBRITY BIRTHDAYS

 Eva Longoria 3/15/75
 Jerry Lewis 3/16/26
 Dane Cook 3/18/1972
 Bruce Willis 3/19/1955
 Rosie O'Donnell 3/21/1962
 Reese Witherspoon 3/22/1976
 Sarah Jessica Parker 3/25/1965
 Steven Tyler 3/26/1948
 Quentin Tarantino 3/27/1963
TIDBITS

Holidays & Observances This Week
 3/13 Donald Duck Day
 3/13 National Agriculture Day
 3/15 Ides of March
 3/17 Campfire Girls Day
 3/17 St. Patrick's Day

UNIVERSAL THEME PARK (continued)

The influence of Disneyland's theme-ride-centric design emerged in the 1970s as the park added attractions inspired by some of the most successful movies filmed there, like "The Ten Commandments," "Jaws" and "King Kong." In the intervening three decades, a host of new attractions have been added. These include the Revenge of the Mummy thrill coaster, the Special Effects Stage, Jurassic Park – The Ride, Shrek 4-D, The Simpsons Animated Virtual Coaster and King Kong 360 3-D, a ride designed by film director Peter Jackson ("King Kong," "The Lord of The Rings" trilogy) that the Los Angeles Times described as "the kind of awe-inspiring theme park attraction you can't find anywhere else."

Today, guests can roam 415 acres of Universal Property including the lot, theme park and Universal City, a teaming outdoor plaza that includes restaurants, shops and one of California's largest and most modern movie theaters. Though the studio lot tour now takes less than hour, visitors are advised to arrive early. Almost 100 years of cinematic history have been celebrated there, more than enough to captivate even the most casual movie buff for hours on end.

HELPING YOUR SELF-HELP

Although the New Year has passed, many of us are perhaps still a little behind on taking up those New Year's resolutions we made a few short months ago. Whether it is to lose weight, cut out an unhealthy vice or commit to more time with the family, our resolutions are a reminder that our growth as human beings necessitates increased levels of self-discipline. Yet what if the issue isn't a lack of discipline? Perhaps you're a model of steely determination but have run out of creative ways to push yourself to newer and greater heights in 2012. The self-help section of your local bookstore is usually a fair start, but it rarely offers any ideas you haven't already thought of. To resolve this problem, here are three "different" (but real) advice books to use as possible starting points in the quest for a better you:

Have you ever thought of yourself as someone with unearthly powers of clairvoyance? Have you ever been described as someone who lifts the spirits of everyone around you? If so, maybe you should grab a copy of "The Lightworker's Way: Awakening Your Spiritual Power to Know and Heal" by Dr. Doreen Virtue. This tome could be just what you need to enhance your inner telekinetic superpowers. As the book's Amazon description helpfully outlines, you are a "lightworker" if you "feel called to heal others" and "want to resolve the world's social and environmental problems" through "spiritual methods."

continued on next page



Q: I have a complete set of Guardian aluminum cookware from Century Metalcraft Corporation. It is from the 1950s, and the conditions of the various pieces vary. I even have a recipe book that came with the set and a box of cleaning supplies provided by the company. Any information will be appreciated. -- Carolin, Stratton, Colo.

A: Guardian cookware was manufactured in Los Angeles from the mid-1930s until the plant was destroyed by fire in about 1956. The product was sold mostly at house parties, much like Avon is marketed today. The pieces were constructed of hammered aluminum with glass tops. The durability was one of the main selling points. Since glass lids got broken and lost, they are especially coveted by collectors. Typical prices found on the Internet include a turkey roaster, \$75; 1-quart casserole, \$18; and 2.5-quart Dutch oven, \$22.

Q: I have a set of three Badger Fire Extinguishers, one full-size copper, one full-size brass and one junior-size in copper. All three are museum quality. My concern is value. -- Gerald, Haverhill, Mass.

A: The Badger Fire Extinguisher Company has been in business for more than a century and still manufactures firefighting equipment at its plant in Somerville, Mass. Older extinguishers -- especially the ones crafted in copper and brass --- have become quite collectible. Some are being made into lamps and others as just interesting examples of American craftsmanship. I found five vintage Badger extinguishers being offered for sale on eBay, all valued in the \$50 to \$200 range. Since the ones you have are museum quality, I suspect they are worth in the upper end of that range, perhaps more.

Q: I have two picture frames that have fancy scroll-cut designs. I have had them for years and am curious about any value. -- Dorothy, Coventry, R.I.

A: The frames you have could be quite old. I suggest you contact an appraiser or reputable dealer to help you determine how much they might be worth. Several weeks ago I attended an estate auction where several dozen vintage frames were sold, mostly in the \$50 to \$75 range. As with most collectibles, there are always exceptions, and that is why I recommend the services of an expert.

Good Housekeeping

Chicken and Fruit

1 package (6 1/4 ounce) white-and-wild-rice mix
 1/2 cup parboiled rice
 2 medium oranges
 2 medium Red Delicious or McIntosh apples
 1 bunch (about 1 pound) fresh spinach
 1 (3/4 pound) smoked boneless chicken breast
 2 tablespoons cider vinegar
 1 tablespoon olive oil

1. In 3-quart saucepan over high heat, heat 3 1/2 cups water to boiling. Stir in white-and-wild-rice mix with seasoning packet and parboiled rice; heat to boiling. Reduce heat to low; cover and simmer 20 minutes or until water is absorbed and rice is tender. Set aside to cool slightly.

2. While rice is cooking, cut peel from oranges. Holding oranges over large bowl to catch juice, cut sections from oranges; drop sections into bowl. Dice apples. Coarsely chop half of spinach leaves; reserve remaining leaves. Discard skin from chicken breast; tear breast into bite-size pieces.

3. To bowl with oranges, add rice mixture, apples, chopped spinach, chicken, vinegar and oil; mix well. Arrange reserved spinach leaves on platter; top with rice mixture. Serves 6.

• Each serving: About 350 calories, 7g total fat, 39mg cholesterol, 995mg sodium.

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



King Crossword

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ACROSS

1 Rotating part

4 Existed

7 Deep-sea predator

8 Move to one side

10 Adversary

11 The external world

13 News crew member

16 Work with

17 Judicial apparel

18 “— was saying, ...”

19 Sheepish comments

20 A long time

21 Choir's rendition

23 Cheney's successor

25 Salamander

26 Sell

27 Raw rocks

28 Irving Berlin's “Blue —”

30 Afternoon social

33 13-Across' offering

36 “A Streetcar Named Desire” role

37 Bracelet adornment

38 Short fishing line

1 2 3 4 5 6

7 8 9 10 11 12

13 14 15 16 17 18

19 20 21 22 23 24

25 26 27 28 29 30 31 32

33 34 35 36 37 38 39 40 41

39 Slight amounts

40 James Bond, e.g.

41 Pigpen

DOWN

1 Minotaur's home

2 Pinnacle

3 Pertaining to a city election

4 7-Across, e.g.

5 Jam ingredi-ents?

6 A size too

7 Individuals

8 Uppity sorts

9 Battlefield prioritization

10 Ostrich's cousin

12 Ruhr Valley city

14 Wander

15 “— the season ...”

19 Cudgel

20 Toss in

21 Shimon of Israel

22 Workout garb

23 Milwaukee product

24 Entomo-logist's subjects

25 Promptly

26 Spreading fast on YouTube

28 Drag (Var.)

29 “An American in Paris” star

30 Sycophant

31 Blunders

32 \$ dispenser

34 Sawbucks

35 Terrific, in rapspeak

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top ten

Weight-Loss Diets

1. Weight Watchers

2. Biggest Loser Diet (tie) Jenny Craig (tie) Raw Food Diet

5. Volumetrics Diet

6. Atkins Diet

7. Slim-Fast Diet (tie) Vegan Diet

9. DASH Diet (tie) Eco-Atkins Diet (tie) Mayo Clinic Diet

Source: U.S. News and World Report

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TIDBITS

NUGGET OF KNOWLEDGE

Most records that occupy the Guinness Book of World Records are solo affairs, but a British charity event on March 5th, 2011, found people united in a common cause that yielded both needed funds for the Comic Relief Foundation and a historic group performance. Participants gathered to collectively tell as many jokes as quickly as they could, performing 1/228 in under an hour (one of them is contained in this Tidbits) and setting a new record.

by Jeff Pickering



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“I believe in _____

it lets you know just how far you are living beyond your means.”

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Huge

ATING

Murmur

EMBLUM

Measure

AUGGE

Dismay

TUADN

TODAY'S WORD

KIDBITS

Junior Whirl

by Hal Kaufman

PICK PLAY! Nine minus eight equals four in the toothpick trick at night—in a manner of speaking. Object is to remove eight toothpicks from the nine squares and have just four squares remain. How is it done? Give it a try before reading on. Try not to peek. Here is the answer: Alakazam, simply remove middle toothpicks of each outside row, then remove four toothpicks at center.

SAY WHAT! Let's see if you can complete these words from Mark Twain's "Life on the Mississippi": "I was gratified to be able to answer promptly, and I did. I said —" What three words are missing?

WORD JUGGLER EXERCISE

LET'S see if you can rearrange letters of the five words above to form a word square. That is to say, form a grouping of words that will read the same both across and down. Here's how:

1. Rearrange TEARS into a flower.

2. Rearrange SPEAR into a kind of tire.

3. Rearrange STAKE into business profits (slang).

4. Rearrange CRETE into an upright stance.

5. Rearrange TRESS into times of repose.

How quickly can you bring about the changeovers? Time limit: 2 min.

1. Aster 2. Score 3. Takes

SPACE CHASE! Just one route above puts the spacecraft on course. Which one? Choose path 1, 2, 3 or 4 to find out.

BO PEEP SHOW! Not to worry — Little Bo Peep's lost sheep have returned. Coloring code: 1—Red. 2—Lt. blue. 3—Yellow. 4—Dk. green. 5—Flesh tones. 6—Lt. green. 7—Purple. 8—Orange.

SPELLBINDER

SCORE 10 points for using all the letters in the word below to form two complete words:

PALOMINO

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 50 points.

Possible twosomes: Main, loop.

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To Your Good Health

By Paul G. Donohue, M.D.

‘Minor’ Heart Attacks Can Still be Deadly

DEAR DR. DONOHUE: My husband, 46, died suddenly and unexpectedly from a heart attack. An autopsy showed that he died from what the doctor said was a minor heart attack. How does a minor heart attack kill? It was major for him and me. -- C.C.

ANSWER: The pathologist who performed the autopsy must have found that only a small section of heart was involved, and only a small heart artery was obstructed. Minor heart attacks can lead to major complications, including death. They can generate abnormal heartbeats, so abnormal that the heart's pumping action stops. You have my deepest sympathy.

The booklet on heart attacks explains why they happen and how they're prevented. Readers can order a copy by writing: Dr. Donohue -- No. 102W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I want to get rid of a lot of expired medicines. I have heard that flushing them down the toilet or putting them in the garbage will make them end up in our drinking water. What is the proper solution? -- M.S.

ANSWER: Different government agencies have different recommendations for medicine disposal. Congress is trying to resolve those differences. First, check with your drugstore to see if it has a program to dispose of medicines; many do. Also check with your town, county or state to see if it has “take-back” programs. Many do.

If you can't find a facility that accepts old medicines, mix them with coffee grounds, sawdust, kitty litter or similar materials (making them less appealing for children or pets to eat), seal them in a plastic bag and put them in your trash. A few drugs ought to be flushed down the toilet or the sink. These drugs are mostly powerful painkillers, like morphine, fentanyl, oxycodone and Demerol. They pose a danger to children, pets and even adults if accidentally ingested. This advice comes from the Food and Drug Administration. You can find the complete list at www.fda.gov.

DEAR DR. DONOHUE: I have an ingrown toenail that's giving me much grief. I'd like to take care of it myself. I'm out of work and have no insurance. Will you give me some directions on what to do? -- H.A.

ANSWER: You can try to handle it on your own, but be careful. Don't traumatize the toe or skin. Soak your foot in warm, soapy water for 10 minutes. To free the nail from the corner of the skin in which it is imbedded, try to work a small ball of cotton between the nail and the skin. Dental floss hooked under the corner of the skin helps you accomplish this. From this day onward, cut your toenails on a horizontal plane. Don't round off the edges. That's an invitation to an ingrown toenail. If all of this is a bit overwhelming, let a podiatrist free the nail for you. Make some arrangements for a later payment.

LAFF-A-DAY

“We're surrounded!”

HELPING YOUR SELF-HELP (continued)

Or perhaps “Fancy Coffins to Make Yourself” by Dale Power is a better fit. This book’s online description hints at the morbidity of the new skill you’ll be learning. “Here’s the help you need for one of life’s most critical undertakings — making your own coffin,” it proudly declares, leaving one to muse whether the author understood his own darkly comic wordplay. Within the book’s chapters, you’ll find a wealth of detailed instructions and color photos to aid you in completing “your life’s finest accomplishment.” “Finest accomplishment” is debatable, but it is possible that it could be your final one.

You may be saying to yourself, “Yes, these previous books sound fascinating, but how do I read them?” Well, then you might need “How to Read a Book” by Mortimer Adler and Charles Van Doren. If the issue is one of actual literacy, this book won’t help you. No, instead this 1940 volume teaches you “different reading techniques for reading practical books, imaginative literature, plays, poetry, history, science and mathematics, philosophy and social science.” What the Amazon description fails to mention is that one of its authors is an authority on another subject, too: namely, cheating at televised game shows. It’s the same Charles Van Doren who was an admitted accomplice in the rigging of outcomes on the 1959 NBC show “Twenty One.”

ALWAYS FREE
TIDBITS
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TIDBITS
Laughs!

On he and his wife’s 40th wedding anniversary, the husband was asked: “what is it that you have learned from all these wonderful years with your wife?”

The husband thought for a moment and said: “I’ve learned that marriage is the best teacher of all. It teaches you loyalty, forbearance, meekness, self-restraint, forgiveness...and many other qualities you wouldn’t have needed if you’d stayed single.”

R.F.D.

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TIDBITS

WORD POWER

Unscramble this word:

Y N M L O I A P

This word means: *Majestic or godlike in manner or bearing.*

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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.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	×		+		16
−		+		+	
	×		−		21
×		×		÷	
	−		×		10
16		20		3	

1 2 3 4 5 6 7 9 9

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by Mike Marland

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Comfort foods

Made fast and healthy

by JoAnna M. Lund

Broccoli-Corn Scallop

If you’re like me and love broccoli, I can almost promise that this tasty side dish will become a favorite. If you hate broccoli, then I guess you’ll just have to skip over this recipe. But, oh, what good food you’re missing!

3 cups frozen chopped broccoli, thawed and drained
2/3 cup nonfat dry milk powder
3/4 cup water
2 eggs or equivalent in egg substitute
1 teaspoon dried onion flakes
10 reduced-fat butter-flavored crackers, made into crumbs
1 (8-ounce) can cream-style corn
1 (8-ounce) can whole-kernel corn, rinsed and drained

- Preheat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray. Evenly arrange broccoli in prepared baking dish.
- In a large bowl, combine dry milk powder and water. Add eggs, onion flakes and half of the cracker crumbs. Mix well to combine. Stir in cream-style corn and whole kernel corn. Spread corn mixture evenly over broccoli. Sprinkle remaining cracker crumbs evenly on top. Lightly spray top with butter-flavored cooking spray.
- Bake for 35 to 40 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

• Each serving equals: 142 calories, 2g fat, 8g protein, 23g carb., 242mg sodium, 3g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Vegetable.

PetBits™

Alternative Medicine Ends Dog’s Torment

By Samantha Mazzotta

DEAR PAW’S CORNER: I read with interest your column about the poor dog that was tormented by allergies. Several years ago I adopted a wonderful Border Collie, “Maisie,” from a couple who couldn’t cope with her constant allergies. Blood tests showed she was allergic to tree pollens, weeds and grasses. It broke my heart to see her suffer, and I took her to many veterinarians. She received allergy shots for more than a year, and many times she was given prednisone, which I didn’t like but hoped would help her.

One day a new veterinarian recommended a doctor of Chinese medicine nearby. I brought Maisie in and was told almost immediately, “Yes! I can help her. We need to build her immune system.” Within a very short time she was 100 percent better. She lived happily until she was almost 17 years old.

I was fortunate to find a veterinarian who was open to alternative treatments. More vets should consider

alternative medicine as a way to help pets. — An Animal Lover in Littleton, Colo.

DEAR ANIMAL LOVER: Thank you for your letter! I’m glad that you were able to alleviate Maisie’s suffering and find an effective treatment for her chronic allergies. Every pet’s needs and responses to treatments are a bit different -- especially when using alternative, homeopathic or holistic therapies -- and it can be difficult to find the right combination of medication or therapy. I’m impressed by the amount of patience, love and diligence you showed in caring for your dog and getting her the best care possible.

Send your questions or tips to ask@pawscorner.com, or write to Paw’s Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. For more pet care-related advice and information, visit www.pawscorner.com.

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On March 18, 1852, in New York City, Henry Wells and William G. Fargo join with several other investors to launch their namesake business. In July 1852, their company shipped its first loads of freight from the East Coast to mining camps scattered around northern California.

On March 17, 1901, paintings by the late Dutch painter Vincent van Gogh are shown in Paris. Van Gogh had committed suicide 11 years earlier without any notion that his work was destined to win acclaim beyond his wildest dreams. In his lifetime, he had sold only one painting.

On March 14, 1914, stock-car racer Lee Arnold Petty (father of Richard Petty) is born near Randleman, N.C. In 1959, he won the Daytona 500. It’s said that Lee Petty never lost a race on account of being too kind to his competitors, even if his competitors were family.

On March 16, 1926, at Auburn, Mass., American Robert Goddard successfully launches the world’s first liquid-fueled rocket. The 10-foot rocket, fueled by liquid oxygen and gasoline, traveled for 2.5 seconds at a speed of about 60 mph, reaching an altitude of 41 feet and landing 184 feet away.

On March 13, 1942, the Quartermaster Corps of the United States Army begins training dogs for the newly established War Dog Program, or “K-9 Corps.” Perhaps the most famous war dog was Rin Tin Tin, an abandoned puppy of German war dogs found in France in 1918 and taken to the United States, where he made his film debut in the 1922 silent film “The Man From Hell’s River.”

On March 15, 1954, the Chords record “Sh-boom.” The song’s lighthearted melody and nonsensical lyrics kicked off a new era of “doo-wop” music. Doo-wop hits included “Earth Angel” by the Penguins and “In the Still of the Night” by the Five Satins.

On March 12, 1969, the London drug squad appears at house of George Harrison and Pattie Boyd with a warrant and drug-sniffing canines. Sergeant Pilcher, the man behind the raid, was later convicted of planting drugs in other cases and went to jail in 1972.

VETERANS POST

by Freddy Groves

Vet Centers Going Mobile

Have you checked out the Vet Center near you? These Department of Veterans Affairs Centers provide dozens of health services, perhaps more than you’d expect. The Vet Centers were started in 1979 as a response to the need to help Vietnam-era veterans adjust to civilian life. Since then the eligibility for assistance has been expanded to include other eras of hostility. Since 2003, the services include bereavement help for spouses, parents and siblings of veterans who died on active duty, as well as substance-abuse assessment and referral, job assessment and referral, brain injury screening, benefits help and more. The Centers, 207 of them across the country, had more than a million visits last year.

In addition to the Centers themselves, the VA has had 50 mobile vans going to areas that don’t have easy access

to the regional medical centers. These fully outfitted recreational vehicles, with spaces divided into private rooms, head out to rural areas for on-the-spot counseling, information and referral for military sexual trauma, marriage and family counseling, bereavement counseling and Post-Traumatic Stress Disorder.

In the event of a natural disaster, these vans also can serve as support centers. They have phone lines, computers, WiFi and DVD, satellite dish, fridge, first aid, a defibrillator and more.

And now there are an additional 20 vans out on the road to serve rural areas. To read the list of locations for the new vans, go to the VA’s website and put “new mobile vet centers” in the search box.

To find the Vet Center nearest you, go online to www.va.gov and put “find Vet Center” in the search box, or call 800-827-1000.

If you go to a Stand Down this year, you’ll likely see those vans in place.

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.



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

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

Center
Corner
Crossing
Forks

Grove
Hall
Heights
Hill

Hollow
Meadows
Mills
Park

Prairie
Square
Town

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March Business of the Month
16th yr celebration
586 N. Main



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paysonmarket.com

Ribbon Cuttings in March

Mar 14 – Wed * Poor Boys BBQ & Dawgs * 865 S. hwy 198 10:00 am

Apr 25 – Wed * Apple Valley Vision * 11:30 am

1ST ANNUAL BUSINESS EASTER EGG HUNT



- Register at Dr. Gunnerson’s Office: 33 W 300 S Payson Ut Starting Mar 12th Noon to Mar 23rd
- Ages 10 – 17
- Visit Each Business, Find the Egg, Get Card Signed, Get Next Clue
- Completed Egg Hunt Cards must be returned to Dr. Gunnerson’s Office by April 5th
- All Participants will receive an Easter Prize & be entered for the Easter Grand Prize
- Grand Prize Winners will be notified on April 6th

April 7, 2012 – Sat

EASTER EGG HUNT – We are asking for local businesses to help sponsor this event. If you would like to donate your time, prizes or monetary donations to the Easter Egg Hunt we will recognize your business in the newspaper and at the event. Please send your donation to:
Payson Chamber of Commerce, P.O Box 176 Payson, UT 84651
Contact the chamber office: 20 S. Main, 801-465-2634 paysonchamber@yahoo.com
or you may contact Eric Buchanan at UCCU 801-223-8120
Please have all donations to the Chamber NO LATER THAN APRIL 3, 2012.

Chamber of Commerce: Colin Logue, Publicity, utahavenueinsurance@gmail.com. 801.609.8699 801.609.8699; to join/renew membership with Chamber of Commerce, please contact Carolyn Bowman, 801-465-2634

Pleasant Grove

“Beau Jest”

Performance dates are March 2-19th on Thursday, Friday, Saturday and Monday evenings. There will also be a Saturday matinee on March 17th. Please call Kathryn Little at 801-836-8104 for more information.

Santaquin

Apr 7th – Annual Easter Egg Hunt!!! Sponsored by the Santaquin Area Chamber of Commerce and Santaquin City . Santaquin Elementary School @ 9:00am.
Any and All Business are welcome to be a member of the Chamber of Commerce.
Any interested business can contact:
Brad Horrocks @ 801-754-5700
Nick Miller @ 801-471-7980

Spanish Fork

THE GOOD LIFE EXPO – HOME, HEALTH & HOBBIES @ Sp. Fork Fairgrounds
April 13 & 14, 2012 – The Show will provide exhibits and demonstrations related to home & garden improvement, family health and nutrition products, favorite hobbies & preferred pastimes. There will be something of interest for every guest. **EXHIBITORS** – You will reach more people in **TWO DAYS** than you would normally reach in **TWO MONTHS**. Call Roger @ 801.616.6288 for information.

Springville

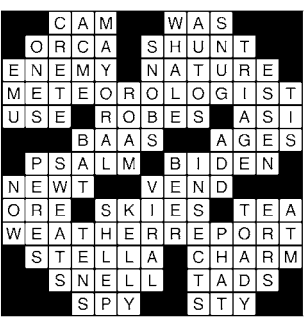
March 2,3,5,8,9,10,12 at 7:30P "The Importance of Being Earnest"
The Little Brown Theater, 239 S. Main

ANSWERS
SPORTS QUIZ
1. Joe DiMaggio, Chuck Klein, Albert Pujols and Ted Williams.
2. Pedro Guerrero of the Los Angeles Dodgers, in 1983.
3. Once, in 2010.
4. Kenny Smith (1995), Scottie Pippen (1997) and Allen (2008) each had seven 3-pointers in an NBA Finals game.
5. Guy Charron played in 734 games without a postseason appearance.
6. It was 1987.
7. Canada’s Sandra Post, in 1968.

King Crossword

Answers

Solution time: 25 mins.



Weekly SUDOKU

Answer

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

Go Figure!

answers

7	x	1	+	9	16
-		+		+	
3	x	9	-	6	21
x		x		÷	
4	-	2	x	5	10
16		20		3	

Trivia test

by Fifi Rodriguez

- “Hamlet”
- A nappy
- 1969
- Sports coach James Naismith
- Burger King
- Joseph Smith
- Tequila
- Han Solo
- Shoulders
- Eight

WORD POWER

ANSWER

OLYMPIAN

SCRAMBLERS

solution

- Giant; 2. Mumble;
- Gauge; 4. Daunt

Today’s Word:

BUDGETING