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TIDBITS® UNCOVERS *AMERICANS' ADVENTURES* by Blue Sullivan

The history of America is rife with rugged men and women who have explored and tested landscapes all

Climber Cory Richards was the first American to scale an over-26,000-foot (8,000-m) mountain in winter. Along with partners from Italy and Kazakhstan, Richards climbed the Gasherbrum II in Pakistan.

over the world. Here are some of their stories.

- Richards and his two partners faced hurricaneforce winds and temperatures 50 degrees below zero. They performed this amazing feat without guides or supplemental oxygen.
- The three men were aware of the perils they faced before beginning the journey. They were told that snow conditions would be unstable, but they couldn't have foreseen the Class 4 avalanche that nearly killed them.
- It was Simone Moro, the veteran climber from Italy, who first freed himself, then helped the other two men dig out of the massive wall of ice.
- Richards documented much of the incident with a small, high-definition camera. Immediately after being freed, he documented his own reaction, a combination of relief and terror.

turn the page for more!



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1. POLITICS: How long did Margaret Thatcher serve as prime minister of Great Britain? 2. LANGUAGE: What does the Greek prefix "or-

nitho" mean? 3. HISTORY: How did the Native American leader

Crazy Horse die?

4. GEOGRAPHY: Where is the highest waterfall in the world?

6. LEGEND: What was the name of King Arthur's

legendary sword? 7. ART: Who painted "Christina's World"?

8. ENTERTAINERS: How many times were actors Richard Burton and Elizabeth Taylor married? 9. LITERATURE: Which one of Charles Dickens'

novels was unfinished at his death? 10. MATH: What does the symbol "r" stand for in

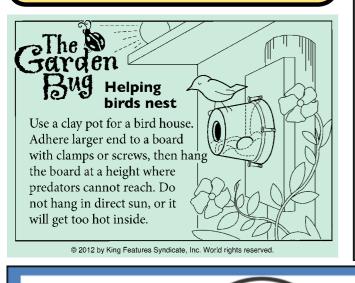
geometry?

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- Want to pump up a dying charcoal fire? Never use lighter fluid. Even if the coals look really gray, they could be hot on the inside. The stream of fluid CAN catch fire. It's too dangerous. Put new briquettes in with the old, and start those using a long stick match.
- "When grilling with charcoal, keep a clean spray bottle filled with plain water handy, and use it to keep flare-ups from blackening your food. When the coals have died and you're ready to clean up the ashes, mist the ashes first. It will keep them from making a dust cloud." -- U.L. in Georgia
- From charcoal grilling expert Kingsford, here's a great tip to use when grilling chicken: "When applying a dry rub to chicken pieces, it's often hard to keep the rub affixed, and it's even more difficult to keep the chicken's original, golden color. Try 'painting' chicken pieces with yellow mustard prior to applying the rub. Not only will the rub stay in place, your final product will be visually appealing -- without any trace of mustard flavor."
- When wrapping vegetables in foil packets to grill, make the seams on the sides. This way, the veggie packets can be turned over for even cooking and to avoid burning on one side. You can even label the outside of the foil in permanent marker. It won't affect the taste of the food.
- To cover a picnic table in windy conditions, choose a fitted bed sheet. A kid-friendly alternative is to cover a table entirely with white butcher paper, taped at the seams and secured underneath with strong tape, such as duct tape. The kids can busy themselves drawing placemats and decorations for everyone in crayon while the adults do the grilling.

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.



Americans' Adventures (continued)

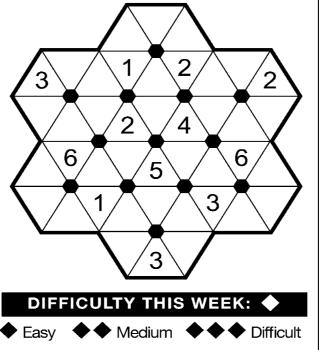
- The footage that Richards took was used in a nature documentary called "Cold." The film chronicles their journey, the first successful attempt to climb the Pakistani peak during winter by anyone. The film played at a number of film festivals in 2011 and is being distributed by Forge Motion Pictures.
- Many runners have attempted to beat the time record for completing the entire Appalachian Trail. Observers were surprised to discover that the record had been broken by a female, Pharr Davis.
- Davis bested a record held by men for more than 40 years. Davis isn't, by her own description, even a runner. She has always trained as a long-distance hiker, and her training to beat the record was the same.
- Davis completed the trail's 2,181 miles more than 26 hours faster than the former record holder. The popular assumption before her attempt was that only a faster runner could beat the record, but Davis bucked the conventional wisdom. She began each day before 5 a.m., hiking for 16 hours a day and sleeping directly on the trail.
- Davis was accompanied by her husband, Ben, who served as her support crew. She reached the trail's southern end in Springer Mountain, Georgia, a little over 46 days after she began.
- "We were exploring what people thought was possible, for what was possible on the Appalachian Trail, and what was possible for a woman and a hiker," Davis told National Geographic magazine afterward. "Records are made to be broken... The method and the approach are what matters more at the end of the day." Americans' Adventures (continued):
- Nick Waggoner was an unknown film graduate from Colorado College when he began filming "Solitaire," a documentary about his grueling ski odyssey through South America.

continued on next page



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.



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Big and Small

From a super-size "S" to a teeny tiny "T," these one-of-a-kind, hands-on ABC's make learning the alphabet creative and fun for the whole family.

GIANT ABC's

Draw and cut out large block alphabet letters on 12-inch-by-12-inch pieces of poster board, one for each letter. If you wish, you may start with just a few letters, such as the letters of your

Take the first letter you have cut out and tell your child that you are going to look for things that begin with the sound of that letter. Decorate the top of each letter by clipping pictures from magazines or collecting small items and gluing them to the corresponding letter. For example, glue leaves you collect on a fall walk to an "L," buttons to a "B" and a real zipper on a "Z." Apply a coat of lipstick to your child's lips and let her smother the letter "K" with kisses. For the letter "J," cut the letter into several pieces. Reattach the pieces with brass paper fasteners to make flexible joints. We covered our "J" with junk from the kitchen junk drawer!

Save your collection of these creative letters and practice the sounds again and again.

MINI ABC REFRIGERATOR MAGNETS

Cut poster board in 2-1/2-inch-by-2-1/2-inch squares. Write an alphabet letter freehand on each square with a marker. Or, go to your word-processing program on your computer, find your favorite font and print out letters the size of the squares. Look for creative fonts on programs specifically designed for scrapbooking or making stationery and greeting cards. Cut out and glue the printed letters to the squares.

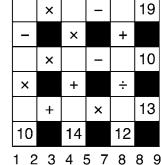
Decorate the handwritten or printed letters with craft supplies, small beads, buttons, ribbon, glitter, paints in squeeze bottles, or simply color them with crayons and markers.

Attach a piece of self-sticking magnetic strip (available at hardware and craft stores) on the back of each letter. Make duplicates of common letters so that you'll have plenty on hand for displaying a word or even a complete sentence on your refrigerator door. Store extras in a small box.

by Linda Thistle GO FIGURE!

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

★ Moderate ★★ Difficult *** GO FIGURE





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By Chris Richcreek

1 Who was the last San Francisco Giants player before Buster Posey in 2010 to have a hitting streak of more than 20 games?

Name the last shortstop before Cleveland's Asdrubal Cabrera in 2011 to have five hits and two home runs in the same game.

3 Who was the youngest player to become a member of the Pro Football Hall of Fame?

4 How many consecutive NCAA Tournament appearances did North Carolina men's basketball coach Dean Smith have during his career?

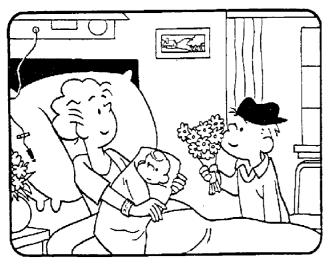
6 Only one player has recorded two hat tricks in NHL All-Star Game history. Name him.

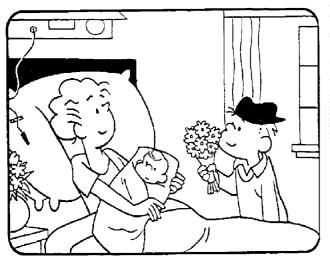
6 Who was the first American to score a hat

trick in English Premiere League soccer? In 2012, Lindsey Vonn set a women's skiing World Cup points record for a season with 1,980. Who had held the mark?

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. Suppose is the constitution of th





- It was our 16th president, Abraham Lincoln, who made the following sage observation: "No matter how much cats fight, there always seem to be plenty of kittens."
- If you are a stay-at-home mom, you probably won't be surprised by a recent study that found lower levels of stress in mothers who work outside the home than in those who stay with their kids all day.
- George Reeves is best known for playing the title role in the 1950s TV show "Adventures of Superman." The role was a risky one, though -- not in front of the camera, but during his numerous public appearances. It seems that fans wanted to test the strength of the Man of Steel, so they often kicked and punched him. At a 1953 appearance in Detroit,

Americans' Adventures (continued)

- Waggoner filmed over the course of two years with his three co-producers. The four men explored in far-flung locations such as the jungles along the Amazon River, the Cordillera Blanca, the Altiplano and windy Patagonia.
- Waggoner filmed on foot, on skis, on boats, on horseback and even while soaring through the sky on a paraglider. He faced tough weather conditions throughout without any of the comforts of normal travel. He and his group lived out of tents in driving rain and snow, occasionally for weeks at a time.
- The motley crew often hiked thousands of miles in darkness before dawn to capture sunrise in these unspoiled vistas. They scaled broken glaciers in search of breathtaking vistas and climbed mountains in excess of 17,000 feet.
- When Waggoner arrived in South America to start production on the film, he was greeted with terrible news. His close friend and intended star of the documentary, extreme skier Arne Backstrom, had fallen and died while attempting to scale the 18,897-foot Nevado Pisco.
- "Solitaire" is Waggoner's third project with his company, Sweetgrass Productions. He recently spent a season in Hokkaido, Japan, filming another upcoming nature documentary. His acclaimed work in just three years has already won him awards, most recently at the International Freeski Film Festival in Montreal, Canada.
- For Willie and Damian Benegas, seeking adventure is a family affair. This past year the two brothers collected samples of the highest living plant life on Earth. Samples were gathered from the flanks of Mt. Everest, over 22,000 feet in the air.
- Willie and Damian delivered the collected vegetation to the U.S. Geological Survey, as well as to researchers at Montana State University. These samples will be used to help scientists investigate how climate change might affect our food production in the future. The brothers also brought back samples of rock near the summit of Everest for microbial study. It is hoped that these samples may provide insight into the effects of high levels of UV radiation on life at the microscopic level.

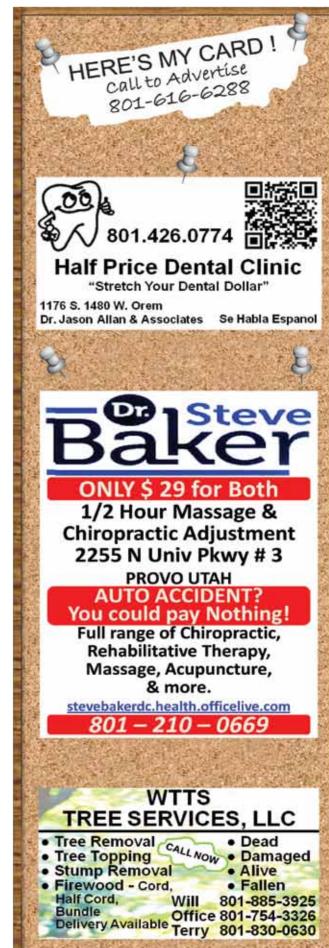
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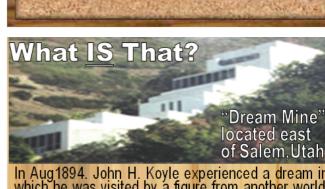


one boy pulled out his father's loaded .45 Army Colt and aimed it at Reeves' chest. By telling the boy that the bullets would bounce off his own chest and ricochet into the crowd, harming others, Reeves managed to get the boy to put the gun down.

- Though unenforced (and likely unenforceable), there is a law on the books in Tennessee that bars atheists, preachers and duelists from holding elected office.
- Are you lissotrichous? If you don't have curls in your hair, you are. Of course, you may not be able to tell if you are atrichous (bald), a condition that may be caused by trichotillomania, the compulsion to pull out your own hair.
- If you've been married for 40 years or more, you can be pretty confident that the union will last. Only 1 in every 1,000 marriages of such duration end in divorce.

Thought for the Day: "I have only one superstition. I make sure I touch all the bases when I hit a home run." -- Babe





In Aug1894. John H. Koyle experienced a dream in which he was visited by a figure from another world. The visitor showed Koyle an ancient "Nephite" mine. The rooms contained treasure of an extinct civilization. Koyle was instructed to open a mine and extract gold for the welfare of "his" people. Specific instructions were given for the mine development. The riches would be found and released during a time of world crisis. The name "Relief Mine" was attached to the project. In 1909 the Koyle Mining Company was formed with 114,000 shares of stock issued at \$1.00 per share.

Koyle's dreams continued. He predicted the First World War and the economic crash of October, 1929. He foresaw "horseless carriages" bigger than railroad cars going down the road at great speeds. John H. Koyle died 17 May 1949 in Payson.

The mine continued in fits and starts under the leadership of Quayle Dixon for another twenty-three years. In 1961, a new company, The Relief Mine Company, succeeded the Koyle Mining Company.

Info from "The Dream Mine", Jay M. Haymond http://www.media.utah.edu/UHE/d/DREAMMINE.html

To learn more about the "Dream Mine", read "Relief Mine" & "Relief Mine II" by Ogden Kraut and "The Dream Mine Story" by Norman Pierce

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Americans' Adventures (continued)

- 65-year-old writer and Arctic explorer John Turk joined 26-year-old pro kayaker Erik Boomer in a 1,485-mile circumnavigation of Ellesmear Island in Canada. This was the last great adventure for Turk, but it was only one of many in a lifetime dedicated to rugged outdoor exploration.
- Prior to his final trip with Boomer, Turk had completed a number of memorable climbs and has completed five separate Siberian expeditions in an effort to study Shamanic culture.
- The trip required the two sportsmen to drag their kayaks across 800 miles of flat ice. Each kayak was over 13 feet long and weighed over 200 pounds. They began the trip in May, when ice had yet to melt completely, but were able to find pockets of open water after the spring thaw.
- Of the many dangers Turk and Boomer faced, the most terrifying were frequent interactions with polar bears. They saw 11 on one day alone, nine of which were aggressive.

FAMOUS LANDMARKS **OF THE WORLD: WRIGLEY FIELD**

Home of the Chicago Cubs, Wrigley Field is located in the heart of downtown Chicago and is one of baseball's most old-fashioned and famous ballparks.

- Built in 1914, Wrigley Field will be going on its 99th season in 2012 and its 97th year with the Cubs.
- Wrigley Field is the second oldest major league ballpark in the United States, following behind Boston's Fenway Park built in 1912.
- Wrigley Field seats 41,160 people.
- Originally named Weeghman Park in honor of the original owner Charlie Weeghman, it was designed by architect Zachary Taylor Davis and cost \$250,000 to construct. It originally sat 14,000.
- On April 23, 1914, the first major league game took place at the ballpark, where the Federals defeated Kansas City 9-1.
- In 1915, the Federal League folded for financial reasons, making way for the Cubs to leave Cincinnati
- In 1920, the Wrigley family, owners of Wrigley chewing gum, purchased the ballpark from Weeghman and changed the name to Cubs Park. In 1926, the name was finally changed to Wrigley Field.
- The bleachers and scoreboard implemented in 1937; the original scoreboard remains intact today and is manually operating. It has never been struck with a batted ball.
- A longtime tradition is the flying of a "W" or "L" flag atop the scoreboard at the conclusion of every game signifying either a win or loss.

continued on next page

Weekly **SUDOKU**

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging **★★★** HOO BOY!

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- Ron Paul

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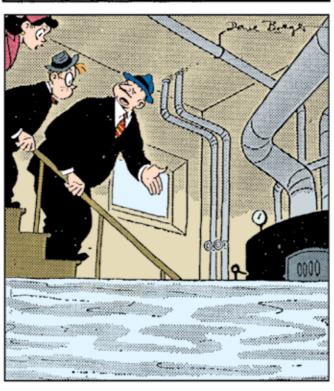
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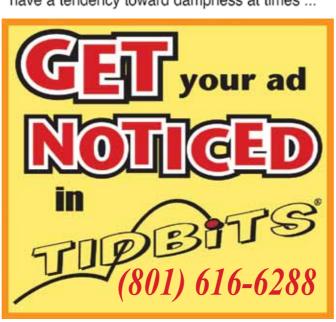
An Indian, a Rabbi, the Pope, an Italian and an Irishman all walk into a bar together and sit down. The bartender looks at all five of them and says, "What is this? Some kind of joke?"

MISTER BREGER

By Dave Breger



"To be perfectly frank with you, the cellar does have a tendency toward dampness at times ..."



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Mold Is **Hazardous** to Home and Health

Q: For a few months now, I've noticed a mildewy odor in the downstairs bathroom. I keep the bathroom clean, and I even pour a cup of vinegar down the drains once a month, but the odor comes back. For now, I'm using an air freshener to mask the smell, but how can I locate and get rid of it? -- Gaia M., Baton Rouge, La.

A: That mildew smell is most likely from mold growth. If you can't visually locate a patch of mildew or mold in the bathroom, such as in lower corners of the wall or the shower, contact a plumber. It's very likely that a water leak somewhere behind the wall is causing the mold problem.

Even a small amount of mold in a home can trigger allergies or breathing problems in many people. It's also a warning signal that water is damaging important parts of your home -- not just the drywall but the wood framing, sheathing, foundation and more.

A leaky supply or drainpipe can mean water is dripping behind the walls. A plumber can inspect these pipes without causing damage to the rest of the bathroom. The plumber will then recommend the best action to take to stop the moisture damage and remove the mold. If mold is affecting carpet or wallpaper in the area, you'll need to replace those items as well.

If dampness is a constant problem in the bathroom, make sure the room is getting adequate airflow, even if the original problem is repaired. An exhaust fan is fairly inexpensive and quickly removes humidity from the bathroom -- for example, after a hot shower. In many states a fan is required by building codes, and the plumber likely will recommend you install one if there isn't one already.

HOME TIP: Clean up mold with a mild detergent rather than bleach, which can irritate your lungs.

Send your questions, comments and 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.



185 N Main 185 N Main Whatcha Gonna Spanish Fork Do with All That Park behind Allstate by Dave T. Phipps

Just Like Cats & Dogs

I'M ALMOST READY TO LEAVE FOR YOUR FRIENDS BOOK PARTY. I JUST NEED TO SHAVE, DRESS AND FIGURE OUT A SOLID EXCUSE AS TO WHY I CAN'T GO.



Good Housekeeping

Basil Orange Chicken

Marinating the chicken in orange and basil gives it a bright, fresh flavor. Served over whole-wheat couscous with steamed sugar snap peas, this light dish is perfect for warmer weather.

- 1 large navel orange
- 2 lemons
- 1/2 cup packed fresh basil leaves, chopped
- 2 tablespoons olive oil

Pepper

4 (1 1/2 pounds) skinless, boneless chicken-breast halves

- 1/2 teaspoon sugar
- 1 cup whole-wheat couscous
- 1 package (8 ounces) stringless sugar snap peas Grilled orange and lemon slices for garnish
- 1. From orange, grate 1 1/2 teaspoons peel and squeeze 4 tablespoons juice. From lemons, grate 1 1/2 teaspoons peel
- and squeeze 1/3 cup juice.

 2. In medium bowl, combine 1 teaspoon of each peel and 1 tablespoon orange juice with half of basil, 1 tablespoon

olive oil, 1/4 teaspoon salt, and 1/4 teaspoon freshly ground

3. With flat side of meat mallet, pound chicken breasts (placed between 2 sheets plastic wrap) to an even 1/2-inch thickness. Add chicken to citrus mixture, turning to coat; set aside.

4. In small pitcher or bowl, combine sugar, 1/8 teaspoon salt, 1/8 teaspoon freshly ground black pepper and remaining citrus peels, citrus juices, basil, and oil; set aside.*

5. Preheat large, ridged grill pan or prepare outdoor grill for direct grilling on medium-high. 6. Meanwhile, prepare couscous as label directs. In 4 quart

saucepan filled with 1/2 inch water, place a vegetable steamer. Heat to boiling on high. 7. Add chicken to hot grill pan or place on hot grill grate;

cook 4 minutes. Turn chicken over and cook 3 to 4 minutes longer or until no longer pink in center. 8. While chicken is cooking on second side, add snap peas

- to steamer; cook 2 to 3 minutes or until tender-crisp. Fluff couscous and spoon onto large platter; top with chicken and snap peas. Drizzle sauce over all. Garnish with citrus slices.
- er chicken and citrus sauce and refrigerate.) • Each serving: About 400 calories, 9g total fat (1g saturated), 99mg cholesterol, 365mg sodium, 33g carbohydrate,

6g dietary fiber, 46g protein.

• Recipe can be made to this point up to 8 hours ahead. Cov-

Wrigley Field (Continued)

- Wrigley Field has seen many firsts: the first permanent concession stand and the beginning of the traditions of allowing fans to keep foul balls and throwing back home runs hit by the opposing team.
- Wrigley Field has also seen many classic moments in baseball history, including the famous pitching duel in 1917 between Jim "Hippo" Vaughn and the Cincinnati Reds' Fred Toney.
- The most famous incident to take place at Wrigley Field is Babe Ruth's alleged "call shot" in the 1932 World Series, where Ruth pointed toward the outfield just before nailing a home run into the bleachers.
- Wrigley Field is more affected by harsh wind conditions than any other Major League ballpark because of nearby Lake Michigan.
- The park's nickname is the Friendly Confines, and it is the last standing Federal League ballpark.
- The Cubs, often referred to as "The Lovable Losers," are famous for never winning a World Series at Wrigley Field, yet they are still one of the most successful franchises in baseball history.
- The famous "Da Curse of the Bill Goat" dates back to 1945 at the fourth game of the World Series between the Cubs and the Detroit Tigers. William "Billy Goat" Sianis and his goat Murphy were removed from the game because of the goat's odor, and an angered Sianis placed a curse on the Cubs that said they would never win a championship. The Cubs lost game four, the World Series and have not won a World Series since.

A WORLD OF ADVENTURE

America obviously doesn't corner the market on men and woman of courage and adventurous spirit. Here are a few of the more interesting recent examples of our fellow explorers across the globe.

- Alastair Humphreys of the United Kingdom has ridden his bicycle over 46,000 miles in various locales around the world. Humphreys did this before he was 35 years old. He has also crossed Iceland's glacial highlands entirely on foot and is planning what will be the longest journey to the South Pole ever attempted without support.
- After travelling nearly everywhere on the globe, Humphreys decided to see more of the country of his birth. He spent all of 2011 in Great Britain. He completed an ambitious group of "microadventures," beginning and ending these trips at the front door of his home outside London.

continued on next page



Q: I have one of the first Barbie dolls issued. I would like to sell it. -- Carol, Albuquerque, N.M.

A: As with most collectibles, issue date and condition are absolutely vital in determining the value of Barbie dolls. For example, "mint condition" means the doll has never been out of the original box, the coloring is bright and the hair perfect. It also means, of course, that it features the original wardrobe. A rule of thumb dictates that to price out-of-the-box dolls and accessories, deduct 50 percent of the book value for slightly played-with dolls.

One of the best authorities is Lois Berger, 2323 Lincoln St., Beatrice, NE 68310. Paul David also is a dealer who publishes a Barbie newsletter and might be able to help you. His contact information is 610 Blackwater Road, Chillicothe, OH 45601.

Keep in mind our sluggish economy, and when contacting any of the sources mentioned in this column, always enclose a self-addressed, stamped envelope.

Q: I have a planter and ashtray marked "Horton," but I can't find the company listed in any of my reference books. By the designs, I suspect both pieces are from the 1950s. -- Beth, Covington, La.

A: I suspect you might be right. Horace and Gail Horton established their ceramic company in Eastland, Texas, following World War II. It was sold in 1961. Typical prices are window-ledge planter, \$15; ashtray with horse-head design in brown, \$10; and vase in coral blue, \$50.

Ceramics from smaller, regional companies are always fun to find because they often reflect the area where they were made. The Horton pieces that I've seen are often Western in theme.

Q: I recently inherited a Buddy L. Baggage trunk from the 1920s. How much is it worth? -- Brad, Longmont, Colo.

A: You might begin your search by investing in Antique Trunks: Identification and Price Guide, by Linda Edelstein and Paul Pat Morse (Krause Publications, \$24.99). This excellent reference has a complete price guide for some 100 trunks and features information about both restoration and refinishing of vintage trunks. It has hundreds of illustrations and should put you on the right track.



King Crossword

Brought to you by: **Tidbits® of Utah County**

ACROSS

- Small
- pellets Cigar
- residue Soft-drink

15

18

28 29 30

- flavor
- Secular
- 13 Sticky stuff 14 Mountain
- goat 15 Norway's
- capital 16 Erstwhile
- acorn Buster Brown's
- dog 18 Grave robber
- 20 Red gemstone
- 22 Pinch 24 Round peg
- in a square hole
- 28 3/4 time dances
- 32 Coast 33 Bakery
- employee
- Mahal 36 Capri is one
- 37 Cafeteria
- carriers Mends old
- ieans, maybe **DOWN** 41 Old Toyota
- model 43 Stir-fry pan
- 44 Cambodia
- neighbor 46 It makes
- dough rise

50 God, in Grenoble 53 "CSI" evidence

57

60

- 55 Ancient letter 56 Bedouin
- 57 Republicans
- 58 Ollie's pal 59 New York
- ball club 60 Female
- sheep 61 Choose

- 1 Online journal
- Wild party
- Missile shelter
- Past
- 5 Fly high

- 6 Nonsense 1991 movie for which earned an
- Japanese
- Lower limb
- 10 Hatchet
- meccas
- 23 Favorite
- 26 Not busy
- Skater
- © 2012 King Features Synd., Inc

30 Shake Jack Palance 31 Tree fluid

- Oscar
- sash
- 12 Golfers'
- 19 Taylor or Claiborne
- 21 Huge
- 25 Tuna or carp
- 27 Ball holders
- Katarina
- 29 Land

38 Vast expanse 40 Plaything 42 Skiers' hotel

58

- 45 Winter
- forecast

measure

spearean

king

35 Mandible

25 | 26 | 27

- 47 Car
- 48 Break suddenly
- 49 Campsite shelter
- 50 Beaver's construction

Worry less. Live more.

51 Anger 52 Dine on

54 Gorilla

Protect your family so you and your loved ones

can live worry-free!

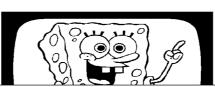
Maurice and Laura Evans / Independent Associates

801-850-7781 ~ 801-658-5207

U.S. Hobbies

- 1. Watching TV
- 2. Sports/Exercise
 - 3. Reading
- 4. Computer games 5. Social networking
 - 6. Music
 - 7. Traveling
- 8. Going to Movies
- 9. Shopping 10. Relaxing/Thinking

Source: Bureau of Labor Statistics



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TIPETTS

NUGGET OF KNOWLEDGE

An explorer and adventurer from Great Britain named Ranulph Fiennes was the first man to visit both the North and South Poles. In addition to leading expeditions in locations across the globe, Fiennes broke many modern endurance records. In fact, Fiennes once competed in seven marathons in seven days. Not only that, but Fiennes did each marathon on a separate continent!



Kyani Products changed my life, all for the better

For 14 years I was a diabetic, had high blood pressure, high cholesterol with crippling

> arthritis. I felt tired all the time, especially as I got older. After taking the Kyani Products for 1 month I was off all medications and have been medicine FREE for 22 months. Please call and lets talk about your health issues. Let me share with you how much more energy I have

now and how great I feel all the time.

Pat Sheranian

801-362-9552



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

Lack of Fiber Blamed for **Diverticulosis**

DEAR DR. DONOHUE: I am a 55-year-old man who finally bit the bullet and had a colonoscopy. My doctor had badgered me to have one for the past five years. I don't have cancer. I don't have polyps. I do have diverticulosis. I didn't know I had it before the scope exam. I've never had even a twinge of pain. What is this, and what do I need to do about it? -- H.L.

ANSWER: A diverticulum is a small, balloonlike protrusion of the colon lining through the muscle wall of the colon and onto its outer surface. By "small," I mean that diverticula range from 0.2 inches to 0.4 inches (0.5 cm to 1 cm) in largest diameter, around the size of a pea. Their cause appears to be a lack of fiber in the diet.

In places where the diet has lots of fiber, diverticulosis is rare. In North America, it's rampant. Fiber keeps undigested food from drying out. Dried food residue requires powerful contractions of the colon muscle to push it along. Those contractions also push the colon lining through the colon wall, creating a diverticulum.

Diverticulosis is frequently a silent affair, not causing any troubles. Diverticulitis, on the other hand, is an inflammation and infection of diverticula. That is quite painful. It produces abdominal pain on the left, lower side of the abdomen, often with nausea and vomiting. The diverticula also can burst and release bacteria into the abdominal cavity, a serious situation. Severe diverticulitis must be treated in the hospital with IV fluids and IV antibiotics.

To prevent diverticulosis from becoming diverticulitis,

increase your fiber intake. Fiber is the indigestible coverings of many fruits, vegetables and grains. White flour is refined wheat -- wheat without its outer coat, the bran. Bran and other sources of fiber draw water into undigested food and make it easily pushed along the entire length of the colon. We're supposed to get 25 to 35 grams of fiber a day. Beans, whole-grain cereals, whole-grain breads, dates, prunes, unskinned apples and pears are examples of fiber-rich foods. If you cannot get enough fiber from foods, then commercial products such as Fiberall, Metamucil, Citrucel and FiberCon can provide it for you.

The booklet on diverticulosis provides more details on this common condition and its complication -- diverticulitis. To order a copy, write: Dr. Donohue -- No. 502W, 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.

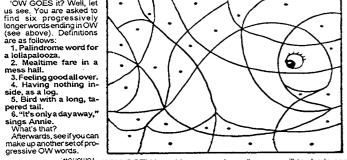
DEAR DR. DONOHUE: My doctor's nurse studied my ears with great interest the last time I was there. I asked what she was looking at. She said I had a crease in my earlobes, and it's a sign of heart disease. I looked in a mirror. I do have a crease. Does it mean I have heart disease? -- J.K.

ANSWER: Right in the area where an earring is worn, some people have a transverse crease. At one time a fuss was made about it being a sign of heart disease. If it is, it's not a reliable sign. I have those creases too.

LAFF - A - DAY



"She doesn't let him miss a day!"



by Hal Kaufman

edge and out to turn gray.

WHEEL THING! You can have some f Stare at it intently for a bit. Shift gaze

_ __OW

_ _ _OW

_ow

_ _OW _ _OW

YOW GOES IT STEPWORDS

'OW GOES it? Well, let us see. You are asked to find six progressively longerwordsending in OW (see above). Definitions are as follows: 1. Palindrome word for a lollanging.

side, as a log. 5. Bird with a long, tapered tail.
6. "It's only a dayaway," sings Annie.
What's that?
Afterwards, see if you can

make up another set of pro-gressive OW words.

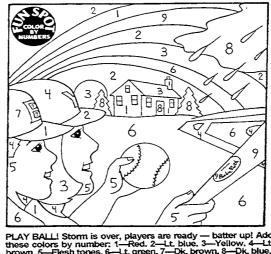
with the wheel-like figure at right to a light-colored wall and you're likely to see a yellowish ball. Or cut figure out. Rotate it with thumbs. Outer rim plus inne design tend to revolve independently of black and white circles Or, stick a pin through center Give figure a whirl. Inner circle edge and outer rim (tread) tento turn crav.

WHA DOT! Use a blue crayon (or ordinary pencil) to shade each segment that bears a dot. What creature will emerge?

SAY WHAT! One word is misstated in each old saying: 1. Crime and tide wait for no man. 2. Barking dogs never fight. 3. Look before you weep. 4. A fool and his mummy are soon parted. Can you correct them?

'Aeuou of Kullumy

Change: 1, Crime to time. 2. Fight to bite. 3, Weep to leap. 4. Mummy to money.



PLAY BALL! Storm is over, players are ready — batter up! Add these colors by number: 1—Red. 2—Lt. blue. 3—Yellow. 4—Lt. brown. 5—Flesh tones. 6—Lt. green. 7—Dk. brown. 8—Dk. blue.

SPELLBINDER letters in the word b two complete words: OMNIVORE THEN score 2 points each for all found among the letters. Try to score at least 50 points. Possible twosome: Move, iron.

A World of Adventure (Continued)

- Among his explorations in 2011 was a hike up the M25, the well-known roadway that is notorious for having the worst traffic in the country. He also swam the Thames River, familiarized himself with the UK's public transportation and spent several days living entirely off the land.
- Humphreys used social media to encourage his fellow adventurers to record video diaries of their own "microadventures." Through Twitter, he received a surprising number of responses, some from as far away as Japan.
- Austrian mountaineer Gerlinde Kaltenbrunner recently became the only woman to summit all 14 of the peaks worldwide that measure over 26,000 feet (8,000 m). She completed the staggering feat in 2011, besting the K2 near the border of China and Pakistan.
- Kaltenbrunner had nearly gotten the record in 2010 on the very same mountain. She was only 400 meters from the summit when tragedy struck. Her partner, mountaineer Fredrik Ericsson, slipped while climbing above her and tumbled below. Kaltenbrunner immediately abandoned her mission in an attempt to rescue her partner. Unfortunately, Ericsson's injuries from the fall proved fatal.
- The tragic 2010 trip to K2 was Kaltenbrunner's fifth attempt to scale the most dangerous peak on Earth. An infamous section of the K2 known as the "Bottleneck" claimed 11 lives in 2008 alone.
- Scottish bicyclist Danny MacAskill quit his job as a mechanic in 2009 so he could pursue riding full-time. Before, he would ride after work but felt he was falling short of his cycling dreams.
- In March of 2009, MacAskill had his roommate Dave Sowerby tag along and film as he performed a series of outrageous tricks around and across Edingburgh's most famous landmarks.
- The video became a viral sensation, being viewed more than 27 million times!
- The feats that MacAskill performed on the video were so astounding that some viewers accused him of using special effects. MacAskill was inspired by the idea of creating physical puzzles using the landscape. His goal was to show how his bicycle could overcome seemingly impossible obstacles.



Louis Gossett Jr. 5/27/1936 Henry Kissinger 5/27/1923 Melissa Etheridge 5/29/1961 Wynonna Judd 5/30/1964 Colin Farrell 5/31/1976 Clint Eastwood 5/31/1930 Morgan Freeman 6/1/1937 Heidi Klum 6/1/1973

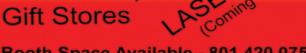
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Arcade

Mexican Grill Pool Tables 30% OFF Coupon page 4/5

Lounge Area

Snack Shop



Booth Space Available - 801.420.0757



This word means: Any cause of trouble, annoyance or vexation



HOST FAMILIES NEEDED

Foreign Students from Europe & Asia . Arriving end of Aug 2012. The High School Students are smart, speak English and come with their own money and insurance. You receive a nice stipend each month. This is a win-win for the student and your family. Please contact me if you have the heart to assist a student.

Call Pat 801-373-2111

Dog's Hair Isn't Growing Back

By Samantha Mazzotta

DEAR PAW'S CORNER: I recently read your column on pet allergies. I have an English Setter that has had fleas and a skin problem. "Ladybird" has lost a lot of hair, and it doesn't seem to be growing back. Can you give me some tips on getting her hair to grow back? Is medicine available for this? -- Edward S. Owensville, Mo.

DEAR EDWARD: Hair loss can be symptomatic of many conditions, not just in English Setters but many breeds. So if you haven't taken Ladybird to the veterinarian yet, schedule an appointment. The vet should rule out any underlying illness, including thyroidism, and can give you advice on looking for a skin or food allergy.

The frequent scratching that occurs with a flea infestation can result in scratched and broken skin, sometimes leading to an infection. And, many dogs are allergic to the "flea dust" left behind by fleas -- literally, their droppings -- and can continue having a reaction, including hair loss and frequent scratching, after the fleas are gone.

A skin infection can be treated with antibiotics. An allergic reaction can be treated, in the short term, with a steroid, which will reduce irritation and swelling. Be sure to dust, vacuum and thoroughly clean your home, including bedding and furniture, to reduce the allergens -- including flea dust that was left behind -- in Ladybird's environment.

Keep in contact with your vet about any improvement or lack of improvement in her condition. Her hair could take several weeks to grow back fully, but you want to make sure the source of the skin problem is dealt with.

Send your comments, questions or pet care 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.



Moments THE HISTORY CHANNEL

- On May 31, 1859, the massive clock-tower bell known as Big Ben, located at the top of the 320-foot-high St. Stephen's Tower, rings out over the Houses of Parliament in Westminster, London, for the first time. Just two months later, however, the heavy striker cracked the bell.
- On May 30, 1911, the inaugural Indianapolis 500 is run at the Indianapolis Motor Speedway in Indiana. With the exception of a break in 1917 and 1918 for World War I and from 1942 to 1945 for World War II, the 200-lap, 2 1/2-mile race has been run every year.
- On June 1, 1926, Norma Jeane Mortenson -- who will become known as the glamorous actress and sex symbol Marilyn Monroe -- is born in Los Angeles. During World War II, a photographer "discovered" the naturally photogenic Norma Jeane while she was working in a California munitions factory.

- On May 29, 1932, the so-called Bonus Expeditionary Force, a group of 1,000 World War I veterans seeking cash payments for their veterans' bonus certificates, arrive in Washington, D.C. One month later, that number had swelled to nearly 20,000 strong.
- On June 3, 1956, Santa Cruz, Calif., authorities announced a total ban on rock and roll music at public gatherings. Just two weeks later, Time magazine reported on similar bans enacted in Asbury Park, N.J., and San Antonio, Texas.
- On June 2, 1967, Capt. Howard Levy, 30, a dermatologist from Brooklyn, is convicted by a general court-martial of willfully disobeying orders. Levy had refused to provide basic instruction in skin disease to Green Beret medics, saying it would be used as a "tool of political persuasion" in Vietnam. He did 26 months hard labor and was dismissed from the service.
- On May 28, 1987, Matthias Rust, a 19-year-old amateur pilot from West Germany, takes off from Helsinki, Finland, and travels undetected through more than 400 miles of Soviet airspace. After Rust landed his small Cessna aircraft in Red Square by the Kremlin, an American diplomat in the Soviet Union joked, "Maybe we should build a bunch of Cessnas.'

TIPBITS GOES LONG......

Amelia Earhart is considered the most celebrated female pilot in the history of aviation. She was the first woman to fly solo across the Atlantic Ocean and the first person to fly solo across the Pacific Ocean. She disappeared in 1937 while attempting to circumnavigate the globe, and her fate remains a mystery even today.

TIDBITS OF UTAH COUNTY "BUSINESS SPOTLIGHT"





Mason Machinery was started in 1948 by Hilmar Mason with the Allis Chalmers line of tractors. He and his wife Reba ran the business together for many years from their garage. During that time Hilmar also ran the family's farm. Reba would go to the farm and get Hilmar when they had a customer. Six years later Mason Machinery had outgrown the garage and Hilmar built a shop off of Highway 24 in Aurora, Utah. He and Reba continued running the business together for 30 years through the ups and downs of the agricultural industry.

In 1984 Mason Machinery constructed the building that it is currently in today. The building has been expanded twice since then to accommodate the expanding parts inventory and providing a service area to meet our customer's needs. Since that time they have added the Macdon, New Holland, Massey Ferguson, Hesston and Supreme lines to the inventory.

Allen Mason, Hilmar and Reba's son, joined the Mason Machinery team in 1985 as General Manager/ Owner of the business. Eric Mason has now succeeded Allen as the General Manager, leading the company into the third successful generation.

In March of 2011 a new store was opened in Springville adding the Husqvarna & New Holland lines. Mason Machinery currently has 30+ employees and remains a family owned and operated business.

Mason Machinery strives to be a full service agricultural dealership. The friendly, service oriented staff will assist you with the purchase of your tractor, haying or tillage equipment, new or used. If they don't have what you are looking for, they will do their best to find it. The finance department has 15 plus years in the industry and extensive knowledge to assist you with the financing of your equipment purchase. The service department is equipped & staffed to assist you with breakdowns in the field and will provide for the delivery and pick up of your equipment. The shop is also staffed & equipped to get your machinery going. A quality oriented service staff will assist you with all of your parts needs. They will do whatever they can to get you the parts that you need. In addition, the Mason Machinery Team now has a Customer Service Representative who travels the area to assess and address their customer's needs.

This year will mark 64 years of experience and excellence for Mason Machinery. Their Goal is to continue to provide the type of service and dedication with which Hilmar and Reba Mason began their business.



We have it all & it's Ready for you!

Mason Machinery, Inc 65 North 2000 West **Springville** 801-491-2800





Special Baked Beans

5 11:30 - 4:30

by JoAnna M. Lund It's funny how appliances come and go out of fashion. Take slow cookers -- in the '70s we all used them, then in the '80s we denied we owned one! Come the 21st century and slow cookers are back in style. Try this bean recipe and

- 3 (16-ounce) cans great northern beans, rinsed and drained
- 1 cup chopped onion

you'll see why!

- 1 (15-ounce) can tomato sauce
- 3 tablespoons real bacon bits
- 1/4 cup sugar-free maple syrup

In a slow cooker, combine great northern beans, onion and tomato sauce. Stir in bacon bits and maple syrup. Cover and cook on HIGH for 3 to 4 hours. Mix well before serving. Makes 6 (3/4 cup) servings.

• Each serving equals: 218 calories, 2g fat, 14g protein, 36g carb., 1,691mg sodium, 9g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 1/2 Vegetable.

Holidays & Observances This Week

5/27 Sunscreen Day

5/28 Memorial Day

5/29 Learn About Composting Day

5/30 Water a Flower Day

5/31 Save Your Hearing Day

6/1 Flip a Coin Day

6/2 National Doughnut Day

6/2 National Bubba Day

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WORDS

EMJEHEFCAYTPWUR P N M L D J T C M P F I H R T F(M I C R O F I L M)O H D A E BZCXVTCBLASCBBN RQROMRKOIOOOOA H F O D O B Z R R R R R R R V YWDVVTRCQCCCOCO NLOKIHFIIIIIIR D L T C A Z X M M M M M W M C TVUSROONMKJIHFI EVAWORCIMHORCIM

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

Microamp Microbar Microbat

Microbe

Microbic Microchip Microcode Microdot

Microfilm Microhm Microlite Micron

Microsoft Microvan Microvolt

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COMMUNITY NEWS BITS

PAYSON

Visit our website for valuable Coupons and Updates at: paysoncitychamber.com

Ribbon Cutting - Thu May 31st at 11:30 at 123 South Main Street, Payson, UT.



Payson's locally owned and operated sign business has added a new extension to their sign and design business! Introducing Custom APPAREL Screen Printing and Embroidery- shirts, sweaters, hats, bags, sports jerseys etc... Now, customers are able to get their custom logo, signs, and apparel with a one stop shop! They offer a wide, unique variety of apparel products, from basic tees to the latest trends.

Bodi and his crew are excited about this new venture and appreciate all the amazing support from his customers, friends, and family! Recently relocated, Hanks Signs and Apparel is now at 123 S MAIN STREET in Payson. Stop in and check out all the great things happening at Hanks Signs!

<u>Kiwanis - Chamber Golf Tournament Four Person Scramble</u>

Fri Jun 8th at 7:00 AM. Four person scramble.

7:00 - 7:45 Registration, Continental Breakfast and Putting Contest.

8:00 Shotgun Start Prizes for: Hole in One, Inside the Circle, Longest Drive, Closest to the Line, Best Score and other Hole Prizes. Tournament fees include: Green fee, Cart, Continental Breakfast and Awards Lunch.

It you are interested in playing, being a local sponsor, or would like to donate your business coupons or gift certificates as prizes, Contact Colin J. Logue at 801-609-8699

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

Pleasant Grove



June 17 – 23, 2012

See the Strawberry Days Countdown Timer! www.cydforourcity.blogspot.com For Schedule of Events, please go to: http://plgrove.org/pdf/2012eventsposterfinal.pdf

<u>Santaquin</u>

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

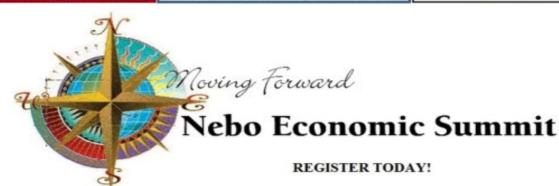
register online may

reconline.spanishfork.org

Spanish Fork



Nick Miller @ 801-471-7980



NEBO ECONOMIC SUMMIT

JUNE 14, 2012 - 8:00AM

CS LEWIS ACADEMY - SANTAQUIN

HOSTED BY THE SANTAQUIN, PAYSON, AND SPANISH FORK SALEM CHAMBERS OF COMMERCE

EARLY REGISTRATION IS \$35 Chamber Member \$25 Late Registration after June 1, 2012 is \$50

> Register now online at www.spanishforkchamber.com

Springville

Business of the Year 2011: Namify was founded in 2001 by Bryan and Jenny Welton and maintains its headquarters in Springville. Today, namify.com receives more than six million page views each year. The second driver of change was to take a project that "normally" requires one to two weeks and accomplish it in a day. Today, that faster mentality has landed Namify on the Inc 5000 list of fastest-growing private companies in America for five years running. Welton currently serves as chairman of the board, with Christopher Jensen serving as chief executive officer.

- Excerpted from an Article written by Christi Babbitt, Springville Independent News

ANSWERS

SPORTS QUIZ

- 1. Robby Thompson hit in 21 consecutive games in 1993.
- 2. Barry Larkin of the Reds in 2000. 3. Chicago's Gayle Sayers, at age 34, was
- elected in 1977. 4. Twenty-three consecutive seasons.
- 5. Mario Lemieux in 1988 (three goals) and 1990 (four).
- 6. Clint Dempsey, with Fulham in 2012.
- 7. Janica Kostelic set the previous record in 2006 (1,970).

King Crossword -**Answers** Solution time: 21 mins. I B E X T | | | G | E

-	— Weekly SUDOKU —										
	Answer										
	2	1	3	9	7	6	4	8	5		
	7	9	8	3	5	4	1	6	2		
	6	5	4	2	8	1	7	9	3		
	9	2	1	5	6	8	3	7	4		
	5	3	7	4	1	9	6	2	8		
	8	4	6	7	3	2	5	1	9		
	3	7	2	1	9	5	8	4	6		
	4	8	5	6	2	7	9	3	1		
	1	6	9	8	4	3	2	5	7		

	Go Figure! ——— answers							
9	×	3	_	8	19			
-		×		+				
7	×	2	-	4	10			
×		+		÷				
5	+	8	×	1	13			
10		14		12				



2. Bird

3. Stabbed with a bayonet while trying to escape custody

WOSD FOWER

ANSWER

PLAGUE

4. Angel Falls (Venezuela) is 3,212 feet high. 6. Excalibur

7. Andrew Wyeth 8. Twice 9. "The Mystery of Edwin Drood' 10. Radius