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TIDBITS® SAYS, "GET A LONG LITTLE DOGGIE!"

by Patricia L. Cook

This Tidbits looks at the noble, fierce little dogs bred to hunt badgers. Dachshund means "badger hound" in German. Affectionately called "wiener dogs," they can be very comical.

- Dachshunds are good watchdogs because of their loud fierce barks, which, of course, can be annoying at times! They are loved by children because of their size and distinctive cuteness. Even though dachshunds are not known for their ease of training, they are very popular. Some say they are low-slung hounds with big attitudes!
- Dachshunds are exceedingly loyal, protecting their owners in all circumstances, even when confronted by dogs five or more times their size. They are known to be tough, sweet, cuddly, affectionate, courageous, curious and lively and are always ready to make you laugh.
- Illustrations from as far back as the 1500s depict dogs similar to dachshunds. Some historians believe that dachshunds have been around since ancient Egypt. However, the most widely held story of the funny little "hot dogs" origins is that they were developed in Germany in the 18th and 19th centuries. They were bred to be dogs with excellent digging skills and the ability to chase rabbits, foxes and even more formidable animals such as boars and badgers.

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- LITERATURE:** Who was England's first, unofficial poet laureate?
- MUSIC:** Which musical group had a hit with "Penny Lane"?
- MEASUREMENTS:** How many meters are in an "are," a unit of land measurement?
- INVENTIONS:** Who invented frozen food in 1923?
- GEOGRAPHY:** Which countries share the region of Patagonia?
- GENERAL KNOWLEDGE:** What is the traditional birthstone associated with July?
- ASTRONOMY:** The moon called Titan orbits which planet in our solar system?
- HISTORY:** In what year did Ohio's National Guard kill four war protesters at Kent State University?
- MOVIES:** Which Disney movie featured a character named Dory?
- RELIGION:** Who is the patron saint of carpenters?



by Jo Ann Derson

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- "To clean the mouthpiece on the telephone in my home, I dip a soft toothbrush into rubbing alcohol, shake off any excess and use it to brush the holes in the handset clean. I do this weekly during cold and flu season." -- M. in Minnesota
- To keep track of rolls of tape or other rolled items in your shop, hang a length of chain from two "S" hooks on your pegboard. They will be readily accessible, and you can tear off what you need.
- "If you use those little plastic key-ring cards for store rewards accounts and discount programs, you can keep them easily organized in a small photo brag book. These books can be found at drugstores and big-box retailers, and are meant for a small collection of wallet-size pictures. However, if you put your cards in one, it's easy to flip through to find the correct card to scan." -- R.I. in Arkansas
- Fill an easy-to-use hand-soap dispenser with body wash or shampoo for kids to use in the bath or shower.
- "Here's a fun idea for place cards at Thanksgiving (coming up in Canada): Scan in and print out a photo of each guest as a child. Laminate it and attach it to a pretty piece of ribbon with a glue gun. Use the ribbon to tie up a napkin and/or utensils. Guests will have a good time trying to guess who's who and reminiscing about days gone by." -- P.D. in Ontario, Canada
- When working with juicy items (lemons, watermelon, etc.) on a cutting board, try placing the board on a kitchen towel. When the juices run off the edge, they'll be caught by the towel. Cleanup will be easy!

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

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-		x		+	
	x		+		20
x		÷		x	
	x		+		22
21		14			17

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 5 6 7 7 8 9

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A LONG LITTLE DOGGIE (continued)

- Traditionally, dachshunds have been seen as a symbol of Germany. During World War I, they were not wanted by the people of England or the United States. Americans began calling the dogs "liberty pups," and political cartoonists drew dachshunds to ridicule the Germans. Some dislike for the dogs lingered during World War II but was not as widespread. Their popularity from 1930 to 1940, before and during World War II, actually advanced from 28th to sixth. After the big wars, love for dachshunds became the predominant emotion.
- Dachshunds have been recognized as a breed by the American Kennel Club (AKC) since 1885. Today, they consistently rank in the top 10 breeds for popularity.
- While the most popular dachshunds are black and tan or solid tan (red) in color, many different colors for the breed exist. The reds can vary from strawberry blonde to deep auburn; there are chocolate, crème and gray coats as well. Some interesting colorations are brindles, dapple and piebalds. There are three varieties of dachshund that can be any of the colors: wire-haired, smooth and long-haired.
- The following story has never been confirmed, but it makes for great reading about hot dogs: In 1852, the butcher's guild in Frankfurt, Germany, developed a smoked, spicy sausage in a casing that resembled the low-riding German Dachshund. It was dubbed the "little-dog" or "dachshund sausage." Legend says that cartoonist Tad Dorgan was inspired by vendors at a 1901 polo match in New York who offered "red-hot dachshund sausages" to fans in the grandstands. Dorgan drew a smiling dachshund in a long bun for one of his cartoons. He couldn't spell dachshund, so his caption read "hot dog!"

continued on next page

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

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

- | | | | |
|---------|-----------|------------|---------|
| Conjure | Mark | Stir | Swell |
| Fatten | Measure | Stock | Tighten |
| Freshen | Scrub | Straighten | Touch |
| Grow | Splitting | Sunny-side | |

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Bring Home Country Living

Raise chickens in your back yard in the city? "Why not?" said 36-year-old Alison Holmlund of Santa Cruz, Calif., when the opportunity came her way this past summer. The busy Silicon Valley software executive and mom of three kids under 5 might appear to have enough going on in her life without adding "chicken farmer" to her resume.

"I simply couldn't refuse when two adorable chicks became available for adoption after being lovingly cared for by children at a farmyard summer camp. I thought adding Ruby and Penny to our family would be a great way to help my city-raised kids better understand where their food comes from," she told me on a recent visit.

Just then, 3-year-old Jude announced that he found a "Penny egg" in the "Holmlund Hen House," a sturdy structure built with recycled paneling from a 1970s bedroom remodel, a repurposed refrigerator shelf for a screen, and simple knobs from a dilapidated cabinet. "It's so much fun for the boys to check for eggs during the day -- sometimes we get up to four. Penny lays light-green-colored eggs, and Ruby's are brown," says Alison.

Raising chickens is a real-life application of recycling and learning about the food cycle. "We give them food scraps from our kitchen, and they fertilize the garden and eat pests," she adds.

Raising chickens might not be on your to-do list this fall, but there are other activities to bring home a bit of country life.

HARVEST FALL FINDS

While farmers bring in their crops, your pre-schoolers also can "harvest" natural items on walks. Look down and not just up as you hunt for acorns, branches with berries, pinecones and fallen bark. As leaves turn brilliant colors, press them in a book between waxed paper when you get home. On a rainy day, make collages, necklaces, place cards and centerpieces for your kitchen table.

MAKE IT A COUNTRY WEEKEND

Spend a Saturday in the country and enjoy a prearranged farm tour for an up-close look at farm life. Hang out with chickens, goats, cows and sheep. Climb in a hayloft. Or go to a pick-your-own farm to experience how fruit and vegetables are grown.

GARDEN IN YOUR BACKYARD

For nonstop learning, clean and dry remaining herbs growing in your garden. Pick the last sunflower, press and frame it. Till the soil and plant some bulbs for colorful blooms next spring.

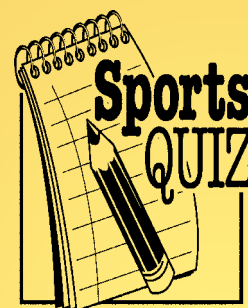
Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

TIDBITS WORD POWER

Unscramble this word:

T I M R E N A I U

This word means: *Something that is distinctively smaller than other members of its type or class.*



By Chris Richcreek

- When Atlanta's Craig Kimbrel set a rookie record in 2011 for saves in a season (46), whose mark did he break?
- Name the last major-league team to have an ERA below 3.00 for a season.
- Carolina's Cam Newton had 14 rushing TDs in the 2011 season to set an NFL record. Who was the former record holder?
- Who recorded the highest points per game average as a freshman for Duke men's basketball team?
- In 2011-12, Tampa Bay's Steven Stamkos set the record for most overtime goals in a season (five). How many other players had been tied with Stamkos?
- What school has won the past two championships in NCAA women's bowling?
- In how many weight classes did boxer "Sugar" Shane Mosley win world titles?

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VETERANS POST

by Freddy Groves

March to a Million

Money is tight everywhere, but there is one group that truly deserves any holiday donations you'll make this year. I want to get first dibs on at least 15 of the dollars you have earmarked for charity.

Operation Gratitude (www.operationgratitude.com) recently reached a milestone of 800,000 packages sent to service members stationed far away. Started by Carolyn Blashek at her dining-room table in 2003, OpGrat's efforts have been constant, ever expanding and heartfelt. Here are the stats since 2003:

- 6.4 million pounds of donated product
- \$8 million in shipping expenses
- 40 million items
- \$80 million worth of product shipped

The number and type of corporate donations are proof positive that OpGrat is an organization worth getting behind. That 800,000th package was a special one that contained a week's vacation, a web cam, a DVD player, a digital camera -- and the keys to a custom-built American Chopper motorcycle.

Of course not all of the 100,000 packages sent every year contain the keys to a vehicle, but each one, addressed individually to a service member by name, is packed with at least \$125 worth of excellent products, as well as individually written letters and cards.

That \$15 I mentioned? It's for postage. In spite of all the donations from corporations, OpGrat can't get any kind of deal on mailing the packages. It costs \$15 to send each box.

If you want to donate, the address is:

Operation Gratitude
16444 Refugio Road
Encino, CA 91436

A bonus, too: Those who donate at least \$15 before Oct. 31 will receive a special limited edition "March to a Million" dog tag that reads "I am a part of Operation Gratitude History." If the \$15 is out of the question, check the website. There are other ways you can help.

ALONG LITTLE DOGGIE (continued)

Pablo Picasso painted many canvases and even a lunch plate with the likeness of his dachshund, Lump. Picasso actually painted a copy of a famous painting by Velazquez, called "Las Meninas." In Picasso's version, a large mastiff is replaced by a much smaller dog, Lump! (Lump is pronounced loomp in German and means "rascal," appropriate for a dachshund!)

There are many famous people who have loved their pet dachshunds. The first (and maybe only) dachshunds to live in the White House belonged to U.S. President Grover Cleveland. Actually, according the New York Times, September 26, 1893 edition, the dogs were a gift for Mrs. Cleveland from the Unites States Consul in Bremen, Germany. They were sent on a 4,000-mile (6,437-km) journey to live at the nation's capital. Surely that was an entertaining trip for the crew.

John Wayne's family had a dachshund named Blackie who became a hero when he awakened Wayne's wife during a house fire in 1958 with his tenacious bark.

The first dachshund in England was owned by Queen Victoria in 1839. Her husband, German Prince Albert, gave her the dog as a gift and soon brought more of the puppies to the country. The breed quickly gained popularity and was recognized by the English Kennel Club in 1877.

Gergweis, Germany, the "Dachshund Capital of the World," once had so many dachshunds that they outnumbered people two to one. They were used as a tourist attraction!

continued on next page

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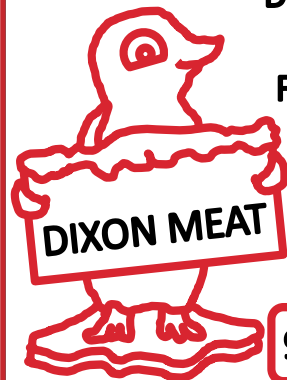
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Beloved film icon James Dean was missing his front teeth; he had to wear a bridge to fill the gap in his smile.

If you're like the average American, at least one-tenth of the garbage you produce is made of plastic.

The first sound recording ever made was created in 1877 by Thomas Edison. It was a musical selection: "Mary Had a Little Lamb."

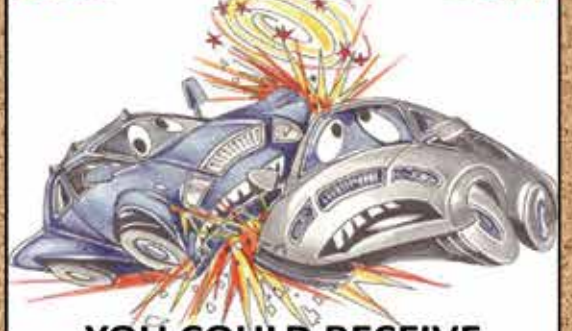
Those who study such things say that American English has roughly 20 swear words (depending, of course, on how one defines swearing). In contrast, residents of ancient Rome had a lexicon of about 800 "dirty" words to draw upon.

If you're planning a trip by air anytime soon, you might want to keep in mind that the busiest day in airports is Thursday.

Thought for the Day: "The trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it." -- Terry Pratchett

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Holidays & Observances This Week

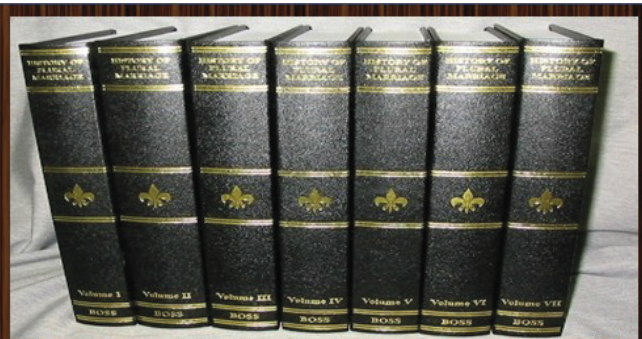
- 9/30 National Mud Pack Day
- 10/1 World Vegetarian Day
- 10/2 National Custodial Worker Day
- 10/3 Techies Day
- 10/4 National Golf Day
- 10/5 World Teacher's Day
- 10/6 Mad Hatter Day

Strange BUT TRUE

It was American actress, screenwriter and notorious sex symbol Mae West who made the following sage observation: "You only live once. But if you do it right, once is enough."

At the 2012 USA Memory Championship, Nelson Dellis set a new record for the memorization of random digits. At the annual event in New York City, Dellis accurately recalled a whopping 303 numbers in sequence.

The Rose Parade, popularly known as America's New Year Celebration, was originally started in 1890. These days, hundreds of thousands of people crowd the parade route each year, and millions more view the television broadcast worldwide. The amount of work that goes into the display is astonishing: Each float has anywhere from 30,000 to 150,000 flowers on it, which are applied during the 700 to 900 hours spent on preparing each float.



"The HISTORY of PLURAL MARRIAGE"

By Arnold Boss

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

This 7 volume set of The History of Plural Marriage among the Mormon People is a true labor of love which Arnold carefully and diligently has compiled some of the most fascinating historical information.

While the book gears itself toward Plural Marriage, every person calling themselves a latter day saint would benefit from the insight into Church history and the impact on our modern day lives."

-Keepersbooksite

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

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| 22 Pen fluid | 56 Louver | 7 Write-off on your 1040 | 31 Scepter |
| 24 Become more intense | 57 Id counter part | 8 One's years | 35 Morning moisture |
| 28 Bag inside a football | 58 DEA agent | 9 Play on words | 38 - -tac-toe |
| 32 Worship | 59 Arctic diving birds | 10 Vast expanse | 40 Taste the tea |
| 33 Staffer | 60 Clean up the lawn | 12 Stuffy people? | 42 Tribal emblem |
| 34 Deity | 61 Tibetan bovine | 19 Moreover | 45 NASA scrub |
| 36 Alternative to Windows | | 21 Meadow | 47 Picture of health? |
| 37 Intelligent | | 23 Small barrel | 48 Pound of poetry |
| 39 Drop | | 25 Corn concoction | 49 Tress |
| 41 Muppet frog | DOWN | 26 "— Brockovich" | 50 G8 member |
| 43 Humor | 1 Exploding star | 27 Adjoining | 51 Winter ailment |
| 44 PC picture | 2 Cain's victim | 28 Soak up some rays | 52 Erstwhile acorn |
| 46 Video screen dot | 3 Muddy stuff | 29 Lemon's cousin | 54 "Holy cow!" |
| 50 Fleet from outer space? | 4 Greek vowel | | |
| 53 Haul | 5 This and that | | |
| | 6 Beagle or | | |

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top ten

Weirdly Named TOWNS

- Toad Suck, Ark.
- Climax, Ga.
- Boring (Ore. and Md.)
- Hooker, Okla.
- Assawoman, Md.
- Belchertown, Mass.
- Roachtown, Ill.
- Loveladies, N.J.
- Squabbletown, Calif.
- Monkey's Eyebrow, Ky.

Source: findmypast.com



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TIDBITS NUGGET OF KNOWLEDGE

The 1972 Olympics held in Munich, Germany, were slated to be the "Rainbow Games," to put forth the feeling of optimism. A multi-colored dachshund was the mascot and was a fun representative of the games to the world. Unfortunately, because of the acts of a terrorist group, the games are remembered more for sadness than fun. However, there were more than two million Waldi items sold associated with the games!



A LONG LITTLE DOGGIE (continued)

All three "Toy Story" movies have had a "Slinky" dachshund in them who has been a big hit with kids and adults alike. The second movie actually had a real dachshund puppy in it, Buster, who helped save a toy taken to a yard sale.

There are some exciting "wiener dog" events around the world that draw crowds for fun and laughter as the popular little dogs entertain. Even when dachshunds don't intend to entertain, they are entertaining!

The Dachshund Club of America opposes "wiener racing," because many of the events precede greyhound races, which are abusive to greyhounds. Also, racing can lead to back injuries in dachshunds.

The 20th Annual Wiener Walk and Dachshund Picnic was held at Winskill Park in Tsawwassen, British Columbia in August. Some years have seen as many as 300 dog lovers and their canines. The event is put on by the Western Dachshund Club and includes walks around the park, a costume parade and contest, contests for best trick, longest dog, oldest dog and more. As could be expected, there are drinks and snacks for sale, including hot dogs!

Dachshund Races are fun events that can be found in numerous places. Dachshund lovers as well as those who just want to enjoy the comedy of the sight gather to watch the large races that are part of the Wienerschnitzel Wiener Nationals in Buda, Texas; Los Alamitos, California; Findlay, Ohio; and San Diego, California. If you missed these big events this year, don't worry, the finals are held prior to the Port of San Diego Big Bay Balloon Parade in December before the Holiday Bowl. The finalists get to be in the parade on the Wienerschnitzel float. (Wienerschnitzel is a chain of hot dog restaurants that celebrated its 50th anniversary in 2011.)

FAMOUS LANDMARKS OF THE WORLD: THE EVERGLADES

Usually when thinking of "wilderness," we have visions of thick green forests with tall trees, but Everglades National Park is a bit different. It is the largest wilderness area in the United States east of the Mississippi River.

- Everglades National Park, established in 1947, protects over 1.5 million acres (607,028 ha) of land and water. It is the third largest national park in the continental United States, behind Yellowstone (2nd) and Death Valley (1st).
- The elevation in the Everglades ranges from sea level to 20 feet (6 m) above sea level. The top spot is on a shell mound made by Native Americans located on the Gulf Coast side of the park.
- The original size of the Everglades was much larger than the area protected by the National Park Service today. Years ago it spanned from Lake Okeechobee in central Florida all the way south to Florida Bay. Only 25 percent of the historic Everglades is in the park.

continued on next page

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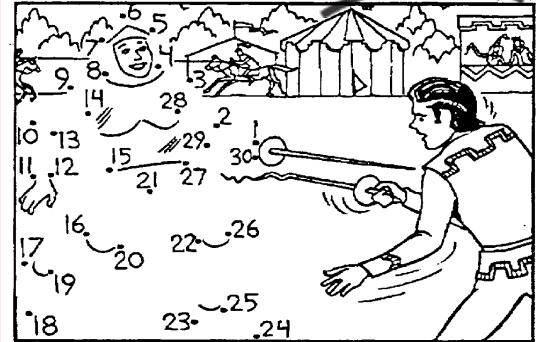


"Max, isn't there some other line of work you could get into?"

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KIDBITS

Junior Whirl
by Hal Kaufman

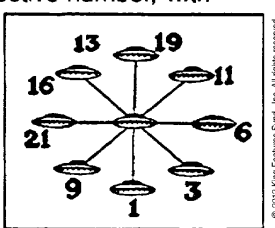


DUEL CONTROL! Unfair! One person above seems to have a big advantage. Draw lines dot to dot to complete picture.

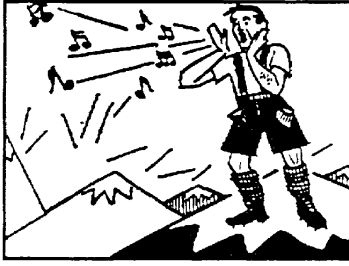
DUD LETTER! Just scrutinize this sentence very carefully and it can be quickly determined which letter of the alphabet is missing. Which letter? Answer in 30 seconds.

The twenty-fourth letter.

UFO A-GOGO! A skywatcher claims to have spotted a formation of nine unidentified objects (see diagram), each bearing a respective number, with numbers of each row of three having a total of 33. Unfortunately, our pal could not recall exactly where each of the numbers appeared in the group. See if you can puzzle it out. Hint: Find the center number, and the rest is relatively easy. Remember, each row totals 33. Each number shown is used once.



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PONDER THESE NO-SEE-EMS!

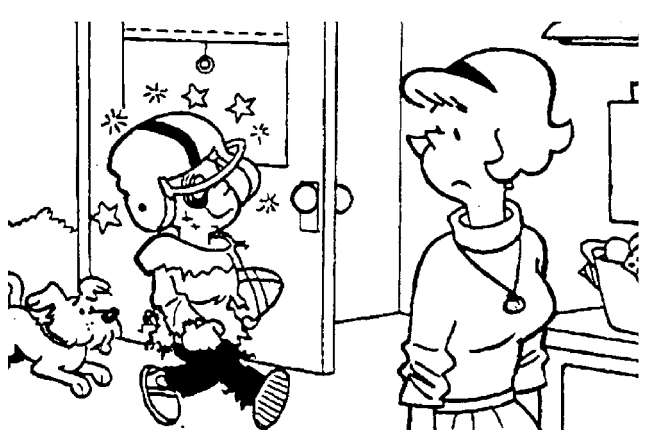
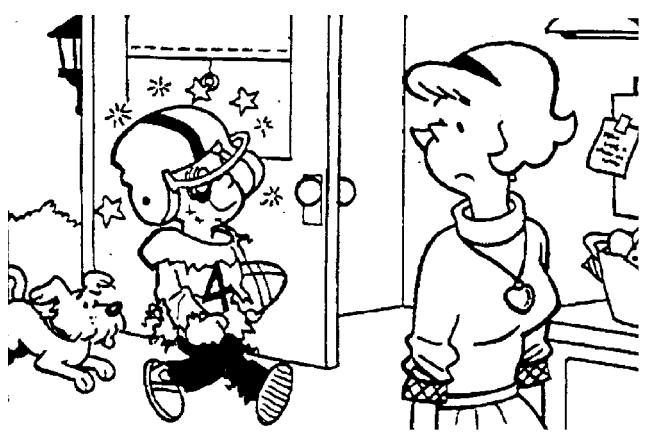
SEE HERE, folks, you may not be able to see what's described below, but all four subjects, assuredly, are familiar ones. How quickly can you identify them?

- Though I can't be seen by you at all, I can be heard and will return your call. (See illustration.)
- Hello, good-byes, and in love I'm dwelt, I can't be seen, but I can be felt.
- I walk, I run, I work, I play, but I can't be seen on a cloudy day.
- I'm something that no one ever yet did see, that never was, but always will be. Out of sight, out of mind? You decide.

Answers? 1. An echo. 2. A kiss. 3. A shadow. 4. Tomorrow. Or did you guess other.

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Light is missing. 2. Number is missing. 3. Shade is raised. 4. Sleeves are different. 5. Locker is different. 6. Note is missing.

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Moments in time
THE HISTORY CHANNEL

• On Oct. 6, 1847, "Jane Eyre," a book about the struggles of an orphan girl who grows up to become a governess, is published. Charlotte Bronte, the book's author, wrote of her experiences at being sent to a boarding school at the age of 5.

• On Oct. 1, 1920, Scientific American magazine reports that the rapidly developing medium of radio soon would be used to broadcast music: "Experimental concerts are at present being conducted every Friday evening from 8:30 to 11:00 by the Radio Laboratory of the Bureau of Standards."

• On Oct. 5, 1930, a British dirigible crashes in Beauvais, France, killing all 56 people aboard. The R-101, Great Britain's biggest blimp, was flying only 250 feet above the ground, unbeknownst to the pilots because of the dark night. The blimp skimmed treetops before hitting a ridge, igniting the hydrogen supply.

• On Oct. 4, 1944, Gen. Dwight D. Eisenhower distributes to his combat units a report by the U.S. Surgeon General that reveals the hazards of prolonged exposure to combat. Based on this evaluation, American commanders judged that the average soldier could last about 200 days in combat before suffering serious psychiatric damage.

• On Oct. 2, 1968, St. Louis Cardinals pitcher Bob Gibson strikes out 17 Detroit Tigers in the first game of the World Series, breaking Sandy Koufax's record for the most strikeouts in a Series game.

• On Oct. 7, 1975, a New York State Supreme Court judge reverses a deportation order for John Lennon, allowing him to remain legally in the U.S. The judge wrote that "The courts will not condone selective deportation based upon secret political grounds." An FBI investigation of Lennon had turned up no evidence of involvement in illegal activities.

• On Oct. 3, 1995, Heisman Trophy winner O.J. Simpson is acquitted of the double murder of his estranged wife, Nicole Brown Simpson, and her friend, Ronald Goldman, despite a DNA match, a wound on Simpson's hand, the recent purchase of a "Stiletto" knife and matching shoeprints at the scene.

THE EVERGLADES (continued)

• Marjorie Stoneman Douglas came up with the phrase "river of grass" in a publication that she authored in 1947. "The Everglades: River of Grass" was a guide that raised awareness of the Everglades and helped the public to recognize that the area was not just the "proverbial swamp" that many considered it to be. It technically is a river, flowing southwest through Florida at the slow pace of about a quarter mile per day. She was a leader in promoting the Everglades to national park status. Twenty-two years later, she helped to found the "Friends of the Everglades" conservation organization.

• There are 15 endangered species within the park boundaries. Sea turtles, crocodiles and West Indian Manatees are among the protected animals.

• Deeply interwoven in the park are towering palm trees, endless marshes, tropical fauna, dense mangrove stands, alligator holes and much more. All of these are important in maintaining the integrity of the Everglades.

• The mangrove forests cover an estimated 469,000 acres (189798 ha) in the state of Florida, with much of that within the protected Everglades. Mangrove roots and branches are essential for the marine animals of the region. The roots provide protection for fish, crustaceans and shellfish to raise their young. The branches are nesting areas for many beautiful coastal birds such as roseate spoonbills and brown pelicans.

• Everglades National Park is a wonderful place to explore, but a knowledgeable guide is a great person to have along for unfamiliar tourists. As reported in recent years, there are not only animals that have been there for centuries that can be dangerous, but there are also some invasive species that are wreaking havoc on the area.

continued on next page

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R.F.D. by Mike Marland

CHOW DOWN, JUNE -- WE GOTTA HURRY UP AND GET BACK OUT TO THE FIELD!

YESIREE! WE GOTTA FEED AMERICA!

OKAY, DAD... BUT I HOPE YA AIN'T PLANNIN' TO FEED 'EM THIS!

HealthBits™

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

Restless Legs Ruin Sleep

DEAR DR. DONOHUE: I have suffered with restless leg syndrome for 25 years. What causes it? Is there a cure? I do take Requip. Some say that having the veins in your legs stripped helps. Does it? -- C.K.

ANSWER: Stabbing pain, a burning feeling and a creepy-crawly sensation in the legs are some of the ways people describe restless leg syndrome. The sensation mostly comes on in the evening when sitting in a chair or, more often upon going to bed. The night is punctuated with interruptions of sleep, as the sensations wake a person. They drive the person to get up and walk about until these annoying feelings go away. Walking does get rid of them, but the respite is only temporary. The attacks reach peaks at midnight and again around 4 a.m.

For most, a cause cannot be found. Sometimes it's a family affair, passed by the parent to the children. In a few instances, iron deficiency anemia, renal failure and Parkinson's disease are associated with it. The anemia connection is worth checking out, since it has a definite cure -- iron tablets. The medicine you mention, Requip (ropinirole) is one often prescribed for this problem. If you've been taking it for some time without relief, you ought to try some of the other medicines used for it. Mirapex (pramipexole) and Neurontin (gabapentin) are two others. A new variety of gabapentin called Horizant comes as an extended-release tablet, so

medication is delivered to the body throughout the night. A warm bath before going to bed, coupled with a leg massage afterward, often can cut down on the number of attacks and their intensity. Restricting alcohol and caffeine works for some people. Removing leg veins will not help. The booklet on restless leg syndrome and nighttime leg cramps goes into greater detail on both these subjects. Readers can obtain a copy by writing: Dr. Donohue -- No. 306W, 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 mother has lived in an assisted-living facility for two years. She's mentally clear, but physically unable to take care of herself. The last time I visited her, a nurse was taking her blood pressure. She told me that my mother's pressure in her right arm was normal, but the pressure in her left arm was 165 over 95. Which is her true blood pressure? -- E.L.

ANSWER: A 10-point discrepancy in blood pressure between the two arms is considered acceptable. With a larger difference, the actual blood pressure is the higher one.

DEAR DR. DONOHUE: How does pancreatitis relate to cancer of the pancreas? Is it an early stage of that cancer? -- D.B.

ANSWER: Pancreatitis is an inflammation of the pancreas brought on by many different conditions, including viral infections. Pancreatitis is not an early stage of cancer. Chronic pancreatitis, a long duration of pancreas inflammation, is a slight risk for eventual development of pancreatic cancer, but even it is not a common prelude to cancer.

AMBER WAVES By Dave T. Phipps

I AM TOAST. I DIDN'T BOTHER TO READ THE BOOK ASSIGNED TO US FOR TODAY.

I BET I COULD GET THE GIST OF IT BEFORE THE BUS COMES.

HONK! HONK!
ALRIGHT, HERE IT COMES...

GERALD, WHEN I ASKED YOU TO WRITE ABOUT THE BOOK, I DIDN'T MEAN ITS COLOR AND DIMENSIONS.

THE EVERGLADES (continued)

- For years there have been stories of people spotting Burmese pythons in the Everglades. The largest snake species on earth, these giant pythons are not only living in the park, they're also breeding and spreading to the surrounding environs of south Florida. Since 2002, more than 1,800 pythons have been removed from the park and surrounding areas.
- For the health of the Everglades and all of south Florida, it is imperative that invasive species like pythons, which have been accidentally or intentionally released into the wild, be controlled.

BADGERS

Known for being incredibly strong for their size and the world's fastest diggers, badgers are small but fierce animals.

- Badgers are nocturnal omnivores, meaning they are active mainly at night and eat both plants and animals. They are known to eat insects, grubs, earthworms, birds, mice, squirrels, chipmunks, reptiles, amphibians, porcupines, honey, roots, snakes and fruit. After badgers eat rotten fruit, they appear to be intoxicated.
- There are seven species of badgers that are found on four continents: North America, Asia, Africa and Europe. Most species of badger weigh 17-26 pounds (8-12 kg).
- Badgers have a shovel-shaped head, sharp, strong claws and low-slung bodies. They have short legs, short necks and short bushy tails. Most species are black or gray and have white stripes down their faces and sides.
- The burrows that badgers dig for their living quarters, called setts, are usually in sandy, porous soil. They dig extensive tunnel systems to their setts. An interesting fact about badgers is that they really get into their digging — with all four feet! They can dig faster than very fit humans with a shovel.
- Badgers have poor eyesight but excellent senses of hearing and smell. In fact, it is believed that the badger's sense of smell is 700-800 times better than humans! They smell many things that humans do not and can even recognize each other by smell.
- The name "badger" is probably derived from the French word *bêcheur*, which means digger, or maybe from the word *badge* as a reference to the white mark badgers have on their foreheads. In the English language the word "badger" has a meaning as a verb as well as a noun. To "badger" someone is "to pester or worry them or to persecute them relentlessly."

continued on next page

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Comfort foods
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by JoAnna M. Lund

Velvety Chicken And Rice Soup

I've always been partial to a hearty bowl of soup. Maybe it's because of my Eastern European heritage. Maybe it's because Mom stirred up some of the best pots of soup ever, even when she didn't have an abundance of ingredients to choose from. Maybe it's because it's just comforting and cozy. Whatever the reason, I hope you enjoy!

1/2 cup chopped onion
1 (16-ounce) can fat-free chicken soup
3 tablespoons all-purpose flour
1 cup hot cooked rice
1 (2.5-ounce) jar sliced mushrooms, drained
1 1/2 cups diced cooked chicken breast
1 teaspoon dried parsley flakes
1/2 cup fat-free sour cream

1. In a large saucepan sprayed with butter-flavored cooking spray, saute onion for 5 minutes or until tender. In a covered jar, combine chicken broth and flour. Shake well to blend. Add broth mixture to onion. Mix well to combine. Cook over medium heat until mixture starts to thicken, stirring often.
2. Stir in rice, mushrooms, chicken and parsley flakes. Add sour cream. Mix well to combine. Lower heat and simmer for 5 minutes or until mixture is heated through, stirring occasionally. Makes 4 (1 cup) servings.

• Each serving equals: 194 calories, 2g fat, 22g protein, 22g carb., 407mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 vegetable.

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PetBits

Proper Leash Training Can Prevent Tragedy
By Samantha Mazzotta

DEAR PAW'S CORNER: Last week a really tragic accident happened just down the street. Our neighbor was walking his 1-year-old German Shepherd, "Champ," on a sturdy leash. The dog tended to tug on his leash or jump away from his owner when something grabbed his attention. Sadly, when the owner paused to let his dog sniff at a tree on the curb while he waved to a neighbor, Champ suddenly darted into the busy street. Before his owner could tug him back on the curb, Champ was struck by a car and killed almost instantly.

Please warn your readers to keep their dogs under control and on the sidewalk, even while on a leash, and to pay attention to their dogs during their walks. My neighbor is suffering terrible grief, and I hate to think of anyone else, or their pets, suffering from preventable accidents. – Sharon in Utica, N.Y.

DEAR SHARON: You're right: While accidents do happen, many can be prevented by knowing how to correctly walk your dog on a leash. Reinforcing your dog's basic obedience training, including sit, stay and heel commands, is an important daily task.

If you're having trouble controlling your dog on the leash despite following common leash-training techniques, contact a professional dog trainer for group or private sessions so you and your dog will learn to walk together safely.

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.

Weekly SUDOKU
by Linda Thistle

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

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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A: He was a hot dog!

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TIDBITS presents

TRIVIA NEWSFRONT

1. What are the three varieties of dachshunds?
2. The American Kennel Club (AKC) recognizes two sizes of dachshunds. What are they?
3. Europe recognizes a third size for dachshunds. What is it?
4. What is the main health problem that affects dachshunds?
5. As members of the hound group of dogs, what is a dachshund's best sense?

BADGERS (continued)

- Badgers can mate at any time of year. An interesting and unusual mating fact is that they have delayed implantation. The female can choose when she wants her baby badger to start developing! This allows the mother to choose a time when she feels her offspring has the best chance for survival.
- Ferret badgers are the smallest species of badger, and like ferrets, they are long and short. Ferret badgers live in Southeast Asia and are known for occasionally sleeping in trees. These little creatures usually weigh between 2 and 6.5 pounds (1-3 kg).
- One food that all badgers love is earthworms. They can eat more than 200 in a day. Badgers can get all of the water they need from eating earthworms since the worms are mostly made of water.
- Badgers, even though fairly small, can run at almost 20 miles per hour (32 km/hr). This helps them escape dangerous situations. They do not usually run though.
- Adult badgers have few natural enemies, as they are fierce enough to protect themselves. They have even been known to fight bears and wolves.
- The state of Wisconsin is known as the "badger state." The nickname originally referred to lead miners at the Galena lead mines in Illinois back in the 1830s. These mines were close to the Wisconsin and Iowa borders. The Wisconsin miners would live in temporary caves cut into the hillsides. Their caves were referred to as badger dens, and thus, they were nicknamed badgers. The badger was adopted as the state animal in 1957.

ALWAYS FREE TIDBITS ALWAYS FUN

Just Like Cats & Dogs by Dave T. Phipps



SENIOR NEWS LINE West Nile Virus

by Matilda Charles

We're experiencing a seasonal epidemic for West Nile virus, brought on by infected mosquitoes, according to the Centers for Disease Control and Prevention. West Nile virus can cause serious illness for some people, even leading to death in a small percentage, especially those who have other medical conditions and those who are above the age of 50.

In 2011, the total number of cases of West Nile virus for the whole year was 712. So far in 2012 the CDC has logged 1,590 cases and 65 deaths. In other words, it's getting worse, and we need to know how to protect ourselves.

A fact sheet from the CDC gives some good advice.

Inside your house: Empty any containers that can hold standing water. This can include saucers under flower containers and any pots or buckets. Empty water in birdbaths weekly. It recommends emptying a pet's outdoor water bowl weekly as well, but I would suggest doing it daily. You don't want your pet to drink water that might have mosquito larva in it.

When you go out: Taking care that you don't get bit by mosquitoes is probably the most crucial of all the preventions. Wear long sleeves and pants if you're out when the mosquitoes are most active, which is dawn and dusk. Use an EPA-registered insect repellent.

If your community decides to spray for mosquitoes as a way of controlling West Nile virus, take care not to be outdoors when they spray. Keep windows closed.

For more information, especially the symptoms, go to the CDC site (www.cdc.gov) and search for West Nile virus, or call it at 1-800-232-4636.

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

Good Housekeeping

Family Lasagna Recipe

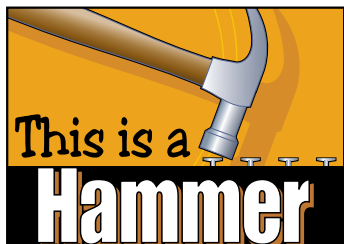
This lasagna is meat-free and loaded with veggies. It tastes great leftover, so make it ahead of time and serve later in the week.

2 medium zucchini or yellow summer squash, thinly sliced
2 teaspoons olive oil
Salt
1 bunch Swiss chard, tough stems discarded, thinly sliced
1 small (4- to 6-ounce) onion, finely chopped
2 cloves garlic, crushed with press
1 teaspoon fresh thyme leaves, chopped
1 pound plum tomatoes, cored and thinly sliced
4 no-boil lasagna noodles, rinsed with cold water
2 carrots, shredded
1 cup part-skim ricotta cheese
2 ounce provolone cheese, finely shredded

1. Arrange 1 oven rack 4 inches from broiler heat source and second rack in center. Preheat broiler.
2. In large bowl, toss zucchini with 1 teaspoon oil and 1/8 teaspoon salt. Arrange on 18- by 12-inch jelly-roll pan in single layer. Broil 6 minutes or until golden brown, turning over once. Set aside. Reset oven control to 425 F.
3. Rinse Swiss chard in cold water; drain, leaving some water clinging to leaves.
4. In 12-in. skillet, heat remaining 2 teaspoons oil on medium. Add onion; cook 3 minutes or until soft, stirring occasionally. Add chard, garlic, thyme and 1/8 teaspoon salt. Cook 6 to 7 minutes or until chard is very soft, stirring frequently. Remove from heat and set aside.
5. In 8- by 8-inch baking dish, layer half of tomatoes, lasagna noodles, Swiss chard, shredded carrots, zucchini slices and ricotta, in that order. Repeat layering once. Top with shredded provolone. Cover with foil. (Lasagna can be prepared to this point and refrigerated up to overnight.) Bake 30 minutes, covered. (If refrigerated, bake, 10 minutes longer.) Uncover and bake 20 minutes longer or until golden brown and bubbling. Serves 4.

„ Each serving: About 310 calories, 13g total fat (6g saturated), 29mg cholesterol, 520mg sodium, 33g total carbs, 6g dietary fiber, 17g protein.

The Spats by Jeff Pickering



Overseed Lawn Now for Spring Growth

Q: I have some brown and bare patches in my yard. My neighbor recommended that I thatch my entire yard, or at least the brown patches, then put some fertilizer and "overseed" the damaged areas. What kind of fertilizer is he talking about? And why seed the lawn now, when winter is coming? – Fred D., Madison, Wis.

A: Overseeding lawns can be helpful in filling in scrawny or thin areas. The idea is to overseed shortly before the first hard frost. The seeds will germinate and establish roots, which will both help the lawn come in more lush and green in the spring, as well as reduce competition from invasive weeds.

However, it's important to know what kind of grass makes up your lawn, in order to pick the right kind of seed for the job, as well as the correct type and amount of fertilizer. I'd recommend cutting a small patch of grass (including roots) and taking it to your local nursery or the lawn and garden center of your home-improvement store.

While you're getting your grass identified, ask about possible causes of the brown and bare areas. There may be a problem with air, water or light reaching those areas. Improper or excessive fertilization could be occurring. Or maybe there's too much water in those areas due to a drainage problem. Identifying the actual cause of the brown and bare spots, and then eliminating that cause, will prevent it from coming back once you've repaired those areas.

Once the bare and brown spots are addressed, overseeding (and reseeding bare areas) can take place. For small lawns, a handheld spreader is inexpensive and spreads seeds evenly. For larger lawns, a rotary spreader works best.

HOME TIP: Prior to overseeding, mow your lawn to less than 2 inches in height if possible and collect the grass clippings so seeds can reach the soil.

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

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Elaine's business includes products and services that help people to help themselves improve their lives and businesses. With the growing need for individuals, families and businesses to find more productive and economical avenues of surviving in the downturned global economy, Elaine offers services that can save money, improve health and wellness, and decrease vulnerability to predatory systems.

- **Wellness Coaching** - Using the best natural tools available, Elaine helps clients identify, and naturally heal the underlying causes of stress, illness and disease, easily and gently.
- **Pre-paid Legal Services** - To ensure the average person/family has immediate access to legal consul when needed (legal insurance - just like car insurance!) and to protect and resolve identity theft issues.

Elaine Williams



Elaine serves as the Ribbon Cutting Chair on the Payson Chamber of Commerce Board of Directors and organizes the ribbon cutting events for new businesses in Payson. She is the Vice Chair for her Payson 02 Political District and serves as the Stake Single Adult Committee Chair for her Mt. Nebo Stake. She actively supports Chamber events and loves working with small businesses. Elaine is a transplant from Maryland and is the mother of 5 grown and productive children and the grandmother of 12 adorable grandchildren (and she's single!).

Mt. View Hospital is sponsoring a Family "A" Fair – Oct 3 from 3P to 6P At the Mountain View Hospital at 1000 E. 100 N. Payson

Free and open to the public , Food, games, Health Information, Prizes, Community Resources - Baby Contest Mountain View Hospital and the Mountain Star Women's Center are the sponsors of the awesome event! Come out and have a good time getting health care information.

Spanish Fork

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

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

PAYSON CITY, UVU ALUMNI, & UVU CREATV SOCIETE present

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

SEASON **FRI, AUG. 31** HOURS **5 to 9 pm**
 'TIL **SAT, NOV. 3**

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AVAILABLE fundraising/business/service projects info@MAÏZE.me

\$6 G E N E R A L location **800 S STATION ROAD PAYSON**
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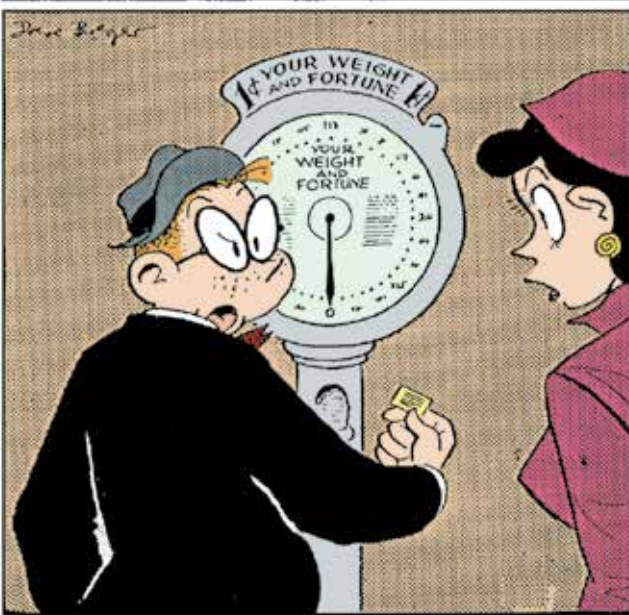
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MISTER BREGER By Dave Breger



"It says, 'Put ANOTHER penny for your weight and fortune—everything else has gone up in price.'"

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Spanish Fork Farmer's Market runs through Nov 3 at 100 W Center Street behind the City Office Building. The Farmer's Market is a fun place to shop for fresh produce from local growers and vendors. Business Fairs will run once monthly and will be located at 40 South Main, Spanish Fork. Contact the Spanish Fork / Salem Chamber of Commerce at 801-798-8352 or office@spanishforkchamber.com

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

Pleasant Grove

Secondary Water Ending Early
The secondary water system will be shut down starting Oct 1st due to maintenance of the Manila Creek Pond, the City will begin the winter shut down of the secondary water system two weeks earlier than normal. There may be water in some portions of the system for several weeks as the main lines are drained. Residents should plan to winterize their sprinkler systems after the beginning of the month, when lines are empty. The Water Department would like to thank the citizens of Pleasant Grove in their efforts to conserve water this summer. For questions call the Water Department at 801-785-2941.

ANSWERS

SPORTS QUIZ

1. Neftali Feliz had 40 saves for Texas in 2010.
2. The Los Angeles Dodgers had a team ERA of 2.95 in 1989.
3. Steve Grogan had 12 rushing TDs for New England in 1976.
4. Johnny Dawkins averaged 18.1 points per game in the 1982-83 season.
5. Nine others.
6. Maryland Eastern Shore.
7. Three -- lightweight, welterweight and light middleweight.

WORD POWER ANSWER
MINIATURE

TRIVIA NEWSFRONT ANSWERS

1. Short-haired, long-haired and wire-haired.
2. Standard and miniature
3. Toy variety
4. They are prone to have back problems.
5. Snell



1. Ben Jonson
2. The Beatles
3. 100 square meters
4. Clarence Birdseye
5. Argentina and Chile
6. Ruby
7. Saturn
8. 1970
9. "Finding Nemo"
10. St. Joseph

Go Figure! answers

5	x	7	-	9	26
-		x		+	
2	x	6	+	8	20
x		÷		x	
7	x	3	+	1	22
21		14		17	

King Crossword

Answers
Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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