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TIDBITS® TAKES A LOOK AT FOOTBALL STADIUMS

by Patricia L. Cook

This Tidbits tackles some football stadiums where history was made. Looking only at college stadiums, let's kick back and learn!

- Three of the oldest college football stadiums in the nation are in the northeast, where the oldest institutions of higher learning in this country exist.
- The University of Pennsylvania's Franklin Field is considered by the NCAA (National Collegiate Athletic Association) to be the oldest football stadium. Built in 1895, it originally cost \$100,000. Rebuilt in 1922, it became the nation's first two-tiered stadium. Franklin Field was the location of the nation's first scoreboard in 1895, first football radio broadcast in 1922, and first telecast in 1939.
- The horseshoe-shaped Harvard Stadium is claimed on Harvard's website to be the nation's oldest stadium. Built in 1903, recognized as a National Historic Landmark, the stadium was the world's first "massive reinforced concrete structure."
- The first bowl-shaped stadium was the Yale Bowl, opened at Yale University in 1914. When it opened it was the largest stadium in the world since construction of the Roman Coliseum in 80 AD. It is one of four National Historic Landmarks on Yale's campus.

turn the page for more!

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- Nate







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- 1. MONEY:** Who was the first president to appear on a U.S. coin?
- 2. GEOGRAPHY:** What three states border on the state of Louisiana?
- 3. MUSIC:** Which rock star had a hit song with "Papa Don't Preach"?
- 4. GAMES:** The properties in the U.S. version of "Monopoly" are based on streets in which city?
- 5. TELEVISION:** On what sketch comedy show did Jim Carrey make a name for himself in the 1990s?
- 6. LANGUAGE:** What does the word "torpid" mean?
- 7. MOVIES:** Who were the three actors in "Three Men and a Little Lady"?
- 8. BIBLE:** What kind of wood was Noah's ark made of?
- 9. PHOBIAS:** What fear is represented in the condition called "glossophobia"?
- 10. ENTERTAINERS:** Who was Paul McCartney's first wife?



by Jo Ann Derson

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• Use self-stick notes to organize your errands. Use a note for each location, with instructions or shopping lists on each. Then put the notes in order: e.g., drop kids off at Grandma's, shoe store, hardware store, grocery store, home, etc. You will be less likely to forget a stop, and you can make the best use of your time and gas!

• Two tips for sewing on buttons: First, for pants buttons, use unwaxed dental floss. It's incredibly strong and can take a lot of abuse. Second, slip a pin between the button and the fabric before sewing on. When you're finished, remove the pin. The button now has some room behind it, and it will last longer.

• "This is a tip for us singletons. I love whipped topping on my hot chocolate, but it doesn't always last in my fridge. I buy a tub of it, and spoon mug-size dollops on a cookie sheet lined with wax paper. When the sheet is full, I freeze them. They can be peeled off easily and slipped in a container or plastic bag. When I make my hot chocolate, I plop in one straight from the freezer. It takes only minutes to soften and melt. And it's delicious!" -- F.D. in Michigan

• "If you cut the entire top and one of the top corners off a cereal box, then tape the bottom closed, it's almost the same as the magazine holders they sell in stores. I covered mine with fancy paper. I keep it in my kitchen for cooking magazines." -- R.R. in Indiana

• Gifts that school-age kids can make: Bookmarks! Cut strips of cardstock into bookmark lengths. Have your child decorate one side and write a nice message on the other. Laminate if possible. A great gift from your child.

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.

FOOTBALL STADIUMS(continued)

- Another historic stadium dating back to 1913 is Bobby Dodd Stadium at Georgia Tech's Grant Field. It is the oldest continuously-used on-campus college football site in the FBS (Football Bowl Subdivision, formerly Division I-A). The game has been played at the downtown Atlanta site since 1905. The stadium was the site of the most lopsided game in football history. Georgia Tech defeated Cumberland College 222-0 in 1916!
- A west coast college football venue listed on the National Historic Landmark, but not as old as Yale or Harvard, is the Los Angeles Memorial Coliseum. Home field for the University of Southern California (USC), this is the only stadium in the world that has hosted the Olympics twice. It has also hosted the Super Bowl and the World Series.
- Another California field, Stanford Stadium, made a lot of history in its 84-year life span. In spite of this, it was decided that the best thing for the school, players and fans was to replace the stadium. A new structure opened in 2006. One of the biggest complaints about the old Stanford Stadium was inadequate restroom facilities. The restrooms were enlarged but overall the new stadium was made smaller. The old stadium, built in 1921, had a seating capacity of 86,000, and held as many as 94,000. The new stadium is built for a crowd of 50,000.
- Of the big events held at the old Stanford stadium, two standouts were: when Herbert Hoover, a Stanford grad and former football manager, accepted the Republican nomination for president in 1928; and a track meet between the U.S. and the USSR (Soviet Union) in 1962, during the "Cold War," when political tensions were high. The attendance over two days was 153,000 to watch the friendly competition.
- American football has a history dating back to the late 1800s, emerging from the European game of rugby. Player and coach at Yale University, Walter Camp, is the "Father of American Football," recognized for instituting the early rules of the game.

continued on next page

MAGIC MAZE ● — SHIPS

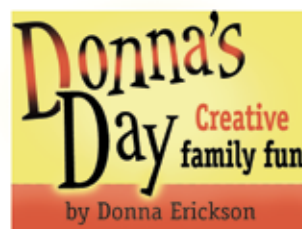
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G G D B Z G E G X R V T S Q O
M K N I G O N N E C I A Y R W
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H F E C L E R U S A E R T P A
Y X V I U A C O V S T S Q P P
N M A K J H H A F E A N C I B
E S I U R C N W P Z Y P O L X
V U T R Q P R A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

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

- | | | | |
|-----------|-----------|---------|----------|
| Cargo | Hospital | Pirate | Tall |
| Clipper | Merchant | Sailing | Treasure |
| Container | Naval | Space | Whaling |
| Ghost | Passenger | Star | |

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Take Hike to Enjoy Change of Seasons

Enjoy the changing of seasons from summer to fall by hiking and walking after school, after work and on Saturday mornings. And do it as a family. When you get moving together, you'll not only feel better, but you'll make special memories as you discover the fascinating world that is in constant motion right out your front door. Lace up your most comfortable shoes and put an extra kick in your step with these ideas:

Hike for ABCs

Before your first outing, find a medium-size spiral notebook your family can use as a nature journal. Let your kids decorate the cover and mark one letter of the alphabet at the top of every left-hand page. The space leaves two pages for your family to enter sights, sounds and observations you encounter on your walk that start with a specific letter. You'll soon discover that the ABCs exist just about everywhere. For example, you might spot a round "O" shaped bird nest tucked in a "Y" shaped tree branch. A cattail in a swamp looks like a dotted "I" and a root protruding through your path might look like a gnarly "D." For a hard-to-find letter, search for it on license plates, ask permission and then help your child make a rubbing, using a piece of paper and a dark crayon. When you get back home, glue or tape flat finds and sketches to the pages, and compose a poem or a little story about what you saw.

Park and Walk

A friend once gave me this advice: "When going on an errand, take a child!" So this fall, include your child often when you do Saturday errands to the hardware store, dry cleaners, farmer's market and wherever else your to-do list takes you. These mini "family errand" field trips provide natural opportunities for learning, communicating and sharing about how things work in a community. If these destinations are near your home, walk there together. If they are far from home, park in a spot farther away from where you are headed. You'll get your extra walking in, avoid congestion and enjoy the benefit of driving out of the lot easily when you leave.

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."

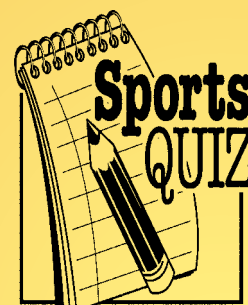


TIDBITS WORD POWER

Unscramble this word:

S O L C O M U S E

This word means: The first large stadium ever built; in ancient Rome.



By Chris Richcreek

- 1 In 2011, St. Louis' David Freese became the sixth player to win MVP awards in the league championship series and World Series in the same year. Name three of the first five.
- 2 Alan Ashby caught three no-hitters during his 17-year major-league career. Name two of the pitchers.
- 3 Name the last football team other than Oklahoma or Texas to win the Big 12 Conference championship game.
- 4 Which two players have won the most NBA All-Star Game MVP awards?
- 5 True or false: The New Jersey Devils have never been swept in a playoff series.
- 6 When was the last time before 2012 (Andy Murray) that a British tennis player won the gold medal in men's Olympic singles?
- 7 Fred Couples set a record in 2012 as the oldest golfer (52) to hold the overnight lead at the Masters. Who had held the record?

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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×		×		÷	
	+		÷		2
+		+		-	
	-		×		18
19		19		19	

DIFFICULTY: ★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

1 2 3 3 4 6 7 8 9

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VETERANS POST

by Freddy Groves

GI Bill Rates Up

The rates for education benefits went up as of Oct. 1, as they do every year. This includes Montgomery GI Bill Active Duty, Montgomery GI Bill Selected Reserve and the Reserve Educational Assistance Program, as well as the Survivors' and Dependents' Educational Assistance Program.

For example, the rate for Montgomery active-duty full-time institutional training (after an enlistment of at least three years) has gone from \$1,473 to \$1,564 per month. The rate after an enlistment of less than three years goes from \$1,196 to \$1,270.

If you want to further your education but don't know which avenue to pursue (full time, part time, campus living, on-the-job training or other options), go online to www.gi-bill.va.gov, click Resources, Benefit Resources and then Benefit Comparison Tools. It says right on the top of the page that for some veterans, the Post-9/11 GI Bill is a better deal than the Montgomery bill or any of the others. (Read the fine print: If you served for less than the full 36 months, you'll receive a percentage of the benefits.)

Look at the comparison chart and weigh the benefits of each option: how the payments are made, the duration of the payments (how long your benefits are good), requirements of your service and the maximum number of months of benefits.

Then look at the Comparison of Monetary Benefits for specifics on what and who gets paid, you or the school.

To start assembling information, click Resources and then Student handouts, brochures and regulations. You'll find pamphlets and fact sheets that cover dozens of areas.

If you don't have a computer and can't use one at a library, call the VA at 1-800-827-1000 for general information about education benefits. Or call the number for the GI Bill at 1-888-442-4551.

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

FOOTBALL STADIUMS(continued)

• "The Birthplace of Intercollegiate Football," Rutgers University in New Jersey, held the first intercollegiate football game in 1869. Rutgers defeated Princeton by two goals. Those players didn't play in a stadium, but on a field on College Avenue in New Brunswick with a few fans there to see what the game was about. Today, Rutgers has a beautiful stadium that seats 52,454 fans.

• Today, many stadiums are named after corporate sponsors who provide funds for the rights to advertise themselves. One of those is the Carrier Dome at Syracuse University. Built in 1980, it is the only domed stadium in the Northeast. Even though named for Carrier, an air conditioning company, the dome isn't air conditioned!

• The air is thinner (less oxygen) in higher elevations and breathing can be difficult in high energy contests like football. War Memorial Stadium at the University of Wyoming has the highest elevation of any Division I university at 7,770 feet (2362 m). Western State College in Gunnison, Colorado is even higher with an elevation of 7750 feet. (2362 m) Falcon Stadium, the home field for the Air Force Academy in Colorado Springs, Colorado, another high elevation stadium, at 6621 feet (2018 m) above sea level, is flying high.

• The United States Military Academy at West Point, New York, has a unique tradition for its games: a skydiver lands on the field at Michie Stadium holding the football to start the games.

continued on next page

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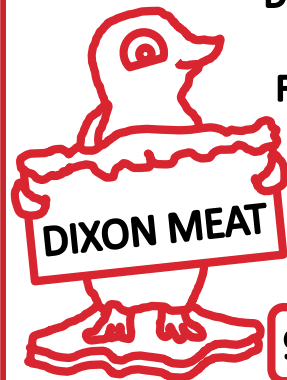
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• Those who study such things say that there is a 1 million to 1 chance that, within the next century, an asteroid will crash into the Earth and destroy most life on the planet.

• In 2008 a company called Defense Devices, based in Jackson, Tenn., introduced a new item: a stun gun disguised as a tube of lipstick. The same company offers a ring that will shoot pepper spray.

• You might be surprised to learn that the giant bullfrogs of South Africa have sometimes been known to attack lions.

• Rhode Island may be the smallest state, but it has the longest name: It's officially known as the State of Rhode Island and Providence Plantation.

• The tuatara is a lizard that can be found in New Zealand. Its claim to fame? It has a third eye, on the top of its head.

Thought for the Day: "The length of a film should be directly related to the endurance of the human bladder." -- Alfred Hitchcock

Holidays & Observances This Week

- 10/7 World Smile Day
- 10/8 Columbus Day
- 10/9 Leif Erikson Day
- 10/10 National Angel Food Cake Day
- 10/11 Take Your Teddy Bear to Work Day
- 10/12 World Egg Day
- 10/13 International Sceptics Day

Strange BUT TRUE

• It was Canadian American educator Laurence J. Peter who made the following sage observation: "You can always tell a real friend: When you've made a fool of yourself, he doesn't feel you've done a permanent job."

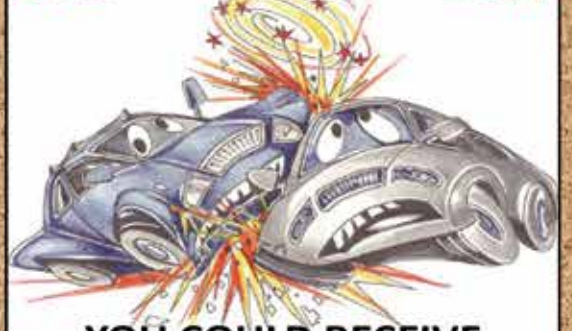
• In Murfreesboro, Tenn., it is illegal to keep indoor furniture outdoors.

• Mike Edwards, one of the founding members of the British band Electric Light Orchestra, met with an untimely death decades after he left the group. In 2010, as Edwards was driving in the rural southwest of England, a farmer lost control of a 1,300-pound bale of hay. This wheel-shaped bale rolled down a hill and over a hedge, and just happened to smash into the van that Edwards was driving.

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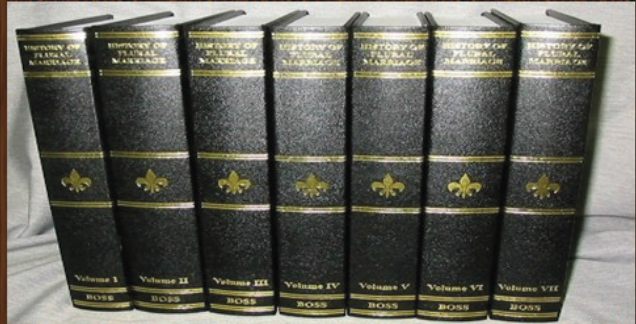
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By Arnold Boss

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| 1 Navigator's stack | 12 Oil cartel | 24 Back talk | 37 Titanic's destroyer |
| 5 Deck in the ring | 13 Leading man? | 27 Greet the villain | 38 Knighted women |
| 9 Upper surface | 14 "Hail, Caesar!" | 28 Grant's — | 40 "Monopoly" square |
| 12 Barbies' companion | 15 Pianist's ticker | 31 Thickness | 41 Increase in |
| 17 Agreement | 18 No stay-at-homes | 32 Once around the track | |
| 21 Lindbergh book | 22 Plot mathematically | 33 Long March leader | |
| 26 Stockholm — | 27 Sad | 34 Yin counterpart | |
| 29 Scratch | 30 Cranberry territory | 36 Salt Lake athlete | |
| 35 Joke | 37 Edge | 39 Butcher's wares | |
| 40 Earth (Pref.) | 41 Pop | 42 Troop group | |
| 43 Weaponry | 44 Midwest state | 43 Witness | |
| 45 "So be it" | 46 For fear that | 49 Playing marble | |
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| 1 NYC cultural center | 4 Threaded nails | 26 Stockholm — |
| 2 "Planet of the —" | 5 Philosopher Immanuel | 27 Sad |
| 3 Household critters | 6 Big bother | 29 Scratch |
| | 7 Sweet potato | 30 Cranberry territory |
| | 8 Last letter | 35 Joke |
| | 9 After-taxes | 37 Edge |
| | 10 Finished contents | 39 Butcher's wares |
| | 11 Nerd-pack | 40 Earth (Pref.) |
| | 16 Indivisible | 41 Pop |
| | 20 Choose (for) | 42 Troop group |
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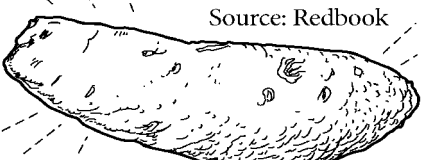
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Top Ten

Stay-Young Foods

1. Broccoli
2. Cocoa
3. Oranges
4. Fish
5. Flaxseed
6. Spinach
7. Sweet potatoes
8. Beans and legumes
9. Chicken
10. Green tea

Source: Redbook



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TIDBITS NUGGET OF KNOWLEDGE

All football teams have mascots to represent them. The Florida Gators have male and female alligators, Albert and Alberta. However, the Gators also had, for 60 years, "Mr. Two-Bits," George Edmondson, who roamed the stadium leading fans in the cheer: "Two bits! Four bits! Six bits! A dollar! All for the Gators, stand up and holler!" George graduated from the Citadel, not University of Florida. His first and last games leading the cheer were against his alma mater.



FOOTBALL STADIUMS(continued)

- Many college and university teams have other traditions observed in their home stadiums. Some involve songs music, some a motto, and many involve mascots.
- When the Tennessee Volunteers and their 100,000 or so fans sing "Rocky Top" in Neyland Stadium, it is a chorus that you will hear in your sleep for a few nights afterward!
- "Take Me Home, Country Roads," a song recorded by John Denver in 1971 has been the theme song for West Virginia University since 1972. Denver sang the song at the opening of the "new" Mountaineer Field in 1980. The words and music were written by Bill Danoff, Taffy Nivert and Denver, and at the time none of the trio had actually been to the state.
- A stadium that has received more attention in recent years for its high level college playing is known for having the only blue turf in football. Boise State's Bronco Field's turf is also called the "smurf turf" for the cartoon Smurfs.
- Aloha Stadium, the home stadium for the University of Hawaii, is owned by the state of Hawaii, and hosts many events other than football. The Aloha Stadium Swapmeet & Marketplace, held every week on Wednesdays, Saturdays and Sundays should be on every visitor's itinerary.
- Many people refer to the "big house" as prison or jail. However, in football "The Big House" is the largest stadium in the country, home of University of Michigan football, with a capacity of 109,901. One of the "big" stories about this stadium is that when it was under construction in 1926, an underground spring and moist, quicksand-like soil swallowed a crane! It is still there, under the stadium!

FAMOUS LANDMARKS OF THE WORLD: CARLSBAD CAVERNS

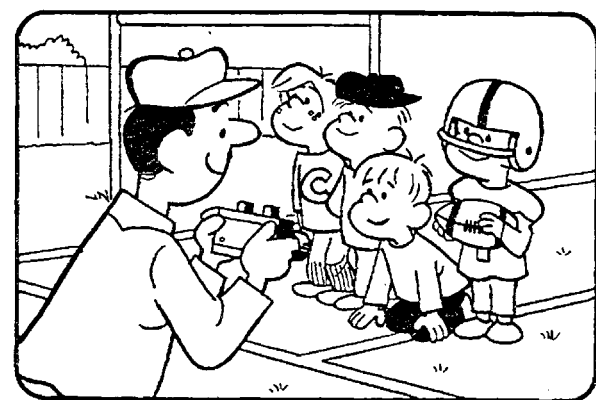
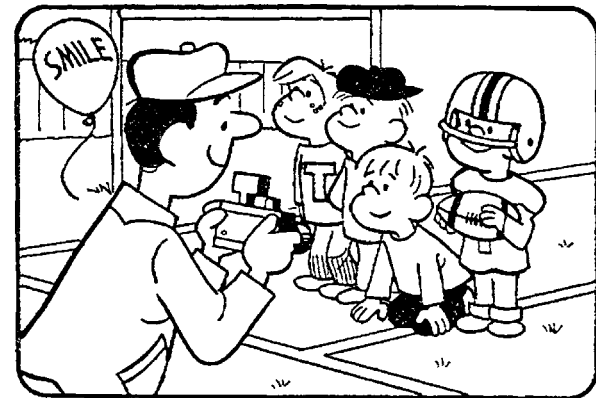
A cool place to go on a hot day is underground. One of the "coolest," (as in really amazing!) is Carlsbad Caverns National Park in Carlsbad, New Mexico. The temperature underground at Carlsbad Caverns is 56°F (13° C) all the time.

- Jim White is given credit for being the first "explorer" of the caverns in 1898. He was a cowboy who began to explore the caves as a teenager. He descended 60 feet (18.3 m) into the caverns using a handmade wire ladder. He tried to convince locals that the area was special for more than a decade.
- In 1925, a staircase from the natural entrance to the Bat Cave was installed with funds donated from the Carlsbad, New Mexico Chamber of Commerce. It was only a matter of time before many tourists wanted to descend into the caverns to explore.
- While the Big Room is a "must see" for anyone visiting Carlsbad, and has elevator access, there are many guided tours that are accessible to healthy individuals. The Natural Entrance is great for people who can handle the 750 feet deep (228.6 m) descent on a steep, narrow switchback trail.

continued on next page

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

- Differences: 1. Balloon is missing. 2. Pocket is missing. 3. Camera is different. 4. Letter is different. 5. Stripes are missing. 6. Cuffs are missing.

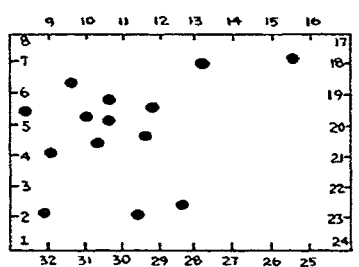
LAFF - A - DAY



"Is Mrs. Brubaker here?"

KIDBITS

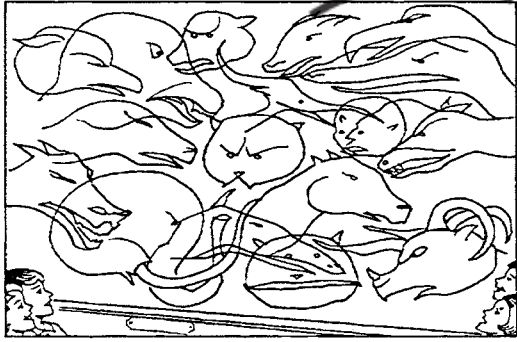
Junior Whirl by Hal Kaufman



DOTS BEFORE EYES SPAWN FITS

HERE'S a dotty problem if you ever saw one. A ruler and sharp pencil are required to solve it. This is the test: To draw five straight lines across the diagram (border to border) so that each of the 14 dots is in its own enclosure. Enclosures may vary in size and shape — some may be large, some small. Indeed, at least two dots are subject to very tight fits. How long will it take you to draw the lines? For use as a party pastime, make copies of this diagram and supply each person with ruler and pencil. See who (if anyone) can answer within five minutes.

Solution: Draw lines 32-11, 2-15, 6-23, 5-18, 10-28. Other answers may be possible.



TALLY HO! Our artist claims there are some 19 wild and woolly critters pictured here. How many do you count?

WORD PATROL! Letters of a bad word are scrambled there in plain sight, ROB DA WAD. Your assignment: to see how quickly you can unscramble them. Time: 30 seconds.

OPEN BOOK! Ask someone to open a book to any page and to pick a word within the top nine lines that is not farther in than the ninth word of that line. Now, have the person multiply the page number by 10, add 25, and add the number of the line; then, multiply by 10 again, and add the position number of the word in the line.

Alakazam, subtract 250, and the last digit of the answer will be the word's position in line; next-to-last digit will be the line number, and remaining digit (or digits) the page.



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Moments in time
THE HISTORY CHANNEL

- On Oct. 13, 1775, the Continental Congress authorizes construction and administration of the first American naval force. Esek Hopkins was appointed the first commander-in-chief of the Continental Navy. His first fleet consisted of seven ships: two 24-gun frigates, two 14-gun brigs and three schooners.
- On Oct. 12, 1786, a lovesick Thomas Jefferson composes the first of many romantic letters to a married woman named Maria Cosway. In 1789, his letters grew less frequent. She continued to write to him and vented her frustration at his growing aloofness. After her husband died, Cosway moved to a village in Italy to open a convent school for girls.
- On Oct. 11, 1793, the death toll from a yellow fever epidemic in Philadelphia hits 100. By the time it ended, 5,000 people were dead. A vaccine prevents yellow fever in much of the world, though 20,000 people still die every year from the disease.
- On Oct. 14, 1944, German Gen. Erwin Rommel, nicknamed "the Desert Fox," is given the option of facing a public trial for treason, as a co-conspirator in the plot to assassinate Adolf Hitler, or taking cyanide. He chose the latter. The German government gave Rommel a state funeral. His death was attributed to war wounds.
- On Oct. 8, 1956, New York Yankees right-hander Don Larsen pitches the first no-hitter in the history of the World Series. Even better, it was a perfect game -- that is, there were no runs, no hits and no errors, and no batter reached first base.
- On Oct. 10, 1985, the hijacking of the Italian cruise ship Achille Lauro reaches a dramatic climax when U.S. Navy F-14 fighters intercept an Egyptian airliner attempting to fly the Palestinian hijackers to freedom. On Oct. 7, four heavily armed terrorists had hijacked the Achille Lauro and 320 crewmembers and 80 passengers.
- On Oct. 9, 1992, a 28-pound bowling-ball-sized meteorite lands on an orange 1980 Chevy Malibu in Peekskill, N.Y. Scientists have determined that it came from the inner edge of the main asteroid belt in space, between Jupiter and Mars.

CARLSBAD CAVERNS(continued)

- Jim was the guide for numerous people to see the caverns, including Robert Holley from the General Land Office, who surveyed and mapped the area and Ray V. Davis, who photographed the Scenic Rooms and Big Room. Davis' photos appeared in the New York Times in 1923 and stimulated much interest in the underground wonders. On October 25, 1923, Carlsbad Cave National Monument was established. Congress designated it as a national park in 1930.
- Jim White is unofficially remembered as "Mr. Carlsbad Caverns" for his exploration, guide services and promotion of the caverns for the public to enjoy.
- Beneath the canyons, rocky slopes, and land of many cacti, grasses, shrubs and occasional trees, of the southern New Mexico landscape, there are more than 117 known caves that are part of Carlsbad Caverns. The caves were formed by the work of sulfuric acid, not water, dissolving much of the limestone rock of the area.
- For the first couple of years, a guano (originally used for hauling bat dung) bucket was used for entrance into the Caverns.
- There are many "rooms" inside the caverns with different formations abounding. Scientists call them "speleothems." The carrot-like formations hanging down from the ceiling are called stalactites. Stalagmites are the forms that come from the bottom, reaching up. There are also wondrous formations called columns, popcorn, soda straws, draperies and helictites.
- The discoveries in Carlsbad Caverns National Park continue as cave scientists, called speleologists, study, expand and share their knowledge with curious non-scientists who enjoy learning more about what lies beneath the earth.

continued on next page

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HUBERT - - By Dick Wingert

"Goodness! Can THIS be the same gentleman who went into the dressing room?"

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WHY, OF COURSE!
BUT I GOT A FEELIN' THEY AIN'T REAL FARMERS...
DOES IT RUN ON CHAMPAGNE?

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

Shaky Hands Not Due to Nervousness

DEAR DR. DONOHUE: Will you please provide information on essential tremor? Thanks. -- D.C.

ANSWER: When people unfamiliar with essential tremor see a person with it, they immediately assume that the person is quite nervous. The shaky hands are a giveaway. It's not "nerves" that are causing the shakiness; it's essential tremor. A glitch in one of the brain's movement-control centers has occurred. Katharine Hepburn suffered from essential tremor. Not only did her hands shake, but so did her head and her voice.

Essential tremor is a common condition. Its other name is familial tremor, indicating that it runs in families. Most affected people can find other relatives who have it. Trembling hands make it near impossible to bring a spoonful of soup to the mouth. Handwriting often degenerates into a scrawl. Buttoning a shirt or coat becomes a herculean task. Alcohol abolishes the tremor for a short time. Alcohol can't be used as a treatment. Other medicines, like propranolol (Inderal) and primidone (Mysoline), offer effective control. For seriously disabling tremors, deep-brain stimulation can put an end to them.

People can help control shaking hands by holding their elbows firmly against the body when using their hands for a fine task.

Everyone with essential tremor needs to make the acquaintance of the International Essential Tremor

Foundation at 888-387-3667 (toll-free) or online at www.essentialtremor.org. The foundation is a reliable source of information and can keep you up to date on new treatments.

DEAR DR. DONOHUE: Many years ago, we moved to a small community next to the ocean. We have eaten large quantities of fish ever since. I have developed a parasite called pinworms, which I believe came from partly uncooked fish. I used to see them when they exited from my colon (backside). They are fewer now that I take Oregano Leaf Oil. Can they cause other ailments or infiltrate other organs? How does one get rid of them once and for all? -- J.D.

ANSWER: Pinworms are an extremely common infection, especially in children. During the night, the female pinworm crawls out of the rectum to lay eggs on the nearby skin. She is tiny, 0.4 inches (1 cm) long. You must have good eyes to see these worms. A magnifying glass is a big help. Pinworms rarely make their way to other organs. Some speculate that they might be a cause of appendicitis. Eggs on the skin cause intense itching. Your doctor is best equipped to make the diagnosis. Doctors have the instruments to clearly see the worm or its eggs. Mebendazole (Vermox), albendazole (Albenza) and pyrantel pamoate (Pin-X) have a good track record of getting rid of pinworms. They are not found in fish.

Undercooked freshwater fish can harbor the fish tapeworm, which grows to a length of 39 feet. It produces few, if any, symptoms. Prolonged infection with it can lead to vitamin B-12 deficiency. For diagnosis, a stool specimen should be sent to a lab experienced in identifying the eggs and the worm segments. Praziquantel (Biltricide) is the treatment.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

AMBER WAVES By Dave T. Phipps

GEEZ, MOM EXPECTS ME TO RAKE THIS ENTIRE YARD.
SHE THINKS I CAN'T DO IT. I'LL SHOW HER! I'LL FINISH THE WHOLE YARD IN RECORD TIME.
THIS IS NOTHING. I'LL HAVE THIS DONE BEFORE MOM CAN SAY "DOUBLE ALLOWANCE."
OK, MOM, IF THIS IS JUST A SCHEME TO KEEP ME OCCUPIED I'M NOT FALLING FOR IT!

CARLSBAD CAVERNS(continued)

From mid-April to mid-October there are thousands of bats that call Carlsbad Caverns home and rangers give "bat flight" talks each evening. It is estimated that approximately 400,000 Brazilian, more commonly called Mexican, bats "hang" around the caves and fly out each evening to eat tons of bugs. In spite all you have heard and seen in movies and books, bats do not attack people. When the bats re-enter in the mornings, they can be seen diving from all directions at speeds that reach 25 miles per hour (40 km/h) or more!

FOOTBALL HELMETS

From the leather head harnesses of the late 19th century to today's modern football helmets, safety has been the key to the design and improvements that have occurred.

The earliest football helmets had almost no padding. They were made of leather and did little to soften blows to the head.

An Annapolis, Maryland shoemaker was credited with the creation of the first helmet, made for Admiral Joseph Mason Reeves. Admiral Reeves had been advised by a Navy doctor that it would be "instant insanity" and he would be risking death if he endured another kick to his head.

Reeves wore that first helmet in 1893 in an Army versus Navy football game. Helmets did not actually become mandatory until 1939 for college games and in 1943 for the National Football League (NFL).

The man who received the most credit, in the 1890s, for the invention of the football helmet was George Barclay, a halfback for Lafayette College in Easton, Pennsylvania. Barclay was very concerned about developing "cauliflower ears." "An acquired deformity of the outer ear," cauliflower ear, also known as boxer's ear or wrestler's ear, is caused by blunt trauma to the ear. The blood supply to the outer ear is disrupted and the skin shrivels and folds, causing a cauliflower-like appearance. Nicknamed "The Rose" for his concern about his looks, Barclay didn't want to harm his appearance.

Barclay found a local harness maker who designed a leather helmet. Known as a "head harness," these helmets were fitted specifically for an individual player, with three thick leather straps.

By 1915 big changes were happening with helmets. They were becoming more spherical and included padding, straps and earpieces to better protect the head.

continued on next page

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Comfort foods
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by JoAnna M. Lund
Spinach Apple Toss
You might not think that spinach and apples go together -- but one bite of this ultra-easy salad and you'll quickly change your mind!
8 cups fresh spinach leaves, stems removed and discarded
1 cup cored, unpeeled and sliced Red Delicious apples
1/4 cup bacon bits
1/2 cup fat-free mayonnaise
1/2 cup unsweetened apple juice
In a large bowl, combine spinach, apples and bacon bits. In a small bowl, combine mayonnaise and apple juice. Add dressing mixture to spinach mixture. Mix gently to coat. Serve at once. Makes 4 (1 1/2 cup) servings.
• Each serving equals: 114 calories, 2g fat, 4g protein, 20g carb., 555mg sodium, 2gm fiber; Diabetic Exchanges: 1 Vegetable, 1 Fruit, 1/2 Starch, 1/2 Meat.

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PetBits
Pets Not Immune to Gum Disease
By Samantha Mazzotta
DEAR PAW'S CORNER: My dog, "Parker," had two teeth removed during his last visit to the veterinarian, who said he had periodontal disease. I always thought that feeding him teeth-cleaning dog treats was enough to keep his teeth healthy, but the veterinarian said no. Can you let your readers know that their pet's teeth need regular brushing and periodic checkups at the vet's office? -- Sharon in Fort Lauderdale, Fla.
DEAR SHARON: Dogs and cats can get gingivitis, periodontal disease, suffer from tooth loss and be at risk for serious health problems if infections enter the bloodstream. While treats, chew toys and other products that promote pets' dental health are fine to use, they are not a replacement for brushing -- at least once a week -- and an annual dental checkup and tooth cleaning. Purchase a pet-specific toothbrush and toothpaste at the pet store or vet's office. Human toothbrushes and mint-flavored toothpaste will not do. Pet toothbrushes often are shaped to fit over one finger so that you can hold your pet's head still and gently lift his or her lip in order to reach the gums. Place a small dab of pet toothpaste onto the brush, cradle your pet's head, and lift his or her lip upward (or downward, if brushing the lower teeth). Brush by starting at the gumline and brushing gently down over the teeth (or upward, if brushing the lower teeth). Be patient and give your pet lots of encouragement. Many pets resist having their teeth brushed, so again, be patient and gentle, and give lots of praise and a treat at the end of each session.
Send your questions or comments to ask@pawscorner.com. If your question or comment is printed in the weekly column, you'll receive a free copy of "Fighting Fleas," the newest booklet from Paws Corner!

Weekly SUDOKU
by Linda Thistle

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1				8	2			3
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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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Laugh a bit with TIPBITS

Q: Why are football stadiums always cool?

A: Because they are full of fans!

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

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FOOTBALL HELMETS (continued)

- In 1917, Bob Zuppke, football coach at the University of Illinois, contributed to football helmet design by adding space between the inside of the leather helmet and the player's head. He added more leather that helped absorb the impact of hits.
- Vern McMillan followed Zuppke by updating helmets with a rubber-covered wire face mask which helped to reduce the number of broken teeth and noses. Face masks are continually updated to provide protection for the players. One design used Lucite. Those didn't work out well, as they became brittle and would shatter when players were hit!
- A significant recognition of the importance of football helmets didn't happen because of safety. Fred Gehrke, a player for the Los Angeles Rams, started something when he painted the first logo on a helmet in 1947. Gehrke was an art major and after getting approval from his coach, Bob Snyder, and then team owner, Dan Reeves, he got the "go-ahead" to spend his summer painting.
- In the summer of 1948, Gehrke painted 75 leather helmets blue and then, freehand renderings of ram's horns in gold. He did the job for \$1 per helmet, which covered the cost of the paint. For two years he carried blue and gold paint to the games and touched up the helmets after each game.
- The Riddell sporting good company started baking Gehrke's design into plastic helmets in 1949 and then shortly thereafter more teams wanted logos on their helmets.

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Just Like Cats & Dogs by Dave T. Phipps

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TIPBITS presents TRIVIA NEWSFRONT

1. What city's residents funded the cost of their \$7 million stadium with donations in 1979, rather than by taxes or student fees?
2. What common action was not allowed in the first college football game in 1869?
3. When was the above action allowed?
4. What college team holds the longest winning streak in history?
5. How long was the winning streak?

SENIOR NEWS LINE Health in Aging

by **Matilda Charles**

The American Geriatrics Society Foundation has created a new website just for seniors: Health in Aging. Everything on the site has been written by experts in senior health. That's good to know, because half of us over the age of 65 have at least three chronic medical conditions. Here are a few highlights:

- The A-to-Z glossary gives easy-to-understand information on a whole alphabet of health conditions.
- You'll find information about problems that come with aging, news on the latest information about aging and a link on finding a geriatrics health care professional.
- One of the most important sections is on preventing drug interactions. Drugs work differently on seniors, and it's not always possible to know exactly how an individual will respond to a drug, because most clinical trials are done on healthy, young adults. We seniors have a different metabolism, less muscle mass, and age-related variables that can change the rate of absorption. Often, we have multiple medical conditions that can change how a drug will work, especially in combination.
- When it comes to exploring the different types of living arrangements open to us when we need help with daily living, the site outlines assisted living, home care, nursing homes and community-based help, such as adult day care.
- Guidelines for making our wishes known are written in easy-to-understand language with all the legal terms explained for advance directives (living wills, durable power of attorney for health care and Physician Orders for Life-Sustaining Treatment), end-of-life care, guardianship and informed consent.

Health in Aging (HealthinAging.org) is worth exploring and saving for future reference.

Reminder: Have you had your flu shot yet? Ask your doctor if you should have one, and the pneumonia shot as well.

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

Walnut Triangles

Mothers wanted a quicker way to make treats for their kids. Baking a bar in a pan, then cutting it into individual servings, was a lot easier than rolling, cutting, and baking multiple batches of cookies.

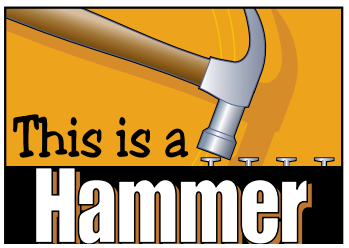
1 cup (plus 2 tablespoons) all-purpose flour
5 tablespoons margarine or butter, cold
1 1/2 cups (packed) light brown sugar
1 teaspoon vanilla extract
1/2 teaspoon salt
1/4 teaspoon baking soda
2 large eggs
1 cup walnuts, chopped
1/2 cup sweetened shredded coconut

1. Preheat oven to 375 F. Grease 9- by 9-inch metal baking pan. Line pan with foil; grease foil.
2. Into medium bowl, measure 1 cup flour. With pastry blender or 2 knives used scissor-fashion, cut in margarine or butter until mixture resembles fine crumbs. Firmly press crumbs onto bottom of pan to form crust. Bake 10 to 12 minutes, until golden. Remove pan from oven.
3. Meanwhile, in another medium bowl, with wire whisk or fork, mix brown sugar, vanilla, salt, baking soda, eggs and remaining 2 tablespoons flour until blended. With spoon, stir in walnuts and coconut.
4. Spread walnut filling over warm crust. Bake 20 minutes or until filling is set and knife inserted 1 inch from edge comes out clean. Cool in pan on wire rack until filling is firm to the touch.
5. When cool, invert onto wire rack and remove foil. Invert again immediately onto cutting board. Cut into 4 strips, then cut each strip crosswise into 4 squares. Cut each square into 2 triangles. Store triangles in tightly covered container up to 1 week.

- Each serving: About 105 calories, 5g total fat (1g saturated), 13mg cholesterol, 80mg sodium, 14g carbohydrate, 1g protein.

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

The Spats by Jeff Pickering



Lawn Care Safety

Q: I was working in my yard and noticed my neighbor's landscaper using a weed trimmer without any protection from flying debris. Gas-powered professional weed trimmers can be quite powerful and sure enough, almost as soon as I saw him, he struck an area that contained a bit of gravel. A stone flew up and hit him in the eye, resulting in a trip to the hospital and several days out of work. Please remind your readers to wear safety equipment when using power tools and lawncare equipment. — Josh G., Indianapolis

A: That's a good point, and one well worth paying attention to. Often, we're in a hurry to just finish up with the yard work. Or, it's too hot or too aggravating to put on safety gear like impact-resistant goggles and sturdy gloves. But spending a couple extra dollars to purchase the right equipment and safety gear, and taking a few extra seconds to put it on, can prevent injuries and even save your life.

In fact, there are a number of preventive measures to take before starting yard work. The folks at Topical Biomedics (which, handily, sells a pain relief and healing cream for those post-yard work sore muscles) offer a few additional tips:

- Before doing any heavy yard work, warm up for at least 10 minutes with some lighter tasks.
- Cover any exposed skin with sunscreen to prevent sunburn.
- Sturdy gloves will protect your hands from blisters, scratches, insect bites, poison ivy, the heat from gas-powered, handheld lawn-care tools, and flying debris.
- Sturdy boots with slip-resistant soles are critical safety gear when working around any power tool.
- Eye protection -- goggles specifically made to resist high-impact strikes -- will protect you from flying debris, accidental chemical spills, and many eye irritants and allergens.
- Face protection: a dust or filter mask should be worn when spreading fertilizer or spraying yard chemicals, and can be a big help to those with seasonal allergies while doing yard work.
- Wear long-sleeved shirts and pants to protect skin from scratches caused by low-hanging tree branches and other plants.
- Wear noise-reducing earmuffs, a hard hat and a steel mesh face visor when using a chainsaw.

HOME TIP: Always give your lawn a quick walk through before mowing, and remove debris like fallen limbs, toys and rocks that could damage your equipment or injure you.

COMMUNITY NEWS BITS
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Payson Business of the Month -

With the growing need for individuals, families and businesses to find more productive and economical avenues of surviving 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 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!).

Elaine Williams



Ribbon Cutting for Pepperbox CrossFit - Oct 11
11:30 A - 12:00 P

CrossFit is a sports and conditioning program that focuses on short intense workouts that constantly vary to create optimal results. Pepperbox CrossFit is not a gym. They are a fitness and health training facility. What's the difference? They instruct in the most up-to-date methodologies of fitness and exercise. The CrossFit program is a revolution in programming using gymnastics, Olympic weight-lifting, conventional mono-structural exercises in constantly varied, unconventional combinations. They teach in a class to optimize the opportunity to work towards perfecting form, as well as instruction. They marry the individual attention you'd want from a personal trainer with the friendly competition of a class to bring out the best in their athletes. By varying the load and intensity, they start you at a level appropriate to your fitness and experience. At the Pepperbox they work hard to create a community of support and camaraderie where all ages and skill levels feel welcomed and encouraged. Travis (a retired Marine & now a Police officer for Orem) and His wife Natalie have built this training facility from the humble beginnings in their garage gym in Elk Ridge to their new location here in Payson. They have helped their clients to lose the weight they want, while improving mobility and function.

Real training. Real People. Real Results.

Pepperbox Crossfit
875 East 100 North #5
Payson, UT
801.822.4781

PAYSON CITY, UVU ALUMNI & UVU CREATIV SOCIETE present

MAiZE

CORN MAZE

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

SEASON: **FRI, AUG. 31** HOURS: **5-9pm**
SAT, NOV. 3
 monday • wednesday • friday • saturday

AVAILABLE fundraising/business services projects
info@MAiZE.me

\$6 GENERAL ADMISSION

location: **800 S STATION ROAD PAYSON**
 I-15 exit 248, head west

discounts: with UVU ID group 10+

reservations & information online at **MAiZE.me**

Spanish Fork

Service Scavenger Hunt Needs Your Business's Help

Our Charter Venture Crew 1532 needs our help in their Service Scavenger Hunt to be held Oct. 18! They are looking for several 20 to 30 minutes service projects that they could come and do at your place of business. So look around and take note of small projects that could be accomplished by these young people ages 14-21. Please participate and help the Crew have a successful scavenger hunt while they provide a needed service to your business. One shop is having them load cardboard for recycling, the Chamber is having them fill welcome bags, so look around your place of business! Contact Advisor Gordon Lowe for more information at blowe1532@gmail.com 801-377-7785 (Work) 801-798-7611 (Home)

Noon Networking Luncheon - Oct 10 Noon to 1:00P

At the North Park Grand Pavilion located north east of Costco. Luncheon will be provided by Costco. Membership sign up for Costco will be available after the luncheon for Chamber Members, employees, friends, and family. Please RSVP to Sp Fork / Salem Chamber of Commerce: Cary Hanks office@spanishforkchamber.com

Daily Herald
www.heraldextra.com

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Call 801-372-3300 • Oct. 26 & 27 - SPANISH FORK FAIRGROUNDS

Find us on Facebook

FARMER'S MARKET
SPANISH FORK / SALEM AREA CHAMBER OF COMMERCE

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.

CALL FOR DETAILS !

INNOVATIVE AUCTIONS OF UTAH

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26 State Road Pleasant Grove Across from Purple Turtle

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ANSWERS

SPORTS QUIZ

1. Willie Stargell (1979), Darrell Porter ('82), Orel Hershiser ('88), Livan Hernandez ('97) and Cole Hamels (2008).
2. Ken Forsch (1979), Nolan Ryan ('81) and Mike Scott ('86), all with Houston.
3. Kansas State, in 2003.
4. Kobe Bryant and Bob Pettit, with four each.
5. True.
6. It was 1908.
7. Lee Trevino did it in 1989 at the age of 49.

WORD POWER ANSWER COLOSSEUM

TRIVIA NEWSFRONT ANSWERS

1. Fresno State; Bulldog Stadium
2. Forward passing.
3. 1906.
4. The Oklahoma Sooners; from 1954-1957
5. 47 games.



1. Abraham Lincoln
2. Arkansas, Mississippi and Texas.
3. Madonna
4. Atlantic City, N.J.
5. "In Living Color"
6. Sluggish
7. Tom Selleck, Steve Guttenberg and Ted Danson
8. Gopher wood (cypress)
9. Fear of public speaking
10. Linda Eastman

Go Figure! answers

2	+	3	×	4	20
x		x		x	
8	+	6	÷	7	2
+		+		-	
3	-	1	×	9	18
19		19		19	

King Crossword Answers

Solution time: 25 mins.

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

Weekly SUDOKU Answer

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