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**TIDBITS® DELIVERS INFO ABOUT
OCTOBER CELEBRATIONS**
by Kathy Wolfe

There is something for just about everyone during the month of October. Take a look at several things to celebrate this month.

- October was officially declared National Popcorn Poppin' Month in 1999 by then-Secretary of Agriculture Dan Glickman. Popcorn is a member of the maize family along with five other types of corn – pod, sweet, flour, dent, and flint. However, only popcorn pops. A kernel has the potential to pop up to 3 feet (.9 meter) in the air. A cup of air-popped popcorn is definitely your best choice – this snack has just 31 calories, compared to 55 calories for popcorn popped in oil. Lightly butter that cup of popcorn and the count zooms up to 133 calories.
- Undomesticated feral hogs have made such a name for themselves that October has been proclaimed Feral Hog Month, also called Hog Out Month. Feral hogs are much meaner than farmyard hogs and are well-adapted to living in the wild. These tusked pests destroy millions of dollars of property, livestock, and crops and are also carriers of cholera, tuberculosis, salmonella, and anthrax. There are more than 500,000 wild hogs in Florida, and a staggering 2.6 million in the state of Texas. Many states sponsor a campaign each October to eliminate as many as possible.

turn the page for more!

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- 1. MOVIES:** Who played the male lead in the movie musical "Grease"?
- 2. GEOGRAPHY:** Luzon is the main island of which nation?
- 3. HISTORY:** When was the Sherman Antitrust Act approved?
- 4. TELEVISION:** Which 1980s comedy show featured a character named "Reverend Jim"?
- 5. FAMOUS QUOTATIONS:** What 20th-century American writer and monk said, "Every moment and every event of every man's life on earth plants something in his soul"?
- 6. MUSIC:** What was the nationality of composer Franz Liszt?
- 7. U.S. STATES:** Which state's nickname is "The North Star State"?
- 8. THEATER:** Which play featured the song "Food, Glorious Food"?
- 9. MONEY:** What is the basic currency of Albania?
- 10. U.S. PRESIDENTS:** Which president once said that the United States "never had to put up a wall to keep our people in"?



• When making pastry, start with cold ingredients; when making cakes and cookies, the ingredients should be room temperature. If you stick with this rule, you'll have lovely, flaky pastry and warm, fluffy cake!

• "Keep rolls or breads warm at the table with this OLD trick: Line your bread basket with foil, shiny side out. Drape a towel over that, and snug the bread inside." -- G.R. in Wisconsin

• Want to know the secret to great biscuits? Handle the dough gently. The more you mess with it, the tougher the biscuits. If you use a cutter, dip it in water for each press, and DON'T twist: You'll create a seal on the edges that will hinder the biscuit from rising, making it denser.

• "Got a dome on your cake? Measure your ingredients well. Use a pan that is big enough. And if all else fails, use a thermometer to gauge whether your oven is too hot. These things more than any others will make a cake pop up in the center." -- E.A. in Mississippi

• Here's a fun way to spend a weekend morning: Making pancakes or waffles! Make a double (or triple, or more) batch, and make several varieties -- blueberries, chocolate chips, bananas, walnuts, strawberry, even pumpkin! Lay them out in layers and let cool. Stack separated with freezer paper in the freezer. They can be microwaved or toasted in minutes for an easy weekday breakfast.

• Self-rising flour or all-purpose? There's actually a pretty easy way to tell which is which. Self-rising flour has baking soda added to it, which tastes salty. If you're facing a canister of flour and the recipe calls for all-purpose, give it a taste. If it's self-rising, omit any baking soda added to your recipe.

OCTOBER CELEBRATIONS (continued)

• Since there are more than 1,200 species of bats, perhaps they deserve some recognition. October is Bat Appreciation Month, honoring this group that comprises one-fifth of all mammals. Although to many, bats seem scary and creepy, they are vital to the ecosystem in controlling pests and participating in pollination. The bumblebee bat, the world's smallest mammal, weighs less than a penny, while the largest bat has a six-foot (1.8-m) wingspan. Most bats feed on insects, with the average brown bat consuming up to 1,000 bugs in one hour. A very small percentage dine on fish, mice, and frogs. Out of the 1,200 species, just three are vampires, and all three are native only to Latin America. Although these blood drinkers are perceived as frightful, their saliva contains an enzyme that dissolves blood clots, beneficial in treating human stroke victims. Many people associate bats with rabies, but in the U.S., an average of only two people die per year from rabies from a bat.

• It's estimated that more than 20 million Americans are philatelists, that is, they collect stamps! Because it's one of the world's most popular hobbies, October is National Stamp Collecting Month. It's unlikely there are many collectors who own any of the first two U.S. stamps ever printed, stamps featuring Benjamin Franklin and George Washington, in 1847. However, there were 120 million copies made of the most popular stamp, a 1993 stamp of Elvis Presley. Famous folks who have enjoyed this hobby include Franklin Roosevelt, Warren Buffet, James Earl Jones, James Michener, and John Lennon.

• The Food and Agriculture Organization of the United Nations was founded on October 16, 1945, and to commemorate the date, World Food Day is now celebrated every year on that day. It's a worldwide event that aims to increase the public's awareness of world hunger. National Food Bank Week is observed October 14-20 in correspondence with World Food Day, with all citizens urged to contribute to their local food banks.

continued on next page

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

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

- | | | | |
|----------|-----------|----------|----------|
| Diesel | Gasoline | Servo | Tri |
| Electric | Induction | Starter | Trolling |
| Fan | Outboard | Stepper | Wiper |
| Ford | Rocket | Traction | |

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Freeze-Ahead Fresh Apple Pie Filling

It's apple season! That means it's time to make your way to a local apple orchard and harvest your own. Many orchards are jam-packed with additional things to do in the crisp fall air, such as hay rides, corn mazes and walking trails. You'll be tempted with a never-ending array of treats, from apple cider to doughnuts and caramel apples. But no trip is complete without the experience of picking apples fresh off the tree with your kids and bringing them home to enjoy for snacking, applesauce-making and our family favorite, apple-pie baking. One year, when we came home with an extra basketful, I thought about how great it would be to preserve that fresh taste of our favorite local apples and enjoy them in a warm apple pie come wintertime.

That's when a friend reminded me of her novel idea of freezing fresh apple pie filling in the shape of a pie pan. A few months later, when chilly, snowy days were upon us and the family longed for the taste of fall, the frozen filling was placed in a pie shell and baked.

While you peel, core and slice apples for a pie or crisp this week, prepare some extras and freeze them. You'll be glad you did.

Here's how to make ahead and freeze apple filling for a two-crust pie:

1. Set a 22-inch sheet of wide aluminum foil over the pie pan you will use for baking. Mold it in the pan at the center point of the foil. Set a 22-inch long piece of plastic wrap over the foil.
 2. Peel, core and thinly slice 6 cups tart apples, and place them in a bowl. Toss with 2 tablespoons lemon juice. Stir in a mixture of 1/2 cup sugar, 1/4 cup flour, 1 teaspoon cinnamon and 1/4 teaspoon salt.
 3. Pour apple mixture onto the plastic wrap in pie pan. Press firmly and form a rounded top. Bring edges of plastic wrap together to seal. Repeat with foil. Freeze overnight.
 4. Remove pie plate and set frozen pie-shaped apple filling "package" in a plastic freezer bag. Freeze up to four months.
 5. To bake apple pie, preheat oven to 375 F. Set unwrapped frozen apple filling in a 9-inch pastry-lined pan. Do not let it thaw. Dot with 1 tablespoon unsalted butter. Place top crust over filling. Cut slits to vent, then seal and flute. Set on a foil-lined baking sheet. Allow 20-30 extra minutes of baking time, or until filling is bubbling through the slits.
- Tip: Cover loosely with foil if crust gets too brown before the filling bubbles.

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:
NPEAIORCTIA
This word means: Valuing something highly; admiration

Sports QUIZ
By Chris Richcreek

- 1 Name the only French-born pitcher to toss a no-hitter in the major leagues.
- 2 In the 12 World Series from 2000 through 2011, how many have included at least one team from Texas, California or New York?
- 3 How many times have the Chicago Bears and Green Bay Packers met in

- the playoffs?
- 4 What school has been to the most NCAA Tournaments in men's basketball without winning a championship?
 - 5 When was the last time the NHL regular-season conference champions met in the Stanley Cup Finals?
 - 6 Jimmie Johnson tied a record in 2012 for most NASCAR Cup wins at Dover (seven). Who else has seven?
 - 7 Who was the last British men's tennis player before Andy Murray in 2012 to reach the final of the Wimbledon men's singles?

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		-		14
4		25			19

DIFFICULTY: ★
★ Moderate ★★ Difficult
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VETERANS POST

by Freddy Groves

PTSD Getaways

If you have Post Traumatic Stress Disorder (PTSD), organizations around the country have created camps and retreats just for you. In many cases, your family is invited, too.

Here are a few examples:

--In Washington state, Project New Hope Washington (www.projectnewhopewa.org) has a camp-style weekend retreat run by Lions Clubs volunteers. Professional counselors are on hand, and recreation activities are provided that help with coping techniques. The goal is to facilitate re-integration back into the family and community. This camp is free, including meals and accommodations.

--In New Mexico, there are National Veterans Wellness and Healing Center retreats run by the Department of Veterans Services. You must have a diagnosis of PTSD from the Department of Veterans Affairs to attend these are seven-day retreats, which are for individuals and couples (www.dvs.state.nm.us/wellness_retreats.html or call 575-595-1971).

--The Kieve Veterans Camp on the coast of Maine has two mid-winter camps as well as during summer. In January 2013, there is a women-only camp. The family camp runs in April. (The Vietnam Only camp session in December is already full.) Depending on the season, activities can include fishing, canoeing, hiking, sledding, outdoor games, yoga, pottery, ropes course, climbing, ice-fishing, snowshoeing, cross-country skiing, massage, arts and crafts, woodworking and fireside chats. To apply online, go to kieve.org/veterans and click Application, or call 207-563-5172. (Be sure to ask when you call: It appears that a diagnosis of PTSD isn't necessary.)

To find a camp in your area, go online and Google "veterans retreats PTSD." Then try it again with your state listed. If you're interested in exploring what a camp or retreat can do for you, contact the camps and ask about services they offer. Don't wait until the last minute.

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.

OCTOBER CELEBRATIONS (continued)

- In 1983, President Ronald Reagan declared October as National Roller Skating Month.
- Although the first known roller skates were invented in the 1760s with a single line of wheels, James Plimpton is considered the "father of modern roller skating" due to his 1863 invention of a four-wheel skate. In 1935, a Chicago restaurant owner devised a scheme for a roller derby marathon. Fifty skaters teamed up in 25 male/female teams and took their starting positions in front of 20,000 fans at the Chicago Coliseum. They were prepared for a 3,000-mile (4,828-km) jaunt around the track, the distance equivalent between San Diego and New York City. The marathon began on August 13 and wrapped up on September 22, with just nine teams finishing. Roller derbies became a craze, and before long, 50 major cities were hosting them before five million spectators. When World War II began, the majority of the skaters enlisted and the fad died down.
- It's Spinach Lovers' Month! This would be a good time to reap the health benefits of this iron- and nutrient-rich vegetable. This member of the goosefoot family (along with beets and Swiss chard) is a powerhouse of daily requirements, aiding in red blood cell production, bone strength, prevention of anemia, and slowing down damage to neurons in the brain. And because there are only seven calories in a cup of raw spinach, it's also a great contribution to weight loss programs. Most of America's spinach is grown in California and Texas. Crystal City, Texas makes the claim as the spinach capital of the world. In 1936, the community (present-day population 7,200) established its first annual spinach festival, and erected a statue of famous spinach consumer Popeye the Sailor Man across from City Hall the following year. Back in the 1930s, the Crystal City Cannery was producing 10,000 cans of spinach every day

continued on next page

TIPBITS Laughs!

The autumn leaves are a lot like raising kids. First they turn on you, and then they fly away. And next thing you know, you look out the window and they're back!

Holidays & Observances This Week

- 10/14 Clergy Appreciation Day
- 10/15 National Cake Decorating Day
- 10/16 Dictionary Day
- 10/17 Black Poetry Day
- 10/18 National Chocolate Cupcake Day
- 10/19 Evaluate Your Life Day
- 10/20 Information Overload Day

Strange BUT TRUE

- It was beloved American actress Katharine Hepburn who made the following sage observation: "If you always do what interests you, at least one person is pleased."
- Half of the Earth's surface is covered by the Pacific Ocean.
- Need more evidence that portion sizes in America are getting larger? In the 1964 edition of the iconic "Joy of Cooking," a recipe for chocolate chip cookies was said to yield 45 servings. When the cookbook's 1997 edition was published, the same recipe was said to yield 36 servings.
- The original name of the city of Melbourne, Australia, was Batmania.
- In the original calculations made by NASA experts, a

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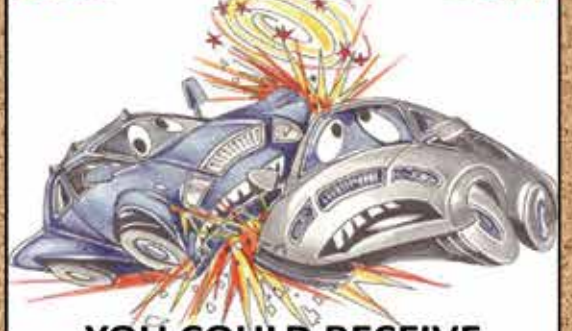
landing on the moon was thought to have only a 5 percent chance of success.

- In rural Wisconsin in 1921, two third-grade students in a one-room schoolhouse became sweethearts. At the end of the school year, Lorraine Beatty and Mac McKittrick lost touch with each other. This story would be unremarkable, except for what happened 87 years later. In 2009, their brothers, who had become friends, brought the couple back together again. Shortly thereafter, the couple married and moved in with each other in a retirement home.
- The 12th president of the United States, Zachary Taylor, let his horse graze on the White House lawn.
- The oldest government building in the country actually predates the nation: The Palace of the Governors in Santa Fe, N.M., was built in 1610.

Thought for the Day: "Youth is like having a big plate of candy. Sentimentalists think they want to be in the pure, simple state they were in before they ate the candy. They don't. They just want the fun of eating it all over again." -- F. Scott Fitzgerald

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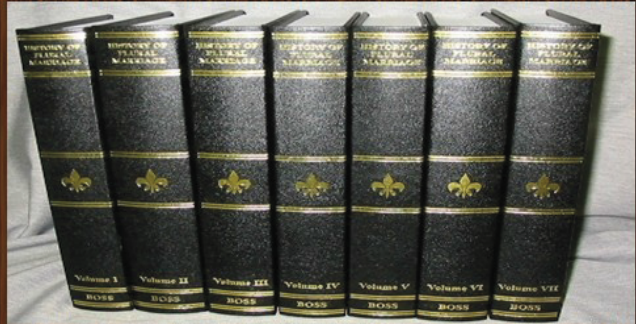
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"The HISTORY of PLURAL MARRIAGE"

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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- 1 Creche trio
- 5 Antiquated
- 8 Pulsate
- 12 Right angles
- 13 Kids' pie filling?
- 14 Eastern potestate
- 15 Go sight seeing
- 16 Pose
- 18 Embassy employee
- 20 Actress Spacek
- 21 Historic period
- 22 Conclusion
- 23 Without pizzazz

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- 33 Lure
- 36 Choir rendition
- 38 "Hail!"
- 39 Total
- 40 Ecu
- 43 "Way to go!"
- 47 Lawyer
- 49 Anger
- 50 Humdinger
- 51 Web address
- 52 Up to
- 53 Scottish garment

- 54 Sock part
- 55 "That's one small — ..."
- 9 Flightless flock
- 10 Lends a hand
- 11 Deuce
- 17 "— It Romantic?"
- 19 Weep
- 22 Greek H
- 23 "CSI"
- 24 Pensioned (Abbr.)
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- 28 D.C. figure
- 29 53-Across
- 31 wearer's hat
- 34 Lemieux milieu
- 35 Spicy stew
- 36 Maintain
- 37 Deposit
- 39 Intellect
- 40 Fashion
- 41 Abruptly refuse
- 42 Needle case
- 43 "— be OK"
- 44 Re planes and such
- 45 Fisherman's enticement
- 46 Look lasciviously
- 47 Shrill bark
- 48 Eccentric

DOWN

- 11 Transcending (Pref.)
- 2 Oodles
- 3 Excessive supply
- 4 Where Tel Aviv is
- 5 Nebraska city
- 6 Minstrel's instrument
- 7 Banned pesticide
- 8 Happen as if by fate

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top ten

SCHOOL DRESS-CODE CONTROVERSIES

1. Skimpy clothing
2. Ripped jeans
3. Long hair (boy)
4. Ugg boots
5. Cheerleader skirts
6. Tight clothing
7. Cross-dressing
8. Bedroom slippers
9. Proper prom attire
10. Out-of-state school logos

Source: SFGate.com

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TIDBITS

NUGGET OF KNOWLEDGE

Lincoln, Nebraska is home to the National Museum of Roller Skating, and contains the largest collection of antique roller skates in the world. Visitors can view the first patented roller skate, in-line roller skates from 1819, as well as the private family collection of James Plimpton who patented the four-wheel skate in 1863.

OCTOBER CELEBRATIONS (continued)

Nothing is more devastating than the death of an infant, and many organizations have been formed to educate parents and caregivers on how to reduce the risk of Sudden Infant Death Syndrome. October is National SIDS Awareness Month, a time to learn more about the leading cause of death in children between the ages of one month and one year. About 2,500 SIDS deaths occur per year in the United States. Research indicates that African-American babies are more than twice as likely to die of SIDS than Caucasian babies, while American Indian and Alaska Native babies are nearly three times as likely. Studies show that infants who sleep on their stomach have a much higher risk, as do those whose mothers smoked during pregnancy. An elevated body temperature contributes to the danger, as does sleeping on a soft mattress. Some scientists think that defects in an infant's nervous system, where breathing and heart rate are regulated, contribute to the likelihood, as do less-developed brain stems, where respiratory functions are controlled. The good news is that since physicians began instructing parents to put babies to sleep on their backs around 1994, the number of SIDS deaths has declined by more than half.

FAMOUS LANDMARKS OF THE WORLD: THE LOUVRE

On the right bank of the Seine in the heart of Paris stands the majestic Louvre, the most visited art museum in the world. But it wasn't always a museum, as you'll soon learn!

About 15,000 visitors tour the Louvre every day! Its 652,000 square feet (60,600 square meters) are filled with more than 380,000 objects, including 35,000 works of art, sculptures, and archaeological finds. There are more than 7,500 paintings dating from the 13th century up to 1848.

The Louvre once again became home to royalty in the mid-1500s, when more wings were added as well as a corridor connecting the structure with the Tuileries, a newer palace that had been built nearby. Further construction was completed by Louis XIII, and the Louvre was dramatically enlarged.

In 1866, the art collection was divided, with all pieces completed after 1848 moved to the Musee d'Orsay, a converted train station.

continued on next page

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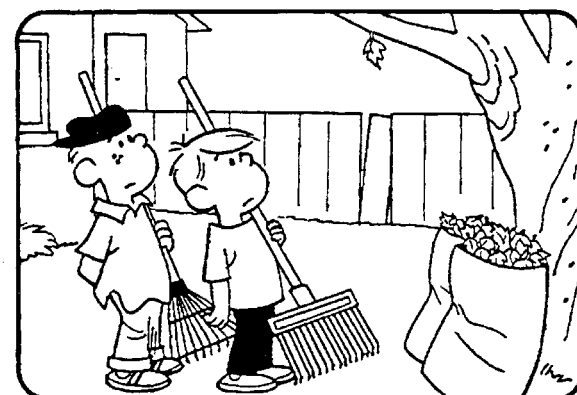
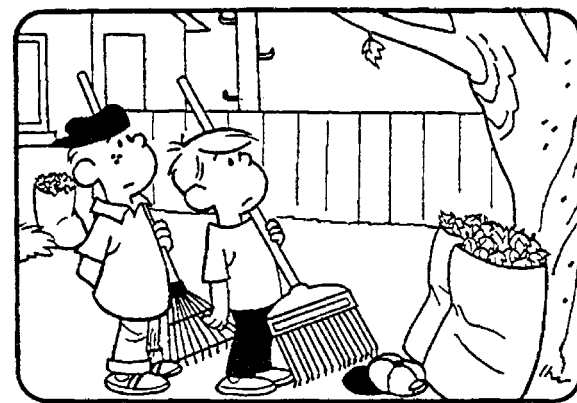
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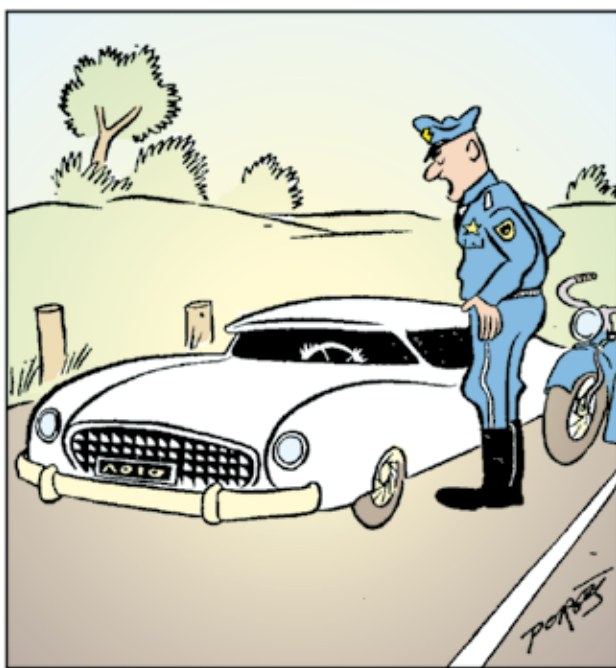
HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least 6 differences between panels. Differences: 1. Bag is missing. 2. Shirt is different. 3. Telephone pole is missing. 4. Rake is different. 5. Fence board is moved. 6. Cap is missing.

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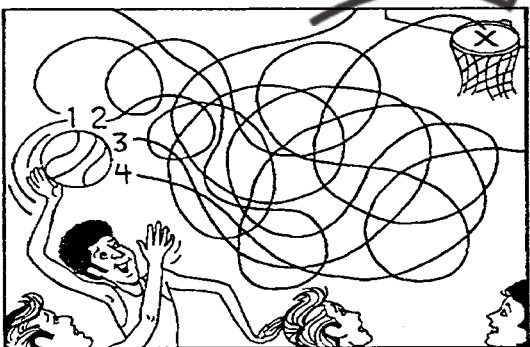
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HOOP-DE-DO! One of four shots reaches the hoop in the basketball setting above. Which one is for you to say.

DUMB STUFF! Perhaps it is a dumb thought, but it seems amazing how anyone is able to pronounce the word DUMB. With D as in fudge, U as in four, M as in mnemonics and B as in debt, every letter is silent.

GREEK-SPEAK! Some 2,500 years ago, a Greek mathematician worked out proof that if he drew a square upon each of the three sides of a triangle, the larger square was equal in area to that of the other two squares combined.

In elation, legend has it, he gave away all his earthly goods in offerings to the gods. But contemporaries scoffed, made him show his proof to the dogs. His name, anagrammed: GRAY PATHOS. Can you identify him?



He was Pythagoras, formulator of the Pythagorean theorem.

Junior Whirl

by Hal Kaufman

1	V	O	T	E	S
2	O	T			
3	T				
4	E				
5	S				

FAIR & SQUARE VOTES TO CAST

TWO VOTES carry the day in this word square challenge. VOTES appear both across and down. You are asked to find four additional words that will also read alike in these two directions. Definitions are as follows:

1. What it takes to win an election (VOTES, already in place).
2. Mother Nature's sky-high sun blocker.
3. Viennese dessert cake.
4. Enroll in a contest or race.
5. Persons who claim to peer into the future.

Remember, word square words read the same both down and across.

Time limit: Two minutes.

1. Votes. 2. Ozone. 3. Torte. 4. Enter. 5. Seers.



Moments in time
THE HISTORY CHANNEL

• On Oct. 18, 1767, Charles Mason and Jeremiah Dixon complete their survey of the boundary between the colonies of Pennsylvania and Maryland, as well as areas that would become Delaware and West Virginia. The Mason-Dixon line created the boundary at a northern latitude of 39 degrees and 43 minutes.

• On Oct. 21, 1797, the USS Constitution, a 44-gun U.S. Navy frigate built to fight Barbary pirates off the coast of Tripoli, is launched in Boston Harbor. During the War of 1812, the Constitution won its enduring nickname "Old Ironsides" after witnesses claimed that the British shots merely bounced off the Constitution's sides.

• On Oct. 19, 1931, David Cornwell, later known as spy novelist John le Carre, is born in Poole, England. He published his first spy novel, "Call for the Dead," in 1961. The novel, like his second, "A Murder of Quality" (1962), featured spy George Smiley.

• On Oct. 15, 1946, Herman Goering, commander in chief of the Luftwaffe and head of the Gestapo, dies by his own hand. He was found guilty at Nuremberg and committed suicide by swallowing a cyanide tablet he had hidden from his guards.

• On Oct. 20, 1968, 21-year-old Oregonian Dick Fosbury wins gold medal and sets an Olympic record when he high-jumps 7 feet, 4 1/4 inches at the Mexico City Games. It was the international debut of Fosbury's unique jumping style, known as the "Fosbury Flop," which, according to one journalist, "looked like a guy falling off the back of a truck."

• On Oct. 17, 1973, the Arab-dominated Organization of Petroleum Exporting Countries (OPEC) announces a decision to cut oil exports to the United States. In December, a full oil embargo was imposed, prompting a serious energy crisis and gasoline rationing in the United States.

• On Oct. 16, 1987, 18-month-old Jessica McClure is rescued after being trapped for 58 hours in an abandoned water well in Midland, Texas. McClure had fallen through the 8-inch-wide opening of an abandoned well in the backyard of her aunt's home day-care center. After dropping about 22 feet into the well, the little girl became stuck.

THE LOUVRE (continued)

• The Louvre began as a towered fortress and arsenal to protect Paris, Europe's largest city, from Anglo-Norman threat around the year 1200. In the mid-1300s, King Charles V ordered the transformation of the fortress into a royal residence. Its interior was filled with tapestries, ornate paneling, and art, while elaborate gardens were created in the courtyard. Two kings called it home until 1422, when it was abandoned for over 100 years.

• When Louis XIV decided to build a permanent home at Versailles, all work was halted at the Louvre for another 100 years. The King made the decision for a gallery of sculptures to be housed in the abandoned palace. In 1793, the Louvre began its permanent function as a monument to science and the arts. Many of the Louvre's masterpieces were the spoils of Napoleon I's war conquests. After Napoleon's defeat at Waterloo, many of the works of art were returned to their original owners.

• When World War II broke out in 1939, the majority of the art was evacuated, hidden across France in various sites, and moved several times for security purposes. In early 1945, the masterpieces began their journey back to their permanent home.

• There is a small remnant of the original fortress walls still standing in the basement of the current structure, dating back to the late 12th century.

• When the Da Vinci Code was produced in 2006, many of its scenes were filmed in the Louvre. The museum was paid \$2.5 million for allowing the filming to take place in its galleries.

continued on next page

THIS WEEK'S CELEBRITY BIRTHDAYS

Ralph Lauren	10/14/39
Emeril Lagasse	10/15/59
John Mayer	10/16/77
Alan Jackson	10/17/58
Martina Navratilova	10/18/56
Ty Pennington	10/19/64
Tom Petty	10/20/50

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R.F.D.

by Mike Marland

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

Spinal Stenosis Causes Back Pain
DEAR DR. DONOHUE: I am 84 years old, and I have spinal stenosis, which is causing me pain. I would like to know more about it. Will you furnish more information? -- T.P.

ANSWER: Spinal stenosis is a common back problem of older people. It's said that 20 percent of those older than 60 have it. The spinal cord is an offshoot of the brain, and it travels from the brain to the lower back. It's about the width of your little finger and is extremely delicate. That's why nature encased it in backbones -- vertebrae. Running through the backbones is a tunnel, the spinal canal that serves to protect the cord. Spinal stenosis is a narrowing of the tunnel. It happens mostly in the neck and lower-back regions. Thickened ligaments surrounding the spinal cord or arthritic changes of the backbones impinge on the spinal cord or the nerves that spring from it. When the process occurs in the back, pain is felt there and often in the buttocks or thighs. The pain worsens if a person stands for too long. People can ease the pain by bending forward at the waist or by sitting down. Bending opens the tunnel to give the spinal cord some breathing room. The amount of bend that works is the amount of bend a person assumes when pushing a shopping cart. Have you tried Tylenol (acetaminophen) for pain? It's safe when used as directed on the label. Nonsteroidal anti-inflammatory medicines such as ibuprofen (Advil) and

naproxen (Aleve) also are helpful. They can cause stomach upset and stomach bleeding, so follow directions given for their use. Hot packs or cold packs might work. Try both, and see if either gets the job done. At night, lying on your side in bed with a pillow between your knees lessens pain. A program of physical therapy might help you turn the corner. Ask your doctor for a referral. And finally, the opinion of a back surgeon will let you know if any surgical technique can bring you relief. The booklet on back pain offers other advice for the many conditions causing back pain. Readers can obtain a copy by writing: Dr. Donohue -- No. 303W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I just received my grandmother's death certificate. It says: "Cause of death: uterine hemorrhage. Contributing cause: surgical shock." She died in 1931 at the young age of 33. What does all this mean? -- J.F.

ANSWER: Hemorrhage is massive bleeding. She bled from her uterus either during an operation or from a tumor, a twisted fibroid or an infection. Surgical shock isn't a term used these days. Shock means that the bleeding was so great, her blood pressure dropped. Not enough blood could circulate to her organs, including her brain and heart. In those days, such a catastrophe almost always resulted in death. I'm guessing at the meaning of surgical shock. I take it to mean that the bleeding occurred during surgery.

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

THE LOUVRE (continued)

- The Louvre is also home to the armless Venus de Milo, a marble statue discovered in 1820 on a Greek island in the Aegean Sea. It was presented to Louis XVIII, who donated it to the museum.
- It should be no surprise that the Louvre's most popular attraction is the Mona Lisa. Painted by Leonardo da Vinci sometime between 1503 and 1506, the subject is thought to be Lisa Gherardini, the wife of a Florentine cloth merchant. It's believed that da Vinci was invited by King Francois I to work near the king's castle around 1516, and that da Vinci took the painting with him. The artwork was eventually returned to Italy when da Vinci bequeathed it to his assistant, who possibly sold it to the king around 1518. Before taking up permanent residence in the Louvre, the Mona Lisa hung in Francois I's Palace of Fontainebleau, the Palace of Versailles, and in Napoleon's bedroom in the Tuileries Palace.

IT'S A SWEET MONTH!

October is filled with tributes to cake decorating. It's been dubbed National Bake and Decorate Month, National Angel Food Cake Day is October 10, National Cake Decorating Day is October 15, and National Chocolate Cupcake Day is October 18. Tidbits brings you some sweet facts about these confections.

- The first known written reference to a cupcake was in a 1796 recipe in American Cookery, where the treat was referred to as "a cake to be baked in small cups." It was actually called a "cupcake" in the 1828 publication Seventy-Five Recipes for Pastry, Cakes, and Sweetmeats.
- The British call cupcakes "fairy cakes," while the Australians have given them the name "patty cakes."
- The term "cupcake" was two-fold. Before the days of muffin tins, cupcakes were originally baked in heavy pottery cups or ramekins, and were called cupcakes because of the baking medium. The name was also derived from the ingredients' measurements. Cupcakes were frequently called number cakes, quarter cakes, or 1-2-3-4 cakes. The numerical nickname started as an easy way to remember the quantities of the four main ingredients – 1 cup of butter, 2 cups of sugar, 3 cups of flour, and 4 eggs. A cup of milk and a spoon of soda completed the recipe.

continued on next page

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Weekly SUDOKU

by Linda Thistle

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

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.

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- ★ Moderate
- ★★ Challenging
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Comfort foods
Made fast and healthy
by JoAnna M. Lund
Butterscotch & "Cookie" Dessert
I don't know too many folks who are too full to dig into a luscious serving of dessert. This scrumptious dessert is no exception!
18 (2 1/2-inch) chocolate graham crackers
2 (4-serving) packages sugar-free instant butterscotch pudding mix
1 1/3 cups nonfat dry milk powder
2 cups water
3/4 cup fat-free whipping topping
2 tablespoons chopped pecans
1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine dry pudding mixes, dry milk powder and water. Mix well using a wire whisk. Blend in whipped topping. Coarsely crush remaining 9 graham crackers. Reserve 2 tablespoons of cracker crumbs.
2. Gently stir remaining crumbs into pudding mixture. Spread pudding mixture evenly over "crust" in pan. Sprinkle pecans and reserved cracker crumbs evenly over top. Cover and refrigerate for at least 2 hours. Serves 8.
• Each serving equals: 122 calories, 2g fat, 5g protein, 21g carb., 457mg sodium, 1g fiber.

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PetBits
Acupuncture Helps Perk Up Old Dog
By Samantha Mazzotta
DEAR PAW'S CORNER: I'm writing in response to your column on alternative treatments for pets. A vet I used to work for studied acupuncture for pets. She had an old dog with arthritis, and he was really grumpy because he was in so much pain. The vet did acupuncture on him, and within a few weeks he was running around and playing with the puppies. Total change in that dog. Dogs can't fake it! Made a believer out of me! -- Mrs. J., via email
DEAR MRS. J: Thank you for the anecdote! While studies about the effectiveness of acupuncture and other alternative treatments -- such as homeopathy, reiki, massage and aromatherapy -- are still being done, many pet owners swear by these treatments and say that their pets' lives have been profoundly changed for the better. Do they really work? I don't know. However, speaking with a medical doctor a few years ago about alternative treatments, she said that since most alternative treatments have few-to-no side effects, and her (human) patients felt better after having them, she felt that they were a positive benefit that could boost the effectiveness of more conventional Western medicine. This idea could hold true for treatment of pets, as well. I think it's important to consult your pet's veterinarian for any illness or injury -- physical or emotional -- and make sure your pet gets conventional treatment. But alternative therapies can provide additional benefits. Readers, do you have a story about a pet that was helped through alternative treatment? Let me know!
Send your questions or tips to ask@pawscorner.com, or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. For more pet care-related advice and information, visit www.pawscorner.com.



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Q: What's the ratio of a pumpkin's circumference to its diameter?

A: Pumpkin Pi

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TRIVIA NEWSFRONT

1. What company was the first to advertise frozen spinach?
2. He was the son of a weaver and husband of Felipa Perestrello. Who was he?
3. October 9 may have been a day of celebration for Bobby Fischer. What is it?
4. Why might you have some "splainin" to do on October 15?
5. What individual is honored on October 16, Dictionary Day?

SENIOR NEWS LINE

Flu Shots and More

by **Matilda Charles**

Every year, officials at the Centers for Disease Control and Prevention and their counterparts around the globe get together to decide which combinations of vaccine should be put in flu shots. This year, of the three types that will be used (H1N1, H3N2 and influenza B virus), two of them are new. It's the H3N2 virus that appears to be taking off like a rocket already. In all of 2011, there were only 12 total cases. Already this year, that number is up to 306 and rising, with most of it happening since summer.

Many pharmacies have been making flu shots available for years, and some of them have now expanded to include a whole array of vaccinations:

- Flu (influenza)
- Pneumonia (pneumococcal)
- Tetanus, diphtheria and whooping cough (pertussis) (Tdap)
- HPV (human papillomavirus)
- Meningitis (meningococcal)
- Hepatitis B

--MMR (measles, mumps, rubella)
--Shingles (herpes zoster)
--Chickenpox (varicella)
--Hepatitis A

That's quite a long list. And that's where a potential problem lies: Should you have all those shots? No. Except for flu, most of these shots are not annual vaccines, per the CDC. For example, the Tdap is generally a booster every 10 years. A number of the others are only for those whose doctor recommends them. Some are taken in a series.

And that's where your doctor comes in. Before you line up for any shot, ask your doctor what you should get. Or have it done at the doctor's office so it's noted in your records. And remember that it takes two weeks for a flu shot to start working.

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.

The Spats

by **Jeff Pickering**

SWEET MONTH (continued)

- About 1.6 million viewers tune in each week to watch the Food Network's Cupcake Wars, a competition among bakers to create unique cupcakes. The program, which premiered in 2010, features four contestants who are eliminated one by one in three rounds. During Round One, competitors bake cupcakes corresponding to a certain theme which are judged on taste alone.
- Round Two's cupcakes are judged on taste and presentation, while Round Three challenges teams to produce 1,000 cupcakes in just two hours. The sum of \$10,000 is awarded to the winner.
- According to the Guinness Book of World Records, the world's largest cupcake was produced by Gourmet Gift Baskets in August of 2009. It weighed in at 1,224 lbs. (555 kg) and required 800 eggs. There were about 2 million calories in the 4-foot tall, 10-foot wide cupcake.
- Hostess cupcakes, the best-selling snack cake in history, came along in 1919. As a child, Florida resident Suzanne Rutland started up a Hostess Cupcake Club among her friends, and estimates that she has eaten more than 50,000 of the confections over her lifetime, sometimes as many as four per day.
- The record for the most cupcakes eaten in one sitting is 29 cupcakes in 30 seconds.
- If you plan to bake an angel food cake on October 10, you'll need the whites of 12 eggs. Recipes for this dessert first appeared in the late 1800s, and it's believed it derived its name from being so fluffy and light, it was "fit for the angels."
- October 23 is National Boston Cream Pie Day, set aside for baking this American favorite. It's not a pie at all, but a round cake split and filled with a custard filling and frosted with chocolate. It made its debut at Boston's Parker House Hotel in 1855 and is the official dessert of Massachusetts.

Just Like Cats & Dogs by Dave T. Phipps

Good Housekeeping

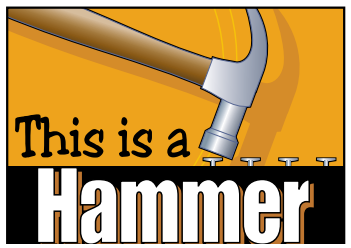
Potato Skins

Celebrate football season with our fully loaded skins. They weigh in at just 120 calories per serving versus the classic's 350, and have one-fifth the saturated fat. Our secret: lighter ingredients (reduced-fat sour cream, Pecorino cheese) that pack a lot of flavor. Touchdown!

4 large (12 ounces each) baking (russet) potatoes, well scrubbed
4 slices center-cut bacon
1 tablespoon extra virgin olive oil
Salt
Pepper
1/3 cup reduced-fat sour cream
1 ounce Pecorino Romano cheese, finely grated
1 large (10- to 12-ounce) tomato, finely chopped
2 tablespoons snipped fresh chives

1. Preheat oven to 400 F.
2. With fork, pierce each potato 3 times. Place potatoes on parchment paper. Microwave on High 8 minutes. Turn over; microwave on High 10 minutes longer or until tender. Cover with kitchen towel; let cool.
3. Meanwhile, in 18-by-12-inch jelly-roll pan, arrange bacon in single layer. Roast 10 to 12 minutes or until browned and crisp. Drain on paper towels. When cool, crumble. Discard fat from pan but do not wipe clean; set pan aside. Reset oven to 475 F.
4. Cut each potato in quarters lengthwise. With spoon, scoop potato from skins, leaving about 1/4 inch of potato with skin and being careful not to break through skin. Reserve cooked potato for another use.
5. Arrange skins, skin side up, in single layer on reserved pan. Brush with oil; sprinkle with 1/8 teaspoon each salt and freshly ground black pepper.
6. Roast 13 to 15 minutes or until browned and crisp. Transfer, skin sides down, to serving plate.
7. To assemble, spread 1 teaspoon sour cream on each skin. Top with cheese, tomato, bacon and chives. Makes 8 appetizer servings.

- Each serving: About 120 calories, 5g total fat (2g saturated), 13mg cholesterol, 160mg sodium, 16g total carbs, 3g dietary fiber, 4g protein.



Painting Tips

Q: I'm painting my apartment next week, the first time I've ever done this. Do you have any painting tips?
 -- Lana, Columbus, Ga.

A: Tons of tips, but limited space to list them all, unfortunately! First-timers often are daunted by the amount of paint and paint products to choose from, conflicting instructions from various sources, and sometimes a lack of helpful information from home-improvement store paint sections. Others feel it's simple enough to just buy a bunch of paint and brushes and just go for it. The reality falls somewhere in between. Preparation is the most important rule to follow, however. You'll want to prepare the walls (and presumably trim) in the apartment for painting. You'll need to figure out not just what color paint to use, but how much of it to buy, and if the colors even work the way you think they will. Here are a few tips to get you started:

- Buy sample sizes of paint colors you're interested in, and paint a stripe of each in an inconspicuous section of the wall. Paint looks different when wet and when dry.
- How much paint should you buy? A gallon of latex paint covers 350 square feet. Measure the length of each wall and add the figures together. Measure the height of the room from floor to ceiling. Multiply the first number by the height of the room and you'll have your square footage.
- Wash all surfaces to be painted with a damp sponge soaked in a soap and water solution and then squeezed to remove most of the water. Let the surfaces dry for about a half-day, longer if it's rainy or humid.
- Remove protruding nails and patch nail holes and small (less than 1/2 inch) dents and holes with spackling compound. Once it's dry, sand the compound lightly and wipe with a damp sponge to remove dust.
- Mask off areas you don't want to paint using blue painter's tape, which comes off more easily than masking tape.
- Covering a dark wall with a lighter paint? Prime the wall first with a primer that is close to or matches the color of the new paint.
- Ditto for covering one type of paint, such as an oil-based paint, with a different type, such as latex paint. A primer coat will keep your new paint from bubbling, cracking or peeling.
- Make sure the area being painted is well ventilated; additionally, wear a filter mask (not a dust mask) to reduce inhalation of paint fumes.

HOME TIP: Paint stores will pre-mix your paint after you purchase it, saving a lot of time, but you still should stir the paint for a few seconds immediately before beginning to paint with it.

**COMMUNITY NEWS BITS
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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



Spanish Fork

Macey's - October Business of the Month - 187 E 1000 N Spanish Fork

Macey's has been chosen as October Business of the Month! Thanks to Bill Summers and staff for all that they do for our community! They are proud member of the Chamber of Commerce and support local education, sports, and church groups. They are presently remodeling their store and have a new mascot Kong! Macey's is your hometown grocery store and more, so come and support them!



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)



Tabitha's Way is looking for Businesses, Groups or Individuals that are interested in helping collect both new and used winter coats, blankets, snow boots and gloves to be given away. Items can be new or used. Children's coats and snow boots are in high demand. Adult coats are welcome too! Some of the blankets will be used outdoors or may be used as insulation so it is ok if the blankets are stained or have small holes in them. Sleeping bags that have broken zippers, small holes or uneven batting are welcome too. Help us warm up South County! Your unwanted items can make a difference! Items need to be dropped off to Tabitha's Way by 6pm on November 1 st. Please call or email if you have any questions. Thank you and God bless! Wendy Osborne wendy@tabithasway.org 801-830-3951

CALL FOR DETAILS !

INNOVATIVE AUCTIONS OF UTAH

We are open Mon-Sat for CAR SALES. We offer in-house financing on all of our cars and we will take ANYTHING on trade and I mean ANYTHING especially rare coins & currency.

CALL FOR DETAILS !

26 State Road Pleasant Grove Across from Purple Turtle

NEXT AUCTION - CALL FOR DETAILS !

Don't sit home watching Reality TV! Come to our Weekly Auction & WIN YOUR OWN TREASURES We will show you how to find, evaluate, bid & Win, win WIN ! CALL NOW for TIME & PLACE

For Consignments or to Sell, CALL LES at: **801.910.8384**

CALL FOR DETAILS !

GET your ad NOTICED

Advertise In Tidbits!! (801) 616-6288

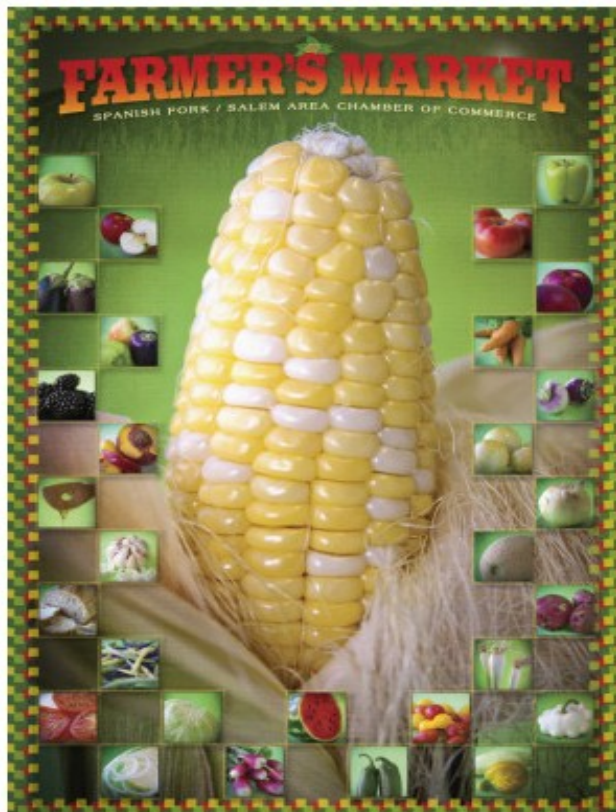
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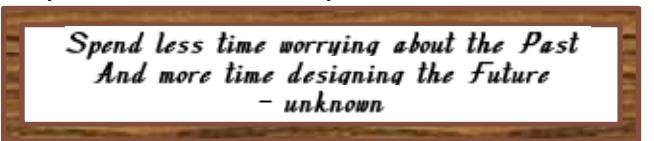
Call 801-372-3300 • Oct. 26 & 27 - SPANISH FORK FAIRGROUNDS



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

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

- Charlie Lea of the Montreal Expos did it in 1981.
- Eight of the 12.
- Twice -- 1941 and 2010.
- Notre Dame, with 32 appearances.
- It was 2001 (New Jersey and Colorado).
- Richard Petty and Bobby Allison.
- Bunny Austin, in 1938.

WORD POWER ANSWER APPRECIATION

TRIVIA NEWSFRONT ANSWERS

- Birds Eye, in LIFE magazine, 1949
- Christopher Columbus
- National Chess Day
- It's "I Love Lucy" day!
- Noah Webster, writer of the first American dictionary

Trivia test by Fifi Rodriguez

- John Travolta
- Philippines
- 1890
- "Taxi"
- Thomas Merton
- Hungarian
- Minnesota
- "Oliver!"
- The lek
- John F. Kennedy

Go Figure! answers

7	-	2	x	5	25
+		+		+	
9	÷	3	+	8	11
÷		x		+	
4	x	5	-	6	14
4		25		19	

King Crossword Answers

Solution time: 21 mins.

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

Weekly SUDOKU Answer

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