

OVER
5 MILLION
Readers Weekly
Nationwide!

TIDBITS®

OF UTAH COUNTY

FREE
ALL RIGHTS RESERVED © 2009

October 22, 2012

The **Neatest** Little Paper Ever Read®

Issue 2012-43

Published by : Serendipity Weekly

For Ad Rates call: (801) 616-6288

roger@ilovemytidbits.com

Blue Rock Medical 
Walk-in Clinic
Family Practice

School Sport or
Basic Scout Physical
\$ 19.95
Appt's Filling Up
CALL NOW

10 A - 10P M-S

#120 3152 N Univ Ave

Most Major Insurances, Discounts for Self-Pay
801.375.2177 bluerockmedical.com

TIDBITS® TAKES A FIELD TRIP TO THE ZOO

by Kathy Wolfe

It's a good day for a field trip and Tidbits is off to the zoo! If you're interested in animal menageries, you've come to the right place!

- Archaeological excavations have revealed the oldest known zoological collection in Hierakonpolis, Egypt, believed to have been created by Egyptian Queen Hatshepsut around 1500 B.C. The emperor of China Wen Wan established a 1,500-acre zoological garden about 1000 B.C., dubbing it the Garden of Intelligence.
- The oldest continuously-operating zoo in the world is Vienna, Austria's Schonbrunn Zoo, established in 1752, and still receiving more than two million visitors annually. It also holds the honor of being the first place to host the birth of an African elephant in captivity.
- Philadelphia, Pennsylvania was the site of America's first attempt to establish a zoo, creating a charter in 1859. However, construction did not begin immediately due to the advent of the Civil War. In the meantime, New York City opened Central Park Zoo in 1864 and grabbed the honor of the first public zoo in the U.S

turn the page for more!

The Big Bodacious

CHRISTMAS BOUTIQUE
December 14th & 15th
at The SOUTH TOWNE EXPO Center - Sandy UT
VENDOR INFO -- theBBEvents@gmail.com
SPONSORSHIP INFO -- BigBoEvents@gmail.com

JIM'S FAMILY RESTAURANT

BREAKFAST	LUNCH	DINNER
-----------	-------	--------

DAILY SPECIALS **HOMEMADE SOUPS** **PRIME RIB EVERY DAY**

834 E State St
American Fork
Breakfast Served Anytime
(801) 492-4000

Open Every Day
Hours 7A - 10P

PAYSON TOTAL FITNESS

Coming This November!

DAN AND TONYA HUTCHISON

43 So Main St
Payson

Sign Up NOW for
HUGE SAVINGS

801-465-5633

WANT TO PUBLISH A TIDBITS® IN YOUR AREA?

We provide the opportunity for success!
Call 1.800.523.3096 (US)
1.866.631.1567 (CAN)
www.tidbitsweekly.com

FALL GOOD LIFE EXPO
Home & Family • Health & Preparedness

OCT. 26 & 27
Spanish Fork Fairgrounds
Fri. Noon to 8 pm
Sat. 10 am to 6 pm

Join the Good Life and find innovative products and services from local businesses.
Kids FREE!

For information call
801-372-3300
www.utahgoodlifeexpo.org
[Facebook.com/utahgoodlifeexpo](https://www.facebook.com/utahgoodlifeexpo)

THIS COUPON GOOD FOR 2 FREE ADMISSIONS

Mon - Sat
11 A - 7 P

MACtraders

BUY - SELL - TRADE - SERVICE

801.810.4MAC (4622)
mactraders.net
46 East State Street - Pleasant Grove
across the street from Purple Turtle

MACBOOKS ON SALE NOW

5% OFF w/ this Ad

"Norma Jean's"


DINER

Join us
Breakfast
Lunch & Dinner
HOURS 8A - 9P
\$500 OFF
Any \$20 purchase
With this Coupon
Can not be combined w/ other offers

374-7436 **465 S Univ Ave Provo**

WHERE'S NEMO

Aquarium & Pets

Freshwater & Marine Fish
Reptiles • Small Animals
Custom Aquarium Installation
Licensed Contractor

110 N. Main Street
Spanish Fork, UT

Ask About Our Discount Card

801-798-1111
www.wheresnemo.com

SEE OUR DAILY DEALS ON-LINE!


GHOST FESTIVAL®
CINNAMON CHOCOLATE APPLE WEDGES®
& ghost-shaped pineapple

So Good It's
SCARY

\$4.00 off
any order over \$24

code TIDB1204

Edible ARRANGEMENTS

2255 N Univ Pkwy
#27 Provo
801.477.1990

Capital Asphalt Paving
Serving Spanish Fork / Payson
& Surrounding Areas

Parking Lots & Driveways
Seal Coating & Repair
Licensed & Insured


fix it RIGHT! fix it NOW!

435-630-3154

GET your ad NOTICED

Advertise In Tidbits!!
(801) 616-6288

The Provo Car Doctors



PREMIER CLUB MAINTENANCE PACKAGE!
CUSTOMER APPRECIATION CELEBRATION 11/12 to 11/17
SPECIAL SALE SAT 11/17

USE ANYTIME
Next 2 Years!

151 North
300 West
Provo

801-373-2800

Save on All your Car & Truck Maintenance!

Buy Our Premier Club Maintenance Package:

- 4 - Oil Changes (5 Qts + Filter + Lube)
- 25 Point Maint Inspection w/each service
- FREE State Safety Inspection
- FREE Emission Test
- Plus:


\$500 VALUE ONLY \$65

See Store for Details

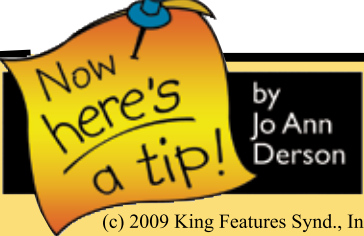
- Free Check Engine Light Scan
- Free Labor on Cooling System
- Free Labor on Transmission Service
- Free Starting & Charging System Analysis
- Free A/C System Performance Check
- Free Used Car Pre-Purchase Inspection
- Free Brake Adjustment & Inspection
- Free ½ Hour Labor on Other Repairs



Published weekly by
Serendipity Weekly
Call (801) 616-6288



1. **ART:** Where is the world-famous Prado museum located?
2. **ANATOMY:** Where are muscles known as triceps found in the body?
3. **ADVERTISEMENTS:** What breakfast cereal did Sonny the Cuckoo Bird promote?
4. **NATURAL WORLD:** Where would stalagmites be found in a natural cave formation?
5. **GEOGRAPHY:** Where was the ancient city of Persepolis located?
6. **SCIENCE:** What was the first elementary particle to be discovered?
7. **MUSIC:** What is the national anthem of Canada?
8. **COMPUTERS:** What does the acronym DOS stand for?
9. **FAMOUS QUOTES:** Who once said, "I worked my way up from nothing to a state of extreme poverty."
10. **LANGUAGE:** What is an atelier?



(c) 2009 King Features Synd., Inc.

- Fill your salt and pepper shakers one-quarter of the way with uncooked white rice. Dry rice will allow the salt or pepper to flow more freely from the shaker. If your shaker is opaque, you can tell it's time to add more salt or pepper when the shaker starts to rattle.
- Mark old toothbrushes with masking tape so you can tell the difference between cleaning brushes and those you use for your teeth. You can clean a toothbrush in the dishwasher. Put it with the silverware.
- Because fabric-softener sheets can leave residue on the dryer's lint trap, clean yours out at least every other month. Just scrub with plain old soap and water.
- "Add this to the list of wonderful cleaners for wood floors: tea. Just brew a couple of cups and use the tea as you would your regular wood-floor cleaner. It's nice and shiny afterward." -- P.L. in Oregon
- Use a turkey baster to "squirt" pancake batter into your frying pan. Mix the batter as normal and unscrew the top of the baster to load. You can use it to make letters for fun kids' breakfasts. No drips!
- "If you have trouble opening the lid on a glass jar, try using a pair of standard dishwashing gloves. They let you grip both the lid and the jar, and they work especially well if your hands are the least bit moist." -- D.Y. in Pennsylvania

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

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

		+		×		16		
×			+					
	×			-		24		
+			÷		÷			
	÷			+		11		
15			4			1		
1	2	3	5	6	6	7	8	9

© 2012 King Features Syndicate, Inc.

ZOO (continued)

- Although the word “hippopotamus” translates from the Greek for “river horse,” this herbivorous mammal is more closely related to the pig. It ranks third in size in land animals, right behind the elephant and rhinoceros. Baby hippos are born underwater and weigh about 100 lbs. (45 kg) at birth. By adulthood, one might weigh as much as 5,800 lbs. (2,631 kg). Hippos eat about 88 lbs. (40 kg) of food daily. At one time, hippos’ ivory canines, which reach 20 inches (51 cm) in length, were used by dentists for artificial teeth because they don’t turn yellow. In a zoo environment, a hippo will live about 50 years.
- Even with its enormous bulk, the rhinoceros can trot along at 40 mph (64 km/hr). The word “rhinoceros” translates from the Greek language, rhino meaning “nose” and ceros meaning “horn.” A baby rhino enters the world weighing about 140 lbs. (63.5 kg) and can grow to about 7,000 lbs. (3,500 kg).
- You think your blood pressure is high? Consider that of the giraffe, whose pressure is two to three times higher than that of a healthy human. That’s because of that long neck! The heart of a giraffe measures 2 feet (.6 m) long and weighs 25 lbs. (11.3 kg), enabling it to pump blood with enormous force up the neck to the brain. The average giraffe stands about 19 feet (5.8 m) tall, 6 feet (1.8 m) of which are its legs. At birth it was already 6 feet (1.8 m) tall, and had endured a 6-foot drop to the ground head first! The baby calf is up and walking around only one hour after birth. An adult giraffe can weigh up to 3,000 lbs. (1,360 kg) and lives about 20 years.
- The sleek cheetah, the world’s fastest mammal, can reach a speed of 45 mph (72 km/hr) in two seconds from a standstill. It then accelerates to its top speed of nearly 65 mph (104 km/hr). Yet just 300 yards farther on, exhaustion sets in, and the animal must slow down. Half of the cheetah’s running time is spent off the ground, and it can even make a turn in mid-air!

continued on next page

MAGIC MAZE • PARTED WORDS


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

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

Apartment	Impart	Partisan	Partway
Bonaparte	Partake	Partly	Party
Compartment	Partial	Partner	Rampart
Department	Particle	Parts	


© 2012 King Features Synd., Inc. All rights reserved.

THIS WEEK'S CELEBRITY BIRTHDAYS



Kim Kardashian	10/21/80
Jeff Goldblum	10/22/52
Nancy Grace	10/23/59
Kevin Kline	10/24/47
Katy Perry	10/25/84
Hillary Clinton	10/26/47
Kelly Osbourne	10/27/84





Apple Time Nostalgia

Celebrating bountiful fall apple crops is an American tradition we can pass on to our children in lively and creative ways. Share your childhood memories with your kids while you enjoy these old-fashioned apple activities updated with a twist.

APPLE TASTE-TESTING
Have your family taste-test several varieties of apples, including specialties from your area. First, sort them by color and name, such as Granny Smith, Red Delicious, McIntosh, etc. Help your children pronounce and identify them correctly. Which are sweetest, tarest and juiciest? Which would taste yummy dipped in a caramel sauce or baked in a pie?

EDIBLE APPLE ART
At mealtime, eat your apple art. For each serving, make an edible apple bowl by cutting the top 1/4 off an apple and scooping out the fruit and core with a grapefruit-style knife. Make sure there is a 1/4-inch-thick apple shell remaining. For extra fun, etch a funny face or wacky design on the outside using jack-o'-lantern carving tools or a butter knife. Fill with applesauce topped with a sprinkling of cinnamon, or a Waldorf salad composed of apple chunks from the scooped-out fruit, seedless grapes, diced celery, walnuts, a little mayonnaise or vanilla yogurt and a few squeezes of lemon juice.

GLOWING APPLE CENTERPIECE
Carefully scoop out the top center portion of an apple, leaving enough space for tucking a tea-light candle firmly in place. Arrange several pressed, colorful fall leaves that your children have collected in the middle of the table. Set the apple and its candle on the leaf arrangement. Light the candle at dinnertime. Note: An adult should always be present when burning candles.


APPLE STORYTIME
John Chapman, known as Johnny Appleseed, was famous for planting apple trees across America. Read the classic tale of Johnny Appleseed at bedtime.


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."

ALWAYS FREE TIDBITS ALWAYS FUN

TIDBITS WORD POWER
Unscramble this word:
EAENEGRMI

This word means: a collection of wild animals kept in captivity





Sports QUIZ

By Chris Richcreek

- 1 Name the last time teams with the best-regular season records in each league met in the World Series.
- 2 When Al Lopez was manager of the White Sox between 1957 and 1965, how many seasons did Chicago win at least 90 games?
- 3 In 2010, Michigan quarterback Denard Robinson set the record for rushing yards for a quarterback (1,702). Who had held the mark?
- 4 Name the last NBA rookie before John Wall in 2010 to have at least seven assists in each of his first five games.
- 5 In 2012, the Los Angeles Kings set a record with 10 consecutive road playoff victories in the same year. Who had held the mark?
- 6 Who was the only player to record a hat trick (three goals) in a men's World Cup soccer final?
- 7 How many Olympic gold medals did Cuban heavyweight boxer Teofilo Stevenson win?



Combines:

- Full Utah County Coverage
- Weekly Issues
- Daily Exposure
- Fun, Entertaining content
- Captivating Activities
- On-Line Presence

Features:

- Full Color
- Large Format
- Custom-designed Ads
- E-mail Delivery

Provides:

- Free Ad Design
- Free changes to your Ad
- 50% off a 2nd Ad
- Free "Help Wanted" Ad

ON-LINE: ilovemytidbits.com or utahlocalpaper.com

The Happy Paper For Happy Valley

Twice the Ad at Half the Price Guaranteed !!!

HIGHLIGHT Your Business! At a MINIMUM Cost to You!



by Freddy Groves

Claims Backlogs, VRAP and PTSD

The Veterans Benefits Administration processed more than 1 million claims in fiscal year 2012, per a news release on the Department of Veterans Affairs site. This is the third year in a row it has reached that goal.

During one recent month, the VBA processed 107,462 claims with 86 percent accuracy, beating a record it set in 2010. The ultimate goal is to eliminate the claims backlog by 2015, and with 98 percent accuracy. It's being helped by the new paperless system, which all 56 regional offices will have by the end of 2013.

In another press release, applications have been approved for all 45,000 openings in the Veterans Retraining Assistance Program (VRAP) for 2012, with benefits to start Oct. 1. That means a lot of veterans are going to have an opportunity to get job training and education. Nearly 60,000 applications were received, so some missed out on that group. Another group, however, this time 54,000 veterans, will have another shot at the program, which runs through March 2014. Veterans must attend school full time, up to 12 months, in a program leading to an approved degree or certificate. For more information, go online to www.benefits.va.gov/vow/index.htm.

On another note, the VA and Department of Defense are set to fund a Post-Traumatic Stress Disorder and mild Traumatic Brain Injury study to the tune of \$100 million. They're going to concentrate on prevention, diagnosis, intervention and improved treatment options, with early diagnosis and treatment being key. That \$100 million is just part of the year's \$1.9 billion for more than 2,300 projects. If you want to read its press releases to keep track of what the VA is doing, take a look at www.va.gov/opa/pressrel every few days. While all are (of course) written from the VA point of view, there's some good information there.

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.



Caller: Finally! I got through! I've been trying to call the zoo for hours!

Zookeeper: Yes, all our lions were busy!

Holidays & Observances This Week

10/21 Reptile Awareness Day
10/22 International Stuttering Awareness Day
10/23 iPod Day
10/24 United Nations Day
10/25 World Pasta Day
10/26 Frankenstein Friday
10/27 Navy Day



• It was inventor Thomas Edison who made the following sage observation: "We don't know a millionth of 1 percent about anything."

• Those who study such things say that chewing gum will reduce your recall ability by 10 percent.

• As ostrich can run just as fast as a racehorse.

• In 1972, an extraordinary birth occurred. On July 22 of that year, a woman in Rome gave birth a whopping 15 babies -- five boys and 10 girls. The siblings were quindecaplets, though, obviously, that term doesn't see much use.

• You probably know that J. Edgar Hoover was the first director of the FBI, helping to found the bureau in 1935 and serving until his death in 1972. You might not realize, though, that in his career he never made an arrest or even

ZOO (continued)

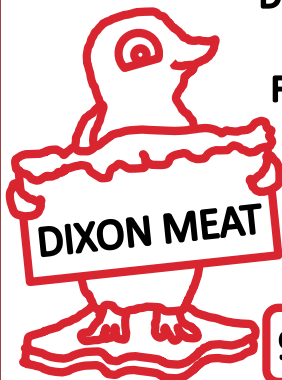
• An African elephant weighs upwards of 6 tons (5,443 kg), stands 12 feet (4 meters) tall at the shoulder, and has a trunk about 7 feet (2 meters) long. It consumes about 300 lbs. (136 kg) of food in a day, and sucks up about 2 gallons (7.5 liters) of water into its trunk each time it takes a drink. The elephant is second behind human beings in longevity, with many elephants living well past age 70.

• A gorilla may look gargantuan, but in truth the average male gorilla stands only about 5'7" (1.7 m) tall. He is a hefty fellow, however, weighing in at 330 lbs. (150 kg). The female is much smaller, averaging 176 lbs. (80 kg). The lifespan of these very peaceful, family-oriented creatures in the wild is about 35 years, but they will live to about age 50 in a zoo.

• An adult male lion eats about 15 lbs. (7 kg.) of meat at a meal, although some might consume as much as 60 lbs. (27 kg) at one sitting! The full-grown adult male will weigh somewhere between 330 and 550 lbs. (150 – 259 kg) and can run at top speed of 36 mph (58 km/hr), although not for very long. In the wilds, the King of the Jungle isn't the great hunter you might think he is – he actually leaves more than 90% of the hunting to his female companion. Lions are the only big cats in which the appearance of males and females is distinctly different. The roar of a male can be heard as far as 5 miles (8 km) away.

• Bear with us! An American black bear will reach about 660 lbs. (299 kg) at maturity, and a grizzly bear tops out at 860 lbs. (390 kg), but it's the polar bear that takes the prize, a whopping 1,760 lbs. (798 kg)! It's the only bear that will actually prey on humans. Humans aren't their first choice, however. In their natural habitat, they prefer seal pups, and can smell a seal on the ice 20 miles (32 km) away. The bears frequently eat only the seal's fat just below the skin, ignoring the rest of the carcass, making for an extremely fatty diet. Yet it doesn't seem to slow them down! A polar bear can sprint along at a speed of 25 mph (40 km/hr) for short distances, as well as jump a 6-ft.-high (1.8-m) pile of snow.

continued on next page



DOMESTIC * WILD GAME
PROCESSING
FROZEN FOOD LOCKERS
SLAUGHTERING
JERKY
HAMBURGER
SAUSAGE

95 So MAIN PAYSON

801-465-3127

personally conducted an investigation.

• It's been reported that the last words of famed composer Ludwig van Beethoven were "Friends, applaud; the comedy is over."

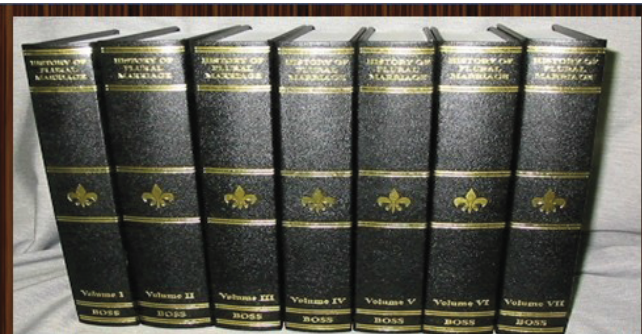
• The Rubik's Cube, that ubiquitous 1980s toy, was invented by a mathematician in Hungary to help teach math to his students. The device was first marketed as a toy in Hungary -- where one in five citizens owned one -- then was brought to the U.S., from whence it became an international sensation. The success of his cube made Erno Rubik the first self-made millionaire in a communist country.

• The next time you're visiting Washington, D.C., keep in mind that in our nation's capital, it is illegal to throw a bull in any way.

• A queen honeybee can live for up to seven years.

• On a per capita basis, Switzerland consumes more chocolate than any other country. No. 2 and No. 3 are Norway and Great Britain, respectively.

Thought for the Day: "Don't let your opinions sway your judgment." -- Samuel Goldwyn



"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

Purchase this Set & other Great Books at:

Pioneer Publishing
97 W Main Santaquin
801-609-2222

**PLEASE SUPPORT
OUR ADVERTISERS.**



TELL THEM YOU SAW THEM HERE!



Break Time!



TIDBITS®

King Crossword

Brought to you by:
Tidbits® of Utah County

ACROSS

1 Cleo's slayer

4 Not many

8 Manufactured

12 Debtor's letters

13 Continental coin

14 Teen's skin woe

15 Tyrannize

17 "Let's Make a —"

18 Tooth coating

19 Spectra automaker

21 Faux —

22 Part of A.D.

26 Seethes

29 Prohibit

30 Moines lead-in

31 Bohemian

32 Festive

33 Dog bane

34 Born

35 Understood

36 Toboggans

37 "Blueberry Hill" singer

39 Whatever number

40 Pie ingredient?

41 Praying bug

45 "— and Circumstance"

48 "The Two Mrs. Grenvilles" author Dunne

12

15

18

26

31

34

37

45

50

53

21

29

32

35

38

40

48

51

54

4

5

6

7

8

9

10

11

13

16

19

20

22

23

24

25

27

28

30

33

36

39

41

42

43

44

46

47

49

52

55

50 Actress

51 Kazakhstan's — Sea

52 Mainlander's memento

53 Healthy

54 Longings

55 Recipe meas.

period, e.g.

8 Sir's counterpart

9 Expert

10 "CSI" evidence

11 Lamprey, for one

16 Suggest

20 Charged bit

23 Between jobs

24 Gotta have

25 "Handsomeness"

26 Musical combo

27 Sandwich cookie

28 Particular

29 Cudgel

32 Farewell

address?

33 Swash-buckling movie star

35 Wildebeest

36 Escargots

38 Urge on

39 Jordan's capital

42 Pinball no-no

43 Clinches

44 Omit

45 Church seating

46 Idolater's writing

47 Wire measure

49 Galena, for one

DOWN

1 Helper

2 Any minute now

3 Cougar

4 Son of Aphrodite

5 Gas, oil, et al.

6 Before

7 9-to-5

© 2012 King Features Synd., Inc.

top ten

Jingling Double-Barrelled Phrases

1. Hugger-mugger
2. Hurdy-gurdy
3. Tip-top
4. Higgledy-piggledy
5. Hocus-pocus
6. Tit-for-tat
7. Topsy-turvy
8. Harum-scarum
9. Roly-poly
10. Rump and stump

Source: Hobson-Jobson

© 2012 by King Features Syndicate, Inc.
World rights reserved.

TIDBITS® NUGGET OF KNOWLEDGE

The London Zoo was home to an ostrich that swallowed "an alarm clock, a roll of film, a handkerchief, a three-foot-long piece of rope, a valve, a pencil, three gloves, a comb, part of a gold necklace, a collar stud, a Belgian franc, four halfpennies, and two farthings."

ZOO (continued)

The koala bear isn't a bear at all, but is actually a member of the marsupial family, joining the kangaroo, wallaby, and opossum. The koala's diet consists of nothing but eucalyptus leaves, about a pound and a half per day. In fact, the koala would be extinct without the eucalyptus. Sounds like a pretty boring feed, but consider that there are about 600 kinds of eucalyptus trees and to the koala, each one tastes different. If you think your teenager is lazy, consider that the koala sleeps an average of 22 hours per day! There have been koalas at the famous San Diego Zoo since 1925 when the children of Sydney, Australia gifted the zoo with Snugglypot and Cuddlepup.

FAMOUS LANDMARKS OF THE WORLD: THE LINCOLN MEMORIAL

The west end of Washington D.C.'s National Mall is home to the majestic Lincoln Memorial, a monument dedicated to America's 16th president. Here are the facts and figures about this symbol of freedom honoring the "Great Emancipator."

- The building site of the memorial wasn't even in existence at the time of Lincoln's death. The Washington Monument stood at the edge of the Potomac River. The U.S. Army Corps of Engineers deepened the river in the late 1800s, and all the silt was deposited along the banks, creating a new land formation. Although the Lincoln Memorial Association was established two years after Lincoln's death, the monument site wasn't selected until 1901. In 1911, President Taft signed a bill allotting \$2 million for the construction, which began in 1914.
- The style of the building, designed by Henry Bacon, is that of an ancient Greek temple, 100 feet (30 meters) high, surrounded by an open portico, constructed from Colorado marble. Thirty-six fluted columns border the open court, symbolic of the 36 states in the Union at the time of Lincoln's assassination in April of 1865, just six days after the end of the Civil War. In the area above the columns are 48 stone garlands and the names of the 48 states in the Union when the Memorial was completed and dedicated in 1922.
- To the north and south of the central hall are chambers whose walls are inscribed with the words of Lincoln's most famous speeches, his second inaugural address and the Gettysburg Address.

continued on next page

Laura's Therapeutic Massage

Relaxation At It's Best

This is your time to relax and escape



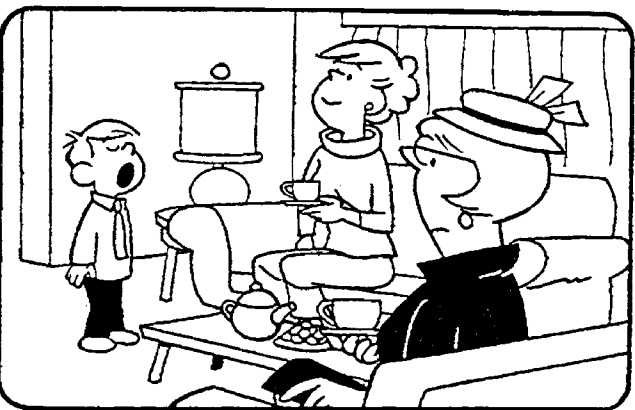
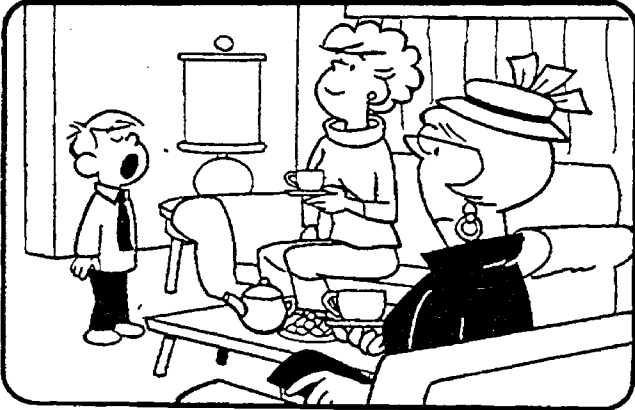
- Improve**
- Circulation
 - Range-of-motion
 - Flexibility
- Reduce**
- Stress
 - Muscle Tightness
 - Aches & Pains
 - Anxiety
 - Depression.

801-850-7782

laurasterapeuticmassage.com

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Tie is different. 2. Lamp shade is smaller. 3. Teapot is reversed. 4. Hair is different. 5. Earring is different. 6. Ribbon is missing.

LAFF - A - DAY



"Sorry."

KIDBITS



UP A TREE! Our artist claims there are 16 faces among branches of this family tree. How many do you see?

SPORTS CAST! Name a sport with which each of the following B-words is associated: 1. Bunt. 2. Bogey. 3. Butterfly. 4. Bootleg. 5. Blueline. 6. Blinders. Time limit: 1 minute.

QUICK PICK! Place 14 toothpicks on the table. In turn, you and an opponent are to pick up one, two or three. Object is to force opponent to pick up last toothpick.

Here's how: If you go first, you can't lose. On first turn, take one. On next turn, pick up fifth toothpick in removal order. On next turn, see that just five toothpicks remain.

If opponent goes first, try to proceed similarly, but this method may not always succeed.



Junior Whirl

by Hal Kaufman

1 I N _ _ _ _
2 _ I N _ _ _
3 _ _ I N _ _
4 _ _ _ I N _
5 _ _ _ _ I N _
6 _ _ _ _ _ I N

IN IT TO WIN IT CHALLENGE

YES, you have to be IN it to win it — or, in this case, to solve it. Six seven-letter words shown contain the word IN in progressive stages. You are asked to fill in these words in accord with the following definitions:

1. Due to arrive, as a plane or train.
2. "A horse! A horse! My — for a horse."
3. Hanger-onner of sorts.
4. Gone but not forgotten, as the dinosaur, moa, etc.
5. Astonishingly hard to believe.
6. Bad guy hissed by old-time audiences.

How quickly can you puzzle them out? Time: 2 minutes.

1. Inbound. 2. Kingdom. 3. Clinger. 4. Extinct. 5. Amazing. 6. Villain.



Moments in time

THE HISTORY CHANNEL

• On Oct. 27, 1659, William Robinson and Marmaduke Stevenson, two Quakers who came from England in 1656 to escape religious persecution, are executed in the Massachusetts Bay Colony for their religious beliefs. The Massachusetts General Court had banned Quakers from the colony under penalty of death.

• On Oct. 26, 1825, the Erie Canal opens, connecting the Great Lakes with the Atlantic Ocean via the Hudson River. Teams of oxen plowed the ground, but for the most part the work was done by Irish diggers who had to rely on primitive tools.

• On Oct. 24, 1861, workers of the Western Union Telegraph Company link the eastern and western telegraph networks of the nation at Salt Lake City, Utah, completing a transcontinental line that for the first time allows instantaneous communication between Washington, D.C., and San Francisco.

• On Oct. 28, 1919, Congress passes the Volstead Act, providing for the enforcement of the 18th Amendment, which banned the "manufacture, sale, or transportation of intoxicating liquors for beverage purposes." Despite a vigorous effort by law-enforcement, the Volstead Act failed to prevent the large-scale distribution of alcoholic beverages.

• On Oct. 25, 1929, during the Teapot Dome scandal, Albert B. Fall, secretary of the interior, is found guilty of accepting a bribe while in office. Fall was the first individual to be convicted of a crime committed while a presidential cabinet member. The Teapot Dome was a naval oil reserve in Wyoming.

• On Oct. 23, 1942, Michael Crichton is born in Chicago. During his final year of medical school, the 6-foot, 9-inch Crichton published "The Andromeda Strain" (1969) and decided to write full time instead of practicing medicine.

• On Oct. 22, 1975, Air Force Sgt. Leonard Matlovich, a decorated veteran of the Vietnam War, is given a "general" discharge by the Air Force after publicly declaring his homosexuality. His tombstone reads, "A gay Vietnam Veteran. When I was in the military they gave me a medal for killing two men and a discharge for loving one."

Delicious FISH & CHIPS Platter

GET A
FREE
DRINK
with any
PLATTER



656 N 2000 W Pleasant Grove

HUBERT - - By Dick Wingert



"OH! I beg your pardon."

LINCOLN MEMORIAL (continued)

• Above these inscriptions are 60 x 12-foot (18 x 3.7-m) murals, painted with special mixtures of paint, kerosene, and wax, formulated to protect the scenes from the elements. The paintings feature principles followed by Lincoln throughout his life, including freedom, liberty, justice, unity, fraternity, charity, and the law.

• In the central hall sits Lincoln, immortalized in marble, 19 feet tall (5.8 m) and weighing 175 tons. The original plans called for a 10-ft-tall (3-m) Lincoln, but it was enlarged so that the statue would not be dwarfed by the huge chamber. It took four years to complete the sculpture out of Georgia white marble. Six Italian men, the Piccirilli Brothers, carved the statue in the South Bronx under the supervision of the sculptor Daniel French, and it was shipped to Washington in 28 separate pieces. (The Piccirillis were also responsible for creating the two enormous sculpted lions in front of the New York City Public Library.) If the giant Lincoln were able to stand up, he would be 28 feet (8.5 m) tall. Above Lincoln's likeness is an inscribed epitaph, "In this temple, as in the hearts of the people for whom he saved the Union, the memory of Abraham Lincoln is enshrined forever."

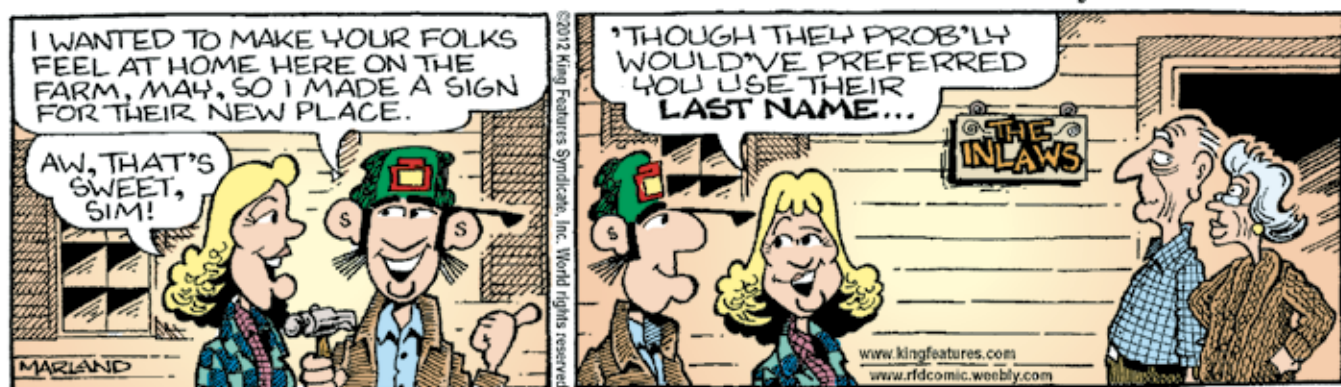
• Adding to the height of Lincoln's statue is an oblong pedestal of Tennessee marble, and another marble platform beneath the pedestal, which increase the height by another 10.5 feet (3.2 m).

• When the monument was dedicated on Memorial Day, 1922, by President Warren Harding, Lincoln's only remaining son, Robert Todd Lincoln, age 79, was in attendance. Ranked seventh on the "List of America's Favorite Architecture," the Lincoln Memorial receives about 6 million visitors annually.

continued on next page



R.F.D.



Gout Diet Not Too Restrictive

DEAR DR. DONOHUE: Will you give me information on the low-purine diet for gout? -- C.J.

ANSWER: Years ago, before effective gout medicines were available, diet was the major treatment for gout. Now, with modern medicines, diet doesn't play such a big role. Elevated blood uric acid sets the stage for a gout attack. Uric acid infiltrates joints as needle-shaped crystals. Most uric acid comes from the recycling of body cells, a daily process. Only a small amount comes from food. It's still wise for gout patients to take it easy on foods that are high in purines, but they don't have to be as strict about diet as former patients had to be. Purines are the substances that produce uric acid. Gout patients ought to scale back a bit on meat and fish. Anchovies, organ meats like liver and sweetbreads, and gravies have lots of purines in them, and should be taken only once in a while, if at all. Patients need to watch the amount of alcohol they drink. Beer, in particular, often triggers a gout attack. High-fructose corn syrup and table sugar ought to be used in moderation. Soft drinks have a large amount of high-fructose corn syrup in them. These are the only foods that bear some watching. Milk and other dairy products lessen the chance of gout attacks. All fruits and vegetables can be eaten without any restriction. Weight loss is important for overweight gout patients. That's about all you need to know about the low-purine diet for

gout.

The gout pamphlet explains this quite common and often misunderstood illness. Readers can obtain a copy by writing: Dr. Donohue -- No. 302W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the printed name and address of the recipient. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I have gotten my weight to a point where I am happy with it. I still have fat bulging at my sides. I think these are called love handles. I don't love them. I don't think that losing more weight will rid me of them.

What do you think of liposuction? Is it risky? -- A.S.

ANSWER: Liposuction removes fat from fat deposits beneath the skin. It doesn't remove deep deposits of fat, the fat that surrounds organs in the abdomen, the fat that creates most metabolic troubles. It's the deep fat that's associated with increased risk of heart attack and stroke. Your dieting should have taken care of that fat.

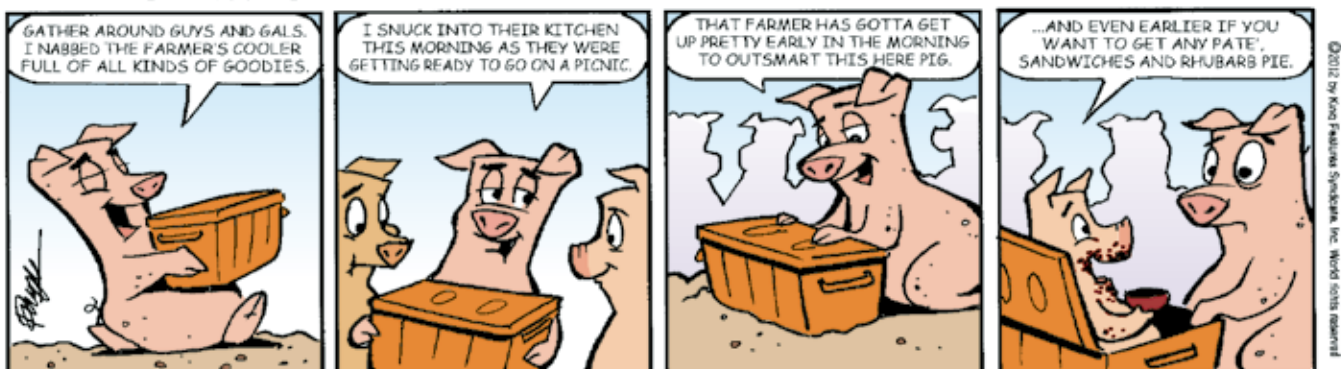
Liposuction surgery is cosmetic surgery, so you'd better check with your insurance if you need it to cover the procedure.

All surgical procedures, including liposuction, carry a risk. Complications from it, however, are not frequent.

DEAR DR. DONOHUE: As I understand it, drinking coffee makes a person's blood sugar rise, and then insulin has to be released by the body. Does drinking coffee overstimulate insulin production and contribute to diabetes, especially if a person is prone to diabetes? -- T.F.

ANSWER: Coffee has turned into a health drink. It's believed to prevent diabetes. It's also said to prevent heart attacks and strokes.

AMBER WAVES By Dave T. Phipps



Experts in:

- ❖ Auto Interiors, Motorcycles, ATV's, Boats & RV's
- ❖ Stock or Custom Interiors & Repairs
- ❖ Seats, Headliners, Carpet Kits, Door Panels
- ❖ Professional Installation & Service

Colin & Shessann Logue 10 S. Main St. Payson

(801) 609-8744 ArrowheadUpholstery.com

Welcome to Payson
Avoid the Rush
Stay with Us
Spend a few Days
Enjoying the Great Fun!
See the Fall Foliage
Enjoy a Fantastic Night
at Payson's Premier
Lodging
Ask about our
MANAGER'S SPECIAL!

qualityinn.com/hotel-payson-utah-UT414
830 N Main St Payson 801-465-4861

GET your ad
NOTICED
in
TIDBITS
(801) 616-6288


CURRENT
print marketing

Get 15% off your order of \$250 or more when you mention this ad!
(exp. 10.31.12)

CALL TODAY TO GET YOUR BANNERS, BUSINESS CARDS, DIRECT MAIL, AND MORE!

CURRENTPRINTING.COM | 801.925.1195

NO-NO’S

We all know that a no-no is something we shouldn’t do – it may even be forbidden! But there are plenty of other words that are “no-“ words that bear looking in to. Here are some unusual terms, all beginning with those same two letters.

- About 3.6% of American adults have engaged in noctambulism in the past year. Simply put, they have sleepwalked! This condition is more prevalent in children, aged 6 to 12, and more often with boys. Although the exact cause is not known, it can be heightened by stress, fatigue, and sleep deprivation. Certain medications can also contribute to its frequency.
- Before a bullfighter is a matador, he is a novillero, an apprentice bullfighter who fights bulls that are only three years old and under. It might seem that the word takes its origin from “novice,” but the Spanish word for “young bull” is novillo.
- Those who are notaphilists have the interesting hobby of collecting banknotes and paper currency, not to be confused with numismatists, who collect coins. Notaphilists narrow down the type of banknotes they’d like to collect, for example, favorite geographical locations, time periods, or security features of the design.
- Dentists have been using Novocaine as a local anesthetic since 1905. Procaine hydrochloride is its chemical name, while Novacaine is the trademark name. You can expect its effects to kick in within two to five minutes, with an average duration of one to one-and-a-half hours. It’s the oldest man-made anesthetic. Prior to its invention, dentists actually used cocaine as anesthetic! When cocaine’s addictive nature was discovered, scientists went to work on an alternative.
- If you’ve just been called a noddy, consider yourself insulted. This is a term used for a fool or a simpleton.
- Two different meanings for the same word couldn’t be farther apart. A noisette is a variety of rose, a beautiful climbing variety with apricot-yellow blossoms that grows to a height of 12 feet (3.7 m). But it’s also a small piece of veal, lamb, mutton, or beef tenderloin that usually sautéed in lemon juice and assorted seasonings.
- Those things having to do with a hospital are referred to as nosocomial. For example, a nosocomial infection is one that a patient picks up during a hospital stay, such as a fungal or bacterial infection. It’s estimated that about 1.7 million of hospital-associated infections are acquired each year, contributing to nearly 100,000 deaths annually.
- How much is a novemdecillion? It’s the numeral one, followed up with 60 zeroes.

continued on next page

Time For A Treasure Hunt

801-504-6370
Call NOW !
CROCKETT CHIROPRACTIC PLLC
LOSE 20 lbs in ONE Month !!!
FREE WEIGHT LOSS CONSULTATION
591 N Hgwy198 Salem utahvalleychiro.com

So Good It's SCARY
\$4.00 off any order over \$24
code TIDB1204
GHOST FESTIVAL®
CINNAMON CHOCOLATE APPLE WEDGES®
& ghost-shaped pineapple
2255 N Univ Pkwy #27 Provo
801.477.1990
Edible ARRANGEMENTS

Code: TIDBITS
\$24.99
Jiffy Lube Signature Service Oil Change®
Valid at all UTAH COUNTY locations. Not valid with any other offers. Must present coupon at time of service. Up to 5 quarts conventional oil. Jiffy Lube, the Jiffy Lube design mark and Jiffy Lube Signature Service are registered trademarks of Jiffy Lube International, Inc.
jiffylube®

TAKE A BREAK
SPAS & BILLIARDS
801-489-6005
1575 S. 1950 W.
Springville
takeabreakspas.com
WANT TO SWIM? Have no SPACE?
Try the PERFECT ALTERNATIVE!
SWIM SPA
Cheaper than you think, Starting at \$9995.00!

801-735-4731
\$1 OFF Any \$5 Item!
Junk in my Trunk
185 N Main 2nd Hand Store
Spanish Fork
Park behind Allstate
Whatcha Gonna Do with All That Junk?

GET your ad NOTICED
Advertise In Tidbits!!
(801) 616-6288

Domino's Pizza
798 – 0303 - Spanish Fork
465 – 1112 - Payson
491 – 7111 - Springville

PATAGONIA International Market
Jorge
Productos de Latino America
144 N Main Spanish Fork
801-798-8801
patagoniainternationalmarket@yahoo.com

Comfort foods
Made fast and healthy
by JoAnna M. Lund
Chunky Tomato Soup
Soups have always been one of my favorite foods, and autumn has always been my favorite season. When you combine them, MAGIC HAPPENS! Stir up this "pot of pleasure" on a cool fall night and let it warm you up with pleasure-pleasing taste!
1/2 cup chopped onion
1 3/4 cups (one 14 1/2-ounce can) beef broth
1 (10 3/4-ounce) can reduced-fat tomato soup
1 teaspoon Italian Seasoning
1 1/2 cups peeled and chopped fresh tomatoes
1 1/2 cups chopped, unpeeled zucchini
1. In a medium saucepan sprayed with olive oil-flavored cooking spray, saute onion for 6 minutes. Add beef broth, tomato soup and Italian seasoning. Mix well to combine.
2. Stir in tomato and zucchini. Bring mixture to a boil. Lower heat and simmer for 10 minutes or until vegetables are tender, stirring often. Serves 4 (1 1/4 cups each).
• Each serving equals: 94 calories, 2g fat, 3g protein, 16g carb., 604mg sodium, 2g fiber; Diabetic Exchanges: 2 Vegetable, 1 Starch.

ALWAYS FREE TIDBITS ALWAYS FUN

PetBits™
DEAR PAW'S CORNER: I've been trying to house train my puppy, "Genie," but she still leaves puddles around the house in the morning before I wake up. I tried rubbing her nose in the mess, but it doesn't seem to work. Can you help?
– Claire W., Akron, Ohio
DEAR CLAIRE: Some dogs are a bit more difficult to house train than others, but don't give up. First, however, stop rubbing Genie's nose in her puddle. Dogs' attention spans are pretty short, and trying to punish her long after the act won't help, and in fact can set her training way back.
Does Genie make that puddle at roughly the same time each morning? If so, that's a clear signal that her bladder is full by that time. You need to make an adjustment: wake up earlier, before Genie pees in the house. Take her outside on her leash and encourage her to go, praising her lavishly when she does.
House Training Advice
By Samantha Mazzotta
Repeat this every morning without fail -- Genie will get it. Now, to get your sleep time back, you need to try and adjust when Genie goes at night. If you're taking her out at 10 p.m. and she's wetting the floor at 5 a.m., take her out at 11 p.m. instead. Then take her out at 5:30 a.m. the next morning, and at 6 a.m. the following morning. See if her clock adjusts. If that doesn't work, remember, Genie is still young and growing. She may be able to hold her urine longer when she gets bigger. So be patient, and keep working with her.
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
4 9 5 1
9 7 4 3
8 5 6 4
9 4 8 1
2 6 1 5
5 7 4 6
2 1 9 7
1 8 7 2
6 3 2 4
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!
© 2012 King Features Synd., Inc.



Coupon Etiquette: These coupons are Truly Treasures of Generosity from our advertisers, your friends, and neighbors. Work with the store and be thankful for their kind offer. They are donating their precious time and resources to encourage you to discover their outstanding products and services. Please recognize that all disclaimers could not be printed on the coupon.

Remember not to abuse these offers. Be sure to thank them for their gift.

They are very thankful to you for your patronage.

Laugh a bit with **TIDBITS**

Q: Why do zebras like old movies?

A: Because they're in black and white!

"Norma Jean's"

DINER

WEEKLY SPECIALS

- MON- Kids Eat Free with Adult Entrée
- TUE- 25¢ Drink with Sandwich
- WED- All You Can Eat Fries with Entrée

465 S Univ Ave - Provo
374 -7436

TIRES • SERVICE • STRAIGHT TALK

BIG O TIRES

⇒ **Locally Owned & Operated** ⇒ **Guaranteed Low Prices** ⇒ **Best Warranties In the Biz** ⇒ **Speed Lane Service**

\$10 OFF
any service with this ad

Big O Tires & Service Centers

See us in: **PAYSON SPANISH FORK NEPHI SPRINGVILLE**
PROVO UNIVERSITY MALL NORTH OREM AMERICAN FORK LEHI

KYANI SUNSET®

- Improves Cardiovascular Health
- Maintains Healthy Cholesterol
- Helps Reduce Inflammation
- Improves Blood Sugar Levels
- Promotes Healthy Immune Response
- Improves Cognitive Function
- Promotes Healthier Skin and Hair

KYANI SUNRISE®

- Stress Management
- Heart Health
- Helps Immune System
- Regulates Inflammatory Response
- Increased Energy
- Improved Brain Function
- Delivers Value

DISCOVER YOUR NEW LIFE
Weekly Information Meeting
Call for Times & Location
801-362-9552

CALL NOW to Find Out How To:
Improve Your Health
& Improve Your Life

Pat Sheranian
801-362-9552

THE TRIANGLE OF HEALTH

KYANI NITRO FX®

- Improve Nutrient Absorption
- Increase Blood Flow
- Boost Energy Level
- Promote Heart Health
- Support Immune System
- Improve Sexual Health
- Promote Blood Sugar Balance

TIDBITS
presents

TRIVIA NEWSFRONT

1. What is the name given to those little hair-covered horns on a giraffe's head?
2. There is only one type of big cat found in South America's jungles. What is it?
3. How long does a female elephant carry her unborn baby?
4. What is the distance between an orangutan's arms, from fingertip to fingertip?
5. The diet of the giant panda, native to China, is 99% of one item. What is it?

SENIOR NEWS LINE

Are You Depressed?

by Matilda Charles

Depression in seniors is a lot more common than we let on. We point to aging as a reason for how we feel, but that's not necessarily the case. There are any number of reasons why we might feel depressed: if we've recently lost someone in our life, if our health isn't what it used to be, if we're taking multiple prescriptions, if we're alone or if we've retired and no longer feel vital.

Depression can impact all areas of our lives: our appetite, interest in activities, how we sleep and so much more. The key is to recognize the symptoms and get treated, because depression is treatable.

If you can point to at least one item on the following list as being true, it's time to talk to your doctor.

- Having trouble sleeping or sleeping too much.
- Losing interest in activities or hobbies you used to enjoy.
- Feeling isolated, or excluding yourself from activities with friends.
- Thinking about death.

--Skipping your medications, meals or baths.

--Feeling anxious, hopeless, guilty or irritable.

--Experiencing new aches and pains, or a worsening of existing ones.

--Having trouble concentrating.

Your doctor might ask a lot of questions and make a number of suggestions. He might recommend (as a place to start) that you get enough sleep or volunteer at a charity agency, make regular visits to friends or visit a nutritionist to make sure you're getting enough nutrients in your diet. The key might be as simple as scheduling regular exercise and taking your medications on time all the time.

If you don't feel like your normal self, there's help for you. Please go to your doctor and ask for it.

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

NO-NO'S (continued)

- If you get bonked in the noggin, you've received a blow to the head. But a noggin is also a term used for a small drink, a quarter-pint, particularly of an alcoholic liquor. Similarly, the Australians refer to a glass of hard liquor as a nobbler. Don't confuse with nobbler with nobby, which is slang for fashionable and elegant.
- Blind people have been greatly aided by the 1806 invention of the noctograph. This is a writing apparatus consisting of a frame and horizontal wires that helps the blind write without running lines together. A metal grid is placed over chemically-treated paper soaked with printers' ink, and a metal stylus is used to transfer writing onto a plain piece of paper placed underneath.

Just Like Cats & Dogs by Dave T. Phipps

Good Housekeeping

Steak With Relish

Blasted with blazing-high heat and basted in butter, this aged, succulent strip steak brings chophouse authenticity to the table in 15 minutes.

2 tablespoons prepared horseradish, drained
1 tablespoon plus 2 teaspoons apple cider vinegar
1 tablespoon fresh lemon juice
1 tablespoon maple syrup
Salt and pepper
1 Golden Delicious apple
1 Granny Smith apple
2 (each 12 ounces and 1 1/2-inch thick) strip loin steaks, preferably dry-aged
1 tablespoon vegetable oil
1 tablespoon butter or margarine
2 sprigs fresh thyme

1. Arrange oven rack in lowest position. Preheat oven to 450 F.
2. In medium bowl, combine horseradish, vinegar, lemon juice, syrup, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Using large holes of box grater, grate apples; discard cores. Immediately stir apples into horseradish mixture. Set relish aside.
3. Heat 12-inch ovenproof skillet on high. Pat steaks dry with paper towels. Sprinkle with 1/2 teaspoon salt and 1/2 teaspoon freshly ground black pepper to season both sides. Add oil to pan; swirl to coat bottom evenly. When oil shimmers and is almost smoking, add steaks.
4. Cook 2 minutes. With tongs, lift each steak from pan and put back down on same side. Cook 1 minute longer, then turn steaks over. Transfer to lowest rack of oven. Roast 4 minutes.
5. Carefully add butter and thyme to skillet. Baste steak with melted butter. Roast 2 to 3 minutes longer for medium-rare, or until desired doneness.
6. Remove pan from oven and baste again. Transfer steaks to cutting board and let rest 5 minutes.
7. Slice steaks against the grain at an angle. Spoon steak juices on top and serve with apple relish. Serves 4.

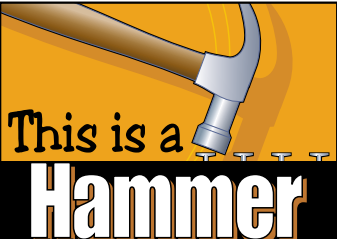
- Each serving: About 505 calories, 32g total fat (13g saturated), 102mg cholesterol, 585mg sodium, 17g total carbs, 3g dietary fiber, 35g protein.

Birding BITS BY Cindy Brook

Birding Events

Visit the Audubon Society's online website at <http://www.audubon.org> to see what birding events might be coming to your area. Fall is here and so are cooler temps. So check it out. A birding event could be fun for the whole family.

E-mail: birdingbits@cfl.rr.com
© 2012 King Features Syndicate, Inc.



Lawn Will Thank You for Raking Leaves

Q: I'm not thrilled with all the leaves piling up in my yard. Do you have any tips to make fall cleanup easier? Why can't I just leave them where they lie? -- Barbara in Dover, N.H.

A: Raking leaves can be a tedious task, and gets exhausting when dealing with a large yard with lots of trees. During the fall season, a homeowner could wind up raking the yard at least once a week. Unfortunately, leaving those leaves to pile up will wreak havoc on your lawn. First, the coating of leaves prevents air and sun from reaching grass directly, but lets rainwater trickle down, creating a harsh environment for grass. Second, leaves are filled with alkaline compounds that can damage the grass. These factors make leaves a great mulch ingredient, because you typically put mulch where you don't want grass or weeds to grow. You don't want a heavy coating of leaf mulch on your lawn, though. So, you've got to clean up those fallen leaves eventually. Here's a few ideas to make the task somewhat easier.

- Pick up the first light coating of leaves while mowing the lawn, with the bag attached.
- Borrow or rent a leaf blower to tackle larger areas with a moderate to heavy coating of leaves. Carefully blow the leaves into rough piles around the lawn.
- Use your rake to finish a large leaf cleanup job: pile the leaves closer together, or use the rake to shift leaves into a bag or wheelbarrow for disposal elsewhere.
- Add leaves to your compost pile. Fall is a favorite time for homeowners who keep compost piles because leaves add bulk to their compost and can help balance nutrients and acidity or alkalinity if used in the right amounts.

HOME TIP: Watch out for that noisy leaf blower. Be aware of any local noise ordinances before using a leaf blower and try to avoid using it before 10 a.m. most days. Your neighbors will thank you.

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



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

COMMUNITY NEWS BITS Oct 22, 2012
PAYSON

Elaine Williams



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!).

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!

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

FRI, AUG. 31 **HOURS 5-9pm**

SAT, NOV. 3

monday • wednesday • friday • saturday

AVAILABLE

\$6

discounts: UVU ID group 10+

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

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

Daily Herald www.heraldextra.com

SURROUND YOURSELF

FALL GOOD LIFE EXPO

Home & Family • Health & Preparedness

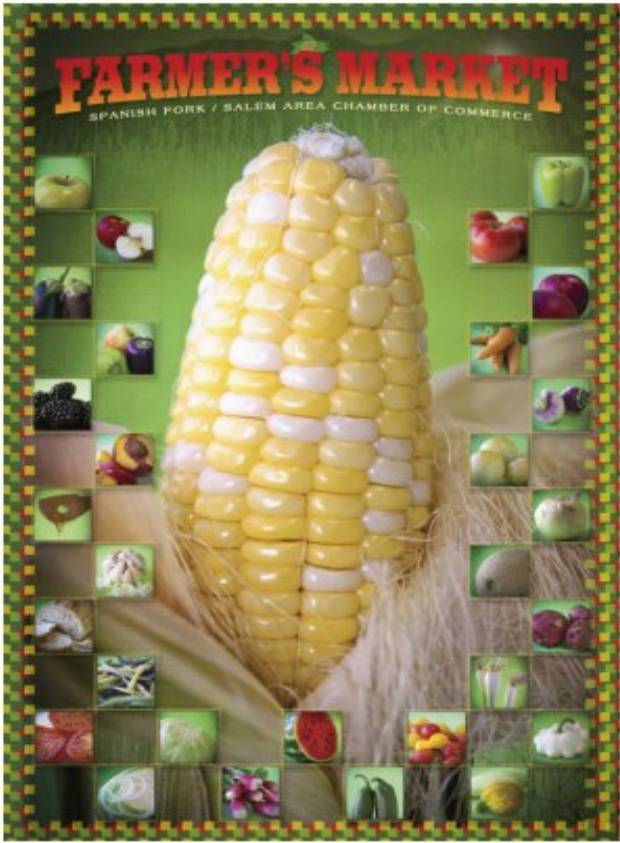
Call 801-372-3300 • Oct. 26 & 27 - SPANISH FORK FAIRGROUNDS

Costco WHOLESALE

Ribbon Cutting for Costco – Oct 25 at 7:30A to 8:30A at 273 E 1000 N Spanish Fork. Open House on Oct 24 Come Welcome Costco to our Community! Prior to opening, Costco's main entrance will be open for membership signups from 10A to 7P Mon thru Sat. Beat the rush and signup now!

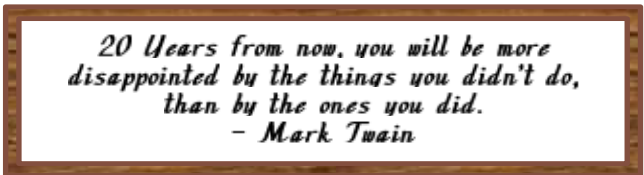
Spanish Fork Main Street Trick or Treat Sat - Oct 27 from 1P to 3P on Center Street to 400 N. We plan on having at least 2000 children. There is plenty of room on Main Street for those of you who want to come down and setup. Please check with any businesses on Main Street before you setup in front of them. Let's make this a great year for Halloween! Winners of the Scarecrow Contest will be announced at 2P at Memorial Park at 200 N Main.

Salem's Truck or Treat will be held Wed - Oct 31 at 4 to 6P at 583 N State Rd. 198 in Salem. We plan on having at least 1000 children at this event. Just bring what candy you want and don't worry if you run out. There will be plenty of room for businesses to setup! Winners of the Scarecrow Contest will be announced at 5P at the Chamber Tent!



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

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



ANSWERS

SPORTS QUIZ

1. It was 1999 (New York Yankees vs. Atlanta).
2. Five times (1957, 1959, 1963-65).
3. Air Force's Beau Morgan rushed for 1,494 yards in 1996.
4. Oscar Robertson, with the Cincinnati Royals in 1960.
5. The 2009-10 Chicago Blackhawks, with seven.
6. England's Geoff Hurst, versus West Germany in 1966.
7. Three -- 1972, 1976 and 1980.

WORD POWER

ANSWER

MENAGERIE

TRIVIA NEWSFRONT

ANSWERS

1. Ossicones
2. The jaguar
3. 22 months
4. 7 feet (2.1 meters)
5. Bamboo



1. Madrid, Spain
2. Upper arm
3. Cocoa Puffs
4. The cone-shaped deposits rise from the floor of a cave
5. Modern-day Iran (formerly Persia)
6. The electron
7. "O Canada"
8. Disk Operating System
9. Groucho Marx
10. Artist's studio

Go Figure! answers

1	+	7	×	2	16
×		+		+	
6	×	5	-	6	24
+		÷		÷	
9	÷	3	+	8	11
15		4		1	

King Crossword

Answers

Solution time: 27 mins.

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

Weekly SUDOKU

Answer

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