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October 29, 2012

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TIDBITS® RIDES A ROLLER COASTER

by Janet Spencer

A team of seven people went to California in order to set the world record for the most roller coasters ridden in 24 hours. The group rode on 40 different roller coasters at eight different amusement parks in California, starting at 5:00 p.m. on October 14, 2000 and ending at 5:00 p.m. the next day. Come along with Tidbits as we ride the world's tallest coaster!

- From the days of the first roller coaster ride to today, a competition to build the tallest, longest, scariest roller coaster on earth has pushed the industry forward into new realms. In 2004, this competition spurred Six Flags Great Adventure theme park in New Jersey to announce that they were building the highest and fastest roller coaster on earth. They named it Kingda Ka, after the 535-pound Bengal tiger who resides at the park, although some people joke that "Kingda Ka" is actually Swahili for "OhMyGawd what a ride!"
- In 2005, Kingda Ka opened for business, claiming the title of both the fastest and the tallest roller coaster on the planet. The coaster cars rocket to the top of a 456-foot tower, accelerating from 0 to 128 mph within 3.5 seconds, before a stomach-clenching cork-screw drop back down to earth. A second 13-story hill gives riders a few moments of weightlessness before the ride is over, less than 60 seconds after it began.

turn the page for more

JIM'S FAMILY RESTAURANT

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- AD SLOGANS:** What candy bars were sold with the slogan, "Sometimes you feel like a nut. Sometimes you don't"?
- GEOGRAPHY:** Where are the Maltese Islands located?
- FAMOUS QUOTES:** What American writer once said, "Analyzing humor is like dissecting a frog. Few people are interested and the frog dies of it"?
- SCIENCE:** What is a less-than-average tide occurring at the first and third quarters of the moon?
- PHOBIAS:** Hemophobia is an irrational fear of what?
- GAMES:** What kind of game has variations that include "Cincinnati" and "Omaha"?
- HUMAN ANATOMY:** What are the crescent-shaped white spots on fingernails called?
- MYTHOLOGY:** According to Greek mythology, what was the name of the prophetic god who could change his form at will?
- LANGUAGE:** What is the Gaelic equivalent of James?
- MATH:** What is the lowest whole number (in English) that includes the letter "a" when it is spelled out?



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- When you're in a hurry, dry erase markers and permanent markers sometimes look the same. Ever grabbed a marker to write a note on a dry-erase white board and found that it wouldn't wipe off? To remove permanent marker from a white board, try using a pencil eraser. Rub lightly on the marker areas only, working from the outside in. It should come off.
- Rusty bicycle handles can be unsightly and a pain. Make a paste of salt and lemon juice (3 parts salt, 1 part lemon juice), and use it to rub the rust away with a dry cloth.
- What will you do with all that candy from trick-or-treating? Make your holiday cookie plans now, and you can freeze some for later baking use.
- "If you have magazines or books you have finished reading, perhaps you'd consider donating them to local seniors centers. Look in the yellow pages to see if there are any near you. Often, the seniors are grateful to have new reading material." -- T.C. in Florida
- Many more of us nowadays are using reusable fabric shopping bags. A few cities have banned the use of plastic bags for retail shops. These fabric bags are much better for the environment, and can hold a lot more groceries per bag. One thing many people forget to do is wash them. You can take out the plastic insert (if there is one) and toss the bags in the washing machine. Hang to dry, and you'll be carrying around a much cleaner bag!
- To sharpen scissors, fold over several layers of aluminum foil and cut into strips.

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.

	÷		+				11
+		+		-			
	+		+				10
÷		x		x			
	-		x				8
2		25		24			
1	2	3	4	5	6	7	8

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

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KINGDA KA (continued)

The secret to Kingda Ka's thrill is all in the launch sequence. Whereas standard older roller coasters employ a cable system which slowly and laboriously winches a car to the top of a hill, the Kingda Ka uses space-age hydraulic engineering to launch a car in exactly the same sort of way an aircraft is launched from an aircraft carrier, with similar thrust and G-forces involved. The system is basically a high tech catapult, with a giant hydraulic launch system delivering 12,500 horsepower in a single colossal blast – twelve times the horse power of a Formula One race car. Eight military grade 500-horsepower hydraulic motors – which took a year to construct – charge up the accumulators, forcing hydraulic fluid into the chambers under great pressure. When a trigger is pulled, the pressure is released and the car is launched at rocket speed. It's similar in many ways to blowing up a balloon and then letting it go. Kingda Ka is one of only two roller coasters in the world that uses this technology. The experience has been compared to being in a jet fighter, or being a drag racer.

QUICK BITS

- It takes only ten seconds to go from launch to being 456 feet in the air on top of the tower.
- The highest point of the ride is 45 stories tall, which is about 4/5ths the height of the Washington Monument. It's tall enough that the entire Statue of Liberty would fit under the main arch with 100 feet to spare.
- On foggy days, you can't see the top of the tower from the bottom.
- The ride cost \$25 million to construct.
- The entire track is just over 1,000 yards long.
- Fittingly enough, the very first passengers were the engineers who built it.
- The braking system, done with magnetic fields generated by 473 magnets, means there's no friction to wear parts out. It's silent, efficient, and fail-safe.

continued on next page

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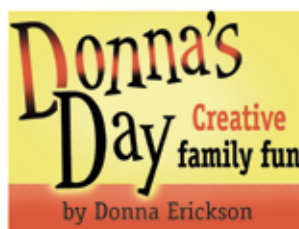
Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Georgia	Kentucky	N. Carolina	New York
Illinois	Minnesota	N. Dakota	Texas
Indiana	Missouri	Nebraska	Wisconsin
Kansas	Montana	New Mexico	

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THIS WEEK'S CELEBRITY BIRTHDAYS

Bill Gates 10/28/1955
Kate Jackson 10/29/1948
Henry Winkler 10/30/1945
Michael Landon 10/31/1937
Lyle Lovett 11/1/1956
Ricky Martin 11/2/1977
Adam Ant 11/3/1954



String Fall Leaves Into Colorful Crowns

It's not uncommon to spot Lisa MacMartin strolling through her neighborhood at the crack of dawn collecting what she calls "urban bits of nature" for the day's craft lesson at her welcoming family shop, Heartfelt. "If I need fresh materials for fairy-house making, I'll scamper around to find bark, pinecones and acorns on the ground. Using fresh materials is a way to celebrate the seasonality," she adds.

Helping kids and their parents become more aware of the natural world in simple ways is her passion. On a recent Saturday, her quest was all about finding leaves for fashioning fall leaf crowns. Thanks to a windstorm the night before, Lisa's finds included armloads of vibrant maple leaves still attached to fallen branches. Spread out on a large project table, the bounty was ready inspiration for all ages.

"Leaf crowns can be made anywhere leaves are falling," she tells eager kids and their parents. "The simple, natural craft gives everyone something to do when you take a break under a tree. And it's fleeting," she points out. "A cute leaf crown only lasts a day, reminding us to be present and appreciate the here and now."

Here's how you and your kids can make your own leaf crowns to be kings and queens of autumn:

- Collect 15-20 freshly fallen pliable leaves with stems (Maple leaves with their pointed ends are especially fun for crown-making.)
- Cut off the stems at an angle with scissors where they meet the leaf. You will use them as pins to attach the leaves together.
- Begin by overlapping the edges of two leaves. Gently insert the cut, angled end of a stem in and out of the two layers to hold the two leaves together. Repeat by adding another leaf to the right of the second leaf, "stem pinning" it in place. Continue creating the leaf chain until it fits your head. Attach the last leaves with another stem pin to finish the round crown.
- Place it on your head and take a picture!

Resource: www.heartfeltonline.com

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:

N M R A T O T E H R

This word means: The name of the first steel coaster, opened in Disneyland in 1959, named after a mountain in Switzerland.

Sports QUIZ

By Chris Richcreek

- True or false: Cal Ripken Jr. is the Baltimore Orioles' all-time leader in career home runs.
- Name the last National League pitcher to complete at least 10 games in a season.
- When was the last time before 2011 that the Detroit Lions made the NFL playoffs?
- Name the last team to go undefeated for the regular season in men's Division I college basketball.
- How many consecutive seasons have the Detroit Red Wings tallied at least 100 points in the standings?
- When was the last time before 2012 that the U.S. finished 1-2 in the men's Olympic decathlon?
- Who is the only PGA golfer since Tiger Woods to win at least one tournament in each of his first five years out of college?

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VETERANS POST

by Freddy Groves

Human Guinea Pig Lawsuit Advances

Were you at Edgewood Arsenal or Fort Detrick between 1955 and 1975? Were you used as a guinea pig in drug experiments? The case of Vietnam Veterans of America versus the Central Intelligence Agency finally came to court, and the judge decided that approximately 100,000 veterans can proceed with a suit that asks what chemicals were used. The suit alleges that those in the study weren't given complete information and were additionally sworn to lifetime secrecy, which has kept them from filing a claim for benefits.

One of the 400 chemicals allegedly used was Lewisite, a name many of us don't know. According to Wikipedia, Lewisite can "penetrate ordinary clothing and even rubber." The entry describes a long list of reactions, including scarring of the cornea, pulmonary edema, liver necrosis and chemical burns.

The Centers for Disease Control and Prevention has a section on Lewisite. The CDC classifies it as a blistering agent, and says exposure can cause damage to the respiratory system, serious burns to the skin and eyes, and damage to bone marrow.

The judge said not only would she allow the class-action suit for all 100,000 veterans, but it would go back as far as 1922 and include the heirs if the veteran has passed away. The judge did her homework and likely found the 1993 report "Veterans at Risk: The Health Effects of Mustard Gas and Lewisite." The study by the Institute of Medicine was commissioned by the Department of Veterans Affairs. The report recommended that the VA find each veteran who participated so they can be notified of their exposures and health risks, and that they should all be evaluated medically, followed in the future, and treated.

To read the Lewisite study for free online, go to www.nap.edu and put 2058 in the search box.

KINGDA KA (continued)

- The roller coaster has four cars, and each car seats 18 passengers. About 1,400 people per hour take the ride.

BEST SEAT IN THE HOUSE

So where should you sit to get the best ride? Depends on what you're looking for. Sitting in the very back of a coaster train yields the wildest ride since the last car is being pulled by the weight of the front cars, making for some nice whipping action, especially if they are long trains on steep hills. However, sitting in the front has benefits too. The very first car will hang over the first drop waiting for the rest of the cars to crest the hill before the big plunge. Front cars also have better low-G moments when the train is going over the top of low hill, leading to better stomach-lifting airtime. The ride is usually smoothest in the middle of the train, a good spot for beginners.

SAFETY CONCERNS

- Two weeks after the grand opening, a bolt unexpectedly sheered off, damaging the brake system. Custom-made bolts were ordered and installed to fix the problem and prevent it from happening again.

- In 2009, the roller coaster was struck by lightning in the middle of the night when the park was closed. It suffered serious damage and was closed for repairs.

- Because it is so close to the Jersey Shore, the coaster is capable of withstanding hurricane force winds. Nevertheless, damage occurred during Hurricane Irene in 2011, and the ride was closed for repairs once again.

- No one has ever been killed while riding the Kingda Ka. The odds of being injured on an amusement park ride are 1 in 23 million. According to the U.S. Consumer Products Safety Commission, in 1999 over 600,000 people were injured on bikes, just under 100,000 on trampolines, nearly 50,000 while using golf equipment, while 7,260 were injured on amusement park rides, and only 138 of those people needed to be hospitalized. Most injuries are due to people failing to follow rules rather than equipment failure.

continued on next page



DOMESTIC * WILD GAME PROCESSING

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realize, though, that the word is derived from the Greek words "sophos," which means "wise," and "moros," which means "stupid."

- It's not unusual for music critics and the artists they critique to butt heads, but they usually do it in print, not in person. In 1978, though, the staff of Rolling Stone magazine and the band the Eagles went head-to-head in a softball match. The writers ended up losing to the rock stars.

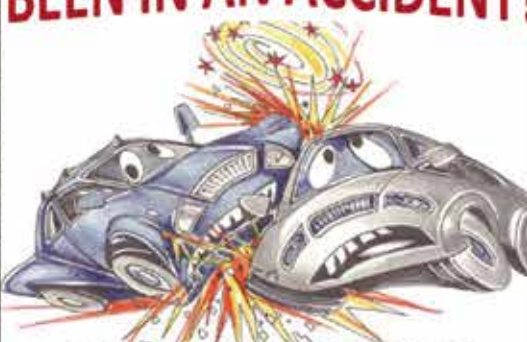
- The creator of the ubiquitous smiley face earned a grand total of \$45 for his creative effort.

- Having trouble with your teenager? It's a worldwide problem, it seems -- though not always for the same reasons. In 2004, a 13-year-old boy in India ran away from home, declared that he was a Hindu holy man and founded a monastery. His parents arranged for him to be kidnapped and brought back home.

Thought for the Day: "Life is not a spectacle or a feast; it is a predicament." -- George Santayana

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Laughs!

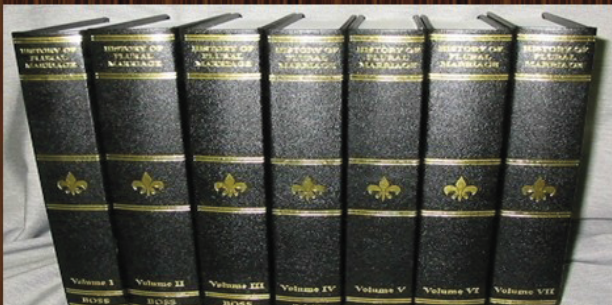
Five things to do on a roller coaster:

1. Start screaming as soon as you get in the roller coaster car.
2. Ask the person next to you if they've finished the repairs for the roller coaster yet.
3. Pretend to have a vision that the roller coaster's going to crash.
4. Ask the person next to you to sing you a nursery rhyme to calm you down.
5. As soon as the ride starts, exclaim, "Wait, this isn't the carousel!"

Holidays & Observances This Week	
10/28	Plush Animal Lover's Day
10/29	Hermit Day
10/30	National Candy Corn Day
10/31	Halloween
11/1	All Soul's Day
11/2	Deviled Egg Day
11/3	Book Lover's Day

Strange BUT TRUE

- It was 20th-century American author and actress Cornelia Otis Skinner who made the following sage observation: "One learns in life to keep silent and draw one's own confusions."
- If you grew up during a certain era in the United States, you are probably familiar with the board game Parcheesi. If you have a particularly good memory, you may recall that the game's subtitle is "The Royal Game of India." You may not realize, though, that the game is so-called because royalty in India used to play a life-size version of the game in gardens specially designed for the pursuit. Centuries ago, rajas would dress members of their harems in brightly colored costumes and use them as game pieces.
- Everyone knows that a sophomore is someone in his or her second year of high school or college. Most people don't



"The HISTORY of PLURAL MARRIAGE"
By Arnold Boss

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—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 "Monty Python" opener | 13 Gangster's companion | 22 Pebbles' papa | 28 22-Down, e.g. |
| 4 Met melody | 14 Pennsylvania port | 24 French cleric | 29 Part of AT&T |
| 8 Raggedy Ann, e.g. | 15 Pennsylvania Dutch pork concoction | 25 Sit-ins and such | 30 Water nymph |
| 12 Calendar abbr. | 17 Appellation | 29 Part of AT&T | 31 Greek X |
| 13 Gangster's companion | 18 With skill | 30 Water nymph | 32 Glittery cosmetic |
| 14 Pennsylvania port | 19 Monarch | 31 Greek X | 34 Actor Pitt |
| 15 Pennsylvania Dutch pork concoction | 20 Comfortably inviting | 32 Glittery cosmetic | 35 Census stats |
| 17 Appellation | 22 Pebbles' papa | 34 Actor Pitt | 36 Cheer up |
| 18 With skill | 24 French cleric | 35 Census stats | 37 Inundated |
| 19 Monarch | 25 Sit-ins and such | 36 Cheer up | 40 Amorphous mass |
| 20 Comfortably inviting | 29 Part of AT&T | 37 Inundated | 41 Mail |
| 22 Pebbles' papa | 30 Water nymph | 40 Amorphous mass | 42 Earn an F in penmanship |
| 24 French cleric | 31 Greek X | 41 Mail | 46 Satan's |
| 25 Sit-ins and such | 32 Glittery cosmetic | 42 Earn an F in penmanship | |
| 29 Part of AT&T | 34 Actor Pitt | 46 Satan's | |
| 30 Water nymph | 35 Census stats | | |
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| 34 Actor Pitt | 40 Amorphous mass | | |
| 35 Census stats | 41 Mail | | |
| 36 Cheer up | 42 Earn an F in penmanship | | |
| 37 Inundated | 46 Satan's | | |
| 40 Amorphous mass | | | |
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- DOWN**
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|-------------------------|----------------------|-------------------------------|-------------------------|
| 1 Picks out of a lineup | 8 Strip | 20 Loathe | 37 Mimicked |
| 2 Sleuth | 9 Exam format | 21 Do as you're told | 38 Made on a loom |
| 3 Mix up | 10 Rickey flavoring | 22 McDonald's offering | 39 "Yeah, right!" |
| 4 Without stinting | 11 Ogler's look | 23 Bellow | 40 Understand, slangily |
| 5 Thickly fibrous | 16 Busy as — | 25 Sheet of glass | 42 Bashful |
| 6 Under the weather | 19 Emeritus (Abbr.) | 26 Where "TWELVE" is worth 12 | 43 Dove's call |
| 7 Hearty brew | 20 Loathe | 27 Just one of those things | 44 Meadow |
| | 21 Do as you're told | | 45 Always, in verse |

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top ten

Halloween Masks

1. Spider-Man
2. Jason hockey mask
3. Mitt Romney
4. President Obama
5. Zombie Batman
6. Angry Birds Red
7. Zombie
8. "Halloween II" Blood Tears
9. Big Bad Wolf
10. Pirate

Source: Halloween Express, 2012

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TIDBITS NUGGET OF KNOWLEDGE

The Blue Streak roller coaster in Conneaut Lake Park, Pennsylvania, goes through a tunnel which is a favorite hideout for skunks who raid the picnic area nearby each night. The roller coaster has run over so many skunks it's now known as Skunk Tunnel.



KINGDA KA (continued) OUCH!

Kingda Ka does not operate when it's raining, because being hit by raindrops at 128 mph is not fun.

G-FORCE FACTS

Normal earth gravity has a g force of 1. Astronauts in orbit float around in zero g's. Jet pilots black out at 10 g's. On a roller coaster, g forces decrease on the way down a hill (making you feel lighter) and increase on the way up (making you feel heavier). At 3 g's a 100-lb person feels like they weigh 300 lbs. On the way down a hill riders may feel 0 g's, although most coasters only go down to about .2 g's, making a 100-lb. person weigh 20 lbs. A typical roller coaster offers a maximum of 3.5 g's. More than that makes the ride too much. That's about the same g forces as astronauts feel during a space shuttle launch. Three coasters outside the U.S. generate over 6.5 g's.

ONE-UPPED

Kingda Ka was the world's fastest roller coaster until Formula Rossa opened in Abu Dhabi in November 2010, which reaches a speed of 150 mph, reaching that speed in 4.9 seconds following launch. The hydraulic launch system is identical to the one used on the Kingda Ka. However, Kingda Ka still retains the title of the world's tallest roller coaster.

OVERCOMING THE ODDS: PHINEAS T. BARNUM

Phineas Taylor Barnum is remembered today for the circus that still carries his name: Barnum & Bailey. Barnum got rich because, as he stated, "There's a sucker born every minute."

Barnum's success started not with the circus but with the Barnum Museum in New York City. He bought an old, dusty run-down museum and set out to transform it into a flashy attention-getting show that would keep people coming back for more. One of his tactics was to give away plenty of free picture postcards to tourists, who would show them to all their friends back home. Those friends, when they visited New York, would then be sure to stop in at the Museum.

Barnum discovered that the world loves to ogle human freaks. He made a tradition out of exhibiting the bearded lady, the fat boy, giants, midgets, Siamese twins, albinos, and the Wild Men of Borneo (who were really Hiram and Barney Davis from Long Island).

continued on next page

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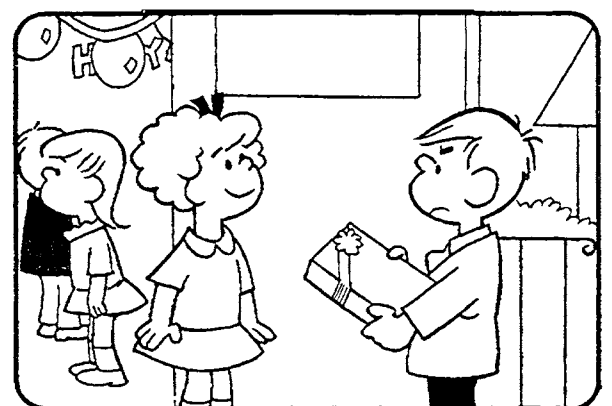
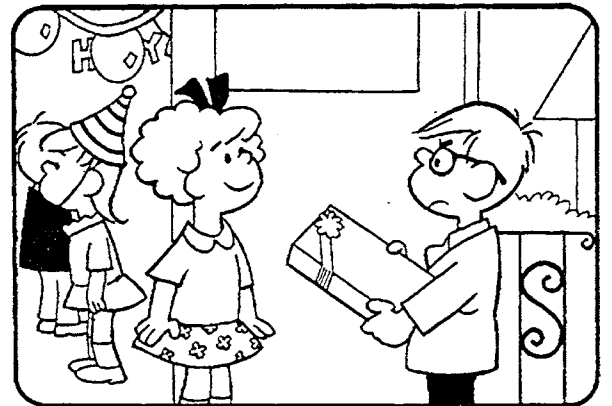


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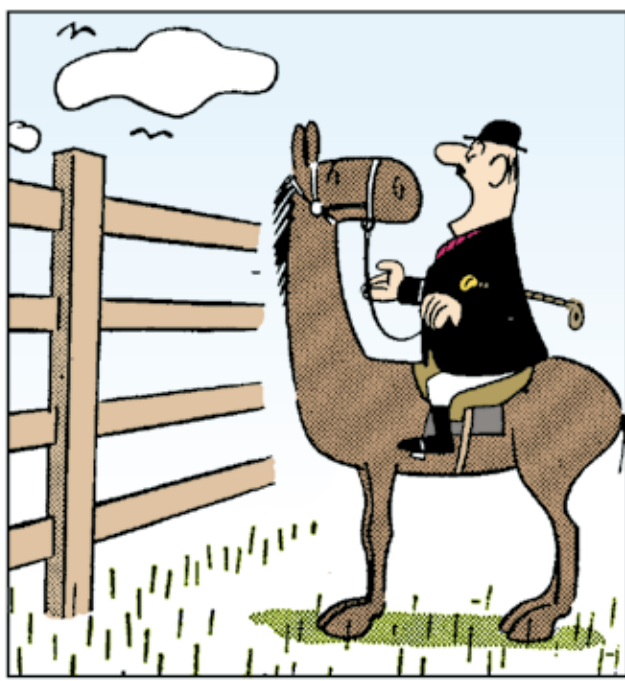
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HOCUS-FOCUS



Find at least 6 differences between panels. Differences: 1. Hat is missing. 2. Bow is smaller. 3. Skirt is different. 4. Package is smaller. 5. Eyeglasses are missing. 6. Falling scroll is missing.

LAFF-A-DAY



"After you."

KIDBITS

Junior Whirl by Hal Kaufman

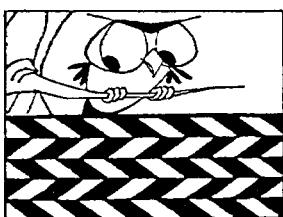
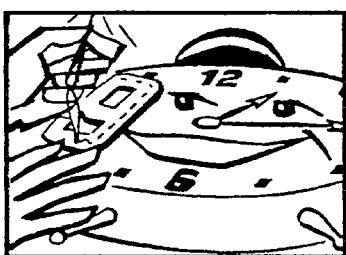


SCARE WAVES! Our artist says there are 24 goblins in this picture. How many of them are apparent to you?

GHOST STORY! "I was sitting on a tombstone when a ghost came and said: 'Sryor ot tistrudb oyu tub ou'rey tisting no ym ehad.'" Unscramble last line of this vintage poem.

EYE SPY! Pupils of an owl's eyes normally peer straight ahead, fixed in place. But you will have to forgive the owl shown here, for it simply cannot believe what it sees. Indeed, it would seem that its eyes are playing tricks on it.

Hold the accompanying design at reading distance, gaze at it steadily, and the pattern will seem to change direction. That is to say, rows of blocks seem to go one way, then go another. 'Tis illusionary, of course.



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LAST WORD FLUB IN OLD SAYINGS

YOU are asked to read over and correct sayings below whose last words are purposely altered. See if you can recall the more appropriate last word of each saying.

1. A stitch in time saves eight.
 2. Life is just a bowl of skivvies.
 3. It is better to let sleeping dogs sigh.
 4. Time is honey.
 5. Slow and steady wins the case.
 6. Hitch your wagon to a planet.
 7. Many are called, but few are frozen.
- Remember, only the last word is to be restated.
Time limit: 2 minutes.

1. nine 2. cherries 3. lie 4. money 5. face 6. star 7. chosen



Moments in time
THE HISTORY CHANNEL

• On Oct. 30, 1893, the World's Columbian Exposition closes in Chicago. Fairgoers were offered a chance to see the first gas-powered motorcar, an alternating-current power plant, a 46-foot-long cannon, a 1,500-pound Venus de Milo made of chocolate, and Juicy Fruit gum.

• On Nov. 4, 1922, British archaeologist Howard Carter and his workmen discover a stone sarcophagus containing three coffins nested within each other. Inside the final coffin, which was made of solid gold, was the mummy of the boy-king Tutankhamen, preserved for more than 3,000 years.

• On Nov. 3, 1930, the Detroit-Windsor Tunnel between the United States and Canada is officially opened to auto traffic. Each end of the tunnel had a 100-foot-tall ventilation tower; each tower held 12 huge fans, six for pumping fresh air into the tunnel and six for exhaust. The tunnel's ventilation system still works just as well today as it did 80 years ago.

• On Oct. 29, 1948, a killer smog continues to hover over Donora, Pa. The town's steel mills and a zinc smelting plant had released excessive amounts of sulfuric acid, carbon monoxide and other pollutants into the atmosphere. Over a five-day period, the smog killed some 20 people and made thousands more seriously ill.

• On Oct. 31, 1950, 21-year-old Earl Lloyd becomes the first black man to play in an NBA game when he takes the court in the season opener for the Washington Capitols. The Capitols had picked him in the ninth round of the draft. After seven games with the Capitols, Lloyd was drafted into the military and sent to Korea for two years.

• On Nov. 1, 1967, "Cool Hand Luke," starring Paul Newman as a tough, anti-authoritarian, poker-playing prisoner, debuts in theaters. The film contained the now-famous line: "What we have here is a failure to communicate."

• On Nov. 2, 1986, Norwegian distance runner Grete Waitz wins her eighth New York City marathon. She finished the 26-mile, 385-yard course in 2:28.6, more than a mile ahead of the second- and third-place women in the race.

PHINEAS BARNUM (continued)

• Barnum got his start in show biz after meeting a man who owned an old black slave named Joice Heth. Joice claimed to have been George Washington's nanny. She said she was 167 years old and had the papers to prove it. She really looked the part: blind, half paralyzed, wrinkled and toothless. Yet her mind was sharp and clear. Joice's owner had been exhibiting her and had turned a tidy profit. Yet he was tired of the road, so he sold the act to Barnum for \$1,000. Barnum and Joice went on tour, and Barnum learned the principles that guided his career from then on: that advertising and publicity are all-important, and that controversy brings the skeptics flocking in. When attendance fell off, Barnum wrote an anonymous letter to the editor claiming that Joice Heth was not a human at all, but merely a clever robot. The debate brought crowds to Barnum's door. When Joice finally died, an autopsy concluded she was probably not more than 80 years old.

• It was an elephant that led to his teaming up with Bailey. Bailey owned a circus, and one of the elephants became the mother of the first baby elephant ever born in captivity. Barnum couldn't stand to see someone else get more publicity than himself, so he offered to buy the two elephants. Bailey used Barnum's offer to get more publicity for himself. If you can't beat 'em, join 'em, thought Barnum, and the two teamed up to form the Barnum & Bailey Circus. When their first combined show was scheduled to open in Madison Square Gardens, Barnum paid all expenses for 100 top newspaper reporters from all over the country to come and review the circus. The free publicity he got all over the country ensured success.

• By the mid 1880s, the Barnum and Bailey Circus was earning a million dollars a year. Barnum invented the concept of the three ring circus, and coined the phrase, "The Greatest Show On Earth." Shopkeepers in towns they visited complained about the circus because for weeks after they were gone, the townfolk were too broke to buy anything in their stores.

continued on next page

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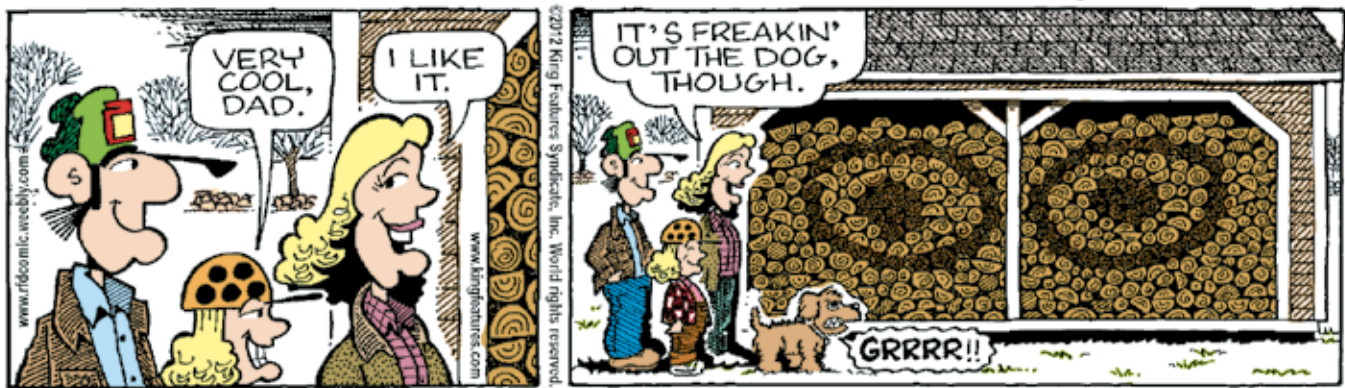
HUBERT - - By Dick Wingert



"If you didn't run it full speed you wouldn't have that trouble."

R.F.D.

by Mike Marland



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

Alzheimer's Is No. 1 Cause of Dementia

DEAR DR. DONOHUE: Please give me information on Alzheimer's disease. I am very active. I would appreciate anything you can tell me about this illness. -- H.N.

ANSWER: Alzheimer's disease is the No. 1 cause of dementia. Dementias are illnesses that lead to progressive loss of mental function. With Alzheimer's disease, memory loss is prominent, especially loss of memory for the recent past and a loss of the ability to retain new information in the memory bank.

Alzheimer's patients have great difficulty finding even simple words to express themselves. They become lost in familiar places. As the illness progresses, they find it difficult to perform simple tasks, like dressing themselves. Judgment becomes poor. In summer they might wear clothes suited for winter. Numbers lose all meaning to them. Frequently, they become confused and suspicious. They no longer recognize the faces of close family members.

The brains of those with Alzheimer's shrink because brain cells are lost. With microscopic examination of an Alzheimer's brain, deposits of amyloid, a protein material, are seen. They look like lumps of lava from a volcano, and they presumably kill off brain cells and block communication between them. Tangles of another protein called tau also are scattered through the brain. What leads to the formation of these proteins is as yet unknown.

No medicine cures Alzheimer's disease, but some medicines slow its progress. Three medicines increase the brain's supply of acetylcholine, a chemical messenger that permits brain cells to communicate with each other. Those medicines are Aricept (donepezil), Exelon (rivastigmine) and Razadyne (galantamine). Namenda (memantine) is a fourth medicine that works in a different way.

The booklet on Alzheimer's disease discusses this prevalent illness in detail. Readers can obtain a copy by writing: Dr. Donohue -- No. 903W, 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: As a child, my mother made me drink eight glasses of water every day. She said water flushed out poisons. Does it? -- B.D.

ANSWER: No, it doesn't. The average, healthy person can let thirst be the guide to the need for fluid. All fluids count, not just water. I am positive I will hear from people who say I should mention the diuretic effect of some fluids, but there actually is a net gain of fluid to the body even from drinks that encourage urine production.

DEAR DR. DONOHUE: I read your article on osteoporosis, as I have it. I was put on Actonel (risedronate) by my former doctor. My new doctor had me switch to Fosamax (alendronate) when it came out as a generic. This doctor says you must take vitamin D and calcium also. Are they necessary? -- B.G.

ANSWER: They are necessary. They work hand in hand with osteoporosis medicines. Calcium is the mineral needed for strong bones. Vitamin D enhances the absorption of calcium from the digestive tract into the blood. Not having a supply of these two is like trying to build a sandcastle without sand.

AMBER WAVES By Dave T. Phipps



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PHINEAS BARNUM (continued)

• P. T. Barnum died in 1891 at the age of 82. Several years later, the Ringling Brothers bought the Barnum & Bailey circus. The combined circus became the largest travelling show on the planet, truly the "Greatest Show on Earth."

APE INTELLIGENCE


Primates are profoundly intelligent, and one of the ways they display this is in the many creative ways they find to escape from their enclosures. Consider the following stories:

• In a Texas zoo, an orangutan foiled the electric fence and managed to escape by grabbing clumps of grass in order to create an insulating mitten, then climbing over the electrified wires without being shocked.

• When a worker at the Washington National Zoo mistakenly left several large barrels in the enclosure housing several orangutans, one of the ingenious animals, named Bonnie, simply stacked the barrels up and climbed over the fence, followed by her companions, and then liberated a picnic basket from a shocked tourist. When zookeepers found her, she was calmly munching on some fried chicken and drinking orange juice.

• Jonathan, an orangutan at the Los Angeles Zoo, was an escape artist. Keepers designed a new outdoor area for him, then invited media and dignitaries to watch while Jonathan was released into the area to explore it. Jonathan, on entering the new play area, took one look around, uprooted a nice tree that had been planted for his pleasure, leaned it against the wall, and climbed over the wall as keepers, dignitaries, and visitors watched. Later, while being held in an escape-proof exhibit, he entertained himself by taking burlap bags he'd been given to play with and whipping them through the bars of his cage, snagging steam pipes along the wall and pulling them loose. When keepers removed the bags and gave him a cardboard box instead, he ripped the box up, made spikes out of the cardboard, and used them to break the ceiling lights.

continued on next page



The Garden Bug
Ravens

Ravens will eat anything edible. Their usual diet consists of insects, seeds, berries, the eggs and young of other birds, and occasionally small mammals. When living near humans, ravens will eat their garbage. Their macabre reputation comes partly from their willingness to feed from dead bodies.

Sources: shades-of-night.com

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Comfort foods

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by JoAnna M. Lund

Awesome Apple Crisp

Try this easy dessert and see if you don't agree it's "just awesome."

2 cups (4 small) cored, peeled and sliced cooking apples
1 teaspoon apple-pie spice
1/4 cup quick oats
6 tablespoons reduced-fat baking mix
Granular sugar substitute to equal 1/4 cup sugar, suitable for baking
4 teaspoons reduced-calorie margarine

- In a medium bowl, combine apples and apple-pie spice. Evenly spoon mixture into 4 (10-ounce) microwavable custard cups. In same bowl, combine oats, baking mix, sugar substitute and margarine. Mix well until crumbly. Evenly sprinkle crumb mixture over apples.
- Microwave on HIGH (100 percent power) for 8 to 10 minutes or until apples are tender. Let set for at least 5 minutes. Good warm or cold. Makes 4 servings.

• Each servings equals: 102 calories, 2g fat, 2g protein, 19g carb., 149mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Starch, 1/2 Fat.

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Weekly SUDOKU

by Linda Thistle


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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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PetBits

DEAR PAW'S CORNER: My boyfriend and I called it quits last month after six years together. While we lived together we adopted two beautiful dogs, "Gelly" and "Robie." We both love the dogs but aren't sure what to do. He wants to keep them, and so do I. Any suggestions? -- Janice H., Providence, R.I.

DEAR JANICE: Pets are so much a part of our families these days that when a relationship breaks down, custody of those pets can cause as much acrimony as a struggle for custody of children. To many people, pets are their children. So settling on who gets the dogs can be a difficult process. Even if you can't cooperate on anything else, strive to cooperate on creating a plan for both of you to spend time with the dogs. I have friends who have set up visitation rules for their pets -- one person gets the pets for a week, the other person gets them

for another week. Another ex-couple decided after several months of sharing that one would keep their three dogs all the time and the other would visit each weekend. In a breakup, pets can suffer quite a bit of stress. The dynamics of the household have changed, patterns of their humans' behavior have changed, and one human isn't around anymore. This alone can cause noticeable behavioral changes in your dogs, so pay close attention to them. Gelly or Robie may seem more active or hyperactive, or eat less and not be as active. Both you and your ex need to give them plenty of encouragement and love during this time.

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!

When Couple Splits, Who Gets the Pets?

By Samantha Mazzotta



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TRIVIA NEWSFRONT

1. Where can you find the greatest number of roller coasters in the world?
2. At the Hypersonic XLC at Kings Dominion in Virginia, the wait was usually a couple hours long. How long did the ride last?
3. About how many roller coasters are there worldwide?
4. What state has the most roller coasters?

SENIOR NEWS LINE

Fake Pharmacies Lurk Online

by **Matilda Charles**

It can be tempting to look for cheaper sources of prescription drugs, but going online to hunt for your drugs is not the answer. The risks of dealing with online pharmacies are serious. If you get a fake drug, it will contain the wrong ingredients, and they'll likely be harmful to you. You might get a bad reaction that sends you to the hospital. If nothing else, your condition could worsen, since you won't be getting the medicine you need.

Drugs from a fake pharmacy might not have any label at all, and no instructions on how to take them. You'll have no contact with a local pharmacist who can track your prescriptions for adverse interactions. In short, you'll receive the medicine (real, or not) and nothing more.

The signs of a fake online pharmacy are: No prescription required. Prices are cheap. It ships anywhere in the world. You get spam email. It's not in the United States. It's not licensed. Remember: Anyone can put up a website that looks genuine. To learn how to avoid a rogue online pharmacy, the Food and Drug Administration has just launched a new website, BeSafeRx (www.FDA.gov/BeSafeRx). Go online and watch the short videos. Call the FDA at 1-888-463-6332 for more information.

The Verified Internet Pharmacy Practice Sites (VIPPS) is one way to check whether an online pharmacy is legitimate [www.nabp.net]. You can check out the pharmacist by going to the BeSafeRx website. Click on Know Your Online Pharmacy. Click on the map of the state and search for the company and the pharmacist to make sure both are licensed. Update: The FDA has just ordered the operators of 4,100 websites to stop selling unapproved medications. But there are more still out there.

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**

APE INTELLIGENCE (continued)

Fu Manchu was an orangutan in the Omaha Zoo. One day in 1968, a zoo worker ran to the head curator to report that Fu Manchu and all the other orangutans had escaped from their outdoor enclosure and were hanging out in the trees nearby. After coaxing the animals back into their cage, the curator investigated, and found an access door had evidently been left unlocked. He chewed out the staff and locked the door. Several days later, the orangutans escaped again, and again the curator found the access door unlocked. "I was getting ready to fire someone," he reported. Several days later, a breathless keeper came running up to the curator insisting he had to come quick and witness what Fu Manchu was doing. The curator watched as Fu Manchu produced a piece of stiff wire, slid it between the access door and the casing, slipped the latch, and popped the door open. He escaped, followed by the rest of the orangutan clan. Now that they knew how the escapes were happening, the question was where the wire was coming from. Investigation revealed something shiny in Fu Manchu's mouth. The wire, bent into the shape of his jaw, was hidden between his lip and gum. After this story got considerable publicity in the papers, the American Association of Locksmiths made Fu Manchu an honorary member.

IT'S A FACT

- Orangutans are among the most intelligent primates and routinely use tools.
- Orangutans have a natural ability to tie knots.
- 'Orang-utan' is Indonesian for 'person of the forest'.
- Because of human activity and poaching, orangutans are now critically endangered in the wild.

Good Housekeeping

Slimmed-Down Pumpkin Bread

Treat family and friends to our slimmed-down quick bread. Gone are the traditional version's 3 grams of saturated fat and all the cholesterol (thanks to egg whites and a blend of low-fat yogurt and canola oil). No one will suspect you've tinkered -- a slice is that good!

1 cup (packed) light brown sugar
2 large egg whites
1 cup pure pumpkin (not pumpkin pie mix)
1/4 cup canola oil
1/3 cup low-fat plain yogurt
1 teaspoon vanilla extract
1 cup all-purpose flour
3/4 cup whole-wheat flour
1 1/2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon baking soda
1/2 teaspoon salt

1. Preheat oven to 350 F. Spray 8 1/2 by 4 1/2-inch metal loaf pan with nonstick cooking spray with flour.
2. In large bowl, with wire whisk, combine brown sugar and egg whites. Add pumpkin, oil, yogurt and vanilla extract; stir to combine.
3. In medium bowl, combine all-purpose flour, whole wheat flour, baking powder, cinnamon, nutmeg, baking soda and salt. Add flour mixture to pumpkin mixture; stir until just combined. Do not overmix.
4. Pour batter into prepared pan. Bake 45 to 50 minutes or until toothpick inserted in center of loaf comes out clean. Cool in pan 10 minutes. Invert pumpkin bread onto wire rack; cool completely. Serves 16.

- Each serving: About 140 calories, 4g total fat (0g saturated), 0mg cholesterol, 165mg sodium, 25g carbohydrate, 1g dietary fiber, 2g protein.

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

Just Like Cats & Dogs by **Dave T. Phipps**

COMMUNITY NEWS BITS Oct 29, 2012
PAYSON



Dryer Fires Tied to Lint Buildup

Q: My roommate says that we need to clean the lint filter on the dryer after every cycle, while I think it should be cleaned only when it's full. Can you settle the argument?
— Flo in Harrisburg, Pa.

A: This one is pretty easy to settle. Clean the lint filter after every cycle. Why? Because a buildup of lint in the dryer -- even just in the lint filter -- can become a fire hazard. Dryer lint is alarmingly combustible and causes some 15,000 laundry-room fires each year.

Even though the lint filter screen traps a good deal of lint from clothing, some lint particles still pass through the screen and out of the dryer vent. Over time, these particles accumulate in corners and bends along the path that the dryer's exhaust takes. So it's not unusual to find lint buildup in places like the junction of the exhaust outlet and the hose attachment, or in the bends and folds of a longer piece of flexible vent hose.

So in addition to cleaning out the filter after every load, you should clean behind the dryer and clean the vent connections all the way out to the outside vent at least twice a year.

To do this, unplug the dryer and, with a helper, carefully slide it out away from the wall, enough so that you can reach behind it. You may need to shift the washing machine as well, if the units are located in a tight space (and it seems like they always are).

Purchase a lint brush at your home-improvement store. This can be used to clear built-up lint from the area beneath the lint filter, something you can do more frequently if this seems to be a problem.

Clean the vents and hose by detaching the vent hose from the back of the dryer. Use the lint brush and if possible a shop vacuum to clear lint from the vent and the hose. Carefully brush or vacuum out the vent hose. Then, clean the exterior vent -- from the outside in, if need be. Make sure to reconnect the hose securely to the vents on either side.

A final tip: If the exhaust hose or pipe is made of white vinyl, replace this material as soon as possible with flexible metal pipe. Vinyl in particular is no longer permitted for dryer exhaust in building codes.

HOME TIP: Wash your dryer's lint filter in warm soapy water every few months to clear built-up fabric softener from the screen.

PAYSON TESTIMONIAL –

“We were in Payson for medical reason, We have never been treated so well by everyone we came in contact with. Hospital staff, the people at the [Nebo Kitchen](#), the [Wildflower Grille](#), and also the [Quality Inn](#). You have a very nice/clean city. If I had not already purchased a home elsewhere this would definitely be where I would buy. Keep up the good work, your business people really know how to make people feel welcome.”

Thank you, Jim Allen

Payson Business of the Month - Elaine Williams

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!).



Ribbon Cutting for Medieval Magic – Oct 31 11:30A – Noon

765 E 100 N. #2 (by Wildflower grill) Join us in welcoming to the community at the opening of their new store. “Medieval Magic has been operating under different names here in Payson for about 7 years. I started the business with \$1500 out my basement by catalog sales. I have done all of the city events and always wanted to move into a storefront but put it off until now. I strongly believe in supporting local businesses and will be displaying some pieces from people in our own city. I came up with the name Medieval Magic when trying to describe the magic and fantasy of the era from which fairies and dragons were portrayed and believed in. I sell all kinds of fantasy items from dragons and fairies to incense. My name is Hailee Smith. I have resided in Payson for about 9 years. I am married to Jeff Smith. We have 12 children together 8 of which are under 11 and live at home. We also have 4 grandchildren with one coming anytime now! I am very excited about this business and am looking forward to opening a fun, exciting business here in Payson!”

Payson Market Trunk or Treat – Oct 31 5 to 7P

in the parking lot located at 586 N. Main. They invite all businesses to come and participate but would like you to RSVP with them so they can plan to accommodate all those that wish to participate. Payson Market will give a \$10.00 Gift Certificate to any business that participates to go toward the purchase of your candy. They also invite you to hand out things from your business such as flyer's or things that represent your business etc. RSVP to Christy at 801-465-2324 or e-mail: paysonmarket@gmail.com



November Business of the Month – Mountain America Credit Union

Nov 5 11:30A to Noon. Located at 818 South State Highway 198, Mountain America's Payson Branch opened in November of 2011. It now has over 800 members and a staff of seven to serve individuals, families and businesses throughout the area. Branch Manager, Vicki Grebe, has been in the financial services industry for 10 years and with Mountain America for three.



The Payson Branch is an active community partner that champions a variety of programs that support high school students. The new Keys to Success program supported by the branch is designed to help change students' lives by motivating, recognizing and rewarding them for their improvement in educational performance. In addition, the Payson Branch has been involved in the Payson Onion Days Car Show and the Payson Kiwanis/Chamber Scholarship Golf Tournament—two programs that provide scholarships for high school students.

Mountain America is the #1 SBA Lender among credit unions in the U.S., and we have a wholly owned subsidiary, Mountain America Financial Services that offers insurance services and services for other credit unions (8 Pillars Financial Literacy program, Insurance Solutions, Medicare Solutions, Interpretation and Translation Services, and REO [Real Estate Owned management disposition services]).



Macey's – October Business of the Month - Spanish Fork

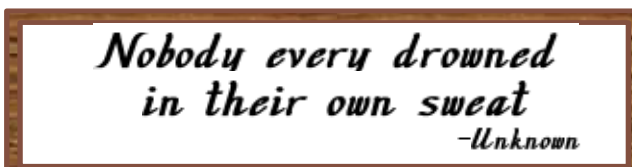
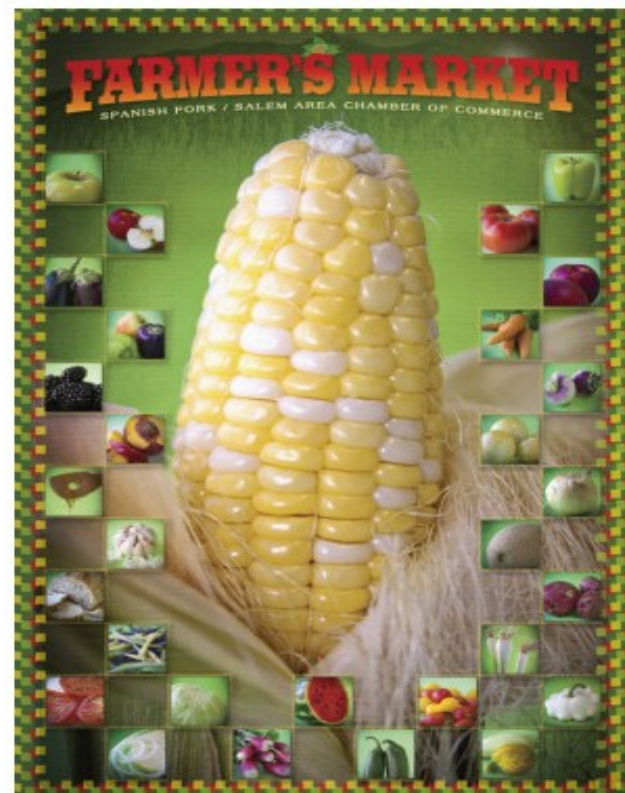
187 E 1000 N Spanish Fork Macey's has been chosen as October Business of the Month! Thanks to Bill Summers and staff for all that they do for our community! They are proud member of the Chamber of Commerce and support local education, sports, and church groups. They are presently remodeling their store and have a new mascot Kong! Macey's is your hometown grocery store and more, so come and support them!

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!

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



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ANSWERS

SPORTS QUIZ

1. True. He had 431 homers. Eddie Murray is second, with 343.
2. Randy Johnson had 12 complete games for Arizona in 1999.
3. It was 1999.
4. St. Joseph's went 27-0 in the 2003-04 regular season, then lost in the Atlantic 10 conference tournament.
5. Twelve seasons.
6. It was 1956 (Milt Campbell, gold; Rafer Johnson, silver).
7. Dustin Johnson (2008-12).

WORD POWER ANSWER MATTERHORN

TRIVIA NEWSFRONT ANSWERS
1. Ohio's Cedar Point, with 68 rides including 14 roller coasters, is listed in the 2002 Guinness Book of World Records as having both the greatest number of rides and more roller coasters than any theme park in the world.
2. The ride lasted 17 seconds.
3. There are about 1,429 roller coasters currently operating.
4. California has about 70 coasters.



1. Mounds and Almond Joy
2. Mediterranean Sea
3. E.B. White
4. Neap tide
5. Blood
6. Poker
7. Lunula
8. Proteus
9. Seamus or Shamus
10. 1,000 (thousand)

Go Figure! answers

8	÷	2	+	7	11
+		+		-	
6	+	3	+	1	10
÷		x		x	
7	-	5	x	4	8
2		25		24	

King Crossword Answers

Solution time: 27 mins.

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

Weekly SUDOKU Answer

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