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TIDBITS® VISITS DEATH VALLEY

by Janet Spencer

Death Valley is the driest spot in the U.S. It's also the lowest spot in the Western Hemisphere. And it is one of the hottest spots on Earth. Join Tidbits as we tour one of America's most unusual national parks.

- It's BIG! Death Valley National Park is the largest national park outside Alaska. The valley is about 130-140 miles long, and the valley floor averages 5 miles wide. The national park contains nearly 3.4 million acres. The state of Rhode Island could fit inside Death Valley National Park more than three times over. It's twice the size of Delaware, and nearly the same size as Connecticut.

- It's LOW! A parking lot at a place called Badwater is 279 feet below sea level. Several miles away in a desolate salt pan, there are a few dips that are 282 feet below sea level. Death Valley is the lowest spot in the Western Hemisphere, but the Dead Sea (between Jordan and Israel) is 1,360 feet below sea level.

- Only six places on earth are deeper than Death Valley, and they are all desert valleys. If these valleys received more rain, erosion would eventually fill them with sediments and they would no longer be below sea level. Also, they'd be lakes instead of valleys.

turn the page for more!



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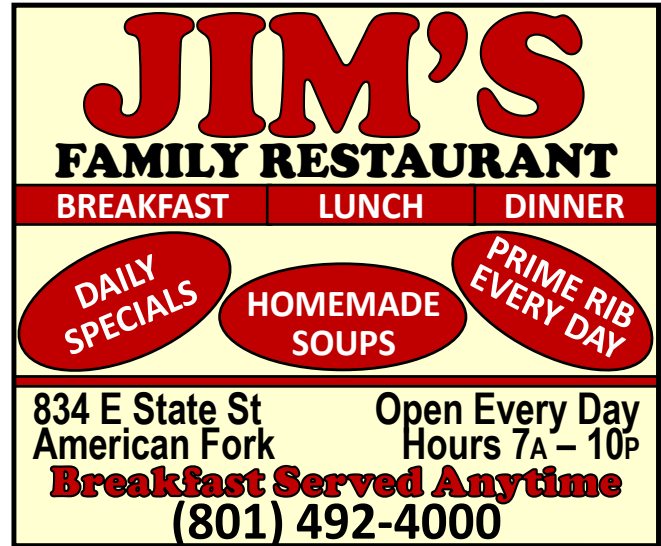


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- LANGUAGE:** What is the meaning of the Latin prefix "demi"?
- HISTORY:** Who wrote the political book "The Prince" during the Renaissance?
- ASTRONOMY:** What phase of the moon is opposite of crescent?
- LITERATURE:** What was the real name of the author who assumed the pen name of George Orwell?
- ART:** What are the three primary colors?
- MUSIC:** What is indicated by the musical notation "estinto"?
- GEOGRAPHY:** What state lies directly east of Utah?
- GENERAL KNOWLEDGE:** What is the traditional birthstone for June?
- MEASUREMENTS:** The watt, a unit of electrical power, was named for what famous inventor?
- ETIQUETTE:** Properly speaking, who should host a wedding shower for a bride?



by Jo Ann Derson

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- Medication labels can fade, so when you get yours, put a piece of clear tape over the instructions. This way, you'll always be able to read the instructions.
- "During the holidays (the height of baking season for me), I keep a large plastic saltshaker filled with flour and a bit of dry rice. The rice helps the flour to shake out without getting clumped up, and I use it to dust cake pans, rolling pins, kneading boards, etc." -- W.F. in Canada
- "One of the household cleaners I prefer comes in a spray bottle, and it's on the expensive side. I make sure to get all of the liquid out by adding some regular glass marbles to the bottle. The marbles displace the liquid, ensuring it finds the bottom of the sprayer's suction tube." -- T.H. in Mississippi
- "Stack hockey pucks in the holes of a cardboard soda six-pack carrier. Tell your coach. And to keep them bouncy, store them in your freezer (as long as your mom says it's OK)." -- Eric, via e-mail
- Keep the fog off your glasses by cleaning them with shaving cream. It will prevent mist-ups when you come in from the cold.
- Save your citrus peels and dry them to use for kindling in your fire. They contain flammable oils, and they smell pretty good, too.

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

GO FIGURE! by Linda Thistle

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

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+		×		÷				17
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DIFFICULTY: ★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 4 5 6 7 8
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DEATH VALLEY (continued)

It's HOT!

- The heat is partly caused by the low elevation. With every thousand feet you lose in elevation, the temperature rises by about 5 degrees F. Death Valley's topography—a deep valley sandwiched between two steep mountain ranges—also magnifies the heat. Hot air rising from the valley floor gets trapped between mountain ranges. The hot air re-circulates and gets hotter. The dryness also contributes to the heat. Death Valley has no clouds for shade, no rain for cooling, and little vegetation to stop rocks from absorbing heat all day. In turn, the heat reinforces the dryness, evaporating rain before it reaches the ground.
- The hottest temperature ever recorded in Death Valley was 134 F on July 13, 1913. By comparison, the hottest temperature ever recorded on Earth was 136 F, recorded in the Sahara Desert in Libya in 1922.
- When it comes to average highs, Death Valley beats the Sahara. In 2001, Death Valley hit 100 F or higher on 154 days in a row. It's hit 100 F or higher in every month except November, December, January, and February. It's hit 110 F on (coincidentally) 110 days in a row, in 1996. And it hit 120 F on 43 days in a row, in 1917.
- July is the hottest month on average, with a daily high of 115 F. August is second, with an average daily high of 113 F. June is third, at 109 F.
- In July, when the average daily high is 115 F, the daily average LOW temperature is 88 F.
- Things cool off in winter. In November the average daily high is 76 F. In February it's 72 F, and in January and December it's 65 F.
- Death Valley's official temperature is recorded at a weather station five feet above the ground. But the ground gets hotter than the air. The hottest ground temperature ever recorded in Death Valley was 201 F in 1972.

continued on next page

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X O W U T S Q H P O N A N L O
B K J H T T O C S N I L L O C

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

- | | | | |
|-----------|---------|----------|---------------|
| Anders | Cernan | Lovell | Stafford |
| Armstrong | Collins | Mitchell | Young |
| Bean | Conrad | Scott | Only 9 others |
| Borman | Irwin | Shepard | |

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THIS WEEK'S CELEBRITY BIRTHDAYS

Calista Flockhart	11/11/1964
Ryan Gosling	11/12/1988
Jimmy Kimmel	11/13/1967
Yanni	11/14/1954
Daniel Pinkwater	11/15/1941
Lisa Bonet	11/16/1967
John Boehner	11/17/1949



Punched-Tin Can Candle Holders

It's time to start saving tin cans for this gift-giving idea for the holidays. Your eco-friendly school-age kids not only will like the recycling aspect of this punched tin tealight candle holder, but they'll also have a great time pounding nails into the tin and ice to create an imaginative design.

Think Thanksgiving home decor, too. Choose fall-themed images to create, like a maple leaf, gourd and pilgrim ship to brighten your Thanksgiving centerpiece.

Here's the stuff you'll need for one candleholder:

- Plain tin can with label removed and all rough edges pinched flat and smooth. I use the smooth-sided 11-ounce Geisha brand mandarin orange cans for this project because they don't have multiple ridges or grooves.
- Nail
- Hammer
- Water
- Towel
- Permanent black felt-tip marker
- Thin ribbon to decorate the outside of the can.
- Household glue
- Tealight candle

Here's the fun:

- Fill the can near to the top with water and place in your freezer to freeze.
- When frozen solid, remove, wipe off frost on the outside of the can and dot design on the outside opposite the seam using the permanent marker. You may wish to draw the outline of a leaf or pumpkin for Thanksgiving. For December holidays draw a pine tree, holly, star, bell, menorah, 2013 or other festive holiday symbol. Choose shapes that are easy to create dot to dot. Leave space near the top rim and base for adding ribbon.
- Place the can on its side on the towel. Carefully hammer out the design by positioning the nail on each of the dots and hammering it through the tin until it hits the ice. (The ice prevents the nail from bending the tin.) Continue punching holes until you have completed your pattern.
- Run warm water over can until ice melts. Remove ice and dry can.
- Attach ribbon to the can with glue. Set candle in the center of the can and light.

Note: Adults should be present when lighting candles.

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."

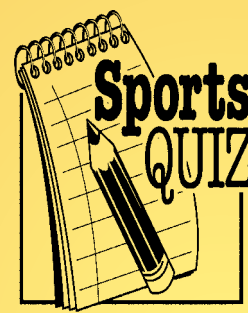


TIDBITS WORD POWER

Unscramble this word:

E E A A H H D C

This word means: *This is one of the first signs of dehydration in the human body.*



By Chris Richcreek

- Who hit the most major-league home runs during the decade of the 1940s?
- Two Minnesota Twins pitchers had 20-win seasons during the 1990s. Name them.
- Who holds the NFL mark for most field goals in a season, and how many?
- When was the last time before 2011-12 that the Indiana Hoosiers men's basketball team started a season 10-0?
- Name the only NHL team other than Edmonton (2010-12) to have the No. 1 overall draft pick three consecutive seasons.
- Which was the first country to win back-to-back Euro titles in men's soccer along with a World Cup in between.
- Who were the world heavyweight boxing champions before and after Rocky Marciano's 1952-56 reign?

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VETERANS POST

by Freddy Groves

Horses for Therapy

Unless you look for it, you wouldn't suspect that research literature is full of glowing praise for using animals as therapy for wounded veterans. Whether it's traumatic brain injury, post-traumatic stress disorder or a physical injury, horses are being used as "animal therapists" in equine-facilitated therapy.

Here's why it works:

--Immediate feedback. Pull a horse's reins one way, and it goes in that direction. Groom a horse and the blood pressure goes down.

--Success with the horses increases confidence in skills that can be used in day-to-day life.

--Animals don't judge. They don't care if their human has scars or a slower gait. They care only about the interaction with their human.

--Caring for an animal can provide the steps to reconnecting on an emotional level.

--Relaxation ... deep-down genuine ease and relaxation.

If you think you can benefit from an animal therapy program, inquire at your VA medical center. There are 30 centers that participate in the horse therapy program. Here are a few examples:

--Horses for Heroes [www.horsesforheroes.org] is a non-profit, working New Mexico ranch that provides free hands-on experiences to veterans and active-duty military who have PTSD or physical injuries. While veterans heal, they work toward the goal of training horses for future veterans who will participate in the program. For more info, call 505-798-2535.

--Injured soldiers with TBI and PTSD ride and take care of horses in the Therapeutic Riding Program near Fort Belvoir, Va. The horses and the soldiers who run the program are from the 3rd Infantry, the Old Guard.

--The Lexington VA Medical Center in Kentucky has an alternative rehab program that pairs veterans with horses. Again the emphasis is on veterans with PTSD and TBI.

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.

DEATH VALLEY (continued)

The record low temperature in Death Valley is 15 F, set in 1913, which was the same year that set the record high of 134 F. Death Valley's all-time low is about the same as the all-time lows of Phoenix or Houston.

It's DRY!

Why is Death Valley so hot and dry? Don Lago describes the science behind it in his book, Death Valley Trivia. The main factor is called the "rain shadow" effect. When storms come out of the Pacific Ocean and head inland, they have to cross a series of mountain ranges, which force clouds to rise, condense, and drop their moisture. With every mountain range they cross, the clouds have less moisture left for the next one. The Sierras can get 34 feet of snow per year, but then the clouds have little moisture left for the Owens Valley just west of the Sierras; the Owens Valley gets less than 6 inches of rain per year. Clouds that make it past the Sierras then hit the Panamint Mountains and lose most of their remaining moisture. This leaves little rain for Death Valley, or for the Amargosa Range on the east side of Death Valley. While the Panamints get 15 inches of annual precipitation, the Amargosa Range gets only 3-5 inches.

The average annual rainfall in Death Valley is only 1.94 inches. By comparison, New York City receives an average of 49.64 inches of rain per year. In some years, Death Valley has recorded no rainfall at all, such as 1929 and 1953.

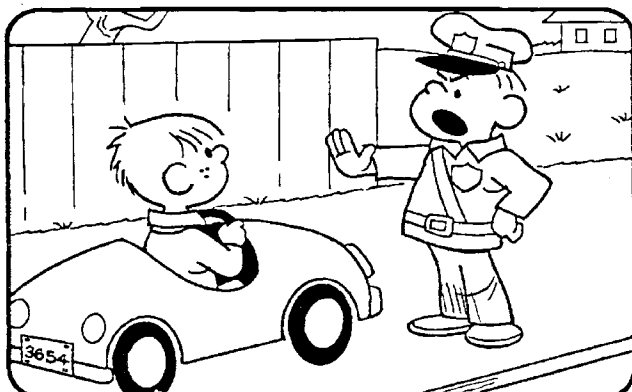
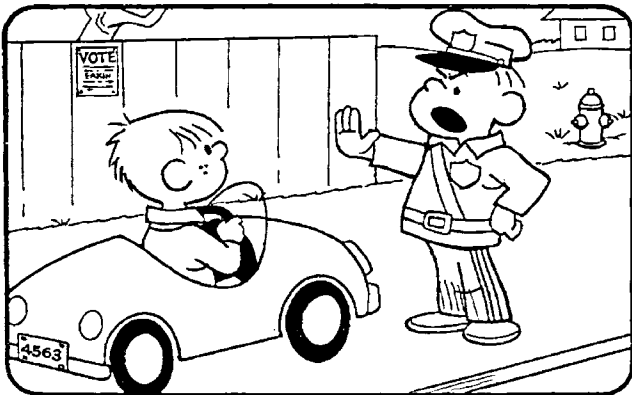
With so little rainfall and so much evaporation, the humidity level in Death Valley sometimes falls to 2 percent. With humidity this low, even when the temperature is a pleasant 70 F, people can become seriously dehydrated.

Even in the summer heat, people in Death Valley may not get sweaty. The human skin often remains dry. But this doesn't mean you aren't perspiring: it means that perspiration is evaporating instantly. For people from humid climates, who are accustomed to skin and clothes drenched with sweat, this can trick them into seriously underestimating how much water they are losing.

continued on next page

HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Poster is missing. 2. License is missing. 3. Windshield is missing. 4. Arm is lower. 5. Straps are missing. 6. Repling is missing.



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aren't as good as brown eyes at shielding out light. This means that blondes tend to be more easily blinded by the headlights of oncoming cars.

Strange BUT TRUE

- It was Scotsman Bertie Charles Forbes, journalist and founder of Forbes magazine, who made the following sage observation: "There is more credit and satisfaction in being a first-rate truck driver than in being a tenth-rate executive."
- The prospectors of 1849 might not have realized it, but you're more likely to find a 5-carat diamond than a 1-ounce nugget of gold.
- You might be surprised -- and, depending on your temperament, terrified -- to learn that bats can fly at speeds up to 60 mph. Some can even reach altitudes of 10,000 feet.
- All joking aside, those who study such things say that natural blondes tend to have more difficulty driving than those whose hair is of a darker hue -- at night, anyway. The reason? Most natural blondes also have blue eyes, which

- Coffee beans are actually seeds. The fruit of the coffee tree is called a cherry and are said to be delicious. They spoil too quickly to be marketed effectively, though, so only the seeds are used.
- Beverly Hills, Calif., is one of the most affluent areas of the country. It was not always such a posh locale, however; in 1920 the population was 674, and most of the land was given over to bean fields.
- When a professional football player retires, there's a 50-50 chance he'll get divorced within a year.
- Everybody dreams. Those who claim that they never have dreams just don't remember them.

Thought for the Day: "Any frontal attack on ignorance is bound to fail, because the masses are always ready to defend their most precious possession -- their ignorance."
 -- Hendrik Willem van Loon

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 By Arnold Boss

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"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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| 14 Wear away | 17 "Casablanca" heroine | 43 Say |
| 15 Recede | 21 Floating soap brand | 44 Selassie worshiper |
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Top Ten

New York City ATTRACTIONS

1. Empire State Building
2. Statue of Liberty
3. Grand Central Terminal
4. Rockefeller Center
5. Ellis Island
6. Staten Island Ferry
7. American Museum of Natural History
8. Central Park
9. Metropolitan Museum of Art
10. Museum of Modern Art

Source: gonyc.about.com

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TIDBITS

NUGGET OF KNOWLEDGE

In the summer of 1891 the U. S. Weather Bureau established its first weather station in Death Valley, but the weatherman quit after a few months, declaring that he would rather "take Hell straight" than take any more of Death Valley.

DEATH VALLEY (continued)

Finding Water

- There is no place in Death Valley more than 15 miles away from a spring. Natives knew all the water sources in Death Valley, but prospectors and tourists have died of thirst even when springs were nearby because they didn't know where they were.
- Death Valley has over 350 seeps and springs. Some are barely large enough to keep the ground damp, but the largest, Travertine Spring, can pour out up to 2,000 gallons per minute. If Death Valley wasn't so dry, its springs would start building a lake on the valley floor.
- The water that pours from these springs comes from the mountains of central Nevada. Snowmelt flows underground for hundreds of miles until water reaches the surface. This water can take thousands of years to arrive in Death Valley. This means that the tap water you are drinking in Death Valley may have fallen as rain when the Egyptian pyramids were being built.

OVERCOMING THE ODDS:
JOSEPH STRAUSS

Joseph Strauss was born in Cincinnati in 1870. He was short, but he nevertheless tried out for the school football team. As a result, he spent several weeks recovering in the infirmary, where the window in his room offered a view of the Cincinnati-Covington Bridge, which was America's first long-span suspension bridge. Strauss subsequently developed a fascination with bridges. When he graduated from college with degrees in business and economics, his commencement address presented a proposal to construct a railroad bridge across the Bering Strait, linking Alaska and Russia.

Strauss got a job working for a foundry where he learned the ropes of steel and iron manufacturing, and then went to work for a bridge building company. Later, he went to work for an engineering firm, and then started his own engineering firm in 1904. His specialty was drawbridges, and he constructed around 400 of them. However, he dreamed of something more challenging, so when officials from San Francisco approached him in 1919 about spanning the Golden Gate Strait, he jumped at the chance, even though he had never constructed a single suspension bridge. He didn't even have a degree in engineering. It took more than a decade for Strauss and city officials to convince the public that a bridge should be built. In the midst of the Great Depression, a city bond raised the funds needed, and work on the Golden Gate Bridge began in 1933.

continued on next page

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In Death Valley, a "five inch rain" is a rain that leaves five inches between rain drops.

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(SNOWFLAKES)

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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KIDBITS

Junior Whirl

by Hal Kaufman

SPOT CHECK! Two stacks of cards are placed on the table. "Pick a card from this pile, remember its value, and place it in the other pile," says the magician. At which point he or she searches through and finds your card.

Secret: In advance, prepare the piles as follows: All odd cards — ace (counted as a "one"), five, jack, king, etc. — are contained in one pile. All even cards — queen, ten, eight, etc. — are contained in the other. Thus, any non-conforming card is easy to spot.

HEAR THIS! Empty wagons make the most noise, says an adage. Here's another, in a similar vein: After rail issa idandd one, mor eiss aighand one. Rearrange spacing for sense. Time limit: 2 min. eopd nert; dls is elow 'oune, 'oune, 'oune.

QUICK DRAW SHOWCASE

HOLD THAT POSE! A certain creature is putting on a show above. To catch the act, simply add lines in accord with letter-number coordinates.

Start at F-11, draw a line from there to F-8, to C-8, to C-11, to F-11.

Draw from F-11 to H-10, to F-6, to E-8.

Start again, draw from I-11 to L-9, to K-6, to G-3, to G-1.

Draw from B-8 to E-5, to E-3, to G-1.

Use a sharp pencil, draw straight lines.

Be sure to draw lines in accord with letter and number coordinates.

Add colors later, if you wish.

FLIPPIN' OUT! Our gymnast pal does some fancy twists and turns before landing on his feet. Can you trace his route?

CLASS ACT! Who'll win the class election? Answer's in the ballot box. Colors: 1—Red. 2—Lt. blue. 3—Yellow. 4—Lt. brown. 5—Flesh tones. 6—Green. 7—Dk. brown. 8—Dk. blue.

SPELLBINDER

SCORE 10 points for using all the letters in the word below to form two complete words:

BALLOTER

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 50 points.

Possible answers: Ball, hot.

JOSEPH STRAUSS (continued)

• His health began to fail during the construction, which lasted four years. He was once gone from the site for a six-month stretch, leading to rumors he'd had a nervous breakdown. Yet, he managed to see the project through to the end, and proudly walked across the completed bridge on the day it was opened to the public. Strauss died of a heart attack a year later, at the age of 68. He is buried in Forest Lawn Cemetery, with a bas-relief of the bridge etched in brass mounted upon his tombstone.

• There were many challenges to overcome: deep water, turbulent currents, corrosive fogs, high winds, and heavy sea traffic. Strauss asked for help from engineering visionaries Charles Ellis and Leon Moissieff, whose contributions were essential in refining the design and overcoming the engineering challenges. He then downplayed their involvement so that he would get more of the limelight. To his credit, his insistence on rigid safety measures prevented many deaths and proved that large projects could be completed safely when worker's health and well-being was given a priority, which was not typically the case at the time. He wanted people using his bridge while admiring the workers who built it; he was horrified by the thought that wives and children and parents might one day be crossing the bridge while remembering the husbands and fathers and sons who died during its construction. He also instituted the policy of hiring men for the duration of the entire project in a day and age when construction workers were more typically hired on a daily basis. He wanted continuity among workers and did not want to be constantly training newly hired men, because the work was so dangerous.

continued on next page



Two men got lost in the desert and wandered for several days until they finally came across a native and asked him where they could find some water. "What day is today?" asked the native. "Wednesday!" answered one of the men. "Well, ok...continue straight ahead and next Tuesday, turn left!"



**Moments
in time**
THE HISTORY CHANNEL

• On Nov. 12, 1864, Union Gen. William T. Sherman orders the business district of Atlanta destroyed before he embarks on his famous March to the Sea through Georgia to prevent the Confederates from recovering anything once the Yankees had abandoned it.

• On Nov. 16, 1901, a low-slung car called the "Torpedo Racer" -- basically a square platform on bicycle wheels -- breaks the world speed record for electric cars in Coney Island, N.Y., by going 1 mile down the straight dirt track in just 63 seconds. That's about 57 mph. Today the world speed record for an electric vehicle is about 245 mph.

• On Nov. 14, 1914, in Constantinople, capital of the Ottoman Empire, the religious leader Sheikh-ul-Islam declares an Islamic holy war on behalf of the Ottoman government, urging his Muslim followers to take up arms against Britain, France, Russia, Serbia and Montenegro.

• On Nov. 15, 1943, Heinrich Himmler makes public an order that Gypsies are to be put on "the same level as Jews and placed in concentration camps." Himmler was determined to prosecute Nazism racial policies, which dictated the elimination of all races deemed "inferior" and "asocial."

• On Nov. 13, 1953, a member of the Indiana Textbook Commission calls for the removal of references to the book "Robin Hood" from textbooks used by the state's schools. She claimed that Robin Hood was a communist because he robbed the rich and gave it to the poor.

• On Nov. 17, 1968, the Oakland Raiders score two touchdowns in nine seconds to beat the New York Jets -- and no one sees it. In a debacle which would become known as "Heidi Bowl," with just 65 seconds left to play, NBC broke away from the game to air its previously scheduled programming, the movie "Heidi."

• On Nov. 18, 1987, a fire in a London subway station kills 30 commuters and injures scores of others. At the King's Cross station in London, people began to smell smoke coming from beneath one of the station's escalators. It was later revealed that debris and grease had built up under the escalator.



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

Hot Flashes Can Last Into the 70s

DEAR DR. DONOHUE: Will you please tell me if there is something I can take to get rid of hot flashes? I am 74 and have them all the time. I sweat terribly. I have tried Estrace (female hormone), Estroblend (a dietary supplement) and black cohosh (an herbal remedy). -- M.B.

ANSWER: It's said that 8 percent of women still have hot flashes into their 70s. Most women get over them in six months to five years after menopause. The drop in estrogen production that occurs with menopause affects a part of the brain that regulates body temperature. The brain's thermostat is thrown out of whack, and the result is spells of sudden, uncomfortable warming with sweating.

Let me give you the usual recommendations made for control of hot flashes. I'm pretty sure you must have tried them after more than 20 years of putting up with flashes. Dress in layers so that outer garments can be shed at the first inkling of a hot flash. That can keep it from becoming a full-blown one. Keep ice water on hand and drink it at the start of a flash. Cut back on caffeine. Slow, deep breathing at the onset of a flash is said to minimize it.

Estrogen, which you have tried, is the most effective treatment for flashes. It should be taken in as low a dose as possible for the shortest time possible. Maybe a different estrogen preparation would work for you.

Effexor and Lexapro, two antidepressants, have met with success in suppressing hot flashes for some women. Here they are not used for their antidepressant action. It's an example of medicines that have more than one function. Neurontin (gabapentin) is a seizure-control medicine that is also used for control of hot flashes.

Hot flashes that have lasted as long as yours call for a consideration of conditions other than estrogen deprivation. An overactive thyroid gland, a hidden infection and two unusual tumors -- carcinoid and pheochromocytoma -- are examples of illnesses that produce symptoms similar to a hot flash.

DEAR DR. DONOHUE: I am 84 years old. Recently I had a CT scan of my abdomen. It revealed multiple diverticula in the sigmoid colon. Will you please explain diverticulitis to me, and what I can expect from it? -- H.T.

ANSWER: You don't have diverticulitis. You have diverticulosis -- small, pea-size protrusions of the colon lining on the outer surface of the colon. Between 50 percent and 80 percent of people your age have the same condition. Diverticulosis almost never causes pain. It hasn't caused any trouble in your past. It's most unlikely to cause you any trouble in the future.

Fiber stops diverticula from forming. Make sure you're getting 25-30 grams of it every day. Diverticulitis is inflammation of diverticula. It happens to only a few people with diverticulosis. Fiber also will prevent inflammation from developing.

The booklet on diverticulosis explains this common malady in detail. To order a copy, write: Dr. Donohue -- No. 502W, 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.

B IS FOR BEES

Bees are among the most intelligent of insects, and they demonstrate that in a variety of ways:

- Researchers once did an interesting experiment with bees. They brought two groups of bees from their home hive to Carnegie Lake in Princeton, New Jersey. One group of bees was taken to a bunch of pollen-laden flowers in a rowboat that was anchored close to shore; the other group was taken to a bunch of flowers in a rowboat way out in the middle of the lake. After sampling the flowers, the bees flew home to their hive and both groups did a wagging dance indicating a source of pollen had been found. The bees at home evidently refused to believe that there could be flowers in the middle of the lake, because whereas lots of bees returned to harvest pollen from the flowers close to shore, almost none came to the boat in the middle of the lake.

- When bees find food, they communicate its location by doing a dance that signifies direction and distance to their fellow bees. One bee researcher set up two food sources near a hive. One was close to it; the other was farther away. Then he watched the dancing movements of the bees that fed at the different stations. The bees that fed at the nearby station did wagging dances; those that fed at the more distant place did circling dances. When he moved the food sources, the dances changed accordingly. He found that a bee returning from a spot 100 yards away would make 10 turns in 15 seconds, but those returning from 2 miles away would make only 3 turns in 15 seconds. If the food was in the direction of the sun, the bee danced with its head up. If it was away from the sun, the head was down. If it was at a 45-degree angle to the sun, the bee danced in a corresponding angle to the hive.

continued on next page

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Comfort foods
Made fast and healthy
by JoAnna M. Lund
Cranberry Graham Squares
While cranberry sauce is always appropriate, why not share this cranberry-studded recipe this season? After all, it won't be long before these ruby delights won't be anywhere to be found.
12 (2 1/2-inch) graham crackers
1 (4-serving) package sugar-free vanilla instant pudding mix
2/3 cup nonfat dry milk powder
1 3/4 cups water
1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
1 cup reduced-calorie cranberry juice cocktail
1 cup fresh or frozen cranberries
1 cup reduced-calorie whipped topping
1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine dry instant pudding mix, dry milk powder and 1 1/4 cups water. Mix well using a wire whisk. Pour mixture evenly over graham crackers. Refrigerate while preparing cranberry sauce.
2. In a medium saucepan, combine dry cook-and-serve pudding mix, cranberry juice cocktail, remaining 1/2 cup water and cranberries. Cook over medium heat for about 5 minutes or until cranberries soften, stirring often. Remove from heat, place saucepan on a wire rack and allow to cool for 30 minutes, stirring occasionally. Evenly spoon cooled mixture over set filling.
3. Spread whipped topping evenly over cranberry mixture. Crush remaining 3 graham crackers into fine crumbs. Evenly sprinkle crumbs over top. Refrigerate for at least 1 hour. Serves 8.
• Each serving equals: 93 calories, 1g fat, 2g protein, 19g carb., 297mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch.

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Holidays & Observances This Week
11/11 Veteran's Day
11/12 Chicken Soup for the Soul Day
11/13 Sadie Hawkins Day
11/14 Clean Your Refrigerator Day
11/15 America Recycles Day
11/16 Button Day
11/17 Homemade Bread Day

Weekly SUDOKU
by Linda Thistle

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

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
Making Your House a Welcome Pet Home
By Samantha Mazzotta

DEAR PAW'S CORNER: We're planning to adopt a puppy in the next few weeks. Is there anything we should do to prepare our house to welcome our new dog when he or she arrives? – Clarice H., New Orleans

DEAR CLARICE: First of all, congratulations! Adopting a pet from the shelter is a great choice. Second, there are many things you can do ahead of time to make your house dog-friendly. The shelter may have some information to guide you as well, but here are some basic things to add to your list.

- "Pet-proof" your house. In much the same way as parents need to childproof their house, pet owners need to make dangerous items difficult to access. Things that can be chewed on, that can splinter or break into small pieces, should be kept off the floor and off things that are puppy height (like the coffee table).
- Set up a living area for your puppy, in a comfortable spot out of the way of foot traffic. Place its pet bed there, along with chew toys.
- Have your dog's leash, collar and other items ready and waiting. You'll want to purchase these after you've chosen your puppy but before bringing it home.
- Set up a file among your household papers specifically to hold your dog's adoption information, shot record, registration and other pet-related data. You also should keep a copy of these papers in a separate location.
- Include your new pet in family emergency planning. If you have an evacuation or shelter-in-place kit, add dog food, treats and other essential items.

Send your questions or tips to ask@pawscorner.com, or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. For more pet care-related advice and information, visit www.pawscorner.com.



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TIPBITS presents

TRIVIA NEWSFRONT

- 1 How many people die of the heat in Death Valley each year on average?
- 2 At two percent humidity, how long does it take laundry to dry on a clothesline?
- 3 What famous movie was filmed in part in Death Valley?
- 4 Four German tourists abandoned their broken down car in the desert in 1996. How long did it take rangers to find their bodies?
- 5 How deep was the ancient lake that filled Death Valley during an Ice Age 100,000 years ago?

SENIOR NEWS LINE

How Will You Spend Your \$20.91?

by **Matilda Charles**

For 2013, Social Security recipients will get a whopping 1.7 percent increase in their monthly checks starting in January. Only a few times since 1975 has that rate of increase been so low. For a person who receives the average \$1,230 per month, that increase will amount to \$20.91 extra. Don't spend it all in one place.

The small increase is due to the Consumer Price Index, which Social Security adjustments are based on. The U.S. Department of Agriculture says the index increased just 1.7 percent overall in the fiscal year ended Sept. 30, 2012.

The USDA does concede that because of the droughts in the Midwest (the worst in 50 years), food prices will rise in 2013 above the "average" inflation of 2.5 percent to 3 percent that's taken place in 2012. It takes several months for that type of disaster to impact food prices. It says that for 2013, "inflation should be above the historical average for food categories such as cereals and bakery products, as well as other foods."

The "experts" don't shop at my grocery store. What they apparently haven't seen is that store prices already are rising ... quickly.

And that's not all. Medical care has gone up 4 percent this year. Gas for the car rose 6 percent. Rents and utilities also have risen.

Meanwhile there's the coming rise in Medicare Part B. That cost comes out of your Social Security check before you even get it. It's estimated that the additional cost each month will be in the \$7 range -- one-third of the Social Security adjustment.

When you run all the numbers, I think we're already spending our average \$20.91 increase.

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

BEE BRAINS (continued)

- Professor James Gould tested some bees by placing a bowl of sugar water near a beehive. After it had been discovered by the bees, he started moving it. Every few minutes he moved the dish, but each move was four times longer than the previous move. Thus, he moved it one inch, then four inches, then 16 inches and so on. Soon he was moving the dish more than 100 feet in a single jump. The bees caught on and were waiting for him when he arrived.

BEE FACTS

- Number of flowers a bee must visit to make one pound of honey: 2 million
- Number of miles flown by a hive of bees in order to make 1 pound of honey: 55,000
- Amount of honey made by a worker honey bee in a lifetime: 1/12 teaspoon
- Average annual per capita consumption of honey: 1.1 lbs.
- Average speed of a honey bee: 15 mph
- Average number of flowers visited during a single collection trip: 50-100
- Average lifespan of a worker bee: 28-35 days
- Average lifespan of a queen bee: 2 years
- Percent of the average human diet derived from insect-pollinated plants: 33%
- Percent of that pollination performed by honey bees: 80%
- Percent of the time bees spend sleeping: 0
- Number of bees in a hive: up to 60,000
- Percent of body weight an average bee can carry in its nectar load: 50%
- Number of eggs an average queen bee lays per day: 3,000

Good Housekeeping

Hearty Fish Chowder

Cod, bacon and potatoes make this creamy chowder rich and satisfying.

4 slices center-cut bacon
 1 large carrot, chopped
 1 medium (13-ounce) celery root, peeled and chopped
 1 large (12-ounce) all-purpose potato, peeled and chopped
 2 small (4 to 6 ounces each) onions, chopped
 2 tablespoons all-purpose flour
 1 cup clam juice, bottled
 1/2 cup water
 1 pound skinless cod fillets, cut into 1-inch chunks
 1/2 cup reduced-fat (2 percent) milk
 Salt
 Pepper
 Fresh flat-leaf parsley leaves, chopped, for garnish

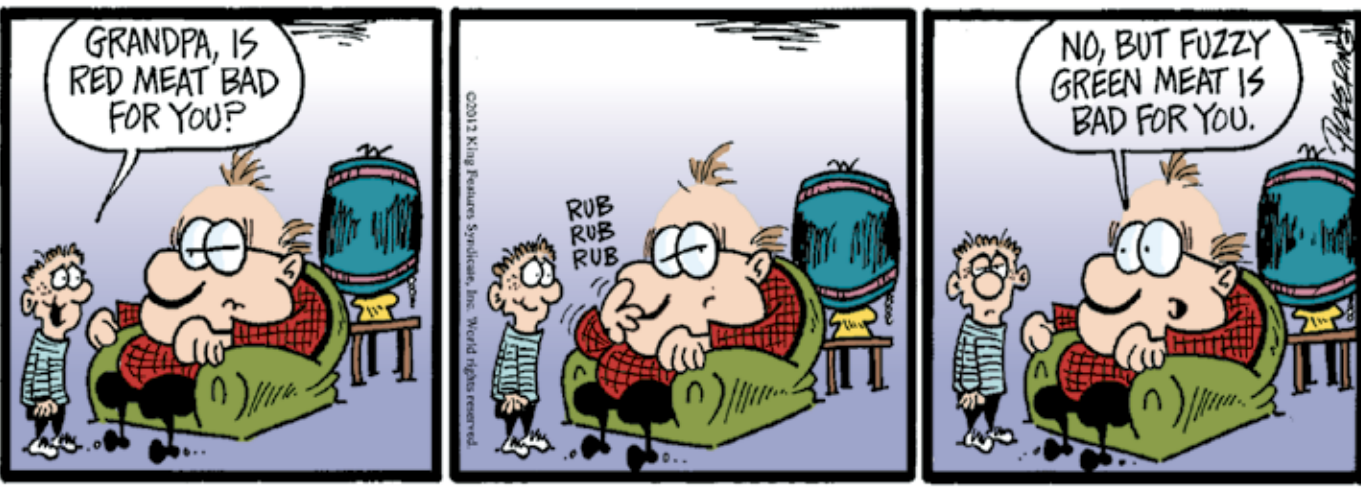
1. In 6- to 7-quart saucepot, cook bacon on medium 5-7 minutes or until browned and crisp, turning occasionally. Drain on paper towels; set aside. Discard all but 1 tablespoon bacon fat.
2. While bacon cooks, in large microwave-safe bowl, combine carrot, celery root, potato and 2 tablespoons water. Cover with vented plastic wrap and microwave on High 5 minutes or until vegetables are just tender.
3. Keep saucepot with rendered bacon fat on medium. Add onion and cook 6-8 minutes or until tender, stirring occasionally. Add carrot mixture and cook 2 minutes, stirring.
4. Add flour and cook 2 minutes, stirring. Add clam juice and water, and whisk until smooth. Heat to boiling, stirring occasionally. Add cod chunks, cover and cook 4-5 minutes or until fish just turns opaque throughout.
5. Stir in milk, 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Cook 1 to 2 minutes or until hot but not boiling. Crumble reserved bacon. Spoon chowder into shallow bowls; garnish with parsley and bacon. Serves 4.

- Each serving: About 310 calories, 7g total fat (3g saturated), 64mg cholesterol, 595mg sodium, 35g total carbs, 5g dietary fiber, 27g protein.

Just Like Cats & Dogs by Dave T. Phipps



The Spats by Jeff Pickering





Firewood Tips

Q: Last year, we ordered a cord of firewood, but the weather was so warm that we barely used half of it in our fireplace. Is the remaining half still good to use this winter?
– Frank in Marlborough, Mass.

A: Stored correctly, firewood can last for several seasons if need be, so your remaining half-cord should be fine for use this winter. It has continued to season and is probably much drier than it was last year, meaning it will likely catch and burn faster. Large amounts of firewood that will be stored through the winter and into the next cold season generally should be kept several feet from the house at minimum. The wood should be kept off the ground -- loaded on a pallet or a storage rack -- and stacked evenly. This creates good airflow between the logs, allows it to dry quickly after a rain storm, and reduces the number of insects that take up residence in the stack, as well as discourages rodents from creating nests in it. How much firewood you should purchase and store each year is entirely up to you. I've often passed homes in the Northeastern countryside that have several cords of neatly cut wood stacked underneath the crawlspace of outlying barns, sheds, or sometimes even the houses themselves. In suburban and urban areas, this is probably not acceptable to the neighbors or may violate local ordinances. Plan to have no more than two winters' worth of firewood stacked near your house. The amount depends on how much you use your fireplace, and whether it is a necessity to warm the home or just a decorative element.

HOME TIP: Order firewood from a source as close to your home as possible, to prevent pests -- particularly tree-killing insects -- moving from one area or region to another.



Fall decor



For a simple yet elegant approach to your fall decorating, fill an urn or a glass bowl with leaves, gourds, nuts, fruit, berries or stems. The natural textures and autumn colors will brighten any table, mantel or shelf.

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COMMUNITY NEWS BITS Nov 12, 2012
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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

November Business of the Month – Mountain America Credit Union

Located at 818 So 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]).

Payson Area Chamber of Commerce Presents: Thu Nov 15th 11:30A

President/CEO Val Hale - Utah Valley Chamber of Commerce Payson City Council Chambers, 435 West Utah Avenue, Payson, Utah. Val is a 1975 Graduate of Orem High School. He is Class of 1981, BYU and was employed there from 1999 - 2004. He began working for UVU from 2004 to 2012 as Vice-president for University Relations. He is currently serving as President and CEO of Utah Valley Chamber of Commerce and will share “The How To Of Business Success”. President Hale is excited to speak with our Chamber of Commerce about The Value of belonging to our Chamber of Commerce as a business owner, employer, employee and community member. He will give us insight as to how to create the business relationships for our businesses to continue to flourish. He states, "I love life. And the thing that makes life so wonderful is the people I get to associate with".



Please invite a friend or business associate. We will network from 11:30 am - 11:55 am. Bring finger foods to share, your business cards, items for the drawings, specials and brochures and samples. We are collecting canned goods, new coats, hats, gloves, socks and boots for those in need, locally.

For more information, contact Norene Jensen 801.636.1040 norene.invests@yahoo.com;
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Spanish Fork

Business of the Month - Walker Mortuary

187 S Main Spanish Fork
 Congratulations to the Walker Family for being chosen as November's Business of the Month! Our staff here at Walker Family Mortuaries sincerely cares about and loves this community. We are dedicated to serving you and feel that we can offer superior service in all that we do. Our staff lives in and is active in our community. We care about this community and have enjoyed the opportunity to serve this remarkable area over the past 58 years and we hope for many years in the future. We love our community and the people and neighbors that live here. We are here to help, to provide a compassionate service and to be a caring friend.



Thank you: Allyn, Brad, Adam, Frank, Jeff, Mike, and Tammy

Santaquin Area Chamber of Commerce 2012 Annual Light Parade

Sat Nov 24th 6:30 P The parade will go down 100 So to Centennial Park. We would like your help in making this years parade the best yet. Parade line up will begin at 5:30 at 400 South and 100 East. Judging will begin at 6:15 p.m. Participants must be in their places by 6:15 pm in order to be included in the judging. The Parade will begin promptly at 6:30 p.m. Awards will be presented after the parade. Santa will be at the Santaquin Elementary after the parade where they will have hot chocolate and doughnuts. As always there will be no charge to enter the Santaquin Light Parade. This will help you or your business with free advertising. Thank You - The Santaquin Light Parade Committee is devoted to serving our community and helping our children. Phone: (801) 754-5842 for Angela Kay or 801-223-8192 for Mandy Jeffs or 801-900-0341 for Joe Davis

Noon Networking Luncheon for November! Wed Nov 14 Noon

Robarge Collision
 570 S. Main, Spanish Fork. Come network with other business professionals and chamber members. Lunch by Bajjo. Please bring a guest and a door prize giveaway if you like. RSVP and come enjoy lunch with the Chamber!



Think Local. Shop Local. Be Local.

Pleasant Grove

Officer Hardman and K9 Dizzy Honored

From Oct-Dec 2012, the PG Honorary Colonels recognize the outstanding achievements of Officer Kadon Hardman and K9 Dizzy. Officer Hardman purchased a police service dog and equipment to train his dog, sacrificing a significant amount of his own time and money, to establish a K9 program in the PGPD. Officer Hardman and K9 Dizzy are certified in illegal narcotics identification, criminal apprehension, and evidence recovery and tracking. Please join the Honorary Colonels thanking Officer Kadon Hardman and K9 Dizzy for their unselfish service to the safety of the citizens of Pleasant Grove. To ask Officer Hardman and K9 Dizzy to visit your school or group, contact him at 785-3506. To learn more about the PG Honorary Colonels call Mike Carter at 368-4567.

Pleasant Grove

Pleasant Grove Downtown Tree Lighting - Nov 26th at 6:00 pm. Santa at the Library at 6:30 pm. Mrs. Santa Claus will be telling stories at Twilight Tales Nov 27th, 6:30 and 7:30 pm

FrontRunner South
 Opens December 10, 2012

UTA has re-designed its local bus service to create a fully integrated bus/rail transit system for our customers. For more details, including a summary of the upcoming service changes, go to www.letsrideuta.com. Specific bus route and train schedules will be posted at www.letsrideuta.com 30 days prior to the Grand Opening. Thank you for riding UTA. You may also contact us at 1-888-RIDE-UTA

Pleasant Grove Orchestra and Choir
 presents "The Messiah"
 December 7th at 7 pm
 PG High School Auditorium
 Free to the public. Sponsored by the PG Arts Commission.
 Choir rehearsals - Sun 7 pm, at the High School choir room.
 Orchestra rehearsals - Sat 8-10 am lower level of PG Library.

Ability is of little account without opportunity - Napoleon

ANSWERS
SPORTS QUIZ

1. Ted Williams, with 234. Johnny Mize was second, with 217.
2. Scott Erickson (1991) and Brad Radke (1997).
3. San Francisco's David Akers had 44 in 2011.
4. It was 1989-90.
5. The Quebec Nordiques (1989-91).
6. Spain (2008-12).
7. Jersey Joe Walcott before, Floyd Patterson after.

WORD POWER
 ANSWER
HEADACHE

TRIVIA NEWSFRONT
 ANSWERS
 1 On average, two people die from the heat in Death Valley every year.
 2 At two percent humidity, it takes about two minutes for laundry hung on a clothesline to dry.
 3 Many scenes in the "Star Wars" movies were filmed in Death Valley.
 4 Remains of four German tourists who walked away from their stranded cars were found 13 years later.
 5 During the Ice Age about 100,000 years ago, lots of water was flowing into Death Valley, forming a lake 600 feet deep.

Trivia test
 by Fifi Rodriguez

1. Half
2. Niccolo Machiavelli
3. Gibbous
4. Eric Arthur Blair
5. Red, yellow and blue
6. So soft that it can hardly be heard
7. Colorado
8. Pearl
9. James Watt
10. A friend of the bride

Go Figure!
 answers

6	x	5	-	7	23
÷		-		+	
2	x	1	+	8	10
+		x		÷	
4	x	5	-	3	17
7		20		5	

King Crossword
 Answers

Solution time: 27 mins.

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

Weekly SUDOKU
 Answer

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