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ARRANGEMENTS

## TIDBITS® WANTS YOU TO THINK POSITIVE

by Kathy Wolfe

During this time of year as we focus on being thankful, Tidbits urges readers to take a few moments to improve their emotional well-being and happiness by thinking positive!

- What makes us happy? Psychologists suggest that each person has a happiness "set point," which is a personal tendency to be very happy, somewhat happy, or not at all happy. About 50% of the explanation for a person's set point is determined by genetic make-up, which helps to explain why some folks just seem to be naturally happier than others! It also helps explain why long-term levels of happiness appear to be resistant to many significant life events, both good and bad. Lottery winners initially feel "overjoyed" and people who have experienced a negative life event, such as a job loss or death of a loved one, feel "sorrowful." But most of these individuals eventually settle back to their set point. Research confirms that personal circumstances, such as level of wealth and where we live, account for a measly 10% of happiness.
- Are happier people more successful in their personal and professional lives? It appears so partly because happy individuals' positive moods motivate them to work enthusiastically toward their goals.

turn the page for more!

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1. **LANGUAGE:** Variety magazine coined the term "oater" to describe what kind of entertainment?
2. **MATH:** What is the Arabic equivalent of the Roman numeral LXXX?
3. **STYLE:** What is the function of furniture called an etagere?
4. **FOOD:** What is the chief ingredient in caponata?
5. **MEASUREMENTS:** What did the Binet-Simon Scale measure?
6. **GEOGRAPHY:** On which continent is the country of Paraguay located?
7. **MEDICINE:** What is digitalis used to treat?
8. **ENTERTAINMENT:** Which humorist created the fictional town of Lake Wobegon?
9. **GENERAL KNOWLEDGE:** What is an aqueduct?
10. **LITERATURE:** Who wrote the novel "The Portrait of a Lady"?



by Jo Ann Derson

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- Got soap scum? Mix dishwashing detergent with baking soda and use it to scrub bathroom walls. It's very effective, and surprisingly gentle, as baking soda is a mild abrasive that works well without scratching.
- "Unless the label states otherwise, the best rinse temperature for clothing is cold water. It will help the clothing retain its shape and color better, and --bonus -- it's the least-expensive setting." -- I.F. in Texas
- When whipping egg whites, make sure you bring the eggs to room temperature beforehand. They will yield greater volume.
- Store asparagus in the fridge only for a few days before serving. Trim the cut end and use wet paper towels to wrap it. Keep it in the crisper drawer.
- Getting out your old deck of cards to play? If they feel gummy, put them in a plastic baggie, add a little bit of talc, baby powder or cornstarch, seal the bag and shake. Knock the excess off before removing from the bag. Shuffle as usual.
- "Wanna spot clean your floor? Spray an old pair of socks with floor cleaner, put them on and do the cha-cha-cha." -- V.B. in Iowa

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.

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## 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.

	+		×		25			
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-	+		÷					
	-		×		12			
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**DIFFICULTY: ★★**  
★ Moderate ★★ Difficult  
★★★ GO FIGURE!

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## THINK POSITIVE! (continued)

They lean toward feeling confident, optimistic, and energetic, they have a positive perception of themselves, and others find them more likable. Happier folks seem to perform better in job interviews and secure better positions as a result. They also tend to have less absenteeism at work.

- Level of happiness also affects an individual's health. Data indicates that happier people have lower levels of hypertension and lower blood pressure. Those who use humor to cope with difficulties have stronger immune systems, and are less likely to get sick. They have fewer doctor visits, use less medication, and are much less likely to experience substance abuse.
- Do you think you'd be happier if you just had more money? Not so, say researchers! Income actually has a weak effect on levels of happiness. In the workplace, employees seem to gain more satisfaction from their rank, position, and sense of achievement than they do from their pay. Surprisingly, spending money on others – as little as \$5 a day – creates a boost in happiness levels.
- Wondering what you can do to increase your happiness level? Since 40% of happiness is subject to self-control, a person's deliberate choices and intentional activities can amp up cheerfulness and contentment. High-quality social relationships contribute to life satisfaction, and research indicates that married people are generally happier than single ones. Socializing with cheerful people increases the likelihood of being happier.
- Think happy thoughts! The average woman has 60,000 thoughts a day – can you believe that 48,000 of them are negative? Avoiding "negative self-talk" can improve attitude and enhance happiness. Rather than saying, "I'm not good at this," try, "What can I do to get better at this?" Substitute "That's too difficult," with "I'm going to give it a try."

continued on next page

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

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

Accepted	Common	Orthodox	Stock
Average	Conventional	Reference	Textbook
Benchmark	Gauge	Regular	Touchstone
Classic	Model	Staple	

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**THIS WEEK'S CELEBRITY BIRTHDAYS**

Owen Wilson 11/18/68  
Meg Ryan 11/19/61  
Joe Biden 11/20/42  
Ken Griffey, Jr. 11/21/69  
Jamie Lee Curtis 11/22/58  
Miley Cyrus 11/23/92  
Katherine Heigl 11/24/68



## Discover a Surprise Inside Spaghetti Squash

When you look over the colorful choices of squash in various goofy shapes and sizes at your market this week, tell your kids to snoop carefully to find an extra-fun variety you may have forgotten about or never tried – spaghetti squash!

The oblong, light-yellow squash, which is approximately 8-10 inches in length, is packed with healthy nutrients, is low in calories, high in fiber and, best of all, has a super kid appeal because there's a surprise inside.

To the delight of your entire family, you'll discover that once baked, the flesh of the squash comes out in long strands that look like noodles. Its buttery, mild and slightly sweet flavor is ideally suited to be topped with tomato sauce and grated Parmesan mimicking a bowl of traditional spaghetti. On another occasion, serve it as a tasty side dish tossed with pesto, a garlic-flavored herb butter or mixed vegetables and feta cheese. And when you prepare a roast, set the sliced meat and juices over the "noodles" for a robust weekend meal.

Here are four easy steps for preparing spaghetti squash, with a few tips tossed in to make easier work when handling it.

1. Preheat oven to 350 degrees. Wash the outside of a 2 1/2 to 3 pound spaghetti squash and pat dry. Cut in half lengthwise. Like most varieties of winter squash, it can be difficult to cut through the hard shell. I pierce the squash in several places with the tip of a knife and put it in the microwave for 2-3 minutes or more depending on its size to soften it a bit. Let it rest for a few minutes and slice in half with a sharp knife.
2. Scoop out the seeds. A melon baller and small ice-cream scoop are easy-to-handle kitchen tools for school-age kids to use if they are assisting you with this step.
3. Place the squash halves cut side down on a baking sheet coated with cooking spray or lined with parchment paper. Bake for an hour or until easily pierced with a fork. Cool for 15 minutes.
4. Scoop out insides with a fork to remove the noodle-like strands. Place in a serving bowl or on a small platter. Top with preferred toppings or combine with butter, seasonings or cooked vegetables. Serves 3-4.



## TRIVIA NEWSFRONT

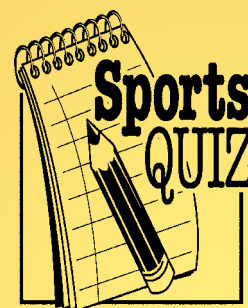
1. What did the Wright Brothers have to do with the Singer Company?
2. In the 1920s, Singer spent \$1 million on this expense alone. What was it?
3. When did Isaac Singer donate 2,000 sewing machines to the U.S. Army?
4. Singer became the largest single employer of these. Who were they?
5. Archaeologists have discovered these 20,000-year-old items used by women of the Ice Age. What are they?

## WORD POWER

Unscramble this word:

**M I O P I T T S**

This word means: *One who usually expects a favorable outcome*



- 1 Name the last Twins manager before Tom Kelly and Ron Gardenhire, and what year was his last managing the team.
- 2 In 2012, the Tampa Bay Rays ended their record run of consecutive games started by pitchers under the age of 30. How many games was it?
- 3 Who is the only person in NCAA Division I history to win three national titles as a player and three as a football coach?

- 4 Name the last NBA player to average at least 23 points and 14 rebounds per game for a season?
- 5 Who did the University of Maine beat to win its first NCAA men's hockey championship in 1993?
- 6 How many sets did Misty May-Treanor and Kerri Walsh Jennings lose during their 21 matches over three Olympics?
- 7 In 2012, Tiger Woods (74 victories) moved past Jack Nicklaus into second place on the PGA Tour career victory list. Who is first?

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# VETERANS POST

by Freddy Groves

## Yellow Ribbon Money Can Boost GI Bill

You finally got all set up with GI Bill benefits and were accepted to an institution of higher learning ... and then you discovered that the college won't give you in-state resident tuition rates for one reason or the other. And you can't afford the balance due.

That's happened to a number of veterans.

There's help for some, but not all veterans, in the form of the Yellow Ribbon Program, which is to provide increased tuition reimbursement to those either attending a pricier private school or a public school but as an out-of-state student.

The information can be found at <http://www.gibill.va.gov/school-certifying-officials/yellow-ribbon-agreement/index.html>

Click on the link to the 2012 and 2013 participant list and the Frequently Asked Questions.

The cap for private and/or expensive schools is \$17,500, and the Yellow Ribbon money can be used to pay anything over that. For non-residents who're being charged higher rates, the Yellow Ribbon money can be used to pay 100 percent of the costs, up to that \$17,500.

Another potential glitch to keep you from accessing that Yellow Ribbon money is whether or not the school signed up for it. Check the participant list at the link above.

And one more potential problem: If your school doesn't offer a degree program, there's no Yellow Ribbon money.

Other facts about the Yellow Ribbon money:

Students in Arizona, Michigan, New Hampshire, New York, Pennsylvania and South Carolina are exempt from the \$17,500 cap. For those at private school in those states, the benefit is the higher amount of either the tuition or the highest in-state undergrad costs.

If you're going to school part-time, your money will be prorated.

Hint: Get all the information about the school before you apply. Make sure it qualifies for Yellow Ribbon in case you need that benefit.

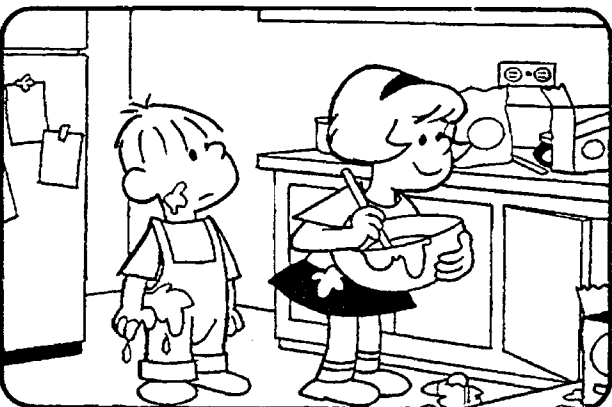
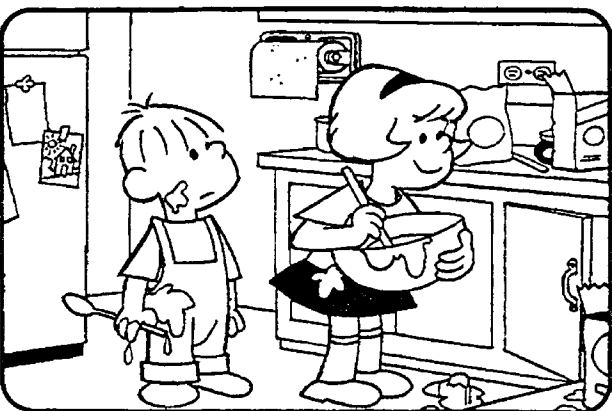
### THINK POSITIVE! (continued)

- Replacing negative thoughts with positive ones allows you to focus on all that is good in life. Keeping a journal listing three things that went well each day produces satisfaction and contentment as well.
- Having an "attitude of gratitude" is one of the best ways to possess emotional well-being. Counting your blessings causes you to consider all that is valuable in your life. Gratitude during the bad times actually helps you cope with and adjust to adversity, helping you bounce back to that happiness set point. Taking stock of all you have and recalling contributions others have made for you cause you to be more likely to help others and be less materialistic and envious of others, as well as alleviating bitterness.
- You are what you eat! Did you know that a diet low in fiber has been linked to depression? Likewise, a Vitamin B-12 deficiency can produce irritability and depression. Residents of countries who eat the most fish possess the lowest rates of depression. A wide variety of whole foods provides brain-enhancing nutrients, causing your mind to be sharper and more energized. Too much sugar can contribute to shrinkage in the areas of the brain involved in regulating your moods.
- Letting go of offenses, anger, and resentment is a sure-fire way to be happier and healthier. Brooding and obsessing over wrongs done to you and refusing to forgive takes its toll on your happiness levels as well as your physical health.
- Don't worry, be happy! Worriers experience muscle tension, agitation, irritability, sleep problems, difficulty with concentration, and an inability to relax. They spend much of their time trying to predict the future, and worrying about all that could go wrong. Much of the problem involves trying to solve issues that are not solvable. As Mark Twain said, "I am an old man and have known a great many troubles, but most of them never happened."
- Increase your positive outlook with random acts of kindness. Research has established that these acts induce positive thoughts and can alleviate negative feelings. It seems that individuals get a strong sense that they're doing something that matters, and subsequently, mood is enhanced.

continued on next page

### HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Picture is missing. 2. Spoon is missing. 3. Paper towels are missing. 4. Socks are missing. 5. Handle is missing. 6. Box is different.

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## Strange BUT TRUE

- It's not known who made the following sage observation: "The sharper your words are, the more they'll hurt if you have to swallow them."
- Those who study such things say that Southerners watch more TV than residents of any other region of the country.
- Any given major ballet company will go through about 3,000 pairs of toe shoes every year. Under normal use, one pair will last for about one hour of performing.
- If you average out the depth of the world's seas and the elevation of the land, you'll find that the ocean is four times as deep as the land is high.
- Pierre-Auguste Renoir, one of the leading artists of the

Impressionist movement, died in 1919, at the age of 78. His last words were, "What a pity I have to go now just when I was beginning to show promise!"

- Researchers studying the workings of memory briefly showed human volunteers sequences of five numbers on a computer screen. When asked to repeat the numbers, the test subjects could accurately do so half the time. The same researchers conducted the same test with a chimpanzee named Ayumu, who was able to recall the number sequences 80 percent of the time.
- A male sea otter shows affection by biting his mate's nose.
- If you're a young baseball player hoping to make it in the big leagues, you might want to keep this fact in mind: Only 8 percent of those who sign major-league contracts actually play in even a single big-league game. The other 92 percent spend their careers languishing in the minor leagues for a pittance.

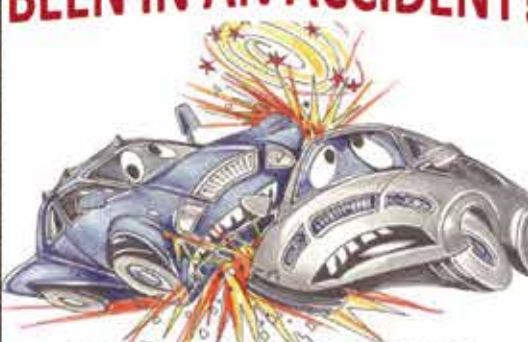
**Thought for the Day:** "What is defeat? Nothing but education, nothing but the first step to something better."  
-- Wendell Phillips

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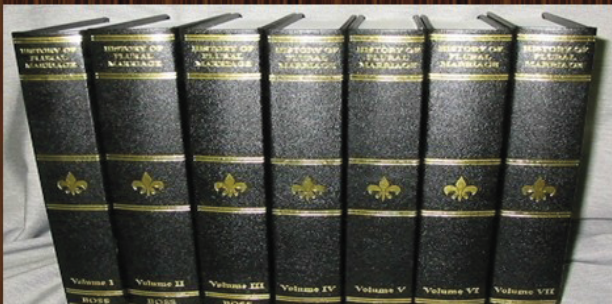
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By Arnold Boss

"In 1943, 15 men were taken from their families and sent to prison for living plural Marriage. Among those was one Arnold Boss. Given the opportunity to sign a paper and go home to his family, Arnold decided to stay in prison another 2 years rather than denounce his beliefs even if only on paper.

This 7 volume set of The History of Plural Marriage among the Mormon People is a true labor of love which Arnold carefully and diligently has compiled some of the most fascinating historical information.

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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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| 7 Cockeyed                         |                              |                         |

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**Top Ten**

**Most Thanksgiving COOKING DISASTERS\***

1. Texas
2. Illinois
3. Ohio
4. Michigan
5. New York
6. Florida
7. Pennsylvania
8. Indiana
9. Missouri

Source: State Farm

\*cooking-related insurance claims



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**TIDBITS NUGGET OF KNOWLEDGE**

The name of Helen Blanchard has been lost in history, but her invention lives on. In 1873, Helen received a patent for the first zig-zag stitch machine, one that would create a more durable garment with the edges of a seam better sealed.



**THINK POSITIVE! (continued)**

- What about age? Studies have determined that people in their mid- to late-50s are happier, worry less, and have less stress than young adults in their 20s. Part of that finding may be that older people have learned how to control their emotions over the years.
- Positive mindsets can be elevated by visualizing your "best possible self." This involves imagining success at your life goals, realization of your life dreams, and achievement of your best potential, followed up with using this to guide your current decisions.
- Practice optimism! Happy folks look at the bright side of each negative situation and find the silver lining in every black cloud.
- Unhappy people watch 30% more TV. Happier ones are out socializing, exercising, reading, volunteering, or attending religious services. And along that line, studies show that spiritual and religious people are happier and healthier than others.
- Regular vigorous exercise reduces stress and contributes to great levels of fulfillment. Joggers are 70% less likely to have a high level of stress and dissatisfaction with life. Just 17 to 34 minutes per day produces a significant difference. Need more good news? Exercise also contributes to lasting cognitive functioning in old age.

**FAMOUS LANDMARKS OF THE WORLD: ARC DE TRIOMPHE**

At the western end of Paris' Champs-Elysees on the right bank of the Seine, the regal Arc de Triomphe stands guard over the city. Here are the highlights about this monument, the Arch of Victory, the brainstorm of Napoleon Bonaparte.

- Following his most important victory of the Napoleonic Wars, Bonaparte ordered the construction of the Arch in 1805. He intended it as a commemoration to all French soldiers who had fought during the wars, and it was his plan that his soldiers would march through the arch upon their return home. However, it took two years just to lay the foundations, and when Napoleon entered the city in 1810, he came from a different direction.
- When the architect of the monument died in 1811, the work was taken over by another for a few years. However, when Napoleon lost power, construction was halted and did not resume until 1833. The Arch was not completed until 1836. Meanwhile, Napoleon died in exile on the island of St. Helena in 1821 and was buried there. In 1840, King Louis Philippe I arranged for Napoleon's remains to be returned to France and at long last, Napoleon entered Paris through the Arc de Triomphe.

continued on next page

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**LAFF - A - DAY**



"I seem to bore people."

Laugh a bit with **TIDBITS**

You should always borrow money from pessimists.  
They don't expect it back.

**KIDBITS**

**HORN SWOGLER!** Two of these six horns of plenty look enough alike to be twins. Which two is for you to decide.

**SUM AGE!** Take a half, a third and a fourth of this preteen's age, and the total will be one more than the age itself. What age is that? Time: one minute.

The preteen's age is twelve.

**Junior Whirl**  
by Hal Kaufman

**FUSS & FEATHERS DRAWING CARD**

It may seem like a lot of fuss and feathers, but it's worth it to see what's hidden in the diagram shown. A sharp pencil and ruler will help.

Begin at intersection 9-D, draw to 9-G to 10-J, 9-I, 9-J, 8-I, 8-J, 7-I, 7-J, 4-G, 4-E, 5-C, 4-D, 3-D, 2-B, 4-A, 5-B, 8-B, to 9-D.

Draw from 6-D to 9-G, 10-F, 9-F, 10-E, 9-E. Add 10-E to 11-E. Add 10-F to 11-F.

Begin at 2-B, draw to 1-D, 1-F, 2-H, 4-J, 5-J, 6-I, 5-I, 3-G, 3-C. Add 1-D to 3-E, 4-E, 3-D. Draw 2-H, 3-G, 4-G. Add 1-F to 4-F. Draw 3-I to 4-H, 5-H, 5-I, 4-J.

Add 5-F to 6-G, 6-F, 7-G, 7-F, 8-G, 8-F. Draw 6-H to 7-I. Add 7-H to 8-I. Also 8-H, 9-I. Add 4-A to 4-B. Then 4-D to 4-E. Also 3-C to 4-D.

Draw small circle below 3-C.

**WASH OUT!** Unlikely as it may seem, each grouping of letters aired out at right is taken from an English word: No. 1, HTH, for instance, is taken from the word EIGHTH. Just for fun, see if you can discover a source word for at least one of the other seven. That's right, just one. Perhaps you can do better, but be forewarned it is far from easy.

More than one answer may be possible in some instances.

1. Eighth, 2. Foolscap, 3. Artwork, 4. Blackmail, 5. Cheek, 6. Ringworm, 7. Awkward, 8. Snowflake, Or did you find others?

**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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**ARC DE TRIOMPHE (continued)**

- The Arch sits at the center of 12 main avenues which radiate outward. It reaches 162 feet (49.5 meters) to the sky and is 72 feet (22 meters) deep. Its base features four groups of elaborate sculptures, the most famous of which is "La Marseillaise," featuring the woman Marianne, the national emblem of France representative of Liberty and Reason. Six other reliefs are sculpted on the facades of the Arch depicting important battles of the French Revolution and Napoleonic era. On the inside of the Arch, a list of French victories is engraved, as well as the names of the military leaders of those battles. The names that are underlined represent those who were killed in action. Still more sculptures representing characters of Roman mythology decorate the Arch.
- Beneath the vault of the Arch lies the Tomb of the Unknown Soldier, interred there on Armistice Day (November 11) of 1920, to commemorate the signing of the armistice between France and Germany in 1918. Prior to the interment, the Arch was the site of troops parading after military victories, as well as the annual Bastille Day military parade. However, as a sign of respect, parade traffic now marches to the Arch, but then turns to go around its side. A ceremony is held there every November 11.
- The Tomb of the Unknown Soldier contains an eternal flame that burns in memory of all the unidentified dead. When President John F. Kennedy and wife Jacqueline visited Paris in 1961, they paid their respects at the Tomb. After JFK's assassination two years later, Mrs. Kennedy recalled the eternal flame and asked that one be placed at her husband's grave at Arlington National Cemetery.

*continued on next page***Good Housekeeping****Pumpkin Cinnamon Muffins**

Try these autumn-centric muffins for breakfast or dessert -- or both -- since either way you won't be able to have just one!

1 box (14- to 15 1/5-ounce) apple-cinnamon muffin mix  
1 cup canned pure pumpkin  
2 large eggs  
1/4 cup milk  
2 tablespoons vegetable oil

1. Preheat oven to 400 F. Line 12-cup muffin pan with paper liners.
2. In large bowl, stir together apple cinnamon muffin mix, pumpkin, eggs, milk and vegetable oil until almost smooth. Divide batter among muffin cups. Bake 18 to 20 minutes or until toothpick inserted in center comes out clean; cool on wire rack. Makes 12 muffins.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).



**Moments  
in time**  
THE HISTORY CHANNEL

- On Nov. 24, 1849, John Froelich, the inventor of the first internal-combustion tractor, is born in Girard, Iowa. Froelich and investors formed the Waterloo Gasoline Traction Engine Company. The Waterloo Tractor Works, owned by John Deere since 1918, remains one of the largest tractor factories in the United States.
- On Nov. 22, 1900, the first car to be produced under the Mercedes name is taken for its inaugural drive in Cannstatt, Germany. The car was specially built for Emil Jellinek, a fan of fast, flashy cars. He bought 36 of them. In exchange, the company agreed to name the car after Jellinek's 11-year-old daughter, Mercedes.
- On Nov. 19, 1915, British airman Richard Bell Davies performs a daring rescue, swooping down in his plane to whisk a downed fellow pilot from behind the Turkish lines. The British government awarded him the Victoria Cross.
- On Nov. 21, 1934, teenager Ella Fitzgerald wins Amateur Night at Harlem's Apollo Theater. Putting her name in the hat on a bet, she'd originally planned a dance number. History was made when she changed her mind and sang "The Object of My Affection."
- On Nov. 20, 1945, a series of trials of accused Nazi war criminals, conducted by a U.S., French and Soviet military tribunal based in Nuremberg, Germany, begins. Twenty-four former Nazi officials were tried, and half would be sentenced to death by hanging.
- On Nov. 23, 1959, Robert Stroud, the famous "Birdman of Alcatraz," is released from solitary confinement for the first time since 1916. For 15 years, Stroud lived among canaries brought to him by visitors, and he became an expert in birds and ornithological diseases. In 1943, Stroud's Digest of the Diseases of Birds, a 500-page text that included his own illustrations, was published to general acclaim.
- On Nov. 25, 1963, President John F. Kennedy, who was assassinated three days earlier, is buried with full military honors at Arlington National Cemetery. An eternal flame was lit by his widow to forever mark the grave.

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

**Shocking the Heart Back to Normal**

**DEAR DR. DONOHUE: My husband has had many medical problems. Earlier this year, he developed atrial fibrillation. A cardioversion was performed and worked for about five minutes. Then his doctor prescribed amiodarone. Since being on amiodarone, he has felt much worse. Could the medicine be the problem? He only sits around, and doesn't even feel like going out for lunch. Another cardioversion is possible in a couple of weeks. Is there any danger to this procedure? -- M.C.**

**ANSWER:** Does his doctor know how he feels? He can prescribe many other options for your husband. Atrial fibrillation is an erratic and fast heartbeat. Cardioversion, an electric shock delivered to the fibrillating heart, has a fairly high success rate of restoring a normal beat. Success depends on how long the fibrillation has been present and how large the person's heart is. The sooner from the onset of fibrillation, the better are the results for cardioversion. The results for longstanding atrial fibrillation are not as good. Fibrillation can recur after cardioversion. It can recur after taking medicines, too. Danger exists for every single medical procedure. The complications from cardioversion are few and rare. The booklet on heartbeat irregularities explains the common kinds of rhythm disturbances. Readers can order a copy by writing: Dr. Donohue -- No. 107W, 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: My 12-year-old son has large breasts, like a woman's. In other respects he looks like a 16-year-old. He's tall and wears a size 11 shoe. What has caused his breasts to be like they are? -- M.C.**

**ANSWER:** Your son is going through puberty. Two-thirds of boys experience breast enlargement during puberty. It's normal. The enlargement for some boys might not be as great as your son's, however. It comes from a temporary imbalance of male and female hormones. It's not a lasting thing, for most. Some see a regression in a matter of months, while others might have to wait for two years. The condition is gynecomastia (GUY-nuh-coe-MASS-tee-uh). If this causes your son great embarrassment and makes life miserable for him, speak to the family doctor. Removing the breast tissue ends the problem. Surgery isn't extensive and doesn't require a long healing period.

**DEAR DR. DONOHUE: My future husband wants me to go on birth-control pills. Do the pills make a woman less able to have a family when they're stopped? We want to have children, but not right away. How long can a woman take the pill? -- J.W.**

**ANSWER:** In the past 10 years, the birth-control pill has been modified. It contains less estrogen and progestin. There are fewer side effects than there used to be. The pill, in all its variations, does not affect a woman's fertility when she stops taking it. A nonsmoking woman can take birth-control pills right up to menopause if she wishes. Generally, a smoker is advised to stop the pill after age 35.

**ARC DE TRIOMPHE (continued)**

- Following 1919's victory parade celebrating the end of World War I, French aviator Charles Godefroy flew his biplane through the Arch, a feat captured on a newsreel.
- If you want to reach the top, you can either climb 284 steps, or ride an elevator to the mid-point and climb 64 steps.
- Paris' Arc de Triomphe held the honor of largest triumphal arch in existence from 1836 until 1982. It was displaced by the Arch of Triumph built in Pyongyang in the Democratic People's Republic of Korea.

**THAT'S SEW GREAT!**

"Stitch your stress away" seems like sound advice. How much do you know about the machine that allows you the privilege? Read along and see!

- Although the word "Singer" is synonymous with sewing machine, Singer's machine was far from the first one on the market. European inventors were devising mechanical sewing machines as early as the mid-1700s, with most designed for making shoes. In the United States, Elias Howe, Jr. patented his first sewing machine in 1846, one with a lockstitch mechanism, capable of sewing 250 stitches per minute. His invention moved the world toward mass production of clothing, lowering the cost of clothes and making it more readily available.
- Isaac Merritt Singer patented his first machine in 1851, incorporating Howe's lockstitch mechanism into his machine. Howe sued Singer for patent infringement and won the suit, and Singer was ordered to pay royalties to Howe, making Howe a very wealthy man.

*continued on next page*

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**Holidays & Observances This Week**  
11/18 Mickey Mouse Day  
11/19 Rocky and Bullwinkle Day  
11/20 Children's Day  
11/21 World Television Day  
11/22 Thanksgiving Day  
11/23 Maize Day  
11/24 D.B. Cooper Day



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ALWAYS FREE TIDBITS ALWAYS FUN

**Weekly SUDOKU**  
by Linda Thistle

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

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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**DEAR PAW'S CORNER:** I've been thinking of getting my Border Collie, "Jake," a set of those booties that fit over a dog's paws to protect them from cold ground and sharp objects. Do these really work? – Sarah in Chicago

**DEAR SARAH:** Booties can be very good paw protectors for dogs that are outdoors in the winter. The biggest considerations, besides price, are getting the right type for the kind of terrain and the level of activity your dog will have. For everyday walking on a sidewalk, there are many brands of booties to choose from, most for less than \$30 per set. Booties with extra traction or customized fit cost a little bit more. You also can find "fashion" booties if you want your pet to look swanky walking down the street, although many of those look like they would be uncomfortable for your dog.

**Keeping Pets Safe in Cold Weather**

By Samantha Mazzotta

Be sure to buy booties of a size closest to the size of your dog. Try them on your dog's paws right away, in case they don't fit and need to be returned.

Protecting your dog's paws is just the beginning of cold-weather safety, of course. A dog coat that wraps comfortably around his torso will help Jake retain body heat much longer. Stay alert when out with your dog, and make sure he is not shivering from cold or limping from an injury to his paw. In either case, get him home right away, warm him up and check his paws for cuts, debris or other injury.

Send your questions or comments to [ask@pawscorner.com](mailto: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!

**THAT'S SEW GREAT! (continued)**

- Isaac Singer lived on his own from the age of 11. He had a love of the theater and joined a troupe of traveling stage performers and earned his living as an actor for more than 20 years. When ticket sales were slow, he worked as a machinist in his brother's shop. In 1839, he obtained his first patent, one for a machine that drilled rock, which he sold to a canal building company for \$2,000. With a financial cushion in place, he returned to the stage.
- Eleven years later, at age 38, using \$40 borrowed from a friend, Singer presented his sewing machine, the first one practical for home use, which became the model for all future machines. It incorporated a needle that moved up and down rather than side to side as previous models did, resulting in a great reduction in needle breakage. He also replaced the arm crank with a foot pedal, and later added a carrying case. His innovations resulted in a machine that could produce 900 stitches per minute.
- Singer unveiled his improved model at the 1855 World's Fair in Paris, earning first prize. Before long, there were several Singer factories in New York. Perhaps Singer's most important contribution was his marketing technique. With the goal of putting a machine in every American home, Singer demonstrated his machine at numerous country fairs and other gatherings, using his flair for the dramatic to entice buyers. He hired traveling salesmen, but most importantly, introduced an installment payment plan for the \$99 machine, enabling those with lower incomes to purchase the machine, and he also included a trade-in allowance in his shrewd marketing plan. Due to the expense, women frequently pooled their money and purchased one machine jointly, shared by all.
- Isaac Singer retired 14 years after he invented the sewing machine and moved to England, where he built a magnificent 115-room mansion, complete with a separate theater and riding stables.
- The Singer Company introduced the world's first computer-controlled sewing machine, the Touchtronic, in 1978.

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**SENIOR NEWS LINE**

by Matilda Charles

**Doing for Others Eases Loneliness**

The key to fighting loneliness during the holidays is doing things for others. And if you join together with like-minded seniors, your own potential for happiness increases. Here are a few ideas. If you start now to plan and make preparations, you'll be ready by December.

**Caroling:** Gather friends together, print out the lyrics of a half-dozen holiday songs and practice a few times. Make a list of locations to contact about spreading a little musical cheer. Hospitals, nursing homes, veterans hospitals, elementary schools and nursery schools are all potential sites for your holiday chorus to perform.

**Gift bags:** If you plan to visit nursing homes or hospitals, your presence and willingness to chat for a few minutes is the biggest bonus, but a small gift bag will be most welcome. Ask in advance how many to prepare. If there are too many and your budget won't stretch, limit your gift bags to one wing or section.

Ask staff if you need to stick to diabetic candy. There are many kinds now, and most of them are tasty. (For example, Whitman's makes the miniature boxes of sugar-free chocolates.) A few pieces of chocolate and peppermint in each bag, as well as other small items, will go a long way to brighten the day of someone in the hospital during the holidays.

A small notepad with a bright pen, a small hand mirror, an inexpensive scarf, a small desk calendar, a tiny stuffed animal, puzzle books like crossword or Sudoku with a mechanical pencil (so the nurses don't have to sharpen regular pencils) all are good ideas for bag stuffers.

**Group meals:** Plan to join together for a simple meal after all of your holiday efforts. The menu doesn't have to be fancy ... it's the company that counts!

**TIPBITS GOES LONG.....**

The Singer Building was the world's first skyscraper, constructed in Manhattan in 1906. It was the world's tallest building until 1909. Fifty-nine years later, it was the tallest building to be demolished, making way for a new complex of buildings – the World Trade Center.

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](mailto:columnreply@gmail.com).



**Fireplace Basics**

**Q:** This winter will be the first time we will use our new fireplace. Can you give us some advice on safely lighting a fire? – Charlie L., Oviedo, Fla.

**A:** Sure can! Your request comes at the perfect time, as we move into November and cold weather sets in for most of the country.

Here are step-by-step instructions for lighting a fire safely and successfully. If you own a gas-lit fireplace, skip Steps 3 and 5.

1. Open the damper and visually inspect the firebox and flue to ensure that they are clear.
2. Stack firewood in the center of the fireplace, being careful not to place the logs too close together. The wood stack should take up no more than one-third of the space in the fireplace.
3. Place loosely rolled newspaper in the gaps created by the wood stack, on all three sides. (Use newspaper only – avoid magazines or color inserts.)
4. Preheat the flue. Carefully light a rolled piece of newspaper and hold the paper about 2 inches inside the flue. Move the paper in slow circles for 10 to 30 seconds. This will encourage warm air to flow up and out the chimney.
5. Light the newspaper between the logs, on all three sides. A good-size flame should leap up shortly, but will die down as the last of the paper burns. Look for smaller flames flickering along the bottom of the logs; this shows that the wood has caught, and that a nice, small- to medium-size fire will build in a few minutes.
6. Add wood to the fire one piece at a time. To maintain the fire's size, add one new log for each log that burns away. To increase its size, add one log every five minutes or so to a steady fire, and note the amount of flames and heat after each addition.

The most complicated part of fire-building, for new users, is finding the right amount of kindling to get a steady fire going. Dry twigs and wood chips can be added to newspaper; leaves don't burn as well and are better left on the mulch pile.

Use a combination of woods for the best results: oak burns slowly and cleanly, while pine ignites more easily and burns hotter, but is consumed quickly.

Enjoy your new fireplace, with a dose of common sense: Don't burn trash in it, keep the gate closed and have the fireplace and chimney cleaned once a year.

**HOME TIP:** Leave about 1 inch of fine ash in the bottom of the fireplace. The ash insulates the firebox and helps the fireplace heat more efficiently.

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**COMMUNITY NEWS BITS Nov 19, 2012**

**PAYSON**

**PAYSON TESTIMONIAL –**

“We were in Payson for medical reasons. 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]).

**Poor Boys BBQ and Dawgs - Dec Business of the Month.** Come help us celebrate on Dec 3 at 10A - 865 S. Hwy 198, Payson

We are a southern influenced, Utah BBQ. We Opened on Feb 6, 2012. We are locally owned and operated and currently have a staff of 9. Our hours of operation are 10:30am to 9pm, Monday thru Thursday and 10:30am to 10:00pm on Friday and Saturday. Closed Sundays. We serve in house, drive thru, call in, take out and catering orders of any size.



Our Pulled Pork has been our most popular item so far although my personal favorite is the Pork Loin or the Smoked Sausage. We have a great turkey, BBQ chicken and awesome Ribs. All of our recipes are the owner's recipes and made from scratch daily with the exception of our fried items. We have really high quality Beef and Polish Hot Dogs. Our bread is all baked fresh by Honey & Grains Bakery in Springville, adding to our already homemade taste and feel. We pride ourselves on great service and have a great staff which spends their days helping every guest feel at home. We work very hard to have a family friendly atmosphere.  
 – Poor Boys

For more information, contact Norene Jensen 801.636.1040 norene.invests@yahoo.com;  
 Colin Logue 801.609.8699 utahavenueinsurance@gmail.com or  
 Carolyn Bowman 801.465.2634 paysonchamber@yahoo.com.

Check our website for upcoming events and special coupons. [www.paysoncitychamber.com](http://www.paysoncitychamber.com)

**Spanish Fork**

**Business of the Month - Walker Mortuary**

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 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. Judg-ning 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

**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](http://www.letsrideuta.com). Specific bus route and train schedules will be posted at [www.rideuta.com](http://www.rideuta.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 rehearsal s - Sat 8-10 am lower level of PG Library.

**Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.**  
 Norman Vincent Peale

**ANSWERS**

**SPORTS QUIZ**

1. Ray Miller, who was fired after 139 games of the 1986 season.
2. It was 764 consecutive games.
3. Bud Wilkinson (1934-36 with Minnesota; 1950, 1955-56 with Oklahoma).
4. Houston's Hakeem Olajuwon, 1989-90.
5. Lake Superior State.
6. Only one set on the way to three gold medals.
7. Sam Snead, with 82.

**WORD POWER**  
 ANSWER  
**OPTIMIST**

**TRIVIA NEWSFRONT**  
 ANSWERS  
 1. The Wright Brothers sewed their airplane wings on their mother's Singer sewing machine.  
 2. Advertising  
 3. During the Civil War  
 4. Door-to-door salesmen  
 5. Bone needles with eyes to sew furs



1. A Western film
2. 80
3. It's a stand with open shelves for display
4. Eggplant
5. Intelligence
6. South America
7. Congestive heart failure
8. Garrison Keillor
9. An artificial channel to bring water to a town
10. Henry James

**Go Figure!**  
 answers

3	+	2	x	5	25
x		x		+	
8	÷	2	+	7	11
-		+		÷	
9	-	6	x	4	12
15		10		3	

**King Crossword**  
 Answers

Solution time: 21 mins.

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

**Weekly SUDOKU**  
 Answer

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