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**TIDBITS® PRESENTS SOME INTERESTING WINTRY FACTS**  
by Kathy Wolfe

Baby, it's cold outside! As we head into the season of cold temperatures, Tidbits presents some interesting and informative facts about winter.

- For those of us in the northern hemisphere, the first day of winter is the day the sun is farthest south, on either December 21 or 22. Also known as the Winter Solstice, it's the shortest day of the year, with about 9.5 hours of daylight.
- A snowflake starts out as an ice crystal that freezes around a tiny piece of dust in the air. It can be just one ice crystal, or as it falls, several crystals can join together. There are always six sides, and although two snowflakes may be very similar, none are exactly the same. The shape and form are dependent on the temperature, water vapor in the air, moisture content of the cloud, the wind, and the length of time it takes to reach the ground. Extremely cold weather produces very fine, powdery snowflakes, while temperatures near the freezing point cause much larger and more complex ones. The average snowflake falls at the rate of about 3.1 mph (5 km/hr) and it can take several hours for one to make it to the ground.

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- ENTERTAINERS:** Which actor's birth name was Ramon Estevez?
- MUSIC:** What was the name of Smokey Robinson's group?
- INVENTIONS:** Who is credited with inventing bifocal lenses?
- PSYCHOLOGY:** What irrational fear is manifested in peniaphobia?
- LITERATURE:** In which of Shakespeare's plays does the character Shylock appear?
- GENERAL KNOWLEDGE:** During which war did Harry Truman fire Gen. Douglas MacArthur?
- HISTORY:** When did Australia become a commonwealth nation, largely gaining independence from Britain?
- ANATOMY:** About how long are the intestines in an adult male?
- FAMOUS QUOTES:** What American psychologist/philosopher once said: "Act as if what you do makes a difference. It does."?
- MEASUREMENTS:** Which month is named for the Roman festival of ritual purification?



by Jo Ann Derson

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- Don't throw away that damaged garden hose. Here are three great ideas: 1) Use as a weatherstrip along the bottom of your garage door. 2) Use sections to protect the blades on your ice skates. 3) Use as a safety edge on your saws in the shop. Cut to fit, and slip it over the blade.
- "If a small screw keeps coming loose on something, remove it, paint it with clear nail polish and quickly rescrew it. This often does the trick. Makes it more grippy." -- I.W. in Minnesota
- Doggie has a greasy coat, but it's too cold for a bath? Liberally sprinkle your pup with baking soda or cornstarch. Rub into coat and brush out.
- "Those soft cardboard sleeves that light bulbs come in are really great for mailing photos. If you fold them flat, you can slip your pics inside, and it will go right into an envelope. They'll be nice and protected." -- D.L. in Georgia
- "If your curling broom is losing its spring, try trimming the bristles a little bit. This worked for me." -- R.D. in Canada (Tipsters: Curling is an ice sport.)
- Defog your mirror with shaving cream. Smear it over the entire surface, and then wipe away with a clean towel. Keep cleaning until clear. It works for at least two weeks -- NO FOG!

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.

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

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## WINTRY FACTS (continued)

- The Guinness World Book of Records cites the world's largest snowflake ever recorded as one that fell in Fort Keogh, Montana in January of 1887. This giant was 15 inches (38 cm) wide and 8 inches (20 cm) thick.
- Although you might think every big snowstorm is a blizzard, the National Weather Service has a specific definition of one. The storm must contain "large amounts of snow or blowing snow, with winds in excess of 35 mph (56 km/hr) and visibilities of less than 1/4 mile (.4 km) for at least three hours."
- Those folks who are afraid of snow are called chionophobics. Their greatest fear is of being snowbound or stranded. A forecast of a winter storm can bring on cold sweats, racing heartbeat, and panic attacks.
- The wind chill factor is the temperature felt on exposed skin due to wind. The wind chill index was developed by two Antarctic explorers in the 1940s, who experimented with how fast water froze in differing temps and wind speeds. This was then compared with the rate that the body loses heat. If the temperature is 0° F (-18° C) and the wind is blowing 30 mph (48 km/hr), it will feel like the temperature is -26° F (-32° C). Skin exposed to 0° F and only 15 mph (24 km/hr) will experience a wind chill of -19° F (-28° C) can freeze in as little as 30 minutes.
- Bethel, Maine's claim to fame is tall snow creatures! In 1999, the community planned for five months and labored 15 days to create Angus, a 113' 7" (34.63 meter) tall snowman, the world's tallest, overtaking the previous record set by the citizens of Yamagata, Japan, of 96' 7". Nine years later, Bethel rivaled their own record with the world's tallest snow woman, a 122' 1" (37 meters) creation named Olympia. Olympia sported eyelashes made from skis and lips fashioned from bright red painted tires. Her arms were crafted from pine trees.

continued on next page

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

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

Accordion	Forte	Maker	Teacher
Action	Keyboard	Man	Tuner
Bar	Keys	Player	Wire
Damper	Lesson	Sonata	

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**THIS WEEK'S CELEBRITY BIRTHDAYS**

Nelly Furtado	12/2/78
Daryl Hannah	12/3/60
Tyra Banks	12/4/73
Frankie Muniz	12/5/85
Andrew Cuomo	12/6/57
Larry Bird	12/7/56
Kim Basinger	12/8/53



## Homemade Guacamole a Post-Turkey Treat

It's a rare day when I don't have an avocado "in waiting" on my kitchen counter. And when it's just ripe, guacamole is bound to be on the dinner menu as an appetizer with tortilla chips or as a final crowning dollop on a quesadilla, taco or grilled fish. When Thanksgiving turkey, dressing and green bean casserole leftovers have run their course, add some zip to a meal with the yummy taste of guacamole. Who can resist the tempting combination of creamy avocado, fresh garlic, seasonings and zesty lime?

And while you are at it, let your school-age kids pitch in to help with an easy step or two. As they squeeze the last wedge of lime, invite friends over for an impromptu get-together. It just might be the relaxing antidote everyone needs after a busy holiday week.

### HOMEMADE GUACAMOLE

- 2 ripe Haas avocados, peeled and pitted
- 2 tablespoons lime or lemon juice
- 1/4 cup red onion, finely chopped
- 1/2 medium jalapeno pepper, seeded and finely chopped (see note below)
- 1 garlic clove, minced
- Salt and freshly ground black pepper to taste
- 1/2 medium tomato, seeded and diced (optional)
- 1 tablespoon finely chopped cilantro or parsley (optional)

1. Mash avocados in a mixing bowl with a fork or potato masher, leaving some chunks.
2. Add lime juice, onion, jalapeno, garlic, salt and pepper. Stir well.
3. Fold in tomato and add cilantro or parsley, if you wish.
4. Serve immediately or place plastic wrap directly on top of guacamole. Leave on the counter to enhance the flavors until ready to serve within an hour or two. Makes about 2 cups.

### Tips:

- Stretch the recipe by stirring in a half-cup of small-curd cottage cheese just before you spoon it into a serving bowl.
  - For a quick dip, mash an avocado and add a tablespoon or two of your favorite salsa. Stir together and serve.
- Note: The juice of jalapeno peppers can be irritating. Wear plastic deli-style gloves when handling. Avoid hand contact with your eyes.

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](http://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."



## TRIVIA NEWSFRONT

1. What wintry song was recorded by Gene Autry in 1950?
2. 10 inches (25.4 cm) of snow melts down to how much water?
3. What percent of winter storm-related deaths occur in automobiles?
4. What is the coldest temperature ever recorded?
5. What Olympic event combines cross country skiing and rifle marksmanship?



By Chris Richcreek

- 1 Who was the first player to hit two homers in a game twice in the same World Series?
- 2 How many times have the Minnesota Twins gone to the World Series?
- 3 Which Division I college football team holds the record for most yards rushing per carry for a season?
- 4 Who was the last NBA player before Minnesota's Kevin Love in 2010-11 to average more than 20 points and 15 rebounds per game for a season?
- 5 Name the goaltender who stopped Wayne Gretzky's 51-game streak of scoring at least one point in the 1983-84 NHL season.
- 6 How many World Cups in men's soccer have been won by the host country?
- 7 Who took part in the only heavyweight boxing title fight held in Maine?



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# VETERANS POST

by Freddy Groves

## Vet-Friendly Schools

G.I. Jobs magazine has released its annual survey and has rated 1,739 schools as being veteran-friendly. The Military Friendly Schools list ranks the top 15 percent of more than 11,000 schools in the country, including universities, colleges and trade schools.

It looked at value, flexibility, academic accreditation, percentage of students who are veterans, graduation rates, military-spouse policies, tuition discounts and support services for veterans.

To view the list, go online to the database at [www.militaryfriendlyschools.com](http://www.militaryfriendlyschools.com).

The matchmaker program is very well done. Pick a degree program, and a list of possibilities opens on the right. Break it down by location and you have a choice between virtual only (online) or campus schools. For a campus location, you can select either a region of the country or an individual state.

Click on Flexibility, and use the slide bars to indicate how important it is to have weekend classes, evening classes or online classes. Use the slide bar to indicate sources of funding.

When it comes to Areas of Study, here is where the astonishing breadth of the offerings comes into play. Click on your chosen field, and the program immediately sorts all your school options.

Once all your choices are made, look for the red thumbs-up icon, which indicates schools in the top 15 percent category. Click on each school name for particulars and the ratings in the criteria. Be sure to look at Academics, Review and Profile.

If you want to alter your choices, flip back through the categories and make changes to the information. The program responds instantly, showing you the options. If you want to save your information, register on the site.

I'm not usually a fan of online databases, but this one is outstanding. If school is in your future, use this program to sort through your options.

## HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Bird feeder is missing. 2. Plant is missing. 3. Hat is different. 4. Hair is different. 5. Number is missing. 6. Belt is missing.

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## WINTRY FACTS (continued)

Hypothermia is a very real danger in many parts of the country this time of year. This condition occurs when the body's temperature drops below 95° F (35° C). As the temperature decreases, the body automatically directs blood away from the skin, increasing flow to the vital organs. Since the heart and brain are the most sensitive to cold, a slowdown occurs in their electrical activity. Thinking and reasoning are affected, and the person has the desire to sleep as delirium sets in. When the body's temperature reaches about 82° F (28° C), the heart rate substantially slows down, and if the temperature reaches 68° F (20° C) brain function stops. About half of all hypothermia deaths are people over 60 years old, with 75% of these occurring in men.

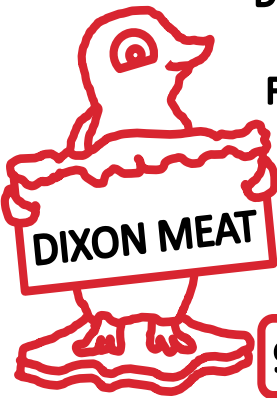
It's been a long time since the record for a single day's snowfall was set in the United States. Back in December of 1913, Georgetown, Colorado received 63 inches (1.6 meters) in one day. Canada's record is much newer – 57 inches (1.45 meters) fell in Tahtsa Lake West, British Columbia in 1999. January of 1911 was a record-setting month in Tamarack, California – 390 inches (9.9 meters) of snow in a single month! Valdez, Alaska is the snowiest place in the U.S., averaging 326 inches (8.3 meters) a year.

Canadians are experts at making snow angels. In 2004, students, parents, and teachers from 60 schools in the London, Ontario district hit the ground to create 15,851 snow angels simultaneously. In 2011, 22,022 folks in 130 separate locations in Nova Scotia produced the most angels in multiple locations.

Chamonix, France hosted the first Winter Olympics for 11 days in early 1924. Sixteen nations sent a total of 258 athletes to "The International Winter Sports Week" to participate in 16 different events. Finland and Norway took the majority of the 43 medals, Norway with 17 and Finland, 11. The United States took home four medals, and Canada took home one, the gold for hockey, the first of a streak. Out of the first seven Olympic winter games, Canada took the gold medal in hockey six times.

continued on next page

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play against the San Diego Padres that evening, it was too late. The drug proved to have no ill effect on Ellis; in fact, he pitched a no-hitter. When he recounted the event to a reporter 12 years later, he said he remembered only bits and pieces of the game, though he felt euphoric. Many years later, after being treated for addiction, Ellis became a coordinator for an anti-drug program in California.

- It was revered civil-rights leader Mohandas Gandhi who made the following sage observation: "Freedom is not worth having if it does not connote freedom to err."
- If you're afraid of rats and mice, you might not want to read the following tidbit: Those who study such things say that 60 percent of all the mammals on earth are rodents.
- Athletes playing baseball on steroids have frequently been in the news in recent years, but drugs are nothing new in America's national sport. During the late 1960s and throughout almost all of the '70s, Dock Ellis was a valued pitcher who played for several teams, including the Pittsburgh Pirates. On June 12, 1970, Ellis took LSD, under the mistaken belief that it was an off day for his team. By the time he realized that the Pirates were scheduled to

- It's been reported that Albert Einstein did not like to wear socks.
- George W. Church, the founder of Church's Fried Chicken, didn't actually enter the restaurant business until after he retired. In his first career, Church ran a chicken hatchery and sold incubators.
- Historians say that Russia's Peter the Great was nearly 7 feet tall.

**Thought for the Day:** "Sometimes I wonder if men and women really suit each other. Perhaps they should live next door and just visit now and then." -- Katharine Hepburn

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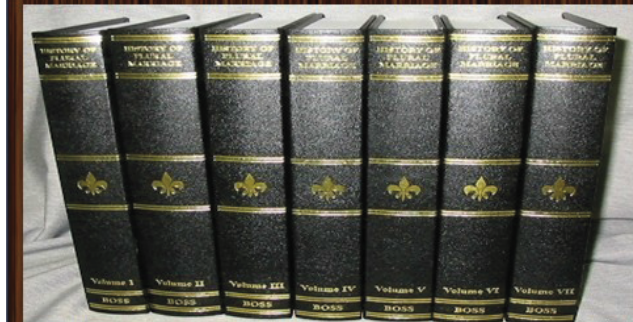
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"During June, 1938, I have been laboring continuously in checking material previously copied for use in my "History of Plural Marriage Among the Mormon People". Most of this material I copied from old records in the Deseret News vaults. It has been 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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| 33 Prayer ending                     |                     |   |                          |
| 34 Card player's call                |                     |   |                          |
| 36 Stefani Germanotta, a.k.a. Lady — |                     |   |                          |
| 37 Neighbor of Leo and Libra         |                     |   |                          |
| 39 Klutz                             |                     |   |                          |
| 41 Makes sense                       |                     |   |                          |
| 43 Chinese "way"                     |                     |   |                          |
| 44 Jog                               |                     |   |                          |
| 46 Peppermint —                      |                     |   |                          |

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top ten

Favorite Burger Chains

- Five Guys
- In-N-Out
- Fuddruckers
- A&W Restaurant
- Smashburger
- Culver's
- Steak'n Shake
- Whataburger
- Carl's Jr.
- Wendy's

Source: Market Force Information



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TIDBITS NUGGET OF KNOWLEDGE

The first patent for a snowmobile was issued in 1927 to a Wisconsin inventor named Carl Eliason, who called his invention a "snow machine." Thirteen more patents were granted over the next 35 years. Joseph Bombardier was the designer of the modern snowmobile, the first to successfully market snowmobiles with the Ski-Doo in 1959.



WINTRY FACTS (continued)

- Squaw Valley, California was the site of the 1960 Winter Olympics, and the skiers were more than a little nervous as the competition approached. The reason? There was no snow! A local Native American tribe, the Piute, were recruited to do a "snow dance," and a miraculous storm produced the snow needed to save the Games.
- More than 150 people are killed in the world's avalanches each year. Although many are small slides of dry powdery snow that don't create much damage, when large slabs of snow loosen from a mountainside, they can advance down a slope at speeds of 80 mph (130 km/hr) within five seconds. About 93% of those caught in an avalanche can survive if rescued within 15 minutes. Just 30 minutes later, that survival rate drops to 20%-30%. After two hours, the rate is almost nil.

FAMOUS LANDMARKS OF THE WORLD: CHICHEN ITZA

Mexico's Yucatan Peninsula is home to the ancient ruins of the most famous Mayan city, Chichen Itza. Here are some enlightening facts about this site, named as one of the New Seven Wonders of the World.

- One of the largest Mayan cities, Chichen Itza covered an area of at least 1.9 square miles (5 sq. km). It was an active urban center of the Mayan empire from 750 to 1200 A.D.
- The ancient Mayan civilization displayed brilliant mathematical and astronomical skills. They were keen observers of the sun, moon, planets, and stars, even predicting solar eclipses from their state-of-the-art observatory, El Caracol, which still stands at the site today.
- The most familiar structure at Chichen Itza is the Kukulcan Pyramid, also known as El Castillo. This 98-foot (30-m) tall ceremonial temple is a specimen of this civilization's development of the 365-day calendar. It has 365 steps rising to the top, with each of its four sides containing 91 steps and the top platform making the 365th. Enormous sculptures of a serpents' heads are at the base of the pyramid on the northern staircase, the principal sacred path to the top. The temple is geographically positioned so that twice a year, on the spring and autumn equinoxes, at sunset, a shadow falls on the pyramid that makes it appear that the serpent Kukulcan is making its way down the stairway. Seven interlocking triangles form a serrated line that resembles the serpent's tail.

continued on next page

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Q: What do you get from sitting on the ice too long?

A: Polaroids!

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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

**DOUBLE DRIBBLE!** Two of eight basketball players above look enough alike to be twins. Which two? You decide.

**DO TELL!** Mel fell, Ed fled, Jan ran, Pat sat, Sue flew, Dave gave, Frank drank, Kate ate and Bert hurt. Can you think of some more similar name rhymes? Give it a try.

**TRY THIS** brain-to-finger signal-crosser. Clasp hands with wrists crossed in manner of Santa's at right. Twist clasped hands inward (see arrow) so that they appear before you as in inset. Now, have someone point to one of your fingers and see if you can wiggle that finger. It is not easy to comply.

Put your friend to the test, too, by asking him or her to fold hands similarly, and you do the pointing to fingers.

**SAW WHAT?** Suppose you saw the four corners from a square piece of wood. How many corners will result? Answer in eight seconds.

**KNOCK BLOCKS OFF STAMPS**

The cluster of 12 stamps, at left, can be separated into sets of four. One such set would be 1,2,3,4 or 5,6,7,8; etc. How many sets can you find? Be creative.

Other possible variations are 1,2,5,6; 1,2,3,7; 1,2,6,7; 1,2,3,6; etc. You're not allowed to rip stamps in half, natch.

Remember, you're trying to find the number of four-stamp sets.

Too hard to count? Take a guess.

Total number of four-stamp sets is 65.

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**CHICHEN ITZA (continued)**

- El Castillo was not the first temple to occupy the site. Built sometime between 1000 and 1200 A.D., it was constructed on the foundation of previous temples. Archaeological digs in the 1930s uncovered another staircase under the north side of the pyramid, and continuing the dig, found another temple buried below.
- Near the pyramid is a large ball court, 554 feet (168 meters) long and 231 feet (70 meters) wide. It was here that Mayan men played pok ta pok, a game in which players hit or threw a 12-lb. (5.4-kg) rubber ball through a hoop mounted high on the wall, 23 feet (7 meters) above the ground. Archaeologists believe the losers were put to death.
- Nearly everyone has heard the Mayan prophecy of the end of the world occurring in December of 2012. The prediction is that the great warrior serpent Kukulcan will rise from the ground under the ball court and end the world on the 22nd of the month.
- Very large gatherings were held at the Temple of the Warriors, an enormous complex with a large stepped pyramid, four platforms, and 200 carved columns. Thousands of artifacts have been recovered from the area, including gold, carved jade, pottery, obsidian, rubber, flint, and human skeletons.
- It's evident that human sacrifices were part of the culture. Chichen Itza, which translates "mouth of the well," was settled around two wells, one a sacred place, and the other for everyday use. Large quantities of bones and ceremonial objects have been recovered from the sacred well during excavation.
- About 1.2 million tourists visit Chichen Itza every year. Until 2006, visitors were allowed to walk through the buildings' ruins and climb the pyramids. However, after a woman fell to her death from El Castillo that year, people are no longer permitted on the structures.



**TIPBITS**  
**WORD POWER**  
 Unscramble this word:  
**GERAMBENMER**  
 This word means: *Commemoration, tribute; the act of honoring the memory of a person or event*



- On Dec. 4, 1872, a British ship spots the Mary Celeste, a 100-foot American brig, sailing erratically but at full sail near the Azores Islands with not a soul on board. The last entry in the captain's log was dated 11 days earlier, showing that the Mary Celeste had been drifting since then with no one at the wheel. The fate of the crew remains a mystery to this day.
- On Dec. 6, 1884, in Washington, D.C., workers place a 9-inch aluminum pyramid atop a tower of white marble, completing construction of a monument to the city's namesake and the nation's first president, George Washington.
- On Dec. 5, 1933, the 21st Amendment to the U.S. Constitution is ratified, repealing the 18th Amendment and bringing an end to the era of national prohibition of alcohol in America. Utah became the 36th state to ratify the amendment, achieving the requisite three-fourths majority of states' approval.
- On Dec. 3, 1947, Marlon Brando's famous cry of "STELLA!" first booms across a Broadway stage, electrifying the audience at the Ethel Barrymore Theatre during the first-ever performance of Tennessee Williams' play "A Streetcar Named Desire."
- On Dec. 9, 1950, Harry Gold -- who had confessed to serving as a courier of top-secret information on the atomic bomb -- is sentenced to 30 years in jail for his crime. Gold implicated his brother-in-law and sister, Julius and Ethel Rosenberg, who were later convicted and executed for espionage.
- On Dec. 5, 1964, the first Medal of Honor awarded for action in Vietnam is presented to Army Special Forces Capt. Roger Donlon of New York for his heroic action at Nam Dong. Donlon was shot in the stomach during an attack by hordes of Viet Cong. He stuffed a handkerchief into the wound, cinched up his belt and kept fighting.
- On Dec. 8, 1982, "Sophie's Choice," starring actress Meryl Streep as a Holocaust survivor, opens in theaters. The Ochoice in the film's title refers to a terrible decision Streep's character is forced to make, about which of her two children will live or die while in a concentration camp.



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

Seasonal Affective Disorder or S.A.D. is commonly called the "winter blues" and is a type of depression tied to the changes in the amount of sunlight. It was formally described and named in 1984 by the National Institute of Mental Health. Geographical locations that are dark or cloudy during the winter have a higher prevalence -- Florida residents experience just a 1.4% occurrence, while New Hampshire has a 9.7% incidence.



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

**More and More Children Getting Kidney Stones**

**DEAR DR. DONOHUE:** My very healthy, active, 6-year-old grandson was just diagnosed as having kidney stones. His pediatrician said it is mostly genetic, but no one else in the family has had kidney stones. A friend told us she heard that stones could be caused by drinking Gatorade. My grandson has drunk a lot of Gatorade. He does not eat processed meat, nor does he have much salt in his diet. From the Internet, I came up with the enclosed article, which linked Gatorade to kidney stones. I feel that someone needs to inform parents that too much Gatorade in children can adversely affect health. -- G.S.

**ANSWER:** An increase in children having kidney stones has been noticed. Some authorities have speculated that the increase in stones might be linked to children's greater intake of salty foods like potato chips, french fries and other heavily salted snacks. The sodium in salt leads to a rise in the amount of calcium lost in the urine, and, therefore, an increase in kidney-stone production.

Eight ounces of Gatorade has 110 mg of sodium. New guidelines for daily sodium intake is 1,500 mg. To reach that limit by drinking Gatorade, one would have to drink 13 8-ounce cans or 9 12-ounce cans. Blaming the surge in the number of children on Gatorade seems iffy to me. Your grandson would be better off substituting some of his

consumption of Gatorade with water. He needs to cut back on his consumption of salt from other foods too. Gatorade keeps him hydrated, but he can stay hydrated with water. Dehydration is a proven cause of kidney stones. I welcome other readers' opinions on this issue.

The booklet on sodium, potassium and chloride -- electrolytes -- explains the role of these minerals on health. Readers can obtain a copy by writing: Dr. Donohue -- No. 202W, 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:** Does it hurt you to exercise if you have a cold? I do it all the time, and I can't see that it makes anything worse. I've been told not to do so. -- B.R.

**ANSWER:** If you're coughing, sneezing or have a dripping nose, others are not going to appreciate exercising along with you.

A general rule says if your symptoms are above the neck, it's OK to exercise. Such symptoms would be a stuffy or runny nose, a scratchy throat and an occasional sneeze. If you have an elevated temperature, achy muscles or a persistent cough, don't exercise.

**DEAR DR. DONOHUE:** Since I was a young child, I was told not to use public restrooms because I could catch something. What are the chances of catching a disease from them? -- F.N.

**ANSWER:** Yours is a fear shared by many. If public restrooms were a source of infections, they would be closed. They're not. As far as sexually transmitted diseases go, I have never seen any information that implicates them in passing such infections to others.

**DECEMBER HISTORY**

The first week of December has been a significant one over the years. Take a look at some of the events that have impacted history.

- December 2, 1939 marked the opening day of New York City's La Guardia Airport. Prior to being converted to an airfield, the land was the site of the Gala Amusement Park, owned by the Steinway piano family. The airport's first title was the Glenn H. Curtiss airport, named for an early aviation pioneer, and didn't become La Guardia until 1953, when the name was changed to honor former New York City mayor Fiorello La Guardia. The site is 680 acres and sits on the shores of Flushing Bay and Bowery Bay in Queens. It employs about 8,000 and serviced about 25 million travelers last year.
- Cape Town, South Africa's Grootte Schuur Hospital was the site of a groundbreaking procedure on December 3, 1967. It was here that Dr. Christiaan Barnard performed the first successful human heart transplant. Dr. Barnard had experimented for many years with animal heart transplants. The 45-year-old surgeon, assisted by his heart surgeon brother Marius and a team of 30 people, transplanted the heart of a 25-year-old woman into Louis Washkansky over a nine-hour period. Washkansky perished 18 days later, not from the malfunction of the heart, but rather from pneumonia brought on by reduced immunity. The recipient of a heart in Barnard's second transplant, just one month later, survived for 19 months.
- The world's first Burger King opened in Miami, Florida on December 4, 1954. However, the "King" wasn't their trademark figure until the following year, and the Whopper sandwich wasn't introduced until 1957. Today, more than 11 million people dine at the 12,400 Burger Kings located in 73 countries around the world.

*continued on next page*



**798 - 0303 - Spanish Fork**  
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**Weekly SUDOKU**

by Linda Thistle

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

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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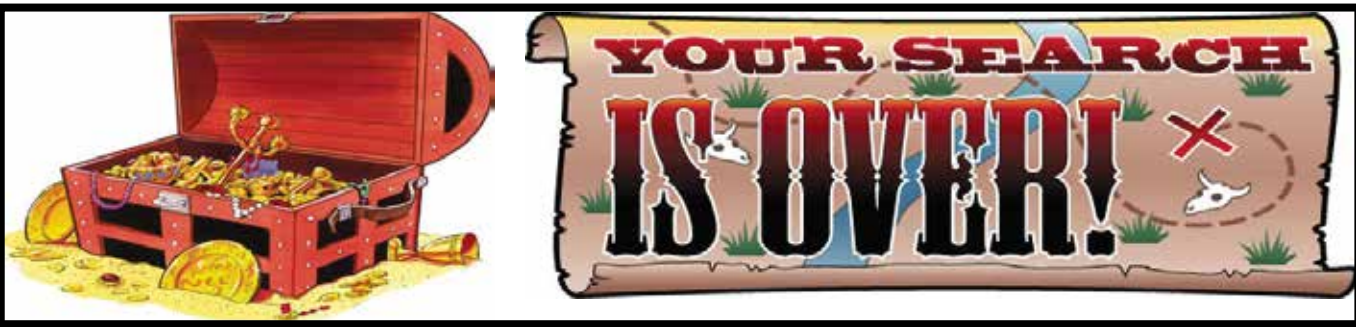
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**PetBits™**

With the holiday season in full swing, you're probably busy with a dozen things at once, preparing for visitors and shopping for gifts. Don't forget to schedule in some "me" time and relax with your pet and a few good books, like these:

**"Dog Is My Copilot: Rescue Tales of Flying Dogs, Second Chances and the Hero Who Might Live Next Door"** (Andrews McNeel Publishing)  
This unique and heartwarming tale of an airborne pet-rescue service is one of my favorite books of the year. Author Patrick Regan details the exploits of Pilots N Paws, an organization through which pilots volunteer their time, aircraft and expenses to fly dogs sitting on "death row" in certain shelters to other parts of the country and to shelters where they are more likely to be adopted.

**"Little Boy Blue"** (Barron's)  
Pet rescue takes a grimmer but still hopeful tone in this

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**Holidays & Observances This Week**

12/2 International Day for Abolition of Slavery  
12/3 International Day of Disabled Persons  
12/4 National Cookie Day  
12/5 International Ninja Day  
12/6 St. Nicholas Day  
12/7 Pearl Harbor Remembrance Day  
12/8 Day of the Horse

**Holiday Reading**  
By Samantha Mazzotta

combination memoir-nonfiction of a puppy rescued from a shelter's gas chamber, and author Kim Kavin's deeper look into the shelter system. Shelters aren't great places at the best of times, but dogs deemed "unadoptable" often find themselves in the worst circumstances, with euthanasia just hours away. A grass-roots movement to save dogs like Blue is building, and Kavin profiles some of these rescuers who donate time, money and love to find homes for as many "death-row dogs" as possible.

**"Two Seeing Eye Dogs Take Manhattan: A Love Story"** (Guide Dog Adventures)  
On a lighter note, what's it like to be a seeing eye dog in the big city? Lloyd Burlingame takes a look at life from a service dog's view -- specifically, two dogs: Hickory and Kemp -- in this refreshing, unique and funny book. Pick it up today.

**DECEMBER HISTORY (continued)**

- December 5 is International Ninja Day, a time set aside to celebrate martial arts skills. This is just the tenth year it has been recognized, as the holiday was created in 2003 in conjunction with the December 5th opening date of Tom Cruise's film *The Last Samurai*, which featured a battle scene between samurai and ninja. Those observing the holiday are encouraged to dress like ninjas.
- Europeans and Scandinavians celebrate St. Nicholas Day on December 6, and in many countries, it is the primary occasion for gift-giving during the holiday season. It commemorates the feast day of this 4th-century Greek Bishop of Myra who had a reputation of giving gifts in secret, tucking sweets and coins in shoes and boots left on the front doorstep. The Bishop was the inspiration for the North Americans' Santa Claus and the British Father Christmas.
- More than 2,300 Americans were killed when Japanese planes attacked the U.S. naval base at Pearl Harbor on December 7, 1941, the "date which will live in infamy." Twelve ships sank or were beached, including the U.S.S. *Oklahoma*, which capsized, and the U.S.S. *Arizona*, which was completely destroyed with a death toll of 1,177. In addition, more than 160 aircraft were demolished, with another 150 damaged. Six Japanese aircraft carriers launched 353 fighters, bombers, and torpedo planes in an attack that began at 7:48 AM and ended 90 minutes later. The United States entered World War II on December 8, when Congress declared war against Japan. Soon afterward, Japan's allies, Germany and Italy, declared war on the U.S.

**TIPBITS®**  
**Laughs!**

There's one good thing about snow, it makes your lawn look as nice as your neighbor's.

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**Good Housekeeping**  
Family-Style Macaroni and Cheese

We even tucked in some vegetables for good measure -- a sneaky way to get them past little mac-and-cheese fans!

1 package (16 ounce) fusilli or rotini pasta  
Salt  
2 tablespoons margarine or butter  
3 tablespoons all-purpose flour  
1/4 teaspoon coarsely ground black pepper  
1 pinch nutmeg  
4 cups reduced-fat (2 percent) milk  
1 package (8 ounces) pasteurized process cheese spread, cut up  
1/4 cup grated Parmesan cheese  
6 ounces extra-sharp Cheddar cheese, shredded (1 1/2 cups)  
1 package (10 ounces) frozen mixed vegetables

- In large saucepot, prepare pasta in boiling salted water as label directs. Preheat oven to 400 F.
- Meanwhile, in 3-quart saucepan, melt margarine or butter over medium heat. With wire whisk, stir in flour, pepper, nutmeg and 1/2 teaspoon salt; cook 1 minute, stirring constantly. Gradually whisk in milk and cook over medium-high heat, stirring constantly, until sauce boils and thickens slightly. Boil 1 minute. Stir in cheese spread, Parmesan and 1 cup Cheddar just until cheeses melt. Remove saucepan from heat.
- Place frozen vegetables in colander; drain pasta over vegetables. Return pasta mixture to saucepot. Stir in cheese sauce. Transfer pasta mixture to 13-by-9-inch glass baking dish. Sprinkle with remaining 1/2 cup Cheddar. Bake, uncovered, 20 minutes or until hot and bubbly, and top is lightly browned. Makes 8 servings.

- Each serving: About 520 calories, 21g total fat (12g saturated), 52mg cholesterol, 845mg sodium, 58g total carbs, 3g dietary fiber, 25g protein.

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



**Here's How to Store Tools for Winter**

**Q:** What's linseed oil, and how do I use it on my gardening tools? Can I use it to lubricate the metal parts of my lawnmower? -- Jerry in Canton, Ohio

**A:** Linseed oil is a natural oil made from flaxseed that has long been used as a wood preservative and protectant (along with other uses such as an additive to paint). While other treatments are available to protect your garden and lawn tools' wooden handles, it's good to know about this treatment and how you should use it.

First and foremost, know that there are two types of linseed oil for DIY applications: raw and boiled. Raw linseed oil has been pressed from the flax seeds and left untreated -- not heated or had any chemicals added to it. Boiled linseed oil has either been heat-treated (not boiled, despite its name) or had chemicals added to it for specific reasons.

Raw linseed oil is very slow drying (we're talking weeks or months here) and can stay tacky for a long time. That makes it great for certain applications where slow drying is preferable. For tool handles, that's not preferable (or enjoyable).

Boiled linseed oil dries faster, but keep in mind that most brands are treated with certain chemicals to get it to do so. If you're determined to use an "all-natural" product to treat wood handles, be aware of this when purchasing this type of linseed oil.

An important caveat when using linseed oil, either raw or boiled, is that it is considered a fire hazard. Because oxidation is what causes the oil to dry, in certain circumstances -- like piling together a bunch of linseed oil-soaked rags -- the oil can ignite. Don't put oil-soaked cloth through the washer and dryer cycle at all: hand-wash them with soap and water and hang them up to dry, and don't discard several rags at once.

To treat wooden handles, apply a single very light coat of boiled linseed oil. Don't apply linseed oil to the metal parts. To protect those, you can apply a light coat of all-purpose oil. For metal parts that contact the wooden handles, use a protectant that won't damage wood. If your hardware store doesn't have a product for this, look for a woodworking store in your area or online.

Store your wooden-handled tools in a dry location, protected from sunlight and temperature extremes. Don't pile them together. Ideally, hang them up on a pegboard or place on a shelf side by side so that each tool gets even airflow and moisture doesn't build up between them.

**HOME TIP:** Sharpen tool blades and treat with a protectant prior to storing, so they'll be ready to use immediately when spring comes around.

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

**COMMUNITY NEWS BITS Dec 3, 2012**  
**PAYSON**

**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 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

**Dalton's Restaurant New Ownership Ribbon Cutting** - Wed Dec 5 at 10A

Lanny Shurtleff, from Utah County, has been in the food business for 30 years working with Wendy's restaurants for 28 years. As corporate district manager he won several awards - one for "Best Restaurant in the Western Region." another was "Utah Employer Of The Year". Channel 4 TV news did a story on Lanny for his willingness to employ citizens with disabilities. Upon meeting Dave Thomas twice (Wendy's founder), Lanny appreciated the way Dave ran his business, and chose to incorporate some of Dave's philosophies and values in his restaurant work and now in Dalton's restaurant. One of the concepts Dave taught Lanny was "giving back to the community." Dalton's will be helping the community with fund raisers for youth K-12 for their much needed extra curricular activities and will also be creating sponsorships for the youth. Dalton's is planning a special breakfast with proceeds to go to supporting the new VA facility in Payson. When considering the location for his new restaurant, Lanny had several friends tell him about Dalton's. He had a good feel for Payson and Dalton's because of the great people and the growth potential here.

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)

**Chamber of Commerce - Pot Luck Christmas Party** on Thu Dec 6th 11:30 am at

The Lion's Club Meeting Room, 865 E. 100 N. #4, The Moore Building, Payson. Networking begins at 11:30A. Please bring a friend, pot luck dish, a nice wrapped \$10 gift to exchange. Canned goods and winter clothing to help the needy, Your business cards and specials. RSVP Norene Jensen, 801.636.1040, [norene.invests@yahoo.com](mailto:norene.invests@yahoo.com), Carolyn Bowman, 801.465.2634, [paysonchamber@yahoo.com](mailto:paysonchamber@yahoo.com).

**Spanish Fork / Salem**

**Dec Business of the Month -- Mountain America Credit Union**

Dec 3rd Noon - 1:00 P  
891 N Main Street, Spanish Fork  
Come and help celebrate with Mountain America Credit Union as our Business of the Month. Tour their facility with the Chamber of Commerce and Channel 17! Congratulations Gayla Bell-Youd, Mason Torres and Staff!



**Ribbon Cutting Esplin Eye Center** - Thu No. 29 Noon to 1P

59 South 400 West Spanish Fork - Come and take a tour of Esplin Eye Centers new facility and get to know their new Doctor. Dr. Hawkins has joined Dr. Esplin in this practice. Congratulations to Esplin Eye Center.



**Santa Claus is coming to CheapShots Photography** on the following days! Mark your calendar and call for your fast pass! These are times kids can come visit Santa and get pictures.



December 3rd 5th 6th 4:30-8:30  
December 8th 10:30-8:00  
December 10th 4:30-8:30

Christy Hair  
CheapShots Photography  
1271 East Expressway Lane  
Spanish Fork, Utah  
801.691.6746

Its \$5 per kid to see Santa and includes a 5x7 print. These times are available for Walk-Ins but we have FAST PASSES available. It doesn't cost anything to book a FAST PASS and moves the appointment to the front of the line when they get there. You can book a FAST PASS by [emailing\\_santa@cheapshotsllc.com](mailto:emailing_santa@cheapshotsllc.com), finding CheapShots! Photography on Facebook, or calling Michelle at 801-660-9114 The pictures will be done by CheapShots Photography and the décor will be done by For Every Occasion.

**Tabitha's Way 2nd Annual Christmas Dinner** - On Dec 21st Tabitha's Way will be hosting our second annual Christmas Dinner for local families in need, senior citizens & veterans. We looking for businesses that are interested in helping sponsor this year's event. Businesses can sponsor by providing moneys or sign up to purchase the needed foods or supplies. Please contact Wendy Osborne at 801-830-3951.



Thank you again for all of your support. Many families have been blessed by your efforts!

**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.

**"All our dreams can come true -- if we have the courage to pursue them."**  
- Walt Disney

**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.

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**ANSWERS**  
**SPORTS QUIZ**

1. Willie Mays Aikens of the Kansas City Royals in 1980.
2. Three -- they lost in 1965 and won in 1987 and 1991.
3. Army averaged 7.6 yards per carry in 1945.
4. Philadelphia's Moses Malone, in the 1982-83 season.
5. Markus Mattsson of the Los Angeles Kings.
6. Six out of 19, with the last being France in 1998.
7. Muhammad Ali beat Sonny Liston in 1965.

**WORD POWER**  
ANSWER  
**REMEMBRANCE**

**TRIVIA NEWSFRONT ANSWERS**

1. Frosty the Snowman
2. 1 inch (2.54 cm)
3. 70%
4. 129 F (-89.4 C) at Vostok Station, Antarctica
5. The biathlon



**Go Figure!**

answers

3	-	1	x	7	14
x		+		÷	
6	+	8	÷	7	2
-		x		+	
4	-	2	x	9	18
14		18		10	

**King Crossword**  
Answers

Solution time: 21 mins.

GUM	ASP	ROAD			
ANEW	NIL	UNDO			
LIMA	DNA	NEON			
ATOLL	KILN				
	KID	DEICED			
JANILT	TOR	ANOCED			
AMEN	GIN	GAGA			
VIRGO	BUM	BLER			
ADDSUP	TAO				
	TROT	PATTY			
MALTI	SIR	RHEA			
EPIC	IRE	DRAW			
GEEK	TED	URN			

**Weekly SUDOKU**

Answer

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

**SNOWFLAKES**

solution

