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ARRANGEMENTS

TIDBITS® BRINGS YOU A JANUARY JUMBLE

by Kathy Wolfe

Say "Welcome" to the new year by learning a little about some January commemorations you might not be familiar with. This week, Tidbits looks a few lesser-known celebrations.

- January 7 is Harlem Globetrotters' Day, remembering the first game the famous basketball team played on that day in 1927. They traveled 48 miles west from their Chicago home to play a game in Hinckley, Illinois. The team was the brainstorm of Chicago businessman Abe Saperstein during a time when only whites were permitted to play professional basketball. The team had nothing to do with the New York City borough of Harlem. Abe chose the name to emphasize the team's ethnic heritage. The Globetrotters didn't even play their first game in Harlem until the late 1960s! Since their creation, they have played in front of 120 million fans in more than 115 countries.
- January 10 is Save the Eagles Day, reminding us of the importance of protecting the world's 70 species of eagles from extinction. Eagles can be found on every continent except Antarctica. America's national emblem, the bald eagle, inhabits every state except Hawaii. This enormous bird can have a wing span of up to 8 feet (2.5 m) and weigh 15 lbs. (6.8 kg). Surprisingly, it is monogamous and mates for its entire 15- to 20-year lifespan.

turn the page for more!

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- MOVIES:** What was the name of the angel in the movie "It's a Wonderful Life"?
- ANATOMY:** What is another name for an erythrocyte?
- GEOGRAPHY:** In which country is the Po River located?
- HISTORY:** In what century was the Erie Canal constructed?
- MUSIC:** Which composer wrote more than 400 waltzes, including "The Blue Danube"?
- ENTERTAINERS:** Which female movie star was born with the name Margarita Carmen Cansino?
- LITERATURE:** Which sister is the oldest in the classic book "Little Women"?
- TELEVISION:** What was the name of the little girl in the animated TV show "Frosty the Snowman"?
- GENERAL KNOWLEDGE:** What is the common birthstone for May?
- GAMES:** What color is the No. 3 ball in billiards?



by Jo Ann Derson

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- Too many dishes and cups and not enough cabinet space? Try rotating your serving pieces as you would a wardrobe. Use different patterns for different seasons.
- "When you need to quickly clean the microwave and there is stuck-on food, thoroughly saturate a washcloth or dishrag with water and microwave it for about a minute. Leave it in the microwave for another minute, and then use it to wipe away the food. It comes off like magic! (Always check the cloth to make sure it is not too hot to handle first.)" -- N.C., via e-mail
- "Here's a great discovery our family made after a recent snowstorm. It's fun to paint on snow. Use wide paintbrushes and watercolors. Mist the snow with a water bottle to create a semi-hard surface, then paint away. We used sticks and leaves to create a border and took photos of our 'creations.' This way we have a memory of it after it melts away." -- R.O. in Ohio
- "I save the plastic containers that margarine comes in. Then buy fresh fruit, cut it up and store it in the containers in individual servings. I usually do a few days' worth at a time, so if my containers are still in the fridge, I know I haven't been eating enough fruit." -- E.C. in California
- "If I am going to fry up burger patties for hamburger night, I always do about a dozen extra. They freeze well and make an easy, quick supper on nights I don't feel like cooking." -- F.F. in Missouri
- "I get a lot of magazines and always felt bad about getting rid of them. Now I take them to my local nursing-home facility. The residents appreciate them, and I have found that I enjoy the visit when I drop them off." -- P.C. in Oklahoma

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 letters.kfws@hearstsc.com.

JANUARY JUMBLE (continued)

- January 11 is officially Amelia Earhart Day, but not because that was the day she disappeared. It marks the date she became the first person to fly solo across the Pacific from Honolulu to Oakland, California in 1935. It was two years later on June 1 that she and her navigator Fred Noonan departed Miami on a 29,000-mile (46,671 km) journey, attempting to fly around the world. They were just 7,000 miles (11,265 km) from completing the goal when radio transmission ceased and the two were never seen again.
- The name Margaret Gorman is probably not familiar to most folks, but she is notable as the first Miss America, winner of the pageant in 1920. Originally initiated as a local Atlantic City festival in an attempt to extend the tourism season past Labor Day, the event became was not known as the Miss America Pageant until 1922. Miss America Day is now in January each year, with the next pageant scheduled for January 12, 2013. It was broadcast for the first time in 1954, with a record-breaking 27 million viewers, and remains the fourth longest-running live event in television history. The state of California has had the most winners with six, while 21 states, including Washington, Idaho, Maine, Nevada, and Montana, have never had a Miss America hail from their state.
- Happy Cable Car Day on January 17! This year marks the 142nd anniversary of the first cable car railway patent bestowed upon Andrew Smith Hallidie. He was inspired to invent the cable car after witnessing an accident with a horse-drawn streetcar on San Francisco's steep streets. The cable car made its first appearance in that city in 1873. The cars move up and down San Francisco's inclines at a speed of about 9 miles per hour (14.5 km/hr).
- Sharpen your pencils! It's time for National Handwriting Day on January 23, a day established by the Writing Instrument Manufacturers Association to promote the use of pens, pencils, and writing paper. This day was chosen because it is the birthday of John Hancock, whose stylish and flamboyant signature is easily recognizable on the Declaration of Independence. Even his name has become synonymous with the word "signature," as we ask folks to "put their John Hancock" on important documents. This member of the Continental Congress and later governor of Massachusetts was the very first person to sign the Declaration.

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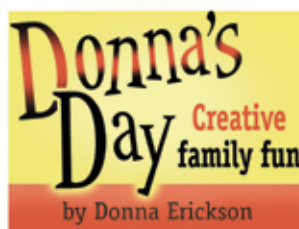
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 K H I H E F D B Z Y O W B V T
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Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- | | | | |
|---------|-----------|----------|-----------|
| Along | Headlong | Longhair | Longshore |
| Belong | Lifelong | Longhand | Oblong |
| Daylong | Longbow | Longhorn | Tagalong |
| Furlong | Longevity | Loning | |

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Japanese Sushi Cones for Supper or Snack

Bring home the world with a taste of Japan, but with a new twist. Shape nori (dried pressed seaweed) into a kid-friendly cone shape with sushi rice and your favorite fillings (even last night's leftovers), and you'll have Tamaki sushi. It's a healthy handheld snack or a quick and tasty supper for families on the go.

Your kids will have as much fun making their own sushi cone as eating it.

Just ask Japanese-born Rieko Haggerty, mom of two active boys, 10 and 12 years old. "I like to share my culture through cooking," she told me as her boys were doing homework in their Japanese-language workbooks. (They Skype weekly at 6:30 p.m. from their home in Piedmont, Calif., with a language tutor in Japan.)

"We enjoy making Temaki sushi together," she told me as the boys came to the kitchen counter, grabbed chopsticks, and eagerly surveyed an array of platters filled with sliced veggies, strips of a soy sauce-flavored omelet, lettuce and leftover barbecued chicken.

"You don't need fancy ingredients or spend a lot of money to make Temaki sushi," she said. "Use what you have on hand. If you have bacon, for example, make a BLT sushi cone! Soy sauce is quick and easy for dipping," she added.

If you've never made sushi before, now is the time to try, with these easy-to-follow directions. Make a grocery list with your kids, then shop together in the produce and Asian sections of your market. Look for a package of sushi rice and a package of nori containing sheets of the dried, pressed seaweed.

Here are the ingredients for several cones:

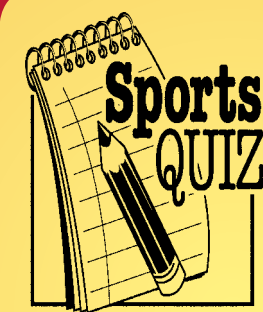
- 8-inch by 10-inch nori sheets cut into fourths
- 1 1/2 cups sushi rice
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 tablespoons rice vinegar (unseasoned)
- Fillings such as lettuce, julienned 4-inch long spears of seeded cucumbers, carrots, thinly sliced avocado and similarly sized strips of omelet, cooked chicken, pork, beef or bacon
- Soy sauce

Here's the fun:

1. Cook rice according to package directions. While still warm, place in a bowl and stir in sugar, salt and rice vinegar.
 2. Hold a quarter sheet of nori in one hand. With the other, spread a spoonful of cooled rice on the center portion of the nori. Stack fillings on the rice
 3. Twist the nori tightly into a cone shape. Dip your fingers in a cup of water and seal the lower, narrow portion closed.
 4. Dip the temaki in soy sauce or your favorite Japanese dipping sauce, and enjoy the salty and flavorful taste!
- Extra idea: Make it a party! Put out cut nori, prepared rice and tasty fillings for a DIY buffet.

TIDBITS® presents
TRIVIA NEWSFRONT

1. Name the flower of the month for January.
2. It is always the third Monday in January. What is it?
3. What important document was issued by Abraham Lincoln on January 1, 1863?
4. The world's first underground railway opened in what city in January of 1863?
5. In 1806, the first child was born in the White House. Who was the baby's famous grandfather?



By Chris Richcreek

- 1 Pitcher Dwight Gooden set a record for most consecutive games with at least one strikeout to start his major-league career. How many was it?
- 2 Who pitched the most innings in one major-league All-Star Game?
- 3 How many national championships has the University of Nebraska achieved in football?
- 4 Name the first No. 8 playoff seed to reach the NBA Finals.
- 5 Who are the top three players on NHL's career points per game list?
- 6 When was the last time before 2012 that the U.S. men's soccer team lost to Jamaica?
- 7 Name the last boxer who beat heavyweight champion Wladimir Klitschko.

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VETERANS POST

by Freddy Groves

WWII Veterans Have Stories to Tell

We're losing World War II veterans at a rate of 900 per day -- one every minute and a half. The older they get, the higher that number will go.

Often, when an elderly veteran dies, his stories go with him. This was the stoic generation, and men who came back from the war didn't talk about it. Years have gone by, and families still don't know the experiences their veteran had. But time has a way of breaking down that barrier of silence, and many of those veterans are ready to talk.

That's where you come in. The Veterans History Project, part of the Library of Congress, provides a means for others to record the stories of veterans before the information is lost forever. For WWII veterans, the eligible years of service are 1939 to 1946.

If you want to help preserve the history of a World War II veteran, don't delay. Start planning now to do an interview. The Project has a Field Kit with instructions. Stories can be captured via audio or video recordings, or in writing. Best bet: Use a video camera. Pictures add so much to the story. The Project website has instruction on what steps to take, if you're unsure of how to get started and how to proceed.

After the interview with your veteran, the whole package is shipped off to the Project, where it will be archived forever. Future generations will be able to read and hear their stories.

If you don't personally know a World War II veteran, your local veterans service organization will. Once you get started, don't be surprised if other veterans approach you to do their stories as well.

Go here for the Project Field Kit: www.loc.gov/vets.

Make a copy of the interview for the family before you send the package.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.

JANUARY JUMBLE (continued)

Who hasn't used that handy little tool, the Thesaurus? It's the volume that lists synonyms for words, enabling a writer to avoid using the same word in articles, speeches, and papers. January 18th is officially Thesaurus Day, celebrating the 1779 birthday of the author of Roget's Thesaurus, Peter Roget. He was a British physician who struggled with depression and used the compiling of lists of words to combat it. The brilliant Roget graduated with a medical degree at only 19, and served as chief surgeon of an English hospital. In addition, he invented a slide rule that enables a person to perform exponential and root calculations. His first Thesaurus was published when Roget was 73, and was entitled Thesaurus of English Words and Phrases Classified and Arranged so as to Facilitate the Expression of Ideas and Assist in Literary Composition. His work had 28 printings during his lifetime, and after his death, was carried on by his son and later by his grandson.

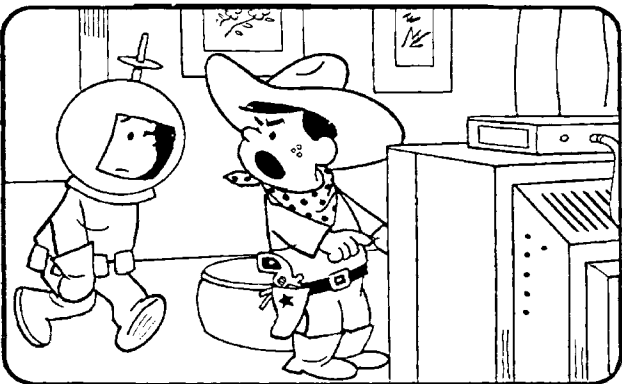
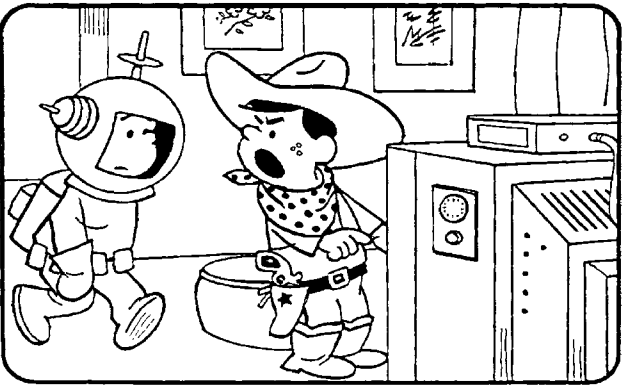
Make yourself a peanut butter sandwich on January 24 in honor of National Peanut Butter Day. Every year Americans eat enough of this spread to make more than 10 billion sandwiches, spending about \$800 million annually. First introduced in 1904 at the St. Louis World's Fair, peanut butter is now eaten in 90% of American households. Today's laws state that in order to be labeled as "peanut butter," the product must be at least 90% peanuts.

January 25 is observed as World Leprosy Day, intended to educate people on this disease that damages the nerves that control the muscles in the hands and feet. Left untreated, it can lead to the inability to use the hands, paralysis of the feet, loss of sensation in the extremities, and even blindness. Every day, 620 people are diagnosed with leprosy -- that's one every two minutes! Also called Hansen's Disease, leprosy is contagious, spread by droplets from the nose and mouth by coughing and sneezing. India has more leprosy than any other country. The good news in this century is that it is curable, and deformities can frequently be remedied with reconstructive surgery.

continued on next page

HOCUS-FOCUS

BY HENRY BOLTINOFF



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

DIFFERENCES: 1. Earpiece is missing. 2. Backpack is missing. 3. Bandana is moved. 4. Boots are different. 5. Picture is different. 6. Dial is missing.

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never wield the heavy axe required for the decapitations, so it was deemed acceptable for a helper to actually perform the executions. Only the official office-holder could put the official seal on the act, however, so the poor boy had to witness every one. It wasn't until the ripe old age of 12 that he began to take over the full duties of the office.

When famed inventor Alexander Graham Bell died in 1922, he was dictating a memo. His final words were, "So little done, so much to do!"

If you're a fan of big brass, you might want to head to Millersville, Pa., in May. Every year during that month, the town celebrates International Tuba Day, with some 50 tuba players on hand to serenade the crowd.

There's been much public conversation about the growing girth of Americans in recent decades. It's not just people who are gaining weight, though; between 1996 and 2006, the average motor vehicle made in the U.S. gained 500 pounds.

Thought for the Day: "If you obey all the rules, you miss all the fun." -- Katharine Hepburn

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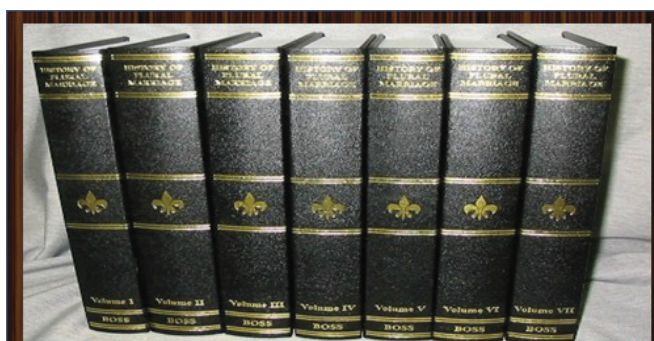
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By Arnold Boss

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"During June, 1938, I have been laboring continuously in checking material previously copied for use in my "History of Plural Marriage Among the Mormon People". Most of this material I copied from old records in the Deseret News vaults. It has been a secret work, and has been unusual the way permission has been extended me to have access to the vault. I have hidden my real purpose in going there, but much courtesy has been extended me. Obviously, if it was known what I was searching for, and the material copied, this privilege would have been denied me." - Arnold Boss

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Strange BUT TRUE

- It was American humorist and columnist Josh Billings who made the following sage observation: "Reason often makes mistakes, but conscience never does."
- You think there are a lot of lawsuits being heard in the courts these days? Statistics show that half of the suits filed never even make it to court.
- In France in the 1700s, capital punishment was not uncommon, and criminals thus condemned were decapitated by the country's Chief Executioner. This position was hereditary, which posed a problem when, in 1726, the holder of that title, Charles-Jean-Baptiste Sanson, suffered an early death, leaving his 7-year-old son, Charles, to take up the grisly duties. It was obvious to all that a child could

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ACROSS

1	2	3	4	5	6	7	8	9	10	11	
12				13							
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17			17			18	19				
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- 1 Heights (Abbr.)
 5 Madam's counterpart
 8 Droops
 12 Trust
 14 Hint
 15 Bribe
 16 Unusual
 17 Small barrel
 18 The hot wings caused his downfall
 20 Maximum
 23 Winter precip
 24 First man
 25 Table tennis tools
 28 Ottoman ruler
 29 Indeed (Abbr.)
 30 Existed
 32 VIP
 34 Lima's land
 35 Humor writer
 36 High nest
 37 Deli meat
 40 Have debts
 41 Advertisement
 42 Close associate
 47 Top-notch
 48 DNA, on "CSI"
 49 Burn somewhat
 50 Upper House
- member sloppily
 (Abbr.) 9 Winged
 51 TV host 10 Mentor
 Carson 11 Gets a glimpse of
 12 Noah's boat 19 Buffalo Bill's last name
 13 Island 20 Science
 memento 21 Mid-month date
 3 Pampering, for short 22 "Hold the —"
 4 Himalayan region 23 Finnish bath
 5 Unforeseen 25 Vows
 6 Former transp. accessory
 7 Arouse anew 27 Hindu wrap
 8 Write 29 Expression
 31 Take to court
- 33 Scanty
 34 Cheated at hide-and-seek
 36 Dumbstruck
 37 Health resorts
 38 Lotion additive
 39 Moon goddess
 40 Valhalla bigwig
 43 "— Got a Secret"
 44 — moment
 45 M divided by IV
 46 Indispensable

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top ten

Foods to Beat a Cold

- Garlic
- Chicken soup
- Peppermint tea
- Almonds
- Grapes
- Oranges
- Button mushrooms
- Chile peppers
- Yogurt
- Honey

Source: The Daily Meal

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TIDBITS NUGGET OF KNOWLEDGE

World Braille Day is celebrated on January 4, the anniversary of the 1809 birthday of Louis Braille, inventor of the system of reading for the blind. While playing with an awl in his father's workshop at the age of three, Braille was struck in one eye and lost the sight. A severe infection spread to his other eye, and by age five, he was completely blind. By age 15 he had completed his reading system, publishing it five years later.

JANUARY JUMBLE (continued)

Seeing Eye Dogs, who help their sight-impaired owners to safely navigate in their surroundings, are honored on January 29. The top three breeds used as guide dogs today are Labradors, Golden Retrievers, and German Shepherds. A dog undergoes specialized training for four to six months to make sure they have the necessary qualifications to be a seeing eye dog.

FAMOUS WOMEN OF THE WORLD: CHRISTA MCAULIFFE

January 28 has been set aside as Christa McAuliffe Day, commemorating America's first Teacher in Space. Tidbits honors this inspiring woman who lost her life in the Space Shuttle Challenger disaster on January 28, 1986.

Originally from Massachusetts, Christa moved to New Hampshire when her husband accepted a new job there. She settled into a teaching position at Concord High School, with classes in social studies, American History, and economics. Her teaching included an emphasis on the "impact of ordinary people on history," a concept that was to play out in her own life.

The "race to space" began when Christa was just a young child, and she became enthralled with Project Mercury and the Apollo programs. On February 21, 1962, the day after John Glenn's historic orbit of the Earth aboard Friendship 7, she told a high school friend, "Do you realize that someday people will be going to the Moon? Maybe even taking a bus, and I want to do that!"

Twelve years after Christa's death, her backup Barbara Morgan, a former Idaho schoolteacher, was chosen by NASA as an astronaut. She flew aboard the Challenger's replacement, the Endeavor, to the International Space Station in 2007.

When Christa was two years into her Concord tenure, President Ronald Reagan announced the Teacher in Space Project, a NASA program designed to send the first civilian into space. NASA's goal was to find an "ordinary person," an educator to communicate with students while aboard a spacecraft. More than 11,000 teachers applied for the position. Christa mailed her application form at the last minute, writing: "I watched the Space Age being born, and I would like to participate."

continued on next page



KIDBITS

Junior Whirl

SQUARE DEAL! Rules for scoring in this target-shooting contest call for each set of four shots to strike four small circles that form a square (note two examples indicated by bull's-eyes). Squares may be of varying sizes, spread among the 20 small circles shown. Just for fun, see if you can determine how many different ways there are of forming such squares. Hint: Look for more than 20. (There are some twenty-one ways to comply.)

NAME GAME! Replace one letter in each word to form the name of another animal: 1. Cat. 2. Dog. 3. Mule. 4. Moose. 5. Monkey. No fair peeking below.

1. Rat. 2. Hog. 3. Mole. 4. Mouse. 5. Donkey. Will it do it?

ADD-A-LETTER RUNOFF

LET'S see if you can run out these RAN words. Beginning with the word RAN, add a letter in each step to form a new word in accord with the following definitions.

- Competed in a race (ran, in place).
- Military status.
- "Meanwhile, back at the —."
- National Park employee.
- Pillage a place.
- Haphazardly.

When finished, see if you can make up another list of RAN words. Time limit: 2 minutes.

BOUND TO WIN! Just one of four skiers above makes it to the finish line (in a fairly straight run). Which skier?

SPIN SPOT COLOR BY NUMBERS

ON A ROLL! Snowball's a-rollin' — watch out below! Add the following colors neatly: 1—Red. 2—Lt. blue. 3—Yellow. 4—Lt. brown. 5—Flesh tones. 6—Green. 7—Dk. brown. 8—Purple.

SPELLBINDER

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

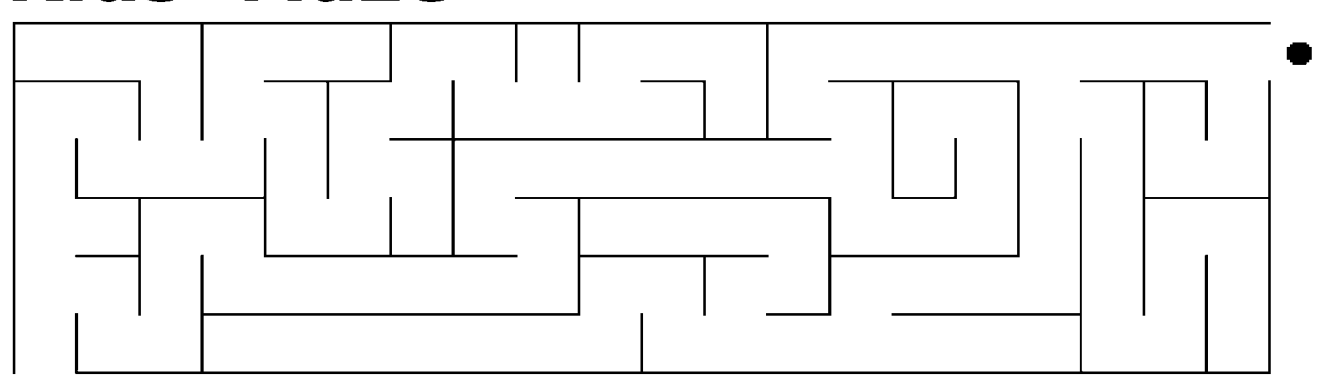
UNDERDOG

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

Try to score at least 50 points.

Possible twosomes: Undr, dog, dreg

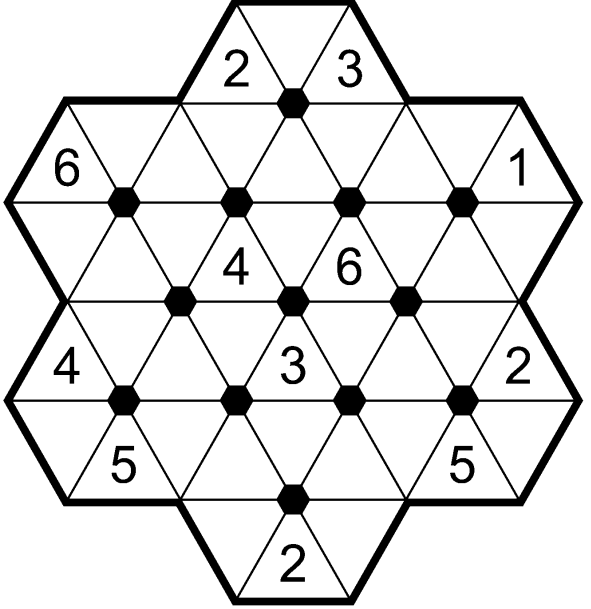
Kids' Maze



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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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CHRISTA MCAULIFFE (continued)

The pool of applicants was narrowed down to 114, then down to 10, and on July 19, 1985, Christa McAuliffe's name was announced as NASA's choice. The agency liked her "infectious enthusiasm," and declared her "the most broad-based, best-balanced person of the 10." She and the first alternate, Barbara Morgan, each took a one-year leave of absence from their schools, with NASA covering their salaries. The Challenger mission was scheduled for early 1986.

It was intended that Christa would teach two 15-minute classes to the nation's schoolchildren from space, broadcast via closed-circuit television. The first was to have been "The Ultimate Field Trip," including an introduction of the other six crew members and their duties, a tour of the spacecraft with a description of the equipment, and a summary of living aboard the craft. Her second lesson was to summarize the benefits of space travel, entitled "Where We've Been, Where We're Going, Why." She was also set to conduct science experiments in magnetism, Newton's laws, and chromatography.

Just 73 seconds after takeoff, the Challenger exploded over the Atlantic Ocean off the Florida coast. The entire craft disintegrated, due to the failure of a rubber O-ring seal in the right solid rocket booster, which caused a leak in the joint it was meant to seal. This allowed pressurized hot gas to reach the external fuel tank. Christa, aged 37, left behind her husband, a nine-year-old son and a six-year-old daughter.

It's estimated that 85% of Americans heard of the disaster within one hour of its occurrence.

EXPENSIVE ARENAS


With the football season beginning to wind down, you might be interest in what spectators have been paying for tickets at some of the stadiums. Tidbits presents the most expensive, the least expensive, and a glance at Super Bowl ticket prices.

The price tag for game attendance is based on the Fan Cost Index, a figure derived by the Team Marketing Report. This figure represents the price for a family of four to attend an NFL game, including four tickets at the average price, two small beers, four small sodas, four hot dogs, parking, two game programs, and two adult caps. The average league-wide figure is \$427.42.

continued on next page

Just Like Cats & Dogs by Dave T. Phipps





Puppy-Mill Dog Not So Chipper

By Samantha Mazzotta

DEAR PAW'S CORNER: This Christmas, we thought we bought the perfect puppy for our son. "Chipper" looked adorable and healthy at the pet store when we picked him out. However, a couple of days after we brought him home, Chipper got very ill; he was lethargic and vomiting. We took him to the vet right away, where he remains, recovering from several issues the vet said are typical of puppy-mill dogs. He also said that puppy-mill dogs can have behavioral problems as well. Now I'm not sure we should keep him. What should we do?
-- Taken for a Ride in Pennsylvania

DEAR TAKEN: OK, first off, please keep Chipper. Even though he is not the perfectly healthy puppy you expected, it's not his fault. Furthermore, you made a commitment to bring a pet into your home, and you should stick with that promise. Second, you can complain about what happened. Complain to store management, write the corporate headquarters, if there is one, and complain to the Better Business Bureau. Pet stores and breeders must be licensed by the USDA to sell pets, and are supposed to be inspected regularly. You can contact the local SPCA, the Humane Society of the United States (hsus.org) or the ASPCA (aspc.org) if you think Chipper came from a puppy mill. Again, please keep him if at all possible. Too many puppy-mill dogs wind up in shelters, or are euthanized, due to health and behavioral problems that their owners didn't want to deal with. If his health issues become overwhelming, talk to your vet about treatment and payment options. To head off potential behavioral problems, contact a dog trainer who has experience dealing with difficult dogs.

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



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LAFF - A - DAY



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TIDBITS GOES LONG.....

The month of January was named after the god Janus, which is the Latin word for "door." This "god of the doorway" has two faces, allowing him to look both backward into the old year and forward into the new one at the same time.



Moments in time
THE HISTORY CHANNEL

- On Jan. 18, 1803, in a secret message to Congress, President Thomas Jefferson requests funding for the Lewis and Clark expedition to explore the mysterious Far West and perhaps find a Northwest Passage to the Pacific. Jefferson officially asked Congress for \$2,500, though some sources indicate the expedition ultimately cost closer to \$50,000.
- On Jan. 14, 1875, theologian, musician, philosopher and Nobel Prize-winning physician Albert Schweitzer is born in Upper-Alsace, Germany. Schweitzer's philosophy revolved around what he called "reverence for life," the idea that all life must be respected and loved.
- On Jan. 19, 1883, two steamers, the Cimbria and the Sultan, collide in heavy fog in the North Sea, resulting in the deaths of 357 people. For those who did not make it into a lifeboat, the cold water was deadly. Hypothermia and drowning claimed hundreds of lives within minutes.
- On Jan. 16, 1942, actress Carole Lombard, famous for her roles in screwball comedies such as "My Man Godfrey" and for her marriage to actor Clark Gable, is killed when the TWA DC-3 plane she is traveling in crashes en route from Las Vegas to Los Angeles.
- On Jan. 15, 1951, Ilse Koch, wife of the commandant of the Buchenwald concentration camp, is sentenced to life imprisonment in a court in West Germany for her extraordinary sadism. The "Witch of Buchenwald" collected lampshades, book covers and gloves made from the skin of tattooed camp prisoners.
- On Jan. 17, 1966, an American B-52 bomber collides with a KC-135 jet tanker over Spain's Mediterranean coast, dropping three 70-kiloton hydrogen bombs near the town of Palomares and another into the sea. The U.S. eventually settled some 500 claims by residents whose health was adversely affected.
- On Jan. 20, 1980, President Jimmy Carter proposes that the 1980 Summer Olympics be moved from the planned host city, Moscow, if the Soviet Union failed to withdraw its troops from Afghanistan within a month. The United States was one of some 60 countries that eventually boycotted the Moscow Olympics.



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

Burning Throat Pain Could Signal Angina

DEAR DR. DONOHUE: I read your column all the time, and I was wondering if anyone has ever written to ask a question about burning in the throat. I was a smoker for years. It's been five months since I have had a cigarette. This throat burning occurs when I walk or try to exercise or even carry laundry. I would like to know what it means. It feels like hot ice in my throat. -- F.R.

ANSWER: I don't want to alarm you, but I will breathe more easily if you see a doctor very soon. What you describe could be a sign of angina, pain caused by the narrowing of a heart artery or arteries. More often, people describe angina as chest tightness or discomfort that occurs when they're active, as in walking, exercising or carrying laundry, and then lets up when they stop. The variations on angina pain are many. It can be felt as jaw pain, shoulder and arm pain (on the left more often than the right) or neck pain. People use words like "squeezing," "crushing" or "suffocating." Some say it feels like throat tightness. Burning throat pain could be another variant of angina. Do see a doctor quickly. Stop doing things that bring on this pain until you do. The booklet on angina and coronary artery disease explains this common malady and how it's treated. Readers can obtain a copy by writing: Dr. Donohue -- No. 101W, 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 daughter is on Effexor for depression. She's been on it for six months, and actually is doing quite well. She's able to handle her job and take care of her family. Does she take this medicine for life? I worry about addiction and what it might be doing to her brain. -- N.M.

ANSWER: Antidepressants are not addicting. They don't damage the brain. What they do is restore normal brain chemistry. An imbalance in brain messenger chemicals is believed to lead to depression. Your daughter's doctor will tell her when she can stop taking the medicine. If a person relapses into another depression after stopping medicine, then she should take antidepressants for a more prolonged period, possibly for life.

DEAR DR. DONOHUE: I think my husband is an alcoholic. He's not abusive, but his consumption of alcohol is more than a six-pack of beer a day, and sometimes whiskey. He usually falls asleep in a chair. My sister tells me the cage test can diagnose alcoholism. What is it, and where can he get it done? He won't talk about these things to me. -- C.L.

ANSWER: It's not a lab test. It's four questions. They are: 1) Have you ever felt the need to Cut down on your drinking? 2) Are you Annoyed when people criticize your drinking? 3) Do you ever feel Guilty about your drinking? 4) Have you ever taken a drink first thing in the morning as an Eye-opener? Two "yes" answers indicate alcoholism. It's a simple but reliable test.

STADIUMS (continued)

- The fifth most-expensive stadium, Chicago Bears' Soldier Field, carries a Fan Cost Index of \$557.18. Home of the Bears since 1971, it holds 61,500 fans, and has an average single ticket price of \$101.55. Fans can have a beer for \$8 and a hot dog for \$5. The team has a season ticket renewal rate of 98%, and every game has sold out for the last 27 years.
- The third most expensive stadium belongs to the New England Patriots, with an index of \$597.66, and a single ticket average of \$117.84. Gillette Stadium also offers "premium tickets," which include oversize plush seats, fancier food and beverages, flat screen TV's, and access to the field post-game. Want a season ticket? Get in line, there's a waiting list.
- The Dallas Cowboys play in the second most expensive stadium, with a cost index of \$613.80. The \$6 price tag on sodas is the highest in the league, and fans fork over \$75 for parking at the three-year-old arena. If money is a little tight, spectators can purchase a \$29 "party pass" that allows a standing-room view of the game from platforms on the end zone and corners.
- MetLife Stadium in the Meadowlands Sports Complex in East Rutherford, New Jersey, is the only NFL stadium shared by two teams. The most expensive stadium ever built and the largest in the NFL in terms of permanent seating capacity (82,500), it is home to both the New York Jets and the New York Giants. The cost index differs between the two teams, with the Giants the fourth-highest in the league at \$592.26 and a whopping \$464.75 for a premium seating ticket. The most expensive tickets in the league belong to the Jets with the index at \$628.90. If you'd like to reserve two tickets for the Jets in the premium club area, you can do so for a five-year period for \$24,340.
- How about the cheapest prices in the league? That honor belongs to EverBank Field, home of the Jacksonville Jaguars. Although it's the fifth-largest stadium in the NFL, its Fan Cost Index is just \$316.50, and an average ticket price of \$58.90. It's close to the bottom in terms of attendance.
- The average ticket price for last year's Super Bowl was \$2,900. Tickets for the 2013 game are slated to be much higher, with the cheapest in the \$2,500 range and the most expensive over \$9,500. This will be the 7th year for the contest at New Orleans' Superdome, the largest fixed-dome structure in the world, which has a seating capacity exceeding 76,000. New York's MetLife Stadium is scheduled for the 2014 matchup.



Good Housekeeping

Breakfast Tortilla Stack

Need a breakfast that will keep you full all morning long? Top a whole-wheat tortilla with fluffy eggs, fat-free refried beans and flavorful salsa.

- 1/4 cup chopped red onion
- 2 medium ripe tomatoes, chopped
- 1/4 cup loosely packed fresh cilantro leaves, chopped
- 4 large eggs
- 4 large egg whites
- Salt and pepper
- 1 cup(s) fat-free refried beans
- 1/4 teaspoon(s) ground chipotle chile
- 4 (7-inch) whole-wheat tortillas

1. Prepare salsa: In cup of ice water, soak chopped onion 10 minutes; drain well. In small bowl, combine onion, tomato and cilantro; set aside.
2. In medium bowl, with wire whisk or fork, beat whole eggs, egg whites, 1/8 teaspoon salt and 1/8 teaspoon freshly ground black pepper until blended.
3. Spray 10-inch nonstick skillet with cooking spray; heat on medium 1 minute. Pour egg mixture into skillet; cook about 5 minutes or until egg mixture is set but still moist, stirring occasionally.
4. Meanwhile, in microwave-safe small bowl, mix beans and chipotle chile. Cover with vented plastic wrap; heat in microwave on High 1 minute or until hot.
5. Place stack of tortillas between damp paper towels on microwave-safe plate; heat in microwave on High 10 to 15 seconds to warm. To serve, layer each tortilla with eggs, beans and salsa. Serves 4.

• Each serving: About 200 calories, 4g total fat (1g saturated), 160mg cholesterol, 635mg sodium, 29g carbohydrate, 13g dietary fiber, 13g protein.

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

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- American Fork Library
- Jim's Family Restaurant**
- Glass Doctor of Utah County
- State Street Grill**
- Take A Break Spa & Pool**

Eagle Mtn

- Village Pizza
- Maverick

Eureka

- VJ's Convenience Store

Lehi

- Fresh Market
- Motel 6

Linden

- Smoking Apple**
- Ocean Express Carwash**
- US APPLIANCES**
- Larkin Tires**
- Finer Consigners**

Mapleton

- Model A Café**
- Subway**
- Junction Texaco**

Orem

- Marley's Restaurant
- Fast Gas**
- Juice & Java**
- Callie's Restaurant
- All you Need Laundry
- Ernies Sports Deli
- Element Salon –Hilda Panhorst**
- Joe's Café
- Big O - Orem Mall**
- Ut College Massage Therapy**
- Smoking Apple**
- Restore**
- PC Discounters**
- Chevron FoodMart**
- Dental School**
- Half Price Dental**

Payson

- Payson Market
- One Man Band Restaurant
- Curves
- Not Just Coffee
- Joe's Coffee Shop
- Legal Shield Home**
- Poor Boys BBQ**
- Big O**
- Chevron Convenience Store**
- Texaco / Arby's**
- Tsing Tao**
- O'Reilly Auto**
- Payson Quality Inn**
- S County Lanes**
- S Ut Valley Elec Dist SUED**
- Domino's**
- Los 4 Amigos
- Fat Jack's Pizza
- Country Fresh Laundromat**
- Head Shed**
- Lou's Barber shop**
- Fuji House**
- Elite Fitness**
- Boudreaux's Cajun**
- UniSex Salon**
- Dixon Meat Market**
- Sai Savanhs**
- Library**
- Insurance Center**

Arrowhead Upholstery

- Autoworks Car Care**
- Nebo Kitchen**

Pleasant Grove

- Daylight Donuts**
- Purple Turtle**
- BlackFyre**
- Signs by Tomorrow**
- Crystal's Dog Spaw
- Suds Laundromat**
- Eagle Café**
- Chubby's**
- State St Grill**
- Sammy's**
- Rexall Drug**
- Allred Ace Hardware**
- Innovative Auctions**
- iMac**

Provo

- Utah Chamber of Commerce
- Gandolfo's Restaurant
- Sammy's Restaurant**
- Sensuous Sandwich
- Stewart Palmer Studio
- Juice & Java
- Fresh Market
- Big O**
- Jiffy Lube**
- Provo Floral**
- BlackJack Pizza**
- Cougartown Laundry**
- Burger Supreme**
- Accurate Audiology**
- Curves**
- Champion Karate West**
- Edible Arrangements**
- Dr Steve Baker Chiro**
- Laundromat @ Honks**
- Laura's Kitchen @ Honks**
- 5 Star Karate @ Honks**
- Stan's Drive In**
- Lund Optical**
- Gurus**
- Sammy's**
- Joe Vera's**
- Rice King**
- Harris Hearing**
- El Salvador**
- Tommy's Burgers**
- Provo Car Doctor**

Salem

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- Gandolfo's**
- Stan's Drive In**
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- All About You Salon**
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- Crockett Chiropractic**
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Santaquin

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- Subway**
- SantaQuin Medical Center**
- Main Street Pizza**
- Double B**
- City Offices**
- Old Pioneer Press**
- Family Tree**
- Bodacious Boutique**
- Rosita's**
- Rexall Pharmacy**

Santa Queen Drive In

- DQ Drive In**

Saratoga Springs

- Coffee Creations

Spanish Fork

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- Buns & Brews**
- Wiggy Wash**
- Barry's Drive Inn**
- Brad's Barber Shop**
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- Where's Nemo**
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- Patagonia**
- Ream's**
- Doggie Divas**
- Hobby HQ**
- Magelby's**
- Buns & Brews Coffee Shop**
- Domino's Spanish Fork**
- Junk in my Trunk
- Sp Fork Chamber of Commerce

Springville

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- Gingers Restaurant
- Two Jacks Pizza
- La Casita Restaurant**
- Kranky Franks
- East Bay RV Park
- Country Market Restaurant**
- Top-It Pickup Toppers
- Jake's Brookside**
- Sunroc**
- Sunroc Chevron**
- Art City Coffee**
- Mongolian BBQ**
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by Linda Thistle

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

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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COMMUNITY NEWS BITS Jan 14, 2013



New Door Locks Add Security, Style

Q: We're buying a new house in a couple of months, and one of my friends mentioned that once the purchase is final and before we move in, I should replace all the doorknobs and locks on the exterior doors for security purposes. Is this really something we should do? What's the best way to replace them? -- Clark in Syracuse, N.Y.

A: While I haven't heard a lot about changing doorknobs and deadbolts on new homes for security purposes (you could just have the locks rekeyed), it certainly wouldn't hurt to do so. In addition to having new locks that no one else has the key to, you get the added benefit of choosing new styles of hardware for your exterior doors.

Once you've picked out the new doorknobs and deadbolts, remove and replace the old hardware one at a time. If there are any problems with installing the locks, you'll at least have one working lock on the door while you solve the problem.

Remove the doorknob by first taking off the cover plates. There may be screws holding the plates in place; unscrew and remove those. If there are no visible screws, check the doorknob on the interior side. A small slot should be visible on one side of the handle, usually behind the knob. You should be able to push in the small metal piece inside the slot, using a paper clip or even the tip of a key, until the knob pops loose. Now take off the cover plate.

An underlying plate will be visible. This can be popped off by locating a small notch on the edge of the plate where it presses against the door. Insert a flat head screwdriver into the notch and gently twist it to loosen the plate.

Now you're free to unscrew the attaching screws that hold the doorknob assembly. You also will need to remove the screws from the latch plate on the side of the door. Remove the assembly carefully so you don't damage the door.

If you intend to replace the strike plate as well, remove that from the door frame.

To install a new doorknob, reverse the above procedure. You may find that the new doorknob doesn't line up quite the same as the old. You can adjust the backset (the distance between the center of the doorknob and the edge of the door) to correct this. If you replace the strike plate, make sure the latch hits it correctly. Tighten up all the screws, being sure not to overtighten, and test to make sure the door latches and locks properly.

Replacing a deadbolt lock is very similar to replacing the doorknob. The biggest difference (and difficulty) is if a door does not already have a deadbolt installed. In that case you'll have to drill holes for the deadbolt and the latch before installing the new hardware.

HOME TIP: Maintain exterior door locks by cleaning and lubricating with a professional-quality product like Lockase or Tri-Flow, rather than squirting in graphite powder.

PAYSON

Jan Business of the Month - Mountain Air Assisted Living
 Congratulations to Rhett and Jennifer Huff owners of Mountain Air Assisted Living for being chosen as January 2013 Business of the Month.
 Located at 153 S. 900 E.
 For more information, please Call: (801) 465-1490



Payson Area Chamber of Commerce Biz Leads Group – Jan 17 11:30A to 1P at Fuji House. 17 S Main Luncheon is \$12.00 for Teriyaki Chicken and other menu items. Including tip. Please RSVP by Wednesday Noon. Brian Hulet and Economic Development Board will speak "Retaining and assisting Payson Businesses is the foundation of The City's Economic Development Strategy for a Vibrant and Healthy Economy".

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

Spanish Fork / Salem

Jan Business of the Month – Spanish Fork IFA
 Congratulations to Randy Gordon and IFA on being chosen for January Business of the Month. Randy has supported our Farmer's Market, Harvest Moon Hurray, Summer Barbeque, and other community events. We appreciate IFA and Randy Gordon's commitment to shopping local.
 Located at 250 W Arrowhead Trail, Spanish Fork



Ribbon Cutting CheapShots Photography – Jan 17 6 – 7P
 CheapShots Photography
 1271 East Expressway Lane, Spanish Fork
 Come welcome Christy Hair and her staff to Spanish Fork! Awesome and affordable family photography, great for weddings, birthdays, any family gathering or event!



The Spanish Fork Salem Area Chamber of Commerce - 2013 Installation of Officers and Board Members and Community Awards Banquet. Fri Jan 18, 2013 6:30 o'clock in the evening, at the Chillon Reception Center, 710 East Center Street Spanish Fork, Utah. Come out and network with other Business Leaders and the Chamber, Please RSVP to 801-798-8352 or office@spanishforkchamber.com by Monday, Jan 16. \$20.00 per Plate Adults Only, Best Dress

Pleasant Grove



PG-13 DARE TO BE FIT GET UP AND MOVE Fitness Challenge!
 Sat Jan 12 thru Sat Apr 27, 2013! You can pick up an application at the PG Rec Center beginning Friday, Dec 28. Registration fee is \$130, \$100 if you already have a current PG Rec Center Membership. The registration fee includes Sat classes and weigh-ins, 16 week membership to the PG Rec Center, water bottle, t-shirt AND SATURDAY DAYCARE!!! That's right; your registration includes FREE daycare on Sat Mornings during our workout/meeting! Contact the Rec Center @ 801-785-6172 for more information.

EXERCISE

"So many people, they just sit around all day long and they don't get any exercise. Their muscles atrophy, and they lose their strength, their energy and vitality by inactivity."

SPIRITUALITY

"You've gotta believe that nature and spiritual things surround us. That is what put us here! I thank the universe for that every day of my life."

Jack LaLanne

Holidays & Observances This Week

- 1/13 International Skeptics Day
- 1/14 National Dress Up Your Pet Day
- 1/15 Humanitarian Day
- 1/16 Robert E. Lee Day
- 1/17 Cable Car Day
- 1/18 Thesaurus Day
- 1/19 Confederate Memorial Day



THIS WEEK'S CELEBRITY BIRTHDAYS

- Orlando Bloom 1/13/77
- LL Cool J 1/14/68
- Drew Brees 1/15/79
- Dr. Laura Schlessinger 1/16/47
- Jim Carrey 1/17/62
- Kevin Costner 1/18/55
- Paula Deen 1/19/47



ANSWERS

SPORTS QUIZ

1. He did it in 349 consecutive games.
2. Lefty Gomez pitched six innings in the 1935 game.
3. Five (1970, '71, '94, '95 and '97).
4. The New York Knicks, in 1999.
5. Wayne Gretzky (1,921 points per game), Mario Lemieux (1,883) and Mike Bossy (1,497).
6. The U.S. had never lost to Jamaica.
7. Lamon Brewster, in 2004.

WORD POWER ANSWER JANUARIUS

TRIVIA NEWSFRONT ANSWERS

1. Carnation
2. Martin Luther King Day
3. The Emancipation Proclamation
4. London
5. President Thomas Jefferson



Go Figure!

answers

8	÷	4	+	9	11
x		+			
2	+	1	x	6	18
-		x		÷	
6	x	5	-	3	27
10		25		5	

King Crossword

Answers
 Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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

SNOWFLAKES

