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TIDBITS® GOES OUT IN THE COLD!
by Patricia L. Cook

In winter most areas of North America are dealing with cold weather. Some people love it; some hate it. In this Tidbits we will look at ice fishing and icebergs, as well as how you can be left "out in the cold," and that has nothing to do with the weather!

- Cold is defined as "having a relatively low temperature; having little or no warmth." Also, in regards to behavior or personality it can be: "lacking in passion, emotion, enthusiasm" or "not affectionate, cordial, or friendly."
- If you've ever been in a situation where you were ignored, neglected or forgotten, you probably felt like you were "left out in the cold." In this situation, the term is used as an idiom. This idiom originated in the 1800s in reference to someone who was left outdoors without shelter. Hopefully this doesn't happen often!
- Many fishermen (mostly men, but there are women enthusiasts as well) love to drill through deep ice and wait for fish to bite! Ice fishing is a major winter past-time in Canada and northern states in the U.S. that are cold enough for thick ice. Some great advantages of ice fishing: not as many anglers trying to get your spot, fewer insects "bugging" you, and you're not likely to perspire!

turn the page for more!

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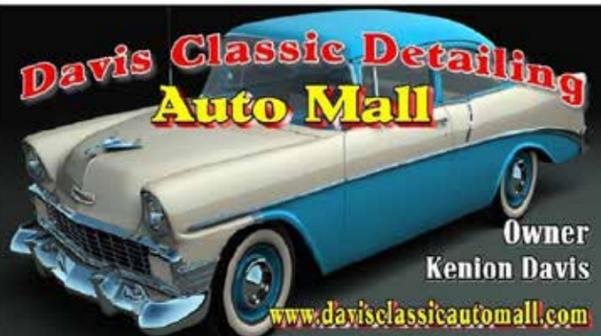

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- PERSONALITIES:** Who wrote the 1960s book "Unsafe at Any Speed," which detailed safety shortcomings in the auto industry?
- GENERAL KNOWLEDGE:** What color is lapis lazuli?
- GEOGRAPHY:** The Falkland Islands lie off the coast of which continent?
- HOBBIES:** What does a spelunker do?
- U.S. STATES:** What is the official nickname of the state of Illinois?
- LANGUAGE:** What does the Latin term "ipso facto" mean?
- ART:** What is chiaroscuro?
- CARTOONS:** What is the name of Porky Pig's girlfriend?
- SCIENCE:** What kind of gases are neon and helium?
- MOVIES:** Which three comedians starred in the film comedy "The Three Amigos!"



by Jo Ann Derson

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- If you like taking baths, you can invest in a second rubber bath mat to drape over the side of the tub. The edge will be nonslip, so you can hold on for support, and your hands will not slide.
- Sunburn happens in the winter, too, especially on the slopes. Use a cotton ball soaked in cold tea to ease tight, dry skin. Be sure to apply sunscreen to your face and wear eye protection when going out in the snow.
- For drains slowed by grease, sprinkle a half-cup each of salt and baking soda down the drain, and follow it with an entire kettle or pot of boiling water.
- If the smell in your cedar chest has faded, bring it back easily with extra-fine sandpaper. A very light sanding is all it takes in most cases.
- For delicious baked potatoes, boil a pot of salted water, add whole potatoes with skin, remove from heat and let stand for 15 minutes. Finish in oven for a sturdier skin. Start checking for doneness after 15 minutes in the oven. Baking time can be cut in half! -- J.L. in Florida
- Remove that musty smell from stored clothes by adding either vinegar or ammonia to the wash water. Be sure to check for smell removal BEFORE drying, as the dryer can bake the smell into clothes, making it more difficult to remove.

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.

TIDBITS® presents TRIVIA NEWSFRONT

- When was the International Ice Patrol set up?
- How much of an iceberg is usually underwater?
- Where do the largest icebergs originate?
- What is another name for the largest icebergs?
- What are iceberg harvesters called?

IN THE COLD! (continued)

- Because Canada has long winters, it is no wonder that they have a lot of people who like to ice fish. It is home to the greatest number of participants in the sport. In the year 2000, Canadian anglers spent a combined total of 4,489,296 days ice fishing!
- A small fishing village on the south shore of Nova Scotia, West Pubnico, was named for the native Mi'kmaq word, Pombcoup, which means: "a hole that has been cut in the ice for fishing."
- More than 60% of the fish Canadians catch beneath the ice are caught and released. They eat less than one third of their catch. They practice CPR: "catch, photograph, release!"
- Minnesota is nicknamed the "Land of 10,000 Lakes." There are actually 11,842 lakes in the state that are 10 acres or larger (4 ha). With so many lakes and cold winters it is no wonder that ice fishing is a popular sport.
- Minnesota is known for its abundance of ice shelters set up on the state's lakes. If you've ever flown into or out of the Minneapolis-St. Paul International Airport you have probably noticed all of the dots on the lakes! Each year it is estimated that around 150,000 ice fishing shelters are set up. The state's Department of Natural Resources estimates that about 30% of the fish caught in the state are caught when the lakes are frozen.
- Ice fishing is a risky sport and the depth of the ice is something to be taken very seriously. In 2009, over 100 people were stranded on the Great Lakes. They became stranded when ice broke away where they were fishing. The Coast Guard rescued all, however, one died in route to the hospital due to hypothermia. This life threatening condition occurs when body temperature falls below 95° F (35° C).
- It is imperative when ice fishing to get expert advice. Knowing the area and the ice conditions can make the sport fun; not knowing can lead to disaster. It is recommended that ice thickness for someone fishing alone (not really advisable) be almost four inches (10 cm). For groups, where more are standing on the ice, the ice should be about 7.5 inches (18 cm). When vehicles are taken on the ice, which does happen in some cold climates, the ice should be 11-12 inches (28 cm).
- Icebergs are much thicker than the ice that freezes over lakes in the winter. Icebergs are chunks of ice that developed on land, then break off and float in a lake or ocean. The word "iceberg" originates from the Dutch "ijsberg", which means ice mountain.

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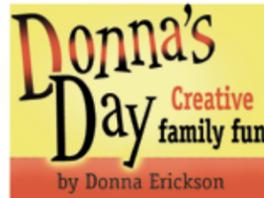
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H F D C C R A E N Y E I Y J E
W V T S K Q S P N U V L D N V
K I H F E S C D E Y O J N E O
B Z Y W V U S R Q P N M M L L

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

- | | | | |
|-----------|---------|----------|----------|
| Enjoyed | Joyful | Joyride | Mountjoy |
| Enjoyer | Joyless | Joyrode | Overjoy |
| Enjoyment | Joyner | Joystick | Rajoy |
| Joyce | Joyous | Lovejoy | |

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Make a Colorful Sun Catcher

Make these colorful window decorations to brighten your child's bedroom during gloomy winter days. When the glue has dried, these sun catchers will have the look of stained glass. Help your kids create a design of a character or object from their favorite books and stories.

You'll need:

- Plastic wrap
- Plastic or paper cups
- All-purpose, white household glue
- Food coloring
- Several thick, black pipe cleaners in 12-inch lengths
- Ribbon, string or cording

Think about what kind of sun catcher you would like to make, such as a star, heart or daisy. For your first project, make it as simple as possible. Use basic drawings from coloring books to get yours started, if you wish. As you get more proficient, make a heart for Valentine's Day, a shamrock for St. Patrick's Day or a decorated egg for Easter.

Bend and attach pipe cleaners together to get your desired shape, and glue the shape completely flat onto a sheet of plastic wrap. Add details by gluing smaller lengths of pipe cleaner on the inside of the design, like a small circle for the center of a flower. (It is very important that pipe cleaners adhere to the plastic wrap.) Your design should look similar to the outlines on a coloring-book page. Let dry. Now it's time to add the color. Pour 3-4 tablespoons of glue into a paper cup. Add 5-10 drops of food coloring, and stir. Mix glue and food coloring in additional cups if you wish to have a rainbow of colors. Pour the colored glue inside the pipe-cleaner shape. If you added details, pour different colors in the various sections. Let dry completely. (It usually takes about a day.)

When dry, the colored glue will appear translucent. Carefully peel off the plastic wrap from the sun catcher and discard. Hang your beautiful design in a sunny window using cording or ribbon.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."



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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	×		-		23
×		+		×	
	×		-		25
20		16		10	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 3 4 5 5 6 7 8 9

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- Name the last pair of A.L. teammates before Boston's Adrian Gonzalez (213) and Jacoby Ellsbury (212) in 2011 to each have more than 210 hits in the same season.
- Four players who started their major-league careers in the 1970s played in four decades. Name two of them.
- Name the only Michigan State player to be taken No. 1 overall in the NFL draft.

By Chris Richcreek

- Between 1956 and 2000, only one player 6 feet 3 inches or shorter won an NBA Most Valuable Player Award. Name him.
- Name the NHL team that allowed the fewest goals in an 82-game season.
- Of the nine NASCAR Chase for the Cup playoffs through 2012, how many drivers have made at least eight of them?
- In 2012, Serena Williams became the second woman to have won all four of tennis' Grand Slam titles along with Olympic singles gold. Who was the first?

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VETERANS POST

by Freddy Groves

Vets Lose a Friend

We've lost someone who was always in our corner, Sen. Daniel K. Inouye of Hawaii. Unlike too many of our elected officials, Sen. Inouye was one of us.

In World War II, serving in Italy in 1945, Inouye fought in an action that can only be described as horrific: After being shot in stomach, he continued fighting and leading an assault against a German stronghold. He was holding a primed grenade that he was about to throw when he was shot in that arm, leaving the grenade in his no longer functioning fist. Somehow he managed to grab the grenade with his other hand and toss it into a bunker. With his arm mostly severed, he continued fighting until he was shot in the leg and collapsed.

Once in a field hospital, his arm was amputated. For this action he received the Bronze Star, Purple Heart with oak leaf cluster and Distinguished Service Cross. That Cross should have been the Medal of Honor, but wasn't, likely due to Inouye's race. Inouye was a Nisei, a Japanese American born in Hawaii to Japanese parents who had immigrated before he was born. It wasn't until President Bill Clinton upgraded the Cross in 2000 that Inouye received his long-overdue Medal of Honor, along with 19 others on his all-Nisei combat team.

Inouye had been a senator since 1963, the second-longest serving senator, and had served in other public positions before then. It's said that in 58 years, he never lost an election.

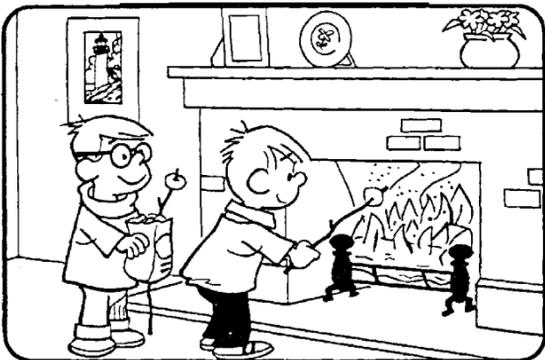
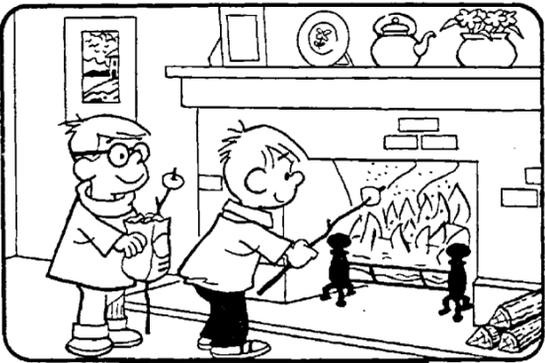
One bill he reintroduced in the Senate time and time again was to restore Memorial Day to its historical correct date, May 30, instead of the one-size-fits-all last Monday in May. The bill never made it, but he kept trying because he believed in it.

Whoever replaces Inouye in a 2014 special election in Hawaii will have some big shoes to fill.

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.

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. Picture is different. 2. Shirt is narrower. 3. Stick is shorter. 4. Kettle is missing. 5. Androns are different. 6. Wood is missing.

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IN THE COLD! (continued)

Icebergs are found in all shapes and sizes, from very small pieces to ice islands that can be the size of a small country. The term "iceberg" actually refers to ice larger than 16 feet (5 m) in diameter. Smaller icebergs are known as growlers and bergy bits. Even though they are smaller, they are harder to spot and therefore very dangerous for ships.

Even though most icebergs are found floating in oceans of salt water they are made of pure fresh water. Most of the icebergs on earth are found in the frigid waters surrounding Antarctica and in the northern Atlantic Ocean. Most icebergs originate near the west coast of Greenland.

"Iceberg Alley" is the name given to an area from Baffin Bay, off the west coast of Greenland where many massive icebergs break into the water, to the coast of Newfoundland and Labrador on the east coast of Canada. The Newfoundland and Labrador area is known as the Iceberg Capital of the World.

The largest iceberg ever recorded was found near Baffin Island in 1882. Eight miles long and three miles wide (13 km long/6 km wide), its height above water was 65 feet (20 m).

Approximately 90% of the icebergs that are in the waters near Newfoundland and Labrador originated from the glaciers of western Greenland. They are among the fastest moving icebergs in the world. Even so, by most standards, the four miles (7 km) per year that they tend to move seems slow. It takes an estimated two to three years for the massive icebergs to cover the 1600 nautical miles (2963 km) and reach the coast of Newfoundland and Labrador. If icebergs reach the Atlantic Ocean before melting, they melt rather quickly in the warm waters.

After the sinking of the Titanic in 1912, near Newfoundland, the United States, Canada, and eleven other countries formed the International Ice Patrol. The patrol uses airplanes and radar to track icebergs that make their way into the major shipping lanes. The U.S. National Ice Center monitors icebergs larger than 5,400 square feet (500 sq/m) near Antarctica using satellite data. Icebergs are not just studied and watched to protect ships, scientists use them as tools for studying ocean processes and climate.

continued on next page



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You might be surprised to learn that Humphrey Bogart wasn't the producers' first choice for the role of Rick in "Casablanca." An actor named George Raft was originally offered the part, but he turned it down because he didn't like the script.

In 2010, a new species of slug was discovered in the mountains of Borneo. It is distinguished from other species of slug by its novel method of mating: It shoots its mate with a so-called love dart made of calcium carbonate and containing hormones. The researchers nicknamed the gastropods "ninja slugs."

If you're traveling to Kansas anytime soon, be sure to remember that it is against the law in that state to catch fish with your bare hands.

During the original run of the classic 1960s TV series "Gilligan's Island," some viewers took the show rather too seriously. Several telegrams were sent to the U.S. Coast Guard asking why the poor people hadn't yet been rescued.

Thought for the Day: "I want a man who is kind and understanding. Is that too much to ask of a millionaire?" -- Zsa Zsa Gabor

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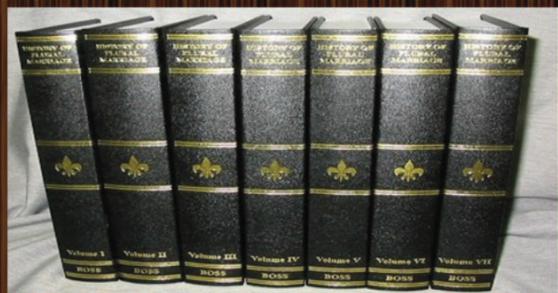
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By Arnold Boss

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-Keepersbooksite

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

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| 1 Cambridge sch. | 12 Fuss | 23 | 31 Simple arithmetic | 41 Brewery products | 43 New Jersey airport | 45 OK for | dieters | 47 Parisian pal | 48 Boxer | 49 ENIAC and its successors | 54 Life story, for short | 55 Judge, at times | 56 Caustic solution | 57 Male offspring | 58 Logic | 59 Doctor's due | 20 Oxford, e.g. | 21 Make jokes | 22 Water (Sp.) | 23 Chum | 3 Cruise or Selleck | 4 Homes | 5 Dr. Frankenstein's creation | 6 Female sheep | 7 Martial arts mercenary | 8 Remove (from) | 9 Digests of a sort | 10 Movie pig | 11 Celebrity | 16 Neighbor of Afgh. | 20 Oxford, e.g. | 21 Make jokes | 22 Water (Sp.) | 23 Chum | 27 "Holy moley!" | 29 — about (approximately) | 30 Hierarchy level | 32 Narcissist's love | 34 Finger food | 37 Does a double-take | 39 Coy | 42 Emporium | 44 Humor | 45 Apprehends | 46 Hodgepodge | 50 60 sec. | 51 Sprite | 52 "Catcher in the —" | 53 Witness |
|------------------|---------|----|----------------------|---------------------|-----------------------|-----------|---------|-----------------|----------|-----------------------------|--------------------------|--------------------|---------------------|-------------------|----------|-----------------|-----------------|---------------|----------------|---------|---------------------|---------|-------------------------------|----------------|--------------------------|-----------------|---------------------|--------------|--------------|----------------------|-----------------|---------------|----------------|---------|------------------|----------------------------|--------------------|----------------------|----------------|-----------------------|--------|-------------|----------|---------------|---------------|------------|-----------|-----------------------|------------|

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top ten

Most Misspelled U.S. Cities



1. Pittsburgh
2. Tucson
3. Cincinnati
4. Albuquerque
5. Culpeper
6. Asheville
7. Worcester
8. Manhattan
9. Phoenix
10. Niagara Falls

Source: www.aneiki.com

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TIDBITS NUGGET OF KNOWLEDGE

When the ice in icebergs melts it makes a fizzing sound, which is where the term "bergy seltzer" comes from. The sound happens when compressed air bubbles in the ice "pops." The bubbles are formed when air is trapped in layers of snow that are then compressed over time forming glacial ice.



IN THE COLD! (continued)

A way that some inventive Canadians have chosen to use the abundance of icebergs floating in their waters is in creating vodka and other alcoholic spirits. The Iceberg Vodka Corporation, based in St. John's Newfoundland, produces spirits "made from naturally pure 12,000-year-old icebergs harvested off the coast of Newfoundland." They use Ontario-grown sweet corn in making their beverages as well. They also make Iceberg Rum and Iceberg Gin.

FAMOUS WOMEN OF THE WORLD: QUEEN VICTORIA

Queen Victoria holds the title of the longest reigning monarch in the United Kingdom. She ruled from 1837-1901; for 63 years and 7 months. The current queen, Queen Elizabeth II, has been in power for almost 61 years.

Born on May 24, 1819, at Kensington Palace in London, Victoria was the only child of Prince Edward (Duke of Kent) and Princess Victoria Mary Louisa of Saxe-Coburg-Saalfeld. Christened "Alexandrina Victoria" and called "Drina" by her family, the future queen's formal name from birth was Her Royal Highness Princess Victoria of Kent.

Queen Victoria's father died when she was only eight months old. Her mother was very protective and she was taught at home. Her first language was German but she was taught to speak French and English when she was only three years old. (Later in life she also learned to speak Hindustani since she became ruler of India.) She studied history, geography and the Bible and was taught to play the piano and to paint.

Victoria was the granddaughter of George III and inherited the throne from her uncle William IV. Her father was one of four sons of George III but since none of his brothers had legitimate children in line for the throne, she became William IV's successor. Victoria was elevated to the throne at the young age of 18, with her coronation held a year later on June 28, 1838.

When Queen Victoria was 21 years old she married German Prince Albert, who was her cousin. In her first years as queen her main advisers were her Prime Minister Lord Melbourne and her uncle, King Leopold of Belgium.

After marrying Prince Albert, he became her major confidant and advisor. He helped her learn to rule in the constitutional role where the monarchy had much influence but the powers were mostly with Parliament.

The British Empire became very powerful during Queen Victoria's reign. She ruled about one quarter of the world's landmass and approximately one quarter of the world's population; about 450 million people. The land under British rule was so large that many said "the sun never set on the British Empire." It stretched around the globe from Canada to the Caribbean, Australia, New Zealand, Africa and India. India was considered the "Jewel in the Crown" and Queen Victoria was given the title of Empress of India in 1876.

continued on next page



KIDBITS

Junior Whirl

by Hal Kaufman

SUM SQUARE! Numbers 1 through 16 are to be arranged in the diagram at right so that each set of four side-by-side squares as well as the two corner-to-corner diagonals totals exactly 34.

1			12
	10	3	
	5	16	
14			7

Eight numbers are already in place. Let's see if you are able to insert the rest.
Hint: One of two missing amounts in the top horizontal row is an eight.
Remember, each four-square cluster is to total 34.

WORD MINE
EACH of the five words suggested below ends with the word MINE. See if you can determine what words these are:
1. Two letters plus MINE produce a member of the weasel family.
2. Two letters plus MINE produce a scarcity of food.
3. Three letters plus MINE produce a purple-red color.
4. Three letters plus MINE produce a fragrant flower.
5. Four letters plus MINE produce another name for vitamin B-1.
Limit: 2 minutes each. No fair peeking.

MINE BOGGLER EXERCISE

ON THE RUN! Our runner pal above is going nowhere fast. Draw connecting lines, dot to dot, to complete the picture.

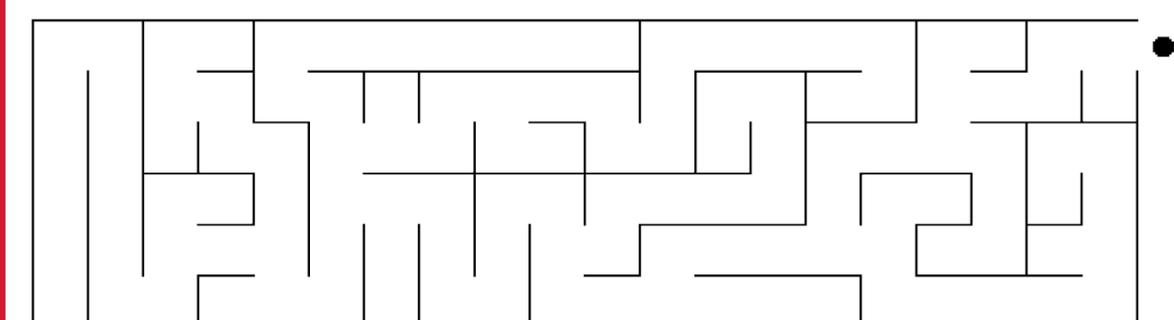
DUTCH TREAT! 'Tis old-fashioned fun on a Dutch waterway. Add colors: 1—Red, 2—Lt. blue, 3—Yellow, 4—Lt. brown, 5—Flesh, 6—Green, 7—Dk. brown, 8—Dk. blue, 9—Maroon, 10—Black.

SPELLBINDER

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

THEN score 2 points each for all words of four letters or more found among the letters.
Try to score at least 50 points.

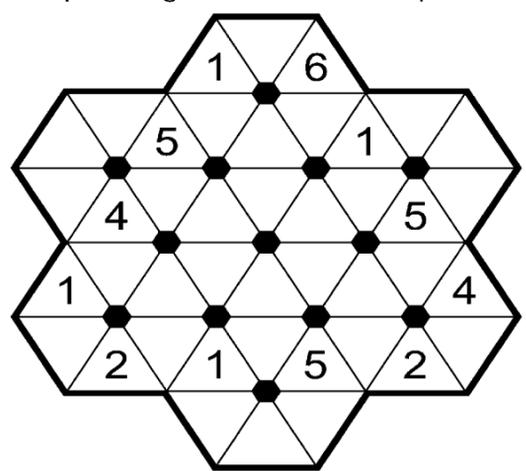
Kids' Maze



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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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QUEEN VICTORIA (continued)

- Queen Victoria's long reign became known as the Victorian era: a time of great industrial, scientific, political, military, and trade advancement for Great Britain.
- The Queen and Prince Albert had 9 children and 42 grandchildren. The queen was called "Grandmother of Europe," by managing the marriages of her children and grandchildren into other European royal families.
- When Prince Albert died in 1861, Queen Victoria mourned, rarely seen in public, for about ten years. Known as the "Widow of Windsor," she wore black for the remaining 40 years of her reign. She was the last monarch of the House of Hanover.
- Her son, Albert Edward, became King Edward VII at her death in 1901. King Edward was the first monarch of the House of Windsor, which is still in power today. Queen Elizabeth II and her husband, the Duke of Edinburgh, are both great-great-grandchildren of Queen Victoria.

TEA CUPS

While many China cabinets and hutches contain tea cup collections in the homes of wealthy and not-so-wealthy North Americans, these fine breakables are not just for special occasions. Many homes around the world use their tea sets on a regular basis.

- The reason most tea cups are considered "China," is that they originated in that country. The first tea cups did not have handles and were called tea bowls. Some of the early tea bowls used in Europe were more like deep saucers and were used so that the tea cooled quicker.
- Saucers, as we know them, to accompany tea cups did not appear until 1700. Tea cups with handles were not seen until Robert Adams came up with the idea in about 1750.
- The English embraced Mr. Adams designs. They thought tea bowls were messy and people often burned their hands on them. Robert Adams designed cups that were taller and wider than the base and the saucers he introduced, more flat like small plates, were welcomed as a place to let a hot cup rest. His designs quickly became the standard for what became known as the "English Tea Service Set."
- Chinese purple clay cups are thicker than most pottery and without handles. The thicker pottery protects hands from burns that are possible with thinner China cups.

continued on next page

Just Like Cats & Dogs by Dave T. Phipps





Potty Training a Cat

By Samantha Mazzotta

DEAR PAW'S CORNER: I'm going to adopt a cat soon, and I've never had a pet. My friend told me that cats aren't easy to train, so I'm worried. Will it be difficult to train my cat to use a litter box? -- Sara in Columbus, Ga.

DEAR SARA: Congratulations on adopting your first pet! Cats can be great companions. While it's difficult to teach a cat to fetch or roll over like a dog, house training is usually much easier to accomplish. Cats have a natural instinct to cover up their droppings. This hides them from predators. A litter box caters to that instinct. A kitten that is old enough to be adopted (usually 12 weeks) has typically been taught by its mother how and where to poop, how to cover it up, and how to keep itself clean and neat (by washing its fur with its tongue). You can reinforce this: Set up your new cat's litter box, as well as its bedding, toys, food and water, ahead of time. As soon as you bring your new cat home, take it to the litter box and let the cat check it out. If your cat doesn't get it the first time, and piddles elsewhere in the house, don't scold it. Try to catch it as soon it happens, pick the cat up and place it in the litter box. It should connect quickly. What if your cat refuses to use the litter box and goes elsewhere? Move the box to a quieter part of the house. If that doesn't work, or if the cat appears lethargic or meows a lot, contact the veterinarian right away. Cats that don't use the litter box often are ill, not stubborn.

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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- On Jan. 31, 1606, in London, Guy Fawkes, a chief conspirator in the plot to blow up the British Parliament building, jumps to his death moments before his execution for treason. He had been found lurking in a cellar of the Parliament building with 2 tons of gunpowder.
- On Feb. 1, 1884, the first portion of the Oxford English Dictionary is published. In 1857, members of London's Philological Society decided to produce a dictionary that would cover all vocabulary from 1150 A.D. to the present. It took more than 40 years to complete.
- On Jan. 28, 1915, the captain of a German cruiser orders the destruction of the William P. Frye, an American merchant ship off the Brazilian coast. He had ordered the Frye to jettison its cargo as contraband, but the ship's crew refused. It was the first American merchant vessel lost to Germany's aggression during World War I.
- On Jan. 29, 1922, in the middle of a film, the Knickerbocker Theatre in Washington, D.C., collapses, killing 108 people and sending another 133 to the hospital. Accumulated snowfall from a blizzard collapsed the theater's roof, which fell down on top of theatergoers.
- On Jan. 30, 1933, President Paul von Hindenburg names Adolf Hitler -- fuhrer (leader) of the National Socialist German Workers Party (or Nazi Party) -- as chancellor of Germany. Hitler's meteoric rise to prominence in Germany was spurred largely by the German people's frustration with dismal economic conditions.
- On Feb. 3, 1950, Klaus Fuchs, a German-born British scientist who helped developed the atomic bomb, is arrested in Great Britain for passing top-secret information about the bomb to the Soviet Union. The arrest of Fuchs led authorities to several other individuals, including Julius and Ethel Rosenberg in the U.S.
- On Feb. 2, 1991, Hurley Haywood begins his quest for his fifth win at the 24 Hours of Daytona. In 2008, Haywood retired from full-time racing with more endurance victories (10) than any other driver.



A good sign that an iceberg is about to "roll," or calve, is when birds take flight after being perched atop an iceberg. Scientists believe the birds' keen sense of balance helps them feel movements before they are noticeable.



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

Forget New Mattress, See Doctor Instead

DEAR DR. DONOHUE: I have back discomfort upon lying down. It doesn't matter where I lie or what position I'm in for my back to hurt and often one or both hips. Getting out of bed in the morning is hard and uncomfortable. Once I have had my morning shower and am up and around, I'm fine. We have thought of replacing our mattress, but how do we find something that will help? What would you recommend? -- M.W.

ANSWER: I strongly recommend that you see your family doctor before you invest any money in a mattress. Some of what you describe fits the picture of osteoarthritis -- stiffness upon waking, difficulty getting out of bed and relief of symptoms after taking a hot shower. Before you spend a penny on a mattress, have your back examined and the problem diagnosed. The booklet on the different kinds of arthritis explains each and how it is treated. Readers can obtain a copy by writing: Dr. Donohue -- No. 301W, 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: I looked in the mirror this morning and couldn't believe what I saw. My right eye

was bright red. It looked like someone had punched me. When my husband saw it, he asked if he had hit me while he was asleep. He didn't. It doesn't hurt. My vision is perfect. My eye looks frightful. Do I need to see a doctor? -- Y.T.

ANSWER: Your question is asked repeatedly. My long-distance guess is a subconjunctival hemorrhage. The conjunctiva is a cellophane-like covering of the eye. Beneath it is a network of invisible blood vessels. When one of those delicate vessels breaks, blood covers that part of the eye. Coughing, sneezing or straining causes the breakage. Sometimes it happens for no apparent reason. The eye looks awful, but no real harm is done. The blood is absorbed in about a week. You can hurry it up by putting warm compresses over the closed eye. You need to see a doctor if the eye begins to pain you, if the blood stays for longer than a week or if it happens time and again.

DEAR DR. DONOHUE: How good are prunes for constipation? I am often constipated and have unsuccessfully tried many remedies. They might work for a short while, but then I am constipated again. I'd like to try the prune way, if you say that it works. -- M.A.

ANSWER: It works for many, but I can't give you a guarantee. Five to six prunes twice a day can change your bowel habits in a week or so. Prunes have fiber, one reason why they exert a laxative effect. Fiber keeps food waste moist on its passage out of the body. Prunes also contain sorbitol, a natural laxative. In addition to the laxative action, prunes have antioxidants, substances that counter the bad effects coming from cell chemistry. Prunes have undergone a name change; they are now called dried plums.

TEA CUPS (continued)

• Since the English started the tradition of putting cream and sugar in their tea, Mr. Adams also started designing tea pots, sugar holders, cream/milk containers, and even matching tea spoons. His sets were made from porcelain that was strong but looked beautiful and delicate. English porcelain tea cups have a translucent look when held up to a light.

• The Chinese still prefer to drink tea from pottery-ware. They use what is known as "purple clay" from the Yixing, Jianqsu, and Jinqdezheng regions of China.

• Japanese tea drinkers also use handle-less pottery or sometimes ceramic cups. They usually have hand painted designs with poems, flowers or even geisha girls. Some Japanese tea ware is made with innovative lids and strainers built into the cups.

• Middle Eastern countries enjoy tea in tea bowls or glasses. Tea glasses are preferred in Morocco. They are usually very festive and decorated with colorful artistic details.

• Tea in India is usually of the Chai variety and served in small glass tea cups or tea bowls.

• If you visit Tibet you are likely to be served their famous (or is it infamous?) yak butter tea. This different tea is not served using an English tea service but appears in a large tea pot and is usually poured and imbibed from wooden tea bowls.

• Russians embraced tea as a beverage in the early 1600s and it was a major part of a trade treaty with China establishing a border between the two countries. Russian tea service is centered on a massive tea vessel, called a samovar, similar to Tibetan pots used for yak butter tea. The tea is served in a glass that is placed in a silver (or other metal) holder called a podstakanniki. Tea and vodka are the most popular drinks in Russia.

• Wherever you travel it is likely that you will be able to order tea. It is one of the most popular drinks worldwide. The royal families of England were the ones who made tea services popular for formal and informal visiting. It was during the reign of Queen Victoria (1837-1901) that the modern six piece tea sets were introduced to the public.

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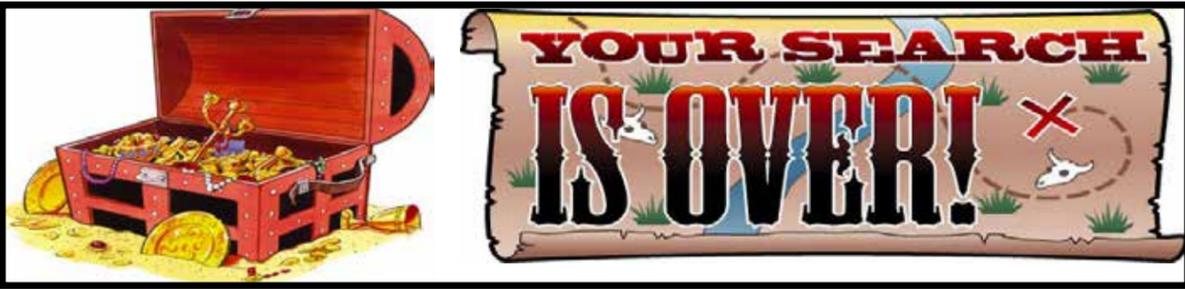
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Remember not to abuse these offers. Be sure to thank them for their gift. They are very thankful to you for your patronage.

Holidays & Observances This Week

- 1/27 Chocolate Cake Day
- 1/28 National Kazoo Day
- 1/29 National Puzzle Day
- 1/30 Yodel for Your Neighbors Day
- 1/31 Backwards Day
- 2/1 National Freedom Day
- 2/2 Groundhog Day

THIS WEEK'S CELEBRITY BIRTHDAYS

- Wolfgang Mozart 1/27/1756
- Alan Alda 1/28/36
- Tom Selleck 1/29/45
- Gene Hackman 1/30/30
- Nolan Ryan 1/31/47
- Sherman Hemsley 2/1/38
- Lisa Marie Presley 2/2/68

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Weekly SUDOKU

by Linda Thistle

		6		3		5	
8			4			6	
	1			5			9
	3			7			2
5					6	9	4
		9	5				1
		5			1		3
2				8		7	
	4		2				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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Hanging Pictures in Concrete Basement

Q: I have a dry basement that I turned into an extra workspace and play area. The outer concrete walls are covered by a layer of wallboard with little or no space between. I'd like to hang pictures and a whiteboard in this area, but I am afraid of drilling through the concrete. How can I accomplish this? -- Beth Y., Pittsburgh

A: Drilling into concrete isn't impossible -- special masonry drill bits are available -- but you're right to be cautious about drilling holes in the walls of a dry basement. However, you do have options outside of drilling into the mortar.

Light objects that won't bear extra weight can be attached to the wall using an adhesive product like the Command series of picture hangers. These have the added benefit of not marring the wallboard even when the adhesive is removed later. They're available at home-improvement and office-supply stores.

For a more secure attachment, place small picture-hanger hooks into the wallboard using the smallest nails available. The items being hung should be less than 5 pounds and not hold any extra weight -- so a shelf or a cork board laden with notes might not hold up.

For heavier objects, or if you want shelving near your workspace, you'll have to get more creative. If there is a little space between the wallboard and the concrete, you can drill a hole and place expansion bolts, which pop open behind the wallboard to keep the bolts in place. Toggle (or Molly) bolts will work if there is about an inch of space between the concrete and the drywall.

Because the bolts are not anchored in studs, you should brace the shelf or picture with extra expansion bolts on the bottom, and limit the load to less than 50 pounds. In fact, if you're planning to add shelving to hold books, consider using a freestanding bookshelf instead of a weight-bearing wall shelf.

Another option for heavier items is suspending them from the ceiling. Try locating the ceiling's framing material or the floor joists using a stud finder, and drill sturdy bolts or hooks into the joists.

HOME TIP: Even "dry" basements can have high humidity or be vulnerable to seepage through the masonry foundation, so consider using a dehumidifier to improve air quality.

COMMUNITY NEWS BITS Jan 28, 2013

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



Ribbon Cutting - Liberty Tax Services has been scheduled for Wed Feb 6 at 11:30A

Located at 742 S. Hwy 198. Come by and meet the owner Nate Davis and his team and welcome them to Payson.

Phone: 801-465-4353



Bills & Bagels in South County - Hosted by the Spanish Fork Salem, Payson, and Springville Chambers of Commerce.

Feb 9 – Healthcare & Mar 2 – Education & Land Use. 7:30 – 9:00A

At the Nebo School District Office: 350 South Main, Spanish Fork

The breakfast is a forum discussion between legislators, business leaders, and local residents about issues impacting our community. These discussions allow us to look at things like education, health insurance, and other timely legislation.

Miss Payson Scholarship Contest - Please let people know we are looking for young women between the ages of 17-24

to run for Miss Payson. The winner gets a \$2200 scholarship, 1st \$1500, & 2nd \$1200, to help with the costs of college. It's a lot of fun for these ladies. It is such a great opportunity for them to become familiar with different businesses, social events and activities within our community. If you are interested or know anyone in the Payson area that might be interested, they can contact Renae Crouch, Stefani Dimond or Carolyn Bowman for information.

For more information, contact

Norene Jensen 801.636.1040 norene.invests@yahoo.com;
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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



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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.



Youth Fit for Life 2013 - This program is aimed at helping youth realize the benefits of regular exercise and good nutritional habits. It is set up to assist the youth in getting stronger, more flexible, develop more endurance, improve their emotional stability, increase self confidence, and help set them up for a future of being fit, both inside and out.

Runs from Jan 12 – Mar 9. Participants will meet every Sat from 8:30 to 10A. to weigh in, review their goals, and participate in a formal group exercise class. These classes will be set up to accommodate different exercise levels and abilities. Participate in 6 out of the 8 Saturday exercise sessions to qualify for the drawing of a \$50 Nike shoe gift card. Up to twenty (20) gift cards could be given out. All participants will receive a water bottle and a "Youth Fit for Life 2013" t-shirt. Random gifts will be drawn each Sat for those in attendance. Prizes will be given at the end of the program to the top 3 participants. The criteria for these prizes will be based on participation, success related to individual goals, and commitment to the program.

Cost: \$49 for PG Recreation Center members
\$79 for non-members (this includes access to the recreation center for the duration of the program)

SCHOOL SAFETY - A message from our Police Chief, Mike Smith:

"In an effort to provide for the safety and security of our children and teachers, and to do what we can to reassure parents; the Pleasant Grove Police Department will institute a 'School Walk Through Program.' On a daily basis, at random times, officers will spend time in every public and private school in Pleasant Grove."

Thank you to our officers for providing this service!

Pleasant Grove Announces Expansion to Highly Popular Promenade

New Schedule: Every Thu evening from 5P – Strawberry Days (3rd wk of June) to Heritage Festival (2nd Sat in Sept). This year that means 11 weeks - June 27 to Sept 5

New Park Layout: The entertainment and spectator seating will be moved to the northeast corner of the park which creates a new layout for vendor spaces. Due to the success of the 4 events in 2012, we will be increasing the number of special events this year. www.pgpromenade.com

"I learned a deep respect for one of Goethe's couplets:

Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it!"

William Hutchinson Murray (1913-1996), from his 1951 book entitled The Scottish Himalayan Expedition
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Debby Lauret

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ANSWERS

SPORTS QUIZ

1. Jimmie Foxx (213) and Al Simmons (216) did it for the 1932 Philadelphia A's.
2. Rickey Henderson, Mike Morgan, Jesse Orosco and Tim Raines.
3. Defensive end Bubba Smith, in 1967.
4. Bob Cousy, in 1957.
5. New Jersey allowed 164 goals in 2003-04.
6. Jeff Gordon, Jimmie Johnson, Matt Kenseth and Tony Stewart.
7. Steffi Graf completed her "Golden Slam" in 1988.

WORD POWER

ANSWER
GLACIER

TRIVIA NEWSFRONT ANSWERS

1. 1914; 2 years after the sinking of the Titanic
2. 90%; hence the term "tip of the iceberg"
3. Antarctica
4. Ice islands
5. Iceberg cowboys!



1. Ralph Nader
2. Blue
3. South America
4. Explore caves
5. Land of Lincoln
6. By the fact itself
7. Use of light and shadow in artwork
8. Petunia
9. Noble gases
10. Steve Martin, Chevy Chase and Martin Short

Go Figure!

answers

7	÷	1	+	8	15
-		+		÷	
3	×	9	-	4	23
x		+		x	
5	×	6	-	5	25
20		16		10	

King Crossword

Answers

Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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

SNOWFLAKES

solution

