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TIDBITS® SAYS
IT'S BEEN AGES!
by Kathy Wolfe

How much do you know about how our culture has evolved throughout the ages? This week, Tidbits explores the progress made over the centuries.

- Archaeologists general divide prehistoric eras into three ages – the Stone Age, the Bronze Age, and the Iron Age – named such for the material used for making implements and weapons. During the Stone Age, stone was fashioned with a sharp edge or a point, with the oldest known stone tools excavated from several sites in what is now Ethiopia. The Stone Age is divided into three sub-eras, the Paleolithic era (early), roughly 70,000 to 20,000 B.C., the Mesolithic era (middle), 20,000 to 7000 B.C., and the Neolithic era (new), 7000 to 3000 B.C. The period of the Bronze Age is considered to be from 3000 to 1200 B.C., and ushered in the use of copper and tin with the alloy bronze in the manufacture of tools and weapons. The Iron Age occurred between 1200 and 600 B.C., when the harder and tougher iron replaced bronze. Cultural changes accompanied the difference in metal, as newer agricultural practices, religious beliefs, and artistic styles evolved. Decorative designs on ornaments and pottery became prevalent. Blacksmiths were hammering items into shape, advancing away from the Bronze Age's method of casting.

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- FIRSTS:** Who was the first black American appointed to the U.S. Supreme Court?
- GAMES:** How many numbered balls are used in a standard pool game?
- GEOGRAPHY:** What country lies directly east of Norway?
- HISTORY:** In what year did the civil-rights march on Selma, Ala. take place?
- WEATHER:** What kind of clouds produce precipitation?
- MUSIC:** Which guitarist/singer played in rock groups such as Cream, Blind Faith and Derek and the Dominoes?
- U.S. PRESIDENTS:** Which U.S. president married a distant cousin?
- MEDICAL:** What is a hemostat?
- ANIMAL WORLD:** What is a Lipizzaner?
- GENERAL KNOWLEDGE:** In what country did the bongos (drums) originate?



by Jo Ann Derson

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- "Here's a fun afternoon of play just waiting to happen: Check with your local grocery store or big-box store to see if it has uncrushed cardboard boxes. Get several to create a cardboard city in your living room or child's bedroom. They can be decorated to look like anything, or cut, trimmed and taped into most any shape. Kids even like to stock them with pillows and blankets for a cozy sleepover. When you're done, break them down and recycle until the next adventure." -- J.J. in Florida
- Sources who know say that if you drop a clean glass marble in your tea kettle, it will prevent it from scaling.
- Like to use paper towels to dry your clean hands? Set them aside to dry instead of just throwing them out, then you can use them with glass cleaner or other solutions.
- Use a shower curtain cut or folded in half under baby's high chair to make floor clean-up easier.
- "Air-popped popcorn is healthier for you. If you have an air popper, you'll also have a jar of popcorn kernels. Keep them in the refrigerator or even the freezer. You can use them straight from the fridge, and the bonus is that you'll have fewer unpopped kernels and bigger, fluffier popcorn." -- E.M. in Wisconsin
- "Stuck at school with a sticky zipper? Just rub it with a pencil lead and zip back and forth a few times. It totally works." -- W.K., a middle-school student in Georgia

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.

IT'S BEEN AGES! (continued)

- According to Greek mythology, there are several stages of human existence on Earth. During the Golden Age, the first race of mortals, dubbed the golden race (meaning good and noble), was created by the gods and held conversations with them. There was an endless abundance of food and no need for agriculture. This age was characterized by peace, harmony, and prosperity. The mortals lived to an old age while maintaining their youthful appearance, and eventually died very peaceful deaths. The Silver Age followed, with the mortals described as foolish and immature, who refused to worship the gods and goddesses. According to mythology, this so angered Zeus, he destroyed the silver race. The mortals of the mythological Bronze Age were hardened and tough, caught up in wars. This race was undone by their own violence. The Heroic Age was the period of heroes who fought at Troy. In the Iron Age, pain and evil ran rampant, with humans living in toil and misery, and with no shame over wrongdoing.
- The period of European history from the 5th to the 15th centuries is referred to as the Middle Ages. It began after the collapse of the Western Roman Empire and the abdication of Romulus Augustus in the year 476. The early Middle Ages were called the Dark Ages, lasting until about 1000, during which time there was a drastic deterioration in cultural development and the economy, as well as an increase in wars. The part of the Middle Ages commonly known as the Medieval Period, began around 1000, and continued until the Renaissance began in the 16th century. Gothic art and architecture appeared during this era.
- The goal of the religious wars known as the Crusades during the Middle Ages was to restore the holy places in Jerusalem. Pope Urban II begged Catholic armies to go to war against Muslim forces in the Holy Land.
- The Age of Discovery started in the early 1400s and continued to the 1600s. Also called the Age of Exploration, it was the time when Europeans began travels in search of new sea trade routes to what they thought were the East Indies. The Portuguese and Spanish dominated the exploration – Vasco da Gama, Magellan, Balboa, Cortes, Ponce de Leon, and, of course, Columbus were the leaders of the more well-known voyages of discovery.

continued on next page

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

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

- | | | | |
|------------|--------|---------|---------|
| Alligators | Fish | Locks | Snakes |
| Boats | Geese | Minnows | Trash |
| Dams | Heron | Otter | Turtles |
| Ducks | Hippos | Silt | |

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Give "Heart" Coupons On Valentine's Day

Who isn't coupon crazy these days? If you want to save \$1 off your next box of breakfast cereal, there's a coupon for that. If you want a two-for-one bonus meal at a local pizzeria, there's a coupon for that. But what about deals for more family time, like snowboarding with Uncle Pete, or baking a cherry pie with grandma Kate for President's Day? There are coupons for that too, when you make "Fun with a Heart" coupon collections. Give them this Valentine's Day and discover how a simple idea can spread love and lovely times together for days and weeks to come.

Adults can make a packet of "Fun with a Heart" coupons for their kids, grandkids, nieces and nephews. Add a snappy, eye-catching Valentine-themed cover to the packet, staple it together and it's ready to give. Or, simply tuck a coupon or two in a Valentine card. They can be redeemed for a day at the zoo, an afternoon at a baseball game and a breakfast, making Grandpa's famous flapjacks.

Kids like to make them, too. They might want to come up with five ideas for things they can do for the person receiving the Valentine, like running an errand, babysitting a sibling, singing a song and giving a neck rub. They also might give the gift of time, such as, "This coupon is worth 10 minutes of shooting hoops with Natalie when Dad comes home" or "This coupon is worth one bike ride around the park with Caleb and Mom when the snow melts."

Write each idea on a separate piece of paper that is cut in the same shape as the cover. Add drawings or decorations, and for fun print "No expiration" date on the bottom.

Staple the coupons together at the top between two pieces of construction paper or craft foam cut in a Valentine-themed shape. Or, simply tuck heart-shaped coupons in an empty Valentine candy box and tie with a ribbon.

Extra fun idea: If you have a sewing machine, make "Tear off" coupons. Remove the thread and then run the machine 3/4 inch or so from the top edge. The needle will make a row of holes for perforation marks. Staple together the coupons above the holes. The recipient can rip out a coupon along the perforation marks to redeem it.

TIDBITS WORD POWER
Unscramble this word:
EINSCRANESA

This word means: *A cultural movement that spanned the period from the 14th to the 17th centuries.*

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.

	+		×		20
×		+		÷	
	×		+		15
-		×		+	
	-		×		18
13		18		14	

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

1 1 2 3 5 6 7 8 9

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Sports QUIZ

By Chris Richcreek

- Who holds the mark for most career victories by a pitcher in Miami Marlins franchise history?
- Between 1970 and 1977, a Reds player won the N.L. Most Valuable Player award six times. Name the four Cincinnati players who won it.
- In 2011, Pittsburgh's Ben Roethlisberger became the second-fastest player to reach 25,000 yards passing (3,109 pass attempts). Who was the fastest?
- Who was the last University of North Carolina senior men's basketball player to win ACC Player of the Year before Tyler Zeller in 2012.
- Name the first NHL hockey team to be featured on a Wheaties box.
- When was the last time Richard Childress Racing won a NASCAR Cup season title?
- Name the last teenage girl to hold the No. 1 ranking in women's tennis at the end of a season.

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- Epic poetry was the favorite form of literature during what age?
- Name the 1920 novel by Edith Wharton for which she won the Pulitzer Prize.
- Which famous Jazz Age writer penned The Great Gatsby?
- What document signed during the Middle Ages was also known as The Great Charter of the Liberties of England?
- Name the craft whose flight kicked off the Space Age.

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VETERANS POST

by Freddy Groves

Busted

Last year five men were arrested for selling, conspiring to sell and/or distributing drugs at the VA Medical Center in Bedford, Mass. There were numerous agencies involved at the local and federal levels, plus the U.S. Department of Veterans Affairs Office of Inspector General. The investigation took seven months.

Let's look at the players. I'll call them by initials only.

--J sold buprenorphine to an undercover federal agent, and conspired with R to sell oxycodone to an undercover federal agent.

--R conspired with J to sell oxycodone to an undercover federal agent

--D distributed controlled substances, including heroin, oxycodone, buprenorphine and clonazepam and conspired to distribute those substances.

--It was the same for H and P.

Just for clarification, buprenorphine is used to treat opioid addiction and clonazepam is for seizure and panic disorders. Oxycodone is for serious long-term pain. We're not talking aspirin here. All of these drugs can be abused and cause addiction.

Just how bad is this? J, R and D could have gotten up to 20 years in prison and a \$1 million fine. H could have gotten 10 years in prison and a \$500,000 fine. P could have gotten five years in prison and a \$250,000 fine.

So, what punishments did they ultimately get?

J was sentenced to 15 months in prison.

R was sentenced to five years of probation.

D was sentenced to three years of probation.

H was sentenced to three years of probation.

P was sentenced to two years of probation.

No, it doesn't matter that these men were veterans. What matters is that they were selling at a VA hospital with a drug rehab program, where other veterans go to get well. In some cases, they were selling the very drugs they'd been provided by the VA.

Where in the sentences they received is there any incentive not to do it again?

IT'S BEEN AGES! (continued)

• When the Earth undergoes a long-term reduction in surface and atmospheric temperatures, glaciers and ice sheets may expand. This is known as an ice age, or more accurately, a glacial age. Experts say there have been at least five major ice ages over the Earth's history. They are probably the result of an interaction between very small changes in the Earth's orbit, changes in ocean currents, and changes in the concentration of carbon dioxide in the atmosphere. We can see the effects of glaciers across the continent – the Great Lakes and most of Minnesota's and Wisconsin's lakes were carved out by glaciers and filled up with melting water.

• During the 17th and 18th centuries, the world moved into the Age of Enlightenment, a cultural movement promoted by the intellectuals of that time, such as Isaac Newton and Voltaire. They attempted to lead the world away from superstition, irrationality, and tyranny and toward knowledge through science and reason. It was based on faith in nature and belief in human progress, with hostility toward organized religion and monarchy. The "enlightened" believed that people were naturally good and would work to further the happiness of others.

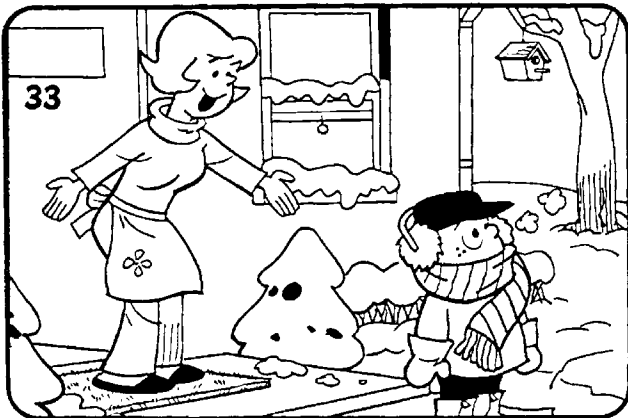
• The period between 1750 and 1850 was the Industrial Age, when dramatic advances in manufacturing, transportation, and technology produced powerful changes in the economy and culture. The introduction of steam power and improvements in mining created huge advancements. Manufacturing machines allowed mass production of goods.

• The 1920s, commonly called the Roaring Twenties, was a time of economic prosperity and rapid industrial growth. Drastic social changes came along, including the growth of jazz music, which was so popular that the decade became known as the Jazz Age. The sounds of Louis Armstrong, Fats Waller, and Benny Goodman dominated popular music. It was a time of breaking with tradition and turning toward modern technology. Young people took joy in shocking the older generation – women bobbed their hair and wore short skirts with silk stockings, taking on the nickname "Flappers." The Jazz Age came tumbling down on October 29, 1929, with the crash of the stock market, ushering in the Great Depression.

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. Number is different. 2. Apron is shorter. 3. Mat is missing. 4. Shade is raised. 5. Scarf is shorter. 6. Birdhouse is missing.

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- It was noted American poet Ogden Nash, best known as a composer of droll verse, who made the following sage observation: "Some tortures are physical / And some are mental, / But the one that is both / Is dental."
- According to the U.S. Department of Agriculture, if you're like the average American, you consume 132 pounds of sugar every year. Compare that to folks in the year 1700, who consumed only about 4 pounds of sugar per year.
- If you cook a single ostrich egg, you can feed 24 people.
- When you studied history in school, you probably didn't learn about Edward Hyde. He was a cousin to Queen Anne

and was appointed to the post of colonial governor of New York, in which position he served from 1702 to 1708. Though he's not well known now, he was quite the talk of the colonies in his day. It seems that when a delegation of colonists went to his mansion to welcome the new governor, they found him sitting on the front porch, crocheting a doily and wearing one of his wife's dresses. At his first formal ball as governor, he wore a gown. His eccentricities continued until he was caught embezzling public money and was returned to England.

- The next time you see a shampoo commercial and note how creamy and frothy the lather seems to be, keep this in mind: The model in the advertisement probably has either laundry detergent or frothed egg whites on her hair.
- Those who study such things say that 10 years after a hot dog has been dumped in a landfill, the wiener could still be intact.

Thought for the Day: "When you stop doing things for fun you might as well be dead." -- Ernest Hemingway

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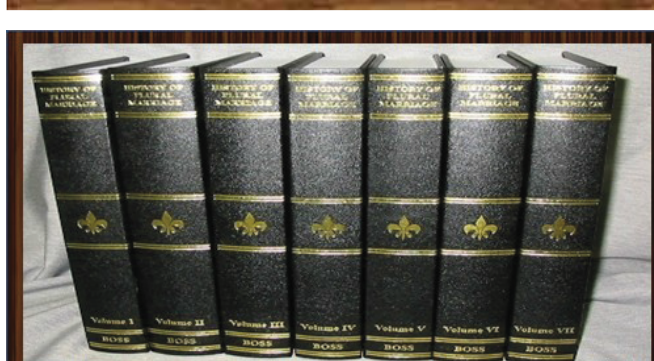
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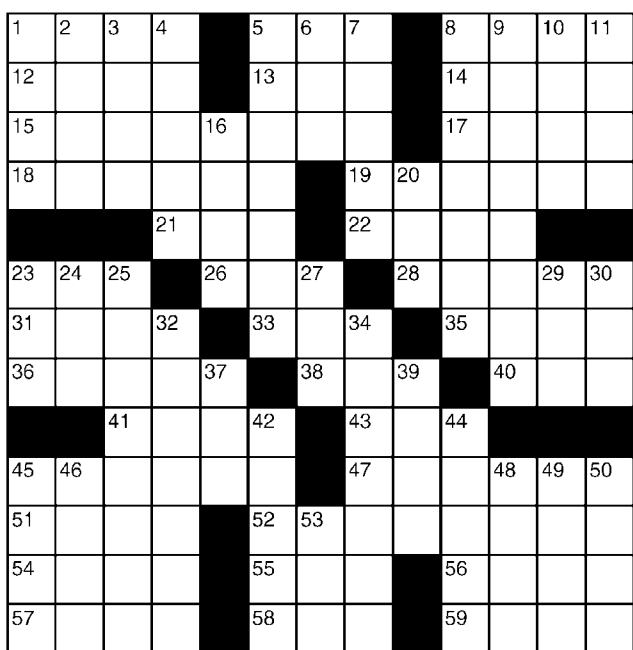


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ACROSS

- 1 Houston acronym
- 5 Sternward
- 8 Streetcar
- 12 Winged
- 13 — goo gai pan
- 14 Like a moray
- 15 End of an illness
- 17 Performances
- 18 Sycophants
- 19 Implant
- 21 Help
- 22 Entrance
- 23 Melody
- 26 Allow
- 28 Wild West show



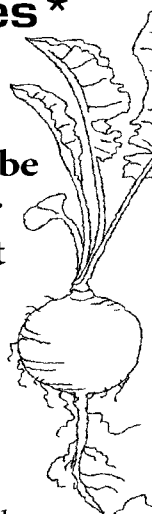
- | | | | |
|------------------|---------------|------------------|----------------|
| 31 "Star —" | chemicals | restaurant | 30 Morsel for |
| 33 Flop | 58 Acapulco | 9 Flute's | Dobbin |
| 35 Ginormous | gold | cousin | 32 Abducts |
| 36 Unspoken | 59 London | 10 Sax range | 34 Actually |
| 38 Wager | gallery name | 11 1990s video | 37 Sleuth, for |
| 40 Decay | | game | short |
| 41 Rhyming | DOWN | 16 Bride's cover | 39 Mexican |
| tributes | 1 — a soul | 20 Neither | entree |
| 43 Airport over- | 2 Sheltered | 23 Lawyer | 42 Electronic |
| seer (Abbr.) | 3 Pouches | (Abbr.) | control |
| 45 Move up and | 4 Scent | 24 Playwright | system, |
| down | 5 Rewrote the | Levin | briefly |
| 47 Busy | Constitution | 25 Source of | 44 At an angle |
| 51 Gumbo need | 6 Supportive | of | 45 Cheek by — |
| 52 Flinched | 7 Monkeyed | 27 Bathroom | 46 Fine |
| 54 Nasty stinger | (with) | fixture | 48 Hip bones |
| 55 Cistern | 8 Quaint | 29 Id counter- | 49 Outlet |
| 56 Journalist | | part | 50 Advantage |
| Lisa | | | 53 Listener |
| 57 Caustic | | | |

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Top Ten

Winter Vegetables *

1. Artichoke
2. Bok Choy
3. Broccoli Rabe
4. Cauliflower
5. Celery Root
6. Kale
7. Radishes
8. Rhubarb
9. Snow Peas
10. Watercress



*Listed alphabetically

Source: www.marksdailyapple.com

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TIDBITS NUGGET OF KNOWLEDGE

Dentistry seems to be an ancient profession! Archaeologists have discovered a jawbone dating back to the Stone Age that contained a dental filling. The tooth had a vertical crack and worn enamel and had been capped with a beeswax filling to fill up the cavity, making the 6500-year-old cap the oldest dental filling ever discovered.



IT'S BEEN AGES! (continued)

We entered the Atomic Age when the first atomic bomb was detonated over Japan in 1945. The phrase Atomic Age was invented by a New York Times journalist named William Laurence, who was the official journalist for the U.S. Manhattan Project, which developed the first nuclear weapons. After witnessing the Japan bombings, he wrote a series of articles supporting the advantages of the new weapon.

Today we are part of the Information (or Digital) Age, characterized by our increases in technology and how we receive our information. We are also in the Social Age, which places more emphasis on people's needs through various social networks.

FAMOUS WOMEN OF THE WORLD: MARIE CURIE

Often referred to as the "Mother of Modern Physics," Marie Curie was the first famous woman scientist in the modern world. Here's your opportunity to learn more about the woman who made many significant contributions to the research of radioactivity.

Born in Poland in 1867 to a physics teacher father and an educator mother, Marie enrolled at the Sorbonne in Paris for her higher education. She graduated first in the class of physics and in second place in mathematics, and immediately began work as a researcher.

Alongside her fellow researcher husband, Pierre Curie, the pair studied the elements and radioactivity. Marie was the first to discover radioactivity in an element, thorium. She and Pierre went on to discover two new elements, polonium (which she named for her native Poland) and radium. As a result of her 1903 dissertation on radium, she was awarded a doctorate in science, the first ever for a woman in all of Europe. The Curies received the Nobel Prize for Physics in 1903 for their work, and Marie became the first woman to be awarded this prestigious prize. Their prize winnings were poured back into their research.

The year 1904 was an eventful one for Marie — she was awarded a professorship at the Sorbonne, established the use of radiation therapy for cancer, and gave birth to her second child. Just two years later, Pierre was run over by a horse-drawn carriage in Paris and died, leaving Marie a widow at age 37 with two young daughters to raise alone. Shortly afterward, she was awarded Pierre's department chair position at the Sorbonne, becoming the first woman ever to hold a chair there, and the first woman to teach at the Sorbonne. Although she was offered a national pension following Pierre's death, she declined it.

The name Curie is a household word among scientists, as it is used as the name of the unit of measure for radioactivity.

continued on next page

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Junior Whirl
by Hal Kaufman

SWAP TEAM! Numbers on the left side of this triangle (see right) total 14; numbers on the right side total 26; numbers at the bottom total 20. Just for fun, see how quickly you can swap a number on the left with one at the bottom, and also one on the right with one at the bottom, so that numbers on all three sides total 20. Remember, after the two swaps, all three sides are to total 20. Time: 2 minutes.

1	2	3	4	5	
1	H				
2	H	A	S	T	E
3	S				
4	T				
5	E				

HASTE-BASED WORD PLAY

YOU are asked to find four more words to be used in conjunction with the word HASTE to complete a word square above. That is to say, you are to discover four words that interact to read the same both across and down.

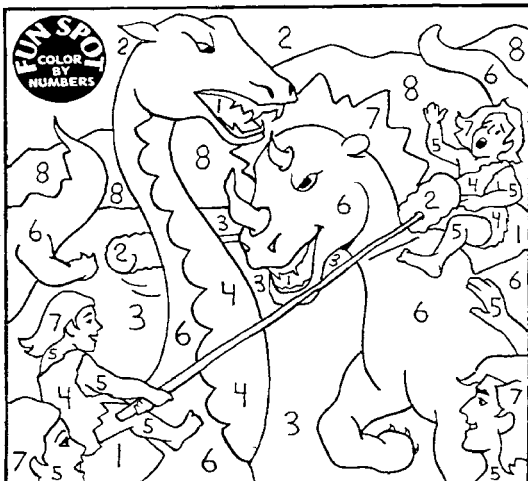
Definitions:
1. Earth opening.
2. Urgency (HASTE, already in place).
3. Garden flower.
4. Handie the wheel.
5. Full of joy.

Remember, words inserted are to read the same both across and down. Time limit for this exercise is two minutes.

FIND TWINS! Two of these nine hockey players look enough alike to be twins. Which two? That is for you to decide.

Kids' Maze

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JOUST KIDDING! Imagine waging a tilting match atop these awesome steeds. Code: 1—Red. 2—Lt. blue. 3—Yellow. 4—Lt. brown. 5—Flesh. 6—Lt. green. 7—Dk. brown. 8—Purple.

SPELLBINDER

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

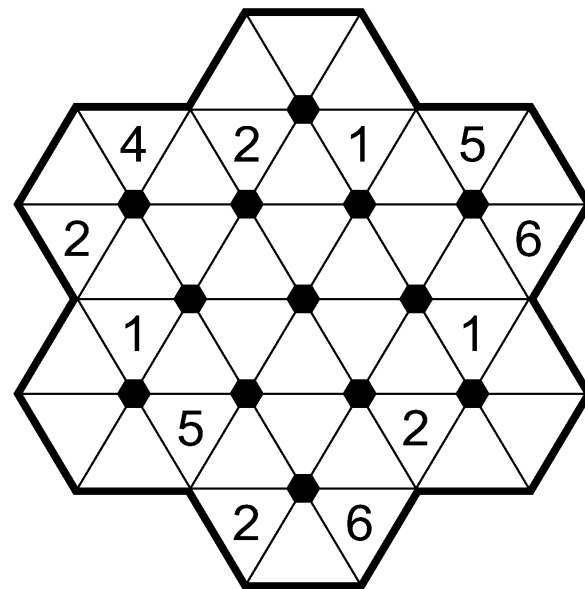
THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 50 points.

Possible two-words: Vine, Sage.

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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MARIE CURIE (continued)

Marie's second Nobel Prize came along in 1911, this time in the field of Chemistry, for her isolation of pure radium. This set her apart as the only woman to win the Nobel Prize in two different fields up to that date. This time, Marie donated her prize money toward equipping World War I ambulances with portable X-ray machines, as well as establishing 200 permanent X-ray stations in France and Belgium.

The laboratories of the Radium Institute at the University of Paris opened in 1914, and the Curie Foundation was established in 1920 to work toward applying radium in medical procedures. Marie's daughter Irene joined her mother in her research at the Institute.

Marie Curie certainly passed on her brilliance to the next generation. In 1934, her daughter Irene and her husband discovered artificial radioactivity, an accomplishment for which they received a Nobel Prize in 1935. Unfortunately, Marie did not live to see her daughter's award. Seemingly unaware of the effects of radioactivity on human health during all her years of research, Marie contracted leukemia, most likely due to her prolonged exposure. She died a few months after Irene's discovery. Sadly, Irene developed leukemia as well and died from the effects of radiation exposure. The Curies' notebooks recording their research remain so radioactive today that they still cannot be handled without protection, and are stored in lead-lined boxes.

HAR- HAR- HAR!

No, Tidbits isn't laughing about anything --we're just bringing you all kinds of terms that begin with har-!

That comic jester dressed in a diamond-patterned robe, tights, and mask is known as a harlequin. This nimble clown has been performing his acrobatics and occasional magic tricks since the 11th century. The romance novel publishing company that took the name of Harlequin was founded in 1949 by a Canadian businessman. Today, the Toronto-based company publishes novels in 31 languages on six continents, with offices in Japan, Australia, Sweden, Spain, Greece, Brazil, and Turkey, among many others. Since its founding, more than six billion books have been sold.

What are you eating if you're dining on haricot vert? Green beans! Haricot translates from the French word for "beans" and vert means "green." French cut green beans are longer and thinner and more tender.

continued on next page

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PetBits
Houstraining 101
 By Samantha Mazzotta
DEAR PAW'S CORNER: How do you houstrain a dog? Does it take a long time? – Soon-To-Be Dog Mom in Illinois

DEAR EXPECTING: Houstraining a dog -- basically, getting a dog to eliminate outside rather than whatever spot is convenient in the house -- can take anywhere from a couple of days to a few weeks. The length of time depends on several factors, including a dog's age, intelligence and your commitment to its training time.

Consistency is the key, so place that word at the top of your to-do list before bringing home your new dog. It will make life easier for you and your dog in so many areas down the road.

Houstraining itself is pretty basic. Twice a day, morning and evening (more often for puppies), take your dog outside, on a leash, to a spot well away from the house (or the neighbor's house). If you're in a city environment, scout out trees and sidewalk areas. Let your dog explore the spot while you gently encourage it to go. There are a number of command words you can use to signal that it's to eliminate. I use the truly original statement, "Go poop."

Your dog will not understand you immediately, nor will it go on command. But most dogs will pee during the walk and may defecate. (Please pick up the poop using a scooper bag.) Accidents will occur during houstraining, particularly with puppies. Do not scold or rub the dog's nose in it. Try and catch it as soon as possible after it eliminates in the house, say "No," and immediately put it on the leash and head outside to the selected "go spot." Then bring the dog back in, clean up and try again at the next scheduled time.

Again, I've had dogs figure out the routine in a single day. Others have taken longer. Be patient and consistent, and stick to the schedule even after your dog has mastered the art of the go.

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Moments in time
 THE HISTORY CHANNEL

- On Feb. 21, 1828, the first printing press designed to use the newly invented Cherokee alphabet arrives at New Echota, Ga. A young Cherokee, Sequoyah, had invented the written language, consisting of 86 characters. Within months, the first Indian language newspaper in history was printed. It was called the Cherokee Phoenix.
- On Feb. 24, 1836, in San Antonio, Texas, Colonel William Travis issues a call for help on behalf of Texan troops defending the Alamo, an old Spanish mission and fortress under attack by the Mexican army. Only 32 men from the nearby town of Gonzales responded to Travis' call for help.
- On Feb. 23, 1885, a 19-year-old man named John Lee is sent to the gallows in Exeter, England, for the murder of a rich older woman. After the noose was put around his neck the lever malfunctioned three times. The authorities, mystified at the gallows' inexplicable malfunction, decided to ascribe it to an act of God. Lee was sent to prison instead.
- On Feb. 18, 1930, Pluto is discovered at the Lowell Observatory in Flagstaff, Ariz., by astronomer Clyde W. Tombaugh. In 2006, however, the International Astronomical Union announced that Pluto would no longer be considered a planet due its relatively small mass, just one-sixth that of Earth's moon.
- On Feb. 22, 1959, Lee Petty defeats Johnny Beauchamp at the just-opened Daytona International Speedway in Florida to win the first-ever Daytona 500. The race was so close that Beauchamp was initially named the winner. Three days later, with the assistance of news photographs, Petty was officially named the champ.
- On Feb. 19, 1974, Alexander Solzhenitsyn awaits reunion with his family after exile from Russia. Publication of "The Gulag Archipelago," a detailed history of the Soviet prison system, prompted Russia to exile the 55-year-old author.
- On Feb. 20, 1985, in a highly controversial vote, the Irish government defies the powerful Catholic Church and approves the sale of contraceptives. The Irish Supreme Court found that a constitutional right to marital privacy covered the use of contraceptives.

TIDBITS GOES LONG.....

During the Jazz Age, 100 million people went to the movies every week. The Jazz Singer was released in 1927, the first feature-length film to have synchronized dialogue – a "talkie"!

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

Herpes Outbreaks Lessen Over Time

DEAR DR. DONOHUE: Please, give me all the information possible about herpes. I am a carrier. -- D.N.

ANSWER: I take it you're interested in genital herpes -- herpes simplex virus-2, HSV-2. The first encounter with the virus leads to an outbreak of tiny, painful blisters on red patches on the genital skin. Fever, headache, muscle pain and pain on urination often are also experienced with a first outbreak. Recurrent attacks are not as severe. Fever, headache and muscle pain do not accompany subsequent outbreaks, but the skin signs are painful.

The first year of infection is a year of more-frequent outbreaks. After that, they come less often. If a person is subject to many outbreaks, that person can suppress them by taking Zovirax, Famvir or Valtrex at the first inklings that an outbreak is about to take place. For recurrence after recurrence, a person can go on daily doses of these medicines to keep outbreaks in check.

Once infected, a person stays infected for life. That person is a carrier.

Transmission is a huge problem. Even when a person has no signs of an outbreak, he or she can pass the virus to a partner. Therefore, all sexual partners should be told about the infection. Condoms, while not 100 percent protective, afford a major degree of safety. When a visible outbreak takes place, the infected person ought not to engage in sexual contact.

You are not alone. The herpes-2 virus infects up to 20 percent of the adult population of North America. Bad as it is, it is not the end of life or the end of a sex life.

The booklet on herpes infection provides a more detailed discussion of this common malady. Readers can obtain a copy by writing: Dr. Donohue -- No. 1202W, 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: Will you explain to me why a doctor would refuse to give a patient a shot of vitamin B-12? My former doctor, now deceased, gave me a monthly B-12 shot, and it kept me peppy. My new doctor says I don't need the shots. Would they hurt me? -- B.A.

ANSWER: The shots won't hurt you. However, you need them only if you have a proven B-12 deficiency. At one time it was a widespread but not endorsed practice to give people shots of vitamin B-12 to energize them. It's a practice that never should have been started.

DEAR DR. DONOHUE: My mother made all her children chew their food at least 25 times. She claimed that it helped food digest. I gave this up when I left home at 18. Is there any evidence that chewing that number of times aids digestion? -- H.H.

ANSWER: The object of chewing is to reduce the size of food so it can be swallowed easily and to mix saliva with the food for the same reason. Saliva starts the digestive process. I have never heard that a prescribed number of chews is necessary to accomplish these goals.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

HAR- HAR- HAR-! (continued)

The distinctive sound of the harmonica is achieved by blowing air into the instrument's reed chambers. Each chamber has multiple reeds of varying sizes that vibrate when air is blown in or drawn out. Longer reeds will produce deep lower sounds, while the short reeds make higher pitches. The harmonica was developed in Europe in the early 1800s.

The prestigious Harvard University is America's oldest institution of higher learning, established in 1636. It takes its name from an English clergyman, John Harvard, who was the first significant benefactor of the college, bequeathing his 400-volume library and half of his estate upon his death in 1638. The library's humble beginnings have grown to the largest academic library in the United States. Eight U.S. presidents have graduated from Harvard, as well as 62 living billionaires. If you're planning to attend this year, plan on handing over close to \$55,000 for the tuition and related fees.

In 1901, 21-year-old William S. Harley drafted a blueprint of an engine designed to fit into a bicycle. Two years later, he and his partner Arthur Davidson offered the first Harley-Davidson motorcycle to the public, working out of a 10 x 15-foot wooden shed. Their first dealer opened for business the following year in Chicago. In 1906, their new factory was erected, measuring 28 x 80 feet. About 20,000 Harley-Davidson motorcycles were used by the U.S. Army during World War I, with half of the company's production during those years sold to the military. This year, the company expects to ship more than a quarter million motorcycles worldwide.

A person described as harum-scarum lacks a sense of responsibility and behaves in a reckless manner. It's also the name of a 1965 Elvis Presley musical film, in which the King plays a kidnapped American in the Middle East who is recruited by a group of assassins. Elvis' 24th album by the same name was released that year.

If you're familiar with the terms picot and Kloster block, you may be an experienced embroiderer. These stitches are performed on hardanger fabric, a woven cotton material, typically with 22 stitches per inch. The technique is thought to have its origins in ancient Persia. A picot is a decorative loop achieved by twisting the thread around the needle. Kloster blocks consist of five parallel satin stitches.

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- Burger Supreme
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- Spicy Thai
- Edible Arrangements
- Dr Steve Baker Chiropracter
- Laundromat @ Honks
- Laura's Kitchen @ Honks
- 5 Star Karate @ Honks
- Stan's Drive In
- Gurus
- Rocco's Soup Coupe
- Sammy's
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- Rice King
- Harris Hearing
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- Tommy's Burgers
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Weekly SUDOKU

by Linda Thistle

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		7		2			8	9
	4		7					3
6					5	4		

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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Good Housekeeping

Pear and Ginger Crisp with Spiced Whipped Cream

This winter crisp was inspired by a recipe for an apple-blueberry "grunt" from in an old Revolutionary War cookbook. Dr. Joseph D'Amore, a former chef and avid cookbook collector, changed it to pears and ginger, and now it's his children's favorite.

- 3 medium (1 1/4 pounds) pears
- 2 tablespoons lemon juice
- 1 tablespoon brown sugar
- 1/4 cup brown sugar
- 1 teaspoon ground ginger
- 1/2 cup all-purpose flour
- 1/4 cup chopped pecans, walnuts, or almonds
- 3 tablespoons margarine or butter, melted

- Spiced Whipped Cream:
- 1/2 cup heavy or whipping cream
 - 2 teaspoons sugar
 - 1/8 teaspoon ground cinnamon
 - 1/8 teaspoon ground nutmeg
 - 1/8 teaspoon ground allspice
 - 1/8 teaspoon ground ginger

1. Preheat oven to 400 F. Peel, core and cut pears into 1/2-inch-thick slices. In shallow 1 1/2-quart baking dish, toss pears with lemon juice, 1 tablespoon brown sugar and 1 teaspoon ground ginger; set aside.
2. In small bowl, stir flour, pecans, margarine or butter, and 1/4 cup packed brown sugar until mixture resembles coarse crumbs. Sprinkle flour mixture over pears. Bake pear mixture 30 minutes or until golden and bubbly.
3. Meanwhile, prepare Spiced Whipped Cream: In small bowl, with mixer at medium speed, beat heavy or whipping cream, sugar, cinnamon, nutmeg, allspice and 1/8 teaspoon ground ginger until stiff peaks form. Cover and refrigerate until ready to serve.
4. Serve crisp warm or cool on wire rack to serve later. To serve, spoon crisp into 4 dessert dishes. Top with Spiced Whipped Cream. Serves 4.

• Each serving: About 435 calories, 25g total fat, 41mg cholesterol, 135mg sodium.

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COMMUNITY NEWS BITS Feb 18, 2013

PAYSON

Feb Business of the Month - John Salimbene / The Insurance Suite of Utah

John Salimbene has served in the Payson Chamber 2007 and on the Board from 2008 til Mar2012. He has served the Payson Business Community by holding Ribbon Cuttings, Business of the Month recognitions and holding bi-monthly Lead Group Mtgs. In 2009, John saw a need for business owners to market and brand their businesses via Lead Group Meetings. It was a success from the start! The motto that he used to start each meeting was, "People will do business with people they Know, Like and Trust!". Thank you, John, & Congratulations as the Feb 2013 Chamber of Commerce Business of the Month!

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, please contact Renae Crouch, Stefani Dimond or Carolyn Bowman for information.

Ribbon Cutting Classic Beauty & Barber – Thu Feb 21 at 11:30A

Marci Aston is a native of Utah Valley. She graduated Valedictorian from the Aveda Institute in Provo & worked at a local Payson barbershop until deciding to try it on her own. Her shop is unlike any other barbershop / salon in Payson with her brother Wes' fantastic Utah Photography as decorations in the shop. Her sister Lisa is available by appointment to do massage. Come see the classic atmosphere which Marci has created at the Classic Beauty & Barber located at 875 East 100 North, Suite 6 in Payson.



NOTICE OF SMALL BUSINESS LOAN FUNDS AVAILABLE

Mountainland Economic Development District, under the management of Mountainland Association of Governments, maintains a Revolving Loan Fund (RLF) and a Microloan Program to promote the growth of small businesses in Summit, Wasatch and Utah Counties.

For additional information on the Revolving Loan Fund or Microloan Program, visit www.mountainland.org/businessloans or contact Michelle Caldwell at mcaldwell@mountainland.org

For more information, contact

Colin Logue	801.609.8699	utahvenueinsurance@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

Feb Business of the Month – Dug Out Texaco

Congratulations to Dug Out Texaco for being chosen as February Business of the Month! Blake Barney and Bob McConnell invite everyone to come to the Dug Out and help them celebrate this honor! Located at 866 South Main Street, Spanish Fork



Ribbon Cutting - Achiever Preschool Feb 21

at 3:30 – 4:30P
1200 E Canyon Rd , Spanish Fork
We want to welcome Linda Bartholomew and Achiever Preschool to our Chamber and business community. Linda has been in the teaching business for many years and loves her "kids"! Come and congratulate her on joining the chamber.



Economic Summit Breakfast - Wed Feb 27

Central Bank invites you to attend their Economic Summit Breakfast at the Utah Valley Convention Center 220 West Center Street – Provo. Breakfast — 8:00 am & Presentation by Natalie Gochnour — 8:30 am

Chamber of Commerce Classified Ad Service

The Chamber of Commerce is offering a Classified Ad service for its members! Follow the link on the Chamber website at www.spanishforkchamber.com to see the ads.

Fund Raiser – Salem's Dream View Park - New playground equipment is needed for Salem's Dream View Park.

The current playground was installed more than twenty years ago and is in need of a renovation. The goal is to install a modern play system, complete with slides and places to climb. Also two swing sets, one with bucket swings for younger children and regular swings for older children. The goal for Dream View Park is \$25,000. Please contact Holly I. Meagher, 801-368-9827 call or text, holisa2@msn.com for more information on how you and your business can get involved.

3rd Annual Miss Teen Extraordinaire – Feb 28

Miss Teen Extraordinaire is a pageant for special needs high school girls in our community who would like to be our 2013 Miss Teen Extraordinaire. Whitney Talbert, our former Miss Spanish Fork, will again be hosting the Pageant. She is looking for sponsors for this event. She needs funds to purchase tiaras, medals, Miss Teen Extraordinaire banners, etc. Please contact the Chamber Office if you are able to help with this event. Call 801-798-8352 or email today office@spanishforkchamber.com to help with this awesome event! Thanks Whitney for your continued dedication to these young ladies.



NOW HIRING - Starbucks is excited to join Spanish Fork community on May 6th! Now hiring friendly people with excellent customer service skills willing to work in a fast paced, team environment. Availability must include Sundays and Holidays. Training will be conducted at the American Fork location prior to opening date. Please go online and apply at Starbucks.com/career-center and choose the "American Fork" location.

PLEASANT GROVE

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 wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says "Go to sleep, darlings, till the summer comes again."
— Lewis Carroll Through the Looking-Glass

ANSWERS

SPORTS QUIZ

1. Ricky Nolasco, with 76.
2. Johnny Bench (1970, '72), Joe Morgan ('75, '76), Pete Rose ('73) and George Foster ('77).
3. Kurt Warner did it in 3,076 pass attempts.
4. Phil Ford, in 1978.
5. The 1991 Stanley Cup champion Pittsburgh Penguins.
6. It was 1994 (Dale Earnhardt).
7. Martina Hingis, in 1999.

WORD POWER ANSWER RENAISSANCE

TRIVIA NEWSFRONT ANSWERS

1. The Middle Ages
2. The Age of Innocence
3. F. Scott Fitzgerald
4. The Magna Carta
5. Sputnik, 1957

Trivia test by Fifi Rodriguez

1. Thurgood Marshall
2. 15 numbered balls and a white cue ball
3. Sweden
4. 1965
5. Nimbus clouds
6. Eric Clapton
7. Franklin D. Roosevelt, who married Eleanor Roosevelt. They were fifth cousins, once removed.
8. Clamp used in surgery
9. A breed of horse
10. Cuba

Go Figure!

3	+	1	x	5	20
x		+		÷	
7	x	2	+	1	15
-		x		+	
8	-	6	x	9	18
13		18		14	

King Crossword

Answers
Solution time: 25 mins.

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

Weekly SUDOKU

Answer

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

SNOWFLAKES

