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### TIDBITS® MARVELS AT MIRACLES AT SEA

by Janet Spencer

We can't always offer logical explanations for extraordinary things that happen on land or sea. Consider the follow true incidents:

- In 1958, Chief Officer Francis Schremp was on the freighter S.S. John Lykes off the coast of Bermuda when he was washed overboard by a huge wave. The next wave deposited him back on the deck.
- The same thing happened to John Craig of Scotland in 1956. When he was placed back on board, he called out to the skipper who was out in a lifeboat looking for him.
- In 1908, James Wilkinson was on the U.S.S. Minnesota, which was being followed by the battleship U.S.S. Vermont. In heavy seas during a typhoon, Wilkinson was swept off the ship by a huge wave. Tossed about in the ocean, he struggled to get back to his boat. Then a huge wave hurled him upwards and he felt something solid and smooth below him. Hands were gripping him and pulling him from the water. The waves that swept him from the Minnesota had deposited him on the Vermont.
- During World War II, the U.S.S. Uruguay was carrying 5,000 soldiers to Europe. Sergeant Cecil Davis was seasick, so he reported to sickbay and was installed in a bunk. A sudden storm arose, tossing the ship.

turn the page for more!

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- GEOGRAPHY:** What country lies northwest of Colombia?
- FOOD & DRINK:** What kind of food is fusilli?
- POLITICS:** How many popular votes separated Richard Nixon and John F. Kennedy in the 1960 presidential election?
- LITERATURE:** What 19th-century novel starts with the line, "There was no possibility of taking a walk that day"?
- TELEVISION:** On "Bonanza," what was the name of the character played by Michael Landon?
- GENERAL KNOWLEDGE:** What was the popular name of the Scottish outlaw Robert MacGregor?
- MEDICINE:** What is the function of the chemical substance called heparin?
- PERSONALITIES:** Who is the chef on the "Bare-foot Contessa" cooking show?
- BUSINESS:** Which merchant used the five-and-dime-store concept to create one of the largest retail chains in the world?
- GAMES:** What is the standard weight of a shot put used by men in competition?

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## TIDBITS presents TRIVIA NEWSFRONT

- Witches on secret errands for the devil would depart from their homes on a broomstick after dark so they wouldn't be detected. What expression did this give us?
- During the Revolutionary War, when soldiers said, 'lock, stock, and barrel' what were they referring to?
- In the days of knights in shining armor, some knights would go from town to town offering themselves and their lances for hire to the highest bidder, leading to a common word still used today. What is it?
- The Latin words 'de lira' mean 'out of the furrow'. Any farmer who let his oxen wander out of the furrow while plowing became known as this.
- This mythical Greek nymph was condemned to always repeat whatever she heard.

### MIRACLES AT SEA (continued)

Suddenly there was a huge crash. Davis felt himself rising into the air, then blacked out. When he awoke, he was lying on the deck of the ship. He didn't understand why there was a board laying over him, or why he was bleeding. Standing up, he asked a passing sailor to take him to sickbay. There, a doctor started cleaning up his cuts— then noticed his dog tags. "What are you doing on this ship?" he asked Davis. "I came aboard the Uruguay with a lot of other GI's." "You're not on the Uruguay," replied the doctor in amazement. "You're on the Sallimonia, a navy tanker. There are no soldiers on board." Gradually the confusion was cleared: In the storm, the Uruguay was rammed by the Sallimonia, crashing into her side. Thirteen men were killed, and Davis was thrown from his bunk, falling through the ruptured floor of sick bay. He landed on the deck of the Sallimonia, changing ships while unconscious in the middle of the Atlantic Ocean.

### COSMIC CURRENTS

- During World War II, Marine Sergeant Wallace C. Stich shipped a wooden box to his wife in Fairmont, North Carolina from his post in the southwestern Pacific. In the box were letters and trinkets. The ship carrying the box to the U.S. was sunk. The box was carried on the currents for several months. On March 6, 1946, it was found — on the coast of North Carolina, less than 100 miles from Fairmont. When Sergeant Wallace C. Stich arrived home a few weeks later, the box was waiting for him there.
- Charles Coghlan was born on Prince Edward Island in 1841. He became a successful stage actor and toured the world, but Prince Edward Isle was always his home. In 1899, during an appearance on Galveston Island, Texas, he became ill and died. Coghlan was buried in a Galveston cemetery. On September 8, 1900, a hurricane struck Galveston, flooding the town, killing 6,000, and swamping the cemeteries. Many coffins floated into the Gulf of Mexico. The coffin of Charles Coghlan was caught by the current. Seven years later, a fishermen from Prince Edward Island noticed a box in the water. He towed it to shore, chipped off the barnacles, and discovered the body of Charles Coghlan. He had floated to shore only a few miles from his birthplace. He was re-buried on his native soil with honor.

*continued on next page*

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

- Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.
- |         |             |            |          |
|---------|-------------|------------|----------|
| Bottles | Dog         | Gun barrel | Suit     |
| Cat     | Drums       | Hair       | Sweaters |
| Chimney | Fingernails | Pastry     | Teeth    |
| Dishes  | Floors      | Shoes      |          |

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### Homemade Play Clay Sparks Creativity

When the older kids are off to school, whip up a batch of easy-to-prepare play clay for your preschoolers. It's an inexpensive, time-tested homemade recipe you'll want to try, especially on a rainy or snowy day when kids are cooped-up indoors. Playing with clay is good for children, too, since the experience involves most of their senses. Exercising many of their developing skills, they feel the texture, see the colors and observe how they change when shaped. Whether they roll the clay out, shape it or squish and squeeze it, imaginations will soar when their creativity leads the way in open-ended play. Once you've made a batch or two in different colors, your preschoolers and their friends will be eager to get their hands in the soft, fun-to-handle concoction. When playtime is over, store in decorated recycled tins.

- Here's the stuff:
- 1 cup white flour
  - 1/2 cup salt
  - 1 cup water
  - 1 tablespoon cream of tartar
  - 2 tablespoons cooking oil
  - Several drops of food coloring

- Here's the fun:
1. An adult should combine all ingredients in a medium-size saucepan. Cook over medium heat, stirring constantly. After just 2-3 minutes, the mixture will pull away from the sides of the pan and form a ball. Remove from the pan. Cool for a minute.
  2. Knead the warm dough on a floured surface with your child until smooth.
- Store in decorated recycled containers with snap lids or zipper-style plastic bags. I keep mine in the refrigerator between play.

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

### TIDBITS WORD POWER

Unscramble this word:

**FWERUC**

This word means: *In ancient France the town bell would ring each night, signaling the citizens to 'couvre-feu' meaning cover fires, giving us this word.*

### 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.

	x		+		17
+		+		+	
	x		-		26
x		÷		x	
	-		x		10
30		4		20	

**DIFFICULTY: ★★★**

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

1 2 3 3 4 5 6 7 9

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### Sports QUIZ

By Chris Richcreek

- 1 Who was the last major-leaguer before Texas's Nelson Cruz (2011, 2012 versus Toronto) to have two career eight-RBI games against the same team?
- 2 Who replaced Tony La Russa as manager of the Chicago White Sox in 1986?
- 3 In 2011, Wisconsin's Russell Wilson set a record for most consecutive games with at least one TD pass (38). Who had held the mark?
- 4 Between 1984 and 2012, name the team that won only one NBA title during that span.
- 5 In the 10-year span between the 1972-73 and 1981-82 seasons, a Montreal Canadiens goalie led the NHL in goals-against average how many times?
- 6 How many times has Michigan State played in the men's Division I soccer championship?
- 7 Name the winning jockey in three of the four Kentucky Derbies held between 2007 and 2010.

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# VETERANS POST

by Freddy Groves

## Suicide Study Comes Up Short

I've just read the worst case of double-speak I've ever seen. The new report on veteran suicides is a 59-page waste of time for those looking for helpful information. The study, done by the Suicide Prevention Program of the mental-health services branch of the Department of Veterans Affairs, is titled Suicide Data Report 2012. Instead of laying out useful facts, it compares apples to oranges to bananas, with partial-this and half-that graphs covering different periods of time. At this point, it's received at least some veteran suicide data from only 34 states. "Negotiations" with the other states are continuing. Five states have requested a modification to the data request. Even the information it has, based on 21 states, is incomplete. Here are some problems:

- Information was collected by funeral homes and not validated by the VA or Department of Defense.
- Statistics from states with large veteran populations, such as Texas and California, weren't used.
- In some places information was used for the years 1999 to 2010. In other places it's 1999 to 2003, or 2007 to 2010, or 2008 to 2012.

Here are a few gems from the Main Finding area below each graph:

- While the percentage of all suicides reported as "veteran" has decreased, the number of suicides has increased.
- Male veterans who die by suicide are older than non-veteran males.
- Veterans who died from suicide were more likely to be married, widowed or divorced.
- The majority of callers to the Veterans Crisis Line are male.

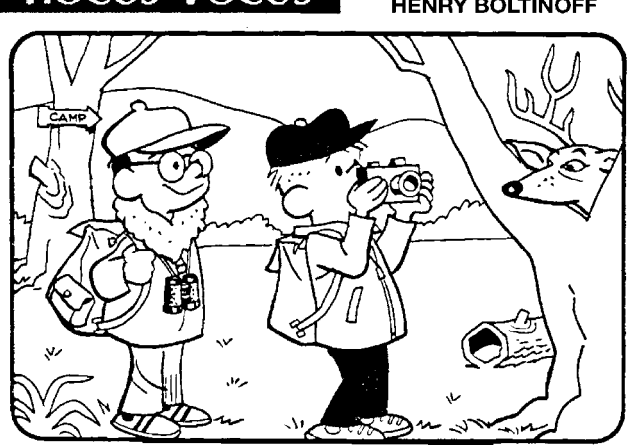
If you want to look at the report, do a Google search for "Suicide Data Report 2012" and click the link on [www.va.gov](http://www.va.gov). So far the study has cost only \$35,094.23 with \$11,677.06 more expected in 2013. The costs are for state fees for processing and delivering the data.

## A TRUE STORY

- The Mermaid sailed from Sydney, Australia in October of 1829, heading for the other side of the continent. On the fourth day, a heavy storm struck. The ship was driven relentlessly into a reef that smashed her bottom. The captain shouted to abandon ship, and all aboard jumped into the water and began swimming towards a large rock 200 feet away. Everyone made it there safely, where they awaited rescue.
- The Swiftsure rescued them all on the third day and continued her course to New Guinea. Five days later, the Swiftsure was caught in a strong current and swept into the rocks. It broke up and the order to abandon ship was again given. All on board were saved and they were picked up later the same day by the schooner Governor Ready.
- Three hours later the Governor Ready caught fire, forcing all on board to abandon ship once again. Everyone crowded into the lifeboats—and then along came the cutter Comet, which had been blown off course by a storm. The crew of the Comet loaded the crews and passengers of all three vessels on board, regarding them with suspicion. Obviously, one of them was cursed.
- Five days later a storm snapped the Comet's mast, ripped her sails, and ruined her rudder. Once again, it was "Abandon ship!" The crew of the Comet loaded into the longboat and all the rest were left to cling to floating bits of wreckage. About 18 hours later, the packet Jupiter came along and collected every person. When they were all assembled on deck, it was found that not a single life had been lost. But two days later the Jupiter hit a reef and sank. Fortunately, the ship City of Leeds was nearby and picked them all up, delivering them to Sydney, where the odyssey had begun. Five ships had been wrecked, but not a single life was lost.

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. Sign is missing. 2. Pocket is missing. 3. Binoculars are missing. 4. Cap is reversed. 5. Zipper is missing. 6. Antlers is different.

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# Strange BUT TRUE

- It was British author Oscar Wilde who made the following sage observation: "Some cause happiness wherever they go; others whenever they go."
- Those who study such things say that if you drink 100 cups of coffee in a row, it's likely to kill you.
- You might have heard that George Washington's dentures were made of wood, but in fact, they were made of hippopotamus ivory.
- In 1900, a prairie dog colony was found in Texas. That's not surprising -- prairie dogs are fairly common out West -- but this colony was unique. Researchers say it was the largest colony ever discovered, providing a home to 400 million prairie dogs and stretching over 25,000 square miles.

- If you've read "Alice in Wonderland" or seen any of the numerous adaptations of it, you probably know about the Mad Hatter. But did you ever wonder why he was mad? It seems that haberdashers (those who make hats) at one time used mercury to cure the felt they needed for the hats. Long-term exposure to mercury causes madness, hence the phrase "mad as a hatter."
  - Martin Van Buren was the first president to be born a citizen of the United States.
  - To earn a world record, a woman named Sonya Thomas ate 65 hard-boiled eggs in 6 minutes, 40 seconds.
  - The female long-tailed shrew gives birth to exactly one litter of pups in her lifetime -- and promptly dies.
  - Our modern word "salary" comes from the Latin "salarium," or "salt money." Salarium was the monthly wages given to Roman soldiers in ancient times -- paid in salt.
- Thought for the Day:** "Politicians and diapers have one thing in common. They should both be changed regularly, and for the same reason." -- Jose Maria de E'a de Queiroz

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**Holidays & Observances This Week**

- 2/24 Flag Day in Mexico
- 2/25 Kuwait National Day
- 2/26 For Pete's Sake Day
- 2/27 22nd Amendment added to Constitution
- 2/28 Floral Design Day
- 2/29 Bachelor's Day
- 3/1 International Mirth Month
- 3/2 Read Across America Day

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53					54					55

- 1 Pickle holder
- 4 React in horror
- 8 Anything but that
- 12 Past
- 13 Concept
- 14 Stroll
- 15 Medium-sized dog
- 17 Without acting
- 18 To-do list
- 19 Every last crumb
- 21 Stimp's cartoon pal
- 22 Lassie, e.g.
- 26 Pavarotti's range
- 29 A mere handful
- 30 Toss in
- 31 Nerve cell process
- 32 Carte lead-in
- 33 Turned blue?
- 34 Gas stat
- 35 Wall climber
- 36 Deep-voiced singer
- 37 "French" dog
- 39 Shiner's chapeau
- 40 "— the fields we go ..."
- 41 Anti-elderly prejudice
- 45 Satchmo's genre
- 48 Large terrier
- 50 Burn soother
- 51 Pesky insect
- 52 Silent
- 53 Night light?
- 54 Tackles' teammates
- 55 Crony
- 7 Cure-all
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- 10 Under the weather
- 11 Heavens
- 16 Company that went under in 2001
- 20 Depressed
- 23 Pringles competitor
- 24 Bad day for Caesar
- 25 Taro root
- 26 Pack (down)
- 27 World's fair worker
- 28 "Forget it"
- 29 Aviate
- 32 Mean
- 33 In a stupor
- 35 --de-France
- 36 Sires
- 38 Doughnut shop
- 39 Capacitance measure
- 42 Poetic foot
- 43 Insult
- 44 Note to self
- 45 Van Eyck or Vermeer
- 46 Milwaukee product
- 47 Menagerie
- 49 Hostel

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**top ten**

Seniors' Favorite Cars\*



- Lincoln Town Car
- Buick Lucerne
- Cadillac DTS
- Cadillac CTS Wagon
- Cadillac STS
- Hyundai Azera
- Chevrolet Impala
- Buick LaCrosse
- Lincoln MKZ
- Toyota Avalon

\*percent of buyers 65 and older  
Source: TrueCar.com

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**TIDBITS NUGGET OF KNOWLEDGE**

In the first century B.C., the Parthians conquered many nations by using a new battle ploy. They would turn away from the enemy, feigning defeat. But as they fled, they would turn around and shoot arrows at their pursuers. The maneuver was called a 'Parthian shot' which today is known as a parting shot.



MIRACLES AT SEA (continued)

The coincidence continues. An elderly woman named Sarah Richley was on board the City of Leeds. She had become very ill. The ship's physician could do nothing to save her. She had been bound for Australia from England to search for her lost son, Peter. She explained to other passengers that he had left home 15 years earlier to join the Navy. He had been stationed in Australia, and she had never heard of him since. In her illness, she called constantly for him. The doctor knew that her son had blue eyes and brown hair, so he searched the ship for a man of the appropriate age who had an English accent, blue eyes, and blond hair. He explained to the man that all he had to do was pretend to be the son of a dying and delirious old lady. "She's from Yorkshire, England, and her name is Sarah Richley—" He stopped in mid-sentence, noticing the look of astonishment on the man's face. "I AM Peter Richley!" he exclaimed.

Mother and son were reunited. Nothing heals like happiness, and Sarah Richley recovered. Peter Richley built a house for her in Sydney and she lived there for the next 20 years.

OVERCOMING THE ODDS:  
CLARA LEMLICH

Clara Lemlich was born in 1886 in the Ukraine, but came to the U.S. in 1903 to escape violent uprisings. Within weeks, she found work as a seamstress in a garment factory in New York City, a job that was the very definition of "sweatshop". Seamstresses worked 11 hour days, for 6 or 7 days a week, for wages of \$3 a week. This did not come close to being a living wage, and garment workers were reduced to utter poverty while being treated like machines.

Shocked at the conditions, Clara joined the newly formed International Ladies' Garment Workers' Union. On Nov. 22, 1909, she rose to prominence at a huge rally. After listening to a host of male speakers spouting vague platitudes about solidarity, she demanded a chance to speak. Once on stage, she insisted that the time for speeches was over, and the time for action had come. "I vote we strike NOW. Who's with me?" she shouted. Most of the workers joined her, in what became known as "The Uprising of 20,000".

Clara thereafter found herself in the role of a union leader, because she was bold, eloquent, pretty, and charming. She organized the strikers, led picket lines, and wrote articles for the newspaper. At one point she was hospitalized after being beaten by thugs hired to break the strike, and she was often arrested. Soon it was apparent that this wasn't just a protest; it was more of a worker's revolution.

By spring of 1910, most of the garment factories had agreed to terms including better wages, shorter hours, and safer working conditions. However, one of the final hold-outs was the Triangle Factory.

continued on next page

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If you stick with someone through thick and thin, you're riding with them through the difficult thickets and the easy woods where the trees are thin.

**KIDBITS Junior Whirl**  
by Hal Kaufman

**H-FRAME!** You can have some fun with the curious H-frame diagram at right. Make some copies, pass them around, and then challenge your friends to draw a line from X to X without touching any of the boxes (lines) in-between.

To show how it's done, simply place a finger over the black square in the middle, and draw a line from one X, up and over your finger, to the X on the other side of the diagram. It's that easy.

**PENNY ANTE!** If a ten-penny nail is three inches long, and a six-penny nail is two inches long, how long is a two-penny nail? No tricks here, folks. How quickly can you nail down the answer?

**GROCERY LIST SCRAMBLE**  
MOM wasn't fooled one bit when Junior playfully scrambled names of 20 items on her grocery list. How many of them can you identify? P.S.: First letters remain in place.

1. Barde	11. Jylel
2. Rlosl	12. Yutorg
3. Mklr	13. Cescho
4. Sarug	14. Lactu
5. Fuolr	15. Basaann
6. Ceofef	16. Alpsep
7. Bretut	17. Ceyrel
8. Jiceu	18. Sugasea
9. Calere	19. Ciosoke
10. Recl	20. Scankis

All are common grocery items. Ex.: No. 1, Bread, Spacess, Sarsap, 19, Cookies, 20.

**SHOW CASE!** A movie buff, above, fancies she sees some 18 personalities in this drawing. Just how many do you see?

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

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-somes: Sell, port.

**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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**CLARA LEMLICH (continued)**

The Triangle Factory manufactured women's blouses, which were called shirtwaists. In March of 1911, the Triangle Factory caught fire when a carelessly dropped match ignited a blaze. The conflagration spread—and 146 garment workers died in the blaze, because all the exit doors were locked and they could not escape. It was the deadliest workplace accident in the history of New York City. This put the national spotlight on working conditions and the rights of unions to demand changes.

Clara added suffrage to her agenda, correctly guessing that until women were allowed to vote, the sweeping social changes needed would never come to pass: "The manufacturer has a vote; the bosses have votes; the foremen have votes, the inspectors have votes. The working girl has no vote. When she asks to have a building in which she must work made clean and safe, the officials do not have to listen... Until the men in the Legislature at Albany represent her as well as the bosses and the foremen, she will not get justice; she will not get fair conditions. That is why the working woman now says that she must have the vote."

When women were granted the right to vote in 1920, Clara turned her attention to other injustices: protesting the inflated food prices; fighting for the rights of tenants; joining the Civil Rights movement; protesting the Viet Nam war; joining the fight against nuclear weapons; and working on behalf of migrant farm workers. Confined to a nursing home in her old age, she helped organize the nurses.

Clara died in 1982, having spent her entire life fighting for the rights of the downtrodden.

**BETRAYAL BY LANGUAGE**

During World War II, U.S. draft-dodgers escaped to Canada and Canadian draft-dodgers escaped to the U.S. Authorities hired to track them down had trouble telling Canadians from Americans. But there was one small difference. In America, children are taught the alphabet with the final letter Z pronounced 'zee'; but Canadians learn it as 'zed'. When suspected draft dodgers were asked to recite the alphabet, the last letter would clearly tell their nationality. The same technique was used to identify draft dodgers during the Viet Nam war.

When MacArthur was in the Philippines during World War II, Japanese spies would pose as Chinese or Filipino citizens in order to penetrate the defenses. Suspected spies would be asked to pronounce the word 'hula-hula'. Chinese and Filipinos have no trouble pronouncing the 'l', but Japanese do not have the 'l' sound in their language and would therefore pronounce it 'hura-hura', thereby betraying their nationality.

*continued on next page*



On March 1, 1692, in Salem Village in the Massachusetts Bay Colony, three women are charged with the illegal practice of witchcraft after two young girls experienced fits and other mysterious maladies. During the next few months, area residents incriminated more than 150 women and men.

On Feb. 27, 1864, the first Union inmates begin arriving at Andersonville prison in Georgia. Andersonville became synonymous with death as nearly a quarter of its inmates died in captivity. Confederate camp commander Henry Wirz was executed after the war for brutality and mistreatment under his command.

On March 2, 1917, President Woodrow Wilson signs the Jones-Shafroth Act, under which Puerto Rico became a U.S. territory and Puerto Ricans were granted statutory citizenship. As citizens, Puerto Ricans could now join the U.S. Army, but few chose to do so. After Wilson signed a compulsory military service act two months later, however, 20,000 Puerto Ricans were drafted to serve during World War I.

On Feb. 26, 1928, R&B legend Antoine "Fats" Domino is born in New Orleans. His most memorable hit was "Blueberry Hill" in 1956. After Hurricane Katrina, he was reported missing from his home in the Lower Ninth Ward, but luckily had been rescued early in the storm.

On March 3, 1952, in a 6-3 decision, the U.S. Supreme Court upholds a New York state statute (the Feinberg Law) that prohibits communists from teaching in public schools. The law remained in force until another Supreme Court decision in 1967 declared most of its provisions unconstitutional.

On Feb. 25, 1964, 22-year-old Cassius Clay dethrones heavyweight boxing champ Sonny Liston in a seventh-round technical knockout. Clay had predicted he would "float like a butterfly, sting like a bee" to defeat Liston, the 8-1 favorite.

On Feb. 28, 1983, the celebrated sitcom "M\*A\*S\*H" bows out after 11 seasons. Its title came from the initials for the "Mobile Army Surgical Hospital," an isolated forward compound that received wounded soldiers and was staffed by the show's cast of doctors and nurses.

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**PetBits**  
Owning Your Own Pet Business

By Samantha Mazzotta

**DEAR PAW'S CORNER:** I'm a pet owner (two cats, a very mellow Chihuahua and two parakeets), and for a couple of years now I've been thinking of starting a business as a dog walker or pet sitter. Some of my friends and my boyfriend are trying to talk me out of it, saying pet sitters don't make any money, and it's an undignified job. What do you think? -- MaryAnne K., Syracuse, N.Y.

**DEAR MARYANNE:** If you think that you can be successful at something, then you probably can. I'm sure your friends are trying to talk you out of it because they care about you, but in the end, it's about what you want. And frankly, caring for pets is hardly undignified -- it's an incredibly important job. There's also high demand for quality pet care in major cities.

The most important part of starting your business is to do your homework -- not just learning about pet sitting, but running a business as well. Sign up for small business or entrepreneurship classes and/or groups in your area (some are offered free or at low cost). Visit your local SBA (Small Business Administration) office to learn about federal programs and loans available to you.

Learn about the pet-sitting and dog-walking industry by checking out these organizations: Pet Sitters International (petsit.com) and the National Association of Professional Pet Sitters (petsitters.org). They offer resources, advice, training, online referral services, group health and dental insurance plans, and even certification.

One of the best things you can do is talk to pet sitters and ask questions. How do they provide quality pet care to their customers? What is the business climate like in your area? Learn as much as you can about running a pet sitting business.

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

**Salt's Notoriety Is Well-Deserved**

**DEAR DR. DONOHUE:** Will you please provide the pros and cons of using salt in the diet? Why is water retention considered so bad? I am an 81-year-old man with stents in five heart arteries and one in the left carotid artery. My blood pressure is controlled with one medicine. -- E.W.

**ANSWER:** What makes salt (sodium, sodium chloride) a danger to health is its tendency to raise blood pressure. We need only 500 mg of salt a day, yet we take in more than five times that amount. Salt's contribution to the elevation of blood pressure is something that people can alter without resorting to medicines. Salt does contribute to fluid retention. That extra fluid finds its way into the circulation, and blood pressure rises. That's the condensed version of the salt story. High blood pressure promotes heart attacks and strokes. The booklet on high blood pressure explains why it is so important to lower elevated pressure and how to go about doing that. Readers can obtain a copy by writing: Dr. Donohue -- No. 104W, 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:** Dairy products are a problem for me. For breakfast, 1 percent milk is fine and yogurt isn't troublesome. Other dairy foods bother me. I am 61 and more intolerant of dairy foods now than when I was younger. Why? -- Anon.

**ANSWER:** Lactase is an enzyme found in the small intestine. It digests lactose, milk sugar. Infants of all animal species are born with a good supply of the lactase enzyme. They lose their supply of lactase at the time they are weaned from their mother's milk. Most humans hold onto an adequate supply of lactase into adult life. Some, however, have so little that they find dairy products impossible to digest. Dairy products bloat these people, give them stomach cramps and can bring on diarrhea. That's lactase deficiency or lactose intolerance. Both terms denote the same problem. The lactase deficiency is an ethnic trait. Blacks, Asian-Americans and Native Americans have less lactase in adulthood than do whites. Age causes the lactase supply to dwindle. That's the reason you have more trouble at age 61 than you did years ago. Cheeses and yogurt are exceptions to the rule. Many lactase-deficient people tolerate them well. You can overcome the lactase deficiency problem by avoiding dairy products, by taking the lactase enzyme in pill form before eating dairy products or by using dairy products that have been pretreated with the enzyme.

**DEAR DR. DONOHUE:** My son is trying to lose weight. He takes acai berry tablets. Are they harmful? So many diet pills are no good. -- V.C.

**ANSWER:** The acai (ah-SAH-ee) berry, the latest nutritional rage, comes from Brazil. As far as I know, it causes no harm. Claims made for it seem somewhat excessive -- weight loss, wrinkle remover and cleanser of body "toxins." I have to wonder when so many wonderful things happen from taking one product. Let me know if your son loses weight.

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.

**BETRAYAL (continued)**

In the 1200s the French occupied the island of Sicily. Their controversial governing methods caused the Sicilians to revolt many years later, and the French were massacred. However, many of the French had learned the local Italian language well enough that it was hard to tell them from the natives just from their accents. The Sicilians asked all questionable people to pronounce "cicero ceci", which means 'chickpeas from cicero'. In Italian, the phrase is pronounced with four "ch" sounds in rapid succession. However, in the French language, the "ch" sound had been replaced by the "sh" sound. If it was said as "cheechero chechee" the person walked away, but those that said "sheeshero sheshee" were imprisoned.

In the Bible in the Book of Judges, the Gileadites are at war with the Ephraimites. The Ephraimites looked the same and spoke the same language, so when the Gileadites had them trapped, it was hard to tell friend from foe. A Gileadite leader had every person pronounce the word for an ear of corn, which was pronounced 'shibboleth' by the Gileadites, but 'sibboleth' by the Ephraimites. Those who pronounced the word wrong were put to death.

In the 1800s the Turks and Egyptians were at war. The Egyptians invaded the Turk's province of Syria, where many Egyptians were captured. The Turks did not want to kill any of their Syrian fellowmen, even if they were wearing the Egyptian uniform. Of course, all of the prisoners claimed to be a Syrian. Both Syrians and Egyptians speak Arabic. This time the password was 'gamal' meaning camel. The Syrians say 'jamal' and the Egyptians say 'gamal'. Only those who pronounced it correctly lived.

In 1851, during Napoleon III's coup d'etat, an aide reported to Count de St. Arnaud that a mob had gathered outside. The Count, who had been troubled with a cold, replied, "Ma sacrée toux!" meaning, "my damned cough!" The aide thought he said, "Massacrez tous", which means "massacre all". The phrases sound identical in French. The order to fire was given and hundreds lost their lives.

In World War II, when Truman, Churchill and Stalin called for the Japanese to surrender, they responded with the word "mokusatsu" which meant they were reserving comment: "We're thinking it over." However, an inaccurate translator thought that "mokusatsu" meant they were ignoring it. On July 28, the Allies decided to drop the bomb on Hiroshima as a result.

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 Michael Bolton 2/27/1953  
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by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★★**

★ Moderate ★★ Challenging  
 ★★★ HOO BOY!

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Good Housekeeping Roast Beef with Horseradish Cream A juicy seasoned sirloin tip roast is the centerpiece of this delicious meal. With a side of roasted potatoes, it's sure to be a family favorite. 4 cloves garlic 2 sprigs fresh rosemary 1 teaspoon olive oil 1 tablespoon olive oil Salt and Pepper 1 1/2 pounds Yukon gold potatoes, cut in half (or quarters if large) 1 whole (2- to 2 1/2-pound) tri-tip (sirloin tip) roast, well-trimmed 1/4 cup heavy or whipping cream 2 tablespoons prepared horseradish 1/2 teaspoon Dijon mustard 1/2 teaspoon white wine vinegar 1. Preheat oven to 475 F. With side of knife, gently smash 3 cloves garlic; discard peel. Into small bowl, crush remaining clove garlic with press. Cut 1 rosemary sprig into 1-inch pieces; set aside. Remove leaves from other sprig; discard stem. Finely chop leaves and add to bowl with crushed garlic along with 1 teaspoon oil, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper; set aside. 2. In 18- by 12-inch jelly-roll pan, combine potatoes, remaining 1 tablespoon oil, smashed garlic, snipped rosemary, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper until well mixed. Spread in even layer, making space in center of pan for beef. Place beef in center of pan, fat side down; rub with reserved garlic-rosemary mixture. 3. Roast 20 minutes or until beef browns. Reset oven control to 350 F. Roast 8-10 minutes or until temperature on meat thermometer reaches 130 F; transfer to cutting board. Cover loosely; let stand 10 minutes. Transfer potatoes to platter. 4. Meanwhile, whisk cream, horseradish, mustard, vinegar, 1/8 teaspoon salt and 1/8 teaspoon freshly ground black pepper until well-blended. Slice meat thinly; serve with potatoes and horseradish cream. Serves 6.

Each serving: About 360 calories, 19g total fat (7g saturated), 84mg cholesterol, 335mg sodium, 16g total carbs, 2g dietary fiber, 32g protein.

COMMUNITY NEWS BITS Feb 25, 2013

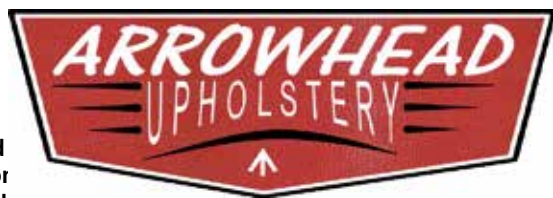
PAYSON

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.

Congratulations to Arrowhead Upholstery .....business has been doing so well they had to relocate their business to a larger building to accommodate their demands. We are so excited for them and "Business Expansion" is what we like to see happen for our local businesses. They have relocated from main street to their new place 954 E. 100 N. just behind Nebo Kitchen and west of Payson Family Pet Hospital. We will be having a ribbon cutting in the coming months. Congratulations Arrowhead Upholstery!!!!



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

Easter Egg Hunt - Sat Mar 30 The Payson Chamber of Commerce is asking for donations from local businesses to help sponsor this event. Although any donations are welcome, the following levels of sponsorship are available for this event:

\$25 - Your business can set up a table/booth at the Easter Egg Hunt and hand out prizes, treats whatever you choose to those in attendance. Notify the Chamber to prevent duplications. Arrowhead Upholstery / Utah Avenue Insurance is providing Hot Chocolate. Table/booths & handouts are the responsibility of the business.

\$50 - Your business name will be listed in the newspaper and on our website. Your business name will be announced at the event as a sponsor. Business name inside 100 eggs with a treat

\$75 - Same as above PLUS your business name inside 200 eggs with a treat

\$100 - Same as above PLUS your business name will be listed on a sign at the event. Business name inside 500 eggs with a treat. Your Business name will be attached to some of our Major Prizes

\$150 - Same as above PLUS your business name inside 1000 eggs with a treat. Your Business name will be attached to some of our Grand Prizes

Also looking for volunteers to help fill the Easter eggs please contact the chamber office. Please send your donation to Payson Chamber of Commerce, P.O. Box 176 Payson, UT 84651 or contact the chamber office at 814 S. 1050 W., 801-465-2634 paysonchamber@yahoo.com or you may contact Eric Buchanan at UCCU 801-223-8120 Please have all donations to the Chamber NO LATER THAN MARCH 15, 2013

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



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.

Easter Egg Hunt - Sat Mar 30 at 9A, Sports Park Complex on Volunteer Drive, Spanish Fork. We are looking for cash donations, bikes, toys, or candy that they can give at the hunt. We will have five age groups and five fields at the Sports Park. Please send a donation to the Chamber Office made out to Spanish Fork Chamber and marked Easter Egg Hunt donation. All sponsors will be listed on the banner at the event, on the chamber website, on Channel 17, and in the Chamber Newsletter sent out with the Daily Herald or mailed to every home in Spanish Fork and Salem for those who do not have a Sunday Herald subscription. We must have these donations in by Mar 15 to be included in the Banner.



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

"We are all manufacturers - some make good, others make trouble, and still others make excuses." - Anonymous YOU CAN MAKE A DIFFERENCE!

ANSWERS

SPORTS QUIZ 1. Dave Kingman (1976, 1978), versus the Los Angeles Dodgers. 2. Jim Fogosi. 3. Texas Tech's Graham Harrell (36 games). 4. Dallas, in 2011. 5. Seven times. 6. Four times. The Spartans lost in 1964 and '65, and were co-champs in '67 and '68. 7. Calvin Borel won in 2007 and 2009-10.

WORD POWER ANSWER DIABETES

TRIVIA NEWSFRONT ANSWERS

1. Witches on the broomsticks gave us the expression fly-by-night. 2. 'Lock, stock, and barrel' referred to an entire gun. 3. Knights offering their lances to the highest bidder gave us the word 'freelance.' 4. A farmer plowing out of 'de lira' must be 'delirious.' 5. Echo was a Greek nymph who could only repeat what she had just heard.

Trivia test by Fifi Rodriguez

- 1. Panama 2. Pasta 3. Just more than 100,000 4. 'Jane Eyre,' by Charlotte Bronte 5. Little Joe 6. Rob Roy 7. Prevents blood clotting 8. Ina Garten 9. F.W. Woolworth 10. 16 pounds

Go Figure! answers

2 x 7 + 3 = 17
+ + +
3 x 9 - 1 = 26
x ÷ x
6 - 4 x 5 = 10
30 4 20

King Crossword

Answers Solution time: 27 mins.
JAR GASP THIS
AGO IDEA WALK
DOBERMAN IDLY
AGENDA ALL
REN COLLIE
TENOR FEW ADD
AXON ALA DYED
MPG IVY BASSO
POODLE FEZ
OER AGEISM
JAZZ AIRE DALE
ALOE GNAT MUM
NEON ENDS BRO

Weekly SUDOKU Answer

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

SNOWFLAKES

