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**TIDBITS® KEEPS THE BEAT WITH MARCHING BANDS**  
by Patricia L. Cook

This Tidbits examines where and when marching bands originated and other trivial matters to help us stay in step with the bands.

- The first marching bands started many centuries ago with military organizations. The needs of military groups to get thousands of troops moving in the same direction quickly, without mishaps, were best met if everyone stayed in rows, the same distance apart. Orderly movement was easiest if it was done in an organized manner. Because many groups did not have musical instruments, chants of, "Left – left, left, right, left," giving instruction on which foot should be down helped accomplish the tasks. As military troops grew around the world, choruses of encouragement and sometimes humor were added.
- When available, drums were added to help troops stay together as they progressed along the way. Musical instruments were added through the years and melodies were great for keeping soldiers encouraged and giving them a sense of pride.
- During the Revolutionary War in America, soldiers marched to fifes and drums. The Civil War brought the development of drum and bugle corps. During the big wars: World War I and II, full brass, percussion and woodwind bands formed.

turn the page for more!

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1. LITERATURE: Who created the character of Walter Mitty?
2. GEOGRAPHY: Which Central American country has coastline only on the Pacific side?
3. GAMES: How many players are on a volleyball team?
4. U.S. PRESIDENTS: Which president eventually courted and married a woman who was briefly his schoolteacher?
5. HISTORY: What was the name of the system of racial segregation used in South Africa in the second half of the 20th century?
6. MYTHOLOGY: Which Greek heroine refused to marry any man who could not beat her in a foot race?
7. ANCIENT WORLD: What field of study was Euclid known for?
8. MUSIC: What is a hurdy-gurdy?
9. FIRSTS: Who was the first (and only) woman to win the Medal of Honor?
10. GENERAL KNOWLEDGE: Why is a catamaran different from other boats?

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### TRIVIA NEWSFRONT

1. The word "band" originates from the French word bande which means \_\_\_\_\_.
2. What types of instruments are played in a marching band?
3. What is a fife?
4. What other types of instruments are in an orchestra but not a marching band?
5. What American composer is called "The March King?"

#### MARCHING BANDS (continued)

- Early military troops in Scotland and some places in Canada marched to drums and bagpipes. Some still use this style.
- Military traditions are still used by modern marching bands. Bands usually march in formation and use orders of "attention", "about face" and "forward march." Most marching band uniforms resemble military uniforms.
- The marching bands that most people think of are university, college, and high school bands that perform at football games and in parades. Halftime shows can be quite elaborate and require hours of training.
- The marching band credited with the first modern halftime show at a football game was the Marching Illini of the University of Illinois in 1907. It occurred at a game against the University of Chicago.
- The first band to break the tradition of military ranks and form a letter on the football field was Purdue University in West Lafayette, Indiana. The letter, of course, was the "Block P" for Purdue. The first time it was on the field was in 1907 under the direction of Paul Spotts Emrick who was the first band director and served the university band for 49 years, from 1905-1954.
- Emrick came up with the plan for the "Block P" after seeing a flock of birds flying in a "V" formation. He decided that if birds could make a letter a band surely could replicate the action in a formation on a football field. The Purdue "All American" Marching Band still forms the P before every home game.
- Purdue is also known for what is considered to be the "World's Largest Bass Drum." The original drum built by Leedy Corporation in Indianapolis in 1921 is still used today.
- Now, in case you have heard about "Big Bertha" and wonder where she fits in with the above story about the "World's Largest Bass Drum," read on.

continued on next page



#### MAGIC MAZE

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

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

- |          |           |         |          |
|----------|-----------|---------|----------|
| Also     | Dark men  | Old pan | Rabies   |
| Analog   | Englander | Pains   | Red nail |
| Big mule | Gray men  | Panel   | Serial   |
| Chain    | Laity     | Pure    |          |

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#### Paint Infant Clothing at a Baby Shower

Hosting a baby shower? There's a great deal to think about, from the guest list to the food and fun. Traditionally, the "fun" part includes baby-themed guessing games, but when Ruthie Behars threw a shower for her sister this past fall, she knew a DIY craft activity would trump the games and score high on the entertainment factor. And it did.

Ruthie picked up 100 percent cotton one-piece-style outfits with snaps (one for each guest to decorate) in sizes newborn to 2 years and some paint supplies. She also cut stencils for those who preferred pre-made designs. When the guests gathered, each dipped and dabbled in colorful paints, adding their creative touches to the clothing.

Now, neat stacks of adorable outfits fill the dresser of 9-week-old Hazel Mae. "I think of my friends whenever I pull one out of the drawer, and since they are in ascending sizes, she will be dressed in the wearable art for a long time," says new mom Christie Fitch.

Whether you are throwing a baby shower or putting together a group gift, following is how to decorate inexpensive cotton outfits or T-shirts.

Here's what you need:

- Prewashed white 100 percent cotton baby one-piece-style outfit with snaps or newborn- and toddler-size cotton T-shirt
- Cardboard sheet
- Cookie cutters or pre-made stencils
- Fabric paints in squeeze bottles
- Paper plate
- Small foam paintbrushes or sponges clipped to clothespins

Here's the fun:

1. Lay the one-piece outfit on a work surface. Place cardboard between the two layers of fabric to protect the reverse side from any paint that may soak through. Choose a cookie cutter or a pre-made stencil -- a star, moon, heart, duckling, anything goes! Place it anywhere on the fabric.

2. Pour a little permanent fabric paint onto a paper plate. Dip in the small foam paintbrush. Tape a stencil on the fabric, or hold the cookie cutter firmly in place and start dab-dab-dabbing inside it, making sure to reach all the edges. You don't have to put equal density of paint all over the shape. A little variation actually adds interest. When you're through, lift the stencil or cookie cutter to see the lovely design.

3. Once the paint is dry, remove the cardboard and if the paint bottles say to do so, now is the time to iron on the reverse side to set the color.

Resource: Ruthie downloaded free templates from the blog [www.needleandspatula.com](http://www.needleandspatula.com) and made plastic-coated freezer-paper stencils. Click Patterns/Tutorials to find this alternate way to do the craft.

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."

#### 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.

	+		×		13
+		÷		+	
	-		×		15
×		+		×	
	+		×		18
20		10		12	

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

1 2 2 3 4 5 6 7 9  
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- 1 Who was the last pitcher before the New York Mets' Johan Santana in 2012 to toss a no-hitter against the defending World Series champs?
- 2 Which two major-league teams have had the overall No. 1 pick the most times in baseball's amateur draft?
- 3 Name the first black player to win an NFL Most Valuable Player Award?

By Chris Richcreek

- 4 How many times has Coach Jim Boeheim led Syracuse's men's basketball team to the Final Four?
- 5 When was the last time before 2012 that the Los Angeles Kings reached an NHL conference final?
- 6 Who was the last American swimmer before Nathan Adrian in 2012 to win an Olympic gold medal in the men's 100-meter freestyle?
- 7 Name the three golfers who won six PGA Tour events by the age of 23.

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# VETERANS POST

by Freddy Groves

## New Records System Close to Rollout

Remember the elaborate plans to hook up computer systems between the Department of Defense and the Department of Veterans Affairs so that all medical records were instantly available? One set of records would follow an individual from active duty all the way through veteran status. It was to be ready in 2017 and was called the integrated electronic health record (IEHR).

That proposed plan has been dumped. Now the idea, officials say, is to get as much of this system in place as quickly as they can. Instead of going with the full program, a pilot program will begin this summer at a few rehab centers. By December, they hope to standardize the data between the VA and DoD and create real-time data exchanges.

Veterans will be able to access all of their information, including lab tests, notes and prescriptions, and take it to any doctor. Doctors will be able to access health records at any VA or DoD facility.

By the end of the year, they'll have finished the upgrade to the graphic interface across both the VA and DoD systems. By early next year, a system will be used that will allow veterans to download their medical records in a format that can be read by both the DoD and VA.

When finished, the system will have medical records on 18 million active-duty personnel and veterans.

In a meeting with Secretary of Veterans Affairs Eric Shinseki, Secretary of Defense Leon Panetta said, "Some have argued that we should build a perfect system. Some argued that we'll never be able to do this. But for the first time, both DOD and VA have come together to say we can get this done."

This is a positive step forward.

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

## MARCHING BANDS (continued)

- The large drum is about eight feet (2.4 m) in diameter, nearly four feet (1.22 m) wide between the drum heads and more than 10 feet (3 m) high when mounted on the field carriage built for rolling it around. A crew of four bandmen handling the drum must have accurate timing and placement for the two beaters to keep accurate time with the band.

- Big Bertha is the large drum that belongs to the University of Texas. Created for the University of Chicago, Bertha's first game was when Chicago played Princeton on October 23, 1922. When Chicago stopped its football program, band at the university was also discontinued. At that time, the large drum was put in storage.

- Colonel D. Harold Byrd, a Texas Longhorn band supporter purchased Bertha from the University of Chicago in 1955. Bertha's dimensions are eight feet (2.4 m) in diameter, 54 inches (1.37 m) wide and more than 10 feet (3 m) high when mounted on her trailer. Called the "sweetheart of the Longhorn band," Big Bertha is escorted by the "Bertha Crew."

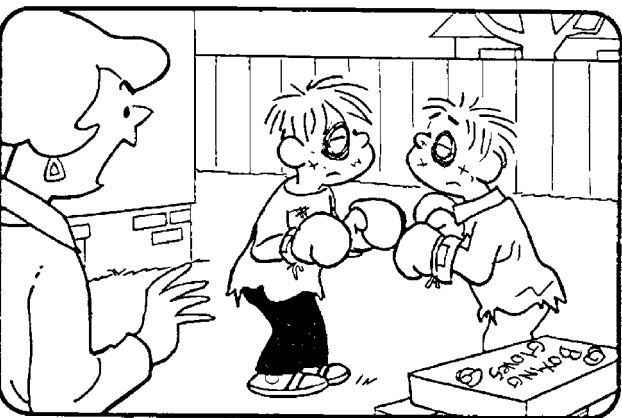
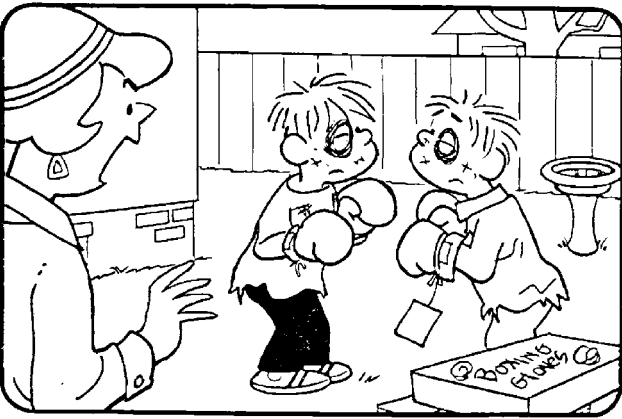
- Members of the Kappa Kappa Psi fraternity of Purdue challenged their Texas fraternity brothers to a drum showdown in 1961 to settle the question of which band had the largest bass drum. They planned the showdown at the fraternity's national convention in Wichita, Kansas. Purdue kept its side of the promise and loaded their drum on a truck and headed west. They stopped in Indianapolis, St. Louis, Kansas City and Topeka, pushing their drum through the streets showing off.

- When the Purdue students and their drum arrived in Wichita, they discovered that their Texas fraternity brothers didn't bring their drum. By default, Purdue declared their drum as the "World's Largest Drum." Since then, the exact measurements of the Purdue Big Bass Drum have been kept secret, preserving the mystique of its existence.

*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. Hat is missing. 2. Cuff is missing. 3. Arm is missing. 4. Tag is missing. 5. Birdie is missing. 6. Box cover is reversed.

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# Strange BUT TRUE

- It was former heavyweight champion and social activist Muhammad Ali who made the following observation: "A nation is only as good as its women."
- During World War I, fully one-third of all men in England between the ages of 17 and 35 were killed.
- The 20th century saw some profound changes in society, and here is one of the more striking examples: Between 1900 and 1990, the lifespan of the average American man increased from less than 47 years to more than 72 years.
- You might be surprised to learn that 20 percent of American families don't have bank accounts.

- It was in the late 1930s when Harry Reeves, a writer for the Donald Duck cartoon, decided that introducing three nephews would open up a lot of story lines. At a loss for names for the characters, Reeves asked Jim Carmichael, who also worked on the cartoons, for suggestions. Carmichael was busy with his own work, but in glancing down at the newspaper on his desk he noticed Thomas E. Dewey and Huey P. Long were both mentioned in headlines, so he suggested Huey and Dewey. A friend named Louie Schmitt stopped in to say hello at that moment, so he added Louie as the third nephew.
  - Jack Nicholson has been nominated for an Academy Award 12 times (more than any other actor in history) and has won the award twice. He also appeared in two episodes of "The Andy Griffith Show."
  - In 1974, a Gallup poll found that the most admired man in America was Henry Kissinger.
- Thought for the Day: "Show me a great actor and I'll show you a lousy husband; show me a great actress, and you've seen the devil." -- W.C. Fields

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3/6	National Frozen Food Day
3/7	National Crown Roast of Pork Day
3/8	Popcorn Lover's Day
3/9	Panic Day

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1 Eastern European	51 Conflagration	6 Genetic	preceder
5 Use a crowbar	52 Out of the storm	7 letters	30 Author Deighton
8 Resistance measures	53 — carte	7 Bigfoot's cousin	33 Walesa of Poland
12 Chantilly, e.g.	54 Rim	8 Fairy king	36 In a thick tangle, as hair
13 Individual	55 Fix	9 Award recipients	38 Close-fitting jacket
14 Reach 212 degrees, perhaps	56 Firmament	10 Isinglass	40 Regret
15 Microwave, for one	57 Smell bad	11 Coaster	42 Unwanted email
16 Willingness to wait		17 Hostel	43 Story
18 No-goodnik		19 Bleak	44 Historic periods
20 Bit of progress		22 Knapsack part	46 Faction
21 Makes a mistake		24 Play on words	47 Incite
23 Neither partner		25 Past	48 Look for
24 New England football team		26 Menace	50 Wapiti
28 Astronaut Armstrong		27 “— Night Live”	
31 “This tastes awful!”		29 Jima	
32 Wall painting			
34 Ram's mate			
35 Standard			
37 New Jersey city			
39 Corn spike			
41 Purple shade			
42 Sculpture			
45 Pale brown monkey			
49 Spoke rapid-fire			

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top ten

**AIR PURIFYING HOUSEPLANTS**

1. Areca palm
2. Lady palm
3. Bamboo palm
4. Rubber plant
5. Dracaena “Janet Craig”
6. English ivy
7. Dwarf date palm
8. Ficus Alii
9. Boston fern
10. Peace lily

Source: NASA



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**TIDBITS NUGGET OF KNOWLEDGE**

Rural clubs for youth across the United States used the three-leaf clover for their symbol in 1907. The three leaves represented head, heart, and hands. In 1909, the emblem was changed to four leaves and another “h” was added: health. In 1924 the clubs became known as 4-H clubs, dedicated to teaching citizenship, leadership and life skills.



**MARCHING BANDS (continued)**

- Marching bands exist in universities, colleges, senior and junior high schools for more than just football games. They also perform at other school events and parades. Many large parades across the country are magnificent venues for marching bands.
- The Macy's Thanksgiving Day parade is one of the famous parades that marching bands love to participate in. There are usually about a dozen bands that are chosen from entries received from the band directors. Having a unique feature helps a band get chosen. Participants have come from all 50 states and even as far away as Guatemala. A band that always performs and is a crowd favorite represents New York's own police department (NYPD).
- Independence Day (Fourth of July) parades across the nation are filled with patriotic floats and marching bands playing patriotic music. One of the largest parades is, naturally, the National Independence Day Parade in Washington, D. C. The 2012 parade had 28 bands mostly from military units and high schools. There were also marching platoons from all of the military services: Army, Marine, Navy, Air Force and Coast Guard.
- Marching bands put in many hours of practice and training to get their steps and tunes right. Many dedicated musicians get as much of a thrill by participating in marching drills as they do in hearing the music.

**FAMOUS WOMEN OF THE WORLD: ELEANOR ROOSEVELT**

Eleanor Roosevelt was shy as a child but became one of the most outspoken First Ladies to ever live in the White House.

- Born October 11, 1884, in New York City, to Anna Hall and Elliott Roosevelt, Anna Eleanor Roosevelt was named after her mother. When Eleanor's mother died in 1892 she and her siblings went to live with their maternal grandmother. Her father died two years later in 1894. He was the younger brother of Theodore Roosevelt, president of the United States from 1901-1909,
- Eleanor was a very shy child but being of wealthy Roosevelt heritage she received an excellent education at Allenswood, a boarding school in London from 1899 to 1902. With the education and maturity, Eleanor developed self-confidence that lead her to become a leader among women of her era.
- After her return from England, Eleanor met a handsome Franklin Delano Roosevelt (FDR) in her affluent circle of friends. The distant cousins became engaged in 1903 and married in 1905.

continued on next page

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**TIDBITS GOES LONG.....**

Music composer, John Philip Sousa, born in 1854, was influenced by his father, a trombone player in the U.S. Marine Band. When John Philip was 13 he wanted to join a circus band. His father enlisted him in the Marines to thwart his plan.

**KIDBITS Junior Whirl**  
by Hal Kaufman

**SLO MO!** In keeping with terms of a prankish will, two horsemen ran a race to see who owned the slowest horse. That person was to inherit their friend's estate. Once the race was under way, the riders daddled and dawdled, making little progress. When night came, they put up at an inn. Alas, at this rate, they decided, no one would ever win. But the innkeeper had an idea that spurred them on. What did he suggest?

**TAKE TWO!** Take any two-digit number. Multiply the first digit by five, add seven, double the sum, add the second digit of the original number and subtract 14. What do you get?

**ASK YOURSELF: WHAT DEN?**

SEE if you can fill the blanks above with appropriate words containing the letters DEN stepped off in the manner indicated. Definitions are as follows:

1. False teeth, collectively.
2. Pick out, in a lineup, for instance.
3. In a passionate manner.
4. A type of sideboard, or buffet.
5. Rose Bowl city.
6. Fish of the herring family.

Afterwards, see if you can discover an alternate set of DEN words.

**SNACK TACK!** Our parade-bound friend has a fondness for snacks. Can you trace his route through the maze above?

**UNSPUN COLOR BY NUMBERS**

**PIPE THAT!** Pipe's a-pipin', batons a-twirlin' — 'tis a grand parade. Colors: 1—Red. 2—Lt. blue. 3—Yellow. 4—Lt. brown. 5—Flesh. 6—Lt. green. 7—Dk. brown. 8—Dk. green. 9—Purple.

**SPELLBINDER**

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

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 answers: Block, babe.

**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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**ELEANOR ROOSEVELT (continued)**

- According to genealogical records Eleanor and FDR were fifth cousins, once removed. The closest mutual ancestor was Nicholas Roosevelt. One of his sons was FDR's great-great-great grandfather; another son was Eleanor's great-great-great-great grandfather.
- President Theodore Roosevelt, Eleanor's uncle, walked her down the aisle and had the honor of "giving her away" in marriage.
- Franklin and Eleanor had six children in the next eleven years; one son died as an infant. They also had to contend with Sara, FDR's mother who tried to run their lives in their early years of married life!
- With Eleanor's encouragement and support FDR entered politics and served in the New York state senate from 1910-1913. It was in Albany, the state capital of New York, that Eleanor started her own rise to fame as an able political helpmate.
- When FDR served as Assistant Secretary of the Navy from 1913-1920 during Woodrow Wilson's presidency, Eleanor gained tremendous knowledge of Washington and national politics.
- When her husband was stricken with polio in 1921, and lost the use of his legs for the remainder of his life. Mrs. Roosevelt devoted her time to caring for him. She also became active in the State Democratic Committee women's division to keep FDR's interest in politics piqued.
- Eleanor encouraged and supported her husband as Governor of New York and later, in 1933, as President of the United States. She "became his eyes and ears" and the closest confidant for her husband, helping and understanding during the trying times of his presidency, which included the "Great Depression" and World War II.
- Mrs. Roosevelt changed the role of First Lady. She greeted and entertained thousands with her charm. She expressed her opinions in a daily syndicated newspaper column entitled "My Day," gave press conferences, travelled all around the country, gave lectures and participated in radio broadcasts.
- After FDR's death in 1945, Eleanor was selected as a delegate to the United Nations General Assembly, serving from 1945 to 1953. She became the chair of the UN's Human Rights Commission and helped write the Universal Declaration of Human Rights. She considered this one of her greatest achievements.

*continued on next page*



**Moments in time**  
THE HISTORY CHANNEL

- On March 6, 1776, a committee of the New York Provincial Congress instructs Major William Malcolm to dismantle the Sandy Hook lighthouse in order to prevent it from aiding the British by warning ships of the rocky shore. Malcolm succeeded, but the British were soon able to put the lighthouse back into service.
- On March 5, 1815, Franz Anton Mesmer, a German physician who pioneered the medical field of hypnotic therapy, dies in obscurity in Germany. In 1772, Mesmer developed treatments that included the use of ethereal music as a hypnotic device.
- On March 7, 1876, 29-year-old Alexander Graham Bell receives a patent for his revolutionary new invention -- the telephone. Bell's patent filing beat a similar claim by Elisha Gray by just two hours.
- On March 4, 1933, at the height of the Great Depression, Franklin Delano Roosevelt is inaugurated as the 32nd president of the United States. In his famous inaugural address, Roosevelt told Americans that "the only thing we have to fear is fear itself."
- On March 9, 1943, Bobby Fischer is born in Chicago. Fischer went on to become the only American to win the chess world championship. Though he was clearly the dominant player in the world and had attained the highest chess rating in history, he was forced to retire from international competition in 1975 due to his increasingly erratic and bizarre behavior.
- On March 8, 1950, Volkswagen, maker of the Beetle automobile, expands its product offerings to include a microbus. Known officially as the Volkswagen Type 2, the bus was a favorite mode of transportation for hippies during the 1960s and became an icon of the American counterculture movement.
- On March 10, 1988, pop singer and teen idol Andy Gibb -- younger brother of Bee Gees Barry, Robin and Maurice -- dies in Britain just days after his 30th birthday. Six months earlier, Gibb had topped the charts with his debut record, "I Just Want to Be Your Everything." His string of three No. 1 hits with his first three releases is a record that still stands today.

**Gas-N-Go**  
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**Arby's** & coming soon  
**SUBWAY**      **SUBWAY**

**PetBits**  
No Bad Breath, So Why Brush Teeth?

By Samantha Mazzotta

**DEAR PAW'S CORNER:** What are the risks if I don't brush my dog's teeth? He doesn't have really bad breath, so I don't see the point. -- Frank G., Houston

DEAR FRANK: Good question! Periodontal disease is a problem that develops over time. Your dog's breath might be OK now, but his teeth and gums could be slowly deteriorating as plaque builds up. And while bad breath often signals gum disease, it isn't the only indicator of a problem. Brushing your dog's teeth regularly helps prevent periodontal disease. A dental checkup and cleaning at the veterinarian's office every six or 12 months is important too, because the vet will remove built-up plaque and also diagnose problems or point out potential issues that you can head off early. According to vets at VCA West Los Angeles, there are more reasons to brush your dog's teeth.

- Pets often hide dental pain, like a toothache or abscess. Frequent brushing means you're more likely to realize there is a problem and take your dog to the vet to get it checked out.
- Severe periodontal disease can weaken a dog's jawbone to the point where it breaks.
- Periodontal disease can lead to infections in a dog's blood or heart.
- Oral cancer can be caught and treated earlier with regular veterinary dental cleanings.

VCA West L.A. added that veterinary dental cleanings are usually done while the dog is under anesthesia, to prevent stress and make the dog more comfortable. It also advises that small dogs, and dogs that eat only soft foods, need more frequent cleanings.

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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**ARE YOU CARING FOR AGING OR DISABLED LOVED ONES AT HOME?**  
Are you Frazzled? Frustrated? Burned Out? At your Wits End!

Many of us face that question, for ourselves or for those we love. There are solutions other than a nursing home or assisted living facility. There are many fine and safe facilities, but regardless of their level of service, they often cause stress, hurt feelings and are very expensive.

When elderly or partially disabled people are able to remain in their homes, everyone wins. But, unlike 50 years ago, most families are not able to provide constant, vigilant 24 X 7 assistance to family members in need. Families are now scattered across the country, sometimes across the world. How can they provide adequate care, shopping trips, doctor visits, transportation to church and all the little things that make up life? It is impossible when they are miles, or hours away.

Is a Nursing Home the only Solution? The answer is a resounding NO! Today the need is recognized and the solution is available. Home Care may provide the answer that you need. Whether it is only a daily stop to verify meds are taken or a safe driver to take someone to an appointment, then low cost help is as close as your phone. Contact the Senior Center, ask your friends, or search the web. You will find well-trained and loving people who are willing to lend a caring hand.

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You can have help without draining your bank account. Even daily help costs only a fraction of Assisted Living or Nursing Home expenses. You, and especially your loved one can keep their dignity, their home, their neighbors and best of all, their happiness. Don't feel pressured. Feeling helpless is not being hopeless.

You will be providing for your loved one in the best way possible, by finding assistance for the one you love, by providing help from people who get their joy by helping you to take care of your loved one and giving yourself the relief to refresh and provide the loving care that you really want to give.

Providing the right care for your parent, spouse, child or loved one is Love in Action. Remember, you don't need to do it all yourself!

You Can Find Local Help at:

- **Springville Senior Center**  
65 E 200 S      801.489.8738
- **Caring Hands Home Care**  
1190 N Main      801.704.0785
- **Spanish Fork Senior Center**  
167 W Center      801.798.5015
- **Payson Senior Center**  
439 W Utah Ave      801.465.5215
- **Orem Senior Center**  
93 North 400 East      801.229.7111
- **Jacobs Senior Center**  
242 W 200 S      801.785.2818

**GOOD LUCK!**

Whether you spend hours seeking a four-leaf clover or have a favorite rabbit's foot that you rub, you may wonder about the origins and realities of symbols of good luck.

- The plant that is considered to be the original shamrock is the white clover, trifolium repens, plant. These true shamrocks sometimes produce four-leaf clovers. The way to know that these are the real thing is that the fourth leaf is smaller than the other three leaves.
- According to the Free Online Encyclopedia, a shamrock is "a plant with leaves composed of three leaflets. According to legend it was used by St. Patrick in explaining the doctrine of the Trinity; it is now used as the emblem of Ireland."
- St. Patrick was actually born in Britain, kidnapped and taken to Ireland as a slave when he was only 16. He later escaped and then returned to Ireland as a missionary. He used the native clover to explain the Holy Trinity (Father, Son, and Holy Spirit) and is credited with bringing Christianity to the Irish people.
- The native 3-leaf clover, called a Shamrock, is the most popular national symbol of Ireland.
- With four-leaf clovers it is said that the first leaf is for faith, the second for hope, the third for love and the fourth for luck. In Irish tradition, the regular shamrock or 3-leaf clover represents the Holy Trinity: one leaf for each person of the Trinity; Father, Son and Holy Spirit. When a fourth leaf exists on a shamrock it is said to represent God's grace.
- According to age-old legend, Eve carried a four-leaf clover from the Garden of Eden.
- Sir John Melton wrote in 1620, "If a man walking in the fields find any four-leaved grass, he shall in a small while after find some good thing."
- For people who look more to "luck" than spiritual symbolism from clover, the leaves of a four-leaf clover represent a four lucky characteristics: love, health, respect and wealth.
- In the Celtic religion of the Druids in early Irish history, three was a mystical number. They considered the shamrock a sacred plant because of its three leaves that formed a triad, also called a trifoliate plant.
- Early Celts of Wales believed that white clover, held in high esteem, would protect against evil spirits.
- The "luck of the Irish" is spoken about as much in America as it is in Ireland. In fact, many Irish traditions are rooted more in American heritage than Irish.
- St. Patrick's Day in Ireland is a religious holiday. Many businesses close for the day so families can spend time together. St. Patrick's Day celebrations in America are more American than Irish!
- The Charitable Irish Society of Boston held the first St. Patrick's Day celebration in America in 1737.
- Shamrocks, the three-leaf varieties, are worn by many in America and Ireland on St. Patrick's Day to celebrate Irish heritage. County Cork, Ireland, is known for its growth of shamrock plants. Several million plants are grown and shipped all over the world every St. Patrick's Day from the area.

# Where Can I Find



**Am Fork**

- Jim's Family Restaurant
- State Street Grill
- Infamous Ink
- Take A Break Spa & Pool
- Flipside Café

**Eagle Mtn**

**Lehi**

**Linden**

- Smoking Apple
- Ocean Express Carwash
- Larkin Tires
- Finer Consigners
- Haun's Automotive Repair & Radiator

**Mapleton**

- Model A Café
- Subway

**Orem**

- Big O - Orem Mall
- Master Barbers
- Dean's Pizza Builders
- Soap Box Laundry
- Ut College Massage Therapy
- Smoking Apple
- Restore
- PC Discounters
- Chevron FoodMart
- Utah College of Dental Hygiene
- Half Price Dental
- House of Hearing
- State Transmission

**Payson**

- Legal Shield Home
- Poor Boys BBQ
- Hunan City
- Big O
- Arnie B's Convenience Store
- Gas N Go
- Tsing Tao
- Twice Blessed Thrift
- Country Fresh Laundromat
- Dalton's Restaurant
- Fat Jack's Pizza
- Payson Total Fitness
- O'Reilly Auto
- Payson Quality Inn
- S Ut Valley Elec Dist SUED
- Domino's
- Davis Classic Detailing Mall
- Forget Me Not Florist
- Head Shed
- Lou's Barber shop
- Wee Blu Inn
- Fuji House
- Boudreaux's Cajun
- UniSex Salon
- Dixon Meat Market
- Sai Savanhs
- Library
- Insurance Center
- Arrowhead Upholstery
- Autoworks Car Care
- Broken Spoke
- Classic Beauty & Barber
- Nebo Kitchen

**Pleasant Grove**

- Daylight Donuts
- Purple Turtle
- BlackFyre
- Signs by Tomorrow
- Suds Laundromat
- Eagle Café
- Chubby's
- State St Grill
- Major League Auto
- La Belle Vie Salon
- Yogurt Bliss
- Rexall Drug
- Allred Ace Hardware
- Innovative Auctions
- MacTraders

**Provo**

- Big O
- Jiffy Lube
- Provo Floral
- BlackJack Pizza
- Cougartown Laundry
- Cocoa Bean Cupcakes
- Burger Supreme
- Pier 49 Pizza
- Accurate Audiology
- Curves
- Green Panda
- Champion Karate West
- 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
- Joe Vera's
- Rice King
- Harris Hearing
- El Salvador
- Tommy's Burgers
- Provo Car Doctor
- Tyacke Motors
- Pak Rat's Thrift Store
- State Street Auto Wrecking

**Salem**

- Gandolfo's
- Stan's Drive In
- Big Don's Pizza
- All About You Salon
- Urban Retreat
- Crockett Chiropractic
- So Valley Gym
- Simply Juicy

**Santaquin**

- One Man Band Diner
- Fast Trax Sinclair
- Subway
- SantaQuin Medical Center
- Main Street Pizza
- Double B (Goshen)
- City Offices
- Old Pioneer Press
- Family Tree
- Rosita's Mexican Restaurant
- Rexall Pharmacy
- Santa Queen Drive In
- DQ Drive In

**Saratoga Springs**

**Spanish Fork**

- Spish Splash Laundromat
- Buns & Brews
- Wiggy Wash
- The Dug Out
- IFA Store
- Barry's Drive Inn
- Brad's Barber Shop
- Hide Away Salon
- Where's Nemo
- Lucky 5 China Restaurant
- Patagonia
- Doggie Divas
- Hobby HQ
- Magelby's
- Buns & Brews Coffee Shop
- Amber Family Restaurant
- Miller's Dry Cleaning
- Domino's Spanish Fork

**Springville**

- Joe Bandidos
- O'Reilly Auto
- Mariana's
- Magic Dollar Store
- Caring Hands
- La Casita Restaurant
- Two Jack's Pizza
- Convenience Store
- China Café
- Christopher's Herb Shop
- Joe's Barber Shop
- Jake's Brookside
- Sunroc
- Sunroc Chevron
- Art City Coffee
- Mongolian BBQ
- Craigs Cuts
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**TIDBITS WORD POWER**  
Unscramble this word:  
**D A C G E N E**  
This word means: *The tempo, or number of beats per minute; a drum beat used while marching.*

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**THIS WEEK'S CELEBRITY BIRTHDAYS**

- Christian Oliver 3/3/72
- Patricia Heaton 3/4/58
- Sterling Knight 3/5/89
- Shaquille O'Neal 3/6/72
- Willard Scott 3/7/34
- Micky Dolenz 3/8/45
- Emmanuel Lewis 3/9/71

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**Weekly SUDOKU**  
by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★★★**

★ Moderate   ★★ Challenging  
★★★ HOO BOY!

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COMMUNITY NEWS BITS Mar 04, 2013

**PAYSON**

**Mar Business of the Month - - Rory Adams, Farmer's**  
Mar 4 @ 11:30 A - 12:00 PM 814 S. 1050 W

Farmers Insurance has been around for over 85 years. They have a proud record of being A rated for financial strength by AM Best. Rory Adams grew up in South Africa, the son of a life insurance agent, and was sure he would never go into the business himself. After moving his family to the USA in 2002, he was introduced to Farmers Insurance by a friend, and started training with them. In Dec of 2009, Rory jumped at the opportunity to start his own agency in Payson. He soon moved his office to its current location. In Jun 2010 his family relocated from Burley Idaho and settled into Payson, which they happily call home. Rory is married to Charne, the principal of a Charter school in Bluffdale, and together they have 5 children and two daughters-in-law. Rory really loves his job, and particularly enjoys the opportunity to meet and help people. Rory finds it a pleasure to be able to help clients find the insurance that best suits their needs and budget.

**Ribbon Cutting for NEXEO Recruiting and HR Solutions -**  
Wed Mar 13 @ 10:30 A - 11:00

887 E. 100 N. #3  
Grand Opening - Come and meet Brady Jones and staff and welcome them to our community. Nexeo is a dynamic full service human resource services firm that provides employers with comprehensive recruiting and staffing, payroll, benefit solutions, consulting, and training services all providing increased productivity and reduced costs for our partners.



**Miss Payson Scholarship Contest - Mar 16, 2013 7:30P Payson High School**

**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](http://www.mountainland.org/businessloans) or contact Michelle Caldwell at [mcaldwell@mountainland.org](mailto: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](mailto: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 [utahavenueinsurance@gmail.com](mailto:utahavenueinsurance@gmail.com)  
Carolyn Bowman 801.465.2634 [paysonchamber@yahoo.com](mailto:paysonchamber@yahoo.com)

Check our website for upcoming events and special coupons. [www.paysoncitychamber.com](http://www.paysoncitychamber.com)

**SPANISH FORK / SALEM**

**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](mailto: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.



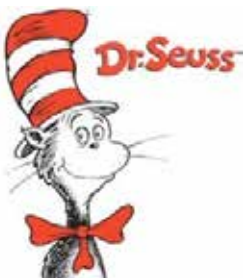
**NOW HIRING** - Starbucks is excited to join Spanish Fork community on May 6th! Now hiring friendly people with excellent customer service skills willing to work in a fast paced, team environment. Availability must include Sundays and Holidays. Training will be conducted at the American Fork location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



"Today you are You, that is truer than true. There is no one alive who is Youer than You."

"Don't cry because it's over. Smile because it happened."

~ Dr. Seuss (Born March 2)

**CALL FOR DETAILS !**

**INNOVATIVE AUCTIONS OF UTAH**

**26 State Road Pleasant Grove Across from the Purple Turtle**

We are open Mon - Sat for CAR SALES  
We offer In-House Financing for People with **CREDIT ISSUES**  
We will Finance you with as little as **\$299 DOWN** on Cars  
**\$499 DOWN** on Trucks & SUV's  
We will take Anything on Trade and I Mean **ANYTHING!**  
Guns, Coins, Currency, Antiques, TV's, ATV's, Trailers  
**ANYTHING YOU HAVE TO TRADE!**  
CALL LES NOW! To Sell or Consign  
**801-910-8384**

**twice**

*Blessed*  
**Thrift Store**  
675 So 100 We #3 in Payson  
(Across from Smith's Foods)  
Tu-Sa 10A to 6P

We have: Clothing for Adults, Children & Infants, Toys, Books, Games.  
**Everything for Every Occasion!**  
We gladly accept donations!  
Proceeds are used to help the schools, organizations, and families in Payson  
801-658-5052 LIKE us on Facebook

**Good Housekeeping**

**Sunday Baked Ziti and Meatball Casserole**

1 package (16 ounces) ziti, substitute penne pasta  
4 cups tomato sauce  
1 large egg  
1 container (15 ounces) part-skim ricotta cheese  
2 tablespoons Parmesan cheese, grated  
1 tablespoons fresh parsley, chopped  
1/2 teaspoon salt  
1/4 teaspoon coarsely ground black pepper  
8 lean meatballs, thawed and sliced  
1 package (4 ounces) part-skim mozzarella cheese, shredded

- In saucepot, prepare pasta as label directs in boiling salted water, drain. Return pasta to saucepot.
- Meanwhile, in 3-quart saucepan, heat tomato sauce, covered, until hot over medium-low heat. (If tomato sauce is frozen, add 2 tablespoons water to saucepan to prevent scorching). Add 3 cups sauce to pasta in saucepot, toss well. Reserve remaining 1 cup sauce.
- In medium bowl, stir together egg, ricotta cheese, Parmesan cheese, parsley, salt and pepper.
- Preheat oven to 400 F. Into 3 1/2- to 4-quart shallow casserole or 13- by 9-inch glass baking dish, spoon half the pasta mixture, top with all the sliced meatballs. Drop ricotta-cheese mixture by spoonfuls evenly over meatball layer. Spoon remaining pasta mixture over ricotta-cheese layer, then spoon remaining 1 cup sauce over pasta. Sprinkle with shredded mozzarella cheese.
- Bake, uncovered, 25 minutes or until very hot and cheese browns slightly. Serves 8.

• Each serving: About 470 calories, 13g total fat (5g saturated), 79mg cholesterol, 1,040mg sodium, 55g total carbs, 0g dietary fiber, 29g protein.

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

**ALWAYS FREE TIDBITS ALWAYS FUN**

**ANSWERS**

**SPORTS QUIZ**

- Texas' Nolan Ryan no-hit Oakland in 1990.
- The New York Mets and San Diego each have picked No. 1 five times.
- Joe Perry of the San Francisco 49ers won UPI's NFL MVP award in 1954.
- Three times.
- It was 1993.
- Matt Biondi, in 1988.
- Jack Nicklaus, Tiger Woods and Rory McIlroy.

**WORD POWER ANSWER CADENCE**

**TRIVIA NEWSFRONT ANSWERS**

- Troop
- Brass, woodwinds and percussion
- A small, keyless, high-pitched flute, similar to a piccolo
- Stringed instruments
- John Philip Sousa

**Trivia test** by Fifi Rodriguez

- James Thurber
- El Salvador
- Six
- Millard Fillmore. Millard and Abigail Fillmore were only a couple of years apart in age.
- Apartheid
- Atalanta
- Mathematics, specifically geometry
- A hand-cranked string instrument
- Dr. Mary Edwards Walker, for her medical work during the Civil War
- It has two hulls

**Go Figure!** answers

4	+	9	x	1	13
+		÷		+	
6	-	3	x	5	15
x		+		x	
2	+	7	x	2	18
20		10		12	

**King Crossword** - Answers

Solution time: 21 mins.

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

**Weekly SUDOKU** - Answer

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

**SNOWFLAKES** solution