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TIDBITS® CONSIDERS COINCIDENCE

by Janet Spencer

- In 1977 in Austin, Texas, Vincent Johnson and Frazier Black broke into the home of Mr. & Mrs. David Conner. They stole two TVs and a checkbook. A few hours later, the two men showed up at a local bank with a check made out to themselves for \$200. They asked the teller to cash it for them. She asked them to wait a minute, and called security. The check they had tried to cash was her own.
- Ricky Shipman went swimming off a beach in North Carolina in 1972, and lost the wallet out of the pocket of his swimming suit. Eleven years later a man named Gause gutted a mackerel which had been caught by a friend of his off the coast of North Carolina. Inside the fish was Shipman's drivers license, still intact. Gause returned Shipman's license.
- In 1914, just before the start of WWI, a German mother took a photo of her baby son. Film plates at that time were sold individually. She dropped the plate off in Strasbourg to be developed, but because the war started, she was never able to retrieve it. Two years later in Frankfurt, she bought another film plate to photograph her new baby daughter. When it was developed, she found it was a double exposure. The picture underneath was that of her small son. Somehow the plate had become mixed in with a pile of undeveloped film.



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- GEOGRAPHY:** Where are the Cape Verde islands?
- U.S. PRESIDENTS:** How many presidents have won Nobel Peace Prize?
- ANATOMY:** Where is the sacrum in the human body?
- LANGUAGE:** What is meant by the term "fifth column"?
- HISTORY:** In what year did the American Federation of Labor and the Congress of Industrial Organizations merge into the AFL-CIO?
- MILITARY:** What is the moral code of the Japanese samurai?
- GAMES:** What kind of game is "Millipede"?
- FOOD & DRINK:** What is arrowroot powder used for?
- MUSIC:** What were the first names of the Allman Brothers?
- THEATER:** Who wrote the play "The Iceman Cometh"?

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TRIVIA NEWSFRONT

- At what temperature do Arctic waters freeze?
- How many species of flowering plants live in the Arctic?
- The slowest growing plant on the planet may be a lichen that grows in the Arctic on rocks that get colder than 90 below zero in the winter. A lichen one inch in diameter may be how many years old?
- How many days does the midnight sun last at the North Pole?
- Which is colder: the North Pole, or the South Pole?

COINCIDENCE (continued)

In 1971, Mrs. Willard Lovell of Berkeley, California, accidentally locked herself out of the house. She spent 10 minutes trying to find a way in, when the postman arrived with a letter from her brother. He had been staying with her a few weeks earlier, and the letter contained a spare key to the house, which he had borrowed and forgotten to return.

It was a hot evening in June in El Paso, Texas when patrolman Allen Falby accidentally crashed his motorcycle into a speeding truck. Businessman Alfred Smith witnessed the accident and was the first person on the scene. Falby lay bleeding to death from a severed artery in his leg. Quickly, Smith removed his tie and fashioned an effective tourniquet from it. When the ambulance crew arrived, they credited Smith with saving Falby's life. Falby eventually recovered, and returned to police work. Five years later, he reported to an accident scene along Highway 80. A car had smashed into a tree, and the driver was bleeding to death from a severed artery in his leg. Falby pulled the man from the car and applied a tourniquet. While trying to make the man more comfortable, he suddenly recognized the victim. It was Alfred Smith, the same man who had saved his own life five years earlier. "One good tourniquet deserves another," quipped Falby.

Brenda Rawson became engaged to Christopher Firth in 1961, and he gave her a nice diamond ring. She was heartbroken when she lost the ring while on vacation in Lancashire, England. In 1979 she was talking with her husbands' cousin, John. They were discussing metal detectors when John mentioned that 18 years earlier, one of his kids had discovered a diamond ring near Lancashire. It was her ring.

A farmer's wife in West Germany lost her wedding ring in a potato field. Forty years later, she found it again- inside a potato grown in that field.

Christina Cort lived in Salvador, Brazil in 1966 when an out-of-control truck crashed into her house. In 1989, she was still living in the same house when once again, an out-of-control truck crashed into it. It was the same truck driver who had barreled into her home 23 years earlier.

continued on next page

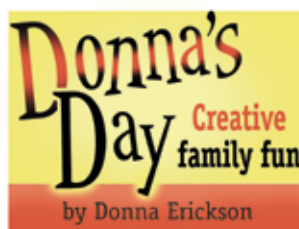
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F E C E L I G H T H O U S E A
Y X V G M V U I S E T Q O M P
N A N M K J L H F E R R L O C
C I B Z Y O D N A L S I O O X
S V U T S O P T U O T R F N Q

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

- | | | | |
|------------|------------|-----------|----------|
| Desert | Lighthouse | Outpost | Solo |
| Fire tower | Marooned | President | Space |
| Hermit | Mid-ocean | Single | The moon |
| Island | North Pole | Solitude | |

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Tweet Treats Attract Birds to Your Yard

Welcome feathered friends to snack at feeders that you and your kids can make in minutes ... no saw, hammer or woodworking equipment required. Hang one or more of them from a post or tree branch and enjoy the reward of seeing birds peck-peck-pecking away at the treats you've left for them.

In the wild, birds typically thrive on a menu of seeds, nuts and fruits. Here are some ideas for making simple tweet treats.

--String peanuts in their shells using a plastic needle and about 24 inches of yam. Tie the loose ends together and loop over the branch of a tree or bush. Peanut shells are soft enough for many birds to crack, so that they can get the nutmeat inside.

--Make kebabs on a string or stick with chunks of stale bagels, apple halves and dates.

--Create a natural seed basket by cutting off the top third of a large fresh orange. Scoop out the fruit and eat it for a snack while you work. Poke three holes equidistant from each other below the rim. Slide three pieces of twine or string through the holes and knot in place. Bring the loose ends together and tie to a tree branch. Fill the hanging orange feeder with birdseed. You also may wish to offer birds a convenient place to perch while they eat. For a perch, find a thin stick a few inches longer than the width of the orange. Cut slits on opposite sides of the orange. Slide the stick through.

Birds have hearty appetites, so fill the feeder regularly and enjoy their spirited songs as they come and go.

Extra idea: Observing, identifying and describing the faithful feathered friends is fascinating for children, so set out a pair of binoculars by your window and teach them how to hold and focus them: It's one thing to spot a bird, and quite another to really look at it.

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

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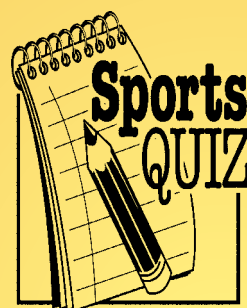
GO FIGURE! by Linda Thistle

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		-		10
-		+		÷	
	x		+		5
x		x		+	
	x		-		26
25		28		11	

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

1 1 3 4 5 6 7 8 9
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- Who was the last Texas Rangers pitcher before Yu Darvish in 2012 to have five straight starts of at least seven strikeouts?
- In 2012, Carlos Beltran became the eighth member of the career 300 steals/300 homers club. Name four of the first seven to do it.
- Coach Bill Belichick and quarterback Tom Brady have made five Super Bowl appearances together. Name three coach/QB pairs to have made four trips.
- When was the last time before 2012 that Creighton won an NCAA men's basketball tournament game?
- How many times was Montreal's Steve Shutt on a Stanley Cup-winning team?
- Who was the last American soccer player before Abby Wambach in 2012 to win the FIFA women's World Player of the Year award?
- Who was the first boxer to have been featured on a Wheaties box?

By Chris Richcreek

appearances together. Name three coach/QB pairs to have made four trips.

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VETERANS POST

by Freddy Groves

Adaptive Sports for Disabled Vets

Disabled veterans who participate in adaptive sports experience less stress, less dependency on medication -- and more independence.

The Department of Veterans Affairs knows this and has loaded their calendar with the Golden Age Games (for those age 55 and older), Summer Sports Clinics, Training-Exposure-Experience (TEE) Tournament (golf), Wheelchair Games and the Winter Sports Clinic.

Coming July 13-18 is the 33rd National Veterans Wheelchair Games in Tampa, Fla. The 17 competitive events include air guns, archery, basketball, bowling, track and field events, handcycling, motorized wheelchair rally, nineball, power soccer, quad rugby, slalom, softball, swimming, table tennis, trapshooting and weightlifting.

Registration deadline is April 15 and is limited to 550 athletes. Get your registration packet online (www.va.gov/opa/speceven/ssc) or call Paralyzed Veterans of America 800-424-8200, ext. 752 or 657. If you were OEF/OIF/OND, there is a grant program for expenses if this will be your first Games. If you want to go, get started on the paperwork. One requirement is that your doctor must sign a Physical Exam Form (Forms C & D).

If you're unable to attend, check for a sports club near you. The Sports Club Finder on the VA's webpage linked above has a searchable index of clubs by state and ZIP code. For example, ZIP code 83709 (Boise, Idaho) lists Paralympic Sport Boise, which has summer swimming and triathlon. ZIP code 27105 lists Triad Trackers, which is a member of the National Wheelchair Basketball Association (NWBA) in Winston-Salem, N.C. The listing notes that 15 percent of the membership are disabled veterans.

ZIP code 68134, which is Omaha, Neb., lists a chapter of the Paralyzed Veterans of America. It offers both summer and winter paralympic sports, including archery, shooting, wheelchair basketball, wheelchair rugby, boccia, powerlifting, track and field, sled hockey and bowling.

COINCIDENCE (continued)

- Actor Anthony Hopkins was looking for a book called *The Girl from Petrovka* by George Feifer because he was playing a part in a movie being made from the book. He looked all over London for a copy but couldn't find one. Later he was waiting in a subway station when he noticed someone had left a book behind on a bench. Picking it up, Hopkins found it was *The Girl from Petrovka*. Two years later Hopkins was filming another movie when he was visited on the set by author George Feifer. Feifer complained that he no longer had even a single copy of his own book because he loaned his final copy to a friend who lost it in London, adding it was particularly annoying because he had written notes in the margins. Hopkins, incredulous, handed Feifer the copy he had found. It was the self same book.

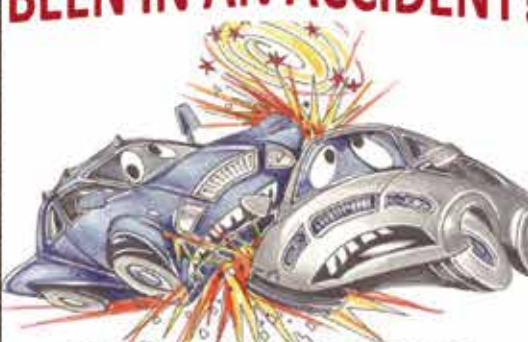
- Gosselin Delius of Brussels, Belgium was caught in a storm while sailing a yacht off the coast of England in 1988. His glasses fell overboard. Several weeks later he was reading a newspaper when he saw an article stating that Yan Gazelle of Belgium had caught a 13-pound monkfish, and found a pair of glasses inside it when he gutted it. The glasses, identified by their serial number, belonged to Delius. They were bent but usable.

- Beatrice Lillie, famed British actress, was appearing in a stage play called "This Year of Grace" in Ontario. During a matinee, the entire cast was on stage for the finale, in which Lillie sang, "Britannia Rules the Waves." The cast lined up behind her, waiting for her to sing the final verse so they could move into their positions across the stage for the final curtain. However, they were shocked to hear Lillie repeating the second verse over again instead of going into the final moves. There was nothing to do but go along with her, and they marked time in the line across the back of the stage as she sang. Suddenly, a huge arc light fell from the ceiling, landing in the middle of the stage with a huge crash. Glass splattered across the stage where the cast would have been standing had Lillie not decided for an unknown reason to repeat the second verse.

continued on next page

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Strange BUT TRUE

- President Harry Truman was once told there were ghosts in the White House. His response? "I'm sure they're here, and I'm not half so alarmed at meeting up with any of them as I am at having to meet the live nuts I have to see every day."
- Pet food is the third most profitable item for supermarkets, following meat and fresh produce.
- The warmest parts of your body are your eyes and nose, while the coldest parts (unsurprisingly) are your fingers and toes.
- In the African country of Zaire, more than 200 different languages are spoken.

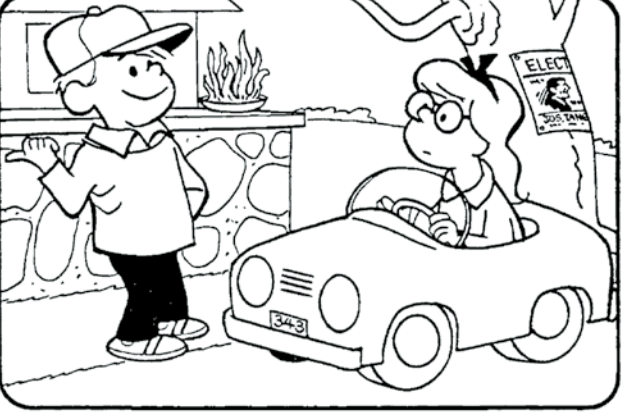
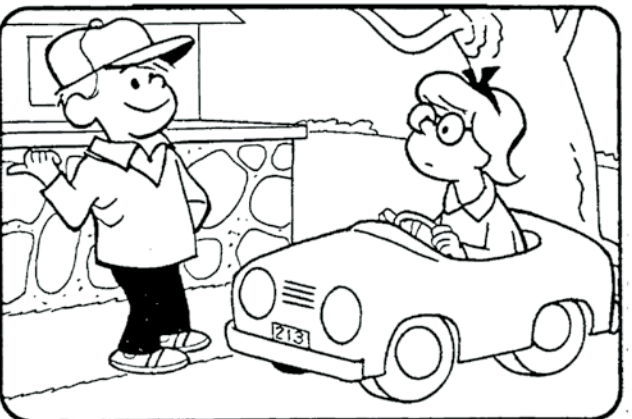
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- It was more than 30 years ago, in 1982, that a man in suburban Los Angeles tied 24 weather balloons to his lawn chair in an attempt to fly. A pretty successful attempt, too -- he made it to 16,000 feet, alarming air traffic controllers and pilots in the process.
- Those who study such things say that the rate of divorce increases during the winter months.
- The Baltimore Orioles had a pretty bad season in 1988. After the team lost its first 10 games, Bob Rivers, a deejay at Baltimore radio station WIYY, announced that he would stay on the air until the home team won a game. He kept his word, sleeping only between songs, for 10 days. When the Orioles finally defeated the Chicago White Sox, Rivers played "I'm Free" by The Who, and finally left.
- Queen termites can live for up to 100 years.
- When respondents to a survey are guaranteed that the results will be anonymous, fully 40 percent of the people admit to cheating on their taxes.

Thought for the Day: "When two men in business always agree, one of them is unnecessary." -- William Wrigley, Jr.

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. Neckline is different. 2. Plant is missing. 3. License is different. 4. Windshield is missing. 5. Hair is different. 6. Poster is missing.

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- | | | | |
|--------------------------|----------------------------------|-------------------------------|---------------------------|
| 1 Humongous | capital | maybe | 30 Potential |
| 4 Unfriendly | 50 Sailing vessel | 9 Troubadour's instrument | pickles, for short |
| 8 Took to the skies | 51 Day divs. | 10 Great Lake | 33 Fall |
| 12 Commotion | | 11 Actress Sela | 34 Appear |
| 13 Eye layer | DOWN | 16 Entryway | 36 Go by bicycle |
| 14 Emanation | 1 Satchel | 19 Epidermis | 37 Thick slice |
| 15 1849 California event | 2 Bachelor's final utterance | 20 Newspaper page | 38 One of The Jackson 5 |
| 17 Commotion | 3 Cohort | 21 Present | 39 A billion years (Var.) |
| 18 Campus digs | 4 Put into words | 22 Shopping centers | 40 Huffed and puffed |
| 19 Trusty mount | 4 Pungent dish in Indian cuisine | 23 Lotions additive | 42 Festive |
| 20 "Yippee!" | 5 Egg | 25 Beauty spot | 43 Man-mouse link |
| 22 Create | 6 "— Miserables" | 26 Pepperidge Farms favorites | 44 Neither mate |
| 24 Equal | 7 Doo follower | 27 Basin | 45 Type measures |
| 25 Shirk work | 8 Zip up, | 28 Start over | |
| 29 Mess up | | | |
| 30 Analogy mark | | | |
| 31 Have debts | | | |
| 32 Paris airport eponym | | | |
| 34 Winter transport | | | |
| 35 Guitars' smaller kin | | | |
| 36 Director Almodóvar | | | |
| 37 Put into words | | | |
| 40 Complaint | | | |
| 41 Stead | | | |
| 42 Source of wealth | | | |
| 46 Teensy bit | | | |
| 47 Vicinity | | | |
| 48 Junior | | | |
| 49 Former European | | | |

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top ten

Sexiest Accents

1. Irish
2. Italian
3. Scottish
4. French
5. Australian
6. British
7. Swedish
8. Spanish
9. Welsh



10. American
Source: Onepoll.com

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TIDBITS
NUGGET OF KNOWLEDGE

The foggiest place in the world is off the coast of Newfoundland, where warm moist air traveling with the Gulf Stream encounters cold Arctic currents. It was in this fog bank that the Titanic crashed into an iceberg and sank in 1912.

People who are transferred to the perpetual night of the Arctic Circle tend to sleep about an hour longer each night.



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KIDBITS

Junior Whirl
by Hal Kaufman

SUM SET-UP! You are challenged to insert the numbers 1, 2, 3, and 6 in the four blanks of the diagram at right so that each of the four straight-line, three-number rows totals exactly 18. Present numbers remain in positions shown. Remember, just four numbers — 1, 2, 3, and 6 — are missing. Proceed by trial and error. How quickly can you insert the four numbers correctly? No fair peeking at answer.

BIRD-SPEAK CONFUSION! PONDER this: If a bird-in-hand is worth \$2, what is the value of two in the bush? \$2? \$4? Fifty cents each? It's a puzzlement. For another puzzlement, see the names of 10 birds listed below that have been deliberately altered. No. 1, for instance, is a robin red-breast. See if you can recognize the others.

1. Robin red-cheek.
2. Baltimore oracle.
3. Scarlet teenager.
4. Red-eyed video.
5. Purple martian.
6. Moaning dove.
7. Tifted tutmouse.

Time limit for this exercise is two minutes.

ON THE MOVE! Ready or not, it's moving time. Add lines dot to dot to complete the picture. What can you draw?

Kids' Maze

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COINCIDENCE (continued)

- Otto Lewis, a lobsterman in Maine, lost his glasses when they fell overboard in the Atlantic. A few days later, a friend who was also a lobsterman returned them to him. He had found them in a lobster trap.
- E.G. Steele of Weybridge, England, served in WWI. He was tried and punished for striking an officer. His punishment was to be tied to a gunwheel for one hour at sundown. Next to his camp was an Australian brigade who passed through their camp each evening to get to a nearby town. Several Australian men discovered Steele tied up, and decided it was ridiculous to tie a man up. One of them stepped forward to cut Steele loose. Steele noticed the man had two missing fingers on his left hand. A decade later, Steele was riding the New York subway when a man sat down next to him and they began to chat. Hearing his Australian accent, Steele began to tell him of his rescue in the war. The Australian interrupted, finished the story for him, and held up his left hand- which was missing two fingers. It was the same man.

WOMEN IN HISTORY
MOTHER BICKERDYKE

Born in Ohio in 1817 and widowed at 42, Mary Ann Bickerdyke had to earn her own way in life. Because she had studied some medicine, she hung out a shingle advertising herself as a Botanic Physician. Her neighbors found that she was handy with the sick and they gladly paid her for caring for their ill, which led to a lifetime of helping others.

- After the start of the Civil War, Mary heard a sermon preached by the brother of Harriet Beecher Stowe, who wrote Uncle Tom's Cabin. She was horrified, not by the facts of slavery, but by the preacher's description of the Union troops. They had not even seen battle yet, but they were dying of dysentery, pneumonia, and typhoid. The congregation raised \$500 for the support of the soldiers, and they elected Mary Bickerdyke to deliver the money to troops in Cairo, Illinois.
- When she arrived at the army stockade, she was shocked at the conditions. The make-shift hospital grounds were filthy and crowded. Instead of simply delivering her gifts and returning home, Mary Ann Bickerdyke commenced cleaning up the camp. She provided hot meals, hot baths, clean clothing, new sheets, and fresh mattresses. The men began calling her Mother, and Mother Bickerdyke she remained for the rest of her days.
- Writing home, she asked her friends to send supplies. She was most concerned about feeding sick soldiers. The Army allotted the sick identical rations as the healthy. This did not seem fair to her. So when packages of goodies arrived for individual men, she confiscated them and passed out the goodies to the people who needed them most.

continued on next page

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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MOTHER BICKERDYKE (continued)

• She toured other camps in the area and found them just as bad. It did not take her long to figure out that the best stuff was being confiscated by the doctors, officers, and cooks. When she discovered a healthy lieutenant wearing clothing intended for the sick, she threw him to the floor and ripped the shirt off him, snatching his stolen socks and slippers as well. The patients cheered. The following day the lieutenant applied for a transfer. She was sure the kitchen help was eating food intended for patients, so one day she carefully cooked up a batch of peaches, saying they were strictly for the sick boys. When she returned a few hours later, the peaches were gone and the kitchen workers were sprawled on the floor, writhing in agony. She had mixed tartar emetic in with the peaches as a little extra surprise.

• Mother Bickerdyke took to the road, following General Grant and his troops around. General Grant told her that he had plenty of supplies and that she need not worry about bringing anything with her. Still, she loaded wagons full of supplies just in case. After the battle of Shiloh, Grant's supplies ran out. She delivered to amazed surgeons chloroform, surgical instruments, bandages, and food. One surgeon, seeing her at work in a field of wounded men, asked her by whose authority she was there. "I have received my authority from the Lord God Almighty," she bellowed. "Have you anything that ranks higher than that?" He decided to leave her alone.

• When the war ended, Mother Bickerdyke continued her campaign of humanity. She opened boarding houses, cleaned up slums, aided destitute farmers, fought for vet's rights, organized a home for neglected youth, rescued fallen women, and taught Sunday school. She died in 1901. Mother Bickerdyke was truly a heroic nurse.

continued on next page

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Moments in time
THE HISTORY CHANNEL

- On March 24, 1603, after 44 years of rule, Queen Elizabeth I of England dies, and King James VI of Scotland ascends to the throne, uniting England and Scotland under a single British monarch. Queen Elizabeth I passed into history as one of England's greatest monarchs.
- On March 23, 1839, the initials "O.K." are first published in The Boston Morning Post. Meant as an abbreviation for "oll correct," a popular slang misspelling of "all correct" at the time, OK steadily made its way into the everyday speech of Americans.
- On March 22, 1908, Louis L'Amour, the author of scores of bestselling Western novels, is born in Jamestown, N.D. After returning from World War II, L'Amour began writing short stories and novels. His big break came when a novel he wrote at the age of 46 became the basis for the popular John Wayne movie "Hondo."
- On March 19, 1916, the First Aero Squadron flies a support mission for the 7,000 U.S. troops who had invaded Mexico on President Woodrow Wilson's orders to capture Mexican revolutionary Pancho Villa dead or alive.
- On March 18, 1937, nearly 300 students in Texas are killed by an explosion of natural gas at their school. Eleven oil and natural-gas derricks stood in the schoolyard as a means of saving the school money. The blast killed most victims instantly and was felt 40 miles away.
- On March 20, 1965, President Lyndon Johnson sends a telegram to Gov. George Wallace of Alabama in which he agrees to send federal troops to supervise a planned civil-rights march in Wallace's home state. Earlier that month, civil-rights activist Martin Luther King Jr. had led two attempts to march to Montgomery.
- On March 21, 1980, President Jimmy Carter informs a group of U.S. athletes that, in response to the December 1979 Soviet incursion into Afghanistan, the United States would boycott the 1980 Olympics in Moscow. It marked the first and only time that the United States has boycotted the Olympics.

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PetBits

Going Off-Leash
By Samantha Mazzotta

DEAR PAW'S CORNER: My puppy, "Sky," is approaching a year old, and she is still a bit rambunctious. I'd like to take her to a nearby off-leash dog park, but I'm worried about how she will act around other dogs and people. – John P., Portland, Maine

DEAR JOHN: First, I want to commend you for putting so much thought into your decision to bring Sky to an off-leash park. It's important to be considerate of how your dog will behave in social situations. The question now is, how exactly will she behave?

My guess is that Sky has not spent a lot of time with other dogs. She's old enough now to start socializing, but first make sure she has had all needed vaccinations. Start small -- schedule a play date with a friend or neighbor's dog, and gradually build the number of dogs she's around. Supervise her the entire time to make sure she gets along well with other dogs.

If it isn't possible to do a limited play date, look into weekly group training sessions with a professional trainer. These will reinforce basic obedience skills with Sky with the added benefit of socializing, in a controlled environment, with other dogs.

If neither option is available, slowly introduce Sky to the dog park. Pick a time when few dogs are in the park. (You'll need to scout the park on your own beforehand.) Keep her on the leash for the first few visits, especially when she's meeting new dogs.

Be a good park patron, too. Talk with the other dog owners while you're there -- they can offer helpful advice. Pick up after Sky. Make sure Sky will respond to you and your commands both on and off leash.

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.

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

ARCTIC EXPLORERS

When European explorers informed the native Dene Indians of the Northwest Territories that explorer Alexander Mackenzie had “found” the river that now bears his name, the Indians replied that they didn’t know the river had ever been lost.

SHIP OF FOOLS

• Martin Frobisher sailed from England past Greenland in the year 1576 in search of the Northwest Passage. He ran into trouble with the native Eskimo and turned for home, taking samples of ore-bearing rocks he found on the shore. In England, a chemist announced it was gold ore. Frobisher mounted a second expedition, feeling that gold was more important than the Northwest Passage. He spent the summer of 1577 on Baffin Island, loading three ships with 200 tons of rock. Back in England, scientists exclaimed over how much gold the rocks bore— so Frobisher headed back again, this time with 15 ships. He brought home 1,350 tons of ore this time, and smelters in England spent five years trying without success trying to extract gold from it. Only then did they discover the “gold” was actually iron pyrite— fool’s gold. It was worthless.

GHOST SHIP

• On August 11, 1775, a Greenland whaling ship called the Herald found itself in a sea full of icebergs in gale force winds. By morning, the weather cleared. Suddenly another ship came into view. As they neared it, the whalers saw that the unknown ship was covered with ice and no humans were on deck. They received no answers to their hails. The captain lowered a longboat and went to investigate, accompanied by eight men. As they approached the derelict ship, they saw that her name was the Octavius. Boarding, they found no sign of life.

• Kicking open the ice-coated door to go below, they were greeted by a musty odor. The men found a corpse in every bunk. Each was bundled in blankets and perfectly preserved by the cold. In the captain’s cabin, they found the captain’s body slumped forward on a desk, pen in hand. The body of a woman lay in the bunk. In the corner of the cabin was the corpse of a sailor, with a flint in one hand and a piece of steel in the other. A mound of wood shavings was in front of him. Nearby, under a heavy coat, was the body of a small boy. They found no provisions on board. Taking the log book, they returned to their own ship. Unfortunately, the log book was dropped and many pages lost into the ocean. The Octavius drifted off, never to be seen again. The logbook revealed that the doomed ship left England bound for China on September 10, 1761. Good winds and fair weather prevailed, and nothing was amiss. The final page said, “We have now been enclosed in the ice 17 days, and our approximate position is Longitude 160 W, Latitude 75 N. The fire went out yesterday, and our master has been trying to rekindle it again but without success. He has handed the steel and flint to the mate. The master’s son died this morning and his wife says she no longer feels the terrible cold. The rest of us seem to have no relief from the agony.” The location given in the logbook in the final entry was north of Point Barrow, Alaska. The captain of the Octavius had decided to look for the yet undiscovered Northwest Passage through the Arctic instead of sailing home all the way around South America. The ship, locked in the ice, sailed on even after the demise of the crew— and became the first ship ever to negotiate the elusive Northwest Passage. Her crew for the journey was a captain and crew who had been dead for 13 years. Today the logbook of the Octavius is in the archives of the Registrar of Shipping in London.

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
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- Accurate Audiology
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- Green Panda
- Champion Karate West
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- 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
- Papa Johns
- Take A Break
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THIS WEEK'S CELEBRITY BIRTHDAYS
 Patrick Duffy 3/17/1949
 Bonnie Blair 3/18/1964
 Glenn Close 3/19/1947
 Holly Hunter 3/20/1948
 Matthew Broderick 3/21/1962
 Andrew Lloyd Webber 3/22/1948
 Joan Crawford 3/23/1904
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Weekly SUDOKU
 by Linda Thistle

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

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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Corned Beef with Cabbage and Potatoes

- 1 (about 4 1/2 pounds) corned-beef brisket, trimmed of excess fat
- 20 whole black peppercorns
- 5 whole allspice
- 5 clove garlic, unpeeled
- 2 bay leaves
- 4 pound all-purpose potatoes, peeled and each cut into quarters
- 1 pound parsnips, peeled
- 1 medium (about 3 pounds) head green cabbage, cut into 8 wedges, with core attached
- Chopped parsley for garnish

- Horseradish-Mustard Sauce
- 1/2 cup grainy Dijon mustard
 - 2 tablespoons pure maple syrup
 - 1 tablespoon prepared white horseradish

1. Prepare Corned Beef and Vegetables: In 8-quart Dutch oven or saucepot, place brisket, peppercorns, allspice, garlic, bay leaves and enough water to cover; heat to boiling over high heat. Reduce heat to low; cover and simmer 2 hours 30 minutes.
2. Add quartered potatoes, whole carrots and whole parsnips to Dutch oven; heat to boiling over high heat. Reduce heat to low; cover and simmer 30 minutes or until meat and vegetables are tender. With tongs and slotted spoon, transfer meat and vegetables to platter; cover and keep warm.
3. Add cabbage to liquid in Dutch oven; heat to boiling over high heat. Reduce heat to low; cover and simmer 5 minutes or until cabbage is tender.
4. Meanwhile, prepare Horseradish-Mustard Sauce: In small bowl, with fork, mix mustard, maple syrup and horseradish until smooth; set sauce aside.
5. Drain cabbage and add to platter with meat. Thinly slice meat and serve with vegetables and mustard sauce. Garnish with chopped parsley. Serves 8.

- Each serving: About 520 calories, 12g total fat (4g saturated), 105mg cholesterol, 1,450mg sodium, 64g total carbs, 10g dietary fiber, 41g protein.

COMMUNITY NEWS BITS Mar 18, 2013

PAYSON

Mar Business of the Month - - Rory Adams, Farmer's

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.

Congratulations to Arrowhead Upholstery

WE HAVE MOVED TO 954 E 100 N!!!
Arrowhead Upholstery offers full interior restoration services for classic and late model cars & trucks, as well as motorcycles, RV's, boats, golf carts and more. The new building is also home to Utah Avenue Insurance. He does most of his work with seniors and retirees, helping them with Medicare, Life Insurance, home & auto insurance, and other related products.



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 sponsoring this event. Sponsors 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 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. 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

For more information, contact

- Colin Logue 801.609.8699 utahavenueinsurance@gmail.com or
- Carolyn Bowman 801.465.2634 paysonchamber@yahoo.com

Check our website for upcoming events and special coupons. www.paysoncitychamber.com

SPANISH FORK / SALEM

March Business of the Month - Sam's Club in East Bay, Provo. Congratulations to our March Business of the Month! Sam's is a proud member of the Spanish Fork Chamber of Commerce. Their Marketing team, headed by Jordan Perry, has been a huge support for our Chamber. Things they are involved in are the Annual Easter Egg Hunt, Ribbon Cuttings, Noon Networking Luncheons, Business Fairs, Main Street Trick or Treat, Summer Party, Nebo Economic Summit, and many others. We as a Chamber of Commerce are proud to have them as a member and sponsor. Thanks to Sam's Club for all you do! Thanks Sam's!



Gephardt Approve Maple Creek Home Health and Hospice

We are pleased to announce that we have just received our Gephardt Approval. What is Gephardt Approval? The Gephardt website explains: "When your business becomes a Gephardt Approved business, you immediately distance yourself from your competitors. Having been proven fair, honest, capable and concerned about your customers...Truthfully, not every company has the goods to be Gephardt Approved" The website goes on to say that Gephardt approval for a business means that the business is "the best in your industry". Congratulations to Carma and her staff at Maple Creek Home Health and Hospice!



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.

Creative Signs and Graphics in Spanish Fork Now Hiring a Business Manager - Currently searching for a candidate to assume responsibilities of managing the business. Candidates are not required to have printing or sign shop experience, but it would be helpful. Successful person will need management experience. If interested, please email your resume to Steve Wright @ steve.wright@mcfoods.com or call 1-801-894-1118.



PLEASANT GROVE

Utah Children's Choir - The UCC annual Family Concerto be Mar 25 at Manila Elementary at 7 pm. The Mar 29 concert is a collaboration with the Pleasant Grove Orchestra. The concert will be at the P G High School at 7 pm.

doTERRA IS HERE! doTerra groundbreaking in Pleasant Grove! The essentials oils company, doTERRA, will be making their new world headquarters here in Pleasant Grove and bringing in hundreds of new jobs as well as an amazing product. It plans to construct a new corporate campus & will consolidate its global research and development, information technology, sales and marketing, customer service & other company operations in the new facilities. Construction on the first phase of the project will begin in April and is anticipated to be complete in late summer 2014, housing over 750 employees upon completion.

NEW CHAMBER OF COMMERCE WEBSITE: Check out our new Chamber of Commerce website at <http://www.plgrovechamber.org/> Great info on new businesses and upcoming events!

ORCHESTRA AND CHOIR PERFORMANCE: The Pleasant Grove Orchestra and Utah Children's Choir will present Old World Songs Meets New World Symphony on Mar 29th at 7P at Pleasant Grove High School. This event is FREE!

ANSWERS

SPORTS QUIZ

1. Bobby Witt, in 1987.
2. Barry Bonds, Bobby Bonds, Andre Dawson, Steve Finley, Willie Mays, Alex Rodriguez and Reggie Sanders.
3. Tom Landry and Roger Staubach, Marv Levy and Jim Kelly, and Chuck Noll and Terry Bradshaw.
4. It was 2002, when the Bluejays beat Florida.
5. Five.
6. Mia Hamm, in 2002.
7. Muhammad Ali.

WORD POWER ANSWER ESKIMO

TRIVIA NEWSFRONT ANSWERS

1. Arctic waters freeze at 30 degrees instead of 32 degrees because of the high salt content.
2. Over 900 species of flowering plants live in the Arctic.
3. A lichen one inch in diameter may be 1,000 years old.
4. The midnight sun lasts 73 days at the North Pole, April 19 – Aug. 23.
5. The South Pole is colder than the North Pole because it's a continent instead of a point in the ocean.



1. Off the coast of West Africa
2. Four -- Theodore Roosevelt, Woodrow Wilson, Jimmy Carter and Barack Obama
3. At the base of the spine
4. Enemy sympathizers who might give aid to an invader
5. 1955
6. Bushido
7. Arcade game
8. A thickening agent
9. Duane and Gregg
10. Eugene O'Neill

Go Figure! answers

6	x	3	=	8	10
-		+		÷	
1	x	1	+	4	5
x		x		+	
5	x	7	=	9	26
25		28		11	

King Crossword

Answers
Solution time: 27 mins.

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

Weekly SUDOKU

Answer

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

SNOWFLAKES

