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TIDBITS® EXAMINES **PLANET NAMES**  
by Kathy Wolfe

The planets in our solar system have derived their names from many varied sources, and have lent their names to several common items. This week, Tidbits presents a look at numerous uses of planet names.

- Mercury was the messenger of the gods. The son of Zeus, Mercury was the father of Pan. According to mythology, Mercury could travel with the speed of thought. He also had the responsibility of leading the souls of the dead to the underworld. Mercury was also the god of commerce and financial gain; in fact, the word "merchant" is derived from his name. During the festival of Mercuralia, merchants sprinkled their heads, goods, businesses, and belongings with water to bring good luck.
- The chemical element Mercury is commonly known as quicksilver, and is used in thermometers, barometers, and fluorescent lamps. Although a useful element, it can have toxic effects, including damage to the brain, kidneys, and lungs. Mercury poisoning can bring on impaired vision and hearing, a lack of coordination, tremors, violent muscle spasms, sleep disturbances, and memory loss. Mercury was found in excavated Egyptian tombs dating back to 1500 BC.

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**PLANET NAMES (continued):**

- Venus was the Roman goddess of love, beauty, and fertility. Myths claimed she could also provide military victory and prosperity.
- The ancient Greek statue, the Venus de Milo, was discovered in 1820 by a peasant. The marble sculpture was buried in the ruins of the ancient city of Milos on the Greek island of Milos. It was found in two large pieces – the upper torso and the lower draped legs – along with a few fragments of the upper left arm and hand holding an apple. It's thought to represent Aphrodite, the Greek goddess of love and beauty. The same goddess is known as Venus to the Romans, and since it was found on the island of Milos, the statue was named accordingly. Venus de Milo stands 6 ft. 8 in. (203 cm) high and is believed to have been created around 100 BC. In 1821, the statue arrived in France and presented to Louis XVIII, who donated it to the Louvre Museum, where it is still found today. It was removed from the Louvre in 1939, as war threatened Europe, and stored temporarily in the Chateau de Valencay, a mansion in the French Loire Valley.
- The Mars candy company is the nation's sixth largest privately-held company, still entirely owned by the family of its founder, Frank C. Mars. Having learned how to hand-dip chocolate from his mother in the late 1800s, Frank and his wife started up a factory in his Tacoma, Washington kitchen in 1911. A popular type of milkshake inspired Frank's son to invent the Milky Way bar in 1923, advertising it as a "chocolate malted milk in a candy bar." The Snickers bar came along in 1930, and the 3 Musketeers bar followed in 1932.
- In 1941, with the U.S. at war, Frank Mars anticipated a shortage of sugar and chocolate. He approached Bruce Murrie, an executive at Hershey, with an idea for a candy to be sold strictly to the military. The candy was chocolate


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**Monthly Financial Planning Tip From Kailee And Chandra:**

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with a candy coating, and was heat-resistant and easy-to-ship, the perfect treat for soldiers. Mars offered Murrie a 20% share in return for a steady source of chocolate, and the little candies became known as M&M's. After the war, in 1945, M&M's were made available to the public. It wasn't until 1950 that the little "m" was imprinted on each candy. Peanut M&M's debuted in 1954. More than 400 million M&M's are produced in the U.S. every day.

- Uranus, also known as Ouranos, was the god of the sky in mythology. According to Greek literature, he was called Father Sky, and was the son of Gaia, Mother Earth. Uranus was the father of Saturn, who was the father of Jupiter, who was the father of Mars.
- Jupiter was the chief Roman god, god of light, sky, and weather, as well as laws. His Greek equivalent was Zeus.
- The Miami Marlins Class A minor league baseball team is based in Jupiter, Florida, and is known

as the Jupiter Hammerheads, named for the hammerhead shark.

- Neptune, the Roman god of water, is pictured as a tall, white-bearded man, carrying a three-pronged fisherman's spear known as a trident. Because he traveled over the sea in a horse-drawn chariot, he was also believed to be in charge of the sport of horse-racing. His Greek counterpart is the god Poseidon. Neptune was the brother of Jupiter and Pluto, who reigned over the heavenly realms, the earthly world, and the underworld.
- Neptunalia is a festival held on July 23, paying homage to and asking for blessings of water from Neptune during summer's drought and heat.
- The Neptune Society is in the business of providing unusual burial grounds. In San Francisco, the company operates a copper-domed Neo-Classical building with more

**Continued pg.4**

**TIDBITS**  
presents  
**TRIVIA NEWSFRONT**

1. What was the number one-selling candy in the U.S. in 1956?
2. What was the last model of Saturn vehicles produced?
3. DC Comics superheroes Flash and Shazam are based on what god?
4. What month of the year was named for the mother of the god Mercury?
5. Name NASA's first manned spaceflights, from 1961 to 1963.

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

The Mars candy family was the richest family in America for many years until surpassed by the Walton family of Wal-Mart fame.



- 
- \* "Use an old, fine-tip paintbrush or makeup brush (natural bristles, not plastic) to remove mistakes in nail painting. Dip brush in remover, and paint around the edges of freshly painted nails to remove overpaint with precision. Make sure to rinse brush immediately, and mark it so that you don't accidentally use it to apply makeup or anything." -- E.I.
  - \* To "hang" a sturdy file sorter inside a low cabinet, use stick-on hooks. You can use it to store cutting boards or pot lids. Also, when hung in a mid-level cabinet, you can create a wrap dispensing station with aluminum foil, waxed paper and plastic wrap.
  - \* A dryer sheet can be used to safely clean dust from your TV screens.

- \* N.B. in Tennessee writes in response to using toothpaste to camouflage a nail hole in the wall: "I have found that white chalk is much better, because it hardens just like Sheetrock." To use the chalk, make a paste from chalk shavings and water, and apply as you would spackle. Let dry 24 hours.
- \* "When traveling, let your host or hostess know of any serious health problems or aller-

gies you may have, and what to do in case of an emergency." -- M.W. in Saskatchewan, Canada

\* With spring in full swing, here's a fun activity to keep the toddlers in your life occupied while you take care of the gardening. Give your kids a bucket of water and a paintbrush, and let them "paint" a wooden fence or even the side of a cement-block house.

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by Samantha Weaver

\* It was 20th-century German poet and playwright Bertolt Brecht who made the following sage observation: "Art is not a mirror held up to reality but a hammer with which to shape it."

\* If you're like 83 percent of American pet owners, you believe that your pet is better at cuddling than your significant other.

\* According to Guinness World Records, the world's largest snowflake measured 15 inches across.

\* The Bureau of Labor Statistics, the government's principal fact-finding agency in the field of labor economics and statistics, tracks employment trends. Using nationwide employment data, the BLS created projections of which occupations are likely to increase and which are like-

ly on the decline. Unsurprisingly, healthcare and technology jobs are on the rise, while employment in manufacturing and farming is falling. It even identified 15 specific occupations as "fast declining." At the top of the list of jobs on the way out are locomotive firers -- though the surprise for many may be that the job even still exists. Also included in the top 10 are telephone operators, switchboard operators, postal service mail sorters, and sewing- and shoe-machine operators.

\* Those who study such things say that the average stalk of celery contains 6 calories. However, since they're in the form of cellulose, even those few calories aren't absorbed into the body. Since some minute amount of energy is burned in the process of chewing, eating celery does indeed result in a net caloric loss.

\* You might be surprised to learn that Canada has more lakes than all the rest of the world combined. \*\*\*

*Thought for the Day: "I tore myself away from the safe comfort of certainties through my love for truth -- and truth rewarded me." -- Simone de Beauvoir*

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Weekly SUDOKU

by Linda Thistle

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

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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King Crossword

ACROSS

- 1 Scrooge's cry
- 4 Astronaut Grissom
- 7 Indiana politico Bayh
- 11 Egg
- 13 Fire residue
- 14 Predicate part
- 15 Thin tie with a clasp
- 16 Shelter, at sea
- 17 Corp. bigwig
- 18 Honey bunch?
- 20 Rhett's shocking word
- 22 Fresh
- 24 Shortcoming
- 28 Custodian
- 32 Broadcasting
- 33 PC picture
- 34 Set of tools and parts
- 36 Singer Campbell
- 37 Naval prisons
- 39 Own
- 41 Rachmaninov or Prokofiev
- 43 — -jongg
- 44 Volcanic outflow
- 46 Luxury boat
- 50 Bullets and such
- 53 Autumn mo.
- 55 Entrance
- 56 Serve tea
- 57 Pi follower

1	2	3		4	5	6		7	8	9	10	
11			12		13			14				
15					16			17				
18				19		20		21				
			22		23		24			25	26	27
28	29	30			31		32					
33					34		35		36			
37				38		39		40				
41					42		43					
			44			45		46		47	48	49
50	51	52			53		54		55			
56					57				58			
59					60					61		

- 58 Napoleon's exile site
- 59 Nervous
- 60 Evergreen type
- 61 Plaything
- 1 Goes up and down
- 2 Acknowledge
- 3 Hawaiian dance
- 4 Guy's partner
- 5 Secondhand
- 6 Bundle of wheat
- 7 1990s Burt Reynolds sit-
- 8 Annoy
- 9 Exist
- 10 Peacock network
- 12 Trumpet-shaped flower
- 19 Encountered
- 21 Cow's call
- 23 Stir-fry pan
- 25 Hay bundle
- 26 Falsehoods
- 27 Sea eagles
- 28 Triangular sails
- 29 Land measure
- 30 Black (Fr.)
- 31 Tear
- 35 Male cat
- 38 Caribbean, for one
- 40 Express
- 42 Tusk material
- 45 Liniment target
- 47 Stallion, as a child
- 48 Vagrant
- 49 Salver
- 50 Gorilla
- 51 Chic, in the '60s
- 52 Coffee holder
- 54 AAA job

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Carlyne Lee lives in the Shuswap and is Author of 15 Cookbooks. For more information or to purchase your own copies of her books you can phone 250-836-3181 or 1-877-812-3181

ARMSTRONG'S HAM AND PINEAPPLE SALAD

- 1 cup water
- 2 tablespoons butter
- 1/2 teaspoon garlic powder
- 1 cup couscous
- 1/4 pound cooked ham, cut in 1/2 inch pieces
- 1 (8 ounce) can pineapple chunks, juice reserved
- 1/2 small red onion, sliced
- 1 cup frozen peas, thawed
- 1 tablespoon lemon juice
- 1 teaspoon Dijon prepared mustard
- 1 tablespoon vegetable oil
- salt and pepper to taste

In a large saucepan, bring water, butter and garlic powder to boil. Turn off heat and stir in couscous. Cover and let stand for 5 minutes. Fluff with a fork and let cool. In a large bowl mix together couscous, ham, pineapple, onion and drained peas. In a small bowl whisk together 1/4 cup reserved pineapple juice, Dijon mustard and vegetable oil. Pour dressing over the salad and stir too coat. Salt and pepper to taste. (A very nice salad-a delicious and healthy way to use up leftover ham.) This tasty recipe is from my "MAKE DELICIOUS MEALS WITH LEFTOVERS" cookbook containing 120 great meals using leftovers!

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: N equals B

ZFX IQJAA HCHC SQCKX MJWUP  
AJHXZDHXA IFCAZDAX FXQ AKJDUXP  
NCNO NO AFJWZDES "AZJK OJWQ  
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**PLANET NAMES (continued):**

than 8,500 spots for cremation urns. A more unusual final resting place is located off the coast near Key Biscayne, Florida. The world's largest man-made underwater reef, covering 600,000 sq. ft. (65,000 sq. m), and located 40 feet (12.2 m) below the surface has been dubbed the Atlantis Reef. Cremated remains are mixed with cement to create features of the Reef, which has a planned expansion to 16 acres, with an eventual goal of 125,000 remains. Underwater roads lead to a central area with benches and statues. Memorial plaques mark the final home of each of the deceased.

- Saturn was the Roman god of agriculture, taking his name from the word satu, meaning "sowing."

He was also god of the harvest, and the Roman festival Saturnalia was celebrated at harvest. Saturday is also named after this god.

- Saturn vehicles were a subsidiary of General Motors, founded as a private employee-owned company, and marketed as a "different kind of car company." The first Saturn drove off the assembly line in Spring Hill, Tennessee in 1990, and vehicles were manufactured until 2009.
- The dwarf planet Pluto was named after the god of the underworld following a contest was held in 1930. An 11-year-old British schoolgirl, who loved classical mythology, suggested the name Pluto.
- Walt Disney presented Pluto the Pup in the

1930 Mickey Mouse film "The Chain Gang." Although all of Disney's main characters – Mickey, Minnie, Donald Duck, Daisy Duck, Goofy, and Pluto – are all animals, the yellow-orange dog is the only one not dressed as a human.

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WOW, I MUST HAVE CABIN FEVER. WE BOTH KNOW WE'RE IN FOR MANY HOURS OF YARD WORK.

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**UNUSUAL PLANTS: DANDELIONS**

Did you know that every April 5<sup>th</sup>, we celebrate National Dandelion Day? Let's take a look at this little plant, which can be viewed as a pretty flower or a pesky weed.

- Dandelions are members of the same family as asters, daisies, and sunflowers. With about 100 species known to exist, they're found on every continent and used as food almost since the beginning of time! The name of this bright yellow flowering plant comes from the French "dent de lion," which translates "lion's tooth," because of the toothed leaves of the plant. Its folk names include swine snort, bitterwort, Irish daisy, Priest's Crown, and cankerwort.
- Each of the bright yellow petals of the dandelion is actually an individual flower that will produce a fruit. When the flowers turn into the familiar puff ball, these fruits (called achenes) will be dispersed by the wind and re-seed. A seed can travel 5 miles (8 km) before it finally reaches the ground. If their habitat is disturbed, dandelions will produce more seed than usual as a defense mechanism.
- The dandelion will grow up to 17 inches (43 cm) in height. If it seems like they're tough to dig up, it's because their roots can reach up to 15 feet (4.5 m) underground. However, the usual length is 18" (45 cm), still plenty hard enough to pull up.
- The stem of the dandelion is hollow, but it produces a milky liquid that contains latex. Scientists are researching its potential as an ingredient in automobile tires.
- While dandelions are considered a nuisance in our

**TIDBITS QUOTE**

"I am not going to Mars unless they have a McD's dollar menu." Steven Magee



beautiful residential lawns, they are actually harvested as a crop in Belgium.

- There seems to be no end to the health benefits of the dandelion. The entire plant is edible, and is rich in Vitamins A, C, and K, as well as possessing a high level of iron, calcium, and potassium. The good news for diabetics is that dandelion juice stimulates the production of insulin in the pancreas, lowering blood sugar level. Research also indicates that dandelions can boost the immune system.
- Drinking dandelion tea is good for the digestive system, since it promotes digestion

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DANDELIONS (continued):

and acts as a mild natural laxative. It's also used for relief from liver and urinary disorders and jaundice.

- The dandelion's milky sap is useful for treating fungal infections, for itchiness, ringworm, and eczema. It can ease the pain of a bee sting, and has been known to eliminate warts and acne.
- Dandelion can also be used as a natural fabric dye, with the flower heads producing a yellow-green color and the leaves making a purple dye.
- Some folks make a tasty dandelion wine with flower petals, sugar, lemon, raisins, white grape juice, and yeast. Dandelions can also be used in the making of root beer.

## VITAMIN C

April 4 was Vitamin C Day, so Tidbits is concentrating on the details of this water-soluble vitamin.

- A water-soluble vitamin is one that the body doesn't store. We have to get our needs from foods on a continual basis.
- The vitamin was first discovered in 1912, then isolated in 1928 by a Hungarian biochemist named Dr. Albert Szent-Gyorgi, who was conducting research on the chemistry of cell respiration. It was first made in 1933.
- Vitamin C is necessary for the growth and repair of tissues in all parts of the body. It's crucial for the production of collagen, the most abundant protein in the body. Collagen, found in bones, cartilage, muscles, skin, and tendons, is what holds the body together. Vitamin C is vital for the healing of wounds, as well as helping the body absorb iron, and for the synthesis process that helps convert fat to energy.
- Osteoarthritis, a degenerative joint disease, is the result of the breakdown of joint cartilage and bone, resulting in pain from the pressure on joints. Although people

Continued pg.6



*Ladies*

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## Community Events

**Sorrento Lions Club** are having their annual **Easter Egg Hunt** at Blind Bay/Sorrento Community Park, 2670 Davidson Road, Sorrento, on Sunday April 16th at 11:00 am. Please bring your own basket for collecting eggs, wear your best bonnet for the Easter Bonnet Contest which is open to all ages, and enjoy food and refreshment that is provided by River of Life Church. It's all free. Come out with your family and friends.

**Fitness for Independent Living**- Chair assisted exercise program. Spring Session: Mar. 23-Apr.27 Thursdays at 10:00 am Blind Bay Hall - lower level 2510 Blind Bay Rd Blind Bay Cost: \$37/session: \$30 for members Drop-in: \$7

**Carlin Hall Events:** April 22. Annual Spring JUNK N YUR TRUNK SALE. Info for tables Joan 250-835-0104

**Notch Hill Hall Coffee House** Season Finale & Appreciation Night Saturday April 15th Performers' Beef-on-a-Bun Supper @5:30, Music at 7:00 Audience can purchase same for \$5. Everyone welcome.

The men of Notch Hill Town Hall Association want to show Mothers they are appreciated by serving a **Yummy Pancake Breakfast Sunday May. 14th** at the hall. 8-11:30am. \$7 (kids under 10-\$3.50). First 50 mothers receive a gift!

**Shuswap Fly Fishers** meet 2nd Thursday of each month. 5:30pm at Yans Restaurant. Next meeting May 11th. Call Al for more info at 250-804-5166

**White Lake Fire Dept 36th Annual Mother's Day Pancake Breakfast**, Sunday, 14th May 8-11am at White Lake Community Hall. Breakfast cooked and served by Fire Dept Members. Funds raised support local student bursaries, donations to local causes - health and education.

**Sorrento Lions Club Spring Cleaning Garage Sale** will be held at Sorrento Memorial Hall, 1150 Passchendaele Road, Sorrento, on Saturday May 27th from 9am to 3pm. If you have any household items that are taking up space and that you would like to donate, please call either Wayne Kembel at 250 675 4742 or Brian Butcher at 250 675 3248 for further information regarding pick-up and delivery options. Please do not give us large appliances, mattresses, upholstered furniture, clothes or computer electronics.

**Shuswap Garden Club** meeting: 7:00 pm, Thurs. April 27th at the Scout Hall (2460 Auto Road). Guest speaker Master Gardener Chris Guiver will talk about plant division. Everyone is welcome.

### non profit event info

info@tidbitsshuswap.com 250-803-4664

## Texas Holdem Tournaments

### Monthly Games in the Shuswap

Next Tournament April 23

Call Brad for more info

250-803-4603

## Senior Citizen Buying Guns

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### VITAMIN C (continued):

who eat diets rich in Vitamin C are less likely to be diagnosed with arthritis, there isn't any evidence that taking Vitamin C supplements will help treat it.

- Because Vitamin C is also an antioxidant, it blocks some of the damage caused by free radicals, those molecules responsible for aging and tissue damage that can harm DNA. Many studies indicate that getting a good supply of Vitamin C may be connected to lower rates of cancer.
- If the body is deficient in Vitamin C, it will exhibit signs of dry, splitting hair, gingivitis, bleeding gums, nosebleeds, and a decreased ability to fight infection. Skin is dry and scaly and bruises easily. Low levels of Vitamin C make a person more likely to have a heart attack or stroke, and have been associated with gallbladder disease and high blood pressure. Smokers have a higher risk of deficiency, as well as those who take nonsteroidal anti-inflammatory drugs.
- Scurvy is an extreme lack of Vitamin C in the diet. It takes at least a month of little to none before the symptoms begin. It was documented as a disease by Hippocrates, and described as early as 1550 BC. A 1753 publication by a Scottish Royal Navy surgeon was the first evidence of the proof that scurvy could be treated with citrus fruit. The disease was rampant among early sailors on lengthy voyages since fruits and vegetables could not be kept fresh for very long.
- Vitamin C can be found in a multitude of foods and is easy to obtain from the diet. Fruits and vegetables are the richest source, including citrus fruits, watermelon, cantaloupe, strawberries, mangos, pineapple, berries, broccoli, cauliflower, cabbage, green peppers, tomatoes, potatoes, and squash. Because Vitamin is sensitive to light, air, and heat, raw or lightly cooked fruits vegetables are a better source.
- When you feel a cold coming on, do you load up on Vitamin C? It's a popular belief that it can cure the common cold, but there really isn't scientific evidence to back up that claim. Those who take Vitamin C supplements on a regular basis, not just when they feel a cold coming on, may see about a one-day reduction in the cold's duration.

**HOCUS-FOCUS** BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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**FLASH BACK** By Mick Harper

POP ROCK & SOUL TRIVIA

- John Bonham was the drummer for which rock band?
- Who released "If You Want Me to Stay," and when?
- What is Napalm Death's 1989 "You Suffer" best known for?
- Name the drummer whose kit exploded on The Smothers Brothers Comedy Hour.
- Name the song that contains this lyric: "You're gonna leave her once too many times and when you come back, That girl's gonna be mine."

### Answers

- Led Zeppelin. The group disbanded after Bonham's death in 1980. He'd ingested the equivalent of 40 shots of vodka in a 24-hour period.
- Sly and the Family Stone, on their 1973 "Fresh" album.
- It's short ... 1.36 seconds, to be exact.
- Keith Moon of The Who. He'd put too much flash powder in the drums, and the explosion nearly took out the stage. The band was known for explosions and crushed instruments during their performances, but this prank resulted in actual shrapnel from the cymbals.
- "Shoo-Be-Doo-Be-Doo-Da-Day," by Stevie Wonder, in 1968. It was the first song where he used the clavinet, an electrically amplified clavichord. A number of groups produced music with the clavinet, mostly for sound effects, but by the 1990s spare parts were hard to find.

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## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Dubious

**SCUTEPS**

Seek

**CHERAS**

Pop

**TRUBS**

Train

**CHEAT**

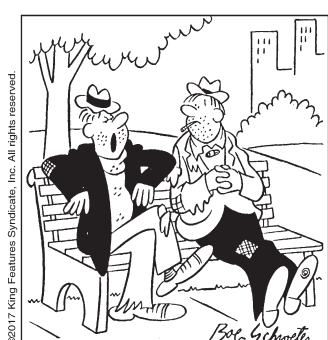
### TODAY'S WORD

## Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                       |           |                      |           |
|-----------------------|-----------|----------------------|-----------|
| 1. Forest opening     | ___ D ___ | Dirty look           | ___ R ___ |
| 2. Oleo's competition | ___ U ___ | Pancake mix          | ___ A ___ |
| 3. Make known         | ___ V ___ | Revoke a law         | ___ P ___ |
| 4. Dried plum         | ___ N ___ | Goody-goody          | ___ D ___ |
| 5. Mental health      | S ___     | Conceit              | V ___     |
| 6. Have faith in      | ___ U ___ | Romantic rendezvous  | ___ Y ___ |
| 7. Sheen or Dean      | ___ T ___ | Hemingway's big fish | ___ L ___ |
| 8. Poker bet          | ___ G ___ | Thirst quencher      | ___ T ___ |
| 9. Seaside find       | ___ H ___ | Bulge                | ___ W ___ |
| 10. Push forward      | ___ L ___ | Prim                 | ___ R ___ |

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**Pet Bits** PAW'S CORNER By Sam Mazzotta

**Isn't It Dangerous to Give Pets Yeast?**

---  
 DEAR PAW'S CORNER: You recently told a cat owner that it was OK to give her pet yeast as a supplement. Yeast is supposed to be very bad for pets. Why did you recommend it? -- Concerned in Cincinnati

DEAR CONCERNED: This is a great opportunity to discuss the difference between live yeast and brewer's or nutritional yeast.

You're right that live yeast, particularly dough leavened with yeast, can be a danger to pets. If, for example, your cat gets up on the kitchen counter where your soon-to-be loaf of bread is rising, and eats the raw dough, trouble could be brewing. That dough may continue to rise in its stomach, and could cause a blockage in the digestive system that, if not treated immediately, could be fatal.

Brewer's or nutritional yeast, on the other hand, is a "dead" yeast. Once it has been propagated (grown) in a medium like molasses (for nutritional yeast) or as part of the beer-brewing process (for brewer's yeast), it's pasteurized and dried. This stops the yeast from multiplying, while retaining its nutrients, like B vitamins. Brewer's yeast has either a powder or flake consistency, unlike active yeast, which is packaged as small granules.

The amount of brewer's yeast to give a pet depends on its weight. Follow the dosage instructions on the package -- typically the yeast is mixed in with a pet's food.

Most pet formulations of brewer's yeast also contain powdered garlic, which is said to help ward off fleas and ticks. Garlic can be toxic to cats and dogs, making it doubly important to follow instructions exactly and contact the vet immediately if a pet consumes too much.

Send your questions, comments or tips to ask@pawscorner.com. (c) 2017 King Features Synd., Inc.

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**Adoptables BCSPCA**  
 250-832-7376

Buttons doesn't look like your typical Bathing Beauty but does she love the water, even if it just a Kiddie pool in the back yard. Buttons was reluctantly brought to us after her guardian had to move and could not take her with her. Buttons is very definitely a Senior Dog, who has definite Senior needs. Like some of us as we age we can get a little cranky about stuff. So has Buttons. She is not fond of other dogs or children. They just try her patience too much. Peace and quiet and a very nice walk are what she is looking for. A home where she could be somebody's companion would be ideal. Buttons does have arthritis in one of her back hips so is on supplements. However, that has not slowed her down very much. She does need some Dental work done and a small lump removed so while we are waiting for that she can certainly be visited. Buttons is the type of dog that is an example of why we are here. She may not be the cutest dog (bathing beauty banner notwithstanding) anymore, or the perkier we have here but she really does deserve to find a wonderful retirement home. When we pet her she just lights up with joy.



**Adoptables ad is donated by Tidbits. To sponsor call 250-803-4664**

**Just Like Cats & Dogs** by Dave T. Phipps

I'M SO DEPRESSED, FOOTBALL SEASON AND MARCH MADNESS ARE OVER. SO LONG TO ALL THE THINGS THAT MAKES ME HAPPY.



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**SCRAMBLERS**  
 solution

1. Suspect; 2. Search;  
 3. Burst; 4. Teach

*Today's Word*  
**SUCCESS**

**Even Exchange**  
 answers

1. Glade, Glare	6. Trust, Tryst
2. Butter, Batter	7. Martin, Marlin
3. Reveal, Repeal	8. Wager, Water
4. Prune, Prude	9. Shell, Swell
5. Sanity, Vanity	10. Propel, Proper

**CryptoQuip**  
 answer

The cross mama grape would sometimes chastise her spoiled baby by shouting "Stop your wining!"

**TRIVIA NEWSFRONT** ANSWERS

1. M&M's
2. The Outlook
3. Mercury
4. May, after his mother Maia
5. The Mercury Program

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

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



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### Tax News

from Susan Grimes at  
H&R Block Salmon Arm

May 1st is just around the corner. If you are self-employed or commission sales etc. with lots of receipts it is time to either sort them yourself into categories or make sure your tax specialist has them to sort for you so that your return can be completed in time. Although, technically, self employed persons have until June 15th to file, any taxes owing must be paid by May 1st to avoid penalty, so it makes sense to file the return by this deadline. If you are using a bookkeeper, then all postings should be up to date by now with your financial statements ready for tax preparation. Remember that debit receipts cannot be used alone, you must have the invoice or till receipt showing what was purchased. Receipts including any personal items on them need to be highlighted and the personal items removed. Come in and see our tax specialists for speedy, accurate service. They will advise you of any other deductions you may qualify for and/or if it is time to think about incorporating.