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TIDBITS® IS GOING  
**ICE SKATING**  
by Kathy Wolfe

Since January is National Ice Skating Month, Tidbits is taking to the rink to bring you these details about the sport.

- Folks in Finland are credited with the invention of ice skating more than 3,000 years ago when they strapped sharpened, flattened bones to the bottom of their feet. Skates with iron blades with sharp edges didn't come along until the 13<sup>th</sup> century, originating in the Netherlands.
- When James II of England was briefly exiled during the 17<sup>th</sup> century, upon his return, he brought the sport of ice skating to Great Britain, introducing it first to the upper class. Skating was quickly adopted by all classes.
- The first organized ice skating club was founded in Edinburgh, Scotland, in 1742. Those desiring admission to the club had to pass a performance exam, completing a figure eight, then a jump over three hats.
- A British artillery lieutenant named Robert Jones published the first book of ice skating instructions, A Treatise on Skating, in 1772. Jones recommended the attachment of skates to the shoes with screws through the heels, rather than the prevalent method of straps and clips, which had to be repeatedly fastened when they fell off.

turn the page for more

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**ICE SKATING (continued):**

- In 1848, a Pennsylvania inventor, E.V. Bushnell created an apparatus that clamped the blade to the bottom of boots, an improvement to the previous tie-on method.
- American ballet dancer Jackson Haines is considered the father of modern figure skating. Prior to his influence, skating was a stiff, formal sport, which focused on tracing patterns on the ice. In the mid-1860s, Haines incorporated graceful dance moves and accompanying music into his programs, and taught the Viennese people to waltz on ice to their beloved waltzes. He created a shorter, curved skate blade made of two steel plates for easier turns, along with a toe pick for jumping movements. Haines was the originator of the sit spin, still in use in modern competition.
- The term “figure skating” comes from the part of competition that requires a skater to trace perfect figures, such as figure 8’s, circles, and loops, on the ice. These “school figures” are skated on one foot at a time, three times on each foot. These compulsory figures were eliminated from the Winter Olympics in 1992. During the free style portion of Olympic competition, figure skaters are not allowed to use music with vocals – the music must be instrumental only.
- Norwegian figure skater Sonja Henie was just 11 years old when she competed in her first Olympics at Chamonix, France, in 1924. Sonja finished last, but four years later, she was the gold medalist at St. Moritz, with two more wins in 1932 and 1936, with her performances taking place on outdoor rinks in the cold and wind. Sonja won ten straight World Championships, a record that has yet to be broken. After retiring from skating at age 23, she went on to become one of Hollywood’s highest-paid film stars.



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**TRIVIA NEWSFRONT**

1. What hockey player holds the record for both most goals in one season and most career goals?
2. Lidiya Skoblikova has won 6 Olympic gold medals. What is her sport?
3. Name the TV figure skating commentator who invented the flying camel spin in the 1940s.
4. What country has won the most Olympic gold medals in figure skating?
5. What ice dancing pair made history dancing to Ravel’s “Bolero”?



- The word “hockey” has its origins in the French language, from the word hocquet, meaning “stick.” Ice hockey as we know it originated in Canada in 1875. The first organized game took place at Montreal’s Victoria Skating Rink, with many of the players McGill University students. Two years later, the first official hockey team, the McGill Hockey Club, made its debut, with several of its players writing the official rules. The rubber puck was also introduced, carved from a lacrosse ball.
- During the 1890s, hockey spread to the United States, with competitions between notable university teams, including Yale and Johns Hopkins. By 1920, hockey was

an Olympic sport, with the first matches for men in the 1920 Antwerp Games.

- The oldest professional athletics prize in North America is hockey’s Stanley Cup. Lord Stanley of Preston, the Governor General of Canada, and his family loved the game of hockey and he desired to recognize the best team in Canada. In 1892, he purchased a silver bowl for use as a trophy, which was dubbed the Dominion Hockey Challenge Cup. The name was later changed to the Stanley Cup. It was awarded for the first time in 1893 to the Montreal Hockey Club. Ironically, Lord Stanley never saw a Stanley Cup championship game, nor did he ever award the Cup to a team. That original Dominion Cup was

Continued pg.4

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

Skates worn by a hockey goalie differ from those of his teammates. The skates are cut lower in the ankle and the boot is closer to the ice for a lower center of gravity for the goalie.

- 
- \* Freeze cool whip in a thick layer and use cookie cutters to make shapes for hot chocolate ... perfect for these cold winter nights!
  - \* “Use squeeze bottles to do cookie decorating or cake piping. They also can be used to color pancake batter and make designs. It’s so much fun for the kids (and the parents too!)” -- L.I.
  - \* Fog proof that bathroom mirror by simply cleaning as usual, then coating the mirror with car wax. Use a lint-free cloth to buff it off, revealing a layer of steam-proof protection that lasts about a month. So good when you need a mirror to get ready in the morning.
  - \* When transporting any type of bottle or jar that could leak, simply place a small piece of plastic wrap over the open end, then close the bottle tightly. This will work for most screw-top containers to make them leak-proof. Snap-down lids should be secured

with strong tape or placed into a larger sealable bag, like a zipper-seal plastic baggie.

- \* “I toss my daughter’s hoodie sweatshirt into the dryer about 20 minutes before she needs to leave for the bus stop in the morning. Just as she’s leaving, I grab it and she puts it on. It keeps her toasty all the way to the stop, and it make her feel special.” -- M.R.
- \* Before you go out shopping, take a minute on your phone while on the WIFI at home to search your email and websites for sales and coupons. Screenshot coupons so that the barcodes are clearly visible. This will save you downloading time while you are out and about, as well as serving as a reminder of the sale items you want to look at.

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“Mother is pleased that you’re finally learning a trade.”



by Samantha Weaver

---  
\* It was Margaret Chase Smith, the first woman to serve in both houses of the U.S. Congress, who made the following sage observation: "Those of us who shout the loudest about Americanism in making character assassinations are all too frequently those who, by our own words and acts, ignore some of the basic principles of Americanism: The right to criticize; The right to hold unpopular beliefs; The right to protest; The right of independent thought."

\* According to historians, British Prime Minister Sir Winston Churchill slept on silk sheets and wore silk underwear. It seems he had very sensitive skin, and rough fabric made him break out in a rash.

\* It probably won't surprise you to learn that members of the Sampit tribe in Borneo eat bananas. What is surprising, though, is that they don't remove the peels first.

\* In the 1979 gubernatorial election in Louisiana, a man named Luther Knox was fed up with the candidates on the ballot. In order to give like-minded Louisianans an option, he ran for the office himself -- after legally changing his name to "None of the Above."

\* Everyone knows that a sophomore is someone in their second year of high school or college. Most people don't realize, though, that the word is derived from the Greek words "sophos," which means "wise," and "moros," which means "stupid."

\* Resources are very scarce in space, so it's important to conserve wherever possible. The astronauts on the International Space Station might be going a bit far, however; it's been reported that they change their underwear only every three or four days in order to cut down on laundry.

\*\*\*  
*Thought for the Day: "All human beings should try to learn before they die what they are running from, and to, and why." -- James Thurber*

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**Weekly SUDOKU**

by Linda Thistle

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

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 Gymnast's surface
- 4 Expert
- 7 Pops
- 12 Brewery output
- 13 Sleep phenomenon
- 14 Unmoving
- 15 Rotating part
- 16 Reason to call 911
- 18 Pump up the volume
- 19 Heathen
- 20 Lumber
- 22 Run-down horse
- 23 Blue hue
- 27 Toss in
- 29 Political refugee

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		

- 53 Automaton
- 54 A Kennedy
- 55 Sinbad's bird
- 56 Lessen
- 57 One or more
- 58 Pismire
- 9 Lair
- 10 Joan of —
- 11 Pigs' digs
- 17 Anger
- 21 "Inferno" writer
- 23 Type of wave
- 24 Swelled head
- 25 Dada artist
- 26 Say it's OK
- 28 Easter buy
- 30 Scratch
- 31 Shell game item
- 32 Diamond arbitrator
- 33 Phone bk. info
- 36 Facts
- 37 Whalebone
- 40 Must, jocularly
- 42 Met performance
- 43 Silk alternative
- 44 Vote for
- 45 Locale
- 46 Vortex
- 48 Mound stat
- 49 Unruly bunch
- 50 Lawyers' org.
- 51 Barracks bed

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**BRENDA'S SIMPLE HOT DISH**

- 3 cups penne pasta or macaroni
- 1 1/2 pounds ground beef
- 1 clove garlic, minced
- 2 medium zucchini (small chunks) (optional)
- 1 can tomato sauce (213 ml.)
- 1 can tomato paste (156ml.)
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 can mushrooms, drained (optional)
- 1 cup cottage cheese
- 1 cup sour cream
- 3 green onions, chopped
- 1/4 cup parmesan cheese, grated
- 1 cup or more grated mozzarella cheese

Cook pasta. Drain. In large fry pan, brown ground beef with garlic. Drain off fat. Stir in next 7 ingredients. Bring to a boil then simmer for 5 minutes. Pour mixture into 13x9 baking dish. Combine cooked pasta with last 5 ingredients. Spoon evenly over meat layer. Sprinkle with mozzarella cheese. Bake uncovered January 28th is our monthly pancake breakfast 8:00 to 10:30 a.m.

**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: E equals N

JIZMMQJ MFEO ZGFCY

MFLKGFVP'M RUKEJA RUQKEV

HQKTKV CEVKU Z EQOAYYQLK OIFT:

"LFFE FHKU LP ZLQ."

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**ICE SKATING (continued):**

awarded to the champions until 1970, and can now be seen in the Vault Room in Toronto's Hockey Hall of Fame.

- Speed skating didn't get its start as a sport, but rather as a fast form of transportation across frozen bodies of water. It became an Olympic sport at the 1924 Winter Games. Only men were allowed to compete until 1932 at Lake Placid when women were allowed to skate. However, women's speed skating wasn't officially included in the Olympics until 1960.
- Speed skaters reach speeds of 30 mph (48 km/hr) as they race around the oval track. Events are 500-, 1000-, 1500-, 5000-, and 10,000-meters.
- American Eric Heiden made Olympic history at the 1980 Lake Placid Games when he became the first person to win five gold medals in the same Games, winning all five speed skating events. Despite a near fall in the 1500-meter race, he still won by .37 second to take the gold. His sister won a bronze medal in speed skating the same year.
- Frank Zamboni revolutionized the maintenance of ice rinks in 1949 when he introduced the first ice resurfacing machine, constructed from war surplus parts, which he named for himself. During a typical hockey game, the ice is resurfaced four times, with the Zamboni traveling about ¾ of a mile (1.2 km) each time, an average of 3 miles (4.83 km) per game. In 2001, a Zamboni was driven on a long-distance trip from Canada's east coast to its west. The trip took about four months at about 9 mph (14.5 km/hr).
- Ice that is two inches (5 cm) thick, will support the weight of a man. A four-inch (10 cm) thickness can tolerate a man on horseback.
- The famous ice skating rink in New York City's Rockefeller Center opened on Christmas Day, 1936. Today over a quarter million people skate there every year. In 1967, the world's largest man-made outdoor ice rink was created in Japan. The Fujikyū Highland Promenade Rink has an area of 165,750 square feet, or about 3.8 acres.

**FOOD OF THE WEEK:  
SUGAR**

Sugar is sweet and so are these facts from Tidbits in commemoration of Sugar Awareness Week January 14 - 20.


- That crystalline substance we call sugar comes mainly from the juice of the sugar cane and sugar beet plants. It's believed that the people of New Guinea were the first to domesticate sugar cane around 8,000 BC. The cultivation spread to Southeast Asia, China, and India. Those in India were the first to refine cane juice into granulated crystals in about the year 350 AD. Their methods involved grinding or pounding the cane to obtain the juice, which was then boiled and dried in the sun until it became a crystalline solid resembling gravel.
- During the 1500s, the cultivation of sugar cane spread to the West Indies and South America. While visiting the Canary Islands in 1493, Christopher Columbus happened upon sugar cane plants, and transported the seedlings to the New World. By 1520, there were sugar mills in Cuba, Jamaica, and

Continued pg.5

**TIDBITS**

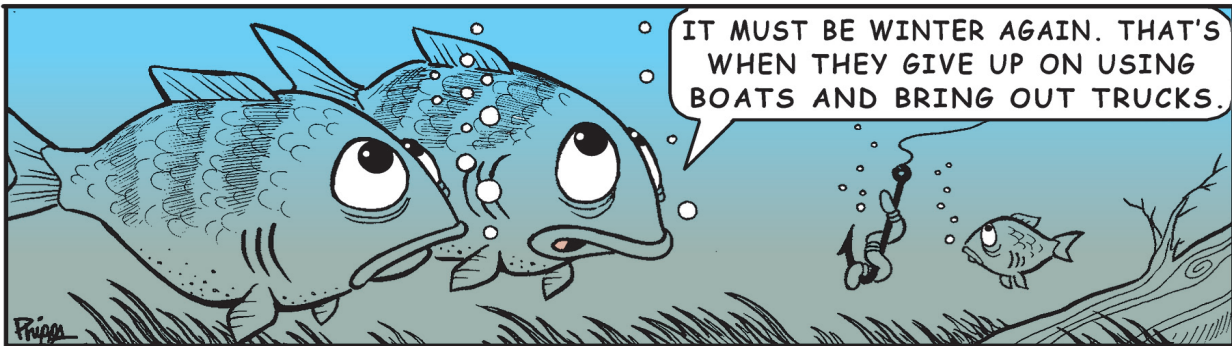
**NUGGET OF KNOWLEDGE**

Canadian figure skater Kurt Browning was the first to successfully land a quadruple jump in competition. He landed a quadruple toe loop at the 1988 World Figure Skating Championships.



by Dave T. Phipps

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**TIDBITS QUOTE**

“A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be.” – Wayne Gretzky

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**SUGAR** (continued):

- Hispaniola. By 1540, there were nearly 3,000 sugar mills in the islands and South America. Today, Brazil is the world's top sugar producer, with India a distant second. The United States ranks 9<sup>th</sup> in sugar production.
- The white fleshy root of the sugar beet plant is rich in sucrose. Cultivation began in the mid-18<sup>th</sup> century, and today sugar beets account for 30% of world sugar production.
  - Table sugar is derived from sucrose, the sugar found in sugar cane and beets. Naturally-occurring fructose is from fruits, and is 50% sweeter than cane or beet sugar. Lactose is milk's natural sweetener.
  - For those looking for a less refined sugar, turbinado sugar, also known as sugar-in-the-raw is produced by crushing sugar cane to extract the juice, which is then spun in a centrifuge, or turbine, producing large crystals. More of the natural impurities are left behind along with a bit of a molasses flavor.
  - During the process of processing cane or beets into granulated sugar, a thick, dark syrup remains behind as a leftover. It's what we know as molasses, a substance rich in vitamins and minerals present in the plants. When you stir brown sugar into your cookie recipe, you're using refined white sugar that has a bit of molasses added to it.
  - It's the recommendation of the World Health Organization that adults derive

less than 10% of their daily calorie intake from added sugar or natural sugar. That's about 25 grams of sugar for a 2,000 calorie diet. How much is 25 grams? One gram of sugar is ¼ tsp, so that makes 6.25 tsp. for 25 grams. Now consider the fact that a 12-oz. can of regular cola has approximately 39 grams of sugar. Do the math – that's 9 teaspoons of sugar in one can! Those who drink one or two sodas or other sugar-sweetened beverages such as sports drinks,

energy drinks, fruit drinks, and juices, a day, increase their risk of Type 2 diabetes by 26% compared to those who drink just one a month.

- The average North American consumes 82 grams of sugar every day, about 19.5 teaspoons, which adds up to about 152 pounds (70 kg) sugar in a year. Optimum consumption for a healthy diet is recommended at 5% of daily calorie intake.

Continued pg.6




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## Community Events

The Sorrento Lions Club will be holding their first Valentine's Dance on Saturday, February 10th from 7:00 pm to midnight at the Sorrento Memorial Hall, 1150 Passchendaele Rd., Sorrento. Tickets are \$20.00/person and include a light supper and dancing to the music of local entertainer Al Weldon. There will be a 50/50 draw as well as door prizes. All proceeds will go to the Sorrento Food Bank. Tickets are available at Lighthouse Foods in Sorrento and the Blind Bay Village Grocer in Blind Bay or call 250-675-2616.

**Join the Blind Bay Blues Club** for a jam session at the Blind Bay Hall, 2510 Blind Bay Road on January 23rd at 7:00 pm. Cost is \$3.00 for BB Hall members and \$5.00 drop in fee. FYI contact Chris Emery at 250-675-2865.

**SORRENTO FOOD BANK Annual General Meeting** will be held on Tuesday Feb. 6, 2018 at 4:30 pm at 2804 Arnheim Road, Sorrento For further information contact: 250-253-3663

**1st Annual South Shuswap Seed Swap** Saturday, February 24th at the Blind Bay Hall. 9am to 3pm 2510 Blind Bay Road. Featuring Local GMO FREE Seeds & Produce. FREE to the public. Sponsored by Good Stewart Heirloom Seeds and Produce and Balmoral Farms. For more info call Rebekah Smith at 250-253-1414

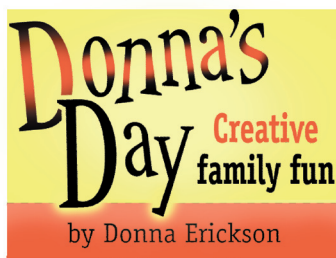
January 28th is our monthly pancake breakfast 8:00 to 10:30 a.m. Held at the Salmon Valley Seniors Branch # 107 3056 Hornsberger Road, Silver Creek Seniors Hall.

**Legendary Country Breakfast** at the Sunnybrae Seniors Hall 3585 Sunnybrae Canoe Pt. Rd \$8 (under 12 \$4) Jan 20th 8 - 11am Delicious Breakfast!! Reg. or Blueberry Pancakes, Hashbrowns Smokey or with Mennonite Sausage, Fr. Toast, Cornbread with Beans, Scrambled Eggs plain or with cheese & gr.onions, Bacon, Sausage, or Ham, warm Maple Syrup, warm Fruit Sauce and Whipped Cream. Coffee Tea or Juice. All Ages Welcome!!

**Silver Creek Valentines Activity Market** Sunday Feb 11th from 10 - 4 Local Crafters and Home based businesses, Fresh Home baked goodies along with Gluten free. Serving Vegetarian Chili and bun regular Chili and bun also available Hearty Vegetable soup with a bun. Come on out and enjoy some food and snacks along with all the other great things available.

**Let's Go to the Hop! February 16, 2018** at the Elks Hall, 3690 - 30 Street NE, in Salmon Arm, BC. Music by Rockstar DJ Liz Blair . Happy Days style menu. No host bar. Tickets \$40 available at Hidden Gems Bookstore in downtown Salmon Arm. Remember when? A Shuswap Association of Writers fundraiser in support of [www.wordonthelakewritersfestival.com](http://www.wordonthelakewritersfestival.com)

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## Whirl Up Smoothies for After-School Snacks

Smoothie. It feels good just to say the word, doesn't it? I used to think of the concoction of naturally sweet, fresh fruit flavors with crushed ice and yogurt as a magical summer thirst quencher, but with so many healthy and sometimes surprising add-ins

nowadays -- from kale to beets and chia seeds -- I recently dusted off my blender to give some new combos a whirl.

While my preference is still a traditional blend of vitamin-rich fruits and berries (even when they come out of a package from the freezer), my family likes a variety of updated twists, too -- including adding coconut milk to the goodness for a refreshing, light taste.

But first, some smoothie basics using a standard blender.

1. Start with liquids such as juice, milk, kefir, yogurt, sparkling water and crushed ice.

2. Add fresh fruit (a half or whole banana is standard ingredient for flavor and for thickening the mixture of any smoothie) and/or vegetables. To cut prep time, your school-age kids can pre-package and freeze fruit-and-veggie combinations in small plastic-bag packets. When it's time to make a smoothie, toss in the contents of a packet with other ingredients.

3. Whirl it all together. I pulse a few times, then blend for 15 seconds or until smooth. Now for my go-to recipe that is quick to make at breakfast time before sending kids out the door to the bus stop, or as a satisfying afternoon snack to refuel. Older school-age kids can make it themselves with attention to tastes and health needs. Be flexible, too, and experiment with the addition of other ingredients you have on hand, such as a few chunks of pineapple, slices of kiwi or a ripe mango. You really can't go wrong.



### FRUIT SMOOTHIE WITH COCONUT MILK

- 4 ice cubes, crushed
- 1 cup coconut milk
- 1/2 banana
- 1/2 cup plain, unsweetened yogurt
- 1 cup fresh or frozen berries, such as a combination of blueberries, strawberries and raspberries
- Dash of cinnamon (optional)

Place ingredients in blender starting with liquids, and process until smooth. Pour into glasses. Makes about 2 1/2 cups

TIP: If smoothie is too thin, add more fruit or yogurt. Too thick? Just add milk or fruit juice. \*\*\*

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**Monthly Texas Holdem Tournaments in the Shuswap**

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**TIDBITS Laughs!**

It was a cold winter when two farmers decided to build an ice skating rink in the middle of their pasture. A shepherd happened to be leading his flock nearby and decided to take a shortcut across the frozen field. But the sheep were scared of the ice and would not go onto it. The shepherd became frustrated and began pulling them along to the other side. "Look at that," said one of the farmers. "That guy is trying to pull the wool over our ice!"

**SCRABLERS**  
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!

Peek  
**CLANGE**

Soothe  
**SAUSER**

Avoid  
**ORIGEN**

Scant  
**PASSER**

**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. Identical siblings	___ _ _ _ S	Strong string	___ _ _ _ E
2. Housing market	___ _ _ _ T	In truth	___ _ _ _ L
3. Beehive location	___ P ___ _	Bird sanctuary	___ V ___ _
4. Thin cookie	___ _ F ___	Poker bet	___ _ G ___
5. Juvenile	___ _ _ _ R	North Dakota city	___ _ _ _ T
6. Water-loving animal	O ___ _ _ _	Speak	U ___ _ _
7. Moral and proper	___ _ _ _ N	Misrepresentation	___ _ _ _ I
8. Soddy stuff	___ R ___ _	"The ___ Menagerie"	___ L ___ _
9. Two score	___ _ _ _ Y	Person's specialty	___ _ _ _ E
10. Young feline	K ___ _ _ _	Fingerless glove	M ___ _ _ _

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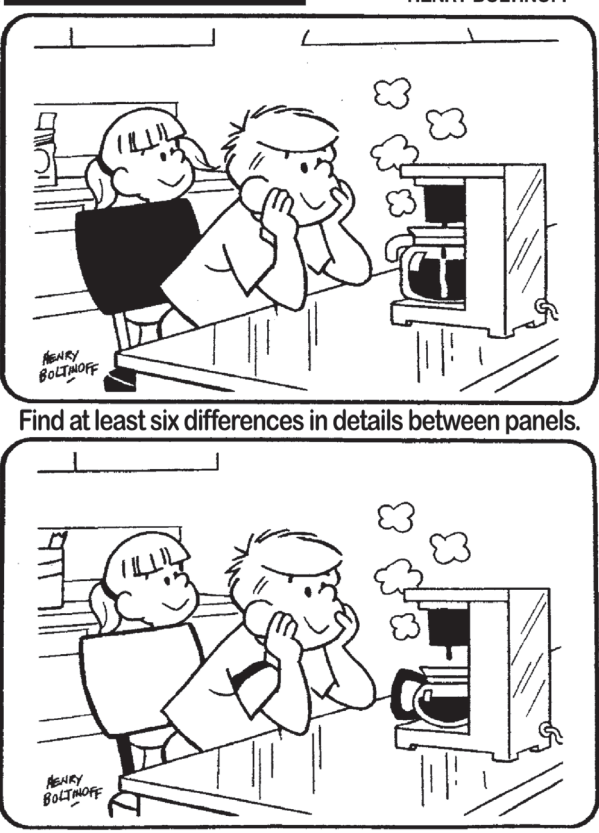
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**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Girl has a ponytail. 2. Shirt has a stripe. 3. Chair is different. 4. Coffee pot is different. 5. Cabinet is missing. 6. Box on counter is different.

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PAW'S CORNER By Sam Mazzotta

**Is Chocolate Really a Danger to Dogs?**

---  
 DEAR PAW'S CORNER: Just after Halloween, our dog "Skipjack" got into one of my kids' candy stashes and ate everything, including the wrappers. I kept an eye on him overnight and he seemed fine, just drank water more often. The next day he was normal, other than passing a pretty loose stool with plenty of brightly colored wrappers mixed into it. Is the "never let your dogs eat chocolate" rule overblown? -- Tim F, Wichita, Kansas

DEAR TIM: I've heard anecdotes from several readers about accidental chocolate consumption. Most of them say their pets didn't have a problem with it. But then, I'm not a veterinarian, and it's a good bet that vets see quite a few sick pets that got into a chocolate stash, particularly around the holidays.

I recently read an article about mass-produced U.S. chocolate having less cocoa content than chocolates made elsewhere. The Food & Drug Administration requires milk chocolate to contain no less than 10 percent chocolate liquor. Compare that to the U.K., where milk chocolate must contain at least 25 percent cocoa solids.

The size and weight of your pet also must be taken into account. Bigger dogs may process toxic foods more easily than small dogs.

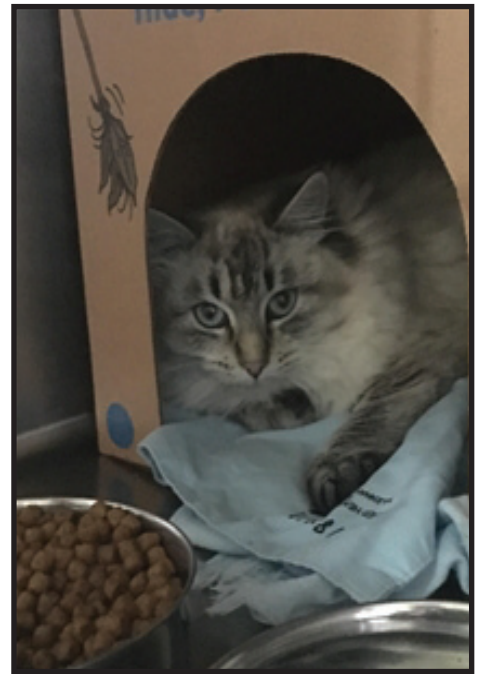
So, cheap Halloween candy consumed by a large dog may not have a noticeably negative effect. However, it's still a gamble. Another issue to consider is Xylitol, a sweetener often used in sugar-free candies. That can be a danger to dogs of any size. In short, keep candy and pets separate -- period.

Send your pet care tips, questions or comments to ask@pawscorner.com.



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Jordyn is a young semi feral cat who is looking for a special home with people who will be able to continue to work with him. He has been bought up using a litter pan, sleeping inside in a nice warm squishy bed with his siblings with a full bowl of food. However... Jordyn has never been cuddled, held, handled, or even petted (willingly). He's been admired from a distance and that's all. Jordyn has a sister called Jorji who is also looking for a home. They will do really well with another confident friendly cat to show them the ropes. If you have a home for Jordyn and possibly Jorji, we would love to talk to you.



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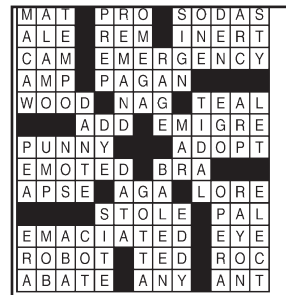
**250-463-1521**

**SCRAMBLERS**  
 solution  
 1. Gance; 2. Assure;  
 3. Ignore; 4. Sparse  
 Today's Word  
**LASAGNA**

**Even Exchange**  
 answers  
 1. Twins, Twine 6. Otter, Utter  
 2. Realty, Really 7. Decent, Deceit  
 3. Apiary, Aviary 8. Grass, Glass  
 4. Wafer, Wager 9. Forty, Forte  
 5. Minor, Minot 10. Kitten, Mitten

**TRIVIA NEWSFRONT** ANSWERS  
 1. Wayne Gretzky  
 2. Speed skating  
 3. Dick Button  
 4. The United States  
 5. Torvill and Dean

**CryptoQuip**  
 answer  
 Classic song about somebody's French friend viewed under a nighttime glow:  
 "Moon Over My Ami."



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





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## MILK

Did you know that January 11 was National Milk Day? Let's drink up these facts on this beverage, which contains more natural nutrients than any other beverage.

- Holstein dairy cattle have been bred selectively for increased milk production, and account for about 90% of North America's dairy cows. Other varieties include Ayrshire, Brown Swiss, Guernsey, and Jersey. There are about 47,000 licensed dairy farms across the U.S, producing about 21 billion gallons (17,485,000 British) every year. Nearly 99% of North American households purchase milk.
- Every cow produces about 90 glasses of milk a day, up to 350,000 glasses over the course of its lifetime. A farmer milking by hand can milk around six cows per hour, with about 345 squirts required to produce one gallon of milk. A milking machine enables the farmer to milk upwards of 100 cows per hour.
- Lactose is composed of two simple sugars, glucose and galactose. About 40% of whole cow's milk calories come from lactose.
- What makes a person lactose intolerant and unable to consume dairy products? The small intestine contains an enzyme known as lactase, which breaks down milk's natural sugar lactose so it can be absorbed into the bloodstream. Those people who don't produce enough lactase, and the undigested lactose is broken up by bacteria in the large intestine, producing pain, gas, bloating, nausea, and diarrhea. It's estimated that one-third of

North Americans are lactose intolerant.

- When milk stands for 12 to 24 hours, fresh milk separates into a high-fat cream layer on top of a low-fat milk layer. To accomplish this separation rapidly, a centrifugal cream separator can be used. Homogenization is the process that prevents the cream from separating out of the milk by pumping it through very narrow tubes at high pressure.
- The process of pasteurization takes its name from French scientist Louis Pasteur, although Pasteur initially worked with beer and wine, not milk. In 1864, he discovered that heating beer and wine killed most of the bacteria that caused spoilage, keeping them from turning sour. It wasn't until around 1885 that pasteurization of milk was suggested by Franz von Soxhlet, a German agricultural chemist. In high-temperature, short-time pasteurization, milk is forced through pipes or through metal plates that are heated on the outside by hot water. The milk is heated to 161 degrees F (72 C) for 15 seconds.
- Although 90% of the world's milk supply is produced by cows, goat's milk is consumed in many countries across the globe. Up to 50% of those who are lactose intolerant to cow's milk can easily digest goat's milk, because the fat molecules in goat's milk are much smaller. Digestion of cow's milk about an hour, whereas goat's milk breaks down in about 20 minutes. Nomadic tribes in the desert rely on camel's milk for survival. It's also easily digested and does

not curdle like cow's milk. Camel's milk is also richer in Vitamin C than cow's milk.

- The name of Hervey Thatcher may have been lost in history, but he left quite a legacy. In 1884, this New York inventor created a glass milk bottle, sealed with a waxed paper disk. He called his invention "Thatcher's Common Sense Milk Jar." Paper cartons were introduced in 1906, and plastic-coated paper cartons came along in 1932. The plastic jugs we use today made their debut in the mid-1960s.

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