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TIDBITS® MARVELS AT
BODY MYTHS & FACTS
by Janet Spencer

Come along with Tidbits as we clear up some facts and myths about the human body!

QUESTIONS & ANSWERS

Q: Does sugar make kids hyperactive?

A: There have been no definitive studies proving this to be true, while a variety of studies have shown it to be false. What is true is that sugar is a readily available source of energy, and kids tend to be hyperactive at events where lots of sugar is served, such as birthday parties, Halloween, and Christmas. One double-blind survey showed that parents tended to claim their children were hyperactive when they were told the kids had just consumed large amounts of sugar, even though the children had not been given sugar, and in spite of the fact that their behavior had not substantially changed.

Q: Will listening to Mozart make babies smarter?

A: Listening to Mozart does soothe a baby somewhat, and learning to play a musical instrument will help develop the brain, but there is no evidence proving that Mozart makes babies smarter.

Q: Does shaving hair make it grow back darker?

A: No, but it will give each hair a blunter end after being shaved.

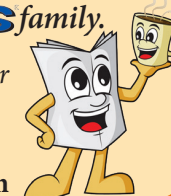
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Q & A ABOUT THE BODY (cont)

- Q: Why does asparagus make pee smell funny?
 A: Asparagus contains the sulfur compound called mercaptan which is also found in onions, garlic, rotten eggs, and skunks. Not everyone contains the specific enzyme responsible for breaking that enzyme down in the digestive tract, so about half of the population will have stinky urine after eating asparagus. Sometimes it shows up in urine as quickly as 15 to 30 minutes after consuming asparagus. Even Benjamin Franklin described the odor as "disagreeable" in his essay on flatulence called "Fart Proudly."
- Q: Do cucumbers make your eyes less puffy?
 A: Not really, but cold water does, and cucumbers are mostly made of water, and they are usually pretty cold. A cold wet wash cloth would probably do just as well.
- Q: Should you put a steak on a black eye?
 A: The thought is that the steak provides coolness and a little pressure, aiding in preventing swelling, but doctors say that bacteria on the steak would make it a bad choice. Instead, just use an ice bag or a sack of frozen vegetables.
- Q: Do spicy foods cause stomach ulcers?
 A: No, stomach ulcers are caused by the bacteria *Helicobacter pylori*, and also by overuse of OTC anti-inflammatory medications such as aspirin and ibuprofen.
- Q: Why do men have nipples?
 A: When the fetus is developing, it follows a female template first. When the embryo is six weeks old, the male characteristics kick in if the baby is to become a boy. So the nipples are formed before sex of the baby is determined.

TIDBITS
presents
TRIVIA NEWSFRONT

1. Are oysters an aphrodisiac?
2. Does chocolate cause acne?
3. Does cracking your knuckles cause arthritis?
4. Can you get stoned by licking a toad?
5. Can you catch a disease from a toilet seat?



- * "I have a raised bed and some very handy plastic underbed drawers for seasonal items and bags. The problem is that they would not stay put when I opened them or especially when I tried to close them. I got smart, though, and added strips of non-skid shelf liner to the bottoms. They stay put where they are accessible and don't slide back way under the bed." -- A.A.
- * The holidays are almost upon us, and I am sure your calendar, like mine, is getting filled up with lunches, dinners, cookie parties, etc. Try to plan at least one non-eating event for every eating event on your calendar. Make a gym date, schedule a nature walk, get a group together to pick apples or do a craft. It will help you be social but cut down on the holiday weight creep." -- JoAnn
- * The days are getting shorter, which means more

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- Q: Does sitting close to the TV hurt your eyes?
 A: No, but many people with poor eyesight naturally sit close to the TV. (continued)
- Q: Will playing brain-training games make you smarter?
 A: Playing brain-training games makes you better at playing brain-training games, but won't make you smarter.
- Q: Can a contact lens end up on the back of the eyeball?
 A: No, if a contact lens has been lost, it's either underneath the eyelid, or on the floor. The inner surface of the eyelid has a thin, moist lining called the conjunctiva. At the back of the eyelid, the conjunctiva folds back and becomes the outer covering of the white part

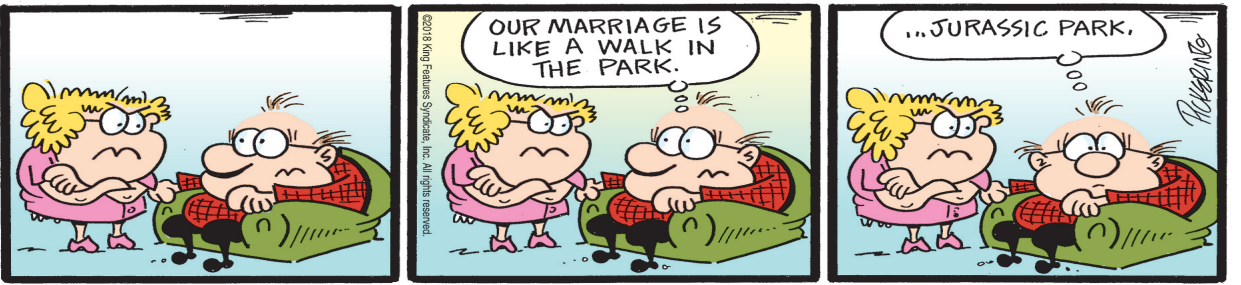
TRIVIA NEWSFRONT ANSWERS

1. Oysters are not an aphrodisiac.
2. Chocolate does not cause acne.
3. No. The sound is caused by bubbles bursting in the synovial fluid that surrounds joints.
4. You can get stoned by licking a toad, but it has to be the right kind of toad.
5. You can catch a disease from a toilet seat, but it's incredibly rare and you'd have to try really hard.

of the eyeball. The continuous nature of the conjunctiva from the eyelid to the eyeball makes it impossible for anything to get behind the eye and become trapped there.

Q: Does melatonin help ease jet lag?
 Continued pg.4

The Spats



- kids walking or biking at dusk or in darkness. Treat your most precious people to some safety: Get a roll of reflective tape and add it to backpacks or bike helmets for extra protection. Make sure your child's bike has a light on both the front and back, in addition to reflectors.
- * "Got gorgeous leaves? Try decoupageing a few to a clear glass votive for an extra special fall touch on your table. Add a delicious smelling candle, and you're in full fall celebration mode!" -- C.L.
- * Wear and wash? Not necessarily. Before you toss that sweater or pair of corduroys in the wash, take the time to check if it's actually soiled. Many garments can be reworn after airing rather than washing and drying, which takes a toll on the fabric, and your water and electric bills.

GRIN and BEAR IT

"I'm transferring back to the emergency room!"

Strange BUT TRUE

by Samantha Weaver

* It was civil-rights leader Martin Luther King Jr. who made the following sage observation: "Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity."

* Everyone knows that a sophomore is someone in his or her 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."

* Have you ever tried to hum while holding your nose? It can't be done.

* The creator of the ubiquitous smiley face earned a grand total of \$45 for his creative effort.

* If you're a pet owner, you probably know that the epidemic of obesity is not limited to humans; many

pets are overweight, too. You might be surprised to learn, though, that some pet owners choose to deal with the problem in a way that we usually associate only with people: liposuction. Yes, you can get cosmetic surgery for your pets.

* If you hear the word "Bilbo" you might think of a famously adventurous hobbit, but a bilbo is also a finely tempered Spanish sword.Ê

* A recent study by scientist Karl Berg suggests that an adult green-rumped parrotlet, a tiny bird native to Venezuela, will "name" its babies, assigning each a particular series of peeps to identify it. Not only that, other parrotlets then learn to associate that exact series of peeps with that particular bird, and actually use the sounds to get that bird's attention.

* In the original version of the Grimm Brothers' fairy tale "Cinderella," doves peck out the step-sisters' eyes at Cinderella's wedding.

Thought for the Day: "Life is not a spectacle or a feast; it is a predicament." -- George Santayana

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Weekly SUDOKU

by Linda Thistle

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

ACROSS

- 1 Night flier
- 4 Typing measures
- 9 Sis' counterpart
- 12 Work with
- 13 "Pokemon" genre
- 14 Reaction to fireworks
- 15 Kin of three-card monte
- 17 Silent
- 18 Brewery product
- 19 Sun-dried bricks
- 21 Prize at a county fair
- 24 Information
- 25 Playwright Levin
- 26 Pirates' quaff
- 28 Detox center, for short
- 31 Half quart
- 33 And so on (Abbr.)
- 35 Strike from the text
- 36 British term for sonar
- 38 — sauce
- 40 Meadow
- 41 Plumlike fruit
- 43 Bequeathed
- 45 Prepare leftovers
- 47 Spot
- 48 Rd.

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		

- 49 In the style of Percy Bysshe
- 54 Zero
- 55 Lukewarm
- 56 First lady
- 57 Ailing
- 58 Hits with an open hand
- 59 Tit for —
- 7 Jordan's capital
- 8 Garden tool
- 9 Stunner
- 10 Libertine
- 11 Resistance measures
- 16 Science workshop
- 20 As yet unpaid
- 21 Kelly of TV
- 22 Eye part
- 23 Hollywood Bowl structure
- 27 Peaks (Abbr.)
- 29 Sheltered, at sea
- 30 Rosary component
- 32 Scrabble piece
- 34 Marsh marigold
- 37 Goes on momentum
- 39 Relinquishes
- 42 Lucy's pal
- 44 Appomattox VIP
- 45 Hindu princess
- 46 Wicked
- 50 Clean air org.
- 51 Still
- 52 Actress Gardner
- 53 Butterfly catcher

DOWN

- 1 Urban transport
- 2 Fire residue
- 3 Ball prop
- 4 Wan state
- 5 Naive woman, on stage
- 6 Spy novel org.

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CARLYNE LEE COOKBOOKS



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

ANSTEY ARM'S MARSHMALLOW GOOEY'S

BASE:

- 2/3 cup flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup butter
- 2 squares unsweetened chocolate
- 1 cup sugar
- 2 eggs
- 2 teaspoons vanilla

TOPPING:

- 4 1/2 cups miniature marshmallows
- 1 square semi-sweet chocolate
- 2 teaspoons butter

Mix the first 3 ingredients. Set aside. Melt butter and chocolate. Beat in remaining ingredients. Stir in the flour mixture. Pour into buttered 9 inch pan. Bake at 350F for 25 minutes. Immediately sprinkle with marshmallows. Bake just long enough to brown the marshmallows. Melt the chocolate and butter and drizzle over all. (So nummy! You will love these gooey squares.) This sweet recipe is taken from my "CHOCOLATE LOVER'S COOKBOOK", available at Swan Lake in Vernon, DeMilles and Buckingham in Salmon Arm etc.

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: O equals B

ETPD H OXGV XB VNXYPDSNK
OIXNVXDY XSB DPBS XD H SGPP,
EQINV KQI FHNN STHS OGHDF
VGPBBXDY?

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HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Football is turned. 2. Arm is moved. 3. Fence is shorter. 4. Helmet stripe is missing. 5. Kite is missing. 6. Shirt is shorter.

Q & A ABOUT THE BODY (cont)

- A: Yes. A number of different studies showed that taking 2 to 5 mg of melatonin at bedtime for up to four days eases jet lag.
- Q: If you get bitten by a snake, should you suck the poison out?
- A: No. Wash the area, immobilize it, keep it lower than the heart, and get to a doctor ASAP. Tourniquets are dicey because they can cause more damage than the snakebite if not properly applied.
- Q: Can consuming poppy seeds make you test positive for drugs?
- A: Yes, because heroin and morphine are derived from poppy seeds and the tests are looking for a particular chemical found in both the drugs and the seeds from which they are derived.
- Q: Can a hair sample be used in a drug test?
- A: Yes. Trace amounts of drugs circulating in the body are deposited in the hair follicle and stored in the hair shaft as it grows. These residues cannot be washed out of the hair. (continued next page)
- Q: Can you sober a person up by putting them in a cold shower or giving them coffee?
- A: No. Alcohol is metabolized at a set rate and nothing will increase that rate. Coffee and cold showers simply result in a wide awake drunk.
- Q: Does heavy prolonged drinking kill brain cells?
- A: Yes. Any consumption of alcohol damages dendrites, which branch out from brain cells to receive information. CT scans and other studies of chronic alcoholics have shown that prolonged continuous use of alcohol results in brain atrophy and memory loss.

twelve joints per day.

- Q: Why do your fingers get wrinkled after being in the water a long time?
- A: The epidermis, the outer layer of skin, absorbs water over time. Because the skin on your fingers (and feet) is thicker than the skin on the rest of your body, it absorbs the most water. The epidermis swells, but the next layer down, the dermis, does not. This causes buckling and wrinkling of the skin.

TIDBITS QUOTE

“Take care of your body. It's the only place you have to live.” -Jim Rohn

- Q: Will high doses of Vitamin C cure cancer?
- A: No. Nor will it help you live longer, unless you are dying of scurvy.
- Q: Is there anything that will prevent wrinkles from old age?
- A: Retin-A and hydroxyl acids have been shown to help somewhat.
- Q: For more facts like these, we recommend the book, “Why Do Men Have Nipples?” by Mark Leyner.

Fabulous Food TOP RAMEN

- The Chinese have made noodles for centuries, using a technique where the noodles are stretched, twisted, and folded again and again. Their word for these noodles is “lo mein” or “lamian” meaning literally “pulled noodles.”
- The Japanese have trouble pronouncing the letter “L” so they call these noodles “ramen.” Because of the stretching and folding, the noodles are time-consuming to create.
- When World War II ended, Japan suffered widespread food shortages. The U.S. was

TIDBITS GOES LONG.....

Drinking salty seawater causes death by dehydration because the body has to keep a certain balance of salt to water in order to function. The only way you can excrete salt is through the kidneys which make urine. However, the kidneys only make urine that is less salty than the seawater. The more seawater you drink, the more you urinate, and the more you urinate, the faster you get dehydrated.

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supplying Japan with wheat flour which was made into bread. A man named Momofuku Ando wondered why the wheat was being made into bread, which Japanese don't typically eat, when it could be made into noodles, which is one of their favorite foods. When he asked the Ministry of Health, the response was that there were too few noodle factories in Japan, and they were too small and too unstable to furnish Japan with the required amount of noodles. Bread was easier, cheaper, and quicker to make. When he saw a long line of people waiting to get a bowl of ramen noodles, Momofuku Ando decided to do something about the noodle shortage.

- He spent a long time experimenting with noodles, but the texture was never quite right. Then one day after his wife had finished making dinner, he threw some noodles into the hot oil leftover from making tempura. This was his "eureka" moment: The flash-fried noodles were dehydrated and riddled with perforations that made them cook quickly when boiled. Instant noodles were born.
- "Chikin Ramen" was first released on the market in Japan in 1958. It was

considered a luxury item, selling for six times as much as traditional noodles did on the Japanese market, but the price quickly dropped.

TOP RAMEN

- The company Momofuku Ando founded is called Nissin Foods, an acronym composed of the first letters of the Japanese phrase "making a clean and great taste every day."
- Nissin's Top Ramen hit the U.S. in 1971. While Momofuku Ando was on a promotional tour of the U.S., he met with a group of grocery store executives in L.A. Because there were no dishes available, the businessmen got out Styrofoam cups, broke the ramen noodles in half, and filled the cups with boiling water. This spurred a new idea, and within a few months, Nissin released Cup Noodles.
- Momofuku Ando's final invention was "Space Ram," a vacuum-packed ramen created specifically for a Japanese astronaut aboard the Discovery space shuttle in 2005.

Continued pg.6

**Celebrating 10 Years
in the Shuswap!**



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Community Events

Community Events for the Carlin Hall.

Nov. 17 Christmas Craft Sale 9am-1pm Concession available. Tables \$20.00. Phone Joan at 250-835-0104.

White Lake Fire Dept. 11th Annual Food Drive, which will be held on Tuesday Dec 4th 6 - 9 pm. Firefighters in turn out gear will go door to door in the White Lake Fire area. All donations of current date, still-sealed, non-perishable food items and money will be collected and delivered to the Sorrento Food Bank.

The Shuswap Spinners & Weavers are having their Annual Christmas Sale on Saturday December 1 from 10am to 4 pm at the 5th Avenue Seniors' Centre, 170 5th Ave SE in Salmon Arm The guild will be offering hand spun and hand knit items such as hats, mitts, socks, garments, and table linens for sale. Enjoy a refreshment in the tea room.

Sunnybrae Seniors Hall:

Christmas Bazaar - Nov 17 & 18 - 9am to 4pm - Tables \$10 - contact Maddie 250-803-8890
Italian Dinner - Nov 24 - Doors open at 5 pm - dinner at 5:30p. \$10 members/\$11 non-members

Eagle River Secondary School 29th annual Christmas Craft and Trade Fair. Sat. Nov. 17th, Eagle river school gym in Sicamous. 9:30am to 3pm. Over 70 tables, child care available while you shop. Contributions to the Food Bank accepted at the door. Vendors Welcome Call Kathy at 250-836-3267

Some Enchanted Evening * The Best & Brightest Broadway Blockbusters. A Benefit for The Shuswap Lake Health Care Auxiliary. The Nexus at First: Saturday Nov. 24, 7:00 p.m. 450 Okanagan Avenue SE, Salmon Arm Tickets; 2/\$25 or \$15 ea. @ Wickett Business Services 310 Hudson Avenue NE or call 778-489-0109

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- Who released the 1970s hit "Do It Any Way You Wanna"?
- Name the group that released "Baby Jump."
- The Neil Young song "Nowadays Clancy Can't Even Sing" was the debut single for which group?
- Name the 1960s duo that had a hit with "I Go to Pieces."
- Name the song that contains this lyric: "When you need somebody around on the nights that try you, I was there when you were a queen."

Answers

- People's Choice, in 1975. The song started on the soul chart and then veered over to the pop chart before sliding onto the disco chart.
- Mungo Jerry, in 1971. The song was a maxi-single that was played at 33 rpm, with a long A-side song and two on the B-side.
- Buffalo Springfield, in 1966. Young wrote the song in re-

- By the time Momofuku Ando died in 2007 at the age of 96, worldwide demand was 40 billion servings per year, which averages out to about 14 bowls for every person on Earth per year. China is the top consumer, eating 44% of world consumption, followed by Indonesia, Japan, Vietnam, and the USA, which eats 4 billion servings a year. South Koreans consume the most per capita, averaging 69 packages per person each year.
- There are 29 Nissin plants in 11 countries employing 22,000 people. Nissin makes a net profit of over \$3 billion a year.
- At around 13 cents per package, ramen could theoretically sustain a person for 365 straight days at a cost of only \$142.35. The only true vegetarian flavors are Soy Sauce (or "Oriental") and Chili. Each package of ramen contains about 56 yards (51 m) of noodles, equal to the length of two basketball courts.
- There is a Ramen Museum in Japan dedicated to the history of the product and the legacy of Momofuku Ando. About half a million people visit every year. The company is now run by Momofuku Ando's son.

MYTHS & MISCONCEPTIONS

- Napoleon Bonaparte wasn't short. His height was listed at 5'2", but that was in French feet. In modern imperial measurements,

he was about 5'7" (1.7 m) which was average at the time. He tended to surround himself with guards chosen for their height and strength, making him seem smaller by comparison.

- Johann Wolfgang von Goethe was a German writer in the 1800s most famous for writing the drama "Faust." His name, Goethe, is pronounced "Gerta" and not "goath."
- You can't see the Great Wall of China from space. No human structures are visible from space, aside from cities lit up at night.
- Wolves don't howl at the moon. They howl to communicate regardless of the time of day or the phase of the moon.
- People never used to say "ye" instead of "the." The word "the" used to be written by a Middle English character called a "thorn" which looked like "ye" but was pronounced "the."
- Black holes are not holes; they are very dense objects with incredible gravitational pull.
- Buddha was not fat. The popular statues depicting a chubby "laughing Buddha" are representations of the 10th century folk hero Budai. In Japan he is known as one of the Seven Lucky Gods, and in Taoist and Shinto culture, he is the god of happiness and plenty.
- The Moon does not have a "dark side" that is always hidden from the Sun. The Moon rotates around the Sun just like the Earth does, so all surfaces are illuminated at times. However, the Moon is locked into place with one side perpetually facing the Earth, meaning that the opposite side facing away from Earth cannot be seen from Earth.
- Bats are not blind. They have perfectly good eyesight and also navigate using echolocation.
- Bagpipes originated in the Middle East centuries before they ever reached Scotland.

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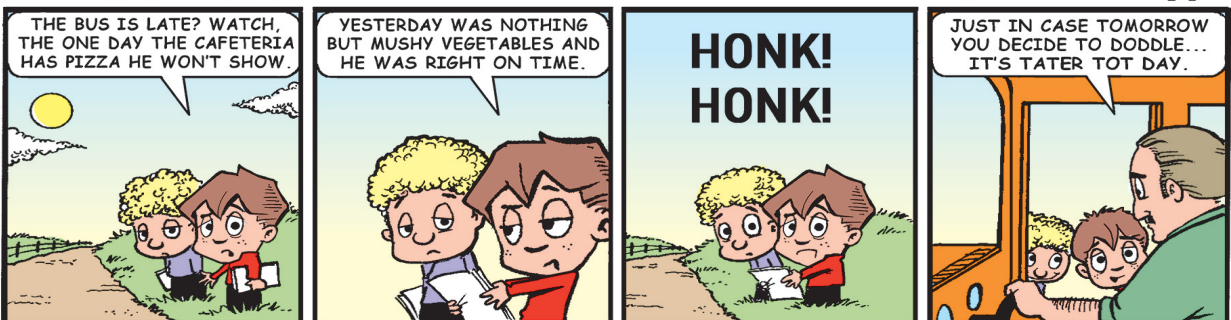
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TIDBITS Laughs!

Q: What do you call a skeleton that won't work?

A: Lazy bones!

Amber Waves



"Talk about a cheap date — he's taking her _____."

SCRAMBLERS

Unscramble the CAPITAL letters below to form four ordinary words. Then rearrange the boxed letters to form the mystery word to complete the gag!

Leave
SINGER _ _ _ _

Area
ANGER _ _ _ _

Pilfer
OGREAF _ _ _ _

Postpone
ROUNDJA _ _ _ _

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 for an I, you get MISTER. Do not change the order of the letters.

1. Witch's whammy	_ _ _ S _ _	Bend in the road	_ _ _ V _ _
2. Scare	_ R _ _ _ _	Aeronautical journey	_ L _ _ _ _
3. Gale Storm role	_ _ _ _ E _	Page's border	_ _ _ _ N _
4. Wedding day star	B _ _ _ _ _	Arrogance	P _ _ _ _ _
5. Ocean cruiser	_ _ _ _ R _	Napkins, etc.	_ _ _ _ N _
6. Nun	_ _ S _ _ _	Child's caregiver	_ _ T _ _ _
7. Pie shell	_ _ U _ _ _	Tip of the wave	_ _ E _ _ _
8. Copyright	_ _ T _ _ _	Mom or Dad	_ _ R _ _ _
9. Little finger	_ _ N _ _ _	Very selective	_ _ C _ _ _
10. Perry Mason, e.g.	L _ _ _ _ _	Finn's friend	S _ _ _ _ _

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Laugh a bit with TIPBITS

Q: What smells the best at dinner?
A: Your nose!

Just Like Cats & Dogs by Dave T. Phipps



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PAW'S CORNER By Sam Mazzotta

Developing Your "Trainer Voice"

DEAR PAW'S CORNER: I have an 11-month-old Golden Retriever puppy that I adopted from the shelter about six months ago. "Jake" won't listen to any of my commands. My roommate said that I'm too shrill and that I'm not consistent, neither of which make sense to me. How can I get Jake to listen? -- Roberta S., via email

DEAR ROBERTA: Without being on hand to see you give commands, I'm going to guess that your roommate feels your voice is too high or doesn't have enough "authority" when giving Jake commands. The other part, that you're not consistent -- could be either that the correct command isn't given consistently, or that Jake doesn't get regular obedience training sessions.

You may feel that you work with Jake plenty of times during the week and he should be catching on. A professional trainer may feel differently.

And that's what I'm going to suggest: Take Jake to a professional trainer. Group classes are affordable, or you can schedule one-on-one sessions. A combination of both is often very effective and provides an opportunity to socialize Jake. You'll need to be present at all the sessions, because you will get training, too.

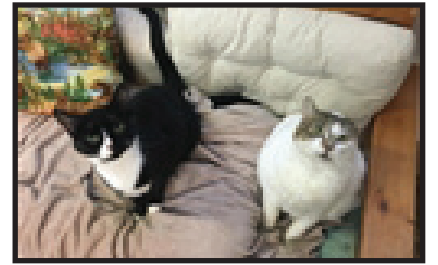
One thing you'll learn is how to develop a "voice" for giving commands. A trainer can give you instant feedback on how to shape your voice so that Jake recognizes that You Mean Business. You'll learn how often to work with Jake at home on basic obedience. You'll get solid techniques that will have Jake responding quickly to your commands, with no sidelong looks.

Look up a pro ASAP. The faster you and Jake learn to work together, the happier you'll both be.

Send your questions, comments or tips to ask@pawscorner.com. (c) 2018 King Features Synd., Inc.



250-832-7376



Meet Cooper. This gentle fellow came to our shelter along with his best friend, Monica. They are a bonded pair so are looking to find their forever home together. Cooper wants nothing more in life than to find a welcome lap or soft blanket to snuggle in while observing the going on's of the day. As such, we believe Cooper would fit best into a quiet home without other cats or dogs. Because Cooper isn't much of the athletic type, he is a chubby chap that needs his food intake to be monitored in order that he be able to shed some pounds. Cooper came to our shelter quite matted so is sporting quite the eccentric haircut, but he's happy to report that his coat is coming back glossier than ever. If Cooper sounds like the guy for you, come drop by the Shuswap Shelter and give him a visit!

Meet Monica. This pretty lady came to the shelter along with her best friend, Cooper. They are a bonded pair so are looking for a forever home together. Monica loves to spend her days doing a little bit of wandering around her room to curb her curiosity before cozing up near Cooper to snooze the afternoon away. She is very observant and loves to give you her purrs and chin rubs. Monica would thrive in a quieter home preferably with no other animals. Monica is going to have a senior check at the vet soon to make sure she's in tip top shape before her adoption, but if you think these two sound like the cats for you, please don't hesitate to drop by the Shuswap Shelter today!

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SCRAMBLERS

solution

1. Resign; 2. Range;
3. Forage; 4. Adjourn

Today's Word

JOGGING

Even Exchange

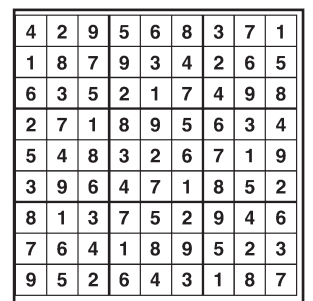
answers

1. Curse, Curve
2. Fright, Flight
3. Margie, Margin
4. Bride, Pride
5. Liner, Linen
6. Sister, Sitter
7. Crust, Crest
8. Patent, Parent
9. Pinky, Picky
10. Lawyer, Sawyer

CryptoQuip

answer

When a bird is diligently building its nest in a tree, would you call that branch dressing?





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