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TIDBITS® Gets A
BLOOD TRANSFUSION
by Janet Spencer

The average human has about 5 quarts of blood, and 60,000 miles of blood vessels. A single blood cell completes a circuit of the circulatory system in about 30 seconds. Come along with Tidbits as we get a blood transfusion!

TO THE RESCUE

- For centuries, doctors tried to heal illnesses through blood-letting, feeling that sickness was caused by imbalance of the body's fluids and that draining blood would help. Blood-letting didn't fall out of favor until Louis Pasteur, Joseph Lister, and Robert Koch proved that disease comes from microbes. Now physicians began studying what happened when you added blood to a sick or injured person instead of subtracting it.

- In the early 1800s, London obstetrician James Bundell worried about the number of women who died of blood loss after giving birth. He experimented with blood transfusions and made several discoveries: First, that only human blood should be transfused into other humans, and not animal blood; second, that blood transfusions did not cure any illness aside from blood loss; third, that transfusing blood into someone who was dead would not revive them. However, Blundell never understood why some transfusions were successful and others a failure, often ending in death.

turn the page for more

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BLOOD TRANSFUSIONS (cont'd)

- Austrian pathologist Karl Landsteiner researched why blood transfusions would sometimes kill the recipient, and other times would save them. In 1901 he took blood samples from various people and added them to blood samples drawn from other people. Sometimes the red cells clumped up, sometimes they burst, and sometimes nothing happened. Landsteiner first thought that some blood was “sick” and other blood was “healthy” but further research showed that there were different types of blood, which he labeled type A, type B, and type C. He then studied the different blood types, laying the groundwork for much that was to come.
- A red blood cell is shaped like a flattened donut without the hole. A protein inside the red blood cell called hemoglobin collects oxygen in the lungs, delivers it to the body’s cells, and then carries carbon dioxide away, to be exhaled through the lungs. But there are different types of red blood cells, determined by different types of proteins that adhere to the outer surface of the flattened donut, like different types of sprinkles: Type A blood has a certain kind of proteins that stick to the outside of the red blood cells, and Type B blood has a different kind of proteins sticking to the cells. If a person with Type A blood receives Type B blood in a transfusion, or vice-versa, it triggers an immune response.
- Landsteiner thought Type C blood had a third kind of protein sticking to the red blood cells, but later found it has no proteins sticking to it at all—it’s a flattened donut without any sprinkles. Then he found a fourth kind of blood, which had both Type A protein and Type B protein adhering to it. He



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TIDBITS
presents
TRIVIA NEWSFRONT

1. Two-thirds of the iron in the human body is stored in the blood, giving it a slightly metallic taste. Where is the rest of the iron stored?
2. Name the only part of the body that does not have a direct blood supply.
3. This pre-eminent medical journal was named for what instrument used in blood-letting?
4. During World War II, this actor, famous for playing Dracula, publicly donated blood to encourage his fans to follow suit, saying that he was “returning his ill-gotten gain.”
5. White blood cells fight infection in the body. Is it possible to transfuse white blood cells from one person to another?

called this Type AB blood. Landsteiner realized he needed to re-name his Type C blood in order to indicate that this type of blood has no proteins sticking to it at all. He re-named it Type O.

- Since Type O blood has no proteins, it can be given to people of all blood types without triggering an immune response, since it’s the proteins that act as the allergen. Type O blood is called the “universal donor.” People with Type AB blood do not suffer ill effects when they receive Type A blood, or Type B blood, or Type O blood, and they are known as “universal receivers.”
- Landsteiner was studying the blood of rhesus monkeys when he found that some of them had another type of protein adhering to their red blood cells, while others did not. He then found

TRIVIA NEWSFRONT ANSWERS

1. Liver.
2. Cornea.
3. “The Lancet”
4. Bela Lugosi.
5. No.

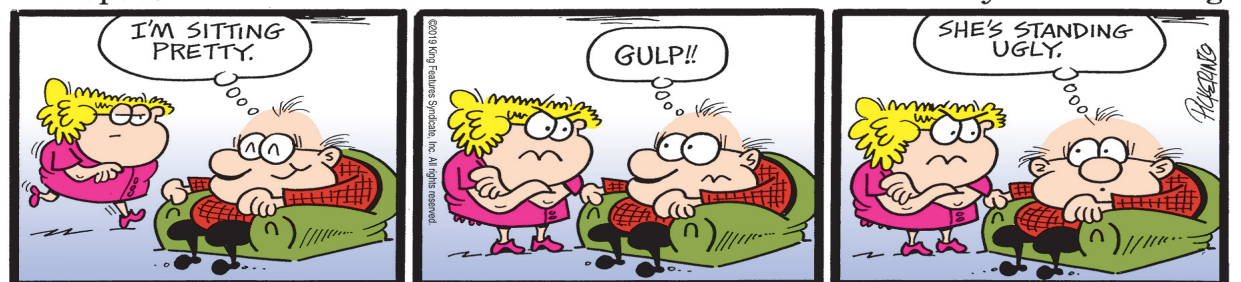
that humans also either did, or did not, have that identical protein. He called this new protein “the Rh factor” after “rhesus.”

- People who are Rh positive cannot receive blood from donors who have Rh negative blood, and the other way around as well.

Continued pg.4



The Spats



* “Large dogs can benefit from a raised water and food bowl. Why not make it pretty at the same time by putting a stainless-steel bowl into a decorative planter? Find a planter and bowl that have the same size opening. Your pup will thank you.” -- I.B.B.

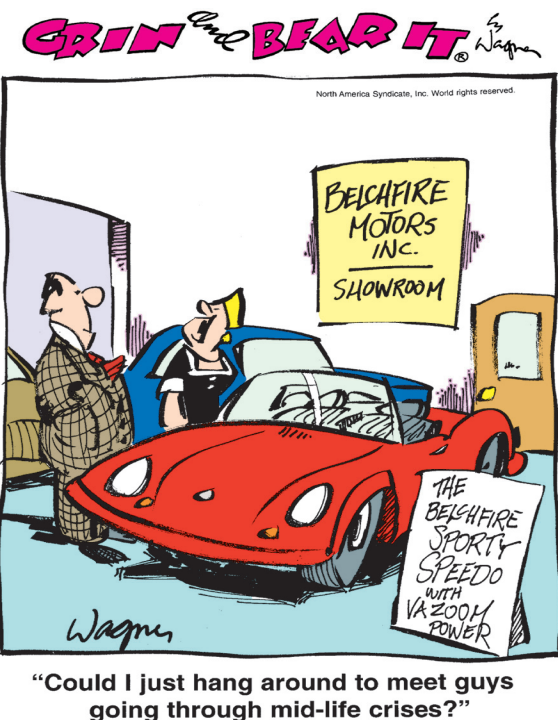
* “Here’s a novel way to store your skewers that’s both handy and safe: Once they are clean and dry, wrap in plastic wrap. They will stay together, and the plastic can save you from being poked by the ends when they’re loose in the drawer.” -- T.H.

* The secret to avoiding stains on your carpet is to get to spills right away. If you have a liquid spill, remove as much of the liquid as you can, then spray the stain with a solution of half vinegar and half water. Let it sit for two minutes, then blot with a towel. If it’s solid food, try using a plastic card to scrape it up from underneath so it doesn’t get

ground in. Then follow the same steps as for a liquid stain.

* “It’s better to use a dry, lint-free cloth to clean your DVD player and other electronics. Moisture will damage your electrical circuits, so no spray cleaners. But there is one thing you can spray into those cracks to help you clean: canned air! It’s a great alternative for dislodging dust from vents without risking your tech. While you have it out, you might try ‘dusting’ the headphone and charging ports on your cellphone, too.” -- M.F.

* “Need sliced mushrooms for your salad or recipe? They are hard to cut, but you might have the perfect tool for doing the job already in your kitchen. If you have an egg slicer, get it out. It works very well for mushrooms, and it’s easier to use than trying to cut those slices yourself.” -- J.R.



Strange BUT TRUE

by Samantha Weaver

* It was industrialist Andrew Carnegie, who was born into a poor Scottish family and emigrated to the United States as a teen, who made the following sage observation: "There is not such a cradle of democracy upon the earth as the Free Public Library, this republic of letters, where neither rank, office, nor wealth receives the slightest consideration."

* You might be surprised to learn that the United States Department of Commerce has designated approximately 30 houses across the country as authentic haunted houses.

* Despite the fact that 95 percent of the world uses the metric system of measurement, we in the United States still stubbornly cling to the archaic units of measurement derived from the old British Imperial system. This hodgepodge ranges

from the mile (originally the distance a Roman soldier could march in 1,000 double steps) to the foot (originally the length of Emperor Charlemagne's foot, later "standardized" to the length of 35 barleycorns laid end to end) to a yard (the distance between King Henry I's nose to his extended fingertips) to an inch (the length from the tip to the first joint of a man's thumb).

* You probably didn't realize there's a word for it, but a pregnant goldfish is called a twit.

* A man named Robert Boyd entered a lingerie shop and attempted to hold up the store using a Japanese sword. A fan of video games, Boyd claimed in his defense that at the time of the holdup, he believed he was an elf.

* In Switzerland, it is considered to be bad luck to tell anyone your baby's name before it is born.

Thought for the Day: "A man may truly live in his dreams, his noblest dreams, but only, only if he is worthy of those dreams." -- *Harlan Ellison*

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Weekly SUDOKU

by Linda Thistle

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

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 Gaucho's weapon
- 5 Big Apple abbr.
- 8 Silenced "Hey!"
- 12 "Once — a Mattress"
- 13 Debtor's letters
- 14 Duel tool
- 15 Delphinium
- 17 Rotate
- 18 Dismal
- 19 Snow White's pals
- 21 Put on the line
- 24 Everything
- 25 Pop flavor
- 28 Frogs' hang-out

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			

- 54 Sandwich treat
- 55 Sphere
- 56 Reclined
- 57 Marries
- 58 Bill
- 59 Pronto, in the ER
- 60 Moment
- 61 From the start
- 62 Read cursorily
- 63 Barbie's companion
- 64 Teensy bit
- 65 Go directly downhill
- 66 Pacific porch
- 67 Desirous look
- 68 Rash
- 69 cheese label
- 70 Corolla component
- 71 Morgan of "Super Size Me"
- 72 Lowly laborer
- 73 Sawbucks
- 74 Half a Vail pair
- 75 Bankrolls
- 76 Rotate
- 77 "M*A*S*H" locale
- 78 Letterman's network
- 79 Raw rock
- 80 Big name in U.S. aircraft
- 81 Mr. Gingrich
- 82 Letter before 35-Across
- 83 Allen or Conway
- 84 Enthusiasts
- 85 T-shirt sizes
- 86 Continental money
- 87 Timeworn
- 88 Decelerate
- 89 Wrap in a waxy cloth
- 90 Attempt
- 91 Tidy
- 92 One side of the Urals
- 93 "— It Romantic?"
- 94 Historic period
- 95 Recede

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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

RHUBARB STRAWBERRY PIE

- 1 1/4 cups plus 2 teaspoons sugar
- 1/3 cup flour
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 3 cups hulled and halved strawberries
- 2 cups red rhubarb (small pieces)
- 2 tablespoons butter
- double pie crust for 9 or 10 inch pie plate

Preheat oven to 400F. Mix 1 1/4 cups sugar, flour, nutmeg and cinnamon in a large bowl. Add strawberries and rhubarb. Toss to coat evenly. Fill pie crust with mixture. Put pats of butter on top then add second crust. Sprinkle with remaining 2 teaspoons of sugar. Bake until brown and bubbly, about 55 minutes. So delicious! Who doesn't love fresh rhubarb and strawberries? (This recipe is from my Best Selling Cookbook "Luscious Berry and Fruit Desserts" available at DeMilles, Bookingham, Three Valley Gap, Swan Lake and many others.

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: Z equals F

ESXAAOE ZOSH XGKVJ JUI

UXMWEPXZJOMN KZ X ZOMI

OMWOXM AJPOMNIW OMAJPVHIMJ:

"X AOJXP OA GKPM."

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BLOOD TRANSFUSIONS (cont'd)

In fact, women who were Rh negative often had trouble when they were pregnant with Rh positive babies until it was discovered that an injection of a blood product called Rh immune globulin would prevent problems. The discovery of the Rh factor brought the number of blood types to eight.

- The most common blood type in humans is O-positive (37.4%) and the rarest blood type is AB-negative (0.6%).
- Landsteiner also discovered that he could find out a person's blood type from a single drop of dried blood, laying the groundwork for forensic science. Later it was found that blood types are inherited from parents in predictable patterns, leading to the ability to find out who the father of a child was likely to be. Landsteiner won the Nobel Prize for his work.
- Dr. Reuben Ottenberg at Mount Sinai Hospital discovered how to easily cross match a patient's blood type to the blood type of the blood donor. Blood typing became common in the 1920s. (cont)
- Why are there four different blood types? It's because of genetic mutation and evolution. Type A blood is the most ancient, and all humanoids had Type A blood as the species began to evolve. Around 3.5 million years ago, Type B blood was a genetic mutation, followed a million years later by Type O. The reason these mutations flourished and were passed down through successive generations has to do with disease resistance.
- Cells infected with malaria don't stick well to Type O red blood cells, so people who have Type O blood are less affected by malaria and have better odds of surviving in order to pass on their blood type to their children. Similarly, people with Type AB blood are more resistant to cholera. Gradually entire populations where cholera was common began to have largely Type AB blood, while people who lived in malaria-prone areas had mainly Type O blood.

TIDBITS QUOTE

"Blood alone moves the wheels of history." - Benito Mussolini



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FURTHER ADVANCES

- The advent of World War II prompted the invention of blood banks. Doctors in Russia pioneered the practice of shipping stored blood to the battle front so that blood would be taken to the wounded soldier instead of the wounded soldier being taken to the hospital in order to receive blood.
- Plasma is the amber liquid component of blood that transports red blood cells. Plasma can be easily freeze-dried, shipped long distances, stored for long periods at room temperature, and reconstituted with sterile water. Plasma can be transfused into any human regardless of their blood type. Red blood cells must be handled gently and kept either refrigerated or frozen. Therefore plasma is commonly used for transfusions involving cases of trauma, hemophilia, and burns, while whole blood is transfused only in cases of excessive blood loss.

**REMARKABLE PEOPLE
CHARLES PONZI**

- In 1906, the Universal Postal Union invented the International Reply Coupon, or IRC. This allowed someone in one country to pay for return postage from a different country, regardless of the difference in prices in postage. If it cost 3 cents to send a first class letter in Italy, but the U.S. charged 5 cents to return an identical letter to Italy, the IRC covered the cost.
- In 1919, Charles Ponzi decided this would be a good way to turn a profit: buy IRCs low, sell high. Explaining this to friends, he received small investments, and doubled those investments in 90 days. Word spread.
- In 1920, Ponzi set up his own company and sold stock. Within the first months, 18 people invested

\$1800 and he paid them their dividends the following month, without mentioning that they were being paid from the monies of the next group of investors. A frenzy began. In March of 1920, his investments had risen to \$25,000. By the end of July, he was taking in over a million dollars a day, worth over \$12.5 million in today's dollars. He deposited the

money in Hanover Trust Bank of Boston, and then bought controlling interest in the bank. People mortgaged their homes in order to invest in his company.

- During all of this, Charles Ponzi still had not figured out a way to actually monetize the International Reply Coupons in order to turn a

Continued pg.6



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Community Events

White Lake Volunteer Fire Dept. 38th annual Mother's Day Pancake Breakfast. Sunday May. 12th 8-11am White Lake Community Hall. 3617 Parri Road. Adults \$8, Kids under 12 \$2. Craft sale tables will be located in fire hall.

May 17 - 24, 7:30 pm nightly, Shuswap Theatre, 41 Hudson Ave. NW Shuswap Theatre hosts the annual Theatre BC zone drama festival showcasing community theatre groups from Princeton to Salmon Arm. 7 plays in 7 days with a theme of Backstage Heroes. Winner of the Best Production represents our zone at the provincial festival in Port Alberni July 5 - 13. Information and tickets at shuswaptheatre.com.

Sorrento Lions Club Upcoming Events:

May 25th: 5th Annual Garage Sale at the Sorrento Memorial Hall, 1150 Passchendaele Road, Sorrento from 8:00 am to 3:00 pm. If you have any items you would like to donate, please call Wayne Kembel at 250-675-2616 to arrange for pick up or delivery. No large furniture, appliances, clothing or electronics, please.

June 16th Father's Day Pancake Breakfast at the Sorrento Memorial Hall, 1150 Passchendaele Road, Sorrento from 8:00 am to Noon. Donations welcome.

Garage Sale Sat May 11th, 8am to noon Sorrento Drop In Society 1148 Passchendaele Road Fund Raiser - new chairs.

"The Shuswap Garden Club will be hosting their annual plant sale, including Shuswap-friendly perennials, fruits, shrubs, herbs, and annuals! Saturday, May 11th -- doors open at 8:00 a.m at the Scout Hall (2460 Auto Rd SE). You don't want to miss this annual event!"

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Laugh a bit with TIDBITS

Q: Why does a nurse always carry a pen?
 A: In case she needs to draw blood!

CHARLES PONZI (cont)

profit. He continued to pay the old investors out of the funds coming in from the new investors. Meanwhile he bought himself mansions, cars, and other luxuries of the high life. Then he bought a pasta company and a wine company, hoping to turn enough of a profit to get him out of the hole he was digging for himself.

- When a Boston financial writer wrote an article stating that Ponzi's scheme was impossible, Ponzi sued for libel and won a \$500,000 settlement, squashing further attempts to expose him. When another newspaper wrote a favorable article about Ponzi's ability to guarantee a 50% return on investment after only 45 days, the article appeared next to a local bank's ad promising a 5% return annually. Crowds of people thronged to Ponzi's office to invest.
- Still, suspicious investigative reporters and state officials started looking into the matter. One of those investigators revealed that Ponzi was not investing his own money in his own company. Somebody else calculated that in order to pay off all of his investors, Ponzi would have to monetize approximately 160 million IRCs, when there were only 27,000 in circulation. The District Attorney ordered an audit. A newspaper article revealed that whereas Ponzi claimed he was \$7 in the black, he was actually \$7 million in the red.
- There was a run on Ponzi's company. The Bank Commissioner immediately seized the Hanover Trust Bank, squashing Ponzi's last-ditch efforts to cover all his debt using bank funds. Ponzi was ruined. He surrendered to federal authorities.
- Five other banks were ruined because of Ponzi's scheme. Investors received about 30 cents on the dollar. All in all, about \$20 million was lost, worth over \$225 million today. Charles Ponzi spent less than four years in prison on federal charges, after which he was re-tried on state charges and spent another 7 years behind bars. He was deported upon his release in 1934, and died in poverty in Brazil in 1949 at the age of 66. Today any such impossible financial scheme is called a Ponzi scheme.



-
1. Who released "Train in Vain"?
 2. What American new wave band wrote and released "Give Me Back My Man" in 1980?
 3. Name the group that started with musicians from America (one a G.I. stationed in Germany), Switzerland, Czechoslovakia, Jamaica and Britain.
 4. Who released "Can the Can" in 1973?
 5. Name the song that contains this lyric: "Lay a whisper on my pillow, Leave the winter on the ground, I wake up lonely, there's an air of silence."

Answers

1. The Clash, in 1979 on their "London Calling" album. It wasn't mentioned on the track listing for the album's first edition because the song was added at the last minute and the album cover was already being printed.
2. The B-52s. The extended remix of the song on their "Party Mix!" album clocked in at 7 minutes 40 seconds.
3. Heatwave, known for "Boogie Nights." The group started in 1975 and is still playing in 2019, although it's gone through multiple changes in members.
4. Suzi Quatro.
5. "It Must Have Been Love," by Roxette in 1987. The song climbed to No. 1 on the Hot 100 chart and was slightly rewritten for the soundtrack to the 1990 film "Pretty Woman," starring Julia Roberts.

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Chicken Casserole

Chicken is an almost universal favorite -- and especially when served in tasty, easy dishes like this Chicken a la King Casserole.

- | | |
|---|---|
| 1 1/2 cups diced cooked chicken breast | 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup |
| 1 (2.5-ounce) jar sliced mushrooms, drained | 1/4 cup fat-free milk |
| 1/2 cup frozen peas | 1 (2-ounce) jar diced pimiento, undrained |
| 1 1/2 cups cooked noodles, rinsed and drained | 1 teaspoon dried parsley flakes |

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
2. In a large bowl, combine chicken, mushrooms, peas and noodles. Add mushroom soup, milk, undrained pimiento and parsley flakes. Mix well to combine. Spread mixture into prepared baking dish.
4. Bake for 25 to 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 4 servings.

* Each serving equals: 241 calories, 5g fat, 23g protein, 26g carb., 440mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch.

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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!

- | | | |
|---------|----------------|----------------------|
| Crush | PALMTR_ _ _ _ | <input type="text"/> |
| Retract | INWERD_ _ _ _ | <input type="text"/> |
| Assist | VERSE_ _ _ _ | <input type="text"/> |
| Serfdom | BEANDOG_ _ _ _ | <input type="text"/> |

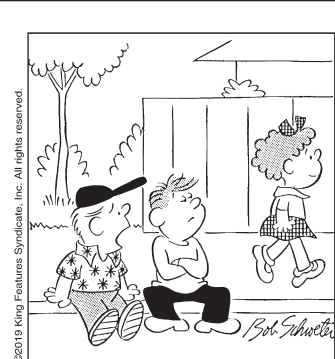
TODAY'S WORD

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. Elephant feature | _ _ _ _ N _ | Semi or pickup | _ _ _ _ C _ |
| 2. Royal residence | _ _ _ _ C _ | Taste buds | _ _ _ _ T _ |
| 3. Big Ben's locale | _ O _ _ _ | Charles Ingalls actor | _ A _ _ _ _ |
| 4. Elevator chute | _ _ A _ _ _ | Switch gears | _ _ I _ _ _ |
| 5. Thicken like milk | _ _ R _ _ _ | Snuggle | _ _ D _ _ _ |
| 6. Horizontal | _ _ _ _ N _ | Writing style | _ _ _ _ S _ |
| 7. Timepiece | _ A _ _ _ | Enchantress | _ I _ _ _ _ |
| 8. Create | _ _ V _ _ _ | Bent on | _ _ T _ _ _ |
| 9. Regal | R _ _ _ _ | Faithful | L _ _ _ _ _ |
| 10. Stronghold | _ _ _ _ R | Thirsty cloth | _ _ _ _ L |

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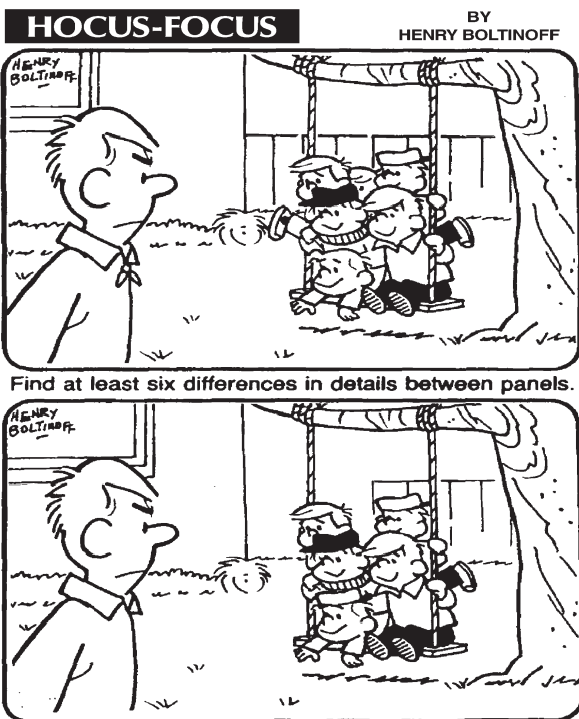
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Differences: 1. Man's collar is different. 2. Window is larger. 3. One boy is missing. 4. Leg on the left is missing. 5. Boy on the bottom has a hat. 6. Part of fence is missing.



PAW'S CORNER By Sam Mazzotta

Do Dogs Really Know What We're Saying?

DEAR PAW'S CORNER: Settle a bet for me. Can dogs really understand human speech? Or are they reacting to other signals when we give them commands (like a hand signal that's repeated at the same time as the sound we make)? -- Jerry in Seattle

DEAR JERRY: You may have lost that bet. A study in 2016 found that dogs do indeed understand human speech, and that their brains process language in very much the same way that human brains do. The left side of a dog's brain processes the meaning of the words being spoken, while the right side of the brain processes the emotional intent.

Of course, this understanding worked mainly when words were used that the dogs were familiar with, like "good boy" and "well done." And dogs responded most strongly when a familiar word was matched with equal intent: for example, saying "good boy" in a way that clearly praises the dog. They also responded much better to praise than to criticism (and honestly, who wouldn't)? If they didn't understand the word being used, but the intent was clear, they responded -- though not as enthusiastically.

So yes, as any dog owner who has ever had to spell out the word W-A-L-K to keep their pet from dashing toward the leash will tell you, dogs do understand us.

How can pet owners use this information to better relate to their dogs? It certainly can help when training a pet. Using positive praise, consistent words and keeping that training fun and happy will ensure that dogs learn faster and respond positively to commands. Try it out.

Send your comments, tips and questions to ask@pawscorner.com.(c) 2019 King Features Synd., Inc.



BCSPCA 250-832-7376

"This sweet little gal is Rosie.

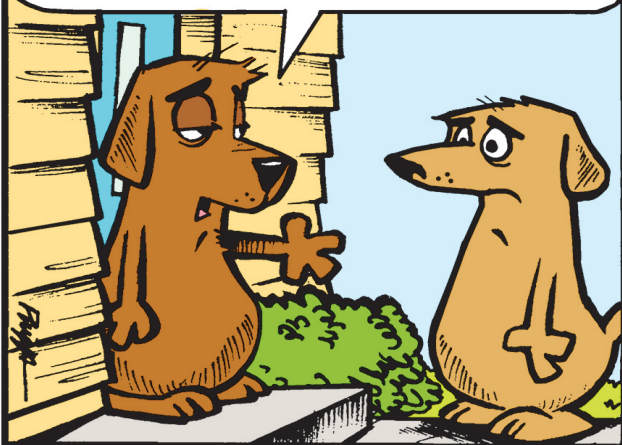
Like so many others, Rosie was brought in as a Stray. She is a loving girl and likes to talk to and visit with her people. She is young and would like a home where she can play and just enjoy being a cat. Come meet her at the Shuswap shelter."



Adoptables ad is donated by Tidbits. To sponsor call 250-803-4603

Just Like Cats & Dogs by Dave T. Phipps

BOB, FOR POKER NIGHT MY WIFE MADE TOFU AND CUCUMBER SANDWICHES. IF YOU'D RATHER GIVE ME YOUR MONEY AND RUN I UNDERSTAND.



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250-463-1521

SCRAMBLERS

solution

1. Trample; 2. Rewind;
3. Serve; 4. Bondage

Today's Word

WOMEN

Even Exchange

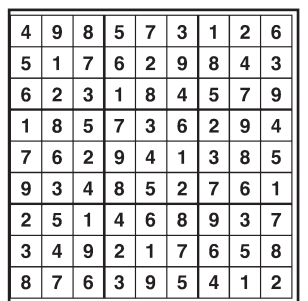
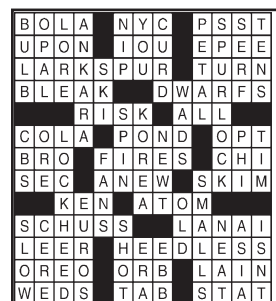
answers

1. Trunk, Truck
2. Palace, Palate
3. London, Landon
4. Shaft, Shift
5. Curdle, Cuddle
6. Prone, Prose
7. Watch, Witch
8. Invent, Intent
9. Royal, Loyal
10. Tower, Towel

CryptoQuip

answer

Classic film about the handcrafting of a fine Indian stringed instrument: "A Sitar Is Born."





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