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TIDBITS® CELEBRATES THANKSGIVING

by Janet Spencer
In 1863, President Abraham Lincoln proclaimed Thanksgiving a national holiday. Since then, many traditions surrounding the holiday have developed: We eat turkey and pumpkin pie, watch the Macy's Thanksgiving Day Parade, and root for our favorite football team. But along the way, other less standard traditions have cropped up. Here are a few of them!

The Turkey Throw

- A type of "turkey toss," sponsored by a radio station in Boston every Thanksgiving, involves actually throwing turkeys. These turkeys are frozen solid, however.
- Each high school in the Boston area chooses a team of two from their football team: the best passer and best receiver. The day before Thanksgiving, all teams gather for a unique turkey-throwing competition. Supporters, cheerleaders, marching bands, TV cameras, local celebrities, sports heroes, and referees gather for the event.
- Each passer must hurl the frozen turkey backward over his head in the general direction of where the receiver is. The receiver must catch this frozen turkey without letting it hit the ground. If the bird touches the ground, that team is eliminated. Rounds continue with ever-increasing distances, with radio DJs providing a play-by-play. Money raised is donated to the local food bank. (cont)

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For more info see page 13

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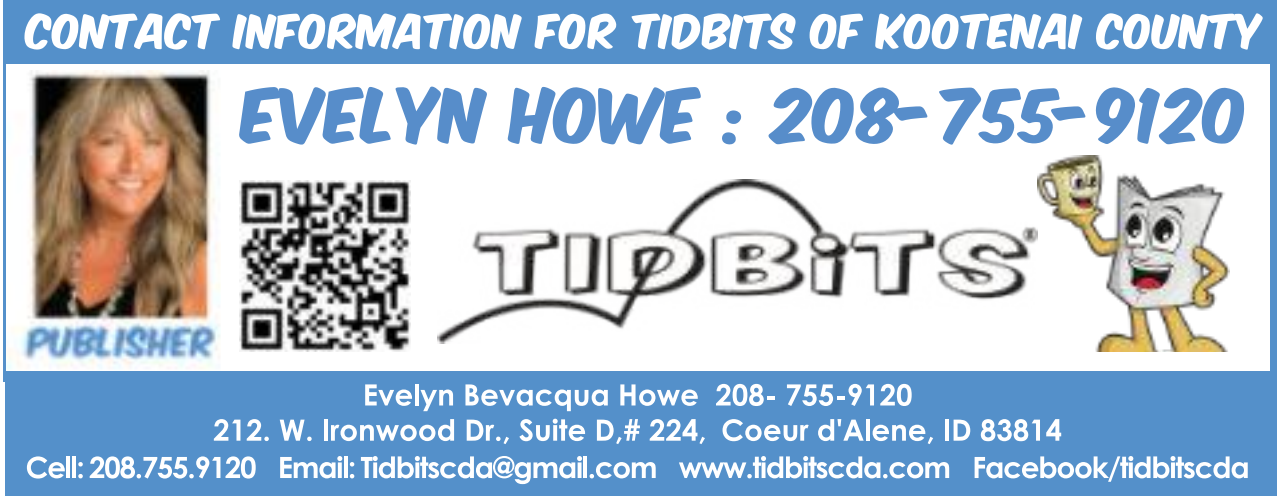
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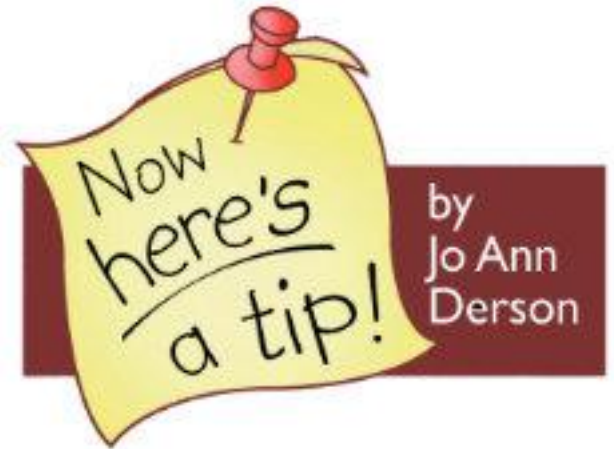
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Flaming Turkey Throw

- If throwing frozen turkeys backward over your head isn't challenging enough, consider how much more fun it would be to throw a turkey while it's on fire! For a brief flaming moment in history, folks did this in Bloomington, Indiana. Bloomington used to sponsor a normal turkey-throwing competition starting in 2001. But in 2005, organizer Doug Ballard dreamed up an even better turkey tossing method involving fire: "If you're going to throw a turkey, why not cook it while you're throwing it?"
- Alas, the event lasted only two years before it ended, presumably due to liability issues. The winning throw in 2006 was 185 feet 6 inches (56.54 m). The world record for the hammer throw is 284 feet 6 inches (86.74 m).

TURKEY TOSS

- The 1970s-era TV sitcom "WKRP in Cincinnati" was about a zany crew running a radio station. One episode went down in Thanksgiving history. Entitled "Turkeys Away," the plot entails a promotion involving dropping live turkeys from a hovering helicopter. A radio station reporter gives a horrified play-by-play of the off-camera event, mimicking the Hindenburg disaster: "The turkeys are hitting the ground like bags of wet cement! Oh, the humanity!" Later, a dazed manager staggers back to the station following the calamity, covered in feathers, and utters the immortal line: "I swear, as God as my witness, I thought turkeys could fly!" This became the single



- "Digital picture books are very easy to make these days, and they make great gifts. But here's a way we use our digital photos to keep the kids engaged at our family gatherings. Each family prints out a selection of photos. We let the kids make their own books using half sheets of paper, glue and markers. They design frames, etc. After they have several pages done, we tie them together and make a cover of heavy card-stock. It's a great take-home craft, a special souvenir for visitors, and it gets them talking about family moments." -- R.E. in Alabama
 - Want to mix it up a bit with your traditional chocolate chip cookies? Try rolling them in different types of chopped nuts or sprinkles. Even crushed pretzels are really good. Or change the flavor of the chip. Add minced dried fruit, quick oats or other seeds for a change of taste. Melt chocolate chips and dip one side in it, then let dry on waxed paper.
 - At a loss of what to do with Christmas cards from years past? Why not try making a wreath? Cut out a large ring from a cardboard box or other sturdy material. Arrange cards at different angles around the circle. Add holiday picks and ribbon or a bow for depth.
 - Having a holiday party? Put foods and drinks in separate areas, as these are places that guests tend to linger. With different stops for each, guests will not bunch up in one place, and it actually encourages mingling!
- Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.
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TURKEY TOSS (cont)

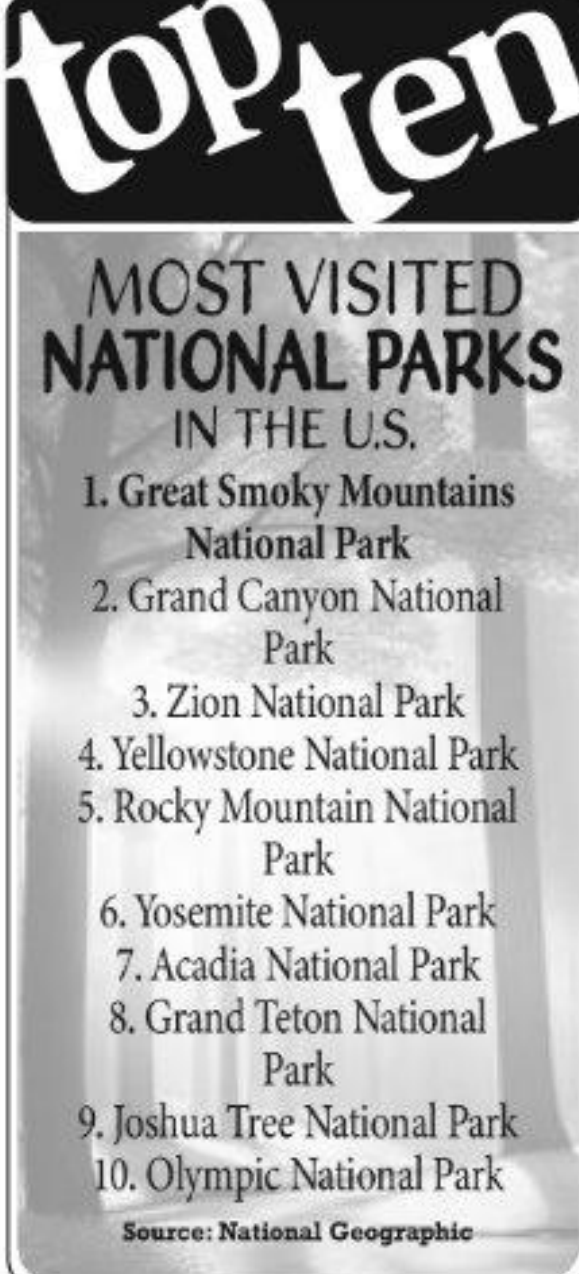
- This extremely memorable episode of a largely forgotten sitcom lives on in modern traditions. Assorted television stations re-run the show on Thanksgiving weekend as tribute.
- Various organizations host their own modified "Turkey Toss" before Thanksgiving. For instance, the Hiller Aviation Museum in San Carlos, California, drops 300 turkeys to a waiting crowd below. No, not the real thing, but soft squeezable toy turkeys instead

TURKEY BOWLING

- In 1988, Derrick Johnson worked nights as a stocker at Lucky's Supermarket in Newport Beach, California. He was struck by how easily the frozen turkeys slid across the countertops, and subsequently noted that they also slid nicely across the linoleum floor. Setting up several soda bottles as bowling pins, he invented a new sport: turkey bowling.
- Lucky's never sponsored a Frozen Turkey Bowling tournament. Regardless, word got out about the new sport, starting with a tongue-in-cheek article in the sports column of a local newspaper on a slow news day, and culminating with appearances for Johnson on Good Morning America and The Arsenio Hall Show. The management at Lucky's wasn't happy about the publicity, firing Johnson.
- Butterball was similarly unhappy with the publicity since Johnson routinely mentioned that Butterballs were best for bowling because their built-in plastic carrying handle made it easy to fling. They issued a cease-and-desist.
- Though Derrick Johnson faded into obscurity, Frozen Turkey Bowling lives on. Grocery stores sponsor tournaments; schools schedule them as a morale-booster; social programs host them on frozen lakes as a fundraiser; hockey teams perform them in the rink as entertainment. Derrick Johnson would be happy to know his sport lives on in American tradition today. Butterball, not so much.



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4. Yellowstone National Park
5. Rocky Mountain National Park
6. Yosemite National Park
7. Acadia National Park
8. Grand Teton National Park
9. Joshua Tree National Park
10. Olympic National Park

Source: National Geographic

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STICKELERS (sic)

by Terry Stickels

Using the numbers 1, 2, 3, 4 and 5, can you create a three-digit number and a two-digit number that, when multiplied, will give you the smallest possible result with that set?

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TIDBITS

NUGGET OF KNOWLEDGE

The average person consumes up to 4,500 calories during a single Thanksgiving feast. Remember that the recommended daily caloric intake for an average person is 2,000 per day. A typical adult needs to spend 10 hours at a steady pace on a treadmill to burn off an average Thanksgiving meal.





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DEEP-FRIED TURKEY

- Turkey has long been the customary fare for Thanksgiving. The customary method of cooking it was to bake it. All that changed when a new fad swept the country: deep-fried turkey, yielding a bird that's moister on the inside and crispier on the outside.
- It all started with the invention of propane-powered cookers in the 1970s. The deep, heavy-duty aluminum pots stood on a stand over the gas flame. Folks in Louisiana adopted this method of cooking a favorite Cajun dish of boiled crawfish. That led to deep-fried fish. Then it was modified to poultry submersed in lard, then turkeys cooked in peanut oil. There is no doubt that deep-fried turkey originated in Cajun country; the only question is who invented it first.
- Regardless of the details of its birth, once the idea first saw the light, it spread quickly. Chef Jim Chehardy of the Landmark Hotel in the French Quarter started serving it in 1982. The first newspaper article about it appeared that year. Celebrity chef Justin Wilson deep-fried a whole turkey on his PBS show, "Louisiana Cookin'" in 1986, and that lit the fire.
- Today, there are more cooking-related housefires on Thanksgiving than on any other day of the year. Fully one-third are started on a deck, patio, porch, or garage due to deep fryer mishaps. Firefighters respond to about a thousand deep fryer fires each year, resulting in five deaths, 30 injuries, and the loss of 900 homes.
- The one organization that failed to endorse deep-fried turkey? The National Fire Protection Association.



- As part of David Hasselhoff's divorce settlement, he kept possession of the nickname "Hoff" and the catchphrase "Don't Hassle the Hoff."
- The fuller your refrigerator, the more energy-efficient it is.
- Dr. Seuss coined the word "nerd." The term originated in the 1950 book "If I Ran the Zoo." The sentence goes: "And then, just to show them, I'll sail to Ka-Troo. And bring back an IT-KUTCH, a PREEP and a PROO, a NERKLE, NERD, and a SEERSUCKER, too!"
- Nobel Prize winner Niels Bohr was given a perpetual supply of beer piped into his house.
- Between 1848 and 1850, the population of San Francisco grew from 900 to 35,000 people thanks to the Gold Rush.
- During his World War II service, LBJ was due to fly in the observation seat of the B-26 bomber Wabash Cannonball. However, he was replaced when he had to go to the toilet before takeoff. The Wabash Cannonball was shot down during that flight over New Guinea with no survivors.
- A Chinese millionaire sold canned air to people on the streets to raise awareness of air pollution and then donated the money to charity.
- Newborn babies can only see in black and white for a few months.
- Seventy percent of the dirt on your clothes is invisible.
- In "The Empire Strikes Back," an extra can be seen running with what appears to be an ice cream maker. The character became legendary among fans, and was eventually given a name (Willrow Hood) and a backstory.
- Some scientists believe that dogs can tell when you're coming home by how much of your scent is left in the house.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Leg is moved. 2. Scale is shorter. 3. Nurse's foot is moved. 4. Cabinet is not as wide. 5. Window is smaller. 6. Sock is shorter.

Thought for the Day:

"I figure if a girl wants to be a legend, she should just go ahead and be one."
-- Calamity Jane
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Laugh a bit with **TIDBITS**

Q: What did the turkey say to the turkey hunter on Thanksgiving Day?
A: "Quack, Quack!"

WORD LADDERS

Can you go from FLIPS to PLEAD in 6 words?
Change one letter for each rung in the ladder.

FLIPS

PLEAD

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 page!



"Please, Mother, we refer to this as a wedding reception ... not a _____ dinner!"

Lost SAYTAR

Cancel EKOVER

Assert TATES

Lean LIECINN

TODAY'S WORD

KOVELS' ANTIQUES & COLLECTIBLES

BYLINE: By Terry and Kim Kovel
 PHOTO CREDIT: Kovels.com
 PHOTO CAPTION: Have you ever dreamed of sitting on an ostrich's back? Fantasy furniture like this 19th-century wooden chair can make it come true.



Fantasy Furniture

"Fantasy furniture" usually refers to postmodern pieces with whimsical shapes and unusual colors made from unexpected materials. Like many furniture styles, it's older than you might expect.

Furniture has been made in fanciful shapes for hundreds of years; with animals being a favorite element. While the name "fantasy furniture" may imply mythical animals like dragons or griffins -- and you can certainly see them in furniture and decorative arts -- representations of real-life animals count, too.

Black Forest furniture with elements carved to look like realistic bears are fantasy furniture. So are Italian grotto chairs with backs shaped like enormous scallop shells. And so are pieces made to look like a whole animal, like this 19th-century carved walnut chair that Fontaine's Auction Gallery described as an "ostrich-form fantasy chair." It sold for \$3,276. Its decorations aren't limited to its legs or back; it's complete with an outstretched wing for a back, the head and tail as asymmetrical arms, a feathery body with a folded wing for the seat and bird legs

carved into the base.

Q: I recently had my 1956 Gibson guitar authenticated as original with original finish from the Gibson company. It has the original Gibson finish and I was told the wood includes spruce and mahogany. I was curious about its value and also wondered what avenues I could use if I would like to eventually sell. Can you assist me with suggestions?

A: The best way to find the value of a vintage or antique instrument is to take it to a local store that sells used musical instruments. Look up prices and get multiple opinions before you sell! Gibson guitars can be worth a lot of money. We have seen them sell from about \$500 to several thousand dollars, depending on the model and condition. Gibson does not buy or appraise vintage guitars, but their website, gibson.com, has a tool to help you find dealers in your area. They recommend Carter Vintage Guitars (cartervintage.com) for appraisals.

CURRENT PRICES

Planters Peanuts, jar, lid, barrel shape, embossed, Mr. Peanut, etched name on lid, peanut finial, 12 1/2 inches, \$75.

Lamp, sconce two-light, gilt bronze, mirror back, rectangular, pierced frame, urn shape crest, two dolphin supports, scrolled arms, 19th century, 22 x 8 inches, pair, \$160.

Toy, car, racing, Super Hot Rod, open top driver, red, yellow, light blue, flashing lights, battery operated, friction, box, Marx, 1950s, 11 1/2 x 4 x 5 inches, \$250.

Sewing, pincushion, Iroquois, figural, bird, multicolor beadwork, early 20th century, 6 1/2 x 8 1/2 inches, pair, \$375.

For more collecting news, tips and resources, visit www.Kovels.com

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Junior and Sammy Hebert owned a butcher shop in Maurice, Louisiana. One day in 1984, a local farmer brought in a chicken, a duck, and a turkey. He asked the Heberts to stuff one bird inside the other for him. They did so, cramming stuffing in between. This was the birth of the Turducken.



1. GEOGRAPHY: In which country would you find the Angkor Wat temple?
2. SCIENCE: Which vitamin aids in blood clotting?
3. MUSIC: Which pop music icon has a Pantone color named after him?
4. TELEVISION: Which 1990s TV comedy series features the theme song "Cleveland Rocks"?
5. U.S. STATES: Which state is last alphabetically?
6. ANIMAL KINGDOM: What is an adult female turkey called?
7. MOVIES: Which popular 1994 movie features a character named Red?
8. AD SLOGANS: Which company's advertising slogan is "Like a Good Neighbor"?
9. GENERAL KNOWLEDGE: How long is the Macy's Thanksgiving Parade route?
10. ANATOMY: What are beta cells?

Answers

1. Cambodia.
 2. Vitamin K.
 3. Prince ("Love Symbol #2," a purple shade).
 4. "The Drew Carey Show."
 5. Wyoming.
 6. A hen.
 7. "The Shawshank Redemption."
 8. State Farm.
 9. 2.5 miles.
 10. Specialized cells in the pancreas that produce insulin.
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King Crossword

ACROSS

- 1 Newt
- 4 Former Delta rival
- 7 Very dry
- 11 Bjorn of tennis fame
- 13 Documentarian Burns
- 14 Portrayal
- 15 Afrikaner
- 16 Fire sign?
- 17 Pinnacle
- 18 Lieu
- 20 Trumpet
- 22 Actress Vardalos
- 24 Trite
- 28 Basking venue
- 32 Skiing spot
- 33 Twistable treat
- 34 TV's Danson
- 36 Autobahn auto
- 37 Open-mouthed
- 39 Swiss cheese
- 41 Wards off
- 43 Resort
- 44 Pleasing
- 46 Batter's dry spell
- 50 Spiced tea
- 53 Vitamin stat
- 55 Bangkok cuisine
- 56 Hayloft site
- 57 Whatever

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- 58 Christmas
- 59 Unforeseen problem
- 60 Skillet
- 61 Chart-topping song
- DOWN**
- 1 Recedes
- 2 Shoe insert
- 3 Shade provider
- 4 --la-la
- 5 Desire
- 6 Sneeze sound
- 7 Basis for repeat purchases
- 8 Sinbad's bird
- 9 City on the Danube
- 10 Golf peg
- 12 Banner at a new store
- 19 Conk out
- 21 "Kidnapped" monogram
- 23 Play part
- 25 Aspiration
- 26 Mimic
- 27 Prefix with conference
- 28 Fly high
- 29 Incite
- 30 Tide type
- 31 Small barrel
- 35 Hosp. workers
- 38 Football's Manning
- 40 Boom times
- 42 Discard
- 45 -- St. Vincent Millay
- 47 "Nope!"
- 48 Algeria's neighbor
- 49 Artist Mondrian
- 50 "CSI" ainer
- 51 Solo in space
- 52 Altar constellation
- 54 Novelist Rand



"Rodney will be here in a moment. ... He's flirting with your receptionist."



Winter coat & booties can keep pets healthy in the winter

DEAR PAW'S CORNER: We had a cold snap a couple of weeks ago, and the morning temperature dipped below freezing. After taking my Labradoodle, "Pierre," for a walk around the block, I noticed he was shivering, and he walked with a tiny limp the rest of the day. He's OK now, but it didn't seem so cold when we went out. From now on, I'll make sure he has a doggie sweater and booties on for walks, even if there is no snow on the ground. -- Sara in Bennington, Vermont

DEAR SARA: That's a good plan. I'm glad Pierre is doing fine now, but I'm sure that was a scary lesson. Small dogs can be quickly affected by cold temperatures. Even when the weather is above freezing, their little bodies can get chilled very quickly.

Even large dogs can suffer from the cold. And ice-cold pavement can be dangerous for paws, no matter how big or small your dog is. The pads on their paws can get frostbitten. Dry, cold temperatures can cause the skin of the pads to chap and crack, resulting in a lot of discomfort. Put a protective jumper or coat on your pet before going out when temperatures dip into the 40s (or single-digit Celsius). Booties will protect their paws from frozen sidewalks and from ice or other debris that might injure their pads. At the end of each walk, check their paws for cuts. If the pads appear dry, apply a balm for pet paws like Musher's Secret, Bag Balm or Burt's Bees.

Some dogs don't like wearing booties or coats. Work with them between walks to make them more comfortable: Put their coat on in the house for a minute, then five, then 10. Same with the booties. Give them lots of praise and treats during the process; they'll eventually tolerate it. Send your tips, comments or questions to ask@pawscorner.com.

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TIDBITS presents Quiz BITS

1. This sportscaster ate a turducken live on the air during a 1996 Thanksgiving football game in the Superdome, rocketing the dish to superstar status.
2. This is the year that the word "turducken" was officially added to the dictionary.

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: K equals L

PIJZMB KBSDRBL DRSD RSW
 PBBM WIXBERSD XZABO EZDR
 XBDSK DI FZJB ZD XILB
 WDLBMFDR: ZLIM IARZOB.

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ARIES (March 21 to April 19) A project benefits from your organizational skills that get it up and running. Your success leaves a highly favorable impression. Don't be surprised if you get some positive feedback soon.

TAURUS (April 20 to May 20) Spend time on practical matters throughout the week, then shift your focus to more artistic pursuits. Resist being overly self-critical. Just allow yourself to feel free to create.

GEMINI (May 21 to June 20) Restarting those creative projects you had set aside for a while will help provide a much-needed soothing balance to your hectic life. Besides, it will be like meeting old friends again!

CANCER (June 21 to July 22) A change in plans could make it tough to keep a commitment. But stay with it. You'll get an A-plus for making the effort to do what's right and not taking the easy way out by running off.

LEO (July 23 to August 22) The Lion's enthusiasm for a workplace policy review is admirable. But be sure you know who is really behind the resistance to change before pointing your finger at the wrong person.

VIRGO (August 23 to September 22) You can expect to have a lot of work throughout the first half of the week. Devote the rest of the week to checking your plans in case some need to be adjusted.

LIBRA (September 23 to October 22) Try to avoid signing on the dotted line during the early part of the week. You need time to study issues that weren't fully explored. The latter part of the week might be more favorable for decision-making.

SCORPIO (October 23 to November 21) A new development could snarl travel schedules or other holiday-linked projects. Some flexibility might be called for, to deal with problems before they get too far out of hand.

SAGITTARIUS (November 22 to December 21) Relatives seek your advice on a matter you'd rather not be involved in. If so, use your sage Sagittarian tact to decline the "offer" so that no one's feelings are needlessly hurt.

CAPRICORN (December 22 to January 19) A shift in your planning direction might help you speed up your progress toward achieving a long-planned goal. Trusted colleagues are ready to offer valuable support.

AQUARIUS (January 20 to February 18) An unexpected demand for the settlement of an old loan could create some preholiday anxiety. But you might not really owe it. Check your records thoroughly before remitting payment.

PISCES (February 19 to March 20) It's a good time to get involved with your social circle. Enjoy some well-earned fun and games with those closest to you before you have to resume more serious activities next week.

BORN THIS WEEK: Your ability to sense the needs of others makes you a wise counselor for those seeking help with their problems.

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Weekly SUDOKU
 by Linda Thistle

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

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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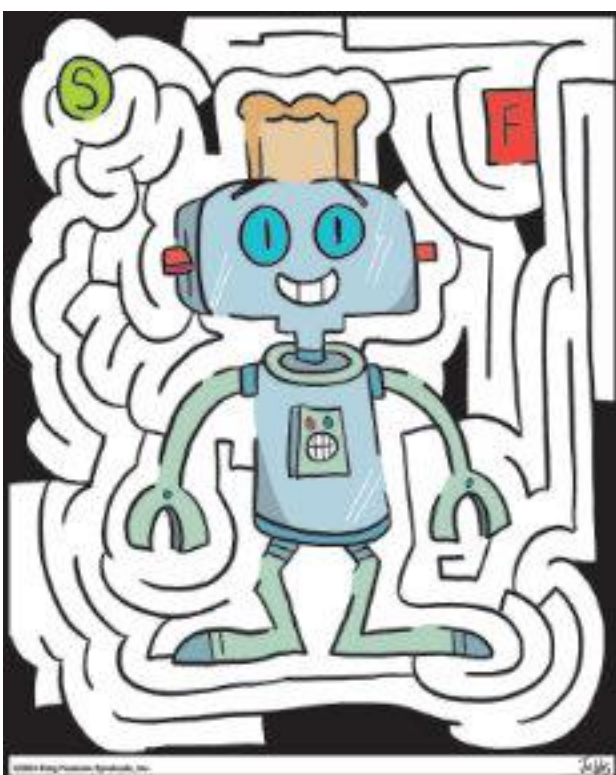
by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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HealthBits

By Dr. Holly Carling

MINERALS: THE FOUNDATION FOR A HEALTHY BODY

Often overlooked when counseled on eating well, is the benefits of minerals. They are not just beneficial, but essential!

Minerals are the foundational material by which function is dependent. When constructing a building, the strength of the foundation determines the structural integrity of the rest of the building. To skimp here compromises the entire “health” of the building. The body is no different.

When analyzing the diets of patients, mineral deficiencies rank highest. We spend so much time concerned about vitamins and proteins, that the lowly minerals, the foundation of all life, get forgotten. Yet minerals initiate function in nearly every organ in the body. For instance, the thyroid needs iodine, the pancreas needs chromium, the prostate zinc, the adrenals need copper and sodium, the pituitary manganese, etc. If these minerals are deficient in the diet, it is no wonder the organs become deficient in function as well. The body can’t do something with nothing!

The form of minerals ingested is critical. No mammal or human eats dirt, even when starving, yet that is what many people are buying in the form of supplements. Not just dirt (ground up rock) but ground up shells and metal, coal tar, petroleum products and chemicals from a laboratory. If we could digest and assimilate these, we could just go out and eat the sidewalk or the asphalt! But we can’t.

As with all things in nature, there is orderliness.



Dr. Holly Carling is a Doctor of Oriental Medicine, Licensed Acupuncturist, Doctor of Naturopathy, Clinical Nutritionist and Master Herbologist with over four decades of experience. Dr. Carling is a “Health Detective,” she looks beyond your symptom picture and investigates WHY you are experiencing your symptoms in the first place. Dr. Carling is currently accepting new patients and offers natural health care services and whole food nutritional supplements in her Coeur d’Alene clinic. Visit Dr. Carling’s website at www.vitalhealthcda.com to learn more about Dr. Carling, view a list of upcoming health classes and read other informative articles. Dr. Carling can be reached at 208-765-1994 and would be happy to answer any questions regarding this topic.

Medical/Health Disclaimer: The information provided in this article should not be construed as personal medical advice or instruction. No action should be taken based solely on the contents of this article. Readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided here are believed to be accurate and sound, based on the best judgment available to the author, but readers who fail to consult appropriate health authorities assume the risk of any injuries.

Minerals, to be assimilated, must be organic. In other words, it has to first be broken down by microorganisms in the soil, and then taken up by plants. From there, we humans (and animals) eat the plant and are able to metabolize the minerals in a form the body recognizes and can use. “Inorganic” minerals means it has not passed through the vegetable kingdom first, and becomes a challenge to our health, instead of an asset.

Minerals are most abundantly found in vegetables, especially the green and green-leafy type: spinach, kale, Swiss chard, broccoli, cabbage, lettuces, green beans, asparagus, and others such as cauliflower, sweet potatoes, carrots, beets and other root vegetables. The nice thing about food sources of minerals is that you get them in their synergistic proportions as nature intended, without man interjecting what HE thinks your proportions should be. That is why it is important to get your mineral supplements from plant sources, not from ground up junk.

As doctors Timothy O’Shea, Janet Lang and others have taught us, vitamins and minerals are biological complexes. They are not individual isolated compounds anywhere in nature. As such, they need the various co-factors, biological actions, and synergistic processes that nature intended, to be complete enough to be an asset to our physiological needs.

Anything less compromises the very foundation of health that we are trying to accomplish with a healthy diet!

Want to hear more from Dr. Carling? Check out our podcast. Search for VitalHealth4You on your favorite podcast listening app or go to vitalhealthcda.com/podcasts/

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By Freddy Groves

Expanded telehealth access

In an effort to get health care to veterans in communities that are medically underserved, the Department of Veterans Affairs is proposing to get rid of copayments for telehealth services. Additionally, it wants to create a grant program for VA telehealth access points in places that are not VA facilities.

The plan for the grant program, called ATLAS (Accessing Telehealth through Local Area Stations), is to provide locations where veterans can access their telehealth remotely in a place with high speed internet and privacy.

Telehealth can be accessed in several ways:

-- From home, using your computer or mobile device. By using the VA Video Connect app, you can have a video visit with your doctor, and your caregiver can be included if VA staff do an "invite" via the Caregiver Connect option. Use telehealth to send your data and vital signs to your doctor. (No "white coat syndrome" to make your BP go up if you're sitting at home.)

-- If you need a specialist (there are 50 types), you can connect with them via telehealth video while at any VA clinic location. While you're talking to the specialist, your regular primary care doctor can listen in. Mental health care is available this way as well.

-- If you're in the hospital, telehealth can be used to hook up your provider with specialists at other locations so they can come up with a plan for your care.

If you've never used the VA telehealth services, see telehealth.va.gov for all the info you need.

To download the mobile app, see mobile.va.gov/app/va-video-connect.

To find ATLAS locations near you, go to telehealth.va.gov/atlas.

If you don't have internet or any internet-connected devices, you might be eligible for help. Several companies, such as AT&T and others, will let you avoid data charges when doing video connections for telehealth. Check out mobile.va.gov/cellular-data-program for info. To see if you qualify for help getting a device, contact Lifeline (lifelinesupport.org) at 800-234-9473 to ask about subsidies.

Whatever you need from the VA, the best first number to call is 800-698-2411. They're available 24/7/365 for veterans, caregivers, survivors and families.

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PHOTO CREDIT: Donna Erickson

Create a Homemade Thanksgiving Brunch Entree

I look forward to Thanksgiving Day not only for the traditional, extended family gathering and feast at 4 p.m. in the afternoon, but also for the annual early-morning coffee klatch with six neighborhood moms. We take turns hosting depending on who isn't doing the big turkey dinner for our particular families. So, this year, it's my turn to put on the coffee and come up with a special breakfast treat.

I'll do my favorite updated version of a cheesy-egg dish that I prep the night before and let set in the refrigerator overnight. I'll sleep easy knowing that it will be ready to simply pop in the oven and serve with a heaping bowl of fresh fruit on the side when my girlfriends arrive.

If you have a houseful of relatives coming, hang onto this easy recipe and prepare it for a memorable, relaxing breakfast brunch any morning over the long Thanksgiving weekend. Be sure to grab one of your kids to help you put it together the night before. There is cheese to shred, bread to cube, and lots of eggs to crack -- perfect jobs for junior chefs.



EASY OVERNIGHT BRUNCH DISH

Serves 8

- 2 French baguettes (or 16 slices of white bread with the crusts removed)
- 2 cups cooked ham, cut in chunks
- 10 eggs, beaten
- 3 1/2 cups milk
- 2 cups cubed or grated sharp cheddar cheese
- 1 cup Monterey Jack cheese (I substitute pepper Jack cheese when we want a spicy taste)
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt and cracked pepper to taste

Put it together the night before: Slice one baguette in 1-inch slices and cut the second into 1-inch cubes. Set the slices in a buttered 13-by-9-by-2-inch glass baking dish. Sprinkle ham and cheeses over the bread, then scatter cubed bread on top.

Combine beaten eggs, milk, mustard, salt and pepper, then pour mixture over all, making sure that the bread squares are soaked with the mixture.

Cover with foil and refrigerate overnight.

In the morning, remove foil, preheat oven to 350 F, and bake for an hour. Let stand for 10 minutes, then cut into squares to serve.

"The Grandkids Are Coming!" Tip: Show your grandchild that orange juice doesn't have to come from a plastic carton at the grocery store. Since fresh, juicy oranges are plentiful this time of year, cut a dozen or so of them in half crosswise and juice them together for a zippy taste of "freshly squeezed OJ" with breakfast.

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at www.donnaerickson.com. (c) 2024 Donna Erickson Distributed by King Features Synd.



TIPBITS WORD POWER
Unscramble this word:
TEGGRUBSTY
This famous Civil War battle was instrumental in turning the tide of opinion regarding establishing Thanksgiving Day.

MINI SUDOKU

	6	1	2		
				4	
1					
		2			3
		5			
			1		

Place a number in the empty boxes in such a way that each row across, each column down and each small 6-box square contains all of the numbers from one to six.
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TIPBITS presents TRIVIA NEWSFRONT

1. What year was Thanksgiving declared an official holiday?
2. What president declared Thanksgiving a holiday?
3. What president tampered with the date of Thanksgiving in 1939, trying to expand the Christmas shopping season?
4. What year was the traditional date of Thanksgiving - the 4th Thursday in November - reinstated?
5. Who was the first president to pardon the presidential turkey?

Micro Crossword By Elizabeth C. Gorski

Across

- 1 2019 French Open winner Ashleigh ____
- 6 Cold season sound
- 7 Arm rest?
- 8 Mount in Exodus
- 9 Astra and Corsa, e.g.

Down

- 1 Deep-voiced singer at La Scala
- 2 At ____ (in one session)
- 3 Cologne's river
- 4 Like elevator music, generally
- 5 Meditation teachers

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By Ryan A. Berenz

1. He played wide receiver at Notre Dame and was drafted by the Green Bay Packers in 2018. His younger brother played wide receiver at USC and was drafted by the Detroit Lions in 2021. Who are they?
2. What St. Louis Cardinals outfielder hit four home runs and tied the Major League Baseball record for RBIs in a single game with 12 during a 15-2 win over the Cincinnati Reds in 1993?
3. What organization, based in France, is the global governing body of table football (aka foosball)?
4. In January 1920, Joe Malone of the Quebec Bulldogs set the still-standing NHL record of goals scored in a single game with how many?
5. Name the LPGA Tour golfer who became the youngest player to claim a major tournament title when she won the 2007 Kraft Nabisco Championship at age 18.
6. In 2017, what NBA player released the Big Baller Brand ZO2 athletic shoe with a price tag of \$495?
7. Annette Bening was nominated for a Best Actress Oscar at the 96th Academy Awards for her starring role as what long-distance swimmer?

Answers

1. Equanimeous and Amon-Ra St. Brown.
2. Mark Whiten.
3. The International Table Soccer Federation (ITSF).
4. Seven.
5. Morgan Pressel.
6. Lonzo Ball.
7. Diana Nyad.



FEAR KNOT

By: rj johnson


DOUBT? ... OR DARE!

- ♥ BOR
- TRODLE
- ♥ WERLO
- ♥ UPML
- ELMRIB
- ♥ GTU
- ODRA
- ♥ EBRUL
- ♥ LPA
- TRUMEA
- ♥ DRELI
- RWGO

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Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

Americanisms



“You can only fool reality until the truth comes knocking on your door.”

— Michael B. Jordan

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TIDBITS


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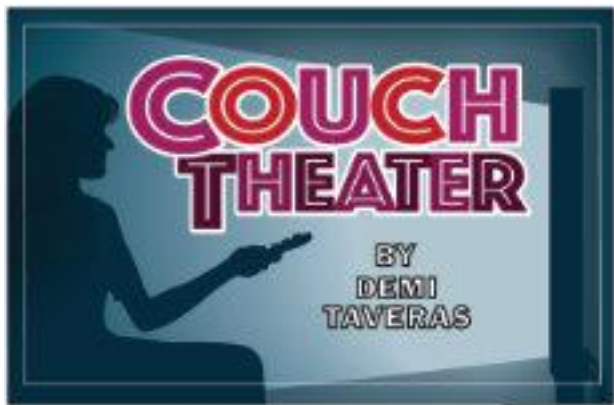


The Garden Bug Prayer plant



This popular tropical houseplant (*Marantha leuconeura*) is known for its striking foliage and for how its leaves stay flat during the day, then fold up like praying hands at night. It is very slow-growing, but can eventually reach up to a foot in height indoors if conditions are suitable. Give these plants bright light to maintain growth, but avoid prolonged exposure to direct sunlight. Use well-draining, acidic soil and keep it evenly moist. Water with filtered or distilled water once the top layer of soil has dried out. — Brenda Wisner

Source: www.thegardenbug.com



"Saturday Night" (R) – Director Jason Reitman ("Ghostbusters: Afterlife") takes on this biographical-drama film that centers around the premiere night of NBC's "Saturday Night," which would later be famously known as "Saturday Night Live." The film's ensemble cast is hefty, full of names like Willem Dafoe, Finn Wolfhard, Dylan O'Brien, and Kaia Gerber, but Gabriel LaBelle leads the film as none other than the creator of "SNL" himself, Lorne Michaels. Viewers get to watch as Michaels nervously attempts to rally his dysfunctional cast together for the pilot, while merciless executives wait in the wings and expect the show to flop majorly. Out now to rent. (Amazon Prime Video)

"Outer Banks: Season 4, Part 2" (TV-MA) -- The second part of the latest season of "Outer Banks" is out now, completing the fourth season since the show's inception in 2020. During the first half of the season, our favorite group of Pogues managed to spend all of the earnings they spent three seasons trying to locate, while simultaneously diving headfirst into a new treasure hunt. JJ received some seriously shocking news, and Rafe, of course, is still up to no good trying to get his hands on some money. What awaits in the second half of the season will

leave you on the edge of your seat, as the Pogues try to track the mysterious Blue Crown all the way to Morocco. This time, though, one of our dear Pogues won't be returning. (Netflix)

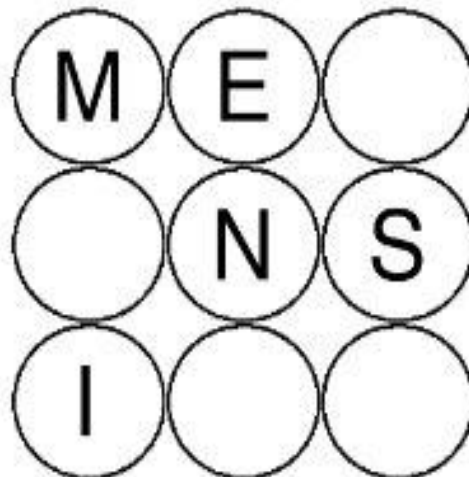


Photo Credit: Courtesy of MovieStillsDB
Photo Caption: Nathalie Emmanuel and Giancarlo Esposito star in "Megalopolis."

"Megalopolis" (R) – The latest film from legendary Francis Ford Coppola ("The Godfather" trilogy) has quite a lore behind its creation. While Coppola originally conceptualized the idea for the film in 1977, the film spent decades in development hell and was only brought out of it when Coppola was able to put \$120 million of his own money toward the film. He also shot the film in an experimental style with lots of last-minute add-ins that cost him several of his crew members, including the art department and visual effects team. In the film, Adam Driver ("Ferrari") portrays Cesar Catilina, a genius architect in the futuristic city of New Rome who can stop time. However, Cesar has made many enemies throughout his time in New Rome, including new mayor Franklyn Cicero (Giancarlo Esposito). So, when a romantic connection ensues between Cesar and the mayor's daughter, Cesar's enemies triple, and his vision for the future of New Rome hangs in the balance. Out now to rent. (Apple TV+)

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WORD SPIRAL



Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

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Q: What happened to the turkey that got in a fight?

A: He got the stuffing knocked out of him!

TIDBITS QUOTE

“I am grateful for what I am and have. My thanksgiving is perpetual.” -Henry David Thoreau

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: WILD CANINES

- | | | | |
|-------------|---------|--------------|------------|
| Black bears | Elk | Mud pots | Waterfalls |
| Buffalo | Geysers | Old Faithful | Wildfires |
| Canyons | Lakes | Pronghorn | Wyoming |
| Earthquakes | Moose | Rangers | |

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Super Crossword NOT A SINGLE SPOT

- ACROSS**
- 1 Hoover, e.g.
 - 7 Hertz rival
 - 12 Military vehicle for recon
 - 20 Roma's place
 - 21 Go into a major tizzy
 - 22 Worth of a security at its face
 - 23 Rare musical gift
 - 25 Being filmed
 - 26 Aug. follower
 - 27 Feel awful
 - 28 Tree's anchor
 - 30 Sandbox toy
 - 31 Elicitor of a rave review
 - 39 Newton and Asimov
 - 41 Beats of life
 - 42 Klutzy sorts
 - 43 Nalad or dryad
 - 44 Plant swelling
 - 46 Ben of "Zoolander"
 - 49 Mint quality
 - 54 "13th" director DuVernay
 - 55 Styne of song
 - 56 TV spots
 - 57 Vapor's item
 - 58 How-to unit
 - 59 Catch sight of
 - 60 Ostrich's kin
 - 61 Big name in cosmetics
 - 64 Big bees
 - 66 Rainforests and such
 - 69 Round one of the corners in Monopoly
 - 72 Mets' div.
 - 73 Vast span
 - 74 Awful review
 - 77 First-aid plant
 - 78 Purplish berry
 - 79 Derby, e.g.
 - 80 Buffalo's county
 - 81 Aladdin's monkey pal
 - 82 Excellent etiquette
 - 88 Wasn't penned up
 - 90 Levi's, e.g.
 - 91 Start
 - 92 Singer Celine
 - 93 Green sushi condiment
 - 96 "M*A*S*H" actor David Ogden —
 - 97 Famed Steelers play of 1972
 - 102 Cole Porter's "— Love"
 - 103 "I got — in Kalamazoo"
 - 104 Toothpaste tube initials.
 - 105 — kwon do
 - 108 O.J. Simpson trial judge
 - 111 Activity that will be unsuccessful when applied to this puzzle's theme?
 - 117 Hans Christian —
 - 118 JFK Library architect
 - 119 The Beach Boys' "Help Me, —"
 - 120 People giving rubdowns
 - 121 Printer brand
 - 122 Motto
 - DOWN**
 - 1 Big cheeses
 - 2 Suited to —
 - 3 Goldfish and minnows are members of it
 - 4 Samuelsson who got the winning goal in the 1991 Stanley Cup
 - 5 Driver's 180
 - 6 Large parrots
 - 7 Cider fruit
 - 8 Chou En- —
 - 9 Picnic pest
 - 10 Emceeing aid
 - 11 Earthy hues, to Brits
 - 12 Satirizes
 - 13 Division of a long poem
 - 14 Tolkien brute
 - 15 Coll. in the Old Dominion State
 - 16 Home of the NFL's Bucs
 - 17 Symbol of a fresh start
 - 18 Gold-related
 - 19 "Royal," in 20-Across
 - 24 Up to, in brief
 - 29 Metal in rocks
 - 32 Small error
 - 33 German for "eight"
 - 34 Design detail
 - 35 — wrestling
 - 36 Strategy
 - 37 Quaint newspaper section
 - 38 Primary
 - 39 Dressed for nighty-night
 - 40 IHOP topping
 - 44 Result
 - 45 — Moines
 - 46 Autograph: Abbr.
 - 47 All tied up
 - 48 Sharp knocks
 - 50 "You are not!" retort
 - 51 Noble acts
 - 52 "All booked up, sorry"
 - 53 Model Tequila
 - 58 Catch sight of
 - 60 Liverpool loc.
 - 61 Purple flower
 - 62 — acid (fat substance)
 - 63 Irish actor Stephen
 - 64 Allowance
 - 65 Sizable vase
 - 66 Put to work
 - 67 A single time
 - 68 Sports sides
 - 69 Early TV host Jack
 - 70 "Dark Angel" star Jessica
 - 71 Healthy intellectuals
 - 74 Introducing
 - 75 Broadcaster
 - 76 Aeries, e.g.
 - 78 Big primate
 - 79 Clutch sifter
 - 80 Film scorer Morricone
 - 82 — -Z (old Camaro)
 - 83 List of options
 - 84 Partly open
 - 85 Neuwirth of "Cheers"
 - 86 Nonclerical
 - 87 "Me? Never!"
 - 89 Husbands-to-be
 - 93 Tots' haulers
 - 94 — discount
 - 95 Smartphone pic, often
 - 96 Railing sites
 - 97 Sunni's faith
 - 98 Animated 2016 Disney film
 - 99 After a time
 - 100 Sup at home
 - 101 Adobe Acrobat file
 - 106 Forever — day
 - 107 "Manhattan Beach" novelist Jennifer
 - 109 Sooner than, poetically
 - 110 Sch. in Terre Haute
 - 112 Gig hookup
 - 113 FedEx rival
 - 114 Zodiac lion
 - 115 Dallas Stars' org.
 - 116 "Yabba dabba —!"

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			
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39	40									41					42								
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97	98																				99		
102																					103		
108																					109	110	
117																							
120																							



Moments in time

THE HISTORY CHANNEL

- On Dec. 9, 1990, Lech Walesa, founder of the Solidarity trade union, won a landslide election victory, becoming the first directly elected Polish leader.
- On Dec. 10, 1690, a failed attack on Quebec and subsequent near-mutiny forced the Massachusetts Bay Colony to issue the first paper currency in the Western Hemisphere's history. It was initially unpopular for anything except paying taxes and was phased out, but reappeared in Massachusetts just a few years later.
- On Dec. 11, 1946, the General Assembly of the United Nations voted to establish the United Nations International Children's Emergency Fund (UNICEF), an organization designed to help provide relief and support to children living in countries that had been devastated by World War II.
- On Dec. 12, 1970, "Tears of a Clown," penned by William "Smokey" Robinson, became the first No. 1 hit for Robinson and his band the Miracles after more than a decade of hits that had failed to reach that coveted position. Bob Dylan would later call Robinson America's "greatest living poet" in recognition of his skill as a composer and lyricist.
- On Dec. 13, 2000, seven convicts (the "Texas Seven") overpowered civilian employees and prison guards in the maintenance shop where they worked at a maximum-security prison in South Texas and made off with clothing, guns and a pickup truck, triggering a six-week manhunt. The men left a note saying, "You haven't heard the last of us yet," which proved true the following year when six of them were recaptured (one committed suicide).
- On Dec. 14, 1982, actor Woody Harrelson's father, Charles Harrelson, was convicted of murdering Judge John Wood outside his home in San Antonio, Texas, as he bent down to look at a flat tire on his car. Wood was the first federal judge assassinated in the 20th century, and the FBI's three-year investigation into his murder was one of the most extensive since John F. Kennedy's assassination.
- On Dec. 15, 1974, the Oakland A's Jim "Catfish" Hunter was ruled a free agent by arbitrator Peter Seitz, becoming the first free agent in modern baseball history, after the team's owner, Charles O. Finley, failed to live up to the terms of his star pitcher's contract.

SENIOR NEWS LINE

By Matilda Charles

Rebuilding lost muscle

Some of the facts are scary: As we age, we lose muscle mass. The more inactive we are, the more we lose. The muscle loss began at age 30, but we probably didn't really notice it until age 60 or later. Eventually the muscle loss can reach the point where we cannot take care of our daily activities.

The good news -- and clinical trials have proven it -- is that we can get some of that muscle back and slow the decline.

Strength training, also called resistance training, involves using weights, machines or stretchy bands to build muscles. Whether it's done in a gym or at home, building muscles helps us reduce the risk of falls, fractures and hospitalizations.

Don't do this on your own, however, especially if you have health conditions. Ask your doctor about any physical cautions. Ask about the amounts of muscle-building protein to add to your diet and specifically how to get that.

If you live in a "no sun all winter" climate," ask about taking a vitamin D supplement or using a sunlamp several times per week.

Check your Medicare Advantage Part C plan, if you have one, to see if it includes a membership in Silver Sneakers. If so, that will get you access to a gym and classes for seniors on yoga, weight training and others. If you have an AARP/ United Healthcare plan, investigate their Renew Active program. If don't have an Advantage plan, ask your local gyms if they have special programs and discount fees for seniors.

If all those avenues are closed to you, there is always the internet and exercises you can do at home. "Senior strength workout" or "weight training for seniors" are good search terms on YouTube.

Again, don't do this on your own. Get advice from your doctor before you embark on an exercise plan or a big change in your diet. And don't give up. Rebuilding lost muscle is worth it.

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If I get Dementia...

If I get Dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. It is

MY reality and I'll be much happier for it.

If I get Dementia, don't argue with me about what is true for me versus what is true for you.

If I get Dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me, but you are still familiar to my heart.

If I get Dementia, and can no longer use utensils, do not start feeding me. Instead, switch me

to a finger-food diet, and see if I can still feed myself. Help me be independent.

If I get Dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.

If I get Dementia, I don't want to be treated like a child. Talk to me like the adult that I am.

If I get Dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.

If I get Dementia, ask me to tell you a story from my past.

If I get Dementia, and I become agitated, take the time to figure out what is bothering me. I may not be able to express that I am in pain or am hungry.

If I get Dementia, treat me the way that you would want to be treated.

If I get Dementia, make sure that there are

plenty of snacks for me in the house. I may not feel hungry, but the sight of my favorite foods might remind me to eat.

If I get Dementia, don't talk about me as if I'm not in the room. I can hear you.

If I get Dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.

If I get Dementia, make sure I always have my favorite music playing within earshot.

If I get Dementia, and I like to pick up items and carry them around, help me return those items to their original places.

If I get Dementia, don't exclude me from parties and family gatherings.

If I get Dementia, know that I still like receiving hugs or handshakes.

If I get Dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week.

It's not your fault, and you've done your best. Find a great new assisted living or memory care community for me to live and come visit me with fresh energy and love.

If I get Dementia, remember that I am still the person you know and love."

-unknown author

Call me today for a free consultation in navigating assisted living and memory care options.



Becky Georgius
Sales and Marketing Director
The Lodge Assisted Living and
Memory Care Communities
208-457-3403

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. Gentle	__ E _ _ _ _	Kindling	__ I _ _ _ _
2. Push	__ _ O _ _ _	Remove whiskers	__ _ A _ _ _
3. Beachwear	_ _ _ _ _ I _	Using a two-wheeler	_ _ _ _ _ G _
4. Sit like a bird	_ E _ _ _ _	Veranda	_ O _ _ _ _
5. Garble one's words	M _ _ _ _ _	Drop the football	F _ _ _ _ _
6. Gawk	_ T _ _ _ _	Frighten	_ C _ _ _ _
7. Clergy	_ A _ _ _ _	Human being	_ E _ _ _ _
8. Morning brew	C _ _ _ _ _	Confection	T _ _ _ _ _
9. Tree or bush	_ _ _ _ T _	What pirates may walk	_ _ _ _ K _
10. Tap dancer	_ _ _ F _ _	J. Edgar	_ _ _ V _ _

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Wishing Well®

7	4	8	6	3	6	4	8	3	7	2	5	6
G	F	T	Y	A	O	I	R	D	O	F	U	U
3	8	4	3	2	4	8	2	5	8	4	2	8
A	U	N	P	U	I	T	N	L	H	S	E	A
2	6	5	7	3	8	6	5	4	8	3	4	6
X	C	T	A	T	L	O	I	H	W	T	P	M
4	6	2	5	6	8	4	2	3	7	5	3	4
R	P	P	M	I	A	O	E	O	H	A	L	J
8	4	8	6	3	8	7	6	8	2	4	6	5
Y	E	S	L	I	W	E	E	I	R	C	W	T
6	4	8	4	3	5	2	8	7	5	6	2	5
E	T	N	S	F	E	I	S	A	S	A	E	U
2	6	3	5	7	2	5	6	5	6	5	2	5
N	L	E	C	D	C	C	T	E	H	S	E	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		÷		= 12			
+	■	+	■	+	■			
	+		×		= 30			
×	■	-	■	×	■			
	+		+		= 21			
=	■	=	■	=	■			
56	■	1	■	28	■			
1	2	3	4	5	6	7	8	9

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★ Moderate ★★ Difficult
★★★ GO FIGURE!

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By Mick Harper

1. Name the group that released "Up On the Roof."
2. Name the singer-songwriter who released "Everything Is Beautiful."
3. Which artist released "Little Bitty Tear"?
4. What was the subject of "Another Day in Paradise," by Phil Colling?
5. Name the song that contains this lyric: "Make me feel that you still love me, If it's just, if it's just for one more day."

Answers

1. The Drifters, in 1962. The song appears on the list of "The Songs That Shaped Rock and Roll," created by the curator of the Rock & Roll Hall of Fame museum in Cleveland.
2. Ray Stevens, in 1970. The song picked up two Grammy awards and was played on a variety of radio stations, from adult contemporary to country. It was heard around the globe, from Australia to Canada to Belgium.
3. Burl Ives, in 1961.
4. Problems of the homeless. The song was controversial but still topped the charts in several countries.
5. "Break It to Me Gently," by Brenda Lee, in 1962. The song topped the adult charts in both the U.S. and Canada and was used at the end of season 2 of "Mad Men" in 2008.

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1. Red One

(PG-13) Dwayne Johnson, Chris Evans

2. Venom: The Last Dance

(PG-13) Tom Hardy, Juno Temple

3. The Best Christmas Pageant Ever

(PG) Kynlee Heiman, Judy Greer

4. Heretic

(R) Hugh Grant, Sophie Thatcher

5. The Wild Robot

(PG) Lupita Nyong'o, Pedro Pascal

6. Smile 2

(R) Naomi Scott, Rosemarie DeWitt

7. Conclave

(G) Ralph Fiennes, Stanley Tucci

8. Hello, Love, Again

(NR) Kathryn Bernardo, Alden Richards

9. A Real Pain

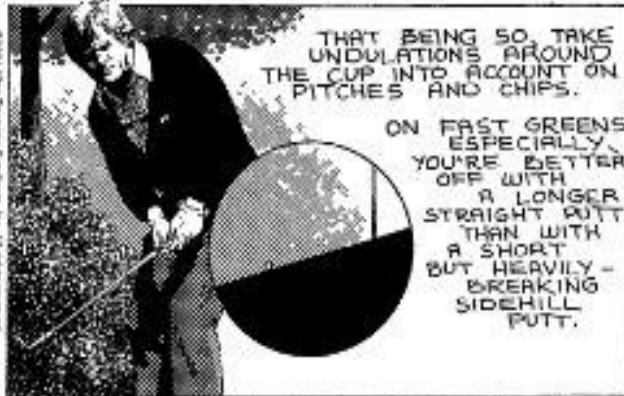
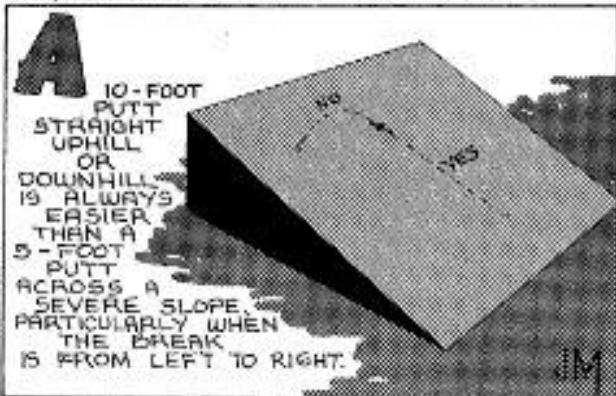
(R) Kieran Culkin, Jesse Eisenberg

10. Anora

(R) Mikey Madison, Paul Weissman

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CryptoQuote
AXYDLBAAXR
IS LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

HUY CWXA HUDWP BQCWP
BDHU DTTQHZXDHA DN
HUZH DH HYWVN HC PC
CW ECQYFYQ.
- UYQL SZYW

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TIDBITS PUZZLE ANSWERS

TRUMA NERVENENT
 1. (S)K
 2. (S)K
 3. (S)K
 4. (S)K
 5. (S)K

QUIZ BITS ANSWERS
 1. (S)K
 2. (S)K

MINI SUDOKU
 Answer
 4 6 1 2 3 5
 5 2 3 6 4 1
 1 3 4 5 2 6
 6 5 2 4 1 3
 2 1 5 3 6 4
 3 4 6 1 5 2

Word Spiral Answer
 IMMERSION

WORD POWER
 ANSWER
 GETTYSBURG

SNOWGLOWS
 SOLUTION

WORD LADDER
 Answer
 FLIPS, FLIES, FLEES,
 FLEAS, PLEASE, PLEAD

Even Exchange
 ANSWERS
 1. Tender, Tender 6. Blue, Blue
 2. Show, Show 7. Pass, Pass
 3. Wave, Wave 8. Cuff, Cuff
 4. Wash, Wash 9. Heat, Heat
 5. Wonder, Wonder 10. Under, Under

Weekly SUDOKU
 Answer

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

YELLOWSTONE

Stickers Answer
 245
 233
 218

FEAR & KNOT
 answer

CRYPTOQUOTE
 answer

Go Figure!
 answers

5 + 7 + 1 = 12
 + + +
 2 + 3 x 6 = 30
 x - x
 8 + 9 + 4 = 21
 = = =
 56 1 28

MINI SUDOKU
 Answer

4	6	1	2	3	5
5	2	3	6	4	1
1	3	4	5	2	6
6	5	2	4	1	3
2	1	5	3	6	4
3	4	6	1	5	2

CryptoQuote
 answer

The only thing wrong with immortality is that it tends to go on forever.
 -- Herb Caen

CryptoQuip
 answer

Bovine leather that has been somewhat mixed with metal to give it more strength: iron oxide.

Super Crossword

Answers

VACUUM	ALAMO	SCOUTCAR
ITALIA	PANIC	PARVALUE
PERFECT	PITCH	ONCAMERA
SEPA	AIL	ROOT
FLAWLESS	PERFORMANCE	
ISAACS	PULSES	OAFS
NYMPH	EDEMA	STILLER
PRISTINE	CONDITION	AVA
JULE	ADS	ECIG
SPY	EMU	LOREAL
UNSPOILED	NATURE	
PASSGO	NLEAST	EON
ALOE	ACAI	HAT
ABU	IMPECCABLE	MANNERS
RANFREE	JEANS	ONSET
DION	WASABI	STIERS
IMMACULATE	RECEPTION	
SOIN	AGAL	ADA
LANCEITO	FAULT	FINDING
ANDERSEN	IMPEI	RHONDA
MASSEURS	EPSON	SLOGAN

King Crossword
 Answers

Solution time: 22 mins.

EFT	TWA	BRUT
BORG	RIC	ROLE
BOER	ASH	ACME
STEAD	HORN	
NIA	OLDHAT	
SUNDECK	SLOPE	
OREO	TED	OPEL
AGAPE	GRUYERE	
REPELS	SPA	
NICE	SLUMP	
CHAI	RDA	THAI
BARN	ANY	YULE
SNAG	PAN	HIT

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TO YOUR GOOD HEALTH
 By Dr. Keith Roach

Rheumatoid Arthritis Patient Should Continue Biweekly Injections

DEAR DR. ROACH: I'm a 67-year-old healthy male, but I do take Humira for rheumatoid arthritis (RA). It does a wonderful job for me with no side effects. It does such a good job that I can periodically extend the time between injections, such as one every three weeks instead of the recommended dose every two weeks. I can even go as long as six months between injections without noticing much of the RA symptoms.

My rheumatologist is aware of this and encourages me to use the lesser amount if I still get relief. My quandary is that I was recently talking to my gastroenterologist about Humira, and he said that they use a very similar drug for gastrointestinal issues. But apparently, you aren't supposed to stop taking it consecutively because the body will become immune to the drug, and the drug can lose its effectiveness.

Naturally, I don't want to lose the great relief I am lucky to be getting, but I also know it's a strong drug. It seems that the less I take of it, the better. -- J.C.

ANSWER: I share your gastroenterologist's concern. He may be thinking of a similar medication, vedolizumab (Entyvio). When this drug is stopped in someone with Crohn's disease, it will cause a flare-up in about half of the cases within six months. In a third of them, the medication will no longer be effective.

The situation is similar with adalimumab (Humira), as there is the possibility of a relapse

if you stop it entirely. Taking it every three weeks led to a flare-up in 36% of people who had their disease well-controlled for years. The researchers were unable to identify any way to predict who would flare up. Restarting Humira regained control for over half of the study participants -- but not everybody.

I do understand that these are powerful medicines with side effects. Even if you aren't noticing any, many people will, and there can be very serious side effects to many organs. Fortunately, these are uncommon, and in most cases, it is far better to stay on the medicine, as long as you are being monitored.

As a medical student, I remember seeing what RA looked like before we had effective medications such as methotrexate and TNF inhibitors like Humira. Years of inflammation caused terrible hand deformities, mostly in the women I saw. Since you aren't having any side effects, and it is working well, I don't recommend the three-week dosing -- and certainly not six months between doses.

DR. ROACH WRITES: A recent column on hair loss and thyroid disease prompted many readers to write me with their experiences. One reader noted that increasing protein in their diet seemed to slow down hair loss and even cause some regrowth. Another reader recommended biotin. I often recommend this as a trial, despite a lack of good evidence that it works. Biotin is a B-type vitamin that is very safe, although it can interfere with a lab assay when it comes to thyroid levels and other hormone levels.

Note that both hair loss and thyroid disease are very common, and it is not always the case that thyroid disease causes hair loss.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Amber Waves

by Dave T. Phipps

SO, GRANDPA WHEN YOU WERE IN THE ARMY DID YOU HAVE TO TAKE ORDERS?

I DID, I HAD TO KEEP MY BED MADE AND WALK IN LINE. I LEARNED THAT IN THE SERVICE.

GERALD, MARCH YOURSELF IN HERE ON THE DOUBLE AND CLEAN UP YOUR AREA!

GEEZ, WHY DO I FEEL LIKE I MAY HAVE PICKED UP A FEW OF THESE SKILLS EARLIER?



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