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TIDBITS® EATS BREAD

by Janet Spencer

Before the first loaf of bread could be baked, humans had to master sowing, reaping, threshing, winnowing, milling, and baking. This all began about 10,000 years ago, when humans first began growing crops and domesticating animals. Come along with Tidbits as we eat bread!

THE HISTORY OF BREAD

- When agriculture was in its infancy, millet and barley were the first grains commonly grown. The first unleavened breads were cooked on flat rocks that straddled a campfire underneath. Grain was milled by placing it on a concave rock and grinding it with an oblong stone. An industrious human could produce about four pounds of flour per hour this way.
- Barley is inferior for making bread because it's hard to separate the grain from the husk. It was not until the 11th century that wheat overtook barley as the most popular grain for bread. White bread made of refined wheat was easier to chew and nicer to look at, making it more expensive. People with bad teeth preferred it. Barley bread and rye bread were for paupers. White bread was a status symbol.
- In the year 1155, bakers in London formed guilds and split themselves into bakers of white bread and bakers of brown bread.

(cont)

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SEE TESTIMONIALS ON PAGE 3

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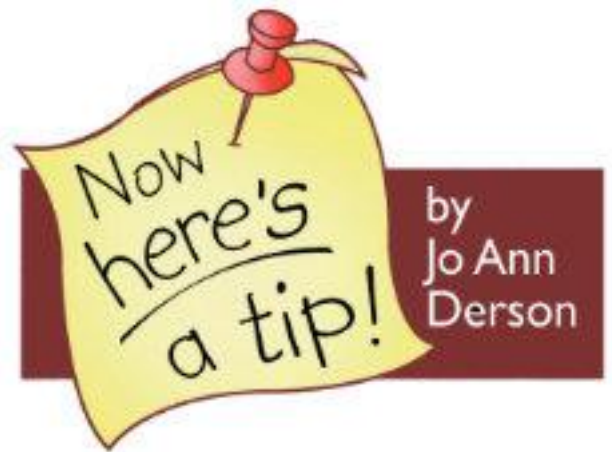
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THE HISTORY OF BREAD (cont)

- Around 100 B.C., an ancient Roman engineer named Vitruvius designed the first vertical waterwheel, powered by a stream, which turned a horizontal millstone. This design remained unchanged for the next two thousand years. By 800 A.D. there were around 6,000 water-powered mills throughout England. The River Lee, which empties into the Thames, had over 50 of them.
- In areas that were flat, or that had few rivers, windmills became popular. This includes eastern England as well as the Netherlands. Windmills were used not only for grinding grain but also crushing seeds to extract their oil, and for drawing water. By the year 1300 there were about 4,000 windmills in England.
- Wheat became a more prominent crop as the population of the U.S. began to move west with the homestead era. Between 1860 and 1900, about 400 million acres of cultivated agricultural land was added to the U.S. Consider that the entire area of England is just under 60 million acres.
- Illinois was the top wheat-producing state between 1859 and 1879. Then Montana took over, but North Dakota claimed the title in 1909 and has held it ever since. Kansas is in 2nd place, Montana is in 3rd place. Illinois, which now grows more corn and soybeans than wheat, is in 10th place.
- The advent of the railroad made it easy to ship crops cross-country, while newly invented steam ships hauled wheat from the U.S. to England, returning to the U.S. with loads of immigrant passengers. (cont)



- "Fill a quart-size zip-top bag with water and double-bag it, making sure there is no air in the bag. Place it inside the toilet tank, on the opposite side from the pump. Secure it there, if you can. This will displace some of the water when you flush, and you will use less water as a consequence." -- E.S. in Florida
- If you have a stained porcelain sink, try using it to soak your stained garments. The presoak can do double duty on the stained sink and washable alike.
- Save water in the shower by using your kitchen timer, set for no more than 5 minutes. If you can find a digital one, you will know better how much time you have left. After a little while, you almost don't need the timer.
- "If you seal your jelly jars with wax, here's a good tip for you: Place a small piece of string into the wax before it hardens. Then you'll be able to pull on the wax to remove the wax when you are ready to enjoy your homemade goodies!" -- U.L. in Maine
- "Laundry stain removers can be good to remove stains from concrete drives. For instance, my relatives' car was leaking, and I was able to get the stains from my pavers using a spray and wash stain remover that I borrowed from the laundry room. It worked very well." -- S.E. in Arkansas

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THE HISTORY OF BREAD (cont)

- Until the 1870s, bread was baked in ovens heated by coal, wood, or peat. Loaves were shoved in with long paddles. Then Jacob Perkins invented steam heat for the home. A man named Loftus Perkins modified that and invented the steam-heated oven in 1865.
- In 1866, A.J. Weighost designed the draw-plate oven so that the entire metal bottom of the oven slid out, allowing access to dozens of loaves at a time. The steam tube draw-plate oven could be used on an individual scale or an industrial scale. They were built onto horse-drawn wagons to feed troops. Every ship in the Russian fleet had one.
- The next great advancement came in 1878 when Henry Simon installed the world's first roller mill in England. This method used gigantic revolving cylinders to crush the wheat, which left the germ intact. His first model turned out three sacks of flour per hour, a vast improvement over stone mills. Within 20 years, Simon's biggest machines were turning out 100 sacks per hour.
- In 1901 in Manchester, England, the first fully automated bakery opened. Wheat went in one end, moved through a system of conveyor belts in an assembly line, and bread came out the other end. A similar factory-style bakery built in 1907 in Quebec, Canada, turned out 3,300 loaves its very first day, and doubled production every year for the next seven years. By now these massive automated bakeries were powered by gas. Electricity wasn't commonly used until the 1920s.
- Next there were experiments with improving the seed stock and creating new, improved wheat hybrids. In this way, Mexico's wheat harvest was six times greater in 1963 than it had been in 1944. India's wheat production doubled, making it one of the biggest wheat producers in the world. In Britain, yields rose from 2.27 tons per 100 acres in 1935, to 7.71 tons per 100 acres in 1984. (cont)



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Source: Jargonjosh.com

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STICKELERS
by Terry Stickels

Below are three squeezer puzzles. Can you find the correct word to be placed in the middle of each to create two new words, one front-end, one back-end? Here's an example of how it works:

ever **G R E E N** horn


- 1) touch _____ wall
- 2) death _____ band
- 3) feather _____ less

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TIDBITS

NUGGET OF KNOWLEDGE

A baker was required to put his mark on the top of the loaf to identify where it came from, so that a bad loaf could be traced to its maker. To avoid being accused of short-changing a customer, any time bakers sold a dozen loaves of bread, they would add a 13th loaf to ensure the order was overweight instead of underweight. This became known as a "baker's dozen."



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THE HISTORY OF BREAD (cont)

- Bread slicing became the norm in 1923, with the invention of automated slicers where numerous blades cut in opposite directions to avoid squashing the loaf. In 1923, bread wrappers were added, generally made out of waxed paper which was heat sealed.
- By 1930, about 80% of bread sold in the U.S. was sliced and wrapped. Today, about two-thirds of bread is sold sliced and virtually 100% is sold wrapped.
- The discovery of vitamins in the early 1900s was instrumental in changing public opinion regarding the value of whole-grain brown bread. Studies revealed that the wheat germ, which was the part of the grain that was being polished off and thrown away, contained the most vitamins. Whole meal flour, which is rich in fiber, iron, protein, fatty acids, and vitamins, came into favor.
- Between 2000 and 2004, sales of premium crusty specialty whole-grain brown breads increased by 46% while sales of white bread declined.
- The invention of the home bread machine around 1990 along with pre-packaged bread mixes meant that people could now make a loaf of bread in their home by dumping the ingredients in, pressing a button, and coming back to a fresh loaf a few hours later.
- Though consumption of bread held steady at the rate of one pound per person per day throughout the 1800s, it fell to about four ounces per day by the year 2000, primarily because other foods – fruits, vegetables, and meats – became readily available and easily affordable.



- Jim Cummings, who voices Winnie the Pooh, calls sick children in hospitals and talks to them in the character's voice. He once phoned a little girl who was fighting cancer, and her mother told him it was the first time the child had smiled in six months.
- The odds of giving birth to a baby at 12:01 a.m. on Jan. 1 are around 1 in 526,000 -- roughly the same as the odds of getting struck by lightning.
- In ancient Greece, throwing an apple at a woman was considered a marriage proposal.
- Iceland has one of the largest gun ownership rates in the world, but one of the lowest crime rates in the world.
- The dragon tree of the Canary Islands is famous for its thick, deep-red sap. Called dragon's blood, the resin might be responsible for the intense hue of the famous Stradivarius violins built in the 17th and 18th centuries.
- All telephone service in the U.S. and Canada was silenced for one minute on Aug. 4, 1922, to mark the funeral of Alexander Graham Bell.
- The East China Sea parts annually and exposes a narrow 2.9 km-long strip of land, allowing thousands of people to cross from Jindo Island to Modo Island of Korea. This land is exposed about an hour each day for approximately four days every year.

Thought for the Day:

"If you want evidence that the world is a terrible place, watch the news and surf the web. But if you want to remember how incredible this planet is, go out into nature. Unlike social media and the news, nature has no incentive to keep us agitated, angry and anxious."

-- Austin Perlmutter

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HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Ear is larger. 2. Button is added. 3. Apron is longer. 4. Horn is narrower. 5. Cash register is missing. 6. Awning is not as wide.

WORD LADDERS

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

BLAME

TRACE

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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!

Share
ORIENT

Astute
MRATS

Pivot
TOATER

Grudge
PESTI

TODAY'S WORD

KOVELS' ANTIQUES & COLLECTIBLES

By Terry and Kim Kovel
PHOTO CREDIT: Kovels.com

PHOTO CAPTION: Do you have a new calendar for the year? With a clock like this one, made in the mid-1800s, you're covered for all time. It tracks the moon phases, too.



Calendar Clocks

Happy New Year! When the clock strikes midnight on Jan. 1, it's time to open your new calendar and look ahead. Or maybe you have a clock like this one, with a built-in calendar.

Calendar clocks were developed about 1850. That's about when this one, which sold for \$5,100 at Cottone Auctions, was made. Its rear movement plate is marked for Constantin-Louis Detouche (1810-1889), a famous Paris clockmaker in the 19th century. He worked for his father's clockmaking business until 1830, when he started his own. He was later appointed official clockmaker to Napoleon III, who was crowned emperor in 1852.

Detouche sold clocks and scientific instruments, and he was known for the precision and craftsmanship of his creations. This clock's perpetual calendar dial is said to automatically correct for the days of each month, even in leap years. It was Detouche's own design.

Q: I purchased this train at a tag sale 10 years ago. My grandsons have outgrown it. I have looked several places and cannot find anything

on this train as to a value. The train tracks are mounted to plywood and can easily be carried. The train is made of wood and not painted. The top of the box reads "Eichhorn Holz-Gartenbahn."

A: Your train was made by Eichhorn, a German company founded by Hermann Eichhorn in Bavaria in 1949. The company made wooden toys, starting with puzzle blocks. They were making wooden railway toys by 1950 and made their first train and track sets in 1961. Their early train sets were painted, but in the 1970s, they started making unpainted trains from natural wood. Around this time, they also started using synthetic material for their tracks and replaced their hook-and-eye train couplers with magnets. In the 1980s, they returned to painted trains and real wood tracks. The company became part of the Simba-Dickie Toy Group in 1998 and is still in business today. They appeal to today's customers by promoting wood as a safe, sustainable material for toys. Vintage Eichhorn toys tend to sell online, in shops or at auctions for under \$50.

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Toy, fire truck, sit and ride, painted, red, yellow seat and steering wheel, two ladders, bell, Wyandotte, c. 1940, 31 inches, \$180.

Silver-American, tankard, hinged lid, armorial engraving, monogram, horizontal ridges around base, pseudo hallmarks, late 1700s, 8 x 8 1/2 inches, \$2,560. For more collecting news, tips and resources, visit www.Kovels.com

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King Crossword

ACROSS

- 1 Airport screening org.
- 4 Out of control
- 8 Appear ominously
- 12 Pioneering ISP
- 13 Kid's plea
- 14 "The Music Man" setting
- 15 Oafs
- 17 Daniel Craig role
- 18 "Homeland" star Danes
- 19 Devious
- 21 ER workers
- 22 Persuades
- 26 Track races
- 29 Wee dollop
- 30 Goat's plaint
- 31 Symphonic gp.

1	2	3		4	5	6	7		8	9	10	11
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50					51					52		
53					54					55		

- 51 Worry
- 52 TV's Longoria
- 53 Mideast gulf
- 54 Belongs
- 55 Knight's address
- 8 Tripoli's land
- 9 Tic-tac-toe win
- 10 Possess
- 11 Irate
- 16 Wharton's "House of —"
- 20 Arcing tennis shot
- 23 Marvel superheroes
- 24 Lighten
- 25 Get lippy
- 26 Deception
- 27 Deco artist
- 28 Computer brand
- 29 Lion's home
- 32 Exit in haste
- 33 Cardio-boxing routine
- 35 Wager
- 36 Seals and — (soft rock duo)
- 38 Noble gas
- 39 Group of eight
- 42 Chopping tools
- 43 Jeans maker Strauss
- 44 Romanov ruler
- 45 Transcript no.
- 46 British ref. work
- 47 Sugary suffix
- 49 Swiss canton

DOWN

- 1 Body powder
- 2 Satan's purchase
- 3 — mater
- 4 Squirrel's stash
- 5 High points
- 6 Low digit
- 7 Big-screen ainer of stadium smooches



- MOVIES: What is the name of the snowman in the animated movie "Frozen"?
- GEOGRAPHY: How many U.S. states does the Mississippi River run through or along?
- ADVERTISING: Which product uses a cartoon character whose first and middle names are Horatio Magellan?
- MUSIC: In the song "The Twelve Days of Christmas," how many "geese a-laying" are given to the narrator's true love?
- FOOD & DRINK: What kind of nuts are in a Snickers candy bar?
- BIOLOGY: What is epimorphic regeneration?
- TELEVISION: Who starred in the 1980s exercise video series "Sweatin' to the Oldies"?
- ANATOMY: How much of the human brain is made up of fat?
- MEASUREMENTS: How many cups are in a pint?
- LITERATURE: Which famous author often uses Castle Rock as a setting in his novels?

- Answers
- Olaf.
 - 10 states.
 - Cap'n Crunch cereal.
 - Six.
 - Peanuts.
 - Regeneration of a specific part of an organism, like when a lizard can regrow a tail.
 - Richard Simmons.
 - 60%.
 - Two.
 - Stephen King.
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"My diet was going well until I had those visions of sugar plums."



By Sam Mazotta

A safe and happy Christmas to all, large and small

DEAR READERS: As we prepare for Christmas in this hectic holiday season, it's a wonderful opportunity to spend time with all of them and celebrate togetherness. But the holiday season can also present dangers to your pets, especially if you have a lot of guests over.

Here are some important safety tips:

-- Don't let dogs drink from the Christmas tree's water pan; it may be contaminated with dirt and debris from the tree trunk or parts of decorations (like tinsel and fake snow) that can harm them.

-- In fact, just keep pets away from the tree in general. Cats love to jump up and knock glass ornaments from the branches; dogs may chew on the pine needles or candy canes.

-- Scented candles can irritate pets; lit candles on low tables can be knocked over. Keep them away from pets.

-- Use sturdy, snap-top lids on garbage cans so pets don't sneak in to purloin tasty scraps. Some of that food can be harmful to them, like onions, garlic or raisins.

-- Put chocolate and sugar-free candies out of reach of pets; both present toxic dangers to them (cocoa and xylitol sweetener).

-- During parties and dinners, place your pets in a safe room with water, food and toys. They'll be much happier without the noise and bustle, and you won't have the stress of keeping an eye out for them.

Finally, once the hectic unwrapping of gifts and serving of food is over, make some space and time to relax with your pets. After all, the holiday season is all about being with loved ones -- and our pets are part of the family group! A very merry Christmas to all my readers, far and wide. Thank you for making this world a wonderful place for all our pets, great and small. Send your tips, comments or questions to ask@pawscorner.com.

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ARIES (March 21 to April 19) Sharing the joys of the celebrations that mark this time with your loved ones can help reinforce your devotion to them. You'll treasure the reactions you get in return.

TAURUS (April 20 to May 20) Enjoy the parties and pleasures of this week with families and friends. A holiday romance could take you well into the New Year -- and maybe beyond!

GEMINI (May 21 to June 20) Your loved ones help make this week's celebrations especially meaningful. Make time to do some serious thinking about the decisions that you'll soon be facing.

CANCER (June 21 to July 22) Love of home and family is reinforced during this last week of the year. This could be your chance to open up about secrets that you've held on to for far too long.

LEO (July 23 to August 22) Enjoy this week's special round of merriment with loved ones who adore you, whether you're roaring with delight at a party or purring with affection at home.

VIRGO (August 23 to September 22) This last week of the year is a good time to assess what you've done and reassess how recent changes might affect your plans for the coming year.

LIBRA (September 23 to October 22) Balance the festive aspects of this last week of the year with honest reflections about the relationships you truly value and those you think might have become irrelevant.

SCORPIO (October 23 to November 21) Celebrate the week's festivities knowing that you'll be able to invest what you've learned over the past year into opportunities that await you in 2025.

SAGITTARIUS (November 22 to December 21) Share the merry moments of this week with the wonderful people who have loved you and encouraged you to realize your dreams.

CAPRICORN (December 22 to January 19) As this week of celebration moves into history, the sage Sea Goat takes their high place in the Zodiac to judge the past and face the future.

AQUARIUS (January 20 to February 18) Enjoy the last merry-making week of the year knowing that you've done well in 2024 and that you're ready to confront the challenges of 2025!

PISCES (February 19 to March 20) When you ultimately emerge from the celebrations of this week, you'll find yourself with many new friends whom you'll take into the next year!

BORN THIS WEEK: You have a strong sense of self that makes people feel comfortable and confident in your presence.

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TIDBITS presents **Quiz BITS**

1. What country produces the most wheat?
2. These rolls are only made at Easter because they bear a religious symbol.

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: R equals T

ZVOMRAN BUYUQUVM UM
CGUZG SDVSHD JHCJNQ
BAJSD RGDYQDHYDQ UM HVMF
QVORG JQUJM FJAXDMRQ:
J QJAU QRJRD.

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TIDBITS
always FREE!
and FUN!

Weekly SUDOKU

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

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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SNOWFLAKES

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

Stress-Induced Anxiety and Depression

With all that is going on in the world today, it's no wonder that anxiety and depression are at an all-time high. We need some pretty major tools to combat the array of emotional turmoil we are experiencing.

Those tools can come in several forms. First, understanding how the body responds to stress helps us to put in the framework for mitigating the stress-induced anxiety and depression. Second, understanding what we may be doing that actually amplifies anxiety and depression is needful. Third, understanding that there are several tools we can use to thwart the negative impact of stress, and how we respond emotionally to it.

Stress is interpreted by the body as a flight or fight response. Anything that isn't needed to fight or flee from a perceived danger gets shut down. Stress is fight or flight on a lower, but longer level. Several areas of the brain and nervous system, the adrenals, cardiovascular system, musculoskeletal system, pancreas, vision, hearing, lungs, stomach and even bladder get involved. While this is necessary, some functions like the stomach and immune system shutting down and the adrenals pumping an excess of adrenaline and cortisol aren't so good. When something stresses you out, often anxiety results. The adrenals partially "control" the emotion of anxiety. The more stress you have, or the more you lack the ability to effectively deal with stress, the higher the level of anxiety. That



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.

can deteriorate into overwhelm, loss of hope and eventually depression.

Our lifestyle can greatly affect our emotions. Exercise has long been known as an outlet for stress and anxiety and a way to pull out of depression. But too much can have the opposite effect. As with everything in life, balance is key. The food we eat is another way we can either defeat our emotional balance or contribute to healthy tranquility in the midst of chaos. Sugar, coffee, energy drinks and alcohol lead the list of the worst things to consume when you are trying to get emotionally under control. These things may give a temporary lift, but the long-term effects are counter-productive in trying to get emotionally healthy.

By contrast, eating a diet that is nutritionally dense (the opposite of what is generally done when anxious, stressed or depressed) feeds the organs, glands and brain that are trying to help you out!

Acupuncture is another option, a very effective one at that, for helping with emotional balance. Getting the digestive system working so you can supply the body with needed nutrients, helping with health challenges that may be adding to your stress, helping the brain and endocrine system do a better job of hormonal and neurological responses, supporting immune system (and every system!) response are all key purposes for including acupuncture into your health tool box.

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

MDMA study for PTSD

With money from the National Defense Authorization Act for 2024, a \$1.5 million grant program is beginning a study using Methylenedioxymethamphetamine-assisted (MDMA, also known as ecstasy) psychedelic therapy for alcohol use disorder (AUD) and post-traumatic stress disorder (PTSD).

The Department of Veterans Affairs will hook up with researchers at Yale and Brown universities to use the drug along with psychotherapy. The goal, says a news release, is to use the drugs to "increase emotional openness, reduce fear and promote introspection during therapy." Test subjects will either be given the real dose or a low dose as a placebo. The West Haven VA Medical Center in Connecticut and the Providence VA Medical Center in Rhode Island are the sites for the study, and they're starting soon.

The standard PTSD treatment, using selective serotonin reuptake inhibitors (SSRI) doesn't work on approximately one-third of people. The difference between the two (SSRI vs. MDMA) is how much serotonin is released. While the SSRI class of drugs blocks the release of serotonin, MDMA aids it, bringing feelings of euphoria ... hence the street name "ecstasy."

MDMA isn't going to be the whole answer, however. Treatment will need to be in conjunction with therapy and under highly controlled circumstances. In any event, it will be the first time since the 1960s that they've tried psychedelic-assisted therapy.

There are those who worry about going down this road, as well they should. Once it gets out that the VA is actually doing studies on using a street drug as a treatment, those who suffer from PTSD or AUD might decide to take matters into their own hands and self-medicate. The potential for disaster comes from the amount of the drug to be used. In therapy the amount will be minuscule. With a drug acquired on the street, there's no telling what's really in it, and there will be no accompanying therapy.

If you want to participate in the VA study, your first step will be to contact your care team at the local VA medical facility to ask for a referral.

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BYLINE: By Donna Erickson

PHOTO CREDIT: Donna Erickson

Celebrate New Year's Eve With an Appetizer Party

Planning a party with friends and family on New Year's Eve? This year, make it easy by turning your buffet table into an informal appetizer table. Let guests bring their favorite hors d'oeuvres, and you'll undoubtedly have a selection of tastes and delights for every age. Somehow that's just the way it happens!

This is what our friends did when we gathered in their home that was walking distance from the harbor in Santa Cruz, California, to see the city's annual "Lighted Boat Parade" on Dec. 7.

It's an annual party tradition. We arrived before dusk to enjoy the sumptuous selection of appetizers that everyone brought. We had so much fun meeting, eating and greeting that we almost forgot to wander down to the harbor to see the spectacle of lights.

Making apps doesn't have to be involved or complicated. Here are two easy ideas you and your kids can make together for your New Year's celebration:

BUILD YOUR OWN LETTUCE WRAP APP



On a large tray, arrange a variety of ingredients in small bowls and plates for guests to make their own lettuce wrap. For example, if you wish to make my favorite -- a Scandinavian-style salmon wrap -- set out the following: a bundle of butter lettuce leaves popping out of a wide-mouth container; smoked and grilled salmon pieces; thinly sliced cucumber; scrambled eggs in a bowl (optional); small sprigs of fresh dill; and wedges of lemon to squeeze over all of it before you take a bite.

FILLED DATES

Dates are nutritious, tasty and bite-sized. Make them festive by filling them with fresh walnuts to complement the date's unique flavor. First, cut open one long side of each date. Pop out the pits and gently squeeze the sides to create a space for your filling. Next, crack walnuts with a nutcracker to get two perfect halves. (Kids love this activity!) Pick out the nuts, then insert one of the halves in the cavity of a date. Set in rows on a platter.

For a sweeter dessert version, roll the walnut-filled date in powdered sugar. Use your imagination and preferences for the other fillings, such as a thin wedge of Brie cheese with a pecan or a tiny spoonful of peanut butter topped with a pretzel nugget?

New Year's Eve Family Party Tip: Let the youngest New Year's Eve revelers enjoy the fun of ringing in the new year without messing up their sleep schedules. Set a clock in your house ahead 1 or 2 hours and let them count down the seconds until the arrival of 2025. It's gotta be midnight somewhere, right?

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.



TIDBITS WORD POWER
Unscramble this word:
CCCAAIOIF
The name for this Italian bread springs from the word for "hearth" or "fireplace" which was the "focus" of the home.

MINI SUDOKU

2			1		
	5				
					4
			5	2	
1		2		6	
		6			

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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TIDBITS presents TRIVIA NEWSFRONT

- The name of this French roll comes from the word meaning "crescent" for its shape.
- The name of this French loaf comes from the word meaning "rod" or "stick."
- The name of this Jewish bread comes from the Hebrew word meaning "round."
- The name of this German bread comes from the words meaning "farting rascal."
- The name for this Italian bread comes from the words meaning "bedroom slipper" for its shape.

Micro Crossword By Elizabeth C. Gorski

1	2	3	4	5
6				
7				
8				
9				

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Across

- Lively, as one's dreams
- Kylie Minogue's "I Believe ___"
- Unpleasant brouhaha
- Nickname for golfer Palmer
- Epic tale

Down

- Travel documents
- Prefix with mural or galactic
- In competition
- Ancient Aegean region
- Winston who played M'Baku in "Black Panther"

****Fully Remodeled Home in Post Falls with a Partially Unfinished Basement - \$750,000****

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By Ryan A. Berenz

1. What Swedish tennis player won the Australian Open, French Open and U.S. Open singles titles in 1988?
2. At the 2024 Paris Games, Greco-Roman wrestler Mijain Lopez became the first Olympic athlete in any sport to win five gold medals in the same individual event. For what country did he compete?
3. Name the goalkeeper who started for Brazil in its 1958 and '62 FIFA World Cup championships and was awarded with the FIFA Order of Merit in 1998.
4. What bowler was the first to complete the PBA career triple crown -- winning the U.S. Open, PBA National Championship and Tournament of Champions -- when he accomplished the feat between 1963-69? (Hint: His son is a comedian and TV personality.)
5. Since 2008, the college football rivalry game between the Ole Miss Rebels and the LSU Tigers has been known as what?
6. Bananas T. Bear is the mascot of what university's athletic teams?
7. In August 2022, New York Yankees pitcher Aroldis Chapman was placed on the injured list for an infection in his leg caused by what?

Answers

1. Mats Wilander.
 2. Cuba.
 3. Gilmar.
 4. Billy Hardwick (his son is Chris Hardwick).
 5. The Magnolia Bowl.
 6. The University of Maine Black Bears.
 7. A recent tattoo.
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TIDBITS GOES LONG.....

When excavating the ruins of Pompeii, which was buried by ash from Mount Vesuvius in the year 79 A.D., archaeologists uncovered a restaurant where a menu inscribed on a wall included a list of 14 different types of bread.

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Americanisms

“It’s never too late — never too late to start over, never too late to be happy.”
— Jane Fonda

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TIDBITS

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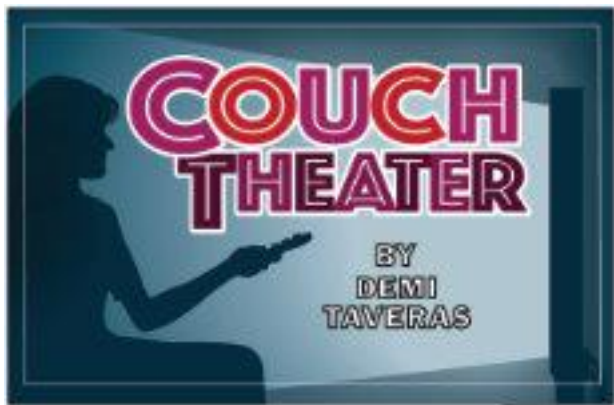
"Thanksgiving cactus"
(Schlumbergera truncata) displays broad, pointy leaves and may bloom from late October through November.

"Christmas cactus"
(Schlumbergera bridgesii) has scalloped, flat leaves and may bloom from late November to late January.

"The Easter cactus"
(Rhipsalidopsis guerinii) displays rounded scalloped leaves, sometimes with "beads," and may bloom from mid-March through April. - *Florida Native*

Source: gardenbug.com, Sun & Snow Gardens

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By Demi Taveras

"Maria" (R) -- Angelina Jolie is well on her way to winning an Oscar, thanks to this biographical drama film that transforms her into opera singer Maria Callas. "Maria" is the third film in director Pablo Lorrain's trilogy about 20th-century women, the first being "Jackie" (2016) and the second being "Spencer" (2021). During her final years in the 1970s, Maria is living in Paris to avoid the public eye, yet she can't help but reminisce on the experiences throughout her life that led to her becoming a renowned artist. Maria's intense connection to the stage and music is portrayed in such a way that fully draws the audience into her personal world. Jolie spent seven months training to sing opera for the film, which is available now. (Netflix)

"Laid" (TV-MA) -- Based on the Australian series of the same name, this new series stars Academy Award nominee Stephanie Hsu ("Everything Everywhere All at Once"). Hsu plays Ruby, a single woman dealing with the qualms of the modern dating scene when she suddenly hears news of one of her exes dying. As the days go on, Ruby hears more and more news that a whopping six of her ex-boyfriends have mysteriously died. Wracked with guilt,

even though it's not her fault, Ruby decides to go on a mission with her best friend, AJ (Zosia Mamet), to track down all of her exes and inform them of their impending deaths. All eight episodes are out now. (Peacock)

"Ilana Glazer: Human Magic" (TV-MA) -- Comedian Ilana Glazer ("Broad City") is back with a new special that talks about the magic of being human. Now a new parent, Glazer walks us through their perspective of parenthood, how life has evolved for them, and the magic that is childbirth. In their signature no-filter style, they also take us back into their awkward high school years and dive into the ugly (yet funny!) truths about being a human. This is Glazer's second special following "The Planet Is Burning," and it was taped in Toronto during their 48-city tour across the U.S. and Canada this year. (Hulu)

In Case You Missed It

"Ammonite" (R) --



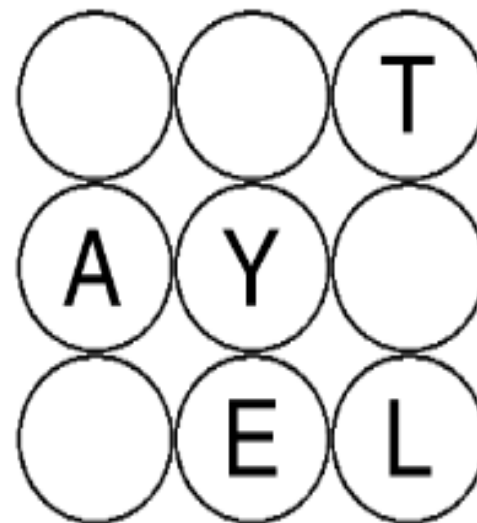
Photo Credit: Courtesy of MovieStillsDB
Photo Caption: Kate Winslet, left, and Saoirse Ronan star in "Ammonite."

This romantic-drama film went under the radar after its release a few years ago, with complaints from viewers about its slow pacing and scarce dialogue. But for those who appreciate a palpable on-screen chemistry and beautiful cinematography, "Ammonite" is a must-watch. Starring Kate Winslet ("The Regime") and

Saoirse Ronan ("Blitz"), the film follows British paleontologist Mary Anning (Winslet), a recluse who's stuck taking care of her embittered and ill mother. One day, while Mary's working in her shop, the melancholic Charlotte Murchison (Ronan) wanders in with her husband, and the two women are forced to become friends. Through this friendship and their eventual affair, Mary opens herself up to the world in a way that she never thought possible before, while Charlotte starts to overcome her deep-seated depression. Out now to rent. (Amazon Prime Video)

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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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TIDBITS QUOTE

“Good bread is the most fundamentally satisfying of all foods; and good bread with fresh butter, the greatest of feasts.” - James Beard

WORDS FOUND IN MAGIC MAZE ● "NEW YEAR'S EVE PARTY"

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: A CLOSET FOR FOOD

- | | | | |
|---------|-----------|--------|------------|
| Earnest | Persevere | Tears | Yawners |
| Eats | Renewers | Teaser | Years |
| News | Sweet | Trays | Yesteryear |
| Partner | Taverns | Wavers | |

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Super Crossword JANUARY 1 FUN

- ACROSS**
- 1 Drag race vehicle
 - 8 Schuss, e.g.
 - 11 Stinging flier
 - 15 Contributed
 - 19 Halloween mask feature
 - 20 Hoodwink
 - 21 Falco of TV
 - 22 Leave off
 - 23 Tendency toward chaos
 - 24 Fido's noise
 - 25 * Star of the 1950s TV series "China Smith"
 - 27 BLT seller
 - 28 Naval forces
 - 30 — Field (Mr. Met's home)
 - 31 * Getting tired
 - 34 Baby bird
 - 38 Evergreen with red arils
 - 39 Actress Polo
 - 40 Stephen of "V for Vendetta"
 - 42 Young moray, e.g.
 - 43 Cowl wearer
 - 45 * Hope when the situation is desperate
 - 51 Mosque official
 - 54 Scrooge portrayer Alastair
 - 55 Minerals in thin sheets
 - 56 * "Vanity Fair" novelist
 - 61 "One World" musician John
 - 65 Holders of frozen cubes
 - 66 Girl in the farm
 - 67 "Insecure" actress
 - 69 — Hawkins dance
 - 70 Astonishment
 - 73 E'en if
 - 75 Actor Bridges
 - 76 Fathers
 - 79 Auditing gp.
 - 81 Was disgusting to
 - 84 Deep desires
 - 85 * Period superseded by automobiles
 - 89 Ragtime pianist Blake
 - 90 Aficionado
 - 91 Large cut
 - 92 * Three-part novel by Gertrude Stein
 - 98 Green-light
 - 102 Removal of restrictions, for short
 - 103 RV refuge org.
 - 104 Six-legged marchers
 - 107 Suffix with Carol
 - 108 How Alaska is populated
 - 111 * Town crier's cry
 - 116 Cab cost
 - 117 "It takes two" dances
 - 118 Agents, in brief
 - 119 * "The Price Is Right" host
 - 123 Happy dance
 - 124 Net, as earnings
 - 127 Ames' state
 - 128 Saturate
 - 129 Bullfight yell
 - 130 Dissimilar
 - 131 Legal equal
 - 132 Brontë's Jane
 - 133 Despite this
 - 134 What the last four letters of eight key answers in this puzzle might be considered, cryptically
 - 6 Of Swiss mountains
 - 7 Playa del —
 - 8 Climb up
 - 9 Divided Asian land
 - 10 Get by logic
 - 11 Joins closely
 - 12 Org. for cavity fixers
 - 13 Thereafter
 - 14 Counterparts of manis
 - 15 Cousin of a chimpanzee
 - 16 Poehler of "Baby Mama"
 - 17 Fight (for)
 - 18 Zeta follower
 - 26 Pronounces
 - 28 "Just my opinion," in a text
 - 29 Supermodel Banks
 - 31 Fitness locale
 - 32 Early auto
 - 33 Award for U2
 - 34 All-time low
 - 35 Creeping vine
 - 36 Once called
 - 37 Fido's threat
 - 41 Intertwine
 - 44 Tartan skirt wearers
 - 46 Suffix with owl or wolf
 - 47 Vardalos of Hollywood
 - 48 Sierra, Yukon and Acadia
 - 49 Trendy berry
 - 50 Shells out
 - 52 Boggy areas
 - 53 Motorists' gp.
 - 56 Very thin, as clouds
 - 57 "It matters to me"
 - 58 Escorted from outside
 - 59 Org. with bag screeners
 - 60 The whole — and caboodle
 - 61 Fox-sighting cry
 - 62 Jagged, as a leaf's edge
 - 63 "When I Need You" singer Leo
 - 64 Hopper of old gossip
 - 68 Fake coins
 - 71 Not fooled by
 - 72 Previous to
 - 74 Globe
 - 77 Ergo
 - 78 Japanese noodle type
 - 80 In no danger
 - 82 Playwright O'Neill
 - 83 Links letters
 - 86 Dangerous
 - 87 Vetoing vote
 - 88 Genetic stuff
 - 89 Spider's hatching pouch
 - 92 NFL goals
 - 93 With it, in old slang
 - 94 Lyricist Gershwin
 - 95 Battle with spongy balls
 - 96 "So funny!"
 - 97 Light beams
 - 99 Actress Alley
 - 100 Even a single
 - 101 "— haw!"
 - 105 Regal seat
 - 106 Playground fixture
 - 109 Wipe clean
 - 110 "Bad, Bad — Brown"
 - 112 Delight in
 - 113 Nimble
 - 114 Big name in thesauruses
 - 115 In a fitting manner
 - 117 Small kid
 - 119 Chip topper
 - 120 Fish spawn
 - 121 She-sheep
 - 122 Mug handle
 - 124 Bit of word wit
 - 125 Rap sheet abbr.
 - 126 Boomer's kid
- DOWN**
- 1 Honorarium
 - 2 Writer Rand
 - 3 Lay in place
 - 4 Tossed
 - 5 "Relax!"

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
19							20			21				22				
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102							103					104		105	106		107	
108						109	110			111	112	113	114				115	
			116						117					118				
119	120	121					122			123			124				125	126
127						128				129			130					
131						132				133			134					



Moments in time
 THE HISTORY CHANNEL

- On Jan. 6, 1975, "Wheel of Fortune," one of American television's longest-running syndicated game shows, debuted on NBC. Created by Merv Griffin, it was hosted for decades by Pat Sajak and Vanna White, the latter of whom often contributed her own puzzles and was noted as apparently never wearing the same gown twice in more than 6,000 episodes.
- On Jan. 7, 1785, Frenchman Jean-Pierre Blanchard and American John Jeffries flew from Dover, England, to Calais, France, in a gas balloon, becoming the first people to cross the English Channel by air, though they almost crashed into it along the way due to excess weight from objects that had to be jettisoned.
- On Jan. 8, 2002, President George W. Bush signed the No Child Left Behind Act into law, which created new standards and goals for America's public schools and applied tough corrective measures for failure to meet them. Nowadays, however, it is largely regarded as a failed experiment.
- On Jan. 9, 1887, nearly an inch of snow fell every hour for 16 hours on the western American plains, impeding the ability of already starving cattle that "staggered through village streets and collapsed and died in dooryards" to find food. Millions of the animals were lost, sending hundreds of ranchers into bankruptcy and ending the era of the open range.
- On Jan. 10, 2008, Tata Motors introduced the small, bubble-shaped Nano, billing it as the world's cheapest car with an anticipated price of about \$2,500, thanks to its lack of amenities including radio, airbags, air conditioning, even a second windshield wiper.
- On Jan. 11, 2010, Miep Gies, the last survivor of the small group that helped hide Anne Frank, her family and four others from the Nazis during World War II, died in the Netherlands at age 100.
- On Jan. 12, 1995, Malcolm X's daughter Qubilah Shabazz was arrested for conspiring to kill Louis Farrakhan, who she believed was responsible for her father's assassination. After she admitted her "responsibility," though not guilty, the government accepted a plea bargain.

SENIOR NEWS LINE

By Matilda Charles
Planning 2025

I don't know what it is about hanging up a new calendar that makes me want to organize the whole year and set goals. But once again, as I hung up the 2025 calendar on the kitchen wall, I immediately began to consider how I might make the new year better and more productive.

As part of being "organized," I decided to set daily, weekly and monthly goals.

Here is what my 2025 will look like:

On a daily basis I will do some form of exercise. (Let's see how long this lasts.) It might be 15 minutes on the treadmill, 20 minutes of bicep-building with hand weights. I'll spend 30 minutes on the piano, and for brain strength I'll do one or more crossword puzzles.

I will read one book per week. This shouldn't be too hard, thanks to Kindle Unlimited on Amazon. Each week I will vacuum, whether I want to or not, and complete one section in my free online French lessons (www.duolingo.com). I've already started playing online chess (see chess.com) against the computer as a skills brush-up before signing up for weekly in-person chess at the rec center.

Monthly I will try to increase my savings by cutting back on what I spend. This one might be tough. And I've already volunteered to make the morning hello calls from the senior center on four days next month.

In the middle of all that, I'll organize and plan for summer, when I'll grow a few vegetables. I'll vow to donate half the fresh veggies to the food bank. And I want to do a slow but thorough decluttering before next fall.

How about you? Does that new 2025 calendar with all the empty boxes make you want to fill them out? What will you do with your 2025?

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SIT BACK AND RELAX
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3	6	3	5	2	6	4	8	2	8	3	7	5
Y	C	O	C	G	H	R	L	E	E	U	F	I
3	8	3	7	2	4	6	2	4	6	3	5	3
A	A	R	O	T	A	O	O	D	I	E	R	U
8	3	6	5	2	5	6	5	8	3	7	4	3
D	N	C	C	R	U	E	M	O	D	G	I	A
6	2	4	7	6	8	6	2	4	7	3	8	4
S	G	A	W	A	T	R	A	T	I	U	H	E
5	3	5	2	7	5	8	4	6	2	6	5	3
V	N	E	N	L	N	E	L	E	I	M	T	T
6	2	7	2	7	2	3	5	4	3	6	7	8
A	Z	L	E	C	D	E	R	O	D	D	L	R
5	8	7	4	5	7	5	7	6	5	4	5	5
E	S	E	V	D	A	T	R	E	A	E	P	E

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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DOES MY DAD NEED ASSISTED LIVING OR MEMORY CARE?

Deciding between assisted living and memory care can feel overwhelming, especially when you're thinking about the well-being of someone you love or yourself. It's an emotional journey, but understanding the difference between these two types of care can help you make a decision that brings peace and comfort.

1. Balancing Independence with Support

Assisted living is designed for those who may need some help with daily tasks like dressing, bathing, or medication management but still value their independence. If your loved one enjoys being active and social but occasionally needs assistance, assisted living could be the perfect balance. It offers a supportive environment while still allowing them to lead a fulfilling and independent life with access to care when needed.

2. Focusing on Memory and Safety

Memory care is more specialized, offering a secure, compassionate environment for those living with Alzheimer's, dementia, or other memory-related conditions. If your loved one is struggling with memory loss, confusion, or disorientation, memory care provides a structured, nurturing space with professionals who understand their unique needs. These communities are designed to create a sense of comfort, safety, and stability for residents who

might feel anxious or disoriented in everyday environments.

3. Considering Safety and Peace of Mind

When safety becomes a concern—such as wandering or forgetting to turn off the stove—memory care provides round-the-clock support in a secure setting. Knowing your loved one is cared for in a safe, warm community can offer a sense of relief and peace.

4. Assessing the Level of Care

It's important to recognize when a bit of extra help is needed. A good place to start is by talking to your loved one's primary care provider. Share your concerns about day-to-day needs and let them help assess whether assisted living or memory care might be the better option. If your loved one is still able to communicate their needs, but could use assistance, assisted living is a great option. If they need more constant care and supervision, or have lost the ability to express their needs or desires, memory care is likely the best choice.

Trust your heart and the professionals to help guide you as to what your loved one needs. There are no right and wrong decisions, but educating yourself on the options

available will help you make the choice that feels right for their care and happiness.

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. First day of the week | ___ _ _ _ _ Y | Ice cream parlor treat | ___ _ _ _ _ E |
| 2. Roost | ___ _ _ _ C _ | Australian city | ___ _ _ _ T _ |
| 3. Banquet | F _ _ _ _ _ | Bread riser | Y _ _ _ _ _ |
| 4. Pantry | ___ _ _ _ D _ _ | Bigger | ___ _ _ _ G _ _ |
| 5. Wilma's neighbor | ___ _ _ _ T _ | Flag maker | ___ _ _ _ S _ |
| 6. Lorry | ___ _ _ _ C _ | Car's storage unit | ___ _ _ _ N _ |
| 7. Singer Swift | ___ _ _ _ Y _ _ _ | Clothes maker | ___ _ _ _ I _ _ _ |
| 8. Pavlova's dance | ___ A _ _ _ _ | Pistol's projectile | ___ U _ _ _ _ |
| 9. Toss | ___ _ _ _ _ W | Pulsate | ___ _ _ _ _ B |
| 10. Night sky hunter | ___ R _ _ _ _ | Pungent bulb | ___ N _ _ _ _ |

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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.

	+		×		= 56			
+		+		-				
	-		×		= 35			
÷		÷		×				
	+		+		= 10			
=		=		=				
14		2		6				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

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TIDBITS Laughs!

Q: What did one slice of bread say to the other before the race?
A: You're toast!

THIS WEEK'S CELEBRITY BIRTHDAYS

Diane Sawyer	12/22/1946
Corey Haim	12/23/1971
Ava Gardner	12/24/1922
Clara Barton	12/25/1821
Phil Spector	12/26/1940
Louis Pasteur	12/27/1822
Denzel Washington	12/28/1954

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Will They Hear Me Now?

Chances are you have known someone in your circle who has been in a medical crisis, needing help understanding what's happening. They might need help determining what choices are available, help making decisions, or simply want someone to listen. Perhaps you have found yourself in this difficult situation as well.

My name is Kathy Keppel-Colkitt and I am the author of my new book Will They Hear Me Now? Before my daughter passed away due to medical complications, she was faced with many difficulties. It became clear she needed someone to advocate for her when the time came that she couldn't do so for herself. I have been an advocate my entire life, so stepping into this role for my daughter was a given.

This book shares my daughter's visceral story. It also provides step-by-step instructions, suggestions, and procedures for advocating in the medical realm. It is both a guide and a workbook. This book is unique in that it empowers you to be an advocate when needed. It's a must read for medical professionals and institutions, first responders, chaplains, pastors, family, educators, and all those in service to help others.

I am confident that after reading Will They Hear Me Now? you will be empowered and prepared to be an effective advocate for any person in crisis. In doing so, you will make a difference in someone's life, and they will know that they were heard. The ripple effects are phenomenal.

Attached is my press kit that includes a summary of the book, an author bio, reviews, a list of suggested questions, and a PDF copy of the book for your reviews. I'm available for podcasts, radio and tv interviews, and print interviews.



Warm regards,
Kathy Keppel-Colkitt-
www.BMCEnterprise.org
info@BMCEnterprise.org



1. The Temptations were first known by what name?
2. Who wrote and released "Same Old Song and Dance"?

3. Which artist was the first to release "He Ain't Heavy, He's My Brother"?

4. Name the Gibb brother who released "I Just Want to Be Your Everything."

5. Name the song that contains this lyric: "We used to have good times together, But now I feel them slip away, It makes me cry to see love die."

Answers

1. The Elgins. They were renamed the Temptations when they signed on with Motown in 1961.

2. Aerosmith, in 1974. It was penned by Steven Tyler. The version on the group's Greatest Hits album had 52 seconds cut out and the lyrics changed.

3. Kelly Gordon in 1969. The Hollies followed with what became the more widely known version, although it only topped the charts in South Africa. Years later, Bill Medley added his version to "Rambo III," in 1988.

4. Andy, on his debut album. The 1977 song was penned by his brother Barry.

5. "So Sad," by the Everly Brothers, in 1960. The song charted around the globe, and numerous artists released their own covers, including Steve Wariner and Emmylou Harris.

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1. Moana 2
(PG) Auli'i Cravalho, Dwayne Johnson

2. Wicked
(PG) Cynthia Erivo, Ariana Grande

3. Kraven the Hunter
(R) Aaron Taylor-Johnson, Ariana DeBose

4. Gladiator II
(R) Paul Mescal, Denzel Washington

5. The Lord of the Rings: The War of the Rohirrim
(PG-13) Brian Cox, Gaia Wise

6. Red One
(PG-13) Dwayne Johnson, Chris Evans

7. Pushpa: The Rule - Part 2
(NR) Allu Arjun, Rashmika Mandanna

8. Interstellar
(PG-13) Matthew McConaughey, Anne Hathaway

9. Interstella 5555
(NR) Romanthony, Thomas Bangalter

10. The Best Christmas Pageant Ever
(PG) Kynlee Heiman, Judy Greer

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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.

DSS OMQQMZO VDT UL
UMQTL JH XMP APF FYLR
JTFM D OFMQX MQ FLSS
D OFMQX DUMPF FYLR.
- NDQLT USJGLT

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