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TIDBITS® TRIMS THE TREE
IT'S ORNAMENTAL
by Patricia L. Cook

This Tidbits examines ornaments used during the holidays. Some are historical, most beautiful, many breakable, and plenty just fun!

- One of the dictionary definitions for ornamental is: decorative: serving as a decoration and having no practical use.
- Historically it is said that the holiday tradition of decorating Christmas trees started in Germany. The first decorations were simple white candles followed by roses a bit later.
- In 1605, a groundbreaking moment occurred when a tree in Strasbourg, France, a city on the Rhine River near the German border, was brought inside for decorating. It was adorned with paper roses, nuts, wafers, sweets and lighted candles. After this, more trees were brought indoors and making ornaments became a family holiday tradition.
- Much imagination was used to come up with thoughtful and creative decorations, including cookies and painted eggshells. The introduction of tinsel in 1610 was a huge favorite, originally made with pure silver.
- One of the first Christmas trees in England was an 1840 Royal Family celebration when Queen Victoria included a tree in honor of her German-born husband Prince Albert's heritage. Being the great influence that she was, many people wanted their own trees!

turn the page for more!

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- GENERAL KNOWLEDGE:** What is a philologist?
- TELEVISION:** Which actor played the character of "Fonzie" on "Happy Days"?
- LITERATURE:** Who wrote the children's book "Matilda"?
- GEOGRAPHY:** What tiny principality lies between Spain and France?
- MYTHOLOGY:** In Greek mythology, what was the Hydra?
- FOOD & DRINK:** What is muesli?
- ART:** Where is the Uffizi museum?
- MEASUREMENTS:** What does a kelvin measure?
- MOVIES:** What spell is used to disarm opponents in the "Harry Potter" movies?
- ANATOMY:** Where is the latissimus dorsi muscle located on the human body?



by Jo Ann Derson

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• Need a quick batch of cookies? Keep a box mix of cake on hand. Instead of the listed ingredients, add two eggs and a half-cup of oil to the mix. Mix and shape, then bake at 350 degrees F for 10 minutes. They are really good, and you can get pretty creative.

• Inexpensive gift idea: cute holiday coffee mug with a bar of chocolate, a packet of hot cocoa or instant coffee, a peppermint stick and a decorative holiday pick or spray. Place inside a gallon-size zipper-top bag, tie with a ribbon, then trim off the zipper-top, leaving just the plastic. Looks nice.

• Instead of going out and buying extra items to have on hand for guests, just borrow from your neighbors. Extra towels, place settings, silverware, kitchen appliances: It's a pretty good bet that someone on your street has it for you to borrow. If you don't know your neighbors well enough to ask, maybe you should start planning a get-to-know-you party right now.

• Inexpensive gift idea: On the front of an empty photo album or scrapbook, print out and arrange color photos of your recipient in a collage. Glue the photos to the front of the album and cover with a decoupage glaze, like Mod Podge. Let dry and glaze again. You've just made a one-of-a-kind gift!

• "When holiday cookie time comes, I keep a plastic pitcher of hot water in the sink. I toss cookie cutters into it when I am done with them, so the corners are soaking. They really seem to only need a rinse and a quick brush-off afterward. Mine don't get caked up with dough." -- Jill C., via email

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

IT'S ORNAMENTAL (continued)

- Many of the ornaments in the early years of decorating trees were handmade from paper, cloth or even foods, such as cookies. Hand-stitched snowflakes were also very popular.
- Special items that emerged for decorating trees in America were cranberries and popcorn. Early Americans would string the readily available, colorful foods for trimming their trees.
- President Franklin Pierce was the first U.S. president to have a Christmas tree in the White House, in 1856. The first "national" Christmas tree erected was by President Woodrow Wilson in 1913. However, the first "official" tree was not switched on complete with electric lights until President Calvin Coolidge moved the tree to its location near the White House in 1923.
- Up until the 1880s Christmas ornaments were mainly handmade by families and friends and given as gifts. Many were disposed of after a season. The only ornaments sold publicly were hand-cast lead and hand-blown glass German decorations.
- German entrepreneurs saw the possibility of a market developing for mass marketed ornaments in the early 1880s.
- Lauscha, Germany became the hub of the glass ornament business and had many glass companies. For years they had been producing glass articles such as marbles and bottles and soon began creating glass molds for ornaments. Their first ornaments were molds of Christian saints, famous people, children, animals and more. These new ornaments were a huge success and were in demand. Nearly every family in the Lauscha area became involved in the business of making glass Christmas ornaments either in a home-based foundry or local factory
- Ornaments became highly prized possessions with the special touches of individual craftsmanship. Germany captured the world market for glass Christmas ornaments for many years.

continued on next page

MAGIC MAZE

MOUNTAINS MORE THAN 25,000 FEET IN ELEVATION

C T R P M K I F D T K B Y W U
S Q O M K I F D E A B Z X W U
S Q O N L R J M E L H F R D U
C A Y **RAKASHI** A L E
W V T S Q K D S U P M O S S V
J N L K A A I Y A H H A T F E
A S I L O G O H C R N P U S R
N E U R C O B I Z A U Y J W E
N V B U H S R R M N Q T N P S
U N M C L I V E D A D N A N T
J I H F T E R I G O Q 2 K B D

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- | | | | |
|------------|------------|------------|------------|
| Batura Sar | Jannu | Lhotse | Nuptse |
| Broad Peak | K2 Qogir | Makalu | Rakaposhi |
| Cho Oyu | Kamet | Manaslu | Tirich Mir |
| Chogolisa | Kanjut Sar | Nanda Devi | |

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THIS WEEK'S CELEBRITY BIRTHDAYS

Benjamin Bratt	2/16/63
Duff Goldman	12/17/74
Steven Spielberg	12/18/46
Jake Gyllenhaal	12/19/80
Dick Wolf	2/20/46
Ray Romano	12/21/57
Diane Sawyer	12/22/45



Celebrate More, Stress Less

Is the rush, rush, rush of the holiday season giving you a bah-humbug attitude? Now is the week to take a breather, relax and enjoy what already awaits you and your family in your own community. Discover how busy local elves have been, working all year long to plan a cultural feast of crafts, concerts and colossal events for us all. You also might be inspired to create your own simple versions of holiday delights when you get back home.

Here are some ideas to warm up the season:

--Treat your family to an early Christmas gift with tickets to a holiday performance in your area.

Traditional favorites include "The Nutcracker," Handel's "Messiah," "Amahl and the Night Visitors" and "The Little Match Girl." Before you attend the performance, familiarize your children with what they will see and hear. Visit your public library for a version in the form of a book, CD or DVD, or check for excerpts online.

Enjoy discussing the background of the work, including the historical period it represents. If you are preparing for a musical, listen to a recording and notice your children begin to hum their favorite melodies.

After you attend the performance, encourage your children to produce their own version by pulling out clothes and hats from a dress-up box and re-enacting a favorite scene.

--Take in holiday events at historic sites and museums.

Make a traditional craft from another country to decorate your home, prepare a tasty treat that the early pioneers made on wood-burning stoves, or discover how Christmas was celebrated in a 1900s logging or mining camp while you breathe in the brisk winter air on a horse-drawn wagon.

--Let music soothe holiday stress right at home.

Heat up cups of hot cider and create your own version of "The Twelve Days of Christmas." Now hundreds of years old, this yuletide carol continues to delight all ages. Spice up the familiar version and make your own verses such as: 12 grandmas baking, 11 children singing, 10 dads a-shoveling, 9 pairs of mittens, etc.

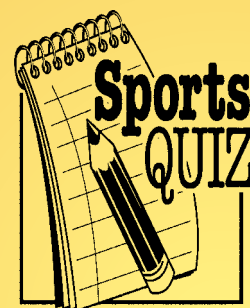
--Let visions of sugar plums dance in their heads.

Gather quilts and pillows, and let kids sleep beside your twinkling Christmas tree.



TRIVIA NEWSFRONT

- When Hallmark introduced "Keepsake Ornaments" in 1973, there were 2 types. What were they?
- Approximately how many different Keepsake Ornaments has Hallmark produced?
- What product did Hallmark start with in 1910?
- When did Hallmark start producing greeting cards?
- What holidays did they first produce cards for?



By Chris Richcreek

- Name the only stadium that is currently home to an NFL team and a major-league baseball team.
- Who played more games with one team: Brooks Robinson or Robin Yount?
- Name the first team in college football history to be voted a unanimous No. 1 in both the media and coaches polls.
- When was the last time the Hawks were in the NBA Finals?
- Name the last time an NHL team won the Stanley Cup while having no player reach the 60-point mark during the regular season.
- What was the last vehicle other than a Toyota to win a NASCAR Truck series race at Daytona International Speedway?
- Name the last married woman to win a singles title at Wimbledon.

GO FIGURE! by Linda Thistle

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.

	-		x		21			
x		x		-				
	-		x		12			
-		+		x				
	÷		+		11			
21		11		8				
2	3	4	5	6	6	7	8	9

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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Merry Christmas And A Very Prosperous New Year From



VETERANS POST

by Freddy Groves

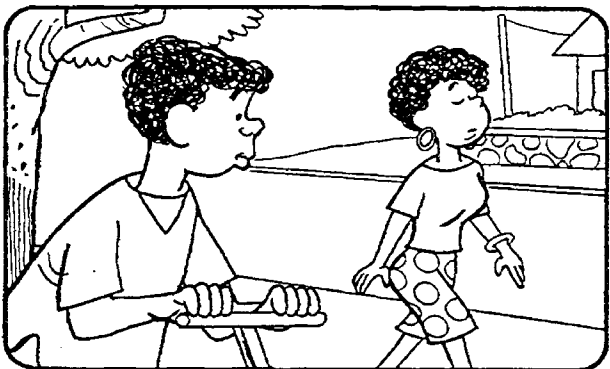
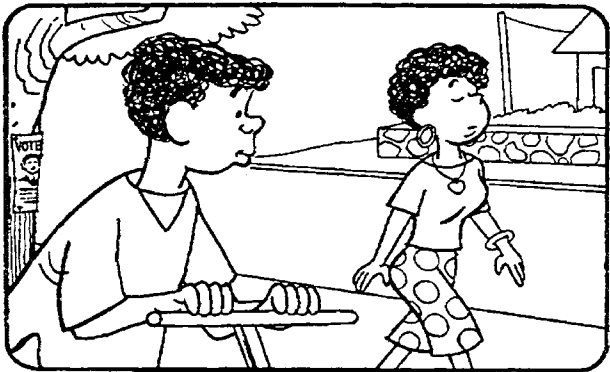
Why Your Mortgage Might be Denied

If your plan for the New Year involves getting ready to buy a home, you'll need to make sure all your plans don't fall apart at the last minute with a mortgage application that gets turned down. Go Banking Rates has compiled a list of 10 reasons that mortgages get rejected.

1. Too many jobs: If you've recently changed jobs or fields, have been unemployed or haven't worked consistently in the past two years, your employment history could be a problem. Some lenders insist that you've kept the same job, unless you were promoted.
2. Child support and alimony: If you don't disclose that you make these kind of payments, the lender can find out just by calling the courthouse. These payments are considered debts and must be reported on your application.
3. New applications for credit: If you apply for new credit between the time you fill out a mortgage application and are approved for the mortgage, you'll likely have problems.
4. Closing old credit accounts: Your credit utilization ratios and availability changes the minute you close an account. That skews the numbers lenders look at in deciding whether to give you a loan. Don't touch old accounts.
5. Borrowing money for the down payment: If money has been given to you, don't try to claim that you saved it. The lender will find out, and the loan will likely be denied.
6. Late dues by condo tenants: If you're trying to buy a condo, the Federal Housing Administration insists that not more than 15 percent of the tenants be more than 60 days late in paying dues.
7. The loan is too small: If you're seeking a loan of \$50,000 or less, you might be denied a mortgage. Making a small loan is not worth it to a lender.
8. Paying an old debt: If you had a debt go to collections long ago, and it rolled off your credit report because of the passing of time, paying that debt now will reactivate it. Your lender will see it as recent negative activity.
9. Differing FICO scores: If you send away for your FICO score, it's not likely that the lender will get the same number from its sources.
10. Secondary market: If your loan is to be sold on the secondary market, the qualification standards will be stricter. For more information, go online to GoBankingRates.com.

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Poster is missing. 2. Sleeve is shorter. 3. Handle is smaller. 4. Wall is shorter. 5. Locker is missing. 6. Sticks are shorter.

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IT'S ORNAMENTAL (continued)

- Another German city, Dresden, near Lauscha, started its own ornament businesses, different from the glass ornaments of their neighbors. The Dresden artists constructed brightly colored designs of birds, fish and other animals out of pressed and embossed paper. Their treasures were a hit as well; for weddings, birthdays and other occasions in addition to Christmas.
- As the decorations gained popularity in the United States, F.W. Woolworth, an early American mass merchandiser, began importing German glass ornaments in the 1880s. By 1890, he was reportedly selling approximately \$25 million worth of the ornaments!
- When World War I broke out in 1914 many things, including sentiments toward purchases of Christmas ornaments, changed. There was a backlash against all things German. Sales and production of German ornaments slowed, but only for a while.
- Also, Japan started producing ornaments on a huge scale in the 1920s and took a slice out of the ornament market that Germany held. The Japanese specialized in newer and more colorful designs. The Czech Republic also became known for their fancy Christmas ornaments and shipped many to the U.S.
- More than 250 million Christmas ornaments were being imported to America by 1935, mostly from Germany, Japan, and the Czech Republic. This was when U.S. businessman and German immigrant, Max Eckhardt, an importer of ornaments, knew that America needed to be producing, not just importing.
- Eckhardt and Bill Thompson of the F.W. Woolworth Company worked together to convince the Corning Glass Company of Corning, New York to enter the ornament market. Corning had been making thousands of light bulbs out of very thin glass using a "ribbon" glassblowing machine. The machine could produce 2,000 bulbs per minute! Eckhardt believed the machine could be altered to produce Christmas ornaments instead of light bulbs.
- Corning began trials with their equipment and employees, making ornaments in various shapes and sizes. Soon, it was clear they had the equipment and abilities for the job. Woolworth's requested production of over 230,000 glass holiday items for their stores. In 1939 they began selling the American-made ornaments.

continued on next page

DOMESTIC * WILD GAME PROCESSING

FROZEN FOOD LOCKERS

SLAUGHTERING

JERKY

HAMBURGER

SAUSAGE



DIXON MEAT

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Strange BUT TRUE

- It was the third president of the United States, Thomas Jefferson, who made the following observation: "The man who reads nothing at all is better educated than the man who reads nothing but newspapers."
- Those who study such things say that a rainbow can't be seen at midday; the optical phenomena are visible only in the morning or in the late afternoon.
- In 1982, a radio station in Allentown, Pa., thought its rating could use a bit of a boost, so it came up with a contest: Three contestants, selected at random, would live on top of one of the station's billboards (portable toilets and sleeping bags were provided). The last one to give up would be awarded a mobile home. The problem was, nobody wanted

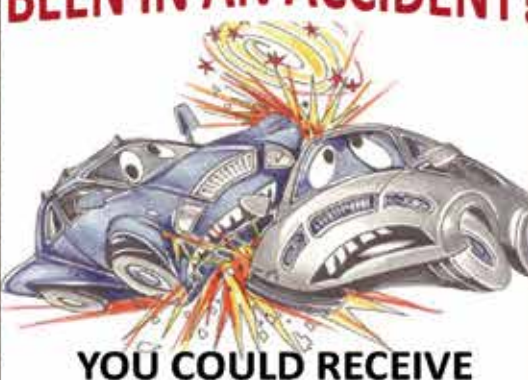
to give up. The three men who climbed to the top of the sign at the end of September were still there come March 1983. In that month, one of the contestants was arrested for dealing drugs, but the remaining two stayed aloft until May. Once the freezing winter was finally over, the radio station decided to declare both of the men winners.

- As the end of the year approaches, you might consider an old British tradition of fortune-telling. Light a candle, place it on the floor and jump over it. If the flame does not go out, you're likely to enjoy good luck during the coming year.
- If you're like the average American, you use between 75 and 100 gallons of water every day.
- The Sahara Desert is nearly as large as the continental United States.

Thought for the Day: "If at first you don't succeed, try again. Then quit. No use being a damn fool about it." -- W.C. Fields

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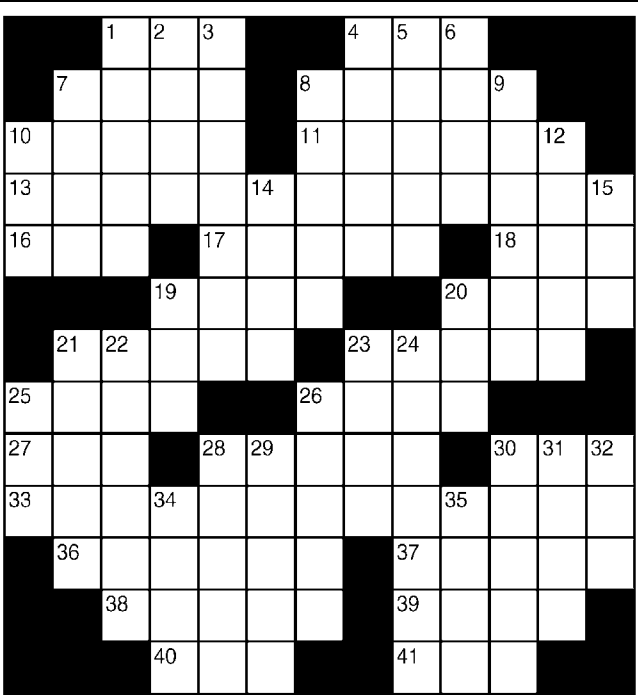


King Crossword

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ACROSS

- 1 "Bam!"
- 4 Altar affirmative
- 7 Consequentially
- 8 Dodge
- 10 Decorate
- 11 Eateries
- 13 Good thing with a bad element
- 16 Pigpen
- 17 Beethoven's "Für —"
- 18 Slithery squeezer
- 19 Chow
- 20 Galley supply
- 21 Nervous
- 23 Move laterally
- 25 Humdinger
- 26 Finished
- 27 — Baba
- 28 Accumulate
- 30 Witticism
- 33 Ambivalence of a sort
- 36 Sir Isaac who developed a short hand method
- 37 Finish
- 38 Archaeologists' meccas
- 39 Best pocket



- 22 Panacea
- 23 Mediocre
- 24 As an alternative
- 25 Felon's flight
- 26 Curses
- 28 Fess up
- 29 Wherewithal
- 30 Web surfer's need
- 31 Responsibility
- 32 Recipe meas.
- 34 Needle case
- 35 Bygone Peruvian
- 22 pair matters
- 40 "Monty Python" opener
- 41 Beavers' creation
- 7 Rewrite, maybe
- 8 Forgo the cue cards
- 9 — Council ("Survivor" meeting)
- 10 Mornings (Abbr.)
- 12 Sleep soundly?
- 14 Sad
- 15 Petrol
- 19 Wildebeest
- 20 Praise in verse
- 21 Dutch flower

DOWN

- 1 Substitute
- 2 Shrek is one
- 3 Is curious (about)
- 4 Wall-climbing plants
- 5 Thickly populated
- 6 Mined-over

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Top Ten

Favorite Christmas Trees

1. Fraser Fir
2. Douglas Fir
3. Balsam Fir
4. Colorado Blue Spruce
5. Scotch Pine
6. White Spruce
7. White Pine
8. White Fir
9. Virginia Pine
10. Eastern Red Cedar

Source: forestry.about.com
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TIDBITS NUGGET OF KNOWLEDGE

When the Corning Glass Company started making Christmas ornaments they "silvered" the inside of the ornaments with metallic oxide pigment to make them shine brightly for longer periods. When World War II started in 1939, there was a severe shortage of materials that forced Corning to change this method. They decorated the clear glass balls with thin stripes in pastel colors instead. (Any of these are now precious collectibles.)

IT'S ORNAMENTAL (continued)

- By 1940, Corning Glass was producing nearly 300,000 decorations per day and shipping them all over the U.S. Corning actually sold most of their ornaments to Shiny Brite, a company owned by Max Eckhardt. Eckhardt's business was so big, he had four New Jersey locations and his main office and display room in New York City.
- Eckhardt's Shiny Brite factories continued making glass Christmas balls and decorations throughout World War II. They used innovative solutions when products were rationed. When metal paints and varnish were not available, the company would use lighter paints and cardboard instead of the usual metal tops and heavy paint.
- In the post-war era, Shiny Brite began using vibrant hues and used metal tops again for their ornaments. They were stamped to show that Shiny Brite ornaments were U.S.- made! The boxes were even marked "American made." These are valuable collectibles today.

FAMOUS LANDMARKS OF THE WORLD: MOUNT EVEREST

Mount Everest is the highest mountain on earth at 29,029 feet (8848 m) above sea level. The National Geographic Society has determined the mountain to be even taller by six feet (1.83 m), but that height has not been made official yet.

- Mount Everest is in what is called the Sagarmatha Zone of Nepal, in the Himalaya Mountains, on the border with Tibet and China. Sagarmatha is the Nepalese name for the mountain, meaning "the head in the great blue sky."
- Scientists say that the shifting of tectonic plates in the region continue to push the whole Himalaya mountain range higher by 1.6-3.9 inches (4-10 cm) per year.
- Mount Everest was originally named "Peak XV" (15) by Sir George Everest, who first recorded the location in 1841. He was Surveyor General of India from 1830-1843 and in 1865 the name was changed to honor him.
- There are records of expeditions trying to ascend Mount Everest as far back as 1924. The first successful summit was not achieved until Sir Edmund Hillary and Tenzing Norgay reached the top on May 29, 1953.
- That first ascent was via the first of fifteen routes that have been mapped to the top. Since that ascent there have been more than 3000 people who have reached the summit over 5000 times. More than 75% of those climbs have been since the year 2000. The popularity of extreme sports and the availability of guides and travel privileges for many people have made mountain climbs of this caliber a reality for more people.

continued on next page

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LAFF - A - DAY



"I think that was a rather mean way to break off our engagement. Alice!"

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KIDBITS Junior Whirl
by Hal Kaufman

BOX SCORE! See if you can guess who gets which gift, then check through lines to see if you guessed right.

DRAW STRING! Draw three circles. Place the numbers 3, 1 and 6 within them. Now arrange the circles to form a number that is divisible by 7. How is it done?
Turn six upside down to form 931.

TRICKY NICKY! Leave it to old St. Nick to come through with an amusing party trick. It requires a sheet of paper cut part way through in two places (see right). Object is to have paper tear into three pieces with a simultaneous tug at the two sides. Alas, most times it will tear into two.
Is there a secret? Here's St. Nick's answer: Simply chomp down on the middle piece with your teeth, then yank the sides. Alakazam, three pieces ensue. Ho!

CLUE-ING YOU IN ON NET RESULTS

LET'S SEE if you can identify all six stepped-off NET words in the diagram at left, is accord with the clues below.

Definitions:
1. ABC, CBS and NBC, for instance (pl.)
2. Mind with a single focus (hyph. word).
3. Marco Polo was one.
4. Thumbnail sketch.
5. Kitchen storage places.
6. Global info surfing place.

How quickly can you fill the blanks?
Time limit: Two min.

HAT STUFF! What bird is named for a hat? The fez-ant. What hat suits the queen? The reign-bonnet.

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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MOUNT EVEREST (continued)

- Mount Everest is not a very hospitable place for man or animals. In ascending to the top, as the altitude increases, the oxygen levels decrease. Consider that at 9,800 feet (2987 m) the oxygen present is only about 2/3 of what it is at sea level. At 20,000 feet (6096 m), the level is down to roughly half. By the time the summit of Everest is reached at 29,035 feet (8850 m) (the new figure for its height) the oxygen is severely depleted to only about 1/3 of the normal at sea level.
- The low oxygen is why climbers stop at camps along the way to acclimatize so they can breathe in the high altitude. Base camp is set at 17,500 feet (5,400 m) and then there are four other camps along the way before reaching the summit.
- Another thing that is done, that seems counterintuitive, is that climbers move up and down again for about 30 days allowing their bodies to get accustomed to the reduced oxygen; all part of the acclimatization.
- Sherpas have been guiding expeditions on Mount Everest since the first ascents many years ago. Sherpas are a group of Himalayan people who live in Nepal and Tibet, usually Buddhists, who are famous for their skills as mountain guides. Good Sherpas are essential for successful trips up Everest and other mountains in the Himalayas. They are aware of the needs, including the acclimatization, of the climbers they assist.
- Along with the low oxygen on Everest, another major challenge is the strong winds. The blast of the jet stream is almost always present, with winds reaching hurricane force at times; sometimes more than 118 miles/hour (190 km/hr). The best times for climbing to the summit are in early May and a few days in the fall.

continued on next page



TIPBITS WORD POWER
Unscramble this word:
BOCELLTICIE
This word means: *Things considered to be worth collecting; not necessarily valuable or antique*



Moments in time
THE HISTORY CHANNEL

- On Dec. 18, 1777, the new United States celebrates its first national day of thanksgiving, commemorating the American victory at the Battle of Saratoga after the surrender of Gen. John Burgoyne and 5,000 British troops that October.
- On Dec. 22, 1808, Beethoven's Fifth Symphony has its world premiere in Vienna. The concert venue was freezing cold and the orchestra played poorly enough to force the nearly deaf composer -- also acting as conductor and pianist -- to stop the ensemble partway into one passage and start again from the very beginning.
- On Dec. 17, 1903, near Kitty Hawk, N.C., Orville and Wilbur Wright make the first successful flight of a self-propelled aircraft. Orville piloted the gasoline-powered, propeller-driven biplane, which stayed aloft for 12 seconds and covered 120 feet on its inaugural flight.
- On Dec. 19, 1917, four teams of the National Hockey League play the league's first two games. At the time of its inception, the NHL was made up of the Canadiens and the Wanderers (both of Montreal), the Ottawa Senators, the Quebec Bulldogs and the Toronto Arenas.
- On Dec. 23, 1968, the crew and captain of the U.S. intelligence gathering ship Pueblo are released after 11 months imprisonment by the government of North Korea. The ship, and its 83-man crew, was seized by warships on Jan. 23 and charged with intruding into North Korean waters.
- On Dec. 21, 1970, rock star Elvis Presley pays a surprise visit to President Richard Nixon at the White House to discuss the war on drugs. Presley apparently was not searched before being granted admission: Upon meeting Nixon, he presented the president with a gift -- a World War II-era Colt .45 pistol.
- On Dec. 20, 1989, "Roger & Me," a documentary by Michael Moore about his quest to interview Roger Smith, then chairman and chief executive officer of General Motors, opens in theaters. The film examines the devastating impact on the people of Moore's hometown of Flint, Mich., following the closing of several General Motors auto plants in the area.



GRAND OPENING

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TIPBITS GOES LONG.....

Seasonal Affective Disorder or S.A.D. is commonly called the "winter blues" and is a type of depression tied to the changes in the amount of sunlight. It was formally described and named in 1984 by the National Institute of Mental Health. Geographical locations that are dark or cloudy during the winter have a higher prevalence -- Florida residents experience just a 1.4% occurrence, while New Hampshire has a 9.7% incidence.



To Your Good Health
By Paul G. Donohue, M.D.

Cancer Vaccine for Young Girls

DEAR DR. DONOHUE: Please advise about the Gardasil vaccine. My granddaughter just turned 18 (to date, no sexual activity -- really) and begins college next year. Her doctor is pushing the vaccine for her and for her just-turned-14 sister. I value your common-sense approach to medical issues. What do you recommend? -- S.B.

ANSWER: Without any hesitation, I recommend wholeheartedly the vaccine for protection against the human papillomavirus. It's the virus that causes cervical cancer. Gardasil protects against the most common strains of cancer-causing papillomavirus, strains 16 and 18. This vaccine is a medical breakthrough. Never has there been a vaccine for protection from any cancer. Your granddaughters are not too young. The recommendation suggests that the vaccine be given when a girl is 11 or 12, but it can still be given up to age 26. For best effectiveness, it should be given before a girl has had any sexual encounters. The human papillomavirus is extremely widespread, and exposure to the virus before the vaccine has been given lessens the vaccine's ability to protect against the virus and the cancer it causes. A second papillomavirus vaccine is also on the market. It's called Cervarix. The booklet on cervical cancer and Pap smears discusses these topics in greater detail. It does not discuss the vaccines. Readers can obtain a copy by writing: Dr. Donohue -- No.

1102W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow three to four weeks for delivery.

DEAR DR. DONOHUE: I have a question about diabetes. My husband has it. He saw a doctor on a television program who said that taking 2 teaspoons of red vinegar at lunch and dinner lowers your blood sugar a lot. Do you think this is true? Should sweetener be added, or water? -- N.F.

ANSWER: I believe you're referring to the work of Carol Johnston, Ph.D., a professor in the nutrition department of Arizona State University. She showed that taking 2 tablespoons of vinegar before or during a meal lowers the sudden spike in blood sugar that happens with eating. Such spikes are not good if they are very high and occur often. They disturb blood sugar control. This isn't a cure for diabetes. It might be a help for sugar control. Your husband should not stop using his diabetes medicines or abandon his diabetic diet. I don't know why the TV doctor insisted on red vinegar. Dr. Johnston didn't. You can take the vinegar along with olive oil as a salad dressing. You can dilute it in water if you want. You can add an artificial sweetener to it if the sweetener doesn't say not to. And you can start with the TV doctor's recommendation of 2 teaspoons instead of 2 tablespoons. See if the 2 teaspoons work. If it doesn't, increase the dose until you reach the 2 tablespoons. Are you sure your husband tolerates vinegar? I guess there's only one way to find out.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

FRUIT CAKE

Fruit cake has been baked as a holiday treat since at least the 16th century – and maybe before. Some think the same cake has traveled the globe many times and no one wants to eat it!

- Fruitcake, sometimes spelled as one word, other times as two, is defined as: “ 1) a rich cake containing nuts, dried or candied fruits, and spices; also as: 2) a foolish, eccentric, or crazy person.”

- The earliest known recipe for fruitcake that exists was from ancient Rome. Among the ingredients were pomegranate seeds, raisins, and pine nuts, mixed in a barley mash. Later, honey, preserved fruits and spices were added.

- Because fruitcake’s dense consistency and its longevity allowed for it to be held for many days, early hunters and warriors took it with them on long journeys.

- In 16th century Europe, fruitcakes were baked at the end of the nut harvest and saved until the beginning of the following year’s harvest. The thought was that this would help bring another successful harvest the next year. Europeans also referred to fruitcake as plum cake and it was reserved for special occasions because it was so “sinfully rich.” It later became an essential serving for Victorian tea time.

- In 18th century England, a belief arose that if unmarried wedding guests put a slice of fruitcake under their pillow at night they would dream of who they were destined to marry.

- December is National Fruit Cake Month and Claxton, Georgia is the Fruit Cake Capital of the World.

- Even though fruit cake is and has been the butt of many jokes for years, Albert Parker saw a fine product with a future when he purchased the Claxton Bakery in 1945.

- The Claxton Bakery was opened in 1910 by Savino Tos, an Italian immigrant who had moved to Georgia from New York City. He operated the bakery until 1945 when he sold the business to Albert, who had worked there since he was 11 years old.

continued on next page



798 – 0303 - Spanish Fork
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Weekly SUDOKU

by Linda Thistle

9				6		5	
		3		7			1
	5		2		4	6	
2		5		9		8	
		8			3		2
	4		8				1
		1	3			4	6
	7			5			3
4					7		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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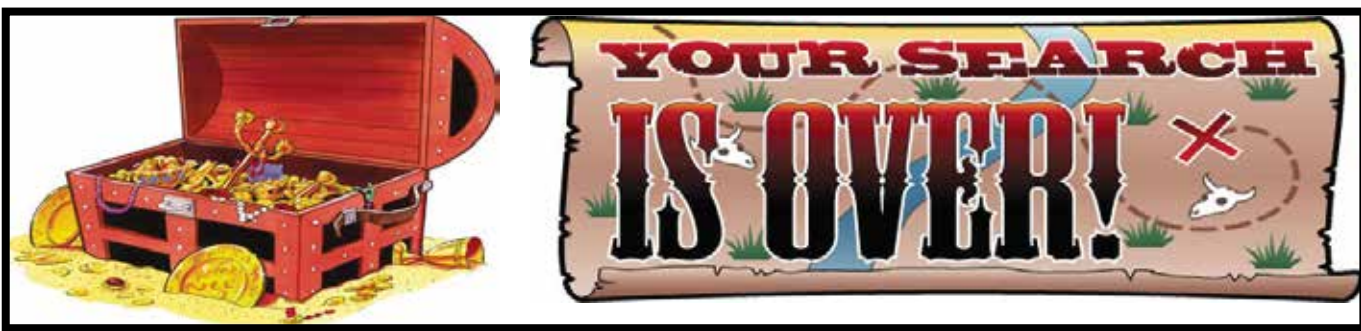
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Just Like Cats & Dogs by Dave T. Phipps



PetBits

DEAR PAW'S CORNER: My daughter and her family have two big dogs and a cat. I like giving gifts to the pets as well as my grandkids. Do you have any suggestions? -- Tammy, via email

DEAR TAMMY: Anything that looks cozy, fun and safe for pets is a good bet. I've always appreciated even small gifts like a cute bandanna for my dog or small catnip toys for my cat. If you're looking for gifts beyond stocking stuffers, here are some that most pet owners will appreciate:

- Dog and cat beds: These range in price from about \$15 on up to a few hundred dollars. Look for a sturdy fabric covering that is easy to brush fur from, and stuffing that can't be easily pulled out and chewed on.
- Cat furniture: From a simple padded windowsill seat to "kitty condo" play complexes that cats can wander through, cat owners appreciate these combination scratching posts and rest areas.
- Travel safety: A number of products have come on the market

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Holidays & Observances This Week

- 12/16 National Chocolate Covered Anything Day
- 12/17 National Maple Syrup Day
- 12/18 National Roast Suckling Pig Day
- 12/19 Look for an Evergreen Day
- 12/20 Go Caroling Day
- 12/21 National Flashlight Day
- 12/22 National Date Nut Bread Day

Find the Right Gifts for Dogs or Cats

By Samantha Mazzotta

to keep dogs and cats safe in the car, from traditional travel crates to adapted seat belts that keep Fido securely in his seat.

--Toys: For your daughter's big dogs, sturdy chew toys are probably welcome. I still really like Kong chew toys, which are nearly impossible to damage and can be filled with peanut butter or another treat. For cats, something beyond the catnip mouse could include one of Bergan's "Turbo Tracks," in which a ball inset in a round or figure-eight track scoots around with every swipe of the paw.

No matter which gift you choose, or if you decide to just give small, inexpensive gifts to your daughter's pets, I'm sure they'll be appreciated.

Send your questions or comments to ask@pawscorner.com, or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. For more pet care-related advice and information, visit www.pawscorner.com.

FRUIT CAKE (continued)

- When Albert noticed that grocery stores were starting to sell fresh bread and other bakery items on their shelves, he knew that he needed to do something to set his bakery apart. He decided to specialize in the "high quality fruit cake" that townspeople had been enjoying during the holiday season each year. In the first year that his company mass produced fruit cakes, Parker and his small crew of employees baked 45,000 pounds (20,412 kg) of Claxton Fruit Cakes!
- Even if you think you don't like fruit cake, maybe you should try a Claxton specialty. Look for the cakes with a unique horse and buggy label. They are sold by mail order and in many stores every year during the holidays. They are also used for fundraising by more than 1,000 civic organizations in the U.S. The Civitan Club of Tampa, Florida first started the fundraising tradition in the early 1950s.
- The term "nutty as a fruitcake" was coined in 1935 when some American bakeries with access to cheaper nuts started adding larger quantities of nuts to their cakes. Claxton Fruit Cakes are "approximately 70% choice fruits and nuts."
- By the way, December 27th is National Fruitcake Day. Also, just so you are aware, there is an internet web presence for "The Society for the Protection and Preservation of Fruitcake!"

TIDBITS Laughs!

"Life is unfair!" declared Mike. "I lost my truck keys at a ball game and never found them. I lost my sunglasses at the lake and never found them. I lose socks in the washing machine a lot and never find them. But... I lost seven pounds on a diet this fall and during the holidays, I've found them plus three more!"

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Good Housekeeping

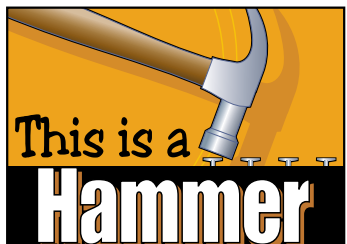
Christmas Butter Cookies

1 cup (2 sticks) butter (no substitutions), softened
1/2 cup sugar
1 large egg
1 tablespoon vanilla extract
3 cups all-purpose flour
1/2 teaspoon baking powder
Assorted colored granulated sugars for decorating
Ornamental frosting, optional

- Preheat oven to 350 F. In large bowl, with mixer at low speed, beat butter and sugar until blended. Increase speed to high, beat until light and creamy. At low speed, beat in egg and vanilla. Beat in flour and baking powder just until blended.
- Divide dough into 4 equal pieces. Wrap each piece with plastic wrap and refrigerate until firm enough to roll, about 1 hour.
- On lightly floured surface, with floured rolling pin, roll 1 piece of dough 1/8 inch thick. With floured 2- to 3-inch assorted cookie cutters, cut dough into as many cookies as possible, wrap and refrigerate trimmings. Place cookies, 1 inch apart, on large ungreased cookie sheet, sprinkle cookies with colored sugar now if you like, or frost after baking.
- Bake cookies 10 to 12 minutes, until lightly browned. Transfer cookies to wire rack to cool. Repeat with remaining dough and trimmings.
- When cookies are cool, use frosting to decorate cookies as desired. Sprinkle colored sugars as desired on frosting before it dries. Allow frosting to dry completely, about 1 hour. Store cookies in tightly covered container up to 2 weeks. Yields 96 cookies.

- Each serving (1 cookie with frosting or decoration): About 40 calories, 2g total fat (1g saturated), 7mg cholesterol, 20mg sodium, 5g total carbs, 0g dietary fiber, 1g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.



Essential Gifts for Do-It-Yourselfers

It's that time of year again, when you've got to think of gifts for friends and family that will be appreciated. Luckily, it's easy to pick out gifts for the do-it-yourselfers. Most DIYers will outright tell you what they need, or you can casually survey their workspace to see what is not there.

If you're a DIYer who really wants something, here are a few things you can drop a hint about:

–Power tools: The key word with handheld power tools is "rechargeable." While corded power tools provide a consistent flow of electricity and reliable power, cordless drills are DIYers' go-to standard because they can simply pull them off the charger and use them anywhere, no need to look for an outlet or extension cord. Prices: \$40 to \$249

–Portability: Most DIYers have more than one toolbox and, as their tool collection grows, they're always on the lookout for one that meets their carry-around needs. Consider tucking a spare tool belt and some basic staples like a tape measure and screwdriver set into a durable toolbox. Prices: \$8 to \$90

–Spares: While it's impossible to have an extra of everything, extra screws, nuts, bolts, nails and other hardware are essential to have around. Look for combination kits like picture hanger assortments, specialty nail and screw sizes, and cabinet and drawer hardware like handles and hinges for emergency repairs.

–Cleanup: A wet/dry vacuum is an important and versatile part of any workshop. If your DIYer doesn't have one of these yet, there are affordable models available. Prices: \$49 to \$400

HOME TIP: "I never ask my husband directly what tools or items he wants for Christmas. Instead, I ask him about the project he's working on. There's always some tool or part he's missing; I just note it down and buy it for him." -- Tara L., Richmond, Va.

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COMMUNITY NEWS BITS Dec 17, 2012
PAYSON

Dec Business of the Month

Poor Boys BBQ and Dawgs - 865 S. Hwy 198 , Payson

We are a southern influenced, Utah BBQ. We Opened on Feb 6, 2012. We are locally owned and operated and currently have a staff of 9. Our hours of operation are 10:30am to 9pm, Monday thru Thursday and 10:30am to 10:00pm on Friday and Saturday. Closed Sundays. We serve in house, drive thru, call in, take out and catering orders of any size. Our Pulled Pork has been our most popular item so far although my personal favorite is the Pork Loin or the Smoked Sausage. We have a great turkey, BBQ chicken and awesome Ribs. All of our recipes are the owner's recipes and made from scratch daily with the exception of our fried items. We have really high quality Beef and Polish Hot Dogs. Our bread is all baked fresh by Honey & Grains Bakery in Springville , adding to our already homemade taste and feel. We pride ourselves on great service and have a great staff which spends their days helping every guest feel at home. We work very hard to have a family friendly atmosphere. – Poor Boys



For more information, contact

- | | | |
|----------------|--------------|----------------------------------|
| Norene Jensen | 801.636.1040 | norene.invests@yahoo.com; |
| Colin Logue | 801.609.8699 | utahavenueinsurance@gmail.com or |
| Carolyn Bowman | 801.465.2634 | paysonchamber@yahoo.com. |

Check our website for upcoming events and special coupons. www.paysoncitychamber.com

Spanish Fork / Salem

Dec Business of the Month – Mountain America Credit Union

891 N Main Street, Spanish Fork
Congratulations Gayla Bell-Youd, Mason Torres and Staff!



Tabitha's Way 2nd Annual Christmas Dinner - On Dec 21st Tabitha's Way will be hosting our second annual Christmas Dinner for local families in need, senior citizens & veterans. Tabitha's Way is looking for people to help provide some of the items still needed for Christmas Dinner for senior citizens, veterans and local families in need. The items we need are Funeral Potatoes and Pies, New Toys (valued from \$5 to \$10 dollars) and Coloring Books and Crayons. We have posted a page online where people can sign up to help out. The web address is www.donations2feed.org/events

We will need the FOOD ITEMS dropped of on Dec. 21st by 2pm at the Spanish Fork Veterans Memorial Hall - 400 North Main Street Please bring the funeral potatoes and pies in disposable aluminum containers. We would like the TOYS, COLORING BOOKS & CRAYONS to be dropped off before Dec. 20th, but we will gladly accept them up until the time of the event. Please bring the toys unwrapped.

Thank you for your help, God bless you and Merry Merry Christmas!!! Please contact Wendy Osborne at 801-830-3951. Thank you again for all of your support. Many families have been blessed by your efforts!

Ribbon Cutting CheapShots Photography – Dec 17 6 – 7P

CheapShots Photography
1271 East Expressway Lane, Spanish Fork
Come welcome Christy Hair and her staff to Spanish Fork! Awesome and affordable family photography, great for weddings, birthdays, any family gathering or event!



The Spanish Fork Salem Area Chamber of Commerce - 2013 Installation of Officers and Board Members and Community Awards Banquet. Fri Jan 18, 2013 6:30 o'clock in the evening, at the Chillon Reception Center. 710 East Center Street Spanish Fork, Utah If you would like to attend, please call: 801-798-8352 or office@spanishforkchamber.com by Monday, January 16, 2013 \$20.00 per Plate Adults Only, Best Dress

Testimonial for South Valley Gym – Nina 11/17/12 “I couldn't see a way to vote for this kind of community effort, but I want someone to know what amazing work Yolanda and Brent Moser do for our community. They have their gym, a business of course, but they use it to help people.

Today was the Grand Finale to finish another 3 month "Biggest Loser" program. It was really fabulous. I am deeply moved by what happened in the past 3 months as I went to the gym every day and not only learned to be healthier myself, but watched as Brent and Yolanda encouraged other people to lose weight and gain a healthier life. Coaches for each team volunteer their time and the Gym doesn't make much money off this effort at all. One guy lost 90 pounds! 10 people were given prizes this morning for losing astounding amounts of weight and body fat percentages.

Many others who weren't in the top 10, like me, have made major lifestyle changes and are stronger, healthier individuals. I nearly gave up after 4 days of exercise when I hurt so badly I could barely breathe. Then after 3 weeks when I had been working so hard and hadn't lost any weight I nearly quit again. But every morning at 5:30 I'd walk into the gym embarrassed that I'm so slow and weak and also frightened that I'd hurt my back or something in my old, tired body and there Brent would be saying, "Hi Nina! Come on in! Let's get you going!" If I went later in the day Yolanda would be there with a hug and a smile and promises of progress if I'd continue. Other coaches there were also so kind and positive.

I saw about 40 people this morning come in feeling proud and strong and surprised at what they were able to do with the help of South Valley Gym. I know it's a business and good advertising, but this program is much more than that. It takes a huge amount of effort to organize. Because of this effort to use a business to help people change their lives our valley has a bunch of happier people in it today!

There. Thanks for listening. This personal sacrifice and effort goes beyond what their business would normally provide."

Pleasant Grove

The Pleasant Grove Honorary Colonels welcomed three new members at their November 7th meeting. *Richard Guernsey* recently retired from the United States Navy after serving for thirty years. *Tim Stewart* sponsored by Sparky Industries. *Lane Damron* has many years of business experience and public service, and is being sponsored by Ken Garff Ford. The Pleasant Grove Honorary Colonels is made up of civic minded citizens and business people who support the Pleasant Grove Police Department.

For more information about the Pleasant Grove Honorary Colonels, contact Mike Carter at 801-368-4567, or any member of the Honorary Colonels.

Health & Fitness Fair - Sat Jan 5, 2013 9A – 1P 20% off Annual and Semi-annual Passes purchased during this time. Commercial Vendor: \$50.00 plus a \$50.00 door prize. Non Profit Vendor with proper verification: N/C. Applications are on line at pgcity.org or contact Miriam at the Community Center at 801-785-6172.

CHRISTMAS DAY

“And now, when the day is at hand that is held sacred in all civilized lands, and is hallowed by sweeter and purer associations than any other day in all the year, let all good men, and all who not being good still have any honest love and yearning for something higher and better than they attain, and all who would not see our human life so materialized and hardened as to make it like the life of brutes or demons -- let all such rejoice that the "Age of Reason" in which there shall be no believers, "but a few priests and old women," and when there shall be no Christmas in the calendar, has not yet come.”

Mark Twain
San Francisco Dramatic Chronicle
12/23/1865

ANSWERS SPORTS QUIZ

1. The Oakland Coliseum (A's and Raiders).
2. Robinson played 2,896 games with the Orioles; Yount played 2,856 games with the Brewers.
3. Southern Cal, in 1972.
4. In 1961, the Hawks (then in St. Louis) lost to Boston in five games.
5. The New Jersey Devils in 2003.
6. Mark Martin drove a Ford to victory at Daytona in 2006.
7. Chris Evert Lloyd, in 1981.

WORD POWER ANSWER COLLECTIBLE

TRIVIA NEWSFRONT ANSWERS

1. Glass balls and yarn figures
2. More than 3000
3. Postcards
4. 1915
5. Christmas and Valentine's Day



1. Someone who collects autographs
2. Henry Winkler
3. Roald Dahl
4. Andorra
5. A many-headed monster whose heads could grow back if they were cut off
6. Breakfast cereal with fruit and nuts
7. Florence, Italy
8. Temperature
9. "Expelliarmus!"
10. Back

Go Figure! answers

5	-	2	x	7	21
x		x			
6	-	4	x	6	12
-		+		x	
9	÷	3	+	8	11
21		11		8	

King Crossword Answers
Solution time: 25 mins.

P	O	W	I	D	O							
E	R	G	O	A	V	E	R	T				
A	D	O	R	N	D	I	N	E	R			
M	I	X	E	D	B	L	E	S	S	I	N	G
S	T	Y	E	L	I	S	E	B	O	A		
T	E	N	S	E	S	I	D	L	E			
L	U	L	U	A	M	A	S	S	M	O	T	
M	I	X	E	D	E	M	O	T	I	O	N	S
P	I	T	M	A	N	E	N	D	U	P		
R	U	I	N	S	A	C	E	S				
I	T	S	D	A	M							

Weekly SUDOKU Answer

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

SNOWFLAKES

